Entertainment By Rhea (Rio) Unger
Remember how hot it was this summer and we couldn’t wait for it to end?? Now that it is over, and it is nice and breezy, and not as hot, doesn’t it seem as if it really didn’t last very long at all?? Doesn’t it seem life is like that? While you are going through something, it seems to last forever like we couldn’t wait to be 9 then 12 then 18, then oh my “20” I’m not a teenager anymore! Now the years are just rushing by and we think wait!

OK, back to basics. The snowbirds are just zipping back. The Saturday Night Shows haven’t begun yet and, I am already planning 2017. Our first show this season, January 9th, will be Singer John La Riviera who holds a degree in Vocal Performance from Bowling Green University and has taught voice and beginning piano throughout South Florida, including the Broward Center for the Performing Arts where he has musically directed many shows. John has appeared here before and I’m bringing him back because we loved him. Also a singer but with a different style, Melissa Boher Jacobson who we have for the first time. She is the resident Voice Teacher at the Weiss School for the gifted. You will be pleasantly surprised when you see and hear her perform.

January 16th will be Singer Safia Hudson whose repertoire consists of jazz standards, pop, party music, musical theater, opera, Italian, French, and Spanish songs. She is sure to satisfy a plethora of musical tastes. Leelyn Osborn is quite a treat. He sounds like Michael Buble, Josh Groban, Frank Sinatra, or, you figure it out. He is very versatile, talented, and a songwriter.

January 23rd we will have Hari Salazar who is a Chilean Musician known for his Virtuoso Guitar work in pop-rock, jazz, classical, bossa nova, flamenco and many other musical genres. He has also distinguished himself as a composer and song writer. There will be a beautiful Latin Dancer with Hari. Lady T---aka Tessie Porter will also be performing that night. T comes out of Motown. She has gained international exposure while singing background for Arista Recording Artist Blu Cantrel. Lady T has performed on the entertainment circuit on stages from the Keys to West Palm Beach. Her repertoire ranges from jazz, pop, R&B, rock and oldies.

Our Wonderful DJ, The Brooklyn Spin Dr. (Vito), would have been back December 4th at 7:30 PM. Vito DJ’s all over South Florida and beyond. He has had his own radio show. He is terrific and we are lucky to have him here.

Point East Activities

MONDAYS
8:15 AM Coed Exercise Gym
1:00 PM Dominoes Card Room
6:15 PM Yoga Card Room

TUESDAYS
8:15 AM Coed Exercise Gym
1:30 PM Bingo Rose Room

WEDNESDAYS
8:15 AM Coed Exercise Gym
10:00 AM Zumba Rose Room
1:00 PM Dominoes Card Room
6:15 PM Yoga Card Room
7:30 PM Bingo Rose Room

THURSDAYS
8:15 AM Coed Exercise Gym
1:30 PM Bingo Rose Room

FRIDAYS
8:15 AM Coed Exercise Gym
10:00 AM Zumba Rose Room
1:00 PM Dominoes Card Room
7:30 PM Dance Auditorium

SATURDAYS
9:00 AM Pool/Billiard Billiard Tournament Room
8:00 PM Saturday Night Auditorium Shows (Starts Jan. 9th)

SUNDAYS
7:00 PM Movie Auditorium

MONTHLY ACTIVITIES
• Blood Screenings - T.B.A.
• Book Club (3rd Monday of the Month) 2:30 PM - Anne Ackerman Room
• Residents’ Birthday Party Celebration - T.B.A.
The movie is ongoing every Sunday night at 7:00 PM except Holidays and if I should have other commitments. We are all there to enjoy the movie.

PLEASE NOTE:
When someone has a conversation on their phone, or is talking to their companion, it is rude and distracting. Also, the light from the phone carries quite a way and is also distracting. So, if this is you, please leave the auditorium.

Happy Chanukah to one and all! I would like to thank Mordecai Samel for making and giving us the most BEAUTIFUL Menorah. Everyone should come to the clubhouse lobby to see this work of art. I’m so thrilled he did this for us.

Merry Christmas and a Healthy Happy New Year to Everyone!

OK! That’s all for now folks. See you at the Shows and Beyond!

**Attention Voters**

If you are a registered voter in the City of Aventura, you should have received a new Voter Information Card from Miami-Dade County Elections Department. Please go to iamelectionready.org or contact the Miami-Dade County Elections Department at 305-499-8683, if you have not received your new card.

**Notes From Corporation Four**

Reminder: You will be receiving your new Maintenance Coupon Books for 2016. You will notice your maintenance is a little lower this year as opposed to last year. Please be on the lookout for the coupon books and notify your bank of the change in your maintenance.

A leaking toilet is the number one cause of high water bills. Leak detection tablets are available “FREE” of charge at the Corporation Four Office.

**New Residents: Welcome to Point East Four**

Donna Lee Stewart
Carlos Escalante
Rysard Maczynski
Gilda Folger
Jose Del Arroz
Maria Martinez

A little smile, a word of cheer.
A bit of love from someone near.
A little gift from one held dear.
Best wishes for the coming year
We sincerely hope that everyone will enjoy their holidays!

Wishing you a Merry Christmas, Happy Chanukah and a Happy New Year!!!

**Corporation Four Board Of Directors**

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Broker Associate
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E-Mail: bkcherry@bellsouth.net

**Nelson E. Arencibia**
Sales Associate
305-778-1855

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Hablamos Español
COMEDY CORNER
George Carlin’s Views On Aging

Do you realize that the only time in our lives when we like to get old is when we’re kids? If you’re less than 10 years old, you’re so excited about aging that you think in fractions. “How old are you?” “I’m four and a half!” You’re never thirty-six and a half. You’re four and a half, going on five! That’s the key.

You get into your teens, now they can’t hold you back. You jump to the next number, or even a few ahead. “How old are you?” “I’m gonna be 16!” You could be 13, but hey, you’re gonna be 16! And then the greatest day of your life … you become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There’s no fun now, you’re just a sour-dumpling. What’s wrong? What’s changed?

You BECOME 21, you TURN 30, then you’re PUSHING 40. Whoa! Put on the brakes, it’s all slipping away. Before you know it, you REACH 50 and your dreams are gone. But wait!!! You MAKE it to 60. You didn’t think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You’ve built up so much speed that you HIT 70! After that it’s a day-by-day thing; you HIT Wednesday!

You get into your 80’s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn’t end there. Into the 90’s, you start going backwards; “I Was JUST 92.”

Then a strange thing happens. If you make it over 100, you become a little kid again. “I’m 100 and a half!”

May you all make it to a healthy 100 and a half!!
7 Things You Never Knew Lemons Could Do

We all know lemons are delicious, adding a citrusy kick to everything from salad dressings to cocktails. And the laundry list of health benefits is seriously impressive – not only does the fruit contain antibacterial properties that cleanse the kidneys and liver and strengthen your immune system, but it offers a hefty dose of vitamin C and antioxidants that fight free-radicals and help keep you looking younger.

*Health booster: Get in the habit of starting the day with a cup of hot water and lemon – it’ll kick start your metabolism and get your morning off to a healthy start!

1. **Prevent Browning:** A few squeezes of juice can do wonders for avocado, apples, bananas, and peeled raw potatoes, since lemon juice is just acidic enough to prevent the oxidation that turns produce brown. To crisp up lettuce leaves, soak them in a bowl of cold water + ½ cup of lemon juice, then refrigerate for an hour.

2. **Stop Rice From Sticking:** Have a problem with clumpy rice? You’re in luck – adding a few drops of lemon to your cooking water helps prevent the rice from sticking together. The lemon juice will also whiten your rice and keep it looking great on the dinner plate!

3. **Keep Brown Sugar Soft:** The juice isn’t the only useful part of the lemon; its super moist and flavorful peel can work wonders in the kitchen too. Add a slice of the skin (with the pulp completely removed) to your box of brown sugar to keep it from clumping and hardening.

4. **Crisp Your Lettuce:** No need to toss that limp lettuce! A little lemon juice and water can help bring your leaves back to life. To crisp up limp leaves, soak them in a bowl of cold water and ½ cup of lemon juice, then refrigerate for about an hour. The leaves will come out revived and ready for eating.

5. **Cook Perfect Hard-Boiled Eggs:** Even if you’ve mastered perfectly hard-boiled eggs, try brushing the eggshells with lemon juice before adding them to the pot for a little added insurance. The lemon juice helps keep the shells from cracking while they cook, and it also makes them easier to peel once they’re ready to eat.

6. **Tenderize Meat:** Lemon juice is a great meat tenderizer; the acidity gently breaks down the fibers in meat, leaving it scrumptiously fork-tender.

7. **Enhance Flavor:** Last, but not least, lemon’s flavor can totally transform a meal. It brightens up creamier dishes, balances the flavor in seafood, and is a great sodium-free substitute for sprinkling on salt.

Source: Heart Health/By Brianna Steinhilber 2014
Red-Light Camera Laws

With red-light camera laws going down all over the state, the Legislature may repeal the law entirely. The most headway is being made in county and circuit courts, where city and county red-light-camera programs across the state have been forced to shut down because they give too much power to private companies in determining which drivers are breaking the law. In federal court, lawyers are suing a multitude of cities and counties for $200 million in an attempt to get people’s fines reimbursed. That class-action civil suit is pending.

Those cases have given momentum to a bill once again being pushed in the Legislature by Rep. Frank Artiles, R-Miami, and Sen. Jeff Brandes, R-St. Petersburg. It would repeal the 2010 law that allowed counties and cities to set up cameras to catch people who run red lights. While the local governments claimed the programs were done for safety reasons, Artiles disagrees. “Red light cameras are out there for one reason and one reason only: to generate revenue. That’s it,” he said.

After the 2010 state law was passed, municipalities quickly engaged companies like American Traffic Solutions to run programs for them and keep overhead to a minimum. That has been the problem ever since. It came to a head in 2012 with Hollywood v. Arem, a landmark case in Florida. The court declared Hollywood’s red-light-camera system invalid because legal decisions were being made by civilian employees of American Traffic Solutions viewing camera footage in Arizona, not sworn police officers from the city.

In 2014, the decision was upheld on appeal, which gave it statewide effect. Since then, red-light systems have been going down across the state. To stay active, cities and counties have to prove they are substantially different than the system in Hollywood, and so far, municipalities have had a hard time doing that. More than 1,300 red-light camera tickets, and about $207,000 in fines, to be dismissed in Boynton Beach

The count now stands at 1,311 red-light camera violations that won’t be enforced in the city, meaning $158 for each violation will not get into city coffers. Boynton Beach says it will forgo the $207,100 in red-light camera fines, agreeing to issue refunds and dismiss tickets issued from July 4...

“We’ve had hearings now in a number of cities, and every one that I’ve been involved with, judges have found in our favor and they’ve dismissed the cases — Fort Lauderdale, Boynton Beach, Aventura, Pinellas County,” said Ted Hollander, a partner at The Ticket Clinic. “We’ve seen them overturned in Palm Beach County, Broward County and Miami-Dade County.”

In the most recent decision, just two weeks ago, Hollander persuaded a judge in Miami-Dade County to shut down the camera system in Aventura, which should have the effect of ending similar systems in about two dozen cities in the county.

In March, two Broward County traffic judges dismissed more than 24,000 red-light-camera tickets from almost every city in Broward County, with fines totaling more than $6.3 million.

Cities across South Florida have handled the decisions in different ways. Sunrise, Davie, Tamarac, and Boynton Beach are once again giving out tickets after having police take a larger role in reviewing film to determine whether a driver is guilty.

Coral Springs, Hallandale Beach and Boca Raton announced their camera programs have come to an end. Fort Lauderdale and Hollywood are not giving out tickets but have adopted a wait-and-see approach pending further legal action.

It’s not hard to see why some cities want to get these systems back up. A year after the law was passed; the state Department of Highway Safety and Motor Vehicles found that 73 agencies reported issuing 999,929 citations over the course of a year.

At $158 a pop — $250 with late fees — municipalities may have garnered several hundred million dollars before the Hollywood v. Arem decision slowed things down. All that revenue only gets back to the central criticism of the red-light-camera law — that it has little to do with public safety.

Source: Daniel Sweeney/SunSentinel Oct. 2015
Editor’s Note:
Articles in the Point East Times, unless otherwise indicated, have been compiled by H. Howard Hyman.

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For Seniors

Combat Muscle Loss With These Training Tips

Keep your body strong, healthy and injury-free with strength training.

As you age, it’s fairly common to experience muscle loss, which can lead to a decrease of strength. And that makes it harder to take part in many daily activities, even simple ones such as walking and climbing stairs. However, according to experts, progressive-resistance strength training can help counteract the muscle loss that many people just accept as a natural part of aging.

With progressive-resistance strength training, you exercise your muscles against some type of resistance — such as lifting weights — and gradually increase the load or number of repetitions as you become stronger. The resistance can be from free weights, weight machines, elastic bands or your own body weight — like doing pushups. This type of strength training can also reduce your risk of obesity, heart disease, colon cancer, diabetes, osteoporosis, osteoarthritis, low back pain and depression.

If you have high blood pressure, heart or blood-vessel disease, arthritis, or another serious illness, talk to your doctor before starting a strength-training program. Otherwise, try these tips.

• Learn about proper technique for using free weights or weight machines. Ask a trainer at your gym or local fitness center for tips — many offer free consultations.
• Do strength training two to three times a week, but not two days in a row.
• Exercise all your major muscles. Use enough resistance that your muscles are tired after eight to 12 repetitions. When this becomes easy, you can vary the type of resistance exercise you do, lift heavier weights, add a second set of repetitions or add a third day of training each week.

Stop exercising if you become dizzy or excessively short of breath or you experience chest discomfort or sharp pain in your muscles or joints.

Source: Mayo Clinic/November 2015

Quotes By Famous People

“About all you can do in life is being who you are. Some people will love you for you. Most will love you for what you can do for them, and some won’t like you at all.” Rita Mae Brown

“When I have to choose between two evils, I always pick the one I never tried before.” Mae West

“Remember, growing older is mandatory. Growing up is optional.” Sir James Matthew Barrie, author of Peter Pan.

“A single conversation with a wise man is better than ten years of study.”

Chinese Proverb

“Life Is What Happens While You Are Busy Making Plans.” Mark Twain

“Life Should Not Be A Journey To The Grave With The Intention Of Arriving In An Attractive & Well Preserved Body - But Rather To Skid In Sideways, Chocolate In One Hand, And A Martini In The Other Shouting Oh What A Ride It Was.” Noel Coward

“Never regret a day in your life. Good days give you happiness. Bad days give you experiences. Both are essential to life. Keep going... Happiness keeps you sweet. Trials keep you strong. Sorrows keep you human. Failures keep you humble. Success keeps you glowing. But only God keeps you going.” Billy Graham

“The best relationship of all is the one you have with yourself. And if you find someone to love the “you” that you love, well that is just fabulous.” Carrie Bradshaw (Sex In The City)

“To those who see with loving eyes, life is beautiful. To those who speak with tender voices, life is peaceful. To those who help with gentle hands, life is full. And to those who care with compassionate hearts, life is good beyond all measure.” Author unknown

“I always look at someone’s face first and then the rest...young women are beautiful — old women are like fine works of art, crafted by experience and mellowed with age; their fires of desire are banked now but the embers still glow softly giving off the warmth of their love, their most precious gift.” Omar Sharif

“Some people come into your life as blessings. Some come into your life as lessons.” Mother Teresa

“There are 3 kinds of people in this world
1. Those who make things happen
2. Those who watch things happen
3. Those who wonder what happened.” Jackie Gleason

“Take my love, for love is everlasting, and remembers the truth that once was spoken; to love another person is to see the face of God.” “Les Misérables” by Victor Hugo

“Better to die on your feet, then to die on your knees.” “Don Quixote” by Miguel de Cervantes
TO BETTER HEALTH: What You Can Learn From The Oldest Old

RESILIENCE...a quality shared by the longest-lived women can be acquired. It will serve you well, whatever your age.

Women are natural survivors. The 10 people with the longest verified life spans are women, as are 85% of centenarians (people between 100 and 110.) Scientists studying centenarians have found that good genes and a healthy lifestyle aren’t the only factors that increase your chance of seeing your 100th birthday. Most centenarians also share an emotional trait: resilience, the ability to adapt well to stress and adversity.

Dr. Jennifer Moye studies life stage and resilience as a *Geropsychologist in the Harvard-affiliated VA Boston Healthcare System. In her work with cancer survivors, she has found that older people adapt better to a cancer diagnosis and treatment than those who are younger or middle-aged. “By the time we’re older, we’ve dealt with a lot and are much better at getting back up after we’re knocked down,” she says.

Dr. Moye notes that some people are naturally resilient because they instinctively move on after a crisis. Others may need to reflect on the situation and realize that they’re stronger for having survived it.

How to become more resilient. Studies have revealed that some attributes associated with resilience—an outgoing and trustful approach to others, physical fitness, enjoyment of life, ability to adapt to change, learning from setbacks, and sustaining optimism—can be acquired. Here are a few suggestions.

Develop strong social connections. Maintaining a broad-based community of family and friends can ensure that you’ll have support during a crisis.

Savor each day. Go for a walk in a park, read a great book, listen to music, or have a good laugh. Think of your life as a gift and strive to make each day meaningful.

Grow from your setbacks. Reflect on the resources you’ve used to survive other losses and employ them to go forward. You’ll realize that those experiences have made you stronger.

Take care of yourself. Do things you enjoy and find relaxing. Eat nutritious, get enough sleep, exercise regularly, keep your medical appointments, and take your prescriptions.

Keep up hope. If things were better in the past, they can be once again. Practice visualizing the future you want and work toward achieving it.

Editor’s Note: *Clinical Geropsychology is broadly defined as the application of “the knowledge and methods of psychology to understanding and helping older persons and their families to maintain well-being, overcome problems and achieve maximum potential during later life.”

Source: Harvard Health/October 2015