

PALM GREENS PULSE

FEBRUARY 2023

DELRAY BEACH, FLORIDA

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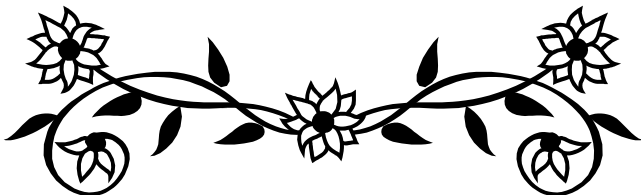
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

Please address all correspondence to: The Palm Greens Pulse – 5801 Via Delray – Delray Beach FL 33484. We request all articles be sent to The Pulse via email – unitowners5801@gmail.com.

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AFTER PAGE 9

February Activities Calendar

Dog Walking Etiquette



CONDO 1

by Paul Milowe



Hello New Homeowners and renters! The Board hopes you all had a Great and Healthy Holiday Season.

I hope all of the Condo 1 residents have acquired their “food card” from the Recreation Center office in the lobby at the Club House. This card is used for purchases at the new remodeled Cafe.

New plants have been installed at the Condo 1 entrances and the sprinkler system has been adjusted to accommodate these plants. The sealing of the Condo 1 parking lots has been finished. A few walkways have to be repaired from some of the sealant that was inadvertently left by the contractor. He will fix all of these according to his contract with us.

The Construction on Delray Trails is continuing. Marge Kurinsky is the Condo 1 representative to the PGCA Board who you can contact for any updates. Alan Tirone is our contact for the Landscaping Committee.

Please bring your thoughts, concerns, and any complaints to the Board meetings. Board members cannot answer any questions without the consent of the Board as we act as a Democracy.

We are one of the best communities in Delray and we look forward to any help and suggestions that all residents can give us to keep Palm Greens a great place to live. Enjoy all the amenities we have here and have a healthy and safe New Year.

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References Available upon Request

CONDO 2

by Bob Stern



I was elected to the Board in January of 2021. My first year I was Secretary and last year I was Treasurer.

As Treasurer my duties include the following: creating a responsible budget for the association; monitoring spending against that budget during the year; reviewing and approving all invoices for payment; monitoring our operating and reserve funds to ensure we are, and remain, on sound financial ground; staying abreast of legislative actions that impact COAs such as ours by reading relevant articles; and watching webinars on topics related to COA Boards in general and the financial implication to COAs in particular. The last two are to try to be as proactive as possible, thereby avoiding costly last-minute expenditures and unexpected legal requirements.

These are in addition to the myriad duties and responsibilities of a COA Board member. To be a “good” Board member is very time consuming. It’s just about a full-time job. Most of us have responded to owner emails when we were ill and even when on vacation in countries such as Sweden, Greece, Denmark and Canada. We are always available for each other, our owners, and our Property Manager, whether we are in town or not. And our hours extend far beyond Monday to Friday, 9 to 5. Technology, both a blessing and a curse, has made this all possible.

Almost makes you wonder why anyone would want the responsibilities and agita (aggravation) of being a Board member for a large community like ours. There are days I wonder that myself. But then I get to work on your behalf and quickly realize that I truly enjoy the important work I am doing.

As most of you are aware, this community, like so many others, thrives on rumors, lies and misinformation. I’d like to take this opportunity to clarify a few things.

Transparency – Our monthly financials are posted on the community website. Minutes of all Board meetings and every vendor contract are posted as well.

FirstService Residential (FSR) – FSR carries out the operational needs of the community. The Board

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RECREATION BOARD

Our 2023 budget is complete and considering all the additional expenses in keeping our old facility in order, we are in good financial shape. Our insurance alone went up by 52% this year. We have been busy as usual maintaining and repairing our property and facilities.

Our (ripped) tennis awnings have been replaced and the safety plastic has been added to the top fences. The shuffleboard courts are due to be resurfaced and repainted on February 20 and will be completed in 2-3 days.

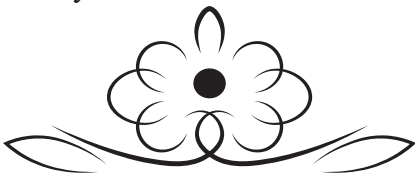
The spa has given us many problems over the last few months but we believe the problem has been fixed. We look forward to a new pool and spa when construction is done but until then, we will continue to monitor and repair as needed.

We have signed a contract for a new website that will be updated, informative and a place to showcase the many wonderful reasons why Palm Greens is a great community.

The café's outdoor area has finally opened! Spatula's is now serving wine and beer with a nice appetizer selection. We encourage you to visit and enjoy the outdoor space. Please continue to be mindful that all food and drinks are to be kept by the café area, not poolside.

With so many guests arriving this time of year, please make sure they get the guest passes in the recreation office, and temporary parking permits. We anticipate a very limited number of spaces during season available due to the construction. Speaking of which, please be careful not to walk thru debris and other construction areas.

By the time you read this, we will have a new board in place. We welcome the newcomers and look forward to continuing our efforts to work together for the good of our community.



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FROM THE MANAGING EDITOR

by Mel Clapman



INFORMATION YOU SHOULD KNOW ABOUT THE UNIT OWNERS ASSOCIATION OF PALM GREENS (UOAPG)

At the recent "Meet and Greet" event, we were literally shocked when some of the residents, people who have been here for a good number of years, told us they had never heard of us.

Currently, the UOAPG's primary mission is to service the residents of Palm Greens in a very important area: Home Appliance Repair with Pride Air Conditioning Company. This relationship has resulted in Pride being the primary supplier of air conditioning, heating and plumbing services in Palm Greens. With Pride, our residents are offered contracts that include discounts, resulting in reduced costs for services.

We (UOAPG) now offer what we are calling "**Concierge-Type**" service. Here is how it works. If you are a Pride customer and have a problem that requires immediate help, you can call us, the UOAPG, at **561-495-0878** to expedite your appointment. For example, a two-day wait might be adjusted to a 2-hour call or a 10-day appointment changed to a 1 or 2 day appointment.

In summary, through the UOAPG office we are able to obtain faster service with Pride and get your problems fixed sooner. This "**Concierge-Type**" service is offered for a **one-time payment** of (\$10) ten dollars.

The benefits are obvious--- no waiting on hold with Pride; no run-around being passed over to someone who may or may not have an answer for you. One call and you're on the way to your problem being resolved. However, your first call for service must be with Pride. If you can't obtain a satisfactory service appointment, then your next call is to us. We will do everything possible to help you resolve your problem.

On a separate note, before Covid, we were responsible for operating Channel 63, our Community's Communications Network that provided news of activities and events that take place in Palm Greens.

(continued on page 18)

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



February is here, and we are in full swing in Palm Greens. Activities to satisfy everyone's interest and watching the creation of our newest community. Alliance is here for all of us, acting as a watchtower to make sure that all of our Delray communities are being cared for properly. We hope that this article helps all to understand the importance of our Alliance of Delray. Thanks to Peter Dreifus for being a second set of ears and notetaker this month. We invite anyone with a love of our community, to come to our meetings and possibly become an alternate delegate...meet our legislators and commissioners and help to improve the lifestyle for members in your Association and all residents of Palm Beach County. Join us anytime.

Dr Lori Vinikoor, President of our Delray Alliance Center, started our meeting by welcoming our new Mayors of PBC and the City of Delray, the commissioners, Fire and Rescue and the Palm Beach County Sheriffs' office.

Our first speaker was Mayor Greg Weiss of Palm Beach County. His emphasis is on making PBC better for everyone. He addressed homelessness and affordable housing for our teachers, police, and all community workers. Our homeless live in cars and many are working with children! This is due to the exorbitant rents, covid, and housing costs. A \$200 million housing bond passed last year. This allows developers to build affordable housing. It is a revolving fund where a homeowner could utilize it to purchase an affordable home from a builder and when they sell, they would pay it back to the builder. Legislation passed last year requiring that future development in the Agricultural Reserve would provide lower cost workforce housing. Mayor Weiss also is involved with Lake Worth Water District (LWWD) working on environmental water drainage, giving us clean water and dredging the lagoons. This helps to support habitat/nesting birds, produces a habitat for new sea life, oysters, etc., and of course, cleaner water for us.

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



Happy Days are here again and again and again!!! Our members are coming out to enjoy themselves at our many and varied events. It is so good to see you all again!!

Our Welcome Back Brunch on January 29th was a treat to our palates as well as an entertaining delight with ventriloquist Gary Willner.

We are planning a year of special events for your entertainment pleasure. Mark your calendars for these upcoming events. Check the clubhouse lobby for more information, reservation forms and membership forms. Membership is \$20 per person per year. Also check our website for additional information. Anyone interested in getting involved with the Four Seasons Club is invited to contact Marcia Davis, Co-President.

Upcoming Events

- February 16 - Wellington Equestrian Tour
- March 5 - Diamonds and Denim Dance
- April 14 - Game Day
- May 19 - Ice Cream Social
- June 9 - Musical Bingo
- July 4 - 4th of July BBQ

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TENNIS COMMITTEE

by Mark Melnick



It's February and our tennis season is in full swing. This year we have 8 teams participating in the Palm Beach Senior Tennis League ranging from level 1 to level 8. Women's matches are played on Monday mornings and the Men play on Thursdays into mid-March. Remember that the Monday morning rotation now starts at 7:30am and the 2nd session ends at 10:15 to allow the Women's matches to start at 11am. Our Rotation program has been very active this year. Currently, there are 15 of our new Palm Greens residents among the 135 players participating in our Monday, Wednesday, and Friday program as well as 104 players on team rosters. If you like to play tennis, please stop by the tennis office any morning between 7:30am and noon and introduce yourself. Friendly but competitive matches are set up for you in our rotation program which allows you to play with similar level players and is a great way to make new friends. All residents are invited to join our programs. There is a \$30 registration fee which covers the cost of balls and allows you to participate in our other programs. If you want to be on our email list or have any questions, send an email to ttnscenter@gmail.com.

Our Round Robin Tennis and Pizza Night held on January 31 was well attended and lots of fun. As always, thanks to Beth Villanova for organizing and planning an afternoon/evening of fun. Many thanks to the rest of the Tennis Committee as well as the other volunteers that help to make our programs so much fun. Our tennis program is "the best" because of all of you.

Watch your emails for further notices of tennis events. The annual 4-Pro Clinic is scheduled on February 26th at 9am. If you haven't already signed up, stop down to see if there is still space available. This fun/educational event features Pros Jim, Arnie, and Danny along with our own Elliot. Participants spend time with each pro to get advice and tips on different techniques. Of course, refreshments and brunch will be served afterwards.

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WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Happy New Year to you all and may it be a year of good health and happiness in 2023.

We started off to a slow start and canceled the New Year's Brunch and the reboot of the fundraiser.

We will be having the raffle and gift basket day. Please check for the updates on email and flyer. For those who have purchased basket and raffle tickets originally, they will be honored, so hold onto the tickets. More tickets will be available for sale.

The Night Cruise took place on January 27th. We may also have revamped the date for the fashion show since the show people canceled. We will be emailing and sending out flyers for any upcoming events which may have different dates than the ones originally announced.

We hope to get this season off to a good start and looking forward to seeing everyone soon.

Valentine's Day is coming and may it be sweet.

Interesting Valentine's Day Trivia Facts

- Valentine is not a public holiday worldwide.
- 15% of women send roses to themselves on Valentine's Day.
- People send approximately 1 billion cards to each other on Valentine's Day.
- Hallmark produces over 1,330 varieties of Valentine's Day cards each year.



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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



No matter how long you play tennis there are always lessons to be learned. Sometimes we must learn the same lessons over and over again. I had one of those experiences some time ago and I wanted to share it with you. One morning we played two close sets and my partner and I lost both. Since there was plenty of time, we played a third set. My partner and I got broken in the first game and our opponents held 2-0. We decided the problem was our attitude, not our playing. We needed to change our attitude, or we were going to continue to be miserable and lose all 3 sets, something that rarely happens. Here's what we did to change our attitude. We upped the energy level and played every point with tons of energy and excitement. We were going to enjoy this set since that was up to us, not our opponents. We decided to be more aggressive. Our opponents had been hitting great volleys and return of serve. The reason was they felt no pressure from us. They could choose their shots and just tee off on it. You can't allow good players to be that comfortable. Here's an example. My partner hit a nice low return at the incoming server's feet. I crossed and crushed a winner. Guess what happened on the next four returns? My partner hit to that opponent, two missed volleys and one more poach by me on game point. We decided to be less whiny and stop focusing on what was going wrong. No matter what happens we were to stay competitive and connected. Support and be there for each other. We were fearless and focused only on the next point and next game. We were up 5-3 and my partner got broken. Instead of dwelling, we virtually ran to the other side of the court. We knew we were going to break to win the set and we did. The enjoyment of both partners is in direct proportion to their attitudes. If you are enjoying competing together, you will play better every time. Everything we did better in the third set that had to do with hitting the ball happened because we improved our attitude. Our energy, enthusiasm and commitment overcame theirs. We willed ourselves to be better

(continued on page 20)

THE HEALTH ROOM

by Mel Clapman

So, the sad truth as we enter senior citizenship is... exercise, who needs to exercise?? The obvious answer is YOU! We list below, some of the benefits derived from exercising our older bodies.

- **Muscle** – the amount and size of muscle fibers decreases as we become older. Some studies suggest that the average body loses around 3kg of lean muscle every decade from middle age. The muscle fibers that seem to be most affected are those of the 'fast twitch' (phasic) variety, which govern strength and speedy contraction. There is evidence to suggest that these changes are related to a sedentary lifestyle, rather than age. Muscle mass can increase in the older person after regularly exercising for a relatively short period of time.

- **Bone** – bone density begins to decline after the age of 40, but this loss accelerates around the age of 50. As a result of this bone loss, older people are more prone to bone fractures. Exercise may help to reduce the risk of bone loss and osteoporosis. Weight-bearing exercise, in particular, helps to keep bones healthy and strong.

- **Heart and lungs** – moderate intensity exercise is most favorable: for example, exercising at about 70% of the individual's maximum heart rate (220 beats per minute minus your age). Studies show that cardiorespiratory fitness takes longer to achieve in an older person than a young person. **But the physical benefits are similar.** Regardless of age, people are able to improve their cardiorespiratory fitness through regular exercise.

- **Joints** – the joints of the body require regular movement to remain supple and healthy. In particular, people with arthritis can benefit from aerobic and strengthening exercise programs.

- **Body fat levels** – carrying too much body fat has been associated with a range of diseases including cardiovascular disease and diabetes. Regular exercise increases muscle mass and speeds the metabolism. Together, these physiological changes help an older person maintain an appropriate, healthy weight for their height and build.

- **If you are over 40 years, obese, with a chronic**

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

I think that once in our lives, we all get an urge to visit Hollywood. So here's an option to consider: a day trip to Hollywood, Florida.

Located between Fort Lauderdale and Miami, Hollywood is well known for its pristine beaches, golf courses, nature centers and beautiful parks. The Oleta River State Park is a state park that is excellent for kayaking, mountain biking, fishing, and paddleboard. Flamingo Gardens is a botanical garden, aviary, and zoo where flamingos and peacocks are fed by the visitors (a guaranteed fabulous experience). Gulfstream Racing offers, along with horse racing, a variety of casinos and shopping malls. The casino features video poker, slots, and electronic games. Dr. Von D. Mizell-Eula Johnson State Park is a super vibrant beach with many cruise ships on site. The Hollywood Beach Boardwalk is a wide boardwalk that gives stunning views of the city.

Here are some suggestions for spending a great day from Hollywood's beautiful beach to the Boardwalk – yes, the Broad-walk, a 2½-mile beachside strolling delight – to a pleasant trolley ride to a renowned burger joint, Le Tub, conveniently located just a few steps from Hollywood Beach along State Road A1A.

With all of the shops, food and entertainment you'll have to choose from, here are some suggestions for you to consider.

Boxroom Escape Games, a brand new unique entertainment venue in the heart of Downtown Hollywood, Florida offering technologically advanced Live Escape Rooms and Virtual Reality experiences! Surrounded by restaurants and clubs, Boxroom Escape Games is the perfect place to have a fun filled time. You have 60 minutes to solve puzzles and riddles while working as a team to unlock the mystery of the most immersive high-tech live escape rooms in South Florida. 2042 Hollywood Blvd. 754-800-2042.

When visiting Hollywood, you have two options.

Hollywood By Day – Take a bicycle tour. **HT4 Kewl Tours** offers The Hollywood Trails: Historic and Eco-Adventure Kewl Bicycle Tours, featuring four routes that depart from the Boardwalk district (at Sun & Fun Cycles) and range from five to 27 miles.

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MEN'S CLUB

by Peter Dreifus



It's been a tough month. We were forced to cancel the co-ed meeting because most of the officers were sick with either Covid or the flu. We apologize to all members who were planning to attend the meeting. The February 12th meeting will be the replacement with the ladies still invited. We hope that everyone has or soon will recover. Start thinking about possibly going on a fishing trip and whether or not you would like a green Men's Club shirt. We found a good local store which is able and willing to make them. Stay healthy if you are and get that way soon. A very Happy New Year to all!!

BOOK CLUB

by Joan Zimmer

No Palm Greens Book Club scheduled for February, but you can get a head start on March. That book will be **LESSONS IN CHEMISTRY** by Bonnie Garmus. If



you ever felt that women weren't being treated fairly in the workplace, this is the book for you. If you're interested in becoming a member of the Book Club, email me jpzimmer60@msn.com and I will put you on the list. Our next meeting will be Wednesday, March 1, 2023, at 7 PM on Zoom.

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



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.

Follow the arrows in the parking lot and make sure you are driving in the right direction.

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NOBODY ASKED ME BUT...

by Mel Clapman

...I tried to be normal once... worst two minutes of my entire life.

...Common sense is like deodorant—the people who need it most never seem to use it.

...I'd like to help you out today, which way did you come in?

...All women should marry an archaeologist, because the older she gets, the more he'll love her.

...I used to think I was indecisive, but now I'm not really sure.

...Patience is a virtue, but I don't want to wait.

...When everything in life is coming your way, you're probably in the wrong lane.

...If plan A fails, at least there are 25 more letters in the alphabet.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 8:45am - Water 1pm - Craft Classes	2 8:45am - Water	3 8:45am - Water 11am - Fashion Show 1pm - Craft Classes	4 8:45am - Water 10am - Sculpting Class
5	6 8:45am - Water 4pm - Meditation 6:30pm - Craft Class	7 8:45am - Water	8 8:45am - Water 1pm - Craft Classes	9 8:45am - Water	10 8:45am - Water 1pm - Craft Classes	11 8:45am - Water 10am - Sculpting Class
12 10am - Men's Club	13 8:45am - Water 4pm - Meditation 6:30pm - Craft Class	14 8:45am - Water	15 8:45am - Water 1pm - Craft Classes 6:30pm - Bunco at TV Room	16 8:45am - Water 4pm - 4 Seasons	17 8:45am - Water 1pm - Craft Classes	18 8:45am - Water 10am - Sculpting Class
19	20 8:45am - Water 4pm - Meditation 6:30pm - Craft Class	21 8:45am - Water	22 8:45am - Water 1pm - Craft Classes	23 8:45am - Water	24 8:45am - Water 1pm - Craft Classes	25 8:45am - Water 10am - Sculpting Class
26 4-Pro Tennis Clinic 9am	27 8:45am - Water 4pm - Meditation 6:30pm - Craft Class	28 8:45am - Water				
		Notes:				

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Fried Clams (full belly)
Fried Scallop
Fried Shrimp

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The New England
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The Connecticut
(served warm w/ drawn butter)
The Maryland
(Old Bay, light mayo & light celery)
The California
(BLT w/ avocado spread)
The Bisque
(served warm w/ our bisque)
La Garlic
(served warm w/ our garlic sauce)

SANDWICHES



Fried Clam Roll (full belly)
Fried Scallop Roll
Crab Cake Sandwich
(w/ house made remoulade sauce)
Fried Fish Sandwich
(w/ house made tartar sauce)

All sandwiches served with cole slaw or your choice of potato, cucumber or macaroni salad.

Substitute French fries \$1.00
Onion rings \$1.00 or
Sweet Potato Fries \$1.49

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Fish N' Chips
Clam Platter (full belly)
Scallop Platter
Shrimp Platter
Combo Platter
(Clams, Scallops)
Fisherman's Platter
(Fish, Clams, Scallops, Shrimp)

All platters served with French fries and cole slaw or your choice of potato, cucumber or macaroni salad.

Substitute Onion rings for French fries \$1.25
Substitute Sweet Potato Fries \$1.75

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PALM GREENS FEATURES A "HOLIDAY PARTY" AND A REC COMMITTEE

We closed out the year with two activities. The Tennis Social Club hosted a "Holiday Party" which featured two DJ's playing a variety of music, resulting in the dance floor filled with happy Palm Greeners. A buffet dinner featuring ribs from Lucille's rounded out the evening.

New residents had a chance to meet and greet the managers of the Palm Greens clubs and associations at "Meet and Greet Night", sponsored by the Rec Board. Each club had its own table and residents were given information on the activities of clubs, including the Tennis Committee, Unit Owners Association, Women's Club, Men's Club, Four Seasons and Tennis Social.



TENNIS SOCIAL CLUB "HOLIDAY EVE "MEET AND GREET" EVENT



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CONDO 2... (continued from page 3)

sets the general direction and FSR determines how best to accomplish it.

Budget – FSR does **NOT** prepare our budget and set our fees. Budget preparation is the task of several individuals working collaboratively to arrive at the most responsible budget with the lowest possible fees. Our 2023 budget was extremely challenging given the unprecedented increase in our insurance premiums, significant FPL increases and general inflation levels.

Rules – While some older rules might be unpopular, it's not easy or even possible to change them if they are based on statute. Extensive knowledge of the applicable statutes and our governing documents is essential before opinions are offered. We rely on the legal opinions of our condo association attorney.

In summary, if you want the truth, please contact a Board member. We work for you.

Lastly, please remember, the work of the Board is serious, and it requires serious people to do it right.

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

We were also active in coordinating the Friday night movies, working with the Recreation Board.

Lastly, we publish The Palm Greens Pulse, from October to April, which gives our residents information about club and organization activities. The Pulse is available in print at the Clubhouse on the 1st of each month as well as online.

The UOAPG office is open Monday through Friday, 9:15 to 11am in the Clubhouse or by phone at **561-495-0878**.

We are here to help you and will do all we can to achieve that goal. It's a nice way to start the new year.

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DELRAY ALLIANCE... *(continued from page 5)*

Infrastructure is also on the mayor's agenda. Trash is burned for energy. Palm Beach County is unique as we use the ashes for roadbed construction. Roads, bridges, drainage. By using this method, we are eliminating the hills of trash that are very costly to create and unsightly. Last but not least, he stated that Palm Beach County Airport is a jewel in our crown, attracting new carriers and it is all ours! Before closing, Mayor Weiss, stated that an Urban Graduate School part of The University of Florida will be built. It will be close to Brightline and TriRail. Convenient to all. We are in good hands with this administration.

Next speaker was Shelly Petrolia, Mayor of the City of Delray. She told us about her city. It covers about 4 square miles and the border is the east-side of Military Trail. Living on the westside of Military Trail means that we are unincorporated and considered Palm Beach County. When covid hit, the restaurants were suffering. A group of citizens did crowd funding, and on Tuesday nights, picked a restaurant and rotated eating there. The owners could plan accordingly, and it saved them from closing! Also, Delray had early masking, and created outdoor seating. Delray City's rental rates equal Worth Avenue. The IT of Delray is checked monthly for scammers and the City Golf Course has been updated, as well as exhibits at Old School Square (alive and well), Cornell Museum that downtown Delray has to offer.

Lieutenant John Link, Sheriff's Office, spoke about U turns, a big problem with traffic. The Lexington Club now has signs that state...U. TURNS YIELD TO RIGHT TURNS. This applies to ALL U. Turns. Please be aware. Lieut. Link asked us to please put down our cell phones when driving. This inattention causes many, many accidents, some are deadly. The PBC Police also have patrolled Hotspot Malls for over 1100 hours during the holiday, that helped to keep Mall problems down tremendously.

Next, we heard from Chief Bill Stanbury, "Battalion 4 (our station), Fire and Rescue. They received 3500 calls while Station 2 had about 1500. We had 2000 more calls last month. A new station will be built on Western Flavor Pict and Lyons Road to alleviate some of the call volume, as that area has grown tremendously. Our Public Safety is a top priority.

We met our newest commissioner, Marcy Woodell, District #4, Boca and Delray. She is working on Senior Services and the issues with Guardianship. Also, the Agricultural Reserve is slowly disappearing due to the huge amount of home building and she will work to slow that process.

Maria Sachs, our Vice Mayor, invited us all to the Veterans Benefit Fair, February 3rd from 11:30am to 2:30pm. It will be held at the South County Civic Center, 16700 Jog Road, Delray Beach across from Morikami Gardens. There are outreach services for current and past military families. You will be able to speak directly with many directors and organizations representing Veterans. Please join us. On March 16th, Palm Beach Sheriff Office will hold a Scam workshop from 1 to 3pm at the South County Civic Center. Learn how to protect yourself against scammers. From 1 to 3 pm.

Our next meeting will be on Wednesday, February 1, 2023, 9AM to noon, and will be held at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens. Free Admission. "Get to Know Palm Beach County Expo." Meet and greet the people who provide our County Services. Hope to see you there.



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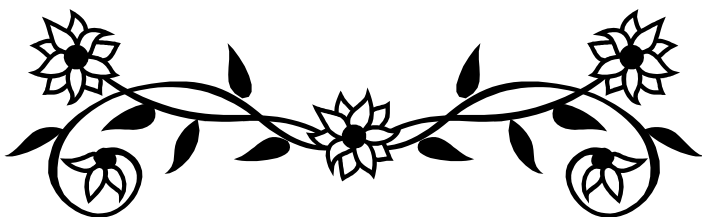
TENNIS COMMITTEE.. *(continued from page 6)*

Our pro, Jim's Tuesday and Friday 11:30am free clinics have been ongoing since December and will continue throughout the season. Whether you are new to tennis or would simply like to improve your game, call (561)303-1101, email (tnnscenter@gmail.com), or just stop down to the Tennis Office for information on which clinic day would be best for you. Jim provides many services to our tennis community including private lessons, racquet restringing, new grips, along with court supervision. When not busy on Court 1 lessons, Jim is observing players in our rotation program as well as team practices, offering advice on skills as well as tennis strategy.

See you on the courts!

TIPS FROM OUR TENNIS PRO.. *(continued from page 7)*

competitors, better partners, and better players. You cannot and will not be successful in doubles without the right attitude. If you get that right, everything else will take care of itself. Will you always win, probably not, but you will put yourself in the best position to be successful and your enjoyment of the game will increase tenfold. Remember, everything that happens in life and in doubles, especially difficult things, is an opportunity for growth and should be embraced. Now get out there and bring your best attitude. **YOUR ATTITUDE IS Your Altitude.**



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THE HEALTH ROOM.. *(continued from page 7)*

illness or have been sedentary for some time, see your doctor before you start a new exercise routine.

- Choose activities you find interesting. You are more likely to keep up with an exercise routine if it's fun rather than a chore.

- **Exercise with friends.** Make physical activity an enjoyable social occasion.

- **Safe, easy and comfortable** forms of exercise include walking, swimming and cycling, either on a stationary or conventional bike.

- **Weight training** can increase your muscle mass – programs as short as 6 to 8 weeks can be beneficial. And finally...

- **Start off slowly and aim for small improvements.** Keep track of your progress in a training diary for added motivation.

- **Check your pulse frequently** to make sure you aren't overdoing it.

- **Choose appropriate clothing** and safety gear.

- **Don't let yourself dehydrate** – drink plenty of water.

After seeing your doctor, try to make exercising a part of your daily regimen. It's a great time occupier and you will feel better about yourself, a definite win-win.



SAFETY TIPS FOR NIGHT DRIVING

Aim your headlights.
And make sure they are not
blinding oncoming traffic.

Wear the right glasses.
Use prescription glasses
that have an anti-reflective
coating, which keeps light from
bouncing around inside
your lenses.

POINTS OF INTEREST.. *(continued from page 8)*

The Historic Architecture trip includes the 1925 Mediterranean Revival home of the city's founder; the City of the Arts tour visits the Art and Culture Center of Hollywood and several local galleries; two eco-tours cruise to the mangrove-filled wetlands of Anne Kolb Nature Center.

Discover ArtsPark – Located at Young Circle in downtown Hollywood, this 10-acre arts and entertainment part contains a children's play area, a plaza that hosts special events, tables with game boards embedded in their tops, a lush, shady lawn; the Visual Arts Pavilion where resident artisans hone their crafts; and "Millennium Springs", a water sculpture created by artist Ritsuko Taho with movements dictated from the energy patterns of a nearby baobab tree.

Think healthy – Hollywood Beach's brick-lined pedestrian promenade bustles with joggers and skaters, and its six miles of sands create a soothing natural spot for yoga or Tai Chi. Post workout, head to Josh's Organic Garden on the Broadwalk, which sells fresh-from-the-tree fruit smoothies.

Hollywood by Night – Enjoy open-air dining. With the Atlantic Ocean to the east and the Intracoastal Waterway to the west, Hollywood Beach is an oasis for outdoor, waterfront dining. Downtown, sidewalk cafes are nestled among trendy shops and galleries, perfect for people watching.

Listen to live music – The Broadwalk Friday Fest brings free cultural arts performances, ranging from Afro-Cuban concerts to blues bands, to the 500-seat, open-air Hollywood Beach Theatre every second and fourth Friday of the month. Downtown's ArtsPark at Young Circle presents free blues concerts on Thursdays and jazz on Sundays each week.

Stroll into the sunset – Hollywood Beach's 2.5-mile seaside walkway is one of the top 10 nostalgic promenades in the country, making it the postcard-perfect spot to catch the final light of day.

Dance in the moonlight – The stage is set for romance every Monday through Wednesday evening with the Dancing Under the Stars series at the Hollywood Beach Theatre, located on the Broadwalk just steps from the sand. Music ranges from R&B to rock and easy listening.

To plan your own beach getaway to Hollywood, call 877-672-2468 or visit www.visithollywoodfl.org. We always recommend calling ahead for the latest information...closings, reservations, etc.

IT'S TIME WE DISCUSSED DOG WALKING ETIQUETTE

You probably noticed that our neighborhood streets are always busy with our neighbors walking their dogs – or is it the other way around? Dogs walking their owners? Whatever the case may be, we thought it would be a good idea to give you some pointers on dog walking etiquette. We see so many of our neighbors struggling with our neighborhood swarming with dogs in general, and large size dogs in particular, and their owners not understanding what is appropriate and what isn't. So, a number of your neighborhood dog walkers have collected some tips for teaching good dog walking etiquette that you should consider when venturing out with your dog.

1. Never let your dog run up to another dog on the leash

One of the main complaints is about people who let their dogs bound over to other dogs - who may be on the leash or walking quietly beside their owner - usually with some person shouting after them "don't worry, he's friendly"! And somehow if your dog doesn't welcome this sudden and unexpected interruption, it's you and your dog that is labelled at fault! Why this happens is because many people have a lack of understanding of dogs, of how they interact, and also have some unrealistic expectations.

The first rule of conduct is simple enough to follow. When you are out walking your dog, don't let them dash up to other dogs - especially if they are on a leash. This is true in particular to large size dogs approaching small dogs. As friendly as your dog may be, this is inappropriate.

2. Be respectful

Keep your dog close so others can pass you without fear. If you see someone walking towards you, step aside and keep your dog near you. Don't let your dog run up to or jump on them — it's rude. Ask for permission to approach. If you see someone walking their dog and you want to pet it, ask their permission first. If they decline, don't take it personally or assume it is an unfriendly dog. Many times folks just want to get on with the walk without stopping to socialize.

3. Train your dog or puppy

(continued on page 22)

DOG WALKING ETIQUETTE.. (continued from page 21)

A number of pet trainers state that it is crucial to train your dog – especially if it is one of the larger breeds. They go further to say don't buy or adopt a puppy if you can't also afford to have it trained. Specifically, large dogs, when untrained, can become a liability. Just imagine it, you have a powerful animal that you cannot control, and exposing it to a social climate... like the folks over 55 in our community... that already have fears about such uncontrollable, powerful animals. It's a disaster just waiting to happen. All the articles in all the books and websites we've researched state that it is of the utmost importance to make sure your dog is properly trained and under your control at all times.

Attend a good, accredited puppy or dog training class that focuses on teaching how to interact with other dogs, resulting in your dog learning that they can't get to play with every dog they see all the time - and they listen to you no matter who else is around.

4. You must have the right equipment – Use a proper collar and leash

While your dog may have excellent training and recall, there's no telling what might trigger them to bolt or involve them in a contentious situation with either another dog or a person. You must always keep your dog on a leash and you must be able to control them. It is very important to use the right collar when training and walking your dog. *Good options are:*

1. Buckle or Martingale collars are great for training and walking your dog. While it will not choke your dog, it will tighten up to prevent it from backing out of the collar in the way harnesses can't. This collar should only be on the dog under supervision, not left on all the time, because the loop can get caught on objects.

2. Halti or Gentle Leader – are also good options for when you train your puppy but there is a chance of the dog backing out of them.

3. Front clipped harness - With front attachment harnesses, the leash attaches to the clip which sits in the middle of the harness low on the dog's chest. Having the leash attached here as opposed to the part of the harness that sits in the middle of the dog's back (as on a traditional harness) can make a dramatic difference in regard to the dog's ability and reflexive response to pull. Traditional, back clip harnesses can

actually encourage a dog to pull using the opposition reflex.

5. Teach a good recall

Even if you don't practice any other training with your dog, work on having a good recall, this is an absolute must for safe dog walking.

6. Keep your dog off your neighbor's lawn

Although we live in a neighborhood in which the lawns and grounds around our houses are not our private property, it is still proper etiquette to be considerate of our fellow neighbors when walking our dogs. And while we understand how specific dogs can be about where they potty, do your best to stay on the main trails and keep them off neighbors' lawns. Not everyone is a dog lover and most will not appreciate dogs using their yard as a toilet.

7. Pick up your dog's poop

You know that you should always clean up after your dog. And you also know that not everyone is doing that. And the evidence is left for all of us to see. Seriously. Just do it. It's not fertilizer; it's damaging to the environment, it attracts snakes and other unwanted creatures which we all know Florida has plenty of, and nobody wants to step in it. People who fail to pick up after their dogs give all of us a bad name. **Don't be that person.**

8. Pay attention – Ultimately, you are responsible for your dog's behavior and actions, and for the safety of your neighbors.



YOUR HEART

Since this is our Valentine's Day edition, we thought you might enjoy reading about **YOUR HEART!!**

So, here are five amazing facts about the human heart.

The blood vessels in your heart are the most likely to clog – That's because blood flows in two directions in many arteries, which can create a turbulence that can damage artery walls, making it easier for plaque to set in. And because coronary arteries have many branches and bends, they are most likely to get atherosclerosis.

Nearly half of all heart attacks have no symptoms – According to a Wake Forest University study, no-symptom attacks were more common in men, but deadlier in women.

The best food for your heart just might be a banana – a recent study involving over four million people, bananas were associated with 24 percent lower risk for coronary heart disease. But all produce helps! People who ate the most fruit and vegetables had 11 percent less cardiovascular disease than those who ate the least.

Spare parts for your heart may just come from outer space – Last year, NASA sent cardiac stem cells into space for a study being conducted by Emory University to see if they would become beating heart muscle cells under zero gravity conditions. The stem cells became heart cells in just three weeks, giving hope to researchers that they could be used for heart failure repairs, a therapy that could require up to 150 million cells per treatment.

Want a great sport for your heart, grab a racket – A study of over 80,000 adults for over nine years found that tennis and badminton cut the risk for fatal cardiovascular disease by 59 percent. Swimming and aerobics lowered the odds by 41 and 36 percent, respectively. Distance running was less effective; it could possibly have a negative effect.

So, give your heart a warm Valentine's Day greeting and take good care of it so it can take good care of you.



FOUR IMPORTANT QUESTIONS

The four questions are not exclusive to Passover, especially when it comes to asking your doctor about your heart. Here are some suggestions.

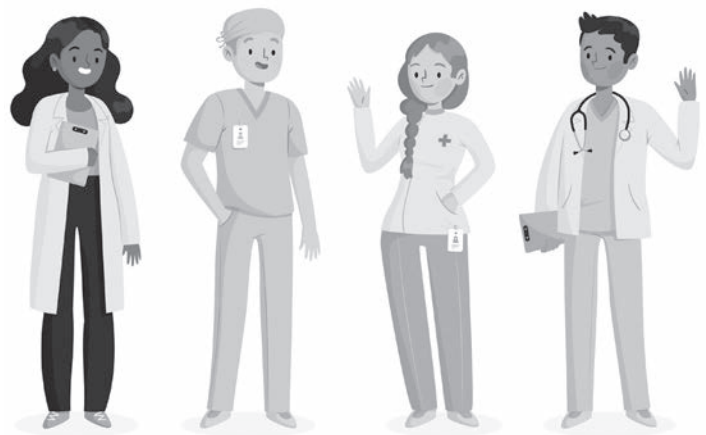
1. How's my blood pressure? Can you believe 40 percent of Americans don't know their blood pressure numbers and 64 percent don't know what those numbers mean!! Generally, normal blood pressure is 120 over 80 (120/80). If the top number is 120 to 129, that's "elevated". If the top number is 130 or higher or if the bottom number is above 80, that is considered "high".

2. What are my target cholesterol numbers and how do I measure up? A total Cholesterol level under 200 is considered normal. But, the best levels of heart-threatening low-density lipoproteins (LDLs) and triglycerides depend on your age, gender and whether you have other heart risks like diabetes. No wonder that half the people with high cholesterol, in a recent survey, said they were confused about the best cholesterol levels for them and to get there.

3. Can you refer me to a dietitian? Many doctors say nutrition can improve heart health as much as medications do. If you feel you need more information, you can search for a dietitian in your area through The Academy of Nutrition and Dietetics at eatright.org.

4. Is it time to see a cardiologist? Your primary doctor will likely refer you to a cardiologist if you have serious risk factors for heart disease. But you should be proactive, especially if there is a history in your family.

BOTTOM LINE: The more information you share with your doctor, the better he can treat you... especially your heart!





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- ✓ (R) Garbage Disposal (up to 1/2 hp)
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- ✓ Drain Rooter Interior (up to 10 ft.)
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