



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

October 2023

Inside this issue:

From the President.....1

On-going Events.....3

Hurricane Preparation.....3-4

Welcome Back to Bingo.....5

Halloween Dancy Party.....6

Chairman of The Court.....7

Calendar of Events.....10-11

Word Search.....12

Crossword Puzzle.....13

Sudoku.....14

Recipe of the Month.....15

Explore With Gabby.....16

Las Verdes Property Owners Association does not endorse nor is responsible for any held liabilities, claims, lawsuits, or losses occurring from the advertisers in this monthly newsletter.

FROM THE PRESIDENT

Welcome back to another season here at Las Verdes POA. I hope you had a wonderful summer break!

This season promises exciting events, let's embrace the changing scenery and the vibrant spirit of our community. Our team has been hard at work planning a series of exciting events and activities that we believe will make this season truly memorable.

Our first POA meeting is on Tuesday, October 17, at 7:00 p.m. We look forward to seeing you there and at our POA events.

Tom Massey
President, Las Verdes POA



LAS VERDES NEWS

5121 Las Verdes Circle
Delray Beach, FL 33484
Office: (561) 498-8230
Fax: (561) 498-7155

E-mail: lasverdespoa@gmail.com

Editor/Designer: Gabriela Lagrange
E-mail: lasverdesnewsletter@gmail.com
www.lasverdespoa.com



RN Homecare Services

A CareGivers of America Company
Professional Care, Affordable Prices

LAS VERDES RESIDENTS

Mention this Ad to receive
a discount on our fee

Exceptional Homecare Services

AFFORDABLE CARE, SUPERIOR SERVICE, UNWAVERING COMMITMENT

RN Homecare Services has served Palm Beach County for more than a decade, ensuring personalized service, and high-quality home care for thousands of patients and families with screened, certified, and experienced Home Health Aides... and we're long-term care insurance experts too!

Tailored Services Include:

- Personal care
- Daily routines
- Meals and feeding
- Transportation
- Alzheimer's support
- Parkinson's support
- Stroke support
- Post-Surgery
& other conditions
- And more!

Call Lisa Kaufman for short or long-term care, hourly or live-in care at home, hospital, or rehab facility.



*CEO Lisa Kaufman with
her mother Anne.*

561-782-7446 | www.RNHomeCareServices.com

West Boca Medical Center Campus
9980 N. Central Park, Suite 104, Boca Raton, FL 33248
NR #30211509

ON-GOING EVENTS

Mondays

8:30 a.m. Tennis
10:00 a.m. Pool Workout
12:30 p.m. Craft Club
5:00 p.m. Zumba
6:00 p.m. Card Night

Tuesdays

8:00 a.m. Pickleball
9:00 a.m. Chair Yoga
1:00 p.m. Bridge Club
6:00 p.m. Card Night

Wednesdays

8:30 a.m. Tennis
9:30 a.m. Zumba
12:30 p.m. Mah Jongg
5:00 p.m. Chair Yoga
6:00 p.m. Card Night

Thursdays

8:00 a.m. Pickleball
9:00 a.m. Chair Yoga
1:00 p.m. Bridge Club

Fridays

8:30 a.m. Tennis
9:30 a.m. Zumba

Saturdays

8:00 a.m. Pickleball

Sundays

8:00 a.m. Pickleball

HURRICANE PREPAREDNESS

Here are a few tips to help you prepare for this upcoming season:

BEFORE A STORM

- Stock up on emergency supplies, including:
 - Water - You will need water for drinking, cooking, and sanitation purposes. Have a minimum of 1 gallon daily per person for 7 days
 - Food - You will need enough food for a minimum of 7 days of non-perishable packaged or canned food and juices
 - Manual can opener
 - Snack foods
 - Paper plates and plastic utensils
 - Flashlight and extra batteries
 - First aid kit, prescription medication and other medicines
 - Radio – Battery operated
 - Toiletries
 - Cleaning Supplies - Include garbage bags, moisture wipes, and other items you may need to clean yourself and sanitize your home
 - Cash - Banks and ATMs may not be open or available for extended periods following a disaster
 - Books and games
- Store important documents - Consider storing all critical documents in a waterproof container as well as saving them electronically. These items can include, but are not limited to, insurance, medical records, bank account numbers, Social Security card, etc.
- Close and lock your hurricane shutters.
- Bring in all outdoor furniture, planters, etc. This is very important as you don't want items to go flying and damaging property or getting destroyed.
- If you have been told to evacuate, **EVACUATE**. Don't stay behind. We can rebuild a home, but we can't rebuild a life.

DURING A STORM

- Follow instructions from local law enforcement and emergency management officials.
- Stay away from windows and seek shelter.

AFTER A STORM

- If you were advised to evacuate, do not return home until it is safe to do so.
- Be mindful of debris and downed power lines.
- Do not drive or walk around outside if you do not have to.

Let's hope for a hurricane-free season!

Excerpts from myflorida.com





DISASTER SUPPLY KIT CHECKLIST



General

- Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Batteries
- Flashlights
Do not use candles
- NOAA Weather Radio
Battery operated or hand cranked
- Cash
Banks and ATMs may not be available after a storm
- Cell phone chargers
- Books, games, puzzles or other activities for children

Phone Numbers

- Maintain a list of important phone numbers including:
County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family

Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

Special Needs Items

- Specialty items for infants, small children, the elderly, and family members with disabilities

First Aid

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrheal medicine
- Antacid
- Laxative
- Cotton balls
- Q-tips

Food and Water

- Food
Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days
- Water
1 gallon per person per day
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

Important Documents

- Insurance cards
- Medical records
- Banking information
- Credit card numbers
- Copies of social security cards
- Copies of birth and/or marriage certificates
- Other personal documents
- Set of car, house, and office keys
- Service animal I.D., veterinary records, and proof of ownership
- Information about where you receive medication, the name of the drug, and dosage
- Copy of Will

**Items should be kept in a water proof container*

Vehicle

- Keep your motor vehicle tanks filled with gasoline

Pet Care Items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Find more disaster preparedness tips at FloridaDisaster.org

Welcome back to *Bingo!*

Bingo will begin on Thursday, October 5 @ 7:00 P.M. for our new season with some BIG changes to look forward to:

- No longer a \$2.00 entrance fee.
- 3- \$5.00 Scratch -off give aways
- King/Queen
- New Games
- 50/50 (3 for \$2.00)
- New game called “Winner Take All” taking place of Magic Ball. Separate “Cover All” game for \$2.00.
- We will no longer be serving refreshments. Please bring your own.



We look forward to seeing you for our exciting new season.



Karen Encino



Halloween Dance Party

Saturday, October 28

7:00 - 10:00 p.m.

with DJ Charlie D

BYOB. Coffee and dessert provided.

Costumes are optional,

but there will be a Costume Contest!

Open seating. Cost: \$17.00.

See Diane in the Clubhouse on Wednesdays or Fridays 10:00 - 11:00 a.m.

CHAIRMAN OF THE COURT

“That’s Tommy’s Chair you’re sitting on,” Patty T. said as I wiped the sweat from my forehead. I’d just finished a tough game, sat down, and took a much needed rest while sipping my electrolyte drink. The aforementioned chair had no discernible labels, no name, ostensibly identical to all the other blue and cream colored chairs surrounding the pool. Positioned by itself, this lone chair faced the pickleball courts, adjacent to the bench for those waiting to play another game or take a rest.

The bench was for regular folks. The chair was Tommy’s.

“Sorry,” I say to no one in particular. The regular folk and Tommy were done sitting and after a few more sips, so was I.

Soon after my faux-pas with the chair, a new game began, this time Tommy was one of my opponents. “Watch out for Tommy’s spin,” my partner warned. Clearly, I had nothing to worry about, seeing that Tommy didn’t seem at all fast on his feet. In fact, he took his time shuffling to the opposite side of the court. After a minute, he approached the serve line, called out the score in what I’d later learn is a Chinese accent, and he then served the ball.

“Where’d it go,?” I wondered. It was like watching a movie of a green colored Earth circling the sun, sped up about a zillion times; this wiffle ball came sailing across the net in an elliptical arc, where it seemed to come to my left; I prepared for a back hand return but then it orbited suddenly to my right, the lime green ball spinning across my front side and bounced within the court, out of my reach.

“Told ya!,” my partner chuckled. “Tommy is the Spin-Master!”

And so it went, again and again. Tommy’s spin, with his quick reflexes and strong paddle strokes, left us barely able to return the ball. What he’d lacked in speed with his feet he’d make up with keen eyes, anticipating his opponent’s next move and prepare in advance. The game was over in no time at all.

As is customary, we tapped paddles at game’s end and Tommy Hong lumbered back to his chair for another rest.

Did I mention that Tommy is 88 years young?

Although Tommy was born in Canton, China in 1935, his father served in the US Army where he took part in landing on Omaha Beach during the invasion of Normandy. He later took his family to the US, in 1947. Tommy grew up in Sayreville, NJ, and then worked for the USPS, initially sorting mail and eventually becoming supervisor, then mail processing operator, 66 and finally became General Supervisor. He retired in 1992 with a nearly perfect attendance record.

At age 69, Tommy learned to play tennis. An autodidact, he taught himself how to play simply by watching other players. When I asked him how he got to learn about pickleball, he replied,

“I saw it in the Las Verdes Newsletter and I showed up!” He taught himself that sport too and soaked up pointers offered.

When there’s no pickleball or tennis, Tommy continues exercising in the pool. He drives to visit one of his two daughters who lives in Parkland, where they all share a meal at their favorite Chinese restaurant, Silver Pond, in Lauderdale Lakes. He’s a fan of the Tampa Bay Rays.

Although there’s not much chance of sleet or snow in Delray Beach, Tommy still adheres to the post office creed and rarely misses pickleball days. He lives alone now, after his wife of 55 years, Helen, passed away in 2016. I asked him once if anyone checks in on him if he’s absent. “Nobody calls because I’m never absent,” he says, eyes twinkling.

With two daughters, six grandchildren, and his own pickleball family here in Las Verdes, at 88 Tommy Hong knows his place in the world. Right in his chair, courtside.

Story By Mie Stricoff



Travel Direct

4930 North Hills Drive, Hollywood, FL 33021
Phone: 954-989-1719 email: trvidirect@yahoo.com
Seller of Travel ST 35626 all monies held in escrow

Join the Italian American Club & Snowbirds Club @ Sea Royal Caribbean Odyssey of the Seas

Saturday, March 16	<u>Fort Lauderdale, FL</u>		5:00pm
Sunday, March 17	<u>CocoCay, Bahamas</u>	7:00am	5:00pm
Monday, March 18	At Sea		
Tuesday, March 19	At Sea		
Wednesday, March 20	<u>Aruba</u>	8:00am	11:00pm
Thursday, March 21	<u>Curacao</u>	8:00am	6:00pm
Friday, March 22	At Sea		
Saturday, March 23	At Sea		
Sunday, March 24	<u>Fort Lauderdale, FL</u>	6:30am	

Price Includes:

Round trip coach/driver gratuities with 40+ passengers
Cruise fare, port charges and taxes
On board credit per cabin \$50.00

Insurance is strongly recommended with Aon rates starting at \$69.00 per person based on trip cost

Interior category 4V \$1119
Ocean view category 2N \$1269
Balcony category 4D \$1669

**Contact Susan/Travel Direct 954-989-1719 or email trvidirect@yahoo.com to book your cruise
For more info contact Carolyn 609-516-4241 or Pat 617-538-5267**

All prices are per person based on double occupancy
Deposit \$500.00 per cabin upon booking no later than September 8, 2023 and refundable till final
Final payment December 8, 2023
Cruise line has the right to recall any unsold/non deposited space at any time
Price may be subject to fuel surcharge



J&R RESTORATION
MOLD • FLOODING • FIRE

FREE VISUAL INSPECTION
561-674-2332



WATER



FIRE



MOLD



LEAK



STORM

FLOODED?

IICRC CERTIFIED WATER DAMAGE FIRM

Water Damage?

Where experience counts *the most!*



Structural Drying



Water Extraction



Moisture/Leak
Detection



Roof Leaks

MOLD DAMAGE?

STATE LICENSED MOLD REM. LIC #MRSR: 1791 & MRSA: 2582

Concerned about mold?

Talk to the experts with over
10+ years of experience.



Mold Removal



Mold Testing



Toxic Black Mold
Removal

OUR CLIENTS SAY IT BEST ★★★★★

"J & R can't be beat. These guys did a perfect job, were priced reasonably and were total pros. The results were excellent."

– Gerry T.

"J & R and his team were complete professionals. From day one they were easy to communicate with and their follow up was impeccable."

– Thomas F.

"J & R Restoration is truly a company you can trust. They did a fantastic renovation to our home. Their crew consist of highly skilled and respectable professionals."

– Janice T.



CALL: 561-674-2332
24/7 EMERGENCY RESPONSE
Jnrrestoration.com



SCAN ME



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>8:00 a.m. Pickleball</p>	<p>2</p> <p>8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>3</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>4</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 5:00 p.m. Chair 6:00 p.m. Card</p>
<p>8</p> <p>8:00 a.m. Pickleball</p>	<p>9 <i>Columbus Day</i></p> <p>8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>10</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. POA Workshop 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>11</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 5:00 p.m. Chair 6:00 p.m. Card</p>
<p>15</p> <p>8:00 a.m. Pickleball</p>	<p>16</p> <p>8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Copperleaf Budget Meeting</p>	<p>17</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night 7:00 p.m. POA Meeting</p>	<p>18</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 10:30 a.m. Dog Meeting 12:30 p.m. Ma 5:00 p.m. Chair 6:00 p.m. Card</p>
<p>22</p> <p>8:00 a.m. Pickleball</p>	<p>23</p> <p>8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>24</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night 7:00 p.m. Laurel Oak Budget Meeting</p>	<p>25</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Ma 5:00 p.m. Chair 6:00 p.m. Card</p>
<p>29</p> <p>8:00 a.m. Pickleball</p>	<p>30</p> <p>8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>31 <i>Halloween</i></p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	

ER 2023

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>s oa h Jongg Yoga Night</p>	<p>5 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>6 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>7 8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>12 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>13 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>14 8:00 a.m. Pickleball 10:00 a.m. Banyan Budget Meeting 10:30 a.m. Cypress Budget Meeting</p>
<p>s oa wood Budget h Jongg Yoga Night</p>	<p>19 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>20 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>21 8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>26 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>27 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>28 8:00 a.m. Pickleball 7:00 p.m. Halloween Party</p>

Halloween At The Beach!

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

Word Bank

- | | | | |
|---------------|---------------|---------------|----------------|
| 1. spider | 2. seagull | 3. pumpkin | 4. mermaid |
| 5. waves | 6. skeleton | 7. witch | 8. candy |
| 9. mummy | 10. crab | 11. bat | 12. haunted |
| 13. ghost | 14. surfboard | 15. costume | 16. vampire |
| 17. seashells | 18. dracula | 19. beachball | 20. sandcastle |

October Crossword Puzzle

ACROSS

- | | |
|----------------------------------|---|
| 1) Lockable fastener | 42) Like Mr. Claus' cheeks |
| 5) Hue fit for a duck | 43) Profit ender? |
| 9) Toyota of old | 44) Implant snugly |
| 14) "... happily ___ after" | 45) Vein glory? |
| 15) Continental cash | 46) Involve deeply |
| 16) Judge, at times | 49) Recognizes |
| 17) Big name in building blocks | 50) Royal flush card |
| 18) Indeterminate long time | 51) Lifted, as an anchor |
| 19) Crosswise to a ship's middle | 53) Things issued before peoples' "big day" |
| 20) Accepts a proposal | 61) Ferric ___ (rust) |
| 23) Telling sign | 62) Connect |
| 24) Buddhist discipline | 63) Turn over ___ leaf |
| 25) Scratch, as furniture | 64) Icicle sites |
| 28) Persevere | 65) Clarinet kin |
| 31) Cobbler's need | 66) Pepsi, for one |
| 34) Belittle | 67) Nobody's fool |
| 36) Basker's quest | 68) "Ahem" alternative |
| 37) Skin lotion ingredient | 69) Cookbook abbr. |
| 38) Unwanted welcome | |

DOWN

- 1) "SOS!"
- 2) Affirmatively allege
- 3) Lily variety
- 4) Trailer, briefly
- 5) Relative of 4-Down
- 6) Oregon city
- 7) "Iliad" deity
- 8) Type of cause
- 9) Pollen-bearing organ
- 10) Like city residents
- 11) Dock
- 12) Raise, as young'uns
- 13) Private organization?
- 21) Move forward
- 22) Ultraviolet index factor
- 25) Computer shortcut
- 26) Dislike, and then some
- 27) Aggressive poker bet
- 29) Metric unit of volume
- 30) Bunt that moves one along, briefly
- 31) Accused's need
- 32) Courted
- 33) Advances
- 35) Using trickery
- 37) Where to get your balance
- 39) Aden's country
- 40) Sleep cycle acronym
- 41) Annoy
- 46) Superlatively slippery
- 47) Thick-skinned behemoths, briefly
- 48) Bulb's place
- 50) Snake that puts two and two together?
- 52) Legislate
- 53) Travails
- 54) Academic challenge
- 55) Opera star
- 56) Hardly haute cuisine
- 57) Ad ___ (improvises)
- 58) High-hatter
- 59) Congers
- 60) Cashless deal

BLISS?

By Timothy E. Parker

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					66		
67						68					69		

Looking for
**HIGH-QUALITY
 HOME HEALTH
 CARE PROVIDERS?**



#1 Caregivers
 #1 Customer Service

561-279-5470

Proudly Serving
 Las Verdes



Grand Jaric and his grandmother

We refer independent Aides and Caregivers who can provide:

- Alzheimer/Dementia Care
- Transferring/Bathing/ Toileting
- Personal Care/Housekeeping
- Errands, Cooking and Transportation
- Live-In/Hourly Care
- Respite
- Hospice
- Post-Rehab or Hospital Care
- Short-Term or Long-Term
- And much more!

Accepting ALL forms of Long-Term Care Insurance & Private Pay!

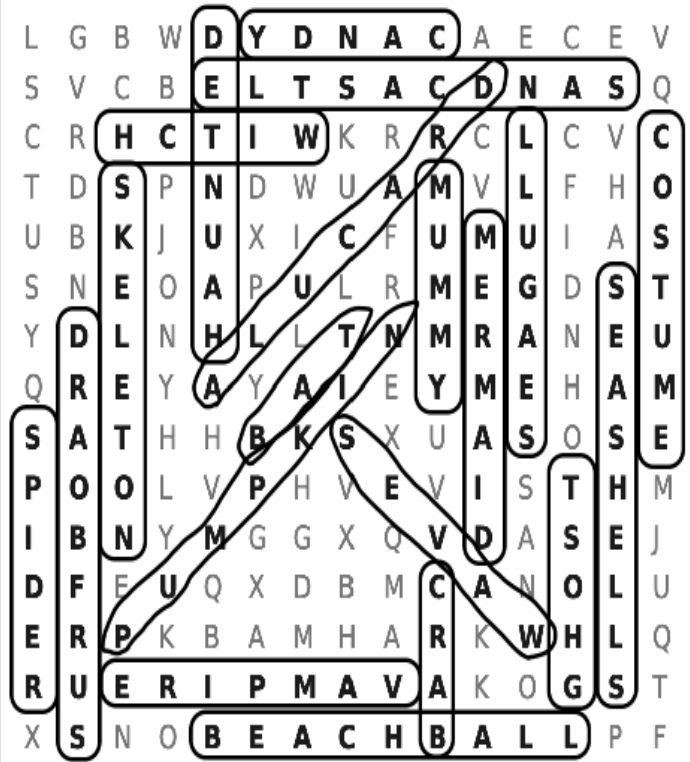
561-279-5470

www.floridafirstshc.com

LAS VERDES RESIDENTS: Mention this ad to receive a discount on our fee

Open 24 hours per day, 7 days a week
 Nurse Registry License: #30211672

Word Search Solution



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

RECIPE OF THE MONTH!

As the leaves change and the cozy, cooler weather settles in, what better way to embrace the spirit of the season than by discovering and sharing delightful recipes? Each month, we'll bring you a carefully selected recipe that's not only delicious but also celebrates the flavors and ingredients of the season. Whether you're an experienced chef or a culinary novice, our Recipe of the Month will inspire you to try something new, connect with your neighbors, and savor the joy of home-cooked meals. Get ready to embark on a culinary journey with us and bring a taste of community into your kitchen!



Ground Turkey & Brown Butter Sage Stuffing Filled Roasted Mini Pumpkins

Prep Time: 20 minutes
Cook Time: 20 minutes
Servings: 4
Calories: 1189kcal

Ingredients:

- 4 small sugar pumpkins, about 2 pounds each
- 4 tablespoons extra-virgin olive oil divided
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 pound ground turkey
- 6 tablespoons unsalted butter
- 1 cup diced carrots
- 1 cup diced yellow onion
- ½ cup diced celery
- 2 tablespoons chopped fresh sage
- 1 stale French baguette, cut into ½" cubes (about 4 cups)*
- 1½ cups chicken stock
- 1½ cups shredded Gruyère cheese, divided

Instructions:

1. Preheat oven to 400°F (200°C). Turn each pumpkin on its side, and use a sharp knife to slice the top, including the stem, off the pumpkin, about 1-inch down. Use a spoon to remove the seeds and discard or reserve for another use.
2. Rub the inside of the pumpkins with 2 tablespoons of the olive oil. Season with salt and pepper then arrange the pumpkins and cut off tops on a baking sheet and roast until the meat is soft, about 35 minutes. Set aside.
3. Heat a large sauté pan over medium-low heat, add the remaining olive oil and heat through. Add the ground turkey to the pan and sauté, stirring occasionally and using a wooden spoon to break up any large pieces, until the meat is browned, about 5 minutes. Season with salt and pepper then remove the turkey to a large mixing bowl and set aside.
4. Return the pan to medium heat, add 2 tablespoons of the butter and allow to melt. Add the carrots, onion and celery and sauté until tender, about 5 minutes. Remove to the bowl with the turkey. Add the stale bread and toss to combine.
5. Lower the oven to 350°F (180°C).
6. Return the pan to medium-low heat, add the remaining butter and allow to melt. Add the sage to the pan and cook until the butter is nutty and fragrant, about 4 minutes.
7. Pour the butter over the bread and meat mixture. Pour the stock over top, tossing to combine until all the bread is moistened then add 1 cup of the Gruyère cheese and toss to combine.
8. Fill the roasted pumpkins with the stuffing mixture until packed and almost overflowing. Top each with the remaining Gruyère and bake until the cheese has melted and begins to bubble, about 15 minutes.
9. Remove and serve immediately with the pumpkin tops propped against the side.

Recipe from: <https://cookingwithcocktailrings.com/>

Explore With Gabby: Morikami Museum and Gardens

In the heart of South Florida's bustling urban landscape lies a serene oasis that transports visitors to the tranquil gardens of Japan. The Morikami Museum and Gardens, located right here in Delray Beach, offers our community a unique opportunity to immerse themselves in the beauty and culture of Japan without ever leaving our doorstep.

A Piece of Japan in Delray Beach

The Morikami Museum and Gardens is a true hidden gem, where the art of Japanese culture is celebrated through exquisite gardens, art exhibitions, and educational programs. Nestled on 200 acres, this cultural haven showcases the profound connection between nature, art, and the human spirit.

The Enchanting Gardens

A visit to Morikami is a sensory journey through meticulously manicured gardens that mirror the changing seasons in Japan. Stroll along winding pathways through the Roji-En Japanese Gardens, featuring six distinct gardens, each with its own theme and charm. The Paradise Garden transports you to a world of calm ponds and picturesque bridges, while the Modern Romantic Garden delights with vibrant colors and contemporary design.

Art and History

Beyond the breathtaking gardens, the Morikami Museum houses a collection of Japanese art and artifacts that provides insight into the rich history and culture of Japan. Rotating exhibitions offer fresh perspectives on Japanese art, history, and contemporary society. The museum's permanent collection includes ceramics, textiles, and decorative art pieces that reflect the elegance and craftsmanship of Japanese artisans.

Cultural Experiences

The Morikami Museum and Gardens is not just a place to admire; it's a place to engage. Visitors can partake in cultural workshops, tea ceremonies, and traditional festivals that bring the spirit of Japan to life. These immersive experiences offer a deeper under



standing of Japanese customs and traditions.

Tips for Your Visit:

- **Plan Ahead:** Check the museum's website for hours of operation and any special exhibitions or events.
- **Comfortable Attire:** Wear comfortable shoes for exploring the gardens and bring sun protection, as Florida's sun can be intense.
- **Membership:** Consider becoming a member to enjoy benefits like free admission, special events, and discounts at the museum store and café.
- **Relax and Reflect:** Take your time exploring the gardens, sit by the koi ponds, and let the serenity wash over you.

The Morikami Museum and Gardens is a testament to the universal appeal of nature, art, and culture. It's an ideal destination for individuals, couples, families, and anyone seeking a peaceful retreat in the heart of Delray Beach. So, whether you're looking for a moment of Zen or a deeper appreciation of Japanese culture, Morikami is the perfect place to find it. Go and discover the magic of Japan right here in our own community.



FAMILY DENTAL CARE CENTER

Dr. Marcela Patterson
DMD

New Patient Special
Exam, Cleaning, Xrays
\$134

D0120, D1110, D0274

*New Patients Only *Without Periodontal Disease
*Xrays for the use of our office only

Our Services

- Crowns / Bridges
- Dentures /Partials
- Implants
- Emergencies / Pain
- Cosmetics
- Invisalign
- Whitening

5130 Linton Blvd # D2
Delray Beach, FL 33484
Corner of Linton & Military

561-496-2222

www.familydentalcarecenters.com

Sudoku Puzzle Solution

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

Crossword Puzzle Solution

1	2	3	4		5	6	7	8		9	10	11	12	13					
H	A	S	P		T	E	A	L		S	U	P	R	A					
14	E	V	E	R		15	E	U	R		16	T	R	I	E	R			
17	L	E	G	O		18	A	G	E	S		19	A	B	E	A	M		
20	P	R	O	M		21	I	S	E	S		22	T	O	M	A	R	R	Y
				23	O	M	E	N				24	Z	E	N				
25	26	27		28	P	R	E	S	S		30	N		31	32	33			
A	B	A	S	E						36	T	A	N		37	A	L	O	E
38	C	H	I	L	L	Y	R	E	C	E	P	T	I	O	N				
42	R	O	S	Y			43	E	E	R				44	E	M	B	E	D
45	O	R	E			46	I	M	M	E	R	S	E		49	I	D	S	
				50	A	C	E					51	H	O	V	E			
53	54	55						56	57					58	59	60			
W	E	D	D	I	N	G	L	I	C	E	N	S	E	S					
61	O	X	I	D	E			62	L	I	N	K		63	A	N	E	W	
64	E	A	V	E	S			65	O	B	O	E		66	C	O	L	A	
67	S	M	A	R	T			68	P	S	S	T		69	T	B	S	P	

Howard A. Bueller, M.D., F.A.A.D.

**Diplomate, American Board of Dermatology
Fellow, American Academy of Dermatology
Fellow, American Society for Mohs Surgery**



Medical and Surgical Dermatology

Eczema, Psoriasis, Acne, Warts, Itching

Skin Cancer and Melanoma

Detection and Treatment

Mohs Micrographic Surgery

Cosmetic Skin Rejuvenation

*Botox® Cosmetic, Dysport, Restylane™, and
IPL - for brown spot removal!*

PUVA and UVB Phototherapy

*Medicare and Many Insurance Plans Accepted.
New Patient Appointments Available.*

No waiting!

5258 Linton Boulevard, Suite 306
Delray Beach, FL 33484
(Next to Delray Medical Center)

Phone: (561) 498-2911
Fax: (561) 496-0282
Website: www.bocaratonderm.com



HURRICANE DOOR SALE

**GARAGE DOORS
CALL FOR
OUR LOW
PRICES**

**GARAGE DOOR TUNE-UP
\$39⁹⁵**

lubricate all moving parts, inspect
rollers, hinges, tracks, cables,
bottom rubber & exterior seal and
opener adjustments.

**EXTERIOR &
INTERIOR
DOOR
REPLACEMENT**

PGT ENTRY DOORS & WINDOWS

Major Brands Carried:

Cloplay® • Amarr® • LiftMaster®

THE DOORMAN OF SOUTHEAST FLORIDA

GARAGE DOOR & OPENER REPAIR

Serving Palm Beach & Broward Counties For Over 20 Years

wholesale
to the public

940 Clint Moore Road • 561-272-3667
WWW.THEDOORMAN.NET

Lic. # IL-20617 CC 07-FL-138-50-R



**BROKEN SPRINGS REPLACED
SAME DAY SERVICE
NEW REMOTE CONTROLS
WIRELESS KEYPADS
KEYCHAIN REMOTES
OPENERS W/ BATTERY BACKUP
QUIETER VINYL ROLLERS**

**PROVEN
EXPERTISE
AND
COMPETITIVE
FEES**



Karen Fhima Lippman
Certified Public Accountant

Tel: 561-999-9701
Fax: 561-999-9703

karen@lippmanfc.com

SUNYNT
ASSOCIATION SERVICES

OXYGEN
ASSOCIATION SERVICES LLC

We breathe new life into your community!

SPECIALIZING IN PROVIDING PERSONAL SERVICE TO SMALL BUSINESSES AND INDIVIDUALS.

ONE STOP SOLUTION FOR YOUR ACCOUNTING AND FINANCIAL NEEDS

- Accounting for Condominium and Homeowners' Associations
- Small Business Accounting, Audits and Tax Services
- Individual Tax Returns • Business Tax Returns
- IRS Resolutions • Tax Planning
- Payroll Services • Financial Analysis
- Consulting

CALL FOR AN APPOINTMENT TODAY !

361 East Hillsboro Blvd.
Deerfield Beach, FL 33441

**COMPLIMENTARY
BUSINESS TAX CONSULTATION**



ZACK FORRESTAL Realtor

Direct: 561-577-9722

Office: 954-815-6846

Zackf888@comcast.net

SUN & SEA PROPERTIES
WHERE FLORIDA DREAMS COME TRUE

Call Zack Forrestal Today for all your Real Estate needs. With over 17 yrs experience selling Las Verdes, he's your Las Verdes Property Expert!

"Zack Forrestal was amazing. He is a great agent to work with. He was very helpful throughout the whole condo-selling process. He is very knowledgeable and answered all my questions professionally with concern for my outcomes. I would highly recommend him." *Pong Myers Jan '22*

PROPERTIES FOR SALE:

Remodeled Kitchen n baths plus a level finished family room w/ an open concept and newer roof are just some of the great features in this 2/2 villa.... \$319,000 (Copperleaf) *Courtesy of LoKationRealty*

Gorgeous remodeled 2/2 Villa w/ open concept kitchen, stainless appliances, raised panel cabinets, tiled throughout w/ screened Lanai great for grilling or outdoor area. \$312,995 (Forsythia) *Courtesy of Dunhill 100*

All Remodeled 2/2 Villa with another open concept kitchen with granite, raised panel cabinets, beautiful new baths, accent walls & screened Lanai ... \$310,000 (Philodendron) *Courtesy of RemaxAdvisors*

Recent Sales **by Zack:** 15707 Philodendron, 209 Evergreen, 16003 Laurel Oak, 306 Palmetto, 224 Cypress, 15996 Laurel Oak, 103 Oleander, 305 Aspen, 318 Aspen, 15509 Bottlebrush Cir, 5255 Breadfruit, 311 Evergreen, 320 Aspen, 207 Dogwood, 5344 Viburnum Cir