

PALM GREENS PULSE

NOVEMBER 2023

DELRAY BEACH, FLORIDA



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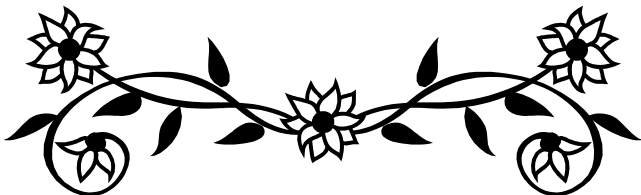
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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.

**IN THIS ISSUE****PAGE NO. ARTICLES**

- | | |
|---|--|
| 3 | Condo 1 & Condo 2 |
| 4 | Rec Board & Delray Alliance |
| 5 | Four Seasons & Car Care |
| 6 | Tennis Committee & Women's Club |
| 7 | Tips from Our Tennis Pro & Entertainment Committee |
| 8 | Computer Corner, Men's Club & We Care |
| 9 | Raise Your Score, Singles Group, Nobody Asked Me But..., Veterans Day Notice |

AFTER PAGE 9

Points of Interest Centerfold

From The Managing Editor

November Calendar of Events



CONDO 1

by Linda Brier



Hello neighbors!

Condo 1 welcomes back our “birds”, sharing another beautiful South Florida season!

We hope you’ve noticed all the obvious improvements and upgrades at PG1. We’ve got smoother, clean-looking roads, and clearly marked parking bumpers, and much improved entrances to our community, on Via Delray at Via Flora, and at El Clair Ranch Road and Via Delray.

Condo I has a new Board of Directors following the January elections: Paul Milowe, president; Linda Brier, vice president; Lisa Defabritiis, secretary; Bill Bozza, treasurer, and Allen Tirone and John Pascarella, directors.

Here’s an important note to remember:

Condo 1 Board meetings are held regularly on the **second Wednesday of every month**

(except June, July, August) **in the clubhouse.**

Times and agendas will be posted outside the office and emailed to owners prior to meetings.

These reminders – and many other important notes, will come to you via email **if your email is on file at the Condo 1 office.** If you’d like to make sure we have yours, or if you’d like to sign up now for updates from the Board, see Debbie in the Condo 1 office.

Outside of Board meetings, it’s most efficient if you submit requests for maintenance and other owner issues **in writing, via email to Nradovanovic@castlegroup.com or dropped off at the office.** *If you haven’t provided your email to the board, please do that as soon as possible. It’s the most efficient and timely way to pass information to and from the Board.*

The cost of city water (which is also connected to outside hose lines) is extremely costly. PLEASE CONSERVE WATER by checking for toilet running, leaking taps, etc. Pride services will cover these repairs.

At the Feb. 8 meeting, the Condo 1 Board invited unit owners to suggest committees to support the board. If you’ve got an idea about a new committee, submit the idea and the names of other interested neighbors in writing to the Condo 1 office.

Condo 1 Board currently has an opening for representative to the Rec Board. If you’re interested

CONDO 2

by Anthony DiGennaro

On behalf of the Board of Directors, I would like to welcome our snowbirds back to Palm Greens and the enjoyable winter weather. While you were away, there were many positive changes that occurred in Palm Greens 2.

Our thanks go out to the fantastic job our property manager, Paul Franzese, has been doing. All of our buildings have new LED lighting, making it brighter, safer and saving money on our energy bill. He also negotiated with FPL to have all the lights on Palm Greens Way changed to LED at no cost to us which is saving money on our energy bill. Paul was instrumental in overseeing the installation of our sprinkler system that is now fully functional.

We also want to recognize our amazing maintenance staff for prepping all of our units that are in the process of being painted. By having our own staff do this prep work instead of hiring an outside vendor, we saved over \$35,000. Our staff is also working on the address plaques on our newly painted buildings by reworking them to a more modern rectangular shape and repainting them so they are more visible from the street.

We also want to recognize Paul Irwin and Nancy Loskot for taking all the calls from our unit owners in a kind and professional manner.

I’m sure by now everyone has seen the buildings that are being painted. The painters are doing a great job and are very neat and aware of the unit owners’ property.

These past few months, Rob Thom and I inspected all the courts that are scheduled to be painted this year. We walked through the community and inspected approximately 100 buildings and 350 units to identify what items need repair to be done by either the association or by the unit owner. Owners will be notified in the near future of any areas that need some attention and are their responsibility. Examples of unit owner responsibility include torn screens, faded rear enclosures and front screen doors needing a new coat of paint. An example of a repair the association is responsible for would be the garbage enclosures.

Depending on the weather, we anticipate the second phase of the painting project to begin in January 2024 and finish before the summer.

Happy Thanksgiving to everyone.

RECREATION BOARD

by Madeline Welsing



The Recreation Board is on a “Mission” to expand the Palm Greens campus by offering many new, interesting, and exciting activities for our residents. On that list of community activities” will be the resurrection of Movies in the clubhouse. We plan to set up monthly or bi-monthly viewings depending on attendance, and we have already ordered black-out drapes for the windows in the TV room and have a volunteer who has graciously agreed to not only lead the session, but offers up a treasure chest of movies to share with us that should satisfy the most sophisticated movie goers among us!! His name is Rob Barry, a Condo 1 resident who will be running the movies, but we still need a few more volunteers to work with Rob and, who knows, a popcorn machine may find its way into a corner of the TV room!! Remember the line...” if we build it, they will come”? Well, if we work together, we will have an enjoyable and successful event.

We are excited to announce we have already installed a computer in the clubhouse lobby with volunteers who can train residents on how to navigate the Palm Greens website as well as the internet. We have one volunteer who has stepped up, but we need a few more to work with the folks who sign up. Please reach out to me through Phyllis, our Recreation Administration Assistant, and leave your name and info on how you would like to get involved in this very important educational project. If we are all smarter, we will be much happier. It is time to kiss Covid goodbye and get back to living the wonderful life we all enjoy in South Florida at Palm Greens.

As we currently enjoy many new activities in the Arts & Crafts arena such as clay classes, oil painting, crochet, and ballroom dancing, tai chi, stretch & tone, yoga, and meditation we’ve had discussions about producing a resident-wide Arts & Crafts event showcasing the many artists who live in Palm Greens. A theater group has been talked about as has a writing group, a book club, and a discussion group. There are so many talented people in Palm Greens so why not showcase them. Other ideas such as karaoke night and Havana night with dancing at the pool or bingo every other week at the pool is also on the list.

Let us not forget the wonderful events that are

(continued on page 10)

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



November is here and we are entering a beautiful time of year together. Cooler weather, the beginning of some wonderful holidays and just greeting our snowbirds on their return. Reuniting with our Palm Greens family! Welcome back to all!

Again, due to our many new residents who are not aware of The Alliance of Delray, and all of its great community involvement, we would like to tell you about the Alliance of Delray Mission Statement.

Our Mission is to provide the neighborhood Associations of Delray Beach with a non-partisan, unified front and voice to federal, state and county elected officials for the betterment of its citizens. We also cooperate with these officials to build a community that will serve the best interests of all residents. Areas such as traffic control, road building, traffic lights, healthcare, commercial and residential development, emergency medical services are just a few of the important subjects that the Alliance pursues with government agencies and officials.

Each month from October to April, as your representative from Palm Greens, we will report on the meetings of the Alliance through the Pulse, our community newspaper and on the Palm Greens website. Hope this is helpful and you are welcome to attend any meeting at the South County Civic Center, first Wednesday of every month. 9 AM. Meeting starts at 9:30AM. The community is always welcome and refreshments are served.

Our president, Dr. Lori Vinikoor, started the meeting at 9:30am and John Gentithes, our board member, introduced the guest speakers.

Mayor Maria Sachs spoke first and discussed the 441 and Atlantic Avenue development that will be built on the corner opposite Delray Market Place. She is advocating that this combines a community that has places that we can all enjoy such as coffee shops, entertainment area, and some shopping. A place for Delray residents to relax and enjoy. Mayor Sachs also gave kudos to our Alliance President, Dr Lori Vinikoor for being a constant fighter and advocate for the Agricultural Reserve. We cannot stop all building but Dr. Lori fights to have it

(continued on page 19)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



Were you frightened? Were you scared? Did you wear a big smile? Those were some of the faces we saw at the October 29th Halloween Gala. Did we see you there? Those in costumes and those not costumed all enjoyed the fun decorated ballroom that set the background for our Halloween party! And then there was dancing to the music of DJ Mark. When there are goblins and ghosts there must be treats. There were special delicious Halloween treats for all. Thanks to all who helped set up this fun event. If you have ideas and would like to participate in our events, please contact Marcia Davis or Judy Goldberg.

Now is the time to sign up as a member for the coming year. Membership fliers are in the main lobby of the clubhouse. If you have any questions regarding membership, contact Ellen Euse.

We welcome all of our Northern friends and wish everyone at Palm Greens a happy and healthy season. To make this a busy and fun season we want to let you know about events coming up in the near future.

Saturday December 16th-Greek Night
Thursday January 18th-Musical Bingo
Thursday February 15th-Mardi Gras

Watch the bulletin boards, our web site and e-mails for information regarding these upcoming events. We look forward to meeting our new members and to continue having fun times with our current members.

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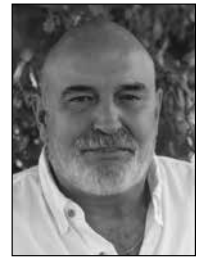
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KEVIN

CAR CARE

by Jorge Goyanes



Over the past few months, I've received questions and inquiries about what type of tire to purchase. Here are some examples.

Why shouldn't I buy a quality tire with a long mileage warranty like 80,000 miles even if I only drive about 5,000 miles a year?

Because your tires will dry rot before you ever get to the mileage warranty period, tire manufacturers do not cover dry rot or weather cracking past 4 years of the manufacturing date of the tire. So you are paying for mileage that you will never use. A tire with an 80,000 mile warranty will probably cost 25-40% more than a tire with a 50,000 mile warranty.

I am reluctant to buy a no name brand or a brand I have never heard of.

All tires sold in the U.S. are required by the NHTSA to have tread wear, temperature and traction ratings, see www.nhtsa.gov for tire safety, recalls and info. Ask your tire retailer what warranties does the tire have and are they covered nationally? And demand to see a warranty brochure.

Should I purchase used tires?

No, why do you think they were traded in in the first place?

Should I purchase a road hazard warranty?

Only if you are covered anywhere you drive, statewide or nationwide. If it is only good thru the tire chain you purchased it at, make sure they have a branch in Oshkosh, Katmandu or wherever you are going. Some tire chains will sell you a road hazard warranty but you can only use it at their locations.

Should I get a lifetime rotation and balance package?

Absolutely, besides checking the air pressure once a month, the next most important thing to do on your tires is to rotate them every 6 months or 6,000 miles.

Should I purchase a "Lifetime Alignment" package?

I do not recommend those. What will happen is you get the first one free then you are told that you have "bad parts" in the front end of your car and the alignment cannot be done until you replace a couple of hundred dollars' worth of parts, and if you don't replace the parts, they

(continued on page 20)

TENNIS COMMITTEE

by Mark Melnick

Our part time residents have begun returning to Palm Greens from all of the Northern locations. We are looking forward to a busy and fun winter season.

The Tennis rotation program began on November 1st. All of our previously registered players should have received an email with the current registration form, along with a copy of the Tennis Committee 2023/24 rules. Please return your registration forms when you arrive back to Palm Greens so that you can be included into the Rotation Program. The registration fee is the same as last year. Your \$30 fee registers you for the rotation program as well as making you eligible to participate in our events, tournaments, and competitive teams. If you haven't received an email or if you wish to be added to our email list please send an email with your contact info to us at tnnscenter@gmail.com. You can also stop down to the tennis office most mornings for info and to register.

For those residents who are unfamiliar with Palm Greens tennis, our rotation program runs from November until May. On Mondays, Wednesdays, and Fridays you will be assigned to play on a court with players of similar abilities. We will try to honor your time preferences as well as days of play. Our tennis players are friendly and helpful. You will have the opportunity to meet lots of new friends.

The Tennis Committee will be meeting in early November to discuss events for the season. Of course, our Pizza/tennis events will continue as well as our "4 Pro Event" and we hope to bring some new programs as well. Some of those currently being considered include evening tennis matches, a rotation for singles players, and more weekend mixed doubles mini-tournaments. If you have any ideas for events let us know and we will be sure to consider it.

Since the Palm Beach Senior League is organizing early again this year. Our teams are already signed up and rosters will be set up in the next few weeks. All team players must also be registered with the tennis committee program and are encouraged but not required to play in rotation.

Also note that residents and their guests that aren't part of our rotation program are welcome to use the



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Welcome back, we missed you! November brings car transports, lots of traffic, and, best of all, our FRIENDS. We are looking forward to seeing both old and new faces on campus, at the pool and on the tennis courts.

The Women's Club is starting our membership drive headed by Jo Krokus. You should be receiving a new membership form in the mail shortly. If you do not receive one, there are always flyers in the clubhouse. There will be flyer about our activities on the board in the clubhouse, as well as extra ones in the flyer holders.

We are working on many new events, including trips off campus.

Hoping you will join us for a super season. All the clubs are working hard to bring the Palm Greens community together.

May your Thanksgiving be filled with family and friends!

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(continued on page 20)

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Doubles Play: How to stop worrying about your volleys and start loving the net.

Many club players spend a lot of time playing doubles, but a very common worry is about letting the side down at the net, and this can be such a big hindrance to enjoyment, because in a good doubles game you generally spend half the match at the net whether you like it or not. Volleying and feeling confident standing up at the net can make a world of difference to your doubles enjoyment and success. A strong volleyer will hover at the net and intimidate opponents into mistakes. So, here's how you can begin to overcome those volley fears and start to take charge at the net.

(1) You think you are no good at volleys. It's common to feel less confident about your volleys than your groundstrokes. But think about how many forehands and backhands you have hit from the baseline compared to volleys at the net. It's hardly surprising you're more comfortable from the back of the court. Technically volleying is relatively straight forward. Start with the racket upright, ideally a chopper grip, a hammer, held at arms-length out in front and always in your field of vision. All you need is a short block punch when you go forward to the ball. Keep it simple and certainly invest in some lessons to make sure you keep practicing the right technique until it becomes second nature. Volleying in matches will be so much easier and much more enjoyable when you know you're hitting it correctly.

(2) You're not sure where to stand. For doubles rather than singles there is an art to being in the right position. First and foremost is understanding your team position at the start or when the point is crucial. As a pair you are on offense or defense. Here is a general breakdown to know when you're on the attack. This could be from the serve (if your partner has a good serve) or in a rally when you or your partner hits an attacking ball putting your opponents on defense. You can feel confident edging closer to the net looking to pounce onto that easier finishing volley. You are on the defense when you or your partner or you hit a weak ball which could include a weak serve putting you on the defense. Then it is sensible to edge back to around the middle of the service box to give yourself

(continued on page 21)

ENTERTAINMENT COMMITTEE

by Joan Rozen-Jacobson

Please save these dates. The Entertainment Committee is proud to announce three wonderful shows at the clubhouse, Saturday nights at 8PM. The dates for the shows are January 20, 2024, February 17, 2024 and March 16, 2024. We have not had a show at the clubhouse since 2020 because of Covid. Hopefully January, February and March will be healthy months. The details of each show will be in the next Pulse. We look forward to seeing everyone there.

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COMPUTER CORNER

by Enio Cordoba



I, too, once experienced the dread of using a computer. Having used an Apple Mac from its earliest days, I was out at sea on a cruise ship, needing to check in and the computer room had a bank of Windows machines. After half an hour of just trying to figure out the first step, I gave up. Fortunately, the days of computers being nonintuitive are past. But for many seniors, the fear and frustration is real. I hope that this first article will help you approach computers with a different attitude.

The biggest attitudinal shift happens when you stop thinking “HOW do I do this?” and say “WHAT can a computer do to make my life easier?” Computers today can save you money, deliver food to your house from the grocery store, and choose which cruise line has the best ratings. They can locate fantastic recipes, read a book to you or locate a favorite movie from your youth. They can give you faster access to medical lab reports and help you find a doctor who has appointments available this week rather than next Spring.

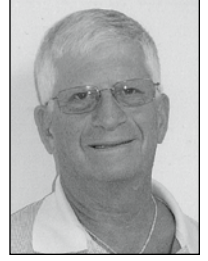
To do all of those things and more you only have to approach the computer in single task-oriented steps. You don’t need to learn all of the things a computer CAN do at one time. You start by building small skills and understanding WHAT a tool can do. Just like a proverbial toolbox has hammers, screwdrivers, pliers, etc. A computer is like the biggest tool store you can imagine. Just like a well-organized mega store, it has departments for different needs: music and entertainment, finance and business, photo storing, and best of all communication options.

You can view a computer as something you take out and plug in when you need it, or a personal valet always there ready to do whatever task you need. Computers are now in virtually every device. Cars, toasters, refrigerators, lightbulbs, TVs, and yes-phones. Too many people try to do things on a phone that should be done on a 24” screen. In 2023, you can now order many devices around with only your voice. Alexa turn on a light!; Siri call Dr X; Hey Google- what is the best way to cook a 5lb roast?

The first step will be to understand which tools are right for your needs, the second step to understand is that phones, tablets, and computers all can do it, but one will be easiest for you to use. In the near future, I will be offering a hands-on class here at Palm Greens to help YOU dominate a computer just like you do a knife and fork.

MEN’S CLUB

by Peter Dreifus



Our first meeting had the usual good food and good entertainment. Our next meeting is November 12th at 10:00am in the clubhouse. If you are interested, please attend that meeting. We have a monthly breakfast meeting, always on Sundays. We also welcome ideas of other activities that we could do as a club. Several include golf, fishing and ball games.

Please let us know if you are coming to the next meeting by sending an email to our President. Herman Rosenbaum at hrosenbaum42@gmail.com.

We look forward to hearing from you and seeing you at future meetings.

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.

RAISE YOUR SCORE

by Terryll Jones

We weigh ourselves, and check our blood pressure to monitor our health, but are we taking reliable tests to determine the rate we are aging? Are we aging gracefully or faster than our actual age? We accept there will be a certain amount of wrinkles, and hair changes. But our mobility, ability to avoid falls and ability to live independently are areas in which we are much less accepting. Fortunately, in 2001 Rikli and Jones devised a series of tests for the elderly to determine just those issues. These tests were designed to assess our ability to perform basic tasks such as household chores, climbing stairs, carrying groceries, getting in and out of cars or chairs, etc. These tests assess upper and lower body strength and flexibility, agility, and aerobic fitness. Several of these tests require tools or a second person, but one that doesn't is the Chair Sit to Stand test. This test has shown itself to be a significant predictor of mortality for people between the ages of 51 and 80. The CDC says that below-average scores are correlated with an increased risk of falls. The lower the score, the more likely the person is to die in the next 6 years.

Giving yourself this test is just as easy as weighing yourself in the morning. You will need a chair and some sort of timer. An egg timer or the timer on the clock in your phone will work just fine. Sit in the middle of the chair, feet flat on the floor, cross your arms over your chest, stand up, sit down, and count how many times you stand in 30 seconds. That's it! If you are by yourself, maybe set your stopwatch a few seconds extra to give yourself time to get into position and then countdown to start your test when the timer hits 30.

Scoring the test: If you need arms to stand, stop the test, the score is "0". If you are over halfway to standing at 30 seconds, count the stand. Write down your number. Now check the chart below. The chart compares the average by sex and age.

Raising your score: Professional athletes use cross-training but will tell you that sport-specific training is always necessary. If you want to sit and stand better, then do it more often, with intention. According to

(continued on page 21)

SINGLES GROUP

by Carol Erez



Our Singles Group continues to grow. We are so happy to see so many people show up at our meetings.

An appetizer and dessert were held at the clubhouse in October which was a great success. I guess everyone likes to eat!

We are looking at several shows at Kings Point over the next few months which we might attend as well as other events.

Our meeting is the first Tuesday of the month at 4 PM in the clubhouse. Come with your ideas for places to go. See you there!

NOBODY ASKED ME BUT...

by Mel Clapman

...I get enough exercise pushing my luck.

...Do you think horses say "stop peopling around?"

...What happens in Vegas shows up on your credit card.

... If we're not meant to have midnight snacks, why is there a light in the fridge?

...Always remember that you are unique – just like everybody else.

Veterans Day Notice

by Eleanor Horowitz

Please save the date and join us on Friday, November 10th at 10:00 a.m. in the Clubhouse ballroom as we honor our veterans for their service and sacrifice to our country.

We are excited to announce that we will hopefully have a guest speaker like we did last year as part of the celebration. In addition, we will be creating a special collage for the event and invite you to bring in your photos from the time you served as a veteran. To contribute, please drop off your photos at the Recreation office before November 1st.

We will provide more details about the event as soon as they become available to us.

CONDO 1.. (continued from page 3)

in that [position, please drop off a resume and letter if interest, in a sealed envelope, to the Condo 1 office.

Update: It's clear that work on Lennar's Delray Trails development is moving along quickly ... a real boost to our property values.

Remember to check the clubhouse frequently for current postings from the many clubs and organizations throughout Palm Greens, all designed to entertain you, help you meet new neighbors, and share the joys of life throughout this fine and friendly community.

We hope you take advantage of your PG1 neighborhood!

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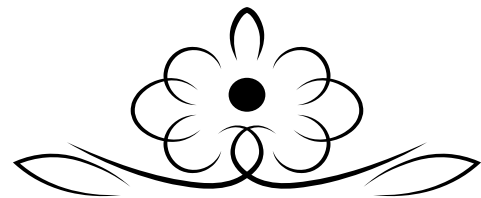
Use prescription glasses that have an anti-reflective coating, which keeps light from bouncing around inside your lenses.

RECREATION BOARD.. (continued from page 4)

produced and executed by the Women's Club, the Four Seasons Club and the Men's Club. They all work very hard to bring us the best events and we are grateful. And the folks in the Café are always there for us in putting food together for our events. Please do not forget to use your food card before expiration on December 31, 2023.

And here is the best for last. We need your feedback. And we need you to volunteer. What are some of the community events you would like to see at Palm Greens? Please feel free to see me or Phyllis in the Rec Office to discuss.

Have a Happy Thanksgiving.



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Hi Neighbor!

As a professional R.E. Consultant, who's lived in and sold hundreds of properties in PG and the Delray Beach area, I understand the true value of what your community has to offer.

The addition of Delray Trails will show buyers the advantageous, desirability of owning in Palm Greens instead. The value of your asset should be appreciating.

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POINTS OF INTEREST

by Mel Clapman

For our November issue, we decided to put a different spin on the “Points of Interest” article. During the summer, we spent a few days in St. Augustine. We found it delightful and educational. So, our centerfold for November contains photos we took of St Augustine, and based on our experience, we cannot recommend it highly enough.

There will be 3 types of readers for this article: (1) Those who visited SA 5-10-15+ years ago; (2) Those who visited 1-2 years ago, and (3) Those who have never been there.

To all of you I say do your research and make your decision based on what you find out, plus what you hear from others who have been there recently. Here are some interesting points.

- **Ponce De Leon claimed Florida for Spain in 1565.**
- **In 1565, Pedro Mendez founded St. Augustine, making it the oldest, continually occupied European settlement in North America.**
- **During the winter of 1883-8, Henry M. Flagler, co-founder of Standard Oil Co., visited the city and was immediately impressed with its charm and growth potential. Some of his contributions include the Hotel Ponce De Leon and Hotel Alcazar.**

Today, St. Augustine is a thriving, interesting and pleasant town, with a great history, sightseeing galore, and hotels and restaurants to fit virtually every budget.

As we’ve suggested in past articles, do your research...but in this case, dig a little deeper. Lots to see and do.

Finally, the horse on the front cover is made from chrome car bumpers! Chrome Mustang horse sculptured from vintage 1950s and 1960s chrome car bumpers by Sean Guerrero, displayed at Ripley’s Believe It or Not Visitor Center in St. Augustine, Florida

And try to see the 600-year-old Senator tree with a palm tree growing out of it. You’ll find it in the middle of the parking lot of the Howard Johnson Hotel. “Old Senator” is over 600 years old and grows in the courtyard of Villa 1565 on San Marco, just a short distance from historic downtown St. Augustine. According to the website “Monumental Trees,” in 2016 “Old Senator’s” girth measured over 21 feet and “his” height was over 56 feet. Long considered to be St. Augustine’s oldest resident, “Old Senator” could certainly tell many stories about St. Augustine’s history and people.







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ALLIANCE OF DELRAY.. (continued from page 4)

used responsibly.

Our Sheriff's Office had Alexia Koch speak as she is the Chief of Domestic Violence Awareness Month. October is the wear purple month for this. Domestic Violence is a horrible thing that can show itself in many ways. Caretakers to the elderly, siblings, young children, mates to each other, both verbal and physical abuse. 1 in 4 women experience this violence and 1 in 9 men! 20 people per minute are abused in some way, 1 in 10 women are raped. Mental health workers are always available to help. Call if you suspect something

PBSO (Palm Beach Sheriff's Office) Detective Cory Eastman, our District 4 representative, filled in for Captain Rob Sandt. Traffic crashes are up 6% from 2022. He again, stated to leave early for appointments, stay calm and don't respond to another yelling at you! Do Not Engage! Wait a minute when light turns green as speeders try to "make the light". And be careful when making a left-hand turn! Auto burglaries are up in all communities, gated and not. Organized crime groups know how to steal with modern technology... PLEASE LOCK YOUR CARS AND DO NOT LEAVE VALUABLES IN PLAIN SIGHT! Fobs should be kept away from front doors and garages as the criminals can now read the codes.

Tony Keeler spoke for the Fire Rescue Dept. Last month they received over 3000 calls with Kings Point being the highest. This is hurricane season so be prepared with all your supplies and to help with the calls, a 4th person has been added to the ladder trucks. Always call the EMTs in an emergency because they can help save your life on the way to the hospital!

Senator Lori Berman said that the legislative seasons are starting and if we have suggestions for future bills to be proposed, she is very open to suggestions. This is important as many bills start with community input so don't be shy! Contact her with ideas.

Representative Kelly Skidmore has her office at Atlantic Avenue and Hagen Ranch. With the legislative sessions starting in Tallahassee, she would like to hear from all of us with suggestions for bills to be presented! Many of our bills start with our local people.

Vice Chair of the School Board, Karen Brill spoke next. She said that she never thought that we would need metal detectors in our schools, but this is the way it is now. Also, LBGTQ will be honored in PBC schools and at this point no books are being banned! Teacher salaries are poor in Florida, however, this year, a 7.5% increase

plus a \$1500 bonus. Starting salary is \$51,500 a year. This is because Florida only gives \$9,200 per student as opposed to NY where the number is \$34,000 per student. We must get our government to value education!

The main speaker for the meeting was Dr. James Snyder III, MD, head of the South Florida Proton Therapy Institute. This innovative technology pinpoints the cancer without damaging surrounding tissues. It is amazing since it avoids destroying other organs. The equipment is housed in a huge room with 14 feet thick walls. The X-ray machine weights 300 tons and is 43 ft. high! Its laser pointer protects normal tissue and saves the patient from some further, unnecessary surgery, eliminates side effects, and reduces the need for unnecessary X-rays. This is invaluable in treating diseases including tumors of the brain, breast, prostate & lungs. With breast cancer, reduces damage to heart tissue by 50% to 60%, as there is no dose to the heart. Prostate patients receive a curative dose of radiation with less peripheral damage. This is an amazing, sophisticated Radiation Therapy. Cures and reduces side effects! The staff is also special! Kind and treats patients like family! We all need that special touch in these scary procedures. Our family has had personal experience with this therapy and it is amazing! For more information contact SFPTI, directly across from The Delray Medical Center.

Next month's meeting will be on Wednesday, November 1, 2023, and will feature Joe Abruzzo, City Clerk and Comptroller for Palm Beach County. He will discuss all of the special offices that are available to us. The meeting will be held in the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens. Doors will open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are invited to attend. See you there.

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CAR CARE.. (continued from page 5)

will cancel your "Lifetime Alignment".

I have a high-performance sports car and the tires wear out in 15-25,000 miles, and they are expensive to buy, is there anything I can do?

Other than selling the car, those types of cars have a specific performance rated, low profile tire that you have to use and cannot change the size or speed rating. However, a tire expert can shop around and get you a different brand for a lot less. For example, a 2002 Jaguar takes a P225/55HR16 tire, in a Michelin MX model, the cost is \$179.00 per tire and it will last about 25,000 miles due to the speed rating and profile. The same in a Cooper tire would be \$129.00 per tire and in an "off" brand like a Nankang it would be \$99.00 per tire. In this case the customer was keeping the car for a few years so I recommended the Cooper tire. If he was selling the car in a year, I would have recommended the less expensive tire.

I have a lease vehicle, when I turn it back the dealer says the tires must be in good shape. Should I let them replace the tires when I turn it back or purchase them on my own?

The dealer will charge you full list price plus installation. Make sure you shop around for the same size and speed rating, this is very important, you must trade the car back in with the same speed rated tire that came on the vehicle, and it does not have to be the same brand. If you shop around you will pay less than what the dealer would charge you if they replaced them at lease turn-in.

Happy to help out, as always be well, take care and check that air!



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TENNIS COMMITTEE.. (continued from page 6)

courts when they are not in use by the rotation program or teams. There are open courts on a first come / first serve basis most afternoons as well as evenings. Guests must be accompanied by a resident. Stop down to the tennis courts to check us out and get further information.

Appropriate clay court tennis sneakers must be worn by all players. They must not have deep grooves and preferably have a herringbone pattern. This is for your safety as well as to prevent damage to our court surfaces. If you aren't sure what is appropriate stop down to the office and check with our pro Jim, myself, or any of the tennis committee members.

Please refrain from allowing your pets onto the tennis courts. The Har-Tru surface can be harmful to your dog.

Don't forget to sign up for lessons with our pro, Jim. His reasonably priced lessons and skills clinics are just what we need to get a jump start on the tennis season. When not giving lessons, you'll see him on the courts during rotation play as well as team practice giving support and offering tips for improving your play.

See you on the courts!!



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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.

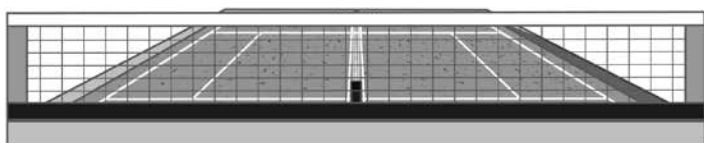


TIPS FROM OUR TENNIS PRO.. *(continued from page 7)*

more time to react to their attack of the ball and protect that big gap behind you. This means as a net player in a doubles rally you should constantly find yourself moving forward to look to attack the receiving ball, then edging back on the defense as your counterpart looks for their receiving ball to attack. The earlier you can recognize the position that your team is in, the earlier you can get into a more suitable position at the net, the better your experience and success will be at volleying.

(3) You're not being proactive. Playing offensive tennis and coming into the net is really a good strategy for your team, and one of the benefits is taking time away from your opponents but that also means taking time away from yourself too. You will have to be ready to hit the ball back much sooner than if you were waiting for it from the baseline. So to help this, a good attitude to have when you are at the net is to assume every ball is yours. Be on your toes, be ready with your racket up to go and hit every ball that opponents hits and commit 100% to that interception or agreed position swap with your partner. It's having this proactive and alert mindset rather than waiting until the ball is hit to you and then feeling rushed like you have no time to react. Take control of your opportunity, you simply don't have time to wait, so go get it.

Tennis is a game of inches one ear to the other.



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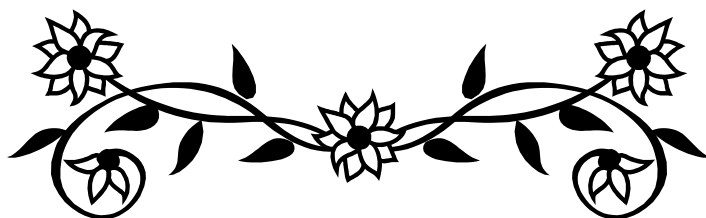
RAISE YOUR SCORE.. *(continued from page 9)***Men's Results**

Age	below average	average	above average
60-64	< 14	14 to 19	> 19
65-69	< 12	12 to 18	> 18
70-74	< 12	12 to 17	> 17
75-79	< 11	11 to 17	> 17
80-84	< 10	10 to 15	> 15
85-89	< 8	8 to 14	> 14
90-94	< 7	7 to 12	> 12

Women's Results

Age	below average	average	above average
60-64	< 12	12 to 17	> 17
65-69	< 11	11 to 16	> 16
70-74	< 10	10 to 15	> 15
75-79	< 10	10 to 15	> 15
80-84	< 9	9 to 14	> 14
85-89	< 8	8 to 13	> 13
90-94	< 4	4 to 11	> 11

the Mayo Clinic, the CDC, and the National Institute of Health, sitting is the new smoking, so get up frequently. Last month we discussed Grease the Groove. Maybe make Sit to Stand your Groove this month. Give yourself the test once a month to keep tabs and add it to the information you share with your doctor.

**911 CALLS**

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FROM THE MANAGING EDITOR

by Mel Clapman



Well at this point, just about everyone is back at Palm Greens, and we are happy to see you. Isn't it great, the Delray Trails coming along day by day, homes galore, landscaping, etc. Can't wait until we see the new clubhouse going up!

Our tennis courts are being refurbished and looking better than ever, thanks to Art Robbins and the Rec Board. This is very important, as Palm Greens has long been noted for its tennis programs and quality courts, and we plan on maintaining that rep!

And while we are seeing a bunch of new clubs and activities appearing, I have to share with you my disappointment in the lack of volunteers for certain venues. How can you turn down being a Patrol Car Officer? We've had a series of car break-ins recently, and this situation can be reduced (maybe eliminated) if we get our residents into patrol cars. Think about it. For more information, check with Charles or Phyllis in the Rec Office.

Before I sign off, I'd like to suggest you look into the clubs, new ones and current and think about joining one. Whether you're a recent retiree or have been at loose ends for a while, we have a variety of clubs and organizations that you just might find interesting. Stop by the clubhouse; check your E-Mail blast, read The Pulse. You just might find a venue that works for you.

Oh, and by the way, Happy Thanksgiving!!



WHY IS ELECTION DAY ON TUESDAYS IN NOVEMBER?

It's interesting and the answer stems from the agrarian makeup of 19th-century America. In the 1800s, most citizens worked as farmers and lived far from their polling place. Since people often traveled at least a day to vote, lawmakers needed to allow a two-day window for Election Day. Weekends were impractical, since most people spent Sundays in church, and Wednesday was market day for farmers.

With this in mind, Tuesday was selected as the first and most convenient day of the week to hold elections. Farm culture also explains why Election Day always falls in November. Spring and early summer elections were thought to interfere with the planting season, and late summer and early fall elections overlapped with the harvest. That left the late fall month of November—after the harvest was complete, but before the arrival of harsh winter weather—as the best choice.

Election Day is a civic holiday in several states including Delaware, Hawaii, New York, New Jersey and the territory of Puerto Rico. Many have called for Election Day to become a federal holiday, so people can take time to vote without missing work. Other proposals to boost voter turnout include having elections take place over several days or allowing voting to take place by mail or computers.

SO HOW DID HALLOWEEN GET STARTED?

Halloween is a holiday whose tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. (*Samhain is a pagan religious festival originating from an ancient Celtic spiritual tradition. It is usually celebrated from October 31 to November 1 to welcome in the harvest and usher in "the dark half of the year."*)

In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

LEASING VS. BUYING YOUR NEXT VEHICLE WHICH OPTION MAKES THE MOST SENSE FOR YOU?

An Article from AAALiving Magazine, 2023

When it's time for a new vehicle, you'll consider make, model, exterior options and all of those fun interior extras. But deciding *how* to procure the vehicle is an important consideration, too – one that can have an impact on your budget. Here's what you need to know about leasing versus buying, and how the road to car ownership has changed over the last few years.

LEASING

PROS: There's little or no down payment, and you'll likely have lower monthly payments compared to what you'd have if you purchased the vehicle. You can pick the lease term (anywhere from 24 to 60 months), and you'll be able to drive a new car every two to five years. You won't be responsible for repairs – only maintenance.

CONS: You don't own the car, and at the end of the term you have to give it back. If you extend the lease term, you'll likely pay more in the long run than if you'd financed the car for purchase. Also, in some cases, drivers have mileage restrictions.

LEASE IF: You don't mind having payments without ownership, or you want a new car every two to five years. Some professions require a luxury car, and these brands can often be more affordable as leases than purchases.

BUYING

PROS: When you own the car, you can sell it whenever you want. Assuming you make your monthly payments on time, you'll build your credit score, which can save you money in the long run via better interest rates and terms on future purchases.

CONS: You'll have a down payment; your car payments will likely be higher than lease payments; and as the owner, you're the one responsible for repairs.

BUY IF: You plan to keep the vehicle for a long time; you drive a lot; and you want to pay the car off so that you own it.

A change of scenery.

Car ownership looks different today than it did just a few years ago. Kelley Blue Book reports that the

number of purchased cars dropped from 1.4 million per month in 2019 to 1.1 million per month in 2022. Work-from-home situations played a role, as did rising costs – for gas, maintenance and the vehicles themselves. From August 2021 to August 2022, car prices were up by 10.8% with average price hitting a record high of \$48,301.

But overall, Americans still love to have their own wheels. According to TransUnion, auto loan originations – the foundation for vehicle purchases – were projected to hit 28.9 million in 2022, up from 28.3 million in 2021.

Consumer demand for cars may have slowed in some areas of the country, but overall, the call of the open road is still strong. Your choice to buy or lease is a personal one, but having the facts can help you make a smart decision.



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October '23							December '23						
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