



On hand to ring out the old were leaders of the U.C.O., along with host H. Irwin Levy at Levy's office in the Administration Building. From left are Joe Ram, chairman of the Transportation Committee; President Philip Sokol; Howard Kaye, chairman of the Security Committee; and Levý, Chairman of Cenvill.

Residents Send 200 To UCO Assembly

BY BEN GOULD

Thousands of Century Village unit owners turned out on Jan. 8 and 9 to vote in the second annual United Civic Organization elections for delegates and alternates. And when it was all over more than 100 are representatives and a similar number of alternates were named to make up the 1984 Delegate Assembly.

The newly-elected delegates and alternates, many of whom served in the 1983 Assembly, will meet for the first time in the clubhouse auditorium on Friday, Feb. 3 at 10 a.m. At this meeting the Nominating Committee, headed by Sam Durbin of Wellington, will present nominations for UCO officers for 1984.

Officers to be named are president, four vice presidents, treasurer and two secretaries. Last year there were three vice-pres, but because of the many duties relegated to them, it was decided to increase the number to four, all of whom will have equal standing.

Additional nominations may be made from the floor at this meeting.

In addition, 14 members of the Executive Board and a like number of alternates to the Board will be nominated at the same time.

At the March 2 meeting, the delegates will elect the 1984 officers and members of the Executive Board. Present officers will serve until that time.

In addition to Durbin, the nominating committee is composed of Emanuel Schlanger, Somerset; Max Davis, Sussex; Anne Elnan, Wellington; Bea Finkelstein, Oxford; Milton Handel, Cambridge; Max Harlem, Dorchester; Irving Goldstein, Stratford; Morris Keller, Greenbrier; Abe Bagaer, Plymouth and Harry Fine, Chatham.

Heading the area election committee was Jack Stern, of Dorchester, who served as chairman of the nominating group a year ago. Assisting Stern was Anne Cohen of Wellington.

Looking Good: Our Recycling Of Course

BY HARRY KALB

Report on the newspaper recycling program. So how are we doing? — Is it working? — Are we getting cooperation from our friends and neighbors?

The answers to these questions are: Yes, a resounding Yes. The first week's pickup was 10 tons. Each week since then it has progressed upward. Within the first month, it moved up to an average of better than 22 tons (44.00 pounds) per week.

"Looking good?" Right! We expect it to continue upward.

Why?

Well, in order to get to 22 tons, this is what took place. Our committee received over 40 requests for container location adjustments, such as "Move one here," and "Add an extra one here," or "We need a much larger one."

Our quadrant captains (Nat Cohen, Harry Turbner, Barney Cohen and Manny Applebaum) responded quickly. All changes requested were completed within one week.

For the initial two weeks of operation in November, we received prompt payment from SCA Industries on Dec. 1. We expect the results from last month's pickups to be substantially greater.

We now have 50 green newspaper containers of varying sizes scattered throughout the Village — all being filled and watched over by our friends and neighbors to prevent the placing of garbage, magazines or other "no-no" items in them.

What next? Step one in our long term beautifying program: Our

Continued on page 2

ROAD REPORT: First of a Series

By BATES BOYLE

This report is of a series designed to inform you about the problems that we must face now and in the future concerning our roads. The writer hopes to present you with information, now and in the months to come, to assist you in deciding what steps to take in correcting any road problems in your area that exist or that may arise in the future.

Bear in mind that when I arrived in Century Village almost eight years ago I was not an expert on roads, nor am I now. But since I was appointed Road chairman for UCO in the fall of 1982, I have sought information from those people whose business it is to know about roads. I consulted with engineers from the Palm Beach County Roads and Bridges Administration, with road construction engineers, and other informed people. Such advice and information as I have received I am going to try to pass on to you, and if you have a problem that I do not have the answer to, I'll try to get it for you.

One thing that I did know before I arrived in Florida and one that road builders have known for at least sixty years is, in a climate such as ours, crown roads are necessary to provide proper drainage for the rain water. You may have noticed that water collects on each side of Haverhill Road as you drive north of the East Gate after a heavy rain. This happens because Haverhill Road is a crown road — higher in the middle and sloping downward to the sides. The rainwater cannot stay on the road but must drain off to the sides.

At this point you might ask 'Do we have crown roads?' The answer is 'Yes, there are some.' Century Boulevard together with East, North, West, and South Drives. These are the feeder roads that Cenvill Management owns. All the other roads in the Village — the ones that, by courtesy of Management and the law, belong to us. We are responsible for their maintenance. This means that any road that abuts on the property of your association

belongs to your association, up to the middle of the road — the other side of the road belongs to the association facing you. If there is no building opposite you, such as on Falckirk, then you own both sides through the generosity of Cenvill Management and so are responsible for the condition of the whole road fronting your association.

The roads for which we are responsible are known as inverted crowns — where the road slopes downward from the sides and where the lowest part of the road is in the center. When it rains on such a road, the water collects in the center of the road and, if the road is pitched properly, the rain water runs down the center of the road until it comes to a catch basin — an open grid that permits the water to flow down into a sewer that leads to the lake or a canal. There are many places where there is no catch basin to drain the water off the road, and so it collects and remains until it evaporates. The lack of proper drainage causes the rainwater to rot the road and makes it easy for heavy vehicles to break up the paved surface.

You may wonder why we were given inverted crown roads. The answer is MONEY. Our roads are much cheaper to build than crown roads.

During the past two years more than half the associations in the Village have repaved their roads. Usually one or more areas got together and appointed a committee to select a road-paving company and to raise the money among their associations to pay for the work. If they sought help or information, the UCO Road Committee was glad to provide it. However, at no time did the Committee do more than advise the area committees — that is all it was empowered to do.

If your roads have pot holes or are in need of repaving, it is best to get started before the roads get worse. If you want to know how to get started, get in touch with me, Bates Boyle, phone 684-0165. I'll be glad to assist and advise whenever needed.

House Panel Hears Ruchlis On Medicare

The Select Committee on Aging of the House of Representatives, represented by Chairman Dan Mica, Congressman Matthew J. Rinaldo and Mario Biaggi, conducted hearings in Boca Raton on Wednesday, Dec. 28 on the subject of rapidly increasing Medicare costs. Testimony was provided by panels of community leaders selected by the committee, with additional written testimony from others.

At the request of Congressman Mica, Hy Ruchlis, of Oxford, served as one of the panelists and presented testimony on behalf of the Health Action Committee of the Florida Consumers Federation. A number of proposals were offered for elimination of profiteering from the system to greatly lower costs without reducing essential benefits for the elderly.

The information gathered by this committee is likely to be used to prepare legislation changing the Medicare system. The President's Advisory Council on Social Security has already recommended reduction in costs by cutting benefits (increasing retirement and Medicare benefits to age 67, increasing costs to patients, higher taxes on workers). It is likely that there will be a strong drive to enact these provisions into law at this session of Congress.

According to the Consumer
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Bob Martin, of Wellington (third from left), picks up ballot for election of delegates at his area while Michael Goldberg (behind him) waits to vote. Seated are Lou Brenner and Harry Hafter, members of Wellington's election committee.

House Panel Hears Ruchlis On Medicare

Continued from page 1

Federation analysis. "The main reason why Medicare costs increase so rapidly is that the method of payment to providers of health care offers strong economic incentives for providers to profit handsomely at the expense of the public treasury by billing for unnecessary, costly services. In addition, totally inadequate supervision by the Medicare system has permitted abuses to continue unchecked for many years.

"As a result, the system of medical care is rapidly being transformed from service by traditional family physicians into profit-making business enterprise

"Essential services provided by Medicare must not be reduced. They are the essence of what our nation seeks in 'progress' toward a better future".



Joe Lillendorf, co-chairman of newspaper recycling committee, delivers first check from SCA Industries to UCO treasurer Ruth Klein. Looking on are co-chairperson Jean Zohn, Nat Cohen and chairman Harry Kalb.

Looking Good Continued from page 1

committee is proposing the locating of a bench at every bus stop in the Village, each bench is to have two trees planted for shade and comfort.

We have already begun the process of locating and getting proposals from bench and tree suppliers. This will take consider-

able time and effort.

The enthusiastic response of the Village to our recycling program is encouraging your committee to press forward to our common goal a more lush and beautiful Century Village.

S.W.A.

Continued from page 1

Both companies reported that they would search for recommended yard trash and construction rubble landfill in south county.

Members of the authority came under criticism by Sy Burdick, an attorney retained by Riviera Beach. Commissioner Ken Spillias promptly responded.

Burdick accused the authority of being unresponsive to resident protests over the landfill site and claimed the authority had said earlier the best incinerator site was north of Century Village on land owned by West Palm Beach. He said that site was rejected only because of pressure from Century Village residents.

Burdick, noting Riviera Beach's black residents, said the authority is treating those living around the proposed landfill like "second-class citizens."

Spillias, obviously angry, told Burdick he had never favored having the incinerator in West Palm Beach, adding, "I resent your attempt to pit one neighborhood against another." He said he was angry about Burdick's reference to race.

Spillias is also a member of the authority.

In a statement released last week, SWA chairman L. Frank Sineath, III, said, "The authority board is committed to solving this problem for the benefit of all county residents, present and future."

Setting The Record Straight

By this time it's common knowledge that Florida Statutes stipulate that unit owners in a condominium association are assessed on a pro rata basis for common expenses as determined by their proportion of ownership of the common elements. This is based on the sizes of the various apartments.

However, all kinds of rumors are making the rounds here as to pro rata assessments. For example, one rumor has it that a condo board of directors, by vote, can change the percentile of assessment, or eliminate pro rata assessments altogether.

T'aint so.

Unless so stipulated in the Declaration of Condominium or unless unanimously approved by all recorded unit owners, no amendment may change or eliminate the proportion or percentage by which the unit owner shares the common expenses. (See Chapter 718.110 Florida Statutes).

Note: Only an amendment legally approved and properly filed can bring about any change in the proportion of assessment.

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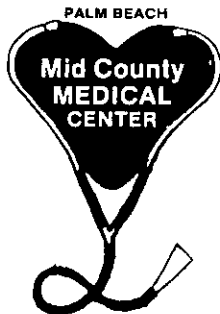
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We Ask The Big Question What Is Your 1984 Resolution? Will You Keep It?

Eddie Becker, Andover: I have resolved to work harder and help more at St. Mary's Hospital where I am a volunteer. I most certainly will keep my resolution.



Mannie Saltzman, Windsor: I never have made any New Year's resolution I do not need resolutions to guide my life

Harry Zivian, Kingswood: I have resolved to get back to the good physical condition I was in two years ago. I am very determined to do that and I am sure that I'll follow a routine that will fulfill my resolution



Irv Gordner, Kingswood: I again resolved to quit smoking. And again my resolution lasted only one day. I've made this resolution many times but never have been able to keep it.

Ily Grossman, Windsor: I will watch my diet more carefully in 1984 because my blood pressure is too high. I have resolved to be more successful this year than in 1983.



Lt. John Corrente, U.S. K9 Corps: I've resolved to do everything possible to advance myself in my job. The U.S. K9 Corps is a very good organization and I believe I have a good future. This is one resolution I'm sure to keep.

Mid-County Ponders HMO Affiliation

Morris Keller, president of Mid-County Medical Center, has issued the following statement:

Mid-County Medical Center has been investigating HMO approaches from the time we started our organization, and we continue to do so. Now, with a number of major HMO plans coming into the area, and with stronger federal support than before, the time for decision about a possible affiliation to one of them may be approaching.

Every plan has pros and cons that must be carefully evaluated, especially with respect to adequate financing, ability to handle all needs, backup organization and management. There are still many unresolved questions about the extent to which these HMO's could meet our basic goal of providing quality care at reasonable cost for most people on Medicare.

For example, does the HMO have access to our major local hospitals? Would it give appointments promptly? Do they have adequate financing? Would important medical procedures be delayed or not offered because of budget considerations?

Much depends on actual experience of people with each HMO organization in other areas where they are already in operation. Information is now being gathered about the way these HMO's actually work.

In the meantime, there is no immediate need for most people to make quick decisions of great importance to them. Remember: your Medicare rights won't go away.

We will notify our members and the general public whenever a recommendation is made.

VETS TO MEET

The Veterans of Foreign Wars, Post 1019, meets on Jan. 23, 10 a. m. at the Westgate Community Center, 3691 Oswego Ave.

Program for IRS Volunteer Counselors Starts Jan. 23

For the 10th consecutive year, volunteer counselors will be trained at the clubhouse (Classroom B) on Jan. 23, 24 and 25 in the many changes in the 1983 Federal Tax Law.

Ethel L. Stevens, overall Tax Coordinator for the Palm Beach County, stated that she will accept volunteers who have had previous tax preparation background. She can be reached at 683-1312.

It is planned that these volunteer counselors will assist as many senior citizens as they can in the preparation of their 1983 Federal Income Tax returns, starting on Monday, Feb. 6, at the following sites:

1 - The clubhouse balcony,

Century Village.
2 - The American Savings Bank on West Drive at Okeechobee Blvd.

3 - The Peninsula Savings Bank at Drexel Square.

4 - The Jewish Community Center on Okeechobee Blvd.

This program will be available to all from Feb. 6 through April 13, 9:30 a. m. to 3:30 p. m.

SAILORS NAME COHN

Arthur Cohn has been elected president of the Century Village Sailing Club. Harry Wayner was named vice president, Robert Becker, secretary and Charles Linek, treasurer.

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Village Vignettes

By Ben Gould

You probably remember that old saying that read, "You don't have to be Jewish to eat Levy's rye bread." Well, there's a lady who believes you don't have to live in Century Village to contribute to our blooming newspaper recycling program

Her name is Lil Bergman and she recently moved from the Village to Lake Worth. Still, that doesn't stop her from coming here every week with some 15 to 25 pounds of newspapers which she deposits in one of the green containers.

As though this was not enough, Mrs. Bergman arrived the other day with an extra load — from a neighbor.

Can you top that one?

Bring Change With You

If you're planning a trip to the Big Apple, bring along some extra change for the subway.

The price has just been hiked from 75¢ to 90¢. One way, of course

When we filed N'Yawk some 10 years ago a token cost 35¢. That just about gets you up to the turnstile these days, but not through it

That 'Missing' Paragraph

One of the most intriguing mysteries of putting out a paper is the way a paragraph sometimes "disappears" from a story.

Take the case of the feature about Sam Wadler of Wellington a couple of months ago.

What didn't appear was the tidbit about his three sons whom Sam is justly proud of. They are an attorney for Metro-Goldwyn in Movieland; a famous physician; and a successful business man. Stick out your chest, Sam!

Reason To Be Happy

There's a reason for that big smile that Elsie Ruchlis has been sporting. She's the proud owner of a Cabbage Patch doll, won in a recent raffle. . . . The November issue of Palm Beach Life (costs \$2.50 per issue) has an ad raving about the "cuisine at The Breakers which is frankly extraordinary." This, right before that Thanksgiving Day food episode.

More Rules Of Life

My rules of life (cont'd):
Never go to a restaurant after 9 p.m.

Never argue politics when your barber is shaving you.

Never use an accountant whose car is more expensive than yours

Never do anything wrong the first time if it's just as easy to do it right.

Never try to fix your TV set yourself.

Never throw away your old clothes, they may be in style next year.

Never expect to hear good news if your phone rings after 11 p.m.

Never switch from one slow checkout line to another in the supermarket.

Don't Practice

Joke of the month (from Eli Steinberg): Only doctors have a license to practice. Everyone else is supposed to do it right the first time.

Pet gripe of the month: You dial 689 or 683 and the recording machine breaks in with Please dial 1 before dialing your number.

Thoughtful Lady

We were standing in line at Federal Fidelity, like all the rest, when the lady in front turned and said, "Don't worry, I won't be long, I only brought six bank books with me this time."

Sudden Thought

Free advice to James Watt (wherever he is): A closed mouth gathers no foot!

Andover Honors Departing Prexy

Harold Brackett, who served as president of the Andover area for three years, was honored at a special luncheon at the Ramada Inn. Eighty persons were present with Helen Kalick, Gertrude Birnback and Nat Lewis chairing the event

Entertainment was provided by violinist Cy Kalick, Mildred Birnbaum and David Altman on his concertina.

Brackett is leaving Century Village to reside with his daughter and son-in-law at Sebastian, FL

Meet Marvelous Marilyn: She Makes Our Gals Happy

By CEIL FIELDS

Can you identify a winner of the Major Bowes amateur hour, who went on to become a professional ballerina, who also appeared in such musicals as "Panama Hat-tie" and "New Faces"? She is none other than our own Marilyn Bloom, described by her aerobic students as "Precious! We all love her, and we have such a good time with her!"

Marilyn started performing at five and has danced ever since. She worked with the head ballet-master of the Metropolitan Opera, went to the American Ballet Company, and on with Mia Slavenska. A bad accident injured her knee and so, at age 19, Marilyn had the choice of giving up ballet or ending up a cripple. She then went into musical comedy, USO shows, the Philip Morris show, vaudeville, and Broadway. Then a friend going into military service persuaded her to take over his dance studio classes. There she taught ballet for years until she retired to CV about 11 years ago (Without knowing why, she packed her ballet slippers)

One month later she was working with a ballet company in the Village of North Palm Beach. When a residents' show was being planned in CV she was asked to take over the choreography and teach dancing here. She went quickly thus from students five years of age to those 75!

What makes Marilyn feel proud is that some local doctors recommend that women who have had a mastectomy come into the class because it helps their recovery. Students find the dancing wonderful for lowering high blood pressure. One woman confided she had not felt well at all that morning but came anyway. Now she felt great. Another said that after a class session her doctor asked, "What have you been doing? Your heart rate and pulse are so good!"

It took about three years for her class to evolve into its present form, to determine just what activity would do most for her students. As she says, "This is something anybody can do — some stretching, a great deal of work for flexibility, bending, and some dancing just for the joy of dancing."

The aerobic dance classes here



"Marvelous" Marilyn Bloom (third from right) surrounded by admiring dancers.

are unlike others. Marilyn has adapted them to women over 60 so they will not be exhausted at the end of a session. There are a number of golfers, who find it helps their swing (Marilyn is also a good golfer, member of the Ladies Club) The class also helps tennis players in their breathing, so they don't tire as rapidly.

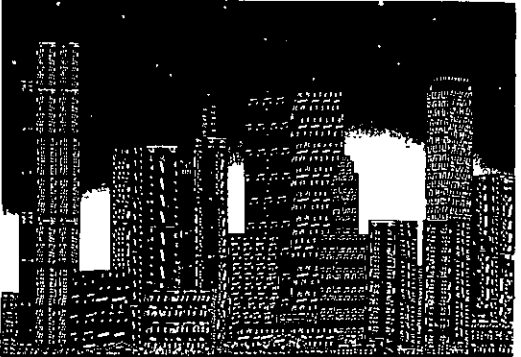
Marilyn's enthusiasm is infectious and her personality bubbles as she declares, "Every day is just marvelous!" As she takes one position, she says, "This looks pretty but it won't do anything good for you. You will wind up walking around like this" — and she limps, with her hand supporting her back! In the class as pictures were taken we noted the range in size from slim and well-built to oversize Marilyn's

own figure is a beautiful example of how they may look after a series of classes. (To men: know that there was one man in the class we visited who seemed to enjoy the dancing as much as the others)

It was fun even for this interviewer to be talking with Marilyn. As she spoke, did her hands remain folded quietly in her lap? Not at all — they were revolving constantly, always in graceful motion.

At her home I noted pictures of five grandchildren, none of them dancers but instead good athletes. Husband Jack has always been supportive of her dance activity, said Marilyn.

Readers can look forward to the next show here coached by Evelyn Lewis — Marilyn is the choreographer as usual



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"Israel at Crossroads"

"Israel at the Crossroads" will be the topic under discussion at the monthly meeting of Yovel Hadassah, on Thursday, Jan. 19, at 1 p.m. at Anshe Shalom Ben Gould, editor of The UCO Reporter, will speak on the subject. A question and answer period will follow.

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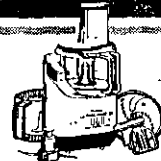
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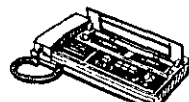
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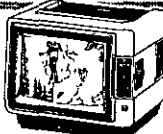
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RCA 9" Color TV #FJR295S



Lifton "Go Anywhere" Microwave #1450



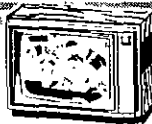
Sony Compact Stereo/Cassette/AM/FM Radio #ZX-7



Hunter Original Ceiling Fan

Group IV

Invest \$27,000 for 3 years, \$16,500 for 5 years or \$10,500 for 8 years.



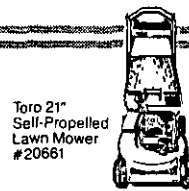
RCA 13" ColorTrak Remote TV #EJR338WR or Zenith 13" Custom Series Remote Color TV #S21319W



RCA 19" ColorTrak TV #FJR-465 or Zenith 19" Custom Series Color TV #Z1926W



Lifton Countertop Microwave Oven #2052



Toro 21" Self-Propelled Lawn Mower #20661

Group V

Invest \$35,500 for 3 years, \$22,000 for 5 years or \$13,500 for 8 years.



RCA 19" ColorTrak Remote TV #FJR484WR or Zenith 19" System III Remote TV #S21961W



Lifton Countertop Microwave Oven #2090



RCA VCR #VJT-250 or Zenith VCR #VR8510



Smith Corona Ultrasonic III Messenger



Siesta Royal Plush 5 pc. Patio Dining Set

Group VI

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Howard Miller oak Grandfather Clock #610-259



Trend cherry Grandfather Clock #909-1-AN



Zenith 25" System III Remote Console TV #SZ2527P



RCA 25" ColorTrak TV Remote TV #FJR2020W



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EDITORIALLY SPEAKING

We Need An Arrow At Century Corners

One of the most delightful sights for snowbirds returning to Century Village for the winter season is the traffic signal, 50 yards north of Okeechobee, on Haverhill which flanks Century Corners on the east and the kosher market on the west.

Undoubtedly the installation of these long-overdue lights have saved many a dented fender, not to say anything about broken bones. However, at this point it appears vital that a green arrow also be installed in view of the fact when the lights are green, south-bound cars making a left turn into the Corners have had narrow escapes from cars proceeding in the opposite direction.

Installation of the green arrow would rectify this situation. We urge immediate action.

Hats OFF To VMA

A splendid gesture certain to be applauded by all residents is the \$25,000 donation by Village Mutual Association, Ind., for the purchase of a new, fully-equipped ambulance for the exclusive use of S.A.V.E.S.

How many lives will be saved by this contribution is hard to say, but we are certain countless residents will benefit. Even the saving of one life will make the donation worth-while.

Putting \$ Into Containers

It's like putting money in the bank. We're referring, of course, to the newspaper recycling program which has resulted in a heartwarming response by all Villagers.

Let's not let success go to our heads. Keep dropping your newspapers into the containers and before you know it we'll be ordering benches, trees, shrubs for our own Beautification Program.

Ben Gould

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Anne Cohen, Secretary to the Board.

UCO Efforts Guarantee Continuity

By ALFRED ETTINGER

One of the most gratifying accomplishments of UCO is the re-unification of the residents of Century Village. The achievement of this goal has the greatest of implications. Not only does it provide for the maintenance and enhancement of our environment, it has a bearing upon our welfare and sometimes our very lives. The adverse, divisive feelings that pervaded our community were a serious threat to us emotionally and physically.

We who dwell here need one another urgently, desperately. The Fire Rescue ambulances screaming through our Village are a sobering reminder of our vulnerability. The bravest, healthiest of us live on the razor edge of unexpected events. To whom can we turn in the immediacy of our need? Our children often live in distant places. Their lives sometimes have tangled roots. The unthinkable and unacceptable are often the normal for them. When hard times strike us it is usually a friend and neighbor who will reach out a hand and bring us back into the light of day.

How often have we noticed that the waiting rooms of doctors are filled, not only with patients but also with people who had the kindness and sensitivity to drive them and then patiently wait, just to put them back on the road to recovery. Which of us would not willingly shop for a neighbor who is confined to an apartment for a few days?

We are alike in so many ways that we are virtual mirror images of one another, we have the same

LAFF WITH LBB

There are 31 days in July, summer hot, summer not.

Say "How cool you look" and it pleases a person. But say "You don't look so hot", has the opposite effect.

We were invited to a free luncheon by a real estate broker. The luncheon was great and all we had to do was buy a house.

People usually get what's coming to them, unless it was mailed.

Patient to doctor: "I'm worried. I can't even remember the street I live on." Doctor: "Nothing to worry about. It must be a mental block."

Doctor to injured patient: "I'll have you walking in no time." True to his word, the patient had to sell his car to pay the doctor bill.

Doctor to patient: "Let me know if this prescription works. I'm having the same trouble myself."

After doctor's exam, at request of patient, doctor prescribes medication. Patient: "How long will it take to get better, if I take this medicine?" Doctor: "About seven days." Patient: "If I don't take the medicine?" Doctor: "Then it could take a whole week."

Since the right side of the brain controls the left side of your body, left-handed people must be the only ones in their right minds.

A psychiatrist is a person who asks a lot of expensive questions that your wife asks you for nothing.

"My husband can never remember where to find his clean shirts," said a housewife. "With him, it's wash and where?"

Today's marriage vow should be, "Till debt do us part."

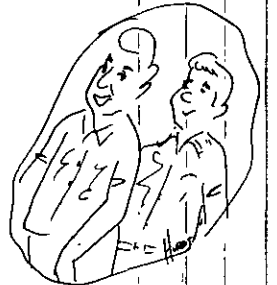
Some folks are so busy learning the tricks of the trade that they never learn the trade.

What this world really needs is a computer that can figure out all the things in life that don't add up.

Herb Leib
Golf's Edge

joys, the same problems, the same hopes. We are like trees that have grown to maturity. We witnessed all the turbulent springs and hot summers and are now in the full beauty of our fall foliage. The history of every event that we lived through is etched upon our faces, they are the recorded pathways of all the wonderful and shattering events that are the sum total of our lives.

Fortunate indeed are we that we have the inspired leadership of UCO and the amity that they have regenerated. It gives us the assurance that our lives have continuity and that the Golden Years we hoped for will not evaporate.



"I SAW A TERRIFIC LOVE SCENE AT THE MOVIES BUT THEN THEY CHANGED THEIR SEATS!"

The Curmudgeon's Corner

By BATES BOYLE

The holidays have come and gone and so has our company. What a disaster! Are you one who, as I, feels guilty when the sun gets coy and refuses to come out for visitors? But when you have SIX DAYS out of seven of weather that shouldn't happen to a dog, it's practically devastating. And when three of your company are grandchildren between the ages of 12 and 16, what can you do with them? How can you get them out of the house long enough to regain strength, replenish supplies, and prepare for the next onslaught on the refrigerator? Why did THIS have to be the season for breaking all known bad weather records?

You scrounge around for something to while away hours that can not be spent out of doors. You find that jigsaw puzzles are boring. Next, there's a piece missing from the Atari and, it being Christmas day, you can't replace it right away. This produces laments which make you decide that the first order of business on the morrow must be to get the part. Incidentally, it was obtained on the morning of the next day and somehow never got used during the ensuing days. Scrabble helped and so did Rummy-O, but definitely not enough to fill six days.

Then there were the dinners. Not even their parents could predict just what foods would find ready acceptance. Under these circumstances, one learns to wing it and be prepared with alternatives. But . . .

Of course, the entire visit was not as harrowing as this seems to make it. We could and did get cold comfort out of the knowledge that the rest of the country was worse off than Florida. However, I know two grandparents who packed off three grandchildren and their parents to their home and out of their hair (or what's left of mine) with a sigh of relief. Oddly enough, we'll be looking forward to their next visit to the Sunshine State.

One of the grandchildren bought a portable cassette player that was made in Japan. With the player came a set of instructions for its use and operation. The following explanation of how the tone control was used: "You can adjust the control to your tasteful level in listening the musics." I hope that they never hire the one who wrote that as a translator at the U N.

What do YOU think about those TV commercials that gush over toilet tissue and go into ecstasies as they pinch it, rub it against their face? And, are you inspired by the ads where one of the characters, upon the receipt of momentous news, suggests to the gal that they have a cup of coffee — Taster's Choice, of course?

In the WHAT WILL THEY THINK OF NEXT DEPARTMENT we now have computers that talk to you which, seeing that this is 1984, is not surprising. This gives me an opening to ask one of my favorite questions: "Who are the computers going to blame for errors when they take over the world?" However, let us not digress. I suppose that with cars talking to the driver, no one should ever leave the ignition key in the lock, forget the parking brake, or leave his lights on. With such marvels in mind, I might be in the market for a typewriter that will remind me to get to work on this column or any other writing that I'm scheduled to do.

I'm declaring war on the knobs on cabinet doors, dishwashers, desks and other infernal furniture. You ask WHY? — I'll tell you! I find myself catching my pants side-pockets on them. I suppose that if I were taller this wouldn't happen. I call it downright discrimination against us shorties.

I'm not a Puritan, but I am more than a little put off by the current vogue for dragging four letter obscenities into writing and speech. The shock is dissipated by frequent usage. One who employs them freely is lacking in imagination. I was amused recently by the following observation: "She has a couple of lovely nouns; I'd like to verb her." I found this quite as informative and much more clever than would have been the case had the writer employed the gutter equivalents.

Somewhat the lobby of the Clubhouse can never be the same now that Management has "improved" it by removing the fountain. It reminds me of a similar "improvement" when they removed the chandelier to, I believe, Deerfield. By now, of course, they may have shifted it to Boca to help get rid of unsold condos in that area. Who knows, it may wind up in California, South America, or even Israel. Wherever it is, I trust that the movers have been gentle in handling it, so that it can still shine as once it did in our lobby.

In closing this column, I wish you — one and all — a very HAPPY NEW YEAR!

The Reporter's Op-Ed Page

From Tallahassee

Eleanor Writes



Eleanor Weinstein

Dear Friends

You may have been reading about the Citizen's Choice Amendment, also known as Proposition One, which will appear on the ballot on Nov. 6.

At this time we will be asked to vote on this proposed amendment to the Florida Constitution. If adopted the Legislature would have seven months to bring the state's fiscal year 1985-86 revenues into compliance with the revenue limits set by the Amendment. This would be the most devastating disaster for Florida and our economy in that it is estimated there would be a reduction of approximately \$2.4 billion dollars or 22.6% budget reduction the first year. The Amendment would roll back to 1980-81 levels every source of revenue coming into every unit of government.

Some of the dire consequences would be:

1. Florida would be able to support only one university instead of nine and only three community colleges instead of twenty-eight.

2. Palm Beach County would lose about 1/4 of its support for

public schools.

3. Loss in revenues will cut down drastically on public services, police, fire and medical.

4. There will be a marked deterioration of our state mental health programs and social services.

5. Abolishment or abandonment of many of our water and sewer treatment programs.

6. The state's infrastructure of roads, bridges and sewers would deteriorate with the cut in funds, leading to an even more dangerous situation on our highways.

The Proposition One Amendment will not save us money — it will cost us dearly. Many public services will be contracted out to private vendors, insurance rates will escalate due to reductions in police and fire protection, and property values will decline in the face of the overall state economy.

There would be no provisions in this amendment to allow for any growth in the population of our state, and there must be a formula which recognizes that a growth factor must be sensitive to the number of residents, rate of inflation, and real productivity of the state's economy. Regardless of the change in the Consumer Price Index, revenue growth (excluding new construction) cannot exceed 5% for property taxes.

These are just some of the important reasons why we must all work for the defeat of this amendment and I set forth these facts so you might better understand the full picture and "The Day After" results that will materialize if it is passed in November.

Love,
Eleanor

Legislative Notes



By LOUIS DICKSTEIN

With the holiday season affecting the latter half of December, the work of the Legislature came to a virtual halt and no information of any degree has reached your reporter.

However, there were some pre-filed bills dropped into the hopper which we believe may be of some interest to our residents. One of these was HB70, introduced by Representative Timone, relates to consumer protection. A reader of newspaper advertisements may have on many occasions noticed that some ads of retail establishments regarding sales have omitted any mention of the price of the product being sold. This may have allowed the retailer to set a price at his own whim depending on what he considered the customer could pay.

The bill as represented by Rep. Timone requires that "Any person engaged in the business of selling any product or merchandise at retail who advertises any such product or merchandise in a newspaper of general circulation shall include within the advertisement the retail price of the product or merchandise."

A person who fails to so advertise will be guilty of a misdemeanor and punished therefore. The effect of this law will certainly be to eliminate the unscrupulous retailer.

A series of Joint Resolutions proposing an amendment to the Florida Constitution (HJR 57, HJR 59 and HJR 79) while not directly affecting the economic conditions of individual residents may be of some interest to our citizens. All of these are propositions to permit the establishment of a lottery or sweepstake and providing for the sale of tickets in such lottery. Our readers may recall that various propositions to permit gambling casinos in Florida have been defeated when

Primary Ballots Will Be Different

By JACKIE WINCHESTER,
Supervisor of Elections
Palm Beach County



Jackie Winchester

In 1984 the voters of the United States will elect the person to hold the most important office in the free world — the President of the United States.

The first election scheduled in the 1984 sequence of elections will be the Presidential Preference Primary on Mar. 13. On that day voters in both the Republican and Democratic parties will have the opportunity to indicate their preference for their party's nominee for President. Only registered Democrats may vote in the Democratic Primary and only registered Republicans may vote in the Republican Primary. Voters who are registered as independents or in minority parties may vote only on any non-partisan referendum to be on the ballot.

The Democrats will find their ballot to be different from that of past Presidential Preference primaries, due to changes in Democratic Party rules. The names of the various Democratic presidential candidates will be listed first on the ballot; however, the results of the presidential selection will be non-binding as to the allocation of delegates to the Democratic National Convention.

The names of the candidates for delegates to the Democratic Convention will all be listed on the ballot, and the voters will select five delegates and two alternates to attend the Convention where the actual selection of the Democratic presidential nominee will take place. The name of the presidential candidate whom the candidate for delegate is pledged to support will be indicated on the ballot; however, a delegate may run as "uncommitted" if he so desires. Information and qualifying forms for delegates may be obtained from the Democratic Party.

The Republican Presidential Preference Primary ballot, according to Republican Party rules, will have only the names of

submitted to the voters. The now-proposed amendment is apparently intended to obtain funds for use of the state in fixing its budget. Actually, one of the Resolutions provides that the net proceeds shall be for public schools and shall not be construed to permit casino gambling. The propositions are food for thought.

the Republican presidential candidates, and the candidate who receives the highest number of votes in each congressional district will select all of the delegates to attend the Republican National Convention II, as expected, President Reagan runs and is unopposed in the Republican Primary, no names of presidential candidates will appear on the Republican ballot since Florida law provides that unopposed candidates are automatically elected and their names are not placed on the ballot.

On Mar. 13 voters in both the Democratic and Republican parties will elect members for their county executive committees. The districts for both parties have been reapportioned with 64 districts for the Republicans and 80 districts for the Democrats. A committee man and woman will be elected from each district. To run, you must be a registered party member and live in the district. Qualifying for these seats will be from noon Jan. 10 to noon Jan. 24, with forms available from the Elections Office for the Democratic and Republican parties. Republican voters will also elect their state committee man and woman. (In the Democratic party these officials are elected by the county executive committee.)

The voter registration books will close for the Presidential Preference Primary on Feb. 11 — anyone who is not registered should register before that date. Also, those who will be out of town or are unable to go to the polls due to illness or physical disability may vote by absentee ballot. To request a ballot or for further information, call the Elections Office at 837-2650.

Voting is our most precious right as free citizens in a democracy, and the voters of Century Village have shown by their fine record of high voter turnout that they treasure this right.

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Building Our Community

A Phony Phone Rate

By KAREN CLARKE

Director, Florida Consumers Federation

Under the guise of deregulation, which is supposed to cure all economic evil, telephone rates for consumers will probably double in the coming years. This assault was quietly pushed through by the Federal Communications Commission (FCC) and the courts.

As of January 1 this year seven regional telephone companies (including Southern Bell) have been created, each owning the basic local facilities which happen to be the less profitable parts of the system. At the same time AT&T, the original parent company, has become a new, reduced AT&T, marching off with the more profitable end of the business.

Up to now, long-distance and computer users, mainly the larger corporations and the wealthy, paid their fair share of costs for use of local telephone systems through internal bookkeeping of the system. Now, with the splitup, the regional phone companies will lose most of that revenue, to be skimmed off by the new, smaller AT&T and private long distance carriers.

Under the new system of regulated charges set by the FCC for the seven regional phone companies, individual consumers and small businesses will now subsidize those who make a large number of long-distance calls and use the local phone lines for high-tech equipment such as computers. All phone users, whether or not they make long-distance calls and high-tech systems, will now pay the same "access charge" for these special services used by a few.

At first, the FCC (Federal Communications Commission) wanted to set an access fee of \$4 a month for individuals, but, because of protests, lowered it to \$2. That's still too much, and the wrong way to charge for special services. Any use of the local phone for special purposes, including long-distance calls or computers ought to be charged per call, and not with a flat fee for everyone.

The pressure is now on for the 'access charge' to be increased so that everyone will have to pay more to subsidize special users of local systems. And, if they aren't increased that way consumers still will be expected to make up amount required anyway when

facilities, will pay practically nothing per call for access to local systems.

What will happen as use of long-distance and high-tech phone services increase? Local systems will become overloaded during business hours and have to build new facilities. Who will pay for these very expensive additions? You will, through increased rates for consumers and small businesses set by the FCC.

The Florida Consumers Federation, in cooperation with similar consumer groups throughout the nation opposes this unfair method of pricing set by the FCC. Special users of phone systems have to be made to pay their fair share. State and federal legislation should be enacted to change the pricing system. Present regulations of the FCC must be changed. We must try to get new members of the FCC appointed by a responsive President who will give consumers a break.

Meanwhile we suggest that you write to your legislators to let them know what you think about the big increases in phone bills that a phony deregulation philosophy has brought about.

Just Between Us

By HY RUCHLIS

A LOOK BACK . . . AND AHEAD FOR UCO

It seemed to be an ordinary meeting for the UCO Water and Sewer Committee. What could be so special about the mundane subject of water and sewer bills?

Ah, but that meeting was special, perhaps, even historic in a small way. Almost four years ago the same people had met in the same room, but not as a UCO committee. They had been hastily brought together to act on the sudden threat of an application by Century Utilities to the PSC for almost doubled water and sewer rates.

At that time most of the people in the room were representatives from major Village organizations that had been battling each other for years on basic matters of Village policy. Somehow, despite deep antagonism and bitterness over organizational disputes, they had to overcome mutual distrust and learn to work together.

Today all that is gone! The same people, now truly united in UCO, meet in total amity and with full cooperation in working for good of the community. Issues are debated on the merits without any thought of organizational or personal advantage.

That old 'Committee on Water and Sewer Rates' built the first real bridge in our community from disunity and suspicion to cooperation and mutual trust. United on the one immediate issue, they put up a spirited fight in PSC hearings and succeeded in slashing the proposed rate increase by 20%.

Far more important than the narrow issue of water and sewer rates were the lessons learned in working together. Villagers saw that they could unite in a common effort. Former antagonists learned to work together, and work well. Those valuable lessons paved the way for similar successful united committees on such problems as transportation and opposition to the Site #6 landfill, eventually culminating in formation of UCO.

It became obvious to most Villagers that it made little sense to go through the hassle of forming a new united committee on every problem that arose. We said goodbye to organizational divisions and went all the way to one organization to solve any and all community problems.

Today, at meetings of the UCO Executive Board or Delegate Assembly, it's a pleasure to see the profound change for the better that has occurred in our Village. People now work with each other, no longer at cross purposes. Most interesting are the new friendships that have bloomed from the ashes of former bitter antagonisms.

Meetings are conducted in a purposeful, mutually respectful atmosphere. Occasional flareups, inevitable whenever strong-minded people work together, are quickly smoothed over, no longer festering to poison the community for years. The old hate-'em-forever affliction of the past is all gone.

So, we now enjoy a well-earned community 'peace on earth' insofar as Village-wide problems are concerned. Let's keep it that way!

Everyone has an important role to play in meeting that permanent

responsibility. Whatever problems may arise, let's remember that they must never again be permitted to destroy today's precious unity and amity which has taken so long to flower.

TIME TO LOOK AHEAD

UCO has rapidly matured under the wise and firm leadership of our president, Phil Sokol. He has really made an enormous contribution to our ability to solve the most difficult of our community problems.

However, there are some tough ones coming up that are sure to test our community character. They'll take all the thought, persistence and cooperation of which we are capable.

Take, for example, the problem of developing a system for continuous repair of our community's roads on a long range basis, discussed in greater detail by Bates Boyle. The immediate problem of fixing some of the worst potholed roads has been temporarily solved on an Area by Area basis by dedicated emergency UCO and community committees. They often had to campaign building by building to convince people to appropriate the money to do the job.

That's no way to get roads fixed. What other community does it in such a helter-skelter way, committee by committee, Area by Area, building by building? We must find a better way or those dreaded potholes are sure to return to plague us.

What are your thoughts on the matter?

"Precious Legacy" Shown in Miami

The Sisterhood of Aitz Chaim is making a trip to Miami Beach on Wed., Jan. 25, to view "The Precious Legacy" consisting of Jewish artifacts in the Bass Museum.

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Here is how it works. IMC has entered into a contractual agreement with the Federal Government to offer Medicare recipients a comprehensive health care program. You have a choice between keeping the Medicare coverage you now have, or choosing the IMC Medicare Plan, available at no additional cost! Once you have chosen the IMC Plan, all of the medical services are provided either directly by International Medical Centers-HMO or through arrangements made by IMC-HMO with other qualified health care providers. Any service received without the consent of International Medical Centers-HMO, except in emergency services anywhere or urgently needed medical care outside the service area, will have to be paid for by you.

Simply put, IMC Medicare benefits provide services like free prescriptions provided to beneficiaries with Parts A & B

coverage, free eye glasses, free dental care, free consultation, free treatment, a free hearing aid*, free transportation, if medically necessary to and from health care center's (the IMC primary care center closest to your home), no emergency transportation costs, no deductibles or co-insurance, no charge for home care.

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The most important benefit of providing virtually no cost care is that IMC's plan encourages Medicare recipients to come to the Health Centers as often as needed. So we are able to provide preventive medicine — what IMC calls "well care."

Call now for your free comprehensive brochure for all the details of IMC's Gold Plus Plan. The time you take to learn how to improve your health care benefits can save you thousands of dollars this year. That's why we now have over 11,000 Medicare members in Dade and Broward Counties.



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Glenn Ford
Glenn Ford, speaking for International Medical Centers and the Gold Plus Plan.

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Poppa And His Perfect Gift

HARRY HURET

Poppa's first furlough from the Russian army was in 1907. It was to be for several weeks since he was stationed in Astrakhan, a city on the Caspian Sea and his home was thousands of miles away in a small village near Minsk.

The village was so small, he used to say, that if a horse turned around in the street, he broke all the windows.

At any rate, he was very eager for the furlough because he was going to ask Sarah (later my mother) to marry him after his army stint was over the following year. But he felt he would have to bring her a nice gift — "Shouldn't be too expensive". However, nothing in Astrakhan was inexpensive enough for his meager funds so he decided to buy something on the way. He was sure that, among all the merchants who thronged the railway stations, he would find something suitable for Sarah and still be

within his means. He was right!

Shortly after leaving Astrakhan, at one of the frequent stops, Poppa saw a peasant selling watermelons. He had never tasted one before but the man let him sample a piece. He loved it! In an instant he knew he had found the perfect gift for Sarah. A watermelon! She would love it, he was sure, and it was something nobody else in the village had ever tasted.

"How much is that big one?", he asked.

"Five kopecs (cents)", the peasant said. (The amount may seem small to us but Poppa's army pay was 60 cents a month — ten cents a month more than an ordinary private since he was the regimental drummer).

Poppa didn't hesitate "I'll take it!" But now came the difficult part. He had to untie his cardboard 'valise' and get the huge watermelon into a fairly small space but he was fortunate. It only held a couple of shirts and some odds and ends. When his task was

over, Poppa re-tied his 'valise' and now, happy with his decision, he was ready for the long ride ahead.

And what a ride it was! He was squeezed into a teeming third class car with many frequent changes of trains and little or no food for long stretches. Finally, several days later, he arrived at his station, but the last leg of his journey was still to come — an overnight ride in a horse and carriage as crowded as a rush hour in New York.

By mid-morning the next day he arrived in his little village and dashed to Sarah's house. After a shy embrace, Poppa, full of excitement, said, "Sarah, I brought you a gift. I hope you like it. Here — help me untie the 'valise'." It took a little time to undo the knots but finally it was open.

"Oh Woe! The watermelon had split open into a thousand little pieces and everything in the 'valise' was covered with pits and bits of the red watermelon pulp and every piece of clothing was wet through and through and stained red or pink.

Poppa and Sarah stared at the mess.

"This is the gift?", asked Sarah with a straight face.

"This WAS the gift!", said a crestfallen Poppa.

But suddenly they were both laughing hysterically. When the laughter subsided, Poppa said, "Sarah, will you marry me?"

Sarah said, "With such a gift how can I refuse?"

And from this union I was the first born with a brother and sister to come.

P.S. I love watermelon!

He's Equally At Home On Stage And In Kitchen



Bob London

On Sunday, Feb. 5, at 8 00 p.m., Bob London, well-known baritone, will be the featured singer in the clubhouse. Known in the world of entertainment as Bob London, but here in Century Village as Bob Lombardo he is known not only as a singer, but also as the owner-operator of the Century Village Restaurant located in our clubhouse.

Bob's repertoire ranges from ballads, to pops, to jazz, from the 30's through the 80's, specializing in those songs most familiar to and most popular with Century Villagers.

Bob started his singing career when, as a student at Fort Hamilton High School in Brooklyn, he took part in school productions of musicals and Gilbert and Sullivan. At Brooklyn College, he studied drama, voice and theatrical production. He also attended the Brooklyn Conservatory of Music. Bob auditioned for off-Broadway and Broadway shows, and got a part in Lucille Ball's first musical, also in Camelot. Come Blow Your Horn, The King and I, and many other shows.

Bob is experienced as a night club singer, having been seen on the stages of the Concord, the New Irvington, Goldman's, among others. Also at the Diplomat, the Breakers, the Marco Polo and other hotels in South Florida. Last July Bob played at Kutcher's, the Pines and at the New York Hilton with Joan Rivers.

Bob's second career can be traced back to a family history of many years as restaurateurs. Bob has been in the business since he was 17. He helped with the family operated Bourbon Street

Restaurant at the New York World's Fair in 1963-64, and late at their restaurant in Bay Ridge, Brooklyn. In 1976, Bob moved his family to Tampa where he was owner-operator of the Sambo's Restaurant. In 1978 when he moved to West Palm Beach, he became the owner-manager of the Century Village Restaurant which he has successfully operated to this date.

Bob is a happy family man. He and Carol have been married for 15 years. Three of their children, Michele, 14; Robert Junior, 13; and Jeanine, 11, were born in New York. Christopher, 6, is a native-born Floridian. All the children are musically inclined, and Bob can set up a 4-piece combo consisting of bass, drums, violin and flute. They will not be on the bill with him on February 5, but will be in the audience.

Join them and enjoy with them a fine evening of entertainment by Bob London-Lombardo.

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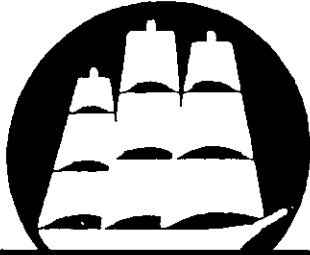
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What It's Like To Reach 82

By JESSE FUCHS

What would it be like to reach four score and two? That question annoyed me at different intervals of my later years when I reached 60, 70, and recently at 80. In the intervening years I suffered a number of maladies.

And life went on after my retirement at 49 years of age, involved in many local, state and national affairs.

I came to the conclusion that living in the eighties isn't as worrisome as being a man of 20 or 30. You may have fewer big dreams, but you have few big problems as well.

At 82 you face up to the fact you are too old to join a Peace Corps, or a marathon, but somehow you are able to weather without bitterness. I have the delightful feeling that my old age has done me no harm. I am not relegated to the wheel-chair, nor do I park my self in a corner and mumble over a bowl of soup. You really feel sorry for the young. They have so much trouble to go through, which you have already known, and sometimes I think that perhaps... if I had only another chance — but then again, what for? "Once around the mulberry bush is enough."

I have always been an omnivorous reader. The printed word has always enthralled me. This reading led me to believe in the human spirit, striving for the unknown.

I believe in music, for music charms the savage heart, the

liquid rhythm of a sonata, a love song I can leave the strident strains of a rock and roll to those that like that.

I and wife, Birdie, believe in the dance — ballroom and folk dances is my metier.

I believe in the arts: painting, as expressed by a Michelangelo, a Hunter, Fraagonard, Norman

Rockwell and the Impressionists too numerous to mention.

I believe in the fragile, fleeting, loveliness of a daybreak or the

setting of the sun, the coruscating landscape of the nightly heaven.

I believe that a good laugh does more good than a long face.

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Clean Up '84 Supported By Common Cause

BY HANS JUSKO

Among the many important projects which Common Cause has supported in the past, none has more bearing upon the quality of our future life than "CLEAN UP '84".

Common Cause endorses the creation of a new section in article #1 of the Florida Constitution entitled:

"ENVIRONMENTAL RIGHTS"
It encourages the Clean Up '84 petition initiative to save-guard Florida's fragile environment.

We feel that each person has the right to live in a healthful atmosphere and that all of us have a duty to maintain it for the benefit of future generations. Natural water, air and wildlife would be established as a public trust and enforcement of those rights should be secured in legal proceedings.

For its next get-together, Century Village Chapter of Common Cause has secured a very interesting speaker, Tom Snyder, the field director for CLEAN UP '84, will explain the pertinent facts and answer questions on many important upcoming issues.

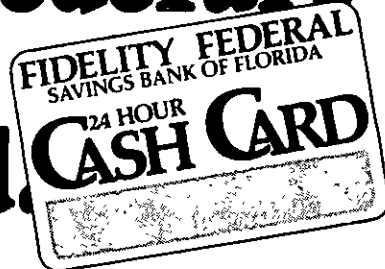
The meeting will take place, Monday Jan 23 at 7:30 p.m. in the American Bank Building at westgate.

Everybody is invited

City College Alumni To Hear Weiselas

City College (N.Y.) Alumni Association will hold its annual luncheon at the Royce Hotel on Monday, Feb 20 at noon. The class of 1934 will be honored. Dr. Leonard E. Weiselas, dean of the college's biomed education department, will be guest speaker. For further information call Sy Brick, 689-4542 or Sid Isaacs, 689-7533.

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Contractors' Committee Is A Big Help

Under the guidance of vice president Harry Kalb and chairman Milton Friedman, the Contractor's Referral Committee has been having an active season.

The committee has recommended roofers, water-proofers and painters to the following Building Associations.

- ANDOVER F and K
- CAMBRIDGE G
- CAMDEN J
- CHATHAM P
- DORCHESTER D
- EASTHAMPTON F
- SHEFFIELD Q

- HASTINGS E
- KINGSWOOD C
- NORWICH D and M
- NORTHAMPTON F
- SALISBURY G
- SOMERSET E and G
- * STRATFORD
- Roof Leaks Repaired

The committee recommends that any needed repairs be done at this time of year for quicker completion of work and better prices.

The committee has a need for volunteers with roofing experience and knowledge, 689-2533 B.Z.

ANN WIENER: TAKE A BOW!

Over 100 people braved the pouring rain on Dec. 16 to join members of the Florida Consumers Federation at their Holiday Happy Hour and Benefit Raffle Drawing. Nearly \$7,000 was raised to benefit the organization's efforts on health care and toxic chemical regulation.

Many Century Villagers took part in the fundraiser. The high seller in the state award went to Ann Wiener, the UCO representative to the Consumers Federation, who helped to raise over \$900. Sara Laminsky, with the Century Village Chapter of the National Council of Senior Citizens, was the second highest ticket seller, and raised over \$400.

Community spirit is needed for beautification of our Village. Through tireless efforts of the "old newspaper committee members," a contract was signed with the S.C.A Services of Florida, Inc.

The funds collected will be used to beautify the Village. The U.C.O. has provided containers in each area for the purpose of collecting old newspapers.

Presidents are requested to place notices on bulletin boards, as to the locations of the containers for the used newspapers in their area.

The containers must be kept free of all other debris such as trash, garbage, phone books, brown paper bags, strungs, plastic and cardboard.

Any of the above can cause the entire shipment to be rejected. Only clean dry newspapers will be acceptable.

Participation and co-operation will be necessary by all residents in the Village.

Community involvement and responsibility is urged. Please co-operate.

Jean Zohn

HOWARD D. ZIPPER, M.D.

Diplomat American Board of Otolaryngology

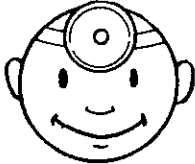
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Next Meeting of the Delegates
Friday
February 3
10 a.m.
Auditorium

Huret Embarks On Musical Trip

Don't miss the Feb. classes at the Institute of New Dimensions! On Tuesdays at the 45th Street Campus, our own Harry Huret — The Reporter illustrator — transports us through the years of the American Musical Theatre. You will relive your happy days while singing and dancing to the tunes of these productions.

The ever-popular discussion series of Great Decisions begins on the same day (second period).

Thursday's class at 45th street is a special event — a symposium on Science and Society — for the serious minded. Each week there will be a presentation by a specialist. On Feb. 2, Hy Ruchlis will speak on "Two Cultures," the role of science and the humanities.

If you have not yet attended classes at New Dimensions, each month is a new semester, so you are always eligible to join. Pick up a catalog at the Okeechobee Library for a full schedule through April.

A reminder — transportation is available.

A JCC van service is available to the 45th St Campus from Century Village Clubhouse. Call 622-2440, Ext. 307.

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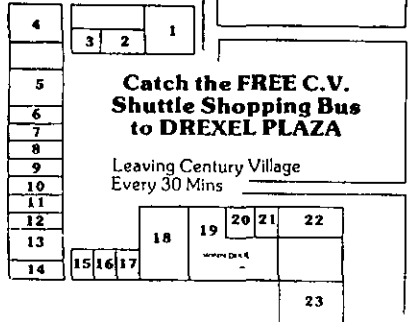
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So Much Progress In One Year

By ANN WIENER

Before discarding the 1983 calendar I glanced through the notations of appointments, conferences, meetings, special meetings, and realized how much time and effort had been expended to help us grow into a more beautiful and peaceful Community. It seems phenomenal that so much progress could have been accomplished in just one year.

How was it done? Lots of hard work on the part of very dedicated people, and by all of us slowly learning that with cooperation we can achieve these results. Only because Area Associations met together and worked together did the dilapidated look of the deteriorated roads with the horrendous potholes that gave the Village the appearance of a slum, now has become our beautifully paved thoroughfares.

And, of course, the seemingly impossible task of providing a transportation system has now become a reality due to the tireless work of dedicated people and a new spirit of cooperation among the residents of the Village.

None of us had the background or experience of handling the business of condos before. There appeared to be a great need for many owners and many associations to understand the special requirements for condo living — how it differs from private home ownership or that of living in apartments. It was becoming apparent there was a need for an Area Information Exchange as an education committee to clarify responsibilities and relationships between owners and elected Association officials, between Associations and UCO, explaining legal requirements for condo living.

This committee is prepared to assist Associations in areas they are having difficulty, so that organizations will operate more expeditiously.

After carefully considering the role of the elected Delegates we issued a pamphlet outlining their duties and responsibilities. At the end of the year we distributed kits to all Association Presidents with information regarding legal requirements and the necessity of a budget to be given to each owner of the Association. Another kit has just been compiled and distributed setting up the proper Financial Statement to be prepared as required by Condo Law.

As we contemplate the New Year there is great anticipation of wonderful things ahead.

This committee will carefully study the reports submitted by the Area Presidents, and also the reports from the Association Presidents, and will make plans to offer assistance where it is most beneficial. If there are any questions about setting up proper records, information about roads, assisting elected officials, or for any other information, we will confer with your board of directors, send a representative to your meeting, or simply refer you to the proper source to resolve your problem if you will call on us. Ruth Bernhard, 686-0835 Ann Wiener 684-0835.

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Questionnaire

In A Little French Town

Synagogue: 1367 Vintage

By FRANCES LEVY

On a quest for examples of Jewish life in France, I visited a little town I had never heard of called Carpentras, south of Paris, to see the oldest synagogue in France and the second largest in Europe. The largest one is in Prague.

I was lucky to find the synagogue open and a man there to show me around, as most synagogues are closed during the day. However, this person spoke only French and I know about four French words that I learned from cross-word puzzles. But I had my French sister-in-law who is bilingual and I went nowhere without her. She almost wore her tongue thin translating for six weeks.

We found a really old building, erected in 1367, more than 600 years ago. It is made of stone and reputedly was used by Jews from Spain. Many of their relics remain. We saw the old Mikvah, a set of stone steps descending about five feet, still filled with water. Then we saw a newer Mikvah from the 18th century when the building was to a great extent rebuilt. This one, much bigger, went down to a depth of about 10 feet, also filled with water which comes from a natural source. The Rhone River is very

close. In winter when it is cold they use the smaller Mikvah because they can heat the water, I don't know how.

Further restoration was begun in 1929, but they are still soliciting funds for work begging to be done. The sanctuary is simply beautiful, with elegant wooden pews, a very high ceiling with tall Gothic windows, Murano crystal chandeliers that the man told us came from Germany, an attractive Bema with an exquisite Torah curtain, and a tremendous bronze Menorah, 400 years old. The walls on either side of the Bema are frescoed and on each hangs a Tablet of the Law, handsomely framed.

They own 40 Torahs, large and small, brought by people from Russia and Poland who were escaping programs. The ladies balcony has an exquisitely carved railing, the whole scene very memorable.

One of the most interesting things we saw was a matzo oven, carved out of the solid rock wall where, until 1905, they were baking square matzos for all of France, the North African countries and the United States.

A great deal of history attaches to this community. In the 18th century when they were making some repairs on the synagogue, the local bishop told them that the building was not to be higher than the church nearby and he had their scaffolding torn down, but obviously they overcame. The man told us that before 1789 there

Golf's Edge Rings In The New Year

Golf's Edge Women's Club held its annual New Year's Day Champagne Party on Jan. 1 with president Evelyn Mauer and the executive board serving as hostesses. Assisting were Jeanette Bacine, Jean Strassman, Mary Maidenbaum, Betty Pollack and Sam Silber, Sam Siegel and Sidney Strassman.

Pearl Klein installed the 1984 slate of officers at the Ramada Inn on Jan. 11. Lillian Schilt was chairperson.

Members of the executive board are R. Feldman, P. Klein, R. Novick, M. Zenger, Edna Miller, R. Silber, B. Weintraub, I. Sklaroff, E. Rosenberg and L. Schilt.

CANISTER DATE SET

The Palm Beach Cancer Alliance has set the day of Feb. 16 as Canister Day. Anyone in need of patient care or wishes to receive information may call Etty Kabil at 686-2437.

were 1,200 Jewish families in little Carpentras, now there are only 100, but growing.

I had every intention of traveling up to Strasbourg to see the synagogue that has produced

many of the Chief Rabbis of France, but it is up north on the German border and it was simply too cold. One morning, during my stay, the temperature was 32° in late October.



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The Money Manager

To trust, or not to trust, that is the question. Whether 'tis nobler to pay taxes and suffer The slings and arrows of the I.R.S. Or to take advice against this sea of trouble And by opposing them: to learn and gain.

(With apologies to Shakespeare)

Are you tired of paying unnecessary taxes? A TRUST may be your answer!

A TRUST is a legal document that offers you not only the opportunity to save current taxes, but also saves you thousands of dollars in legal fees and aggravating delays in passing your estate to your heirs.

First, let us discuss how you can save current taxes with a TRUST. If you have children or grandchildren or a dependent to whose support you are contributing, you can increase your contribution to them and reduce your taxes by utilizing a Short Term (Clifford) Trust. A TRUST is created and you transfer into the trust income-producing property, of any kind, for a period of at least 10 years. During the duration of the TRUST, the income goes directly to the beneficiary you designated.

Example #1

I had to assist in paying the cost of my granddaughter's education. I created a Short Term Trust and she received the income from the Trust. As she had no other income, she paid no income tax on the Trust income and neither did I. After the expiration of the Trust period, the assets I placed in the Trust were returned to me.

Example #2

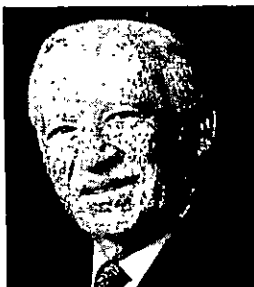
I recently created a Short Term Trust to help support my mother-in-law. She is 90 years of age. She will receive the income from the Trust during her lifetime and upon her demise the property funding the Trust will be returned to me. She, too, will receive the income tax-free and neither will I be taxed on the income.

In either case, my beneficiaries received 30% to 40% more income, tax free, than had I received the income and paid taxes on it and then gave the proceeds to them.

If you are charitably-minded and you are leaving monies to charitable organizations in your will, you can save current taxes by utilizing a Charitable Remainder Trust.

For Example:

I have a client who bequeathed \$25,000 to Congregation Anshei Shalom and another \$25,000 to Mid-County Medical Center in his



Solomon Kopman

will. I had two Charitable Remainder Trusts created and transferred \$25,000 of investments into each Trust. The income for each Trust goes to my client during his lifetime. The transfer of the investments into the Trust, which the organizations will receive on his death, resulted in a \$35,000 tax deduction. Since he is in the 35% tax bracket, his tax savings will amount to \$12,250. A person could also purchase tax exempt unit trusts and get tax free exempt income as well as the tax savings.

Lastly, the Inter-Vivos Trust (Living Trust). It is estimated that the cost of probating your estate with a Will will cost you at least 5% of your estate plus a 6-month to 2-year delay. If you substitute a Living Trust for your Will, you will not have to probate your estate and you will save the 5% legal fees. There is no delay in passing your estate to your heirs. In 1984 you will be able to pass \$650,000, estate tax free to your heirs by using the Living Trust method.

This article does not begin to exhaust the possible uses of different types of trusts for specific purposes or as a means of reducing income and estate taxes. Neither does it attempt to include the detailed legal and tax specifications with which anyone setting up a trust must be familiar. That is a field for professionals, just as is investment management.

The public should be aware, however, of the possibilities which may be available to them.

Looking For Therapy? Try Shuffleboard

By BOB KETZIS

As we have mentioned in previous issues, playing the game of shuffleboard can be the best therapy for many of our Century Village residents. If you are a sports enthusiast and are hesitant about over-exertion, about participating in golf due to the walking, playing tennis with its stress on the feet and the heart, then you should definitely turn to shuffleboard.

With the cooperation of the clubhouse, the 48 courts are slowly getting into top shape. All their efforts would go for naught, if it were not for the work of the officers of the Shuffleboard Club and its members.

From 8:00 A.M. to 10:00 P.M., you can see the shufflers going at it. The full schedule, which was interrupted because of the many visitors, calls for the traveling team on Mondays, singles play on Tuesdays, team play on Wednesdays, and draw doubles on Fridays. All games start at 1:00 P.M.

An extra tournament was held Dec. 20-22nd. The prize for the 1st and 2nd place winners was a deluxe breakfast for two. The way they went at it, you'd think they hadn't had a good breakfast for ages. Twenty-four club members participated and the packed stands were treated to the unique game of bowling pin shuffleboard.

Placing a bowling pin on the line in the rear of the 10-point box presents a hazardous situation for the player trying to hide a disc behind the bowling pin. Hitting the pin means 10 points off.

Any of you "knockers" who think it's easy, come down and try it. So you see, playing shuffleboard can prove to be interesting and exciting and we recommend it to everyone. Our Century Village shuffleboard club membership is growing each week but we look forward to meeting more of you. And as we mentioned before, come down and make more friends. That's something we all can use.



Peggy Jackson, vice president of Century Clubhouse Activities toasts U.C.O. vice president Bill Snyder and president Philip Sokol at Chairman Levy's office.


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Greenbrier Goes All Out For S.A.V.E.S. Fund

Greenbrier residents have donated a great deal more to the S.A.V.E.S. Ambulance Fund Campaign than they did in April 1983.

A total for the three buildings came to \$1,455, more than twice the previous drive.

In the B building, Leo Bennett did all of the collecting and received the largest contribution. At the A building with Irving Lazarus chairing, volunteer collectors were Sidney Litzky, Sam Weinrib, Rose Rosen and Sammy Mishkin. In the C building with Doc Davis chairing, Martha Stern, Ruth Israel, Sylvia Shour and Pauline Berkof were the volunteer collectors.

Korman Captures Hastings Tourney

Dave Korman of Kent emerged victorious in the annual Hastings Cue Club 7 ball billiard tournament. Ed Marshak of Hastings was runner up, with Oxford's Max Neier finishing third and Ruby Ormont of Oxford placing fourth.

In the 9 ball event, Sam Weckstein of Canterbury placed first; Sol Cohen of Wellington was second, Israel Abramowitz of Kingswood finished third and Bernie Gailay of Hastings was fourth.

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Being A Driver Is Only Half The Story

Every day, as I drive around the Village and along the various streets, avenues and boulevards of West Palm Beach, I see any number of "near-miss" car accidents due to careless, negligent drivers who fail to use their "directional blinkers."

The most hazardous situations occur at intersections when thoughtless drivers fail to signal that they are going to make a left turn into the cross-street!

The car following may not slow-down quickly enough to give the turning car enough time to make the turn! Then there is the "clash" of fenders at the very minimum, with a "direct hit" from the rear at maximum, not only causing damages to both cars, but also causing occupants of either or both cars to be thrown forward, resulting in "whip-lash" and other injuries.

Another hazardous negligence occurs when directional blinkers are not used when changing lanes, preparing either to make a turn at the next intersection or when

moving into the adjoining lane, etc

Unless the cars following in both lanes are given warning of such a change of lanes, they have no reason to slow down to allow proper car-space as well as time for the lane-changing car, resulting in a very dangerous situation.

I am sure that every driver expects such courtesy and warning from the drivers of other cars — so it is reciprocally important that every driver remember to extend the same courtesy to other drivers.

Keep auto accidents and injuries to a minimum by using your directional blinkers when making all turns, changing lanes, etc when driving.

BE A GOOD "DEFENSIVE" DRIVER — BE ALERT TO ALL CARS AROUND YOU!

Bernard Zeiger
Somerset

MEIR CLUB MEETS

The regular meeting will be held at the American Savings Bank of Golda Meir Club on Jan. 18. A surprise T V personality will be guest speaker.

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THE UCO REPORTER

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HOLD FASHION SHOW

Shalom Hadassah will meet at Anshei Shalom on Wed., Feb. 15, 12:30 p.m. Members of Shalom

will present "Fashion Show Unique," with narration by Pearl Klein. On Feb. 23, there will be a H M O luncheon at the Breakers

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TRILOGY

The Borscht Who Went Out To Lunch

By MOE MOSS

This piece might well be entitled "Life among the local stores — or: They don't understand us."

This lady walked into Publix and asked one of the checkout girls, "Where is the borscht?" The girl said, "I don't know, ask at the service desk." She went over and repeated, "Where is the borscht?" The clerk scratched his head. "He's out to lunch."

...

Then there was the lady who entered Luria's and inquired if the store carried Menorahs. "What is that?" the clerk asked.

"It's for Hannukah," the lady replied.

"Just a minute, I'll find out," said the clerk. She returned minute later and said, "No, we don't carry harmonicas."

...

When Fromm's Bakery was still open, a lady entered, and she observed she was the only customer in the store. However, the girl behind the counter advised her to take a number.

"Why should I, since I'm the only one here," said the lady. "I just want six bagels."

The girl repeated, "You must take a number, the boss insists. I might lose my job."

The lady then picked up No. 91. The girl looked on the indicator on the wall, which showed No. 88. Then she called out: No. 89, 90, and finally 91.

"Ok," she told the customer, "what do you want?"

"I told you, six bagels," was the answer.

The girl replied, "Sorry, we're out of them."

Mid-County Offers Blood Pressure Test

Mid-County Medical Center will offer a blood pressure screening on Friday, Jan. 27, from 2-4 p.m. The Medical Center is located at 8180 Okeechobee Blvd., 2 miles west of the Turnpike entrance in West Palm Beach. No appointment is necessary. The fee is 50¢. For further information, call 684-1119.

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OPINION

By FRANCES LEVY

Now that meetings have started up for the new year all over the country, in every sort of work, where so much needs to be done and so few seem willing to do it, it seems to me this is a good time to call attention to a few pointers. While I confess the approach is negative, I take the view that so many people tell you what you should do, so, maybe the reverse will make an impression too what you should not do.

Originally this list of worthwhile hints came to my attention in a slightly different form in a bulletin of the Dayton Technical Society and from my own observation I revised it to fit local needs. The situation not having improved perceptibly, and so many new people around, here it is again.

If you follow the hints in numerical order, I think you will get the best results, but personalities being different, you may choose to do it your own way, by not doing these things in any order.

1. Do not come to meetings, but if you do come, come late
2. If you attend a meeting, be sure to find fault with the work of the officers and members of the board.
3. Never accept an office, as it is much wiser to criticize than to do it yourself.
4. Nevertheless, get good and sore if you're not appointed to a committee, but if you are, don't attend committee meetings either.
5. If asked by the chairman to give your opinion regarding some important matter, tell her or him you have nothing to say. After that, say, "Well, no one asked me"
6. At a meeting, never express your views under any condition. Agree with everything that is said, but when you get home, get on the phone at once and hold your own meeting and tell everyone just how things ought to be done
7. When a social affair is proposed, vote for it but don't go. Tell everyone it's a darned shame that with these hard times money is being spent on blow-outs that accomplish nothing
8. On the other hand, when no affairs are given, say that the organization is dead and somebody ought to do something before rigor mortis sets in.
9. Hold back your dues as long as possible; better still, don't pay them at all
10. Do nothing more than is absolutely necessary but when others roll up their sleeves and work like slaves to carry the load for you, how loud and long that the organization is undemocratic and run by a clique. Ask for an investigation!
11. Do not bother about getting new members. Let the secretary do it
12. When everything else fails to please you, condemn the officers, the "stupid" membership at large, and resign! That should make it a better organization right away

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FROM FIRST DAY ON

Pain Is Always With Us

BY MOE MOSS
Ph. G.-R. Ph.

The sermon today is about pain. (taken from the French-Setoute Vay).

The moment you are born you feel pain. The doctor who delivers you holds you upside down and slaps you and you enter the world, where pain is a part of daily living.

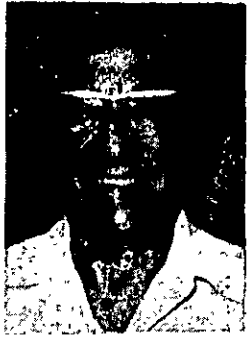
Pain comes in different degrees to each individual. Some have a higher pain threshold than others and you all have seen on TV the so-called yogis who can lie on a bed of sharp nails with a heavy weight pressed upon them, and yet feel no pain by brain control.

Your body lets you know of impending trouble with pain. However, it is not always a true indication of the exact trouble. For example, heartburn often imitates symptoms of heart attack. It sends a lot of people to the doctor; some go who shouldn't and some don't go who should.

Dr. B.K. Lucak, a noted gastroenterologist, says, "The time to see a doctor is at the point when pain occurs frequently, is severe enough to disrupt sleep, when the pain is constant, when vomiting occurs and there is a change in the bowel habits."

There are hundreds of different medicines on the market for pain, but in my opinion those of us who are not allergic or do not have an ulcer can use the least expensive and most efficient of all for relief — Aspirin.

However, the best way to take it is in the enteric-coated form. This does not allow the tablet to disintegrate until it reaches the



Moe Moss

intestines, avoiding contact with the mucous membrane of the stomach and prevents any irritating reaction.

The world-famous Dr. Sabin, discoverer of oral polio vaccine, in a recent interview stated that the medical researchers should concentrate on discovering the best way to relieve pain in the world. In his opinion, that is more important than to seek cures for some of the well-known dread diseases.

I recently interviewed a father-and-son team of chiropractors, whose office is across the street from Century Village, about pain and how to relieve it without resorting to medication. And despite a lifetime background of dispensing medicine which cast me in the role of a "Doubting Thomas", I have to admit that their sincere belief in their profession and their clear explanation of their unique combination of the thousand-year-old use of acupuncture plus the more recent use of chiropractic methods and

the testimonials from some of their patients has convinced me that they can help lick many categories of pain.

I know a dentist in Fort Lauderdale who advertises, "We cater to and treat cowards." He infers that he is a painless dentist and he successfully treats patients who are reluctant to go to the dentist because of their inordinate fear of pain.

However, I found that he is not always as painless as he says. He hollered like the rest of them when I bit his finger.

Some thoughts about pain — In youth the absence of pleasure is a pain; and in old age the absence of pain is a pleasure.

It is much easier to stand a pain than to stand an itch.

And I think that I better finish this article before I become a pain in the you-know-what!



Dr. Irwin Strosberg (right), chairman of S.A.V.E.S. board, accepts \$5,000 check from Al Siegel, vice president of Village Mutual Association to be used towards purchase of a new ambulance. The remaining \$20,000 gift will be turned over in the spring. Presentation was made at S.A.V.E.S. breakfast. Some 300 fund raisers for S.A.V.E.S. were honored.

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The 'Endangered' Species

By LEW WISE

Since the turn of the century man has seen the wisdom of saving the lives of rare and endangered species. In many instances the awakening has come too late. Unfettered popula-

tion growth encroaching on lands necessary for sustenance of wild life coupled with undue insecticidal use have done irreparable harm.

The passenger pigeon that at one time literally darkened the

skies is today non-existent. There are but twenty condors alive in California, three of them in captivity. There is growing concern for the Florida panther, the whooping crane, the cheetah and the Siberian tiger.

Today however, protected by international treaty and conservation groups, many species have staged a remarkable comeback. The blue whale, the world's largest mammal, blissfully roams the seas in its search for Jonah's clones. Efforts to inseminate Ling Ling, the primadonna panda, just may prove successful. Florida's Power and Light heats offshore waters to insure temperate conditions for the manatee.

The fact that so many of the imperiled are managing to cope should allay some of our fears. But with a capricious nature on the one hand (earthquakes, tidal waves) and man's inhumanity to man on the other, the mescapable conclusion is that man is truly the endangered species.

What should be done? The solution is simple. Evict present occupants of the zoos and restock them with humans. Surrounded by steel cages and deep moats security will never be a problem. Food will be in abundance since an endless stream of visitors will provide peanuts, popcorn and assorted buttons.

Understandably the visitors will be the animals. And they can well afford to pay the entrance fees. At one time a miserable existence was categorized as a "dog's life."

Not today. Generations of Lassie command awesome wages as does Morris, the disdainful feline. Not forgetting Rudolph the red-nosed or Miss Piggity. And while the church mouse may be poor, Mickey definitely is not. Mickey latched on to Disney and dines on Jarlesberg three times a day. Lastly, shed no tears over the crocodile. With but five hundred "croc" in the U.S. and but twenty of them breeding females, think of the monies this score can amass in season.

For some of us this will mark the fulfillment of an enemy's prophesy. "I'll see you behind bars."

Fishing On Boats

By BEN WALTERS

An exciting experience is to go fishing with Dave Cotton, who has lived in Century Village for 10 years. I have known him for about nine years, and have gone fishing with him quite a few times. He is one of the better fishermen in Century Village.

He has his own boat which he calls the "Cotton's Choice." The boat is a 24', 200 horsepower motor, with a radio and a depth finder, which does the spotting of the fish fairly well, wherever they are.

When Dave goes fishing, he takes a few friends with him and they usually return with a good share of fish. Only last week he had a great day, catching two 15-lb kingfish, five porgies, and some groupers.

Dave never misses a good day when he goes out. He is always looking for good anglers to go with him. If you are a good fisherman, you can give him a call at 689-1637. Whoever goes, shares the expense of the day. Since he doesn't go out with more than four people on his



boat, there is no tangling up of lines.

Catch a few, and leave a few. Good luck fishing!

All of you good fishermen of Century Village who have a little story for me — if you catch a fish and have pictures, call me at 689-2916 or write to me at Camden M-295.

Fishing Club Lists "Jungle Queen" Trip

The Century Fishing and Social Club has scheduled a Feb. 22 trip to "Jungle Queen."

The club meets the first Tuesday of each month at Anshe Sholom at 1 p.m., and the third Tuesday of each month at American Savings Bank at 7 p.m.

10th Year for Lasner

Larry Lasner, shuffleboard instructor, is starting his 10th year of free lessons every Thursday at 10 a.m. on courts 1-4. Lasner is a resident of Dover who has given many hours of free instruction.

The Day I Committed My First And Only Crime

BY SHASHANA FLEXSER

Having fine principles is one thing. Living up to them can sometimes be hazardous and lead to crime.

A number of years ago, (when a ride in the New York subway cost a dime) I entered the subway to go to the Abraham & Straus department store, intending to purchase a chair. It was a short ride of three or four stations and, as usual, I became immersed in a book. Then I noticed a stout lady with an enormous, filled, shopping bag sitting opposite me. There must be something about me that attracts the most peculiar people, since a few minutes later she came over and sat beside me.

She related that she was a very poor widow, with no children, all alone in the world, and could I do her a big favor. She said she had walked out on her factory job, where a Puerto Rican forelady, who hated her, gave her a hard time. She couldn't take it any more and gave back as much as she got (and a lot worse) and then walked out on the job.

What could I do to help her, I asked, feeling very sorry for her. It was just a telephone call, she said, to say that I represent the Unemployment Office and want to know whether her boss had fired her or that she walked out voluntarily. In the former case she would be eligible for unemployment benefits, in the latter she would not. Of course I would do it, I said.

We got off at Abraham & Straus. Embarrassed by her bulk and the bulk of her shopping bag, I walked fast, with her trailing. She knew exactly where there was a telephone booth and led me to it. I called the former employer, gave a false name (to my eternal shame) and was told that the boss reported he had fired her. Naturally, she was elated and extremely grateful — so grateful that she quickly dug into her shopping bag, took something out and quickly dropped it into my bag, with instructions: "Don't open your bag until you're out of this store", and vanished into thin air before I could question her.

Of course I was curious and opened the bag while still in the booth. What I saw caused me to quickly shut it again and to leave the store in a hurry. She had placed a beautifully designed and expensive necklace, and bracelet to match, in my bag, to which were attached "Lord & Taylor" tags and no price. They were made of fine rhinestones and emerald-colored stones and looked like expensive costume jewelry.

My first thought, of course, was to return them to Lord & Taylor (really, I swear it!) but my second thought was, "Who would believe such a crazy story?" and I pictured myself doing time in jail for a crime I did not commit.

So I admit that I committed my first and only crime that day. My life as a criminal has been short-lived, but I must admit that to this day I enjoy, (slightly and regretfully, of course) the compliments I get when I wear the merchandise.

Well, what would you have done in the circumstances?

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Finally Passing A Milestone

By BERNARD ZEIGER

We have been living in Century Village for over ten years — and WE HAD NEVER VISITED "THE KEYS!"

Whenever we mentioned this in conversations with friends, everyone had already been there — and no one suggested that they would like to go again. When we asked if they had enjoyed the trip and visit, and what was outstanding about it, etc. — we usually got vague responses

Instead of becoming discouraged, these responses piqued our curiosity and we became more determined to make the trip when the time was right! The time became right this past summer, when we found an interesting "package" deal for three days at the Indies Resort & Marina Hotel, located on Duck Key — about half way down to Key West.

So, we took off early on a Monday morning — had a nice, easy ride down the Florida Turnpike to U.S. 1 at Homestead, and then South along U.S. 1 the rest of the way.

To wax poetic, we found that "nature and man had joined hands to form a beautiful chain called the Overseas Highway, that connects the Florida mainland with the Southern Atlantic Ocean and the Gulf Coast waters"

All bridges connecting each "spit" of land (called Keys) have been re-built or improved. Seven Mile Bridge (the most recent bridge re-built) connecting Marathon Key with Bahia Honda Key, is just tremendous. With the blue/green Atlantic on the left and the purple/green Gulf on the right and the blue sky overhead, as you rise to the center span of the bridge, you feel as if you are "way up there", flying over the water rather than driving along a fine modern bridge-road

Our Hotel turned out to be just great, with large modern rooms and adjoining balconies. The facilities included tennis courts, a 9-hole "pitch and putt" golf course for those guests who have plenty of leisure time; and two swimming pools — one salt and the other fresh water. We spent the balance of the day relaxing around the pool and deciding our sight-seeing plans for the next two days.

The next day, after a hearty buffet breakfast (our Hotel serves no other meals at this time of year), we took off for Key West; got there in late morning. In order to learn about Key West and its environs, we took the Conch (pronounced like a "konk" on the head) sight-seeing Trolley. We had a fabulous driver-tour guide, who did not spare the superlatives in describing every area, historic house and point of interest in and around Key West.

At one point, we stood on the most southern spot in the U.S. (On the Road Map, this spot is shown as "0-0" mileage!) Here too, is the point where Cuba is only 90 miles due South

After a quick lunch, we joined a guided tour through the Ernest Hemingway Home and grounds. We spent an interesting hour in viewing this historic literary shrine.

We then strolled down and across famous Duval Street, with notorious Sloppy Joe's Bar, and many other commercial establishments all out to "collar the Yankee tourists' dollar."

We took a leisurely drive back to our hotel, stopping off for dinner enroute. Yes, we supped on Conch soup, tried sea-food platters to sample each of the sea food specialties of the Keys, and of course, topped off our dinner with Key Lime pie! While the food was enjoyable, we could not boast that our dinners were "the best food we ever ate!"

The next and final day, after an early morning swim in the pool, we again had a hearty buffet breakfast, (consisting of orange juice, oatmeal, scrambled eggs with sausage, toast and coffee) and then, started back to good old West Palm and Century Village, stopping off enroute at Islamorada and Largo Keys, to look for tourist tid-bits! We arrived in West Palm and "home" in late afternoon, and slid very easily and comfortably into our usual mid-week routine of dinner and then a relaxing evening bridge game with friends.

Now, if any of OUR friends should happen to ask if we have ever visited "the Keys", we too can nod knowingly, feeling that we have successfully passed another "milestone" in our Florida-world

Bloodmobile Seeks Aid In Scheduling Donors

The Palm Beach Blood Bank's Bloodmobile will visit Century Village the last Thursday of every month (if this date is a holiday, the blood drive will take place the next day — Friday) The location is the Clubhouse parking lot. Hours are from 9-3 p.m.

Eligibility requirements for donors are few. A donor must be 17 years old. (There is no upper age limit) Donors must weigh at least 100 pounds and feel in general good health. (A "mini-physical" is done on each donor to be sure he/she may donate a pint of blood)

'Composition' Subject Of Photo Society

The "composition" of a photo makes the picture. And Eastman Kodak's slide presentation on "Composition" will be shown at the Village Photographic Society meeting of Monday, Jan. 9 in Clubhouse, Room B at 7:30 p.m.

"Matting" of a photo in preparation for framing was the subject of President Dan Smith's lecture demonstration at the Dec meeting. With "nothing up his sleeve", Dan proceeded to transform a photograph into a beautiful presentation — just by matting the print.

Color has its own expression — and the "Language of Color", a production of the Photographic Society of America, will be viewed on Monday, Jan. 23 at 7:30 p.m. in Room B, at the Clubhouse.

Ruth Hyde Group At Tikvah Hadassah

Tikvah Chapter of Hadassah meets on Jan. 16 at 1 p.m. at Anshe Sholom. Entertainment will be provided by the Ruth Hyde Group. The chapter will make a trip to the Bass Museum in Miami Beach on Feb. 15 to see the Judaica Exhibit of precious legacy.

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OH, THOSE SHOW TIX!

Dear Editor:
To me, the UCO represents solidarity, and the wonderful work you endeavor to do for the benefit of the people in Century Village.

However, there is one problem, which I believe could use lots of improvement. I am referring to the one week of the month, which is designated for the purchase of show tickets.

Kudos should be given to the dedicated men who volunteer to come early and distribute numbers. They also manage to maintain some order among the people when the doors open at 8:00 a.m.

I can't fathom why tickets or numbers should be given out as early as 2 and 3:00 a.m. These people come, get a number, go home and come back about 7:45 a.m. I don't think it is fair for the others who arrive quite early and wait in line.

I feel confident that many others feel the same as I do, and perhaps some one will come up with an idea, which will be of benefit to all of us.

Lee Goldberg
Dorchester H

A JOB WELL DONE

Dear Editor:
The UCO has once again proven that perseverance and hard work has its rewards.

At the risk of sounding redundant, I applaud them on the results of this. I, of course, am referring to the transportation issue. The death of the young owner of Palm Beach Motors undoubtedly caused untold difficulty, but the UCO, through their efforts, made the transition to the present bus system a good one in that service was not interrupted for even a day. These buses are a delight.

Please accept my thanks for a job well done.

Marilyn Hartman
Dover C

Dear Editor.

Referring to a letter in last month's UCO Reporter, concerning numbers given out by volunteers prior to the sale of monthly show tickets, I wish to point out that the writer does a lot of criticizing without knowing the difficulty of standing in line without a number.

Without numbers, those behind you could claim he is in front of you, precipitating an argument.

If it should rain and the line breaks up, you cannot get back to your place without a fight or name-calling.

It is a good idea for management to distribute numbers. I suggest that the person who made that suggestion go to management and convince them to handle the distribution of numbers, instead of leaving it to us.

Most of us wish to thank the volunteers who give out the numbers. I'm sorry I don't know their names.

Jack Everett
Stratford H

BENCHES FOR BUS STOPS

Dear Editor

As part of the beautification program to be financed from funds derived from the newspaper collection, may I suggest that additional benches be installed at ALL BUS STOPS IN THE VILLAGE. Certain busy areas, such as corner of West Drive and South Drive, should have second benches.

Herman J. Tauber
Greenbrier A

HANDWRITING LECTURE

Dear Editor:

This letter is for those who still haven't found their creative milieu whether in art, music, literary inspiration or new social incentives.

The Institute of New Dimensions as well as the Jewish Community Center offer a variety of such courses to capture your imagination. They are often taught by professors residing in Century Village.

On Feb 22, I will give a lecture on handwriting analysis at the Central Branch of the Palm Beach Junior College at 4200 Congress Ave.

Rubia G. Olf
Chatham B

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Don't Do Business With Phone Number

By BERNARD ZEIGER

We have received reports of incidents where Villagers have hired people for certain services such as T.V. Repairs, House Cleaning Services, Carpet Cleaning Services, etc. and have been victimized by unreliable irresponsible people!

While we respect individuals who start a small business out of their homes, garages or small shops in order to develop reliability, they must conform with proper business practices. They must be able to VERIFY THE NAMES AND THE ADDRESSES — and not just use a phone number!

They should be registered to do business and to pay a business tax, etc. They must render a proper invoice when the work has been completed.

Instances have been reported where T.V. sets have been taken out of the home for repair and

have not been repaired, and were not returned until weeks later!

Trying to reach such a person with "Just a phone number" can be very frustrating when "There is no answer" or an "answering service" takes your number, and you never get a "call-back" etc.

T.V. Repair Services and Carpet Cleaning Services should also provide Property Damage Insurance Coverage in the event of accidental damages to the resident's personal property etc.

Remember to be on the safe side when you do business with a "one-man" service make sure to get a "verified name and address" and an invoice when the work has been completed.

If you have been victimized in one of the above ways, phone the Consumers Affairs Office 837-2670, and they will assign an Investigator to help you, in accordance with Palm Beach County Ordinance 77-10.



Last month, our dashing reporter, Ceil Fields, confessed to falling asleep next to a courtroom judge after being invited to occupy a seat on the bench. This story fascinated our cartoonist, Harry Huret, so much that he dashed off this impression of Ceil catching 40 winks.

This Creative Group Lives Up to Its Name

By GERTRUDE V. FRIEDMAN

If any group were to be cited as a reclamation of "retiree stagnation," surely the Creative Writing Workshop at the Jewish Community Center would be an outstanding example.

Here, approximately 30 people of diverse backgrounds meet every Friday from 9:15 to 11:15 a.m. The group is composed mainly of Century Village residents with a number of others from Lake Worth, Royal Palm Beach, Golden Lakes and other nearby locales.

It consists of former housewives, secretaries, teachers, administrators, an inventor, former business people, printers, a correction officer, a psychiatrist, artists, a medical practitioner, optician, ophthalmologist, a word processor, to mention but a representation of former occupations.

Some have written and have been published before; most are learning a new craft. They draw upon their personal experiences and are taught many techniques and forms of writing by their

teacher, Mrs. Ruth Graham, a former librarian and teacher, a poet and group discussion leader, currently employed by the Adult Education Division of Palm Beach County.

What a ferment of creative fervor is evident in this group! Under the guidance of the teacher and with her active participation, the workshop has produced a book of over 200 pages, illustrated, entitled "Patterns — Parody, Prose and Poetry." The book has just come off the press and is available for sale.

Dr. Wald to Speak at AJC Meeting

American Jewish Congress has scheduled a most interesting speaker for its Jan. 16 meeting at the American Savings Bank at 12:30 p.m. He is Dr. Dennis Wald, AJC Southeast Regional Director.

Dr. Wald will speak on, "Important Issues of Christian Religious Clubs in High Schools"; "Restricting Arab Grants to Universities"; and "Discussion of Proposition #1." All are welcome.

Watch Out! You May Have A Deadly Weapon

In all probability you may have a deadly weapon in your home. An old half-filled prescription bottle can be just as dangerous as a loaded gun. Protect yourself by getting rid of leftover medicines. Make a resolution to clean out your medicine chest.

If there is some question as to the potency of any prescription medicine, bring the container in to your druggist. He'll give you an honest answer as to whether it is wise to keep it or whether it should be thrown out.

Don't take unnecessary chances.

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Kristine G. Sipperley, recently named manager of the Fidelity Federal branch at Century Corners,



Ruth Glantz of Golf's Edge who was chairperson of highly successful S.A.V.E.S. breakfast at the clubhouse.

TO HEAR BERLIN MUSIC

The Women's American ORT group will make a trip to Miami Beach on Jan. 22 for the Marco Polo show, "Wonderful World of Irving Berlin."

Free Sons Of Israel Celebrate

In January, 1849, a group of Jews who had fled from Germany during the revolution and bitterness that existed there in the 1840's joined together. At that time the New York City charter had restrictions against the consecration of ground for burial purposes. In order to have and own a Jewish cemetery, nine men participated in a memorable conference held on Ludlow Street, in New York. It was then and there that the Independent Order of the Free Sons of Israel was formed.

From the modest start of a small number of determined Jews, imbued with a deep-rooted consciousness of their Jewishness and their Americanism, the organization has grown until today it is ranked as one of the leading organizations of its kind.

Its motto since its inception has been Friendship, Love and Truth and its emblematic pin depicts a widow and an orphan in red, white, blue and gold. As time went by, lodges were formed throughout the country, and in the last 15 years, in Miami, Hallandale, Ft. Lauderdale, Delray Beach, Deerfield Beach and here in West Palm Beach where the majority of its members live in Century Village

and are members of Palm Beach Lodge #221.

The Free Sons of Israel has evolved into an organization dedicated to fighting for Soviet Jewry, leading the battle in combating anti-Semitism, helping Israel and not forgetting the cause of Americanism which made their existence possible. Each year, many thousands of dollars are distributed in scholarships, toys to hospitals, supporting camps for handicapped and underprivileged children and other worthwhile causes.

On Jan. 24, Palm Beach County Commission will issue a proclamation dedicating the week as Free Sons of Israel Week. On Jan.

25, a gala dinner-dance will be held to cap the occasion.

Stamp Club Elects Sandler President

David Sandler has been elected president of the Century Stamp Club. Irving Morgenstern is first vice president, Ben Iglorsh second vice president, Harold Seinger, third vice president, Arthur Elsner, treasurer, Hannah Katz, secretary and Mary Sandler, publicist.

The new slate will be installed on Feb. 1 at a luncheon marking its tenth anniversary. At its Jan. 25th meeting the Israel stamp slide program will be featured.

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Gal Golfers Have Eye On Condo Prize

By RUTH ORENSTEIN

The Women's Golf Club held its annual installation luncheon at the Colonnades Hotel on Singer Island last month. As usual, it was a gala affair.

The luncheon was most enjoyable, thanks to Fay Bernstein and Sylvia Weinstein who planned it. They were assisted by Bertha Ozer, Esther Fleischman, Shirley Stroller, Pauline Berkof and her husband, Bill, Helen Fisherman, Edith Rosenberg and Roz Spivak.

The newly-installed officers are Charlotte Rothenberg, president; Ruth Orenstein, first vice-president, Betty Ressler, second vice-president; Sylvia Lustig, secretary; and Gladys Leibowitz, treasurer.

This month, the Women's Golf Club will be competing in an inter-condominium Senior Olympics tournament for women of the Four Century Villages, West Palm Beach, Boca Raton, Deerfield and Wynmoor. We are rooting for our team composed of Retha Hankins, Frances Glick, Harriet Shapiro, Edie Reiter, Betty Ressler, Dora Gerson and Esther Hoenig, alternate. The tournament will be held at the Boca Raton golf course. Watch for more news of this exciting event.

May the new year bring good health, good golfing and good friendship to all.

Anne Forsyth starring in "They're Playing Our Song" now at Stage Company of the Palm Beaches through Feb. 4. Matinees on Thursday, Saturday, and Sunday at 2. Evening performances are at 8 Tuesday through Sunday. For reservations and charge tickets call 655-1240 or 278-0403.

Dissolve Alliance; Paramedics Benefit From Contribution

The Alliance of Unit Owners has dissolved and has voted to turn over its treasury of \$2,000 to the paramedic group at the Military Park Fire Headquarters.

This action was taken by its Board of Directors who took note of the fact that UCO has been the acknowledged representative of all Century Village residents.

In addition to the contribution to the paramedics, the Board also voted to set up a program in honor of its long-time president, Joe Ram of Greenbrier, in the Scholarship Fund of the Free Sons of Israel.

ANYONE FOR PRESIDENT?

Election time had rolled around. There were no prospects to be found.

One said, "I just don't have the brain."

Two others said, "I'm racked with pain."

We cannot be your president!"

Another spoke with clarity,

"I'm working hard at charity I cannot be your president!"

Said one, "Did I come here to work?"

You surely think that I'm some jerk!

Just count me out for president!"

Another — "Complaints? Too long to list them

In short, I just don't like the system.

I cannot be your president!"

"I'm not equipped for that high post

I'll sweep, cement, repair at most

But don't elect me president!"

"I want no job, I disapprove,

If you insist, I'll have to move.

I will not be your president!"

Then finally from heaven sent

A voice said, "I'm your president."

For those of you who do not know

This happened just three years ago

To extol the virtues of our chief

It's plain to see I can't be brief.

Generous, lovely, competent,

sincere,

She takes on projects with no fear.

She won't say "no" and works for four

And looks to see if there is more

The best of angels, she is rare

And treats our sick with loving care

This angel is an R N

God bless our angel, Amen!

By Ruth Manning

NARFE Chapter Installs Stevens as President

Ethel L. Stevens, of Wellington H, was installed again as president of the National Association of Retired Federal Employees Chapter 159. Installation was held at the Ramada Inn

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Following are lists of current UCO committees. It is requested no calls be made to any committee members except when an emergency exists. Other communications should be in writing and either left at the UCO office or mailed to UCO, P.O. Box 090503, West Palm Beach, FL, 33409-0503. We suggest you clip this article and save it for future reference.

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TIMELY HINTS

Important facts on how to maintain a safe electrical system in your home:

Do not overload the electrical circuits.

A 15 ampere circuit breaker should not carry more than 12 amperes to be safe.

A 20 ampere circuit breaker should not carry more than 18 amperes and only two appliance outlets on one circuit.

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By BERNARD ZEIGER

Thanksgiving in New Mexico — Part II

Before we left for the "Four Corners" in northwest New Mexico, we were told it might get two or three degrees colder than in the southeast area we had visited in past Thanksgivings.

We arrived to a full moon and 45 degree temperature — But, we awoke next morning to 30 degrees, with a frost on the ground!

And, so it went — 10 to 15 degrees at night, climbing up into the thirties during the day! We had to borrow and wear winter outer garments during the rest of our visit.

Our visit to the Navajo Reservation and College was timed for the spectacle at the annual "Marching Dance Rituals" held in the college gym, marched to the chants of male singers and the beat of tom-toms.

The couples, dressed in colorful red, green and purple shirts, blouses and skirts, were bedecked with their fabulous turquoise and silver jewelry; gorgeous squash blossom necklaces; men's and women's bracelets, belt buckles and rings.

We had no idea of the tremendous value of some of these pieces of jewelry until we were invited to visit the Hog Back Indian Trading Post, on the edge of the Navajo Reservation.

We were escorted behind the scenes to the vaults of this Trading Post. We learned that when the Indians needed the money for seeding their crops, or feeding their sheep, they take loans on their jewelry, their woven rugs, mats and blankets at the Trading Post. We saw turquoise and silver jewelry by the hundreds, hanging on wall pegs in these vaults, totalling to large fortunes; woven wall hangings and rugs and blankets totalling to small fortunes. These remain in "pawn" for up to a year — to be claimed or lost at the end of the year — and then, put out for sale to the tourists.

The Navajo Indians are basically sheep herders, and when they shear the sheep, the wool is dyed with earth tones made from ground grain seeds, or in bright tones from vegetable dyes. The wool is then woven into rugs, mats, wall hangings, blankets, etc. We watched Indians weaving some of these fantastic designs — all done from "memory" — without the help of patterns.

One afternoon, after the 15 degree temperature had "warmed up" to about 40 degrees, we visited the Aztec Ruins. Strange as it sounds, the name has nothing to do with the Aztec Indians of ancient Mexico! They were mis-named by the pioneer settlers of the Animas Valley when they founded the town of Aztec itself, just 15 miles west of Farmington.

These multi-storied ruins are made from shaped sandstone, held together with clay and were built around 1100 A.D. by the Mesa Verde Indians who, evidently, were very small people since we had to stoop to walk through the openings from one room to the next.

The crowning event of our visit occurred the Friday before we left for home. We had been looking forward to a visit to Durango, Colo — an increase in elevation from 5,500 to 8,000 feet into the Rocky Mountains in the short distance of 45 miles!

Durango has been maintained as the typical silver mining town, with buildings and shops, etc., all built in the 1890's, and the turn of the Century, during the Silver Stampede to Colorado.

The famous seven-mile narrow

gauge, coal-burning locomotive train, (a tourist "must") winds its way around the Rockies to the town of Silverton and returns, was to be a part of our sight-seeing visit.

BUT, half-way to Durango, it started to snow, and when we arrived, there was eight inches of snow on the ground — it had been snowing all day!

We couldn't navigate the streets to visit the 1900's Shops, etc., we could not ride the Silverton Train — and we couldn't even stay to have dinner at the famous Palace Restaurant, so eagerly looked forward to by our grandson.

We had to settle for hot toddys and egg-nogs at the Hotel Strater, another 1900's Hotel on the Main Street.

After watching the continuing snow for another hour, we decided it would be prudent to start back home. Halfway back down to Farmington, the snow not only had stopped, but also had disappeared from the roads, and we arrived in time to have dinner at the Brass Apple Restaurant at the Holiday Inn.

The following Tuesday, we were happy to shed our winter clothing

and return the mouton coat my wife used and the lambs-wool lined overcoat I had lived in, to their rightful owners.

We took an early morning

shuttle plane to Albuquerque, then Delta Airline, via Dallas, arriving in time for a leisurely dinner at home, in the balmy weather of good old West Palm Beach.

KINGSWOOD ELECTS

Jack Goss has been elected president of Kingswood 11th C, with Sylvia Bresh chosen vice president, Helen Miller as secretary and Rae Grossman, treasurer.

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YOU**



Let's Talk About Cholesterol Diets

BY SAM BARTEL

Now that you have hopefully reduced your sodium intake which I spelled out in the last two issues, I would like to discuss cholesterol.

What is cholesterol? It is a dietary substance which is believed to play a role in atherosclerosis (hardening of the arteries, coronary heart disease and heart attacks).

Cholesterol is widely distributed in the animal body and is found in nervous tissue, blood and in the bile. It is found only in foods of animal origin and is supplied by diets high in meats, glandular organs and fat.

In the basic disease arteriosclerosis, which causes many deaths and disabilities, small deposits occur in the inner lining of the blood vessels. One of the substances in the deposits is cholesterol. It therefore seems logical to conclude that arteriosclerosis can be retarded by its reduction in the diet.

This is what this article is about.

A chart reducing your cholesterol intake can be obtained free from your doctor or medical group. Generally, you should eat regularly, do not skip a meal; follow a regular exercise program directed by your doctor, vary the sample menu by choosing different foods, eat these foods in measured amounts; choose fish, poultry and other protein foods, eat less beef, pork, regular cheese and other foods extremely high in cholesterol. Limit the food to 6 ounces daily.

Also prepare foods with corn, cottonseed, soybean or safflower oil and polyunsaturated margarine.

It's a good idea to select a good source of vitamin C every day. It is abundant in citrus fruits, strawberries, broccoli, brussel sprouts, papaya and cantaloupe. A good source is dark green or yellow fruits and vegetables.

BASIC MEAL PLAN SAMPLE MENU

	Calories	Chol mg
BREAKFAST		
1 serving fruit or juice		
1 grapefruit (half)	40	---
1 serving cereal with 1/2 cup nonfat milk		
1 cup enriched dry cereal	60	---
1/2 cup nonfat milk	40	2.5
1 serving fruit - beverage		
1/2 cup fresh strawberries	28	---
coffee without cream	2	---
NOON		
1 serving cooked vegetable		
1 cup vegetable soup	78	---
1 serving fish or poultry		
3 oz roast turkey (wh meat)	150	65.5
2 servings bread		
2 slices white bread	124	---
2 servings margarine		
2 tsp margarine	68	---
1 serving raw vegetable		
3 celery sticks	8	---
1 serving nonfat milk		
1 cup nonfat milk	80	5.
Beverage		
tea or coffee without cream	2	---
EVENING		
1 serving meat, fish, fowl		
3 oz broiled halibut	154	54.
1 serving bread		
1 slice French bread	43	---
2 servings margarine		
2 tsp margarine	68	---
1 serving cooked vegetable		
1/2 cup cooked spinach	20	---
2 servings raw vegetable		
large lettuce & tomato salad	19	---
1 serving salad dressing		
1 tbsp. Italian dressing	83	---
Beverage		
tea or coffee without cream	2	---
BEDTIME		
1 serving Carnation Dry with		
1 oz pkg Slender	110	3
6 oz nonfat milk		
6 oz Carnation Nonfat milk	60	3.75
1 serving fruit		
1/2 oz. pkg. of raisins	120	---
TOTAL	1410	133.75

SUBSTITUTION LISTS:

1) All foods of plant origin contain no cholesterol. These are fruits, vegetables, cereals, grains, nuts and vegetable oils. However, choosing liquid or unsaturated vegetable oils, rather than "hydrogenated"

(solid) vegetable oil products is sometimes recommended as these oils may have a cholesterol-lowering effect. The exceptions to this rule are coconut and olive oil.

2) These Animal-Origin Foods Are Low In Cholesterol

	Chol mg
3 oz. cottage cheese	8
3 oz. white chicken	67
3 oz. cod	48
3 oz. bass, whiting, carp	50
sole, pollack, pike, perch	70
3 oz flounder	43
Chol mg	
3 oz haddock	51
3 oz halibut	51
3 oz salmon	40
3 oz trout	47
3 oz. tuna	55
3 oz wh. turkey	65
Chol mg	
1 cup nonfat milk	5
1 cup buttermilk	5
1 cup yogurt (lofat)	17
egg white	0
Fleischman's Egg-Beaters 1/4 cup (100 calories)	1

3) These Animal Origin Foods Are Higher In Cholesterol, But May Still Have A Cholesterol-Lowering Effect Because Of Unsaturated Or Low-Total Fat Content

	Chol mg		Chol mg
3 oz. dark chicken	.77	3 oz lobster	.72
3 oz. crab	.85	3 oz dark turkey	.86
3 oz. herring	.82		

4) These Foods Should Be Limited. These Animal-Origin Foods Are High In Cholesterol Or May Have a Cholesterol-Raising Effect.

	Chol mg		Chol mg
3 oz beef	80	3 oz lamb	.83
3 oz brains	1700	3 oz liver	.372
3 oz chicken gizzards	166	3 oz pork	.76
3 oz. heart	233	3 oz sardines	.119
3 oz. kidneys	683	3 oz sausage	.53
3 oz. sweetbreads	396	3 oz shrimp	.128
3 oz veal	.86	1 cup milk	.34
3 oz cheddar cheese	.84	1 egg (50g) whole	.252
3 oz. American	.85	1 egg yolk (17g)	.252
3 oz clams	.77	3 oz oysters	.43
3 oz scallops	.45		
1 tbl butter	.35	1 tbl 1/2 & 1/2	.6
1 tbl chicken fat	.9	1 tbl. sour cream	.8
1 tbl cream cheese	.16	1 tbl. whipping cream	
1 tbl lard	.13	unwhipped	.20

5) Cholesterol Content Of Products Which Contain Animal-Origin Foods

	Chol mg		Chol mg
1 pc. angel cake	.0	1 corn muffin (40g)	.28
1 pc. yellow cake (75g)	.33	1/2 cup noodles	.25
1 pc. sponge cake (66g)	.162	1/4 apple pie	.120
1 cream puff (130g)	.188	1/4 lemon pie	.117
1/2 cup custard	.139	1/4 pumpkin pie	.70
1/2 cup ice cream-10% fat	.27	1/2 cup potato salad	.81
1/2 cup ice milk	.13	1/2 cup white sauce	.17
		1 popover	.59
1/2 cup pudding (mix)	.15	1 waffle	.119
1 muffin (40g)	.21	1 tbl mayonnaise	.10

P. S. Cholesterol accounts for only 30% of the total sterol in scallops and only 40% in oysters and clams. The other sterols in these shellfish require further study and may have nutritional significance.

Imitation mayonnaise and mayonnaise made with safflower oil contain less cholesterol.

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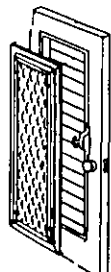
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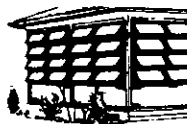
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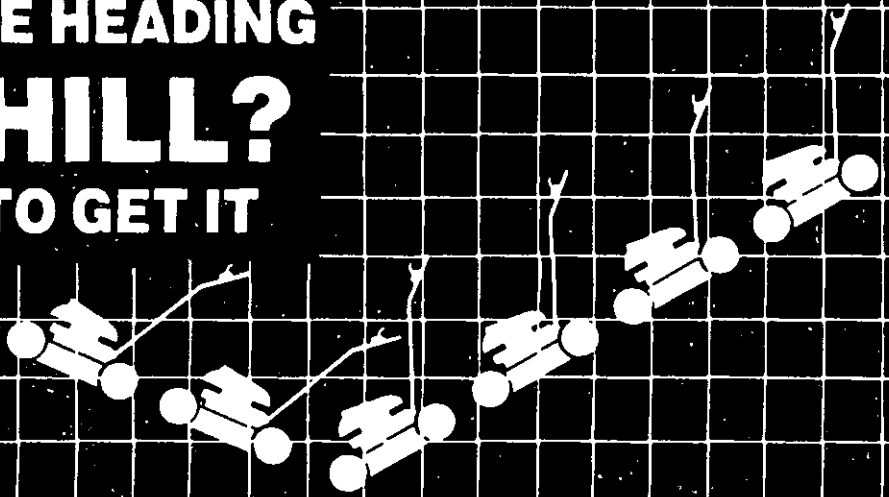
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We wish to publicly thank the CVWPB Associations, (Stratford, Golfs Edge, Cambridge F & I, Kingswood F) for having the confidence and conviction to sign with us We will live up to all expectations as we have in the Deerfield & Boca Century Village.