

Publication of the UNITED CIVIC ORGANIZATION of CENTURY VILLAGE (WPB)

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Vol. 30 No. 3

March 2011

State of the Village Report

By David Israel, UCO President

From the UCO Bylaws:

"[The president] shall submit a report of the operations of UCO for the preceding year to the January meeting of the Delegate Assembly, or may publish his report in the UCO Reporter, and from time to time shall report to the Executive Board all matters within his knowledge which the interests of UCO may require to be brought to their notice . . ."

In accordance with the directive above (modeled loosely on the Constitution of the United States), it is incumbent on me as your UCO President to report to you on the operations of UCO for the preceding year. If I may say so, residents and owners got a big "bang for their buck" from the UCO team in 2010. Let's look at a few of our accomplishments.



1. We have placed many UCO interactive forms on the Internet, including investigation applications for prospective new owners and renters, thus making what was a very unwieldy procedure more user-friendly for all concerned.

2. We have made a sizable dent in the conversion of paper files in UCO to searchable digital format (i.e., from hard copy records to electronic storage of them). This has opened up our past history and documentation for

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serious research, while at the same time reducing the probability of repeating past mistakes.

3. We have made major strides in changing the UCO culture of "No" to a more user-friendly face. This process is well advanced and will continue.

4. We have increased the frequency of Transponder installations, addressing a long-standing complaint, and are approaching my stated goal of "Transponders on demand."

5. We have reconfigured our Guest Call-In System to allow for the registration of *two* telephone numbers from any unit AND permit the use of cell phones to call in guests. Some one hundred associations have thus far allowed the use of cell phones for guest call-in.

6. We have completely reconstructed the UCO Insurance Committee and through competitive bidding (required by our laws but not put into practice for many years) have saved our unit owners some \$2 million dollars annually in premiums as a result.

7. We have also reconstructed our Maintenance Committee and made it compatible with the Insurance operation. The goal has been to promote Preventive Maintenance through a Check List system designed both to protect our buildings from damages and to reduce insurance claims, which can result in higher premiums.

8. We have linked up a number of our most needy residents with critical aid programs such as Food Stamps and utility cost-reduction programs.

9. In an effort to move our Village to more

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Spring Is Near: Plenty To Do

New and continued programs, activities, opportunities for all residents

By Syd Kronish

Believe me, there is no place in the world better for retirees than Century Village in West Palm Beach!

A variety of programs and activities are available to the residents.

Here are a few of these options right in our own backyard:

- The Hastings Fitness Center has a daily schedule of classes which will continue through the summer. Our Fitness Center is a state-of-the-arts facility with the latest apparatus and equipments to keep you in good health.
- Interested in the Baby Boomers Club? There is one here.
- How about the Village Gun Club, the Computer Club or the Camera Club?
- For the musical mavens there is the CV Orchestra, and the Merry Minstrels for those who love to sing. Of course we have Karaoke and a ballroom dancing group.
- There are religious groups that meet regularly.
- Take advantage of the free movies (first run) in our Clubhouse theater and the dances held every Saturday night (also free) in the party room. And of course our shows, many are here from Broadway, featuring Big Name Entertainers on a regular basis in our theater.

Linda Schnyder of Century Village noticed a column by Frank Cerabino in the Palm Beach Post, who had a "warped opinion of life in the Village." She replied in a Letter to the Editor. Here is an excerpt:

On any given day, one can see people walking or biking the 2-mile path. Others are sailing, swimming in the 14 pools or working out in our state-of-the-art gym. Many are attending one of the 20 or more clubs, or perhaps taking a music class or building a bookcase. The camera club and fishing club enjoy trips outside the village for most of their activities, as do many other clubs. The Baby Boomers club boasts more than 200 members. We're not all sitting around discussing our illnesses or stealing rolls from restaurants. Yes, some of us play cards or mah-jongg. But that does not define us.

□

Delegate Assembly

Friday, March 4, 2011

9:30 AM Clubhouse Theatre

Biographies of candidates in this year's UCO election on March 4 are on Pages 20 to 23. The UCO delegates will elect Vice Presidents and ten Executive Board members

Delegate Assembly Minutes Feb. 4, 2011

Vice President Bob Marshall chaired this meeting. Honey Sager led the Pledge of Allegiance.

There was a problem with the sound system and most of the statements and questions from the floor were muffled.

Guest Don Marion representing Shalloway & Shalloway, an Elder Law Attorney Firm, stated that this firm will come to any Association meeting. He also distributed literature.

Lt. Richard Diberardino, Palm Beach Sheriff's Office, reported that there was no crime of concern last month. Traffic violations continue to be an issue and deputies will be in CV to enforce the law.

Deputy Chief Gauger, PBSO, warned our residents about internet fraud and phone scams directed to the elderly. He also stated that mental health funds have been reduced over the years. He suggested that we write to Tallahassee to defeat further reduction.

Nancy Boulter, Vitas Hospice, announced an Ice Cream Social at the Medical Center on February 17 from 1:30-3:30 PM, where they will have an office with many support programs for CV residents.

Julia Wester announced that there will be a Veterans Workshop at 2 PM in the Clubhouse today.

Commissioner Paulette Burdick greeted the Delegates.

egates.

Sarah Alsofrom, State Attorney's Office, reported that her office would like volunteers -- their phone number is 355-7295. A prosecutor will come to speak to Associations by invitation. Tours of the State Attorney's office also can be arranged.

Christine Saxon, Comcast, introduced her technical supervisor. She told the audience that on February 16 Comcast will be converting to a digital signal. You must have a converter for channels over 22. There were many questions and answers. A Town Hall Meeting to answer Comcast questions will be set. To date 1800 units in CV have no box.

Minutes were approved as corrected. There were 218 Delegates in attendance.

Roberta Fromkin, Search & Nominations chair, read the list to be voted on. Two Vice Presidents and ten Executive Board members will be elected for two-year terms. Bob Marshall and Phyllis Richland are candidates for Vice President. Executive Board candidates are: Sandy Cohen, Suzie Byrnes, Ken Davis, Dom Guarnagia, Lanny Howe, Jackie Karlan, Jerry Karpf, Syd Kronish, Dot Loewenstein, Michael Rayber, Isabelle Scherel, Honey Sager, Phil Shapkin, Howie Silver, Myron Silverman, and Ted

Silverman.

Since there were no nominations from the floor, nominations were closed. Ken Graff will be at UCO today from 11:30 to 12:30 to take pictures for the UCO Reporter. ELECTIONS ARE FRIDAY, MARCH 4, FROM 8 AM TO 9 AM.

President David Israel reported on a visit from Mark Levy in which he said that his company will lose the Deerfield Beach CV franchise on December 31, 2011. When this occurs we will be hit with sharing salaries from 4 CVs to 3 CVs for operational costs of approximately \$116,000.00.

Toni Salomoto, UCO Insurance Chair, reported that there will be an Insurance Seminar with Ty Beba, Brown & Brown, on March 23 at 9:30 AM in the Party Room. Seating is limited -- call the UCO office to place your name on the list of reservations.

Vice President Phyllis Richland announced the following meeting dates:

Wed. Feb. 9, Presidents' Council 10-11:30 AM -- Party Room.

Fri. Feb. 18, Becker & Poliakoff Certification of Association Board Members -- 9 AM -- Party Room.

Thursday Mar. 17, Florida Ombudsman -- 10 AM-noon, Party Room

Good & Welfare followed.

These minutes were taken by Mary Patrick Benton.

And Then There's This... Vice President Phyllis Richland



It seems as if more and more folks are coming to Century Village on a permanent basis. Many snow birds are making their nests here for good. It is the most economical place to live in these times. With all the good stuff included in our fees why shouldn't more and more people live here? What I have noticed is that there are many more inquiries for lifts. If your association is interested and have any questions, please get in touch with me at the UCO office and I will give you any information you need with reference to insurance, maintenance, etc. There are second floor lifts.

There are common element lifts. There are single owner lifts, etc. Each one has different benefits.

On another topic, Morse Life has free services for veterans and or their spouses. For those who prefer to stay in their own homes, daily living services such as bathing, shopping, meal preparation, etc., are offered by Morse. Their case managers are trained by the V.A. Don't be afraid to ask for licences, insurance, I.D.'s and if you are in doubt check them out. Be safe. Not every organization is looking out for you.

Call UCO if you have any questions.

Join us Insurance Committee

Special Meeting

Wednesday, March 23rd

Party Room 9:30 am

Ty Beba Brown & Brown

"All you ever wanted to know about property insurance coverage, and asked."

March Open Meetings

Date	Time	Group	Location
3/04/11	8:00-9:00 am	UCO Elections	Room C
3/04/11	9:30 am	Delegate Assembly	Theater
3/04/11	1:00 pm	Editorial	UCO Office
3/04/11	2:00 pm	Security	UCO Office
3/07/11	1:30 pm	Welcome & Orientation	Party Room
3/08/11	9:30 am	Irrigation	UCO Office
3/08/11	9:30 am	Transportation	Room B
3/09/11	10:00 am	Presidents' Council	Party Room
3/10/11	10:00 am	Community Relations	Card Room B
3/13/11	12:00 pm	UCO Installation & Luncheon	Hilton Airport
3/17/11	10:00 am	Florida Ombudsman	Theater
3/23/11	9:30 am	Insurance Seminar	Party Room
3/24/11	10:00 am	Officers	UCO Office
3/28/11	1:30 pm	Executive Board	Room B
3/29/11	10:00 am	Operations	UCO Office
4/01/11	9:30 am	Delegate Assembly	Theater
4/01/11	1:00 pm	Editorial	UCO Office
4/01/11	2:00 pm	Security	UCO Office

UCO Volunteers Honored at Special Luncheon



UCO Vice President Phyllis Richland welcomes volunteers.



A festive luncheon for more than 200 volunteers serving on many committees and functions for the Village, was held in the Party Room in the

Club House on Jan. 13.

President David Israel and the UCO officers attended.

Chairperson Mary Patrick Benton, who was in charge of all arrangements, greeted the honored guests.

VP Phyllis Richland, had special words of appreciation for our well deserved volunteers.

“No one realizes how important all of you are to the safety and well being of this Village. Most of you see to it that everything runs smoothly and our residents are happy. When I tell outsiders that fewer than 200 of us, all volunteers keep a little city like Century Village running as well as it does they shake their heads in wonder.

The history of C.V. and its governing bodies depends on volunteers. Today, I personally want to thank all of you who have stepped up to the plate. Regardless of the amount of time any of you give, you all have performed admirably. So, on behalf of

all the officers in UCO to you

our little group of volunteers that make this afternoon possible I give a special thanks

to you.”

After lunch Bingo was played and cash prizes were given.

A Story from the Heart

By Irving J. Levine

Each one of us has a story hidden in our heart that emerges from time to time to brighten our day. Here is mine:

It was during the Great Depression and I was a second-grade student in Lincoln School in Mt. Vernon, NY. I was a quiet kid from a poor family and not too happy about anything. It was recess time and I sat alone on the gymnasium bleachers. Suddenly the place became quiet as the principal entered and announced a fellow student, Irving Levine, who is among us now, had been stealing items from a classroom desk during recess.

“His mother has been called and Irving will be punished.” he sternly proclaimed.

I sat there dumbfounded and scared. I had never left the gym and I had never stolen anything in my life. The other students were silent and stared at me. Then the silence was broken as a girl spoke up. It was Eileen Ritchie, a classmate who I didn't know well.

“Irving couldn't have done it.” I've been here all during recess and he never left the gym,” she said.

“Thank God for Eileen,” I thought.

The principal mumbled an apology about a mistake and left the gym the thief uncaught. I was so relieved I don't remember if I thanked Eileen.

But almost 80 years later I am still grateful to her, especially in my heart.

Do you have a story hidden in your heart? It may be sentimental, sad, or even satirical. If you would like to share your story we would like to consider it for publication. Please give us a call at 561-683-9336.



THIS IS YOUR NEWSPAPER — JOIN OUR VOLUNTEER STAFF!

The UCO Reporter is your most important source of information about Century Village. But news doesn't write itself.

That's why, to maintain the high standard of our coverage of news and events, we need to expand our staff. In other words, we need **you** to volunteer. You don't need a newspaper or magazine background. We'll help you learn the ropes! So, if you can spend a few hours a week with us, we can use your talent in writing, editing, copy reading, proof reading, computer operation and clerical skills.

Experienced hands are needed too. It will be an opportunity to relive your days at your high school or college newspaper.

If you're interested, our editor, veteran newsman Syd Kronish, would like to meet with you. Phone him at 561-683-9336, Monday through Friday, from 9:30 to noon, to set up an appointment.

State of the Village

from page 1

legal operations, we have arranged for our Advisory Committee chair, Randall Borchardt, to write a monthly column in the UCO Reporter. See Randall's "Condo Corner" for answers to many of your questions on condominium operations.

10. The project to upgrade the furniture at the Recreation Facility pools is complete. There have been many compliments.

11. The shoreline restoration project is nearly finished.

12. We have established ongoing training for persons experiencing problems with their new Comcast cable TV boxes. These sessions have been well received by those attending.

13. We have established an ongoing feature on our Community channel 63, starring David Saxon interviewing persons of interest to our Villagers.

14. We have finally stopped the unconscionable practice of allowing the buses to idle at the Clubhouse, thus saving some \$1700 per month in gas.

15. We have installed a generator at UCO which will make it possible for UCO operations and services to the Village to continue during extended power outages.

Are there things yet to be done? Of course. We are in the process of redesigning our Investigations Department so that the procedures will be simpler and so that the investigations themselves will be more comprehensive.

We are also doing a remake of the Finance Department to make the expenditure of our monies more transparent.

We are starting major drainage, swales and road repair projects, which taken together will reduce or eliminate flooding and road damage.

All in all, I would say, and I think you would agree, that the state of our Village is good, and steadily improving!

It has been a pleasure and a privilege to be your UCO president.

UCO INSTALLATION & LUNCHEON

SUNDAY, MARCH 13, 2011
12 NOON
HILTON HOTEL
150 AUSTRALIAN AVE., WPB

CHOICE OF CHICKEN
OR FISH - \$35.00

GET YOUR RESERVATIONS IN EARLY
THERE ARE 10 SEATS PER TABLE.
MARY PATRICK BENTON, CHAIR



The Mail Bag

The "Mail Bag" section of the UCO Reporter represents the OPINIONS OF THE AUTHOR ONLY. UCO supports the publication of the diverse opinions of our residents, and will endeavor to continue to publish opinions which may be considered inflammatory but not defamatory.

WPRF, Inc.
Anita J. Pearce, VP



MONEY - MONEY - MONEY - Where is it going?

Most of us on Social Security will **NOT** and have not seen a cost of living raise.

I want to ask the **OFFICERS of UCO** how they justify giving holiday **BONUSES** to our part time employees at **UCO**. Especially when last year all chairs of committees (and I was one) were asked to cut their budgets back to help our **Residents** have a little less of an increase. Maybe I don't understand Florida labor law, but since when do part time employees (20 hours a week) receive paid sick time, and paid vacation time which can run into a month. I also would like to know when the paid holidays were raised from 6 to 7 (It seems the **OFFICERS** have not agreed yet on a Holiday List to be published in the near future). Remember all employees part time get these holidays off with pay.

Remember you are entitled to see this information. Just go up to UCO with an appointment and they will be glad to show you all salaries, vacations and bonuses. UCO was very gracious in giving me this information. Maybe it is **about time you** find out who is getting what. This is **your money**. I want to thank Mr. Ed Black for being so informative on what we pay our part time employees.

Barbara Cornish, Concerned Resident

Save the Buses

Ms. Ziccardy in her recommendation for returning to "old" bus routes of taking residents only to places for essential needs. Getting to Emporium shops, City Place, assorted malls --- stores, shops and restaurants are essential to the happiness and well being of residents who can't /don't/ won't drive. Are they to be confined to a small radius of retail businesses, restaurants, discount stores where they buy the everyday essentials? Are those businesses to be deprived of our dollars? When Century Village was built, I don't think Wellington Green or Gardens Mall were around. Why narrow the world of our residents rather than widen it? For myself, the buses were a major determining factor in moving here. I see how much the riders enjoy getting out for the day -- people who otherwise could not afford private transport to some of the destinations. As one very wise CV volunteer said, "you may be driving today but one day you may not." Please please do not cut any of the external buses. As for those who drive but elect to use the buses ---kudos for riding en masse and going green - conserving gas and cutting pollution! A happy bus rider

*Margaret Russell
169 Windsor H
561-687-1264*



Big Thank You

A very big thank you to all committee members of the SEARCH/NOMINATING COMMITTEE.

Their diligence and perseverance was the impetus for having the nominees for vice presidents and executive board members for the 2011 slate. The deed of getting nominees is not an easy one. Unfortunately there is a belief among owners in Century Village in the saying, LET GEORGE DO IT. Not so. To be on the Board of UCO is gratifying, rewarding and satisfying.

Those who are voted in will find this to be true. All who were not nominated this year think about it.

Get your bios ready for the 2012 elections. When the committee is formed let them know you want to run. **PLAN ON IT. JOIN IN AND RUN.** Thank you all committee members for encouraging those who are running this year.

With best wishes for a healthy, safe and happy year at WPB Century Village and a very hearty **THANK YOU.**

Roberta Boehm-Fromkin

Roads/Sidewalks

The perimeter road has sidewalks all around. **WHY** do people have to walk or ride bikes on the road which has room for just one car in each direction? In addition, a guard walking to the Hastings clubhouse early in the morning when it is still dark walks in the road. As bad as that is, he is black and wears a dark jacket and you can hardly see him. **WHY** not use the sidewalk? ???

Paula Brotkin

An Appreciation from our Family.....

To our Community....

On behalf of our family, please accept our sincere appreciation for the many months of devotion shown not only to my late husband, Richard but myself as well..

We all could not have traveled this road alone....Your generosity will never be forgotten.

Bettie Lee Bleckman

It's hard to believe that we are in the final month of our winter "season." Judging from the comments I have received from so many, you have been pleased with the entertainment offered this year -- the shows have been widely praised, and comments such as "outstanding", "please bring them back next year", and "this year's shows were the best ever" are being repeated to me over and over. I would like to personally thank Abby Koffler, WPRF's entertainment director, for such a wonderful lineup of shows.

It is with great pleasure that I officially introduce our new Emcee, Joe Piazza, who started with us on February 1st and has been doing an enthusiastic job introducing our theater acts. The next time you are in the Theater, please stop by and make him feel welcome.

If you are looking for an enjoyable evening during March, please consider attending one of our amazing shows in the Theater. We still have plenty of good seats left for I Am Sarge on March 15th, A Tribute to the Beach Boys -- Good Vibrations on March 26th, and The New Shanghai Circus on March 31st. Check out the show reviews in the March Happenings - tickets can be purchased seven days a week at the Ticket Office in the Main Clubhouse. We have very few tickets left for The Platters on March 8th, and some other March shows are heavily sold, so you should hurry to ensure a good seat.

You still have an opportunity to get tickets (\$5.00 per person) to a performance by the Century Village® Orchestra on March 3rd. Your talented friends and neighbors will perform music from the light classics, Broadway and favorites from the American songbooks.

Tickets are going fast (\$6 per person) to this year's Annual Resident Show (March 20th at 8 PM and March 21st at 2 PM). Last year's resident show was fantastic, and said to be by most who attended, "one the finest shows of the

season." You won't be disappointed with this year's presentation of I Hear Music, with song and enthusiastic dance performed by about 40 of your fellow neighbors and friends.

Thank you to all who are participating in our theater's 2010-11 season. As you have already seen, we have a wonderful lineup of shows to please all tastes in entertainment. For those who leave for the summer months, you can fill out a season ticket application form (available in the Ticket Office) to ensure that you receive next year's 2011-12 brochure while you are away. As in the past, there is a \$2 fee for mailing your brochure and order form.

I am pleased to report that we have now completed our pool furniture project, and we now have new lounges, chairs, tables and umbrellas at all of our pools. For those of you who use the Southampton Pool, I trust you are pleased with the landscaping improvements to enhance your relaxation time. Over the summer months, look for maintenance work at the Hastings Fitness Center, as well as various maintenance and improvements to the pools, decks and/or bathhouses at Hastings, Kent and Southampton.

Please remember to be careful while near any waterways in our community. WPRF has posted signs to remind you that there are alligators present in the water so use caution when you and/or a family member approaches any shoreline. We monitor our waterways and report any sightings to the proper agency; however, Florida is a natural habitat for alligators. And another word of caution: It is against the law to feed alligators!

Our maintenance staff is hard at work maintaining the buildings and property to prolong the useful life of what we already have, and so that you can expect a clean and safe environment when in any of our facilities.

Enjoy the rest of the season, and be well.

ACCUPUNCTURE

For pain, depression, colds & sore throat
MASSAGE THERAPY

Therapeutic massage

FRANCES POST, AP, LMT

Acupuncture Physician AP1665

Licensed Massage Therapist MA36521

CENTURY VILLAGE RESIDENT

I Make House Calls • 561-632-0098



PRESIDENT'S COUNCIL REVIEW

by Jean Dowling

"This is a friendly, informational council for people with the same problems," explained Phyllis Richland, UCO Vice President, at the first President's Council Review Meeting on Wednesday, February 9, 2011.

The meeting, open to association presidents, board members and unit owners, was hosted by Phyllis and Roger Carver, CAM (Community Association Manager) of UCO in the Clubhouse party room. Over a hundred enthusiastic people attended.

Each month the Council will address a new problem. "What is my job as an officer and what responsibilities do I have?" were the topics of this introductory meeting. There was a question and answer period, during which David Israel, UCO president, who was in attendance, responded to some of the questions.

Roger explained that many people bought units with the idea that they would have no responsibility to their building or the community. This leaves buildings with too few workers and often not enough

board members. A board meeting cannot be held without a quorum, which is a majority. For a seven-member board, that would be four members. A quorum can be obtained by an out-of-town member attending by speaker-phone or Skype (internet connection), or by completing a proxy form.

To summarize some of the points made at the meeting:

Board Meetings:

- Notice of a meeting must be posted 48 hours before the meeting.
- Meetings must be open to all (except for executive sessions, which are limited to personnel problems or attorney sessions).
- Minutes and financials should be open to all either by posting or by request.
- Minutes should reflect what was done, not all that was said.
- Good and Welfare is a time to bring up issues other than what is on the agenda. No minutes are taken.
- Any meeting can be taped, but the tape has to be of the entire meeting.

- Your property manager can be a member of your board.
- All board members must sign a declaration that they have read the condo documents or have taken a course on running a condo.
- Every board member should have a copy of the condo documents and the UCO bylaws.

Annual Meetings:

- This is the only meeting required by law. Must have minutes.
 - The yearly election of the board takes place at this meeting.
 - The officers are elected at a board meeting following the annual meeting.
 - The annual meeting is attended by all owners, and the quorum must be a majority of all voting owners.
- Upcoming President's Council Review meetings will be held at 10:00 am in the Clubhouse party room on March 9, April 13, May 11 and June 8. This is a very good forum at which to learn and ask questions. Come and participate. (There will be coffee!)

Community Relations Ted Silverman



Community Relations Committee members Dorothy Breier, Phyllis Frishberg, Kathy Guarnagia, Jackie Karlan, Maria Levy, Eileen Pearlman, Lisa Torres and I recently met to discuss last year's successful dessert buffet honoring our Century Village Centenarians and to start preparations for this year's celebration.

At this meeting we unanimously agreed that the forthcoming event will be a sandwich party including potato salad, cole slaw, soda, hot coffee and two birthday cakes. One happy birthday cake will be sugar free and the other will contain sugar.

Committee members Phyllis Frishberg and Eileen Pearlman will be in contact with and inviting numerous public elected officials.

We will be inviting Presi-

dent Barack Obama, United States Senators Bill Nelson, Mark Rubio and Congressman Ted Deutch. Invitations will be extended to Governor Rick Scott and State Representative Mark Pafford. Palm Beach County State Attorney Michael McAuliffe, Supervisor of Elections Susan Bucher, County Commissioner Paullette Burdick, Tax Collector Anne Gannon, Property Appraiser Gary Nikolits and Sheriff Ric Bradshaw will receive invitations to attend this year's function. Nearly all of these dignitaries did honor our Centenarians by attending and with a personal letter of congratulations to our Centenarians.

If you know any Century Villager who is 100 years young or who will be 100 this year, please write to me at the U.C.O. office.

Making Income Tax Preparation Less Taxing

From Palm Beach County Department of Consumer Affairs

For Evelyn, 2010 was very difficult with the lengthy illness and passing of her husband. She has been doing her best to take care of their two small children. Now, in 2011 she has to face doing the tax return alone, something her husband had always done. Evelyn knows she could figure it out and doesn't want to pay a tax preparer, but being both the sole bread winner and a single parent leaves her little time to herself. How would she manage getting all the papers together, let alone filling out the forms? Evelyn decided she'd better get some help... but where?

The tax preparation industry is not regulated in Florida, but a new federal law requires all paid tax preparers to register with the IRS and get a Preparer Tax Identification Number (PTIN). Preparers must sign the tax return and include their PTIN. Consumers should not assume the PTIN will guarantee a properly prepared tax return. Here are some tips to make your 2010 tax return preparation a less "taxing" experience:

Decide if you really need a tax preparer. Many tax returns

are not complex and require only a simple filing. Call the IRS at 1-800-829-1040 or go online at <http://www.irs.gov> to locate free or minimum cost assistance programs.

Look into the IRS Volunteer Income Tax Assistance program by contacting the United Way. If you make \$49,000 or less, it's free. Go to: <http://www.unitedway.org> or call 561-375-6600.

This is the first year that the IRS will not be mailing tax packages to individuals and businesses. You can get tax software and online "fillable" forms at <http://www.irs.gov/freefile>. Many libraries and post offices have tax forms. You can also get them from the IRS Tax Assistance Center (561-616-2002) at 1700 Palm Beach Lakes Blvd. in West Palm Beach.

Due to tax law changes in December 2010, the IRS is advising some tax payers to wait until mid to late February to file their returns. Check <http://www.irs.gov> to see if you are in this group.

If you need to use a tax preparer, shop around first. Get an estimate of costs up front. Ask about your preparer's qualifi-

cations. Check with national associations for local members: National Association of Tax Professionals, <http://www.natptax.com>, National Society of Tax Professionals, <http://www.nstpt.org>, National Association of Tax Consultants, <http://www.natctax.org>.

Be wary of preparers who promise a big refund or base their fee on the amount of your refund. You, not the preparer, are ultimately responsible for your tax return.

Be cautious about "refund anticipation loans." These loans are secured by your anticipated tax refund and may carry hefty fees and interest rates. By using the IRS's e-file program, tax refunds can be processed in as little as 10 days.

Good news: The last day for filing your 2010 tax return is Monday, April 18, 2011 due to a District of Columbia holiday on April 15.

For more information, call Palm Beach County Consumer Affairs at 561-712-6600 (Boca/Delray 888-852-7362 toll free) or visit <http://www.pbcgov.com/consumer> to see if other consumers have complaints against the tax preparer you are considering.

CLUBHOUSE MOVIES

- **SALT (PG-13 • 100 Min)**
Angelina Jolie, Liev Schreiber
A CIA agent goes on the run after a defector accuses her of being a Russian spy.
03/01, Tue, 1:45PM; 03/06, Tue, 1:45PM
(continued from last month)
- **JOAN RIVERS: A PIECE OF WORK (R • 84 Min)**
Rated R for Adult Situations
Joan Rivers
A documentary on the life and career of Joan Rivers, made as the comedienne turns 75 years old.
03/07, Mon, 6:45PM; 03/08, Tue, 1:45PM; 03/10, Thu, 6:45PM; 03/13, Sun, 1:45PM; 03/14, Mon, 6:45PM
- **DINNER FOR SCHMUKS (PG-13 • 114 Min)**
Steve Carell, Paul Rudd
Takes one to know one. When he finds out that his work superiors host a dinner celebrating the idiocy of their guests, a rising executive questions it when he's invited, just as he befriends a man who would be the perfect guest.
03/17, Thu, 6:45PM; 03/20, Sun, 1:45PM; 03/21, Mon, 6:45PM; 03/22, Tue, 1:45PM; 03/24, Thu, 6:45PM
- **THE SWITCH (PG-13 • 101 Min)**
Jennifer Aniston, Jason Bateman
An unmarried 40-year-old woman turns to a turkey baster in order to become pregnant. Seven years later, she reunites with her best friend, who has been living with a secret: he replaced her preferred sperm sample with his own.
03/27, Sun, 1:45PM; 03/28, Mon, 6:45PM; 03/29, Tue, 1:45PM
(continued next month)

NO ADMISSION TO BE CHARGED

UCO Reporter

The official newspaper of Century Village
 24 Camden A, West Palm Beach, FL.33417
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 Email: ucoreporterwpb@gmail.com
 Send photos to: ucoreporterpix@gmail.com
 Office hours: 9:30 am-12:00 noon, Mon-Fri

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 Pre-Press Coordinator..... John Saponaro
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 CirculationSeacrest, Pruitt, Gallagher, CMC, Apogee
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UCO OFFICERS

2102 West Drive, West Palm Beach, FL 33417 UCO
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Health Michael Rayber



Don't Let the Flu Bug Bite

I would like to once again talk about the Flu season. You may have noticed that the Flu season has not really hit us, but please take your Flu shots anyway as it can still hit. Part of the reason it has not affected us

is that the H1N1 swine flu shots we took last season have given us some protection to this year's virus. In part, we are being more alert to sources of germs.

For the snowbirds I would like to repeat some

major sources. We do not have children to bring the germs home from school, but we do go to Publix. Remember that those shopping carts are coated with germs. The children and adults have put them there. Wipes are available at the door, just wipe down the handle. Carry wipes to use after you touch the rail to get on the bus. In the Clubhouse remember those railings that we use on the stairs and elsewhere are potential sources of germs. Remember it is not just the Flu we have to watch, a common cold can be a danger to us. There is one major source of germs. When you go to your favorite doctor, you are hitting the mother load when it comes to germs. Everyone there is sick. The door contains everyone's germs, even all the magazines? Do you not notice people coughing as they read the magazines. Please do not overreact to what I am telling you, just carry hand wipes or liquid hand sanitizer with you.

Do not touch your face or eyes without sanitizing. One last thing, if you attended the big UCO meeting and handled the mic, remember it is good to share opinions just not the germs.



ATTENTION Century Village NEWCOMERS!

Welcome to the meeting for
all new owners and renters.

**Monday, March 7, 1:30 pm
Clubhouse Party Room**

Greetings from UCO
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Vice Presidents and
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Frankly Speaking
Vice President
Frank J. Cornish



Your cooperation is sorely needed, with regard to parking facilities at the Clubhouse. We have had several reports of NEAR MISSES, not only from our Security Guards, who take their lives in their hands, each moment they are on the roads directing traffic so that you may arrive and depart in an orderly and safe fashion.

RESIDENTS, I urge you to **USE** our **TRANSPORTATION** system, particularly on **Saturday nights when there are both dances and shows**. We have one of the best, if not the best, transportation system in all of Palm Beach County. It is right outside many of our doors, **why not use it?** Leave a little earlier, socialize with your friends, knowing you will step off the bus take a few short steps and be greeted by a security guard at the Club House entrance.

Here's a typical scenario that you can avoid: As you drive toward the four corners, who has the right-of-way? Once that is determined and you manage to approach the entrance, do you turn right toward Duck Island, or continue. Perhaps to drop off your passengers, hopefully in the **"Safety Zone,"** which is beyond the Club House entrance (between the two sets of doors...where the Postal Truck once parked) and continue your journey praying you will be successful in finding a **PARKING SPACE**. Having accomplished that, you have the reverse situation to look forward to when you come out. How many times have we seen individuals, confused by darkness, unable to find their vehicles, bringing on more stress...which none of us need. I ask you to **"GIVE IT A TRY"....TAKE THE BUS.**

Security

January we had an all time high of 25,122 entries into Century Village. Also the denied entries were a high of 576. This also is

an all-time high for Century Village in the past few months. We had 5 broken gate arms in total, between both gate houses.

The **SECURITY** committee reminds residents that they must make every effort to properly call in or arrange to **log their guest into the call in system**. This way Security can avoid any confrontation at either gate house.

Security is also dealing with a new issue of new owners, who aren't completing the full process of ownership into Century Village. **After they go to WPRF** to start their process, it's essential they go to UCO to complete inputting their information for Security and themselves. This will show true ownership on their account and it helps Security to follow the post orders of Century Village. Thank you...Remember we are here for your safety.

Transportation

We are running a trip to Festival Flea Market on Feb. 28 at 9:30am. We have posted signs at the security desk, bus bulletin board and Channel 63. Sorry, if not everyone has seen this. We do our best. I want to thank Roberta for taking care of the sign up sheet.

Great job.

The Transportation contract is coming due at the end of this year and we are looking forward to many companies bidding. We have a contract transportation committee made up of, Claudette LaBonte (Former Chair of Transportation), Dot Lowenstein (former Chair of transportation), David Givens (bus rider), Ed Black, Treasurer. We are starting to gather pertinent information to improve the bus routes. I am confident

the experienced people on this committee will do a great job. After things come in from companies and we narrow it down to three it will then go to the UCO Bid Committee for its input.

And of course, the executive board and the delegate assembly. Any ideas are always welcome. Our next Transportation meeting is March 8 at 9:30am.

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FACTS AND FREQUENTLY ASKED QUESTIONS ON WATER LEVELS AND THE SHORELINE

The following article, written by Dom Guarnagia, UCO Maintenance Committee chairman, was taken from a February 5, 2011, posting on the CV Blog by David Israel, UCO president. A number of residents have asked questions about the recent shoreline restoration work, some of which are addressed in this article. —Eds.

South Florida Water Management District is charged with monitoring the water levels in Lake Okeechobee, and for our purposes it is the Lake Worth Drainage District that monitors Century Village and sets the height of our dam, or sluiceway, that controls the outflow of our waterways into the South Canal, becoming eventually part of the drinking water in Clear Lake Reservoir, south of Interstate 1-95.

Swimming pools are built of concrete and gunite, which create an impervious, relatively waterproof container whose water level is easily maintained since it is affected only by evaporation.

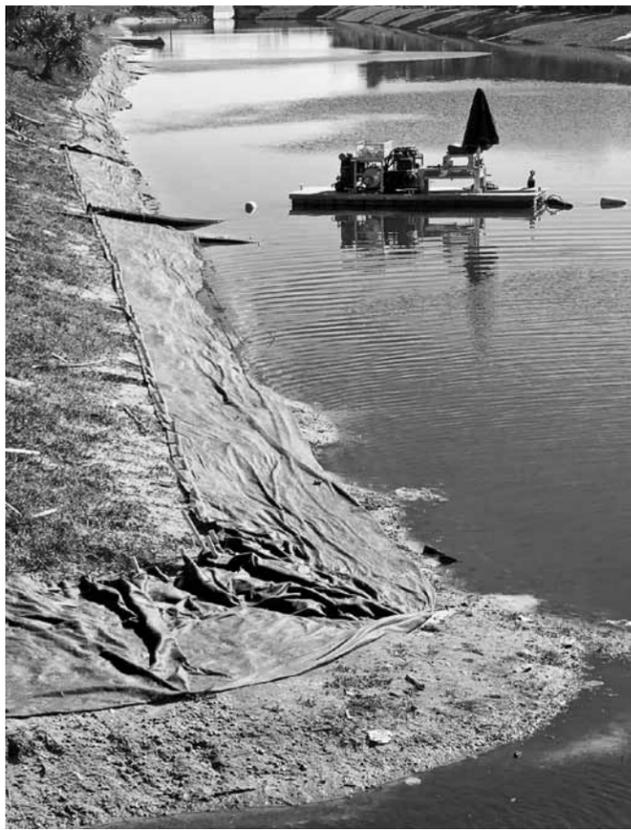
Our Century Village waterways—all 62 acres of lakes, lagoons and canals—are contained within 36,000 lineal feet (6.8 miles) of shoreline. These bodies of water, unlike swimming pools, are lined with a sandy-clay porous mixture through which groundwater percolates both upward and downward as the rainfall and varying amounts of runoff from Lake Okeechobee, governed by Nature, rise and fall—with little effect from humans.

Additional water that Century Village manages:

When built, Century Village drainage included the strip mall from the vacant Jennifer Convertibles store to the Family Dollar at the intersection of Okeechobee Boulevard and Haverhill Road, as well as the 18-hole golf course and driving range. Runoff from the golf course, rich in nutrients, especially nitrogen, flowed under the roadway at Southampton A through a metal culvert into the South Canal and likewise between Golf's Edge, under South Drive, between the Dover buildings and into Century Lake. That fertilizer was in large part responsible for the proliferation of grasses, as well as the nurture of other aquatic plants that required constant maintenance. Any runoff from the golf course now, however, is

devoid of those rich nutrients and plants that concealed the shoreline, because they no longer exist.

The water level, as we see it in our waterways, is the surface of the water table below the grade or surface upon which you are standing. Essentially, if you dig a hole anywhere in Century Village, your feet will get wet less than three feet down in the summer and, in most cases, a little more than four feet down in the winter. This phenomenon is what has



caused some concern regarding the reconstruction of the shorelines: Why can't we maintain the same depth of water year round?

The reason, geologically speaking, is simply that we sit atop an aquifer! An aquifer is a water-bearing stratum of permeable rock, sand or gravel, deep below the surface. Our potable water for drinking, bathing and cooking is stored deep underground in that limestone deposit. The water, through leaching or percolation, is filtered through our sandy surface topsoil, replenishing the water drawn to the surface by water management entities.

When it rains, the runoff fills the voids between sandy-clay particles, and the water table is high. Without rainfall, that water recedes deeper into the ground until it reaches the aquifer, where it is then cleansed through filterization and awaits reuse.

Purchased reclaimed water:

Located at the northwest corner of Century Village (Northampton) is a large reinforced concrete tank that can

hold over one million gallons of somewhat purified, reclaimed, non-potable water (not fit for human consumption), serviced by a chemically-altering purification system. Century Village was fortunate to become a customer early in the production process, and as a result was initially promised up to a maximum of 750,000 gallons of water daily at a cost of 4 cents per 1000 gallons of reclaimed water. That costs us \$30 per day. The cost to the County for treating the water is about

11 cents per 1000 gallons, or \$82.50 per day. Obviously the County is taking a loss, so there is little motivation to provide this water.

How does this affect our water levels in the waterways? IF we are fortunate enough to purchase the maximum amount of water for four days a week (approximately 3-million gallons) it would raise the water level in an area of 62 acres only a mere two inches. For irrigational purposes, we pump 2-million gallons every week for lawns and landscaping. Another half-inch, an astonishing 750,000 gallons or so, evaporates weekly due to the sun's heat. Since our water level is shared by adjacent communities such as Cypress Lakes, the Tennis Apartments, and Villa Regina, purchased reclaimed water flowing into Century Village will seek its own level and

Why can't we maintain the same depth of water year round? The reason, geologically speaking, is simply that we sit atop an aquifer!

The situation of a fluctuating water table is permanent.

flow underground into those areas. Thus we are intrinsically part of the greater community and they are part of us. *Even if the maximum two inches were supplied to us, we could not depend on the water level rising this much, because the other communities would be sharing the increase!*

Why does the shoreline look like it does in January?

Without rainfall replenishing the water table and with water levels receding substantially, what seemed to be a beautiful and successful project (92% complete) in early November was actually at its best. This will be a recurring theme, and a resolution is being sought. South Florida has entered a period of severe drought and a high wildfire index, a weather-related phenomenon that begins December 1 and ends May 31. The wet, rainy, hurricane season begins on June 1 and ends November 30. With water in Lake Okeechobee at a low of 12.57 ft. above sea level, combined with reduced rainfall this rainy season, the water table has receded by some 3.5 feet already, which is evident here in Century Village. The mean allowable water level, regulated by the Lake Worth Drainage District is 13.00 ft. above sea level—well below the flow from Lake O. this far from its outfall.

Is there a reasonable fix to prevent this occurrence in the future? The short-term answer is NO! *The situation of a fluctuating water table is permanent.* Under study is the opportunity to introduce

aquatic plants and/or a different specie of grass that is drought-resistant and can survive when submerged for extended periods. Cost per square foot, the number of areas to be treated with plants versus sod, and maintenance (including fertilizing, durability and performance) are things being studied.

Who will pay for the remedy? A five-year plan was introduced in 2008 by which association fees would be increased from 2008 through 2012 for approximately \$5.31 per unit, per month.

What is left to do to complete the shoreline restoration?

While the study continues, the corridor along the West Canal from Northampton, through Camden and ending at Windsor at the South Canal remains incomplete. During the dry season, sod production is at best inadequate, since sod installation is minimized with most grasses being dormant, thus requiring less irrigation and mowing. However, sod production and natural irrigation are at their best during the rainy season. Paradoxically, when the water table is at its highest and sod production is prolific, shoreline restoration must deal with staking new sod on newly created shorelines with deeper water! Therein lays the difficulty of whether to use a different specie of sod on the vertical areas of shoreline than are used on the horizontal areas, or if to beautify some areas with aquatic plants.

How are these newly created areas being irrigated? The sprinkler system that is in place has been extended as part of the reconstructed shoreline with new spray patterns and additional heads that have been added to adequately cover the newly formed areas. *Irrigating those areas is part of the same irrigation system that has been watering the rest of your association's land.* Drainage has been to discharge runoff further out into the waterways.

Will the new geotubes hold up to the sun's damaging rays? Anchor Marine, the contractor responsible for the work, has assured us that this identical system was used 34 years ago at PGA National Golf Course with no deterioration of the same geotube product.

What should the individual associations do to maintain the new sod land or aquatic plants? Like our other grassy areas that receive fertilizer and pesticides, periodic mowing and maintenance, will the new areas be treated similarly through your maintenance contract?

Irrigation will be performed as allowed by the South Florida Water Management District regarding intervals of watering through the posted water bans. The responsibility rests with each one of us, because it is our monthly fees that pay for the shoreline restoration project.

Its success requires vigilance, but it also requires the understanding that the water table is a varying entity that results in a seasonal contrast coupled with a deeper understanding of that variation.

**Insurance
Toni Salometo**



About Homeowners' Insurance

Here's a review of Homeowners' Insurance, especially for Snowbirds:

There have been many questions regarding Homeowners' Insurance. Let's go over the basics. First, a statute amended in July, 2010, removed the stipulation that makes Homeowners' insurance mandatory. **This ISN'T** to say that it's not necessary but that the state had no way to enforce the law. It was almost impossible for Associations to enforce the law, as many of you found out when you tried to do it. They also removed the need to add the Association as an "Additional Named Insured". They did add a stipulation that all policies should include at least \$2000 in Loss Assessment coverage, which is really important should your Association need to assess residents for a covered loss that has a large deductible-like wind.

Why do you need Homeowners' Insurance? The Association's Master policy covers the items that are required by Florida statute 718, but the individual unit owner is responsible for those items within the walls of the unit, floor covering, lighting, water heaters, appliances, drapes, cabinets, and counter and a host of other items. This includes furniture, TV's, clothing and other items of a personal nature. These all cost a lot of money to replace and are the unit owner's responsibility.

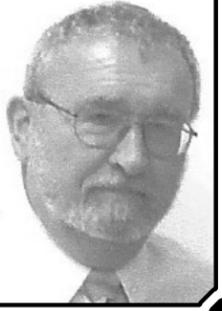
Here is what we've tried to do to help you. At UCO, we have a list of a few agencies that will write in the Village. Some are more expensive than others, but all are open for your business. We do not endorse anyone in particular—they are just agencies that some of our residents have used and recommended

to us. If you've found someone else who isn't on the list but they were helpful, please let us know and we'll include them. If you've had a bad experience, we'll try to help.

While Snowbirds were away this summer, we had inspections done on all roofs so we could have new Mitigation inspections forms completed. It was a very time consuming experience and you might thank the full-timers in your Association who waited, sometimes for days and weeks, for the inspectors to show up and complete the inspection. They are truly unsung heroes. What was accomplished was reports that your Homeowners' insurance carrier needs to ascertain the wind worthiness of your Associations' roof. So if you need a copy, please call UCO and we can get one for you. Even better, give us the e-mail address of your insurance agent and we will e-mail them for you. We're available during regular UCO hours at 683-9189; ask for Toni or Claudette and we'll get the form out ASAP.

Please, if you don't currently have a Homeowners' Insurance policy—get one!!! If you need some help with the one you have, let us know and we'll try to help.

**From the Desk of
Vice President
Bob Marshall**



About Comcast Boxes

The installation of the DTA boxes from Comcast has been completed for all who went to the clubhouse for an appointment.

For those who still need a box there are three ways to acquire this. You may go to the Comcast office at 1401 Northpoint Parkway and request the box, bring it home and install it. There is no charge. Also you can order the box via the Comcast web site www.comcast.com. In addition you can call Comcast at 1-800-comcast and request the delivery of the box or boxes. There is a charge for this service.

If a friend or neighbor is complaining that the number of channels available in service seems to be diminished it is because while the installations

were going on the DTA boxes might have seemed to not be necessary. They are now necessary if you want to watch channels in addition to 2-22 and 97, 98 and 99.

If you are returning a box to Comcast there is a deposit box at the entrance to the UCO building. A caution is in order, the box is not emptied on a daily basis. If you acquire a replacement box and deposit the old box at UCO you may get an invoice because for a short time you may be responsible for the two boxes. In my opinion, the best option is to take the non functioning box to Comcast.

If you have a problem in your association come to the office and let's see if we can find a solution.

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Your COP Volunteers



These are some of the faithful volunteers who serve you in the Citizen Observer Patrol (COP), gathered around the Sheriff's vehicle they use in making their rounds of the Village. On Jan. 13, after their regular monthly meeting, they posed for this group photo and then later joined many other CV volunteers at the annual Volunteer Luncheon in the Clubhouse.

COP is the important third leg of the three-legged stool called VIL-LAGE SECURITY. The first two legs are the security guards and the police. COP volunteers ride around

the Village, often in pairs, keeping a lookout for any trouble in the making, which they report to the police.

COP numbers had been dwindling of late, but in January they picked up some new members. **They can use still more help!** Won't you consider donating as little as three hours a week to become a volunteer?

Please contact Capt. Mel Breier at 712-8204 for further information on this wonderful way you can help our community and feel the better for it.

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"Important News Flash" To All Century Village Residents

Effective April 1, 2011 The **Empire State Deli** will begin its Senior Meal Delivery Service. As many of you may already know, Richard Hardy the owner/operator of The Empire State Deli has serviced the Senior Meal program for the State of Florida for the past 12 years with his prior company. Since opening the Deli in October the demand for this service has been overwhelming.

The **Empire State Deli/Restaurant** is a full service Deli and Restaurant serving only the freshest provisions pre-prepared on premises. A full variety of soups, salads, sliced meats and complete dinners.

Here's how the Senior Meal program will work

We will create a monthly calendar of our Daily Senior Meal Special.

You will need to call in your order By 12:00 noon each day and we will Deliver this **Hot Meal** to you door daily between 2:00pm and 4:00pm Monday thru Friday.

Additional information will soon follow, or you can Call **Richard direct @561-296-5333**

Meet Your Neighbors

Lizards, our environmental friends

(Continuing Series)

Not many people like bugs either outside or inside, and most people spray to kill them. About five years ago, I stopped our maintenance company from using herbicides or pesticides on our property. In spite of the fact that they assured me none of the chemicals hurt the lizards, after we stopped spraying, the lizards proliferated. As the lizards proliferated, the bugs on the property decreased...even the fire ants.

Let's take a look at those little bug crunchers.

Brown Anoles are natives of Cuba and Bahamas. There are two types that look very much alike except for color. The green ones live in trees and the brown on the ground. The males can grow to about eight inches and are larger than the female. Males also have a dewlap or throat flap that they use to indicate that you are in their territory or they are in

love with you. They also have yellowish spots on their backs. These and the curlytails are seen most frequently in Century Village.

Curlytails are also native to the Bahamas. They were imported in 1940 to eat sugar cane pests and are found in Dade, Broward and Palm Beach counties. They eat crickets, ants, grasshoppers and beetles and can grow to 11 inches. If there are not enough bugs, they will eat anoles.

Indo Pacific Gecko is a native of Southeast Asia and was imported as commuters on palm trees. You probably have not seen these pale gray/brown lizards, as they are nocturnal. One evening, I was out in the yard and spotted one on a leaf asleep. I never saw him again. When they fight, they bark or squeak at each other. They are unisexual and their eggs grow and hatch without fertilization.

The cold is very hard on these little creatures and many freeze when the temperatures drop. Don't be afraid of lizards, as they will not hurt you and are more afraid of you than you are of them. Preserve and protect them and they will do a wonderful job of keeping the bug population down.

— Jean Dowling



Brown Anoles



Indo Pacific Gecko



Curlytails

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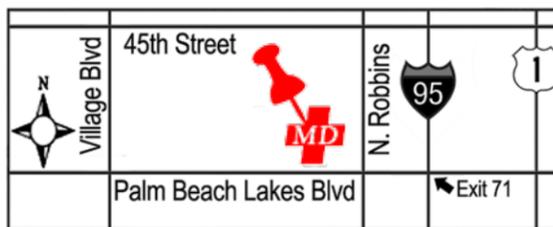
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Maintenance
Dom Guarnagia



Editor's Note: *Rather than continue his Preventive Maintenance Checklist discussion this month, Dom Guarnagia felt it was more important to address the immediate problem of frequent electrical power outages experienced during this especially cold winter by a number of residents.*

SOME ADVICE FOR THOSE EXPERIENCING ELECTRICAL OUTAGES

A number of us in the Village have experienced electrical power outages when using the kitchen range, heating the apartment with the heating component of our air-conditioning unit, or even, in some cases, when defrosting a vegetable in the microwave oven or watching TV. There are several ways to deal with a problem of inadequate electricity and prevent such outages. Taking a look at the appliances and fixtures that meet our everyday needs, here are some.

Through-the-wall AC unit with auxiliary heating mode:

Air-conditioning units are designed for their cooling capacity. Heating is secondary. When these units were sized and installed 40 years ago, the average summer temperature was 87 degrees Fahrenheit and the average winter temperature 72—a range of about 15 degrees. Today's average temperatures range between 92 in the summer and 65 in the winter—a 27-degree difference.

The average AC unit is designed to comfortably maintain and produce a 10-degree differential between indoors and outdoors without straining the unit. However, the *heating* ability is hard-pressed to accomplish the same in winter and pushes the envelope. Many less efficient AC units are still in operation and are straining the power output.

Continued on page 15

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Maintenance

Continued from page 14

Ceiling Fans:

The ceiling fans that most of us use have a small switch located next to the speed control that can reverse the direction of fan blade rotation. When in the UP position in summer, the cooler (heavier) air is lifted and through aspiration and light evaporation cools the skin. Conversely, with the switch in the DOWN position, moving the warmer (lighter) air downward will produce a warming effect *with a reduction in energy used*. If you have not utilized this option, change the blade direction with the switch, place the fan on the slowest speed, and feel the difference.

Combined AC units for heating AND fan action:

Washing permanent filters

or replacing pleated paper filters once every two months in the winter will result in more efficient airflow. This, combined with the downward airflow from the ceiling fans, can accomplish more with less energy consumption. Prior to food preparation, warm the apartment sufficiently, and turn *off* the AC unit, but continue to operate the fans—thus removing a large user from your available electric current.

Countertop microwave ovens vs. broiler ovens:

Your microwave oven is designed to quickly heat and defrost food with up to 1200 watts of electricity. Whenever possible, use the countertop broiler oven, which uses less energy than the microwave oven—for example, to warm the contents of the “doggie bag.” (You’ll also get crisper

crusts and less soggy food doing this.)

Dish Washers:

Most dishwashers have a DELAY CYCLE button that can turn your washer on from 2 to 8 hours after a full load has been loaded. Operating the dishwasher later, when other appliances are out of use, will reduce outages, since both the washer and the water heater will then have ample power.

Tankless Water Heaters:

These are excellent energy conservation devices, BUT With the insufficient electrical amperage prevalent in the Village, although not illegal, they are prohibited by the County Building Department. *This is because, when properly sized to provide sufficient hot water at 115 degrees—an important consideration when buying a tankless—they require half the available electricity and will certainly cause power outages for the unit and, in some cases, total blackouts to the entire building.*

Circuit Breaker Panel:

The purpose of the following is to inform but not cause panic!

Not only is the electric power supply to our units inadequate for today’s needs, but the mixing of copper wire with the now-outdated aluminum wire has produced an

unsafe condition. Minimally, a licensed/insured electrical contractor should be hired to remove the cover of your circuit breaker panel load center and tighten the screws and lugs securing the wiring, both aluminum and copper. The process and cost have been described in past articles. Aluminum wiring tends to shrink and loosen, causing current to jump across the created gaps and produce arcing. Arcing causes heat and heat causes fire.

Unfortunately, to add to the bad news, your circuit breakers in some cases may not safeguard you from this. This is because some of us are living with defective breakers. The Federal Pacific Electric Corporation, which manufactured the Stab-Lok Breaker Panel and circuit breakers was the subject of a Class Action Lawsuit in 2002, some 30 years after their installation here in Century Village. Placing UL labels on untested, and in many cases defective, circuit breakers—incapable of “tripping” when overloaded—was the reason for the suit, which resulted in the demise of the company. An entire article on the subject can be downloaded on e-mail at InspectAPedia.com.

Nobody is qualified to identify a defective breaker, but tightening the connectors will lower the risk somewhat. At some point in time, everyone

will face the prospect of replacing the entire panel bus assembly.

There are two routes one can follow in doing this. One is to replace *parts* using Eaton Corporation Cutler Hammer replacement components—with a permit from the County—if they will allow this. The other, more costly method is to replace the entire load center, which involves removing the surrounding drywall to access the EMT (Electric Metal Tubing) through which the wiring is distributed.

Many residents have something covering the unsightly electrical panel, such as a picture. Occasionally, remove that item and place your palm on the door of the panel, as well as the wall adjacent and above it. If you detect abnormal heat, warmer than the surrounding area, try tripping the breakers manually. If one or more fail to move to the OFF position, get help turning off the power to your unit in the building mechanical room and call a qualified electrician.

Try following the above suggestions to BOTH prevent power outages and reduce the overloading of circuit breakers. Be aware of what goes on with your electric service.

Future articles will contain decisions made by the County Building Department’s Wiring Division and advice on optional solutions for maintaining a safe electrical operating system.

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Happy 100th Birthday to Shirley Weiss!



Our Shirley

Shirley Weiss who turned 100 on January 25, is an original resident of Chatham S Condo in Century Village. She came here from her chicken and egg farm in New Jersey, shortly after her husband died. The residents of the condo became her family and she considers them her brothers and sisters.

Shirley has served as treasurer building for 37 years and recently retired. The assistant treasurer was amazed and impressed with her ability and training as a treasurer. She is responsible and efficient and was the first to use our FAX machine to send information to residents up north.

All brunches, pot luck dinners, and parties at the Condo have been planned by Shirley. Unofficially, she is the historian, since she knows everyone who has lived here since Century Village was built. When people move away, she keeps in contact by phone and mail. She has never owned a car

but has made use of the CV bus system. She still does her own shopping, cooking, and lives independently.

Here's how other residents describe her: Shirley is "a wonder, independent, admirable, incredible, amazing, strong, always cheerful and ready with a giggle. She is a lovely person on the inside as well as the outside and has a lovely smile. She is always beautifully dressed and groomed.

"Part of her longevity is that she never complains, doesn't depend on anybody, doesn't ask for help, but is the first to help other people. She has a wonderful outlook on life and doesn't seem to know she's 100."

Shirley is an avid reader of books and newspapers, and enjoys doing the crossword puzzles. Her apartment is filled with beautiful needlework pictures which she made herself.

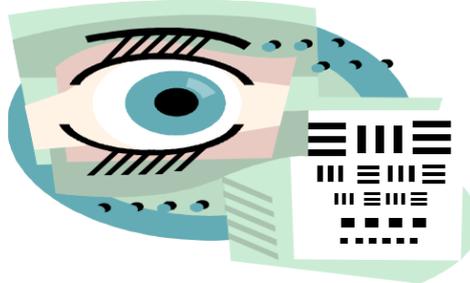
In November of 2010, her family came from all over the country to celebrate Thanksgiving with Shirley.

The Condo Association had a luncheon in her honor at Zuccarelli's Restaurant.

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The January CERT meeting focused on Preventing Slips and Falls in Your Home. Here are some interesting facts and helpful hints.

DID YOU KNOW THAT?:

As you age the risk of falling is greater for women than men

Two thirds of those who fall will fall again in six months.

At least one-third of all falls involve environmental hazards in the home.

Failure to exercise regularly results in poor muscle tone, decreased strength and contributes to falls.

Age related vision diseases can increase the risk of falling.

Some medications reduce mental alertness and can cause balance and gait problems.

CHECK YOUR HOME FOR HAZARDS

Living Room and Dining Room:

The most common reason for falls is tripping over objects on the floor.

Arrange furniture so that you can easily move around it.

Keep electrical and telephone cords out of the way.

Make sure chairs and couches are easy to get in and out of.

Bedroom:

Make sure your telephone is within reach of your bed.

Turn on a nightlight.

Adjust the height of your bed to make it easy

to get in and out.

Make sure your bed clothes, pj's, bathrobe are not too long (dragging on the floor).

Before getting up take the time to sit at the edge of the bed. Get up slowly.

Bathroom:

Install grab bars on walls around the tub and beside the toilet.

Use a non-skid rubber mat (or appliques) in your shower or tub floor.

Install a raised toilet seat if needed.

Kitchen:

Keep items you use daily within reach.

Wipe up spills immediately.

Use a sturdy step stool (Never stand on a chair, even if you can lift your foot that high) when you need something from a high shelf.

I know some residents are thinking, "I'm in good shape/active — I don't need to take these precautions. When I get 'old' and 'weak' I'll be careful."

These thoughts are "foolish" Don't procrastinate, **REVALUATE YOUR HOME NOW!**

Remember, CERT Needs New Team Members

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Dr. Sandra Sanchez
General Surgeon



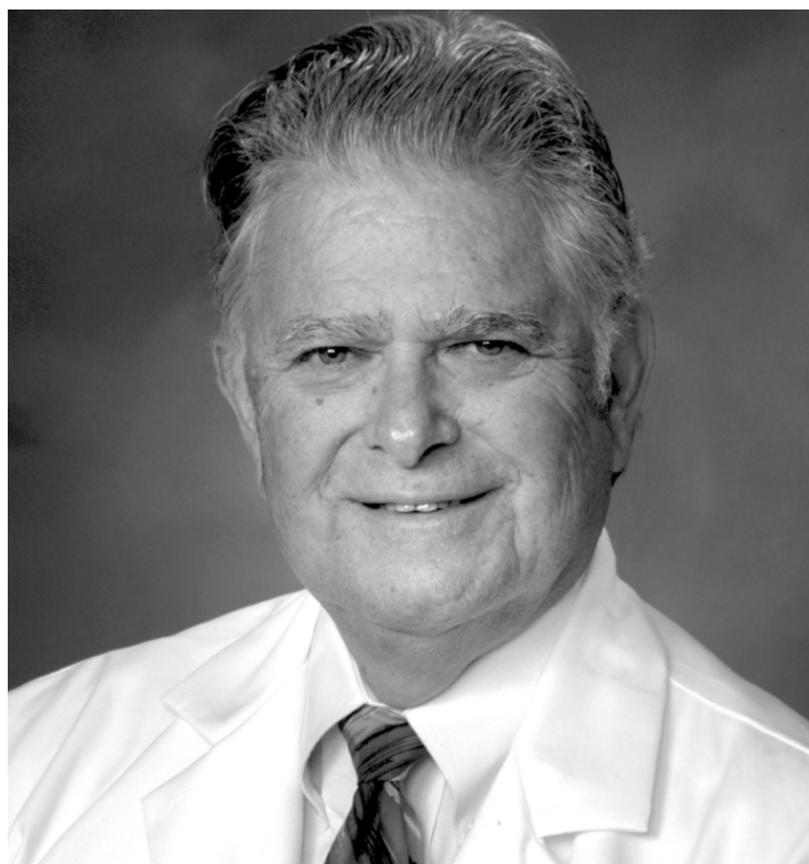
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Biographies of Candidates for Executive Board – March 4 UCO Election

Suzie Byrnes



I lived in New York State for 65 years and am a high school graduate. I have been coming to this Century Village since the early 70's. My parents lived here for 30 years.

When I resided in New York, I worked for the Putnam County Sheriff's Dept. as a dispatcher and Corrections Officer and was with the Brewster Fire Dept. for 22 years.

Since I have established residence here, I have become:

1. Secretary of my Association
2. Secretary of the Computer Club
3. A member of C.E.R.T.
4. A member of the Usher Corps in the Clubhouse
5. A member of C.O.P.'s and the Honor Guard
6. A volunteer with the Sheriff's Dept. Special Events

I would like the opportunity to serve on the Executive Board so I can make this Village the best for the residents. I am reliable, dependable, and honest and am very interested in this Community because this is my home now.

Sandy Cohen



Employment:
-IRS Tax Examiner (8 years)

-Entrepreneur with husband, supervising businesses' back office operations

-Insurance and Investment sales for a large multinational company (19 years)

UCO/CV Experience:
-Chairperson of the Beautification Committee (4 years)

-Board member of the Committee to Save the Golf Course (5 years)

-Member of the Executive Board (5 years)

-Member of C.E.R.T. committee (3 years)

Other Community Service:

-Member of the Board of Trustees Temple Anshei Shalom (7 years)

-Volunteer at Morse Geriatric Home (7 years)

Lanny Howe



Lived in suburbs SW of Boston, MA till moving to Florida in 1993. Five children, all grown with children of their own.

Education:
- Attended Swarthmore College

Employment:

- American Auto Assn: Domestic auto travel consultant; Newton branch office mgr.; Boston District Office mgr.

- Quarterly 28-page publication: Writing, editing, layout and all phases of work.

- Various printing establishments: Machine operator; proofreading/editing for graphics arts departments.

UCO/CV Experience:

- UCO Reporter – Writing, proofreading/editing, and some layout.

- UCO Executive Board

- UCO Maintenance Committee

- UCO Reporter Editorial Board.

- President of Sheffield N Condo board

Domenic R. Guarnagia



Education:

- B.S. Ed. Boston State College; M. Ed. Boston State College

- M.S., Urban Planning / Environmental Studies University of Mass.; Building Technology

- Northeastern Univ.; 'Interpreting the Mass. Building Code' Massasoit Comm. College

- Licensed Builder – City of Boston, Mass. Builders Construction Supervisors License (Unrestricted)

Employment:
- High School Teacher Mech. / Architectural Drawing

- President, Realty Engineering and Design Group, Inc., Light Commercial, Medical and Residential

- Trethewey Bros. P/H Contractors (PBS TV's This Old House P/H Contractor) Kitchen/Bath Designer, Estimator and Construction Supervisor. Architect,

- City of Boston Dept. of Neighborhood Housing Development – Architect - Design, Construction and Open Space Unit – Design / Construction / Supervision of Energy Star Affordable Housing and neighborhood parks and gardens

UCO/CV Experience:

- UCO Executive Board Member (2010)

- UCO Maintenance Committee Chair (2010)

- UCO Infrastructure/Irrigation Committee member (2008-present)

- UCO Insurance Committee and Sub Committee member (2010)

- Wellington Condo Federation Treasurer (2006 – Present) Wellington D Condo Association (2005-present)

Myron Silverman



Education:

- Graduated Utica Free Academy High School

- Utica College of Syracuse University – 1 year

Employment:

- U.S. Army – Infantry

- Acme Letterpress and Offset Printing Co. Inc. –

President and CFO

UCO/CV Experience:

- UCO Executive Board

- UCO Co-chair for Newcomers Meeting

- UCO Transponder Committee

- UCO Reporter – Layout specialist

- UCO delegate from Golf's Edge

- Golf's Edge – President

- Golf's Edge – Treasurer

- Merry Minstrels

Other Community Service:

- MORIAH Lodge 958, F & AM Masons of Utica, NY – Treasurer

- Temple Beth El, Utica, NY – Board of Trustees

- Cong. Anshei Shalom, CV – Board of Trustees

- B'nai B'rith, CV

Jackie Karlan



Education:

- Hunter College, B.A. Degree

- College of New Rochelle, Masters Degree

Employment:

- Nyack Public Schools, Nyack, NY – Teacher/ Language Arts Specialist.

UCO/CV Experience:

- UCO Executive Board

- Chairperson – C.E.R.T./Community Response Team

- Completed two FEMA/Homeland Security National Incident Command Management Courses.

- UCO Community Relations Committee

- UCO Delegate – Salisbury F Condo Association

- Vice President – Wellington L Condo Association

- President – Salisbury F Condo Association

- Treasurer – Salisbury F Condo Association

- Secretary – Salisbury F Condo Association

Other Community Service:

- President – Scarsdale Ridge Condo Association, Scarsdale, NY

- Vice President – Study Groups, Brandeis University Wellworth Florida Chapter

My parents spent 25 wonderful years in the Village. My many visits with them made me realize that I wanted to live here and make a difference in the community.

Gerald Karpf



Education:

- Dewitt Clinton H.S., Bronx, NY

- Bronx Community College – AS – Chemical Technologies, Business Administration

- IBM School – PS 2

computer Systems, DOS Operating System.

Employment:

- Dennison Mfg. Co. – Industrial Division – Worked with manufacturers to identify and solve problems in their production lines

- Weber Marking Systems – Bar code systems – Sold and worked on developing bar code systems to track and control production lines.

UCO/CV Experience:

- UCO Vice President

- UCO Finance Committee

- UCO Executive Board

- Chairman of Maintenance Committee – Developed Committee into an educational and problem solving Committee to help all Association learn how to handle all their maintenance problems, and to assist in finding contractors to do the work that would correct any damage to their Associations. Started the cut-off water valve program for Associations in the Village.

- UCO Insurance Committee

- Vice President of Windsor O

- President of Windsor O

- President of Windsor Umbrella Group

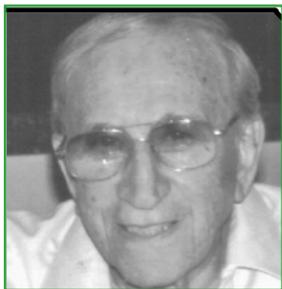
Community Service:

I serviced on Board of Directors for 12 years in a Co-op in Queens, NY and held the positions of President, Vice President, Treasurer, and Resale chairman. This Co-op was more than a \$1 million dollar corporation during the 12 years I served.

Continued on next page

Biographies of Candidates for Executive Board —March 4 UCO Election

Syd Kronish



Education:
 - B.S., M.A. in Journalism, New York University, extra studies in English towards Ph.D.
 Employment:
 - Captain, U.S. Air Force, 25 combat missions in B-25, Assistant

Squadron leader, 8th Air Force

- Associated Press, NY – Award winning feature writer, editor, columnist, covering sports and entertainment field

- WCKT-TV, NBC affiliate, Miami, FL – P.R. and promotion director, wrote and delivered weekly editorials on air

- Write weekly stamp column appearing in many newspapers nationwide

UCO/CV Experience:

- UCO Reporter – Editor-in-Chief (Acting)

- UCO Executive Board

- CV Ushers Corps

Other Community Service:

- Member of several clubs and organizations.

Theodore “Ted” Silverman



Education:
 - Oswego State Teacher’s College
 - Brooklyn College
 Degree in Public Speaking

Employment:

- NY City Council—

Chairperson, Civil Service and Labor

- Ranking Member on Finance from Brooklyn

- Snapple Beverages—Distributor

UCO/CV Experience:

- UCO Executive Board

- UCO Community Relation Committee—Chairman, Co-ordinate with UCO officers distribution of goods and services during natural disasters, hurricanes, storms. Prepare and host annual Century Village Centenarians Dessert Buffet

- Camden P Association—Treasurer, Delegate

- Camden Condominium Association--President

Isabelle Scherel



I’m a Bronx girl, born and bred. Married to husband Jerry, with 2 sons and 1 daughter.

Education:

- High school graduate

- College – 1 year

Work experience:

- Bronx public schools – Paraprofessional and fund raiser for schools.

UCO/CV experience:

- UCO Executive Board

- UCO volunteer – Sell gate passes

- UCO volunteer – Co-chair of Bingo game

- UCO Chairperson of the Election committee

- UCO Nominating Committee

- Assistant Coordinator for the Ushers Corps

- President of Northampton P

- Secretary of Northampton P

I was appointed by President Israel to the Executive Board and would like to continue as a member for this year.

Phil Shapkin



Education:
 - Public schools –NYC, NY
 - Peekskill Military Academy
 - Cornell University
 - Brooklyn College
 - Wagner College
 - R.C.A. Institute (T-3)

Military:

- WW II—USN-Served Pacific theater

Employment:

- Divers Unlimited – Owner/Partner – NY area, repair, salvage and demolition.

- Absolute Demolition—Land and marine

- B.P. Inspection Services—Inspection Services to the trade. Targeting hazardous conditions/materials. Asbestos and chemicals and the removal of same—hold Federal license.

- NHC Building Department—Consultant in the field of demolition

- Retired—Demolition engineer.

UCO/CV Experience:

- UCO Vice President

- UCO—Executive Board

- UCO—Chairman - Roads and Bridges Committee

- UCO—Chairman – Lifts Committee

- UCO—Chairman – Lighting Committee

- UCO—Co-chairman – Infrastructure Committee

- UCO—Security Committee

- UCO—Founder C.O.P. unit in CV (Unit #43)—

Commander

- UCO—Ombudsman

- UCO—Operations Committee

Community Service:

- Founder/Co-chair – AC/AC (Aroused Citizens Action Committee)

- Candidate – 84th Assembly seat in NY

- D.E.C in Palm Beach County

- Jewish War Veterans (Post #520)—Past Commander

- War Museum in Washington D.C. – Life member

- Americanism—Past Chairman

- Action Committee of Treasure Coast Council/Jewish War Veterans—Past Chairman

- Jewish War Veterans of the United States—National Deputy “Security Chairman”.

- Palm Beach County Commission (District #2)—Appointed Representative to the E.M.S. Council (Emergency Medical Services)

- Department of Public Safety—Appointed member

- Consumer Affairs Board—Appointed member

- Consumer Affairs Hearing Board—Co-chairman

- The Pro Active Committee for Century Village—President.

National Awards:

- Recipient of the Presidential Gold Medal for Volunteer Service Award

Ken Davis



Employment:
 - Served in USN during WW2
 - Manager of two major retailers-specializing in inventory control.

UCO/CV Experience:

- Prior VP of UCO

- Prior Office Manager of UCO

- Executive Board UCO (14 years)

- Investigation Department (5 years)

- Co-founder of Computer Club

- Chairperson of Channel 63.

- Association Board (13 years)

Honey Sager



EDUCATION: Bachelor of Science-Counseling/ Business, State University of New York
 CV EXPERIENCE: Currently member of UCO Executive Board. Vice President Somerset

F for 6 years, Vice President of Pro-Active Committee to Save Our Golf Course. Member of Board of Directors of Ladies Turtle Bay Golf Course

EMPLOYMENT: Sales/Marketing Manager for various major publishing companies.

Designed, developed, staffed and maintained support services operation for national sales forces. Meeting Planner: involved site selections and contract negotiations. Coordinated author tours and autographing sessions. Previously, Office Manager: managed general office with 14 staff support departments, negotiated contracts, purchased supplies, equipment and outside services.

OTHER COMMUNITY SERVICE; Member of Board of Directors of Co-op Board in Tarrytown, NY 4 years, Member of Board of Directors and Actress in various Community Theatre Groups, Reader in Open Book Literacy Program, Recreational Counselor in Elementary After School Program, Volunteer Administrator for Communications Network, Discussion Group Leader in Adult Community Organizations

Howie Silver



My father was an original owner in Windsor when Century Village, WPB first opened. My wife Catherine and I have lived in Stratford since 1996.

Education:

- High School-NYC, NY
 - Reidsville Community College—Computer Operations Class

Military:

- U.S. Navy, Korean War

Employment:

- Union Meat Manager and Butcher

UCO/CV Experience:

- UCO—Vice President

- UCO—Executive Board

- UCO—Channel 63 TV pages—Founder and Original Designer

- Computer Club—Co-Designer of CV Computer Club Web-site

- Co-Founder of CV Computer Club

- Vice President of CV Computer Club

- CV Computer Club—Board of Directors

- Italian-American Culture Club—Executive Board

- Italian-American Culture Club—Vice President

- Stratford Umbrella Organization—Vice President

- Stratford K Association—President

Other Community Service:

- North County Senior Center—Volunteer Computer Instructor

- Computer Instructor for PC RAMS Computer Club – West Palm Beach

Director of Disaster Ham Radio Communications for

Biographies of Candidates for Executive Board —March 4 UCO Election

Continued from page 21

Michael Rayber



A Brooklyn boy raised on Long Island, now a third generation resident of Century Village.

Education:

- Community college graduate on Long Island – studied business and business law

Employment:

- Sam Ash Music stores – General

manager of chain, responsible for developing all new locations
- Bressler’s Ice Cream – Developed and owned shop in Palm Beach Mall

- AMR – Area field operations supervisor for ambulance service in Century Village

UCO/CV Experience:

- UCO Executive Board
- Co-chair of Health and Safety Committee – I am considered an expert on your health issues.

- UCO Reporter – Columnist on health issues

- Co-President of Wellington K

I consider myself semi-retired and spend my time traveling the world. I have seen all the wonders of the world. When not traveling, I spend my time scuba diving.

Dot Loewenstein



Education:

- Irvington, NJ High School
- Upsala College, East Orange, NJ

Employment:

- Public library
- Various accounting firms – Statistical typist and bookkeeper
- International square dance caller

UCO/CV Experience:

- UCO Executive Board
- Advisory and Transportation Committees
- Clubhouse library – trained volunteers, created “return or replace” policy

- Delegate for Hastings A

Other Community Services:

- Condo News – columnist, interviewing residents, submitting photos of summer events, acknowledging birthdays and special anniversaries and LISTENING to unit owners and their complaints, praises, opinions. We have found that many people do not need us to offer a solution – they just want someone to listen to them. When they are told to put their comments in writing their reply is “Why bother? No one pays any attention.” They all know that I pay attention. Helping them will be easier when I am elected to the Executive Board.

Continued on page 23

Free Saturdays at Norton Museum

The Norton Museum of Art is pleased to announce that FREE Saturdays will now include admission to special exhibitions. Previously, the Museum’s FREE Saturday program granted entrance to the Norton Collection only and excluded special exhibitions. West Palm Beach residents will now receive FREE admission to the entire Museum EVERY Saturday, your Century Village ID will identify you as West Palm Beach resident. Museum Hours Saturday - 10:00 a.m. - 5:00 p.m.

Museum Address: Norton Museum of Art 1451 S. Olive Avenue, West Palm Beach, FL 33401 Phone: 561.832.5196

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iSpeak

When some of us moved to Century Village we thought we knew enough words in the English language to last us for the rest of our lives. Oy, were we mistaken!

For example, take the phrase “like two peas in a pod”. Are we talking twins? So when someone says “I pod..” Do they mean one twin? And then again are there we and they pods?

To continue: If there is E-mail is there He or She mail?

Now let us examine the relationship of reading by Kindlelight and Abraham Lincoln:

In order for young Honest Abe to read by the light of the fireplace he needed kindling to start the fire. Thus, was he the first to read by kindlelight?

Now where does one go to buy all this modern or modem equipment?

You could go to the Apple store but don’t expect to buy bananas and pears there as well.

And Ben and Jerrys is not the place to get Microsoft in any flavor. Also don’t expect a farmer to answer your letter to Dell.

To conclude: Wi Fi? Why not?

And you can do it at the Clubhouse for free!

– Irving J. Levine

Biographies of Candidates for Vice President March 4 UCO Election

Continued from page 22

Phyllis Richland



PEOPLE OVER POLITICS

I have long been involved in UCO and Century Village with the folks here uppermost on my "To Do List". Most of you know who I am and what I have done in the past. For those that are new to our paradise, I am one of:

- Original C.E.R.T. organizers.
- Chaired the Lift Committee, of which I still advise.
- Past Vice President for three Administrations.
- Now servicing out President Israel's term as interim Vice President.

I am running on my record. I am a tested leader and my integrity counts. If I win, you win. I would appreciate your consideration.

Thank you.

Robert S. (Bob) Marshall



Century Village
Vice President, UCO 2008-Present
President Emeritus UCO 2006-2008
President UCO 2004-2006
President of Coventry C Association.
Vice President Coventry A.

Florida

Volunteer in Sheriffs office in the Seniors vs Crime dept.
Capital Budget Committee for Town of Bourne Massachusetts

Participated in budget planning for all Town Departments.
Finance Committee Town of Bourne

A member of this committee for approximately 10 years, the last 5 as chair. Planned approximately \$30 million budget for presentation at town meeting.

Town Assessor, Town of Stow, MA.

Responsible for the accurate valuation of all property and the issuance of all property tax bills. Elected position.

Bob's Home Services:

A business I formed and developed and operated after taking an early retirement from Digital.

DIGITAL EQUIPMENT CORPORATION

Manager of an Engineering group for Image and Information responsibilities. Brought department from a paper and microfilm medium to online availability. Responsible for budgets both Capital and Operating expenses in excess of 5 million dollars.

AETNA LIFE AND CASUALTY

Manager of their Records and Micrographic Department. Duties included managing a budget of 2-3 million dollars and the activities of over one hundred employees.

Education: Western Illinois University

From the Desk of Congressman Ted Deutch



Recently, the new Republican-led House of Representatives voted to repeal health care reform in its entirety. While there are certainly ways to improve this historic law, a complete repeal is impractical when reform is already making a huge difference in the lives of so many people.

In Florida, Blue Cross Blue Shield just reported a 5 percent increase in policies purchased by small businesses. This indicates that small businesses, our economy's driving force, are using the new law's tax breaks to better afford coverage for their employees. Families are breathing easier because insurance companies are now forbidden from denying coverage to children with preexisting conditions or kicking young adults off their parents' plans before they turn 26. For the 20,000

seniors in my congressional district who face astronomical prescription drug bills every year, reform is finally phasing out the Medicare donut hole.

Florida hosts our nation's second largest population of uninsured Americans, a crisis that takes a toll even on those of us who are covered. Each year, we face new premium hikes from health insurance companies. As rising premiums force employers to cut benefits or lay off workers, the number of uninsured Floridians has grown. In 2000, 17 percent of Floridians lack coverage. Today, that number is over 22 percent. The cost of caring for 4.1 million uninsured Floridians is passed on to those with insurance in the form of higher premiums.

A hallmark provision of the Affordable Care Act taking effect this year aims to

thwart this trend. Health insurance companies now have to spend at least 80 percent of our premium dollars on actual medical care instead of bureaucracy, profits, and marketing. Insurers that fail to meet this standard must provide their customers with rebates in 2012. After all, no one pays insurance premiums to have claims denied. We pay premiums in exchange for care when we need it. Slowing rate hikes will stimulate our economy by freeing up capital for businesses to expand and consumers to boost their own spending.

Most people agree that access to affordable health insurance is a matter of economic security. Talking with my constituents, it is clear that growing our economy and creating new jobs is their number one priority. Congress should not waste time repealing legislation that is working; it should focus on legislation that will get America working.

In the days ahead, I will keep you updated on my efforts to shift the conversation in Washington to encouraging growth and creating new jobs. It is an honor to serve you in Congress.



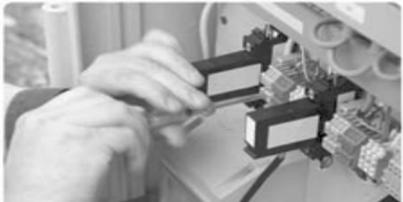
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Shabbat Services 8:45 AM
Sunday-Saturday Evenings 5:00 PM
Friday Evening Services 8:00PM

Future Events Open to Everyone

Anshei Sholom Men's Club
Sunday, March 13 2011 9:30 am
Breakfast & Guest speaker

All Food is Kosher

Guest speaker, **Bernd Wollschlaeger**
M.D. and Author

A German life

A highly-decorated WW II German tank commander

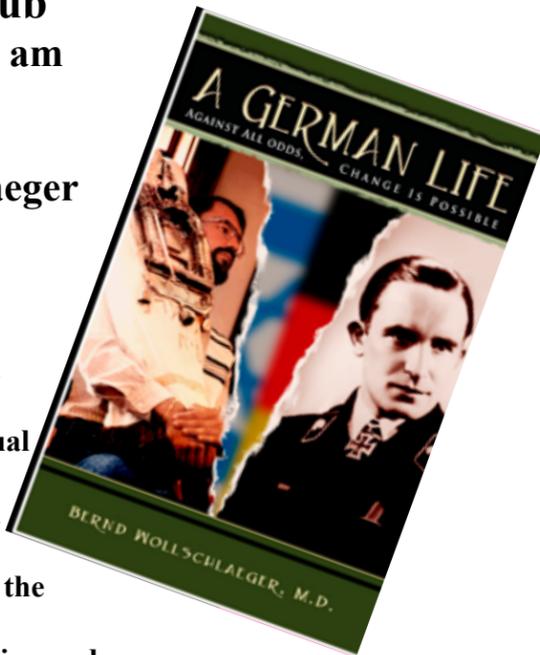
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Religious conversion to Judaism, exile and the dissolution of a family

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- A young man seeking the truth and his spiritual orientation
- The relationship of father and son entwined in German-Jewish history
- Religious conversion, exile and the dissolution of a family

Anshei Sholom Men's Club

Wednesday, March 23 2011 1:30 pm
Mets vs. Cardinals

Roger Dean Stadium, Jupiter Fl.
Brunch at Synagogue 10:30 am

All Food is Kosher

Tickets \$36 each. For more information
Call Sol Beck 516 816 9050

Joe Cohen 561 684 5944

Or call Synagogue office 561 689 4417

Purim Services

Saturday March 19, 2011 6:45 PM



Anshei Sholom Sisterhood

Presents

ROCKIN' PURIM

The Gantseh Magillah

A Musical Play

Saturday, March 19, 2011 6:45 PM

Donation

Member \$10.00

Non Members \$12.00

For tickets go to
Synagogue office

Mon thru Friday 8:30AM to 5:00 PM

Refreshments to follow



Benefit Concert

Sunday April 3rd 2011

Featuring

Cantor Irwin Bell

And the Palm Beach Jewish Chorus
Champaign reception after performance

Tickets Preferential seating \$25.00

General admission \$18.00

For more in formation please call
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Okeechobee Branch Library

by Chuck Waugh

Janeites rejoice! This month's book discussion on March 16 will highlight Jane Austen's "Mansfield Park." Additionally, the Monday Movies in March will feature four Jane Austen titles. Can you guess which ones? Stop by the library and celebrate Jane Austen today!

The Okeechobee Boulevard Branch Library is located next to Dunkin' Donuts. The hours are: Monday, Tuesday, and Wednesday from 10:00 a.m. to 8:00 p.m. and Thursday, Friday and Saturday from 10:00 a.m. to 5:00 p.m. All Village residents, including seasonal residents, are eligible for a free library card with proper I.D. Visit the library today!

March Programs

Fridays and Saturdays, 10:00 a.m.	AARP/IRS Tax Help
Tue, Mar. 1, 8, 22, and 29, 6:00 p.m.	English Exchange
Mon, Mar. 7, 2:00 p.m.	Movie
Tue, Mar. 8, 3:00 p.m.	Intro Internet
Wed, Mar. 9, 10:30 a.m.	Intermediate Excel
Thu, Mar. 10, 8:30 a.m.	Browser Basics
Mon, Mar. 14, 2:00 p.m.	Movie
Mon, Mar. 14, 6:00 p.m.	Creole Computer Class
Tue, Mar. 15, 5:30 p.m.	Writers' Workshop
Wed, Mar. 16, 2:00 p.m.	Book Discussion
Mon, Mar. 21, 2:00 p.m.	Movie
Thu, Mar. 24, 3:00 p.m.	Intermediate Access
Mon, Mar. 28, 8:30 a.m.	Mousing Around
Mon, Mar. 28, 2:00 p.m.	Movie
Mon, Mar. 28, 6:00 p.m.	Creole Computer Class
Tue, Mar. 29, 6:00 p.m.	Internet Tips & Tricks
Thu, Mar. 31, 3:00 p.m.	Intermediate Word

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www.pbclibrary.org

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Your Theater Claudette LaBonte



Can you believe this is the last "Theater" article that deals specifically with the "Season Shows"?

We will begin March with our Century Village Orchestra. They put their hearts into this performance and expend many hours in rehearsal. From my perspective, year after year their show gets better. Come and support their efforts.

In addition, the March line-up is spectacular. Make your choices early.

Tues. 3/1 — 8:00 PM "Swingin' the Benny Goodman Songbook." Remember the beat, the tapping of your feet? Join the talented musicians that will swing the night away.

Thurs. 3/3 — 8:00 PM "The Century Village Orchestra" featuring Broadway favorites from "The American Song-

book.'

Fri. 3/4 — 8:00 PM "Her- man's Hermits" starring Peter Noone. A highlight of the season with recording star Peter Noone, who brings to the stage a group that made him famous in the 60's — this promises to be a night to re- member.

*Sat. 3/12 — 7:00 PM Robert Klein — Comedy that has graced "The Tonight Show," "Saturday Night Live," HBO, Carnegie Hall and Broadway. It's a good thing to laugh.

Tues. 3/15 — 8:00 PM "I Am Sarge" Returning by your request — his second appear- ance as a concert pianist, impressionist and amazing singer as well.

Sat. 3/19 — 8:00 PM "Cav- endish Classics" Featuring the Gold Coast Opera with music from Verdi, Puccini,

Rodgers & Hammerstein, Andrea Bocelli, Josh Grovan and many more.

Sun. 3/20 — 8:00 PM — Century Village Annual Resident Show. Friends and neighbors singing and dancing for your pleasure. They surely will bring back memories for you. They are there for you. Be there for them.

**Mon. 3/21 — 2:00 PM Annual Resident Show A second performance. By now you have heard about the great Resident Show. Your opportunity to see it yourself. Come cheer them on.

Tues. 3/22 — 8:00 PM "Tommy Tune & The Man- hattan Rhythm Kings" Nine times Tony Award winner. He is marvelous, timeless and an elegant choreographer. Do you remember him in "Hello Dolly."

* Sat. 3/26 — 7:00 PM "A Tribute to the Beach Boys — Good Vibration." Incredible musicians and performers recreating the group's unique sounds. Take the journey of sun, surf, cars and girls (let's not forget the guys too).

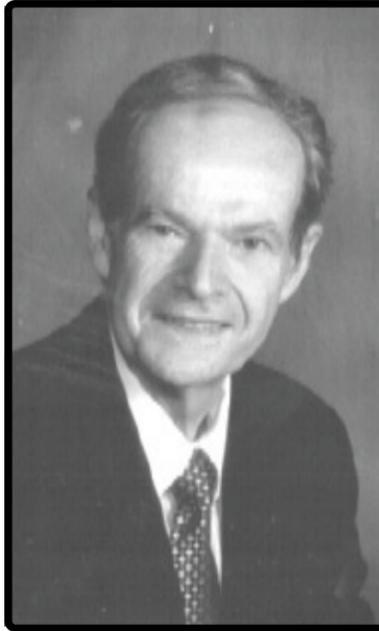
Tues. 3/29 — 8:00 PM Hal Linden — Our 12th precinct

captain returns performing as he did many times in the world's finest nightclubs and Broadway. An exceptionally talented musician also.

Thurs. 3/31 — 8:00 PM — "New Shanghai Circus" Forty talented performers will transport you to exotic China performing Eastern dance and acrobatics along with magic and beautiful music. A must see show to end the season.

* 7:00 PM shows * *2:00 PM show

As an added note, April will not disappoint you either.



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Ground Floor 1 BEDROOM / 1 BATH

- NEW! SHEFFIELD K Ceramic tile, updated kit, stall shower \$17,500
- NEW! WALTHAM E Like nu appl., 2 A/C's, patio on greenway \$14,900
- NEW! SHEFFIELD D Bamboo flrs., waterfront, step in shower \$17,900

Upper Floor 1 BEDROOM / 1 BATH

- NEW! NORTHAMPTON H Laminate flrs., wtr vus, life, near pool. \$15,900
- NEW! SUSSEX New kitchen/flooring, garden vu, great location \$19,900

DOVER B 1/1½, just bring suitcase and own prettiest condo around!
Completely furnished, magnificent views. New kitchen/baths, ceramic tile, meticulously appointed. \$64,900

Ground Floor 1 BEDROOM / 1½ BATH

- CAMBRIDGE E Corner, park at door, walk to pool, needs TLC \$16,900
- WINDSOR H Corner, walk to pool, furnished, great assoc. \$24,900
- WALTHAM E Corner, completely redone, walk to clbhse & gate \$29,900
- CAMDEN J WOW!!! Open floor plan, furn, entirely redone \$39,900
- CAMDEN H Walk to pool, patio on greenway, updated, great \$\$... \$16,900
- CHATHAM M WOW! On lake, 18" cer. tile diagonal, walk pool \$29,900

DORCHESTER B 2/1½ 2nd flr., completely redesigned and all new,
Italian woodlike vinyl flooring, easy maintenance, new cabinets, new lighting, not another like it!! \$49,900

Upper Floor 1 BEDROOM / 1½ BATH

- GREENBRIER B Cer. tile, like nu kit./baths, beautifully furn. \$49,900
- NORWICH N Bring the Puppy! Corner, mint cond., walk to clbhse \$24,900
- EASTHAMPTON E Pet friendly, cer. tile, nu appl. garden view \$29,900
- BEDFORD F Corner, light & bright, nu carpet, move-in ready..... \$17,900
- WINDSOR O Corner, great location, pretty vus, cer. tile, nr pool \$24,500
- GREENBRIER B New central A/C, furnished, great price \$29,900
- GREENBRIER C Lovely, elevator, pool, compl. furnished, grt \$\$.. \$29,900
- DOVER C Best views in village from lge patio, clean as a whistle... \$39,900
- WELLINGTON E Long lake views, nu kit., nu carpet, fresh paint.. \$34,900
- DOVER B Bring suitcase to TURNKEY beauty, shows like model .. \$64,900

Ground Floor 2 BEDROOMS

- NEW! CANTERBURY D Corner, new kitchen, new appliances,
on greenway, walk to pool, priced to sell \$34,900
- SUSSEX L WOW!! Laminate flrs, nu kitchen/baths, built-in's \$39,900
- CANTERBURY J Great price and great location, tile \$29,900
- KENT G Poolside, updated with ceramic tile & new baths \$39,500

SOMERSET H 2/2, 2nd flr., stunning, compl. furn., tile, sensational loc., lagoon vu's, lift, tennis center location, friendly assoc. . \$84,900

Upper Floor 2 BEDROOMS

- DORCHESTER B WOW! Compl. reno, simply stunning, great \$\$.. \$49,900
- ANDOVER H Corner, update with open kitchen, great location \$44,900
- CAMDEN D Cor., water surrounds, walk 2 pool, lift, 2nd fl laund .. \$29,900
- SOUTHAMPTON C Corner, light, bright, pool, elevator, lge bal ... \$39,900
- COVENTRY K Corner, dog friendly, furn., cen. A/C, clean, bright \$37,500
- WALTHAM D Compl. updated, furnished, walk to clubhouse \$39,900
- CANTERBURY D Corner beauty, furnished, updates thruout \$39,900

WELLINGTON A 2/2 ABSOLUTE BEAUTY, lake views, nu kitchen, next to pool on cul de sac, ceramic tile & built-ins \$63,900

GREENBRIER B Grd. flr., top of line, compl. redone - front to back. Encl. garden patio, stone flrs., granite, top of line fixtures, stunning furn., park at door across from pool. Worth every penny! ... \$119,900

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- EASTHAMPTON 1/1½ 2nd flr., pet friendly, all tile, new appl. \$700/mo.
- CAMDEN I 1/1 Grd. flr. cor., furnished, renovated, stunning..... \$690/mo.
- STRATFORD I 1/1½ 2nd flr., granite, tile, all new, Must See..... \$650/mo.
- CHATHAM O 2/1½ Ground. flr., tile, washer & dryer, grdn pat .. \$700/mo.
- STRATFORD I 1/1½ 2nd flr, turnkey, all tile, wtr, incl., W/D..... \$700/mo.

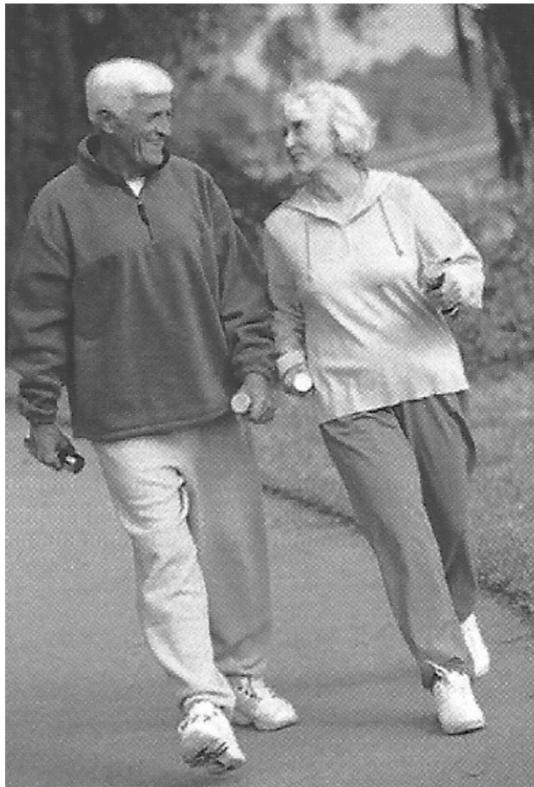
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Pinched nerves

Back pain that goes shooting down one or both legs is a telltale sign that your spinal nerve is getting pinched between two pieces of bone. The pain can be so bad that it makes walking impossible. Left untreated, it can have a myriad of side effects like muscle atrophy.

Traditional treatment for this sort of problem is a surgical procedure known as a laminectomy. However, it has a lower than average success rate, carries the risk of complications and requires a great deal of recovery time. Thankfully, there is new hope for patients suffering from this condition called non-surgical spinal decompression which promises to provide a much easier alternative.

Non Surgical Spinal Decompression (NSSD)

For those who are averse to even the smallest intrusive treatment, there is another alternative available that has helped a large number of people – **spinal decompression**. It consists of a series of traction

movements against the spine performed under the guidance of a licensed physician. These movements cause a negative pressure between the bones of the spine alleviating the pressure on the nerve.

Non Surgical Spinal Decompression (NSSD) also referred to as Spinal Decompression, is effective in treating back pain, neck pain and sciatica caused by bulging, herniated and degenerated discs or facet syndrome. Even post-surgical patients and those suffering from certain types of stenosis (a narrowing of the spinal canal) have reported significant pain from NSSD treatments.

Non Surgical Spinal Decompression, not to be confused with linear traction, slowly lengthens and decompresses the spine, creating negative pressures within the discs. This reversal of pressure creates an intradiscal vacuum that helps to reposition bulging discs and pull extruded disc material back into place, taking pressure off pinched

nerves. Spinal experts believe that nutrients, oxygen, and fluids are drawn into the disc to create a revitalized environment conducive to healing.

Experts surmise that Non Surgical Spinal Decompression stimulates the body's repair mechanism, providing the building blocks to mend injured and degenerated discs. NSSD enables the body to get to work and heal itself! Now there truly is hope for lasting relief without drugs, injections or surgery!

It is non invasive and its application has been successful for many spinal conditions. Patients feel better almost immediately, and many have reported a complete cessation of pain after a few sessions.

Summary

There are several new and exciting developments in the field of back pain treatment. Spinal Decompression is one of the latest techniques that demonstrate the level of innovation and options available to patients.

The Reader's Corner Lenore Velcoff



I like to read Anna Quindlen's books and *Every Last One* is no exception. She tells the story of a family – mother, father and three teen-age children – the Lathams. You come to know them all – the husband, Glen, the twin boys in middle school and the daughter, Ruby, in high school. But especially you become involved in Mary Beth, the mother's, life. She becomes your friend and the book is told through her voice.

In the first half of the book you are lulled into a sense of security but if you have read Quindlen before you know that is a false sense as the blurb on the jacket tells of a "horrifying act of violence" coming up. As you read this book there is a feeling of dread that this is all going to come crashing down, with no real hint of how or how bad.

Anna Quindlen is an excellent writer and she leads

you ever so calmly into her story. This was a normal family, but like others, they had their highs and lows. There were a few other non-family characters that figured prominently in the story as well as a host of minor characters. Through the author's eye for detail, we get to know a wide circle of people. The book was appealing because the family was so ordinary and the tragedy was so extraordinary. You feel as though you have been hit over the head with a rock when you reach the climatic violent event.

This is a bittersweet novel about the power and resilience of the human spirit. I felt that the emotions of all the characters rang true. I found it a rewarding read. The story is beautifully written, without a single wasted word in it., despite the tragic subject matter. BUT, get your Kleenex ready.

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The Lettermen Sing Along



Legend pop group The Lettermen performed in Century Village January 23 with great success their number one song "Put Your Head on My Shoulder." They welcomed audience members to sing with them during the show. In picture Yala and Yakov Milioner from Wellington M with the Lettermen.

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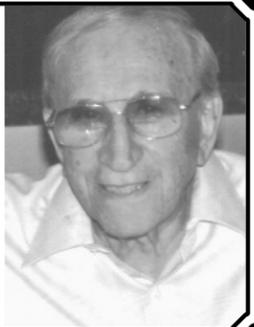
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Stamps in the News
Syd Kronish



THE LUCKY RABBIT HOPS IN

The first US stamp for the year is a continuation of the Chinese Lunar New Year series and celebrates "The Year of the Rabbit."

The rabbit is the fourth of 12 animals associated with the Chinese Lunar calendar and was released on Jan. 22.

The stamp design incorporates elements from the previous series of Lunar New Year stamps, including an intricate paper cut-out of kumquats, which are eaten for luck and given as holiday gifts.

The Postal Service introduced its Lunar New Year series in 2008. The series will continue through 2019 with stamps for Years of the dragon, snake, horse, ram, monkey, rooster, dog and boar.

The Lunar New Year is celebrated primarily, by persons of Chinese, Korean, Vietnamese, Tibetan and Mongolian heritage. Parades, parties and other special events are common celebrations.

People born in the year of a particular animal are said to share characteristics with that animal. Individuals born in the Year of the Rabbit are said to be sensitive, cautious, mannerly--but definitely lucky.

Firecrackers are used to scare off evil spirits and welcome this time of new hope for the future. Costumed dancers wearing

heads of paper mache and bamboo, perform for delighted crowds to celebrate the occasion.

Art director Ethel Kes-

sler worked on this series with illustrator Kam Mak, an artist who grew up in New York City's Chinatown and now lives in Brooklyn. The artwork focuses on some of the common ways the Lunar New Year holiday is celebrated.

Although the new 44-cent stamp was released on Jan. 22, the actual New Year began on Feb. 3 and ends on Jan. 22, 2012.

Collectors interested in acquiring first day covers can contact 1-800-STAMP-24.



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-Mark Twain

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**From the Desk of
State Representative
Mark S. Pafford**



REPRESENTATIVE MARK PAFFORD WILL BE FIGHTING FOR VETERANS RIGHTS, DOMESTIC PARTNERSHIPS RIGHTS, AND TOUGHER LAWS ON CHILD PORNOGRAPHY THIS LEGISLATIVE SESSION

House Bill 171; Veteran's Affairs, will allow veterans affected by Operation New Dawn and other military operations subsequent to September 11, 2001 to have the same benefits as those in the military prior to these operations. Florida is home to nearly 200,000 men and women who have been deployed to active duty since September 11, 2001.

"When Floridians are making huge sacrifices to serve and protect our country, the right thing to do is to ensure their eligibility for the benefits that they and their families deserve," said Representative Pafford.

The Senate version of the bill, SB 430, is sponsored by Senator Thad Altman (R-Melbourne).

House Bill 337; Domestic Partnerships, will entitle Florida residents living in domestic partnerships to have the same rights as married couples. Florida currently ranks 8th in the nation, with 5.5 million people living in communities that recognize domestic partnerships, either through registries or public employer's benefits. More than half of Fortune 500 companies and a majority of Florida's universities offer domestic partner benefits in order to attract and retain the best and brightest employees, and to make Florida a friendlier place.

"At a time when many Florida families are facing difficult financial challenges, this bill will provide valuable protections, as well as responsibilities, to unmarried couples and will help more Floridians to take care of their loved ones," said Representative Pafford.

The Senate version of the bill, SB 348, is sponsored by Senator Eleanor Sobel (D-Hollywood).

House Bill 595; Sexual Performance by a Child, will create penalties for

pornography.

"As predators adapt to new technology, our laws must keep up," said Representative Pafford. "This common-sense bill provides one more way to capture and punish those who prey on our children."

Representative Pafford is working in conjunction with the Palm Beach County State Attorney Michael McAuliffe. The senate sponsor is Senator Lizbeth Benacquisto (R-Wellington).

Provided by State Representative Mark S. Pafford, District 88

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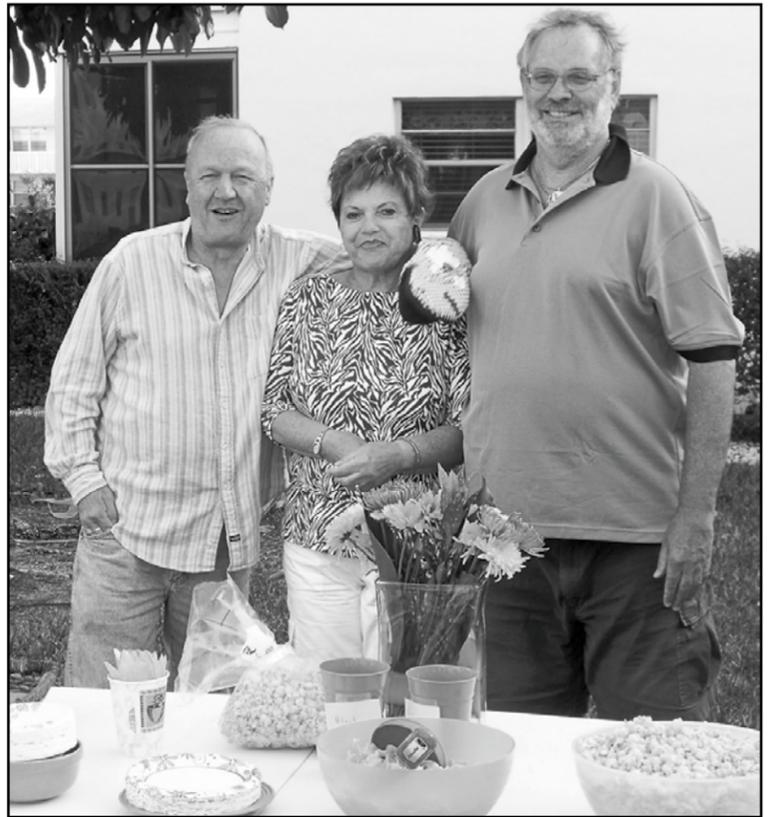
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Do Too Many Cooks Spoil The Broth?

Windsor Q held its first "Secret Cook-Off Competition" on its patio on Valentine's Day. The contest began when chefs Roland Rogers, Linda Graff and David Stiefelmeyer shouted "soups on," as three pots of the home-made chicken soup heated on the BBQ. Not knowing what chef cooked what soup, hungry and anxious building residents tasted soups #1, 2, and 3. Their votes were put into a jar, counted and the winner was Linda Graff. Another cook-off contest will be held in March. - Maria Tennariello



Windsor chefs at work.

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Valve Disease: Getting To The Heart Of The Matter

(NAPSA)-There is hopeful news for the estimated 5 million Americans who are diagnosed with heart valve disease each year.

Defects in heart valves can exist from birth or develop from damage later in life. Fortunately, valve disease can usually be successfully treated with surgery in patients of all ages.

If you have been diagnosed with valve disease, have a heart murmur or think you may be experiencing symptoms, be sure to talk with your doctor.

Valve Disease Is Not A Normal Part Of Aging
Many of the symptoms of valve disease are inaccurately mistaken for the "normal signs of aging." Age is not a reason to not have valve disease surgery, and valve disease can usually be successfully treated in patients of all ages.

Diagnosis Is Key
The only way to really know is to be diagnosed by a doctor, so see yours right away if you are told you have a murmur or you are experiencing any of these:

- Shortness of breath
- Weakness or dizziness
- Pain, tightness or discomfort in the chest
- Fainting or feeling faint
- Fatigue
- Rapid or irregular heartbeat
- Light-headedness
- Decrease in exercise capacity
- Swollen abdomen or ankles and feet.

According to the Alliance for Aging Research, many of these symptoms will only happen during activity, but as the disease gets worse, they may also happen while resting.

Complications Are Possible
When valve damage reduces blood flow, the heart has to work harder and the body gets less oxygen-leading to a number of symptoms. However, people with valve disease do not always have

symptoms, even if their disease is severe. For these people, a heart murmur is the most important clue. Others may have symptoms with less severe disease.

Some types of valve disease can lead to serious complications, including death. However, most can be successfully treated with surgery.

Resources Are Available
The Alliance for Aging Research recently made a number of podcasts available. The purpose of the program is to raise awareness about the disease, its risk factors, treatment options, tips on effective physician-patient communication and more-all in an effort to encourage patients to seek appropriate care.

The Alliance was founded

in 1986 to promote medical and behavioral research into the aging process. Learn more at www.agingresearch.org.



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The Century Village Community Emergency Response Team participated in the 20th Annual Susan G. Komen South Florida Race for the Cure on Sunday, Jan. 29. Pictured below left to right: Lori Torres, Phyllis Pomerantz, Jackie Karlan, Dorothy Breier, Phyllis Frishberg, Cheryl Sanders. Not pictured but part of the CV CERT Team, Walk for the Cure, Martha Feuerberg, Harriet Fiebert, Hilda Wolkin.



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236 CHATHAM L	2/1½	SOLD	\$38,500	263 COVENTRY K	2/1½	RENTED	\$600/mo.
107 OXFORD 300	2/2	PENDING	\$40,000	77 CANTERBURY D	2/1½	PENDING	\$30,500
415 DOVER A	1/1½	PENDING	\$27,500	164 WINDSOR H	1/1½	UNDER CONT.	\$18,000
183 SOMERSET I	2/2	SOLD	\$35,000	182 WELLINGTON K	2/2	SOLD	\$45,000
445 WINDSOR S	1/1½	SOLD	\$19,000	305 WELLINGTON B	2/2	PENDING	\$45,000
77 NORWICH D	1/1½	UNDER CONT.	\$16,000	208 WELLINGTON E	1/1½	PENDING	\$25,500
124 COVENTRY F	2/1½	PENDING	\$35,000	101 WELLINGTON L	2/2	SOLD	\$55,000

2010 Sales

1 WINDSOR A	1/1½	PENDING	\$26,500	196 STRATFORD	1/1½	RENTED	\$650/mo.
386 WINDSOR Q	1/1½	SOLD	\$16,000	118 KENT H	1/1	RENTED	\$550/mo.
111 COVENTRY E	1/1	SOLD	\$10,000	127 ANDOVER E		RENTED	\$3500/sea.
408 DOVER A	1/1½	UNDER CONT.	\$55,000	33 SHEFFIELD B	2/1½	RENTED	\$5000/sea.
181 CAMDEN H	1/1	PENDING	\$14,900	313 DOVER A	1/1½	SOLD	\$33,000
361 SHEFFIELD O	1/1	SOLD	\$11,000	299 CAMDEN M	1/1	SOLD	\$25,900
71 KINGSWOOD D	2/1½	SOLD	\$27,500	144 WELLINGTON H	2/2	SOLD	\$39,000
186 WELLINGTON K	2/2	SOLD	\$45,000	314 GREENBRIER B	2/2	RENTED	\$725/mo.
246 COVENTRY K	1/1½	SOLD	\$19,900	33 SHEFFIELD B	2/1½	RENTED	\$5000/sea.
382 SHEFFIELD P	1/1½	SOLD	\$20,000	146 WINDSOR G	1/1½	SOLD	\$16,500
215 KENT M	2/1½	SOLD	\$19,850	110 WELLINGTON D	2/2	SOLD	\$60,000
136 SOUTHAMPTON B	1/1½	SOLD	\$13,500	166 WALTHAM G	1/1	RENTED	\$500/mo.
82 CAMDEN D	2/1½	SOLD	\$22,750	90 CHATHAM D	1/1	SOLD	\$7,500
108 WINDSOR E	2/1½	SOLD	\$13,500	125 WELLINGTON G	2/2	SOLD	\$32,500
4 SHEFFIELD A	2/1½	RENTED	\$650/mo.	255 SHEFFIELD K	1/1½	SOLD	\$9,000
323 SHEFFIELD P	1/1½	SOLD	\$23,000	346 SHEFFIELD O	1/1	SOLD	\$9,000
62 BERKSHIRE C	2/1½	SOLD	\$21,500	385 SHEFFIELD P	1/1	SOLD	\$12,500
376 NORTHAMPTON S	2/1½	RENTED	\$650/mo.	103 COVENTRY E	1/1	SOLD	\$23,500



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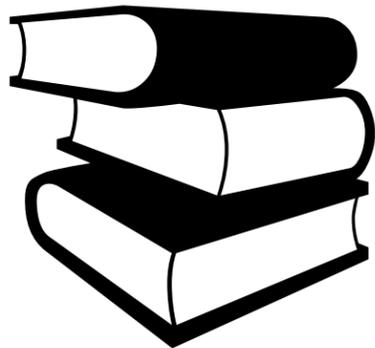
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"Where Early Birds Catch...A Bite & Brew"

Clubhouse Library

By Dot Loewenstein

Seasonal Residents - you must be getting ready to head back up North. We will miss you. This year has seen quite a number of residents noticing our library for the first time. We find you peeking in, and invite you to enter and take a look at our novels as well as non-fiction. Our main rule is foreign to many: REPLACE (or return) whatever books you borrow - there is no time limit and we would much rather see different books filling our shelves instead of the same ones remaining



more than two tables for jigsaw puzzles. So the rules have to apply to everyone. You have the option of walking down the hall and using any chair and table - there is a rather large table at the opposite end of the hall, in front of the computer classroom. There are also tables and chairs downstairs in the lobby. Hopefully, you will find a comfy spot.

Some of our library volunteers have health problems and we are in need of help for Fridays - that would be two days a month, if you can fit it in, about an hour each day.

Please leave your phone number (and name) with WPRF: 640 3120 ext. 4.

Criticism can be Constructive or Destructive, and should be in writing, please. We will follow up on any comments and reply to you promptly.

Back to Seasonal Residents - we've enjoyed seeing you this year, and look forward to your return again - you DO brighten up our lives. Thank you, and stay healthy.

for months. So please consider taking home with you whatever you are unable to finish reading, and when you come back next season, bring us some gently used for our shelves. Many thanks to you all.

New renters or unit owners - By now you've probably heard that our entire clubhouse is WiFi and you can use your laptop anywhere in the clubhouse. Since our library space is rather limited, we need to limit laptop use to only two tables - this is to be fair to those who would like to use

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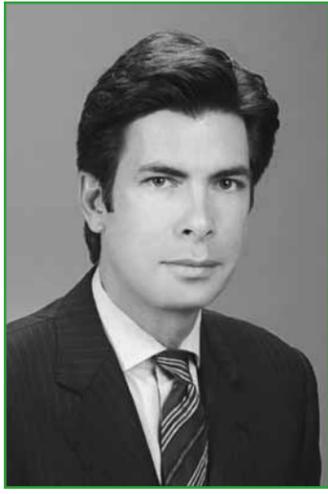
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State Attorney Michael McAuliffe

Predator Unit Investigates

State Attorney Michael McAuliffe and his team continue to work hard to protect the community and prosecute offenders. Recently, the predator unit in-

vestigated a case involving a defendant collecting and trading one of the largest collections of videos and pictures depicting infants and young children being raped and sexually abused. The case resulted in a sentence of 1,490 years' imprisonment. The Predator Unit is a collaboration of the State Attorney's Office, the Sheriff's Office, Boynton Beach Police Department, Boca Raton Police Depart-

ment, Palm Beach Police Department and the School District Police Department. The State Attorney's Office, working with numerous of law enforcement and local agencies including DCF, has developed and finalized a new Elder Abuse/Vulnerable Adult Investigations Protocol. This new protocol will help protect seniors in Palm Beach County who are victims of abuse, neglect or

exploitation by providing assistance to victims and building stronger cases. SA McAuliffe thanks the agencies that worked on this important project and expects it will make a significant difference in how law enforcement addresses crimes targeting seniors.

SA McAuliffe will keep you updated on his office's efforts to protect you on a regular basis. The state attorney's website is www.palmbeachstateattorney.com and our office newsletter is distributed quarterly. If you want to receive the newsletter, please contact Sarah Alsofrom at salsofrom@sa15.state.fl.us

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Century Village Residents Denied the Vote
One Condo — One Vote!

There are 7,854 condominiums here in Century Village. Only 349 People are allowed to vote for who runs U.C.O.

Unfair? Unjust? Unequal?

Suggestion:
 In January 2011, the Delegates should vote to alleviate this inequity.

We the people should have the right to vote for who will run U.C.O.

“Paid for by Peter Amato”

Hastings Fitness Center Winter Class Schedule

November-April

Monday	Tuesday	Wednesday	Thursday	Friday
Dance Aerobics 8:30-9:15 am	Advanced Aerobics 8:30-9:15 am	Low Impact Aerobics 8:30-9:15 am	Advanced Aerobics 8:30-9:15 am	Dance Aerobics 8:30-9:15 am
Weight Training 9:25-10:00 am	Aerobics With Weights 9:20-9:45 am	Weight Training 9:25-10:00 am	Aerobics With Weights 9:20-9:45 am	Weight Training 9:25-10:00 am
Water Aerobics (Pool) w/Arlene 10:00-11:00 am	Pilates 9:45-10:15 am		Pilates 9:45-10:00 am	Water Aerobics (Pool) w/Arlene 10:00-11:00 am
Hatha Yoga 10:00-11:30 am	Aqua Aerobics Exercise 10:15-11:00 am	Hatha Yoga 10:00-11:30 am	Tai-Chi (Paid) w/Jerry 10-11 am (int) 11-12 noon (beg)	Hatha Yoga 10:00-11:30 am
			Aqua Aerobics Exercise 10:15-11:00 am	
Lunch 12:00-1:00 pm	Lunch 12:00-1:00 pm	Lunch 12:00-1:00 pm	Lunch 12:00-1:00 pm	Lunch 12:00-1:00 pm
	Consultation 1:30-2:00 pm		Consultation 1:30-2:00 pm	Administrative/ Office Duties
Sit & Fit 2:00-3:00 pm	Healthy Breathing Yoga Touch 2:00-3:00 pm	Sit & Fit 2:00-3:00 pm	Healthy Breathing Yoga Touch 2:00-3:00 pm	
				Zumba (Paid) w/Larissa 4:00-4:45 pm

Free Exercise Classes Provided at Hastings Fitness Center by Janetta Babayeva

Paid Class Registration at the Main Clubhouse Class Office
Mon-Fri 9:00 am-4:30 pm

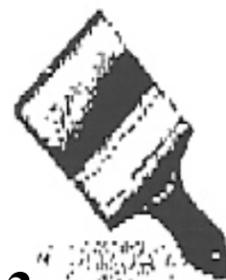
All Classes Are Subject to Change and/or Modification



At 100 Plus, Al Shoots Pool: Al Weiskopf, one of the centenarians in Century Village, is an avid pool player at the Hastings Fitness Center. *Staff photo by Ken Graff*

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SALE LISTINGS

1 BEDROOM/1 BATH

Bedford C – 2 nd floor, carpet, unfurnished, small pet ok	\$12,500	Sheffield O – 1 st floor, unfurnished	\$17,500
Berkshire I – 1 st floor, partial furnished, beautiful floors	\$14,900	Sheffield O – 2 nd floor, ceramic tile, upgraded kitchen	\$42,900
Camden B – 1 st floor, ceramic tile, furniture neg.	\$12,900	Sheffield Q – 2 nd floor, ceramic tile/carpet, furnished	\$16,900
Camden I – 1 st floor, ceramic tile, furnished, remodeled	\$16,900	Somerset G – 1 st floor, furnished, ceramic tile/carpet, lakevw	\$26,900
Coventry B – 1 st floor, ceramic tile, unfurnished	\$21,000	Southampton B – 4 th fl, central a/c, laminate floors, unfurn.	\$19,500
Dorchester G – 2 nd floor, ceramic tile, unfurnished	\$18,000	Waltham H – 2 nd floor, central a/c, totally updated	\$18,000
Northampton G – 2 nd floor, carpet, furniture negotiable	\$12,900	Windsor G – 2 nd floor, carpet, unfurnished	\$16,900
Northampton A – 1 st floor, carpet, furnished nicely	\$18,500	Windsor K – 2 nd floor, ceramic tile, furnished, new a/c	\$19,900
Norwich B – Nice, clean 1 st floor, new cabinets, rentable	\$17,900		
Salisbury H – 2 nd floor, ceramic tile, unfurnished	\$17,900		

1 BEDROOM/1.5 BATHS

Bedford E – 1 st floor, corner, unfurnished	\$28,900	Kent L – 2 nd floor, carpeted, furniture negotiable	\$19,900
Bedford H – 2 nd floor, corner, view of lagoon, turnkey	\$31,500	Kent L – 1 st floor, nicely furnished. Rentable building.	\$29,900
Canterbury D – 1 st floor, furniture negotiable, carpet	\$24,900	Norwich B – 2 nd floor, corner, furnished, central a/c	\$18,000
Canterbury F – 2 nd floor, corner, central a/c, carpet/ceramic	\$14,900	Norwich H – 2 nd floor, central a/c, carpet/ceramic tile RNTD	\$21,000
Chatham J – 1 st floor, ceramic tile, furniture negotiable	\$26,900	Plymouth I – 1 st floor, corner, washer/dryer, partial furn.	\$69,900
Coventry G – 1 st floor, ceramic tile, central a/c, furn. neg.	\$32,900	Salisbury D – 2 nd floor, corner, carpet, central a/c	\$19,900
Coventry L – 2 nd floor, bright/sunny. Lift to 2 nd floor	\$19,900	Salisbury G – 1 st floor, corner, central a/c, carpet	\$23,000
Dorchester D – 2 nd floor, unfurnished, ceramic tile	\$20,000	Sheffield N – 2 nd floor, corner, ceramic tile, central a/c, furn.	\$20,000
Dover A – 4 th floor, furnished, lake view, carpet, central a/c	\$39,900	Southampton A – 3 rd floor, central a/c, ceramic tile, furn.	\$29,900
Dover A – 3 rd floor, unfurnished, lake view, carpet/ceramic	\$38,900	Windsor C – 1 st floor, canal, tile, granite counters, RENTED	\$19,000
Dover B – 1 st floor, ceramic tile, central a/c, unfurn, lakevw	\$55,500	Windsor M – 2 nd floor, corner unit, furn. neg., central a/c	\$29,900
Hastings B – RENTED – 1 st floor, ceramic tile/carpet	\$26,900	Windsor O – 1 st floor, rentable unit, new a/c, furnished	\$24,900
Hastings B – 1 st floor, ceramic tile, partially furnished	\$35,900	Windsor R – 1 st floor, corner, unfurnished, carpet, central a/c	\$55,000

2 BEDROOMS/1 or 1.5 BATHS

Bedford D – 2 nd floor, corner, carpet, central a/c	\$29,900	Dorchester G – 1 st floor, central a/c, ceramic tile, unfurn.	\$49,900
Cambridge I – 2 nd floor, corner, central a/c, unfurnished	\$34,900	Hastings B – 2 nd floor, central a/c, unfurnished	\$24,900
Cambridge I – 1 st floor, corner, furnished	\$29,900	Kent A – 2 nd floor, corner, furn neg., central a/c, canal view	\$48,900
Canterbury A – 2 nd floor, corner, carpet & ceramic tile, furn	\$45,000	Norwich B – 1 st floor, corner, central a/c, unfurnished	\$32,900
Canterbury A – 1 st floor, corner, carpeted, furnished	\$39,900	Norwich G – 2 nd floor, carpet, furnished, rentable after yr.	\$28,000
Chatham D – 2 nd floor, corner, unfurn., central a/c, lake view	\$29,900	Norwich I – 2 nd floor, unfurnished, carpet	\$25,000
Coventry H – 1 st floor, corner, central a/c, unfurnished	\$28,000	Norwich K – 2 nd floor, corner, ceramic tile, central a/c	\$39,900
Dorchester B – 2 nd floor, faux wd floors, Italian porc-kit.	\$54,900	Sheffield E – 1 st floor, corner, ceramic tile, renovated	\$32,500
Dorchester D – 1 st floor, corner, central a/c, tile, unfurn.	\$28,000	Windsor C – 1 st floor, canal view, ceramic tile, central ac	\$44,900

2 BEDROOMS/2 BATHS

Oxford 100 – 2 nd floor, central a/c, ceramic canal view	\$47,900	Somerset L – 1 st floor, lake view, furniture neg., central a/c	\$49,900
Oxford 200 – 2 nd floor, central a/c, lift to 2 nd floor, unfurn	\$56,900	Stratford C – 1 st floor, carpet, central a/c, furnished	\$42,900
Greenbrier B – 3 rd Floor, furnished, view of pool	\$54,500	Stratford D – 1 st floor, central a/c, ceramic tile, furn. neg.	\$48,900
Plymouth O – 1 st floor, ceramic & carpet, central a/c, furn	\$68,900	Wellington E – 1 st floor, lake view, central a/c, furn. neg.	\$83,900
Somerset B – 2 nd floor, lake view, ceramic tile, unfurnished	\$58,900	Wellington H – 4 th floor, carpet, furniture neg., central a/c	\$72,000
		Wellington H – 4 th floor, central a/c, lake view, unfurnished	\$95,500

OUTSIDE CENTURY VILLAGE LISTINGS

Le Chateau Royale – 3 rd floor – oceanfront	\$169,900
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AVAILABLE RENTALS

1 BEDROOM/1 BATH

Berkshire G – 2 nd floor, furnished, Seasonal	\$900/Mo.	Bedford D – 2 nd floor, furniture negotiable, carpet	\$600/Mo.
Camden J – 2 nd floor, ceramic tile/carpet, furn. negotiable	\$550/Mo.	Chatham C – 1 st floor, lakeview, ceramic tile, furniture negotiable	\$550/Mo.

1 BEDROOM/1.5 BATHS

Canterbury B – 1 st floor, ceramic tile, central a/c, furn. negotiable	\$650/Mo.	Norwich A – 2 nd floor, carpet, central a/c	\$650/Mo.
Andover J – 2 nd floor, furniture neg., carpet Seasonal	\$1,000/Mo.	Wellington M – 1 st floor, lake view, ceramic tile, unfurnished	\$800/Mo.
	\$575/Mo.	Windsor O – 1 st floor, furnished, cozy and neat	\$495/Mo.

2 BEDROOMS/1.5 or 2 BATHS

Hastings E – 2 nd floor, unfurnished, central a/c, carpet	\$750/Mo.	Sheffield I – 2 nd floor, furnished, ceramic tile, central a/c	\$750/Mo.
		Norwich B – 1 st floor, carpet, furnished	Seasonal \$1,400/Mo. Annual \$725/Mo.

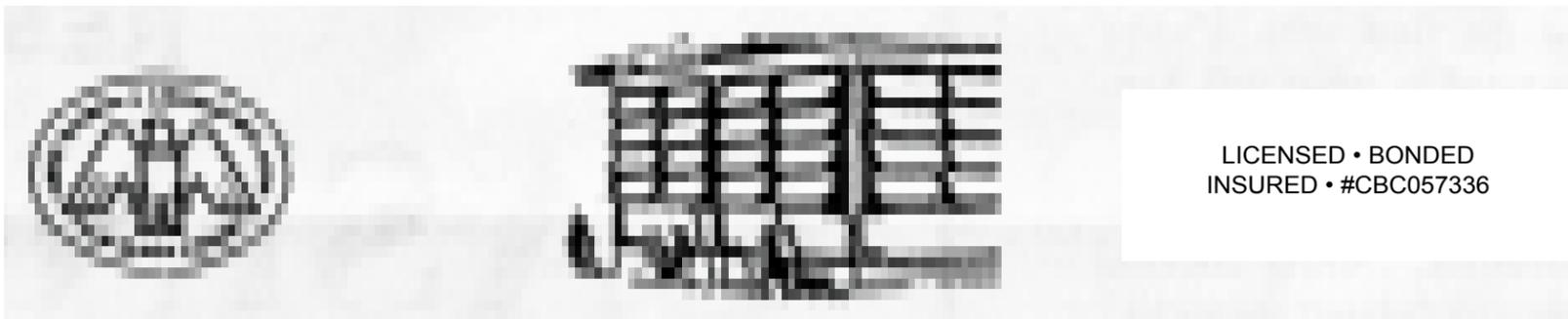
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Sussex G - Unfurnished Great Buy 10,000
Kent F - Furnished Pool 10,000
Camden H - Like New Tile Unfurnished Rentable 11,900
Sussex C - Best Buy Furnished Reduced 11,900
Windsor H - Unfurnished Lakeview Near West Gate 11,900
Camden A - Rentable Furnished 13,900
Canterbury A - Unfurnished Rentable Cat Friendly 13,900
Northampton E - Lagoon View Immaculate Rentable 13,900
Cambridge B - Tile Floors Walk to Pool 13,900
Berkshire F - Tile Floors Nice Area 15,000
Hastings H - Furnished Renovated 4* Must See 25,000

GROUND FLOOR 1 BED & 1 1/2 BATH

Salisbury H - Reduced Unfurnished Best Buy 10,000
Bedford F - Reduced Unfurnished 2 ACs 13,900
Kent N - Steps to Pool, Part Furnished 13,900
Canterbury C - Corner Tile Enclosed Patio Central Air 17,500
Easthampton G - Tile Tankless WH Walk In Shower 24,900
Salisbury I - Corner Furnished Near East Gate 25,000
Windsor N - Corner Tile Enclosed Patio Pet Friendly 29,900

UPPER FLOOR 1 BED & 1 1/2 BATH

Norwich O - Furnished Near Laundry Room 14,900
Andover B - Furnished Corner 14,900
Sussex K - Corner Furnished 15,000
Cambridge I - Unfurnished Quiet Location Pool 15,900
Sussex A - Furnished Laminate Floors 16,000
Windsor Q - Furnished Corner Next to Pool 18,900
Golf's Edge 10 - Furnished Cable & Water Incl Rentable 19,900
Windsor Q - Corner, Furnished, Walk to Pool 22,900
Dorchester D - Upgrades Unfurnished New Appls & Cab 25,000
Easthampton I - Corn Furn CA Nr Egate and CH 25,000
Plymouth R - Big Reduction Renovated Furnished 29,900
Easthampton H - Tile Floor Totally Renovated Furnished 29,900
Greenbrier C - Biggest Reduction \$\$\$ Furn Renovated 29,900
Dover C - Furn, Lake, Enclosed Patio, Walk to CH 35,900

GROUND FLOOR 2 BED & 1 1/2 BATH

Northampton P - New Kitchen & Baths Very Nice 35,000
Bedford J - Corner, Waterview, Furnished, Very Nice 35,000
Windsor N - Corner Laminated Fl Furn 35,900
Kent B - Corner Furnished Lakevu Spotless 49,900
Dover B - Beautiful Lakeview Furnished Walk to CH 59,000

UPPER FLOOR 2 BED 1 & 1 1/2 BATH

Norwich L - Corner Central Air Great Buy 19,900
Windsor G - Reduced All Tile Furnished Walk to Pool 25,000
Dorchester G - Big Reduction Tile and Furnished 29,900
Southampton C - 2nd Fl Rare 2 BR Furn Tile Walk Pool 49,000

GROUND FLOOR 2 BED & 2 BATH

Bedford J - Corner Furnished Lake Nice Condition 35,000
Oxford 100 - Great Buy Furnished Lkw Pet Friendly 39,000
Chatham A - Chat Isle Corn 2 Lkws 2 Full Baths 39,000
Somerset H - Bright Pt Furn Encl Patio on Lake 49,900
Oxford 100 - Furnished w/Waterview Steps to Pool 51,900
Plymouth G - Lg Condo New Kit AC Appl nr Pool 69,900
PLYMOUTH K - RARE X-LG VILLA 1100+ SQUARE FEET WITH ENCLOSED PATIO-LIKE 3 BEDROOM NICE COND 87,500

UPPER FLOOR 2 BED & 2 BATH

Golf's Edge 6 - Cnr Steps to Pool and Near East Gate 39,900
Somerset J - Tile Furnished Lkw Excellent Price 39,900
Oxford 200 - Price Reduction Cnr Furn Pet Friendly 39,900
Golf's Edge 23 - Reduced Deluxe Furn Nr Pool/East Gate 42,000
Golf's Edge 4 - Unfurn Corner Near East Gate Pool 59,900
Wellington F - Reduced Rare Corn Furn Renovated 69,900
Wellington A - 3rd Floor Many Upgrades Furnished 69,900
Wellington J - 3rd Floor Tile Furnished Walk to Pool 69,900
Dover C - 2 Fl Furn All Renov Lakeview Nr Clubhouse 75,000
Greenbrier C - Tile Floors New Kitchen Much More 75,000
Wellington G - All Tile New Kitchen and Bathrooms 79,900

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Century Village

Andover A - 1/1 GFI Tile Furnished Very Nice 500
Cambridge A - 2/1 1/2 2F Furnished Near Pool 550
Northampton D - 2/1 1/2 2F Furn Nice Good Price 600
Stratford C - 2/2 2F Furnished Near E-Gate 750
Norwich B - 2 BR 1 1/2 ba Furn 2nd Floor 600

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Window Decorating 101

(NAPSA)-Decorating your windows can be a daunting task. For simple ways to turn your house into a home, please note these answers to the most common window dressing dilemmas:

Q. How do I measure for my curtains or drapes?

A. Purchase panels that measure 2-1/2 times the width of the window. For added fullness, use three times the width. The bottom edge of your curtain or drape should fall to the windowsill, below the sill or to the floor. Leave about 1/2" of clearance if you opt for floor length.

Q. How do I know what size curtain rod to get?

A. Be sure to measure the window width-this is the most important step in buying curtain rods. After measuring the width of the window from casing to casing, add two to five inches depending on how much of the wall you want to cover. Additionally, you should consider fabric weight. The type of curtain rod you buy depends on the weight of the treatment because the heavier the curtain fabric, the more substantial the rod needs to be.

Q. How do I select a curtain style?

A. Think about the function of the room and decide whether you want a formal, semiformal or casual look. Formal window treatments, found in dining rooms and living rooms, are usually layered and made from heavy fabrics. Scarf treatments or valances create a semiformal or casual look.

Q. How do I select a curtain fabric?

A. Determine what your needs are for a particular room, what types of fabric you prefer and if you want lined or unlined curtains. Fabrics like velvet and heavier cottons can provide energy-saving and room-darkening benefits without sacrificing style. Sheer fabrics let light in and create a softer look.

Q. How do I choose what color curtain to purchase?

A. Try matching the color of your curtains to the other most represented color in the room, such as walls, floors or bedding.

If your walls are neutral, bring in a little warmth by adding a pop of color.



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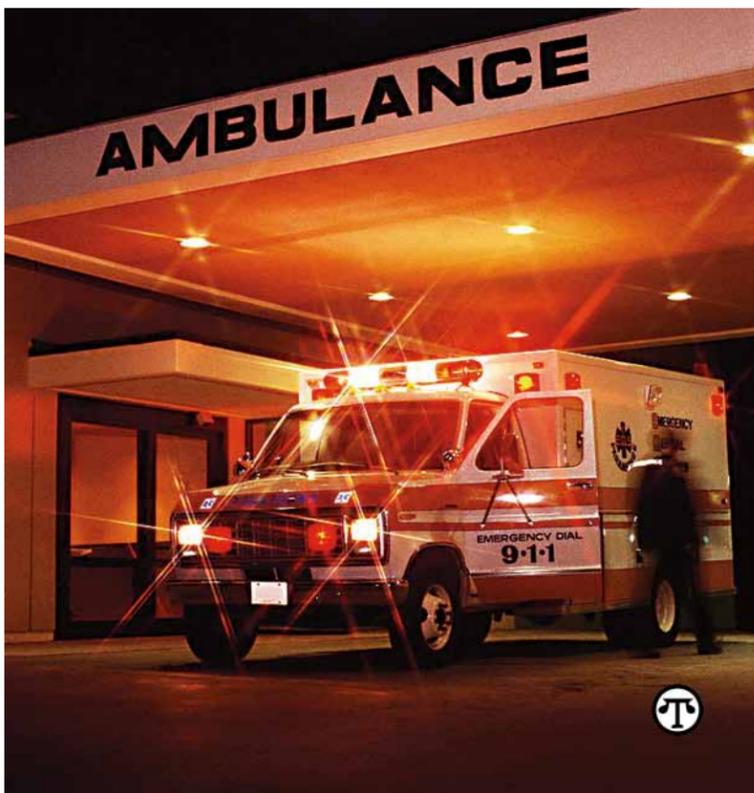
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Reduce Your Risk Of Stroke

(NAPSA)-One in every six people in the world will suffer a stroke in his or her lifetime regardless of age, gender, ethnic origin or country. The American Heart Association and World Stroke Organization want you to take action now to lower your chances of having a stroke. There are steps you can take to make a difference:



Simple steps can help you avoid America's third-largest killer: stroke.

UCLA Stroke Center, said: "Stroke occurs when a blood vessel in or leading to the brain bursts or is blocked by a blood clot. When this happens, part of the brain cannot get the blood or oxygen it needs, so it starts to die; depending on the severity, immobility or paralysis may occur.

"Stroke may deprive a person of his or her livelihood, diminish independence and create a burden that must be shared by family members and society. So by avoiding stroke, we can help reduce the burden to our loved ones and society."

Learn More

To take the assessment, learn more about stroke and what you can do to take action, visit www.strokeassociation.org/worldstroke-day or call (888) 4STROKE.

What You Can Do

Take the American Heart Association's My Life Check health assessment (strokeassociation.org/worldstrokeday), an online tool that calculates how healthy you are, teaches how to create an action plan to achieve better health and provides simple steps to change unhealthy behavior.

The WSO also offers six simple steps that can help you avoid America's No. 3 killer:

1. Know your personal risk factors for stroke: high blood pressure, diabetes and high blood cholesterol.
2. Be physically active and exercise regularly.
3. Adopt a healthy diet.
4. Limit alcohol consumption.
5. Avoid cigarette smoke. If you smoke, seek help to stop now.
6. Learn to recognize the warning signs of a stroke and how to take action by dialing 9-1-1 immediately.

Doctor's Advice

Jeffrey Saver, M.D., chairman of the American Stroke Association's Stroke Council and director of the

A man will be imprisoned in a room with a door that's unlocked and opens inwards; as long as it does not occur to him to pull rather than push.
-Ludwig Wittgenstein

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away.
-Henry David Thoreau

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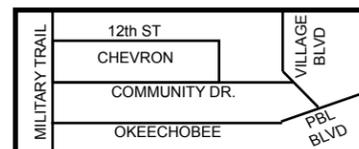
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Recreation News

Sailing

by Christine Mohanty



Our races are in full sail with Tuesday competitions, Thursday regattas, and Friday navigational cruising just for fun. As far as Tuesdays go, we use the best 5 out of 7 races for points. First place winners in divisions A & B earn 6 points, 2nd place 5, 3rd place 4, 4th place 3, 5th place 2, and everyone who finishes gets one point for effort. If the weather holds and everything goes as planned, the winter season races should be completed by February 23. Trophies are generally distributed at the annual picnic in March, probably on the 26th, weather permitting.

Aside from the serious aspects of sailing, we are a very social, fun-loving group. On February 16, we held a very well-attended, much enjoyed luncheon at the Golden Corral. Pot luck dinners are the first Tuesday of the month during the season at the Somerset patio; our next one is slated for March 7.

The most anticipated event of the season is our annual Rock & Roll Dinner Dance which will take place in the clubhouse party room on Sunday, March 13. From 6-7pm, Golden Corral is serving a delightful buffet with something for everyone.

Our "Sailletes," under the direction of Gail Fei, will open the entertainment for Ryan & the Rockers, a dynamic five-piece band that will have you hopping until your socks fall off from 7-10pm. Tickets for this extravaganza are only \$20 for an evening you'll not soon forget. Check out our ad in this issue, and call Julie Helms at 683-8672 to reserve your seats before they're sold out.

As always, we welcome new sailors. Helga Lieb, our dock attendant and sailing instructor, will be more



than happy to put you at the "helm" in no time at all. We also would love to see you at our monthly meetings the second Friday of the month; our next one is March 12. So come on down and SAIL AWAY.

Shuffleboard

by Ed Wright

The 2010 -2011 shuffleboard season has been underway for more than 3 months. We have almost completed our second tournament. It will be finished before this comes out. The results will be in the next issue.

More snowbirds are coming back so our numbers are increasing. We have 51 members now with others coming almost every day. This is eight more members than we had last year. We also have had some new people come and play with us. We still have our tournaments on



Tuesdays, Wednesdays, and Thursdays. Everyone is welcome to join in. The equipment will be provided. Please arrive around 1:15 pm. we play singles on Tuesdays, doubles on Wednesdays, and bowling pins on Thursdays.

Our awards banquet will be held at the Golden Corral on March 14th. This is always a good time for all of us.

You can come each day or just one day if you choose. It is not a league where you have to be there each day or

each week. You do not have to have previous experience. You can learn as you play. It is always good to meet new people and get a little exercise.

If you have been a member in the past and have not played with us in awhile, would you please come and remove your lock from the locker. Some have been there for several years and we need the room for new members. We would appreciate it if you would please pick up your cues and locks before we find it necessary to cut your locks off.

Please call Ed at 632-5268 or Jack at 640-3373 if you have any questions.

Tennis

by Christine Mohanty

Our annual election breakfast held on January 19 was very well attended. All of our board members were re-elected: Alan Cutler as President, Rhoda Nadell Vice-President, Les Rivkin Treasurer, and Christine Mohanty Secretary. Alan addressed the issue of court etiquette which has become a recurring theme of late. It was decided to post a chart board by each court so that players may reserve time. For weekend playing, Tom Speerin, our Tennis Director, will put up chart boards before he leaves on Fridays. Players are advised to respect reserved times in

order to avoid any conflicts.

There were lively discussions and a few motions made, which were defeated by a large margin. A reminder regarding tennis lessons—anyone who wants to participate must sign up with Courtney and pay in advance at the clubhouse office. All lessons will be scheduled after 12:30PM regardless of the day.

As for competitions, we will have three in-house tournaments with prizes awarded to first and second-place winners. Outside Century Village, our Division 6 team is currently in first



place while our Division 3 team is holding its own considering that not all the players have yet returned to the Village, and some injuries have taken a toll as well.

To complete our season, it was voted to once again hold our annual picnic at Duck Island, this year on Wednesday, March 30 from noon to three. DJs Tom and Dolores Caruso of Solid Gold Revue will once again provide the entertainment. Members are asked to sign up to bring pot-luck dishes and desserts to supplement our BBQ. We will also run a 50/50 raffle to add to the fun. Please set this date aside because this event is sure to hit everyone's sweet spot!

Snorkel Club

by Sandy Wynn

January was a busy month for the Snorkel Club and as always plans are being made

for the future months. A visit to the Florida Oceanographic Coastal Center was so well enjoyed that another trip will be planned. The evening canoe trip at the Grassy Water Preserve was quite an

experience and only one canoe tipped. That's pretty good considering the large attendance. Another repeat must be the cruise line Bahama celebration. We will have some of our snorkel members leaving on February 8th, for five days of fun, food, and of course snorkeling. Plans are being made for the annual week out of country snorkeling trip which is to be sometime in April.

Our meetings are on the third Friday of the month at the Clubhouse, Room A, at 10:00 a.m. For more information about our club call V.P. John Odoardo at 471-9921.



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Treating and Controlling Diabetes

When you were a kid you probably thought that there was no possible way that anyone could ever have too much sugar, right? How could something that tastes so sweet and good be bad?

However, for people living with diabetes, sugar (or glucose) can be bad if left unchecked. In diabetics, glucose can build up in the blood stream because their bodies do not produce or properly use insulin to process the sugar into energy. This results in a condition is called hyperglycemia. Hyperglycemia happens from time to time in all people who have diabetes, but it can result in complications, so it is important to know the symptoms and how to treat the condition. Symptoms of hyperglycemia include frequent urination and increased thirst, but it can be treated by exercising, cutting down on the amount of food eaten for the day or working with your physician to adjust your medication.

There are several things that the diabetic patient can do to help control their diabetes on a consistent basis. These include things that should be done every day, things that should be done every time you have a check-up and things to do at least once or twice a year.

Daily Diabetic Care:

Stay on the diet that has been established by your physician or dietician. Eat your meals and snacks at about the same time every day.

Get at least 30 minutes of physical activity most days of the week.

Take your diabetes medications as prescribed by your physician.

- Check your blood sugar.
- Examine your feet for cuts, blisters, swelling, or redness.
- Brush and floss your teeth.
- Stay at a healthy weight.
- Don't smoke.

What Should Be Done During a Check-Up:

Go over your blood sugar readings with your doctor
Get an A1C test.

Get weighed. If your weight is too high, discuss ways to reduce it.

Have your blood pressure taken. If yours is too high, discuss ways to reduce it.
Have your feet checked for

nerve response and blood circulation.

If a smoker, make a plan to quit.

What To Do Once or Twice Per Year:

Get pneumonia & flu shots

Get your blood fats tested for total cholesterol, LDL, HDL and Triglycerides

Get a kidney test

Get a dilated eye exam

Get a foot exam, including a check of circulation and nerves

Get a dental exam at least twice a year for cleaning and check-up

Bet you never thought that sugar could cause you to have to pay attention to

so many issues! Controlling diabetes can be a lot of work, but preventing complications and diseases that are associated with diabetes makes it well worth the effort. Talk to your doctor,

contact the ational Institute of Diabetes and Digestive and Kidney Diseases at www.niddk.nih.gov for more information on how to treat and control your diabetes, or to attend a **Free Diabetic**

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Submitted By Melissa Buckmaster, Century Medical Care Center

			
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Organization News

Amit Women Rishona Chapter: Meets every 2nd Tue w/ collation at 12 noon and meeting at 1:00 pm at Aitz Chaim on Haverhill. Coming events: monthly trips to Hard Rock Casino (Ann 707-2096). FMI, call Ellie 471-4935; Malca 688-2698.

Anshei Sholom: Don't forget our Mon adult ed classes! The 9:30 am class, led by Rabbi Dr. Michael Korman, discusses "Great Jewish Women Through History." The 10:45 am class, led by Sarah Farkas, teaches "Conversational and Reading Hebrew." For info, call the Temple at 684-3212. Daily minyans at 8:30 am Sun-Fri (8:45 on Sat).

Baby Boomers Club: We are looking for more members to volunteer to arrange an activity for the group. It could be simple or elaborate. Our group includes those who remember iconic TV shows, movies, music, dances, and events of the 50s and 60s. For info, email lynnsevan@aol.com

B'nai B'rith Century: This is B'nai B'rith International's 167th anniversary. We meet every 4th Sun, 9:30 am (except holidays), at Anshei Sholom. The schedule: Mar 27, Officer Installation, Catered Breakfast, Arthur Fentin, B'nai Brith Apartments — admission free to members (modest donation to guests). Dr. Levy @ 4786865.

Brooklyn U.S.A.: Meets every 2nd Wed Oct-Apr at 1:30 pm in Party Room. Our meets are entertaining and informative. We are open to former and present residents of Brooklyn and their significant others. Our special events: Mar 16, Isles of Capri. FMI, Steve @ 242-0481.

Canadian Club: Meets 4th Wed, Party Room of CH, 1:00 pm. Membership open to all. Lots of great activities. Betty, 684-0766; Franne, 478-9526; Madeline, 684-5595.

Century Village Camera Club: We meet the 2nd Tue, 10:00 am, Classroom C. All are welcome. Just bring an interest in taking pictures. Spread

Century Village Computer Club: Meets 1st and 3rd Thu, Nov-Apr (1st Thu only rest of year), 1:00 pm in CR 103, and incl 30 min Q&A, biz portion, presentation, 50/50 and door prizes. Arrive by 12:15 if you wish to join, renew your membership, or register for free hands-on classes.

Century Village Gun Club: Meets every 2nd Tue at 7:00 pm in Classroom B of the CH. Every meet has a guest speaker. Come listen to great speakers; make new friends; view historic and modern firearms and other weapons. George, 471-9929.

Century Village Orchestra: Meets every Mon, Nov 1, 2010 to Mar 2011, in CH Room C, 1:15-3:15 pm. We would like to add a conductor, more strings (violins, violas, cellos and bass), bassoon and percussion players. Call Rickie at 683-0869 or email cvorchestra@aol.com

Cenwest Fishing Club: Meets 1st Wed, CH rm B, 3:00-4:30 pm. Varied fishing every week. Al, 242-0351.

Chit Chat Group: We meet at 2:00-3:30 pm, Classroom B of CH, every 1st & 3rd Tue from 2-3. Our discussions are friendly, informative, interesting and fun. This is a *free* program. FMI, call Rhoda @ 686-0835.

Christian Club: We meet 1st Wed, 1:00 pm, Party Room of CH.

Democratic Club of Century Village: Mar 22, meet at 1:30 in CH Party Room. Two guest speakers will attend.

Deborah Hospital Foundation: Meets 2nd Fri every other mo in CH Party Room, 12:00 noon. The next meet will be held on Feb 18. Call Bea 6889478.

Drama Society of Century Village: Meets 1st and 3rd Mon, 7:00 pm, CH Party Room. Join the fun. Play the hero or villain. We perform plays, skits, monologues, songs, you name it. New members welcome; no experience necessary. Chuck, 688-0071; Janet, 686-4206.

Duplicate Bridge at Hastings Clubhouse: All bridge players welcome Mon at 7:00 pm and Wed at 1:00 pm, upstairs at Hastings rec hall. Call Mimi, 697-2710, if you have questions or if you need to be matched w/another player. Bridge lessons coming soon for beginners

Evangelical Christian Networking Club: Meets 1st Fri, 6:30 pm, Classroom B of CH. We share relevant info among ourselves and with our community. Dee, 827-8748; Steve, 389-5300.

Getting Younger, Getting Better: Meets last Fri, Nov-Apr, 3:00 pm in CH rm C. Guest speaker every month. Group discussion dedicated to the proposition that we can change to get younger biologically and spiritually.

GiGi's Group: We travel to the Mardi Gras Casino every 3rd Mon. Contact GiGi at 6896092.

Greater Philadelphia Club: Now meets at Anshei Shalom on 2nd Thu at 12:00 noon. Coming events: Mar 12, Al Jolson matinee and dinner, 12:45 pm; Mar 20, picnic at Duck Island, 12:00 noon; Apr 14, bye-bye dinner at Waterways, 5:30 pm. Phyllis, 712-0612.

Hadassah, Judith Epstein Chapter at CVWPB: Meets 3rd Wed at 11:45 am for mini-lunch, 12:30 meeting at Anshei Sholom. Rosetta, 689-2459.

Holocaust Survivors of the Palm Beaches: Meet 2nd Wed, 9:30 am, in Anshei Sholom. Our next meet will be held Mar 11, then Apr 13, *Yom Ha'shoa* — Remembrance Day. Kathy, 689-0393.

Irish-American Cultural Club of CV: Meets 1st Tue in CH, 2:00 pm, Room C. For info, call Robert, 917-7040223.

Italian-American Culture Club: We meet every 3rd Wed, 1:00 pm, in the CH Party Room. FMI, call Fausto, 4781821. What we're doing: Mar 6, "Italian Dance," 6:00 pm in the PR, w/pizza & wine on every table, we will also give door prizes (Bruno, 478-0047; Anna, 684-5605; Grace, 6405279). We bowl at Verdes on Sat, 9:00 am (Fran, 616-3314).



DIABETES EDUCATION PROGRAM

SUPPORT GROUP AT CENTURY VILLAGE

Roberta Kleinman, RN, M.ED, CDE and Marci Sloane, MS, RD, LD/N, CDE

110 Century Blvd, 2nd Floor
West Palm Beach

Beginning March 3rd from 3:00 pm – 4:00 pm

2011 Dates will be: March 3rd, April 6th,
June 2nd, August 3rd, October 6th,
& December 7th

Various topics will be discussed throughout the year:

- Diabetes and Nutrition
- Diabetes Medications
- Blood Glucose Monitoring
- Insulin and Injectibles
- Diabetes and Your Heart
- Fad Diets, Sugar Free, No Sugar Added, Net Carbs
- Diabetes and Your Feet

*This is a **FREE** support group experience to share your diabetes and pre-diabetes concerns with your peers and educators.*

Space is limited to RSVP call 561-697-3131



Organization News

Jewish Roots in Maine:

Do you have Jewish roots in Maine? Here is your chance to connect with new and old friends on Sun, Mar 20 at the Boynton Beach Jewish Community Center, 8500 Jog Rd, 11:00 am to 2:00 pm. Bring old photos, news clippings and other documents and help us build the Documenting Maine Jewry Project. RSVP to Cindy at sebage@att.net or Zeta at 684-4527.

Jewish War Veterans Post #501: Meets 1st Sun, Cypress Lakes CH. Breakfast at 9:00; meeting at 9:30; meets from Sep to May with guest speakers. Activities include servicing VA patients. Ralph, 689-1271; Howard, 478-2780.

Jewish War Veterans Ladies Auxiliary Post #520: Meets 3rd Mon at The Classic. A continental breakfast is served at 9:00 am, followed by our meeting. Our efforts go to creating welcome kits for the veterans at the VA Center at Military Trail and various positions at the Center. We find our volunteer work helpful and rewarding and welcome new members. Dorothy, 478-6521.

Jewish War Veterans Post #520: Meets 4th Sun at Elks Lodge, Belvedere Rd. Continental breakfast at 9:00, followed by general meeting. Come as our guest and see what we're all about! Walt, 478-6521; Phil, 686-2086.

Knights of Pythias: You are invited to join Palm Beach Rainbow Lodge #203, meet 2nd and 4th Mon at North County Senior Center, Northlake Blvd. We welcome new members, duals, reinstatements and transferees from out of state. We are a fraternal brotherhood fostering the credo of friendship, charity, benevolence. Mike, 615-0218.

Latin American Club: Thank you all for supporting our dance, benefiting the St. Mary's cancer kids; we raised \$1,700. May God bless you all!

Merry Minstrels: Meet Thu, 10:00-11:00 am, Music Room. We are a group who

enjoy singing at various nursing homes. We're looking for new members, so if you enjoy music, contact GiGi at 689-6092; the feeling of giving joy to others is so rewarding.

Mind Spa Discussion Group: Meets 2nd and 4th Thu, 1:30 pm, in CH, CR A. All are invited for in-depth discussions of significant issues. Allan, 5873602.

Mister Karaoke: Karaoke, dancing and general entertainment continues throughout the year every Fri eve in the Party Room in the CH from 6:00- 9:00 pm. Come join the fun! Please call Jack at 616-0973 for further information.

Na' Amat USA (Pioneer Women): Meets 4th Tue, 1:00 pm, at Cypress Lakes Auditorium for mini-lunch and interesting programs, guests are always welcome (Rhoda 478-8559).

NYC Transit Retirees Club: We are looking for new members. For more info, call Kathy, 689-0393.

OWLS (Older-Wiser-Loyal-Seniors): Celebrating our fifth anniversary at a sit-down dinner-dance on Sun, Mar 27, 3:00-7:00 pm in the CH Party Room to be catered by the Golden Corral, open to members only.

Queens NY Club: Meets 4th Tue from Sep to Mar at the Somerset Pool, 11:00 am-1:00 pm. Harriet, 684-9712.

Russian Club: Meets 2nd Thu at 3:00 pm on Feb 10 (Party Room); Mar 10, Apr 14 (Room C). Any questions? Please call 686-9272.

Sisterhood of Aitz Chaim: Will host a luncheon, card and game party at the temple, 2518 N. Haverhill Rd. Reservations required. Charlotte, 478-8756.

Solid Gold Karaoke: Continues every Tue (6:30-9:30) in the CH Party Room. All are welcome to sing along. For more info, call Tom and Dolores at 478-5060.

Strictly Ballroom Dance Group: Meets every Sat, 6-8 pm, at CH Party Room (time/day subject to change). All dancers are welcome. No charge; music is good; come join us. Your hosts are Bill (plays the music) and Hugh (offers a helping hand to beginning couples). Call Bill 684-2451 or Hugh 689-3466.

Super Seniors Club: Interesting convo about current issues affecting seniors at the CV 912 Super Seniors Group. We meet every 1st Thu, 10:00 am in the CH as a forum for sharing knowledge, asking questions and educating ourselves. Email cv912superseniors@gmail.com

This and That: Meet up with a group of intelligent people, discussing various topics, on the 1st Tue in CH Room A, 1:30 pm. Dr. Ducati, 6873935.

Three Friends: Two singers and a piano player entertain every last Thu in CH rm C w/ music of the 30s to the 60s. Come listen and enjoy w/Ellie, Wolf and Sonia.

United Order of True Sisters: Meets 2nd Mon, 11:30 am, in CH PR. The order of the day: Mar 2, donor luncheon at Crown Plaza Hotel, 3 course lunch & entertainment (Bernice 697-2203, Barbara 688-0001); Mar 14, 11:30 am, meeting at CH PR w/entertainment by Ed Slater; Mar 16, 3CL at Cypress Creek Country Club w/show *Tribute* (Bobbi 478-4433, Roz 616-3273); Mar 24, Isle casino, 9:30 am-3:15 pm w/bus, buffet lunch & free play (call Bobbi or Roz); Mar 28, card party at PB National Country Club (Barbara 615-4527, Harriet 689-5102); Apr 8, last time to see the horses at Gulfstream Racetrack & Casino (call Bobbi or Roz).

WOW: Women of Welling-ton welcome you to events of wonder. FMI, call Lenore, 683-4166; Judy, 687-9553.

Yiddish Advanced Reading Group: Menke Katz Reading Circle invites readers to join group

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headed by Troim Handler. Currently reading *Night* by Elie Wiesel in Yiddish. The group meets 2nd & 4th Fri of ea mo @ 10 am. Troim, 684-8686.

Yiddish Chorus: Men and women members welcome. No knowledge of Yiddish necessary. Rehearses every Wed at 1:30 pm in CH music rm B. Director/conductor: Shelley Tanzer. Call Edy, 687-4255.

Yiddish Class: Meets Thu at 10:00 am, CH CR A. Taught by Golda Shore. Register at Class Office. Call 697-3367.

Yiddish Vinkl: The Village's unique and much-loved Vinkl meets all-year round every 1st and 3rd Sun, 1:30-3:00 pm, in CH music rm. All are welcome. Yiddish knowledge is not required, as all is translated to English. Call Edy, 687-4255.

CLASSIFIED ADS

For Sale

2 BR, 1½ ba downstairs, all tile ba, 2 fls, all upgraded, mint cond, new AC, new wtr tank, wtr lagoon, nr Camden pool, good loc, must see. \$39,500. 478-1086

Chatham T: For sale by owner — 1/1½ condo, 1st fl on lake, tot dec, new baths, new appls, new wtr htr, new tile thruout. We will pay for all closing costs! Must see! 712-8720

Greenbrier C: Best possible loc on 2nd fl of lux bldg, 2 BR cnr, 2 ba, comp furn, overlooking golf expanse, new remodel kit & bath, comp tiled CAC, ceil fans thruout, pvt pool, must see! Negot. 683-9830

Greenbrier C: By owner, very lg 2 BR 2 ba, FLrm, CAC & htr, tile fls, new kit, fans, hurr shts, next to laundry rm & storage, beautiful vw, front of pool. \$89,999 negot. Home 561-478-6564; cell 786-473-2682

Somerset C: 2 BR, 2 ba, 2nd fl w/lift, beautiful lkvw, acr fr tennis cts, part furn, fin lanai, all new wndos. \$55,000. 686-2793

Southampton B: 1 BR, 1½ ba, very good cond, tile fls, comp furn, move rite in, avail immed, excel buy! 697-9159

For Rent

Golf's Edge — 1/1½, gr fl cnr, steps fr pvt htd pool, comp remodel, new tile, kit cabs w/granite ctr tops, all appls, bathroom cabs w/granite tops, freshly painted. Ann rent, call Sara 683-7515

Northampton E: 1 BR upper overlooking wtr, newly painted & cleaned. \$440 unfurn; \$490 furn. 697-8385

Sheffield I: 2/1½, gr fl cnr, remodel, furn, HDTVs, phone, tile, nr gym & pool, avail for 2010-11 or 2011-12 season, info & pics at <http://ltdinflorida.wordpress.com/> contact email: svsummerwind@hotmail.com (phone: 686-9441). Stop by to have a look!

Waltham D: 1 BR, 1 ba, gr fl apt, best loc. \$525 furn; \$500 unfurn; \$900 sea/mo. 817-313-3579

Waltham D: 1 BR, 1½ ba, furn, 1st fl, encl pat, great loc, walk to CH, avail Apr. \$550/mo. 536-8488

Miscellaneous

One twin size elec bed, like new, w/remote control, has pillow top mattress, purchased from City Mattress. 471-8148

2008 Chevy Aveo for sale: AC, PS, PW and more. Runs excel and great mileage w/4 cyl engine. Nice looking car. \$7,500. 640-9671 or 254-4484

Video camera stand: Single leg extends to 6 ft w/compact carry bag. Brand new; must sell. \$9 or best offer. 683-0057.

Wanted — driver. Anyone with a car who is interested in attending evening performances at Kravis Center or other venues. Call Allan at 687-3602.

Internal Bus Route #1					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Clubhouse	8:00	9:00	10:00	11:00	D r i v e r s L u n c h	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Dover	8:02	9:02	10:02	11:02		1:02	2:02	3:02	4:02	5:02	6:02	7:02	8:02	9:02	10:02	
Somerset	8:03	9:03	10:03	11:03		1:03	2:03	3:03	4:03	5:03	6:03	7:03	8:03	9:03	10:03	
Berkshire	8:04	9:04	10:04	11:04		1:04	2:04	3:04	4:04	5:04	6:04	7:04	8:04	9:04	10:04	
Camden	8:07	9:07	10:07	11:07		1:07	2:07	3:07	4:07	5:07	6:07	7:07	8:07	9:07	10:07	
Windsor	8:09	9:09	10:09	11:09		1:09	2:09	3:09	4:09	5:09	6:09	7:09	8:09	9:09	10:09	
UCO Office (When Open)	8:11	9:11	10:11	11:11		1:11	2:11	3:11	4:11	5:11	Except Saturday and Sunday					
Wellington L & M	8:12	9:12	10:12	11:12		1:12	2:12	3:12	4:12	5:12	6:12	7:12	8:12	9:12	10:12	
Wellington Circle	8:13	9:13	10:13	11:13		1:13	2:13	3:13	4:13	5:13	6:13	7:13	8:13	9:13	10:13	
Andover	8:16	9:16	10:16	11:16		1:16	2:16	3:16	4:16	5:16	6:16	7:16	8:16	9:16	10:16	
Kingswood	8:21	9:21	10:21	11:21		1:21	2:21	3:21	4:21	5:21	6:21	7:21	8:21	9:21	10:21	
Hastings Fitness Center	8:25	9:25	10:25	11:25		1:25	2:25	3:25	4:25							
Medical Plaza	8:28	9:28	10:28	11:28		1:28	2:28	3:28	4:28	5:28						
Clubhouse	8:30	9:30	10:30	11:30		1:30	2:30	3:30	4:30	5:30	6:30	7:30	8:30	9:30	10:30	
Publix	8:35	9:35	10:35	11:35		1:35				Drivers' Dinner	6:35	7:35	8:35			
Clubhouse	8:45	9:45	10:45	11:45		1:45	2:45	3:45	4:45		6:45	7:45	8:45			

Internal Bus Route #2					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Clubhouse	8:00	9:00	10:00	11:00	D r i v e r s L u n c h	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Plymouth	8:02	9:02	10:02	11:02		1:02	2:02	3:02	4:02	5:02	6:02	7:02	8:02	9:02	10:02	
Sheffield E	8:04	9:04	10:04	11:04		1:04	2:04	3:04	4:04	5:04	6:04	7:04	8:04	9:04	10:04	
Chatham	8:06	9:06	10:06	11:06		1:06	2:06	3:06	4:06	5:06	6:06	7:06	8:06	9:06	10:06	
Kent	8:08	9:08	10:08	11:08		1:08	2:08	3:08	4:08	5:08	6:08	7:08	8:08	9:08	10:08	
Northampton	8:11	9:11	10:11	11:11		1:11	2:11	3:11	4:11	5:11	6:11	7:11	8:11	9:11	10:11	
Sussex	8:13	9:13	10:13	11:13		1:13	2:13	3:13	4:13	5:13	6:13	7:13	8:13	9:13	10:13	
Canterbury	8:15	9:15	10:15	11:15		1:15	2:15	3:15	4:15	5:15	6:15	7:15	8:15	9:15	10:15	
Cambridge	8:16	9:16	10:16	11:16		1:16	2:16	3:16	4:16	5:16	6:16	7:16	8:16	9:16	10:16	
Dorchester	8:18	9:18	10:18	11:18		1:18	2:18	3:18	4:18	5:18	6:18	7:18	8:18	9:18	10:18	
Oxford	8:21	9:21	10:21	11:21		1:21	2:21	3:21	4:21	5:21	6:21	7:21	8:21	9:21	10:21	
Stratford	8:22	9:22	10:22	11:22		1:22	2:22	3:22	4:22	5:22	6:22	7:22	8:22	9:22	10:22	
Sheffield	8:23	9:23	10:23	11:23		1:23	2:23	3:23	4:23	5:23	6:23	7:23	8:23	9:23	10:23	
Hastings Fitness Center *	8:25	9:25	10:25	11:25		1:25	2:25	3:25	4:25	5:25	6:25	7:25	8:25	9:25	10:25	
Coventry	8:27	9:27	10:27	11:27		1:27	2:27	3:27	4:27	5:27	6:27	7:27	8:27	9:27	10:27	
Medical Plaza	8:29	9:29	10:29	11:29		1:29	2:29	3:29	4:29	5:29						
Clubhouse	8:30	9:30	10:30	11:30		1:30	2:30	3:30	4:30	5:30	6:30	7:30	8:30	9:30	10:30	
Publix	8:35	9:35	10:35	11:35	1:35				Drivers' Dinner	* Only Friday, from 6:00pm on, will stop at Anshei Sholom; on request						
Clubhouse	8:45	9:45	10:45	11:45	1:45											

Please Note: On Sundays Only the #2 Bus will do a loop around the perimeter drive after going through Coventry.

Internal Bus Route #3					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Clubhouse	8:00	9:00	10:00	11:00	D r i v e r s L u n c h	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Bedford B	8:02	9:02	10:02	11:02		1:02	2:02	3:02	4:02	5:02	6:02	7:02	8:02	9:02	10:02	
Greenbrier	8:03	9:03	10:03	11:03		1:03	2:03	3:03	4:03	5:03	6:03	7:03	8:03	9:03	10:03	
Southampton	8:05	9:05	10:05	11:05		1:05	2:05	3:05	4:05	5:05	6:05	7:05	8:05	9:05	10:05	
Bedford C	8:08	9:08	10:08	11:08		1:08	2:08	3:08	4:08	5:08	6:08	7:08	8:08	9:08	10:08	
Golf's Edge	8:10	9:10	10:10	11:10		1:10	2:10	3:10	4:10	5:10	6:10	7:10	8:10	9:10	10:10	
Coventry	8:12	9:12	10:12	11:12		1:12	2:12	3:12	4:12	5:12	6:12	7:12	8:12	9:12	10:12	
Norwich	8:14	9:14	10:14	11:14		1:14	2:14	3:14	4:14	5:14	6:14	7:14	8:14	9:14	10:14	
Salisbury	8:17	9:17	10:17	11:17		1:17	2:17	3:17	4:17	5:17	6:17	7:17	8:17	9:17	10:17	
Waltham	8:18	9:18	10:18	11:18		1:18	2:18	3:18	4:18	5:18	6:18	7:18	8:18	9:18	10:18	
Easthampton	8:20	9:20	10:20	11:20		1:20	2:20	3:20	4:20	5:20	6:20	7:20	8:20	9:20	10:20	
Hastings Fitness Center	8:25	9:25	10:25	11:25		1:25	2:25	3:25	4:25							
Medical Plaza	8:28	9:28	10:28	11:28		1:28	2:28	3:28	4:28	5:28						
Clubhouse	8:30	9:30	10:30	11:30		1:30	2:30	3:30	4:30	5:30	6:30	7:30	8:30	9:30	10:30	
Publix	8:35	9:35	10:35	11:35		1:35				Drivers' Dinner						
Clubhouse	8:45	9:45	10:45	11:45		1:45										

Please Note: BY REQUEST ONLY - All Buses will go around the perimeter drive at 11:45 am prior to the bus drivers taking their lunch breaks.

Please Note: On Saturdays Only the Internal Bus Routes #1 and #3 will drop off at Anshei Sholom on the 9 AM run.

Shuttle Bus Route					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Perimeter Drive					D r i v e r s L u n c h	12:45										
Clubhouse	9:00	10:00	11:00	1:00		2:00	3:00	4:00								
Salon 27	9:04	10:04	11:04	1:04		2:04	3:04	4:04								
Library	9:07	10:07	11:07	1:07		2:07	3:07	4:07								
Humana	9:10	10:10	11:10	1:10		2:10	3:10	4:10								
Walmart Supermarket	9:16	10:16	11:16	1:16		2:16	3:16	4:16								
Century Plaza	9:22	10:22	11:22	1:22		2:22	3:22	4:22								
Emporium Shoppes	9:26	10:26	11:26	1:26		2:26	3:26	4:26								
Lowes	9:27	10:27	11:27	1:27		2:27	3:27	4:27								
Baby Supermarket	9:29	10:29	11:29	1:29		2:29	3:29	4:29								
Perimeter Drive	On Request					On Request										
Clubhouse	9:45	10:45	11:45	1:45		2:45	3:45	4:45								

Please be at your bus stop 10 minutes before your pickup time.

Please be Prepared to Show the Bus Driver Your Century Village ID When Boarding ALL Buses

Mall Bus Route					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Clubhouse	9:00	10:00	11:00	D r i v e r s L u n c h	12:00	1:00	2:00	3:00	4:00	5:00						
Morse Home Drop off	9:05				1:13	2:13	3:13	4:13	5:13	**						
K-Mart	9:13	10:13	11:13		1:20	2:20	3:20	4:20	5:20	5 PM MALL BUS RUNS ON SATURDAY ONLY						
Church	9:20	10:20	11:17							**						
Village Commons	9:26	10:26	11:25		1:25	2:25	3:25	4:25	5:25							
Publix	9:30	10:30	11:30		1:30	2:30	3:30	4:30	5:30							
Post Office Drop off / Pick Up	Tuesday & Thursday Only															
Morse Home Pickup					1:40											
Clubhouse	9:40	10:40	11:40		1:40	2:40	3:40	4:40	5:40							

The Holiday bus will run on New Year's Day, July 4th, Thanksgiving Day and Christmas Day.

Express Bus Route					Excursion Bus "Monday" (Excludes the 2nd Monday)											
Perimeter Drive	8:45				D r i v e r s L u n c h	12:00										
Clubhouse	9:00	10:00	11:00	1:00		2:00	3:00	Leaves Clubhouse	9:35 AM							
Walgreens	9:04	10:04	11:04	1:04		2:04	3:04	Chase Bank	On Request							
Pine Trail Square	9:08	10:08	11:08	1:08		2:08	3:08	Wellington Mall					1:15 PM			
Goodwill Store	9:09	10:09	11:09	1:09		2:09	3:09	target, Golden Corral	Leaves clubhouse	10:35AM			2:05 & 2:10			
Winn Dixie	9:18	10:18	11:18	1:18		2:18	3:18	walmart						2:15pm		
Publix	9:28	10:28	11:28	1:28		2:28	3:28	Excursion Bus "Wednesday" (Excludes the 4th Wednesday)								
Chase Bank	On Request					On Request				Leaves Clubhouse	9:35PM					
Perimeter Drive	9:38	10:38	11:38	1:38		2:38	3:38	City Place		10:05 AM			2:00 PM			
Clubhouse	9:48	10:48	11:48	1:48		2:48	3:48	Gardens Mall		10:35 AM			1:30 PM			

Sundays & Holidays Bus Route (Combo)					CV BUS SCHEDULE EFFECTIVE: June 14, 2010											
Clubhouse	9:00	10:00	11:00	D r i v e r s L u n c h	12:00	1:00	2:00	3:00	4:00	5:00						
Walgreen's	9:04	10:04	11:04		1:04	2:04	3:04	4:04	5:04							
Pine Trail	9:07	10:07	11:07		1:07	2:07	3:07	4:07	5:07							
Goodwill Store	9:09	10:09	11:09		1:09	2:09	3:09	4:09	5:09							
Cross County	9:14	10:14	11:14		1:14	2:14	3:14	4:14	5:14							