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DECEMBER 2025

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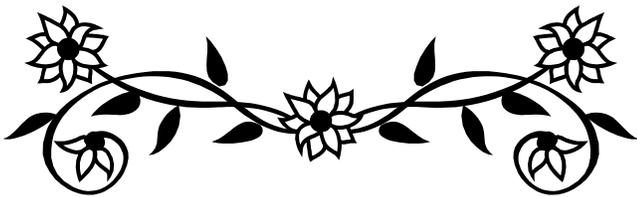
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.

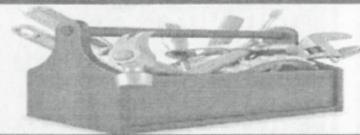
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December Events Calendar

Nobody Asked Me...

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## CONDO TWO

by Marge Fattori

Hope everyone is enjoying their stay in the warm weather and had a wonderful Thanksgiving.

Just a few friendly reminders for the community.

Trash pickup is Wednesday and Saturday (Wednesday includes recycling). Please do not put trash out before 4 pm and please put trash bags in the containers and not loose on the ground, this attracts animals and makes a mess of our parking lots.

Parking is head on in the spaces only. If you do not have a current parking sticker for your car, please contact the office to obtain one.

The Condo 2 pool is for Condo 2 owners, residents and their guests only. Please have your ID with you, it may be checked. The pool is open from Dusk to Dawn. Swim attire should be worn (no street clothes or street shoes in the pool).

No animals in the pool area.

Smoking is permitted in the designated areas only.

Children under 12 must be under supervision. No horseplaying, jumping or diving.

Please keep lounge chairs, tables and chairs behind the blue line, remember to put the umbrellas down when leaving pool area.

Absolutely no GLASS in the pool area. Feel free to enjoy a snack but please clean up after yourself.

Let's all work together to keep the pool area clean and enjoyable for everyone.

Our next open board meeting will be December 17, 6:30 pm in the ballroom of the clubhouse. A zoom link will also be sent out before the meeting. A legal update will be coming out from our legal team.

A reminder that Jerry Carlin is in the Condo 2 office every Wednesday from 10:30am to 12pm to help residents with questions.

## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Welcome to the happiest and most hectic time of the year! Merry Christmas, Happy Hannukah (Chanukah), and Kwanzaa to all of our Palm Greens and Delray Trails Family! Enjoy whatever you celebrate. We look forward to joining together in our new clubhouse, hopefully in January. Look forward to meeting everyone there.

Dr Lori Vinikoor, President of the Alliance, called our meeting to order at 9:30AM. Arnie Katz welcomed all of our guests. Lori spoke about our PBC Expo on 1/7/2026. This is always a very special event and a chance to meet and ask questions of our many Departments of PBC. There will be photo booths, snacks and many giveaways.

Development updates included widening of roads at Atlantic Ave west of Lyons is in full swing. Eternal Light Cemetery withdrew its application for expansion at this time. Public Storage is under construction at the corner of Atlantic Ave. & the Turnpike. The American Heritage Academy Expansion Application has been postponed. Delray Golf Course is closed for refurbishing. The contract is worth \$28.5 million and was awarded to NMP Golf Construction Corp. Sundry House restaurant/parking/residences phase 1 is complete. Over 100,000 sq. feet of office space.

Captain Mike Morales of PBC Sheriff's Office, spoke about his project, STOP AND THINK! See something suspicious, contact the police. Also, scams are over the top. 96% of our community have had some sort of spam attempt. Over \$66 million has been lost to scams. Over \$1 million toll scams (Sunpass/Easy-pass) have been lost. In West Delray ALONE, 30% of calls have been fraud related. Captain Levy of VAST(Volunteers against Scam Team) spoke about the upcoming holiday season. While out shopping, PLEASE, keep your bags zipped up and do cross body if possible. Distractions are the main focus during this time in public places. Going to your car? Look around. If a person or large van is near your car and you feel uncomfortable, go back to the mall or store and ask someone to watch you or go with you to

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## FROM THE MANAGING EDITOR

by Mel Clapman



As most of you know, most of my "Managing Editor" articles focus on community activities. But I want to share a situation I'm just coming out of that involved an issue called "MOHS".

I have always been careful when I'm outdoors and was surprised to discover some small spots on my scalp. Ever since we moved down here, I've been careful to keep my head covered, including when I'm in the pool. I was mildly relieved when the doctor asked where I spent my childhood summers and when I told him it was Rockaway, NY, he thought my situation was probably caused by my time at the beach, as a kid, not wearing a hat. So, if you start seeing what might be called sunspots on your head, chances are you got it when you were a younger person.

And that means a trip to a good dermatology facility. Here is what has happened to me over the past weeks.

### The Procedure

Mohs surgery is precise and involves removing all of the skin affected by the cancer, little by little while each piece that is removed is tested to determine if it is positive or negative for cancer. It is common that it can take as long as three or four hours to be completed. The surgery will be stopped several times as the skin that has been removed is tested. One of the biggest advantages of the procedure is that it will leave as small a scar as possible.

### Benefits of Mohs Surgery

If your cancer is in a delicate area, such as on the face, Mohs surgery is often favored for the fact that it leaves minimal scarring while removing the cancer. The Skin Cancer Foundation says Mohs surgery has several advantages. The procedure requires just one visit and is performed as an out-patient procedure. Patients undoubtedly appreciate that it is cost-effective, requiring only local anesthesia. All of the lab work is done right on-site.

### Recovery from Mohs Surgery

After you have had Mohs surgery, you will probably feel tired and will want to avoid doing a lot of activity. A bandage will cover the area where

(continued on page 19)

## THE FOUR SEASONS CLUB

by Eleanor Horowitz



The leaves of summer have fallen from the trees. The car transports from up North are arriving. Our friends and neighbors are returning to Palm Greens. Now that the Thanksgiving holidays are behind us, we welcome back our older members and newer members.

On **October 31st** we welcomed everyone to our Halloween gala party- costumes, prizes, candy and great dance music. On **November 14th** we met for a delicious lunch and Game Day- Mah Jong, Canasta, Bridge, Rummykub and poker games!!!

On **Tuesday December 9th** we will be having our **MUSICAL BINGO NIGHT**. Combine your Bingo skills with your musical memories- FUN, FUN, FUN.

Our plans for **January 2026** are TO BE ANNOUNCED- as use of our new clubhouse is yet to be determined. We are also planning some combined events with the Women's Club. Please check our website and the lobby for up-to-date fliers and information.

Membership letters are now in the mail. Our annual membership remains at \$20 per person. Effective January 1st non-members will be charged an additional \$10 per event. If you have any questions regarding membership and/or other information please contact Ellen Euse, membership chairperson, at [elsiefay@aol.com](mailto:elsiefay@aol.com).

We welcome everyone from Palm Greens and Delray Trails. It is now time to join together to have good times!!!!



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## WOMEN'S CLUB

by Steffi Carmel  
and  
Roberta Minerva



Wow, the holidays are here already. Time does fly in Florida.

Decorations are here before Thanksgiving. The palm trees have their lights. Holiday spirit of seeing our family and friends gathering makes us smile.

Our Christmakkah party is December 16th in the ballroom. Please join us to bring in the season. See the E-blasts and flyers for all information. We are holding a holiday boutique in the TV Room. This is open to both Palm Greens and Delray Trails residents. Jewelry, clothing, handbags, aromatherapy, baked goods and much, much more. Bring your \$.

We had our Meet and Greet and hope the women of both communities saw the camaraderie we have.

We do not have our new recreation information yet. The calendar events are posted and may change.

As we transition look forward to combine the communities to having a great 2026 season. The Women's Club wishes you a wonderful holiday.

Happy New Year to all.

## TENNIS COMMITTEE

by Mark Melnick



A Guide to Tennis Etiquette: The Top 10 Unwritten Rules of the Court

Whether you are a beginner or an advanced player, good tennis etiquette is essential to maintaining the spirit of the game.

1. Proper footwear is important for your safe play and to avoid damaging the court surface. Clay court shoes usually have a herringbone pattern with no deep grooves.

2. Respect your opponent and playing partner. Wish your opponent a "good game" before the match begins. And win or lose, a simple "nice game" and a handshake or racquet tap goes a long way.

3. Be punctual and prepared. Arrive on time and give proper notice if you must cancel.

4. Respect the server's rhythm, don't delay or distract. However, as a server, don't quick-serve or rush points. The server should call the score before each serve. If the server doesn't call out the score, simply ask "what's the score" rather than calling it yourself.

5. Keep noise to a minimum during play. Avoid shouting or celebrating excessively. Don't celebrate opponents' errors, congratulate good shots instead. If your shot clips the net cord and stays in, acknowledge it with a quick "sorry" even though you are really happy about it.

6. Call lines fairly and honestly. In our matches, players act as their own judges. If you are unsure about a call, give your opponent the benefit of the doubt. If you make a mistake, correct it immediately. Your opponents are responsible for calls on their side of the court. If you disagree, simply ask "are you sure" and then let it go. Never cross to the other side of the court to check a ball mark or argue. Don't let bad calls get into your head and affect your play.

7. If a ball rolls onto another court, wait until their point is over before retrieving it. If it appears likely to affect play or becomes a hazard, call out "ball on court". If a ball on court occurs during your point, replay it as a let. If it occurs before a second serve, give your opponent a first serve.

8. Communication is key. Encourage your partner,

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## TIPS FROM OUR TENNIS PRO

by Jim Boardman  
(USTPA Pro and Pickleball Pro)



Lobbing is one of those shots that can save you in a match. A good lob can not only keep you in the point, but it can allow you to hit an offensive shot and take control of the net. If you watch tour players, you probably have seen them hit those awesome topspin lobs over their opponents. These are great and once it makes it over the opponent, it is rare that a player can run it down and return it. The problem with topspin lobs is that they can be a little difficult to execute if you don't have a good feel or you don't already have control over a topspin groundstroke. My rule of thumb: don't go for a great shot when a good shot will win the point. For many opponents, just getting to the ball over their head will win the point for you. It isn't necessary to hit a big topspin on most lobs because a well-placed lob over their head will get the job done. I believe a good way to hit a lob is to keep your wrist firm and just open up the frame and push through and up. Your wrist will be actually similar to the way you hit a volley. If you learn to hit a good lob that is relatively flat but lands halfway between the service line and the baseline you will probably be fine in most situations. Why try a risky shot with lots of wrist unless it is absolutely necessary. Think about this scenario: in doubles you are receiving serve on the deuce court and you throw a lob over the net player, the server has to hit a running backhand of some sort assuming he/ she is right-handed. What is great way to take control of the point. Many players only lob when they are in trouble. But good players know the value of being able to run your opponents up and back as well as side to side. Follow the lob with your usual cross-court drive and you can really keep your opponents guessing. Keeping your wrist a little more firm can still allow you to hit an offensive or defensive lob based on the trajectory and height of your shot. A topspin lob can be a valuable tool, but you need to make sure that you have confidence in it and that it is necessary to win the point. Practice keeping your wrist similar to the way you volley and I bet you will learn to love the lob.

A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be.

## POINTS OF INTEREST FOR ALL PALM GREENS AND DELRAY TRAIL RESIDENTS

by Mel Clapman

First a quick apology to our Delray Trail residents for the omission of them in past POI articles.

Now, let's take a drive to West Palm Beach – 20 miles from Delray Beach. – Just a 30-minute drive north, West Palm Beach offers a vibrant mix of culture, shopping, and outdoor activities. Visit the Norton Museum of Art, which features an impressive collection of American, European, and Chinese art. The city's Clematis Street is lined with restaurants, boutiques, and galleries, making it an excellent spot for a walk. West Palm Beach is also home to the beautiful Palm Beach Zoo and the South Florida Science Center and Aquarium, perfect for a family-friendly day out. Here's an overview of what to check out.

**McCarthy's Wildlife Sanctuary:** This sanctuary provides close encounters with rescued big cats and exotic animals. It's an educational experience where visitors can learn about wildlife conservation.

**Clematis Street:** Known as the heart of downtown, Clematis Street is lined with shops, restaurants, and bars. It comes alive on Thursdays with "Clematis By Night," featuring live music.

**Palm Beach Zoo & Conservation Society:** Home to over 500 animals, this zoo focuses on conservation and education. It's a great place for families to explore and learn about wildlife.

**Mounts Botanical Garden:** A beautiful 14-acre garden showcasing tropical and subtropical gardens. It's perfect for a leisurely stroll and offers a peaceful escape from the city.

**City Place (Rosemary Square):** This outdoor shopping and dining complex features a variety of stores, restaurants, and entertainment options. It's a great spot for shopping and enjoying a meal.

**Manatee Lagoon:** An educational center dedicated to manatees, offering exhibits and outdoor viewing areas. It's unique opportunity to learn about these gentle giants.

**West Palm Beach Greenmarket:** Open from October to April, this vibrant market features local produce, crafts, and food vendors. It's a great place

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## DELRAY TRAILS

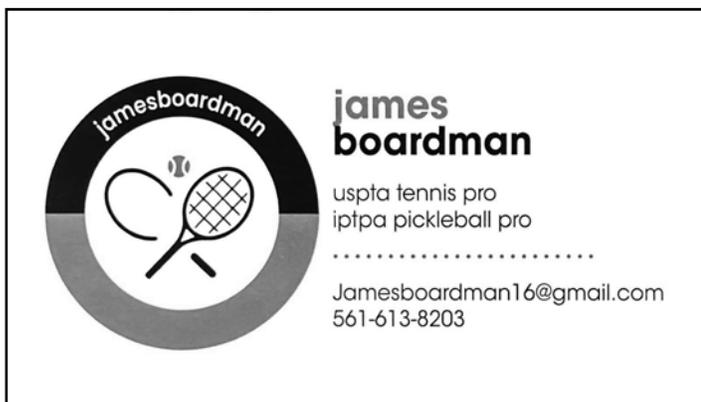
by Mark Melnick

Our 1st HOA election to seat one resident was held on November 5th. Congratulations to Richard Stern, our new Delray Trails HOA representative. He will be listening to community members to give us a voice on the Board. Remember that he is only one of three board members. The others are Lennar representatives. Hopefully, one of his first orders of business will be to assist with the assessment of the needs of Delray Trails prior to turnover. At this time some of our community's priorities include parking, repair of the walking trail, and the opening of the clubhouse. We were informed back in August that a parking plan was in development and awaiting approval; however, as of this writing, no plan has been implemented.

The HOA has asked us to direct our questions to our property manager, Kelsey at Lang. Many residents are seeking accurate updates from Lennar regarding the clubhouse opening and the current number of home sales which will ultimately determine the timing of turnover.

As we continue navigating the nuances of being a new community, let's stay engaged, informed, and supportive of one another. Together, we can help shape the future of Delray Trails.

Wishing everyone a Happy and Healthy Holiday Season.



## GET YOUR HEAD ON STRAIGHT

by Terryl Jones



You know the feeling, you've been sitting too long, head tilted forward while you were reading, driving, or watching TV. Now the back of your neck and shoulders are stiff and sore. One or two times, and this is not a problem. But repeated, day after day, for years, and it becomes a much more serious issue. I've heard trainers say, "Just strengthen your back" or "lift your chin". But that is a simplification of the issue. My anatomy teacher explained that when the head and shoulders drop forward, the front of the body is 'locked short' and the back is 'locked long'. The locked short muscles in the front are like beef jerky: dry, tight, and hard. The muscles in the back that are 'locked long' are overstretched like old underwear.

Our heads weigh about the same as a bowling ball: 8-12 pounds. That bowling ball is balanced on seven small, movable vertebrae. Forward-head posture (FHP) increases stress and strain on muscles, tendons, ligaments, and bones of the neck. Every inch forward, the pressure increases, up to 60 pounds at a 60° angle. Most folks know that this can lead to pain, stiffness, and arthritis. Did you know that it may also result in lowered lung capacity? A loss of the natural neck curve can inhibit some of the muscles responsible for lifting the ribs during inhalation. So deep breathing may be impacted. Not only that, but the entire gastrointestinal system can become compressed. This can result in sluggish bowels and difficulty with elimination.

But wait, there's more! According to Wolff's Law, bone adapts to the stress placed upon it. It becomes stronger with increased load and weaker with decreased load. Bone is a living tissue that remodels itself. Stress on the bones is converted into electric signals within the bone tissue via the piezoelectric effect. These signals can attract bone-forming cells and stimulate bone formation. This is great when we are healing broken bones and improving osteopenia. But in this case, bone building is not good. The chronic pulling force where ligaments and tendons attach to the bone can trigger the body to form additional bone tissue and result in the development

(continued on page 19)

## MEN'S CLUB

by Saul Spindel

Highlight Sunday, December 14, at 10AM on your calendar for a meeting of the Men's Club. That is the date of the last meeting of the Palm Greens Men's Club in our clubhouse. Why, you ask? Well, the new clubhouse is virtually ready to open, after which, hopefully, we will join with Delray Trails to form a new, expanded, Men's Club.

This meeting will be special for two reasons:

1. The topic will be Scamming – How to Protect Yourself from Being Scammed and What to Do If You Are Scammed.

2. Wives and significant others are invited to this event.

The presentation will be made by a representative of VAST (Volunteers Against Scam Team), an organization dedicated to prevent and/or deal with scamming.

Admission, which is \$5 per person, includes bagels, lox, cream cheese, coffee and dessert.

Please join us.

### WE CARE

As the name of our organization implies we care for our friends and neighbors in Palm Greens to make sure that all their needs for being healthy are being taken care of.

We transport our residents and their guests to medical facilities, and we provide walkers, canes, and wheelchairs when they are in need.

To be able to do all that we have to do for our residents and their guests, we always are in need of volunteers. Without volunteers, any organization would have to hire people to do the job that is done now in Palm Greens.

Palm Greens is very fortunate that there are many volunteers that staff all our clubs, and staff our boards and they do so without any compensation. Otherwise, if we have to pay for this kind of service that the volunteers do, our maintenance would be triple what it is today.

If you have handicap items (walkers, wheelchairs, canes, etc.) to donate, please contact the Rec Office at 561-498-5316. No port a-pottys please, due to hygiene issues.

All items must be brought to the Rec Office as we cannot pick them up.

If you need assistance, drive up to the front of the clubhouse and we will help you bring them in. We thank you for your help.

Please give us 24 hours and leave your name and a telephone number where we can reach you.

## RECREATION BOARD

December is traditionally a time when the Recreation Board reflects on the past year and looks ahead to the new one with positivity, integrity, and strength. This past year, however, has been one of the most challenging as we continue to work through several ongoing lawsuits, which we remain hopeful will be resolved in the coming months – not years.

With that said, we look forward with optimism and a renewed sense of community. As we celebrate the formal addition of Delray Trails to the Palm Greens family, our goal is to foster unity through meetings, gatherings, and shared initiatives that strengthen the bonds among all residents – both new and long-standing.

By the time you read this, we expect to be in the process of transitioning into our new clubhouse, a milestone that truly represents new beginnings. This beautiful, spacious facility belongs to all of us and will serve as a central place for recreation, connection, and community life.

We encourage residents to begin thinking about committees they would like to form or join. The Recreation Association now represents approximately 1,900 unit owners, and with families and significant others included, nearly double that number. Maintaining and enriching our community will require everyone's participation – from helping organize events to ensuring our facilities remain welcoming, diverse, and vibrant.

If you would like to sign up for a committee, please stop by the office – your input and energy are invaluable.

On behalf of the Recreation Board, we wish everyone a joyful holiday season and a healthy, happy, and united New Year. Together, let's make 2026 a year of growth, connection, and renewed community spirit.

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## MOVIE REVIEW

by Mel Clapman

There's an old joke that goes, "So, how was that movie they showed on your flight?" Answer: "It was so bad, people got off the plane...**while it was still in flight!**"

Which brings us to the movie, "Somewhere In Time" (1980). Starring Christopher Reeve, Jane Seymour, Christopher Plummer and Teresa Wright. Here is an overview.

In 1972, college theater student Richard Collier (Reeve), celebrates the debut of his new play. An elderly woman approaches him, places an ornate gold pocket watch in his hand, and pleads, "Come back to me."



Eight years later, Richard is a successful playwright living in Chicago. While struggling with writer's block after breaking up with his girlfriend, he takes a road trip. Passing the Grand Hotel, he has the impulse to stay there. In the hotel's Hall of History, he becomes enthralled with a vintage photograph of Elise McKenna, an early-20th-century stage actress. Research at the library shows that she is the woman who gave him the pocket watch. Richard visits Laura Roberts, Elise's former housekeeper and companion. She reveals that Elise died the night she gave Richard the watch. Among Elise's personal effects is a book on time travel written by his old college professor, Dr. Gerald Finney, and a miniature Grand Hotel music box she commissioned that plays the 18th variation of *Rhapsody on a Theme of Paganini* by Rachmaninoff, his favorite musical piece.

Having fallen in love with Elise, Richard becomes obsessed with traveling back to 1912 and meeting her. He visits Finney, who believes that he briefly time-traveled through the power of self-suggestion. Richard outfits himself with a vintage suit and 1912 currency. He fills a coin pocket in the suit with pocket change before realizing that modern coinage would break the spell, then empties the pocket. He attempts to will himself to 1912 using tape-recorded suggestions. The attempt fails, but he realizes he will succeed after finding a 1912 hotel register containing his signature.

He makes another attempt, hiding the tape

(continued on page 20)

## CAR CARE

by Jorge Goyanes

Passing a few tips for your vehicle well-being and your wallet.

National Highway Traffic Safety Administration is a government website where you can put a vehicle's VIN number and see if there are any recalls pending on your vehicle or one you want to purchase.

CarFax is worth the price to find out if a vehicle you want to buy has had any prior accidents.

Of course, the ideal scenario would be for your regular mechanic to inspect any used car you are thinking of purchasing. Any car sales place that tells you that you cannot drive it to your mechanic for inspection because of insurance regulations is flat out lying to you.

Extended warranties: A good idea but please do your due diligence and check their history with Better Business Bureau and online sites like Consumer Reports. There are a few of these companies that I would not recommend based on my dealings with them when I am calling on behalf of customers.

I understand the dealers and large auto repair chains have a high overhead and they have to invent new revenue streams. Now all of a sudden, every time you go to the dealer for a "recall" they try to sell you on those flushes, brake fluid flush, power steering flush, transmission flush, only time you need to do that is if the fluid gets contaminated which is rare.

If you get a big estimate from the dealer or a repair shop that sounds too high, get a second opinion. A water pump lists for the same price but the labor can be totally different depending on what a shop charges for a labor hour. Most dealers charge about \$150-\$175 per labor hour so do the math if the water pump job calls for four hours of labor. Independent shops charge a lot less per hour so do the math. And always ask what the warranty is.

As always be well, take care and check that air.

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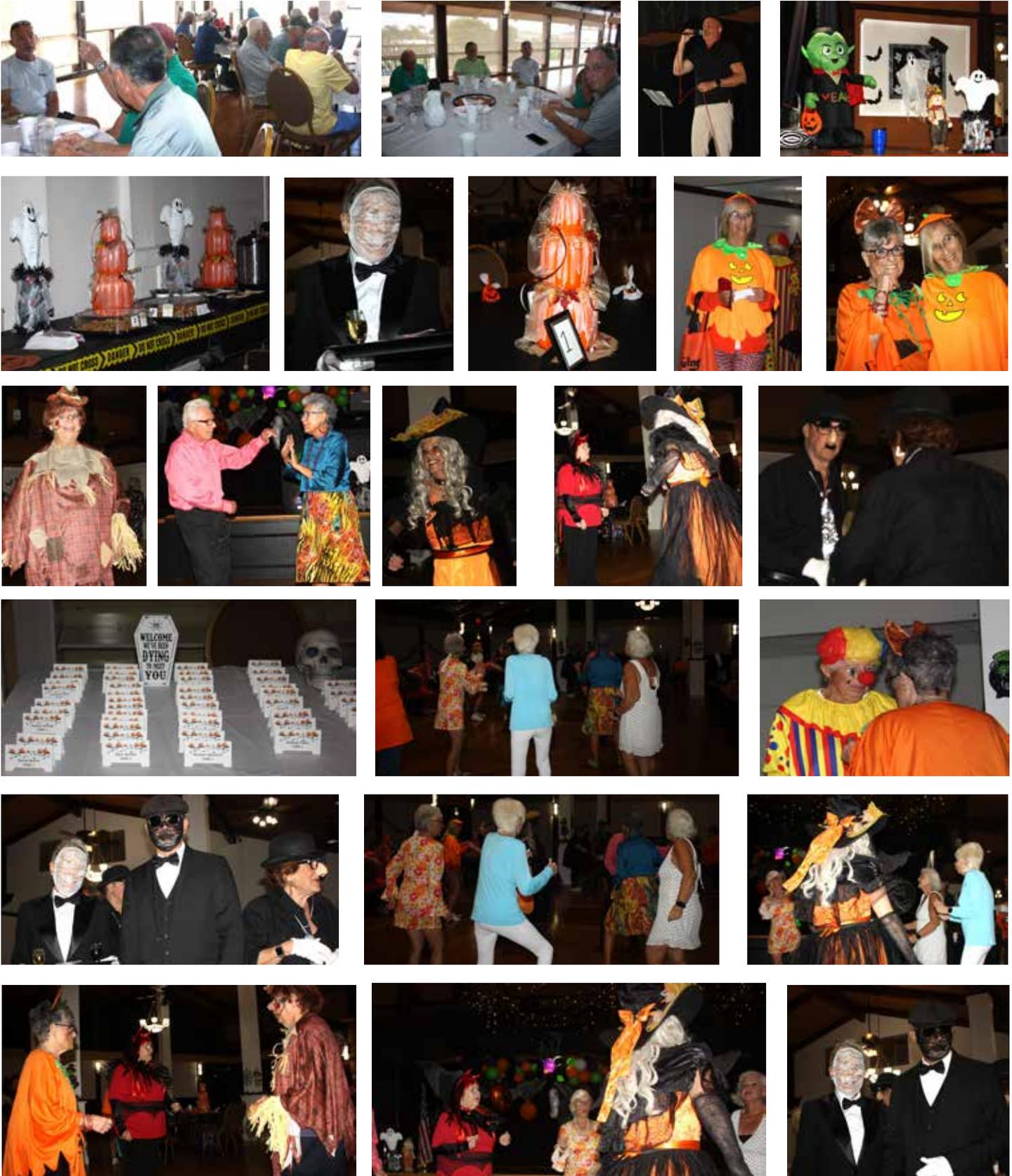
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On Friday, October 31, there were *two* events held at Palm Greens. The first one took place on our tennis courts, a variation of the traditional “Tennis-Pizza Party” activity. This event was held IN COSTUME! And it was a sight to behold. PS: The pizza, as always, was a winner.



Later that day a Halloween Dance and Snack party took place in the Ballroom. The costumes speak for themselves and a good time was had by all. Three cheers to Mark Melnick and Beth Villanova for managing the tennis event, Marcia Davis and Gail Nachman for the great dance party. And Saul Spindel for the Men's Club gathering held on November 9.



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# December 2025

November '25							January '26							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	4	5	6	7	8	1	2	3
2	3	4	5	6	7	8	11	12	13	14	15	16	17	18
9	10	11	12	13	14	15	19	20	21	22	23	24	25	26
16	17	18	19	20	21	22	27	28	29	30	31			
23	24	25	26	27	28	29	30							
						30								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30		1 Water Aerobic 8:30AM	2 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	3 Water Aerobic 8:30AM Dance Ballroom 10AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	4 Water Aerobic 8:30AM Chair Exercise 10:30AM	5 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	6 Water Aerobic 8:30AM
7		8 Water Aerobic 8:30AM	9 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM Singles Club 4PM	10 Water Aerobic 8:30AM Dance Ballroom 10AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	11 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM Condo 2 Meeting 6:30PM	12 4Seasons Bingo 7:30AM Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	13 Water Aerobic 8:30AM
14	Men's Club 10AM	15 Water Aerobic 8:30AM	16 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM WC Chrismukah 4:30PM BUNCO 6:30PM	17 Water Aerobic 8:30AM Dance Ballroom 10AM Craft Class 1PM Canasta 1:30PM	18 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	19 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	20 Water Aerobic 8:30AM
21		22 Water Aerobic 8:30AM	23 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	24 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	25 Water Aerobic 8:30AM	26 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	27 Water Aerobic 8:30AM Private Event 7PM
28		29 Water Aerobic 8:30AM	30 Water Aerobic 8:30AM	31 Water Aerobic 8:30AM	1	2	3
4		5	<b>Notes:</b>				

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**ALLIANCE OF DELRAY..** (continued from page 3)

your car. Stay safe and don't be embarrassed to ask for help, It's your life. Texting was outlawed while driving in 2019 but the police say that this is a massive contributor to accidents and deaths. Every 44 seconds there is an accident through this distraction!!!

Our next guest was Captain Bill Stansbury, PBC Fire Rescue. Station 49 on Lyons Road, is almost complete. Ready to go by January. In season, the Fire Rescue receives over 4000 calls a month.

Karen Brill, Chair of our School Board, was our next guest. This is Holocaust Remembrance Month and anti-Semitism is growing. PBC schools will continue to teach about this horrific time in history. These are important platforms for our school district.

#1. We are the only school board that is strong regarding vaccines. It is important for the children, teachers and all employees. Not to mention the elderly associated with these important workers.

#2. Students with disabilities. If a student is in marching band for 2 years, that should satisfy for Physical Ed. The same for Special Olympics, 2 years should cover the P.E. requirement.

#3. Lobby throughout the state to keep our students safe. Predators etc.!

Our main speaker was Valerie Neilson, Executive Director of the Palm Beach County Transportation and Planning. They organized and distribute State and local funds to authorized projects. The committee is made up of 21 elected people. This group prioritizes Palm Beach County funds for State System projects. There are 39 Municipalities. This includes state and county roads. There are 25-year plans with 5-year updates. Funding is committed to 2050. Eligible areas are urbanized areas, state and county roads. Street signals are a part of this program also. Florida ranks #2 in most dangerous states for people walking. Speeding is major factor in deaths. Florida roadways are very important to plan for and improve to save lives. To see who owns each roadway, check out the interactive map at [PalmBeachMPO.org/MAP](http://PalmBeachMPO.org/MAP). It is interesting and so much to learn about our area transportation system. By 2050, Palm Beach Countywide will grow by 230,000 people, reaching 1.8 million residents. Keeping our roads safe and up to date is a major priority. Housing and Transportation is evolving, as we become even more suburban, the number of cars will jump and this will be another major hurdle to deal with. Right now about 9 people die each day through accidents, while

42 people a day are seriously injured. Our roadways are designed for speed and people drive very fast! At 15 miles an hour, we see more in focus, however, at 40mph and above, the vision misses a lot and deaths rise dramatically. Part of the problem is we can widen roads just so much. With all of the home construction, the roadway space cannot be expanded much more. Buses, Brightline, bicycles must be utilized more to help with congestion. Trying to create an urban community feel will benefit the elderly. More like a small-town feel. Shops, entertainment, dining all in a small, walkable area. Also, using premium transit, Golf Carts, E-bikes, Scooters to get around.

**The future view:**

Use space better

New forms of transportation

Buses, express commuter bus.

More walkable & usable communities.

In future cities, the vision is for Premium Transportation Centers.

Summary: The MPO (Metropolitan Planning Organization) is focused on 25-year Transportation plan (updated every 5 yrs) prioritizing projects that advance State and Federal Performance Measures.

5-year work plan of prioritized projects.

Updates annual for new outer year.

Developed in coordination with FDOT (Florida Department of Transportation.)

The next meeting will be on Wednesday, December 3, at 9:30AM. Our program speaker will be our own legal expert, Joshua Gerstin, Esq., speaking about Legislative Changes in our community. Questions and Answers of course.

The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All are invited to attend. See you there!

Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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**FROM THE EDITOR..** *(continued from page 4)*

---

the surgery occurred, and it will be on long enough to prevent the wound from getting infected. Often, patients are instructed to use ice packs. Slight discomfort and some bleeding are considered normal. You will be told what things to look for and told when which of these will require a phone call.

The bottom line is that the condition **MUST** be looked at and the recovery time, in most cases, is minimal. Just make sure the doctor and the facility where you will be treated come highly recommended. Good Luck and stay healthy.

---

**TENNIS COMMITTEE..** *(continued from page 5)*

---

never criticize. We all know when we've double faulted or hit a bad shot. We certainly don't need our partner reminding us during the match. Talk to your partner during the match about positioning and strategy. Talk about the match with your partner after it's over.

9. No racquet throwing, ball smashing, hitting the net, profanity, or temper tantrums.

10. Tennis etiquette isn't about rigid rules, it's about fairness, respect, and enjoyment. Remember that we are competing for fun, so when you step onto the court, bring your best game - and your best manners. Let's have a good time out there.

---

**POINTS OF INTEREST..** *(continued from page 6)*

---

to experience the local culture.

**Beaches:** Enjoy the sun and surf at the beautiful beaches along the Atlantic coast. West Palm Beach offers a variety of beach activities, from swimming to beach volleyball.

**Kravits Center for the Performing Arts:** This venue hosts a variety of performances, including Broadway shows, concerts, and ballet. It's a cultural highlight for those interested in the performing arts.

**Lion Country Safari** is situated on over 300 acres of natural area and home to hundreds of animals. Explore one of Florida's wildest attractions and one of the top things to do in Palm Beach County.



---

**GET YOUR HEAD ON..** *(continued from page 7)*

---

of bone spurs in your neck.

How do we deal with this? Start with posture. The body follows the head; good posture starts there. Get your head on straight, feel the holes of your ears over your shoulders, shoulders over hips, hips over feet. Practice moving and sitting with good posture. Then strengthen your neck, shoulders, and upper back so that they can contract like new elastic, not old underwear. You can do chin tucks, shoulder blade squeezes, and wall angels. (Like snow angels, but against a wall.) Now stretch the front chest and shoulders to soften the tissues so you get rid of the beef jerky in your upper chest and shoulders. Some options: 1) Put your hands on either side of a doorway and reach your chest forward. 2) Drop an ear to your shoulder; you can use your hand to gently deepen the stretch. 3) Shoulder rolls backwards. (Remember, you are trying to open the front and strengthen the back.) Work with a good trainer or yoga instructor who can give you feedback and additional skills. You may not get back to where you were as a youngster, but it's never too late to make improvements. So, take a few minutes today to Get Your Head On Straight!



**MOVIE REVIEW..** (continued from page 9)

recorder after realizing it was a reminder of the present. When he awakens in 1912, he finds Elise walking by the lake. Upon meeting him, she asks, "Is it you?" Her manager, William Fawcett Robinson, intervenes and sends Richard away. Although Elise is initially uninterested, Richard pursues her until she agrees to accompany him on a stroll the following afternoon. He asks what Elise meant by "Is it you?" Elise reveals that Robinson had predicted that she would meet a man who will change her life and that she should be afraid. On a rowboat, Richard hums Rachmaninoff's Rhapsody, which intrigues Elise as she had never heard it before. Richard shows her the pocket watch she will give him in 60 years.

Richard attends Elise's play, where she recites an impromptu romantic monologue while making eye contact with him. In the interval, Elise poses for a photograph and, once more, makes eye contact with Richard breaking into a radiant smile. This is the photograph Richard saw hanging at the hotel. During the play, Richard receives a message from Robinson requesting an urgent meeting. Robinson wants him to leave Elise so she can fulfill his prediction of stardom on the stage. When Richard declares his intention to stand by Elise for the rest of her life, Robinson has him beaten and bound inside the stables. Robinson tells Elise that Richard has left. Richard wakes the next morning and frees himself.

The acting company has left for Denver, but Elise has stayed behind to find him. They go to her room, express their love, and make love. Elise checks the time of day on his pocket watch. They agree to marry, and Elise promises to buy Richard a new suit, as his was fashionable before 1900. Emptying pockets, Richard discovers he had missed a penny with a 1979 mint date. This modern item breaks the hypnotic suggestion, pulling Richard into the present.

He awakens in 1980, physically weakened by the time travel. His attempts to return to 1912 are unsuccessful. He despondently wanders the hotel grounds and finally stops eating. The hotel manager finds him catatonic in his hotel room, but he dies before he can be taken to a hospital. Richard is reunited with Elise in the afterlife.

Despite negative critical reception and modest box office receipts in its original release, the movie developed a cult following. The International Network of Somewhere In Time Enthusiasts (I.N.S.I.T.E.), an

official fan club, was formed in 1990 and continues to meet regularly. During the month of October, the Grand Hotel hosts a Somewhere In Time Weekend, with events such as a large screen viewing of the film, panel discussions with some of the film's principals and crew, and a costume ball of members dressed in Edwardian attire.

The reason I've selected this movie is because it will give you the opportunity to see Christopher Reeve in a role other than the one that gave him notoriety, "Superman" (1978).

It would have been interesting to see where Reeve's career would have taken him and a shame, he suffered such a personal injury in a life-changing horse-riding accident.

---

## **NOBODY ASKED ME BUT...**

by Mel Clapman

...I love the Holidays. I receive a lot of wonderful presents I can't wait to exchange.

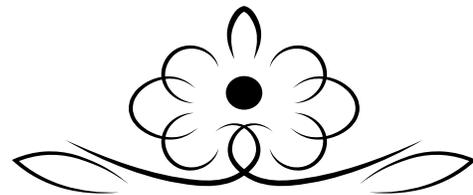
...For me, the true spirit of the Holidays is people being helped by people other than me.

...Try giving books for the Holidays. They're never fattening, seldom sinful, and permanently personal.

...The Holidays are when you buy this year's gifts with next year's money.

...Oh, for the good old days when people would stop Holiday shopping after they ran out of money.

...The best Holiday present I got from my spouse was a week to do whatever I wanted.



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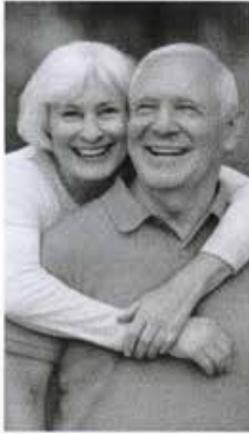


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