



LAW FIRM'S CHARITY DRIVE

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MATHEMATICS COMPETITION

8

TAMARAC B-BALL TEAM WINS

14

CYBER CLASS



TEACHING TECH ARC Broward IT Asset Recovery (left) IT Supervisor Renald Dessources works with Material Handler program student Diego and others on wiping computer hard drives clean at the Fort Lauderdale facility. TAIMY ALVAREZ/STAFF PHOTOGRAPHER

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Nonprofit IT program provides opportunities

BY JUNETTE REYES
STAFF WRITER

ARC Broward's IT Asset Recovery is currently accepting donations of electronics for recycling purposes.

While the ARC Broward main campus in Sunrise is no longer receiving electronics, dona-

tions will still be taken in at the IT Asset Recovery's headquarters in Fort Lauderdale.

Residents and businesses in South Florida can drop off their devices. Additional arrangements can be made for larger businesses to have the electronics picked up and

brought back to the facility.

Once items are accepted, they are then put through the inventory process, tested and in many cases refurbished and sold through the organization's eBay

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Local academy prepares for Year of the Rooster

BY JUNETTE REYES
STAFF WRITER

The John Wai Kung Fu Academy in Plantation is getting ready for the Chinese New Year celebrations this month.

The academy's Lion and Dragon Dance Team has been rehearsing and practicing for their performances in honor of the Chinese Zodiac's Year of the Rooster.

John Wai, the head instructor at the studio, said the dance dates back hundreds of years and is usually performed in special celebratory events, such as weddings and the new year.

Wai has participated in similar performances as a child while growing up in Hong Kong and has shared this important part of his heritage with the students at the academy over the years.

"It's very important for me to pass on not only the Chinese martial arts [and] the traditional lion dance but also the Chinese culture as well," Wai said.

Participants in the dance team range in age

from as young as five to 65, he said. The troupe travels around South Florida in a 50-passenger charter bus to several businesses and events in the hopes of bringing luck to viewers and scaring away evil spirits.

Maurice Morrison, an assistant instructor at the academy, is the lead in the lion performance. The 19-year-old said he enjoys being a part of the team especially because of how one's personality shines through in the performance.

"You can tell that if they're a cautious person, the lion might convey that. If they're really anxious, the lion might be really fast," he said. "You can really tell the person behind the movements they do in the lion."

The lions dance to the accompaniment of drums, gongs, and cymbals. They come in various colors, with red, gold and green representing luck, royalty, and money respectively.

Two people take on the role of the lion, one as the head and the other as

the tail. Both are equally important as they bring the lion to life. The head is expressive while the tail makes the body movements realistic. More advanced performers can be acrobatic with jumps and tricks.

"It takes both of them because if you have the head moving fast and the tail is not, then it really doesn't look alive," said Morrison. "Both of them have to kind of be a really good team together, and that really makes the lion look like it's actually real," said Morrison.

Twelve-year-old Tomas Kerch, a member of the dance team for three years, said he thought the lions were real at first.

"If they were alive, we wouldn't have to do all this work," Kaleb Declaire, 9, jokingly retorted.

The Chinese New Year is additionally marked with traditions like holding money in one's pockets and wearing new shoes,

which symbolizes

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Jiggle your way to health

“Why can’t you sit still?”

“Stop moving around so much.”

This refrain is often repeated to children.

“Why are you always jig-gling?” I asked my teenage son when I watched him tapping his leg up and down. “Can’t you sit still?”

The chorus of “stop moving” is usually directed toward young people. Seniors, however, are told to move more.

Studies on movement patterns point out that adults are sitting too much, often eight to 10

hours a day. “Get up,” they are told. “Climb stairs, stretch, walk. Stand up

often and if you can’t, at least fidget while sitting.” There are consequences to sedentary habits: weight gain, diabetes, re-

stricted blood flow to the legs. By standing and moving, blood flow remains steady. If you can’t get up to walk around, the next best option is to fidget: tap your toes, squeeze your legs, make small movements with your hands and feet. It may be annoying to the people around you but it’s

good for you.

Fidgeters’ first cousins are the “doodlers.” Those are the folks who absent-mindedly create drawings while their attention is elsewhere. According to a study published in the scientific journal *Applied Cognitive Psychology*, doodling can be an aid to memory. It limits day-dreaming and helps the doodler focus on what’s going on, especially at boring lectures and meetings. While cleaning out some old books, I found some of my children’s school notebooks. The margins of the pages were filled with their “art.” They were good students, so maybe the doodling helped them to pay attention in class.

I doodle during telephone conversations where I might otherwise lose interest and tune out. There is no way I can doodle, however, when using an iPhone. What does that say about the future of creativity? Doodler fans say that in addition to possibly creating a work of art, the “artist” is better able to concentrate and remain in the present moment. As a side benefit, doodling may foster creative thinking similar to dreaming during sleep. Instead of thinking of the doodle as a time waster, it can serve to free imaginative thinking.

There is another aspect to the “movement pushers.” If everyone around you is moving double

time, sitting still and quiet may seem sloth-like. Sitting around looks lazy. *Time* magazine once warned “sitting is sabotaging your health.” The article even posted a guide to “deskercize” while working at your computer. Studies from the American Medical Association and Centers for Disease Control and Prevention also report that sitting can be deadly.

There was a time when sitting properly was admired, especially for children. A 1946 children’s book by Munro Leaf offered instructions on the importance of “sitting and standing right” (“How to Behave and Why”). Today, in the age of ADD and ADHD, teachers are more

accepting of some of their students’ needs to move around and wiggle or squirm. The children are not being naughty. They are “active physical learners” as long as they are also listening to the work being taught.

Now that I’ve learned how important movement is to health, I try to get up and move at every television commercial. The downside is that when I get up, I head for the refrigerator and that has some undesirable consequences.

Dorothy Dworkin is a freelancer writer and writing teacher in Boynton Beach. Email comments to kabarnett@tronc.com.



DOROTHY DWORKIN
FIRST THOUGHTS

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and Amazon outlets. Electronics are also sometimes taken apart for other uses.

Julia Price, the vice president of programs and mission based enterprises, said the business has been operating for 16 years.

What sets the IT organization apart from others is that it maintains the ARC Broward mission of pro-

viding services and opportunities for individuals with developmental disabilities.

A 12-week training opportunity, called the Material Handler Program, is offered for adults where they learn how to process the products received.

“They’ll help with product that comes into the warehouse, they learn how to inventory product, they learn how to ‘de-manufac-

ture’ or take it apart, they assist with some of the refurbishment activities and some of the sales activities as well,” Price said.

Many of the students are then employed and heavily involved within the facility’s operations once their training is completed. ARC Broward also assists these individuals in finding jobs within neighborhoods and locations that are more convenient and suit-

able for them.

Zach Abecassis became an associate computer technician at the IT Asset Recovery headquarters after progressing through the Material Handler Program. Abecassis was eventually employed full time and is now responsible for handling products through eBay.

He felt the opportunities presented have been beneficial to individuals

like him.

“Most of them just stay home because no one wants to give them a chance, and they’re all alone. This gets them active outside of their house, builds their confidence and working with people,” said Abecassis.

Abecassis said he was out of a job two years ago and can now proudly put this experience on his resume.

The ARC Broward IT Asset Recovery headquarters is located at 3300 SW 13th Ave. in Fort Lauderdale. Drop off hours are from 8:30 a.m. to 4:30 p.m. Monday through Friday.

For information, call 954-577-4160, visit arcbrowarditasset.com or email info@arcbrowarditasset.com.

junreyes@tronc.com

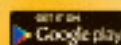
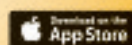


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THE WEEK IN PICTURES



DIGITAL DONATIONS Above, the ARC Broward IT Asset Recovery facility will be accepting donations of electronic devices for recycling purposes. Individuals with disabilities are provided with training and employment opportunities at the facility. Above right, ARC Broward IT Asset Recovery employees (left) Zach Abecassis, who used to be a student, and (background) IT Supervisor Renald Dessources work on computers. Right, ARC Broward IT Asset Recovery Material Handler students (left to right) Daquanne, Vinny and Diego work on wiping clean hard drives. Below, Dessources works with Material Handler program student Diego and others at their stations. TAIMY ALVAREZ/STAFF PHOTOGRAPHER

