

PRESIDENT'S MESSAGE

Here we are at the height of the season, and people have brought up several questions, especially regarding the pool, which is the virtual center of our Plat 2 social "universe." There have been many challenges and concerns regarding the water temperature.

But one thing people sometimes don't realize is that Sharon McCloskey, our Board member in charge of the pool, personally monitors the pool on a daily basis! The recent temperature problems were actually due to the failing of extremely costly heater components, which we've tried to maintain as long as possible. But unfortunately, two of the essential coils blew out and burned out the transformer as a result. That same day, Sharon had the repair team here to replace all three parts. However, she was told that it would take a few days for them to be fully activated and for the temperature to reach its ideal level and stay consistent.

Another contributing factor is that the weather has been unseasonably cold during many nights, which can also cause the water temperature to drop. But as it warms up during the day, it does come back to where it needs to be—which is between 85 and 86. Although some homeowners have complained that that isn't warm enough for them and they would prefer it to be more like 88 or 89, that can present some health risks. Even though the pool is well chlorinated, bacteria thrives in standing water that gets that warm. And for many folks our age, being submerged in that degree of heat for long periods of time can raise your blood pressure and your risk of having a stroke. That's why warnings are always posted near hot tubs and saunas.

Speaking of risks, you may have noticed that the chairs and lounges have been pushed back from the fence at the shallow end of the pool. This is a precautionary measure, since falling palm fronds and seed pods are heavier than you might imagine and, believe me, you don't want to get hit with one while you're trying to take a nap!

Two other issues recently brought to my attention involve the mail and the swales. I often get mail meant for other neighbors and they get mine, and I've heard that's been happening a lot lately. Unfortunately, we can't seem to do anything about it, although we've mentioned it to our post office. So, all I can suggest is that when you get your mail, please check and make sure it doesn't belong to a neighbor.

Then there's the constant concern about cars parking on the swales, especially around the sharp curves along Via Vesta. These are accidents waiting to happen, not to mention the damage they can do to the sprinklers. So, if you must park beyond your driveway, try parking parallel to the road on the concrete apron at the end of your driveway, beyond the sidewalk, and let's see if that works better. Just remember, the swales are definitely off limits!

Hopefully I've answered some of your concerns. And we encourage homeowners to come to our monthly Board meetings, the last Tuesday of each month, to let us know about others you may have.

Sharon also asked me to mention that in the last GV issue, when she spoke about the locks on the pool gates, she mistakenly referred to the rec center pool as the "4/5 pool," when that pool is for the entire Delray Villas community, and she apologizes for the error.

Also—remember to look inside this issue for all the details about our upcoming pool party on March 18th. Hope to see you there!

George Kuhn
President

FOR YOUR SAFETY

Wendy Karger



So, What's The Harm In A Little Sneeze?

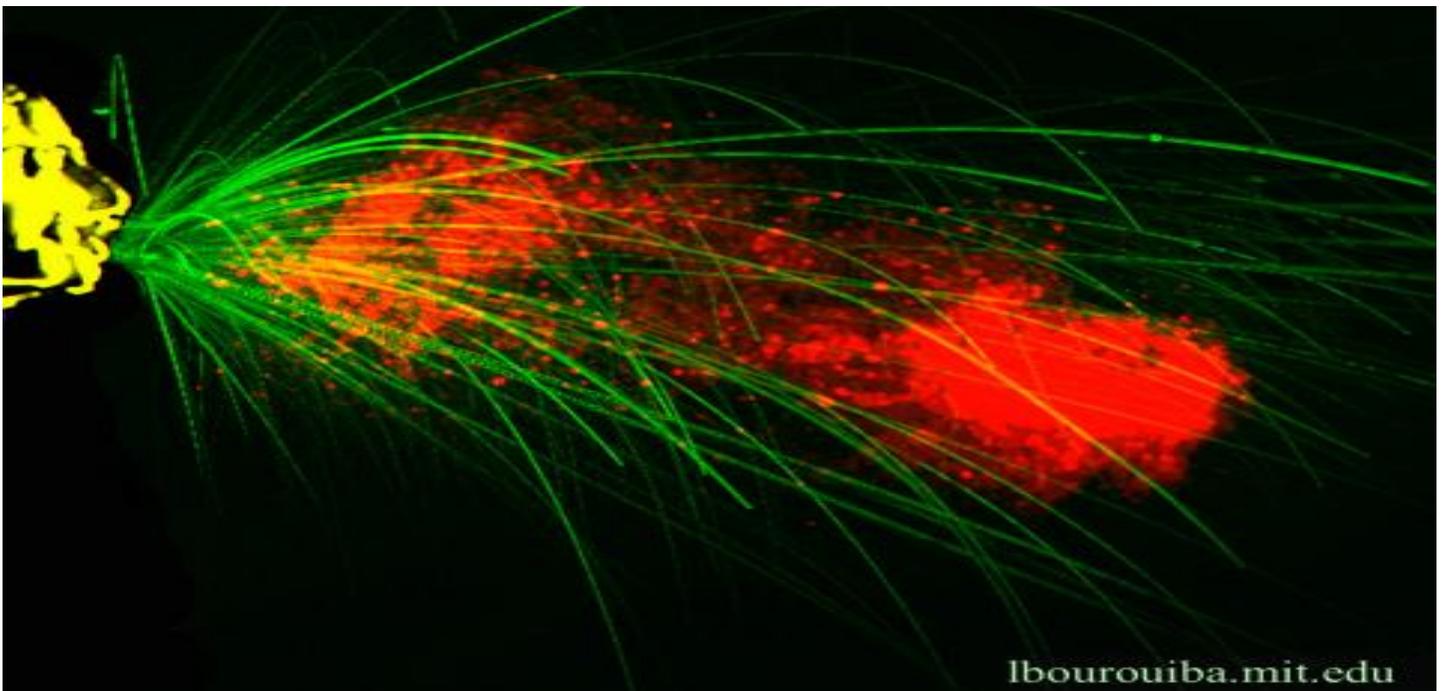
By the end of winter, cold and flu season is usually over. But this year, the flu has taken an unusually deadly toll all over the country. One of the most common ways to spread it starts with an innocent little sneeze, or as MIT researcher, Lydia Bourouiba, describes it, a “violent expiratory event.”

In a recent study, using a high-speed camera and sophisticated computer models, her team analyzed sneezes millisecond by millisecond to help understand how diseases are spread.

They found that the initial “jet phase” can send an estimated 40,000 droplets of various sizes scattering outward like cars careening on a highway. The largest of these droplets (represented here by the lines that look like a fireworks display) plummet within a few seconds under their own weight, traveling an average distance of between 3 and 6.5 feet.

What her team described as the “puff phase” (illustrated by the blobs of dots) is actually a turbulent cloud of swirling moist air carrying the droplets along with it. As the cloud slows, it grows larger, pulling in air from the environment and propelling the smallest droplets up to 26 feet from their point of origin. And those tiny droplets can remain airborne long enough to reach overhead vents which can then transport them anywhere within a building.

The solution is, quite literally, in your hands, or to be more precise, in the crook of your arm. If you direct your sneeze into your sleeve on the inside of your elbow, or completely cover your nose and mouth with a tissue, you can stop the germy droplets from their flight. The other critical step in curtailing contagion is regular hand washing which will, thereby, liquidate any remaining droplets.



lbourouiba.mit.edu

“Cashew! (noun). The sound of a nut sneezing.” -Anonymous

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Delray Villas Plat 2

POOL Party

Save the Date! Sunday, March 18, 2018 1-4pm

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MARCH



3.....	George Kinley
3.....	Shelley Kuller
3.....	Steven Weinberg
9...	Amy Richards
13....	Joan Bernard
17....	George Dinuzzo
19....	Irene Kronen
21....	Mary Ellen Benedikt
23....	Phyllis Manover
23....	Juliet Tucceri



"Either cheer up or take off the hat."



Last month, we lost a lovely, talented neighbor, Ruth Levine. Ruth was a long-time resident of Via Vulcanus who brought joy to residents in nursing homes for many years as part of a musical group where she was the cellist. We send our heartfelt condolences to her sister, Toby, who also lives on Via Vulcanus, and to her other family members as well as the friends and neighbors here who will surely miss her.



ADD YOUR BIRTHDAYS & ANNIVERSARIES TO OUR LIST! Contact Wendy Karger at: wendkarger@aol.com so we can include your names and important dates in our monthly listings.



CLASSIFIED ADS Donations of **clean**, gently used clothing, household items, etc. for Blessings and Bargains Thrift Shop can be picked up and will be much appreciated. Call **Sharon McCloskey: 561 865-3780**. You're welcome to submit your own classified ad: 2 lines for \$2.



JOIN OUR EMAIL LIST If you are new to Plat 2 and would like to receive our community emails, or if you've changed your email address, please send it to dvplat2@gmail.com Your email address will not appear in the community phone book, or be shared. It will remain private and you can opt out of the list at any time.



A Warm Welcome To Our New Neighbors

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CLUB HAPPENINGS



NA'AMAT USA

Our next meeting will be on Monday, March 5th at 9 AM in the "A" Building. Bagels and coffee will be served. After a short business meeting, we will have the opportunity to play cards. Please come and bring your own games. NA'AMAT USA provides critical support to NA'AMAT Israel and its educational and social service programs for women, children, and families. Clubs carry on fundraising activities that directly benefit NA'AMAT Israel's vast network of day care centers, technical high schools, and women's health, social service and, legal aid clinics. NA'AMAT USA is a vigorous advocate for progressive legislation advancing women's rights, child welfare, and educational initiatives. For more information please contact Audrey Lashauer at: aauj00@gmail.com

DEBORAH

Our Spring Gala will be held on March 15th at Benvenuto Restaurant in Boynton Beach. There will be a boutique from 10-11:30 AM followed by the luncheon at 12 PM. For details please contact Audrey Lashauer at: aauj00@gmail.com There will be no regular March meeting at the Club House. DEBORAH is dedicated to raising critically needed funds to support the humanitarian mission of Deborah Heart and Lung Center in Pennsylvania. This grassroots chapter serves as ambassadors for Deborah, providing information for communities and spearheading fundraising activities that help Deborah perpetuate its very worthy mission, *"there can be no price on life"*. Deborah has never issued a direct bill to any patient.

AFTER SIX CLUB was started 10 years ago. Until that time there were no activities for people that worked since many clubs met during the day. This is a friendly group of fun-loving young seniors who meet on the first Wednesday of each month at 7 PM. There is lively discussion, entertainment, socializing with friends, having coffee and cake. We do not discuss current events or politics. The group sponsors charity fundraisers. All are welcome to join for \$15.00 per person a year. **Our next meeting will be on Wednesday, March 7th in the "A" Building. Diane Weiss 561 381-4456.**

DELRAY VILLAS FRIENDS OF ITALY CLUB meets January through April on the first Friday of the month. **Our next meeting will be on March 2nd at 7:00 PM in "B" Building.** Cake and coffee will be served and Bingo will be played after the meeting. The annual picnic which includes a fantastic BBQ will be held on March 13, 12 PM at the Morikami Museum. Please bring your own soft drinks. It will be a fun day with great food, music and games. Cost is \$19 for members and guests. Non-members are welcome. March 29th is the Bocce Tournament at 10 AM, and the Pool Party will be on April 17th at 12 PM. All new members are welcome! For info please contact Mena DiGiorgio at 561 495-4552.



DID YOU EVER WONDER?

Wendy Karger

What Caused The Irish Potato Famine?

It is common knowledge that the potato famine in Ireland, between 1845 and 1849, caused the mass starvation which brought one of the largest, most influential groups of immigrants to American shores. This was the direct result of a fog that had wafted across the fields of Ireland quite mysteriously, combined with a strain of *Phytophthora*, a pathogen which was accidentally brought to Ireland from North America and then thrived in the unusually moist weather of those years in September of 1845. The “late blight” that followed caused the leaves of potato plants to turn black and curl, and rotted the edible roots, or tubers—the mainstay of the Irish diet in the early 19th century.

Poor tenant farmers, especially in the west of Ireland, struggled to provide for themselves and supply the British market with cereal crops to bring in whatever income it could. The potato was particularly appealing because it was hardy, nutritious, calorie-dense and relatively easy to grow, and was also found to yield double the amount of food in a given amount of land.

That’s how the rural poor had come to depend on the potato, almost exclusively, for their diet. But a heavy reliance on just one crop reduces the variety which ordinarily prevents the decimation of an entire crop. As a direct consequence of the great famine that followed, Ireland’s population of almost 8.4 million in 1844 had fallen to 6.6 million by 1851 due to the scourge of deaths from starvation and famine-related diseases like typhus as well as mass emigration to England and America.



Great FamineVictims of Ireland's Great Famine (1845–49) immigrating to North America by ship; wood engraving c. 1890. ©Photos.com/Thinkstock

But despite the hardships brought on by the great famine, the potato still occupies a special place in Irish tradition and the Irish heart. So, in honor of Saint Patrick’s Day, we did a little digging and came up with a couple of recipe variations for Irish potato Farls, which you’ll see on the following page.

“What I say is if a man really likes potatoes, he must be a pretty decent sort of fellow.” A. A. Milne

WHAT'S COOKING?

Catherine Patti



When you're planning for Saint Patrick's Day, why not try some delightful, traditional potato Farls. They're easy, tasty and require only a few ingredients. They promise to be popular for breakfast or as a side dish. Like most recipes which have come down through the generations, there are all kinds of variations. Here are two:

The first version requires:

- ✿ ¼ pound (3 or 4 potatoes)
- ✿ 2 tablespoons of butter, melted
- ✿ 1 cup of all-purpose flour
- ✿ ½ teaspoon of salt
- ✿ 4 teaspoons of vegetable oil



1. Peel and halve potatoes and put them in a large saucepan with enough water to cover them.
2. Bring them to a boil, then simmer, covered, for 20-30 minutes, or until fork tender.
3. Drain well and return to saucepan over low heat.
4. Add butter, mash potatoes well and stir in flour and salt.
5. Gather mixture into a ball on lightly floured surface and knead lightly until smooth.
6. Divide dough in half, rolling out each half into an 8-inch circle, about ¼ inches thick.

7. Cut into quarters and set aside.

8. Then, in a large, non-stick skillet, heat half the oil over medium to high heat and cook dough quarters in batches for 3 minutes on each side or until golden brown, adding more oil as necessary and serve warm.

The second version comes from someone whose Irish grandmother used to make use of leftover mashed potatoes by creating breakfast Farls, which the family refers to as "fry."

- ✿ Use room temperature leftover mashed potatoes and roll into a ball. Generously add flour on a board and knead it together. Add more flour to achieve a dough like consistency.
- ✿ Roll out in a circle and cut it into fourths. Brown the quarters on a griddle at low heat without oil, on both sides.
- ✿ Cool the pieces on an iron rack and store them in an air-tight container for the next morning's breakfast.
- ✿ Here is the "fry" part. Fry the Farl in the bacon or sausage fat. Serve with bacon, sausage and top it off by placing a fried egg on top of each Farl.



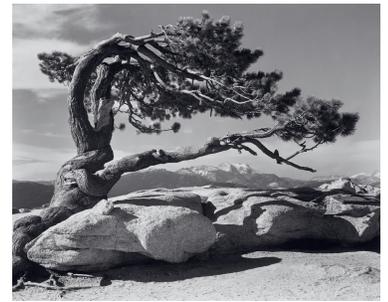
"I am allergic to all Irish wit, charm and humor not provided by myself." Denis W. Brogan



HOW TO TAKE GREAT CELL PHONE PICTURES

TIP 7: The Art of Black and White

By Lisa Weingarten



Have you ever admired the work of Ansel Adams, the great nature photographer and environmentalist, whose photo is shown on the right? His photos are dramatic, awe inspiring and all in black and white. Can we even hope to come close to taking photos like his with our Smart Phones? The answer, which may be blasphemous is, why not try?



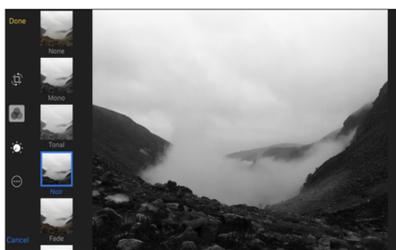
Photography began with monochromatic imagery. However, color photography has now been around for so long that we have forgotten a world without it. Why then, in such a colorful world, would we still be attracted to black and white photographs? After all it was Paul Simon who sang in *Kodachrome*, “*Everything looks worse in black and white.*” But, we aren’t always aiming to “*think all the world’s a sunny day.*” Black and white is mood, depth, and the image without the distraction of color. It is a popular notion that we can create “art” by simply converting our color photos to black and white. Just changing a photo to black and white will not make it a work of art. Some of the same qualities that make a good color photo will also allow you to make a good black and white photo, but with some important differences. By stripping away color, it will allow other aspects of the image to take center stage. In particular, the qualities of light, tone,

and texture. Look at these examples of black and white cell phone photos.

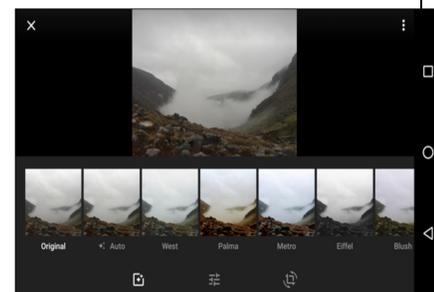


Without light, there would be no photography. However, sometimes the subtle effects of how light falls in a photograph can be overshadowed by the vibrant colors of the same image. In black and white photos, the light itself tends to stand out more and can become another “subject” of the photo. The opposite is also true in that the shadows can be more pronounced and also play a bigger role in the image.

Tone is a bit more vague, but what I am referring to is the way a black and white photo renders the various shades and hues of color as gray scale. The gradations in the gray tones can be quite beautiful and help to accentuate the lines and shapes of your subject(s) in ways that are not always as apparent with color photography. Texture (or in a broader sense, shape itself) is fairly straightforward, but what may not be immediately obvious is that what makes the texture of your subject “pop” in black and white photography is the interplay of light and tone mentioned above. While we notice textures all the time in our daily lives, seeing them through black and white imagery really let’s us focus on the tactile qualities of the texture, albeit in a visual manner.



Find a photo that you have taken that you think will look dynamic in black and white. Start with an outdoor shot with lots of contrast, shadows, and texture. On your Android phone (on left), open your photo in Google Photos. Then tap the “Edit” button, which looks like a pencil. When you do, you’ll be greeted with a number of filters. Some of these are black and white, so scroll through to find one you like



and choose it. When you’re done, tap “Save” to save your photo. Google will save your edited photo as a copy, so you still have the original if you want it. Do you love it? If not try again with another image. On your iPhone (on right), open the image you want to edit in Photos and tap the slider icon in the upper right corner. Next, tap the three overlapping circles icon to access the Filters. There are three black and white filters to choose from: Mono, Tonal, and Noir. Tap “Done” and the changes will be applied. Do you think your creation looks amazing? Why not get it printed and frame it?

“I hope that my work will encourage self expression in others and stimulate the search for beauty and creative excitement in the great world around us.” –Ansel Adams

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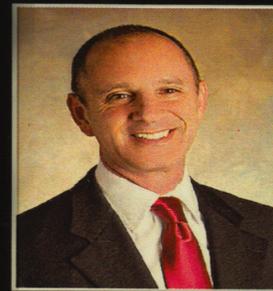
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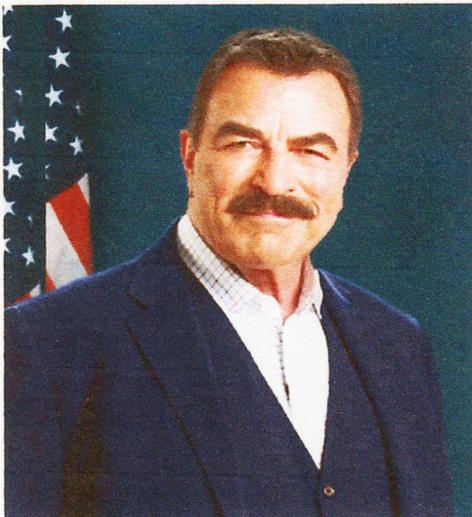
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Wendy Karger



When Are Certain “Healthy” Foods Unhealthy?

The first time I realized that certain foods play havoc with the effectiveness of certain medications, is when we first moved to Florida. We had the most wonderful pink grapefruits I had ever tasted growing right in our backyard. But, whenever harvest time came around, so many neighbors turned them down! I didn't understand, because I was not *yet* among the many taking statin drugs. When my time inevitably came, my doctor said that if I took my statin at night and they have already been absorbed, it is perfectly alright to enjoy some grapefruit the following day. **However, always check with your doctor or pharmacist regarding food interactions with your particular meds.**

Then there are the many other foods which either reduce or overextend the effectiveness of your medications, and some of them may surprise you:

- ⊘ **Bananas, green leafy veggies, oranges and salt substitutes don't mix with ACE inhibitors.** These include drugs like Capoten, Vasotec, Prinivil and Zestril (and their generics) used to lower blood pressure, as well as some diuretics like Dyrenium, used to reduce fluid retention. The reason is that these are all foods high in potassium, which help provide signals to heart-muscle cells as well as others, and increasing the amount of potassium in your body may lead to irregular heartbeat or palpitations, which could be deadly.
- ⊘ **Broccoli, Brussels sprouts, cabbage, kale and spinach are a danger with blood thinners.** These foods contain a lot of vitamin K which can reduce the ability of blood thinners like Warfarin and could trigger a heart attack or stroke. When taking these drugs, you need to maintain a consistent diet and resist suddenly overloading on leafy greens.
- ⊘ **Real black licorice or licorice extract can cause mayhem with certain drugs.** If you take drugs like Digoxin to treat heart failure or abnormal heart rhythms, or most blood pressure drugs, blood thinners or birth control pills, the glycerin in licorice can cause problems: like irregular heartbeat with Digoxin and reduced effectiveness with most blood thinners. They can also raise the blood pressure and lower potassium when consumed with birth control pills.
- ⊘ **Cheese, yogurt, milk, calcium supplements and antacids with calcium inhibit Tetracycline.** These calcium-rich foods and products can interfere with the body's ability to absorb the antibiotic, Tetracycline. In general Tetracycline works better if taken 1 to 2 hours before eating.
- ⊘ **Alcohol, avocados, bananas, chocolate and salami? Not with certain antibacterials.** These foods, along with tap beer, red wine and sherry contain tyramine, an amino acid that can cause a blood pressure spike when taken with drugs to combat bacterial infections like Flagyl and Zyxov. Tyramine is also found in foods which are aged, fermented or smoked including processed cheeses, and anchovies.
- ⊘ **Soybean flour and walnuts can block the benefits of thyroid drugs.** If you take Levothyroid, Levoxyl or Synthroid, these high-fiber foods can prevent your body from absorbing your medication. If you do eat a fiber-rich diet, try taking your medication later in the evening. One study showed that these drugs were better absorbed when taken at bedtime rather than a half-hour before breakfast, which is usually recommended in the instructions.

“Eat your spinach, because children [except the ones on blood thinners] are starving in Europe.” -Parents in the 1940s and 50s.

The History Of Delray Beach

By Michael Weingarten

Last month we uncovered the history behind Flavor Pict Road, Hagen Ranch Road, and Military Trail. This month, let's look at the early history of Delray Beach.

The earliest known human inhabitants of what is now Delray Beach were the Jaega people, hunter-gatherers whose diet consisted mainly of fish, shellfish, sea turtles, deer and raccoon, as well as wild plants including coco palms, sea grapes, palmetto berries and tubers. Tequesta Indians likely passed through or inhabited the area at various times, and an 1841 U.S. military map shows a Seminole camp located in the area now known as Lake Ida. Few other recorded details of these local indigenous settlements have survived.

In 1876, the United States Life Saving Service built the Orange Grove House of Refuge (close to where the Sandoway Discovery Center now stands on A1A) to rescue and shelter shipwrecked sailors. The house derived its name from the grove of mature sour orange and other tropical fruit trees found at the site chosen for the house of refuge, but no record or evidence of who planted the trees was discovered.

The first non-indigenous group to build a settlement was a party of African-Americans from the Panhandle of Florida who purchased land a little inland from the Orange Grove House of Refuge and began farming around 1884. By 1894 the Black community was large enough to establish the first school in the area.

In 1894 William S. Linton (for whom Linton Boulevard is named), a Republican U.S. Congressman from Saginaw, Michigan, bought a tract of land just west of the Orange Grove House of Refuge and began selling plots in what he hoped would become a farming community. Initially, this community was named after Linton. In 1896 Henry Flagler extended his Florida East Coast Railroad south from West Palm Beach to Miami, with a station at Linton. The Linton settlers established a post office and a store and began to achieve success with truck farming of winter vegetables for the northern market. A hard freeze in 1898 was a setback, and many of the settlers left, including Linton. Partly in an attempt to change the community's luck, or to expunge a bad reputation, the settlement's name was changed in 1901 to Delray, after the Detroit neighborhood of Delray ("Delray" being the anglicized spelling of "Del Rey", which is Spanish for "of the king"), which in turn was named after the Mexican American War's Battle of Molino del Rey.



Atlantic Avenue circa 1900

To be continued...



PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2018)	561 568-2510
Vice President	Ellen Rosenman (2020)	561 499-2944
Treasurer		
Recording Secretary	Ed Clemon (2020)	561 496-0861
Other Directors	Bill Margillo (2020)	561 495-9927
	Sharon McCloskey (2019)	561 865-3780
	Ed Redder (2019)	561 894-7047
Lawns & Landscaping	Bill Margillo	
Pool	Sharon McCloskey	
Lakes	Ed Redder	
Interviews	Reynold Pratt*	
Beautification	Catherine Patti*	
Compliance	ALL DIRECTORS	

Representative to the Rec Association and Alliance: Reynold Pratt* 561 499-3954

Representative to the Rec Association: Judy Clemon* 561 496-0861

*Indicates volunteer

***PLEASE KEEP THIS PAGE HANDY IN THE EVENT THAT YOU NEED TO CALL A BOARD MEMBER
BOARD MEMBERS CAN BE CALLED MONDAY-FRIDAY, 10AM-5PM***

*When you have a problem, please refer to this list to get in touch with the **appropriate Board Member** for the specific area. You'll save a lot of time, aggravation and extra phone calls. Thank you for your help.*

BOARD MEETINGS 2018

January 23	February 27
March 27	April 24
May 22	June 26
July 24	August 28
September 25	October 23
November 27	December 18**

Meetings are in "B" Building, Viking Room, and start promptly at 7:30PM

**Special meeting directly after regular meeting to elect new Board members for 2019

Remember that everyone is encouraged to attend ALL meetings. There will be time set aside at each meeting for you to have your issues and concerns addressed. Please indicate your wish to speak on the sign in sheet on the dais when you arrive. We want to hear from you and also keep you informed about Board plans.



Just To Remind You....

The 2017 Delray Villas Telephone Directory for all five plats is available for pick up. Please contact Patricia Pratt: 561 499-3954 to receive your copy if you haven't gotten one yet.

Patricia Pratt



Happy
Saint Patrick's
Day

From the
Grapevine Staff

Wendy Karger • Helen Katz • Sharon McCloskey • Catherine Patti
Grace & Marty Soldivieri • Lisa Weingarten