

Lauderdale West NEWS

An Active 55+ Community!

Volume 54

OCTOBER - NOVEMBER 2025

No. 05



On November 11, 1919, President Woodrow Wilson issued a message to his countrymen on the first Armistice Day, in which he expressed what he felt the day meant to Americans:

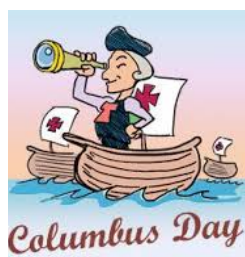
"A year ago today our enemies laid down their arms in accordance with an armistice which rendered them impotent to renew hostilities and gave to the world an assured opportunity to reconstruct its shattered order and to work out in peace a new and more just set of international relations. The soldiers and people of the European Allies had fought and endured for more than four years to uphold the barrier of civilization against the aggressions of armed forces. We ourselves had been in the conflict something more than a year and a half.

"With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased our agricultural output, and assembled a great army, so that at the last our power was a decisive factor in the victory. We were able to bring the vast resources, material and moral, of a great and free people to the assistance of our associates in Europe who had suffered and sacrificed without limit in the cause for which we fought.

"Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men.

"To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations."

Congress, on June 1, 1954, replaced "Armistice" with "Veterans," and it has been known as Veterans Day since.





YO
HABLO
ESPAÑOL

MEDICARE QUESTIONS OR CONCERNS?

Call your Local, Licensed
Senior Insurance Agent

Medicare · Life · Dental
Vision · Annuities

FRANK J. SALDAÑA
754-422-5723

TO-DO LIST

- ☐ Call Frank
- ☐ _____
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Insurance Word Search

P I N S U R A N C E
L D U W J H Z S I O
A B M E D I C A R E
N E D E N T I S T D
T N T G P L T O C O
M E K W W A F V O C
K F C A I G Z A P T
J I S A Q E A G A O
E T E A K N D M Y R
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WORDS TO SEARCH FOR

Medicare	Agent
Doctor	Benefits
Insurance	Plan
Dentist	Copay

Saldana.Enterprises@Gmail.com

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LAUDERDALE WEST NEWS

1141 NW 85 Avenue
Plantation, FL 33322-4624
(954) 473-8219 Ext 126
newspaper@lauderdalewest.org

MANAGING EDITOR

Joanne Hill

ASSISTANT EDITOR

Lana Famiano

ADVERTISING EDITOR

Connie Guzzi

LW ANNEX & GYM

1301 NW 87 Lane
Plantation, FL 33322

LAUDERDALE WEST BOARD OF DIRECTORS 2025 Business Offices (954) 473-8219

	STEPHEN ROSE, President Contact: Extension 112 Email: srose@lauderdalewest.org Applications & Approvals; Infrastructure; Legal; Neighborhood Watch; Webmaster Liaison
	ALFREDO ARROYO, First Vice President Contact: Extension 111 Email: aarroyo@lauderdalewest.org Association Custodial Services; Facilities Management (Alarms, Elevator, HVAC); Pools/Spas
	KRISTI WOODS, Second Vice President Contact: Extension 109 Email: kwoods@lauderdalewest.org Blue Stream; LW Newsletter; Library; Modifications/Architectural Review; Notary Public; Party Time; Resident Landscaping Coordination; Technology
	ROSE-MARIE RICHMOND, Treasurer Contact: Extension 104 Email: rrichmond@lauderdalewest.org Association Insurance; Estoppel Oversight; Finance; Volunteers
	MARLENE NEWMAN, Secretary Contact: Extension 113 Email: mnewman@lauderdalewest.org Lease Applications and Approvals, and Interviews
	JOHNNY MCLEAN, Assistant Secretary Contact: Extension 125 Email: jmclean@lauderdalewest.org Groundskeeping/Trees; Gym; Irrigation; Key Fob Software; Parking Lots/Roadway Paving; Wood Shop
	BERNADETTE BRODMERKEL, Director Contact: Extension 103 Email: bbrodmerkel@lauderdalewest.org Notary Public; Pest Control
	BARBARA BUCCI, Director Contact: Extension 124 Email: bbucci@lauderdalewest.org Entertainment; Roof Repair/Replacement; Maintenance Oversight
	FLOR DE MARIA DUQUE, Director Contact: Extension 127 Email: fduque@lauderdalewest.org Beautification Project
	CHARLES GERVOLINO, Director Contact: Extension 117 Email: cgervolino@lauderdalewest.org Annual Home Painting and Inspections; Roof Power Washing
	OLGA SIFONTE, Director Contact: Extension 107 Email: osifonte@lauderdalewest.org Animal Registration
	LISA AZIF, Property Manager Contact : 954-473-8219 Ext 108 Email: lazif@castlegroup.com Board Agendas; HO3/HO6 Insurance; Insurance Certificates; Lost & Found; Maintenance Department; Purchasing; Room 113 Rentals

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Message from the President

By Steve Rose

Dear Residents,

As Lauderdale West moves forward with implementing our partnership with Castle, I want to reaffirm my commitment to working collaboratively with my fellow Board Members and Castle Management to ensure that Lauderdale West remains a premier place to live. Our shared goal is to enhance the quality of life for all residents while preserving the strong sense of community that defines us.

I want to remind everyone that trash and recycle pickup is on Tuesdays and that the items are to be put out after 5 PM on Monday and that trash for Friday pickup should be put out no earlier than 5 PM Thursday evening. Please - I am seeing items put out Monday and Thursday before this time and we are going to start to move those items back close to the building from which they came. Please abide by the rules so Lauderdale West continues to be a beautiful place to live.

We continue to move forward with enabling BuildingLink, so it should be up and running soon. Remember, the platform will allow us to enter maintenance requests and will give our Treasurer, Ms. Rose-Marie Richmond, timely access to financial data and allowing for more effective oversight of our expenditures. This enhances our ability to prepare our budget going forward.

I want to take this opportunity to introduce Ms. Milli Whitehead, a new member of the Castle team replacing Dora, who has retired. Ms. Whitehead is a licensed CAM and brings extensive experience to Lauderdale West.

I know that some of you have received Late Letters as your monthly maintenance payment has not been received by Castle by the 10th of the month, which is the grace period for receipt of the payment. I remind everyone that the payment is due on the first day of the month so please be sure to mail your payment early enough so it can be received within the grace period. Unfortunately, we cannot rely on the Postal Service for timely mail delivery so there are two ways to ensure your payment is received on time:

1. Bring your payment to the Clubhouse and provide the payment to Lisa (Room 109) or Millie or

Edna (Room 120).

2. Set up Autopayment so the maintenance is delivered to Castle by the 1st of the month. I know some are concerned about Castle having access to your account, so if possible, set up a new account that is only for the maintenance fee. I understand that there might be a minimum requirement for the amount in accounts, but it is worth it to ensure that you don't receive a late payment letter and the associated fines.

Be assured, your Board remains dedicated to maintaining and strengthening Lauderdale West, so we all continue to live in the Premier 55+ Community.

Stephen Rose, President

PLEASE RESPECT OUR BOARD MEMBERS' PRIVATE TIME

As we are all aware, our Board of Directors is a team of volunteers. Please have respect and allow them their private time. They are in the office Monday through Friday from 9:00AM until Noon to carry out the business of Lauderdale West and to address your issues. Please do not interrupt their private time by calling their personal phone number or arriving on their doorstep. Either call their extension, which can be found on page 3 of this Newsletter, and leave a voice message, or wait until the following business day and go into the Clubhouse to talk to them. If you have a true emergency, please call 911. Thank you for your consideration of our Lauderdale West Board of Directors.

Lauderdale West Board Meetings

OCTOBER/NOVEMBER 2025

Wednesday, Oct 22 – 7 PM – Room 113

Wednesday, Nov 19 - 10 AM – Room 113

The Board meetings are **open to all residents of LW**. Meetings are subject to change or cancellation. Please check the Community Channel 901, the Lauderdale West Website (www.lauderdalewest.org) or signage at the Main Clubhouse for changes or cancellation notification. If you have signed up for email or text messages, you will be informed accordingly.

Videos of previous Board Meetings are available on the Lauderdale West Website Owners' Corner and the most recent are available on Blue Stream Channel 902.

FYI - LW'S ACCOUNTANTS

Please be advised the accountants for Lauderdale West are:

Castle Group

12270 SW 3 Street Suite 200

Plantation, FL 33325

800-337-5850

Mail your maintenance assessment to:

Popular Bank

PO Box 169010

Miami, FL 33116

Payments are due on the **FIRST** of each month

Lauderdale West HOURS OF OPERATION

Business Offices	M-F	9:00AM – Noon
Castle Property Manager	M-F	9:00AM – 5:00PM
Gym	Daily	5:00AM – 9:00PM
Main Clubhouse	Daily	8:00AM – 9:00PM
Main Swimming Pool	Daily	6:00AM – 9:00PM
Satellite Swimming Pool	Daily	Dawn to Dusk

BULK & GARBAGE PICKUP

BULK PICKUP DATES

Tuesday, October 14, 2025 (2nd Tuesday)

Tuesday, November 11, 2025 (2nd Tuesday)

Please **DO NOT** put Bulk Pickup items out until Monday afternoon **AFTER 5 PM** the day before Bulk Pickup is scheduled. Place Bulk Pickup at least **5 feet AWAY** from the mailboxes, trees, and street signs.

Thank you for your cooperation.

• **BULK PICKUP** – Our next Bulk Pickups will be Tuesday, October 14, and Tuesday, November 11. The following items will not be accepted: batteries, **black bags**, chemicals, concrete including bricks or pavers, electronics, fencing, fluorescent bulbs, glass not properly wrapped, insecticides, oils and paints, paint cans, x-rays, construction materials, tires. To ensure the safety of Waste Management drivers, mirrors, glass tabletops, windowpanes, plate glass, etc., will only be picked up if they are properly and safely placed in a rigid container. Any broken glass must be placed into a secure container and marked as glass. If items are small enough, they must be put in clear bags. **Black bags will not be accepted.** Empty cardboard boxes will be accepted.

• BULK PICKUP DATES FOR FUTURE MONTHS

Dec 9 (2nd Tue) Jan 13 (2nd Tue)
Feb 10 (2nd Tue)

• **GARBAGE PICKUP** – On Tuesday - blue bags and clear recycle bags should be placed **at least 5 feet AWAY from your mailbox**. On Friday – blue bags only, also **5 feet** from your mailbox. **Bags must not be put out until 5 PM** the night before pickup.

LW NEWS SUBMISSIONS

DEADLINE REMINDER!

FOR THE DECEMBER 2025/

JANUARY 2026 ISSUE

Articles are due October 17, 2025

New advertisers due October 8, 2025

Returning advertisers due October 15, 2025

ALL DEADLINES ARE FIRM

Email to: newspaper@lauderdalewest.org

or drop off at room #121

The Newspaper Office is open

Monday, Wednesday, and Friday

from **9 AM** until **noon**



Helpful Phone Numbers and Email Addresses

Beach Environmental (Pest Control)	954-458-1104
Blue Stream	954-282-6578
Broward County Call Center (Non-Emergency)	311
Broward County Health Department	954-467-4700
City Hall – General Information	954-797-2200
Code Enforcement	954-797-2267
Elderly & Veterans Services	954-357-6622
Fire Department – NON-emergency	954-797-2150
Florida Power & Light (FPL)	954-797-5000
LW Maintenance	954-473-2595
Plantation Recycling	954-452-2535
Poison Control Hotline	800-222-1222
Police Department – NON-emergency	954-797-2100
Suicide Prevention Lifeline	988
Water Department	954-797-2290
Westside Hospital	954-473-6600

* To reach the MAINTENANCE Department during regular hours, please call: **954-473-2595**.

Maintenance: maintenancedept@lauderdalewest.org
Sales: applicationsapproval@lauderdalewest.org



**Saturday, October 11
8:00 AM – 12:00 PM**

**Rain date: Sunday, October
12 from 1 to 4 PM**

Join us for a neighborhood-wide yard sale! Don't miss this chance to sell, shop, and mingle with your neighbors.

Register in the clubhouse lobby on Tuesdays and Thursdays from 10:00 – 11:30 AM, beginning Tuesday, September 16. Last day to register: Tuesday, October 7.

Registration Fee: \$5 (Check only – payable to Lauderdale West. No cash, please.)

Let's get ready! Start setting aside items you'd like to sell.

Questions? Contact Leila Maisa at 954-662-4026.

LW BUS SCHEDULE

Your Driver is Pete - 954-496-2543



MONDAY 9:00AM - 12:00PM	TUESDAY -----	WEDNESDAY 9:00AM - 12:30PM	THURSDAY 9:00AM - 12:30PM	FRIDAY 9:00AM - 12:00PM
DESTINATION PUBLIX (Jacaranda) BANK OF AMERICA DOLLAR TREE (Jacaranda)	NO BUS	DESTINATION WALMART (Oakland Park) BRAVO SHOPPING CENTER BANK OF AMERICA CHASE BANK	DESTINATION ALDI (Broward Blvd.) BROWARD MALL	DESTINATION PUBLIX (Jacaranda) BANK OF AMERICA DOLLAR TREE (Jacaranda)
NOTICE SIGN IN REQUIRED BEFORE BOARDING BUS STOPS ONLY AT DESTINATIONS PLEASE BE OUTSIDE YOUR HOME VIDEO SURVEILLANCE IN USE				PICK UP FOR PICK UP CALL PETE ON DAY OF TRIP 954-496-2543
BUS FARE IS FREE TO ALL LW RESIDENTS				
Rev. 1-7-2024				



my train

original poetry by Lydia Shutter

it's true you know
 my train has left the station
 that's why my image shocks me every time
 i return my own gaze in the mirror

lost chances seem to wait around dark corners
 taunting and teasing
 reminding me of how much self-control I used
 pushing fantasies and dreams away

did they even bloom
 before they withered without warning?

truth has morphed through the years
 and yet, the optimist in me thinks
 if the train has left the station
 it was going somewhere i was not meant to be
 suddenly i really do believe
 it's true you know

© 2025 Lydia Shutter

kudos *Job Well Done*

- To Barbara Blake and her Party Time volunteers for an amazing July 4th Party.
- To Jeff Bender and Rikki Johnson for keeping us informed and updated on the WEB, Chanel 901 and the creative notices for our bulletin boards.
- To Carol Sword for her proofreading support for the LW News.

ANIMAL ACCOMMODATION REQUIREMENTS AND RULES

1. A current Vaccination Record.
2. A copy of letter from doctor if ADA/ESA/CSA.
3. Dogs must be leashed in all open areas in the Community and kept at the owner's side when near other residents or dogs.
4. Dog owners are responsible for picking up waste left by their dogs and disposing of it properly when they return home.
5. Dogs must not urinate on mailbox posts or lamp posts.
6. Owners are required to maintain complete control of their dog while in the Community.
7. Owners will be fined if the dog becomes a nuisance by barking continuously or if waste is not picked up. \$100.00 per violation up to a total of \$1,000 per year.
8. Dogs cannot be tethered to any pole, tree, or any item in the Community.
9. Dogs must not be walked within twelve feet of windows, doors or walkways of other homes.
10. If the animal is deemed to be a dangerous dog and attacks or exhibits aggressive behavior to any person or other animal, the Association can demand removal of said animal. The owner will be subject to legal action.
11. If a dog is in the Community for more than 30 days, it must be registered with the Association.
12. Cats must not be allowed to roam the community. Cats are to be inside only.
13. Cats are not allowed in the shared screened porch of four plex units.
14. If cats are allowed outside, they must always be on a leash at the owner's side.
15. Any cat being walked on a leash will be required to have a vaccination record on file.
16. If a homeowner has a temporary guest that brings their dog/cat to visit, all Community rules must be followed. The homeowner will be responsible for any violation of these rules.
17. Homeowner/Resident will be responsible for all damage caused by their dog in the Community or to a resident's property.
18. **THE ASSOCIATION URGES RESIDENTS TO SPAY/NEUTER THE ANIMAL FOR HEALTH AND SAFETY REASONS.**

2025

ENTERTAINMENT NEWS

REMAINDER OF THE 2025 SHOWS

All shows begin at 7 PM
 Tickets are \$15 for Residents -
 \$20 for Guests
 Check or Money Order ONLY –
 NO CASH – No Refunds



NOVEMBER 8, 2025 JAYNE CURRY'S BIG NIGHT OUT

Jayne Curry's powerhouse vocals will delight you with songs from Broadway musicals, hit pop songs, soul songs and rock, from iconic women as Tina Turner and Barbara Streisand. Top it off with her hilarious observational humor. This is a show you must see. Ticket sales begin on October 27.

**Ticket Office is open M-F, 9:30-11:30 AM,
 beginning on ticket sales start date
 and 5:30-6:30 PM on show night.
 NO HATS - NO PICTURES OR VIDEO
 ALLOWED**



**Don't miss out on all the fun
 at Lauderdale West!**

Make sure you get your tickets at the Clubhouse in advance of the event.

October Events

Oct 7 Women of LW in LW Auditorium – 11:00 AM
 Oct 21 Hadassah in Room 113 – 11:00 AM
 Oct 22 Lauderdale West Board Meeting in Room 113 – 7:00 PM
 Oct 25 Halloween Party in LW Auditorium – 8:00-11:00 PM
 Oct 27 Ticket Office Opens for The Jayne Curry Show – 9:30-11:30 AM

November Events

Nov 4 Women of Lauderdale West in LW Auditorium – 11:00 AM
 Nov 8 Live Show in LW Auditorium (Jayne Curry Show) – 7:00 PM
 Nov 18 Hadassah in Room 113 – 11:00 AM
 Nov 19 Lauderdale West Board Meeting in Room 113 – 10:00 AM

December Events

Dec 2 Women of Lauderdale West in LW Auditorium – 11:00 AM
 Dec 16 Hadassah in Room 113 – 11:00 AM
 Dec 17 Lauderdale West Board Meeting in Room 113 – 7:00 PM



PLEASE FOLLOW LAUDERDALE WEST PARKING RESTRICTIONS

- Park in garage, driveway or parking space.
- Parking lots are only for use while at Clubhouse, pool or gym.
- Overnight parking in Clubhouse lots are ONLY with permission of Board.
- Parking during the day - 2 wheels on roadway and 2 wheels on grass.
- Commercial vehicle parking during service ONLY.
- There is no public parking in Lauderdale West.
- No overnight parking on streets.
- No parking with all four wheels on grass.



Plantation News

PLANTATION CITY COUNCIL MEETINGS

Plantation City Council meetings are generally held the 2nd and 4th Wednesday at 6:00 p.m. in Council Chambers at Plantation City Hall, 400 NW 73rd Avenue. Periodically, meetings may be cancelled, or special meetings may be held. Please call the City Clerk's Office at City Hall to verify (954-797-2237).

OCTOBER

October 8, 2025

October 22, 2025

NOVEMBER

November 5, 2025

November 19, 2025

FLUORIDE REMOVAL

Notice to Residents: Fluoride Discontinuation in Potable Water

To comply with the State of Florida Legislation requirement (Senate Bill 700), the City of Plantation discontinued the addition of fluoride to its drinking water supply beginning July 1, 2025.

Please be assured, this change will not affect the safety or quality of your drinking water. The City's Utilities Department remains committed to providing high quality drinking water and will continue to diligently monitor the water quality to ensure compliance with all state and federal drinking water standards.

We encourage all customers within our service area to remain proactive in maintaining oral health. If you have questions or concerns about fluoride or your dental health, we recommend consulting your dentist, pediatrician, or healthcare provider. Additional resources are available through the Centers for Disease Control and Prevention (CDC) and the American Dental Association (ADA).

For information on the City's annual drinking Water Quality Report, please visit Plantation.org/Utilities. The report is available on our website in English and Spanish and contains a summary of the quality of the drinking water we produce and deliver throughout our entire service area.

If you have any questions about the City of Plantation's drinking water, please contact the Utilities Department at 954-797-2209.

HURRICANE RECOVERY TIPS

The City's Public Works Department is in charge of debris removal and has a specific process in place based on priorities set forth in the City's Post Disaster Emergency Plan. For more information, visit their Debris Removal Emergency Response page.

- Insurance representatives will be on the scene immediately following a major disaster to speed up the handling of claims. Notify your insurance agent or broker of any losses and leave word where you can be contacted. In very difficult circumstances, the Florida Department of Financial Services will arrange for an "Insurance City" to be set up to help policy holders contact their insurance companies and expedite the filing of claims. For information, call 800-342-2762.

- Take steps to protect your property. Make temporary repairs to protect property from further damage or looting.

- Use only reputable contractors and keep all receipts for materials used. If you need to check the status of a contractor or file a complaint, call the Broward County Examining Board at 954-765-4400 or the Florida Department of Business and Professional Regulation at 954-917-1333.

- Generators are useful when temporary or remote power is needed, but extreme caution must be used when operating them. More injuries and deaths have occurred from improper use of a generator than from the storms themselves. Heed several important safety tips.

IMPORTANT INFORMATION REGARDING LATE PAYMENTS!

MONTHLY MAINTENANCE PAYMENTS
are due on or before the first day of
each month; **NOT** the 5th, **NOT** the 10th.

Plexes	\$508.00
Single Family Homes	\$520.00

If you do not pay your monthly maintenance or any special assessments on time, you are subject to additional fees. Those fees can add up very quickly.

If not paid by the 10th, a late fee of **\$5** will be assessed, plus a **\$30** late letter fee. If payment is not made within 30 days, expect to receive a legal letter fee for **\$195** from Lauderdale West to prepare documents to send to our attorneys for collection.

Once your account is turned over to our attorneys for collection, you will also be responsible for their legal fees in addition to FedEx postage, etc..

Please remember, all fees are subject to increase.

WELCOME, NEW RESIDENTS!

Marielena Alfonso
Mario Cuesta, Elsa Dominguez & Jayson Cuesta
Michele Doreste
Ubaldo Fabregas
Ronald & Maria Gross
Rhonda Gutierrez
Allison Hall
Andre & Aaron Hall
Mary Hatcher & Jacqueline Emerson-Hatcher
Charlotte Kneeley
Marie Nicole Menard
Deborah Meyers
Timmy & Sally Moon
Rosario & Kelly Morello
Frederik & Darlene Moses
Natalie, Marcia & Carmen Sanchez
Barbara Selznick
Pamela Pearson & Doug Steklasa
Brilla Smith
Harry & Debra Smith



HAVE YOU HAD YOUR BLOOD PRESSURE CHECKED LATELY?

Paramedics are once again at the Main Clubhouse on Friday from 9:00 – 11:00 AM in either Room 111 or 113 to check your blood pressure for you. If we don't use them, they will not continue to provide this service.

NEEDLE DISPOSAL

Used needles must be disposed of in a Sharps container. A Sharps container can be purchased for minimal cost at:

Prescription Pad Pharmacy
333 NW 70th Avenue, Ste 102, Plantation
Phone 954-791-2000

Once the container is full, it can be dropped off at this pharmacy and a new container obtained.



GARBAGE AND TRASH PICKUP

The Post Office has asked that we **NOT** place trash and recycle bags against the mailbox posts. These bags should be **at least five feet away** from the mailbox post on the driveway or lawn. Bulk trash items should be even farther away and not close to any trees or other objects that may interfere with the grabber arm used to pick up the bulk trash.

HADASSAH *Happenings...*

By Susan Rose, President | 954-288-8494 - Mssrose@aol.com

We're starting our new Hadassah season with one of our favorite traditions — **Bingo Night!** Join us in the main clubhouse on **Sunday, October 5th at 5:30 PM.** Bring your neighbors, bring your friends — the more, the merrier! We'll play 12 exciting games with gift cards for prizes, enjoy delicious free refreshments, and share plenty of laughter. All of this for only **\$14** — now that's a fun evening!

Tuesday, October 7 – Board Meeting Location: Susan's house Time: 9:30 AM

Whether you've been with Hadassah for years or are just curious about our chapter, we'd love to have you join us! We'll sip coffee, share ideas, plan ways to keep making a difference together — and of course, enjoy refreshments.

Thursday, October 16 – Lunch Bunch Location: Olive Garden Time: 11:30 AM

A friendly table, great conversation, and maybe even a breadstick (or three)! RSVP to Gypsy at (973) 715-7811 for the exact location. Everyone pays for their own lunch, plus a \$5 donation to Hadassah.

Tuesday, October 21 – General Meeting & Luncheon Time: 11:00 AM

We'll enjoy tuna, egg salad, and cottage cheese, with a beverage and sweet treat for dessert. Lunch is **\$14** (due to rising costs). RSVP to Karen at **(954) 205-1939**. We'll also be announcing our slate of officers — and if you've been thinking about joining the executive board, now's the perfect time to raise your hand!

Tuesday, November 4 – Board Meeting Location: Susan's house Time: 9:30 AM

Come for the planning, stay for the camaraderie — and yes, refreshments will be served.

Tuesday, November 11 – Lunch Bunch Location: TBA Time: 11:30 AM

Let's share stories, smiles, and a few giggles over lunch. RSVP to Gypsy at **(973) 715-7811**.

Tuesday, November 18 – General Meeting Time: 11:00 AM

As Thanksgiving approaches, we'll gather to celebrate all we're grateful for. RSVP to Karen at **(954) 205-1939**.

When you take part in Hadassah, you're not just joining events — you're joining hearts, helping hands, and a tradition of healing the world, one person at a time.

WOMEN *Of Lauderdale West*

By Pinky Trapani 954-472-1652

All receipts were tallied by Rose Marie Richmond (RM). The grand total for Christmas in July was \$4,133.00. Some donations came from a group of ladies called "Wave of Hearts". Thank you once again for helping us reach this spectacular goal.

We were honored at our August luncheon to have the President/CEO Mr. Mark Dhooge of "Kids in Distress" speak to us. We surprised them with a check in the amount of \$3,170. We are working to bring the total to \$4,000 in time for the holiday party in December, date to follow.

September 9 – The luncheon was full of fun as we bid on some very high-end items. Nothing under \$25. Bids were from one quarter to four quarters on items such as gift baskets, gift cards, etc. - what a deal! Thank you to Rose-Marie and Allen Richmond and your team for helping to make this event a huge success.

Our next bus ride to the casino is in Oct - Date to be announced.

The Tuesday, October 7 luncheon in the Auditorium at 11 AM will feature a presentation by Mr. Frank Saldana regarding Medicare, Humana, etc. There will also be some fine jewelry, each piece costing \$15. And they look like the real stuff: rings, bracelets, earrings, etc.

The general meeting will be held on October 28 at 10 AM

in Room 111. Bring your ideas and input for November and December. Remember, the majority rules.

On Monday, November 3 we will decorate and set up our "Angel Wish Tree" for "Kids in Distress".

At the Tuesday, November 4 luncheon at 11 AM in the Auditorium you will choose a child's name from the Angel Wish Tree (to be documented). Instructions will be given on that day, such as wrapping, where & when to bring the gift back for pick up in time for the holiday party with Santa in December (date to be announced).

A general meeting will be held on Tuesday, November 18 at 10 AM in Room 111. We will discuss plans for future events for December 2025 and January 2026.

Olive Garden was chosen for our December holiday luncheon. We have to decide which location – the new location at 13500 W Sunrise Blvd - Sawgrass or our usual location on University Dr, Plantation. This will be announced.

We want to welcome three new ladies aboard our train to journey with us for fun, friendship and our worthy cause "Kids in Distress"!

From all of us, we wish all of you happy and blessed holidays.

"Let's not go where the paths lead, Instead, go where there is no path and leave a trail." We sure do!!!



Castle Management, LLC.

**“AUTO PAY” AUTHORIZATION
Maintenance Fees**

In order to have the Auto-pay program begin automatically deducting maintenance fees from your checking account, please clearly fill out the information below.

Please complete each and every item below:

ASSOCIATION NAME: Lauderdale West Community Association No. 1, Inc.

UNIT OWNER NAME: _____

PROPERTY ADDRESS: _____

MAILING ADDRESS: _____

CONTACT NUMBER(S): _____

EMAIL ADDRESS: _____

MONTH START DATE: _____

MAINTENANCE FEE FREQUENCY: ☒ Month ☐ Quarterly ☐ Annually ☐ Semi Annual

NAME OF YOUR BANK _____

ACCOUNT # _____ ROUTING # _____

I HEREBY AUTHORIZE MY FINANCIAL INSTITUTION TO DEBIT/CHARGE MY ACCOUNT IN THE NAME OF MY HOMEOWNERS/CONDOMINIUM ASSOCIATION. I grant the Association the right and authority to amend the auto debit as maintenance fees are amended by the Board of Directors.

I UNDERSTAND THAT:

1. Notification of auto-pay confirmation will be sent by email.
2. That the debit/charge will occur between the 5th and 10th working day after the assessment is due.

The auto debit will remain in effect until I notify my association in writing 30 days prior to canceling the auto debit.

SIGNATURE: _____ **DATE:** _____



Dear Homeowner,

Premier PowerWashing may be performing a professional soft wash service on your roof and/or sidewalk.

To ensure the service runs smoothly and with minimal interruption, please take the following steps:

1. Remove vehicles from the driveway to allow access to your property. (If the vehicle is not removed, we will knock on the front door twice and if no one is home, we will place a plastic tarp over the car.)
2. Remove decorations and furniture from the front porch to help us clean around these areas.
3. If you have plants and pots outside, please bring them in to ensure they are safe from chemicals or place a plastic tarp over them to ensure they are protected.
4. If you have any freshly painted surfaces (patios, porch, wall, etc.) please inform us or your Association so we can take extra precautions. We need to be made aware of all freshly painted surfaces.

Please ensure these preparations are made as soon as possible to avoid any delays in the service.

Please be aware that during the soft wash process we will be using a solution that includes 12.5% mildew retardant rinse mixed with water. This solution is effective in preventing mildew growth, but it may produce a noticeable aroma in the air, which can linger for a couple of hours.

For individuals sensitive to odors or with respiratory issues, we recommend leaving the property for a couple of hours while we perform our services and at least 2 hours after we are done with the cleaning to ensure your comfort and safety.

OPTIONAL SERVICES FOR THE LAUDERDALE WEST COMMUNITY

If you are interested in these services, please feel free to contact us or the Lauderdale West Community Association for further information. Please note that the costs for these services will be the responsibility of the homeowner.

- | | |
|---------------------|------|
| • Driveway | \$30 |
| • Exterior Walls | \$80 |
| • Screened-in Patio | \$40 |
| • Screen Only | \$60 |
| • Open Back Patio | \$40 |

Website: Premierpowerclean.com

Email: Premierpowerwashing4@gmail.com

Office Number : 561-249-9404

2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE Since this calendar must be prepared weeks in advance, there may be last-minute changes. We suggest you verify dates on BlueStream Channel 901. Revised 09-17-2025	KEY TO LOCATIONS AUD = Auditorium BC = Bocce Court EXT = Outside of LW LIB = Library SATL = Satellite TO = Ticket Office		1 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	2 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer SATL 10:30 am Cards 202 6 pm Social Tennis 202 7-9 pm Pool Playing	3 104 8 am-2 pm Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	4 SatL 8 am Social Tennis
5 SatL 9 am Social Tennis 208 1-4 pm Bridge	6 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	7 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30 am Hadassah Board Mtg AUD 11 am Women of LW, Inc 208 1 pm Cards SatL 6 pm Social Tennis	8 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exe 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	9 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards SatL 6 pm Social Tennis 202 7 pm Pool Playing 113 7-9 pm Spanish Club	10 104 8 am-2 pm Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing Aud 7 pm Movie Time	11 SatL 8 am Social Tennis
12 SatL 9 am Social Tennis Aud 2 pm Movie Time	13 COLUMBUS DAY 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer TO 9:30 am Tickets Halloween Pky 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards BUSINESS OFFICES CLOSED CASTLE & MAINTENANCE OPEN CLUBHOUSE OPEN	14 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 208 1 pm Cards SatL 6 pm Social Tennis BULK PICKUP	15 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	16 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards SatL 6 pm Social Tennis 113 6:30 pm Neighborhood Watch 202 7-9 pm Pool Playing	17 104 8 am-2 pm Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	18 SatL 8 am Social Tennis
19 SatL 9 am Social Tennis	20 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	21 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 113 11 am Hadassah Gen Mtg 208 1 pm Cards SatL 6 pm Social Tennis	22 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 113 7 pm LW Board Meeting 106 7 pm Ceramics	23 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards SatL 6 pm Social Tennis 202 7-9 pm Pool Playing	24 104 8 am-2 pm Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	25 SatL 8 am Social Tennis
26 SatL 9 am Social Tennis	27 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer TO 9:30 am Ticket Office Opens 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	28 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 111 10 am Women of LW Bd Mtg 208 1 pm Cards SatL 6 pm Social Tennis	29 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	30 104 8 am-2 pm Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards SatL 6 pm Social Tennis 202 7-9 pm Pool Playing	31 HALLOWEEN 104 8 am-2 pm Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing Aud 7 pm Movie Time	

OCTOBER

2025

N O V E M B E R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE Since this calendar must be prepared weeks in advance, there may be last-minute changes. We suggest you verify dates on BlueStream Channel 901. Revised 09-17-2025	KEY TO LOCATIONS AUD = Auditorium BC = Bocce Court EXT = Outside of LW LIB = Library SATL = Satellite TO = Ticket Office					1 Satl 8 am Social Tennis
2 Satl 9 am Social Tennis 208 1-4 pm Bridge Aud 2 pm Movie Time	3 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	4 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30 am Hadassah Board Mtg AUD 11 am Women of LW, Inc 208 1 pm Cards Satl 6 pm Social Tennis	5 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	6 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing	7 104 8-1:30 Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 12-4 pm Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	8 Satl 8 am Social Tennis
9 Satl 9 am Social Tennis	10 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	11 VETERANS' DAY 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 1 pm Cards Satl 6 pm Social Tennis BULK PICKUP BUSINESS OFFICES CLOSED CASTLE & MAINTENANCE OPEN CLUBHOUSE OPEN	12 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	13 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing 113 7 pm Spanish Club	14 104 8-1:30 Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 12-4 pm Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	15 Satl 8 am Social Tennis JAYNE CURRY SHOW 7:00 PM LW AUDITORIUM
16 Satl 9 am Social Tennis	17 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	18 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 111 11 am Women of LW Bd Mtg 208 1 pm Cards Satl 6 pm Social Tennis	19 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 10 am Board Workshop 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	20 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards 106 12-3 pm Scrapbooking Satl 6 pm Social Tennis 113 6:30 pm Neighborhood Watch 202 7-9 pm Pool Playing	21 104 8-1:30 Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 12-4 pm Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	22 Satl 8 am Social Tennis
23 Satl 9 am Social Tennis	24 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 202 1-3 pm Pool Playing 106 1-4 pm Sewing Circle 206 2 pm Bingo 208 7 pm Cards	25 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 11 am Hadassah Gen Mtg 208 1 pm Cards Satl 6 pm Social Tennis	26 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	27 THANKSGIVING 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing BUSINESS OFFICES CLOSED CASTLE & MAINTENANCE CLOSED CLUBHOUSE OPEN	28 104 8-1:30 Wood Shop 111 8-9 am Low Impact Exer 111 9-11 am Blood Pressure 206 12-4 pm Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing	29 Satl 8 am Social Tennis BUSINESS OFFICES CLOSED CASTLE & MAINTENANCE CLOSED CLUBHOUSE OPEN
30 Last Day of Ramadan						

Puzzles & Quizzes

Answers, page 19

ACROSS

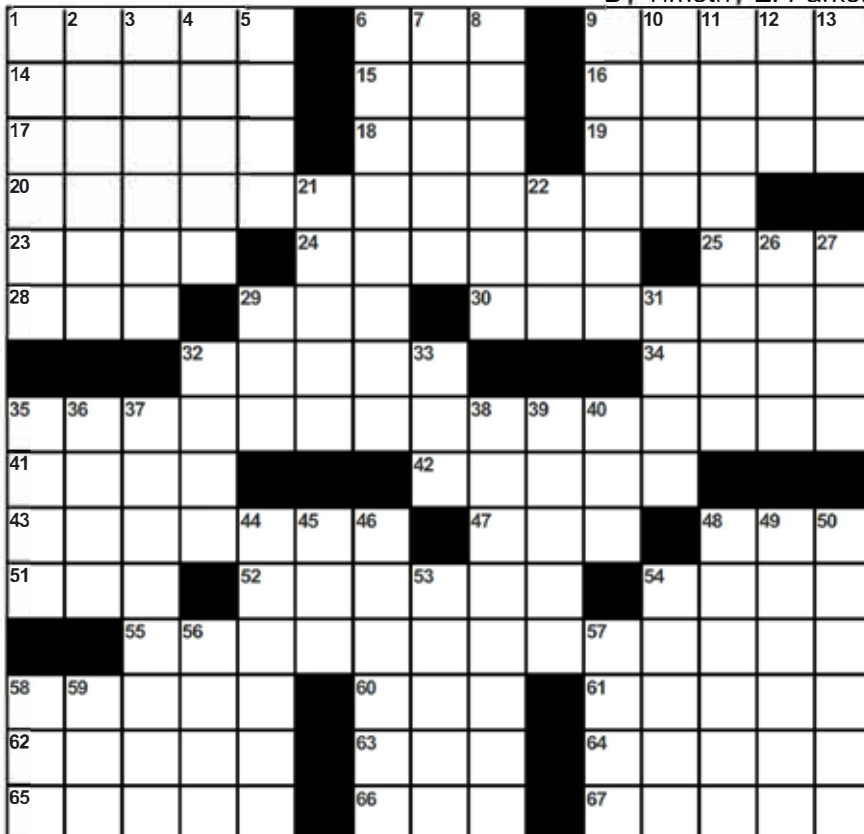
- 1) Cutting comments
- 6) Impressive degree, briefly
- 9) Monthly bill, for many
- 14) "Nixon In China," for one
- 15) Bit of deception
- 16) Barbecuer's cover-up
- 17) Type of battery
- 18) Priestly garb
- 19) Butcher's stock in trade
- 20) Tough chances for outfielders
- 23) "If all ___ fails ..."
- 24) Expulsion from office
- 25) Rocks in a bar
- 28) Comment from Homer Simpson
- 29) "When We Were Kings" hero
- 30) Finish a Big Gulp
- 32) Absurd
- 34) Assistant
- 35) Like an equivocal sword?
- 41) Shrek, e.g.
- 42) "Summer of '69" singer Adams
- 43) Forcefully urgent
- 47) Performed
- 48) "Dear" man
- 51) Prepare to fire
- 52) A B vitamin
- 54) ___ fide
- 55) Butcher's tool
- 58) Sedate
- 60) Actress Lupino
- 61) Hawaiian island
- 62) Multitude or throng
- 63) Elevator unit
- 64) Words of agreement on Sundays
- 65) Toadies' chorus
- 66) Cunning
- 67) Bed on board

DOWN

- 1) Ordered around
- 2) Early NASA program
- 3) Hotdog topper, sometimes
- 4) Knee steadier
- 5) Dress in India
- 6) Tormenting incessantly
- 7) Some things to climb
- 8) Accounting minuses
- 9) Smartphone feature
- 10) Impressionist
- 11) South American capital city
- 12) He had a salty wife
- 13) Annapolis grad's rank, briefly
- 21) Baseball legend Ryan
- 22) Still in its original packaging
- 26) "Buffalo" Bill
- 27) Some farm females
- 29) Singer DiFranco
- 31) Bowling green?
- 32) Anything on a list
- 33) Emulate a tide
- 35) ___-Cola
- 36) Certain Jamaican fruit
- 37) Some British transports
- 38) Everyday
- 39) Pulling even with
- 40) Possessed
- 44) Places of residence
- 45) Barely beat
- 46) Talking points
- 48) Oklahoma athlete
- 49) Chant
- 50) Debonair
- 53) Kind of wave
- 54) Hold responsible
- 56) Take cover
- 57) Divulge a secret
- 58) Not outgoing
- 59) Little piggy

KITCHEN PREP

By Timothy E. Parker



Sudoku (answers page 19)

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

WONDERWORD

By DAVID
OUELLET

HOW TO PLAY: First, read the list of words, then look at the puzzle. The words are found in all directions - vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike it off the list. The letters are often used more than once so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues you'll have a number of letters left over that spell out the WONDERWORD. To see the answer use the link below the puzzle.

City Milestones

July 14, 2025

G	L	M	A	E	T	C	B	C	D	S	S	A	R	B
U	M	A	V	A	P	E	H	A	T	R	Z	E	S	T
E	S	E	I	A	N	A	B	A	N	Q	U	E	T	S
S	N	N	R	N	L	N	T	R	R	N	I	M	A	N
T	E	A	O	L	N	U	I	E	O	T	E	M	N	E
S	D	I	E	I	E	E	M	V	I	Y	E	R	D	M
E	T	N	R	S	T	A	T	V	E	S	A	R	S	R
S	G	N	G	A	R	A	I	N	L	R	S	M	S	E
E	T	A	E	K	T	T	R	A	E	E	S	D	E	D
S	L	R	S	M	S	I	I	B	T	C	R	A	I	L
F	P	T	E	E	U	C	N	U	E	O	R	S	R	A
I	H	E	F	C	I	N	T	G	C	L	P	O	B	Y
F	S	M	E	F	N	A	O	E	I	L	E	A	W	N
E	I	P	F	C	T	O	R	M	A	D	N	C	C	D
S	W	O	H	S	H	T	C	Y	O	D	A	N	C	E

Aldermen, Anniversary, Band, Banners, Banquets, Brass, Celebrations, Centennial, Challenge, Charters, Concerts, Crowd, Dance, Dignitaries, Display, Drum, Event, Festivities, Fifes, Flags, Guests, Mayor, Monuments, Officials, Pace, Parade, Records, Remarks, Shows, Speech, Stands, Statues, Statutes, Team, Tempo, Wish, Zest.

Answer, page 19

Solution: 7 letters

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howardwinter@comcast.net<http://howardwinter.matrix.southfloridaml.com>Howard Winter
Realtor



OWNER ALERT HELPS PROTECT YOUR PROPERTY FROM TITLE FRAUD

Owner Alert is a free notification service designed to help you protect your property from fraud. Property fraud is a very serious issue. Criminals can record fraudulent deeds transferring ownership and then try to mortgage, sell, or rent your property. The Broward County Property Appraiser's Owner Alert helps stop these unlawful acts!

Subscribing to this service is free, quick, and easy – simply visit our website at web.bcpa.net/OwnerAlert to register your property for email and text alerts. You will need your Florida driver's license or Florida ID number to complete the registration. Please note you can unsubscribe at any time.

To date, our office has sent more than 74,000

notifications to registered property owners regarding a change in ownership to their property. The information provided upon registration is exempt from public disclosure. Protect your most valuable asset, your home, and sign up today.

If you have any questions, please call 954-357-5579.

Marty Kiar, JD, CFA

Broward County Property Appraiser

Mom's Favorite Sayings

1. What part of NO don't you understand?
2. I don't care who started it!
3. Money doesn't grow on trees.
4. Your face is going to freeze like that.
5. Your hands are not broken.
6. Beds are made for sleeping, not jumping
7. No one said life is fair.
8. Eat your vegetables.
9. I don't know is NOT an answer.
10. Because I said so ...That's why!

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Puzzles & Quizzes Answers

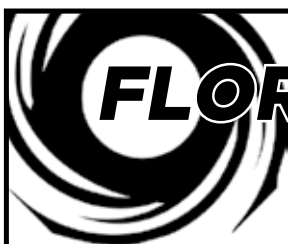
Sudoku answer to puzzle on page 17

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

Crossword answer to puzzle on page 17

1	B	A	R	B	S	6	P	H	D	9	C	A	B	L	E
14	O	P	E	R	A	15	L	I	E	16	A	P	R	O	N
17	S	O	L	A	R	18	A	L	B	19	M	E	A	T	S
20	S	L	I	C	I	21	N	G	L	I	N	E	R	S	
23	E	L	S	E		24	O	U	S	T	E	R		I	C
28	D	O	H		29	A	L	I		30	S	W	A	L	L
				32	I	N	A	N	E				A	I	D
35	C	U	T	T	I	N	G	B	O	T	H	W	A	Y	S
41	O	G	R	E				B	R	Y	A	N			
43	C	L	A	M	A	N	T		47	D	I	D		S	I
51	A	I	M		52	B	I	O	T	I	N		B	O	N
				55	C	H	O	P	P	I	N	G	B	L	O
58	S	T	A	I	D		60	I	D	A		61	L	A	N
62	H	O	R	D	E		63	C	A	R		64	A	M	E
65	Y	E	S	E	S		66	S	L	Y		67	B	E	R

Wonderword Answer: **MEMENTO**(Puzzle on page 17)



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EXPERTS WARN

Clicking “Unsubscribe” on that Boring Email Could Actually be a Security Risk
TechRadar By Sead Fadilpašić

Researchers are warning about the “unsubscribe here” button in spam emails.

They can be used to redirect victims to malicious pages.

There are other ways to get rid of spam, so users should be on their guard.

If you've received a spam email with an “unsubscribe here” button at the bottom, don't press it - it could do more harm than good.

This is according to TK Keanini, CTO of DNSFilter, who recently revealed pressing such a button sends the recipient away from the safety of the email client and into the open internet, where potentially malicious landing pages are lurking.

In fact, Keanini claims that one in every 644 clicks can lead to a malicious website.

How to unsubscribe, then?

Even if clicking the button doesn't lead directly to a phishing page, other, more subtle, risks are lurking as well. Keanini says that hackers would often place that button just to see who clicks - which would also help them determine which email addresses are active and thus worth targeting further.

The general rule of thumb seems to be - if you don't trust the company that sent the email, don't trust the unsubscribe process either.

So, what's the alternative? The alternative is to unsubscribe through the email client itself, rather than through the email's body. Most email clients have “list-unsubscribe headers”, which appear as built-in buttons and thus don't include source code, Tom's Guide explained. “If your email header doesn't contain a link, you can reply on your spam filters, or try blacklisting the sender instead,” the publication further explained.

Those who don't have these options can use disposable email addresses when signing up for different services. Most email service providers allow users to create throwaway email addresses, as well. For example, Gmail has a feature called “plus addressing” or “Gmail aliases”, which allow users to modify their address by adding a + and a tag before the@gmail.com address.

That way, the email address used during registration could be your name+shopping@gmail.com. Messages will still arrive in the inbox, but they can be easily tracked or filtered.



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Duncan
Band**

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November 2, 2025
Noon - 5pm**

**BBQ Pork &
Chicken
Sandwiches**



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- Raffles
- Extrication Demo
- Helicopter Landing
- Fire Sprinkler Demo

Pine Island Park Soccer Field - 8200 SW 3rd Street
to purchase : www.PlantationFire.com/bbq



FALL-PROOF YOUR HOME

FLOORS

When you walk through a room, do you have to walk around furniture?

-]] Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

-]] Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

-]] Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

-]] Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are things you use often on high shelves?

-]] Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

-]] If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BATHROOM

Is the tub or shower floor slippery?

-]] Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

-]] Have grab bars put in next to and inside the tub, and next to the toilet.

Is the path from your bed to the bathroom dark?

-]] Put in a nightlight so you can see where you're walking.



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1

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Happy THANKSGIVING

Thanksgiving is a time for both gratitude and reflection, encouraging individuals to appreciate the positive aspects of their lives and the blessings they've received. It's a chance to step away from daily stresses and focus on what truly matters, fostering contentment and happiness. This reflection can involve acknowledging achievements, recognizing the support of loved ones, and appreciating the simple joys often overlooked.

- **Gratitude as a Mindset**

Thanksgiving serves as a reminder that gratitude is not just a one-day event, but a practice and mindset that can be cultivated throughout the year.

- **Shifting Focus:**

By focusing on what we have and what we are thankful for, we can shift our perspective from what's lacking to what's present, promoting a more positive outlook.

- **Meaningful Reflection:**

Reflection during Thanksgiving can involve journaling, sharing appreciation with loved ones, or simply taking time for quiet contemplation to identify moments of joy, growth, and resilience from the past year.

- **Strengthening Bonds:**

Sharing gratitude with family and friends can deepen connections and create a sense of community and belonging.

- **Impact on Wellbeing:**

Practicing gratitude has been linked to improved physical and mental well-being, including reduced stress and increased happiness.

- **Extending Gratitude:**

Beyond the Thanksgiving meal, it's important to extend gratitude to those who have supported us and to continue cultivating a thankful heart in all aspects of life.

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