

# PLAT CHAT

**JANUARY 2025**

**Delray Villas Plat 4/5  
Community Newsletter  
www.delrayvillas45.com  
Www.delrayvillas45.com**

**NUMBER 024**

## **Board of Directors Meeting**

**Date: Tuesday  
January 17, 2025  
Time: 7:30 PM "B" Building**



## **Rec Board Meeting**

**Date: Tuesday  
January 7, 2025  
Time: 7:00 PM "B" Building**

### **A letter from your President....**

**The Board would like to congratulate Sheila, Rick, Maggie, and Tom for their successful run for the Board of Directors. We want to thank Ruth for the 3 years she served our community on the Board. Ruth was a big asset to the board and to our community.**

**Congratulations to Lynne and Mark, as our representatives on the Rec Board. A big thank you to Patti Lazaroff who represented us for many years on the Rec Board, we genuinely appreciate her dedication and service to the community.**

**The Board will be having the new signs installed. We will only replace 4 signs this year. We will also be updating our web site along with many other projects that we will be addressing at our meetings throughout 2025.**

**As a courtesy to your Board members, please no phone calls after 5:00PM during the week and no calls on Saturday or Sunday. If you need to call a Board member you can call me at any time of the day and over the weekend.**

**We hope everyone had a Merry Christmas and a Happy Hanukkah. May the New Year be filled with good health and prosperity.**

**I personally am looking forward to working with the Board of Directors and serving as your President in 2025,**

**Thanks  
Mike and the 4/5 Board of Directors**

**Quarterly HOA Fees  
will increase  
January 1, 2025  
New Fee: \$810 per quarter**

### **A FREE Fall Prevention Program**

#### **Tai Ji Quan**

**WHERE:** Florida Blue Center  
1501 N. Congress Avenue  
Boynton Beach, FL 33426

**WHEN:** Mondays and Fridays, 3:30-4:30pm  
No insurance or registration needed. Just show up.

**Classes begin January 6, 2024.**

Call us anytime.  
We are here to  
help you.

**PLAT 4/5 BOARD OF DIRECTORS**

**Pres:** Mike Montemurno 954-658-7295  
**VPres:** Bill Yesowitch 502-905-7973  
**Treas.** Sheila Lane 561-381-7725  
**Sect:** Dianne Stevens 413-222-7866

**COMMITTEES**

**Alliance:**

Alan Rossman 561-901-3002  
Rick Mancini 917-865-6563

**Architectural:** (See P. 19 for details)

Alan Rossman 561-901-3002  
Rick Mancini 917-865-6563  
Betty Hillier 561-400-2392  
Nancy Grasso 203-770-4481  
Rich Cohen 201-873-0458

**Inspections:**

Ruth Mirailh 561-907-7884  
Rick Mancini 917-865-6563  
Betty Hillier 561-400-2392  
Mike Montemurno 954-658-7295  
Pat Melito 561-933-0170  
Rich Cohen 201-873-0458

**Interviews:**

Bill Yesowitch 502-905-7973  
Alan Rossman 561-901-3002  
Ruth Mirailh 561-907-7884  
Hope Greenblatt 954-328-5136  
Nancy Grasso 203-770-4481

**Lakes and Canals:**

Mike Montemurno 954-658-7295

**Lollipop, Lights,  
Roads & FPL**

Rick Mancini 917-865-6563  
Alan Rossman 561-901-3002

**Maintenance:**

Mike Montemurno 954-658-7295

**Parliamentarian AND 55+**

Bill Yesowitch 502-905-7973

**HOA FEES and ESTOPPEL LETTERS**

Sheila Lane 561-381-7725

**ACC Architectural Permits**

Alan Rossman 561-901-3002  
13834 Packard Terrace for application

**DV 4/5 Website:**

[www.delrayvillas45.com](http://www.delrayvillas45.com)

**Interview Committee**

If you are selling or renting your home  
any new occupants must contact:  
Bill Yesowitch 502-905-7973

**Maintenance/Landscaping**

Any info needed please contact:  
Mike Montemurno 954-658-7295

**Plat Chat:**

Hope Greenblatt 954-328-5136  
Heidi Elias 917-834-6463

**Recreation Association Representatives:**

Pat Lazaroff 561-498-8691  
Lynne Cohen 201-314-6537  
Camille Montemurno 561-239-6844

**SERVICES INCLUDED IN HOA FEES**

**Pest Control:**

**Wise House** 561-727-8239

**Cable/Internet**

**Breezeline Communities**

855-660-9868

Any questions you are not sure of;  
call Mike anytime 7 days a week:  
954-658-7295

**SENIOR SERVICES****Palm Beach County****TRANSPORTATION SERVICES****Palm Beach County Palm Tran****561-841-4200****VOLEN CENTER**

Providing services, support and information to seniors and their families.

Transportation, weekly events, and lunches. Call for more info:

**561-395-8920****COMMUNITY ASSISTANCE****THAT'S WHAT FRIENDS ARE FOR!**

*We are here for hurricane issues or any other questions throughout the year. (We are not able to provide any type of transportation services, due to insurance purposes.)*

Noel Gordon 201-310-8626

Sam Fleishman 410-493-7842

Bill Yesowitch 502-905-7973

**PLAT CHAT**

*Monthly Newsletter delivered on or around the first of every month.*

Harvey Lazaroff 561-498-8691

Alan Rossman 561-901-3002

**WE CARE!**

*We provide medical equipment free in the event you need a cane, a walker, a wheelchair, etc.*

*We are a phone call away to assist.*

Rick Mancini 917-865-6563

Paul Mirsky 917-684-9115

Sam Fleishman 410-493-7842

**WELCOME COMMITTEE**

*A friendly knock on the door bringing a small gift and loads of information that says:*

*"Welcome new neighbor"*

Pat Lazaroff 561-498-8691

Marlene Mirsky 917-673-7830

Amy Kaplan 203-257-9044

**CITIZENS OBSERVER PATROL (COP)**

Lloyd Lukens 561-251-3616

**MINYAN**

*(call us to help you in your time of need)*

Alan Kaplan 316-253-7542

Rich Cohen 201-873-0458

Noel Gordon 201-310-8626

**HOA MEETINGS VIA ZOOM**

*You can attend from home if you are unable to come to the Viking Room. You will receive an email from Dianne Stevens with the link for our monthly meeting, you may also access it through our website:*

*[www.delrayvillas45.com](http://www.delrayvillas45.com)*

*(If during the meeting you need help contact via text)*

Alan Shwartz 561-376-4040

**WEBSITE/COMMUNITY CHANNEL**

*[www.delrayvillas45.com](http://www.delrayvillas45.com)*

*Our community details are updated on an as-needed basis for all your informational needs. (Community Channel is located on our website under the tab "COMMUNITY INFO).*

Mike Montemurno 954-658-7295

Alan Shwartz 561-376-4040



*Happy New Year!*

- *Happy New Year! As we begin 2025, it is a great time to think about fresh starts. A new year gives us the chance to reflect on where we have been and make changes for the future.*
- *Hoping 2025 brings you growth, joy, and plenty of moments that remind you how strong you are.*
- *Here is to a year full of possibilities!*

**Delray Villas 4/5 January 2025 Celebrations**

**Birthdays**

- Kevin Willis, Jan 2**
- Marion Eisenberg, Jan 3**
- Greta Arnold, Jan 19**
- Mary Joyce Williams, Jan 19**
- Mathew Dixon, Jan 23**
- Steve Pavey, Jan 26**
- Alan Kaplan, Jan 28**

**Anniversaries**

- The Cohens, Jan 26**
- The Gordons, Jan 31**



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RICH SCANLON  
201-394-3836  
Plat 4/5  
Retired Army Veteran**

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- PAINTING INTERIOR & EXTERIOR.
- PORCH SCREENING & REPAIR.

- CEILING FANS, PICTURES, MIRRORS, ETC.
- OPEN CLOSE SHUTTERS.
- HOME WATCHING.
- AIRPORT DROPOFF
- AIRPORT PICKUP

**January 20, 2025**



Honoring  
**Martin Luther King, Jr.**  
(1929-1968)

Martin Luther King Jr. Day is celebrated on the third Monday in January each year to honor the life and legacy of Dr. King, a pivotal leader in the American Civil Rights Movement. The holiday was established to recognize his dedication to fighting racial injustice through nonviolent means, and his work toward achieving equality and civil rights for African Americans. The day serves as a reminder of the ongoing fight for racial equality and justice, encouraging people to reflect on Dr. King's message of **love, peace, and unity**.

International  
Holocaust  
Remembrance Day

January 27, 2025



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**I am just a phone call away!  
(owner operator)**

***We've come a long way baby...***

- The first commercial microwave oven, introduced in 1947, was six feet tall, weighed over 700 pounds, and cost about \$5,000! By the 1970s, smaller, more affordable models had made their way into homes, revolutionizing the way we cook.
- The iconic avocado-green and harvest-gold kitchen appliances of the 1970s were a bold shift from the traditional white of earlier decades. These earthy colors reflected the era's back-to-nature trend and were marketed as "modern" and "sophisticated." If you had these in your kitchen, you were on the cutting edge of design!



- Before Tupperware parties took off in the 1950s, most people stored food in glass jars or wrapped it in wax paper. Tupperware's airtight seal not only kept food fresh longer but also sparked a social revolution as women hosted gatherings to sell the innovative containers.

**One Day On the Job...**

After landing my new job as a Wal-Mart greeter, a good find for many retirees, I lasted less than a day...

About two hours into my first day on the job a very loud, unattractive, mean-acting woman walked into the store with her two kids, yelling obscenities at them all the way through the entrance.

I said pleasantly, "good morning and welcome to Wal-Mart. Nice children you have there. Are they twins?"

The ugly woman stopped yelling long enough to say, "Hell no, they aren't twins. The oldest is 9, and the other one is 7."

Why the hell would you think they're twins? Are you blind, or stupid?

I replied. "I'm neither blind nor stupid, ma'am. I just couldn't believe someone slept with you twice. Have a good day and thank you for shopping at Walmart-Mart."

My supervisor said I probably wasn't cut out for this line of work.

Submitted by Chelle Lukens



**Smile!**

Submitted by Nancy Grasso



*My Dad had this framed and on the wall in his Dental Office. I've always loved this and feel it's good to share. It's been attributed to Dale Carnegie.*

A smile costs nothing, but gives much. It enriches those who receive it, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet, it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile as much as he who has no more to give.



**Camille Montemurno**



561-239-6844

CAMILLE@REEFREALTYMGMT.COM



**COMING SOON**





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(954) 242-8414 <https://dinkadesigns.com>



## Plat Chat Needs Your Help!

Share your *ideas* and *talent* with Plat Chat

Contact: Hope Greenblatt  
[hopegreenblatt@gmail.com](mailto:hopegreenblatt@gmail.com) or

Heidi Elias  
[heidielias5@gmail.com](mailto:heidielias5@gmail.com)

### WHY I VOLUNTEER

It's not for the money  
It's not for the fame.  
It's not for any personal gain.

It's just for love of fellow man  
It's just to lend a helping hand  
It's just to give a tithe of self  
That's something you can't buy with wealth.

It's not for the medals won with pride  
It's for the feeling deep inside  
It's the reward down in your heart  
Of helping others far and near  
That makes me a volunteer.

Submitted by Toby Gordon

**Camille Montemurno**  
Is offering  
**Notary Public Services**

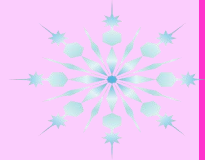


**free** to all residents of Plat 4/5.

Camille is licensed and bonded.  
**561-239-6844**



### Holiday Cheer Shines Bright at Delray Villas 4/5 Party



On November 16, 2024, the residents of Delray Villas 4/5 gathered for their annual holiday party, and it was an evening to remember! The beautifully decorated venue buzzed with excitement as neighbors came together to kick off the holiday season in style. The smell of delicious food from Avellino's filled the air, setting the tone for a warm and welcoming evening. From savory dishes to sweet treats, every bite was a hit, and the hearty meal served as the perfect start to the festivities.

The live entertainment stole the show, bringing energy and joy to the room. The performers delivered a dynamic set that truly "got the party started," with music that had everyone tapping their feet and singing along. As the night progressed, the dance floor came alive. Residents of all ages joined in, dancing the night away to a lively mix of tunes that kept the momentum going. The laughter, music and dancing created an atmosphere that was impossible to resist.

Beyond the music and dancing, the party was a time to connect. Longtime friends caught up, while new friendships began to form over shared smiles and conversations. It was a night filled with joy, unity, and the true spirit of community. As the evening wound down, there was a sense of gratitude for the special moments shared and excitement for the memories yet to come. Delray Villas 4/5 truly knows how to celebrate the season!



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## How Baby Boomer Humor Has Changed Over Time

Submitted by Heidi Elias

I have often wondered why the comedy that I find funny differs so dramatically from other Baby Boomers who were born before me. In other words, my contemporaries (those born in the late 1950's and early 60's) share jokes that are racier in nature, which my older baby boomer friends find offensive. I did some research on this and this is what I found:

The sense of humor of Baby Boomers born in the 1960s often differs significantly from that of their older counterparts, shaped by the unique cultural and societal contexts in which they were raised. While both groups share a broad generational identity, their comedic tastes reflect the distinct challenges and changes they experienced.

Early Baby Boomers, born between 1946 and 1955, grew up in a time of post-WWII stability and traditional values. Their humor was often rooted in family-friendly, slapstick, and wholesome entertainment. Popular TV shows like *I Love Lucy* and *The Andy Griffith Show* provided light-hearted, innocent comedy, focused on relatable situations and character-driven humor. Their jokes often centered around societal norms, with humor being a safe, predictable escape from the pressures of a rapidly changing world.

In contrast, Boomers born in the 1960s came of age during a time of social upheaval and cultural revolution. The Vietnam War, civil rights movements, and the rise of counterculture influenced their sense of humor, leading to a more satirical, irreverent, and edgy style. Comedians like George Carlin and Richard Pryor, who pushed boundaries with dark humor and social commentary, had a significant impact on this generation. The 1960s Boomers often embraced humor that questioned authority, broke taboos, and reflected the era's changing attitudes toward race, gender, and politics.

This shift in comedic style mirrored the broader generational divide. While early Boomers tended to appreciate humor that reinforced societal values, those born in the 1960s sought comedy that challenged conventions and provoked thought. The later Boomers were also more likely to embrace the influence of television and stand-up comedy in shaping their humor, adapting to the more diverse and outspoken comedic voices of the time.



### Attention Residents

Please submit your birthday and anniversary dates so we can celebrate you in Plat Chat for 2025.

Contact Hope Greenblatt  
(945) 328-5136  
Hopegreenblatt@gmail.com

### Howdy Neighbor

Our Delray Villas 4/5 community is full of rich, accomplished individuals who have contributed to life in ways that often does not come up in casual conversation. Here is an opportunity to learn about your neighbors, while introducing yourself more fully.

We are seeking interested individuals who wish to share about themselves and their past accomplishments. You will receive a set of questions to answer. If you cannot type you can call us and we will write it for you. Please include a photo or two.

*Help us make this a success and help build a better community!*

Contact: **Hope Greenblatt**  
(945) 328-5136 \* [Hopegreenblatt@gmail.com](mailto:Hopegreenblatt@gmail.com) or

**Heidi Elias**  
(917) 834-6463 \* [heidielias5@gmail.com](mailto:heidielias5@gmail.com)

### MUSIC FROM THE 1950'S, '60S, AND '70S QUIZ

- 1. What was the name of the first hit single by The Supremes in 1964?** a) "Stop! In the Name of Love" b) "Baby Love" c) "You Can't Hurry Love" d) "Where Did Our Love Go?"
- 2. Which artist recorded the famous 1959 song "What'd I Say"?** a) Ray Charles b) Sam Cooke c) Little Richard d) Jerry Lee Lewis
- 3. Which 1965 hit song by The Rolling Stones was their first number one in the United States?** a) "Paint It Black" b) "Satisfaction" c) "Angie" d) "Ruby Tuesday"
- 4. Which 1970 song by Simon & Garfunkel became a huge hit and is often associated with the Vietnam War?** a) "Bridge Over Troubled Water" b) "The Boxer" c) "Sound of Silence" d) "Mrs. Robinson"
- 5. What was the name of the 1950s hit by Chuck Berry that influenced many later rock songs?** a) "Johnny B. Goode" b) "Maybellene" c) "Rock Around the Clock" d) "Roll Over Beethoven"

Find answers on page 18.



**Prostate**

I stood in my bedroom doing my makeup when I heard my parents across the hall in the bathroom. My father was groaning in immense pain and luckily my mother was there to help him. I was a self-absorbed teen at the time—totally in what I thought to be in love. But this moment between my parents struck me.

My father moaned. “It’s okay, Pearl”, my mother said to him. “I’m here.”

That was the start of my father’s painful side effects from his prostate cancer radiation treatments, something that would only get worse with time.

As I leaned toward the mirror, slipping mascara onto my lashes, I heard more grumbling from my father. I froze. I was stuck in their moment with no place to go. I heard an “oops” in the bathroom. A mess was made of my father’s little control. My mother would be the one to clean it up. “I’m so sorry,” my dad said.

“It’s okay Gene, I’m here” mom said.

After I was done with my makeup, I sat on my bed with the door cracked open. While I was nervous about my dad’s health, tears fell onto my jeans because I finally realized something—THIS is marriage.

Marriage isn’t found at the big wedding, the trendy date nights, or even hours spent together on the couch watching Netflix. Marriage is found in the darkness—with one spouse helping the other during a time that would be humiliating to share with anyone else.

As young girls and boys, we watch movies and read stories about happy endings, blissful beginnings, and comedic in-betweens. But true romance is found when two people need each other, are vulnerable to one another, and can wholeheartedly depend on one another during the darkest times in life.

I sat on my bed, and at that moment, I decided to stop bouncing. I wanted my future to look like my parents’—imperfect but beautiful. My parents’ marriage and my marriage (to the boy I was in love with) have been full of dips and peaks, but witnessing true love in their moment will forever keep reminding me that marriage is found in the toughest spots in life—even in the bathroom.

I truly know how someone can be so lucky to have a great partner. We have experienced what I refer to as those bathroom scenes due to health issues and through the pain and embarrassment I see the love and unrelenting care my parents shared and am blessed that Lloyd is my angel.

Submitted by Chelle Lukens

**LEWIS & KRACOFF, P.A.**  
**ATTORNEYS AT LAW**

**ALAN JAY LEWIS, ESQ.**  
RESIDENT OF DELRAY VILLAS

OFFICE:  
4010 SHERIDAN STREET  
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**LET'S CREATE MORE MEMORIES!!!**



## Upcoming Entertainment

**By Lynne Cohen**



**Kings Point 7000 W  
Atlantic Ave  
Delray Beach 561-499-3335 x102**

2/9- Music from 60's-80's direct from Branson  
2/12- Music from Coasters, Drifters & Platters  
2/14- Tribute to Celine Dion  
2/16- Hermans Hermits Peter Noone  
2/19- The Lovin Spoonful  
2/21- Tribute Bands of 60's & 70's  
2/23- Frankie Valli & Four Seasons Tribute  
2/26- Comedy Corner  
2/28- L'Chaim- Broadway Jewish Legacy

**Delray Playhouse 950 N W 9<sup>th</sup> St  
Delray Beach 561-272-1281**

2/27- Edwards Twins  
2/28- Italian Bred  
3/6- Ultimate Johnny Cash Experience  
3/12- Tevye in N.Y.  
3/19- Harvey Granat sings Marvin Hamlisch and  
Carole Bayer Sager  
3/21- Murder on Orient Express  
3/24- John Lloyd Young- Broadways Jersey Boy

**Hard Rock 1 Seminole Way  
Hollywood 866-502-7529**

1/18- Festival of Laughs  
1/18- Miami Comedy Festival  
1/24 & 1/25- Jerry Seinfeld  
2/11- Mary J Blige  
2/15- Gilberto Santa Rosa  
2/23- Kelsea Ballerini  
2/28- Dancing with the Stars

**Arts Garage 94 N E 2<sup>nd</sup> Ave  
Delray Beach 561-450-6357**

1/11 & 1/12- Eagles Revival  
1/17 & 1/18- Tribute to Fleetwood Mac  
1/19- Jazz Meets the Beatles  
1/24 & 1/25- Linda Ronstadt Songbook  
1/26- John Pizzarelli Trio  
1/31- Simon, Croce & Taylor

### **Arts Garage (cont)**

2/1- Reverend Peytons Big Damn Band  
2/2- Copeland Davis  
2/8- Thornetta Davis- Blues  
2/14-2/16- The Motowners  
2/22- Tribute to 70s & 80s Soft Rock  
2/28- Yoko Miwa Trio

**Boca Black Box 8221 Glades Rd Suite 10  
Boca Raton 561-483-9036**

1/12- Beatles Experience  
1/14- Forever Simon & Garfunkel  
1/15 & 1/16- Laughing Out Laub  
1/17 & 1/18- Comedian Phil Johnson  
1/17- Eagle Wings & More  
1/18- Three Hysterical Broads Off their Meds  
1/19- Theatre Rock (Musical)  
1/19- Celebration of Kenny Rogers, Lionel  
Richie, & Smokey Robinson  
1/21- Music of 50's & 60's  
1/22- Billy Billingham  
1/22- Private Event  
1/23- Grateful Dead Music  
1/24 & 1/25- Comedian "Shelly Belly" Rider  
1/24- Music of 60's & 70's  
1/25- Tribute to Gloria Estefan & Miami  
Sound Machine  
1/26- Dean Martin Story Musical  
1/28- Tribute to Michael Buble'  
1/29- Summer Breeze  
1/31 & 2/1- Comedian Anthony Rogers  
1/31- Neil Young Music  
2/1- O-Town Motown  
2/2- Return of Sinatra- A man, his music, &  
20 pc Orchestra  
2/2- Songs of 70's by Gordon Lightfoot, Har-  
ry Chapin & more  
2/3- The Ultimate ABBA tribute  
2/4- Comedian Sarah Hester Ross  
2/5-Ultimate Fleetwood Mac Tribute

**Boca Black Box (cont)**

2/6- Vanilla Fudge  
 2/7 & 2/8- Comedian Marc Skippy Price  
 2/7 & 2/8- Comedian Andrew Dice Clay  
 w Vanilla Fudge  
 2/9-2/12- Acro-Cats ft. Tuna & the Rock Cats  
 2/13- Smooth Jazz w Leon Pressley  
 2/13- Atlantic City Boys  
 2/14- Chicago Tribute Band  
 2/14 & 2/15- Comedian Jimmy Shubert  
 2/16- Uncle Louie Variety Show  
 2/16- Neil Diamond Tribute w Jay White  
 2/18- Magician Apollo Riego  
 2/19- Crystal Ship- The Doors Renaissance  
 2/20- Tribute to the Wilburys  
 2/21 & 2/22- Comedian Carl Guerra  
 2/21 & 2/22- Comedian Vic DiBitetto  
 2/23- Jeffrey Wands, Psychic Medium  
 2/23- International Rolling Stones Tribute  
 2/24- Everly Bros Duo Tribute  
 2/25 & 2/26- Comedian Kevin Nealon  
 2/27- Comedian Greg Warren  
 2/27- Bob Seger Tribute Band  
 2/28- Zeppelin Experience

**Kravis Center 701 Okeechobee Blvd  
West Palm Beach 561-832-7469**

1/28-2/2- Funny Girl  
 2/12-2/16- Peter Pan

**Broward Center 201 SW 5<sup>th</sup> Ave  
Ft Lauderdale 954-462-0222**

2/6- Mandy Patinkin  
 2/8-2/23- Parade  
 2/8- Burton Cummings  
 2/12- Gold Coast Jass  
 2/13- Florida Grand Opera  
 2/18- Alton Brown  
 2/19- Paul Anka  
 2/20- Nikki Glaser  
 2/22 & 2/23- Miami City Ballet  
 2/25- The Ugly Duckling  
 2/25- Copland and Gershwin



*Hello Neighbor!*

**I'M ANDREA SPECTOR**

*Learn more about how I can help you with your real estate goals; whether you are looking to buy, sell, invest or know someone ready to relocate!*



*I'm not just a real estate agent, I'm your second generation Delray Villas neighbor and well versed in the neighborhood's value and features!*



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# Wellness Toolbox

By Heidi Elias, LCSW, SEP



## Mindfulness: A Simple Guide to Being Present

Mindfulness is the practice of paying attention to the present moment without judgment. It is about being fully aware of where you are and what you are doing right now, rather than getting caught up in the regrets of the past or worries about the future.

While many people associate mindfulness with sitting in meditation, it can actually be practiced any-time, anywhere. Whether you are brushing your teeth, sipping coffee, or walking your dog, mindfulness invites you to slow down and truly notice what is happening in the here and now.

Living mindfully is not about doing it perfectly—it is about practice. Each time you catch your mind drifting to a past mistake or a future "what if," gently guide it back to the present. Take a breath, notice the sights, sounds, and sensations around you, and remind yourself that all you really have is this moment.

Over time, this habit of returning to the now can bring a sense of calm and clarity to your everyday life. Why not give it a try? Start small, stay patient, and see how mindfulness can quietly transform the way you experience your world.

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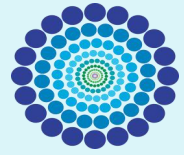


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**References Available**

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## KEEP YOUR CIRCLE SMALL

A Short Valuable Story

A young girl asked an elderly woman: "Do I really need friends in life?"

The elderly woman responded: "Yes. Life is truly very rough. There should be someone by your side with whom you can talk for hours without feeling that they would judge you; on whose shoulders you can cry, one who will give you emotional support. When no one is there for you, they should be there. One who should help you share the good times and overcome the difficult ones."

The young girl asked: "Is it true that a fake friend is more dangerous than an enemy?"

The elderly woman responded: "Yes. It's because you know who your enemy is and you're not going to let them get close to you. But a false friend is pretending while getting your trust. They find out your vulnerabilities, your secrets and your dreams. They know which button to press and how to stab you in the back."

The young girl asked: "How do I avoid being surrounded by fake friends?"

The elderly woman paused for a short moment, then asked, "Between a small garden and a forest, which one has more snakes and scorpions?"

The young girl responded: "The forest, for sure!"

The elderly woman smiled, and then said: "Good! When you keep your circle of friends small like a small garden, the less snakes and scorpions you have to worry about, even rats. The fewer people you hang out with, the fewer problems you have to deal with.

When I was young, I had a very big group of friends. But as I grew old and wise with experience, my circle of friends became smaller. I realized that quality outweighs quantity when it comes to friendship.

Don't fool yourself by holding onto the illusion that everyone is your friend. You may have numerous acquaintances, but real friends will always be just a few people you love and trust. The best way to prevent yourself from falling into the fake friend trap is by being more mindful about the SIZE OF YOUR CIRCLE."

Submitted by: Chelle Lukens

## Two Delray Fun Spots! by Nancy Grasso

Do you remember the old commercial "You don't have to be Jewish to love Levy's real Jewish rye"? I don't know if this was just a New York thing, but along that note you don't have to be an artist to love these fun places in Delray Beach!



We are so lucky to share this Village by the Sea with a thriving art world! I want to tell you about two places I love, the **Arts Warehouse** and the **Cornell Art Museum**.

First mention goes to the **Cornell Art Museum, located at Old School Square** 51 N. Swinton Ave, it's quite large and the ever changing exhibits will keep your interest. They display works by local, national and international recognized contemporary artists. Admission is free, there's a suggested \$5 donation. For more information call **561-654-2220**.

Check out their website:

**[delrayoldschoolsquare.com/cornell](http://delrayoldschoolsquare.com/cornell)**

Hours: Wednesday 12-5, Thursday & Friday 12-7, Saturday 10-5 and Sunday 12-5.

Next I want to tell you about the **Arts Warehouse**, it's 100% free to walk through, enjoy their current exhibit which does change, and stroll past Artist in Residence Studio's. There's a lot to see, they take up two floors! Classes and workshops are listed on their calendar, those are a small charge. I've enjoyed some immensely & plan on attending more. The Arts Warehouse is nearby, located at 313 N.E. Third Street. Hours : Wednesday/Thursday 10-8, Friday 10-7 Saturday 10-5. Website: **[artwarehouse.org](http://artwarehouse.org)**





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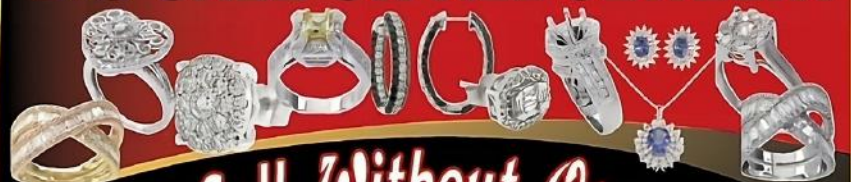
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- Telethon
- SoulTrain
- Motown
- Drive-In
- Disco
- Watergate
- Fifties



### Instructions:

- Words can appear horizontally, vertically, or diagonally in any direction.
- Some words may overlap with each other or be placed backward for added challenge.

*Enjoy solving the puzzle!*

### Answers to Music Quiz on Page 10

1. d) "Where Did Our Love Go?"
2. a) Ray Charles
3. b) "Satisfaction"
4. a) "Bridge Over Troubled Water"
5. a) "Johnny B. Goode"

**To forgive is to set a prisoner free  
 and discover that prisoner was you.  
 -Lewis B. Smedes**



*Help! I want to plant a tree in my front yard ... I want to re-pave my driveway ... I want to paint the exterior of my house ...*

**The Architectural Control Committee (ACC)**  
 will meet this month on  
**January 13th**  
**to review applications for any**  
**exterior property work you wish to start.**

*But how do I get approved?*  
**Pick-up and complete an application.**  
**Drop it off by January 12th for committee review.**

*Where do I get an application?*  
**Pick it up at 13834 Packard Terrace Or**  
**Contact: Alan Rossman**  
**(561) 901-3002**



**The LEGAL CHIT- CHAT****By: Alan Jay Lewis, Esq.****BEWARE OF SIGNING A CONTRACT WHEN YOU HAVE LITTLE OR  
NO KNOWLEDGE ABOUT ITS CONTENT.**

**The one area of the law that touches or affects almost everyone is Contract Law. Whether you purchase/lease a car, obtain a new credit card, open a bank or security account, enter into a Real Estate Listing Agreement, enter into Agreement to Buy or Lease a Home, or enter into ANY type of document that defines and describes the rights and obligations of the parties to the arrangement, you are, in effect, once you and the other party signs it entering into a legally binding contract.**

**Your failure to read the document that you are about to sign [including an abundance of “small print”] does not excuse you from complying with your obligations under the terms and provisions of the document that you have signed. If you go into a hospital for a procedure and you are asked to sign consent forms, once you sign those forms, you are entering into a “form of a Contract” that you have agreed-to by signing those forms.**

**I am sure you have heard the statement that Contracts are “etched in stone” and the terms and conditions cannot usually be modified, deleted, or changed in any manner after you have executed the Contract. That is basically a true statement.**

**HOWEVER, an exception to that rule is that BOTH parties to a Contract can MUTUALLY agree to modify and amend ANY term or provision of the Contract — if the Contract and any mutually agreed-to modification is not to perform an illegal activity.**

**I remember my mother going into a hospital for a medical/surgical procedure at 92 years of age. She was to have administered an epidural, however, in her consent form documents was a provision that authorized the surgeon/anesthesiologist to administer general anesthesia, which for someone my mom’s age might not be a good thing.**

**I was told it was a “standard form” to sign it. I was my mother’s advocate. I spoke with the Surgeon/ anesthesiologist and the surgery went forward WITHOUT the authorization to potentially administer the alternate form of general anesthesia.**

**How about you trade-in you cell phone for a free [or reduced price] new cell phone and sign the Mobile Company’s numerous pages of standard forms without reading the terms and provisions? It is surprising how many “extras” you may have agreed to. You need to be your own advocate.**

**If you feel you are unable to comprehend completely what you are agreeing to, and if the situation warrants, it may be prudent to have an independent professional/expert who has experience in reviewing the particular type of Contract that you are about to sign and enter into, review on your behalf, the Contract BEFORE you sign it .... rather than just going forward with a “full head of steam” and signing a document/Contract that you have very little knowledge about its contents and what you are binding yourself to do once the Contract is signed.**

**Alan Jay Lewis, Esq.— Admitted to the Bar of the State of Florida and the State of New York. I am a Resident of Delray Villas, Plat 4/5**



\*This Legal Chit-Chat® Column has been written by and is submitted by Alan Jay Lewis, Esq. for publication in Delray Villas Plat Chat monthly Newsletter, solely for general educational purposes and is not a solicitation nor intended to provide any specific legal advice to whomever reads this Column.

Love yourself first  
and everything else  
falls into line.

~Lucille Ball

*In Memoriam*

*Jeannie Saunders  
Ruth Weiser*

*Your light lives on...*





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