Avalon Trails TRAIL TALK

APRIL 2025

PUBLISHED MONTHLY FOR THE RESIDENTS OF AVALON TRAILS

24TH EDITION

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Campbell Property Management Information

Property Manager:

- Tammy Landay Property Manager/CAM 561-859-0357. AvalonTrailsPM@campbellproperty.com
- Maria Ortega Admin Assistant, 561-859-0320. AvalonTrailsAdmin@campbellproperty.com

Social Director (Part-Time: 10am - 3pm):

• Teri Hoffman – Social Director, 561-859-0363. AvalonTrailsSD@campbellproperty.com

Your after-hours emergency number is: (954) 427-8770.

Congratulations

Congratulations To Cliff Wain on being elected to the 2025 Avalon Trails HOA Board. His position will be Director at Large, He will take over the postion that Bill Simmons held. Jack Feldheim is elected as the new HOA President, Bill Simmons will be the new Vice President, Kathy Bass will be Treasurer, and Jake Marzouk will be Secretary.



The exact origin of April Fools' Day is not exactly known, although many theories have been proposed. (See page 6 for history)





2025 Avalon Trails Board, **Committees and Clubs**

President	Jack Feldheim	JackF2323@yahoo.com		
Vice President	Bill Simmons	wmsimm65@gmail.com		
Secretary	Jake Marzouk	jmarzou@yahoo.com		
Treasurer	Kathy Bass	Kathyb.avalontrails@gmail.com		
Director at Large	Cliff Wain	lindaandcliff@yahoo.com		
Committees	Phone			
Architectural Review	Karen Finklestein	(561) 212-0204 lukafi01@yahoo.com		
& Landscaping (ARC)				
Athletic/Recreation	Mark Seltzberg	(917) 821-1826	coachms@aol.com	
Clubhouse	Judi Lubin Lewis	(516) 695-0848	Lulew115@yahoo.com	
	Brenda Prager	(516) 508-8885	bgpik25@gmail	
Compliance	Phil Napoli	(917) 932-3995	phillipnapoli65@gmail.com	
Docs	Jack Feldheim		JackF2323@yahoo.com	
	Bill Simmons		wmsimm65@gmail.com	
Finance	lLana Lebovic	(732) 672-5133	ejema@aol.com	
OVC Master Assoc. Comm.	Judi Lubin Lewis,	(516) 695-0848	Lulew115@yahoo.com	
	Bill Simmons		wmsimm65@gmail.com	
Welcome	Kathy Bass	(732) 245-8694 Kathyb.avalontrails@gmail.com		
	Monica Bernaducci			
Clubs	Name	Phone	Email	
Clubs Book Club	Name Linda Wain	Phone (516) 603-6295	Email lindaandcliff@yahoo.com	
Book Club	Linda Wain	(516) 603-6295	lindaandcliff@yahoo.com	
Book Club Caring Club	Linda Wain Julianna Lessor	(516) 603-6295 (954) 610-4578	lindaandcliff@yahoo.com JuliannaG11@msn.com	
Book Club Caring Club Jewish Heritage Club	Linda Wain Julianna Lessor Neil Keller	(516) 603-6295 (954) 610-4578 (301) 922-2882	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com	
Book Club Caring Club Jewish Heritage Club Men's Club	Linda Wain Julianna Lessor Neil Keller Steven George	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net	
Book Club Caring Club Jewish Heritage Club Men's Club Newsletter	Linda Wain Julianna Lessor Neil Keller Steven George Bob Masters	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477 (952) 393-5540	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net rj.masters@yahoo.com	
Book Club Caring Club Jewish Heritage Club Men's Club Newsletter Pickleball Club	Linda Wain Julianna Lessor Neil Keller Steven George Bob Masters Mark Seltzberg	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477 (952) 393-5540	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net rj.masters@yahoo.com coachms@aol.com	
Book Club Caring Club Jewish Heritage Club Men's Club Newsletter Pickleball Club Ping Pong Club	Linda Wain Julianna Lessor Neil Keller Steven George Bob Masters Mark Seltzberg David Sabin	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477 (952) 393-5540 (917) 821-1826	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net rj.masters@yahoo.com coachms@aol.com David@sabes.net	
Book Club Caring Club Jewish Heritage Club Men's Club Newsletter Pickleball Club Ping Pong Club Club Maj Jongg	Linda Wain Julianna Lessor Neil Keller Steven George Bob Masters Mark Seltzberg David Sabin Beverly Parnes	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477 (952) 393-5540 (917) 821-1826 (914) 262-2694	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net rj.masters@yahoo.com coachms@aol.com David@sabes.net beverlyparnes@gmail.com	
Book Club Caring Club Jewish Heritage Club Men's Club Newsletter Pickleball Club Ping Pong Club Club Maj Jongg 8-Ball Pool Club	Linda Wain Julianna Lessor Neil Keller Steven George Bob Masters Mark Seltzberg David Sabin Beverly Parnes Marty Finklestein	(516) 603-6295 (954) 610-4578 (301) 922-2882 (703) 220-7477 (952) 393-5540 (917) 821-1826 (914) 262-2694 (561) 866-5074	lindaandcliff@yahoo.com JuliannaG11@msn.com NeilKellerFL@gmail.com georgefamily2005@verizon.net rj.masters@yahoo.com coachms@aol.com David@sabes.net beverlyparnes@gmail.com malafi2021@gmail.com	

Caring Club

The Caring Club is here for you If you are undergoing a difficult time such as a loss, recovering from surgery, or would just like a member to regularly check in with you, don't hesitate to contact one of us.

- Julianna Lessor chair (954) 610-4578
- Lynne Veltri co chair (954) 829-4762

- Claudia Glass (310) 740-6818
- Susan Young (516) 805-6852
- Susan Lamberton (973) 216-0506
 Letty Nunez (347) 301-4849
 Rikki Lubin (215) 205-8024

- Monica Bernaducci (732) 245-8694
 Artie Bernaducci (732) 614-5832
 Lori Dickstein (732) 547-9985
- Jeannie Feldman (516) 306-0082
- Faith Kaplan (561) 334-9010
- Gail Karger (561) 452-8751
- Lisa Dolack (201) 774-4432
- Robyn Goldberg (954) 326-1457



Operational Procedures for HOA Management Team UPDATE



Office Hours and Availability

Our HOA management office on site is open from **8:00 AM** to **4:00 PM**, Monday through Friday. If our doors are open, we are available to assist you in the office. If the door is closed, please respect that we may be in a meeting, on a call, in a webinar, or out to lunch. Any management team member on site past **4:00 PM** is wrapping up for the day to lock up the office and should not be disturbed. Please do not knock on the closed doors and email our office if there is something you need to obtain from us.

Drop Box Usage

The drop box outside the office may be used to drop off maintenance payments, ARC applications, or notes for the management team.

Access to Clubhouse and Amenities

We ask everyone to remember to use your fob to enter the clubhouse to avoid ringing the doorbell during our office hours. If you have guests meeting you at the clubhouse or needing access to the amenities, it is important that you accompany them or provide your fob for their access. If you have prospective buyers coming to the clubhouse, they will not have access unless they are accompanied by their realtor who must provide a business card at the clubhouse door for access.

Dogs, and other pets/animals are not permitted in the Clubhouse or by the Pool for any reason and for any length of time. They must stay outside.

Effective February 18, 2025, the Board of Directors passed a rule limiting homeowners to a maximum of 6 guests per household in the amenity areas, specifically the pool area. Please note that anyone breaking this rule will be subject to a violation, fines, and suspension of the use of the amenities. Please respect your neighbors and your community as a private community and pool, that was designed to accommodate the residents in Avalon Trails and Solera that pay for these services. Seating at the pool may not be held for people that are not present and/or more guests than are permitted by the Rules and Regulations. Thank you for your cooperation.

Tour and Access Policies

We are not on site to provide tours for any reason. It is imperative that sellers provide all necessary material and access to their agent, who in turn should provide the information to any prospective buyer and their realtors.

Doorbell Guidelines

If you, or someone you know, must use the doorbell, please only ring it once. Persistent pressing of the doorbell will no longer be providing access to anyone doing so.

Room Reservation or Event Planning Needs

Lastly, all management team members report to the Property Manager, who provides them with daily guidance and directions. They have been instructed to direct anyone asking them to do something or giving them instructions to the Property Manager or Social Director, depending on the need.

If a club needs any HOA supplies, including tables, chairs, or any HOA property for an event, they must contact the Social Director at least 72 hours, not including weekends or holidays when the office is closed, in advance to complete a room setup form and sign out any equipment needed. The Social Director will then arrange to have the signed-out items available for you and your club. Please do not ask maintenance or housekeeping directly for these requests as you will be redirected to the management team in the office as they may be working on other items they have been instructed to complete.

If tables and chairs are set up in the Social Hall for an HOA event, we kindly ask that everyone using the ping pong table or pool table refrain from disturbing the setup.

Thank you for your understanding and cooperation in adhering to these updated procedures. Your efforts help us maintain smooth and efficient operations for the benefit of our community.

If you have additional questions, please feel free to email your Property Manager at

AvalonTrailspm@campbellproperty.com or your Admin at AvalonTrailsAdmin@campbellproperty.com.

We hope to have this remedy soon but encourage you to email us if you receive this message.

We will respond to you in a timely manner.

Your after-hours emergency number is: (954) 427-8770.



A 'BIG' Welcome to our NEW Admin Assistant, Maria Ortega, who has started with us at Avalon Trails on March 3rd. Maria comes to us internally from Campbell Property Management, where she has 9+ years of experience with our management company. We are incredibly lucky to add her to our office management team as she is familiar with all of our programs and policies within our company. Maria is getting acclimated to our specific procedures for Avalon Trails as well as our governing documents and our vendors. In addition to her experience, she is also bi-lingual and will be an asset for us in the office speaking English or Spanish. Maria will be working from 8am-5pm Monday-Friday, with a one-hour lunch break. Please feel free to stop by and introduce yourself when you are in the clubhouse.



by Bob Masters

After a month or so now of having HOTWIRE's channel 99 Community listing on your Hotwire TV guide, We have identified areas for improvement and are working with our Hotwire rep to make the channel as user friendly as possible. In the meantime, we hope you take the time to log into guide and checkout channel 99 and scroll through all the information we are continuously adding to make it another easy tool for information when you're at home. \approx

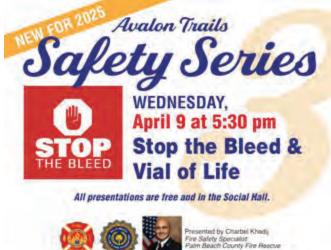


APRIL

- April 9, 2025 Safety Series 5:30pm Stop the Bleed and Vial of Life
- April 16, 2025 Movie Night Bob Marley: One Love – 7:00pm
- April 25, 2025 Music Poolside

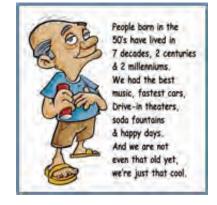
MAY

- May 4, 2025 Music Poolside, Cinco De Mayo Theme
- May 10, 2025 Mother's Day Event High Iced Tea and Sweet & Savory Charcuterie board
- May 23, 2025 Movie Night Film: Wicked
- May 23, 2025 PJ collection with Caring Club PJ Collections with Caring group
- May 26, 2025 Memorial Day Party



Your triends and family are welcome to join you at these free and

Iffesaving presentations. RSVP your attendance to Teri Hoffman at AvaionTrailsSD@campbeliproperty.com or call 561-859-0363.







This page is being set aside for all the clubs forming at Avalon Trails and it is this page where the clubs can post information about there club activities and ANY upcoming events planned for the months ahead.



Bv Linda Wain

By the time this newsletter goes to press, we will have met for our March AT Book club. The book of the month is a very popular best seller. It is called "Like Mother, Like Mother" by Susan Reiger. This is an enthralling novel about 3 generations of strong willed women, unknowingly shaped by the secrets of their family's past. It is a thought provoking novel that will get you thinking about motherhood. It is beautifully written . At times it is humorous and emotional.



On April 28th at 7 P.M. we will be discussing "Leaving Eastern Parkway" by Matthew Daub which deals with Brooklyn's Hasidic close knit community.

Feel free to contact me at: lindaandcliff@yahoo.com

If you would like me to email the book directly to your device. Hope you can join us.

Happy Reading! Linda Wain

Avalon Trails Men's Club is presenting



Please email Bev Parnes at: beverlyparnes@gmail.com or text/call at 914-262-2694, indicate what day or evening.





Contact Matt Lessor for details. 954-648-0661





RSVP by April 9 at 9AM to Neil Keller, NeilKellerFL@gmail.com



High Tea or Lunch

Tealicious Tea House & Catering— Delray Beach boasts the Tealicious Tea House & Catering, a spot that lives up

to its name with a menu as delightful as its atmosphere.

Specializing in both tea service and catering, this venue is equipped to turn any event into an elegant affair.

Whether you're popping in for a quick cup or planning a grand tea party, Tealicious offers a wonderful backdrop and a menu that will cater to all your whims.

Tealicious Teahouse & Catering was established in 2008 and offers an elegant Victorian ambiance in Delray Beach, Florida. Their customers can choose from over 30 tea flavors, brewed to perfection, to savor with our famous High Tea or our delicious week-days lunch menu. All our dishes are made fresh from home-made recipes.

Tealicious Tea House want to make sure that your visit to our teahouse is more than just a meal; it is a unique experience that keeps you coming back for more. Wheel chair accessible.

Tealicious Tea House

Delray Square Shopping Center 4995 W Atlantic Ave Delray Beach, FL 33445 (561) 638-5155



April Fools' Day or All Fools' Day



April Fools' Day or All Fools' Day is an annual custom on April 1st consisting of practical jokes and hoaxes. Jokesters often expose their actions by shouting "April Fools!" at the recipient. Mass media can be involved with these pranks, which may be revealed as such the following day. The custom of setting

aside a day for playing harmless pranks upon one's neighbor has been relatively common in the world historically.

Origins

Although many theories have been proposed, the exact origin of April Fools' Day is not exactly known.

A disputed association between April 1st and foolishness is in Geoffrey Chaucer's The Canterbury Tales (1392). In the "Nun's Priest's Tale", a vain cock, Chauntecleer, is tricked by a fox "Since March began, full thirty days and two," i.e. the 32nd day from 1 March, which is 1 April. However, it is not clear that Chaucer was referencing 1 April since the text of the "Nun's Priest's Tale" also states that the story takes place on the day when the sun is "in the sign of Taurus had y-rune Twenty degrees and one," which would not be 1 April. Modern scholars believe that there is a copying error in the extant manuscripts and that Chaucer actually wrote, "Syn March was gon". If so, the passage would have originally meant 32 days after March, i.e. 2 May.

Although no biblical scholar or historian is known to have mentioned a relationship, some have expressed the belief that the origins of April Fools' Day may go back to the Genesis flood narrative. In The Complete Compendium of Universal Knowledge of 1895, writer William Ralston Balch wrote:

All Fools' Day is traced through every country of Europe to the Hindoos. The "Public Advertiser" for April 13, 1789, contains the following paragraph:

"Humorous Jewish Origin of the Custom of Making Fools on the First of April.—This is said to have begun from the mistake of Noah in sending the Dove out of the Ark before the water had abated, on the first day of the month among the Hebrews, which answers to the 1st of April; and to perpetuate the memory of this deliverance it was thought proper, who ever forgot so remarkable a circumstance, to punish them by sending them upon some sleeveless errand similar to that ineffectual message upon which the bird was sent by the Patriarch. The custom appears to be of great antiquity, and to have been derived by the Romans from some of the Eastern nations." \geq

—William Ralston Balch (1895)

Wikipedia has an in-depth story of how the world celebrates April Fool's Day if you'd rather read more: (https://en.wikipedia.org/wiki/April Fools%27 Day)

Poochies & Smoochies

By Claudia Glass

Thanks to all that attended the Poochies & Smoochies Dog VDay Event on Friday. It was a fun gathering and great to see all the dog owners and their "pawfect valentines".

THANKS to all who brought pet supply donations for *Rescue Paws FL*. Amanda Lippman was amazed at all the supplies. A special shout out to Teri, Danielle, Lisa Dolack, Julianna Lessor, Lynne Veltri, April Simmons, Jake Marouk, Susan Sabin, Melissa Otero, and Dave Sabin for helping to pull off this fun event. PLEASE try to support the generous vendors including *Woofies, Dynamite Training, and Jake's Pet Supply*. Until next year!

PS: If you are looking to foster or adopt a dog, please reach out to Amanda Lippman and *Rescue Paws FL*. She is a "dog matchmaker" Her cell is 954-804-4945 &









TRAIL**TALK**

CALLING ALL ASPIRING WRITERS!

Join our TrailTalk Newsletter team and unleash your inner creativity!

Attention residents,

The TrailTalk newsletter team is creating the next TrailTalk issue of our newsletter. Our team would like to invite any-

one interested in writing or putting something of their prose into print to contact either:

Bob Masters (rj.masters@yahoo.com) or Beverly Parnes (beverlyparnes@gmail.com).

So, if you have something humorous to share, a restaurant that you visited or even a tour/park that you found exciting and would like to share with other residents, write it down and let us share it in our next newsletter or future newsletters.

We would like to "showcase" your work! 🌫

Dementia and Alzheimer's are often used interchangeably but...

by MaryBeth Infante

Florida Atlantic University has initiated a research study in which I recently participated. The clinical research team at FAU is interviewing unpaid family caregivers who are helping a family member with Alzheimer's or related dementia. The interview consists of questions relating to how much time the caregiver spends with the family member, the type of tasks required, how much and what type of support the caregiver has (or doesn't), as well as general questions about the person receiving the care. They are looking to collect data that can be published to raise awareness about the societal, financial, emotional, and mental costs of caregiving specific to family members with dementia.

Dementia and Alzheimer's are often used interchangeably but they are two different things. According to the Alzheimer's Association, dementia is "an umbrella term that



describes a collection of symptoms: cognitive, functional, behavioral that are caused by specific diseases." Alzheimer's may be the most well known of these diseases but others include Frontotemporal degeneration, Lewy Body disease and Vascular disease can all cause symp-

toms of dementia. An important point is that not all cognitive decline is considered dementia, dementia must be driven by an underlying progressive neurodegenerative disease. So Alzheimer's can cause dementia but dementia is not always necessarily related to Alzheimer's.

All caregiving is important work complete with emotional and psychological costs. Caregiving for a family member has all that and more...more emotions, more mental exhaustion, potential financial burdens, lots of juggling and planning and pivoting on a daily basis, and definitely includes an increase in family dynamic challenges (I mean, who isn't holding emotional baggage when it comes to family?!). And so that's what the researchers at FAU are trying to quantify as they collect responses to their interviews. I applaud their efforts as recent statistics by AARP and NAC (National Association of Caregivers), and the Bureau of Labor Statistics estimate that the number of family caregivers (unpaid) in the United States is somewhere between 37 million and 53 million! That's a LOT of labor. I love the following quote:

"As the data tell, the sheer scale of unpaid family caregiving is a hidden economic force that can no longer be ignored," said John McHugh, Ph.D., MBA, lead researcher and adjunct professor of health policy and management at Columbia University Mailman School of Public Health. "The ramifications are clear: Without robust support for caregivers, both our healthcare system and economy will continue to be overwhelmed." *Source Otuska-US*



On a personal note, I believe that the cost and burdens of caregiving are high (it's HARD!) and I also believe the benefits can be just as robust, just maybe not as quantifiable. Smiles from a loved one, deepening of relationships, insight into lives well lived, and the knowledge that I'm making a positive impact on my family help to keep me giving on some of the darker days.

If you want to participate in the study (and receive a \$50 gift card), contact William R. McConnell, PhD, Principal Investigator or María de los Ángeles Ortega, DNP, APRN, Co-Investigator; Phone: 561-297-2721; email: wmcconnell@fau.edu

> The best memories come from bad ideas done with best friends.

DID YOU KNOW ? DELRAY BEACH....*



Edna St. Vincent Millay (1892-1950)

Did you know this famous lyrical poet and playwright wintered in Delray Beach? She was part of the "Artist Colony" group of creators that flocked here in the 1920's and found Delray to be inspirational and beautiful.

The Delray Beach Historical Society is honored to archive part of her estate featuring original manuscripts, first edition books and periodicals, rare photographs, and more.

Millay was also a renowned social figure and noted feminist in New York City during the Roaring Twenties and beyond. She was the first woman to receive the Pulitzer Prize for Poetry in 1923.

##DelrayBeachPublicLibrary

Square Peg Pizza Night

Avalon Trails Men's Club gives thanks to the almost 40 guys who attended tonight's Men's Night Out at Square Peg Pizzeria. Although our expansive group overwhelmed the server, the beer was cold, the food was tasty and the pizzas were excellent! A great place for Happy Hour! Don't miss the next Men's Club events happening soon. A Special Thanks to Steven George. \approx











"The greatest lesson in life is to know that even fools are right sometimes." - Sir Winston Churchill





Good Old Days—Eating in the 50s



A friend of mine sent me this the other week and thought it would make a fun humorous item to be included in the newsletter. If this hits a spot in your memory feel free to pass it on to your friends! anyway enjoy the read.

- Pasta was not commonly eaten.
- Curry was a surname.
- A takeaway was a mathematical problem.
- A pizza was associated with a leaning tower.
- Crisps were plain; the only choice we had was whether to add salt or not.
- Rice was only served as a milk pudding.
- A raincoat was what we wore when it rained.
- Brown bread was considered food only for the poor.
- Oil was for lubricating; fat was for cooking.
- Tea was brewed in a teapot using tea leaves, and green tea was unheard of.
- Sugar was highly regarded, considered "white gold," and cubed sugar was seen as luxurious.
- Fish didn't have fingers.
- Eating raw fish was seen as poverty, not sushi.
- None of us had ever heard of yogurt. 🎓





... a FUN night out, and entertaining!











A WEALTH OF KNOWLEDGE LIVES at AVALON TRAILS!



Care to take part? All are welcome.

Let's stop and think about Avalon Trails! We are a newly formed 55+ (within the last 5 years) community in south Florida. AVALON TRAILS brings together families from all across the country and world. I think it would be interesting to see what life experiences, talents and wealth of knowledge we have collectively among the residents living in our community.

For example, I have been in the graphic arts field since high school, and since retiring I have worked in the home building (Lowes) industry, home furnishings (IKEA) and in the retail hardware business. What about you? Would you like to share about you?

I'd like to start a "blind survey" (no names will be mentioned) and I'd like to share the results in the next May or June newsletter. This will be an opportunity for each of us to shine and boast about our past accomplishments, and to see the talent we have as a community among the residents who have chosen to live here at Avalon Trails.

(reply to: avalontrailsresidents@gmail.com or on Facebook)

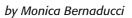
Memory Lane Moments-Hilarious!

- When one door closes and another door opens, you are probably in prison.
- To me, "drink responsibly" means don't spill it.
- Age 60 might be the new 40, but 9:00 pm is the new midnight.
- It's the start of a brand new day, and I'm off like a herd of turtles.
- The older I get, the earlier it gets late.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- I remember being able to get up without making sound effects.
- I had my patience tested. I'm negative.
- My luck is like a bald guy who just won a comb! 🎓



Recpes

Who doesn't eat chili? It's comfort food. It's an invite people over for a game food.



Bob Masters has put a lot of love into his Chili. With each batch, he carefully analyzed and trained his taste buds to tell him what to add so the next one was better. After many trials, the recipe below is perfection.

Instant Pot Chili

INGREDIENTS

2 teaspoons olive oil

- 2 pounds ground beef I used 90% lean
- 1 onion diced
- 1 1/2 teaspoons minced garlic
- 28 ounce can diced tomatoes do not drain
- 3 8 ounce cans tomato sauce
- 3/4 cup beef broth
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 2 teaspoons cocoa powder
- 1 teaspoon granulated sugar
- 1-1/2 teaspoons kosher salt
- 3/4 teaspoon ground pepper
- 15 ounce can kidney beans drained and rinsed
- 15 ounce can pinto beans drained and rinsed

15 ounce can of refried beans (to use as a thickener)

1/2 TSP hot pepper flakes (optional depending on how much heat you want)

(Assorted toppings such as shredded cheese, tomatoes, green onions and sour cream)



INSTRUCTIONS

- 1. Turn your Instant Pot to Saute, then select More. Add the olive oil to the pot. Add the meat and cook until browned, breaking up the beef with a spatula as you stir.
- 2. Add the onion and cook for 3 more minutes or until softened.
- 3. Add the garlic, tomatoes, tomato sauce, beef broth, chili powder, cumin, smoked paprika, cocoa powder, sugar, salt, pepper and beans to the pot.

4. Turn the Instant Pot to the Chili/Beans setting and place the lid on the pot. Cook for 20 minutes, release the pressure either manually or allow it to release naturally.

(This recipe can also be cooked in a dutch over on the stovetop. Just simmer for at least an hour and a half.

Also, I know this might seem strange, but I thicken the chili with the refried beans, if chili is too thin.)

DID YOU KNOW ? DELRAY BEACH...*



On February 2, 1917, T.A. Snider Preserve Co. opened the Snider Catsup factory in Delray near the Florida East Coast Railway tracks. The factory preserved Florida-grown tomatoes and produce and established a new business in the former pineapple canning plant. The Board of Trade and Ladies' Improvement Association hosted an opening banquet to celebrate the factory with a menu highlighting Snider products, such as tomato soup and beans.

#DelrayHistory #FromtheArchives

Saturday Adventure Roadtrip

by Bob Masters

On Saturday, March 8th, Jeanne and I set out on another roadtrip! Instead of staying in the area, we traveled northwest to visit the Spook Hill, located in Lake Wales, FL.



...What if I tell you that you can experience the peculiar sensation of your car rolling uphill when it's clearly supposed to be going down here in Florida?

Let's drive down to Spook Hill, the enigmatic stretch of road in Lake Wales that seems to have taken a

holiday from the laws of gravity.

This local oddity is not only a quirky roadside attraction. It's also a testament to the fact that sometimes the best adventures are hiding in plain sight, just around the corner from where we live!

...and this was the premise that we'd try to find on this day. I also planned lunch at a funky thatched roof bar right on Lake Wales.

As it turned out Spook Hill was somewhat disappointing, in that it can be easily explained. We gave it a 5-star rating.



The restaurant was a real treat and is called Cherry Pockets Fish Camp. When we were seated, we noticed \$1.00 bills all over the restaurant with short messages from people who stopped by to eat and left a message. Cherry Pockets is located in what looks like a mid-60's or 70's fishing camp/RV park with cozy cabins and

what a hoot! This place has great food, and live music (in the afternoon). We both went on the wild side and ate stuff not normally in our diet – deep fried batter dipped gator,

Jeanne tried catfish, and the b I a c k e n e d grouper, which I had, was tasty and ample.

As it turned out



the place was hoppin' with all sorts of people, from campers to bikers and all were welcome. It was a great



d all were welcome. It was a great place to sit, drink a few brews, and people watch without the worry of being asked to leave. The Spanish moss on the pine trees, listening to the live music, and people chatter was a great way to relax. But the real treat was still to come. Once we left Spook Hill we were wondering if there was anything else to do in Lake



Wales. On our drive to the lake (2-1/2 hours) Jeanne saw on Google search a Tower that was located on the highest point in Lake Wales called Bok Tower and Garden so, after leaving the restaurant we drove there. The admission charge was rather steep at \$20 per person but with our AAA card we actually saved \$6 off the total cost of admission. As it turns out the admission price was well

TRAIL**TALK**

worth it. Bok Tower is surrounded by orange groves, and after a long drive up the road, Bok Tower/Gardens was a sight to behold plus being peaceful and very relaxing as we strolled thru the various gardens (16 different gardens

in all). Afterwards, we enjoyed ice cream at the outdoor cafe.

As it turns out, the Tower & gardens were designed and constructed by some well-known people. Plus, to our surprise, the bell tower (Carillon) actually rang on the hour (3pm this day). What a sound it was echoing thru the hillside!

Bok Tower was founded by Edward W. Bok, who was from the Netherlands, and immigrated with his parents to Brooklyn NY. He married Mary Louise Curtis, who worked as editor of the Ladies Home Journal. Edward retired in 1919

and moved to Mountain Lake as a winter resident in 1921 where he devoted himself to philanthropic causes. In 1922, he purchased a 14-acre site from the Mountain Lake community atop its highest hill known as Iron Mountain (298



ft above sea level) and that is where he hired well-known landscape architect Frederick Law Olmstead, Jr. and commissioned him to transform and build this amazing garden and bell tower.

We left for this road trip around 9am and returned home after dark but driving back we recounted our day saying "yes" it was a long drive but well worth the adventure. ~





from the desk of ... by Lyn Ackerman

Breathing Room



My watch commands me to "Breathe." It sounds so simple, although it does seem kind of bossy for a watch. Besides, we are always breathing, aren't we? This is a new age, a time when our watches can send us messages and alert help if we fall down and cant get up. On the one hand I can appreciate the request to breathe, since I think I'm

guilty of holding my breath a lot. At my son's bar mitzvah I didn't exhale until he was finished, and I wasn't even aware of holding my breath. But I kind of resent that an object is giving me orders, the same way I resent when QVC sends me an email that I left something in my online cart, and there's only a few left, and what was I thinking, that I didn't hit the Send button to set the order in motion. Yes, what was I thinking, and was I even thinking at all? Why do I need a third blender anyway?

Of course I don't need ninety percent of all the crap I buy online, but in that tiny brief moment, I get a kind of high when I place that order, a sense of excitement, a sense of accomplishment. Yes, I will soon be the owner of another kitchen appliance, another sweater, another book. Where will I put all the stuff, I wonder, but only briefly. It arrives and I find a home for it, sometimes relegating other stuff to the basement. The basement, the land of broken Keurigs and used crock pots. Do they get together at night, and lament their fate? "She used to love us, and now we are living in the basement, no longer touched, wanted or needed. What did we do wrong?" The toaster says, "I only burned the toast once yet here I am, doomed."

So back to my watch. It says I can still close the activity ring if I take one more brisk walk, for an hour. Just sixty minutes, it says, and your can close out the day knowing you actually got some exercise. Every morning it exhorts me to do better, close the rings, make us proud. The implication being, that I'm lazy. My watch is sending me guilt

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

– Mark Twain

trips. I sit too much, I eat too much, I sleep too much. Thanks, but I already knew that. Tell me something I don't know. Wouldn't it be great if I got up one day and my watch beeped a message: "You are a wonderful person."



Getting back to breathing, apparently I don't do enough of it, at least according to my Apple Watch. My old watch never told me that, but then again it wasn't able to flash a continuous display of photos of my grandchildren either. That part I enjoy. I guess its futile to say that I

want to be left alone. I'm too connected, too tuned into the world. But I don't walk around with my earphones in all the time, crashing into people, because I don't want to be that tuned out either. I'm just trying to make it through the day. I just need a little breathing room. That's all. \approx

St. Patrick's Day Pickleball event a big success!

Photos compliments of Marty Finkelstein

A Great St Pattys Day Party run by the Pickleball club. Big ThankYou to all that ran the event!







Lost in Translation: Strange and Funny Signs Around the World



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If you are traveling in a tourist-heavy country, having signage in English is a smart move. However, the English translations displayed on the signs may turn into the wrong kind of funny jokes. Not everyone may know the language well enough not to get lost in translation. But don't just trust Google Translate to give you anything but a literal conversion of whatever you type in, turning your sign into a hilariously bad interpretation.

Knowing the literal meaning of each word is not enough to make a good translation. This is exactly how machine translations fail and produce awfully bad translated signs. Here are some of the funniest bad translations from around the world!



PRO WRESTLING



By Martin Arnold

PRO WRESTLING—it may not be for everyone but I like it alot!

I think I was about seven years old when my dad took me to what he called "the wrestles". The match pitted Gorgeous George against the Caped Crusader.

First thing the gorgeous one did upon entering the ring was to take out an atomizer and spray the air with perfume. Then he

took time to fix his blonde hair and makeup. Finally he turned to his opponent, who by this time seemed perplexed about all that was going on.

George was no small man. He stood nearly six foot tall and probably weighed close to 300 pounds. He put on quite a show. I am sure the gorgeous one won the match but it did not matter. I was hooked.

At that time pro wrestling was mostly local. Each area had his own champion. There was a national champ, Lou Thesz, who toured the country challenging local talent. This was long before the various local pro wrestling companies were consolidated under the banner of what is today World Westling Entertainment (WWE).

When the champ came to Seattle to wrestle our local hero, Shag Thomas, it was a big event. We were all hoping our local boy would prevail. All the wrestlers had their patented moves at the time. Shag's was the head-butt.

So the match began. It was two falls out of three at the time. Shag won the first fall by delivering a ferocious head butt to the unsuspecting Thesz. The second fall went to Thesz only due to a "quick count" 1-2-3 by the ref. The crowd was going wild. In the third and final round our local hero got confused and head-butted the ring post, knocking himself silly. Thesz took advantage of the confusion and pinned our local hero thereby winning the match.

My personal favorite was Maurice

"Mad Dog" Vachon, pro wrestler and Olympic gold medalist. He had a peculiar problem: in the match when things got tough he would bite into the ring posts and chew into the padding. The stuffing would be tossed into the audience to everyone's enjoyment. Then there was 607-lb. Haystacks Calhoun who, dressed like a farmer complete with a horse-



shoe around his neck, would literally sit his opponents into submission.

Every pro wrestler had his own persona. As the years went by many became famous, some even becoming movie idols: The Rock is a pop-star today as is John Cena. Randy Savage, Rip Flair, The Un-

dertaker, Triple H and Steve Austin all starred over the years, many appearing in films. Of course there is Jesse Ventura who became the 38th governor of Minnesota. And who could forget WWE champion 520-pound Andre The Giant who eventually lost his title to Hulk Hogan?

It is not just male professionals who do well on the wrestling circuit. Top named females on the mat like Iyo Sky and Bianca Belair earn a whopping half million a year to wrestle. Most though, men and women earn between \$75,000 and \$155,000 annually.

Today the WWE and MMA (martial arts association) are owned by the Saudis. In fact, pro wrestling has long been

> international with wrestlers in competition notably in Mexico, Japan, the Philippines and Saudi Arabia.

> On a serious note, pro wresting is often called "fake" and only for show. Yes, the matches are programmed with the winner being decided beforehand to add to the drama of succeeding matches.

> Wikipedia calls it "staged performance that combines athleticism, storytelling and drama for entertainment purposes." Matches are choreographed but are risky and fatal if not performed correctly. More than one wrestler has suffered serious injury and a few have even died in the ring. The emphasis is on storytelling.

> So you can usually—but not always guess what is going to happen. It's like

storytelling in opera, theater and movies. You may be surprised but most often you can guess the outcome: the hero gets the girl, someone gets cast aside, dies at the end, the criminal gets his due. It's the process that is most important.

Same with pro wrestling! 🌫

(Pictured above) WWE legend Hulk Hogan,

and me, Martin Arnold. Hulk Hogan was in

town to promote his new beer brand, Real

American Beer.

TASTY, YUMMY, DELICIOUS, PALATABLE, GOOD TO EAT.



by Bob Masters

I wrote an article in the January TrailTalk newsletter and I had the bright idea of searching for the "Best" Chinese



Food Restaurant in the area, but as it turns out there are many more food establishments in the Delray, Boca, and Boynton Beach communi-

ties, I actually think there is more. So, with that being said and after checking with my doctor, I have decided to put it to Avalon Trials to vote and see what the residents think is the "Best" Chinese eateries around. I'm concentrating on the ones in West Delray, because of convenience and being able to order "take-out" and getting it home still hot.

Let me know what you think is the best Chinese in the area. I will post the results in an upcoming newsletter. I know that ya'll have a favorite go-to place so let me know, list it on Facebook, or email me! This should be fun.

1-Beijing Palace—Delray 2-Hunan Gardens—Delray 3-China Gardens—Delray 4-Shanghai—Delray 5-Bird Nest Tree—Delray 6-Silver Wok—Delray 7-Hunan Wok—Delray 8-The Sea South East Asia—Delray 9-Teriyaki Express—Delray 10-Shiitake Asian Bistro—Delray 11-Chinatown—Boynton

* translation-"tasty, yummy, delicious, palatable, good to eat."

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DID YOU KNOW ? DELRAY BEACH...*



In November 1995, the Delray Beach Historical Society relocated the remaining section of the Florida East Coast Railway train depot from a nursery in western Palm Beach County to the Ocean City Lumber property, very near its original location on Atlantic Avenue and SE First Street. The Society worked to restore the structure to its original specifications, including painting it infamous "Flagler Yellow." It is one of the only remaining wooden stations in South Florida after Hurricane Andrew destroyed the Princeton and Homestead stations in 1992. The station is likely the oldest remaining FEC station in the state, and the oldest building in Delray Beach.

#FromtheArchives #DelrayHistory #FridayFinds #FloridaFriday







Friendship.

How few people understand what friendship really means! Spiritually speaking, friendship is the law of evolution, the law of spiritual experience expansion. It means the addition to one soul of other souls in order to expand the little ego identity of each individualized soul into identification with the Spirit who dwells in all. If you remain hidebound within yourself loving and working only for yourself, you can never expand.*

Friendship is a profound bond that embodies the essence of

our souls, serving as a vital force for personal and spiritual growth. It mirrors the cosmic law of attraction that binds celestial bodies together, creating harmony and beauty in the universe. Just as stars form constellations, true friendships bring individuals together, fostering a supportive network that enhances the joy and meaning of life.

Navigating human relationships can be challenging, as it often requires more skill and effort than bonding with pets, which offer unconditional love. Humans, with their complexi-

ties and differing perspectives, can sometimes feel like a jungle. However, overcoming these challenges can lead to deeper, more meaningful connections. When we focus on creating bonds based on soul qualities—such as empathy, understanding, and shared values—we open the door to friendship that transcends superficial interests.

True friendship is rooted in a deep connection that promotes mutual growth. Engaging with friends who inspire and challenge us encourages personal development. For instance, a friend who motivates you to pursue your passions or supports you during difficult times can profoundly impact your journey. This spiritual evolution is facilitated by the reciprocal nature of friendship, where both individuals contribute to each other's lives, enhancing each other's experiences and growth.

To cultivate these meaningful friendships, we must embody essential qualities. These include: unselfishness, consideration and thoughtfulness, truthfulness, respect, loyalty, sincerity, self-control of speech and temper, avoidance of over critical fault finding and gossip, forgiveness, and love.



When a friend makes sacrifices for your well-being, such as spending their precious time to help you through a challenging moment, it strengthens the bond and reinforces the importance of loyalty and selflessness.

Friendship is not just about receiving support; it is also about being there for others. When we actively engage in our friends' lives, especially during their struggles, we create a foundation of trust and understanding. This mutual support deepens the connection and fosters a sense of belonging.

> For example, if a friend loses their job, your willingness to listen and provide emotional support can significantly impact their healing process, reinforcing the strength of your friendship.

However, with the joy of friendship comes the responsibility of nurturing it. Being a true friend requires commitment and effort, sometimes feeling burdensome. Yet, in those moments of loyalty—when you uplift a friend and share in their joys and sorrows—you find some of life's greatest pleasures. This alliance of souls becomes a source of strength, guiding both indi-

viduals toward a higher purpose.

Ultimately, friendship is a journey of shared experiences and growth. When we genuinely care for our friends, their challenges become our own, and their successes become our joys. By cultivating soul qualities and applying the laws of friendship, we not only enrich our lives but also contribute to a more harmonious existence. True friendship is a gift, one that nurtures our souls and elevates our spirits, much like the cosmic connections that hold the universe together.

*Quoted from Self Realization Lesson #97: Spiritualizing Your Relationships with Others. https://yogananda.org/lessons

"To the world you may be just one person, but to one person you may be the world." —Dr. Suess





TrailTalk continues the series of day trips throughout Florida which will be interesting and an enjoyable day out – all within a day's drive! by Bob Masters

This No-Frills Restaurant In Florida Has Seafood So Good, It's Worth A Road Trip



Florida is the ultimate paradise for food lovers, offering a blend of flavors that reflect its diverse culture and vibrant landscapes.

Among its culinary treasures, Cherry Pocket Steak & Seafood in Lake Wales stands out as a must-visit destination. This no-frills eatery may not boast fancy decor, but it more than makes up for it with its mouthwatering seafood. It's a rustic haven where the food is fresh, the atmosphere is relaxed, and the hospitality is as warm as a Florida sunset. Ready to find out what makes this spot a seafood lover's dream?

Cherry Pocket Steak & Seafood captures the essence of Old Florida with its laid-back vibe and welcoming charm. Located right on a scenic canal, the restaurant offers a picturesque setting that perfectly complements the delicious meals served.

As you settle into your seat, you might notice the eclectic mix of decor, giving the place a character all its own.

The outdoor seating area provides stunning views of the water, making it an ideal spot to enjoy a meal while soaking up the sun. \sim

(2 hr 36 min (164.6 mi) via FL Turnpike and State Rd 60 W)

Cherry Pocket Steak n Seafood 3100 Canal Rd Lake Wales, FL 33898 (863) 439-2031

Riddle House



Originally located at 327 Acacia Street in West Palm Beach, the house was nicknamed "the painted lady", because of its bright colors.

The Riddle House was built in 1905 by some of Henry Flagler's hotel construction workers. Originally known as "Gatekeeper's Cottage", the house was home to the groundskeeper of Woodlawn Cemetery. By 1920, the house became privately owned by Karl Riddle, a city manager and superintendent of West Palm Beach. He is the namesake of the house. The house was eventually dismantled and moved to Yesteryear Village in 1995, a historical park within the South Florida Fairgrounds.

The building was featured in an episode of Ghost Adventures in 2008. Death has been in and around the Riddle House since it was built in the early 1900s. First used as a funeral parlor, and later as a private residence, the home has seen its share of tragedy. In the 1980s, the house was moved across town and from many modernday reports, the angry ghosts who dwelled there went with it. A century ago, it wasn't uncommon for families to bury their loved ones with the expensive jewelry they owned in life. Grave robbing was an ongoing problem, and those who lived in the Gatekeeper's Cottage were expected to keep an eye out for would-be criminals.

(32 min (24.4 miles) via, I-95 N and US-98/Southern Blvd)

The Riddle House

Located in Yesteryear Village West Palm Beach, FL 33411 (561) 793-0333





Here you will find fun places to eat!

by Bob Masters

From time-to-time we will inspire you to just get out and find a fun place to eat or try.

Delray Beach and surrounding areas have a wealth of fun eateries featuring exciting foods and cuisines. You can find from cheap to the most expensive but I will try to keep my findings to places of affordability!



Terray Restorante & Bar 9169 W Atlantic Ave Delray Beach FL 33446 561-495-5570

Pizza and other Italian dishes served in a casual spot with happy hour specials and live entertainment. Serves happy hour food. Serves great cocktails.



Hoffman's Chocolates Delray Marketplace 14851 Lyons Rd #100 Delray Beach, FL 33446 (561) 270-2017

Hoffman's Chocolates is a manufacturer of chocolates in Florida. The business is based in Greenacres, Florida and includes several retail locations in South Florida.



HARRY AND THE NATIVES (772) 546-3061

Let me introduce you to a dining experience that feels like a warm Florida hug. Look no further than Harry and the Natives in Hobe Sound—a cozy roadside retreat known for its mouthwatering cuisine and effortlessly relaxed atmosphere.



Le Tub, Hollywood 1100 N Ocean Dr. Hollywood, FL 33019 (954) 921-9425

Originally a Sunoco gas station right on the Intracoastal waterway, Le Tub opened in 1975, and the first thing you notice today are the old-fashioned claw foot bathtubs filled with plants, flowers and palms surrounded by driftwood that greet you at the entrance, on the patios, dock and walkways. Great and simple menu selections and the burgers are worth the wait if you have to stand in line! Jeanne and I were there for an early dinner and we did not have to wait. Has outdoor seating · Doesn't accept reservations!



John G's Plaza Del Mar 264 S Ocean Blvd, Manalapan, FL 33462 (561) 585-9860

John G's has been in the Lake Worth and Manalapan area for over 50 years. The restaurant located in the Plaza Del Mar shopping center is the place to go for breakfast or lunch. The restaurant, serving smiles and our best dishes for over 50 years! Don't miss our famous Almond French Toast and Fish & Chips - have you tried them? We accept credit cards and offer wine, beer, and cocktails. Our dog-friendly patio is the perfect place to relax.

Join in daily from 8 AM to 3 PM – Worth the drive!



The Banana Boat 739 E Ocean Ave Boynton Beach, FL 33435 561-732-9400

The Banana Boat is a family owned restaurant opened in 1971. The owners and staff take great pride in offering an "Authentic Florida Experience" for both locals and tourists seeking fresh seafood, fun appetizers, sandwiches and cocktails, at reasonable prices, overlooking the Intracoastal Waterway at East Ocean Avenue.



Poppies Restaurant & Deli BocaRay Plaza 4900 Linton Blvd Delray Beach, FL 33445 (561) 498-4900

The tradition of a New York Deli and Jewish comfort food in Delray Beach. Excellent food, service and the bagels are to die for! Nice deli, and bakery



Two Georges Waterfront Grille 728 Casa Loma Blvd Boynton Beach, FL 33435 (561) 736-2717

Lively destination offering seafood classics & cocktails, plus waterfront views.

This waterfront restaurant, lounge & sports Bar, offers a full menu, indulge in our famous Maryland crab cakes or cool off with a frozen cocktail under our thatch roof. Featuring live music weekends.



Men's Club Bagel Breakfast

Photos compliments of Marty Finklestein

Great Mens Club Breakfast, shout out to Steve George for organizing it and to all the guys that helped putting it together!















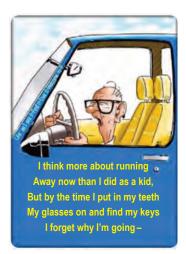


Here are some unusual facts about Delray Beach, Florida:

- The name "Delray" comes from a town in Michigan: In 1898, the town of Linton was renamed Delray after a town in Michigan.
- The name "Orange Grove Haulover" comes from an orange grove: The name comes from an orange grove that grew near the beach in the 1850s.
- Delray Beach was once called "Dull-ray Beach": In the 1980s, Delray Beach was nicknamed "Dull-ray Beach".
- Delray Beach was named "Most Fun Small Town in America": In 2011, Delray Beach was named the "Most Fun Small Town in America" by USA Today and Rand McNally.
- Delray Beach has a Blue Flag* beach: Delray Beach has one of the first Blue Flag designations for beaches in the continental United States.
- Delray Beach has a faux bell tower: During World War II, citizens of Delray Beach volunteered to watch the beach and ocean from the faux bell tower atop the Seacrest Hotel.
- Delray Beach has a boardwalk: The Wakodahatchee Wetlands boardwalk crosses ponds and wet areas, offering views of wildlife.

Who knew these fun facts?

* A Blue Flag at a beach indicates that the beach meets high standards for safety, cleanliness, and environmental management.







How to spot email scams quickly

As digital scams are getting more sophisticated, it's important to learn how to spot common signs of fraud and report it to stay safe online.

If you receive a communication – a call, text, or email – that you think may not really be from an email that you recognize, don't respond, share any personal information, click on any links or open any attachments. Simply delete it.

Here are some simple tips to stay safe from scams and phishing:

1. Be cautious if the email:

- Doesn't use your full name and has a generic greeting.
- Has incorrect logos, design or looks strange.
- Contains suspicious website links.
- Includes attachments and software.

2. Be wary of false urgency.

 Scams often create a false sense of urgency. If in doubt, log in to your account to check for urgent messages or notifications.

3. Watch out for offers that seems too good to be true.

- Scammers may use false promises like money in exchange for a favor, lottery wins, or unsolicited job offers.
- 4. Never provide personal, credit card or account information via email, text or phone.
- Always log in to your account to update your personal information, including your full name, credit and debit card numbers, bank account numbers, your driver's license number, email, and password.

How to identify fake messages-The likelihood you'll receive a fake message is growing dramatically.

- #1 most common cybercrime in 2022
- 25% more reports of phishing in 2022 vs 2020
- 41% of all fraud attempts were made through text or email in 2022

Generic greetings–Phishing messages often begin with impersonal greetings. "Dear user" or "Hello, member" are definitely suspect. Messages from a know person will always use the full name listed in account.

An ongoing series on email scams and how to prevent them.

Attachments-Attachments can contain malware, so never open them unless you're 100% sure they're legitimate.

A sense of urgency–Don't heed pleas for you to take fast action or warning you of problems that will compromise your account status.

Fake URL-If the web address is scrambled or looks suspect, don't click on anything and leave. (editor's note-I always hit return and if the email address does not look familiar I simply delete it).

Asks for sensitive info-Never provide personal, credit card, or account info via email, text, or phone.

Poorly written–Typos, misspellings, and incorrect grammar are common in phishing messages.

TIPS FOR BROWSING WEBSITES

Don't rely on the "s" in https

One letter used to make a big difference, but now the "s" doesn't always mean the site is legitimate because hackers can build encrypted sites, too.

Don't rely on the padlock symbol

Authentic sites will have this icon in the address bar, but many fake sites do, too.

Type the URL directly yourself

Phishers create fake websites with URL's that are very similar to the real one. To be safe, enter the URL you want to visit manually.

TIPS FOR RECOGNIZING FAKE PHONE CALLS

Never share sensitive info

Account info, passwords, or validation codes are for your eyes and ears only. Even a customer service rep shouldn't ask for them.

Never trust Caller ID

Scammers can easily fake a Caller ID, so don't rely on it as confirmation a call is legitimate. Just because it says "Pay-Pal" doesn't necessarily mean the call is from PayPal (as an example).

Never return an automated call

Scammers use automated systems to make voice calls. If an automated call provides a number and asks you to call back, don't.



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CALENDAR OF LOCAL CONCERTS, SHOWS, ART FAIRS - APRIL 2025

By Beverly Parnes

Here are things to do for April locally

DATE	TIME	EVENT	VENUE
2-Apr	6:00	Sinatra Songbook	Delray Marketplace
2-Apr	8:00	Lou Gazzara: American Idol, Sinatra to Bruno Mars	Boca Black Box
3-Apr	8:00	Lou Gazzara: American Idol, Sinatra to Bruno Mars	Boca Black Box
3-Apr	6:30	Creedence Clearwater Tribute	Wellington Amphitheater
3-Apr	Lunch Box Matinee	Judi Mark Songs of Gwen Verdon	Delray Beach Playhouse
4-Apr	8:00	Bee Gees Tribute	Kings Point
5-Apr	7:30	Dave Mason	The Parker
5-Apr	6:30, 8:30	The Fourmers: Jersey Boys Reunion	Boca Black Box
6-Apr	7:00	One hit Wonders	Arts Garage
6-Apr	7:00	Boogie Fever	Boca Black Box
7-Apr	7:30	Old Crow Medicine Show	Kravis Center
9-Apr	8:00	The Simon & Garfunkel Story	Kravis Center
9-Apr	5:30	Safety Series 5:30pm – Stop the Bleed and Vial of Life	Avalon Trails Social Hall
9-Apr	6:00	Beatles to Pop to Country	Delray Marketplace
9-Apr	7:00	Three Jews Walk Into a Bar with Comedian Judy Gold	Boca Black Box
10-Apr	7:30	Rick Wakeman former YES keyboardist	The Parker
10-Apr	7:00	Three Jews Walk Into a Bar with Comedian Judy Gold	Boca Black Box
12-Apr	8:00	Almighty Queen	Arts Garage
12-Apr	8:00	Chicago	Hard Rock Live
12-Apr	7:30	AC/DC Tribute	Wellington Amphitheater
13-Apr	7:00	China Grove: Doobie Brothers	Arts Garage
13-Apr	7:30	Ruben Studdard: American Idol	Mizner Park Amphitheater
15-Apr	8:00	Justin Hayward, Moody Blues	The Parker
15-Apr	7:00	Journeyman: Eric Clapton Tribute	Boca Black Box
16 Apr	7:00	Movie Night – Bob Marley: One Love	Avalon Trails Social Hall
16-Apr	6:00	Reggae, Rock, Hip Hop	Delray Marketplace
17-Apr	6:00	Zac Brown Tribute	Old School Square, \$10-\$15
23-Apr	6:00	Michael Buble	Delray Marketplace
23-Apr	7:00	90's Country Rewind	Boca Black Box
24-Apr	7:00	Santana Tribute	Funky Biscuit
24-Apr	6:30	Van Halen	Wellington Amphitheater
25-Apr	9:00	Rolling Stones Tribute	Funky Biscuit

(continued on next page 23)

CALENDAR OF LOCAL CONCERTS, SHOWS, ART FAIRS – APRIL 2025 (continued from page 22)

DATE	TIME	EVENT	VENUE
25-Apr	8:00	Vintage Vinyl	Kings Point
25-Apr	7:30	Pearl Jam	Hard Rock Live
27-Apr	8:00	Tom Jones	Hard Rock Live
27-Apr	10AM-4PM	4th Annual Concours D'Elegance: Exotic Car Show	Old School Square
29-Apr	7:30	Bonnie Raitt	Broward Center
30-Apr	8:00	Les Ballets Trockadero de Monte Carlo	The Parker
30-Apr	6:00	Classic Rock	Delray Marketplace
		ART FAIR	
Apr 4-6	10AM-6PM	63rd annual Delray Affair Downtown	Delray Beach
		MULTIPLE DATES	
Apr 1-13	mat/eve	Murder on the Orient Express	Delray Beach Playhouse
Apr 2-6	mat/eve	No, No Nannette	The Wick Theater
Apr 3-6	8:00	Sebastian Maniscalco	Hard Rock Live
Apr 3-13	mat/eve	Something Rotten, a Broadway musical	Broward Center
Apr 4-6	mat/eve	The Marriage of Figaro	Kravis Center
Apr 8-20	mat/eve	MJ The Musical	Broward Center
Apr 15-17	mat/eve	Tony Danza	Delray Beach Playhouse
Apr-15-19	mat/eve	Clue	Kravis Center
Apr 18-19	mat/eve	The McCartney Years	Delray Beach Playhouse
Apr 22-27	mat/eve	Les Miserables	Kravis Center
Apr 24-30	mat/eve	Dry Powder: A play	Delray Beach Playhouse

Events/Music Venues

• Arts Garage — 94 NE 2nd Ave, Delray Beach, FL 33444, (561) 450–6357

- Aventura Arts & Cultural Center 3385 NE 188th St Aventura, FL 33180, (877) 311–7469
- Boca Black Box 8221 Glades Rd Suite #10, Boca Raton, FL 33434, (561) 483–9036
- Broward Center 201 SW 5th Ave, Fort Lauderdale, FL 33312, (954) 462–0222
- Delray Beach Playhouse 950 NW 9th St, Delray Beach, FL 33444, (561) 272–1281
- Delray Marketplace 9025 W Atlantic Ave, Delray Beach, FL 33446, (561) 865–4613
- Funky biscuit 303 SE Mizner Blvd #59, Boca Raton, FL 33432, (561) 395–2929
- Galuppi's 1103 N Federal Highway, Pompano Beach, FL 33062, (954) 785–0226

- Hard Rock Live Seminole Hard Rock Hotel & Casino, 1 Seminole Way, Davie, FL 33314, (954) 797–5531
- Kings Point Theatre 7000 W Atlantic Ave, Delray Beach, FL 33446, (561) 499-3335
- Kravis Center for the Performing Arts 701 Okeechobee Blvd, West Palm Beach, FL 33401, (561) 832–7469
- Mizner Park Amphitheater 590 Plaza Real, Boca Raton, FL 33432, (561) 393–7890
- Rose & Alfred Miniaci Performing Art Center 3100 Ray Ferrero Jr. Blvd, Davies, FL 33314, (954) 262-5480
- Old School Square Pavilion 51 N Swinton Ave, Delray Beach, FL 33444, (561) 243–1077
- The Parker Playhouse 707 NE 8th St, Fort Lauderdale, FL 33304, (954) 462–0222
- The Wick Theater 7901 N Federal Highway, Boca Raton, FL 33487, (561) 995–2333
- Sunset Cove Amphitheater 12551 Glades Road, Boca Raton, FL 33498, (561) 488-8069