



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

NOVEMBER 2021

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LAS VERDES NEWS

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PRESIDENT'S REPORT

BUDGET MEETING ANNOUNCED

As we welcome back the snowbirds, I thought you'd be interested to learn that when Las Verdes was built forty years ago, 65% of the owners were snowbirds, and 35% lived here year around. Today, the opposite is true. About 65% of our owners are full-time Floridians.

Thanks to all who attended our POA meeting in October. We hope you find the Board meetings interesting. Many associations don't have their meetings open to the owners, other than their Annual Meeting. We have these open to all, but owners comments are to be at the end. The best way to have your voice heard is to talk to your HOA President and/or Board Representative. They can bring your thoughts to the POA Workshops, which we welcome. The next Board meeting is on November 16 at 7:00 p.m. This will be the Budget meeting and we look forward to seeing you there.

Tom Massey

President, Las Verdes POA



Some residents enjoying a beautiful day together at the pool.



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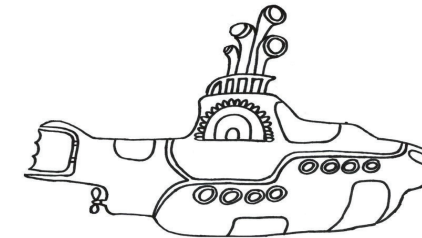
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UPCOMING EVENTS

**THE BEATLES GUYS ENTERTAIN
US ON NOVEMBER 13**

Get your reservation for The Beatles Guys who will be here on Saturday, November 13 at 7:00 p.m. in the Clubhouse.

See Lisa or Diane on Wednesdays or Fridays at 10:30 a.m. in the Clubhouse for reservations.
Cost is \$20.00, and seating is open. BYOB. Coffee and dessert will be provided.



**SAVE THE DATE: HOLIDAY PARTY
PLANNED FOR DECEMBER 18**

Please join your friends at our Holiday Party in the Clubhouse on Saturday, December 18 at 7:00 p.m. Cost is \$15.00. BYOB. Coffee and dessert included. Entertainment provided by Las Verdes' own Vinnie and the Doo Wop Kids. You will remember the fun we had with them at the first parking lot concert last March. This promises to be another fun evening.



ITALIAN AMERICAN CLUB MEETINGS AND EVENTS ANNOUNCED

The Italian American Club is happy to have new members join in on the fun and fellowship. Annual dues are \$15.00 and are collected at the January meeting. Please note: the January meeting is changed to **Friday, January 7**, at 7:00 p.m. due to a scheduling conflict.

Here are our upcoming events: We will have a meeting on November 7 at 7:00 p.m. in the Clubhouse.

This will include the announcement of the nominations for the board.

On Sunday, December 12 at 7:00 p.m. we will have our holiday meeting and election of the board. As I mentioned already, on Friday, January 7 we will have our Welcome Back event. After business is conducted, and the introduction of the new board is presented, pizza and refreshments will be served.

Our other monthly meetings are on February 13 and March 13, at 7:00 p.m. Our Annual Carnevale will be on February 26. Watch for more details.

Finally, our Annual Picnic will be on Sunday, March 27 at 5:00 p.m. Park Ave Grill will be catering this event and our very own Vinnie will be providing the entertainment. We look forward to having a wonderful season together.

If you have questions about the club or are interested in joining, please call me at (609) 516-4241.

Carolyn Giovannini
President, Italian American Club

**BRIDGE CLUB WARMLY
WELCOMES NEW PLAYERS**

The Bridge Club welcomes all players who are Advanced Beginner and up to come play some games with them. It's a friendly and low-keyed game.

The Bridge Club meets on Tuesdays and Thursdays at 1:00 p.m. in the Clubhouse.



CARD GAME NIGHTS

A group of residents get together every Monday, Tuesday, and Wednesday evenings at 6:00 p.m. in the Clubhouse to play cards. New people are always welcome to join them.

Note: the Clubhouse is open every day and Las Verdes residents are welcome to get a group together to play games there.

LAS VERDES POA BOARD MEETING MINUTES

October 12, 2021

The meeting was called to order by President Tom Massey at 7:00 p.m. and we opened with the Pledge of Allegiance.

Roll Call: Fourteen Board Representatives present: Aspen, Bottlebrush (2), Coconut Palm, Copperleaf, Cypress, Dogwood, Evergreen, Forsythia, Laurel Oak, Oleander, Oliveleaf, Palmetto, and Philodendron. Four were absent. There was a quorum.

Treasurer’s Report: Treasurer Judy Morad read the report as of 9/30/2021.
Total Operating Cash: \$1,020,549.96
Total Reserves: \$794,617.47
Total Current Liabilities: \$97,800.57
Total Accounts Receivables: \$16,379.00
Total Other Current Assets: \$43,186.13
Total Operating and Reserve Funds: \$2,049,975.61

There were no questions. A motion was made by Fred Jurnove to approved the Treasurer’s Report as read, seconded by Woody Argall. Passed.

President’s Report:
PIPES: President Tom Massey reported that another section of pipe 225 ft. in the parking lot and road by Seagrape was re-done. There is another section to do, which the materials were bought and work paid for, but there is too much water in the canal presently to complete the work. There is one remaining bad piece under the road between Bottlebrush and Copperleaf that will then be fixed. After that, the remaining pipes are all is grassy areas, so not so pressing, but will continue to be done. He expects four more to be done by next year. There are 180 pipes total, but the rest are smaller and it is cheaper and better to dig up and replace, rather than re-line.

FICUS TREES: The Ficus trees around the circle were all cut shorter as they had grown too tall. They have been trimmed and shaped and have filled in nicely. We will continue to treat for White Fly so we don’t have any major issues as we had in the past.

TENNIS COURTS: We have signed a contract for the tennis courts to be resurfaced. The work is expected to happen in the next three weeks.

AWNINGS FOR POOLS: The awnings have deteri-

orated and have reached their life expectancy. New awnings have been ordered and will be installed following hurricane season, in December.

TREE TRIMMING ALONG FENCES: The trees along Linton have been trimmed and weeds and debris cleaned up. Next, we will trim the trees along the Military Trail fence and then along the north fence. This project should be complete by the end of the year.

EMINENT DOMAIN: President Massey reported that a preliminary court date has been set for November 16, 2021 to set a price for the land.

CLUBHOUSE IMPROVEMENTS: A contract has been signed to replace all the ceiling tiles, replace the lights with LED bulbs, and replace the ceiling fans. That completes the renovations with the exception of the stage, which we will address in the future.

RESEALING: The main parking lot and main road will be resealed with an emulsifier and then painted with thermoplastic paint, yellow stripes in the middle, and white along the edge. The parking lot will be re-striped as well, and in order to properly accommodate the handicapped parking places, a new concrete sidewalk must be installed in front of these parking places, along the tennis court.

POA MONTHLY FEES: We will keep the monthly assessment at \$160.00/month for 2022. President Massey feels that with the capital contributions, we can keep up with increasing insurance and other labor and material costs without increasing owner’s monthly assessments.

The was a motion to accept the Presidents Report by Jack Walsh, Seconded by Nat DeVardo. Passed.

Old Business:
CAPITAL CONTRIBUTION: President Massey said that we have received \$36,000 as of September 30.

NEW CAMERAS: We have added a few more cameras, there are 37 in total. These cameras have night vision and are high quality so we can easily recognize faces, license plates etc. The cameras increase our safety and security profoundly. The cameras are at both entrances, main parking lot, clubhouse, and all pools. If the condo buildings could put cameras at their entrances or parking lots, they would find a good return on their investment, as they aren’t too expensive. There was some discussion that the POA could potentially contribute to the cost.

GUARD: We have increased the guard’s responsibilities. They close the pools twenty minutes after dusk, come in at 11:00 p.m. and close the Clubhouse, drive the circle checking the whole property, and give a report to the office of any lights out, etc.

There was a motion to accept the Old Business report by Harvey Schwartz, seconded by Marty Worobey; motion passed.

New Business:
PRELIMINARY BUDGET: Woody Argall made a motion to review the 2022 Budget, seconded by Diane Andruski; motion passed. President Massey said the proposed budget is basically the same as 2021 with a few line items increasing and few decreasing. Proposed total receipts is \$2,570,040.00 with the expectation of \$75,000 in capital contributions from sales. The proposed total operating expenses is \$2,330,967.00. He explained some of the line items and this budget will be mailed to all owners in the next week or two for their review. Owner’s monthly assessment will remain at \$160.00.

FRONT ENTRANCE: Jack Walsh made a motion to discuss the idea of improving our front guardhouse and entrance, seconded by Woody Argall; motion passed. Woody Argall explained we are looking into moving the guard house forward, so visitors have a personal interaction with the guard, rather than putting their driver’s license in the slot. The present system causes much confusion. We would still have the gates, but they would move back, and there would be a turnaround behind the guard house, before the gates. We would hire an architect designer to draw up

plans for a beautiful new guard house, landscaping, and new signage. Woody commented that our present guardhouse is one of the ugliest in the area for gated communities, and improving this will improve our property values, and we will all enjoy a nice-looking entrance. The personal interaction with the guard should speed up the line. There was a motion made to hire an architect to draw up plans by Woody Argall, seconded by Nat DeVardo. Motion passed.

EVENTS: President Massey said we had good attendance at the two parking lot concerts this past spring, and a great turnout for the Labor Day party. He said people really enjoyed these events and encouraged people to attend the Halloween Party on October 30. Judy Morad welcomed everyone to attend Bingo, which resumes this week and is on Thursday evenings.

Good and Welfare:
There was a reminder that we need to continue remind people to pick up after their dogs. An owner suggested that garlic placed outside her unit has deterred the iguanas.

Jack Walsh moved to adjourn the meeting; seconded by Nat DeVardo, motion passed.

The meeting adjourned at 8:10 p.m.

Respectfully submitted,
Sonja Nelson, Secretary Las Verdes POA



WHAT IS BOCCE BALL?

A bocce ball set comes with eight playing balls in various colors and a pallino. The game can be played by 2, 4, or 8 players either individually or in two teams. To identify which bocce balls belong to which player, use the color-coding or use the patterns on balls having similar colors.

Each game of bocce consists of frames/ends/rounds whereby the eight balls are distributed evenly among the players present. So, if you are playing in teams, then each side will have four balls per frame.

The first frame of the game starts with a coin toss. The winner of this coin toss gets to toss the pallino, ensuring it crosses the centerline. For future frames, however, the pallino is thrown by a member of the team, which won the previous frame.

The player (player 1) that throws the pallino also gets to throw the first bocce ball. The strategy should be to stop your bocce ball just in front of the pallino.

Once the first ball has been tossed, the play then goes to the opposing team/player (player 2). The opponent should try to get their ball closer to the pallino than that of player 1. If Player 2 succeeds in getting their ball closer, then this ball is considered 'inside.' If they fail to do so, they will keep throwing each of their remaining balls until one ball is 'inside.' Once player 2 gets a ball 'inside,' then the play switches back to player 1 who also attempts to get a ball 'inside.' This process continues until all eight balls have been thrown. Once this is done, the player/team with their ball closest to the pallino wins that frame. Scores are tallied, and that frame is considered complete. The winning player/team then gets to toss the pallino in the next frame.

Bocce Ball Scoring: How Do You Do It?
In each frame, only one team can score. This is because only the team/player whose ball is closest to the pallino gets the respective points.

If during play, the pallino gets knocked outside the bounds of the court, then that frame ends, and no points are awarded to either team. A new frame starts. One point is awarded for each ball that is closer to the pallino than the opponent's closest ball. A ball that touches the pallino is worth 2 points. This ball is referred to as a 'kiss' or 'baci.' The two points are only

awarded if the two balls remain touching by the end of the frame.

If a player's ball and an opponent's ball are both equidistant from the pallino, then no points are awarded to either player. There would be no winner in such a frame, and so the pallino tossing privilege goes back to the team that tossed it in that frame. All measurements are made for the middle of the pallino to the edge of the bocce playing balls.

The winning team will always score a minimum of one point and a maximum of four points, assuming all their balls land closest to the jack or that they have a kissing ball.

Games are played to a pre-determined number of points. This typically ranges from 11 points to 21 points. The exact value depends on the region where the game is being played. It also depends on what the players might have agreed on at the beginning of the game. 12 points often work well for casual bocce ball games. The team which first scores the 12 points wins the game, and players can then start another round. More players mean lower scores, so you might consider reducing the points to shorten the game and keep it exciting.

How to Throw A Bocce Ball The Right Way
When playing official bocce, the ball should always be thrown underhanded. This is done while the player is standing behind the 10-ft line. An underhand throw best delivers a combination of control and power.

For informal bocce, players are allowed to use both overhand and underhand throws. Using an underhand throw, the player may choose to roll the ball, toss it, bounce it, make a bank shot, or pretty much just anything else.

Game strategies include blocking, bumping, and banking. Blocking involves setting up a perimeter of your own balls around the pallino to prevent your opponent from getting 'inside. Banking is when a ball bounces off the sidewalls of the playing court. This is done to move it as close to the pallino as possible. Bumping is when the player manipulates the jack with their throw.

Making a long and hard throw to loft the ball in the air beyond the centerline is known as Volo shooting, and this is not allowed. This throw is made to spock the opponent's balls, but it can cause harm by break-

ing the bocce balls, damaging the playing surface or potentially injuring other players.

Bocce Ball Strategies
Winning at bocce requires a lot of strategies when throwing the ball. You need to know when to aim for an opponent's ball and when to aim for the pallino. You may knock an opponent's ball further from the pallino, or you may push the pallino closer to your own balls.

Sure, the game requires physical strength to throw the ball but simply throwing the ball as hard as you can is not enough. A lot more brainpower is needed when playing bocce. Before making a throw, the player has to consider factors such as velocity and distance. Not to mention that winning in bocce demands a high level of hand-eye coordination. This is because the player ought to release the ball just at the right moment and using the appropriate underhand throw technique to achieve their desired result.

Where to Play Bocce Ball
Traditionally, bocce should be played on a court that measures 90 ft. in length and 13 ft. in width. The court surface was made of natural soil or asphalt.

With the evolution of the game, however, bocce is now played on a variety of surfaces such as grass lawns, artificial turf, beach sand, compacted dirt, clay, stone pavements, gravel surfaces, patios, wooden decks, etc. The only requirement is that the playing surface is flat and relatively smooth.

Although you do not need to stick to the official court dimensions when playing bocce causally, playing on a larger area makes the game more challenging and more exciting as well.

In some cases, the players could choose to play extreme bocce whereby the playing surface is irregular by being hilly, containing mixed materials, or having natural obstacles. This makes the game more challenging, and it is allowed as long as all players agree to it.

What Now?
Bocce is a relatively simple game, and the bocce ball rules are rather straightforward. Nevertheless, understanding the rules will help you enjoy the game much better. Who knows, being familiar with the rules could even improve your game, therefore helping you score higher points. Now, it is time to throw some balls.

Excerpts for this article
from www.gametablesguide.com

BOCCI CLUB WELCOMES NEW PLAYERS FOR THE UPCOMING 2022 SEASON

You are invited and welcome to attend our Bocce Club information meeting which will be held on Monday, January 10, at 10:00 a.m. in the Clubhouse. We will collect the \$15.00 dues (cash only) and pick the teams for the season.

Games begin on January 17.

The Bocci Club plays every Monday at 9:00 a.m. at the courts starting January 17 though April.
**Chickie Stettner
for the Bocci Club**



Mark your calendars!

DUELING PIANOS
SUNDAY, JANUARY 9, 7:00 P.M.



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**HOLIDAY
PARTY**

Saturday, December 18

7:00 p.m. in the Clubhouse

Music by Las Verdes' own Vinnie and the Doo Wop Kids.
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For reservations see Lisa or Diane in the Clubhouse on Wednesdays or Fridays at 10:30 a.m.

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November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 1:00 p.m. Viburnum Workshop 5:00 p.m. Zumba	2 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club	3 8:30 a.m. Tennis 9:30 a.m. Zumba	4 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo	5 8:30 a.m. Tennis 9:30 a.m. Zumba	6 8:00 a.m. Pickleball
7 <i>Daylight Savings Time Ends</i> 8:00 a.m. Pickleball 7:00 p.m Italian Club Meeting	8 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 7:00 p.m. Evergreen Budget Meeting	9 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. POA Workshop 1:00 p.m. Bridge Club	10 8:30 a.m. Tennis 9:30 a.m. Zumba	11 <i>Veterans Day</i> 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo	12 8:30 a.m. Tennis 9:30 a.m. Zumba	13 8:00 a.m. Pickleball 10:00 a.m. Banyan Meeting 7:00 p.m. The Beatles Guys
14 8:00 a.m. Pickleball	15 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 7:00 p.m. Copperleaf-Budget 7:00 p.m. Oleander-Budget 7:15 p.m. Aspen-Budget Meeting	16 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 5:30 p.m. Bottlebrush Meeting 7:00 p.m. POA Budget Meeting	17 8:30 a.m. Tennis 9:30 a.m. Zumba 7:00 p.m. Oliveleaf Budget Meeting	18 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. COP Meeting 10:00 a.m. Coconut Palm Budget Meeting 1:00 p.m. Bridge Club 2:30 p.m. Philodendron Budget Meeting 7:00 p.m. Bingo	19 8:30 a.m. Tennis 9:30 a.m. Zumba	20 8:00 a.m. Pickleball
21 8:00 a.m. Pickleball	22 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba	23 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Carrotwood Budget Meeting	24 8:30 a.m. Tennis 9:30 a.m. Zumba	25 <i>Thanksgiving Day</i> Office Closed	26 Office Closed 8:30 a.m. Tennis 9:30 a.m. Zumba	27 8:00 a.m. Pickleball
28 8:00 a.m. Pickleball	29 <i>First day of Hanukah</i> 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba	30 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club				

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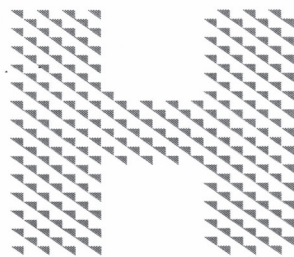
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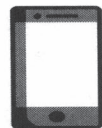
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W N G E E A D L Q N P F S R T E B W X L L A H L H C H N A W
W D F S S E E C T R T Y P D I R Q J C M Q R D Z E S T C D Z
Q O U Q D H N E L Q Z E O C C S W X J Y F P N E A G B M T S
V N N A E O S N A X X W I T D D C J H K G X Q U R U R H E Q
R U T R L Q F T L I D I N S U W V N O U W H M E C J K O M M
R T F W I T H E Z J S W T U N G K Q N U N M Q N S W O I V B
J S U C D X Z R N G A Z N Y E G O L F C O U R S E S Y E P E
W Z Z M C A H Y B A L I K Z S U I Z M Z N M S I L V N J S U

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PINEAPPLE GROVE
POPPIES DELI

STARBUCKS
THE AVE
THE BIG APPLE
THE GIRLS
THE BOYS
TRADER JOES
TRIRAIL
WALMART
WAKODAHATCHEE WETLANDS
WHOLE FOODS

November Crossword Puzzle

- ACROSS
- 1. Unattractive fruit
 - 5. With__ breath (anxiously)
 - 10. Gets more mature
 - 14. Caught in the act
 - 15. Very old calculators
 - 16. Carvey of "Wayne's World"
 - 17. Appealed, as for mercy
 - 18. Russian country home
 - 19. "Curses!"
 - 20. Three silly things
 - 23. Borders upon
 - 24. Earthy pigment
 - 25. Standard operating procedure
 - 28. Increase the workforce
 - 30. Multivitamin ingredient
 - 31. Deceptive maneuver
 - 33. Neighbor of Mexico
 - 36. Three silly things
 - 40. "Will that be_?"
 - 41. Andean animal
 - 42. Blemish on a chrome fender
 - 43. Be ill-humored
 - 44. Type of heavy hammer
 - 46. Carry away, in a way
 - 49. Luster
 - 50. Three silly things
 - 57. Dublin's land
 - 58. Bouquet
 - 59. Surefooted mountain goat
 - 60. Shorten, as a photo
 - 61. "Beat it!"
 - 62. Finished
 - 63. Addition column
 - 64. 1,000 kilograms
 - 65. Parts of tennis matches

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
			23						24					
25	26	27						28	29					
30						31	32					33	34	35
36				37	38						39			
40				41							42			
			43					44	45					
46	47	48					49	50						
51					52	53						54	55	56
57					58						59			
60					61						62			
63					64						65			

- DOWN
- 1. Mail organization
 - 2. Money, in slang
 - 3. Nasty look
 - 4. Calligrapher's purchase
 - 5. Villain in an old movie
 - 6. Behind, at sea
 - 7. Chihuahua fare
 - 8. Lingeringsoundeffect
 - 9. Old radio feature
 - 10. Present as evidence
 - 11. Brooks of country music
 - 12. Related maternally
 - 13. Mythical debaucher
 - 21. Where "Frasier" was found
 - 22. __-cochere (carriage entrance)
 - 25. Bread with a pocket
 - 26. Kind of thermometer
 - 27. Hang loose
 - 28. "Hey!"
 - 29. Newly elected politicians
 - 31. Type ofjacket
 - 32. "A Nightmare on__Street"
 - 33. Kind of car
 - 34. Partner of dance
 - 35. Poker hand requirement
 - 37. Musicgenre
 - 38. Not feeling even 50 percent
 - 39. Lymphoid tissues
 - 43. Makes tea, in a way
 - 44. Certain bun seed
 - 45. Edible chicken part
 - 46. Boot out
 - 47. France's longest river
 - 48. Canton neighbor
 - 49. Disdain
 - 50. Defender of Castle Grayskull
 - 52. Protest activity, for some
 - 53. With the bow, in music
 - 54. Woodwind instrument
 - 55. Dispatched
 - 56. Couple no more

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Word Search Solution

T	N	C	X	B	O	E	P	A	G	H	Q	W	M	D	Y	V	A	Y	Y	T	I	X	Q	B	I	U	X
P	Y	Z	X	E	N	F	C	Y	O	B	D	U	C	I	B	E	Z	X	V	R	K	T	H	K	E	K	S
K	Q	D	F	H	M	O	O	T	M	O	V	N	H	K	T	H	E	R	I	G	A	P	P	L	E	V	A
N	Q	K	T	H	D	H	D	W	I	E	K	F	M	F	S	K	Q	A	A	N	Y	P	M	I	W	B	T
J	K	J	P	L	K	G	S	E	W	N	M	D	D	C	A	I	M	T	L	O	F	I	O	V	X	J	C
Z	L	B	R	H	S	T	K	B	R	A	S	Z	B	W	H	O	I	F	F	O	O	D	S	X	Z	J	S
W	H	D	L	B	J	X	H	O	A	N	K	J	T	A	W	O	N	Q	M	O	B	L	D	Y	I	I	V
K	X	C	T	L	Z	P	H	E	U	M	Z	O	N	H	M	N	P	W	R	P	W	K	S	M	Z	A	O
W	V	L	V	L	T	Y	K	G	E	H	R	D	C	B	R	C	C	G	H	K	M	G	R	T	Y	L	
J	Z	A	W	U	Z	V	P	L	T	I	Q	Y	W	A	K	I	A	R	M	R	U	M	W	P	M	R	S
U	R	G	N	L	B	K	D	L	A	U	R	H	W	D	H	I	C	N	W	O	U	I	T	N	W	I	W
B	E	D	C	C	E	M	E	W	I	B	W	L	X	W	T	A	E	Y	I	M	I	O	Y	E	A	R	L
S	X	K	I	Q	L	O	L	G	X	S	D	S	E	W	E	C	T	O	U	S	I	X	E	W	M	L	A
R	Z	Y	E	J	R	R	U	B	A	T	M	R	R	N	A	C	M	O	P	M	H	T	C	M	I	L	I
M	O	Z	Z	F	U	I	A	R	S	Q	K	A	R	Y	Z	K	N	A	H	V	E	I	Y	W	A	A	L
Y	V	N	H	O	C	K	Y	E	Z	X	T	K	R	X	T	P	O	N	W	E	S	Z	M	G	R	W	X
H	O	E	Y	Q	D	A	M	O	H	Q	S	U	J	R	N	L	I	Y	J	O	E	F	U	Z	P	T	
M	D	O	A	P	E	M	E	U	M	V	F	M	T	A	Q	H	N	T	P	B	W	E	A	B	O	H	A
R	U	P	Q	O	X	I	D	N	Y	A	V	K	R	T	B	C	I	M	E	A	G	S	E	Y	A	G	
S	N	H	F	P	Z	G	I	Y	E	E	P	I	G	L	E	B	K	D	L	A	O	O	B	T	Z	I	
N	K	U	N	P	K	A	C	K	J	A	A	N	A	A	D	Z	G	S	T	P	S	B	N	L	C	S	
J	I	Y	O	I	W	R	A	W	O	Y	G	C	N	N	J	B	I	M	R	R	P	V	E	P	A	V	
W	N	G	E	E	A	D	L	Q	N	P	F	S	R	T	E	B	W	X	L	L	A	H	L	H	C	H	
W	D	F	S	S	E	E	C	T	R	T	Y	P	D	I	R	Q	J	C	M	O	R	D	Z	E	S	T	
Q	O	U	Q	D	H	N	E	L	Q	Z	E	O	C	C	S	W	X	J	Y	F	P	N	E	A	G	B	
V	N	N	A	E	O	S	N	A	X	X	W	I	T	D	D	C	J	H	K	G	X	Q	U	R	H	E	
R	U	T	R	L	Q	F	T	L	I	D	I	N	S	U	W	V	N	O	U	W	H	M	E	C	I	K	
R	T	F	W	T	H	E	Z	J	S	W	T	U	N	G	K	O	N	U	N	M	O	N	S	W	O	I	
J	S	U	C	D	X	Z	B	N	G	A	Z	N	Y	E	G	O	I	E	C	O	U	R	S	E	S	Y	
W	Z	Z	M	C	A	H	Y	B	A	L	I	K	Z	S	U	I	Z	M	Z	N	M	S	I	L	V	N	

SUDOKU

How to play:
Each 3x3 square should contain numbers 1-9, when
completed correctly all nine columns down and all nine
columns across will contain numbers 1-9 with no repeats.

			3		6			8
	2		7					
	4			1				2
	6	4				2		5
	8	9		5		3	4	
5		3				9	8	
	7			4			3	
					8		7	
6			2		9			

Crossword Puzzle Solution

1	U	2	G	3	L	4	I			5	B	6	A	7	T	8	E	9	D		10	A	11	G	12	E	13	S
14	S	E	E	N						15	A	B	A	C	I						18	D	A	N	A			
17	P	L	E	D						18	D	A	C	H	A						19	D	R	A	T			
20	S	T	R	I	N	G	F	O	O	L	P	U	T	T	Y					22								
					23	A	B	U	T	S						24	O	C	H	E	R							
25	P	O	L	I	C	Y						28	H	I	R	E												
30	I	R	O	N						31	F	E	I	N	T			33	U	S	A							
36	T	A	L	K		37	B	I	L	L	Y	S	E	A	S	O	N											
40	A	L	L			41	L	L	A	M	A					42	D	E	N	T								
					43	S	U	L	K					44	S	L	E	D	G	E								
46	E	L	A	T	E						49	S	H	E	E	N												
51	J	O	K	E	S		52	F	A	C	E	S					54	G	O	O	S	E						
57	E	I	R	E			58	A	R	O	M	A					59	I	B	E	X							
60	C	R	O	P			61	S	C	R	A	M					62	D	O	N	E							
63	T	E	N	S			64	T	O	N	N	E					65	S	E	T	S							

Sudoku Puzzle Solution

1	5	7	3	2	6	4	9	8
3	2	8	7	9	4	5	6	1
9	4	6	8	1	5	7	2	3
7	6	4	9	8	3	2	1	5
2	8	9	1	5	7	3	4	6
5	1	3	4	6	2	9	8	7
8	7	2	5	4	1	6	3	9
4	9	5	6	3	8	1	7	2
6	3	1	2	7	9	8	5	4

SIX WAYS TO PREVENT THE FLU

Getting the flu can be more than a miserable experience. Complications can include bacterial pneumonia, ear or sinus infections and worsening of chronic conditions such as asthma, diabetes or congestive heart failure. Because everyone has the potential of getting the flu, the Centers for Disease Control and Prevention (CDC) recommends a flu shot for anyone 6 months of age and older. In addition, practice six health habits to help protect yourself and others:

- 1. **Keep your distance.** Stay away from people who are sick. And if you are ill, stay home from work, school and running errands where you may expose others to illness.
- 2. **Cover your nose and mouth.** If you sneeze or cough, cover yourself with a tissue or the crook of your arm if a tissue isn't nearby. The point is to keep the germs close by and not spread to others.
- 3. **Avoid touching your mouth, eyes and nose.** Germs are everywhere – computer keyboards, elevator buttons and door handles are just a few of the places they can be found. You want to eliminate ways that germs can get into your body.
- 4. **Wash your hands frequently.** Use soap and water and scrub for at least 20 seconds. Rinse well and dry with a clean towel or air dry. If soap and water aren't available, an alcohol-based hand sanitizer is an alternative.
- 5. **Be conscious of good health habits.** Stay as healthy as possible to keep up your immune system. Eat a balanced diet, drink fluids, get plenty of sleep and be physically active. As much as possible, manage stress.
- 6. **Keep a clean environment.** It might be time to step up your game with regard to keeping frequently-touched surfaces clean at home, school and work. Flu virus can live for up to 48 hours on surfaces, so be aware of germs when you're touching surfaces in public.



Difference Between Cold and Flu

When you feel ill, it may be difficult to know if you have the flu or just a cold. Both are viruses, but the flu is worse than a cold. Your doctor may run a test to be certain. Below are general symptoms from the CDC:

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Source: Delray Medical Center

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HEALTHY GAME DAY SNACKS

Who doesn't love watching their favorite sports teams, especially when the weather cools down and the action heats up? So how do you serve up tasty game day snacks without blowing your fitness goals?

Here are several crowd-pleasing options to keep the flavor and crunch you crave, while reducing saturated fat and empty calories. And we won't tell if you want to keep the "healthy" part to yourself.

- Raw Veggies with Low-fat Greek Yogurt-based Dip or Hummus.** Try this instead of ranch dressing or sour cream-based dip. Cut up carrots, celery and broccoli and serve.
- Natural or Low-fat Popcorn.** Lightly salted or unsalted.
- Guacamole.** Simply combine 2-3 ripe avocados with a tablespoon of lime juice, dash of salt and ground black pepper to taste. Yum.
- Healthier Chips.** Get creative (and colorful). Serve baked chips, sweet potato chips, kale or beet chips, or blue corn tortilla chips. Serve in a bowl. Tip: For easier portion control, never nosh on snack foods straight from the bag.
- Spinach Quesadillas.** Start with whole grain tortillas, sautéed spinach and your favorite low-fat cheese. Place ingredients on tortilla, top with another and lightly sauté or grill each side to melt the cheese. Remove from heat, cut into wedges and serve warm with guacamole or salsa.
- Lightly-salted Pretzels.**
- Fresh Fruit.** Cut up fresh pineapple, strawberries, apple, and cantaloupe into bite size chunks and while you're at it, toss in some blueberries.
- Raw Almonds.** Pour in a small bowl, grab a handful and share.

DRINK UP: WATER, HYDRATION AND YOUR HEALTH

Common knowledge says that water is essential for life, and your body needs water even when you may not feel thirsty. Understanding the vital role of water and fluids can provide the motivation we need to remain hydrated – and healthy.

Water and Your Heart

Think about it. Your blood is like water. The more hydrated you are, the better your heart can help pump blood through the blood vessels to all of your organs

and muscles. Hydration means that your heart doesn't have to work as hard to do its job.

Water and Your Brain

Your brain needs fluid to keep you thinking clearly.



Even a 1 to 2 percent body water loss can negatively affect cognitive function such as memory, critical thinking and attentiveness. Lack of water can also increase anxiety and moodiness.

Water and Your Joints

Drinking plenty of water can help fight joint inflammation by flushing out toxins. And, well-lubricated joints are less likely to get attacks of gout. If extra pounds are putting pressure on your joints, consider that drinking a glass of water before a meal can fill

you up so that you don't eat as much. Water can be a helpful weight loss strategy.

How Much Water is Enough?

The standard '8 ounces, 8 times a day' is only a general recommendation. Other factors increase your need for water, such as being outside in the heat, exercising, certain medications or when you're ill, such as with fever or vomiting. One way to know if you're getting enough water is the color of your urine. If it's pale yellow, you are probably getting enough water. Darker yellow indicates that you may need more fluids.

Tips for Getting Plenty of Fluids

- You don't have to sit down and drink glass after glass of water. And, as we age, there can be a tendency to be less thirsty, but we still need the same amount of fluids. Here are seven ways to ensure that your body gets the fluid you need:
1. Take a travel bottle of water with you when you get in the car to run errands.
 2. Keep a glass of water available for drinking throughout the day.
 3. Ask for water when eating out – and drink it. Add a slice of lemon or lime if that makes it more appealing for you.
 4. Drink the entire glass of water when taking a pill or vitamins.
 5. Drink water before and after exercise or going for a walk, especially if it's hot outside.
 6. Consume water earlier in the day rather than at night to avoid many trips to the bathroom.
 7. Remember that fruits and vegetables are a good source of water (and vitamins).

Source: Delray Medical Center

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Courtesy of Keller Williams Boca

Recent Sales **by Zack**: 15928 Laurel Oak, 102 Coconut Palm, 218 Olive Leaf, 123 Cypress, 15995 Laurel Oak, 201 Evergreen, 215 Coconut Palm, 15756 Philodendron, 312 Banyan, 5344 Viburnum Cir, 209 Oleander, 118 Oleander, 120 Palmetto, 15656 Bottlebrush Cir, 316 Banyan