



We often hear about the “dog days of summer,” but few of us know exactly what the expression means. Some people think that it signifies hot sultry days that are “not fit for a dog,” while others suggest it’s the weather in which dogs go mad. The Dog Days of Summer describes the most oppressive period of summer heat, between July 3rd and August 11th.

But where did the term come from? And what does it have to do with dogs?

Why Are They Called the “Dog Days” of Summer?

The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s

warmth, accounting for the long stretch of sultry weather. They referred to this time as diēs caniculārēs, or “dog days.”

Thus, the term Dog Days of Summer came to mean the twenty days before and twenty days after this alignment of Sirius with the Sun—hence, July 3 to August 11.

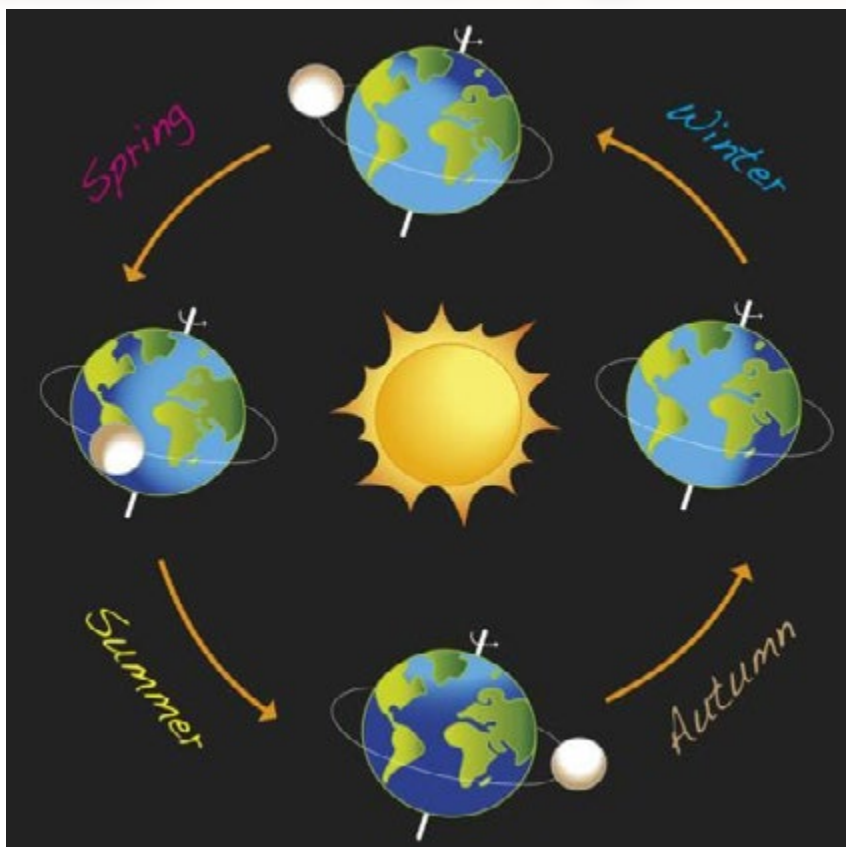
Sun: It’s All About the Tilt

While this period is often the hottest stretch of summer, the heat is definitely not caused by any additional radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the Earth’s tilt.

During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun’s rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days. For us in Florida, it means plenty of beach and pool time, cool drinks, and a good air conditioner.

Source: *The Farmer’s Almanac*

BY LOUISE WARNER



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REMINDER

DELEGATE MEETING
 Friday 8/2/19
 9:30AM in the Theater

Email articles & comments:
ucoreporterwpb@gmail.com



The President’s Report

By Dave Israel

Our contract with Atlantic Broadband officially began on July 1, 2019. As of this writing, some 5,700 CV apartments have had Atlantic Broadband equipment installed. This is good progress, but some 2,000 units still need to be converted, the majority of which will be done when the snowbirds return. While there have been some issues, the vast number of residents who talk to me about Atlantic Broadband seem happy with the service. So, what impact has cutting the COMCAST cable had on our Village? First, I must tell you all that I would have loved to cut the cable cord completely; this was my intent when I attempted to deploy Wi-Fi throughout our Village. Unfortunately this was not to be! So we have replaced one cord with another. What kind of impact has this had?

The most frequently asked question I get is “Can I keep my COMCAST Email address”? The answer

is, of course you may. As a former Xfinity customer, you can still use your Comcast.net email address if you have logged into your account in the 90 days prior to disconnecting your service. Your email account will remain active as long as you access it at least once every nine months.

Now, what else is there, OK! Here is the standard process:

1. Call Comcast Retention at 1-800-XFINITY.

If the only service you had is the CV contracted bulk video, you can skip this step, because the payment for this is in your Association budget, and paid by UCO. Let me assure you, that UCO has stopped paying COMCAST for this service. Your payments are now directed to Atlantic Broadband.

LIFE AFTER COMCAST

2. Have An Excuse (like moving) Ready.

This becomes applicable, only if you had additional services over and above the basic contract. Additional would also include INTERNET. In this case a call to COMCAST is in order. Also, most of us have received a bulk mailing from COMCAST soliciting you to keep their services on an individual basis, the cost will be higher, but the choice is yours. Keep in mind that your monthly maintenance coupon will contain the amount due to Atlantic Broadband on our bulk cable contract, so you will be paying twice for cable TV. Also, unless you are moving, tell the truth, “we as a Village have switched providers”.

3. Be Firm, but Stay Friendly on the Phone

No need to be nasty.

4. Make Sure to Return All Your Comcast Equipment

This is a critical step under any scenario, return all your COMCAST equipment, get a receipt, and record your equipment serial numbers. Comcast equipment may be returned to 1401 Northpoint Blvd., WPB Florida. If you do not know where this is, come to UCO, we have a simple map.

5. Call Comcast Back and Double Check on everything – it never hurts to double check.

I have personally followed these steps, everything went smoothly without incident.

So, is there life after COMCAST of course there is, let’s all enjoy it!



**ATTENTION
CV RESIDENTS:
OUR COMMUNITY
TV CHANNELS HAVE
BEEN MOVED FROM
CHANNELS
63/95 TO 590/591**

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**INDOOR POOL
EXTERIOR DOOR
WILL BE LOCKED NIGHTLY AT
November - March : 7:00PM
April - October : 10:00pm
PLEASE USE MAIN ENTRANCE**

RESIDENTS PLEASE NOTE:

ALL LETTERS TO THE EDITOR AND ANY OTHER SUBMISSIONS TO THE UCO REPORTER MUST BE SUBMITTED ELECTRONICALLY AND PROVIDE A NAME, CONDO UNIT AND PHONE NUMBER.

U.C.O.
REPORTER
The Official Newspaper of Century Village

Visit your Web site:
www.ucoreporter.com

UCO Office, 2102 West Drive
West Palm Beach, FL 33417
Tel: 561-683-9189
Send email & photos to:
ucoreporterwpb@gmail.com
Office hours: 9 a.m. to noon, Mon.-Thurs.
Fri: By Appointment

Your Volunteer Staff, UCO Reporter

Editor-in-Chief..... Louise Warner (Acting)
Associate Editors..... Ruth Dreiss, Lanny Howe,
Anita Buchanan
Staff Writers..... Ruth Dreiss, Lanny Howe,
Jody E. Lebel, Marilyn Curtis, Lenore Velcroff
Business Manager..... Myron Silverman
Advertising ManagerPhil DePaul
Website..... Louise Warner
Sports Irwin J. Cohen, Ted Milham
Photographers..... Kate Odoardo, Walter Johnson
Production..... OPS
Circulation Glow, Inc.
Staff Ginger Veglia,
Rowena Bacchus, Mary Patrick

The UCO Reporter

2102 WEST DRIVE, WPB
New Telephone Number for
UCO Reporter Staff
(561) 683-9189

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EDITORIAL POLICY

The UCO Reporter promises to continue its long held beliefs that this publication will print articles to inform our residents of the important issues concerning our Village. We promise to seek the truth and to print both sides of an issue, to open dialogue to inform our readers, not to create controversy.

We promise to listen to your concerns and to treat all our residents with courtesy and respect. Your opinion is valuable to us and will be considered in our decision for publication. These are the criteria for publication:

LETTERS TO THE EDITOR: Letters to the Editor should be limited to 250 words, and must be e-mailed (ucoreporterwpb@gmail.com) to the Reporter by the 7th of the month prior to publication. Your opinions are important to us, but please refrain from gossip, innuendo, nasty or inflammatory remarks. Letters deemed to be inappropriate, inflammatory or libelous will be returned by the Staff for revision or removal. All letters must include the name, address and phone number of the author. No letters from UCO Reporter staff will be published. They may however have the opportunity to submit an opinion article also limited to 250 words.

ARTICLES: Articles for inclusion should be limited to 500 words, e-mailed (ucoreporterwpb@gmail.com) to the Reporter by the 7th of the month prior to the month of publication. All articles will be limited to one per writer. The topic of your article is of your choosing, but the Staff has the discretion to edit it with your approval or reject it based on the above stipulations. All articles must include the name, address and phone number of the author.

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EDITORIAL

BY LOUISE WARNER

My “kid” recently turned fifty. We gave him a party and celebrated with a cake. Forget the fifty candles – they don’t even fit on a normal-sized cake. But then I got to thinking. I’m HIS Mom, and I’ve been a senior citizen for more than two decades already. And I still have MY Mom. If I’m a Senior, well, then she must be a Super-Senior. We are living longer, and we are doing our best to stay happy and healthy.

One of the best things about living in Century Village of West Palm Beach is that we have an activity-rich environment, with lots of things to keep us busy as we grow older. According to an article that I read recently, “senior isolation is poised to become one of the most serious health issues faced by older Americans.” In retirement, there is always the threat of boredom and isolation, which is not good for either our physical or our mental health.

If you are healthy and able to get around, make a point of getting out of the house. Call a friend and plan an activity. Take a walk, go to lunch, visit the library, or swim at one of our sparkling pools. And if you know someone who doesn’t get out much, visit them or try to include them in something you are doing.

I have always said that I saw life as a balance between “the things I have to do and the things I want to do” and I try to do a little of each. I don’t love balancing the budget or going to the doctor, but those are “have-to’s.” The fun things are the “want-to’s” – my bucket list, if you will -- and for me they are the best times in life. Call or visit friends and family, resurrect an old hobby (mine’s genealogy), or read a good book. It’s your time of life, so enjoy it. How many candles will there be on your next birthday cake? Hugs to all and have a happy summer, wherever you are.



| AUGUST 2019 | | | |
|----------------------|---------------------|---------|---------|
| UCO Monthly Meetings | | | |
| FRIDAY 2 | DELEGATE ASSEMBLY | THEATER | 9:30AM |
| FRIDAY 2 | SECURITY | UCO | 1:00PM |
| TUESDAY 6 | TRANSPORTATION | UCO | 9:00AM |
| TUESDAY 6 | COMMUNICATIONS | UCO | 10:30AM |
| WEDNESDAY 7 | PROGRAMS/SERVICES | UCO | 11:00AM |
| THURSDAY 8 | COP | RM B | 9:30AM |
| THURSDAY 8 | ELECTIONS/SUB CTTEE | UCO | 10:00AM |
| FRIDAY 9 | CERT | RM C | 1:00AM |
| WEDNESDAY 14 | BROADBAND | UCO | 11:00AM |
| THURSDAY 15 | BID/INFRASTRUCTURE | UCO | 10:00AM |
| FRIDAY 16 | ADVISORY | UCO | 10:00AM |
| TUESDAY 20 | INSURANCE | UCO | 10:00AM |
| WEDNESDAY 21 | BEAUTIFICATION | UCO | 9:30AM |
| TUESDAY 27 | OPERATIONS | UCO | 10:00AM |
| THURSDAY 29 | OFFICERS | UCO | 10:00AM |

Palm Beach County Property Appraiser's Office News

DOROTHY JACKS



Welcome August!

This time of the year, my office prepares the annual Notice of Proposed Property Taxes or TRIM notices for all property owners in the county. It is not a bill, but rather an estimate of your taxes based on the proposed tax rates, your property value and exemptions.

This year, I am excited to announce your 2019 TRIM notice has a new look.

We updated the large-size format to make it more concise and easy to read. You will find taxing authority information, including proposed millage rates and taxes, and public hearing details together on one side.

The other side of the notice contains your property's value, any exemptions and information about the petition process.

These notices will be mailed on **August 19, 2019**.

We are always available to help you understand this notice, or answer questions regarding property appraisals, exemptions and assessment caps. For an interactive guide to the notice (which will be live on our website after August 19th) or to contact us, go to the Property Appraiser Public Access (PAPA) web-

site at www.pbcgov.org/PAPA.

In this month's newsletter, a brief overview of the redesigned TRIM notice and an important reminder for those property owners (permanent Florida residents) who have not filed for a homestead exemption.

The Truth in Millage (TRIM) Notice Redesigned

The Property Appraiser's Office is required by Florida statute to mail notices to all property owners in Palm Beach County on behalf of the taxing authorities that set the tax rates and levy taxes on properties.

THIS IS NOT A BILL. You will receive a tax bill from the Office of the Tax Collector in November 2019.

The newly redesigned 2019 notice has been reduced in size to the standard dimensions of 8.5 x 11 and double-sided, to provide a better experience.

On one side of the notice, the proposed taxes to be levied on your property by the taxing authorities along with dates, times, and locations of the taxing authorities' budget hearings in which your final millage (tax) rates will be set. It's the most appropriate occasion for taxpayers to raise their concerns about the proposed budgets and tax rates.

In addition, there is a section for Non-Ad Valorem Assessments

which are charges for governmental services to your area such as solid waste, drainage, street lighting, etc. They are not based on the value of your property. (The Property Appraiser's Office is not responsible for any assessments in this portion of the notice.)

On the other side of the notice, you'll find the market, assessed, and taxable value of your property, along with any qualified exemptions and assessment caps.

Also listed, will be information regarding the process for filing a petition to appeal your assessment and any denial of exemption. A petition must be filed with the Value Adjustment Board on or before the deadline, September 13, 2019. (Further explanation of the VAB process will be in next month's newsletter.)

My office welcomes any questions regarding your TRIM notice, property value, and exemption amounts. Contact our office for further information at 561.355.3230.

(Please note: The Property Appraiser's Office does not set tax rates nor does it collect taxes. Questions about tax collections should be directed to the Palm Beach County Tax Collector's Office at 561.355.2264.)

Homestead Exemption Filing on Real Property

*If you already have a homestead

exemption on your property, you do NOT need to reapply.

In the state of Florida, a \$25,000 exemption is applied to the first \$50,000 of your property's assessed value if your property is your permanent residence and you owned the property on January 1 of the tax year. An initial application is required. This exemption applies to all taxes, including school district taxes.

An additional exemption of up to \$25,000 will be applied if your property's assessed value is between at least \$50,000 and \$75,000. This exemption is not applied to school district taxes.

The deadline to file for Homestead Exemption is March 1 of the qualifying year.

You have three options to submit your application for a Homestead Exemption:

- E-File at www.pbcgov.org/PAPA Use our simple online application process, the fastest way to file.

- Complete the application online. Print it out and mail to the Palm Beach County Property Appraiser's Office, Exemption Services, 1st Floor, 301 N. Olive Ave., West Palm Beach, FL 33401

- Visit one of our five service centers to file in person.

For a list of qualifications go to: www.pbcgov.org/PAPA.

Property Matters

ANNE M. GANNON

CONSTITUTIONAL TAX COLLECTOR



Palm Beach County schools will be back in session Aug. 12. If you're shopping for back to school supplies, mark your calendar

to take advantage of Florida's

tax-free holiday Aug. 2-6. Back to school also brings the return of busier morning and afternoon commutes. Keep reading to learn the laws related to motorists and school buses.

Also this month, the property appraiser mails a "Truth in Millage" (TRIM) Notice of Proposed Property Taxes to all property owners. As a reminder, this notice is not a bill. If you have questions about the notice, please contact the Property Appraiser's Office.

Unclaimed Money Could Be Waiting for You

Every year, many of our clients fail to cash checks issued by our

agency. We make several attempts by U.S. mail to inform clients of their unclaimed funds. Good news! We now post a list of clients with unclaimed funds on our website, making it possible for you to find out if you have money due. We update this list each month. Visit the "Help & Resources" section of www.pbctax.com to view the list. Follow the instructions on our website to file a claim with our agency.

Back to School Tax-Free Holiday

From Aug. 2 to Aug. 6, catch a tax break on back to school essentials such as clothing, backpacks, shoes, tablets and other supplies. The tax exemption applies to specific clothing and footwear that cost \$75 or less, certain school supplies that cost \$15 or less, and personal computers and related accessories that cost \$1,000 or less. These items will be exempt from sales tax when purchased during this time. Mark your calendar and get ready to save!

Back to School Means Sharing the Road

With students heading back to

school, it's imperative drivers slow down and pay attention. Don't forget you're sharing the road with young pedestrians, children on bikes and school buses.

Nevertheless, many drivers are unaware of the laws relating to school buses. Here are some tips for drivers to help make school bus transportation safer for everyone.

- All drivers moving in either direction on a two-way street must stop for a school bus displaying a stop signal, and must remain stopped until the road is clear of children AND the school bus stop arm is withdrawn.

- On a highway divided by a paved median, all drivers moving in either direction must stop for a school bus displaying a stop signal, and must remain stopped until the road is clear of children AND the school bus stop arm is withdrawn.

- On a highway divided by a raised barrier or an unpaved median at least 5 feet wide, drivers moving in the opposite direction do not have to stop for the bus (painted lines or pavement markings are not considered barriers). However, these motorists should slow down and watch for students loading or unloading from the bus.

- Be alert and watch for children especially near schools, bus stops, school buses and in school parking lots.

- Pay extra attention to lower speed limits in school zones.

- Watch for and obey signals from school crossing guards.

- Only drive or park in authorized areas to drop off or pick up children at school.

Are You One of the Remaining 135,824?

Beginning Oct. 1, 2020, any person traveling on a commercial aircraft will need a REAL ID compliant driver license or state identification card. You will also need a REAL ID compliant credential to enter any federal building.

Did you know that over 135,000 Palm Beach County residents do not have a REAL ID compliant driver license or ID card? Are you one of them? The easiest way to find out is by looking at your driver license or ID card. Does it have a star in the upper right corner? If your credential is missing the star, you are not REAL ID compliant.

Don't get caught in the rush! Palm Beach County residents can make an appointment at www.pbctax.com to renew your driver license or ID card. You can renew up to 18 months in advance of the expiration date.

UCO Delegate Assembly Minutes

JULY 5, 2019

The Meeting was called to order at 9:30 AM by President David Israel. PBSO Lt. Hill led the Delegate Assembly in the Pledge of Allegiance.

Attendance

117 Delegates signed in. Quorum met.
This Meeting is being videotaped by UCO.

Minutes:

Accepted as presented.

Guests in Attendance

- PBSO; Lt. J. Hill and C.O.P. representatives
- County Commissioner District 2 Gregg Weiss
- Judge: Honorable Jamie Goodman PBSO Reports
- Lt. Hill: 2 burglaries, 2 fraud re-

ports, 1 theft (outside of village). Traffic report: there were 51 stops with 33 citations issued.
• Continuing patrol of Golf Course property.

Guests

Honorable Jamie Goodman: He has a day off and want to thank all for their continued support and wish “the Best for the Future” to all.

New Business

Suing OEO: The merit of bringing a suit against the OEO for failure to honor a previous agreement. A motion was made by George Franklin to proceed with the suit. The motion was seconded by Joyce Reiss. Discussion was held. During the discussion, a delegate left the meeting causing a loss of quorum; 9:55 A.M...

The motion on the floor died with loss of quorum-No vote taken... No further “Official Business” may be conducted without a quorum.
The meeting continued for informational purpose.

Presentation of Century Blvd. Fence Project.

DKK Engineering presented an artist rendition of the proposed fence project along Century Blvd. The project consists of an eight (8’) foot tall vinyl coated #9 galvanized wire fence with 2 1/4” mesh, installed with fence post spacing at six (6’) foot on center. A five (5’) reinforced concrete sidewalk four (4”)inches thick. Discussion and criticisms followed.

Committee Reports

Included in packet

Good of the Order

COP Representatives made a plea for volunteers for the Citizens on Patrol organization sponsored by the PBSO. Uniforms are furnished. They are asking for 3 hours of your time per week. COP patrol cars flashing light add an extra level of deterrent with the visibility a police vehicle presence. They Observe and Report. Commissioner Greg Weiss wished everyone a Happy 4th of July.

Joyce Reiss made a motion to adjourn. George Franklin seconded the motion. Meeting Adjourned 10:40 A.M.

Respectfully Submitted,
John Hess, UCO Recording Secretary

ASSOCIATIONS NOT SIGNED IN AT THE JULY 5, 2019 DELEGATE ASSEMBLY

On July 5, 2019, the following Associations were either not represented or were underrepresented at the Delegate Assembly. This is a list of the Associations whose Delegates were absent or failed to sign in. If an Association has more than one Delegate, the list shows the number not signed in and the total possible. Please encourage your Delegate(s) or Alternates(s) to participate at each Delegate Assembly. They must be signed in to count toward quorum and to vote.

| | |
|------------|----------------------------|
| ANDOVER | A, B, D, E, I, J, L |
| BEDFORD | B, C, D, E, I, J, K |
| BERKSHIRE | A, B, C, D, F, G, I, J |
| CAMBRIDGE | A, B, E, F, G |
| CAMDEN | B, E, F, G, I, J, L, M, N, |
| CANTERBURY | A, B, D, E, G, H, I, J, K |

| | |
|--------------------|---|
| CHATHAM | C, F, H, I, J, K, P, Q, S, U |
| COVENTRY | A, B, C, E, H, J, L, |
| DORCHESTER | A, B, C, E, F, G, H, I, J |
| DOVER | 5 of 9 |
| EASTHAMPTON | A, B, C, D, E, F, I |
| GOLF'S EDGE 5 of 7 | |
| GREENBRIER | A 1 of 2, C 1 of 2 |
| HASTINGS | A, B, C, D, E, F, I |
| KENT | C, D, E, F, G, H, I, J, K, L, N |
| KINGSWOOD | A, B, C, E, F |
| NORTHAMPTON | A, B, C, D, E, F, G, H, I, K, L, O, P, Q, S |
| NORWICH | A, B, C, D, E, F, G, H, I, J, K, L, M, N, O |
| OXFORD | 200 2 of 2, 300, 400 2 of 2, 700 |

| | |
|-------------|--|
| PLYMOUTH | IV 2 of 2, V 1 of 2 |
| SALISBURY | B, C, D, E, G, H |
| SHEFFIELD | A, D, F, H, J, K, L, M, N, O, P, Q |
| SOMERSET | G, H, J, L |
| SOUTHAMPTON | A 3 of 3, B 2 of 3, C 2 of 3 |
| STRATFORD | A, B, C, D, E, H, J, K, L, N |
| SUSSEX | B, C, D, E, G, H, I, J, K, M |
| WALTHAM | B, C, D, E, F, G, I |
| WELLINGTON | B 2 of 2, C 2 of 2, D 1 of 2, F 2 of 2, J 2 of 2 |
| WINDSOR | A, B, D, G, H, J, L, M, N, O, P, Q, R |

Thank you for your participation. Sandra Cooper, Corresponding Secretary

News and Notes from the office of Palm Beach County Commissioner Gregg Weiss

An unfortunate part of our history, but something we can't forget



At the July 2 board meeting Commissioner Weiss asked staff to look into claiming and relocating to Palm Beach County a memorial monument documenting racial lynching that is currently on display at the Legacy Museum and National Memorial for Peace and Justice in Montgomery, Alabama. Alabama based Equal Justice Initiative(EJI) has documented racial lynching and has created monuments for each of the counties where a lynching took place, including Palm Beach Coun-

ty. EJI is inviting counties across the country to claim their monuments and install them in their permanent homes in the counties they represent. Two lynching have been documented in Palm Beach County, and the names of the victims and their corresponding dates of death, are engraved on this monument: Henry Simmons, who died June 7, 1923, and Samuel Nelson, who died Sept. 26, 1926.

“It’s an unfortunate part of our history, but it’s something we can’t forget,” Weiss told The Palm Beach Post.

AmeriCorps: Looking to make a difference in the lives of others

Alpert Jewish Family Services is looking for seniors who want to

help seniors and become an AmeriCorps volunteer. There are seniors living all around us that are having trouble getting to their doctor for their appointments, getting to the grocery store for food and they are becoming isolated and disengaged from our community. You can make a difference by providing them with transportation, socialization and friendship.

Alpert Jewish Family Services provides ongoing training and support to our AmeriCorps volunteers to prepare them to serve and assist these seniors in need. By joining AmeriCorps you will become a part of a nationwide program of seniors helping seniors! AmeriCorps volunteers receive a monthly allowance, are reimbursed for their mileage.

Contact Nancy Frent, AmeriCorps Program Director 561-684-1991

ABOUT COUNTY COMMISSIONER GREGG WEISS’S OFFICE

Constituents are important to us. We want to hear about the issues that affect you.

If you run into problems that we might be able to help with don’t hesitate to contact us.

561-355-2202 or email us: district2@pbcgov.org
Sign up for the Weiss Words e-newsletter
Follow us on social media:
Facebook: @GreggWeissPBCCCommissionerD2
Twitter: @GreggPBC

Niels Heimeriks
Palm Beach County Commission District 2
Office of Commissioner Gregg K. Weiss
561-355-4966 (desk)
561-371-1089 (cell)
Nheimeriks@pbcgov.org

UCO OFFICER'S REPORTS



Fausto Fabbro

Berkshire • Camden
Hastings • Salisbury
Somerset • Wellington
Windsor

The July Delegates Meeting was very disappointing to me as a VP and a unit owner. For months at meetings you asked about a fence. So we present a proposal for a fence and a sidewalk project and all we heard that the artistic rendering was not a fence but chicken wire. Very few asked any questions about the actual project, but just made complaints about the picture. It's time for more delegates to be heard; tell the few complainers to STOP and LISTEN to the presentation in full.

More owners should attend meetings to become informed on the projects and the issues that we face. This would cut back on the negative feedback during our presentation and would help you make important decisions.

Now, about the "QUORUM. " I find it hard to believe that not even one third of the delegates can make it to the Delegates Meeting. To me this means buildings and Officers DON'T CARE what goes on in the Village. To many buildings have no Officers and are in disrepair. It is up to the owners to take charge of their building, and elect Officers that will make the building better for all unit owners. Every day we hear from owners with building problems that we can't help with because of bad officers or no officers at all. Get on the Board, vote out the absent or do-nothing officers, and make YOUR BUILDING and Century Village a better Place to live.

I will ask again for people to call me at UCO to work in the office. So far in four months not one call!



David Boas

Coventry • Easthampton
Norwich • Plymouth
Sheffield • Stratford
Waltham

Here we are in the middle of Summer. What to do, and how can we beat the heat? Well, how about this? Go to see the weekly movie. Take a dip in the pool. My favorite times are early in the morning or right at sunset. How about going to the library on Okeechobee Blvd, or our own in-house one at the clubhouse. Of course there are classes to take and how about playing cards. You can join me and others on Tuesday night playing Scrabble. Or try your hand at playing billiards.

For the fitness buffs, the clubhouse at Hastings is the place to go. Sorry to say you probably won't see me there. Swimming and billiards are available here, as well.

Don't forget the weekly dances or other venues. You can still get the discount package to see the Saturday evening shows. I bought tickets for the entire season. I admit that when the Summer show schedule came out that there were some shows I would not normally attend. However I am glad I bought the entire package because the shows I would not have gone to have just been great. I hope they continue this promotion for next Summer.

So, is it TOO HOT? Well I didn't move to Century Village to shovel snow! Until next month, stay well and remember to be polite.



Stew Richland

Andover • Bedford
Golf's Edge • Greenbrier
Kingswood • Oxford,
Southampton • Dover

At the last Delegate Assembly, the delegates were provided with a power-point presentation providing them with UCO's plans for building a fence to replace the one that was torn down adjacent to the golf course. In addition, the plan included the construction of a wider walk path with a curb that would prevent drivers from accidentally steering their vehicles onto the pedestrian walkway.

As chairman of the Beautification Committee, it falls under my purview to develop a beautification plan for the new construction. As it stands now, the best plan is to plant hedges that are fast growing, require very little care, and are resistant to disease and insects. In addition, we will add interesting plantings in areas along the walk-

way to provide our residents with an attractive feast for their eyes.

At the Okeechobee gate you will have already observed the new Century Village sign. We have placed some interesting plantings around the sign. However, the design is monochromatic and what we intend to do when these plants have reached their end cycle, is to plant an array of contrasting vibrant annual plants that will be much more exciting and pleasing to the eye.

The plantings at the Haverhill gate have been pulled out because the plants had reached the end of their life cycle. By the time you read this column, our committee will have met with Seacrest, the horticultural contractor, and we will have redesigned the entrance to include plantings that will provide a pop to your eye and a smile of pleasure to your face.

We have other projects on the planning board, such as enhancing the plantings at the four corners near Dover and the entrance to the Club House.

These efforts are designed to enhance the "curb appeal" of Century Village. In order to do this we need help. I urge any resident who has a "green thumb" or gardening experience to join us in our efforts to make our Village a feast for your eyes and this "curb appeal" enhances the value of our property.

**The next Delegate Assembly is
Friday, Aug. 2, at 9:30 a.m.
There are important
votes to be taken.
Delegates please plan
to attend.**



**UCO is
looking for
volunteers
to fill all
positions.
Bi-lingual and
computer
literate a bonus.
Visit UCO to
apply.**



Delegates to Vote September 6 on Modified Articles III and V of Proposed 2020 Amendments

On June 7, 2019, the Delegate Assembly voted for revisions to the first five Articles of proposed bylaws published in the *Amendments to the Bylaws of United Civic Organization, Inc.* Delegates approved Articles I, II and IV and voted to modify Articles III and V with language to be proposed by the Advisory Committee for final vote by the Assembly.

The Advisory Committee modified the language as directed by the Delegates for both Articles. Revised Articles III and V have been considered by the Advisory Committee, Officers Committee and Executive Board and now appear in this issue of the *UCO Reporter*. Delegates will have the final say on September 6.

Vote One: Article III, Meetings of the Delegate Assembly

Currently, according to 2013 bylaws (and the proposed 2020 version), when no quorum is present at Delegate Assembly, motions passed by the Executive Board are “enforceable as though passed by the Delegate Assembly.” Delegates’ requested modification calls for two consecutive Delegate Assembly meetings without a quorum before

the Executive Board motions would carry. *Article III, Meetings of the Delegate Assembly, passed with a motion to modify, 125-6.*

Proponents of the change want to give Delegates two chances to meet quorum before motions of the Executive Board take effect. Opponents do not want to weaken the power of the Executive Board or to impede by an extra month the Assembly’s ability to conduct business. See boxed item for Vote One for exact language of the modification.

Vote Two: Article V, Powers and Duties of the Delegate Assembly

Proposed amendments to the UCO bylaws added a provision, Article VIII, Finance Committee, Section H, allowing Delegates to exercise a line-item veto at the time a budget is presented to the Delegate Assembly. Delegates voted to add the same provision, on items in excess of \$2,500, to Article V, Section A6, Powers and Duties of the Delegate Assembly. *Article V passed with a motion to modify, 106-9 with 1 abstention.*

Proponents want the language on

line-item veto to appear in Article V as well as Article VIII and agreed to the \$2,500 starting point in both. Delegates did not express arguments in opposition.

VOTE ONE

Proposed Modification to Article III of 2020 UCO Bylaws*

Meetings of the Delegate Assembly, Section F2, added language underlined:

“If a quorum is not present at any regular, special or emergency meetings of the Delegate Assembly, all motions passed by the Executive Board shall be postponed until the next meeting of the Delegate Assembly. If a quorum is not present at this next meeting, those motions passed by the Executive Board shall be enforceable as though passed by the Delegate Assembly.”

*See *Amendments to the Bylaws of United Civic Organization, Inc.* as published in the February issue of the *UCO Reporter*

Article V was considered by the Advisory Committee, Officers Committee and Executive Board and appears in this issue of the *UCO Reporter*. See boxed item for Vote Two for exact language of the modification.

VOTE TWO

Proposed Modification to Article III of Proposed 2020 UCO Bylaws*

Powers and Duties of Delegate Assembly, Section A6, added language underlined:

“The Delegates shall have the following powers...Approve all budgets of UCO, with the authority to exercise a line-item veto on items in excess of \$2,500, when such a motion is made at the Delegate Assembly at which the budget is being presented for approval. See also Article VIII, Section H, Finance Committee.”

*See *Amendments to the Bylaws of United Civic Organization, Inc.* as published in the February issue of the *UCO Reporter*

Voting Schedule for 2020 Bylaw Amendments

Has the Advisory Committee’s constant onslaught of reminders and revisions finally made bylaws your least favorite topic? Bear with us. With Delegates’ excellent participation, we have had two lively Town Halls and a vote on the first of three “clusters” of Articles in proposed 2020 Amendments. Here are some key dates on the way to completing the bylaws by the end of this year.

End of August: Publication of Articles VI-VIII final revisions in UCO Reporter for Delegate review

September 6 Delegate Assembly: Vote on modified bylaw Articles III and V – see exact language you will be voting on in boxed items in this issue

September 17: Last Town Hall on proposed 2020 bylaws

- Articles IX-XV – should be easiest cluster of bylaws to review and debate (less text, only four pages of Articles)
- your contribution will round off participation in first two Town Halls and assure that amendments have been fully vetted)

October 4 Delegate Assembly: Vote on Articles VI-VIII

End of October: Publication of Articles IX-XV VIII final revisions in UCO Reporter for Delegate review

December 6 Delegate Assembly: Vote on Articles IX-X

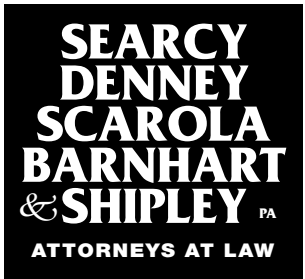
And then Fini! Let’s finish strong with a relevant, workable set of amended bylaws we all can be proud to say we helped create. Thank you, Delegates, Officers, Executive Board and all other contributors.

“You can only protect your liberties in this world by protecting the other person’s freedom.”

-- Clarence Darrow



LAURIE J. BRIGGS
ATTORNEY AT LAW



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SAFETY

Bicycle Safety



By George Franklin

Hi folks. This issue going to focus on an old subject Bike Riding. It seems lately that I have been seeing a number of you obeying traffic laws and wearing reflective and other safety clothing. I HOPE that this is happening because of the articles I have been writing and more safety items available to purchase at the bike shops. Either way I would like to say thank you to those who I have seen obeying rules of the roads and wearing these items. I also have noticed more reflective devices on the bikes themselves which I think is just great! I have not noticed any bike riding accidents on the Sheriffs' report for any months, so I again hope that this is making all of you aware of the precautions you need to take. Keep up the good work enjoy your bike rides and be careful. Don't forget you can be part of an accident without

being the cause! On another subject please don't forget the OPERATION PILL DROP on Friday August 2nd at the club house from 10:00 A.M. to 2:00 P.M. This is being held in conjunction with the Palm Beach County Sheriff's Office and the Solid Waste Authority. You don't need to worry about bringing your unwanted pill containers in with names or script numbers on them The Deputies there will package them up and place them in Evidence containers, bring them back to the Solid Waste Authority and they will be incinerated. Your names and script numbers will NEVER be given out or breached! PLEASE do not flush or place them into drains or toilets! Bring them in for proper disposal. For further information check Channel 590 or this paper or call UCO. Since we have started this program we have collected a little over FOUR HUNDRED POUNDS (400) of unwanted medications! Lets clean these out of our village! Thanks to all of you who have participated in this program.

MAINTENANCE

The New – Very Expensive Scam



By Dom Guarnagia

According to the life expectancy of a 180 LB./Square (one Square = 10'-0" x10'-0" or 100 Square FT.) here in Florida where the temperatures reach 100 degrees F. in summer and over 120 degrees F. in the attic space as well as increasingly stronger hurricanes during the 'rainy season create the reduced intended useful life, regardless of a proposed warranty of 20 years. The same material in perhaps Maryland may last 25 years. Records regarding the age of your roof are available to insurance carriers, particularly Heritage Casualty, by examining the Mitigation Report available as public knowledge. Customarily, a Mitigation Report is upgraded to reflect new work, especially roofing, as a record of required work provided. Several complaints have been reported to UCO regarding numerous additional items and materials that purposely double the costs submitted to Heritage Casualty for payment to the roofer that amounts to \$130,000.00 instead of \$60,000.00 to \$65,000.00 that includes addition-

al sheathing...4'-0"X 8'-0' x 3/4" thick exterior plywood replacing decayed material, as well as other items that continue to affect the bottom line that the roofer is paid but the association continues to get painted with a title of being an "Underperforming Association". "So what"..... Is the roof worth the label? "An Underperforming Association" will be provided insurance coverage, however, their coverage will be more expensive than those associations that are considered a "Proactive Association" that takes advantage of 'bulk rate coverage' because the vast majority of associations avoided the misguided attempt to fall into the attractive situation. The stigma can last for years and a hard lesson learned. If it seems too good to be true.....it probably is! If your roof was ten (10) years old before June 1, 2019, the beginning of the "Rainy Season", you should have reserved \$60,000.00 to have the roof replaced legitimately, and not wait for a hurricane to remove more shingles, exposing the interior of the structure to water damage and possible mold which will add to the damages, running the repair costs well beyond anticipation.

MAINTENANCE

What is Going On with the Fence?

By Dom Guarnagia

Obviously, there are ten times as many questions as questioners regarding both the fence and the new PBC Code-driven required five foot wide concrete sidewalk, as well as when it will happen. As Chairperson of the Bid /Infrastructure Committee, I will try to provide answers to your anticipated queries so you can visualize in your mind's eye. **The Fence:** Initially, it was thought that a concrete wall could

provide the required security; however, concrete panels, like those seen along the Florida Turnpike, are in fact intended for installation in a straight line. The property line separating us from the Golf Course is anything but straight and impractical for a straight line. The fence can be installed with upright pipes that can be spaced to follow the curvature of various parts of the line. The material of the fence will be green vinyl-covered material with what is known as "No Climb," which means that the openings in

the wired fabric, which normally are four 4-1/2" apart are spaced a mere 2-1/4" apart, making foot holds and grasping nearly impossible. **The Concrete Sidewalk:** The existing concrete sidewalk is 3 feet wide, which was Code-compliant forty (40) years ago. This must be demolished and a new concrete walkway, five feet wide, gently pitched about 1/8" per foot in width to encourage drainage; this will be located closer to the edge of Century Boulevard following the

curvature of the road, placed close behind the FPL light poles. This arrangement will allow for landscape material and sod utilized to infill the edge of the walkway and the new fence that will be placed inches within our property line. **The New Curbing:** In order to persuade errant drivers from drifting onto the new concrete walkway, an elevated pre-cast concrete combination curb and drainage run-off collector, connected to the newly provided drainage system is intended to prevent splashing of collected water from splashing on pedestrians.

SPEED BUMPS: Frowned upon by emergency vehicles transporting ill residents to a hospital, Speed Bumps are necessary to be used as "Traffic Calming" devices. PBC Traffic Dept. and Florida Dept. of Traffic (FDOT) will have input as to what must be included or excluded from this newly-provided roadway and required paint and signage for compliance. At the July Delegates Assembly, the Engineer, Derek Shenavar P.E., was present to answer questions; however, insufficiently informed Delegates had little knowledge provided and this article is intended to fill in the gaps.

POOL RULES

USE OF POOL FACILITIES RESTRICTED TO RESIDENTS WITH PROPER I.D.'S AND GUESTS WITH PROPER PASSES. THESE MUST BE EXHIBITED UPON REQUEST. VIOLATORS WILL BE CONSIDERED TRESPASSERS AND WILL BE ASKED TO LEAVE THE POOL AREA. ONLY SECURITY OR MANAGEMENT PERSONNEL MAY EXCLUDE A PERSON FROM USING THE POOL AND/ OR OTHER FACILITIES.

SWIMMING ATTIRE: TRADITIONAL SWIMWEAR SPECIFICALLY DESIGNED FOR SWIMMING IN A POOL MUST BE WORN AT ALL TIMES (WITHOUT ANY ADDITIONAL CLOTHING) WHILE ANY PART OF A PERSON IS IN THE POOL. NUDE BATHING AND/OR WEARING LESS THAN A FULL, TRADITIONAL SWIMSUIT SPECIFICALLY DESIGNED FOR SWIMMING IN A POOL IS STRICTLY PROHIBITED AT ALL TIMES.

•POOL HOURS: 8:00 AM TO DUSK •BATHING LOAD 68 PERSONS •MAXIMUM WATER TEMP. IS 104 F.

WELCOME TO YOUR FACILITY, WHILE YOU ARE HERE ENJOYING YOURSELF. PLEASE NOTE THE FOLLOWING:

| | |
|---|---|
| • PLEASE DO NOT SIT ON, LEAVE SHOES / SLIPPERS ETC. ON OR IN FRONT OF POOL STEPS. | • NO FOOD OR BEVERAGE IN POOL OR POOL WET DECK. UNDER AWNING ONLY. NO GLASS OF ANY KIND. PLEASE USE TRASH RECEPTACLES. |
| • NO BARE FEET ALLOWED IN BATHROOMS. | • NO FOUL LANGUAGE. |
| • NO SMOKING/NO E CIGS ON POOL DECK OR BATHROOMS | • NO BIKES, SKATES, SKATEBOARDS ON POOL DECK. |
| • DO NOT SWIM ALONE, BRING A BUDDY. | • NO STACKING OF CHAIRS. |
| • NO CHAIRS OR LOUNGERS WITHIN 4 FEET OF POOL EDGE. | • NO RESERVING OF CHAIRS, LOUNGERS, TABLES. FURNITURE IS NOT TO BE USED FOR PERSONAL BELONGINGS. ONE CHAIR OR LOUNGER PER PERSON. |
| • SHOWER BEFORE ENTERING. SUNSCREEN/OIL USERS RINSE AFTER EACH USE. PLEASE USE TOWELS TO PROTECT CHAIRS AND LOUNGERS. | • NO RAFTS, RINGS, FOAM WATER BELLS, FINS OR KICKBOARDS. NOODLES ONLY. |
| • NO PETS OF ANY KIND. SERVICE ANIMALS ONLY WITH W.P.R.F I.D. | • HEADPHONES MUST BE USED WHEN LISTENING TO ELECTRONIC DEVICES. |
| • NO ONE UNDER THE AGE OF 16 PERMITTED IN THIS POOL FACILITY. | |

MY USE OF THESE FACILITIES IS AN ACKNOWLEDGEMENT OF THE RULES & REGULATIONS.

NON COMPLIANCE WITH THE ABOVE CAN RESULT IN THE CONFISCATION OF YOUR I.D.'S / PASSES. REPORT NON-COMPLIANCE TO SECURITY ROVER: # OR STAFF OFFICE: # 561-640-3120

NO LIFEGUARD ON DUTY • NO DIVING OR JUMPING

BY EVA RACHESKY

- **EACH RESIDENT MUST BRING HIS/HER OWN BOTTLED WATER**

- Enjoy your summer and make every effort to stay hydrated and cool.

**SEASON TICKET PURCHASES
FOR GUESTS**

**GUEST TICKETS WILL BE
AVAILABLE FOR RESIDENTS TO
PURCHASE IN PERSON AT THE
TICKET OFFICE
AND/OR
ONLINE STARTING
9:00 AM
SEPTEMBER 17TH**

**SUBMITTED ORDER FORMS FOR
GUEST TICKET PURCHASES
WILL BE ACCEPTED STARTING
9:00 AM
SEPTEMBER 2ND**

NOTE: SUBMITTED ORDER PROCESSING STARTS ON SEPTEMBER 17TH

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of 4 new tires.

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Brake Inspections
WITH **\$10.00 OFF**
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No other discounts apply. Offer valid with coupon only. Must present coupon at the time of write-up. Most vehicles, some exclusions apply.

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Property Manager's Report



By Donald Foster, LCAM

Street lighting is an important part of Century Village's infrastructure, and UCO is continually working to maintain and improve lighting along its roadways, walkways, and other common areas of the Community.

Florida Power and Light (FPL), has been a big help with these efforts, providing expertise, new technology, and practical suggestions for lighting up previously dark and unsafe areas. Last year, FPL converted all 239 existing streetlights from sodium vapor type to LED type. These new fixtures provide better quality light, use

much less energy, and are more reliable. The new lights also have a self reporting capability- when a fixture goes "dark," a cellular signal is sent to FPL and a repair order is automatically generated. In addition to the existing 239 fixtures, two new streetlights were installed along Elizabeth Street, between South Drive and Greenbrier Circle. These installations were made in response to an increase in pedestrian traffic along this roadway.

This year, FPL will convert 66 outdoor floodlights, located along the north and south boundaries of Century Village, from sodium vapor type to LED. As part of this project, two additional LED floodlights will be added to the northwest corner of the property, between Sussex F and the PBC Water Utilities property, which

will light up a particularly dark grassy area. Six to eight additional LED floodlights will also be installed along the north side of North Canal; these new fixtures will light up a dark stretch of Falkirk Street at Sheffield, Coventry, and Norwich sections. Continued thinning of invasive trees along the north side of North Canal is allowing outdoor flood lighting to reach Falkirk Street.

Later this year, the Century Boulevard fence/sidewalk construction project will begin, and a request has been sent to FPL for additional street lighting along this walkway, which has experienced increased pedestrian traffic in recent years. Lighting at other areas have been improved or newly installed, including both guardhouses, the median crosswalk

at Century Boulevard, and the UCO parking lot.

Each of the 309 Century Village associations also maintain outdoor lighting, mostly in the form of "barn lights," which light up entrance walkways and residential parking areas. Maintenance and repair of these lights are the responsibility of each association; many of these fixtures are being converted to LED type. Underground power lines to these fixtures are, in many cases, fifty years old and deteriorated, requiring replacement. Associations should also pay close attention to lighting along exterior catwalks -- conversion to LED type bulbs will result in fewer dark fixtures and safer properties.



CENTURY BOULEVARD- LED STREETLIGHTS DO A MUCH BETTER JOB OF LIGHTING UP ROADWAY.



FALKIRK STREET- FLOODLIGHTS WILL BE CONVERTED FROM SODIUM VAPOR TYPE TO LED TYPE. TREE TRIMMING/REMOVALS AT NORTH SIDE OF CANAL IS ALLOWING THESE FIXTURES TO BETTER LIGHT UP THE ROADWAY.



FALKIRK STREET- LOCATIONS OF FLOODLIGHTS TO BE CONVERTED TO LED TYPE- #33 AND #34 ARE NEW INSTALLATIONS.



FLOODLIGHTS TO BE CONVERTED TO LED TYPE AT WINDSOR, WELLINGTON, AND ANDOVER SECTIONS.



LOCATIONS OF FLOODLIGHTS TO BE CONVERTED TO LED TYPE AT BEDFORD AND SOUTHAMPTON SECTION. LED FIXTURES USE LESS ENERGY AND BURN OUT LESS FREQUENTLY.



CENTURY BOULEVARD, NORTH SIDE- NINE STREET LIGHTS ALONG NEW PEDESTRIAN WALKWAY WILL BE IMPROVED TO CAST LIGHT ONTO BOTH ROADWAY AND NEW WALKWAY.



CENTURY BOULEVARD- LED FIXTURE INSTALLED TO LIGHT UP PEDESTRIAN CROSSWALK AT MEDIAN.



MAINTENANCE OF "BARN LIGHTS" AT RESIDENTIAL PARKING STREETS ARE THE RESPONSIBILITY OF THE ASSOCIATIONS. THIS FIXTURE IS THE OLD SODIUM VAPOR TYPE.



THIS BARN LIGHT HAS BEEN CONVERTED TO LED TYPE- THESE USE LESS ENERGY AND ARE MORE DEPENDABLE.

Letters to the Editor

As a member of the Advisory Committee, I am taking this opportunity to let the community know how diligently Anita Buchanan works as chairperson of that committee. She is the hardest working volunteer I have ever had the pleasure of working with.

Anita spends countless hours at home on the computer, working on our new UCO Bylaws, being in touch with committee members, presenting the revisions to the Officers, Executive Board and Delegate Assembly, and submitting them for publication in the UCO Reporter for review, before they can be submitted to the delegates for approval.

This is a monumental task and she performs it with patience and a smile. It is hoped that the new bylaws can be finished before the year end, after which they will be distributed to the residents. It is just too bad that we don't get the needed quorum at the Delegate Assemblies because building associations fail to have representation by their delegates, or alternate delegates, to vote on them which wastes months that could be productive.

Many thanks and appreciation to Anita for a yeoman's job.

Ruth Dreiss,
Advisory Committee

The residents of Somerset A through I, and others who drive to the tennis courts and swimming pool, wish to sincerely thank LCAM Donald Foster for solving another problem in Century Village. Making a right turn onto South Drive from Somerset Drive had been difficult because of the height of the hedge around the dumpster at that corner. Motorists were unable to see oncoming traffic or pedestrians until their car was well into the intersection.

At 7:30 a.m. this morning, I spotted Donald on his back under the hedge with an electric saw. In twenty minutes, he removed the offending branches at their roots. Problem solved. Motorists and pedestrians are safer than they were yesterday.

Thank you, Donald, for your constant attention to UCO property and the residents of Century Village.

Bobbi Levin
Somerset A

Open Love Letter to Jody Lobel:

You make me laugh on my best days and worst ones.

Your latest, "Clean as a Whistle" was so on target.

I'm sending it to my gastroenterologist. And, will pay your legal fees, when he sues.

Thanks again for every month's laugh.

Julie Boychuk

ATTENTION CENTURY VILLAGE RESIDENTS

You asked for it we are set to do it again! **OPERATION PILL DROP** will again be held in conjunction with the Palm Beach County Sheriff's Office and UCO and Solid Waste Authority. **DO NOT FLUSH** these medications down the toilet or drains! Bring those unwanted and unused medications to be disposed of as follows:

Location:
Century Village Clubhouse
Friday August 2nd, 2019
10:00am to 2:00pm
For further information
call UCO Office
561-683-9189

Please be advised that NO needles will be accepted nor will medication in Glass containers. Check the list.

Since we have started this program we have collected over FOUR HUNDRED (400) pounds of unwanted medications. Do not worry about your names on the containers or prescription numbers. These items are first collected by PBSO Deputies at the clubhouse, then placed in SEALED evidence containers. These are then transported to the Solid Waste Authority where they are incinerated. No one will ever see your information!

For further information, call UCO at **561-683-9189**. We thank everyone for your help in this most important matter!



In an emergency, time is valuable. So is an experienced team.

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A new option for emergency care that's convenient, open 24/7 and in your neighborhood – is

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Where do you go for emergency care when you need it, even at 10:59 p.m.? Introducing the new Emergency Center West Palm Beach, an extension of Good Samaritan Medical Center's Emergency Department. We're dedicated exclusively to emergency care, 24/7. Our conveniently located, neighborhood-style center is staffed by Board Certified emergency room physicians and offers high-quality care with the ability to handle the same serious conditions as other emergency rooms. We also feature dedicated rooms for ob/gyn, mental health and high acuity patients.

5028 Okeechobee Blvd., West Palm Beach
(corner of Haverhill Rd. and Okeechobee Blvd.)
GoodSamaritanMC.com/OCED



Call **833-216-2072** now for a **FREE** first aid kit.
In case of an emergency dial 911.



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82 Stratford F
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THE ON-SITE CENTURY VILLAGE SPECIALISTS

SALE LISTINGS

| | | |
|--------------------|----------------------------------|----------|
| Sheffield E | 1 BR / 1 BA..... | \$39,999 |
| Camden B | 1 BR / 1 BA..... | \$40,990 |
| Camden I | 1 BR / 1 BA..... | \$42,999 |
| Coventry B..... | 1 BR / 1.5 BA..... | \$43,900 |
| Dorchester I..... | 1 BR / 1.5 BA...Waterfront..... | \$43,900 |
| Cambridge B..... | 1 BR / 1.5 BA..... | \$48,000 |
| Northampton P.... | 1 BR / 1.5 BA..... | \$49,900 |
| Southampton C... | 1 BR / 1.5 BA..... | \$49,995 |
| Sheffield L | 1 BR / 1.5 BA...Waterfront..... | \$50,000 |
| Norwich K | 1 BR / 1.5 BA..... | \$52,000 |
| Andover A | 1 BR / 1.5 BA..... | \$52,500 |
| Waltham B | 1 BR / 1.5 BA..... | \$56,000 |
| Windsor R..... | 1 BR / 1.5 BA..... | \$57,900 |
| Camden B | 1 BR / 1.5 BA..... | \$59,900 |
| Stratford I | 1 BR / 1.5 BA...Waterfront..... | \$59,900 |
| Wellington A..... | 1 BR / 1.5 BA...Waterfront..... | \$59,900 |
| Chatham C..... | 1 BR / 1.5 BA...Waterfront..... | \$65,000 |
| Wellington L..... | 1 BR / 1.5 BA....Waterfront..... | \$70,000 |
| Dorchester G..... | 1 BR / 1.5 BA | \$74,000 |
| Northampton F..... | 2 BR / 1.5 BA....Waterfront..... | \$56,700 |
| Dorchester E..... | 2 BR / 1.5 BA | \$59,990 |
| Sheffield C | 2 BR / 1.5 BA...Waterfront..... | \$63,500 |
| Coventry D | 2 BR / 1.5 BA | \$69,900 |
| Chatham D..... | 2 BR / 1.5 BA | \$75,000 |
| Kent D | 2 BR / 1.5 BA | \$76,999 |

SALE LISTINGS

| | | |
|--------------------|----------------------------------|-----------|
| Bedford K..... | 2 BR / 2 BA....Waterfront..... | \$77,500 |
| Bedford K..... | 2 BR / 2 BA....Waterfront..... | \$77,500 |
| Hastings E | 2 BR / 1.5 BA | \$79,900 |
| Sheffield G | 2 BR / 1.5 BA | \$79,900 |
| Bedford D..... | 2 BR / 1.5 BA | \$82,000 |
| Sheffield D | 2 BR / 1.5 BA....Waterfront..... | \$82,990 |
| Easthampton G | 2 BR / 1.5 BA | \$83,000 |
| Chatham M | 2 BR / 1.5 BA...Waterfront..... | \$99,900 |
| Dorchester A | 2 BR / 1.5 BA | \$113,800 |
| Stratford E | 2 BR / 2 BA | \$124,900 |

RENTAL LISTINGS

| | |
|---|---------|
| Cambridge F... 1 BR / 1 BA | \$900 |
| Southampton A.... 1 BR / 1.5 BA..... | \$925 |
| Norwich K 1 BR / 1.5 BA | \$950 |
| Northampton N 1 BR / 1.5 BA..... | \$1,000 |
| Chatham A..... 1 BR / 1.5 BA....Waterfront..... | \$1,950 |
| Waltham F 2 BR / 1.5 BA | \$925 |
| Sussex D..... 2 BR / 1.5 BA | \$1,050 |
| Waltham B 2 BR / 1.5 BA | \$1,050 |
| Sheffield J 2 BR / 1.5 BA | \$1,050 |
| Sheffield J 2 BR / 1.5 BA | \$1,050 |
| Chatham D..... 2 BR / 1.5 BA | \$1,100 |
| Easthampton G 2 BR / 1.5 BA..... | \$1,150 |

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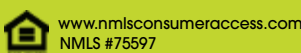
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**Listings available at time of publication*
Ben G. Schachter, Licensed Real Estate Broker



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The On-Site Century Village Specialists

Agents at Century Village Real Estate are thoroughly familiar with the policies and procedures of buying, selling and renting within the Century Village Community. We do our best to protect the ideals of its residents, strive for smooth, professional transactions, and consistently sell properties faster and for higher sales prices than any other agents working in the Community. Stop by to meet some of our new, friendly faces.

TESTIMONIALS What our customers say:



Ewart "E" Speer

★★★★★ - Highly likely to recommend

Sold a home in Florida.

"Very professional, and knowledgeable about the market, pleasure doing business with him. My agent went out of his way to accommodate this sale and help facilitate the move out of Century Village. He got the job done!" - D.K.*



Sherry Levy

★★★★★ - Highly likely to recommend

Sold a Single Family home in 2015 for approximately \$25,000 in West Palm Beach, FL.

"He helped sell my condo for the price we discussed and delivered, would use him again. The condo had a lot of restrictions making it hard to sell. He got a buyer and got them through the condo boards." - B.C.*



Cynthia Brown Williams



Gustavo Martinez

★★★★★ - Highly likely to recommend

Rented a condo home in 2014 in West Palm Beach, FL.

"My Agent was a life saver in a long distance transaction. Her communication, attention to detail and just plain caring made the impossible happen. A MILLION thanks!" - L.A.*



Barbara Thibault

★★★★★ - Highly likely to recommend

Bought a Condo home in 2014 for approximately \$50,000 in West Palm Beach, FL.

"My agent helped me find and buy my Florida residence. She was most helpful explaining and answering all my questions and concerns. She was always available to show me listing and helped gain access to all homes I wanted to see. I wouldn't hesitate to use my agent, both buying and selling. I have recommended her to others who have been very pleased." - G.G.*



Gladys Meneses



Gail Hinds



Joan Deluca



Sharon Racsko

**Names available on request.*

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Transportation

By Lori Torres



The community needs more cut-outs on the road for buses. This will be discussed with our LCAM Don-ald Foster to determine where they are appropriate. First there is the issue of who owns the property. If the planned cutout is on the perimeter road, the land belong to UCO and needs no permission. If they are on association property, the consent of the buildings where they are proposed will be required.

The committee continues to hear that the bus drivers are very helpful to residents who use canes and walkers, and they are to be commended for their assistance.

Committee members Bobbi Levin and Norma Pullman have been working together to bring new excursion trips to the community. On the agenda for October 23 is a trip

to the Elliott Museum in Stuart, FL. Details of this excursion will be posted and will appear in the UCO Reporter. Watch for them, so that if you are interested, you may sign up at the clubhouse on October 17.

Two more excursions are in the works, as well. A date to be announced for September is the Solid Waste Authority Recycle Center here in West Palm Beach. This trip is limited to 25 riders. The second trip is a Monday or Wednesday in November to Hoffmann's Candy in Lake Worth. Both trips are free and details will be available when confirmed.

Looking ahead to 2020, under consideration is the Loggerhead Turtle Center, a cruise on the Intra-coastal and the Navy Seal Museum.

We are happy to announce that there have been few rider complaints, but remind everyone that all complaints must be in writing to be considered.

Continue to enjoy your summer.

Ruth Bernhard-Dreiss
Transportation Committee



AUGUST EXCURSION TRIPS

WEDNESDAY 14

WEDNESDAY 28

Festival Flea Market
Mario The Baker and
Stein Mart Plaza
(COSTCO, MARSHALLS)
LEAVING AT 11:00AM

EXCURSIONS DEPART CLUBHOUSE
AT 10:00A.M AND RETURN ABOUT 3:00P.M

You will be told the time to come back to the bus by the driver and also when you sign in before leaving.
If you are **NOT** returning with our bus please notify the driver.

IMPORTANT TELEPHONE NUMBERS

UCO OFFICE683-9189
HOURS 9 - 1PM - MON -THUR. • FRI. - 12 - 4PM.
UCO REPORTER683-9189
HOURS 9 - 1PM - MON-THURS • FRI.-BY APPT.

VISITORS CALL IN689-1759
WPRF CLUBHOUSE.....640-3120
HASTINGS CLUBHOUSE687-4875
WPRF - MAIN NUMBER640-3111
CV SECURITY.....689-0432
POLICE/FIRE/AMBULANCE911
COMMUNITY SERVICES211
WEST PALM HOSPITAL.....842-6141
ST. MARY'S HOSPITAL844-6300
VA HOSPITAL422-6838
GOOD SAMARITAN HOSPITAL.....655-5511
JFK MEDICAL CENTER965-7300
WELLINGTON REGIONAL798-8500

FLOOD??



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The insurance
company is
not your friend.
We Clean Up The
Mess and Bill The
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OUR GUARANTEE

If the insurance company refuses
to pay, we accept the loss and
you pay nothing! No other
company will guarantee this.

NON INSURANCE?

We will still help you!

The cause of the water damage, ie; broken water heater,
leaking toilet, etc, is not covered by insurance
That's the only money you are obligated to pay

Call John
561-351-5003

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Ten years is the life expectancy
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Permit Fee Additional
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and Water Heater

How to tell how old your Water Heater is:



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numbers in the
serial number
tell you its age.

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State Licensed Plumbers

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The Construction Guys, Inc.
State Licensed Plumbing Contractor
#CFC1429170



What: EXCURSION BUS TRIP TO SOLID WASTE AUTHORITY PLANT

When: TUESDAY, SEPTEMBER 10, 2019

- Sign up sheet available in Clubhouse at 9 a.m. on Wednesday, September 4.
- Tour limited to 25 residents.
- Bus will depart Clubhouse promptly at noon and return at 3 p.m.



THIS IS YOUR CHANCE TO SEE WHAT HAPPENS WHEN YOUR GARBAGE AND RECYCLING LEAVE CENTURY VILLAGE.

LEARN WHY IT IS IMPORTANT TO "REDUCE, REUSE, RECYCLE AND RETHINK WASTE".

- Visit the Renewable Energy Facility 2 where garbage is turned into electricity.
- See the massive claw that grabs up to 9 tons of garbage at a time.
- Board a SWA authority bus for a tour of the Renewable Energy Park, two sanitary landfills, and the Home Chemical & Recycling Center
- Tour the Recovered Materials Processing Facility to see how technology sorts 100,000 tons of recycling each year.

MODERATE WALKING IS REQUIRED BETWEEN AND WITHIN BULDINGS.

- Guests may use walkers.
- Guests should wear closed-toe shoes and long pants.



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SINCE 1980



Okeechobee Branch LIBRARY NEWS

BY JAMES R. LARSON
BRANCH MANAGER

The Okeechobee Blvd Branch Library of the Palm Beach County Library System connects communities, inspires thought and enriches the lives of our residents. We offer materials in many formats to suit your needs including hardcover books, paperbacks, and audio CDs. Check out the latest DVD and Blu-Ray releases for an entertaining evening. Attend one of our cultural events, computer classes, musical performances, or meetings to learn more about the diversity of people in our area. Our professional research specialists can help you gain the knowledge needed to complete your research paper, business venture, family history, and to better understand your medical condition. If you can't make it to the library in person, then access your library through our web site 24/7 at www.pbclibrary.org. Online we provide thousands of eBooks, magazines, newspapers, songs, and movies

along with unique research sources that are not available on Google. Did you know that the Palm Beach County Library System offers personalized research and technology instructional sessions? Most locations, including the Okeechobee Blvd Branch, offer "Book-A-Librarian" sessions, where you can get personalized help with your research or technology needs. Check our website for more information: <http://www.pbclibrary.org/services/book-a-librarian>

The Okeechobee Blvd Branch Library is located next to the Dunkin' Donuts. Our hours are: Monday, Tuesday, and Wednesday from 10:00 a.m. to 8:00 p.m., Thursday and Friday from 10:00 a.m. to 6:00 p.m., 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. Come visit today!

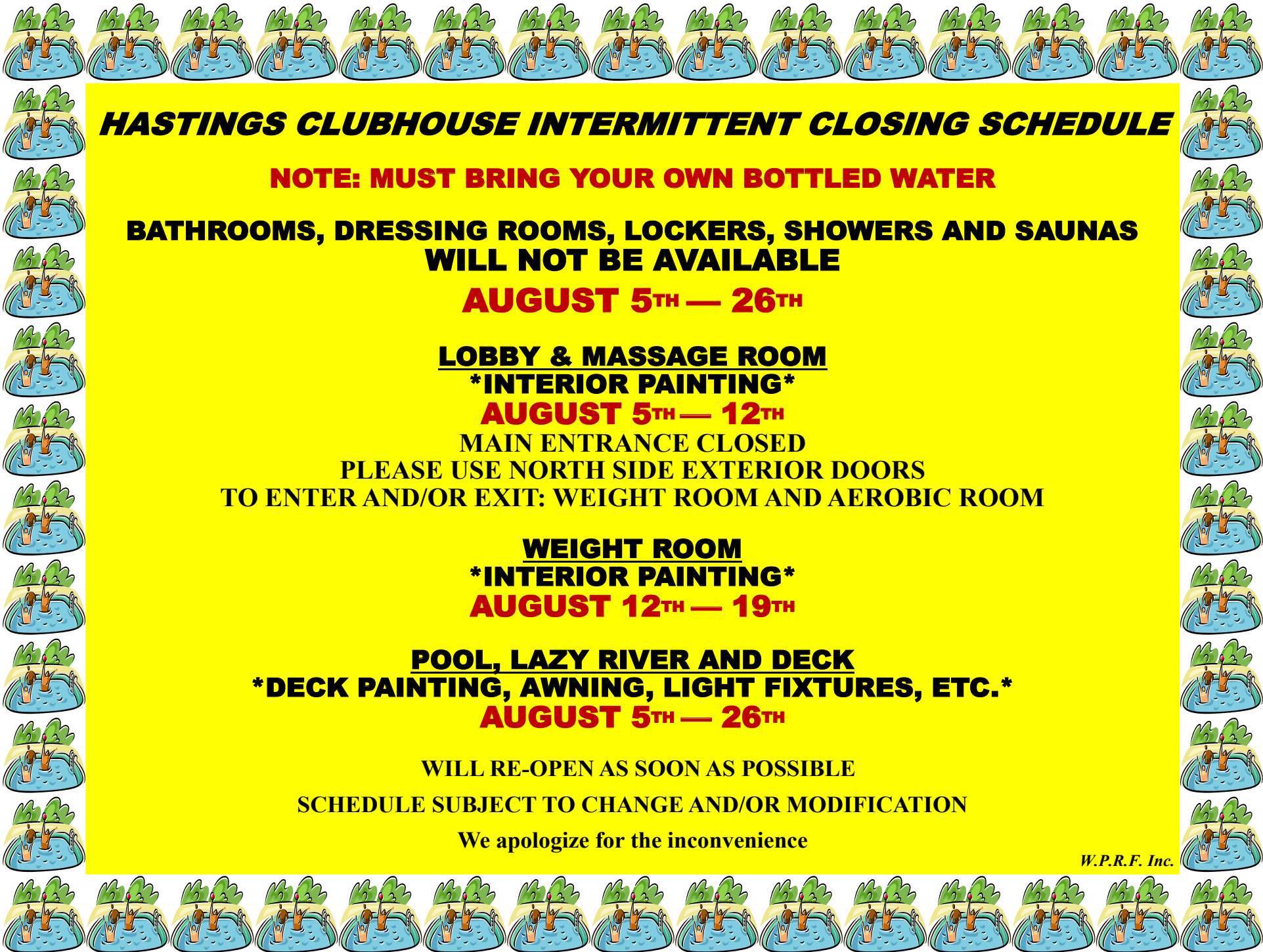
July Adult Activities

| | |
|-----------------------|---|
| Wed, Aug 07, 2:00 pm | Email Basics, Hands-on |
| Fri, Aug 09, 4:30 pm | Uploads & Downloads |
| Sat, Aug 10, 2:00 pm | Dungeons & Dragons |
| Mon, Aug 12, 6:00 pm | Cyber Security, Lecture |
| Tue, Aug 13, 2:30 pm | Workforce Housing Program Orientation |
| Wed, Aug 14, 1:00 pm | Android Basics, Hands-on |
| Wed, Aug 14, 2:00 pm | Movie Matinee, call for title |
| Thu, Aug 15, 2:00 pm | Putting Practice |
| Mon, Aug 19, 6:00 pm | Computer Q & A |
| Wed, Aug 21, 11:00 am | Library Apps |
| Wed, Aug 21, 2:00 pm | Book Discussion: "Pachinko," by Min Lee |
| Mon, Aug 26, 6:00 pm | Streaming Made Simple |
| Wed, Aug 28, 12:00 pm | Freegal Basics, Lecture |
| Wed, Aug 28, 2:00 pm | Movie Matinee, call for title |
| Wed, Aug 28, 6:00 pm | French Conversation Group |

If you're interested in attending, please call (561) 233-1880 to pre-register!

Okeechobee Blvd. Branch Library

5689 Okeechobee Blvd. | West Palm Beach, FL 33417
(561) 233-1880 • www.pbclibrary.org



HASTINGS CLUBHOUSE INTERMITTENT CLOSING SCHEDULE

NOTE: MUST BRING YOUR OWN BOTTLED WATER

**BATHROOMS, DRESSING ROOMS, LOCKERS, SHOWERS AND SAUNAS
WILL NOT BE AVAILABLE**

AUGUST 5TH — 26TH

LOBBY & MASSAGE ROOM
INTERIOR PAINTING
AUGUST 5TH — 12TH
MAIN ENTRANCE CLOSED
PLEASE USE NORTH SIDE EXTERIOR DOORS
TO ENTER AND/OR EXIT: WEIGHT ROOM AND AEROBIC ROOM

WEIGHT ROOM
INTERIOR PAINTING
AUGUST 12TH — 19TH

POOL, LAZY RIVER AND DECK
DECK PAINTING, AWNING, LIGHT FIXTURES, ETC.
AUGUST 5TH — 26TH

WILL RE-OPEN AS SOON AS POSSIBLE
SCHEDULE SUBJECT TO CHANGE AND/OR MODIFICATION
We apologize for the inconvenience

W.P.R.F. Inc.



LEGAL

Absentee Owners and Damage to Units

BY MARK FRIEDMAN, FLORIDA BAR CERTIFIED AS A SPECIALIST IN CONDOMINIUM AND PLANNED DEVELOPMENT LAW

Who is responsible for checking on my unit in the off-season?

The Division of Florida Condominiums, Timeshares and Mobile Homes has held that where an owner does not reside in the unit, it is incumbent on the owner to routinely and periodically examine and inspect the unit to ensure the absence of leaks and conditions that would otherwise lead to damage to the building and its occupants, in recognition of the fact that where multiple owners occupy a single building, a problem that develops in one unit may well affect other units and the common element components of the building. There are any number of conditions other than leaks from that could occur within the unit where it would not be immediately observable to the association such as infestation of rodents or insects, electrical problems, major appliance malfunctions, pipes from any washing or plumbing fixtures that erode and flood the building, backups in the sewer system or break-ins from

criminals. Therefore, if you have left at the end of the season and have not asked someone to inspect your unit from time to time, it is incumbent upon you to do so as this is not an Association responsibility.



What if there is a leak in the unit; whose insurance covers the damage?

There are usually three parties to this type of situation: 1) the owner who caused the leak; 2) the other owners damaged by the leak; and 3) the Association. All three parties should put their insurance carriers on notice. The Association is

responsible for all portions of the condominium property as originally installed or replacement of a like kind and quality in accordance with the original plans and specifications and any alterations or additions made to the condominium property or association property as a material alteration to the common elements. However, the Association is not responsible for insuring anyone's personal property within the unit or limited common elements, nor is the Association responsible for insuring floor, wall, and ceiling coverings, electrical fixtures, appliances, water heaters, water filters, built-in cabinets and countertops, and window treatments, including curtains, drapes, blinds, hardware, and similar window treatment components, or replacements of any of the foregoing which are located within the boundaries of the unit and serve only such unit. Such property and any insurance thereupon is the responsibility of the unit owner.

The Association files its claim to cover the portions of the building it

is responsible to insure and repair. The damaged unit owner(s) and the owner who caused the damage must file with their carriers to cover the damage to the excluded items. The owner who caused the damage may also be further responsible under the statute and may become responsible for the any amounts not covered by insurance if the damage resulted from an intentional act, a negligent act, or a violation of the rules or the Declaration of the Condominium. These are often difficult issues, and you should always consult with your attorney whenever there is a leak in your condominium building.

Mark D. Friedman, B.C.S. is certified by the Florida Bar as a specialist in Condominium and Planned Unit Development Law. This article is not meant as a substitute for seeking consultation with your own legal counsel. It is intended for educational purposes only and not legal advice. Mr. Friedman may be reached at MFriedman@beckerlawyers.com.

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| August 2019 | | | | |
|--|---------|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 11:30-12:30PM Lunch & Learn "What is Leg Swelling and Vein Disease?" | 2 |
| 5 12-1PM Join us at the clubhouse for a Lunch & Learn: What is dementia? What is Alzheimer's? How to protect the brain | 6 | 7 10:30-11:30AM Botox/Dermal Fillers/Platelet Rich Plasma: It is not just for the ladies! | 8 10:30-11:30AM Heart Health and Stress Management Light Breakfast included | 9 10:30-11:30AM "What do I do with all this stuff?" Learn how to maximize space Light Breakfast included |
| 12 10:30-11:30AM Buying and Selling Real Estate in Century Village Light Breakfast Included | 13 | 14 10:30-11:30AM "Staying Social: How to do it right" Light Breakfast Included | 15 | 16 10:30-11:30AM Estate and Incapacity Planning with an Elder Law Attorney |
| 19 | 20 | 21 10:30-11:30AM Q&A Session: Ask the nurse Donuts provided | 22 10:30-11:30AM Depression and Aging: Learn helpful tips Presented by Dr. Selzer | 23 10:30-11:30AM Learn about Palm Beach County's senior programs |
| 26 10:30-11:30AM Lunch & Learn "How do you know if your eyes are healthy?" | 27 | 28 10:30-11:30AM What you should know about Medicare Plans Light Breakfast included | 29 10:30-12PM Smartphone 101: Learn how to use your Smartphone and iPad | 30 10:30-11:30AM "Osteoporosis 101" Light Breakfast included |

* RSVP REQUIRED *For more info and RSVP call 561-373-0329

Is AARP Worth It?

BY RUTH BERNHARD-DREISS

AARP is worth it if you dine out frequently, travel and want access to various health and financial resources to help you with retirement and your money. It might be worth it to try for a year to see what kind of discounts you're receiving and how often you're taking advantage of the other benefits. A myriad of benefits comes with membership -- beneficial to some, but not to all.

Find out if the AARP cost of membership is worth it for you. The American Association of Retired Persons is a members-only organization for Americans as they get older and into retirement age. Even though the yearly AARP membership fee is \$16, it might be worth it if you think you'll frequently take advantage of its benefits and resources.

Among the benefits are discounts on restaurants, car rentals, cruises, flights, vacation packages, hotels, resorts, movies, dental, hearing and vision plans, and various other programs. If you are interested in these offers, then AARP could be a worthwhile investment for you.

Publix offers 5% discount on Wednesdays in Tennessee, North Carolina, South Carolina, Alabama and Georgia. Publix has stores in

Florida as well, but they do not provide this discount to their customers. The reason that Publix stores in Florida do not offer the 5% discount is that they have other special offers instead (BOGO's and sales) for customers in the state of Florida. Because of the large population of seniors living in Florida, it is hoped that Publix will include Florida in this senior discount program that so many people are currently benefiting from. Our Villagers are shoppers at the local Publix markets and would welcome it.

I noted reviews such as this: "You may benefit from a few of the discounts but to be honest, I find it to be marginally beneficial. Also, most of AARP advocacy for seniors is for seniors that rely heavily on government benefits. Remember, if you are retired and are paying your own way with 401Ks and other savings vehicles, AARP is really working against you, lobbying for higher taxes on your income from your savings and investments. AARP is really lobbying to take more of your retirement savings and benefits than they are lobbying to help you avoid higher taxes. I plan to end my membership when it expires. I do

not need anyone trying to raise taxes on what I have invested and saved when I was working. If you are a liberal and you have not invested to fund your retirement, then AARP is probably a good organization for you. But if you have been diligent and responsible, and have funded your retirement adequately, AARP is working against your best interests. AARP is another liberal organization that thinks they should encourage the government to redistribute your wealth to those who did not work as hard, or invested their earnings like you did."

And another review: "AARP exists, mainly, to sell older folks products and services they may, or may not, actually need. The powers that be, know they have a captive audience, a targeted demographic, as it were, and they work it. The political arm of AARP has done some good for older folks at the state and national level, but the money behind these positive actions comes from the numerous "partners" who get in on sales and advertising opportunities via the organization's mailing list. One needs only to sign up for AARP Membership to experience, almost immediately, a flood of

targeted junk mail in one's mailbox and email account, attesting to my main assertion, here. Does the end, as in positive legislation for older folks, justify the means, as in selling said folks unneeded products and services? I guess each of us decides for ourselves. I have dropped my membership, a few times, out of disgust with AARP's sales techniques and (perceived) "trickiness." I rejoin out of a sense of camaraderie with my peer group. Worth it? Marginally so, this time around, here I am. That being said, I'm careful to pay (little) attention to each of the latest pieces of junk mail offering me "An incredible value for individuals 65 and older!" You be careful, too, OK?"

I did come across a review from an AARP member who was pleased with their offerings, but these are few and far between. Seniors appear to be dissatisfied with AARP discounts and feel that they can do as well or better without them. Given a synopsis of what they are all about, you make up your own mind. I did, and canceled because membership to me is not beneficial.

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Most cars, restrictions apply

Lifetime Brake Pads or Shoes Replacement (Per Axle).

\$199.99

Most cars, restrictions apply

FREE

Air Conditioning Check

Labor included for the first 24 months. Most cars, restrictions apply.

**\$199.99 Transmission Flush
\$150 OFF Any Transmission Rebuild**

Most cars, restrictions apply

**FREE
Check Engine
Light Scan**

Most cars, restrictions apply

**FREE
Alignment check
with \$15.00 OFF
Alignment**

Most cars, restrictions apply

\$100 OFF INSTANTLY

Up To

ON PURCHASE OF
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PAID INSTALLATION

Most cars/trucks, restrictions apply





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TO OUR
NEWEST
AGENTS!
Jeanette Danziger
Judy-Ann Neal
Lyn Galotti

1 BEDROOM - 1 BATH

| | | |
|-----------|--|----------|
| Camden I | 2nd Floor - Partially Furnished | \$44,000 |
| Andover C | 1st Floor - Tile Floors-Partly Furnished | \$42,900 |

1 BEDROOM - 1 ½ BATH

| | | |
|---------------|---|----------|
| Camden H | 2nd Floor - Open Kitchen-Furnished -REDUCED!!..... | \$49,900 |
| Wellington C | 1st Floor - Custom Kitchen - Open Floor Plan..... | \$89,900 |
| Dover B | 4th Floor -Lake View - Elevator - Furnished..... | \$69,995 |
| Southampton B | 3rd Floor - Tile -XL Patio- W.I. Shower- GREAT VIEW!..... | \$58,400 |
| Greenbrier A | 3rd Floor - Tile Floors- Enclosed Patio - Newer W/H | \$68,500 |
| Southampton A | 3rd Floor- Updated Kitchen & Bath - Furn. Nego. | \$54,900 |

2 BEDROOM - 1 BATH

| | | |
|------------|---|----------|
| Coventry E | 2nd Floor - Rentable - Pet Friendly | \$37,900 |
|------------|---|----------|

2 BEDROOM - 1 ½ BATH

| | | |
|--------------|---|----------|
| Chatham C | 2nd Floor - Water View - Lift | \$74,500 |
| Chatham J | 2nd Floor - Corner - Furn. Negotiable - Tile..... | \$78,000 |
| Dorchester I | 2nd Floor - Corner - Furnished - Water View | \$78,000 |
| Dorchester C | 1st Floor - Corner - Tile - BBQ Area | \$69,900 |
| Chatham J | 1st Floor - Corner - Updated Kitchen & Baths..... | \$69,900 |
| Berkshire H | 1st Floor -EASY ACCESS- Tile Floors-W/I Shower | \$68,000 |
| Canterbury A | 2nd Floor-Corner-Bright-Tile Thru Out - Desirable | \$64,500 |
| Cambridge D | 1st Floor - Furniture Nego.- Great Friendly Bldg..... | \$65,000 |

2 BEDROOM - 2 BATH

| | | |
|--------------|--|-----------|
| Greenbrier A | 3rd Floor - Furnished-Updated Kitchen-Granite-SS | \$90,000 |
| Stratford B | 1st Floor - Updated Kitchen-Granite-SS- W/D Hookups | \$145,000 |
| Wellington C | 2nd Floor - Close to Pool-SS Appl.-Furn. Neg-Lake View | \$92,000 |

3 BEDROOM - 2 BATH

| | | |
|------------------|---|-----------|
| Sunflower Circle | Royal Palm - S F H - NO HOA - Water View - X L Screened Patio - 2 Car Garage - Oversized Lot | \$345,000 |
|------------------|---|-----------|

RENTALS

| | | |
|-----------------|---|---------|
| Lake Anne Drive | 2 BR - 2 BATH - Furnished-SS Appliances-Water View - W/D in Unit - Courtesy Bus | \$1,900 |
| Berkshire K | 1 BR - 1.5 BATH - 1st Floor - Corner - Great Unit | \$1,100 |
| Kent L | 1 BR - 1.5 BATH - Corner - Fully Upgraded | \$1,100 |
| Salisbury G | 2 BR- 1.5 BATH - 2nd Floor -Corner -Updated Kitchen..... | \$1,050 |
| Norwich F | 2 BR - 1.5 BATH - 2nd Floor -Furnished | \$975 |
| Camden P | 1 BR - 1 BATH - 2nd Floor-Furnished-Tile-New Bath | \$875 |
| Camden L | 1 BR - 1 BATH - 2nd Floor - Furnished | \$825 |
| Kent H | 1 BR- 1 BATH - 2nd Floor -Furnished-Laminate Floors..... | \$825 |
| Somerset L | 2 BR --2 BATH- 2nd Floor-Furnished-Updated Kitchen- Granite Counters - Tile | \$1,250 |
| Kent L | 1BR - 1.5 BATH - 1ST Floor -Corner - Updated Bath - Walk in Shower..... | \$925 |
| Salisbury B | 1 BR - 1 BATH- 1st Floor-Open Kitchen-Freshly Painted..... | \$900 |

SEASONAL RENTALS

| | | |
|------------|--|---------|
| Somerset L | 2 BR- 2 BATH 2nd Floor- Furnished-Granite & SS | \$1,600 |
|------------|--|---------|

RECENT SALES

| | |
|--------------------------|-----------|
| 438 Chatham U | \$47,500 |
| 219 Oxford 200 | \$49,200 |
| 186 Kent K | \$70,000 |
| 136 Chatham F | \$74,000 |
| 86 Stratford G..... | \$128,000 |
| 179 Norwich H..... | \$76,500 |
| 136 Chatham F | \$74,000 |
| 181 Canterbury H..... | \$34,000 |
| 31 Chatham B | \$37,000 |
| 4319 Willow Pond Cr..... | \$155,000 |
| 300 Andover L | \$25,000 |

RECENT RENTALS

| | |
|------------------------|---------|
| 237 Sheffield J..... | \$950 |
| 128 Norwich F | \$1,050 |
| 140 Coventry F | \$950 |
| 13 Norwich A..... | \$950 |
| 1 Cambridge A..... | \$1,100 |
| 98 Norwich E | \$975 |
| 3 Waltham A..... | \$850 |
| 237 Sheffield J..... | \$950 |
| 84 Easthampton D..... | \$1,100 |
| 129 Kent H..... | \$850 |
| 54 Easthampton C | \$900 |

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Are Those Drug Cards Worth It?

BY RUTH BERNHARD-DREISS

Lately we seem to receive discount drug cards from various sources. **Can you save with drug cards? Drug discount cards can certainly be useful.** However, they're not the only way – or even the best way – to save money on meds. For most people, the biggest savings come from buying generic drugs, or from their health plans. If your drugstore has a generic drug program, you can save more this way.

Can Discount Prescription Drug Cards Really Help You Save? Everyone can use a drug discount card, but not everyone should, nor can everyone save money using one. How useful a discount drug card can be to you depends on the card. If you have ever spent time researching reduced cost or free prescription drugs on the web, you've also found information about discount prescription drug cards.

With an original intent of helping patients obtain their prescription drugs more affordable, these cards have become a great help to some, while others have realized there is a little discount to be had, and even others have been scammed. Discount cards that help you pay for your prescription drugs are not part of your insurance. They help you either instead of insurance, or in addition to health insurance. Understanding how these cards work, and whether they can truly be helpful to you, is important.

Like Prescription Assistance Plans, some cards have eligibility restrictions. These restrictions may be income limits or age limits (usually over 65, or families with young children). These types of cards are usually free or their fees are very low. They are typically offered by the government, such as Medicare prescription discount cards.

Some cards cannot be used by anyone with health insurance. Similar to those cards with eligibility restrictions of age or income, these cards are intended to help people who can't afford their prescription drugs. Membership organizations sometimes offer cards to their members, meaning you need to be a member to obtain one. These cards won't provide free prescription drugs, but they will offer discounts. For example, AARP and FamilyWize, which is part of the United Way, are two groups that do this.

Some cards are available to anyone. They require that you pay for the use of the card, and that may be an annual or monthly recurring fee. When they are restriction-free, they are more expensive, but may still result in lower purchase prices for the drugs. They are usually offered by a company that negotiates with individual pharmacies for lower pricing.

Store affinity cards are available to anyone who

meets a store's criteria. These are most often offered by drug stores and discount stores for drugs purchased in their own pharmacies. Sam's Club and Kmart are among the stores that offer these kinds of cards.

Some cards are offered by drug manufacturers to people who are not covered by prescription plans through their health insurance. For example, Merck and Pfizer offer cards, and a group of 10 pharmaceutical companies together offer a card called the Together Rx Access Card.

Be Cautious and Do Your Homework -- Some drug discount cards are scams—intending only to take your fee, and not truly provide you with discounts that are not available elsewhere. That is why it's so important that you review each possible card carefully to determine what your specific discounts, for your specific drugs, will be.

Determine Whether a Card Will Save You Money You can decide whether a discount drug card will be helpful to you by getting answers to the following questions:

- How much does it cost you to obtain the card? Some are free, but not all of them are. What are the fees, or what is the purchase price? If there are fees, are they one-time only? Or do they recur?
- Is the card honored at your pharmacy? If the card is not honored at your pharmacy of choice, are you willing to change pharmacies to be able to use their discount? If the drugs you need are available only through a mail-order

pharmacy, do you have to pay additional shipping and handling costs?

- Does the card cover the drugs you take? Not every card will help pay for every drug. The more common the drug you take, the better chance you can get a discount. Some cards cover generic drugs and some do not.

Once you know the drug is covered, and that you can obtain the drugs through a pharmacy that is acceptable to you, you'll want to check the price of the drug using the card. Then you'll want to ask:

- Have you compared the cost of your drug through your pharmacy with other pharmacies in your area, too?
- Can you get a lower price using this drug card than any other price you've found, even when you take into account the cost of obtaining the card, or shipping costs (if applicable)?

Once you have made the assessment for each card you are eligible for, you'll be able to determine your best option for saving money.

Where to Obtain a Card -- Here are a few ideas for obtaining a prescription discount card:

- Needy Meds maintains a master list of discount drug cards that are intended for people who meet income requirements.
- Each state in the United States has programs to help people afford the prescription drugs they need.
- Several websites offer access

to free drug discount cards, based on your eligibility. Find them at PatientAssistance, TogetherRX, RxAssist, or Medication Discount Card.

- Check with your local pharmacy or discount department store to see if they offer discount cards. Target, Kmart, Costco, Sam's Club, Walmart, and many others offer discounts, some which have eligibility requirements. Not all discounts are offered in all their stores.
- Check with organizations you are a member of—you may be surprised at where cards can be obtained and how much money you can (or can't) save. For example, the American Association of Retired People (AARP) offers cards as does the American Automobile Association (AAA).
- A general search engine search will pull up names of many of the cards that are available to anyone to purchase. Please do your homework to make sure that if you pay for the use of the card, you will truly get a benefit from it. Many websites claim they will provide you with discounts. But after you've paid them a hefty fee, you'll learn that there is no benefit, or not enough to compensate for the fee.

Bottom Line -- Many people can save money when they purchase their prescription drugs, even if they don't have insurance. Understanding how prescription drug discounts work and whether you are eligible may reduce the cost for your prescriptions, but be smart and thorough in your research, and use of your card. You want it to help and not hurt your pocketbook.

Author's Note: Having received free cards in the mail numerous times, I checked them out at the pharmacy I use, only to find that my senior health/drug plan was far less expensive. Perhaps these cards are of value to those who are under 65 and not on Medicare. It's worth checking out, but if it isn't broke, don't fix it.





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1st Day, Monday, September 30th at 8:45AM
Tashlikh immediately following services
2nd Day, Tuesday, October 1st at 8:45AM
Yom Kippur – **Kol Nidre** – Tuesday, October 8 at 6:30PM
Wednesday, October 9th – 8:45AM
Yiskor Memorial Services approximately at 10:30AM
Wednesday, October 9th Evening Service – 5:45PM

WE WILL ALSO CELEBRATE THE FOLLOWING HOLIDAYS:

Monday, October 14th **Sukkot** (1st Day) at 9:00AM
Tuesday, October 15th **Sukkot** (2nd Day) at 9:00 AM
Monday, October 21st **Shemini Atzeret** at 9:00AM
Yiskor services at approx. 10:30 AM
Monday, October 21st **Simchat Torah** Celebration at 7:00PM
Tuesday, October 22nd **Simchat Torah** Celebration at 9:00AM

For further information on High Holiday Ticket purchases, please call the Synagogue office 684-3212.

TRASH PICKUP SCHEDULE

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Monday, Thursday and Saturday: Golf’s Edge

Bulk Pickup: Friday for all areas. It is not a pleasant sight to see the bulk trash out all week, so please remember to put your bulk trash out late Thursday evening or very early Friday.

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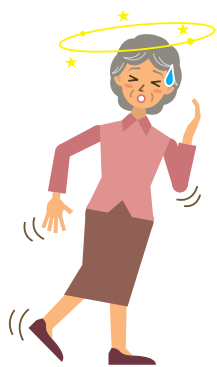
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30 gallon water heater.....\$850
40 gallon water heater.....\$950





20 Senior Truths and Hints on How to Deal

BY JODY LEBEL



Truth #1. Most of us can't dance, but in a fit of hopeful enthusiasm our significant others drag us up on the floor anyway. **Hint:** The trick is to work your way into the middle of the crowd. That way your savvy friends with the Smartphones can't memorialize your awkward contortions and post them on Facebook.



Truth #2. As we age we stop hiding our faults. As a matter of fact we embrace them now. **Hint:** Unless you kick puppies or trip old ladies your real friends will accept you no matter what. And if you do know someone who really does trip old ladies, fake a bad knee and walk behind him. Problem solved. For you anyway.

Truth #3. There's always one person in your group that when trouble happens, he or she has a solution and is willing to lead. **Hint:** Don't stand in their way. Also that person is often nuts.

Truth #4. Whether the news is good or bad there will always be somebody who is not happy. **Hint:** Don't take them too seriously. Unless, of course, you're that guy. If you're that guy, then take it all the way to the supreme court because you know you're right.

Truth #5. Everyone knows someone who acts snobby to the wait staff and then pockets all the sugar packets. **Hint:** Find another lunch friend. There's no cure for this condition. They have mom issues that stem from mommy being bossy at dinner and never giving them dessert. (Think about it. You know that makes sense.)

Truth #6. Every winter some decrepit scientist that they have chained in the basement makes a startling breakthrough announcement and newscasters solemnly inform us peons that: the world is going to end in the year 2026; or there are more atoms in a grain of sand than previously recorded; or the universe is even bigger than past claims and they have a blurry photo to prove it. **Hint:** Don't panic. Just wait till next year when they reverse what they said this year.

Truth #7. You are the only normal person in your building. **Hint:** No hint coming. It's true. Nothing you can do about it. Just try to fly under the radar.

Truth #8. I have found that folks who knock on your door and want to bring you into their religion NEVER want to hear about or join yours. **Hint:** There's two ways to handle this when you see these people in your neighborhood. You could hang a crucifix upside down in your window. But if Satan doesn't scare them, then try not answering the door, drawing the blinds, and sitting in the dark until they leave. Bring snacks because they are persistent and you might be there a long time.

Truth #9. There is a fine line between having a hobby and having a mental disorder. **Hint:** A hobby doesn't take half your income for buttons, bows, ribbon, yarn, wood carving tools, glue guns, and glass etching instruments. A hobby doesn't take over your spare bedroom, make you go out and buy more shelves, and start to spread into the hallway. Ah'm jus say'n.



Truth #10. There is an age where you should stop expecting people to make a fuss over you on your birthday. **Hint:** Except for the big ones, 40, 50 and 75, you should have quit at age 21 which was the magical age that allowed you to legally step into a bar. If you're still having parties at this age, you're seriously addicted to butter-cream cake icing.

Truth #11. Since the invention of the wheel, all humans, regardless of gender, race, or societal standing, and I mean each and every one of us, believes in our hearts, deep down, that we are above the crowd when it comes to driving. **Hint:** Maybe you are. I know I am but don't be silly, we all can't be me.

Truth #12. There will never, ever be true peace in the world. Thousands of years from now when everything is gone and the land is in piles of ashes swirling in the toxic wind, and the only living thing left is cockroaches; those roaches will divide into tribes and be bitter enemies. **Hint:** No hint. Some things

you can't change.

Truth #13. A stitch in time saves nine. **Hint:** Where are we, in the little house on the prairie? Nobody's ever heard of Velcro? Get with the program and stop blurting out that stupid saying.

Truth #14. You can do research and inquire of anybody who will talk to you but you will never find a clear, compelling, and sane reason why we change our clocks twice a year. **Hint:** Do what I do; just look at the clock and subtract or add one hour for six months until the world goes back to normal.

Truth #15. Some old people will tell you that the music of their generation was the best and that your taste in music is mind-blowingly stupid. **Hint:** Don't listen to them. The government secretly gave grandpa experimental drugs when he was young (they told him it was for polio so he wouldn't have to live in an iron lung. They even showed him pictures of a little boy in one. But they lied), and those drugs stunted his ability to accept change. Just smile and tell him he's right. Then when he drags out the Victrola and the stack of vinyl records to show you what you're missing, develop a headache and drive home with your windows open and your radio blasting Rock'n'Roll, the BEST MUSIC EVER!

Truth #16. The awfulness of a movie is linked in direct proportion to the number of car chases it has, and how loud the speakers are in the theater. **Hint:** Stay home, save your ten bucks, and watch Netflix. Better yet, make your husband watch that crap in the second bedroom with the door closed and earphones on his stupid head. Then you can go watch Driving Miss Daisy...again.

Truth #17. The number-one goal of any organized club or group is to annoy people who are not members. **Hint:** Join as many clubs as you can. Then get members from one group to start coming to meetings of another group. Then intermingle that group with a third group. Cross pollinate and get everyone so confused nobody knows what night they're supposed to meet and what room they're supposed to meet in and then everyone will stay home like they really wanted to in the first place.

Truth #18. People who take yoga classes and can bend their bodies in strange positions are not from this country. In fact they are not from this planet. **Hint:** You know who they are. You see them walking around with their little rolled up mats, carrying bottled water. Stay

away from them. If your body was meant to be a pretzel it would have come with Barbie-doll arm and leg sockets.



Truth #19: You can't trust people who don't take naps. **Hint:** There are some compelling statistics to back this up. According to PBSO, ZERO crimes were committed last year from people who were asleep. Put that in your pipe and smoke it. Also, it's a scientific fact (I read in on the Internet) that your body does not age when you are napping, so you can subtract those hours from your age.

Truth #20. You should have regular medical checkups and do everything your doctor tells you. **Hint:** Run! Avoid going to the doctor and never let yourself be admitted to the hospital. Everyone knows of a guy who went in the hospital for a routine 'whatever' and ended up on a slab with his critical organs sitting in a jar in a totally different building. If you're a mailman and you need to deliver the mail, wait till someone else is going in and ask them to deliver it. Or better yet, toss it in the door on the floor and get the heck out of there. I mean it. Or else they will pounce on you and draw your blood and order scans that require you to go through one of those giant tubes and then hand you a seventy-thousand-dollar bill and a thank-you note for donating your kidney.



So there you have it. See you next month, same place, same time, same paper when I'll have more interesting tidbits to share. I mean you do enjoy these columns and you want to see them continue, don't you? (I'm asking for a friend.)



BY RUTH BERNHARD-DREISS

Plan summer trips in West Palm Beach, where there are great museums, a vibrant downtown, beautiful gardens, outstanding performing arts, unique wildlife habitats and great restaurants. Visit the Norton Museum of Art, view tropical plants from six continents at Mounts Botanical Garden, and stroll through the Ann Norton Sculpture Gardens. Best things to do in West Palm Beach, Florida for families include the Palm Beach Zoo, the South Florida Science Center and Aquarium and Grassy Waters Nature Preserve.

Norton Museum of Art



The Norton Museum of Art is well known for its diverse and engaging collection of both local and international works and is one of the best things to do in West Palm Beach, Florida. Located in downtown West Palm Beach, the Norton Museum of Art showcases over 7,000 pieces with an emphasis on European, Chinese and American artists. The museum has gained popularity due to its unique approach to attracting visitors through specialty programs and events. With a bursting calendar of events that features attractions for people of all ages (including families) and programs, workshops, and classes throughout the week, the museum is both an art collector and engaging community epicenter.

1451 S Olive Ave, West Palm Beach, Florida, Phone: 561-832-5196

Downtown West Palm Beach

Well known as a distinct shop-

ping and dining center, Downtown West Palm Beach is a charming and popular attraction. This entertainment district is filled with galleries, restaurants, and retail shops just blocks from South Florida's white sandy beaches. The area, which is filled with some West Palm Beach's trendiest eateries, shops, and entertainment options, is also a popular event destination. If you are wondering what to do in West Palm Beach FL today, this is a great place to start exploring. Throughout the year, Downtown West Palm Beach is known for hosting a variety of events ranging from music festivals

ally, a variety of other gardens, of which there are over 20, are on site, and they feature a diverse range of ecosystems and natural habitats from butterflies to extremely rare and unique plants, a rose garden, a begonia garden, and a Mediterranean garden.

531 N Military Trail, West Palm Beach, Florida, Phone: 561-233-1757

McCarthy's Wildlife Sanctuary, WPB, Florida

McCarthy's Wildlife Sanctuary treats hundreds of native South Florida animals every year. Through guided on site tours, visitors are able

injured creatures. If you are wondering what to do in West Palm Beach, Florida with kids, this is a great place to visit. 12943 61st St N, West Palm Beach, Florida, Phone: 561-790-2116

Kravis Center for the Performing Arts

The Kravis Center for Performing Arts is a hub of cultural and entertainment options, and it is known as a premiere community center in the Southeast United States. Popular for attracting famous performances, high profile acts, and renowned shows, there is no lack of entertainment options at the Kravis Center, and the calendar of events is often filled with the names of the best and brightest in show business.

701 Okeechobee Blvd, West Palm Beach, Florida, Phone: 561-832-7469

Ann Norton Sculpture Gardens

This historic West Palm Beach feature, Ann Norton Sculpture Gardens are situated on the grounds of the former home of Ann Weaver Norton. The property is open to the public and displays over 100 sculptures created by the artist between 1905 and 1982. The structures are placed around the property, and

to outdoor movies to holiday festivities.

301 Clematis St 200, West Palm Beach, Florida, Phone: 561-833-8873

Mounts Botanical Garden

Mounts Botanical Garden is West Palm Beach's largest and oldest public garden, home to nearly two thousand types of tropical plants deriving from six continents. The various plant species are housed in several distinct gardens, including an exotic trees garden, tropical fruit garden, herbs garden, and citrus and palms garden. Mounts Botanical Garden is one of the top West Palm Beach attractions. Addition-



to experience the facility and interact with several different animals. Visitors can learn about the rescue process, including how the sanctuary aids local wildlife officials to



capture wounded animals, and take a peek into the rehabilitation center, including a treatment clinic and recovery room for the orphaned or

Continued on
Page B2

Things to Do This Summer Continued from Pg B1



gardens, and the studio. Information on each piece, including its materials and date of conception, is also provided. Interpretive education is also available on site, allowing visitors to learn more about this iconic American artist, including her early life, education, artistic endeavors, and her long-lasting legacy.

253 Barcelona Rd, West Palm Beach, Florida, Phone: 561-832-5328

South Florida Science Center and Aquarium

With a mission to open the public's minds to science through interactive participation, engaging events, and community-based interaction, the South Florida Science



um's most notable exhibits include a Florida-specific gathering filled with creatures native to the state, a lizard house, a koala and wallaby habitat, a Tiger habitat (which also houses monkeys, tortoises, and tamarinds), and a Tropics exhibit, which is home to a variety of Central and South American animals, including moneys, anteaters, jaguars, and bush dogs.

1301 Summit Blvd, West Palm Beach, Florida, Phone: 561-533-0887

ing neighborhood featuring nearly 50 shops filled with antiques, fine arts, deco period pieces, contemporary and vintage furnishings, and more. The Row is a charming walking district, and the alignment of the shops was designed so that visitors could easily stroll between stores. Known as one of the premiere antique shopping districts in the country, Antique Row is often heralded as one of the most charming and unique antique destination experiences. A full list of shops and

displays of dozens of high interest, specialty automobiles for visitors to peruse. Throughout the year, Ragtaps Automobile Museum is host to a variety of events, including traveling presentations and various temporary displays. Additionally, the museum highlights a variety of automobile and transportation history, along with details on the specific vintage models available on site for guests to examine.

426 Claremore Dr, West Palm Beach, FL, Phone: 561-655-2836

Grassy Waters Nature Preserve

Grassy Waters Nature Preserve is a wetlands ecosystem stretching across a nearly 30 square mile area of West Palm Beach. This Preserve is both a regional attraction and a utility for the city, as it is the primary fresh water supply for West Palm Beach and the surrounding islands. Aside from providing fresh water, the Preserve also offers hands-on, interactive, educational opportunities for visitors, who are able to tour the grounds and facilities to learn more about the wetlands and the area's history in the visitor's center and through public education programs. Additionally, several miles of trails stretch across the landscape through the Preserve, and are open to guests to use free of charge.

8264 Northlake Blvd., West Palm Beach, FL., Phone 561-804-4985

West Palm Beach Airboat Rides

West Palm Beach Airboat Rides offers guests a truly unique South Florida experience with private, guided tours on the unique floating-on-water airboat that is renowned for racing around Southern Florida swamplands. With several different packages to choose from, guests can elect to travel via airboat through a brief tour of the Florida Everglades with the Full Throttle trip, a more laid back in depth examination of the marshlands with the Everglades Explorer trip, or an intensive Eco Tourist ride, which is perfect for those looking to learn about the area's history and explore the depth of the backcountry.

51st Pl. N, West Palm Beach, FL, Phone: 561-252-4030



Center and Aquarium is a premiere educational and recreational facility. The museum boasts over 50 diverse hands-on exhibits, including 8,000-gallon salt water and fresh water aquariums that house both exotic and local marine life. Additionally, a state of the art planetarium that screens educational and feature length films and an interactive exhibit hall, complete with an Everglades exhibit displaying the rich and diverse Everglade ecosystem, provide visitors with no shortage of opportunities for engaged learning and entertaining educational pursuits. If you are looking for best things to do in West Palm Beach with kids, this is a great stop.

4801 Dreher Trail N, West Palm Beach, Florida, Phone: 561-832-1988

Palm Beach Zoo & Conservation Society

Located in downtown West Palm Beach, the Palm Beach Zoo & Conservation Society is a 23-acre campus that is home to nearly 700 species of animals. The lush tropical habitat is home to a variety of animals both local and exotic, and the zoo features a variety of permanent exhibits along with traveling educational programs. The muse-

West Palm Beach Green Market

This local farmers' market is an ideal West Palm Beach event for visitors to find the area's freshest locally grown and created produce, including fruits and vegetables, home made goods such as meats, cheeses, baked goods, drinks, and other delicacies, along with fresh cut flowers and plants, and more. For information on seasonal availability and the market's varying hours, you can visit the Green Market website, which provides up to date information.

Narcissus & Second Sts., West palm Beach, Florida, Phone: 561-822-1515



Antique Row Art & Design District

West Palm Beach is home to the renowned Antique Row, a charm-

a district map is available on the Row's website.

3711 S Dixie Hwy, West Palm Beach, FL, Phone: 305-495-0784

Ragtaps Automobile Museum

A premiere destination for vintage automobile lovers, Ragtaps Automobile Museum showcases a variety of unique automobiles, special interest pieces, and authentic memorabilia throughout a nearly 10,000 square foot facility. The onsite museum hosts a variety of interpretive and interactive exhibits, along with





Daily Bizarre and Unique Calendar Holidays

FUN FACTS FOR AUGUST

BY RUTH BERNHARD-DREISS

Daily Holidays, Special and Wacky Days: National Girlfriends Day (*Hi Pat, my BFF (best friend forever)*); National Mountain Climbing Day (*I suppose some seniors still do, but not this one*); National Raspberry Cream Pie Day.; International Beer Day (*I don't imbibe, but here's to my friends who do*); National Ice Cream Sandwich Day (*haven't had one since I was a kid and the Good Humor man came around*); Campfire Day; Grab Some Nuts Day (*Not the two-legged ones, packaged ones only*); International Hangover Day (*sleep it off*)

Gemstones for August are: Agate, Peridot and Sardonyx, and the **Flowers** are: Gladiolus, and Poppy.

August, was named in honor of Augustus Caesar.

Zodiac Signs are: Leo (July 23 - Aug. 22) and Virgo (Aug. 23 - Sept. 22).

Tourism - This month is the busiest time for tourism. It falls in the main school holiday of the year, and the summer holidays which last for six

weeks for state-run schools. There are no federal holidays this month and only one holiday that is truly celebrated all around the nation is in the form of Women's Equality Day. August is the hottest month of the year for most states around the US, so many people take this time to head off on vacation and travel around the country.

Some Monthly Celebrations:
National Catfish Month
Harvest Month
National Water Quality Month
Peach Month

National Immunization Awareness Month (start thinking about your flu shot)

Get Ready for Kindergarten Month (Grandmas send the kiddies their first day of school outfit)

History: In the original Roman calendar the month of August was called Sextilis. This was because it was the sixth month of the year. Later, after January and February were added to the calendar, it be-

came the eighth month of the year. At the time the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.

August in Other Languages:
Chinese (Mandarin) – bayuè; Danish – august; French – août; Italian – agosto; Latin – Augustus; Spanish - agosto

Fun Facts about August: It is the last of the summer months; The Islamic holiday of Ramadan runs for a month from sometime in July to August; August in the Northern Hemisphere is similar to February in the Southern Hemisphere; Augustus renamed the month of Sextilis because many of his greatest triumphs occurred during this month; August is a month of summer vacation and holiday for many children around the world; Many cultures call this month the harvest month or the time of harvest.

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LUNCH WITH LENORE



BY LENORE VELCOFF

Four friends and I ate at this chain restaurant and really enjoyed it. Tried their Lunch Duos starting at \$6.99. What a deal! It is available Monday-Friday, before 3:00 pm.

Each meal comes with a bowl of soup (Minestrone-no meat or Pasta E Fagioli-beans and ground beef) and their famous breadsticks-served warm. Love the soup and would like some more? Just ask your server and they will gladly bring you another bowl. If soup is not your thing, try their “Never Ending” salad bowl. Not just iceberg lettuce, but chunks of ripe tomatoes, olives, red peppers and tasty croutons with their special dressing. Eat as much as you want. Then you get to choose one of the following:

Grilled Vegetable & Cheese Piadina

Eggplant Parmigiana Breadstick Sandwich (with fries)

- Spaghetti with Meat Sauce Pasta Bowl
 - Meatball Pizza Bowl
 - Asiago Tortelloni Pasta Bowl
 - Shrimp Scampi Pasta Bowl
 - Fettuccine Alfredo Pasta Bowl
 - Italian Meatball Breadstick Sandwich (with fries)
 - Chicken & Cheese Piadina
 - Zoodles Primavera Pasta Bowl
 - Meatball Pizza Bowl
 - Chicken Parmigiana Breadstick Sandwich (with fries)
 - Lasagna Classico
- With thirteen entrees, there certainly is something for everyone. My favorite was the shrimp dish. Their portions are very generous. In fact, so generous that none of us could order dessert (ala carte). The restaurant was spotless, the server

5801 Lake Worth Road
Lake Worth
(561) 641-0900



efficient and very friendly (gladly explaining any unusual dish). “Piadina are an authentic Italian street food. They’ve been loved by Italians for centuries because of their signature flaky crust, fresh ingredients and savory flavors. It is a sandwich filled with red peppers, mushrooms, spinach, and served with marinara Sauce”. Well worth the trip to Lake Worth.

Sprouts Farmers Market in Wellington

BY NICHOLAS MA

The Sprouts Farmers Market on State Road-7 in Wellington, which opened in March 2019, is one local supermarket that warrants comparison with its competitors. The extensive fresh and organic produce, poultry, dairy products, nuts, grains, and other foods and beverages rivals what one might find in Whole Foods Market. Indeed, according to a Sprouts spokesperson, 90 percent of Sprouts’ products have undergone “minimal processing and do not contain artificial flavoring, colors, preservatives or synthetic ingredients.” The prices, however, are closer to those of Walmart and Aldi, thanks to the discounted “Healthy Savings” and “Bountiful Bargains” throughout the store. Like Publix and Whole Foods, Sprouts has a fish market with fresh catches (including shrimp, scallop, lobster tails, and King Crab legs/claws), butcher shop, bakery with pastries galore, and deli with rotisserie chickens and sandwiches to order. The health and nutrition section is stocked with vitamin and protein supplements, body care products, prebiotics, and various “superfoods.” Those with a nutty and/or sweet tooth can even indulge in the “Cookies by the Pound!” and “Bulk Foods” sections,

while customers with healthier palates could visit the salad bar. A “Re-charge and Relax” station, located to the right from the entrance, is available for customers who need some quiet reprieve.

There are new weekly sales every Wednesday, with special 72-hour-sales on weekends. Weekly and monthly ads can be found in-store, though only the weekly ad can be accessed online at <https://www.sprouts.com/weekly-ad/>; just be sure to select the correct store location on the top right corner of the webpage for local results (see address below). Digital coupons are also available at <https://shop.sprouts.com/shop/coupons>. Customers can visit <https://delivery.sprouts.com/> to order and deliver their groceries online using Instacart services. The website also has various articles and recipes, including ones tailored to vegan, vegetarian, gluten-free, dairy-free, and paleo diets. Sprouts Farmer Market is located next to Old Navy in the Shoppes at Isla Verde, open from 7AM to 10PM daily.

Address: 820 S. State Rd.7 Wellington, FL 33414.

Phone number: 561-515-8625



Nutrition and Health Fruits of Summer

BY JEANIE W. FRIEDMAN, MS RD LD/N

In South Florida, one of the great things about summer is the abundance of fresh fruit found at our local farmer's markets or grocery stores. While you are savoring the sweetness of fresh fruit, your body also benefits from the vitamin A and C that is found in summer staples like cantaloupe, mangoes, berries, peaches, and watermelon. Antioxidants can help protect your cells from damage. The following are some ideas on how to use up surplus summer fruit.

Peaches

Look for peaches that are clear, without damage and blemishes. They should be a rosy-looking, with pink, yellow, or orange tones. Ripe peaches have a wonderful fragrance and yield to slight pressure. Ways to enjoy:

- In a cobbler
- Cut up in yogurt or ice cream
- On the grill
- In an upside-down cake
- In salsas or sauces
- With pork chops or chicken

Cantaloupe

Look for melons that feel heavy-

er than you expect. Gently tap the melon and listen for a deep, dull sound that would indicate ripeness. By pressing lightly on the stem end, you can check for ripeness. The fruit should yield slightly. If it yields more than that, it's too ripe! Try cantaloupe as follows:

- Slice or two with morning cereal, oatmeal, or waffles
- Grilled kebabs
- In a salad
- Wrapped in prosciutto (an Italian ham)
- In drinks like smoothies, or sangria if you like!
- In a cold summer soup

Berries (blueberries, strawberries, blackberries)

Berries are very delicate. They should be used up quickly and stored in the refrigerator upon coming home from the farmer's market or grocery. Use it:

- With ice cream or yogurt
- In a tart or pie
- With breakfast cereal, oatmeal, or waffles
- Blueberry pancakes
- Blackberry cobbler
- In muffins

- In smoothies
- In desserts like crisps or cobblers

Watermelon

Watermelon can also be yellow, pink, or orange in flesh instead of just red. Look for whole melons that are heavier for their size. Water content is increased as the fruit ripens. A yellowish spot on the flat side of the watermelon indicates that it sat a little longer before picking, allowing more time to ripen.

If you are buying cut watermelon, choose fruit that is deeper in color with fewer white lines in the flesh. Watermelon is delicious; try it:

- In salsa
- Paired with shrimp in a salad
- Watermelon barbecue sauce
- In drinks like a frosty or smoothie

Mangoes

Mangoes can come in many varieties. Some are more rounded while other types are more oblong. The texture of the flesh can also differ from one type to another. Some types may be more fibrous than others.



Allow the fruit to ripen on your counter. When it is ready to eat, it should yield to slight pressure from your finger and many types would have a heavenly sweet scent. Usually the skin would turn from green to shades of yellow and red. It is great used:

- In sauces (like mango mustard) or salsa over fish
- Chopped to top salads
- In smoothies
- Added to ice cream or yogurt

Enjoy!

Jeanie W. Friedman is a Registered Dietitian and nutritionist licensed in the State of Florida. This article is intended for educational purposes only and is not intended as a substitute for consultation with your health care professional. Always seek the advice of your doctor before changing your diet.

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CENTURY VILLAGE ORGANIZATIONS

Information in this column will be limited to:

Organization name
Meeting date
Meeting location
Contact person

Information should be addressed to: **ucoreporterwpb@gmail.com** and must be received by the 15th of the month or submitted at the UCO Reporter Office on Tuesdays, Wednesdays and Thursdays from 9:00AM to 12:00PM.

Details on upcoming special events and programs will be included in a new UCO Reporter column - "WHAT'S HAPPENING". Copy should be sent to **ucoreporterwpb@gmail.com** and must be received by the 15th of the month or submitted at the UCO Reporter Office on Tuesdays, Wednesdays and Thursdays from 9:00AM to 12:00PM.

ACT II COMMUNITY THEATRE - Every Wednesday - 7:00 p.m. - Clubhouse.

ACTORS STUDIO OF CENTURY VILLAGE: Every Monday 7-10 pm in Classroom B.
Neil: 561-215-4999

AFRICAN AMERICAN CULTURE CLUB (AACC) - First Wednesday of every month - 6 p.m. in Clubhouse Art Room. Contact Flo at (203) 218-3085, Les Rivkin at (315) 529-1221 or Eula at (561) 598-8405. See "What's Happening" for details on upcoming events.
• The AACC will begin a 3 month hiatus in June. We will reconvene in September 2019. Have a great and safe summer. We look forward to seeing everyone in September.

AITZ CHAIM:
• Daily services 8:00 a.m.
• Mincha and Maariv at Sundown
• Sisterhood 3rd Monday of month 10:00 AM. Charlotte 917-815-7711; Charlotte 478-8756; Anita 686-9083.

AL 'ANON MEETING Every Thursday - Clubhouse Craft Room 2 - 3 p.m.

ALZHEIMER'S ASSOCIATION: Free community workshops every 2nd and 4th Tuesday -10:30 a.m. - Noon in Card Room B or C. Call Sandy 561-689-3540 or Carmen 561-469-1220.

BABY BOOMERS CLUB: December through April - 3rd Wednesday of each month - 3:30 p.m. Contact Lynn: Lynnsevan@aol.com

BALLROOM DANCE GROUP: Mondays 2 - 4 PM. Party Room, Call: Irwin 917-915-2174.

BEST SHORT STORY DISCUSSION GROUP: 1st and 3rd Tuesday of each month. Craft Room 1:30 PM. Contact Julie at 249-6565

BIBLE STUDY GROUP - "Taste and See" Sunday, 5 - 6:30 p.m Clubhouse, Classroom C. For information, call Terry at 908-635-9833 (Terrygirl908@gmail.com) or Tony at 561-371-6324 (Drmessage@comcast.net)

B'NAI B'RITH CENTURY UNIT #5367: Meetings will begin again in the Fall. For information, contact Sondralee Wynn at 561-640-9998. Enjoy your summer.

BROOKLYN QUEENS CLUB: Second Wednesday of the month - 2:00 p.m. Clubhouse Party Room. October to April. Call Harriet Levine: 684-9712.

CENTURY VILLAGE ARTISTS: View our artwork on 1st and 2nd floor of the main Clubhouse. Information about purchase or display -- Beth Baker @ 684-3166.

CENTURY VILLAGE BOOK CLUB - Information, call 640-6944 or email arzj@hotmail.com

CENTURY VILLAGE CAMERA CLUB: Ken Graff at cameraclubcv@gmail.com.

CENTURY VILLAGE COMPUTER CLUB: First Thursday of every month at 1 p.m. in Clubhouse Room 103. Call Kathy @ 252-8495 or visit website at: <http://www.cv-computerclub-wpb.com>

CENTURY VILLAGE CRAFT CREATIONS - KNITTING/CROCHETING CLUB: Tuesdays at 9:30 a.m. -12 noon. Craft Room (104).

CENTURY VILLAGE GENEALOGY CLUB - 2nd Monday of every month at 10 a.m. - Card Room B through March. For more information, contact Arye 732-779-8079

CENTURY VILLAGE MEN'S CLUB: First Sunday of every month at 9:30 A.M. - Clubhouse Craft Room. Contact Ruben J. Ramos 561-459-7176 or docruben1@gmail.com

CENTURY VILLAGE (OA) OVEREATERS ANONYMOUS - Sunday 6:30 to 7:30 p.m. in Craft Room. For information call: 242-0189 or 347-469-2929 or 308-6444.

CENTURY VILLAGE SAILING CLUB - Summer season May 1 through September 30 - 5 months when the dock is open Monday and Tuesday 11 am to 5 PM Buddy system available when dock is closed. Call Kris Ohlen, Commodore: 917-821-1136 with any questions.

CENTURY VILLAGE WOODWORKING CLUB: 6 days a week from 8:30 AM to 11:30 a.m.. Join us in our hobby shop.

CENWEST FISHING CLUB: For information, call Al at 561- 242-0351 or Mike at 802-479-4184.

CHRISTIAN CLUB: Re-opens Sept. 4, 2019. Meetings Clubhouse Party Room, 1PM, first Wednesday of every month. All are welcome. Club information: call Rae 561-254-2290, Happenings & Trips:, call Figgy 561-707-6548 or see "What's Happening".

CONGREGATION ANSHEI SHOLOM, 5348 Grove Street. Phone: 684-3212 Weekday minyans held on Thursday mornings at 8:45 AM.

• Shabbat Services Friday evening at 5:00 PM and Saturday morning at 9:00 AM. If you need to say Kaddish please call ahead so we can get a minyan together.
• Rabbi Kavon's class resumes in the Fall, held every Thursday following minyan approximately at 10:00 AM.
• Hebrew for beginners will be held each Monday at 10:00 AM. The class given by Sara Farkas is free of charge.

COUNTRY LINE DANCING: Country and Regular, Monday and Friday 9:00 to 11:00 a.m. in Art Room or Party room. Contact Frankie 561-777-5712

DANCE PARTY: Tuesdays 7 - 9 p.m. in Party Room. For information, call Lou 398-8785.

DOO WOP CLUB: Meets in Clubhouse Room C: 7 - 9:30 p.m.

DEMOCRATIC CLUB OF CENTURY VILLAGE, WPB - Meetings begin at 1:30 p.m. in Club House Party Room. Sign-in and refreshments at 1 p.m. Call Rhoda 686-0835 for information on mail-in ballots, voter registration or club membership. No meetings scheduled for July and August.

FRIENDS OF BILL WILSON: Every Thursday 6:30 - 7:30 p.m. in the Clubhouse Craft Room.

"FRIENDS OF POST" (PEDIATRIC ONCOLOGY SUPPORT TEAM): Meets second Monday of the month. Clubhouse Party Room - 11:30 a.m. Contact Shirley at 478-2391 or Marion 684-5814. Future activities being planned.

HASTINGS CUE CLUB: Mon. - Sat. 9:30 AM - 12 noon.

HOLOCAUST SURVIVORS OF THE PALM BEACHES: First Wednesday of month 9:30 a.m., Golden Lakes Temple. Bus provided from Century Village Clubhouse. Information: call Kathy @ 689-0393

IRISH AMERICAN CULTURAL CLUB OF CENTURY VILLAGE - The first meeting of the IACC will be on Nov. 4 at 2 p.m. in the Party Room. After that, all meetings will be on the first Monday of the month at 2 p.m in the Party Room. Call Carole 1-914-343-5547 for more information.

ITALIAN AMERICAN CULTURE CLUB OF CENTURY VILLAGE: Meets every 3rd Wednesday of each month in Clubhouse Party Room at 1 p.m. For club information, call Fausto 478-1821 New and renewal membership drive will begin in September. Bowling every Saturday morning at Verdes Lanes 9 a.m. For information, call Lenny 471-2603. League Bowling begins October.

JUDITH EPSTEIN CHAPTER OF HA-DASSAH: For current information, call Marilyn at 689-3647.

KATHY'S KITCHEN: November through April on 3rd Friday of the month at 1 p.m. - Clubhouse Party Room. Bring along a dish that we can all enjoy, Discuss recipes. For more information, call Kathy 561-252-8495.

KNIGHTS OF PYTHIAS: Palm Beach Rainbow Lodge #203 - 2nd and 4th Tuesdays - 1 p.m. Century Village Medical Building in CSI Caregiver Services. For info, call Irv 683-4049 or <http://knight203.blogspot.com> .

LATIN AMERICAN CLUB: First Thursday of every month - 6 p.m. Clubhouse Card Room A. New members, call Ruben Ramos at 561-459-7176 or docruben1@gmail.com .

EL CLUB LATINO AMERICANO: Más información, comuníquese con Rubén Ramos al 561-459-7176 o docruben1@gmail.com.

LINE DANCE WORKSHOP - For information contact Jerri Adams 731-439-0730

MERRY MINSTRELS: Looking for women and men who enjoy singing. Contact Louis Ahwee at 561-531-3188.

MIND SPA: For information, call Gerald Caning 689-4346.

NEW YORK CITY TRANSIT RETIREES: Anyone interested in attending a meeting of the New York City Transit Retirees of Florida, West Palm Beach Chapter, please call Kathy - 689-0393.

NIGHTCLUB: Dancing in a nightclub atmosphere. All genres of music - ballroom, disco, R & B, Motown, swing and line dancing. If you are interested in performing in the SPOTLIGHT - dancers, singers, comedy and skits - call Erwin 917-915-2174 for more information.

NORTHERN STARS: Will meet on the second Monday of every month. 6:30 to 9:30 PM - Clubhouse Party Room . Call Janisse @ 586-291-8286 or email: northernstarsbo@hotmail.com

PET CLUB: Contact hmalloy2000@yahoo.com.

PICKLEBALL: Courts open at 8:00 each morning.

PING PONG CLUB: Anyone interested in starting a ping pong club, please call Phil at 908-468-5477.

POLISH AMERICAN SOCIAL CLUB OF CENTURY VILLAGE -1st and 3rd Thursday of the month at 6:30 PM at the Art Room . Call Krystyna Teller at 561-674-4887 or www.facebook.com/polishsocialclubflorida2x



CENTURY VILLAGE ORGANIZATIONS

PROACTIVE RESIDENTS PROJECTS COMMITTEE: The official organization has been dissolved. However, the residents that oppose any development on the closed golf course will still maintain that opposition. The current PRPC blog will be deactivated.

SAILING CLUB: Every 2nd Friday at 10 a.m. Classroom C. Contact Commodore Kris Ohlen for more information: (917) 821-1136. FREE sailing instructions given at boat dock by Dock Master Bob Wilson - Monday through Thursday from 11 a.m.- 5 p.m. Races are held Tuesday at 2 p.m. so no lessons then.

SCRABBLE CLUB OF CENTURY VILLAGE: Every Tues - 6:00 p.m. 2nd Floor Card Room.
Call: Lucy @ 729-0705.

SHARON CHRISTIAN CHURCH: 3443 Haverhill Road North, WPB 317-440-8503
Sunday service - 10:45 A.M. Robert F. Carter, Pastor Please join us.

SHUFFLEBOARD CLUB: We play singles from May thru September on Tuesdays at 9 AM and from October thru April, Tues./Wed/Thurs. at 1:15 PM. so come early to sign in. I will be glad to show you how to play. Ed Wright 561 632 5268

SNORKEL CLUB: Meetings on the third Friday at the Clubhouse at 10:00 a.m. For more information, please call Ron Helms at 561-683-8672.



SPANISH CONVERSATION CLUB: Weekly meetings in Clubhouse, Classroom B, Wednesday 10 a.m. Contact: Thomas Kansas, 864-406-9580 and leave your name/number.

TABLE TENNIS: 2nd floor of Clubhouse in former Sewing Room. Tables reserved for advanced players every day between 10 a.m. and non. Tables available to all other players from noon until the Clubhouse closes. Information, call: Julian Wolfe at 561-223-0637 or juwolfe1941@gmail.com

UNITERS SOCIAL FUN CLUB OF CENTURY VILLAGE: Clubhouse Craft Room. Call Esther 561 328-7935 for meeting dates. Like us on Facebook/Uniters Social Fun Club of Century Village.

VILLAGE SONGBIRDS: Perform in Memory Care Nursing Homes in Palm Beach County two or three times a month. We NEED a piano player - music director that can transpose music. Call Carmen 561-469-1220 for rehearsal schedule.

YIDDISH CULTURE GROUP: Programs every Wednesday at 10 a.m. in the Main Clubhouse Theatre. For information, call Golda Shore 697-3367.

WALL STREET CLUB: Every Wednesday at 4 p.m. in Clubhouse Room A. For more information call Gregory Kremenchugsky 248-489-9084.



WHAT'S HAPPENING

THIS COLUMN WILL CARRY SPECIFIC INFORMATION ON UPCOMING PROGRAMS AND ACTIVITIES IN CENTURY VILLAGE. Details should be addressed to: ucoreporterwpb@gmail.com and must be received by the 15th of the month. Copy may also be submitted at the UCO Reporter office on Tuesdays, Wednesdays and Thursdays from 9:00AM to 12:00PM.

Copy should include brief description of upcoming activity, date and contact person..

For regular organization information, see 'Century Village Organizations'

AFRICAN AMERICAN CULTURAL CLUB (AACC):

- CARD NIGHT: Play Hand and Foot in the Clubhouse card room every Monday and Wednesday at 6:00 p.m. All skill levels are invited, and we will teach new players. Contact Sadie at (845) 541-7167, Audrey at (561) 712-1324, or Eula (516) 718-7478.

AITZ CHAIM:

- Daily services 8:00 a.m.
- Mincha and Maariv at Sundown.
- Sisterhood 3rd Monday of month 10:00 a.m.. Charlotte 917-815-7711; Charlotte 478-8756; Anita 686-9083.

ALZHEIMER'S ASSOCIATION:

- Free community workshops every 2nd and 4th Tuesday of the month -10:30 a.m. - Noon. Card Room B or C. This is your learning time. Please do not bring along the person you are trying to help. Call Sandy 561-689-3540 or Carmen 561-469-1220.

CENTURY VILLAGE MEN'S CLUB:

Join us for dinners, dances, fishing trips, sports events, casino trips, cruises and other fun activities. For more information, contact Ruben J. Ramos 561-459-7176 or docruben1@gmail.com

CENTURY VILLAGE SAILING CLUB: FREE sailing instructions given at

boat dock on Mondays and Tuesdays 11 AM to 4 PM (allowing time to take down the rig and store the boat) by summer attendant Al Twoig.

CENWEST FISHING CLUB: No matter your skill level, we encourage you to attend a meeting to learn what we have to offer. Information: Al (561-242-0351 or Mike (802-479-4184)

CHRISTIAN CLUB: Casino Trips: Aug. 21, Sept, 23, Oct. 21, Nov. 18. Grand Canyon & Las Vegas, Oct. 13-18 2019, Flight & Motor Coach Trip - Closing Date: August 4, 2019. St. Augustine & Jacksonvilles, FL, December 2-4, 2019 - Closing Date: September 18, 2019.

CONGREGATION ANSHEI SHOLOM: 5348 Grove Street in Century Village. 684-3212

For further information on any events, please call the Synagogue office 684-3212. Planning a party? Rent our Social Hall which is strictly kosher. Shabbat Services Friday evening at 5:00 PM and Saturday morning at 9:00 a.m.. If you need to say Kaddish please call ahead so we can get a minyan together. Rabbi Kavon's class will resume in the Fall every Thursday after minyan approximately at 10:00 a.m. See office for details.

Following are the activities and events scheduled for the summer months and September & High Holidays 2019:

- Monday, September 2nd @ 12:00 Noon – Sisterhood Labor Day Bar B Que
- Saturday, September 21st at 7:00 p.m., Selichot services

High Holiday Tickets now on sale – Rosh Hashanah – Erev-Sunday September 29, 2019 at 6:00PM, 1st Day, Monday, September 30th at 8:45AM Tashlikhim immediately following services

2nd Day, Tuesday, October 1st at 8:45AM

Yom Kippur – Kol Nidre – Tuesday October 8th at 6:30PM

Wednesday, October 9th – 8:45AM Yiskor Memorial Services approximately at 10:30AM

Wednesday, October 9th Evening Service – 5:45 PM

Fees for Rosh Hashanah & Yom Kippur: Members - \$85.00
Non-Members - \$135.00
One Day Attendance - \$70.00

For further information on High Holiday Ticket purchases and any of these events, please call the Synagogue office 684-3212.

FRIENDS OF POST" (PEDIATRIC ONCOLOGY SUPPORT TEAM):

- Card Party at Avanti's - 4th Monday of every month
- Watch for announcements of future events

ITALIAN AMERICAN CULTURE CLUB: (IACC) OF CENTURY VILLAGE:

Meets every 3rd Wednesday of each month in Clubhouse Party Room at 1 p.m. For club information, call Fausto 478-1821. New and renewal membership drive will begin in September. Bowling every Saturday morning at Verdes Lanes 9 a.m. For information, call Lenny 471-2603.

SAILING CLUB: FREE sailing instructions given at boat dock by Dock Master Bob Wilson - Monday through Thursday from 11 a.m.- 5 p.m.
● Races are held Tuesday at 2 pm so no lessons given then.

SNORKEL CLUB:

- Lectures at Silver Science at SFSC, Science for Seniors at Green Cay, FPL's Manatee Lagoon.
- Photographing and bird watching at Wakodahatchee Wetlands.
- Kayaking at Phil Foster Park or Macarthur Park.
- Snorkeling on Peanut Island or Phil

Foster Park.

YIDDISH CULTURE GROUP: We present programs that perpetuate our Jewish heritage. All programs are translated into English and are held in the Main Clubhouse Theater.

- Yiddish Culture Chorus - Wednesdays 1 p.m. - Large Music Room - 2nd floor Clubhouse
- Yiddish Vinkel - 2nd Sunday of every month in Clubhouse.
- Weekly programs - Wednesdays at 10 a.m. in Clubhouse Theater
- Conversational Yiddish Class - Thursdays at - 10 a.m. in Clubhouse Classroom A



Famous People Born In August

(source: thefamouspeople.com)

BY CATHERINE DUNCAN

The month of August is dominated by the zodiac sign, Leo (7/23-8/22), with the last few days falling under Virgo. A Leo possesses a positive and very enthusiastic outlook towards life. Proud and determined, they are great achievers and born leaders; they like to rule, brave and fearless when it comes to confrontation. Although Leos are attention-seekers and can be very demanding at times, they are genuine friends and extremely loyal in their relationships.

Lucille Desiree Ball

Model, actress, and comedienne

Born: August 6, 1911

Died: April 26, 1989



Lucille Ball was born in Jamestown, New York, to Henry Ball and Desiree Hunt. When Lucille was three years old her father died of typhoid. She remembers the day he died because a bird became trapped in their house, causing Lucy to suffer from ornithophobia.

After her father's death, Lucy's mother moved the family (Lucy and her brother) to New York to live with maternal grandparents. Lucille's mother found a job at a local factory and eventually married Edward Peterson (1919). Edward and Desiree moved to another city for work and Lucy and her brother were left with Edward's Swedish parents who were very strict. This was a tough time for the children and grandparents. Lucille rebelled against their imposed restrictions. In 1927 Lucille's brother accidentally shot and paralyzed a neighbor boy. The boy's parents sued her grand-

father which forced him to sell his house for financial settlement. At the same time, Lucille enrolled in the John Murray Anderson School for the Dramatic Arts, but was overshadowed by a star student named Bette Davis. The school sent a letter to Lucy's mother suggesting she not waste money on a daughter who has no talent in this field.

Lucille worked as a fashion model in 1928 for Hattie Carnegie. Her blossoming career was interrupted when she became ill with rheumatic fever, unable to work for two years. She resumed her modeling career with Carnegie in 1932 and became the Chesterfield Cigarette girl. The following year she went to Hollywood to pursue an acting career. Appearing in several B movies she earned the title of "Queen of the B's." Eventually, she was given a lead part in a CBS radio program "My Favorite Husband." Later, CBS asked her to adapt it for television. She formed the Desilu Productions with her husband, Desi Arnaz and the show was adapted as "I Love Lucy" in collaboration with CBS. Premiering in 1951 it was a phenomenal success, rated number one within six months, and set the stage for sitcoms. In 1960 she divorced Desi Arnaz and in 1961 married Gary Morton, a stand up comedian. In 1989 she died from aortic ruptures.

Lucille Ball received several Emmy Awards, two stars on the Hollywood Walk of Fame, and was the first woman to receive International Radio and Television Society's Gold Medal. Posthumously she received the Presidential Medal of Freedom and the Women's International Center's "Living Legacy Award."

"It's a helluva start, being able to recognize what makes you happy."
Lucille Ball

Barack Hussein Obama II - 44th President of the United States
Born: August 4, 1961

President Barack Obama was born in Honolulu, Hawaii, to Barack Obama, Sr. and his wife, Stanley



Ann Dunham. Barack's parents divorced when he was an infant. He lived with his maternal grandparents while his mother completed her college education.

Barack graduated from high school in 1979 and later graduated in 1983 from Columbia College, Columbia University in New York City with a Bachelor of Arts majoring in political science with a specialty in international relations. From June 1985 to May 1988, he worked as a community organizer for low-income residents in the Roseland and Altgeld Gardens communities. He entered Harvard Law School in the fall of 1988 and graduated with a J.D. magna cum laude in 1991. As a student, he served as the president of the Harvard Law Review, and his election as the first black president of the Harvard Law Review gained national media attention.

Barack was a successful civil rights attorney before he ventured into politics. He served three terms representing the 13th District in the Illinois Senate before representing Illinois in the United States Senate. Elected to the U.S. Senate in 2004, he began his presidential campaign in 2007 and went on to defeat Republican nominee John McCain in the general election. He assumed office as the President of the United States in January 2009, a time when the country was reeling under the global economic recession, placing tremendous responsibilities on his shoulders. Within the first few

months he implemented several reforms in order to stabilize the economy and to boost its growth. He also completely overhauled America's foreign policy.

In 2009 he signed the \$787 billion American Recovery and Reinvestment Act in order to promote economic growth in the midst of the major global recession. Over the period of one year, a total of nearly 3.7 million new private-sector jobs were created.

Obama doubled renewable power generation during his first term, issuing orders to all federal agencies to cut down on their environmental impacts by 2020. As president, his major focus was on revitalizing the American economy after the recession and he signed the Dodd-Frank Wall Street Reform and Consumer Protection Act (2010) in order to re-regulate the financial sector after its decline during the recession.

He authorized the operation, code-named Operation Neptune Spear, to go ahead with the raid on Osama bin Laden's compound in Abbottabad, Pakistan, in May 2011, resulting in the death of the infamous terrorist. Obama was re-elected to a second term as president in November 2012. Well known for his stance on same-sex marriages and LGBT rights, he called for full equality for gays during his second inaugural address on January 21, 2013—this was the first time that a president mentioned gay rights or the word gay in an inaugural address.

In 2009, the Nobel Peace Prize was awarded to Barack Obama "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples." *Time* magazine named Obama as its Person of the Year twice, in 2008 and in 2012.

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."
President Barack Obama



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BY BOBBI LEVIN



Do you recall the words to the theme song of the TV show “Cheers?” “Sometimes you want to go where everybody knows your name. And they’re always glad you came.”

Such a place exists on the 2nd floor of the Wells Fargo Bank located at the Okeechobee entrance to Century Village. The morning that I visited, I noticed that each person who came through the door was greeted by name and with a warm smile.

The Humana Pharmacy, under the direction of pharmacist Helene D. R. Cedeno, is a “retail lite clinic”. It is one of only 43 pharmacies of this type in the country. The pharmacy acts under the auspices of Humana and is open to everyone, not just Humana subscribers. Not all, **BUT MOST**, insurance is accepted for prescriptions and vaccinations.

Unlike chain pharmacies, this facility is **open only Monday through Friday between 8:30 a.m. and 5 p.m.** If necessary, prescriptions can be delivered at no additional cost, in the Village between 1 p.m. and 5 p.m. **Someone must**

be available to sign for the delivery. With very few exceptions, all scrips are filled the day they are placed.

Orders for some durable equipment (walkers, canes, etc.) can be taken for Humana patients. In addition, for many Humana members, there is an O-T-C (over the counter) benefit and the pharmacy staff will check for qualifications.

The pharmacy staff is licensed to do all types of vaccinations – including flu, pneumonia, shingles, measles, whooping cough etc. No groceries, cosmetics, greeting cards or light bulbs are sold. The only thing you get here is a prescription that is dispensed with a smile and careful instructions.

Both Helene, and her associate Diana, a clinical technician, are fluent in Spanish. In addition to Spanish, they are comfortable translating a number of foreign languages including Russian, German, Polish, and Cantonese so non-English speaking clients are always welcome.

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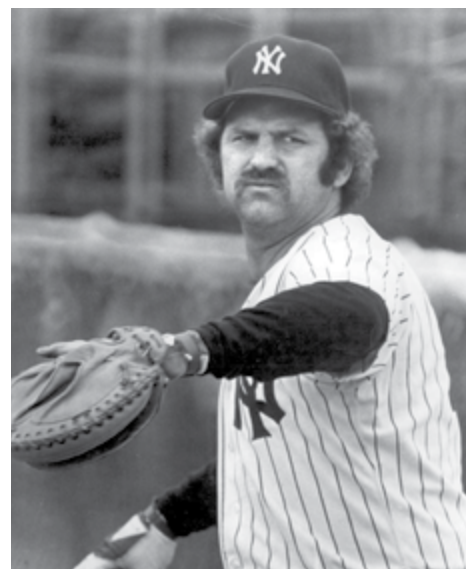
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Around the Bases with Irwin Cohen



Forty years ago, in 1979

Forty years ago, in 1979, many television programs made us smile. Some of the most watched shows were, Archie Bunker's Place, Barney Miller, Eight is Enough, Happy Days, Laverne & Shirley, Little House on the Prairie, Love Boat, MASH, Mork & Mindy, WKRP Cincinnati and several others.

While "You Don't Bring Me Flowers," sung by Barbra Streisand and Neil Diamond, was America's most popular tune, feminist leader Gloria Steinem made national news when she charged that Saudi Arabia was a "Nazi Germany for women," and charged that the Carter administration was silent regarding Saudi subjugation of women.

We followed the changes in Iran as The Ayatollah Khomeini returned after 15 years in exile and within eleven days came to power. The following month, on March 26, in a ceremony at the White House, Egypt and Israel signed a formal peace treaty.

Cameras flashed as Egypt's president Anwar Sadat and Israel's Prime Minister Menachem Begin shook hands while President Jimmy Carter stood between them wearing a fixed smile. The agreement called for Israel to give up the entire Sinai Peninsula captured in the 1967 war. For peace, Israel had to vacate the Jewish communities that had been established, the oil drilling infrastructure and the revenues the wells were producing.

Less than a week later, on the eve of the 1979 baseball season, Iranians voted to become an Islamist state. Baseball lost two well-known executives that year, Warren Giles and Walter O'Malley.

Giles, 82, a World War I veteran, rose through the ranks in his home town of Rochester, NY, holding several positions with the minor league team before being promoted to the major leagues and working for the Cincinnati Reds from 1936 to 1951,

before being tagged for president of the National League from 1951 to 1969. He was highly thought of by umpires as he fought for better working conditions and higher wages.

O'Malley, 76, engineered the move of the Dodgers from Brooklyn to Los Angeles after the 1957 season. He took ownership control of the Dodgers in 1950, 20 years after earning a law degree from Fordham. He married the daughter of a former judge and former neighbor. She was diagnosed with cancer of the larynx prior to their engagement, prompting the removal of the larynx hampering her speaking ability. "She was the same girl that I fell in love with," he used to say. They had a marriage of almost 50 years and sat through many games together at Brooklyn's Ebbets Field and Dodger Stadium in Los Angeles.

We noted their contributions to the game, but we were hit much harder emotionally with the death of Thurman Munson on August 2. The 32-year-old star catcher of the Yankees was piloting his private plane when it crashed outside of his hometown of Canton, Ohio. Munson planned to spend an off-day with his wife and three children.

It was a tearful funeral as the Yankees team and many executives attended and paid homage to their captain. Munson broke in with the Yankees 50 years ago in 1969, and compiled a .292 career average. He hit .302 in 1970 and was named American League Rookie of the Year. Munson was the league's most valuable player in 1976 and hit a whopping .529 in the World Series. The Yanks lost the series in '76, but would go on to win back-to-back championships the next two years.

For some reason Munson took a liking to me and we always chatted when we met. Two hours before a game when the Yanks came

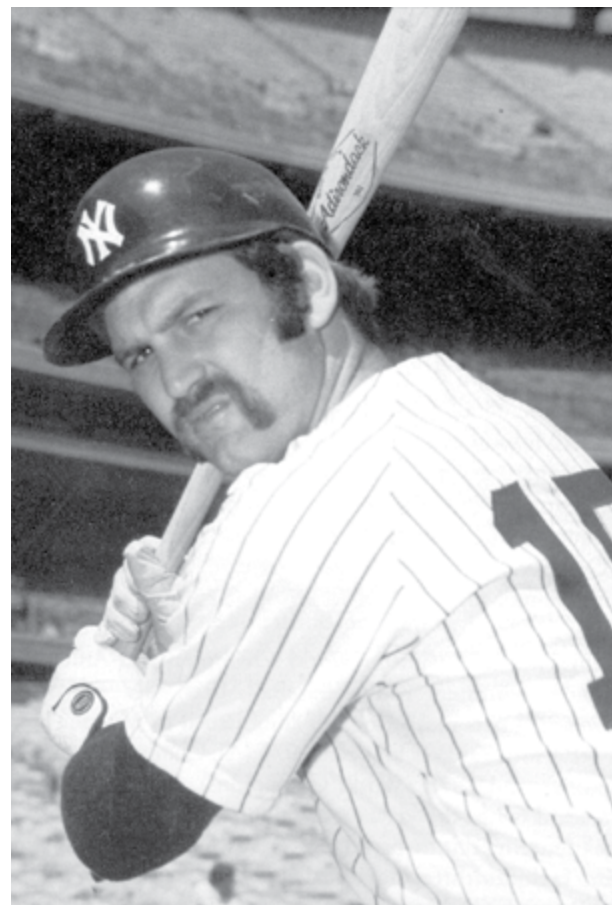
to Detroit, I asked if we could do an interview. He suggested that I come to his hotel room the following day where he could give me all the time needed.

I encountered a barefoot Munson wearing an undershirt and dark slacks the next day. We made ourselves comfortable and over the course of almost two hours told me he idolized Mickey Mantle growing up and the toughest pitchers for him to face were Nolan Ryan and Louis Tiant. His two best friends on the Yankees were Roy White and Jim Catfish Hunter.

He missed his family and the lost time with his children during the baseball season. He didn't have a favorite city on the road. "It just means another hotel room," Munson said. He mentioned that he likes to hit in Detroit as Tiger Stadium has a good hitting background and the games draw good crowds. "But," he added. "When you're in a slump you don't want to hit anywhere and when you're hitting good it doesn't matter where you hit."

Billy Martin was the Yankees manager at the time and I asked how he liked him and who his favorite manager was. "I loved and respected Ralph Houk as a person and thought he was a heckuva manager. I like Billy, too. They are two different kinds of people and I like each in their own way.

"What does baseball mean to you?" I asked. "That's a pretty tough question," he answered. "To anybody in the game it has to be a way of life. It could provide a good liv-



ing and something you have to enjoy to do it well. The biggest thing I think, is that baseball is for kids. I think that's something that most people don't realize. Baseball keeps the older people younger and gives the younger people something to look forward to. Baseball is the kind of pastime that provides a meeting place for young and old."

Thurman Munson is worth remembering as a player and family man.

Author, columnist, public speaker Irwin Cohen headed a national publication for five years before working for the Detroit Tigers where he earned a World Series ring. He may be reached at irdav@sbcglobal.net.

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WELLINGTON M

Beautifully upgraded two bedroom two full bathrooms, condo in one of the most desirable buildings in century village. The building is ideally located near the west gate and on a cul-de-sac just minutes from Florida's turnpike. This condo is located of the 3rd floor offering attractive water views and can be accessed via elevator or stairwell. The enclosed patio has high impact glass complementing the electric hurricane shutters for superior hurricane protection. There are many designer touches such as crown molding. 6 Inch baseboards, popcorn removal, plantation shutters, ceramic tile, patio flooring, custom closet organizers and six panel interior doors. The kitchen features premium appliances, tiled back splash and excellent storage capabilities.

\$145,000

UPPER FLOOR, CORNER 1 BED 1.5/2 BATH

BEDFORD E Absolutely beautiful! Stunning furniture! Newer kitchen, newer baths, wood flooring, inside corner garden view lift included. Community patio. Central air conditioning. **\$55,000**

WALTHAM F Ceramic tile floors thru out, central air conditioning, beautifully furnishings, tenant leaving April 24, 2019. Tastefully done. Near east gate and clubhouse, 24 hour security, gated community. **\$55,000**

WINDSOR A Outside corner, fully furnished, carpet, water view, very serene, near the pool and the west gate. This unit has been well taken care of. **\$45,000**

GOLFS EDGE E Tenant in place, unfurnished, central air, washer/dryer can be placed in unit. Near east gate and clubhouse. **\$49,000**

CANTERBURY B Ceramic tile flooring, central air, updates every where, shows beautiful, near the Dorchester b, on a very serene area, active clubhouse. **\$49,900**

COVENTRY D Ceramic tile thru out, lots of light, fully furnished, cul-de-sac, ready to move into asap. Near the clubhouse and fitness center and the east gate. **\$62,000**

NORWICH L Absolutely beautiful, stunning knock down wall in kitchen new everything. Serene view from patio looking over a lush foliage and trees. Beautiful tile flooring rentable and pet friendly totally fantastic unit. **\$67,000**

GROUND FLOOR CORNER 1 BED 1.5 BATH

SHEFFIELD P Furnished, serene area, near Hastings fitness, pool. Central air conditioning, rent able, pet friendly, 24 hour security, active club house and fitness center. **\$47,000**

CAMDEN J Outside corner, partially furnished, central air conditioning, enclosed patio overlooking a garden view, extra storage, near the west gate, and Camden pool. 24 hour security, active clubhouse and fitness center. **\$48,900**

CAMDEN J Newer kitchen and baths, w/d in kitchen, ceramic tile flooring, well taken care of, community patio, part furnished. 24 Hour security, active community. **\$52,000**

CANTERBURY D This is a spectacular condo, ceramic tile floors thru out, beautiful mexican tile back splash, cul-de-sac, tenant in place, this is a 55 plus community. Unfurnished, corner unit with central air, lots of upgrades, well taken care of and a great tenant. Near the Dorchester pool, and fitness center. 24 Hour security, active clubhouse and fitness center. **\$55,000**

UPPER FLOOR 1 BED 1.5 BATH

CANTERBURY B Furnished, new laminate flooring, enclosed patio, well taken care of. **\$48,000**

CANTERBURY A Central air, rentable asap, if closed by April 1, 2019, turn key, furnished. **\$54,900**

WELLINGTON M Freshly painted, move right into furnished with the exception of the dining room set, ceiling fans thru out, lake view!! Laundry on each floor!! Elevator building. **\$64,900**

GROUND FLOOR 1 BED 1.5 BATHS

BERKSHIRE H Updated with ceramic tile and both baths. Extensive courtyard/garden view **\$57,900**

KENT L Picture perfect. Ceramic tile flooring, newer kitchen and baths. Rentable, near the pool, gated community and active community, transportation. **\$58,000**

GROUND FLOOR 1 BED 1 BATH

NORTHAMPTON L Unfurnished, tlc, steps to parking and laundry and mail. Garden view, great price, this is in a great area with pools, clubhouse, fitness center, transportation, and so much more. **\$35,000**

CAMBRIDGE F Well taken care of, ceramic tile flooring and carpet. Fully furnished, near laundry and pool, great building and association, gated community, active clubhouse and fitness center, so many clubs and activities to enjoy. **\$45,000**

BEDFORD F Some furnishings will stay, ceramic tile flooring, new enclosed patio, steps to parking, community patio, priced to sell, one year waiting for renting. **\$37,000**

KINGSWOOD D Carpet, tenant in place, steps to parking, furnished, garden view, close to laundry and mail boxes. Enclosed patio. **\$42,000**

NORTHAMPTON L Beautiful ceramic tile flooring, newer kitchen and bath, garden view, steps to parking, serene location, lots of amenities and transportation. **\$55,000**

KINGSWOOD D Steps to parking, ceramic tile flooring, close to laundry and mailbox, garden view, gated community. **\$35,000**

UPPER FLOOR 1 BED 1 BATH

WINDSOR B Central air, waterview, ceramic tile flooring, shower stall, beautiful! Artsy! **\$49,000**

SHEFFIELD N Beautiful condo with newer kitchen, new ceramic style flooring, garden community patio, cul-de-sac near Hastings pool. **\$39,900**

NORWICH H Beautiful 1/1 on 2nd floor, new a/c unit, near east gate and clubhouse. **\$38,900**

EASTHAMPTON I 1 Br, 1 bath, 2nd floor, unfurnished, beautiful flooring, near east gate, 24 hour security, tenant in place. **\$49,900**

UPPER FLOOR CORNER 2 BED 1.5/2 BATHS

CHATHAM C Water views from every window!! Wow one of the best views in the village, outside corner. Central air conditioning, furnished, ceramic tile flooring, this condo is on the Isle of Chatham. Near the Kent pool. **\$69,000**

NORWICH J Outside corner unit, furnished, rentable, near the clubhouse and east gate. **\$59,000**

SHEFFIELD J Tenant in place, well taken care of, rentable, near Hastings fitness center. **\$65,000**

DORCHESTER F Unfurnished, ceramic tile floors, knock down in kitchen, cul-de-sac, beauty! **\$55,000**

NORTHAMPTON P Fully furnished, 2 full baths, upscale linoleum, laundry same fl. with lift. **\$79,900**

GOLFS EDGE D Very serene area, two full baths, lift on stairs, large spacious rooms, level has its own pool, central air conditioning. **\$93,000**

NORTHAMPTON O Carpet and ceramic tile flooring, central air, inside corner, building sits on a corner lot with lots of lush landscaping, and space between the building, tenant in place, paying \$1000 per month. There is a two year waiting period to rent. Active clubhouse and fitness center, pool, tennis, racquetball and so much more. Near the west gate. **\$65,000**

NORTHAMPTON L Outside corner unit, furnished, tenant in place, central air, private location, near the west gate, steps to the parking, lots of activities, transportation. **\$65,000**

CANTERBURY C Tenant in place, lots of upgrades, unfurnished, close to gate, amenities galore, beautiful unit. **\$59,900**

GROUND FLOOR CORNER 2 BED 1.5 BATHS

EASTHAMPTON E Completely renovated, unfurnished, ceramic tile flooring, garden view, central air. **\$77,900**

SHEFFIELD C Waterview, unfurnished, near the Hastings fitness center, artsy building, beautiful landscaping. **\$65,000**

GROUND FLOOR 2 BED, 1.5 BATHS

CHATHAM L One of the prettiest water views around, furnished, steps to parking, heart! **\$69,900**

UPPER FLOOR 2 BED 1.5/2 BATHS

WALTHAM E So many upgrades, partially furnished, beautiful flooring, knock down wall in kitchen. **\$65,000**

WELLINGTON M Stunning, crown molding, newer kitchen, baths, ceramic tile flooring, unfurnished, beautiful enclosed patio overlooking the view of the lake. **\$149,900**

WELLINGTON M Cul-de-sac, price to sell, carpet, waterview, near the west gate. **\$75,000**

COVENTRY J Tenant in place, great price for a two bedroom, unfurnished, carpet and tile. **\$59,000**

ANNUAL RENTALS

GROUND FLOOR 1 BED 1 BATH

WINDSOR M Unfurnished, ready to move into, garden view, steps to Camden pool. **\$900**

NORTHAMPTON L Unfurnished, ceramic tile flooring, garden view, steps to parking, very sweet! **\$900**

BEDFORD F Unfurnished, near laundry, wood flooring, steps to parking. **\$875**

GROUND FLOOR 1 BED 1.5 BATHS

HASTINGS B Unfurnished, steps to parking, garden view, walking steps to pool and Hastings Fitness. **\$900**

GROUND FLOOR 1 BED 1.5 BATHS - CORNER

ANDOVER B Ceramic tile flooring, turn key, ready to move into. Furnished, near the west gate and Sommerset pool. Great community with lots of activities, gated community and transportation. **\$900**

UPPER FLOOR 1 BED 1 BATH

NORTHAMPTON H Furnished, carpet, garden view, steps to parking, close to Kent pool, lift. **\$900**

BERKSHIRE D Great condo, ready for occupancy, tile, close to the west gate, waterview! **\$875**

NORTHAMPTON R Near the Kent pool, furn or unfurnished, garden view steps to parking. **\$900**

CANTERBURY D This is a fantastic condo, lots of upgrades, furniture, near the east gate, pretty! **\$900**

UPPER FLOOR 1 BED 1.5 BATHS

CANTERBURY D Fully furnished, garden view, well taken care of, near pool. **\$900**

CANTERBURY B Furnished or unfurnished, ceramic tile flooring, near Dorchester pool and in a very quiet area. Active clubhouse and fitness center. **\$900**

UPPER FLOOR 1 BED 1.5 BATHS - CORNER

WINDSOR A Fully furnished, carpet, waterview, near the west gate, steps to parking. **\$900**

CAMDEN K Unfurnished, outside corner, central air, near Camden pool, well taken care of, this condo is near the west gate and close to parking, tennis, racquetball and so much more to enjoy. Hastings fitness has state of the art equipment, unfurnished. **\$900**

UPPER FLOOR 2 BED 2 BATHS

STRATFORD K Furnished, large two bedrooms two full baths, ceramic tile flooring, central air, close to the clubhouse and pools. **\$975**

SEASONALS

GOLFS EDGE F Two bedroom two full baths, this condo has everything for your rental retreat. **\$1,550**

CANTERBURY D Outside corner, fully furnished, near Dorchester pool, cul-de-sac two bedrooms and one and a half bath, second floor. **\$1,400**

BEDFORD I One bedroom and one and a half bath, fully furnished, carpet, lots of light. **\$1,250**

STRATFORD O Large spacious rooms, beautifully redone. **\$1,350**

WALTHAM C Warm and cozy, fully furnished, ceramic tile flooring, near the east gate! **\$1,250**

KENT C 1/1 first floor, newer kitchen, ceramic tile flooring, water view, fully furnished with everything that you will need for a winter retreat. **\$1,200**

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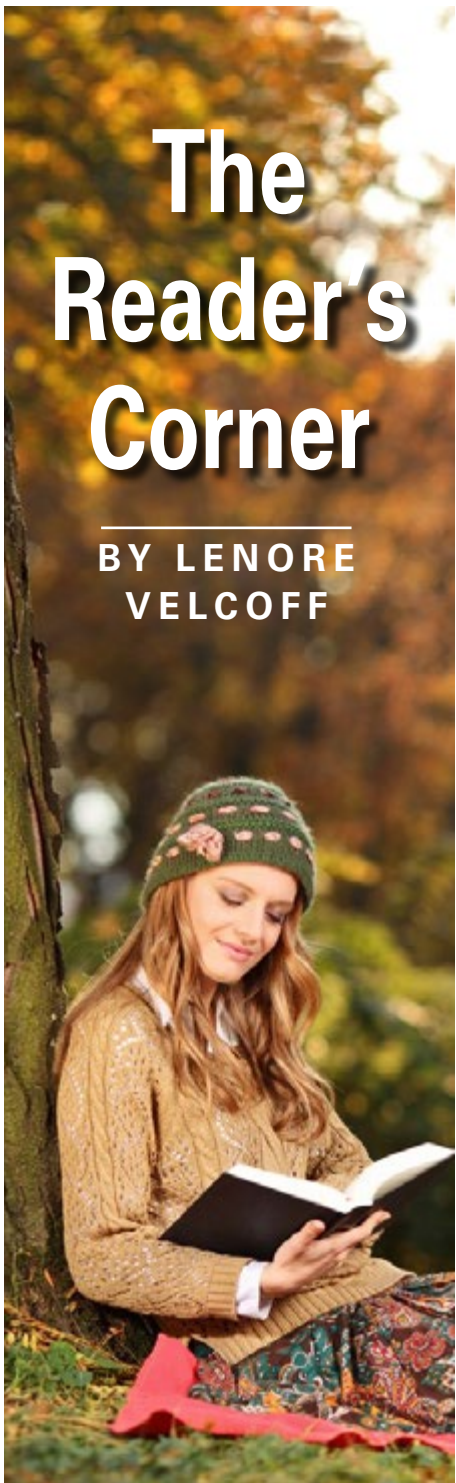
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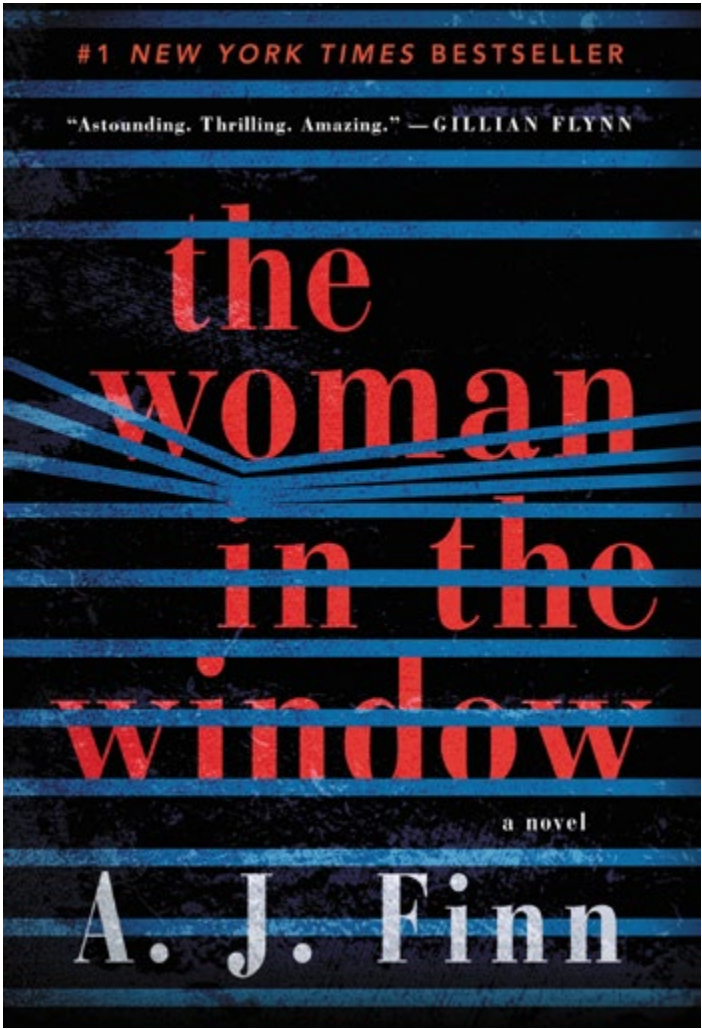




The Woman in the Window

by A.J. Finn

This is a psychological suspense thriller about an agoraphobic (someone who has a fear of crowds, bridges, or of being outside), Dr. Anna Fox. It is really a contemporary version of Rear Window, set in Manhattan. Dr. Fox is a former child psychologist who is separat-



ed from her husband who also has custody of their daughter. She does speak to them every day, however. She feels trapped in her house. No grocery shopping, no walks through the park, not even to pick a package from the front stoop. Her only interactions with the outside world are through weekly home visitations with her psychiatrist, her physical therapist, and her basement tenant, David.

Ann spends her days medicating, drinking alcohol, viewing old Black and White movies and watching her neighbors through the window, camera in her hand for a close-up view. When new neighbors move in across the park from her house, Anna is intrigued by their anonymity. They are the Russell family. As she begins to investigate their story, something goes horribly wrong.

The story pulls you in. Why is Anna agoraphobic? What's her mental state like? How is she coping? What's going on in the outside world that she's missing? Who are all these people around her? So very clever. Yet all the clues are set out if you can "catch" them. I found some concern is the amount of pills and Merlot that Anna supposedly consumes on a daily basis. In the real world, she'd be face down, not breathing,

I went in not knowing much of the plot and with an open mind, and I am glad I took the time to knock this one out. Give it a whirl this summer while you've got some time to just escape for a bit and sink into a good tale about another woman in another window. The movie rights have already been sold for this one. It described the crippling aspect of agoraphobia and how mental illness has limited the life of Anna and the lives of other sufferers like her. It's a winner, but this book is not for everyone. It can be scary.



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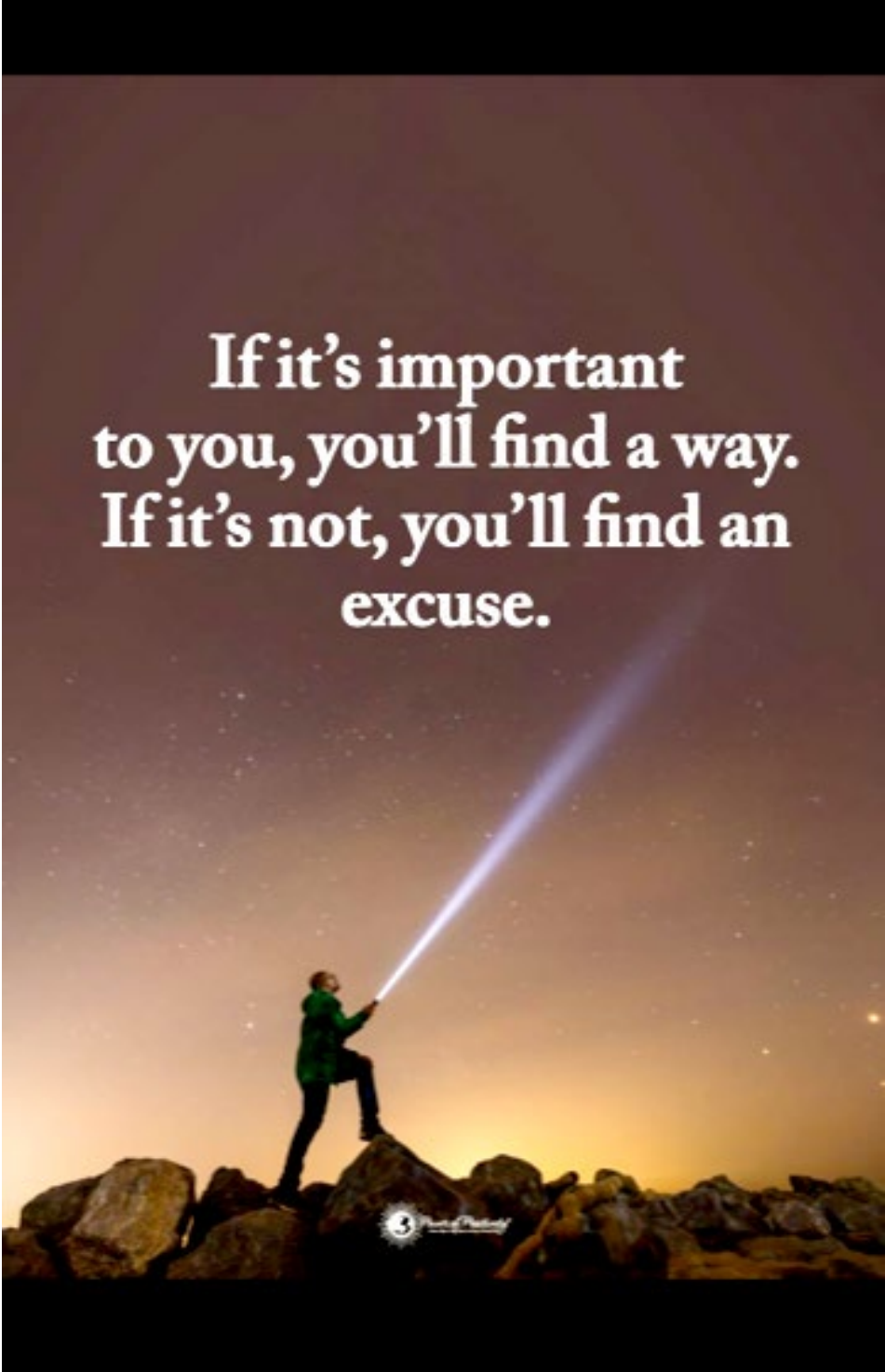
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HARDBOILED DETECTIVE

Mystery Scene

BY STEW RICHLAND



Hard-boiled dialogue...the literary equivalent of a quick punch to the gut. Crime fiction is one of the biggest selling literary genres.

Why is this so?

Mo Haber a contributor to many crime writing websites explains why crime novels are so popular. Crime stories are relatable. He describes the hard boiled detective as somewhat jaded, silly, witty or even a genius, but not superhuman. They are really good people and the readers enjoy that. He points out that most people are exposed to many of the events found in crime novels as described by the media every day. The crime novel helps us get a look at how the crimes are handled and solved. Crime fiction gives us an insight to this. He refers to the “chase” as cool, and most people do not want to get involved in this sort of life, but it is entertaining to see someone else do it. It provides the reader to live vicariously from time to time through the exploits of the hard boiled detective. Haber concludes that most people enjoy a good mystery, that as humans we long for the satisfaction of a good resolution in all aspects of our lives. We enjoy piecing together the various clues, build a picture of the events and when we reach the final chapter to find out it wasn’t who we thought it was all along, but that now it all makes sense. Dorothy Sayers summed up this type of fiction as, “The art of fooling the reader without cheating him.”

In a recent Crime Reads Newsletter, Lori Roy, a well known crime novelist asked the question, “Why do people crave crime fiction? Some theorize that we seek justice and order, and when we don’t find it in our lives, we can always find it in the pages. The detective or sheriff or reluctant investigator will always get her man. Truth will prevail. That’s one theory.” She also went on to note that, “The crime is a clearly defined inciting event (writer speak for that moment when you know what the book is about) and as such, the protagonist’s want is well established. As our protagonist sets off on her quest to fulfill this want, we are desperate to find out if she succeeds. We find fulfillment vicariously, as we root for the protagonist to finish her quest. We’re also drawn to the genre because its stakes are most often life and death. And it’s these highest of

high stakes that fuel my interest in a novel—be it crime fiction or any other type of fiction. It’s that thing, that elusive thing, that sticks to my ribs and holds my interest for the hours I spend reading a novel—or the two to three years I spend writing one.

These observations provide a strong case why there is such a resurgence in fans listening to old time radio hardboiled detective programs. and web sites that discuss and educate new fans interested in this genre.

King of crime writing: Raymond



Chandler made the genre respectable

Dashiell Hammett is regarded by many literary critics as one of the most important writers of the 20th century For those readers who are not familiar with Hammett’s hard boiled dialogue, below I have selected some examples of what hardboiled expressions are like.

“I needed a drink, I needed a lot of life insurance, I needed a vacation, I needed a home in the country. What I had was a coat, a hat and a gun.”

— Philip Marlowe, Farewell, My Lovely

“It was a blonde. A blonde to make a bishop kick a hole in a stained glass window.”

“Dead men are heavier than broken hearts.”

Those hard-boiled lines come from the mind of tough-guy P.I.



Philip Marlowe, which is to say from author Raymond Chandler. You’ll find the first one in Farewell My Lovely and the second in The Big Sleep, classics of the noir genre.

A hard boiled detective can be characterized as a tough, cynical guy with a gun and a lot of Street Smarts, who solves mysteries with dogged persistence rather than astounding insight, the Hardboiled Detective was America’s Darker and Edgier response to the classic ideal of the Great Detective.

Based on the characteristics de-

scribed by the authors of hard-boiled detectives such as Raymond Chandler, and Dashiell Hammett, He’s a Private Detective or Amateur Sleuth — usually the former. His services are required because the police are useless, corrupt or both, so he’ll never be a cop, though he may be a retired one. Expect him to keep a bottle of scotch in his desk, which is probably located in an office in the low rent district. Recent depictions typically include the trademark trench coat and fedora



Humphrey Bogart was plenty hard-boiled as Philip Marlowe in “The Big Sleep.”

over a rumpled suit, made popular by Humphrey Bogart.

Originating in the early part of the 20th century, hardboiled detective stories quickly became a



major subgenre of Mystery Fiction. Later, they became strongly associated with Film Noir. Raymond Chandler is considered the master of the genre, but it was Humphrey Bogart’s depiction of detective Sam Spade in the 1941 film, The Maltese Falcon (based on a novel by Dashiell Hammett), that became the standard for all hardboiled detectives.

Dashiell Hammett has gone down in literary history as one of America’s greatest authors of detective fiction. His five novels between 1929 and 1934 – Red Harvest, The Dain Curse, The Maltese Falcon, The Thin Man and The Glass Key – are considered classics. Knowing that I was going to write about Hammett’s literary creation, Philip Marlowe, I re-read all of his novels, watched all of the movies in which Marlowe plied his craft and listened to hours of old time radio Philip Marlowe programs in order to re-establish the reasons why I find this character so much fun.

As my research into the world of hardboiled authors I decided that it was necessary for me to first must introduce the father of Philip Marlowe, Dashiell Hammett to my readers.

Dashiell Hammett didn’t invent hard-boiled detective fiction, but he certainly helped perfect it. Following in the footsteps of Gordon Young, Carroll John Daly Raymond Chandler and James M.

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Hard Boiled Detectives - Continued from Pg B14

Cain, Hammett carved out a genre that would launch film noir at the movies and cement the idea of the two-fisted, gun-toting private eye as a staple of American culture.

In 1915, he joined the Pinkerton Private Detective Agency. Hammett worked for the Pinkertons until 1922, interrupted by service in the first world war. – in 1919 he was a victim of the influenza epidemic that swept the world and was later struck down with bronchial pneumonia – seems to have been decisive in leading Hammett to leave the Pinkertons.

While recovering from illness, Hammett began writing detective stories that made his name. In the early 1920s, a key starting point for an aspiring writer was the short story magazines. Many of these magazines, aimed at a working-class readership, were printed on cheap pulpwood paper, hence they became known as ‘pulp’. Typically, they cost ten cents and were made to be read and then thrown away. Pulp fiction writers were paid by the word. The more a writer wrote, the more he or she got paid. Not surprisingly, the quality of much of what was produced was questionable.

Hammett's decision to start story writing coincided more or less with the appointment of a new editor at what was to become the most important of the detective pulp magazines, *The Black Mask*. Joseph Shaw, or Cap Shaw as he became known, transformed *The Black Mask* magazine into a pulp that featured a new ‘hardboiled’ style of writing. Hammett became the master of this style and type of story.

Hardboiled detective fiction differed from earlier ‘cosy’ detective stories in that they tended to feature a more violent career criminal than the lords, ladies, retired colonels, vicars and rich aunts who cropped up in stories typified by those written by Agatha Christie. Hardboiled stories tended to be

fast paced, often narrated through the first person private investigator.

It was not accidental that the hardboiled detective story developed in the USA in the 1920s. Prohibition (the alcohol ban) had created an opportunity for gangsters to add to the huge profits they were already making from prostitution, protection rackets and gambling. Organized crime would often control or at least have a significant influence over the police and city politics. This was the America of Al Capone and Bugsy Siegel. Violence and corruption were everywhere

This violent backdrop provided the perfect canvas on which Hammett could write his stories

. Hammett's short stories mostly featured an anonymous private detective known as ‘the Op’. He is certainly intelligent but not exceptionally so. The people he encountered were often ordinary and spoke with the language of the street. Hammett's brilliance was in capturing the language of ordinary



Americans and putting it on the page. This, together with a crisp style of short staccato sentences, gave a pace and authenticity to his stories.

While not politically active during the bulk of his writing career, many of his stories brilliantly expose the link between crime and the nature of capitalist society. As Hammett has Sam Spade say in *The Maltese Falcon*, “most things in San Francisco can be bought, or taken”.

The following information on Hammett's political life comes from a few “Communist Party” publications.

In the 1930s, Hammett gave up writing and became more politically active. He joined the Communist Party (CP) although his membership was kept secret because the party leadership thought that he would thereby be able to reach a wider audience. Instead, he was involved in a number of CP front organizations. Hammett wanted to play a more active role and volunteered to fight against the fascists in the Spanish civil war by joining the International Brigade. The CP stopped him, however, preferring to use him as a spokesperson in the USA.

Unfortunately Hammett, like many CP members, loyally followed the ‘party line’, dictated by

the Stalinist bureaucracy that had removed all vestiges of workers’ democracy in Russia. He publicly supported the Moscow purge trials that were used by the Stalinists to attack Leon Trotsky and other opponents of Stalinism. He followed the CP line in condemning the second world war up until the Nazi invasion of Russia. Once Russia had been invaded, Hammett was among the first to volunteer for army service.

Hammett was a trustee of the New York branch of the Civil Rights Congress, a CP front set up to provide legal and financial assistance for activists. In 1951, the McCarthyite witch-hunt was at its height. Hammett was subpoenaed to appear in court. Asked to name any contributors to the civil rights fund he refused. He was then asked to hand over the records of the fund. This would have meant giving the names of thousands of activists to the state, potentially leaving them vulnerable to the witch-hunt. Again he refused

The court sentenced him to six months in jail. Hammett offered no defense. After his release, he was blacklisted. His books that had sold in their hundreds of thousands were removed from public libraries. Screenings of film versions stopped. He became a non-person, dependent on the support of a few loyal friends for accommodation and food in his final years, finally dying from lung cancer in January 1961.

Dashiell Hammett was a principled though at times mistaken socialist who believed in a better life for all. We should remember him for his courage in standing up to the American state and going to prison rather than reveal the names of his comrades. Just as an afterthought, I wonder what Hammett would make of the new crop of “Socialists” that have tossed their hat in the ring for the nomination to become the Democratic nominee for the Presidency. However, most of all we should treasure the marvelous legacy of his writing, which is as entertaining today as it was when he wrote it.

My next article will deal some Philip Marlowe movies and the various actors that play Marlowe on the radio.

Just as a teaser, here is the opening to the Marlowe radio show “The Red Wind.”

Starring Van Heflin as Philip Marlowe

ANNOUNCER: For the safety of your smile, use Pepsodent twice a day; see your dentist twice a year!

MFX: OPENING THEME ... THEN IN BG

ANNOUNCER: Lever Brothers Company presents “The Pepsodent Program” -- THE ADVENTURES OF PHILIP MARLOWE -- starring Van Heflin!

MFX: BUILDS TO A CLIMAX ... THEN IN BG

ANNOUNCER: Pepsodent presents Philip Marlowe, Hollywood's famous private detective, created by Raymond Chandler! Philip Marlowe -- tough, cynical private eye of “Murder, My Sweet”; the sardonic, case-hardened detective of “The Brasher Doubloon,” “The Lady in The Lake” and “The Big Sleep.” You've seen him in action in all of those top-flight mystery pictures. Now, in order that you may continue to enjoy this exciting mystery series, Pepsodent brings you THE ADVENTURES OF PHILIP MARLOWE on the air, with a cast of noted radio players, and starring M-G-M's brilliant and dynamic young actor, Van Heflin!

MFX: TO A FINISH

ANNOUNCER: Now, families all over America have named their favorite toothpaste -- new Pepsodent with Irium! New fresh-tasting Pepsodent with the new cool minty flavor! It's the three-to-one favorite over all other toothpastes!

WOMAN: It's true! With families all over America, new Pepsodent is the favorite three-to-one!

ANNOUNCER: Families from coast to coast recently compared new Pepsodent with other toothpastes at home. They preferred new Pepsodent by an overwhelming average of three-to-one over all other brands they tried. These families, three-to-one, said new Pepsodent tastes better, makes breath cleaner, makes teeth brighter.

WOMAN: Yes, families, three-to-one, say new Pepsodent tastes better, makes breath cleaner, makes teeth brighter.

ANNOUNCER: Get new Pepsodent toothpaste for your family right away!

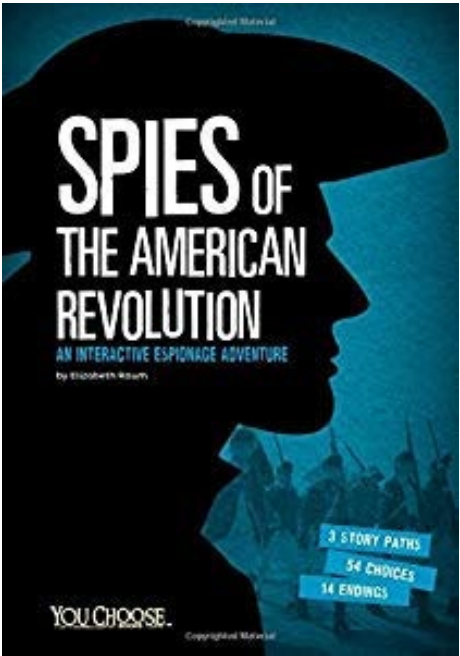
SFX: SANTA ANA WIND BLOWS FIERCELY ... THEN IN BG

MFX: SOMBER ... THEN IN BG

MARLOWE: (NARRATES) There was a rough desert wind blowing into Los Angeles that evening. It was one of those hot, dry Santa Ana's that come down through the mountain passes and curl your hair, make your nerves jump and your skin itch. On nights like that, every booze party ends up in a fight. And meek little housewives feel the edge of a carving knife and study their husband's necks. Anything can happen when the Santa Ana blows in from the desert.



BY STEW RICHLAND



It's ironic that I decided to write about the American colonial spy system on this July 4th anniversary of our nation's 241st year of independence. To some of my readers much of this article will be just a review of what you may have learned in an American history class so many years ago. However, based on what I hear on TV and read in the newspapers, most Americans know little about their own history. As a humbling example, Jesse Watters, (Fox News Watters World show) asked a college student the following: "What year did the American Colonies announce their independence from England? The answer was **1987!** I read somewhere that the "Ignorant are ignorant of their ignorance." I feel certain that the author of this comment was referring to the large majority of millennials in our society.

To establish a proper context for this article, I first have to provide the reader with a little background history about the social and political feelings of the colonists during the period of conflict between Great Britain and the colonists.

It is impossible to know the exact number of American colonists who favored or opposed independence from Great Britain. Historians have concluded that about 20 percent of the colonists were LOYALISTS — those who remained loyal to England and King George. Another small group in terms of percentage were the dedicated PATRIOTS, for whom there was no alternative but independence.

Often overlooked are the fence-sitters who made up the largest group. With so many Americans undecided, the war became, in

great measure, a battle to win popular support. If the patriots could succeed in selling their ideas of revolution to the public, then popular support might follow and the British would be doomed. It was clear to the British that even if they defeated the Colonists in battle it would be impossible to gain their loyalty.

The British understood that to win the conflict they had to win the support of a majority of the colonists. Many colonists who were not persuaded by the British for personal gain or military glory. Some joined the British because they believed themselves British citizens. There were many colonial farmers who were willing to sell their produce to the British for profit.

In the final analysis the Colonists did win the war of propaganda against the British. The Committee of Correspondence persuaded many of the "fence sitters" to join the patriotic cause. Tom Paine's "Common Sense," provided the Colonists with a clear rational concept as to why separation from the Mother Country was justified. In addition, the British had imposed taxes on the Colonists which they felt were a form of punishment for standing up for their rights. The concept of "No taxation without representation" became one of the major reasons why the Colonists declared their independence from England.

The Patriots imposed great hardships on the Loyalists. Their property was vandalized, looted and burned. The Loyalists controlled public opinion and woe to any individual or group that would dare to object to the Loyalist cause. Families were divided. In the end thousands of Loyalists left the colonies and returned to England or migrated to Canada. Loyalists were often wealthy, educated, older, and Anglican, the American social fabric was altered by their departure. American history brands them as traitors. But most were just trying to maintain the lifestyle to which they had become accustomed. After all, history is always written by the winners.

Spy System 1777

According to John A. Nagy, one of America's leading scholars states,"that interest in the subject of spying and espionage operations during the American Revolution continues to grow in popularity." He posed the following question:

Did the Revolutionary War involve much espionage? In a recent article on this topic he observes, "After studying espionage in the American Revolution for the last twenty-two years, I have discovered that both the American and British relied heavily on espionage. In the eighteenth century each general was responsible for developing his own intelligence network."

At the beginning of the Revolutionary War, the Americans had little practice with espionage, a craft already much refined in Europe. Sadly Nathan Hale is a prime example of the colonists clumsy attempt at spying. Hale was a great patriot, but an incompetent spy, and his chief contributions to the American cause were his (alleged) inspirational dying words, "I regret that I have but one life to give for my country."

Nathan Hale

By 1777 American spies had acquired far more finesse. Perhaps Hale's well-publicized death had acted as a serious warning. George Washington was facing a dilemma after the British captured Philadel-

phia. His forces were dwindling, lacking of supplies and in poor health. General Washington needed immediate, first-hand intelligence of the enemy's intentions, movements and condition.

To run his spy system, Washington need a man of intelligence and discretion, and familiar with the local populace and territory. The General's choice fell on General Nathanael Greene's aide-de-camp, Major John Clark Jr. of Pennsylvania. Correspondence between Clark and Washington during the latter part of 1777 illustrate the excellence of the corps of spies enlisted by Clark, and the sharp perception and determined perseverance of Clark himself.

Clark sent communications to Washington about the Battle of Germantown in which the British had suffered a defeat and confirmed the death of British Brigadier General James Agnew as the result of wounds received in the late battle, noting that one or two other generals were also mortally wounded. In addition, his dispatches described the heavy losses that the British suffered and the deployment of British forces. Clark continued to send important information to Washington about British troop movements.

Washington's secretary, Robert Hanson Harrison, wrote to Clark:

"He [General Washington] thanks you for your vigilance & exertions



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Spying & Espionage - Continued from Pg B16

& wishes you to continue 'em for obtaining such information as may be material respecting the Enemy. For this purpose & the Expences attending Expresses, he sends you One Hundred Dollars which you will find inclosed." (Quoted from History.com) Much of the correspondence between Clark and Washington, sadly has been lost to history.

In one of the surviving Clark letters to Washington he describes how he won the confidence of British General Howe. by impersonating a British Loyalist:

"I counterfeited the Quaker for once, & wrote a few lines to Sr Wm informing him the Rebels had plundered me, & that I was determined to risque my all in procuring him intelligence, that the bearer wou'd give him my name; a noted Quaker, who I knew had assisted him. The Letter was concealed curiously & the General smiled when he saw the pains taken with it told the bearer if he wou'd return & inform him of your movements & a state of your Army he shou'd be generously rewarded." (From a letter dated November 3 sent to Washington)

Howe gave Clark a spy a pass, which he then gave to a Quaker associate that enabled the spy to walk freely about the Philadelphia and gather vital military information, all of which he reported to Clark in great detail, and forwarded the information to Washington.

Another strategy in the spying game is to provide your enemy with disinformation. Clark then suggested a plan to Washington for procuring more intelligence, while actively feeding the British disinformation: "If your Excellency will please either to make out a State of the Army & your intended movements according to Sr Wms desire, or leave it to me, my Spy will carry it & take a further view Of their Camp &Ca." This arrangement delighted Washington, who replied to Clark on the following day (November 4, 1777). "you have fallen upon an exceeding good Method of gaining Intelligence, & that too much Caution cannot be made use of both on Account of the safety of your friend & the Execution & continuance of your design which may be of service to us."

Washington told Clark to inform the British about a military buildup, an attack on Philadelphia and plans for an all out assault that could end the war. Clark's diligent espionage work took a toll. At the close of the letter, he confessed to Washington that: ". . . the excessive fatigue & want of sleep will prevent my being so active as I cou'd wish-riding injures me exceedingly since my late illness . . . where ever I can render

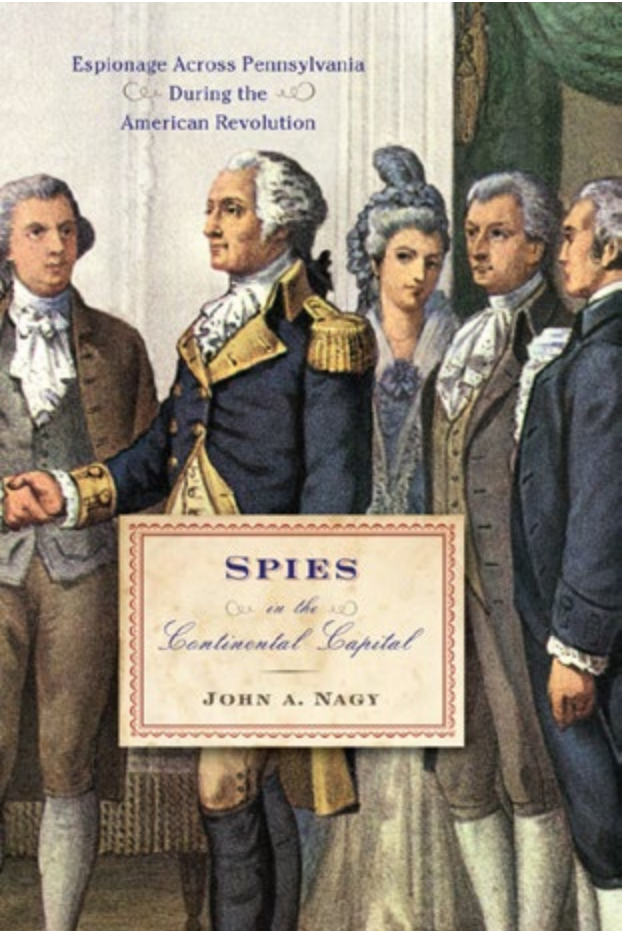
the most service wou'd wish to be- but am fearful I shall soon be obliged to retire from service on account of my health." Over the next few

and was commissioned as a captain in the Pennsylvania militia. He retired June 3, 1783 because of the recurrence of ill health, resuming his law practice in York until his death in 1819.

The army that Washington commanded was comprised of volunteers. They were poorly equipped and lacked all the supplies that an army must have in order to defeat the much superior British force. As Sun Tzu observed in his book The Art of War, "What a good leader needs is information about his adversary. This knowledge can be obtained by spies." George Washington quickly recognized the need for effective intelligence gathering efforts and developed a number of spy rings and other secret agents to gather information behind enemy lines. Washington was also particularly adept at supplying the British with misinformation that purposely misled his enemies as to his true intentions.

I guess it is safe to say that George Washington was America's first spymaster.

In my next installment I will describe some of the most effective spies of the Revolutionary War, and the different secret codes they employed to pass on information.



years Clark provided Washington with important information about British troop movements. However, ill health forced him to retire. As a reward for his efforts, Clark was given the position of auditor of the army's accounts, which he accepted. Clark later returned to serve again



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Have you ever been really hungry and the only thing to snack on was a cookie or a candy bar? And do you remember how fast it took you to get hungry again? My guess is about 45 minutes! That’s because eating sugar to cure your hunger is like trying to cook a steak over a campfire that’s burning newspaper! So, the next time you’re hungry, don’t reach for candy. Grab a high-protein snack instead and see how much longer it lasts.

What really happens is that protein promotes fullness by signaling the release of appetite-suppressing hormones, slowing digestion and stabilizing blood sugar levels. Here are some high-protein snacks that are healthy and portable, so you can enjoy them even when you’re on the go. If you stock your fridge and cupboard with some of the basics, you won’t suffer another hunger attack.

1. Jerky

Jerky is meat that has been trimmed of fat, cut into strips and dried. It makes an excellent and convenient snack. It’s very high in protein, containing an impressive 9 grams per ounce. Beef, chicken, turkey and salmon are often made into jerky. It can be found at most grocery stores, but keep in mind that some store-bought versions can be high in added sugar and artificial ingredients.

2. Trail Mix

Trail mix is a combination of dried fruit and nuts that is sometimes combined with chocolate and grains. It is a good source of protein, providing eight grams in a two-ounce serving. You can increase the amount of protein in trail mix by using almonds or pistachios, which are slightly higher in protein than other types of nuts such as walnuts or cashews. The dried fruit and nuts in trail mix make it very high in calories, so it is important to not eat too much at a time. A handful is a reasonable serving.

3. Turkey Roll-Ups

Turkey roll-ups are a delicious and nutritious high-protein snack, consisting of cheese and veggies wrapped inside slices of turkey breast. They are essentially a sandwich without the bread. Snacks that are high in protein and low in carbs, such as turkey roll-ups, have been shown to improve blood sugar levels, which is an important factor for appetite regulation.

You can make roll-ups by placing four turkey breast slices on a plate and then spreading each with a teaspoon of cream cheese. Place a pickle or strip of cucumber and a tomato slice on the turkey and roll them into wraps. Each wrap provides about five grams of protein from the turkey and cheese, as well as some extra nutrients and fiber from the tomato and cucumber.

4. Greek Yogurt Parfait

Greek yogurt is an ideal healthy and high-protein snack, with 20 grams of protein per one-cup serving. It has been shown to be more filling than yogurts with lower protein contents. In addition to being a great source of protein, Greek yogurt is also high in calcium, which is important for bone health.

To make yogurt even more delicious and filling, you can make a parfait by combining one cup of yogurt with granola and mixed berries in layers.

The addition of granola to yogurt provides four more grams of protein per ounce. However, be mindful of how much you use, as granola is high in calories and easy to overeat. A tablespoon or two is a reasonable serving size.

5. Veggies and Yogurt Dip



Veggies are great for snacking, but they’re not very high in protein on their own. You can increase your protein intake by pairing them with yogurt dip. Yogurt dip is typically made by combining yogurt with herbs and flavorings, such as dill and lemon juice. For more protein, it’s best to use Greek yogurt, which contains almost twice the amount of protein as regular yogurt. For convenience, make a batch of yogurt dip ahead of time and portion it out into snack-size containers so you can grab it when you need it.

6. Tuna

Tuna is loaded with protein and makes a very healthy and convenient snack. One cup contains an impressive 39 grams of protein, making it extra filling. Additionally, tuna is high in various other nutrients, such as B vitamins and selenium, and contains a considerable amount of omega-3 fatty acids.

7. Hard-Boiled Eggs

Eggs are undeniably healthy, consisting of almost every nutrient that your body needs. They are particularly high in B vitamins and trace minerals. In addition to being nutritious, they are also versatile. Hard-boiled eggs make a great portable snack.

One hard-boiled egg consists of six grams of protein, which will keep you full and satisfied until your next meal. Their fullness-promoting properties may also reduce the number of calories you consume later in the day.

8. Peanut Butter Celery Sticks

Celery sticks spread with a tablespoon or two of peanut butter make for a delicious and easy snack. They contain a decent amount of protein from the peanut butter, which provides 4 grams of protein per tablespoon. Peanut butter and peanuts are known for helping you feel full, and have been shown to promote feelings of fullness when consumed between meals. One study found peanut butter to be more filling than whole nuts, such as almonds or chestnuts.

9. No-Bake Energy Bites

Energy bites are a delicious, high-protein snack made by combining a variety of ingredients, such as nut butter, oats and seeds, and then rolling them into balls. The best part about energy bites is that they don’t require baking. You can prepare a batch ahead of time so that you have a snack available when you need to grab one and go.

10. Cheese Slices

Cheese is incredibly healthy and filling, in addition to being a quick and easy snack. It is an excel-

lent source of calcium, phosphorus and selenium, and it contains small amounts of many other nutrients. Furthermore, cheese is rich in protein. Just one slice of cheddar cheese provides seven grams, which may help suppress your appetite. A reasonable portion size for cheese is around 1–2 ounces. Since it contains a significant amount of calories, it is best to consume it in moderation.

11. Handful of Almonds

Eating a handful of almonds or another type of nut for a snack is a simple way to fill up on protein. An ounce of almonds provides six grams of protein, in addition to high amounts of vitamin E, riboflavin, trace minerals and healthy fats.

Snacking on almonds regularly is associated with many other health benefits and may even help you control your weight. Almonds are also high in calories, so it’s important to stick with the recommended serving size. A handful is equivalent to around 22 almonds.

12. Roasted Chickpeas

Chickpeas, or garbanzo beans, are a legume with an impressive nutrient profile. They’re also an excellent source of protein and fiber. A half-cup serving contains 7.5 grams of protein and 6 grams of fiber, in addition to providing some of almost every vitamin and mineral. They are particularly high in folate, iron, magnesium, phosphorus, copper and manganese.

The combination of fiber and nutrients in chickpeas may help reduce the risk of several conditions, such as heart disease, type 2 diabetes and some cancers. One tasty way to prepare chickpeas for a snack is by roasting them with some basic seasonings and olive oil. Roasted chickpeas are crunchy and portable, so you can take them with you and enjoy them when hunger hits.

13. Hummus and Veggies

Hummus is made from cooked and mashed chickpeas that are blended with tahini or olive oil, then used as a dip or spread. A 1/3-cup serving contains 6.5 grams of protein, making it a filling snack that’s also high in many other nutrients.

Veggies are a fantastic, high-nutrient food to pair with hummus. To enjoy this snack on the go, simply place some carrot or celery sticks vertically in a portable container with hummus in the bottom.

14. Cottage Cheese

Cottage cheese is known for being high in protein. It’s a filling snack that can be eaten on the go. There are 14 grams of protein in a half-cup of cottage cheese, which ends up being 69% of its total calorie content.

Cottage cheese is also a good source of some other important nutrients, including calcium, phosphorus, selenium, vitamin B12 and riboflavin. You can enjoy cottage cheese on its own or combine it with fruits and nuts for a delicious snack.

15. Apple with Peanut Butter

Apples and peanut butter taste great together, and they also make for a nutrient-dense, high-protein snack that provides many health benefits. The fiber and antioxidants in apples may improve gut health and reduce the risk of heart disease, while peanut butter has been shown to increase HDL (the “good”) cholesterol and reduce LDL (the “bad”) cholesterol and triglycerides.

Despite the positive effects that peanut butter may

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High Protein Snacks - Continued from Pg B18

have on your health, it is fairly high in calories, so is best consumed in moderation. A snack of a medium apple with one tablespoon of peanut butter provides four grams of protein, as well as some nutrients like vitamin C and potassium.

16. Protein Bars

Protein bars are an easy way to consume a significant amount of protein. Larabars are a popular protein bar made with minimal ingredients.

17. Protein Shakes

While getting your protein from whole food sources is ideal, protein shakes make for an easy snack that will sneak some protein and other nutrients into your diet.

They can be made with several types of protein powder, including whey, egg, soy and pea protein. Whey protein, in particular, may be beneficial for fullness. In one study, men who consumed a snack bar that contained whey protein consumed significantly fewer calories than those who ate a lower-protein snack.

In another study, a snack of yogurt with added whey protein reduced appetite more than a carb-rich snack with the same number of calories. Generally, a scoop of protein powder provides about 20 grams of protein, which is sure to keep you full until your next meal.

To make a protein shake, simply combine a scoop of protein powder, a cup of milk or juice, a cup of ice and fruit, if desired. Then pour it into a portable container so you can take it with you wherever you go.

18. Edamame

Edamame are immature soybeans that are still in the pod. They are high in protein, vitamins and minerals, and make for a quick and easy snack. One cup of edamame provides some of just about every nutrient that you need, including 17 grams of protein, 52% of your daily need for vitamin K and over 100% of your daily need for folate.

Typically, edamame is served as a steamed dish. Many stores offer pre-cooked and frozen varieties that

need to be heated in a microwave. All you have to do is place the heated edamame in a portable container so you can enjoy it on the go. To enhance the flavor of edamame, add spices and seasonings of your choice.

19. Avocado and Chicken Salad

Avocado and chicken salad is a tasty, filling and portable snack. The combination of protein from the chicken and healthy fats from the avocado is sure to keep you full and satisfied. Additionally, avocados are high in some important nutrients, including vitamin K, vitamin E, potassium and folate.

To make this easy salad, simply combine cooked chicken breast and avocado with some seasonings and chopped veggies, such as in this recipe, which contains 22.5 grams of protein.

20. Fruit and Nut Bars

Fruit and nut bars are a crunchy and high-protein snack that can be eaten on the go. They are typically pre-packaged, which isn't always the healthiest option. However, some brands use natural ingredients without added sugar.

KIND Plus bars are a great option in the US. They are known for using simple ingredients such as nuts, dried fruit and oats in their products. Most KIND Plus bars contain between 5–10 grams of protein, in addition to lots of fiber and omega-3 fatty acids.

Take Home Message

High-protein snacks are important to have around when hunger hits between meals, as they keep you full and satisfied. While many snacks can be unhealthy, there are plenty of healthy and portable options that you can enjoy even when you're crunched for time.

Summarized from Healthline.com



Falling Star Productions

invites you to attend
a short 2-act comedy written by Jody Lebel

“ROMANCE by the BOOK”

Saturday
September 7th 2019

@ 11:30 am
Classroom C



*Has the hot flame of their marriage dimmed to a mere flicker?
Sheila decides to get to the bottom of it all!*



Guide Dog Handlers along with their guide dogs will be guests at this performance.

AUGUST 2019 ENTERTAINMENT



Sat., August 3, 8 pm
MEGAN BASILE

Born and raised in Chicago, Megan Basile is a passionate, gifted performer. As well as being a wonderful singer with a versatile voice that can perform Broadway, pop, jazz, standards, country, opera and even some rock ‘n’ roll, she is also an accomplished musician.



Sat., August 10, 8 pm
THE DOLL DOES BROADWAY

A NEW MINI-MUSICAL
Broadway singer, comedian and dancer Sharon Ruben stars in a new show, The Doll Does Broadway. The mini-musical celebrates life from childhood to love, marriage and on to the golden years using Broadway’s show-stopping favorite songs.



Sat., August 17, 8 pm
THE MAGIC OF MUSIC

JULIA LANGLEY & TERRY COOPER
A talented bundle of dynamite, sultry songstress Julia Langley has performed around the world. She has been the lead vocalist for Cirque Productions. Terry Cooper can best be exemplified as talent, class and versatility, noted for his soulful vocal purity.



Sat., August 24, 8 pm
WHEN VEGAS MEETS ROCK & ROLL

STARRING EDDIE MICHAEL
When describing Eddie Michael words like charisma, personality, high energy and a lot of talent come to mind. Eddie delivers a performance that will bring you back to the days of the great Vegas shows.



Sat., August 31, 8 pm
JO-ANNA JORDON

With her powerful voice and her vivacious personality, this talented performer has been called “The Lady Of Broadway”. Her Broadway credits include such famous shows as Gypsy, South Pacific, Funny Girl, The King and I and West Side Story. Opening for Jo-Anna is Spanish Guitar virtuoso, Bob Folse.

Entertainment information is provided by W.P.R.F. Any questions regarding Clubhouse entertainment should be directed to W.P.R.F. at 640-3120.

“R” Rated Movies

“R” Rated (under 16 requires accompanying parent or adult guardian).

Additional ratings for this movie are:
V for Violence

L for Language (strong language and drug content)

N for Nudity (graphic nudity)

SC for Sexual Content (pervasive language including sexual references and situations)

An “R” rated motion picture, in the view of the Rating Board, contains some adult material. An “R” rated motion picture may include adult themes, adult activity, hard language, intense or persistent violence, sexually-oriented nudity, drug abuse or other elements. Due to a wide viewing audience, WPRF will not censure “R” rated movies. **Therefore, if you find any of the above offensive, WPRF suggest you “OPT OUT” of seeing this movie.**

MOVIE SCHEDULE

Afternoon showings are at 1:45PM — Tuesday & Sunday. Evening Showings are at 6:45 PM. The 1st Monday Evening & Tuesday Afternoon showings of each new movie (some movies are shown two Mondays and Tuesdays) will have “Closed Caption” (for the hearing impaired) when available. No charge for residents.

AUGUST 2019 MOVIES

Thurs. August 01 6:45 pm
Sun. August 04 1:45 pm
Mon. August 05 6:45 pm
Tues. August 06 1:45 pm
Thurs. August 08 6:45 pm

THE MULE

R, 1 HOUR, 56 MIN. (RATED R FOR LANGUAGE, BRIEF SEXUALITY/NUDITY.)

Directed and starring Clint Eastwood and inspired by a true happening, this crime drama tells the story of a man in his eighties, broke and facing foreclosure of his business. He is offered a driving job but unbeknownst to him he becomes a drug courier, or mule, for a Mexican cartel. Rounding out the cast is Richard Herd, Dianne Wiest, Alison Eastwood and Bradley Cooper.

Sun. August 11 1:45 pm
Mon. August 12 6:45 pm
Tues. August 13 1:45 pm
Thurs. August 15 6:45 pm
Sun. August 18 1:45 pm

FIGHTING WITH MY FAMILY

PG-13, 1 HOUR, 48 MIN.

Based on a true story, this comedy is about a family obsessed with World Wrestling Entertainment. They make a living by performing at small venues around the country and when their daughter is chosen to train with an WWE coach instead of the son, the family starts fighting. The film stars Dwayne Johnson, Lena Headey and Vince Vaughn.

Mon. August 19 6:45 pm
Tues. August 20 1:45 pm
Thurs. August 22 6:45 pm
Sun. August 25 1:45 pm
Mon. August 26 6:45 pm

LITTLE ITALY

R, 1 HOUR, 42 MIN. (RATED R FOR SOME SEXUAL REFERENCES.)

A charming romantic comedy about two childhood friends who become attracted to each other as adults. The only hitch – their parents are owners of rival pizza restaurants and at war. The movie stars Hayden Christensen, Emma Roberts, Danny Aiello, Jane Seymour, Alyssa Milano, Andrea Martin and Adam Ferrara.

Tues. August 27 1:45 pm
Thurs. August 29 6:45 pm

(Continued in September)

ISN’T IT ROMANTIC

PG-13, 1 HOUR, 29 MIN.

This comedy/fantasy tells the story of a cynical young woman who doesn’t believe in romance. Fleeing a mugger, she runs into a pole and wakes up in the hospital in an alternate universe where everything seems like a romantic comedy movie. The film stars Rebel Wilson, Liam Hemsworth, Adam Devine and Priyanka Chopra.

