



14th ANNUAL DELRAY BEACH GARLIC FEST

It's always chic to reek in Delray Beach!

Now in its 14th year, Delray Beach's Garlic Fest is the signature food and entertainment event in the city. In addition to great food, music, artists and crafters, the Garlic Fest continues to be a successful fundraiser for local non-profit organizations raising over \$390,000. The 3-day event will be held Friday through Sunday, February 8 - 10, 2013. Festival hours are Friday: 4pm-11pm, Saturday: 11am-11pm, Sunday: 11am-7pm.

This unique event crosses all cultural boundaries and ages, providing something for everyone featuring: national act entertainment, a wine garden, full liquor bars, the House of Appliances Garlic Chef Stadium, garlic-inspired gourmet food, over 180 unique vendors, children's activities and rides, cooking competitions and demonstrations and Garlic University.

The Garlic Fest draws international media attention including a featured spot on the Food Networks "Unwrapped". It has been featured in over 40 national magazines, two network appearances and countless hours of local media coverage.

Locals call it the "Best Stinking Party in Town" and a walk past the festival grounds will send your olfactory glands into hyper drive.



MAIN STAGE ENTERTAINMENT

The covered/tented Main Stage area opens on Friday, February 8th, with opening night headliner "Lifehouse"! Lifehouse has always done well on radio, TV, and online, but just as impressive is their take-no-prisoners approach to touring. "We stayed out on the road for the last ten years," Jason says. "Even through the hard times we played four to six shows a week. We refused to disappear. We really love being on the road," Ricky says. "We enjoy playing live, feeling that energy. And when we have time off we have a good time doing whatever. We go to basketball and love to eat!"

Clearly the bar has been set high, both qualitatively and commercially, and Lifehouse was well aware of the stakes when it entered the studio last year to make its sixth album which has just hit the charts, *Almería*. What transpired was a creative adventure that surprised the band but also resulted in perhaps its most daring and provocative release to date.

On Saturday, February 9th, 2013, "Pepper" hits the stage. Pepper, comprised of guitarist/vocalist Kaleo Wassman, bassist/vocalist Bret Bollinger and drummer Yesod Williams, formed in Kailua-Kona on the Big Island of Hawaii in 1997. Having grown up surfing on the island, it's not a wonder that they would mix their rock "shock and ah" flare, along with their mellow island rhythm roots to create their own truly diverse sound. *Continued on page 10*

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Soccer coach Steve Burgess (center) poses with his National Coach of the Year award and some of his AC Delray players.

DELRAY BEACH ATHLETIC CLUB CELEBRATES 35TH YEAR WITH WORLD-CLASS COACHING

By Paula Detwiller

Special to The Pineapple

To outsiders, the Delray Beach Athletic Club (DBAC) may sound like an exclusive gym or a "members only" fitness center. In fact, it's a nonprofit organization that's been changing young lives in Delray Beach since 1978.

The Club is made up of two popular youth sports programs: AC Delray Soccer and Delray Beach Riptide Lacrosse. In the two programs combined, about 1,200 local

kids, from 4-year-olds to high schoolers, participate in either recreational or competitive play.

And here's the best part: they are taught by two of the most accomplished coaches you're going to find in South Florida.

British import inspires soccer greatness

Steve Burgess is DBAC's Director (head coach) of Soccer. In addition to his duties at DBAC, Burgess is head coach of Girls Varsity Soccer at American Heritage High School in Delray Beach. In January, he was awarded the highest honor any U.S. high school *Continued on page 3*

FOUR TOP 20 PLAYERS & FIVE FORMER CHAMPS HIGHLIGHT 2013 ITC SINGLES DRAW IN DELRAY



Gael Monfils at Wimbledon

Gael Monfils to make first appearance at 10 day event

DELRAY BEACH, FL: Four Top 20 players and five former champions highlight the Delray Beach International Tennis Championships' (ITC) acceptance list of ATP World Tour stars released today. The 21st annual tournament will be played February 22 - March 3, at the Delray Beach Stadium & Tennis Center.

The ATP's Top 20 contingent in the ITC includes **John Isner** (No. 13), **Marin Cilic** (No. 14), **Kei Nishikori** (No. 18) and **Alexandr Dolgoplov** (No. 20), as well as former champions **Kevin Anderson** (2012), **Mardy Fish** (2009), **Tommy Haas** (2006) and **Xavier Malisse** (2005 & 2007). Nishikori was the 2008 ITC winner.

The list also confirms the first-ever appearance by former world No. 7 **Gael Monfils**, who is playing his way back from a knee injury that sidelined him for three and a half months during the 2012 season. Monfils, 26, has won four ATP titles and has three late-round Grand Slam finishes to his credit. He reached the 2008 French Open semifinals as well as the quarterfinal rounds of the 2009 French Open and the 2010 US Open. In 2011, the Frenchman was ranked in the Top 10 for 32 straight weeks.

"Four Top 20s definitely makes it a great ticket for the fans," says ITC tournament director Mark Baron. "And we are more than thrilled to have Gael Monfils in our event. He's a legitimate Top 10 player who *Continued on page 6*



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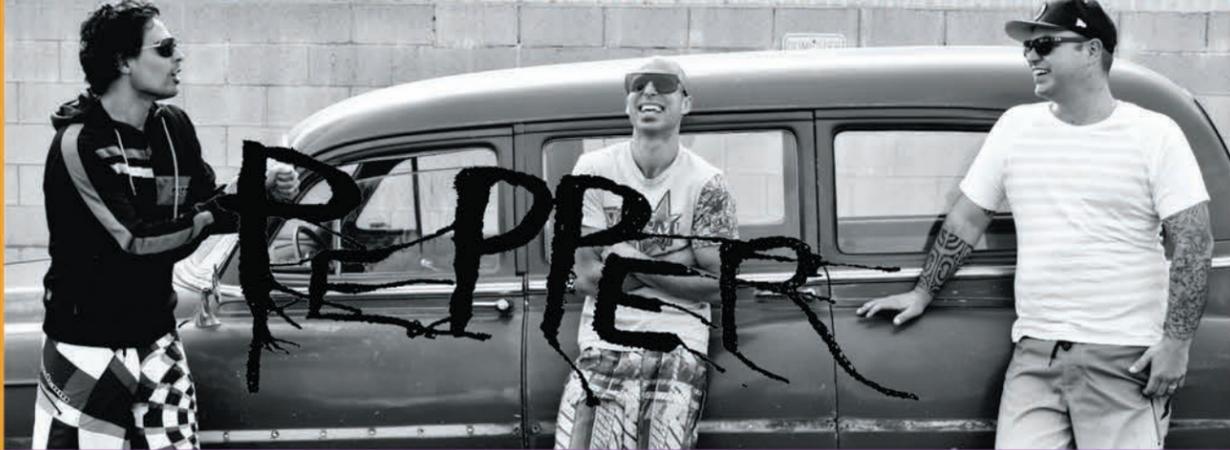
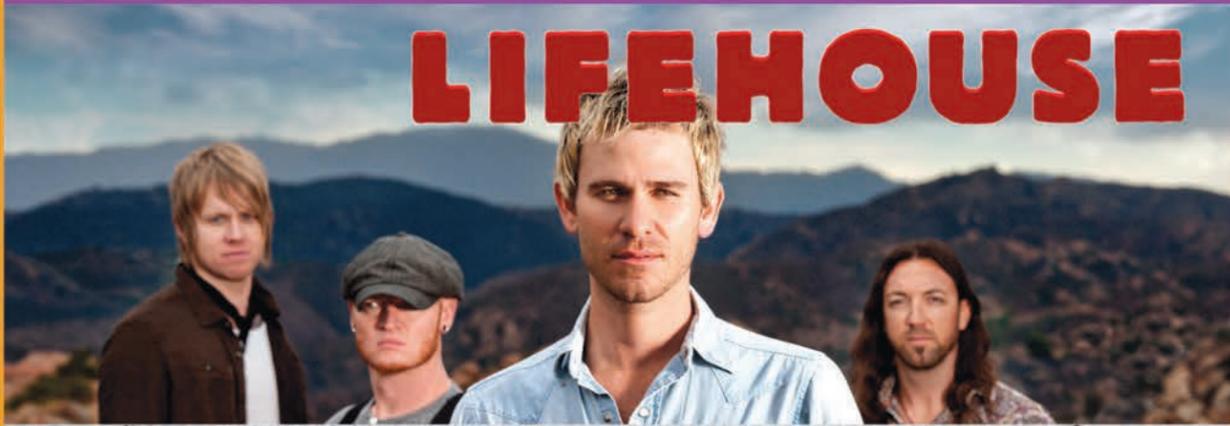
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14th Annual **GARLIC FEST** 2013



MAIN STAGE



February 8, 9 & 10

FRI., Feb. 8 (4:00 pm - 11:00 pm)
 SAT., Feb. 9 (11:00 am - 11:00 pm)
 SUN., Feb. 10 (11:00 am - 7:00 pm)

Admission

Friday: \$10 (4 pm – 6:00 pm)
 \$15 (after 6:00 pm)

Saturday: \$10 (11 am – 6:00 pm)
 \$15 (after 6:00 pm)

Sunday: \$10

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Downtown Delray Beach
 at Old School Square

(Proceeds benefit local
 non-profit organizations,
 staffing event)

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- House of Appliances Garlic Chef Stadium
- Garlic Oasis Bar
- Garlic Mercantile Area
- Home Depot Garlic University
- Cloves & Vines Wine Garden
- Children's Area
- Upscale Arts & Crafts Exhibitors

**Main Stage
 Nat'l Acts**

FRIDAY, FEBRUARY 8

6:00 PM

FABULOUS FLEETWOODS

8:30 PM

LIFEHOUSE

SATURDAY, FEBRUARY 9

12:30 PM

ANDY CHILDS

2:00 PM

KILLBILLIES

4:00 PM

THE JAY BLUES BAND

6:30 PM

ANDY CHILDS BAND

9:00 PM

PEPPER

SUNDAY, FEBRUARY 10

9:30 AM

WORSHIP SERVICE

The Avenue Church

12:00 PM

ANDY CHILDS BAND

2:00 PM

**CAPTAIN REESE
 WITH SON OF MAN**

4:00 PM

TURNSTILES

The Ultimate Tribute to the Music of Billy Joel

6:00 PM

THE LONG RUN

Experience the Eagles

**Garlic Chef
 Stadium Schedule**

2011-2012 Reigning Garlic Chef
 Chuck Gittleman, Delray Beach
 returns to defend his title

**CHECK OUR WEBSITE FOR
 COMPLETE SCHEDULE**



WHEEL LOVE: FOR MANY, CYCLING IS MORE THAN A SPORT

Delray Beach Twilight Festival founder shares stories of love, bonding & camaraderie through competitive pastime

By **Chelsea Midlarsky**
Special to The Pineapple



My love for cycling started a decade ago when I started riding with my family. I remember taking rides with my parents and my brother Michael every weekend over the years...an activity that continues to this day. Each Sunday leading up to the Delray Beach Twilight Festival, a 2nd year event happening March 23 that attracts more than 700 amateur and professional bicycle racers, we meet up to cycle with others who share our passion.

The rides have grown to about 60 cyclists each week that we group into three levels, including beginners who start at 14 miles an hour. Through our weekly gatherings we have met many talented and all-around great people...many of whom have made their own matches through cycling and share their love of the sport. In the spirit of Valentine's Day, I thought I would reflect upon stories of love, hope and teamwork.

I met Jeff and Christina Fleming 26 years ago when they participated in weekly Sunday rides. Married for 26 years, Jeff and Christina have rode together all over the world with cycling trips in Europe, California and Colorado. The couple was faced with their biggest challenge last year when Jeff was diagnosed with Hodgkin's Lymphoma, a disease that he continues to fight.

Jeff, who has always been a rider, introduced Christina to the sport and she was

immediately hooked. Despite Jeff's diagnosis and treatments, the couple continues to ride together as much as possible and plan on participating in the March race.

It was cycling that brought Skip Guarniere and Amy Good together one year ago, they met while riding. Amy, who has been riding for five years, was just recovering from a back injury that had her off the bike for 6 months. The pair met as Amy was struggling to finish the ride in pain. Skip introduced himself as an exercise physiologist (which Amy was also studying at the time) and talked about his personal training studio that helps people recover from similar back injuries. They realized they had much in common including cycling and exercise physiology.

The two have been dating ever since and now operate their businesses together – his Synergy Personal Training and hers Velocity Training Institute – in Pineapple Grove. They will both participate in this year's event.

Anyone with a bike and an interest in cycling is welcome to join the Delray Twilight Festival group for weekly Sunday rides. For more information, join our Facebook page or visit our website at www.delraybeachtwilight.com. We announce all the details for the coming week on Mondays. There is no cost to participate.

The Delray Beach Twilight Festival will include events for all ages and levels to include The Granfondo Garneau Florida, presented by The Delray Beach Twilight (\$125 pp) including a custom jersey and Bib timing; Twilight Kids' Race for children ages 3 – 10 (FREE); Amateur Men's Criterium for intermediate and advanced USCF riders; Twilight Children's Parade; Women's Criterium for elite and advanced women athletes; three 30 minute Keith King BMX stunt shows between 2 p.m. – 8 p.m.; Pro Men's Criterium for professional and elite athletes to include current and former Olympic athletes, national and international champions.

Proceeds raised through this event will benefit KIDS in Distress, the Gumbo Limbo Nature Center and the YMCA Bike Program.

The Festival is also hosting a Kick-off Party on Thursday, January 31 from 6 p.m. - 9 p.m. at Solita Delray, 25 NE 2nd Avenue. The event is open and free to the public.

Guests will enjoy a fashion show with models displaying top-of-the-line bicycles and racing attire from multiple participating cycling shops; a Sexy Leg Contest; raffle and Celebrity Cycling auction to include one-on-one training and riding lessons with some of the area's most accomplished cyclists. Proceeds from the Kick-off event will benefit Kids in Distress and Gumbo Limbo.

For more information, visit www.delraybeachtwilight.com or call 561-869-4916.

Chelsea Midlarsky is Founder of the Delray Beach Twilight Festival

Delray Beach Police Department sponsors 2013 Senior Academy

The Elder Affairs Division of the Volunteer Program at the Delray Beach Police Department is sponsoring the 2013 Senior Academy, an educational program that will provide information on issues affecting our elderly. The Academy will consist of four (4) sessions that will take place on Wednesdays from February 6-27, 2013, 1:00 pm to 4:00 pm. All sessions will be at the Boca Raton Training Center, 6500 Congress Avenue, Boca Raton, Florida. The Senior Academy is free and open to the public - reserved seating is requested.

Representatives from the Delray Beach Police Department, the Area Agency on Aging, Department of Veterans Affairs, Legal Aid and other agencies that address issues concerning seniors will be present to discuss important issues including health, crime prevention and community referral services.

Seating is limited. To reserve seats and/or for more information, contact the Delray Beach Police Volunteer Program at (561) 243-6237 or (561) 243-7849.

DELRAY BEACH ATHLETIC CLUB - continued from page 1

soccer coach can receive: the National Coach of the Year award from the National Soccer Coaches Association of America (NSCAA). It's easy to see why he qualified for the honor: under Burgess' direction, the American Heritage team has made nine consecutive State Finals appearances—a Florida record—and has won the title five times.

Raised on the outskirts of Wimbledon in Southwest London, Burgess played soccer (known as "football" in the U.K.) for his high school team and for various local and countywide clubs. Coaching became Burgess' passion in his 20s, and by age 30 he had relocated to South Florida with his American-born wife.

His first coaching job in the U.S. was with the Renegades Soccer Club of Coral Springs, Florida, where he worked for 12 years before joining the Delray Beach Athletic Club staff in 2010. He has served as a NSCAA State Technical Coordinator since 2005, organizing and teaching coaching courses at the state, regional and national levels.

"I'm fortunate to have reached a certain level where a lot of the college coaches nationwide know me and trust me," says Burgess, now 45. Over the past 10 years, he's been invited to work at numerous college preparation and recruitment camps at schools such as Florida State University, the University of Miami, and St. Leo University north of Tampa. These connections have helped him guide both high school and Club players toward successful collegiate soccer experiences, including scholarships in some cases.

Lacrosse professional shares his love of the game

Kevin Finneran is DBAC's Director (head coach) of Lacrosse, a game that's not as well known as soccer but every bit as challenging. Finneran is a true lacrosse veteran, having played the game at the youth, high school, college, and professional level.

He was a First Team All-American at Ohio Wesleyan University in 1989. Incredibly, he went on to play 13 consecutive years of professional lacrosse without missing a single game.

In 1994, '96 and '98, Finneran was All-Pro with the Philadelphia Wings (professional indoor lacrosse). That led to the "crown jewel" of his career: being selected to play for Team USA in the sport's World Championship tournament in 1998. The outcome? Team USA beat Canada in double overtime.

Early in his professional career, Finneran started a training company called "Coach Finn Lacrosse," offering lacrosse camps and clinic for kids.

"It afforded me the opportunity to travel around the world and do clinics," says Finneran. "I've been to Australia to do lacrosse clinics, Japan, the Czech Republic, and all over Europe."

Four year ago, he decided to move to South Florida to "grow the game down here." He volunteered as a DBAC lacrosse coach to get his foot in the door, and was ultimately made Director of Lacrosse last year.

Now 47, Coach Finn has a platform for spreading his love of lacrosse to kids of all ages. "You put a stick on their hand, and they get it," he says. "Obviously I'm partial to the game, but it's a very exciting sport and we offer a lot of different opportunities for kids to play."

An equal-opportunity sports club

As a nonprofit organization, the DBAC is supported entirely by player registration fees and private donations. The club raises funds throughout the year to pay for scholarships (reduced registration fees) so that no player is turned away due to financial hardship.

DBAC is kicking off its 35th anniversary year with "Vino Las Vegas," a wine tasting/casino night fundraiser at the vintage gymnasium inside the Delray Beach Center for the Arts at Old School Square on Friday, February 22 from 7 to 10:30 p.m.

"This is going to be a fun night, complete with a Texas Hold 'Em tournament," says DBAC volunteer Candace Rojas. "We hope the Delray business community will come out and support our efforts to let all interested local kids learn and grow from our terrific soccer and lacrosse coaches."

To help sponsor VINO Las Vegas, donate an auction item, or purchase tickets, visit www.delrayac.com. Look for DBAC on Facebook (<http://www.facebook.com/DBAthleticClub?ref=ts&fref=ts>) and follow the club on Twitter.



Coach Kevin Finneran

Paula Detwiler writes professionally for a variety of local clients. Her website/blog can be found at www.pdwrites.com.



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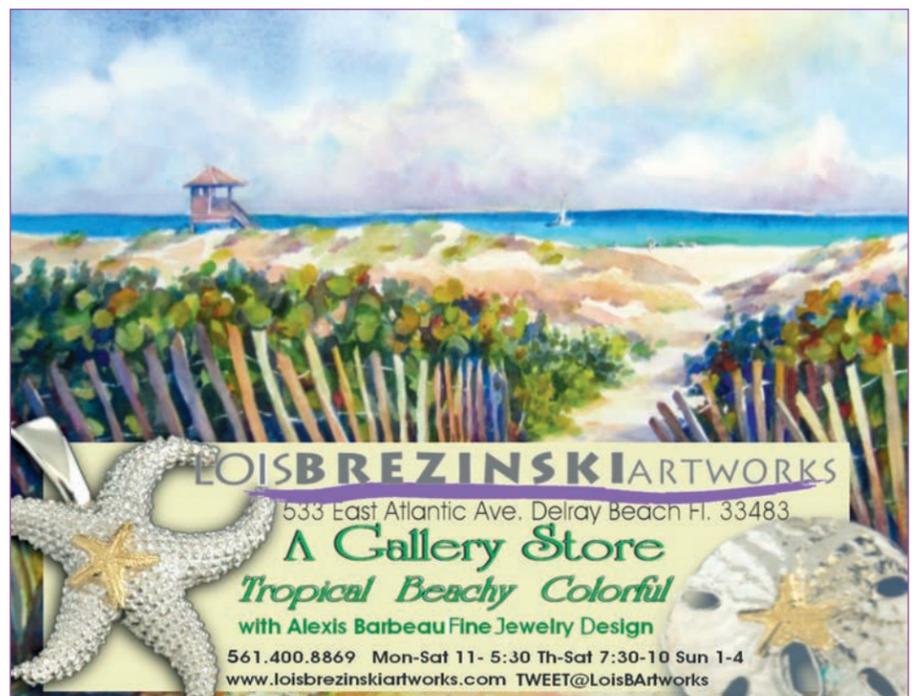


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WELLFEST DELRAY SET TO DEBUT MARCH 7

First-time event promises to connect Delray with growing wellness market

DELRAY BEACH, FL. – The widely anticipated WellFest Delray 2013 is scheduled for Thursday, March 7 and promises to offer something for the wide range of wellness enthusiasts who live in or visit Delray and surrounding communities. Described by WellFest Delray's creator, Bob Lipp, as "a day-long event with something for almost everyone – those who have embraced a wellness lifestyle and those who feel the need to find out more," WellFest Delray 2013 will feature an Expo with a range of business exhibits, presentations by notable individuals, fitness events, and a planned cooking demo.



"Wellness is an all-encompassing term, which speaks to a lifestyle that recognizes the importance of staying fit, eating right, protecting the environment, and promoting mental and physical well-being, said Lipp. "It's about feeding the body and the mind and that's what we hope to do at WellFest Delray 2013, the inaugural event."

The Expo, which will be held in the Delray Center for the Arts gymnasium will feature hands-on demonstrations by leading area acupuncture doctors, chiropractors, skin care and fitness experts, holistic practitioners, and many more interesting companies.

Presentations will be held across the street at Hyatt Place (an exclusive WellFest Delray sponsor) and feature speakers with expertise in a range of topics. They will include a champion bodybuilder who also consults on pre-post natal fitness and nutrition training, a Deep Ecologist and founder of Inspired Life Workshops, a Feng Shui expert, the Award winning author of Chakra Awakening and the Angel Gemstone Oracle Cards, and a meditation instructor who has studied with Deepak Chopra, MD.

Among the fitness events will be an exciting acrobatic yoga demonstration, Tai-Chi, and more. Plus discussions are underway for one of Delray's celebrity chefs to give a demonstration on nutritional food preparation.

Lipp chose Delray as the perfect place to launch a wellness event, based on the community's feel good vibe and active-lifestyle, which he first encountered five years ago during a short vacation. Today Lipp is a part-time resident who hopes to build the Delray "brand" to embrace a "wellness-oriented" lifestyle, something that he believes can be accomplished in-part with WellFest Delray.

Bob is not alone in that belief and has enlisted the services and expertise of former mayor Jeff Perlman, who is Lipp's partner on WellFest Delray.

"WellFest Delray 2013 will be the inaugural event of what we believe will become a yearly tradition in Delray, added Perlman. "With its year round temperatures that favor an active lifestyle, Delray has always attracted sports, exercise and fitness enthusiasts. Even many of our restaurateurs and chefs are promoting healthier eating, while continuing to cater to all tastes."

The WellFest Delray 2013 website, www.WellFestDelray.com is currently set up to provide exhibitors and sponsors with instant information on exhibiting at the Delray Center for the Arts gymnasium Expo, sponsoring WellFest Delray, or sponsoring a custom event.

"WellFest Delray should be a great addition to the many events that take place in Delray, states Perlman. With our walkable downtown, our incredible facilities, and one of the nicest beaches in the country, Delray is ideal for an active, health-oriented lifestyle."

For further information, visit www.WellFestDelray.com or call Bob at 561-921-5182.

pineapple slices

Commission okays employment agreement with new City Manager Louie Chapman, Jr.

The Delray Beach City Commission, at its January 15, 2013 Regular Meeting, approved an Employment Agreement (3-2) between the City and newly hired City Manager Louie Chapman, Jr. The terms of the Agreement have been accepted by Chapman, who will begin as City Manager on Monday, April 1, 2013.



Louie Chapman, Jr.

For the past nineteen years, Chapman has served as Town Manager for the Town of Bloomfield, Connecticut, a community of 20,000 residents. Prior to his current position, Chapman served as the Assistant City Manager in Charlottesville, Virginia. For more information, contact the City of Delray Beach Human Resources Department at (561) 243-7080 or E-mail humanresources@mydelraybeach.com.

Library presents "The Ever Changing World of Sports"

One day doping captures the headlines on the sports pages of newspapers and the next day its talk of the Super Bowl.

Learn more about sports scandals, famous athletes, their teams and coaches at a series of three lectures at the Delray Beach Public Library. "The Ever-Changing World of Sports" will be presented by writers from the Sun Sentinel and Palm Beach Post. The three part program will take place at the library on Wednesday, Jan. 30 and Feb. 6 and 13 from 6 to 7:30 p.m. The library is at 100 West Atlantic Ave., Delray Beach 33444. There is ample free parking.

The course takes a look hot button issues in sports from the point of view of reporters Dave Hyde and Mike Berardino formerly of the Sun Sentinel and Ethan Skolnick of the Palm Beach Post.

The cost for the three lectures is \$45. One session is \$20. For more information, please call 561-266-9490 or go to www.delraylibrary.org

Celebrate Black History Month on the Spady Museum's "Ride & Remember" Trolley Tour

The Spady Cultural Heritage Museum invites guests and friends to celebrate Black History Month in February with a special ride aboard its "Ride & Remember" Trolley Tour. The tour begins at 10 a.m. on Wednesday, February 13. The cost is \$20 per person.

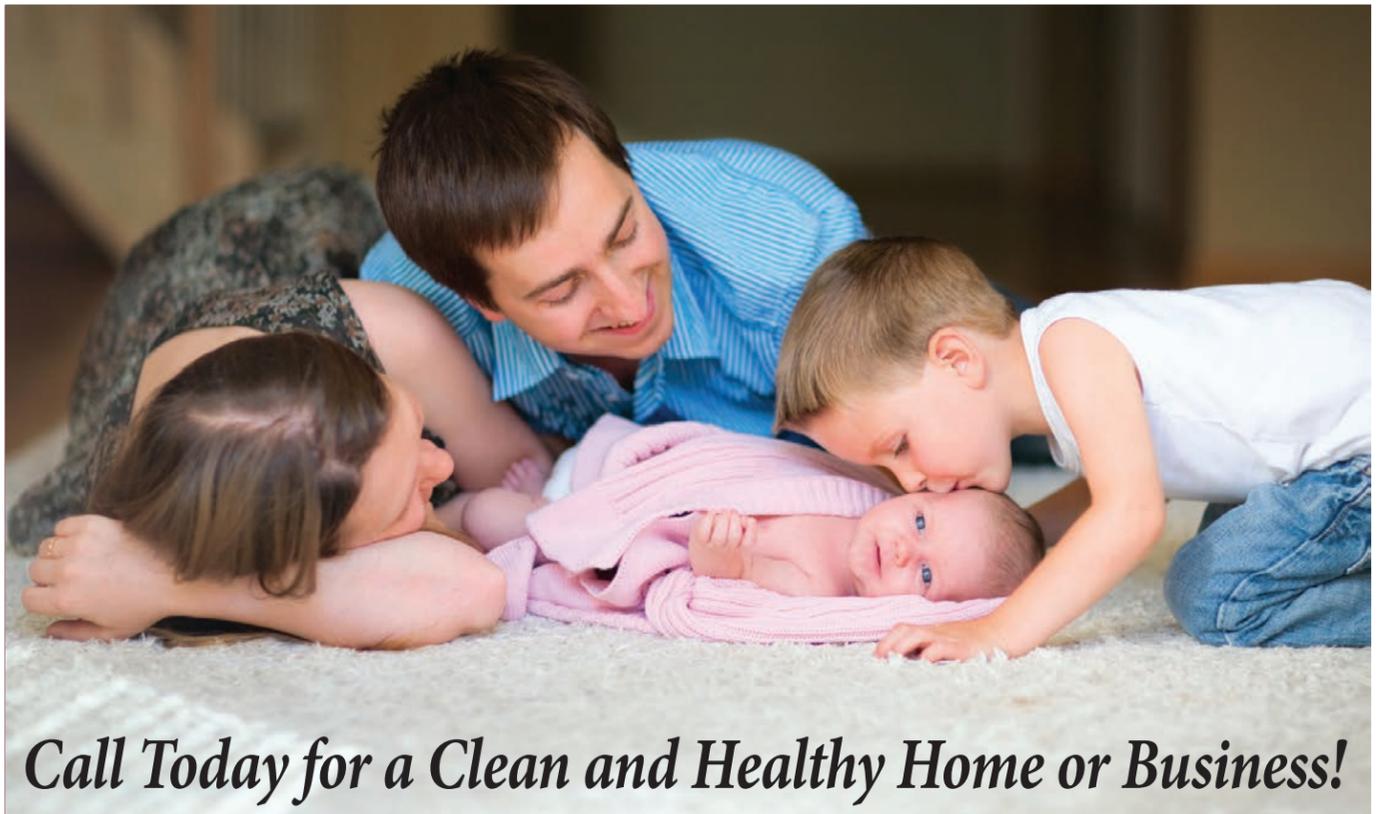
Part of the tour focuses on the West Settlers' District, the only historical region of Delray Beach dedicated to the African-American settlers and pioneers of the city. The



museum, home to educational leader Solomon D. Spady, and the former La France Hotel, are highlights of the West Settlers' District. The La France Hotel, now an apartment complex for seniors, used to be the "home away from home" for black performers, who were unable to stay at any other South Florida lodging, due to segregation. An exhibit on the La France Hotel is currently on display at the Spady Museum.

"The tour is a wonderfully interactive way to learn about the contributions of African-Americans and other cultures to the landscape of Delray Beach," said Museum Director Charlene Jones. "The history and relationship of the races combine to create some fascinating stories that appeal to all age groups. It's a great way to celebrate Black History Month."

Now in its seventh year, the "Ride &



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Remember” has added the Colony Hotel and the Sandoway House Nature Center to its various stops.

About the “Ride & Remember” Trolley Tour: Normally held on the second Saturday of each month, from 10 a.m. to noon, the tour takes riders through the city’s five historic districts. Riders will tour the Spady Cultural Heritage Museum, Old School Square and select historic sites for a closer look at the fascinating history of Delray Beach. In addition to February’s tour date, upcoming tour dates include Wednesday, February 13, Saturday, March 9, Saturday, April 13, and Saturday, May 11. To reserve a spot, call 561-279-8883 or visit www.spadmuseum.org.

City of Delray Beach Launches Mobile Website for Education

The City of Delray Beach has launched a mobile website dedicated to the City’s Campaign for Grade Level Reading initiative. This website was developed to promote the City’s reading program at the recent National League of Cities Annual Conference in Boston and provides paper-free information in support of our City’s green initiatives.

The mobile website holds many useful files including our “Community Solutions Action Plan” that defines the challenges, goals and strategies that we wish to implement as part of the Campaign for Grade Level Reading over the next 8 years to:

- Ensure children arrive in kindergarten prepared to succeed.
- Improve attendance levels.
- Increase educational opportunities during the summer months.

The site also contains important Campaign information including videos, educational reports, slide shows and photo images which portrays the City’s journey on its Campaign for Grade Level Reading. The mobile website is updated frequently to promote our progress and success with the Campaign and we encourage citizens to visit this site on a regular basis.

To access this free mobile website, visit

www.delraybeachcommunitysolutions.org.

Join the over 150 viewers who have visited the site. For more information, contact Janet Meeks at (561) 243-7231 or E-mail meeksj@mydelraybeach.com.

Thomas F. Carney sworn in as the Mayor of Delray Beach

Thomas F. Carney was sworn in to serve as the Mayor for the City of Delray Beach during the City Commission’s Regular Meeting on January 3, 2013. Mayor Carney will complete the unexpired term of Mayor Nelson “Woodie” McDuffie, which runs through March 28, 2013. Mayor McDuffie was required to resign prior to qualifying to serve as the Palm Beach County Supervisor of Elections per state law (“Resign to Run” law).

Carney, a Delray Beach resident since 1995, was first elected to the Delray Beach City Commission on March 8, 2011. Mayor Carney earned his B.S. degree from Spring Hill College as well as a law degree from Boston College and a Master of Laws (LLM) from Georgetown University Law School.

Christina Morrison was selected by the City Commission to fill the unexpired term of Commissioner Thomas F. Carney (Seat #1), which runs through March 28, 2013. Commissioner Morrison is a licensed real estate broker with over 30 years of experience and has served on several civic and real estate boards including the City of Delray Beach’s Site Plan Review and Appearance Board (SPRAB) and the Financial Review Board, where she served as the Chair.

Following the retirement of long-time City Manager David T. Harden, the City Commission appointed Assistant City Manager Douglas E. Smith as the City’s Interim City Manager effective Friday, January 4, 2013 [Pursuant to Section 4.02(C) of the City Charter]. Smith has worked in local government since 1995 and has served as an Assistant City Manager for Delray Beach for the past seven (7) years (since September 2005). Prior to his time with the City of Delray Beach, he served as the Assistant

Village Manager and Acting Village Manager for the City of North Palm Beach.

For more information, contact the Public Information Office at (561) 243-7190 or by email at pio@mydelraybeach.com.

Successful program “Lunch With Liz” still going strong at library

The Delray Beach Public Library continues the very successful brown-bag lunchtime program entitled “Lunch With



Liz at the Library.” This program is facilitated by Liz Sterling. Many know her from the Inner Views radio show. She is the founder of Sterling Communication Services and is a features editor for The Happy Herald and Balance

Magazine. She also holds a Master’s degree in Counseling and Human Development.

Join Liz Thursdays @ 11:30 a.m. for the following discussions:

- Thursday, Feb. 7 - Based on the insights of Mitch Albom – Lessons on Love from Tuesday’s with Morrie
- Thursday, Mar. 7 - Based on the insights of Joan Lunden – Blossom into Being
- Thursday, Apr. 4 – Based on the insights of Oprah – Live the Life of Your Dreams!

This is a free program and no registration is required. However, space is limited and is on a first-come, first-served basis. For further information call the Director of Community Relations at 561-266-9490 or visit the Library web site at www.delraylibrary.org.

February Centennial Program at The Delray Beach Public Library

The Delray Beach Public Library, 100 West Atlantic Avenue, is pleased to have author Nancy J. Cohen present a workshop titled

“World Building: Create a Sizzling Setting for Your Novel” on Sunday, February 3, 2013 @ 2:00 p.m. It will explore the different facets of world building as they apply to all genres of fiction. Included is a discussion of setting details and world building blocks plus how to make scenes come alive for readers.

Author Nancy J. Cohen is an award-winning author who writes romance and mysteries set mostly in Florida. Her popular Bad Hair Day mystery series features hairdresser Marla Shore, who solves crimes with wit and style under the sultry Florida sun. She is listed in Contemporary Authors, Poets & Writers and Who’s Who in U.S. Writers, Editors & Poets.

This program is free and open to the public. Registration is not required. Books will be available for purchase and autographing. For further information visit the library website at www.delraylibrary.org or call the Dir. of Community Relations at 561-266-9490.

Are you ready? 7th Annual All American Tailgate Party

Get ready for the Big Game with 400 fellow sport fanatics at South Florida’s largest tailgate party. Fans will enjoy food from popular Delray Beach restaurants, craft micro-brew beer, live entertainment and a Family Fun Zone featuring bounce houses and miniature golf.

This tailgate party wouldn’t be official without supporting the home team so take a souvenir picture with the Miami Dolphin Cheerleaders and Lombardi Trophy. If that’s not enough, enter the raffle to win the Ultimate Tailgate Experience sponsored in part by the Miami Dolphins.

Hosted by the Delray Beach Chamber of Commerce Men’s Group, proceeds from this event help low-income children and families in our community. The event is volunteer-driven with all net proceeds benefiting the Achievement Centers for Children & Families.

Saturday, February 2nd, 2 – 8 pm at Old School Square in Delray Beach

801 East Atlantic Ave | Delray Beach 561.243.0686 | DelrayYachtCruises.com

DELRAY YACHT CRUISES

ESCAPE FOR THE DAY

THURSDAY	FRIDAY	SATURDAY	SUNDAY	DAILY
STEEL DRUM CRUISE	DINNER CRUISE	SUNSET CRUISE	BRUNCH CRUISE	SIGHTSEEING CRUISE
Come aboard our yacht & enjoy our Steel Drum Cruise on February 7th & 21st and our Irish Sing-a-long February 28th. Cruise from 6-8pm. Full cash bar & casual dining menu available.	Join us for our 2-hour sunset dinner cruise featuring either our Italian Dinner Buffet or Double Entrée Buffet.	End your day or kick off your night on our 2-hour Sunset Cruise! Take in a beautiful Sunset as you have a cocktail from our full cash bar or enjoy a bite to eat from our Casual Dining Menu.	Start your morning with our brunch cruise featuring our 2-hour sightseeing cruise along with our full brunch buffet.	2-HOUR NARRATED SIGHTSEEING CRUISE Departing daily at 10:30am & 1:30pm
\$20 per person, call for schedule	Call for schedule, pricing & availability	\$23 Adults \$20 Seniors & Children	\$39 per person, reservations required	\$23 Adults \$20 Seniors & Children

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The above cruises, prices, schedule & availability are subject to change without prior notice. Please call our ticket office for more information on any of our cruises. FL State Sales Tax may apply.

MARIN CILIC | ALEXANDR DOLGOPOLOV | MARDY FISH | FELICIANO LOPEZ | KEI NISHIKORI
MATS WILANDER | PAT CASH | CARLOS MOYA | MARK PHILIPPOUSSIS | AARON KRICKSTEIN

DELRAY BEACH INTERNATIONAL TENNIS CHAMPIONSHIPS ANNOUNCES SPECIAL TICKET SAVINGS OFFER

Enjoy One Tour and Get the Second at 33% Off

The Delray Beach International Tennis Championships special savings opportunity for tennis fans that wish to attend both the ATP Tours represented during this event. The Delray Beach ITC is the only ATP tournament in the world that is an ATP World Tour event and an ATP Champions Tour event in the same week. This means that attendees to the tournament have an opportunity to see the current top-ranked players, but also "legends" of the sport at 33% off.

Now through February 17, the Delray Beach ITC offers a special savings opportunity. Purchase any ATP Champions Tour ticket and receive a complimentary ATP World Tour ticket. Likewise, the purchase of an ATP World Tour ticket will receive a complimentary ATP Champions Tour ticket. The 21st annual tournament will be held from February 23 - March 3, at the Delray Beach Stadium & Tennis Center.

Player highlights for the tournament currently include top-ranked John Isner, Mardy Fish, and Olympic Gold Medalists Bryan Brothers. Also returning is always entertaining, Hall-of-Famer John McEnroe. Tommy Haas and Kei Nishikori have signed on to



JOHN
ISNER

the ATP World Tour field. Haas, the 2006 champion, and Fish are both in the Top 20 with his first career win in the 2008 ITC, and the world's top-ranked doubles duo of Mike and Bob Bryan. The Bryan brothers are the only ATP World Tour doubles team where they have won ATP titles. Also, just behind them is the top-ranked doubles duo of Mike and Bob Bryan. The Bryan brothers are the only ATP World Tour doubles team where they have won ATP titles. Also, just behind them is the top-ranked doubles duo of Mike and Bob Bryan. The Bryan brothers are the only ATP World Tour doubles team where they have won ATP titles. Also, just behind them is the top-ranked doubles duo of Mike and Bob Bryan.

For more information, please call 561-330-6000, order online at www.YellowTennisBall.com or in-person at Walmart's Ticketmaster outlets or the Delray Beach ITC box office (open Monday - Friday, 9:00 am - 5:00 pm, 561-330-6000, 30 NW 1st Avenue, Delray Beach, FL 33444). Complete tournament information is available on the official Delray Beach ITC website, www.YellowTennisBall.com.

FEATURED MATCHES:

MCENROE & CASH
FRI: 2/22 NIGHT SESSION

MOYA & PHILIPPOUSSIS
SAT: 2/23 DAY SESSION

MCENROE & WILANDER
SAT: 2/23 NIGHT SESSION

MARDY FISH
TUES: 2/26 DAY SESSION

JOHN ISNER
TUES: 2/26 NIGHT SESSION

BRYAN BROTHERS
WED: 2/27 DAY SESSION



ITC TENNIS TOURNAMENT - continued from page 1

has to be considered one of the favorites to win our title."

The No. 20 Dolgoplov is also making his first appearance in the Delray Beach field. The 24-year-old Kiev, Ukraine resident won two ATP titles over the last two seasons, and reached No. 13 in the world last year. He was an Australian Open quarterfinalist in 2011.

Feliciano Lopez is another newcomer to the ITC; Lopez reached No. 15 in the world in 2011 and helped Spain win the 2008 and 2009 Davis Cup titles.

Fans shouldn't count out two players just outside the Top 20: world No. 21 Haas and No. 27 Fish, who took a medical sabbatical from tennis after reaching the fourth round of the US Open in September. The 34-year-old Haas made a successful comeback from injury for the third time in his career, returning the Top 20 in 2012

trio in the 32-player field. Isner looks to be the overall top seed in Delray Beach, but Baron is still holding three wild cards if other top-ranked players become available.

Boca Raton resident **Jesse Levine** of Canada, who took out former Top 10 Tommy Robredo in the first round of the Australian Open this week, is the first alternate for the ATP World Tour event.

The world No. 1 **Bryan Brothers** will highlight the doubles field at the ITC's ATP World Tour event, while **John McEnroe** leads a group of six players in the ATP Champions Tour matches on the event's opening weekend (Feb. 22 - 24).

Individual tickets for the event range in price from \$24 - \$39 for grandstand seats, \$42 - \$60 for reserved seating, \$75 - \$90 for box seats and \$165 - \$249 for Best Seats In The House (courtside). Ticket packages for the entire 10-day event or for multiple sessions are also available.

A **33%-off ticket promotion** is in effect until February 17 where fans can purchase any ATP Champions Tour ticket and receive 33% off an ATP World Tour ticket. Likewise, the purchase of an ATP World Tour ticket earns the discount on an ATP Champions Tour ticket.

To purchase tickets call 561-330-6000, order online at www.YellowTennisBall.com or in-person at Walmart's Ticketmaster outlets or the Delray Beach ITC box office (open Monday - Friday, 9:00 am - 5:00 pm, 561-330-6000, 30 NW 1st Avenue, Delray Beach, FL 33444). Complete tournament information is available on the official Delray Beach ITC website, www.YellowTennisBall.com.

About the Delray Beach International Tennis Championships: The Delray Beach International Tennis Championships is the only ATP tournament in the world featuring an ATP Champions Tour event and an ATP World Tour event in the same week at the same venue. When the 10-day event gets underway its \$500,000 ATP World Tour tournament will be celebrating its 15th year in Delray Beach (and 21st overall) and the ATP Champions Tour its 4th year.

The ITC attracts thousands of visitors to Delray Beach and Palm Beach County each

year to enjoy the best tennis players in the world in one of the most intimate and fan-friendly venues in professional sports.

The DBITC is one of 12 events in the United States on the global ATP World Tour and one of 62 worldwide, and its inaugural ATP Champions Tour event in 2010 was the first-ever played on US soil. The combined player compensation for both events is more than \$1 million.

Even more events!

A family favorite, USTA Kidz Day, will be held on Saturday, February 23rd. Beginning at 10:30 am, children's games & activities, arts & crafts, face painting and more will be offered. The event is free for all children 12 years of age or younger who sign up with the USTA. To RSVP, contact Janet Sprague at (561) 385-7399 or E-mail Sprague@usta.florida.com.

The Delray Beach ITC will offer Senior Days "Buy-One-Get-One-Free" reserved or box seats (Wednesday, February 27th and Thursday, February 28th day sessions) for seniors 55 years of age and older (use promo code SENIOR when ordering tickets) and will hold a Food Drive (Monday, February 25th & Tuesday, February 26th day sessions) - donate 8 non-perishable food items and receive one (1) free grandstand ticket for that day session. Collected items benefit the C.R.O.S. Ministries Community Food Pantry Program.



PGA TOUR SUPERSTORE AND ITC TO HOST HONDA CLASSIC WATCH PARTIES AT TENNIS TOURNAMENT

Palm Beach County is home to two premier sports events on the weekend of Feb 28 - Mar 3. Why Miss One? You can now attend tennis and still keep up with the golf

DELRAY BEACH, FL - The Delray Beach International Tennis Championships (ITC) is partnering with local golf and tennis retailer, PGA TOUR Superstore, to host a series of viewing parties for the Honda Classic during its 21st annual tennis tournament. The Honda Classic Viewing Parties at the Corona Beach Bar will take place the weekend of Feb. 28 - March 3, and will not only feature large screen televisions to view the golf, but fun and engaging activities and contests, as well as player interaction opportunities.

"We are blessed to have two spectacular sporting events during the same weekend on the north and south ends of Palm Beach County," said John Butler, executive director of the Delray Beach ITC. "Now, with our partner, the PGA TOUR Superstore, fans can watch live ATP tennis action in-person and take a breather at the Corona bar to catch up on the live golf on TV. It's a perfect sporting arrangement. So many tennis enthusiasts and professionals are also big lovers of golf, so I wouldn't be surprised if we see some of our ATP pros out enjoying the golf action at the Corona Beach Bar."

Located in the Delray Crossing Shopping Center on Linton Boulevard in Delray Beach, Florida, the PGA TOUR Superstore opened in December 2011, with the ultimate shopping experience for golf and tennis enthusiasts over 50,000 square feet. The retail complex provides a wide variety of high-quality in-store services, including personalized golf lessons and seminars by golf professionals using state-of-the-art teaching technologies; golf club and ball fittings; club repair and regripping; and tennis racquet restringing. The store experience also includes performance practice bays, hi-tech fitting and lesson swing simulators, a 1,600 square foot putting green, and an indoor tennis hitting lane for on-site demos and professional tennis instruction. For more information, visit www.pgatoursuperstore.com



John Isner

while the 31-year-old Fish spent most of the last two years in the Top 10.

Marinko Matosevic, the 2012 ITC runner-up to Anderson, is also returning to the ITC. The Australian was a surprise finalist after coming out of the qualifying rounds, and has improved his ranking to No. 48 in the world. Anderson is currently ranked No. 36 and will be in the mix to defend his title.

In addition to Isner and Fish, 20-year-old **Ryan Harrison** rounds out the American

City of Delray Beach non-partisan municipal and special elections - Tuesday, March 12, 2013

Registered voters to elect a Mayor & two Commissioners and to vote on proposed charter amendments and a financial incentive to promote economic development

The Delray Beach City will hold its Municipal Elections and Special Election on Tuesday, March 12, 2013. City residents will have the opportunity to elect three (3) members of the five member City Commission as well as to vote on a number of proposed Charter amendments and economic incentives.

NON-PARTISAN MUNICIPAL ELECTION:

On March 12th, City residents that are registered to vote will have the opportunity to elect a Mayor (Seat #5) and two (2) City Commissioners (Seat #1 & Seat #3) during the non-partisan (no party affiliation) Municipal Election. Should a tie occur for any seat, a second, non-partisan election will be held on Tuesday, March 26th. Candidates that are elected will serve a two (2) year term, beginning March 28th, when newly elected officials are sworn in during the City's Annual Organizational Meeting, 6:00 pm in the City Hall Commission Chambers, 100 NW 1st Avenue.

SPECIAL ELECTION:

In addition to selecting three members of the City Commission, the City's electorate will have the opportunity to consider and vote on a number of proposed Charter amendments as well as a proposed financial incentive to promote economic development on March 12, 2013. The proposed Charter amendments include the following:

City Charter - Clarify and Enhance the Readability of the Charter [Ordinance No. 35-12 (Section 8)] - Proposes to amend the City's Charter to clarify, correct grammatical errors and enhance the Charter's readability.

City Charter - Change the length of the Mayor and Commission Terms (Ordinance No. 36-12) - Would provide for a change in the length of a Commissioner's term from two (2) years to three (3) years and not extending the maximum number

of consecutive years [six (6)] that a Commissioner or Mayor is allowed to serve.

City Charter - Extension of Consecutive Year Term Limits (Commissioner elected to serve as Mayor) (Ordinance No. 38-12) - Currently, any City Commissioner that assumes the Office of Mayor cannot exceed the maximum of three, two (2) year terms. The proposed Charter amendment provides that the time a person spent as a Commissioner will not count towards the term limit for Mayor, if the person assumes the Office of Mayor directly from the Office of Commissioner.

City Charter - City Manager Compensation (Ordinance No. 39-12) - Removes Charter language that prohibits a reduction in the City Manager's salary.

City Charter - Voting Procedure Change (Ordinance No. 01-13 - 2nd and Final Reading to be held on February 5th. If approved by the City Commission, this proposed Charter Amendment will be included on the upcoming March 12th ballot) - Would permit the City Commission to adopt voting procedures/rules for all City Commission meetings. Additionally, this proposed amendment would remove the current requirement that all Commission votes must be made in the affirmative ("yes"). The Commission would maintain the need to obtain three (3) concurring votes on any action for it to be approved/not approved and would remain as stated within the Charter.

Economic Development - Property Tax Exemptions to Qualified Businesses (Ordinance No. 44-12): Enables the City Commission to grant property tax exemptions to new businesses as well as growing/existing businesses that create new, full-time employment opportunities in Delray Beach. This incentive is available to local governments by Section 3, Article VII of the State Constitution provided it is approved by referendum.

ADDITIONAL MUNICIPAL ELECTION INFORMATION:

City Commission Candidate Qualifying Period: The official candidate qualifying period closes at 12:00 p.m. (Noon) on Tuesday, February 12, 2013.

Voter Registration: Residents may register to vote for the March 12th Municipal Elections until 5:00 pm on Monday, February 11, 2013. To register, a completed voter registration application must be submitted to the Palm Beach County Supervisor of Elections office. Applications are available at Delray Beach City Hall, as well as on the Supervisor of Elections website (www.pbcelections.org).

Voter Identification: The Election Poll Clerk or Poll Inspector shall require each elector, upon entering the polling location, to present one of the following current and valid picture identifications: Florida Driver's License, Florida Identification Card issued by the Department of Highway Safety and Motor Vehicles, United States Passport, Debit or Credit Cards, Military Identification, Student Identification, Retirement Center Identification, Neighborhood Association Identification, Public Assistance Identification (Social Security or other social services)

Absentee Ballot: To obtain an absentee ballot for the March 12th Municipal and Special Elections, contact the Palm Beach County Supervisor of Elections at (561) 276-1226 (Delray Beach) or (561) 656-6200 (West Palm Beach).

Polling Locations: Polling locations for the City of Delray Beach's March 12th Elections will be open from 7:00 am to 7:00 pm. Where you vote depends on your Precinct Number, which is located on your Voter Identification Card. Please contact the Supervisor of Elections if you are unable to locate your Precinct Number on their website at www.pbcelections.org or by calling (561) 656-6200.

For more information on the upcoming Municipal and Special Elections, contact the Delray Beach City Clerk's Office at (561) 243-7050 or E-mail cityclerk@mydelraybeach.com.

PERSONS WHO HAVE FILED

Seat #1 – Two (2) Year Term
Kurt Lehmann
Shelly E. Petrolia
Alexander C. Christopher

Seat #3 – Two (2) Year Term
Adam Frankel
Stephen A. Blum

Seat #5 – Two (2) Year Term
Cary D. Glickstein
Thomas F. Carney, Jr.
George Kallai

City Commission to Hold Joint Meeting with Local State Legislative Delegation to Discuss 2013 Key Legislative Priorities

The State of Florida's 2013 Legislative session is fast approaching (begins Tuesday, March 5, 2013 and ends on Friday, May 3, 2013) and there are a number of issues that the City has identified as priority issues. In an effort to ensure that the City is well represented on the issues that directly affect our community during the upcoming legislative session in Tallahassee, the Delray Beach City Commission is scheduled to meet and discuss these priorities with Senator Maria Sachs, Representative Bill Hager and Representative Bobby Powell on Thursday, January 31, 2013 at 4:00 pm in the First Floor Conference Room, City Hall.

During this meeting, the City Commission is expected to provide the City's 2013 Legislative Priorities and discuss shared priorities and concerns for the upcoming legislative session with our State Legislative Delegation and other locally elected officials.

To review the City's 2013 Legislative Priorities, please visit the City's website at www.mydelraybeach.com and click on the link under Officials.

For additional information call the City of Delray Beach Public Information Office at 561.243.7190 or by E-mail at PIO@mydelraybeach.com.

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Delray Beach Homes

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Make buying and selling your home in Delray Beach even better. This section with home listings, area information and featured real estate professionals.



Six 30-foot-tall icons decorated with murals depicting Delray's rich history and cultural heritage have been installed along West Atlantic Avenue, just east of the I-95 interchange as part of the new Gateway Feature. Originally conceived as part of the 2002 Downtown Master Plan, the Gateway Feature creates an attention-grabbing feature at the western entrance of the downtown, to let visitors know that they have arrived at a special place. The \$1.2 million project, funded by the Delray Beach CRA and a grant from the Florida Department of Transportation, will be complete by the end of the month.

GARLIC FESTIVAL - continued from page 1

They have also been known to hypnotize fans of all walks of life with their incredibly sweet harmonies all the while keeping bodies moving on the dance floor. Pepper has sold over half a million records independently and founded their own record label, LAW Records – through which three other artists' music is distributed. Their music has appeared in many movies (including Forgetting Sarah Marshall and Good Luck Chuck), television shows and video game soundtracks as well as having had a number of album tracks appear on Billboard's "Alternative Songs" chart (including No Shame's "No Control," which peaked at 18, and "Give It Up" which peaked at 34).



Lifehouse

On Sunday, February 10th, 2013, we turn the stage over to tribute bands. First up is The Andy Childs Band, followed by Son of Man, Turnstiles-The Ultimate Tribute to the Music of Billy Joel and closing the event this year is The Long Run... Experience the Eagles!



Pepper

Emceeding again this year (and performing with his band on Friday and Saturday) is our great friend from Memphis, Tennessee, RCA recording artist, Andy Childs. Andy has been part of the Garlic Fest for ten years now!

GARLIC CHEF STADIUM

In the "House of Appliance's Garlic Chef Stadium", chefs will go head-to-head in our Annual Garlic Chef Competition. The competitions begin on Feb. 9th & 10th with chefs from some of the finest restaurants in town. Witness our local culinary worlds collide once again. Back to defend his title is 2012 title, is reigning "2011 & 2012 Garlic Chef" Exec Chef Chuck Gittleman, Delray Beach.

Other competitors this year include; Exec Chef Omar Montoya of The Office, Exec Chef Bruce Feingold of Da Da, Exec Chef Erick Miranda of Vic & Angelo's and Exec Chef Blake Malatesta of 50 Ocean! In addition we have two cooking demonstrations scheduled featuring Christopher Ranch Corporate Chef Michael Giletto and Top Chef Texas Season 9 Finalist Lindsay Autry.

This is how the competition works.... Each chef faces an opponent in a 1-1/2 hour competition. Each team receives an identical basket containing the mystery item selected for that competition as well as items to accompany the mystery item. The chefs do not know what the mystery ingredient will be until moments before the battle begins. I guarantee you the chefs will have to use copious amounts of one ingredient to produce their culinary masterpieces, but I'll leave that up to your imagination.

Come out and join us at the "Best Stinking Party in Town!"



Chuck Gittleman

14th Annual Delray Beach Garlic Fest

February 8, 9 & 10, 2013 • Old School Square, Downtown Delray Beach
561-279-0907 • www.dbgarlicfest.com

Admission: \$10 Friday & Saturday until 6:00 pm • \$15 Friday & Saturday after 6:00 pm
\$10 Sunday all day • (Proceeds benefit non-profit organizations staffing the event)

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February may be a month for romance, but it's also a time for you to focus on loving yourself—and your heart. As we celebrate National Heart Month, here are 28 ideas that you can do each day to lower your risk of heart disease and improve your quality of life. Share this with your friends and loved ones to show them how much you care!

1. Get a checkup. Your doctor doesn't just treat disease. They also offer screenings and preventive care. Knowing your health status (and risk) will help make lifestyle changes in areas that need improvement.
2. Don't smoke. Smoking damages more than your lungs. It hardens the arteries, raises blood pressure, and causes irregular heartbeat. Find a smoking cessation program to help kick the habit.
3. Monitor your cholesterol intake. Your body needs cholesterol, but too much can contribute to disease. Keep your intake under 300 milligrams daily.
4. Get moving. Physical activity is an important part of a heart-healthy routine. It can also help your control your weight, lower your blood pressure, and improve your cholesterol. Aim for 30 minutes of exercise each day.
5. Boost your HDL. You want these "healthy" cholesterol levels to be at least 60 mg/dL to protect your heart. Do this by exercising regularly and enjoying healthy fats found in nuts, olive oil, fish, and flaxseed.
6. Slow down. Chronic stress exposes your body to elevated levels of stress hormones that can elevate blood pressure and contribute to weight gain. Meditations, yoga, journaling, and exercising can all help.
7. Go Nuts! Almonds, cashews, flaxseeds, hazelnuts, pecans, sesame seeds, and walnuts all contain healthy fats. Enjoy a handful 3-5 times a week for a healthier heart.
8. Pump iron! Strength training benefits more than your muscles. It can also lower blood pressure, strengthen the heart and help it beat more efficiently. Aim for 2-3 strength-training sessions each week.
9. Avoid trans fats. Consuming even a tiny amount of trans fat can greatly increase your risk of heart disease. Foods that contain "partially hydrogenated" oil as an ingredient is trans fat and the worlds unhealthiest fat.
10. Lose weight. Dropping just 10% of your body weight (if you're overweight) can

significantly improve your blood pressure, cholesterol levels, and overall heart health.

11. Sip green tea. Iced or hot green tea is packed with antioxidants that prevent plaque from forming on artery walls, relax the blood vessels, and reduce the risk of heart disease. Brew and enjoy 1-2 cups each day.
12. Consider aspirin therapy. Taking baby aspirin (81 mg) can help reduce the risk of heart attack and preventing blood clots. Since it's not safe for everyone, talk to your doctor first.
13. Fill up with fiber. Soluble fiber (found in oats, rice, bran, dried beans, and apples) can help lower your cholesterol levels, which improves your heart health. Aim for 25-35 grams of fiber each day.
14. Happy Valentines Day. Studies show that dark chocolate helps prevent heart disease. Milk chocolate does not offer the same benefits, so look for at least 60-70% dark chocolate varieties.
15. Crack up. Studies show that laughing may protect your heart by improving circulation and blood flow. Tell a joke, watch a comedy, or just laugh out loud.
16. Limit saturated fat. Some foods to avoid include: bacon, beef, full-fat dairy, and lard. Read food labels aiming for less than 15-25 grams of saturated fat daily.
17. Choose whole grains. Food like brown rice, barley, oats are packed with fiber, antioxidants, and other nutrients. A diet rich in whole grains can help lower cholesterol and improve heart health.
18. Get screened. After age 20 you should get your cholesterol levels tested every 5 years. Discuss your results with your health care provider for recommendations.
19. Tame your sweet tooth. Did you know that the average American consumes 22.2 teaspoons of sugar each day? That's 335 calories with 0 nutritional value. Soft drinks and sweetened beverages are the #1 source of added sugars in American diets. Try fruit to satisfy your sugar cravings.
20. Catch some Zzz's. If you average less than 8 hours of sleep a night, you could be putting your heart at risk. Getting 8 hours of restful sleep is an important part of a heart-healthy lifestyle.
21. Limit alcohol. Recent headlines about the benefits of alcohol are controversial since alcohol can cause other health problems. If you don't drink, don't start. If you do, limit alcohol to one drink daily.

22. Hold the salt. Consuming too much sodium can elevate blood pressure, increasing your heart disease risk. Look for low-sodium foods and try to limit your sodium intake to less than 2,300 mg daily.



23. Know your family history. Certain health risks are partly genetic. For example if your father had a heart attack at a young age, you should start preventive care and screenings sooner yourself.

24. Cook at home. Homemade meals are usually lower in fat, salt, and cholesterol and higher in fiber and nutrients. When you do the cooking, you control the ingredients and the cooking methods.

25. Move more. Every bit of activity you do can help you strengthen your heart and maintain your weight. Find opportunities for fitness by taking the stairs, parking further away, or doing yard work.

26. Breathe. Slow, deep breaths can help conquer stress and lower blood pressure. With your eyes closed, practice inhaling deeply into the belly and exhaling slowly. Try this several times a day.

27. Go fish. Fish like salmon, tuna, and halibut are rich in Omega-3 fatty acids, which promote heart health. 6-8 ounces of baked, grilled, or broiled fish each week will do your heart good.

28. It's never too late to start a healthy lifestyle. By implementing small lifestyle changes like these each day, you can improve your heart health and quality of life.

To help you become more heart healthy this year, call and schedule a free initial consultation with Coach Kadel. During this session, we will discuss your health and lifestyle to determine how I can best support you in achieving your goals. Visit www.CoachKadel.com or call 561-414-4441.

*Julia C. Kadel CPT, CHHC, AADP
Board Certified Holistic Health Coach
Nutrition Counselor – Personal Trainer – Life Coach*



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Regis Philbin, Television Personality

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Health & fitness

HEARING LOSS AND YOUR LOVE LIFE

Delray Beach, FL - DID YOU KNOW, people with untreated hearing loss suffer in their closest relationships. According to the National Council on Aging these individuals when compared to hearing aid users report:

- °Less social activity
- °More episodes of isolation
- °More episodes of depression and sadness
- °More episodes of anxiety and tension

These differences were apparent even when age, gender, and severity of hearing loss were accounted for.



For our romantic relationships, hearing loss affects our ability to sense romantic cues. Each couple has a unique sense of timing and mood. However, for the partner with untreated hearing impairment the sense of timing is thrown off. It becomes difficult to maintain the fundamental components that built the relationship initially. The strain on the essential factors of intimacy and passion can challenge the commitment of lasting relationships.

People give themselves a long term gift of quality of life and improved relationships by seeking treatment for their hearing loss

early and promptly. For those struggling with hearing loss well fitting hearing aids are the best first step to improved quality of life!

If you do encounter a problem with you hearing, or are in need of supplies for your hearing instruments, please call Hearing Partners at 561-638-6530 or visit www.myhearingpartners.com



The games focus on attracting active seniors who wish to be involved in a variety of social, recreational and competitive activities. The Delray Beach Parks and Recreation Department dedicates itself to offering ways of improving the health and lifestyles of all Florida Seniors by allowing them to continue enjoying the fun and competition of their earlier years.

February 8 - 15, 2013

Basketball Skills ~ Basketball 3-on-3
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FREE HEALTH FAIR

Friday, February 8, 2013

For more information, please contact Danielle Beardsley (561) 243-7277 or by email at beardsleyd@mydelraybeach.com

This local Senior Games is sanctioned by the Florida Sports Foundation and a qualifier for the Florida International Senior Games and State Championships.

Manage stress and strengthen your heart with reflexology

By Laura Norman

Special to The Pineapple

"Worry and stress affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects heart action."

— Charles W. Mayo, M.D.

Can stress be good? We all have a stress response, which can be life-saving in some situations. The nerve chemicals and hormones released during such stressful times, prepares us to face a threat or flee to safety. When you face a dangerous situation, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival. In the short term, it can even boost your immune system.

However, with chronic stress, those same nerve chemicals that are life-saving in short bursts can suppress functions that aren't needed for immediate survival. Your immunity is lowered and your circulatory, respiratory, digestive, excretory, and reproductive systems stop working normally. If the stress response goes on too long, such as when the source of stress is constant, or if the response continues after the source of stress has subsided, stress becomes a major factor in causing and aggravating dis-ease.

People may feel stress in different ways. For example, some people experience mainly chest pain or digestive symptoms, while others may have headaches, sleeplessness, depressed mood, anger, and irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold, and vaccines, such as the flu shot, are less effective for them.

Consider the following:

- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.

• Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

• The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.

• The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

Changes in health from routine stress may be the hardest to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, diabetes, depression, anxiety disorder, and other illnesses. Stress breaks down your immune system, while relaxation strengthens it.

Reflexology is a proven method for experiencing deep relaxation, healing and stress

relief. It soothes the thousands of nerves and the reflex areas in your feet, hands, ears and face that enervate each of your organs, glands and every part of your body. Reflexology continues to gain acceptance in the medical community as patients experience powerful results.

Energy zones/meridians are pathways that travel from your feet and hands up to your head, face and ears. Reflexology techniques move the energy and cause circulation to flow back up the body to clear these energy channels by soothing the nerves and stimulating the reflex areas. The profound relaxation you experience with reflexology reduces vascular constriction so your body's blood supply can flow more freely.

Reflexology's healing benefits transcend the physical body. Emotional healing is also a common relief associated with Reflexology.

Heart health is also about opening your heart to allow in love – love of yourself and letting in love from others. Reflexology is a powerful way to give love to yourself and others. When you love and allow in the love of others, stress is naturally released.

How does Reflexology work? Imagine each foot as a mirror image of your body. Your toes represent your head, eyes, sinuses; the ball of your foot reflects your chest – heart and lungs; the arch of your foot represents your digestive system, including your stomach and liver; your heel and ankles reflect the reproductive system. Your left foot mirrors the left side of your body, your right foot the right side.

Your 10-Minute Lift

Starting Out: Sit in a comfortable position in a quiet room. Using a light, absorbent greaseless lotion, massage feet with squeezing, stroking, kneading, wringing motions. Massaging the feet is a great preparation for Reflexology.

What to Do Hold the ankle, heel or toes of one foot firmly in one hand. Place the thumb of your other hand on the sole of the foot. Apply steady, even pressure with the outer edge or ball of the thumb (keeping the thumb slightly bent at the joint) using a forward, caterpillar-like motion called thumb walking. Press one spot, move a little forward, press again, and so on. When you reach the toes, return to the heel area, pick a new spot and repeat the process. Continue until the entire bottom of the foot has been worked. Then do the top of the foot, using your fingers, called finger walking. Repeat on the other foot.

Relaxation is more than a luxury. It allows you to fully claim your birthright of abundant health and emotional well-being. Do it for yourself, and for your loved ones.

"The simple truth is that happy people generally don't get sick." — Dr. Bernie Siegel, Oncologist and author

Laura Norman, M.S., LMT, Holistic Reflexologist and author of the best-selling book, *Feet First: A Guide to Foot Reflexology*, offers private Reflexology and Life Wellness Coaching sessions and Holistic Reflexology Training Programs in Delray Beach and New York City. Visit www.lauranorman.com • Call 561-272-1220

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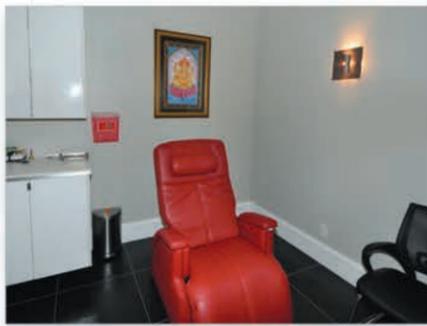
-Ed Jovanovski #55, NHL Florida Panthers

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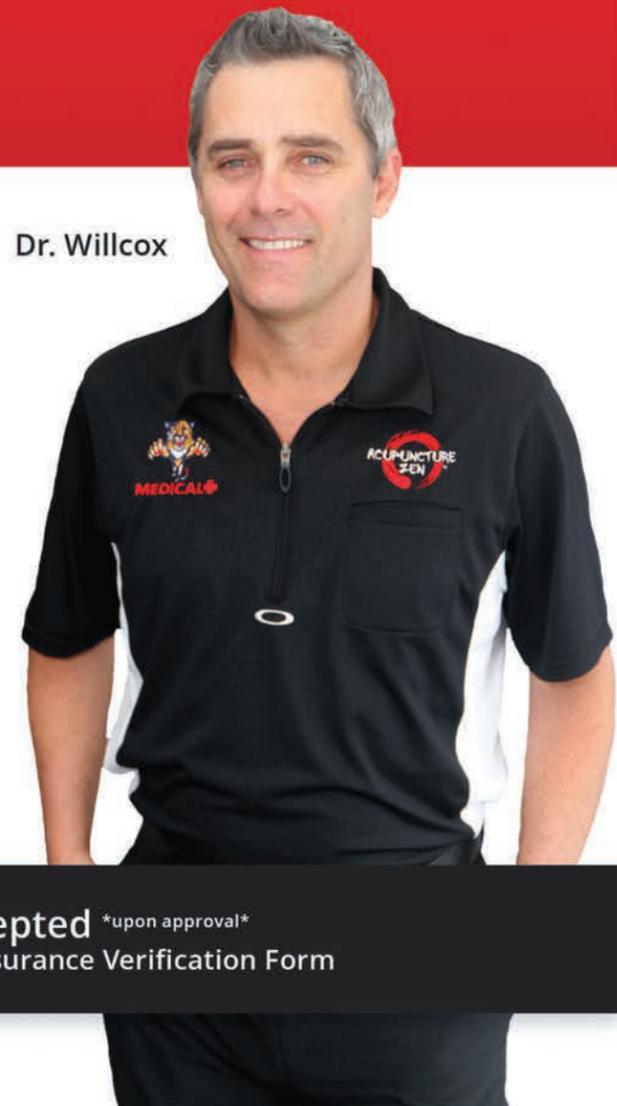
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- Advanced Craniosacral Therapist
- Reiki Master

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CAREER COURSES with LAURA NORMAN

Saturday, February 2

Laura Norman 2-Day Intro to Foot and Hand Reflexology, (Sat-Sun • 9am-6pm, February 2-3 - 16 Florida LMT, NCBTMB, AMTA, AOTA CE Contact Hours Available). Experience a unique, guided, hands-on introduction to Foot and Hand Reflexology. Learn powerful nurturing techniques that reduce stress, increase your energy and enhance your health and well being with the Laura Norman Method. Continue on with our Reflexology Certification Training classes starting February 8th (see ad in this issue for details.) Led by Master Instructor Sande Rosen.

Monday, February 4

FREE Laura Norman Reflexology Webinar/Teleclass – 7:30pm-8:30pm. Talk with Laura Norman about: How to Add to Your Services • Start a New Career • Earn \$65-\$150 an Hour • Learn about Laura Norman's unique, holistic Method of Reflexology, including powerful nurturing relaxation and Foot, Hand, Ear and Face Reflexology techniques you can learn through individualized, guided, hands-on instruction!

Friday, February 8

Laura Norman Foot Reflexology Part 1, (3 Days: Fri, Sat, Sun, February 8-10 • 9am-6pm - 24 Florida LMT, NCBTMB, AMTA, AOTA CE Contact Hours Available). Experience a unique, guided, hands-on introduction to Foot Reflexology. Take your first step toward a new career in complementary healthcare or expand your current practice! Continue on with our Foot and complete Professional Holistic Reflexology Certification Training. Led by Master Instructor Sande Rosen.

Saturday, February 16

Laura Norman Reflexology – 3-Day Face and Ear Reflexology Certification, February 16-18 (Sat-Mon • 9am-6pm). Part of our Basic and Professional Certification Programs, Face and Ear Reflexology Certification are also appropriate if you are new to Reflexology or are a Health or Beauty Professional who would like to add powerful, unique, relaxing healing techniques to your wellness services.

Receive a Certificate of Completion in Laura Norman Face and Ear Reflexology, and be skilled to begin practicing these unique techniques. (Florida LMT, NCBTMB, AOTA, ARCB CEUs Awarded).

Register online at www.lauranorman.com. Call us at 561-272-1220, email us at classes@lauranorman.com.

Medical and psychotherapeutic advances in addiction treatment

"28 days" is what most people think of when addiction treatment is mentioned. This actually was the case for so many years, even though the success rates were very low. Most people are unaware that the 28-day model was based on insurance reimbursement limits and not on any actual science. This, along with very limited medical and psychological treatment options, are major reasons why success rates were so low for so many years. Modern medical science and psychotherapeutic modalities have now entered the addiction arena full force and have drastically changed both the quality and accessibility of addiction treatment.

The mechanisms of addiction have a very strong biologic and physiologic basis, in addition to the psychological and spiritual components. It makes perfect sense then that the right kinds of medical interventions would have a strong positive impact on sobriety. These types of treatments, especially when coupled with psychological treatment, have consistently yielded previously never seen high success rates. These interventions have been developed and implemented over the last several years and have become the new standards of care in addiction treatment.

A treatment modality really needs to work if it is to receive a medical indication by the FDA, even more so if it is to become the standard of care. Subutex and Suboxone, for the treatment of opiate or "pain pill" addiction, have emerged as the new standard of care with unparalleled success rates. These medications have revolutionized addiction treatment, creating a major shift from the old "28 day" inpatient care model to an outpatient model. Patients no longer have to go "away to rehab" and can actually detox while still working and caring for their families. Both of these medications have Buprenorphine, an opiate agonist-antagonist that binds to the opiate receptor and exerts an effect while blocking conventional

opiates, as the primary active ingredient. Buprenorphine neutralizes much of the extreme and exaggerated biological drive to use opiates, resulting in a drastic reduction in cravings. Some receive Subutex just for detoxification. Others benefit from a daily dose or "maintenance" with Suboxone, which profoundly suppresses opiate cravings and would actually interfere with any opiates consumed in a relapse. These daily doses have a stabilizing effect and are in no way intoxicating when taken correctly.

Patients that are properly treated with Buprenorphine are usually perfectly alert, energetic and feel generally very good. They do not get or look "high" while taking this medication, remaining fully functional. The leveling of the playing field created by these medications gives individuals a fair chance at working on their sobriety without the burden of obsessive cravings.

A person taking Subutex or Suboxone appropriately, as prescribed by a qualified physician, is considered to be fully "clean and sober". Relapse rates have fallen drastically when these medical treatments are combined with psychological treatments, greatly improving the prognosis for motivated and compliant patients.

Dialectical Behavioral Therapy, commonly referred to as "DBT", has also emerged as the new standard of care for psychotherapeutic treatments for addiction. Numerous clinical trials have shown DBT to be highly effective in the treatment of numerous disorders including Borderline Personality Disorder, mood disorders, co-occurring disorders, and self-destructive behavior. It has been adapted for the treatment of substance abuse and eating disorders with successful results.

DBT skills training helps clients learn and apply productive coping skills that will decrease emotional dysregulation and unhealthy reactions to strong emotions. DBT

by Dr. Raul Rodriguez



skills are divided into 4 categories. Mindfulness Skills teach participants to observe, describe and participate in thoughts,

sensations, emotions and external phenomenon without judging these experiences as "good" or "bad." Interpersonal Effectiveness Skills teach participants to successfully assert their needs and manage conflict in their relationships.

Emotional regulation skills help participants identify and manage emotional reactions in healthy and adaptive ways. Distress Tolerance Skills help group members learn ways to accept and tolerate distress without resorting to negative or destructive behaviors. DBT does require a strong commitment from participants in order to participate effectively. Committed participants do exceptionally well though, with very high long-term sobriety rates.

Strong motivation and treatment compliance are essential for successful treatment of any type. Knowledge of available treatment options is equally as important. Anyone who seeks treatment needs to be informed and not limit his or her options due to ignorance or fear of something new.

Do your own research and speak to qualified professionals when making major treatment decisions. Do not rely on forceful yet unqualified opinions from non-professionals, however well intentioned the opinions may be. Make your own treatment decisions based on the preponderance of information you find and on what makes sense to you.

Dr. Raul Rodriguez
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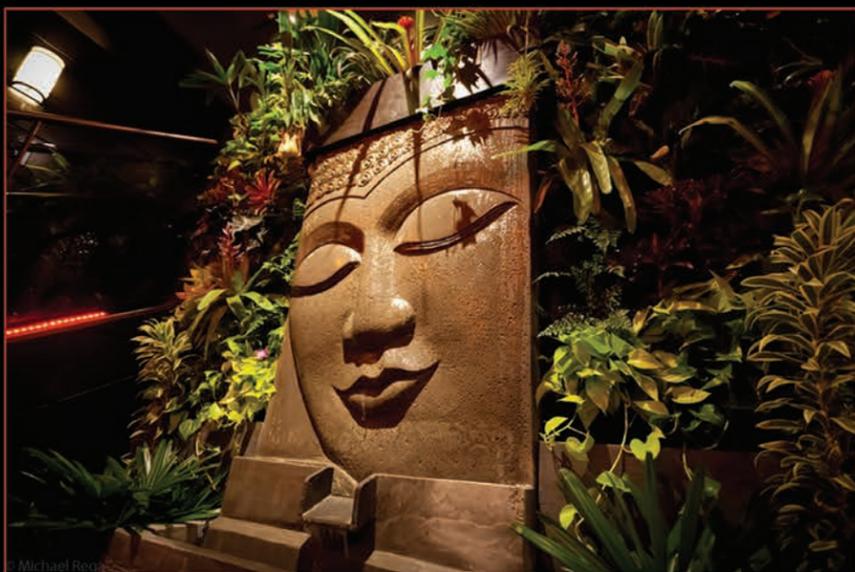
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Delray Beach Housing Authority breaks ground on Village Square

259 affordable residential housing units in Southwest Delray Beach

The Delray Beach Housing Authority (DBHA) held a ground breaking ceremony on Tuesday, January 15, 2013, to celebrate the commencement of Village Square, a revitalization (economic development) project that will offer 259 affordable residential housing units in the southwest area of Delray Beach. Village Square, located at 770 SW 12th Terrace, will promote a mixed-income community by providing rental and homeownership opportunities for our elderly, workforce and low income families.

The project is expected to be completed by June 2014. Construction will be completed in three (3) phases: Phase 1 Elderly (84 rental apartment units), Phase 2 Multi-Family (144 rental apartment units) and Phase 3 Single Family (31 single family homes). The total cost of the project, \$38.4 million, is being funded by the Florida Tax Exempt Bond Financing (\$5.9 million), the Delray Beach Community Redevelopment Agency (\$2.7 million) Private Capital Contributions (\$10 million) and tax credits by the Florida Housing Finance Corporation (\$19.8 Million).

Dorothy Ellington, Executive Director for the Delray



Beach Housing Authority, states "This construction project is projected to add more than 100 construction jobs and approximately 10 permanent jobs to the Delray Beach community and will positively contribute to the City's tax. The Partnership, which includes the Delray Housing Group, a non-profit subsidiary of the Authority, will contract with a private company skilled in managing Tax Credit developments so as to protect the substantial investments and long term viability of the community. In addition, a superior security plan has been developed and will be maintained over the life of the development. This will remain a great asset for the City of Delray Beach and the Southwest neighborhood."

Village Square, formerly known as the Carver Estates Public Housing Complex, encompasses approximately eighteen (18) acres of vacant land at SW 7th Street to the north, SW 10th Street to the south, Delray Beach Cemetery to the east and NW 13th Avenue/Auburn Avenue to the west.

For more information, contact the Delray Beach Housing Authority at (561) 272-6766 or visit www.dbha.org.

LUNA ROSA BUILDING UPDATES FOR SEASON

The New Monmouth Condos (now The Luna Rosa Building) before renovations took place . . . AND AFTER.

Work included replacing all concrete railings with aluminum railings and painting them for the ocean front environment. All spalled and rusted rebar was chipped and replaced and then recovered with new concrete. Cast iron drains were replaced with PVC and the building was then painted with Sherwin Williams paint made especially for the ocean front weather.



Michelle Ferry, Neil Saffer, Matt Gracey, and Eddie Negron (front)



The Art House of Delray Involvement in community fosters commitment to art and artists

By Jamie Salen
The Pineapple Staff Writer

"Art is a nation's most precious heritage. For it is in our works of art that we reveal to ourselves and to others the inner vision which guides us as a nation. And where there is no vision, the people perish."

— Lyndon Johnson, on signing into existence the National Endowment on the Arts

The transformation of Delray Beach over the past 20 years has succeeded in attracting a new audience to the area. What appears to many as a lightning speed makeover was in

GIVING BACK

fact years of hard work and collaboration. Carefully focused on preserving, revitalizing and showcasing the best of what was already here, rather than erasing the past and erecting a planned city.

For the purposes of this story (which we will get to in a moment), let's use the analogy of a rediscovered piece of ancient art. When first discovered, it seems years of neglect have stolen the beauty and diluted the meaning, but careful and thoughtful reconstruction and restoration can bring to the surface the very elements that made the work of art beautiful and inspired when it was first created. This proved to be a common thread for so much of what Matthew Gracey has accomplished for the Delray Beach community.

Having grown up in Delray Beach, Gracey brought the love of a native to his role as a founding member of the Community Redevelopment Agency (CRA) and a major force beyond the conversion of Old School Square, from school house to historical site. He was an important part of the vision for Delray Beach that focused redevelopment on combining our rich history with modern improvements. His latest project is just another example of that vision.

"We want to encourage thoughtful interaction and dialogue, using art as the catalyst."

- Michele Ferry

The Art House of Delray may be one of many current community endeavors focused on encouraging and enrichment the fine arts, but one aspect of the new art-focused venue that is undeniably is the address it occupies. 255 NE 6th Ave was the art center of Gracey's youth. For most of the 1970's and 80's the space housed The Delray Art Center. He stumbled upon the building while searching for a space to showcase his own artwork and as soon as he realized the history of the building, he knew what it was meant to be.

As a long time businessman, Gracey had only recently begun experimenting with painting, and as a new artist, he could appreciate the need for a safe space for others like him to find encouragement and inspiration. Having been reintroduced to the art center of his youth, he knew the venue, which had been turned into a sprawling bachelor pad, was destined for being filled with art once again.

Enlisting the help of long time artist Michele Ferry, the founder of ReCreate Art Studios, a program for Kids Helping

Kids in America, Gracey put the 7,600 square foot space into her capable hands and today the venue has been transformed into an all-purpose community art center for children, teens and adults. A non-profit in the process of becoming a 501c(3), the Art House of Delray hosts all forms of contemporary art exhibitions including interactive sculpture, multimedia artwork, video and audio installations, photography, painting and performance art. "We want to encourage thoughtful interaction and dialogue, using art as the catalyst," says Ferry.

Not only will community members have the opportunity to view exhibitions, the venue also offers classes for all ages, as well as an area where emerging and mid-career artists can rent wall space without paying commissions on sales. The Art House of Delray also offers studios where developing artists have access to materials and equipment not readily available to those just starting out. As a non-profit, all funds earned from exhibitions, events and classes go directly into the programs. The venue also houses a full commercial kitchen and special event space, providing another source of revenue for further programming.

"We definitely plan to expand our programs into the community by offering outreach beyond our front doors," Ferry adds. Currently, the organization has a board position specifically dedicated to volunteer and outreach program development. One program already in place offers community service hours for teens in which donations of school supplies, book and household items are accepted and sorted by the teens themselves on designated evenings at the center to benefit the RCMA Farm Workers Association in Delray Beach.

Delray Beach has certainly developed a reputation as a place where art is appreciated, encouraged and enjoyed and the Art House of Delray is another valued opportunity to foster and grow the seeds that have been planted by the art programming at Old School Square, Artist Alley, the Milagro Center, The Beat Cup, the Arts Garage and so many more. With cut-backs in arts education in public schools everywhere, Delray Beach is an example to the country on how a community can come together to provide enrichment for itself. Each initiative spearheaded by thoughtful citizens in our growing community in another meaningful stroke of the brush on the canvas that will be our very own masterpiece, to be appreciated and learned from for years to come.

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biz briefs

Christina Morrison


CHRISTINA MORRISON APPOINTED TO DELRAY BEACH CITY COMMISSION

DELRAY BEACH, FL – Christina Morrison, a Commercial Realtor affiliated with Carmel Real Estate & Management, Inc., was recently appointed to serve as Delray Beach City Commissioner for Seat 1 for the remainder of the current term. Seat 1 was left vacant by Vice Mayor Tom Carney, who is now Mayor.

Morrison, a real estate broker and Finance Review Board chairwoman, was among seven candidates who had applied for the job.

"I am honored to be appointed to this position, and I look forward to serving and working with each and every one of the commissioners and the city staff," Morrison said.

Morrison is a Licensed Florida Real Estate Broker, a Certified Property Manager (CPM) and a Certified Distressed Property Expert (CDPE). She has been active in the real estate industry for over 30 years; her areas of expertise include acquisitions, development, change of use and conversions, property management, sales and leasing, training, and all phases of real estate marketing. She has been active in the Palm Beach County market since 2001. She currently serves on several non-profit Boards throughout Palm Beach County including the Housing Leadership Council and Community Land Trust and is Past President of the Realtors' Commercial Alliance.

DELRAY BEACH TAX PREPARATION FIRM EXPANDS ACROSS FLORIDA

DELRAY BEACH, FL – TAX USA has enjoyed sustained growth across the state of Florida as the 2013 tax season begins in earnest. The Delray Beach based firm is a full service tax preparation service provider. They have established locations throughout South Florida and are now expanding into the Tallahassee area.

The current expansion can be attributed in large part to TAX USA's client centered approach. Tax preparation specialists must attend an in depth seminar at the Delray Beach headquarters each year where they are trained on all new tax deduction guidelines. President and CEO Mitch Delivrance explains the importance of this training, "It is essential that our specialists are educated on current guidelines to ensure our customers receive the maximum refund."

TAX USA has also developed a strategic alliance with The Check Cashing Store to offer clients flexibility and convenience in obtaining their refund. Locations also offer tax preparation specialists fluent in English, Spanish and Creole. Operations Manager, Frantz Justilien, believes this is an integral part of TAX USA's success, "the client must feel comfortable communicating in their first language."

Another reason why clients always return to TAX USA year after year is their commitment to giving back to the community. Every year in August their back to school program gives thousands of children free backpacks with school supplies. On Thanksgiving, turkeys are given out to local families to show gratitude for the warm welcome they have received from the community.

TAX USA was established in 2006 to serve the South Florida community, offering both personal tax preparation and business tax solutions. TAX USA is based in Delray Beach, Florida and has locations in Miami-Dade, Broward, Palm Beach and Leon counties. Services offered include free tax estimates

and previews prior to filing, free income tax preparation for senior citizens and free 1040EZ online filing.

BUSINESS INCUBATOR EARNS STATE AND COUNTY MINORITY, WOMEN AND VETERAN BUSINESS CERTIFICATION

DELRAY BEACH, FL – Global Business Development Center recently announced its receipt from the State of Florida and also Palm Beach County's Minority, Women and Florida Veteran Business Certification. This is an honor and distinction that has been an integral part of the center's work plan since opening in 2011. State certification is Florida's premier stamp of approval for minority, women, and service-disabled veteran business enterprises, and coupled with County Certification, there leaves little doubt of the center's commitment to serving the business community.

"We've been passionate and committed to the inclusion of diverse business enterprises," states President and CEO, Annette Gray. "This will help us continue our legacy of coaching minorities, women and veterans. We encourage each client to include global strategies as part of their overall business planning in order to remain viable in today's marketplace and to answer the call to address the challenges they face in a declining economy. We are here as our client's one stop business resource center."

Global Business Development Center's marketing and business development programs have helped business owners increase their competitive edge with business start up fundamentals, continuing education and workshops for various industries. These certifications will not only help GBDC to continue the legacy of serving the community but it will also help to secure a strong foothold for the center in the government and corporate competitive bid environment.

Global Business Development Center is a one stop shop boutique firm specializing in services for public, private, and nonprofit organizations, small businesses and entrepreneurs looking to establish grow or improve their profit margin. The organization is primarily dedicated to helping clients to explore: new markets start up and expansion opportunities by providing training, support services, funding and business development resources. They provide products for business owners at every stage of business development, from idea feasibility through start-up, growth, and expansion. The office is located in Delray Beach and uses state of the art technology, webinars, video and phone conferencing to meet the needs of their clients globally.

DAVITA GIVES \$2,000 TO WEST PALM'S GULFSTREAM GOODWILL INDUSTRIES


Front row: DaVita Teammates Susan Carroll, Martha Saa, Carol Baird, Marcous Gardner, Vicki Burrier, CEO of Gulfstream Goodwill Industries Marvin Tanck and DaVita Teammate Rosalie Co. Back row: Teammates Wayne Smith, Elisa Martinez, Patty Feely, Kenny Menzer, Joylee Monzon, Elsa Weinstein, Freddy Moldt, Oksana Golubenko, Surley Lago and Brenda Bonnet.

DELRAY BEACH, FL – DaVita, the kidney care division of DaVita HealthCare Partners Inc. (NYSE: DVA) and a leading provider of kidney care services, announced a \$2,000 contribution to Gulfstream Goodwill Industries.

On Dec. 6, DaVita's Sunsational Division clinics, comprising 14 facilities that cover Palm Beach county and half of Broward County, presented Gulfstream Goodwill Industries with a \$2,000 check as part of a charitable giving contribution.

Gulfstream Goodwill Industries is a 501(c)(3) nonprofit organization that supports disabled children and adults, along with providing homeless services, employment services and youth programs throughout Palm

Beach County. DaVita's Sunsational Division clinics chose to donate to Gulfstream Goodwill Industries because of its commitment to helping those with disabilities.

"We personally identify with and appreciate the much-needed services provided by the staff of Goodwill," said Marcous Gardner, regional operations director for DaVita. "Similar to the mission of Goodwill, DaVita strives to eliminate the barriers presented by kidney disease and help our patients maintain a high-quality life, despite their disease diagnosis."

Brian Edwards of Gulfstream Goodwill Industries said the DaVita contribution will go a long way to support its mission.

"This donation will go far to help those we serve within our programs and services," said Edwards. "We are very grateful for all that DaVita does."

DaVita, a leading provider of kidney care services committed to improving the quality of life for those diagnosed with chronic kidney disease, is dedicated to spreading ripples of citizen leadership through its Trilogy of Care – caring for its patients, caring for each other and caring for the world.

ARTHUR J. GALLAGHER & CO. ACQUIRES CORPORATE BENEFITS ADVISORS (CBA)

Arthur J. Gallagher & Co. has acquired Corporate Benefits Advisors in Delray Beach. Terms of the transaction were not disclosed.

Founded in 2007, Corporate Benefits Advisors (CBA) is an employee benefits insurance broker and consultant offering a broad range of employee benefits insurance and consulting services to their clients throughout the United States. They provide group health, dental, voluntary benefits, long and short term disability, compliance and wellness programs to mid and large market employers. Heather Leck and her associates will continue to operate at their current location under the direction of David Ziegler, Eastern Region Executive Vice President of Gallagher's employee benefit consulting and brokerage operation.

"CBA's highly-regarded team is well known for their quality service and depth of industry experience which fit well within our culture," said J. Patrick Gallagher, Jr., Chairman, President and CEO. "Their team approach to sales and service, and their South Florida presence will be a terrific complement to our employee benefits operations. We are pleased to welcome Heather and her colleagues to our growing Gallagher family of professionals."

DELRAY BEACH SENIOR COMMUNITIES ACQUIRED FOR \$34 MILLION

Senior Management Advisors and ValStone Partners acquired two senior living facilities in Delray Beach for \$34 million and they plan \$5 million in renovations.

Grand Villa of Delray East and Grand Villa of Delray West combine for 370 units and 40 acres. The eastern property has 141 assisted living and memory care units while the western one has 196 independent living units.

"This acquisition represents a major investment in the Delray Beach community, which we plan to supplement with a multi-million dollar renovation plan," ValStone Partners managing director and CFO Eric

Abel stated in a news release.

The renovations should be completed in early 2014 and will include a community center and a movie theater.

The transaction was brokered by Mel Gamzon, of Senior Housing Investment Advisors.

MARKET IMPROVING, ACCORDING TO PALM BEACH REAL ESTATE PROFESSIONALS

PALM BEACH, FL – The Harelik Team, realtors based in Palm Beach County who specialize in over 55 communities, has gathered a 24 month history showing that the Palm Beach real estate market has grown healthier and is likely to continue improving through 2013. Using both anecdotal evidence and statistical data obtained from Trendgraphics Inc, the Harelik Team has highlighted key areas demonstrating this positive trend.

During the period of December 2010 through November 2011, the available homes for sale decreased by 14.25%. In addition, 11,790 homes were sold in the 2011 period; by comparison, 12,731 homes were sold in the 2012 period, a year-to-year increase of 941 homes, or 7.4%. Between these two periods, the average sales price for a home went from \$332,000 to \$344,000 – an increase of \$12,000, or 3.5%.

According to Joel Harelik of The Harelik Team, "In essence, 2012 was a better year for Palm Beach real estate than 2011; furthermore, the growth has been consistently sustained for a long period of time: over the past two years, the ratio of selling price to list price went up from 89.25% to 91%, while the average day a home remained on the market decreased by 3.9%. Therefore, not only have home sales grown in frequency, but properties are increasingly selling faster and closer to their preferred price."

The Harelik Team's report identified several factors driving this rebound, including lower interest rates, fewer homes in inventory, and increased home sales (which increases selling prices). Additionally, the team noted that Palm Beach's real estate market is uniquely active throughout the year, owing to its diverse market of homebuyers that alternate throughout the year, such as foreign visitors, retirees, single-families, and "snowbirds" (residents from Canada and the Northern United States who purchase second homes for the winter).

The long-term sustainability of this trend, coupled with the year-round activity in Palm Beach's real estate market, suggests that 2013 will be a healthy year for Palm Beach real estate.



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Seagate ~ Delray Beach \$2,495,000

Very spacious 3 BR, 3 BA waterfront pool home with a 2 car garage. Fabulous views of the yacht basin and the Intracoastal. 79' frontage with private dock. Approximately 3,000 sq. ft. with 2 master suites.
Linda Welch 561-951-6433



Delray Beach Waterfront ~ \$2,398,000

Charming 3 BR, 3 1/2 BA Intracoastal pool home situated on a 100' x 168' secluded lot on a 300' yacht basin. 2,760 sq. ft. of living area with open beamed cathedral ceilings and cypress wood accents.
Mary Renaud, 561-441-0634



New Monmouth ~ Delray Beach \$925,000

Enjoy amazing ocean views the minute you enter this 2 BR, 2 BA southeastern corner penthouse with impact glass and a 24' x 13' outside deck. Completely renovated in 2004. Sold furnished and turn-key. I speak, French, Spanish and English.
Tania Agran, 561-376-1010



Delray Beach Commercial ~ \$599,000

Free standing 3,200 sq. ft. building on .68 acres with GREAT potential for expansion. Exceptional exposure and signage with 24 parking spaces (7.5 per 1,000 sq. ft.) Great for medical office or retail.
Francisco Perez-Azua, 561-702-0028



Town Place At Delray ~ \$589,000

Exceptional 4 BR, 4 BA tri-level townhome with impact glass, elevator, 2 car garage and 2 master suites. Elegantly appointed with wood cabinetry and granite, plus tile and wood floors. 2 blocks to Atlantic Avenue.
Megan Bailey, 561-702-4003



Seaway Villas ~ Delray Beach \$458,000

Completely renovated from the foundation to the roof with hurricane impact windows. This lovely 2 BR, 2 BA beach cottage has been upgraded throughout with all new everything! Just 1 block to the beach!!
Mary Renaud, 561-441-0634



Ocean City Lofts Penthouse ~ \$425,000

Spectacular 2 BR, 2 1/2 BA two story loft in the heart of downtown Delray! An open floor plan with soaring ceilings, polished concrete floors, designer kitchen, plus the master suite is the entire upper loft area.
Erik Ring, 561-441-6880



Mariners Village \$389,900

Beautifully renovated 3 BR, 2 1/2 BA waterfront townhome with a 24' dock. Marble floors in the living areas, open kitchen with wine cooler, granite and stainless. Deck with retractable awning and built-in bar.
Laura Gallagher, 561-441-6111



Hammock Reserve ~ Delray Beach \$378,000

Pristine 3 BR, 2 BA pool home on a premium lot offering wide lake views. Split bedroom plan, open living area with vaulted ceilings and custom built wall unit, tile floors throughout, plus a separate laundry room.
Terri Berman, 561-441-2929



Ambassadors South ~ \$359,000

Enjoy 6th floor ocean views and a peek of the Intracoastal from this 2 BR, 2 BA Highland Beach condominium. Beautifully updated with wood and tile floors, plus a luxurious master bath with Roman tub.
Erik Ring, 561-441-6880



Delray Beach Club Condominiums \$345,000

Open and bright 2 BR, 2 BA southeast corner unit on the sixth floor offering outstanding Ocean and Intracoastal views. Very spacious living area with custom mirrors. Beach access and community pool.
Linda Welch, 561-951-6433



Ranger Condo Apartments ~ \$329,000

Light & airy 2 BR, 1 BA with wood floors, custom upgrades, split bedrooms, laundry room with full size washer & dryer, plus a granite and stainless kitchen. Just off the beach and 1 block to Atlantic Avenue.
Mary Renaud, 561-441-0634



Valencia Court ~ Delray Beach \$223,000

Very private and exclusive community to build your dream home! This gated, 6 home subdivision off Germantown Road is already 2/3 complete with 4,000+ sq. ft. homes. Perfect for a courtyard home.
Francisco Perez-Azua, 561-702-0028



East Wind Beach Club ~ Delray Beach

Right across the street from the beach and one block to Atlantic Avenue. 1 Bedroom, 1 Bath. 2 units on the second floor offering ocean views currently available. Prices from \$200,000 - \$220,000.
Elizabeth Rurey, 561-302-1552



Southampton ~ Delray Beach \$185,000

Direct oceanfront complex. Beautiful pristine beaches at your doorstep from this 1 Bedroom, 1 Bath ground floor corner unit with an updated kitchen. This building is a cooperative with only 20 units.
Boyd Schoeller, 561-702-5159

real estate by Kurt Lehmann
www.kurtlehmann.com

The snowbird flies the co-op?

This month we are going to talk about co-ops, or more formally known as cooperatives, and how they differ from the more common condominiums we see in Florida.

Best described by Wikipedia

"A housing cooperative is a legal entity—usually a corporation—that owns real estate. The corporation is membership based, with membership granted by way of a share purchase in the cooperative. Each shareholder in the legal entity is granted the right to occupy one housing unit. A primary advantage of the housing cooperative is the pooling of the members' resources so that their buying power is leveraged, thus lowering the cost per member in all the services and products associated with home ownership. Another key element is that the members, through their elected representatives, screen and select who may live in the cooperative, unlike any other form of home ownership."

"A condominium, or condo, is the form of housing tenure and other real property where a specified part of a piece of real estate (usually of an apartment house) is individually owned, while use of and access to common facilities in the piece such as hallways, heating system, elevators, exterior areas is executed under legal rights associated with the individual ownership and controlled by the association of owners that jointly represent ownership of the whole piece".

In Delray there are a few co-op buildings and they are primarily on the beach side of town. You may have driven by one of these buildings and loved the location, but when you began to search for information online about available units you came up with nothing but dead ends. Although Delray's co-ops very rarely seem to make it to the general market, understanding the difference between this form of ownership



and a condominium can come in handy when making a decision.

When considering a co-op or traditional condominium, it is my opinion that you have to think long term. If you are looking for an investment to keep as a family asset for generations to come, a co-op may be the way to go, as there may be little or no concern as to reselling the unit. If there is a chance that you may want to resell the unit in a shorter time frame, having the clearly defined physical asset of a condo could be more attractive.

Either way, keep in mind there are different restrictions than typically afforded to you in a single family home. There may be regulations on pets, length of renting out the unit if rental is allowed at all, and some buildings have rules that change depending on whether the owner is living there or has a tenant occupying the unit. For example, they may allow pets up to 25 pounds for owners but will not approve a tenant with a pet.

As in any real estate transaction, it is always a good idea to employ an attorney with specific expertise in the type of real estate you are purchasing. State law requires you to have ample time to review the necessary documents to make a decision of whether or not you can work within the community guidelines.

Local kitchen designer featured for dramatic remodeling in South Florida

Jill Greene's Sand Castle Kitchens & More is the area's exclusive woman-Centric design business

South Florida's Jill Greene has been featured in two industry publications this month for her dramatic remodeling of a condo in Delray Beach. Greene runs Sand Castle Kitchens & More, the area's only woman-centric design and remodeling firm.

The design is on the January cover of Kitchen & Bath Design News, and featured in their "Transformations" section, highlighting dramatic changes in before/after pictures. Greene's work is also published in the January "Kitchen and Bath Edition" of Florida Designer Homes.

"Your house isn't just your home, it's your castle," says Greene, "and at Sand Castle Kitchens and More, we will work closely with you to make your dreams a reality."

Sand Castle's woman-centric approach focuses on four major areas of a home's livability: entertaining, flexible living space, storage space, and de-stressing areas. Greene says her designs intuitively appeal to women, but the practical concepts are very popular with men. Recent industry research shows women are making more than 80% of residential remodeling and 90% of new home buying decisions.

As the exclusive licensed woman-centric professional in Palm Beach, Broward, and Martin counties, Greene believes she can change the way people enjoy their homes. "Over the many years I've been in this



industry, I've seen how women influence and make most of the decisions. With our approach, we focus on how individuals and families want their home to live."

In addition to marketing to women, Greene's Aging-In-Place specialty helps customers remodel homes that fit their ability and changing lifestyle. Both approaches to design start with listening to the customer and working cooperatively toward a personalized solution.

Although Greene's designs have gotten national attention, she is committed to supporting other local businesses in South Florida. She partners with local cabinet makers for her kitchens, and continues to find other local partners for her designs. She makes every effort to ensure her designs use American and environmentally conscious products.

"I am proud that my latest remodel is getting national attention," says Greene, "and I look forward to creating more magazine cover-worthy designs in South Florida that are both functional and beautiful."

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TRAVELERS

GUEST COMMENTARY: Who Should Stop?

By Jim Smith, SAFE Chairman
Special to The Pineapple

Undoubtedly, the most confusing, frustrating, and potentially fatal intersection in Downtown Delray Beach is at Pineapple Grove and N. E. 1 Street.

That's what thirty-two respondents emailed in response to SAFE's request to "share any personal experiences or observations at that intersection."

Here are a few of their comments:

I was an outside leasing manager at Meisner Electric campus, by Bru's Room and Solita for 12 years. I saw so many near misses...I'd support a light there."

Cecelia Boone, Southdale Properties

I agree something needs to be done there, but a 4 way stop would be sufficient in my opinion. The confusion is happening because it looks like a four way stop but it is not. Thank you.

Connor Lynch, Plastridge Insurance and Chair of the Planning & Zoning Board

I believe a traffic signal IS needed at 1st and Pineapple Way (2nd avenue). I have seen many close calls with pedestrians, cars and bikers. It should be a major priority.

Regards, Bill Morris, Chief Executive, Southcoast Partners, LLC

Jim, please keep up the good work.... My only memorable observation is that cars traveling west on 1st Street more often than not STOP at the intersection even though there is no stop sign. Consequently, traffic there can become confusing, especially when several cars on

Pineapple Grove take advantage of the stopped car and begin running THEIR stop sign. One day, I tooted my horn at a lady who abruptly stopped at the intersection in front of me. She actually got out of her car and approached me, yelling WHAT'S YOUR PROBLEM?? I responded that there is no stop sign and that she was holding up traffic. She appeared confused. So, I think a traffic signal might assist in preventing accidents since many folks believe they should stop regardless!

D. Boone

When driving west on 1st, I ALWAYS slow down as drivers do not look when crossing. I would recommend a four way stop, for all to stop. Drivers are racing through to beat the traffic and the Swinton Ave. light.

Nancy Schneider

Yes! We need a light there or a four way stop. No one drives it comfortably. Biking is hard all over town. No bike lanes and busy sidewalks!

Annette Annechild

I agree that there should be a stop sign at the intersection of Pineapple Grove and NE1st St. One thing that has been brought up many times, but I don't see much change, is the sidewalk seating at the restaurants on Atlantic. There is very little space to walk by these tables and one is forced to walk between the trees and the curb to pass by. Thank you for all you do for our safety."

Lynn M. Korp, Renaissance Restoration Studio

A traffic light is now necessary with the increased volume.

S. Chloe Bedenbaugh

I believe a traffic light in Pineapple Grove/1st would be good... At the very least, a 4 way stop sign.

Suzanne Donohue

I cross the intersection in question very often and I strongly believe that a four-way stop would be a perfect solution. Traffic signals are not always the best solution for local streets such as Pineapple Grove and SE 1 Street. Thank you for your hard work as SAFE Chairman.

Ana DeMelo

YES. Something needs to be done at that intersection. Even before Hyatt Place, for years I have been petrified of that intersection every time I drive east or west on 1st. The people coming north / south on pineapple don't realize that it isn't a 4 way-stop and routinely just pull out. Or people driving on E-W on 1st assume it is a 4-way stop and stop anyway, which confuses drivers behind them who know the intersection doesn't have a stop and aren't slowing down. Given the level of traffic in both directions there, plus pedestrian traffic, all of which is increasing, I continue to wonder why there isn't a 4-way stop (or something else) there. Thanks for all the work you do.

Joe Snider

Something should be done - maybe a 4-way STOP sign will be faster than a traffic light.

Sam Spear Jr.

People going east and west many times come to a stop, when they are not supposed to, and clog traffic. Make it a 4 way stop or a traffic light.

Robert Hickok

I am a disabled veteran and a resident of Pineapple Grove. I truly love the area, but yes, there are difficulties. I am paralyzed and



operate an electric wheelchair with my chin. The difficulties I experience when traveling downtown are numerous. The restaurants and bars have taken over much of the sidewalk. Add to that the streetlights and plantings and there is very little room for pedestrian traffic.

In most places you are lucky to find three feet of access, and in some places, two feet. Add to that the complication of bicycles on the sidewalk instead of their legal position on the road and it becomes nearly impassable at times. As far as the traffic light, I also say yes. Crossing the intersection is an enormous challenge, and frankly very dangerous. Those stop signs do nothing to make drivers pay attention and I cannot count the number of close calls I have had there. I have no doubt that if I was to bring this up in a legal proceeding I could easily win my case. It is time for someone to step up and fix the downtown area so it is accessible to everyone.

Trey

In response to these emails, SAFE met with Delray Beach Chief Engineer Randal Krejcarek to discuss improving safety at this intersection. Next month, SAFE will let you know what the City will, or will not do. Also, SAFE will publish its analysis of the problem.

If you have any suggestions on how to make Delray Beach safer for motorists, pedestrians, or bicyclists, please let me know jamesjimchar@aol.com.

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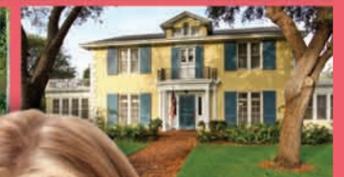
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events calendar

THROUGH FEBRUARY 10

Ethel Waters: His Eye is on the Sparrow – Delray Beach Playhouse – An inspiring musical biography with featured songs such as “Am I Blue?” and “Sweet Georgia Brown”. \$30. Call 561-272-1281 Ext 4 for tickets and showtimes. www.delraybeachplayhouse.com 950 NW 9th St

FRIDAY • FEBRUARY 1

Laugh with the Library, Chapter 7- Doors open at 7:30pm, show starts at 9pm at the Delray Beach Marriott. The evening features non-stop comedy of nationally-known comedian Tom Cotter. Comedy, cocktails and supper by the bite. \$150 per person. Contact Kimberly Trombley-Burmeister on 561-266-0755 for more info. www.delraylibrary.org

Booksigning – 7pm – Gregg Brickman will speak and sign *Imperfect Daddy at Murder on the Beach* Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

What I Did for Love – 2pm - Delray Beach Playhouse – Impassioned stories about just how far some people will go for love! \$15. 561-272-1281 www.delraybeachplayhouse.com 950 NW 9th St

SATURDAY • FEBRUARY 2

All American Tailgate Party 2:00pm – 8:00pm Delray Center for the Arts Pavilion. - Delray Beach Chamber of Commerce Men’s Group is pleased to partner once again with the Achievement Centers for the 7th Annual All American Tailgate Party. Also partnering with the Achievement Centers this year is the Miami Dolphins, Anthony’s Coal Fired Pizza and Craft Brewers Alliance. Join us for traditional tailgate fare & beverages, live entertainment (including Miami Dolphin Cheerleaders), raffles, auctions and a children’s area with bounce houses, mini-golf and other activities. Price: \$25 for adults 21+, \$10 for youth 13-20 and free for children 12 and under. Benefits the Achievement Centers for Children & Families www.DelrayTailgate.com

Artful Extravaganza Art – Books – Music Fair 11 am – 4 pm South County Civic Center, 16700 Jog Road, Delray Beach (Directly across from Morikami Museum) Featuring 40 Vendors – Artists, Authors, Music CDs Photographers, Jewelers, Craftpersons. Proceeds will support the Boca Raton Branch Achievement Award for College Women in the Arts. Admission: \$2.00 per person. Students with proper ID admitted free. Ticket includes drawing for 7-day Caribbean Cruise 3pm - must be present. www.bocapenwomen.org

Super Bowl Kickoff BBQ – 4pm – 505 Teen Center. 505 SE 5th Avenue. Ages 12-19. Free. Enjoy hamburgers and hot dogs on the back patio. 561-243-7158

Urban Underground – Eric Biddines I planetoffeebean. 7:30pm Hip Hop singer writer and recording artist with live instrumentation by Plaid Blazer. \$10-\$20.Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

SATURDAYS • FEBRUARY 2, 9, 16, 23

GreenMarket – 9am-2pm – Old School Square Park. February 16th is the Chili Cook-off.

SATURDAYS • FEB. 2, 9, 16, 23, MAR. 2, 9

Nature Photography 101 – An Eye for Nature: A Photographic Winter on the Coast with Michael K. Kravit, Architect/Photographer. 9am-12pm Sandoway House Nature Center. 142 S. Ocean Blvd. 6 week workshop fee \$495members/\$550 non-members. www.sandowayhouse.org 561-274-7263

SATURDAY-SUNDAY • FEBRUARY 2-3

The 16th Annual Downtown Delray Beach Craft Festival – 10am – 5pm. NE/SE 4th Ave. www.artfestival.com – 561-243-1077

SUNDAY • FEBRUARY 3

Centennial Program – World Building: Create a Sizzling Setting for your Novel. With author Nancy Cohen 2pm. Delray Beach Public Library. Free. www.delraylibrary.org 561-266-9490

FEBRUARY 4-14

My Funny Valentine. The Songs of Lorentz Hart. Delray Beach Playhouse. 950 Lake Shore Drive. Tickets \$30. Call 561-272-1281 Ext. 4 for showtimes. www.delraybeachplayhouse.com

MONDAY-TUESDAY • FEBRUARY 4-5

Sam Harris – 8pm – Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. Singer, songwriter and actor. 561-243-7922 www.DelrayCenterForTheArts.org

TUES./WED. • FEB. 5-6, 12-13, 19-20, 26-27

Studio Painting Lessons – 1pm – 4:30pm – Tuesday lessons from Vincent Cacace for those who have painted before, Wednesday lessons for beginners. 4 painting lessons are \$300, 4 painting lessons with all supplies included \$400. Call Vincent Cacace Fine Art at 561-523-5300 to reserve your spot. Space is limited

TUESDAY • FEBRUARY 5

Booksigning – 7pm – Tim Dorsey will speak and sign *Riptide Ultra-Glide at Murder on the Beach* Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

FEBRUARY 6-17

Theatre at Arts Garage – Gloucester Blue by Israel Horowitz. Sex, murder and mayhem – a dark comic drama exposing the human spirit in a tale of class, deceit and romance. 180 NE 1st Street. www.artsgarage.com or call 561-450-6357 \$25-\$35 Wed – Fri 7:30pm, Sat 2pm, Sun 7pm

THURSDAY-SATURDAY • FEBRUARY 7-9

Step-Above Rummage Sale – 9am – 3pm. First Presbyterian Church of Delray Beach, 33 Gleason St. www.firstdelray.com. Call 561-276-6338 for more information.

THURSDAY • FEBRUARY 7 & 21

Complimentary Wine Tasting with real glasses! 5:30-7:30pm. Old Vines, Wine & Spirits, 900 E. Atlantic Avenue, Suite 3. For more info, visit www.oldvinesdelraybeach.com or call 561-276-2076

FEBRUARY 7 - MARCH 21

Improv at the Gym – Every Thursday 8pm. Delray Beach Center for the Arts Vintage Gymnasium. 51 N. Swinton Ave. \$10 at the door. Nationally renowned, Mod 27, presents their hilarious, fast paced and quick witted improv comedy shows. 561-243-7922 www.DelrayCenterForTheArts.org

THURSDAY • FEBRUARY 7

Booksigning – 7pm –Mary Jane Clark will speak and sign *Footprints in the Sand at Murder on the Beach* Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

FRIDAY-SATURDAY • FEBRUARY 8-9

Jazzy Strings – Friday 10:30am, Sat 2pm. Puppetry Arts Center, 94 NE 2nd Ave. Puppetry and music from the early 20th century performed by Mountain Marionettes from North Carolina. www.puppetcenter.org 561-243-4330

FRIDAY-SUNDAY • FEBRUARY 8-10

The 14th Annual Delray Beach Garlic Fest - Old School Square – Featuring Lifehouse and Pepper as the headline acts. Gourmet food, full bar, entertainment, 200 exhibitors, Gourmet Alley, Garlic Chef competition and a large children’s area. \$10 per person. www.dbgarlicfest.com 561-279-0907

FRIDAY-FRIDAY • FEBRUARY 8-15

Delray Beach Senior Games – Ages 50+. Various locations. Basketball, billiards, bowling, bridge, golf, swimming, track and field and more. Contact 561-243-7277 or beardseyd@mydelraybeach.com for more info.

SATURDAY-SUNDAY • FEBRUARY 9-10

Artists in the Park – Fine art exhibition and sales. Sponsored by Delray Beach Art League. Veterans Park, Atlantic Ave & Intracoastal. 10am – 4:30 pm. 561-843-2311 www.delrayartleague.com

SATURDAY • FEBRUARY 9

Jazz Project – Allan Harris. 8pm Outstanding Jazz vocalist. \$25 - \$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357.

SUNDAY • FEBRUARY 10

Sunday Musical Matinee – Vocalist Rob Russell – 2pm. \$15- Delray Beach Public Library. 100 W. Atlantic Avenue. www.delraylibrary.org 561-266-9490

WEDNESDAY • FEBRUARY 13

Ride and Remember Trolley Tour – 10am – 12 noon. Riders tour the city’s 5 historic districts plus the Spady Museum, Delray Center for the Arts, Colony Hotel and Sandoway Nature Center. Cost \$20/person. Pick up at Spady Museum, 170 NW 5th Avenue. 561-279-8883 www.spadymuseum.org

Book Discussion Group – 6:30pm – The Wednesday Murder Club will discuss *The Last Templar* by Raymond Khoury at Murder on the Beach Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

THURSDAY • FEBRUARY 14

Heloise - 2pm – Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$25, \$40 (includes post-lecture reception). The High Priestess of Household Hints. 561-243-7922 www.DelrayCenterForTheArts.org

FRIDAY • FEBRUARY 15

Family Splash Night – 6pm – 8pm – Pompey Park Pool. 1101 NW 2nd St. Membership or daily fee. Enjoy aquatic games. Drinks and food available for purchase. 561-243-7358

Fabulous 3rd Friday in Downtown Delray Beach 5pm – 9pm – presented by the Delray Beach DDA and the Downtown businesses; Enjoy strolling the brickpaved sidewalks visiting the boutiques, galleries, salons, restaurants and more for a fun night out in Downtown Delray Beach. Call 561-243-1077 for details or visit www.downtowndelraybeach.com/promotions

FRIDAY-SUNDAY • FEBRUARY 15-17

Michael Cavanaugh in Concert - 8pm – Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. The New Voice of the American Rock and Roll Songbook. 561-243-7922 www.DelrayCenterForTheArts.org

SATURDAY-SUNDAY • FEBRUARY 16-17

Artists in the Park – Fine art exhibition and sales. Sponsored by Delray Beach Art League. Old School Square grounds. 10am – 4:30 pm. 561-843-2311 www.delrayartleague.com

SATURDAY • FEBRUARY 16

Demonstrations of Sado, the Way of Tea – 12pm, 1pm, 2pm & 3pm. Cost: \$5 (with paid museum admission). Reservations are required for groups of 10 or more. Please call 561-495-0233, ext. 210. Experience sado in the tranquil setting of the Seishin-an, the Morikami’s authentic tea house. Morikami Museum, 4000 Morikami Park Road. www.morikami.org 561-495-0233

ARTISTS ALLEY

OPEN STUDIOS & GALLERIES

THURSDAY, FEBRUARY 21 • 6-9PM

All artists will be available to discuss their works. Painting...Pottery...Sculpture...Works of Art

ARTISTS ALLEY - runs north and south between NE 3rd and 4th Streets, east of 3rd Avenue and west of the RR tracks in the Pineapple Grove Arts District in downtown Delray Beach.

FOR MORE INFO - Call Vincent Cacace 561-276-1177 or 561-523-5300

SATURDAY • FEBRUARY 16

GreenMarket Chili Cook-off– 10am-12pm Old School Square Park. 561-276-7511

Garage Blues – Johnny Rawls. 8pm Blues Legend. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357.

SUNDAY • FEBRUARY 17

Book Discussion Group – 3pm – The Sunday Sleuths Book Group will discuss *Thereby Hangs a Tail* by Spencer Quinn at Murder on the Beach Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

THURSDAY • FEBRUARY 21

Artists Alley Open Studios - 6pm – 9pm - An exciting new warehouse arts area in the Pineapple Grove Arts District of Delray Beach Florida, runs north and south between NE 3rd and 4th Streets, east of 3rd Avenue and west of the RR tracks. All of the Studios and Galleries in Artists Alley will be open every third Thursday each month. www.artistsalleydelray.com

Performing Arts Academy Presents “13” Student Musical Production 2pm and 7pm –The only Broadway musical to be cast entirely using teen and “tween” actors. \$20-\$30. Arts Garage 180 NE 1st St. www.artsgarage.com or call 561-450-6357.

Pen Women Luncheon and Discussion 11:30am at Delray Beach Golf Club, 2200 Highland Ave. Delray Beach. Boca Raton Branch, National League of American Pen Women. Achievement award for college women in the arts. Local author Deborah Sharp, famous for her hysterical Mace Mystery novels, will share with us how she takes her protagonist “Mama” on Book Tours. \$25.00 www.bocapenwomen.org 561/865-9756 bocapenwomen@aol.com

THURSDAY-SUNDAY • FEBRUARY 21-24

Fiddler on the Roof – Call for showtimes – Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. Winner of nine Tony Awards including Best Musical. Relive the tradition! 561-243-7922 www.DelrayCenterForTheArts.org

FEBRUARY 22 - MARCH 3

Delray Beach International Tennis Championships (ITC) The world’s only 10-day combined ATP Champions Tour & ATP World Tour event. 561-330-6000 www.yellowtennisball.com

FRIDAY • FEBRUARY 22

Jazz Project – Ted Rosenthal- 7:30pm. One of the leading jazz pianists of his generation. \$25-\$35.Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357



library calendar

President’s Day – Monday, February 18th – Library Closed
No programs February 22 - March 3 due to International Tennis Championships

All programs are free except the Sunday Musical Matinee Series & the Lifelong Learning Community Institute Courses

Friday, February 1, 8, 15 & 22 @ 10:00 a.m. – Great Books Discussion Group – “Great Conversations Three” presented by Gilbert Schechtman

Friday, February 1 @ 7:30 p.m. – Laugh With the Library – Chapter 7 – Gala Fund Raising Event at the Delray Beach Marriott

Saturday, February 2, 9, & 16 @ 10:00 a.m. – The Writer’s Studio weekly Saturday morning program Contact Howard Gleichenhaus 561-638-7251

Sunday, February 3 @ 2:00 p.m. – Centennial Series “World Building: Create a Sizzling Setting for Your Novel” presented by author Nancy J. Cohen

Monday, February 4 & 11 @ 10:00 a.m. – Craft Series – “Quilting Bee” – twice monthly quilting class presented by Karen Pugh & Linda Bouvier

Monday, January 28, February 4 & 11 @ 10:30am-noon Lifelong Learning Community Institute Course “Bullets & Badges: Gunfighters of the Old West”

Monday, February 4 & 11 @ 1:00 – 4:30 p.m. Empowerment Zone

Monday, January 28, February 4 & 11 @ 2:00 p.m. Lifelong Learning Community Institute Course “Memory Matters – Beating the Brain Drain”

Monday, February 4 & 11 @ 5:15 p.m. – Got Gaming! presented by Young Adult Librarian Loanis Menendez-Cuesta

Tuesday, February 5, 12 & 19 @ 6:00- 7:30 p.m. Lifelong Learning Community Institute Course “Positive Action for a Happy & Healthy Life”

Wednesday, February 6, 13 & 20 @ 11:30 a.m. – Socrates Cafe – Weekly discussion group facilitated by Don Clare, Claire Drattell and rotating group leaders

Wednesday, January 30, February 6 & 13 @ 2:00 – 3:30 p.m. – Lifelong Learning Community Institute Course “Writing Creative Fiction – Memoir Writing”

Wednesday, January 30, February 6 & 13 @ 6:00 - 7:30 p.m. – Lifelong Learning Community Institute Course “The Ever-Changing World of Sports”

Thursday, February 7 & 21 @ 10:30 a.m. - Craft Series – “Knit ‘N Purl” twice monthly knitting class presented by rotating facilitators

Thursday, February 7 @ 11:30 pm – Lunch with Liz @ the Library– “Lessons on Love from Tuesday’s with Marrie” based on the insights of Mitch Albom presented by radio personality & columnist Liz Sterling

Thursday, February 7, 14 & 21 @ 1:00 – 4:30 pm Empowerment Zone

Thursday, Jan. 31, Feb. 7, 14 & 21 @ 2:00 – 3:30pm Lifelong Learning Community Institute Course - “Music From Many Lands”

Saturday, February 9 @ 2:00 pm – Author’s Series – “Intergenerational Writing Workshop” presented by Dr. Robert Watson & his son Alessandro

Sunday, February 10 @ 2:00 pm – Sunday Musical Matinee Series – featuring cabaret vocalist Rob Russell

Monday, February 11 @ 2:00 pm – Cercle Français - French conversation group with rotating facilitators

Tuesday, February 12 @ 3:00 pm – Healthy Living Series – “TBA” presented by Delray Medical Center

Tuesday, February 12 @ 6:00 pm – Evening Book Group – *Island Beneath the Sea* by Isabel Allende

Thursday, February 14 @ 10:00 am – Great Decisions Discussion Group presented by Carl Weitzstein

CALENDAR OF EVENTS - FEBRUARY 2013

Wednesday, February 20, March 6, 13 & 20 @ 2:00 – 3:30 pm – Lifelong Learning Community Institute Course “The New Yorker Short Story”

Thursday, February 21 @ 10:30 am – Publix Apron’s Cooking School Demonstration – “International Small Plates” presented by Chef Rey De La Osa

ART EXHIBITS
Thru February 2 - March 30, 2013
“Acrylics” by Adrienne Walker

FREE COMPUTER WORKSHOPS

Registration Required – call 561-266-0196

2/4	Beginning Computers	@ 11:00 am
2/5	Internet	@ 2:00 pm
2/6	E-Mail	@ 2:00 pm
2/11	Beginning Computers	@ 11:00 am
2/12	Word	@ 2:00 pm
2/13	Excel	@ 2:00 pm
2/19	Internet	@ 11:00 am
2/19	Excel	@ 2:00 pm
2/20	Facebook	@ 2:00 pm
2/25	E-Mail	@ 11:00 am
2/26	Facebook	@ 2:00 pm
2/27	Word	@ 2:00 pm

Sign up @ Reference Desk - Computer classes meet in 2nd floor Technology Center

events calendar

FRIDAY • FEBRUARY 22

Young Friends of the Historical Society present The Fountain of Youth. 7pm At The Beach Club in Palm Beach. The Fountain of Youth will be second annual Signature Bash for the Young Friends of the Historical Society of Palm Beach County. Inspired by the exhibition Claiming La Florida: On Board with Ponce de Leon, this fantastic event will commemorate the five-hundredth anniversary of Ponce de Leon landing on Florida's sandy shores and the legendary Fountain of Youth. The evening will include an outdoor cocktail reception, followed by an evening of dancing to a Latin band, while dining on tapas, amidst remarkable decor. Sponsored by Palm Beach Illustrated. Tickets are \$250 per person, by invitation. For more information, call (561) 832-4164, extension 103

SATURDAY-SUNDAY • FEBRUARY 23-24

Artists in the Park - Fine art exhibition and sales. Sponsored by Delray Beach Art League. Veterans Park, Atlantic Ave & Intracoastal. 10am - 4:30 pm. 561-843-2311 www.delrayartleague.com

SATURDAY • FEBRUARY 23

Hobbit Skate Tournament - 3pm-6pm Hobbit Skate Park, 505 SE 5th Avenue. Ages 5-Adult. Entry fee \$5 for all skaters. Live music, prizes, giveaways food and fun! 561-243-7158

Jazz Project - Troy Roberts - 8pm. Grammy nominated Australian saxophonist and composer explores the funky side of jazz. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

THURSDAY • FEBRUARY 28

The Artists' Guild at 512 E. Atlantic Ave hosts rotating five-week fine art exhibits. Please join us on Thursday, February 28 from 6 - 8 p.m for an awards ceremony and reception with refreshments. This exhibit of paintings, sculpture and photography is open to the public and running from February 24 through April 6. Hours are Sunday through Wednesday from 11 am to 7 pm and Thursday through Saturday from 10 am through 10 pm. More information, call 561-278-7877.

EXHIBITS

The Curator's Farewell Exhibition: Cool Stuff from the Morikami Museum's Collection.

Morikami Museum and Japanese Gardens' cultural director Tom Gregersen will be stepping down from full-time exhibit curating and cultural guidance of the organization after 35 years of service. Before he says "Sayonara," he would like to share some favorite objects from the museum's treasure vault. From art to unusual objects of everyday living, this exhibition will explore the meaning of each object and what it has to say to Gregersen about Japan. Some objects will be seen for the first time, while others are old friends. All reveal a culture that is dynamic, design-conscious, and imaginative. February 12 - May 19 Morikami Museum & Japanese Gardens. 4000 Morikami Park Road. www.morikami.org 561-495-0233

Who Does She Think She Is?! Who Do You Think She Is? - Art House of Delray Living Room Gallery.

255 SE 6th Avenue. An all powerful, all women's exhibition. Through February 6th. www.arthousedelray.com 561.859.0856.

The Seagate Hotel & Spa World of Golf:

The Gary Wren Collection - Cornell Museum of Art & American Culture at the Delray Beach Center for the Arts. 51 N. Swinton Ave. Tuesday-Saturday 10am - 4:30pm, Sunday 1pm - 4:30pm, Closed Mondays and major holidays \$10 general admission, \$6 seniors & Students with ID, \$3 ages 4-12, free for age 3 and under. November 9th - April 21, 2013. www.DelrayCenterForTheArts.org or 561-243-7922

Academy of Golf Art - Cornell Museum of Art & American Culture at the Delray Beach Center for the Arts.

51 N. Swinton Ave. Stunning collections of oils, watercolors and acrylics by America's most recognized golf artists. See above for admission and opening times. Through April 21 www.DelrayCenterForTheArts.org or 561-243-7922

Please Send Your Calendar Listings To: Calendar@delraypineapple.com

Visit www.visitdelraybeach.org for an online version of these calendar listings.

IT IS NOT A LEAP YEAR

FEBRUARY

I-N-F-O GRAPHIC BY ASH OTOCKI

A MOST EXCITING TIME

CONNECT LOCALLY: Visit the SD Spady Museum www.SpadyMuseum.com 170 NW 5TH AVE - DELRAY BEACH

ALL FEBRUARY LONG CELEBRATE **BLACK HISTORY MONTH**

CONNECT GLOBALLY: Jump online and learn www.AfricanAmericanHistoryMonth.gov/

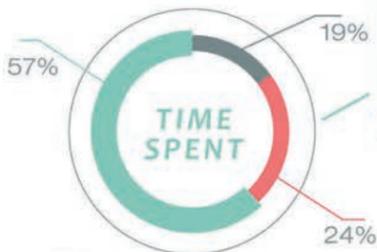
FAT TUESDAY: It's the day before 40 days of fasting and religious observance. So what do you do? Party, party, party! If we were living in Louisiana this day would be a legal holiday. In the islands Carnivale season lasts for 6 whole weeks!

THIS YEAR THE SUPERBOWL IS BEING HELD IN NEW ORLEANS, LOUISIANA. WANT TO MAKE THE TRIP? **\$2,150 CURRENT TICKET PRICE**



EXCUSE ME SIR: It's actually George Washington's birthday on February 18th, the day now commonly referred to as "Presidents Day."

NOT SO FAST: A Christian holiday demarcating the first day of Lent (a time of fasting and repentance), Ash Wednesday occurs 46 days before Easter. In the Republic of Ireland this day is also, "National No Smoking Day".



חמש סירופ גח
PRONOUNCED KHAG PURIM SAME'ACH
TRANSLATES TO HAPPY PURIM!



LOOK UP IN FEBRUARY. CHANCES ARE THERE WON'T BE A FULL MOON.
The short month does not usually have a full moon cycle. If the moon does appear it is sometimes called the; *Hunger Moon, Snow Moon, Storm Moon or Candles Moon.*

DELRAY BEACH EXCLUSIVE EVENTS



IT'S A FACT: The groundhogs full name is "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary."

ONCE A YEAR: Delray Beach is home to Garlic Fest, a premier food and entertainment event. Ever want to try Garlic Ice Cream? They've got it, and so much more! For more information or to purchase tickets to the event, visit DBGarlicFest.Com



DON'T MISS OUT: Presented by the Delray Beach DDA & the Downtown businesses; Enjoy strolling the brickpaved sidewalks visiting the boutiques, galleries, salons, restaurants and more for a fun night out in Downtown Delray Beach.

www.downtowndelraybeach.com/promotions

ALL MONTH LONG CELEBRATE **NATIONAL BIRD-FEEDING MONTH**



BIRDFEEDING.ORG: It's a place on the Internet you should check out. According to their researchers, there are over 100 species of birds that visit bird feeders throughout the United States. Established as a holiday in 1994, February was selected because it was regarded as the most difficult month for birds to find food.

OTHER ODD HOLIDAY OBSERVANCES DURING FEBRUARY
CARE OF GONE-TA-POTT.COM : AN UNOFFICIAL HOLIDAY GUIDE

- WORK NAKED DAY - February 1st
- THE DAY THE MUSIC DIED - February 3rd
- MAN DAY - February 7th
- LAUGH AND GROW RICH DAY - February 8th
- READ IN THE BATHTUB DAY - February 9th
- WHITE T-SHIRT DAY - February 11
- GET A DIFFERENT NAME DAY - February 13
- NATIONAL CONDOM DAY - February 14th
- MY WAY DAY - February 17th
- THUMB APPRECIATION DAY - February 18th
- LOVE YOUR PET DAY - February 20th
- TELL A FAIRY TALE DAY - February 26th
- PUNCH THE CLOCK DAY - February 27th
- GONE-TA-POTT DAY - February 28th

Your Sample February Schedule: how will those hours be spent?

- Birdwatching
- Planning Valentine's day
- General workweek milieu
- One long garlicky weekend
- Celebrating a new holiday
- Football, football, football
- Eating, drinking, reveling



SNAP'D

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NEED A RIDE?
CALL 561.702.8519



Two new members welcomed to the Lang Realty team



LEANNA FRUIN

Lang Realty recently welcomed Leanna Fruin to their roster of award winning agents. Leanna's focus is on 100% satisfaction and exceeding expectations with her innovative and results oriented marketing skills that set her client's properties apart from the competition.

Her high level of experience, market knowledge, negotiation skills, community involvement and commitment to excellence provide her a competitive edge in the South Florida Real Estate Market. A resident of Delray Beach for the past 12 years, she is an expert of the area and an active member of the Delray Beach Chamber of Commerce.

Teamed with a professional support staff and backed by Lang Realty's cutting edge marketing and technology, Leanna has the tools necessary to bring success to every transaction.

Leanna Fruin works out of Lang Realty's Downtown Delray Beach office and can be reached at (561) 445-1415 or by email at l.fruin@langrealty.com

BRIAN PEARL

Brian Pearl was recently named the new Managing Director of The Internet Sales Group at Lang Realty, focusing on residential sales and leasing throughout Palm Beach & Broward counties. As a seasoned Realtor®, he has closed over \$50 million dollars in transaction volumes and is looking forward to utilizing Lang Realty's cutting-edge technology to get his clients' properties in front of the most eyes possible.



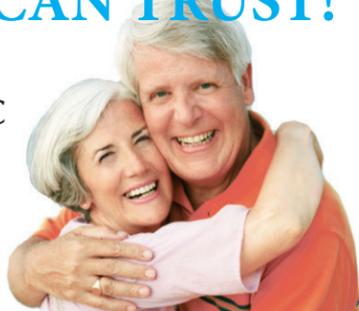
The grandson of a prominent South Florida real estate developer, Pearl has real estate in his blood. At the age of 21 he received his real estate license, but decided to further his education and attended Florida Atlantic University where he studied business.

"I knew that if I wanted to take my business to the next level, joining Lang Realty was the next logical step," says Pearl.

Brian Pearl works out of Lang Realty's Boca West office and can be reached at 561.245.1541 or b.pearl@langrealty.com.

DENTISTS YOU CAN TRUST!

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Why go to a chain clinic and be treated like a number?
We offer personalized attention and affordable, quality dental care.

Dental Cleaning (D0110)
Exam and X-Rays (D0150) (D0272)
\$69

Dentures from (D5810)
\$325
Denture Repair (D5610)
from \$95

FREE
Consultation & Second Opinion (D9310)

Fillings & Extractions (D2140)
from \$75
Crowns (D2751)
from \$495

All Phases of Dentistry done on premises.
30% OFF ALL DENTAL PROCEDURES
Most Insurances Accepted
NEW! "Diagnodent" Laser
Lets us detect cavities in earliest stages

Richard C. Bauer, DMD - DN114529 . Robert S. Kippelman, DDS - DN11293

• 561-243-8833 •

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Just north of Atlantic Avenue in beautiful downtown Delray Beach

The patient and any other person responsible for payment has a right to refuse to pay, cancel payment or be reimbursed for payment. For any other service, examination or treatment that is performed as a result of and with 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination, or treatment.

WWW.DELRAYDOWNTOWNER.COM



DID YOU EVER WONDER?

Insurance Q & A

By Harvey Brown
Special to The Pineapple

Question: How much liability coverage should I carry?

Answer: It depends upon who you injure! That may sound like a callous statement but the fact is, if you hit the “wrong person”, a person who would cost you a fortune in a court case, you quickly realize adequate liability insurance is a must.

Liability insurance, whether it’s for automobile, homeowners, or business insurance, is coverage that protects you if you are sued by an injured party. Lawsuit costs against you by the party you injured can include, not only their lost income, but also their pain and suffering, medical bills, and even loss of consortium (inability of one’s spouse to have normal marital relations).

Here’s an example of what could happen to you. Let’s say you’re involved in an auto accident and you are at fault (i.e. you are liable).

Depending upon who you hit, you may find (to your horror) that your insurance limit might be completely inadequate. If the injured person is a young professional, age 30, making \$75,000/year presently, you can see that your \$100,000 per person/\$300,000 per accident liability insurance plan won’t begin to cover just the lost income this person would generate over their lifetime.

On top of this, a jury may award a large sum for pain and suffering, whether the person you hit is a high earner or not. Often the way a legal judgment against you is satisfied when your insurance is inadequate is through confiscation of your assets and/or garnishment of your wages.

In my experience, I’ve seen many examples of coverage limits reduced to ridiculously

low levels in order to sell a cheap policy. My customers want competitive pricing but not poor coverage, so we protect them by advising them to carry as high a bodily injury liability limit as their insurance budget will allow. Furthermore, I encourage many of them to consider an umbrella liability policy with a \$1,000,000 limit, or even higher.

Our insureds have worked hard to achieve success in their life and higher liability limits protect their assets, providing them well deserved peace-of-mind. Let’s face it, insurance is all about having peace-of-mind.

Next Month:

Umbrella season – when do you need an insurance umbrella?

The Harvey L. Brown Agency are experts in auto, home, business, life/health and represent over 40 companies. If you have questions or concerns about your insurance, call 561-276-0369 Monday-Friday 9-5pm.

February 1, 2013 11:45 AM - 1:00 PM
Ambassadors Monthly Meeting
At Greater Delray Beach Chamber of Commerce

February 4 to 5, 2013 8:00 PM - 10:00 PM
Sam Harris at Old School Square
Tony award nominee!

February 5, 2013 11:30 AM - 1:00 PM
Non-Profit Council Luncheon
Delray Beach Chamber of Commerce

February 6, 2013 5:00 PM - 7:00 PM
Grand Opening of Acupuncture Zen

February 7, 2013 11:30 AM - 1:00 PM
New Member Lunch & Orientation
At Delray Beach Chamber of Commerce
Categories: Chamber of Commerce

February 8 to 10, 2013
14th Annual Delray Beach Garlic Fest
City of Delray Beach

February 12, 2013 5:00 PM - 6:00 PM
Chamber Men’s Group Meeting

February 13, 2013 5:15 PM - 7:00 PM
Contacts & Cocktails
Formerly known as Business Card Exchanges

February 13, 2013 12:00 PM - 1:30 PM
Chairman’s Club Monthly Luncheon
At Greater Delray Beach Chamber of Commerce

February 14, 2013 2:00 PM - 4:00 PM
Heloise at Old School Square
The High Priestess of Household Hints!

February 14, 2013 12:00 PM - 1:00 PM
Chairman’s Club Monthly Luncheon
Location: Union Restaurant

February 15 to 17, 2013 8:00 PM - 10:00 PM
Michael Cavanaugh in Concert
The new voice of the rock & roll songbook!
At Old School Square

February 15, 2013 8:00 AM - 9:00 AM
Government Affairs Committee
At Delray Beach Center for the Arts

February 19, 2013 11:45 AM - 1:00 PM
Budget & Finance Committee
At Greater Delray Beach Chamber of Commerce

February 20, 2013 12:00 AM - 11:59 PM
Leadership Delray Day - Class of 2012-13
At Greater Delray Beach Chamber of Commerce

February 21 to 24, 2013 8:00 PM - 10:00 PM
Fiddler on the Roof at Old School Square
Winner of 9 Tony awards!

February 22, 2013 11:45 AM - 1:15 PM
Executive Committee Meeting of the Greater Delray Beach Chamber of Commerce
At Greater Delray Beach Chamber of Commerce

February 26, 2013 5:45 PM - 7:15 PM
International Tennis Championships
Chamber Bash
At Delray Beach Stadium & Tennis Center

February 26, 2013 8:00 AM - 9:00 AM
Economic Development Committee
At Delray Beach Center for the Art

February 27, 2013 11:45 AM - 1:15 PM
Greater Delray Beach Chamber of Commerce Board of Directors
At Greater Delray Beach Chamber of Commerce

February 28, 2013 7:00 PM - 9:00 PM
2013 Candidate Forum
At Crest Theater - Old School Square

March 1, 2013 11:45 AM - 1:00 PM
2013 Candidate Forum
Ambassadors Monthly Meeting
At Greater Delray Beach Chamber of Commerce

SAVE THE DATE FOR LANG REALTY’S “OPEN HOUSE EXTRAVAGANZA” ON SUNDAY, MARCH 17TH

Lang Realty will host its annual, Lang Realty Open House Extravaganza, a one-day event showcasing a wide array of properties throughout Palm Beach County and Port St. Lucie, on Sunday, March 17, 2013, from 12 noon to 4 p.m. With homes to fit every budget and lifestyle, the tour will include single-family communities, country clubs, waterfront homes and condominiums. Last year’s event resulted in numerous sales of participating homes. The event is free and open to the public.

“We are excited about kicking the year off with this one-day spectacular ‘Open House’ event,” said Kay Steer,

event organizer and Lang Realty General Manager. “This event will allow the community to view a wide array of properties with homes from \$200,000 to more than \$1 million.”

As an added bonus, all attendees who register on-site at a participating home will be entered for a chance to win an IPAD mini, a flat screen TV and an assortment of weekend getaway vacations and restaurants gift certificates.

For event information, please visit www.langrealty.com and click on the Lang Realty Open House Extravaganza button or call 561-989-2100.

THE GREAT DEBATE

By Ed Maass
The Pineapple Staff Writer

Is there a Right or Wrong Way...Is one better than the other?

Advocates of passive investing believe that the best way to capture overall market returns is to use low cost market tracking indexes.

Proponents of active investing believe that a skilled investment manager can generate returns that outperform the benchmark.

One of the longest-standing debates is which one is superior and each camp has strong advocates who will argue that the advantages of their approach outweigh those of the other side. I have my own thoughts as to what I prefer, but first let’s look at these two investment approaches and see if one might appeal to you over the other.

Active investing: attempt to add value

Proponents of active investment management believe that by picking the right investments, taking advantage of market trends, and attempting to manage risk, a good investment manager can generate returns that outperform a benchmark index. For example, an active manager whose benchmark is the Standard & Poor’s 500 Index (S&P 500) might attempt to earn better-than-market returns by overweighting certain industries or individual securities, allocating more to those sectors than the index does. Or a manager might try to control a portfolio’s overall risk by temporarily increasing the percentage allocated to more conservative investments, such as cash.

Passive investing: focus on costs

Advocates of passive investing argue that the best way to capture overall market returns is to use low-cost market-tracking index investments. This approach is based on the concept of the efficient market, which states that because all investors have access to all the necessary information about a company and its securities, it’s difficult if not impossible to gain an advantage over any other investor and as new information becomes available, market prices adjust in response to reflect a security’s true value. Indexing does create certain cost efficiencies because the investment simply reflects an index, thus no research is required for securities selection. Also, because trading is relatively infrequent, passive portfolios

typically buy or sell securities only when the index itself changes and therefore trading costs often are lower and infrequent trading typically generates fewer capital gains distributions, which means greater tax efficiency.

At this point you may be leaning towards passive investing, placing it on cruise control (Set it and Forget), and all will be good.

Nope...Sorry... it’s not as easy as that, so let’s continue.

As stated earlier in this column I have my own preference with regard to investing and which is really quite simple. I utilize a blended approach and believe that it offers the best of both worlds. It’s called the Core & Satellite or Hub & Spoke approach, and it is essentially an asset allocation mix that seeks to end the debate about indexing versus active portfolio management.

Instead of following one investment approach or the other, the core/satellite – hub/spoke utilizes some combination of each. The core/hub of my investment dollars are kept in cost-efficient passive investments designed to capture market returns by tracking a specific benchmark. The balance of the portfolio is then invested in a series of satellite/spoke investments, in many cases actively managed, which typically have the potential to boost returns and lower overall portfolio risk.

For example: popular core investments often track broad benchmarks such as the S&P 500, the Russell 2000® Index, the NASDAQ 100, and various international and bond indices. Satellite investments might include hedge funds, private equity, real estate, stocks of emerging companies, or sector funds, to name but a few.

Regardless of whether you are a believer in passive, active or prefer the blended approach, you should keep in mind that no strategy guarantees a profit or fully protects you against a loss. When you invest, be sure to carefully consider the investment objectives, risks, charges, and expenses, of that particular investment before doing so.

Ed Maass is a Certified Financial Planner, Chartered Financial Consultant, and Chartered Life Underwriter. Located in Downtown Delray Beach, you can contact him directly at 561-272-0663, or by email at Ed@physicianswealthcare.com

Dr. Eidelson named a Patients’ Choice Award Winner for 2012

Among the select few physicians honored with the prestigious Patients’ Choice Award this year is Dr. Stewart Eidelson.

In fact, of the nation’s 870,000 active physicians and dentists, just five percent consistently received top scores from their patients on sites like Vitals (www.vitals.com), qualifying them for this honor in 2012.

Millions of patients go online each year to rate their doctors on various components of care, including accuracy of their diagnosis, the amount of time they spent with the doctor, and the doctor’s bedside manner and follow-up care. Patients’ Choice reviews these rankings and other quality measures to compile its yearly list of award winners.

Said Eidelson, “I’m so honored to receive an award that’s based on how my patients view the quality of care I provide. I strive each day to exceed my patients’ expectations, and I’m grateful that they’ve recognized my efforts.”

For more information on Dr. Stewart Eidelson, located in Delray Beach, FL, please call 561-734-2226, or visit www.ortho-spine.com.

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destinations



THE SEAGATE HOTEL & SPA INTRODUCES NEW GOLF PACKAGES

New packages include access to unique golf memorabilia collection and championship play at The Seagate Country Club

In celebration of The Seagate Hotel & Spa's recent acquisition of The Seagate Country Club, guests can now take advantage of four new golf packages available at Delray Beach's first luxury boutique hotel. From enjoying rounds of golf on an 18-hole Joe Lee-designed course to an exclusive exhibition of golf collectables at the Cornell Museum of Art & American Culture, golf enthusiasts will have a number of offerings to enjoy in South Florida this upcoming year.

Packages include:

"The Grand Golf Getaway":

- Two-night stay in deluxe accommodations at The Seagate Hotel & Spa
- Two 18-hole rounds of golf, inclusive of one golf cart, at the private Seagate Country Club, featuring one of the best championship golf courses in Palm Beach County
- Dinner for two (\$100 value) at Atlantic Grille, the hotel's award-winning signature restaurant

- Two tickets to The Seagate Hotel & Spa World of Golf: The Gary Wren Collection - hailed as "the most unique golf exhibition in the history of the United States," with items dating back to the 1500's - at the Cornell Museum of Art & American Culture, Delray Beach Center for the Arts at Old School Square

Package rates start at \$1,148 per person; valid through December 31, 2013. Book using PROMO CODE: GRAND

"Revel in Your Very Own Romantic Retreat":

- Two-night stay in luxurious Junior Suite accommodations
- Two 18-hole rounds of golf for two at

The Seagate Country Club

- A 50-minute couple's aromatherapy massage at the award-winning Seagate Spa
- Dinner for two at The Seagate Beach Club (\$100 value)
- Breakfast for two at the hotel (\$35 value)
- Complimentary bottle of champagne and chocolate-covered strawberries

Package rates start at \$1,693 per person; valid through December 31, 2013. Book using PROMO CODE: REVEL

"A PRO-found Golf Getaway":

- Two-night stay in Junior Suite accommodations and daily breakfast
- Two rounds of golf at The Seagate Country Club
- One-hour private lesson with a Golf Pro

Package rates start at \$1,518 per person; valid through December 31, 2013. Book using PROMO CODE: PRO

"Swing into PAR-adise":

- One-night stay in deluxe accommodations
- One round of golf, inclusive of cart, at The Seagate Country Club

Package rates start at \$524 per person; valid through December 31, 2013. Book using PROMO CODE: PAR

Formerly known as The Hamlet Country Club, the newly purchased Seagate Country Club is a world-class golf and country club located on Atlantic Avenue, just minutes from The Seagate Hotel & Spa. As a gated community of charming estate properties, the Club features eight Har-Tru tennis courts, a full-service clubhouse, casual and fine dining options, and championship golf on an 18-hole Joe Lee-designed course.

Guests of The Seagate Hotel & Spa enjoy entry to The Seagate Country Club, with complimentary transportation provided by the hotel.

For information or to reserve the golf packages contact 877-577-3242 or visit www.the-seagatehotel.com.

"Say No To Sky Glow"

8th Annual Sea Turtle Day Festival

Join Gumbo Limbo Nature Center for their 8th Annual Sea Turtle Day! This fun-filled family day of environmental education will be packed with exciting things to see and do, including live animal presentations, face painting, tank feedings, children's theater, guided tours, sea turtle rehabilitation, kids crafts, awesome booths, and let's not forget, great food!

The theme this year is "Say No to Sky Glow." Light pollution is harmful to sea turtles, birds, and other animals, and can even affect YOUR health! Together we can all make a difference... find out how. Celebrate the dark, come out to the park! For more information, visit the Sea Turtle Day web page or call 561-544-8605.

- All ages. Children must be with an adult.
- Saturday, March 2 • 10:00 am.-4:00 pm
- No reservation. Suggested donation of \$5
- 1801 N. Ocean Blvd in Boca Raton

February at the Morikami

February is here and that means exciting things at the Morikami Museum and Japanese Gardens! A new exhibit moves in, The Curator's Farewell Exhibition: Cool Stuff from the Morikami Museum's Collection, and Ann Yao and Yoshiko Carlton journey through the musical history of the stringed instrument the zither in China and Japan.

February 12 – May 19, 2013

The Curator's Farewell Exhibition: Cool Stuff from the Morikami Museum's Collection

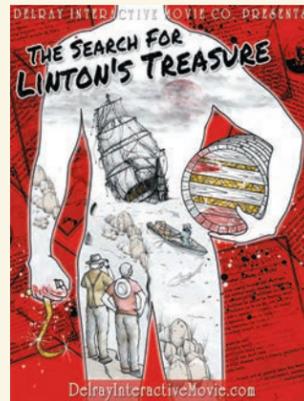
Wednesday, February 13, 2013

Kindred Melodies: A Historical Look into the Asian Zither, Ann Yao and Yoshiko Carlton
Time: 7 pm, museum doors open 6 pm
Cost: \$7 members \$10 non-members

For more information, and to learn of all the events and classes taking place at the Morikami Museum and Japanese Gardens, please visit www.morikami.org.

MOVIE MAKING MAGIC AT THE PREMIERE OF "THE SEARCH FOR LINTON'S TREASURE."

DELRAY BEACH, FL - The Delray Interactive Movie Co. presented its first theatrical release, "The Search for Linton's Treasure" on January 19 during the 24th Annual Downtown Delray Beach Festival of the Arts. "The Search for Linton's Treasure" is a unique concept in filmmaking, coined as one of the first interactive movie experiences, where the viewer becomes the star. The storyline weaves regional, historical fact with fictional license, taking the viewer/movie star on a race against the clock through the streets of downtown Delray Beach in pursuit of town founder William S. Linton's lost treasure, who mysteriously disappeared more than a century ago. Millions in lost silver is up for grabs in this heart pounding, adrenaline pumping, physically and mentally challenging adventure that will leave you guessing while creating memories every step of the way. But catch this flick while you can, it is only playing through the 2013 tourist season. As an added bonus, at the end of this limited run, Delray Interactive Movie Co. will be giving away a seven-night cruise for two to whomever solves the mystery the fastest.



"The Search for Linton's Treasure" was conceptually created and designed by local entrepreneurs Jenna and John Ferber and former Delray Beach Mayor Jeff Perlman, written by Stephen Brown, with artwork and design by renowned artist Jorge Márquez of Rainy Sun Design. "'The Search for Linton's Treasure' is a unique spin on traditional movie making with a great storyline that makes for a great afternoon activity with friends, family, a date, or group", said John Ferber.

To view the theatrical trailer and purchase tickets for this one-of-a-kind movie experience, please visit www.delrayinteractivemovie.com. The adventure begins at the Delray Interactive Movie Co.'s theater at 777 East Atlantic Avenue, Suite 301 in Delray Beach.

TWO WAYS TO BEAT THE WINTER BLUES:

Take a dose of 'Vitamin Sea' at Crane's BeachHouse Hotel

To anyone dealing with the dreaded winter blues due to dipping wind chills and dripping noses, Cathy Balestriere, the general manager of Crane's BeachHouse Hotel & Tiki Bar, has a ready prescription: "The best way to beat the blues this flu season is by taking a healthy dose of 'Vitamin Sea' at our gorgeous Key West-style location, just steps away from both a beautiful, sun-soaked Atlantic Ocean beach and the fun-filled hustle-bustle of booming Atlantic Avenue."

A fun and festive boutique hotel with 27 distinctive and luxurious guest suites, all nestled within a lush, tropical setting, Crane's BeachHouse Hotel now is offering a special Vitamin Sea Get-Away package for singles, couples and families who prefer to bask in the warmth of South Florida sunshine rather than remain shivering in the ice and snow.

As added enticement for sun-hungry guests, the special Vitamin Sea Get-Away package includes a pitcher of Red Sunset Sangria in every room and a unique VIP Pass entitling the guest to discounts of up to 15% at a variety of nearby beachside restaurants and boutiques.

"Crane's BeachHouse Hotel is the perfect place for a fun-in-the-sun vacation," promises Balestriere. "And Delray Beach is the perfect city to visit, according to USA Today, which lists us as a contender for Best Beach Town in Florida, while hailing our 'walkable downtown, locally owned shops and lively bar scene.'"

The rates for this seasonal package start at only \$259 plus tax per night - based on availability and subject to restrictions.

The hotel also offers Crane's Customized Comforts for purchase by guests, including fresh tropical fruits upon arrival, a fully-

packed beachside picnic for two, 60-minute poolside massages, beach photo portraits by a professional photographer to capture vacation memories, a private sunset cocktail cruise along the Intracoastal Waterway and more.

Sweetheart Escape



Treat your Sweetheart to the Finer Things in Life At Crane's BeachHouse Hotel & Tiki Bar

*Rates from \$299!

Begin your escape with Crane's luxury accommodations, and enjoy sparkling wine and a sweet surprise upon arrival.

Customize your Sweetheart Escape by adding blissful treats:

- Movie & Snack Pack - \$20
- Bedroom Roses - \$50
- Beach Picnic - \$50
- Breakfast in Bed - \$50
- French Champagne & Strawberries - \$80
- Private Sunset Cruise - \$200
- In-Room Couples Massage - \$250

Reservations for both packages may be made by phone at 866.372.6273 or online at www.cranesbeachhouse.com.

*Based on availability, restrictions and blackout dates apply. Rate starts at \$299 for a Cabana Room. Must mention & book the Sweetheart Escape Package. New reservations Only. Rates valid Feb. 7th 2013 - Feb. 28th 2013

MADRID_CREAcción Unique study-abroad experience



SUMMER 2013
May 12 through June 23

A project-based study-abroad program combining language and culture classes created by FAU professor Frédéric Conrod immerses students from all backgrounds in the vibrant artistic community of Madrid through workshops with artists, totaling 7 college credits.

For more information contact:
Dr. Conrod - fconrod@fau.edu
Dept of Languages, Linguistics and Comparative Literature

Immerse yourself in a world of creation...

February Fashion by Rigel Herman *What's Hot, What's Hip, And What's Showing for Spring 2013*



In our increasingly trend obsessed society, it should be noted that The Runways that are endlessly reported on aren't always where the trends are born. On the contrary, several designers credit "regular people" as inspirations for their collections. Primarily, though, the clothes that grace the glamorous catwalks in the most fabulous cities in the world are aspirational for us regular folk.

And let's be honest, sometimes they aren't all that inspiring or to die for, they're just plain weird and leave us wondering, "who would ever actually wear that?" True, a lot of Fashion is artistic expression, cultural reflection and wacky, surreal musings of designers who find correlations between things like Truman Capote's 'Society Swans' and The Jetsons for their collections.

In my personal quest to live a Fashionable life, to be a dedicated follower of the industry, to understand it, dissect it and most of all, love it, I have managed (with the help of bloggers, writers and Joan Rivers on E!) to view the collections and attempt to bring them to life.

Here are my Top 5 Spring 2013 Runway Trends that no one should be afraid of or scoff at. And that are accessible, affordable and fun. Because to me, that's what it all comes down to.

1. Sporty Dresses. Little A-line frocks in solid colors or prints were all over the runways. These sleeveless or short-sleeve numbers are comfortable, (generally cotton blends) and are cool, easy and chic. Wear them with ballet flats, flip-flops or cute little sneakers or dress them up with a wedge. Flattering and sophisticated, these dresses are great go-to wardrobe staples for Spring.

2. Black and White. While women have been obsessing in recent months over 50 shades of grey, for Spring, it's all about black and white. Letting go of the usual pastel colors that we often associate with this time of year, black and white together make dressing effortless. Pair a black top with white shorts and chunky black sandals or choose polka dots or stripes in the two colors. Nothing looks more pulled together and screams "Style!" than head to toe black and white.



3. Bermuda Shorts. Designers like DKNY, Chloe and Rag and Bone showed Bermuda shorts for Spring and that should make us all very happy! They're fun and wearable for women of every age and look super hip with a little t-shirt or tank. Nice to see a departure from super short shorts, as I'm a firm believer that these should be purged from the wardrobes of every woman over 24.

4. Leather. While leather can be hot to wear and can be challenging, several of the designers showed soft, flowy leather skirts, t-shirts with leather detailing, and supple, little leather jackets. To avoid looking like a fashion victim, keep your leather pieces cohesive with the rest of your look and don't go head-to-toe. For affordability, choose faux leather pieces. It's okay, just call them "vegan" and you'll score even more cool points.



5. Leggings and Skinnies. The comeback of the legging has done wonders for our outfit options. They are so simple and can look so fashionable if worn properly. Black leggings are the Queen Bee and are the most versatile. Just keep in mind the rules of the body-con pants; no crop tops and tight on tight is best worn by the blessed few.



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Downtown Delray Beach explodes Style & Fashion during their Fabulous Fashion Show!

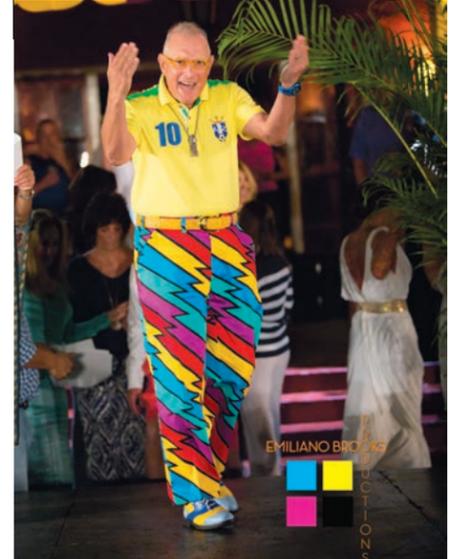
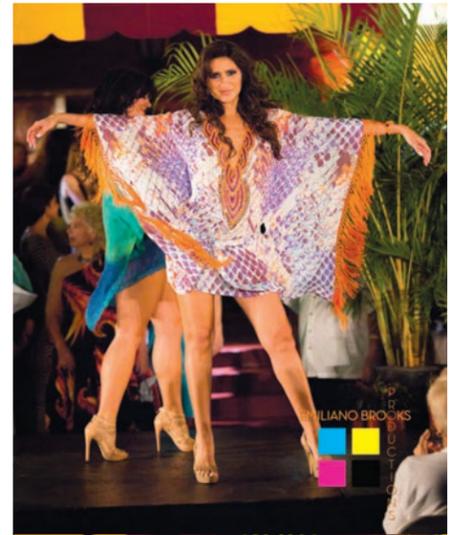
On Friday, January 18th Jule Guaglardi, owner of Roxy Lulu Boutique (in the Pineapple Grove district of Delray Beach), partnered with the DDA (Downtown Development Authority) to organize "Delray's Fabulous Fashion Show". Ms. Guaglardi was accompanied by Arlene Roberts, of Better Party Rentals, as they hosted the show, while musical performers, the No Pressure Band and Matthew Farmer kicked off the evening.

The fashion show was held on East Atlantic Avenue in front of the Colony Hotel showcasing some 40 merchants from the downtown area, and raising over \$1200 towards a scholarship for the Lynn University Fashion Department. Fourteen fashion students and faculty volunteered to assist with the event - led by Dr. Dandeo.

Delray's Fabulous Fashion Show served as part of the DDA's Night & Day in Downtown Delray's Marketing Awareness campaign, highlighting Art & Fashion month. The goal of the program is to bring awareness to the uniqueness and one-of-a-kind appeal offered by the Downtown Delray Beach shops. With that said, over 40 boutiques and salons participated in the show, showcasing more than 100 different looks in each of the four categories: Casual, Beach, Resort and Evening.

The audience grew to over 2000 people, which overlooked an elevated 40-foot runway. Thanks to the hard work of Jule Guaglardi, Laura Simon, Marjorie Ferrer, and the many merchant, University and model volunteers, the show was a great success! Special thanks to the sponsors of the show: The Colony Hotel and Cabana Club, Better Party Rentals, Roxy Lulu, All Florida Trees and Eassa Properties LLP. As well as the photos by Emiliano Brooks and the Video by B Squared Productions. (photos and video available on the DDA Facebook page, Youtube and website.

The DDA's Night & Day program continues each month, highlighting the downtown shops, restaurants, galleries, salons and spas - please visit www.downtowndelraybeach.com/promotions for continuous updates and the www.facebook.com/delraydda for great information and contests!



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Posh Properties is proud to welcome our newest team member!



Michelle Sadownick
561-633-1020

Since 2004, Michelle Sadownick has been specializing in Residential and Commercial Real Estate. After graduating from the Fort Lauderdale Art Institute in 2002, Michelle's passion for interior design quickly became the much needed resource for real estate investors and builders. Her talents and expertise led her to personally invest in real estate. This proved to be the perfect fit for Michelle, and she soon began her successful career representing buyers and sellers. Michelle's specialties now encompass representing investors, winter residents, first time home buyers, short sales, foreclosures, relocations, 1031 exchanges, commercial real estate, seasonal and annual rentals.

Michelle feels each of her customers is unique and is proud to boast a high percentage of return business. Many of her customers are referrals from satisfied past customers. Much of Michelle's success is attributed to the fact that she has never measured her success by sales, but by the relationships she builds along the way. Michelle continues to take the time to listen to her customers and to focus on their lifestyles and future plans for the properties they are considering.

She is a strong believer that good communication is the cornerstone of any successful relationship. You can count on Michelle to provide you with the information you need and most importantly in a manner that suits you best. She prides herself in always being available day or night via email or telephone. She feels strongly about assisting her customers' in any way that she can provide them the best possible selling, buying or leasing experience. So, if you are considering buying, selling, leasing or investing in the South Florida real estate market, do yourself a favor and take a minute to meet with Michelle to discuss your real estate goals.



Catherine McGlennon
561-239-0037



THE ASTOR
INVESTMENT OPPORTUNITY
 Luxurious 2 bedroom, 2 bath unit in a choice downtown location. Enjoy pretty courtyard garden view from your balcony. Kitchen features granite countertops and stainless steel appliances. Spacious master bath with Carrera marble tub and shower.
Asking \$429,000.00



THE ESTATES
 Don't miss out!
 Brand new construction, east of 95. 3 bedroom, 2.5 bathroom, 2 car garage single family home, available immediately! Community features pool with low monthly HOA. Minutes to beaches and downtown Delray.
Asking \$259,990



THE ASTOR
 3 bed, 3 bath Penthouse fully furnished, wood floors, huge master bedroom with sitting area, expansive closet, marble bath, soaking tub and separate shower. 3-sets of sliding glass doors, south/east exposure, courtyard view. Features private rooftop deck with spa.
Available June 1st Asking \$5,000/month



BAY REACH
 Upgraded unit granite countertops, stainless steel appliances. Bay Reach features a resort style pool directly on the intracoastal waterway. Located in the quaint town of Lake Park its just a short drive to the Palm Beach gardens mall.
Asking \$129,999



Sally Childs
561-414-4668



VALENCIA FALLS
 This 3 bedroom, 2 bathroom beautiful home includes many special features including accordion shutters, brand new A/C unit, black granite countertops and tumbled marble backsplash. Enjoy days and evenings in the screened porch relaxing in the serene environment of your own backyard.
Asking \$260,300



HUNTINGTON LAKES
 Priced to rent for this season! 2 bed, 2 bath condo in a very active +55 community. Huntington Lakes is known for its spectacular Performing Arts center and amenities. This special unit is stocked with everything you will need for your seasonal getaway!
Asking \$975/month



HOMWOOD LAKES
 Light, bright, and immaculate 3 bedroom 2.5 bath townhome with large loft. Located on a premium lake lot. This home features upgrades galore. Kitchen includes granite and top of the line stainless steel appliances, ceramic tile and wood. Pet allowed.
Asking 1,925/month.



ARTIST ALLEY!
 The newest trendy addition to Delray Beach, "The Artist's Alley" will soon be the hottest area for art galleries, live music and outdoor cafes. This large duplex is a great investment opportunity to develop artist's lofts and flow through gallery. Open beam ceiling, loading dock and garage doors, offer numerous options to create great space. Separate meters, parking spaces, dual entrances, walk to everything.
Asking \$610,000



Anthony Aliberti
561-232-5924



CITY WALK
RENTED
 Beautiful, spacious, downtown Delray Beach condo with hardwood floors, granite countertops, stainless steel appliances, crown molding and volume ceilings. Just steps away from Atlantic Avenue. 2 bedroom, 2 1/2 bathrooms.
Asking \$3,100 monthly



THE ASTOR
 Gorgeous 2 bedroom, 2 bath with step out balcony overlooking courtyard. Large white porcelain tiles, granite kitchen, jacuzzi tub, walk-in closets, 2 parking spaces. Large kitchen, roof top pool, washer dryer in unit. Clean and bright.
Asking \$2,600
 Jerilyn Walter 561-537-0050



SAN SEBASTIAN
UNDER CONTRACT
 Spacious 2.5 townhouse in downtown Delray. Corner residence, lots of natural light, 2-car garage with built-in storage. Granite kitchen w/generous bar, SS appliances, great master suite with soaking tub and step-in shower. Available 12/5 **Asking \$2,695/month**
 Catherine McGlennon 561-239-0037



THE ASTOR
 Experience the Delray Beach lifestyle in this luxurious Astor condo. Live in the heart of Pineapple Grove off Atlantic Ave. Former model with granite countertops, stainless steel appliances and beautifully furnished w/ balcony off master bed room.
Asking \$539,000
 Michelle Sadownick 561-633-1020



Vanessa Vargas
561-762-9319



SEAGATE at The Hamlet
 This 1 bedroom, 1 bathroom condo is fully furnished with spacious, bright kitchen. Access to a beautiful community pool. Great Investment opportunity!
Asking \$119,900



CANTERBURY at Quantum Village
 2 bedroom, 2.5 bath town home completely remodeled. Hardwood floors throughout. Brand new sinks, back splash, and toilets in the bathroom. Walking distance to public shopping plaza. May allow small pet. Extra storage on large patio. **Asking \$1,599/month**



SAVANNA COVE III
UNDER CONTRACT
 Home is on the water in one of the most desirable sections of lovely Weston. Home is missing the kitchen and appliances giving the buyer the opportunity at this discounted price to finish the home off. Don't miss this fantastic opportunity!
Asking \$590,900



OAKWOOD LAKES
SOLD
 Very large end unit with private oversized fenced patio. 3 bedrooms, 2.5 baths, 2 story townhome tucked away on a private greenbelt. Located in a great community, this home has a brand new roof along with sliders throughout the home. **Asking \$94,900**



Lenny Felberbaum
561-306-5440



MALLORY SQUARE
 This beautiful townhome with southern exposure features hardwood floors, plantation shutters, and density night blinds in bedrooms. Walk to Americas most fun small city downtown to the beach. Motivated seller!!
Asking \$415,000



MARINA VILLAGE
 3 bed/2 bath condo with wrap around balcony, views of the ocean and marina. Kitchen features granite counter tops & SS appliances, impact windows. 2 parking spaces. Amenities include 24 hr manned desk, business center, resort style pool, fitness center, media & billiards room.
Asking \$369,000



THE PAGET HOUSE
 All Ages! Walk to the beach and dining while enjoying life in prestigious Ocean Ridge. Only minutes to Atlantic Ave. Beautifully remodeled with marble floors, stainless steel appliances & granite countertops. Beautiful pool & clubhouse. A must see! **Asking \$2,200/month**
 Michele Sadownick 561-633-1020



CANNERY ROW
 This 3/3.5 Townhome is located in the heart of Pineapple Grove on a beautiful corner location making it light and bright. Custom wood floorings, limestone in first floor living area, and stainless steel appliances. New construction available for immediate occupancy.
Starting at \$599,000

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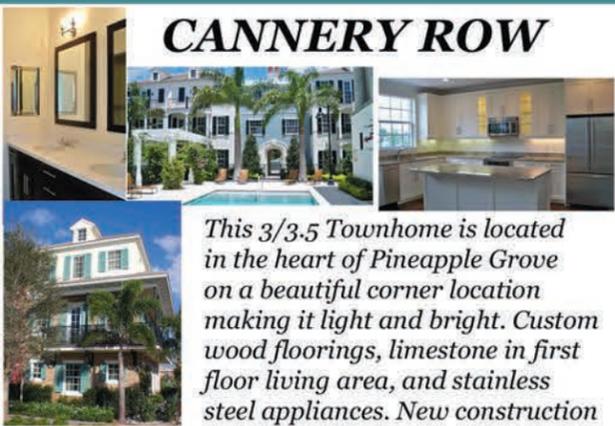


LUXURY BY THE BEACH
RARE DELRAY BEACH ESTATE
 with GUEST QUARTERS



Located in the highly desirable Seagate area of Delray Beach, this rare corner lot and gated estate home offers the homeowner complete privacy, expansive grounds, separate guest quarters and only steps to the sand. The main house offers 3 oversized bedroom suites w/private baths and walk-in closets. Volume ceilings, custom cabinetry, hurricane impact windows and doors, formal entrance and security system are only a few of the many amenities this home offers. Perched atop the double mahogany staircase is a large ceiling to floor glassed office with custom wood built-ins, perfect for a home office. The light and bright formal dining room w/white plantation shutters, offers ample room for entertaining. The lovely eat in kitchen with marble counter tops, wine room and storage, dual sink areas, counter area and bay window. The expansive family room doubles as a state of the art media and features mahogany cabinetry, a separate hidden projector screen, equipment, surround sound and multi functional touch screen. Master suite is located on the east side of the home and offer a sitting room, walk-in closet, marble and glass master bath with dual sinks, separate tub and shower, and sauna. Guest suite sits atop the spacious 3 car garage and affords your guests their very own apartmen with veranda. Entertain your guests poolside to the sound of waterfalls, ocean breezes and outside surround sound. Gated pool area features, jacuzzi spa, flow over waterfall, cabana bath, storage and charming pergola. **\$2,495,000 Jerilyn Walter 561.537.0050**

CANNERY ROW



This 3/3.5 Townhome is located in the heart of Pineapple Grove on a beautiful corner location making it light and bright. Custom wood floorings, limestone in first floor living area, and stainless steel appliances. New construction available for immediate occupancy.

Asking \$599,000 Jerilyn Walter 561.537.0050

THE ASTOR



3 bedroom 3 bathroom gorgeous penthouse in pineapple grove. Private rooftop deck with jacuzzi, expansive balcony on main floor, hardwood flooring, large kitchen with black granite, and stainless steel appliances

Asking \$579,000
 Jerilyn Walter 561.537.0050

SWINTON AVE
 Commercial/Residential



Very large duplex, 3/2 and 2/1 as well as detached 2 car garage with bath. Duplex sits on double lot on prestigious Swinton, zoned residential, commercial or multi family. High ceilings, large rooms, pristine terazzo floors, city gas, great buy!

Asking \$695,000

ARTIST ALLEY!



Not only is Artist Alley the newest trendy addition to Delray Beach, it is fast becoming the hottest area for art galleries, live music and outdoor cafes. This large duplex is a great investment opportunity to develop artist's lofts and flow through gallery. Open beam ceiling, loading dock and garage doors, offer numerous options to create great space. Separate meters, parking spaces, dual entrances. Walk to everything. **Asking \$610,000**

MALLORY SQUARE



This beautiful townhome with southern exposure features hardwood floors, plantation shutters, and density night blinds in bedrooms. Walk to America's most fun small city downtown to the beach. Motivated seller!!
 Asking \$419,900
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Fiddler on the Roof

ART, MUSIC, THEATER COMING UP AT DELRAY'S CENTER FOR THE ARTS

Theater

February 4 & 5, 2013

SAM HARRIS

Crest Theatre

Monday & Tuesday, 8 pm; tickets \$42

As a singer, songwriter and actor Sam's career spans over 20 years. On Broadway, Sam was a Tony Award nominee for Cy Coleman's *The Life* and played the hilarious Perry Pearl on the CBS sitcom, *The Class*.

Monday & Tuesday, 8 pm; tickets \$42



Sam Harris

February 15-17, 2013 -

MICHAEL CAVANAUGH in Concert

Crest Theatre

Billboard Magazine called him "The New Voice of the American Rock and Roll Songbook." This star of the Broadway hit, *Movin' Out*, has become an international sensation. Michael and his 5-piece band will rock the Crest!

Friday, 8 pm; Saturday, 2 & 8 pm
Sunday 2 pm; tickets \$42

February 21-24, 2013

FIDDLER ON THE ROOF

Crest Theatre

Winner of nine Tony Awards, including Best Musical, this family show is considered one of the great works of the American Musical Theatre. Relive the tradition!

Thursday and Friday, 8 pm; Saturday,
2 & 8 pm; Sunday 2 & 7 pm; tickets \$42

March 4 & 5, 2013

ELAINE PAIGE

Crest Theatre

Called "The First Lady of Musical Theatre," Elaine is an actress, recording artist, producer and broadcaster. She has created some of the

most celebrated, award winning roles in musical theatre history -- most notably Eva Peron in *Evita* and Grizabella in the original production of *Cats*. Sponsored by VITAS.

Monday & Tuesday, 8 pm; tickets \$42

Art, Events, Showings, Etc.

February 14, 2013

HELOISE

Crest Theatre

(includes post-lecture reception) Called "The High Priestess of Household Hints," Heloise's column is syndicated in more than 500 newspapers in 20 countries. She inherited her ability from her legendary mother.

Thursday, 2 pm; tickets \$25, \$40

February 15, 16 & 17, 2013

VISITING ARTIST WORKSHOP "ABSTRACT PAINTING WITH COLD WAX MEDIUM"

Rebecca Crowell, M.F.A. will explore ways to build up abstract oil paintings in layers, using cold wax medium and other media. Some painting experience is recommended.

9:30 a.m. - 4:30 p.m., Fee \$540

March 14, 2013

JULES FEIFFER

Crest Theatre

Pulitzer Prize-winning cartoonist, playwright, screenwriter and children's book author and illustrator, Jules Feiffer turns contemporary urban anxiety into witty and revealing commentary. His latest memoir, *Backing Into Forward*, relates how persistent failure inspired him to reinvent himself as an artist over and over.

Thursday, 2 pm; tickets \$25, \$40 (includes post-lecture reception)

Through March 21, 2013

IMPROV AT THE GYM

Nationally renowned Mod 27 presents their hilarious, fast paced and quick witted improv comedy shows. Their productions have been featured at the Chicago Improv Festival, the Out of Bounds Improv Festival (Austin), and the Del Close Marathon at the Upright Citizens Brigade in New York City. Mod 27 is part of Take Heed Theater Company.



Through April 21, 2013

THE SEAGATE HOTEL & SPA WORLD OF GOLF: THE GARY WIREN COLLECTION

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Experience a one-of-a-kind opportunity to see one of the most unique private collections of golf memorabilia in the U.S. Presented by The Seagate Hotel & Spa and by Kevin Hammer, Barry Rubin and Larry Eaton of Merrill Lynch Wealth Management.

Tuesday-Saturday, 10 am - 4:30 pm;
Sunday, 1-4:30 pm; closed Mondays and major holidays.

Admission: \$10 general; \$6 seniors & students with ID; \$3 ages 4-12; free for ages 3 and under.

Through April 21, 2013

ACADEMY OF GOLF ART

Cornell Museum of Art & American Culture

This stunning collection of oils, watercolors and acrylics by America's most recognized golf artists is on loan from the Academy of Golf Art and is presented in conjunction with the World of Golf exhibit.

Admission: \$10 general; \$6 seniors & students; \$3 ages 4-12; free ages 3 and under.

Tuesday-Saturday, 10 am - 4:30 pm
Sunday, 1-4:30 pm.

February 16 & 17, 2013

ARTISTS IN THE PARK

Delray Art League outdoor show and sale. A percentage of all sales support the League's Art Education Fund for scholarships and art supplies for local art students.

Saturday & Sunday, 10 a.m.-4:30 p.m.

Through March 31, 2013

DELRAY ART LEAGUE

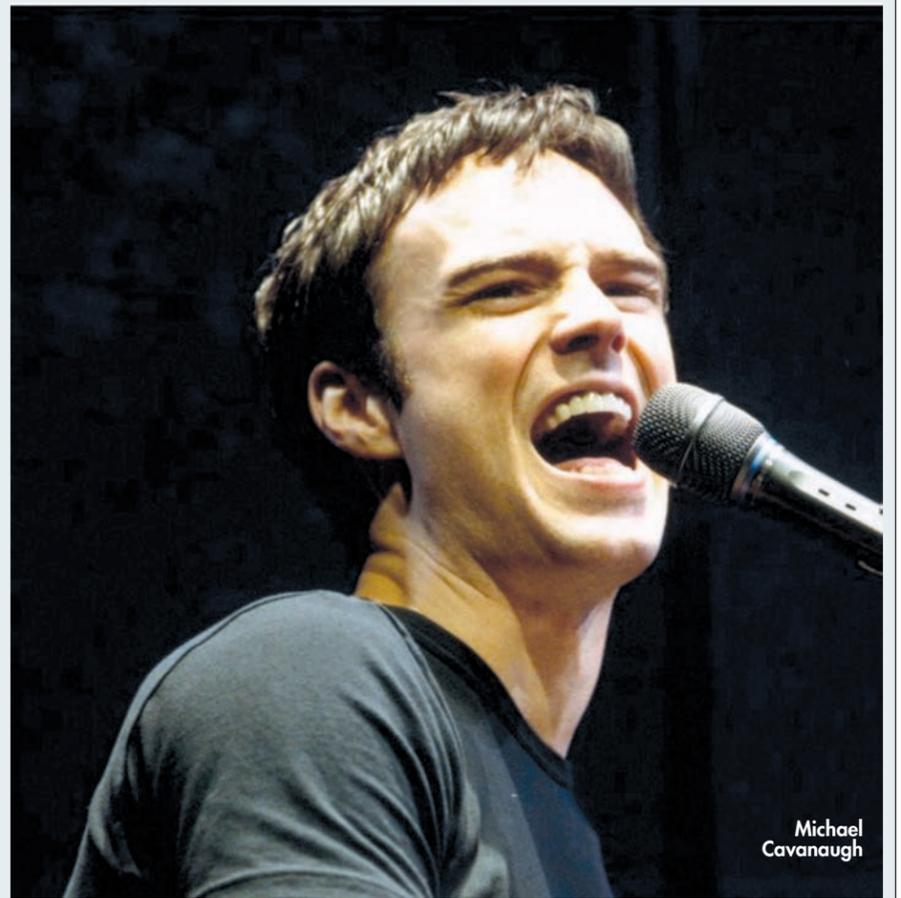
Crest Theatre Galleries

A multi-media exhibit showcasing oils, watercolors, acrylics, sculptures and photographs.

Monday-Friday, 9:30 am - 4:30 pm;
Saturday, 10 am-3 PM

Delray Beach Center for the Arts (formerly known as Old School Square Cultural Arts Center) offers world-class events, theater, exhibits and learning opportunities. The restored early 20th century school buildings (listed on the National Register of Historic Places as Delray Beach Schools) house the charming Cornell Museum of Art & American Culture (c. 1913), the intimate Crest Theatre (c. 1925) and a Vintage Gymnasium. The Pavilion, which opened in 2002, hosts outdoor concerts and festivals. The School of Creative Arts offers art, photography and writing classes. The Center also serves as a venue for community, corporate, private and media events. For information on performances, exhibits, classes or facility rentals, call 561-243-7922 or visit DelrayCenterForTheArts.org.

Michael Cavanaugh in Concert



Michael Cavanaugh

Crest Theatre presents Grammy and Tony Award nominee February 15-17

DELRAY BEACH, FL - The Crest Theatre welcomes piano man, Michael Cavanaugh February 15th through 17th. Cavanaugh and his five-piece band will perform songs by Billy Joel and others.

Performances are Friday, 8 pm; Saturday, 2 & 8 pm and Sunday, 2 pm. The Crest Theatre is located at Delray Beach Center for the Arts, Old School Square, 51 N. Swinton Avenue, Delray Beach. Tickets are \$42 and are available at DelrayCenterForTheArts.org or through the Box Office at 561-243-7922, ext. 1.

Billboard Magazine called Michael Cavanaugh "the New Voice of the American Rock & Roll Songbook." This charismatic performer, musician and actor was made famous for his piano/lead vocals in the Broadway Musical *Movin' Out*. Cavanaugh was handpicked by Billy Joel to star in title role. Michael appeared in the show for 3 years and over 1200 performances, receiving accolade after accolade, which culminated in 2003 with both Grammy and Tony award nominations.

Michael began playing at age 7, when his parents bought their first piano. Encouraged by family and friends, and inspired by his hero Billy Joel, Michael formed his first band at age 10 and began playing local functions, fine-tuning the craft that would become his chosen career. His first full time gig as a musician was an extended engagement in Orlando Florida at a piano bar called Blazing Pianos. In January of 1999, Michael received an offer that would unknowingly change his life, with an opportunity to play Las Vegas at

the famed "New York, New York Hotel and Casino." It was there that Billy Joel spotted Michael and joined him on stage one fateful night of February 2001. It only took 2 songs before Billy was convinced that he had found his new Piano Man, Michael Cavanaugh. Michael closed up shop at New York, New York and moved to New York City to work alongside Billy Joel and Twyla Tharp, to shape the Broadway Musical that would be called "Movin' Out".

With the close of *Movin' Out* at the end of 2005, Michael began touring in his own right, creating a show that reinterprets the modern pop/rock songbook. Michael soon became one of the hottest artist's in the corporate/events market. He continues to perform worldwide for company and charity events as well as sporting events including PGA tour events, the US Open, the Indy 500. It wasn't long before Symphony Orchestras discovered Michael's talents and audience appeal. He accepted his first orchestral booking, "Michael Cavanaugh - The Songs of Billy Joel and more" which debuted in April of 2008 with the Indianapolis Symphony and continues to tour. In October 2008, he signed with Warner/ADA to distribute his first CD titled "In Color". In June, 2010, Michael debuted his second symphony show in the "Generations of Rock" series entitled "Michael Cavanaugh: The Songs of Elton John and more" and then debuted his third symphony show "Singers and Songwriters: the music of Paul Simon, Neil Diamond and James Taylor" in 2012. He continues to tour all three symphony productions.

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Artists' Alley

Artist Stanford Slutsky struts his stuff

Solo art exhibition at the Weisman Delray Community Center

DELRAY BEACH, FL – The Weisman Delray Community Center, is honored to have Mr. Slutsky's optical illusion solo art exhibition featuring over twenty five pieces of his art work adorn our walls. "The Shape of Things" exhibition commences with the opening reception Sunday, February 10, 1:00 pm to 4:00 pm and runs through Friday, April 19, 2013.

"When I was a child," says Slutsky of Boynton Beach, FL, "there was something about the illusions magicians created that captured my imagination. I want that same vivid sense of illusions to be central in my artwork. Today, all of my work creates the illusion of movement and three-dimensional. I achieve these effects by juxtaposing hard-edged color patterns that disrupt the normal process of vision. Some shapes of color may seem to advance and then recede and others appear to pulsate in waves."

Slutsky's artworks are created with astounding geometric precision and vibrant colors that make him stand apart. Slutsky's art work is in many fine art galleries, he has exhibited in numerous community venues in Florida, including Art in Public Places and Museums and permanent Collections throughout the United States.

"My art is a passion of painstaking, semi-scientific approach to painting based on the manipulation of optical devices, and which depends on subtle color gradations, systematic chromatic harmonic lines and shapes," continues Slutsky. "I hope my work will stimulate and provoke a positive emotional response in the viewer's mind just like the magicians did when I was a child."

The Weisman Delray Community Center is located at 7091 West Atlantic Avenue in Delray Beach and is open to the public at no charge. Hours are Monday and Tuesday 9 am to 5pm, Wednesday and Thursday 9am to 9pm and Friday, 8:30 am to 4:30 pm.

For more information, contact Risa Demato 561.558.2149 or Stanford Slutsky 561.865.1285 geometricartist@bellsouth.net



Concert #3 ~ Ninth Season
Sunday, February 17 at The Colony Hotel
525 East Atlantic Avenue, Delray Beach

Guest Artist Tao Lin, Piano
Hoffmeister: String Quartet in D major for Viola d'amore
Sarasate: "Navarra" Op. 33 for two violins and piano
Zhou Long: Chinese Folk Songs
Franck: Piano Quintet in f minor
Mahler: "Adagietto" Symphony no. 5

Tickets: Single Admission: \$35 per event
Season Subscription (5 concerts) : \$150

For information and reservations:
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Email Tickets@DelrayStringQuartet.com

Music appreciation course at Unity of Delray Beach

Zack Coblens, Director of Music at Unity of Delray Beach will present multimedia presentations incorporating artwork from the Renaissance, Baroque and Classical time periods, coupled with the music from each period, showing similarities between the visual and the music of each time. Classes will meet 1:30 to 3:30 p.m. on Sundays, January 27 through February 17. As with all classes and events at Unity of Delray Beach, there is no admission charge. A love offering will be collected. Students will receive a printed guide to the course.

Listening and discussion, as well as some lecturing, will all be a part of these classes. The format will be in-depth enough to be interesting and educational but not so deep that anyone would feel lost or overwhelmed. The course will be fun and exciting, fascinating

and captivating. Another four-week course will follow this spring and will cover the Romantic and Contemporary time periods.

Zack Coblens attended music school at Westminster Choir College in Princeton, NJ and furthered his education at New York University. Since 2002, Coblens has been in demand as a teacher, developing students known for the quality of their playing, many of whom have been winners of numerous local and state competitions. He is a native of Louisville, Kentucky.

About Unity of Delray Beach: Visitors and guests of all faiths are welcome to join in all of the activities at Unity of Delray Beach. Unity of Delray Beach is located at the northwest corner of 101 NW 22nd St. at Swinton Ave. For more information call the church office Mon. through Thurs., 10 a.m. to 4 p.m. at 561-276-5796

2013 Concert Sunday Musical Matinee Series

You can enjoy wonderful musical programs and help support the Library at the same time. All tickets can be purchased at the Library Circulation Desk. Tickets for individual shows are available for \$15 per person. All performances will be held in the Library Auditorium and doors open at 1:30 p.m. All seats are on a first-come, first-served basis.

The three remaining concerts in 2013 are:

• Musical Program #2 – Sunday, February 10, 2013 @ 2:00 p.m. – Award-winning and critically acclaimed cabaret vocalist Rob Russell will feature piano and drum accompaniment to round out a delightful afternoon of Broadway,



contemporary and American popular music.

• Musical Program #3 – Sunday, March 10, 2013 @ 2:00 p.m. - One of Florida's finest violinists, Mei Mei Luo, first violinist and founder of the Delray String Quartet, will perform with piano accompaniment an afternoon of classical music favorites.

• Musical Program #4 – Sunday, April 21, 2013 @ 2:00 p.m. – To celebrate Jazz Appreciation Month, you will be entertained by the Susan Merritt Trio featuring jazz vibraphonist Nathan Skinner.

For further information on purchasing tickets, call the Director of Community Relations at 561-266-9490, the Circulation Desk at 561-266-0194 or visit www.delraylibrary.org.

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Library presents 1st Annual Literary Picnic in the Park

The Delray Beach Public Library announced the First Annual Literary Picnic in the Park on Saturday, March 9, 2013 for all creative & talented foodies. Join at Old School Square Park for a completely new, competitive culinary and literary event produced by the Library as part of their Centennial Celebration.

The guidelines are as follows:

- Gather a group of your friends for an evening of food, costumes & fun
 - Select any book from the Library
 - Select costumes or a theme that best portrays the selected book
 - Create a picnic menu to match the book theme (must be prepared by the participants)
 - Fill out the Entry Form & start planning. The entry fee is \$250.00/team (limit of 12 persons)
- This event will take place from 6:00 – 8:00 pm with a set-up time from 4:00 – 6:00 pm. Judging will be at 7:00 p.m. Prizes and awards will be given for best costumes, best menu, most creative adaptation & more.

To receive an entry form and reserve your space, contact Kimberley Trombly-Burmeister, Development Director, at 561-266-0775. For more information about the Centennial Celebration visit www.delraylibrary.org.

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ONE on ONE

Arts Garage's Lou Tyrrell Talks to Famed Playwright Israel Horovitz

Gloucester Blue Has World Premiere at Arts Garage

Through February 17
 Wed-Fri: 7:30pm • Sat: 2pm • Sun: 7pm
 Tickets: \$30-\$40 in advance, \$5 more at the door
www.artsgarage.org

Lou Tyrrell, Artistic Director of Theatre at Arts Garage, is thrilled to announce that famed playwright Israel Horovitz's latest work, *Gloucester Blue*, will make its world premiere at the Delray Beach venue. Master story-teller Israel Horovitz continues his "Gloucester Series" of plays, using the intimate locale of Gloucester, MA, to tell epic stories of sex, murder, and intrigue.

"Israel Horovitz is one of our finest American playwrights living today," said Tyrrell. "His understanding of what drives us as human beings is original, unique, and completely theatrical. He is an artistic treasure, and to produce a world premiere of one of his plays at Arts Garage is a thrill and an honor. *Gloucester Blue* is an example of American playwriting at its best."

As Tyrrell and Horovitz planned for the opening, they conducted a very special one-one-one interview for *The Pineapple*.

LT: As one of America's most successful and prolific playwrights, is there any specific goal you have as an artist, going forward?

IH: Difficult for me to conceptualize goals for my work. My focus is really individual plays and thoughts about what people need from my play ... what my play has a right to take up an audience's time. I suppose I do have a goal to go forward as opposed to moving through a rear-view mirror into repetition of work I've done in the past ... simply said, to create work that is fresh and relevant ... both for me and for younger, newer audiences. *Gloucester Blue* is certainly a departure for me in terms of its film noir style ... and possibly a departure in terms of its purpose. The play is really dark and really funny... a blend of blackheart and lightheart.

LT: You are the most produced American playwright in other countries around the world. What is it about your plays that so compel theatres in other cultures to produce them?

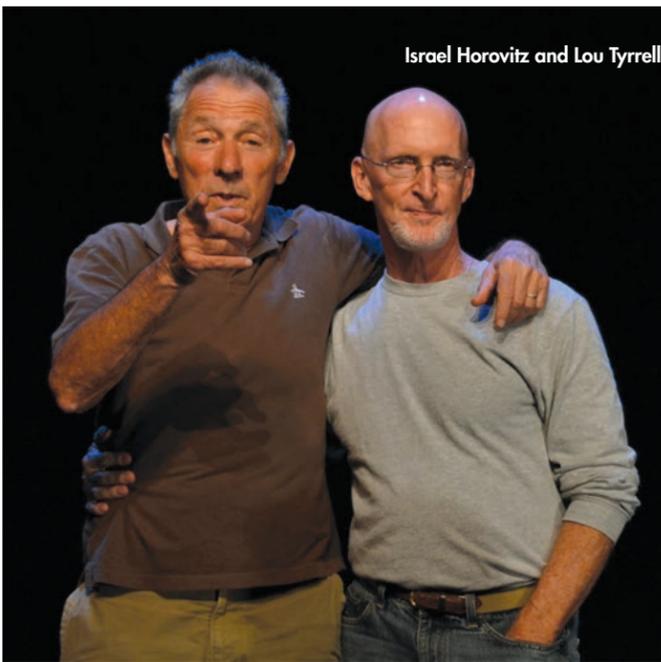
IH: It's possibly because I have excellent translators and my plays improve in translation. Joking aside, it's sort of a mystery to me, really. It's so incredibly lucky. I've had something like fifty of my plays translated and performed in France, alone. I'm given to explain this in interviews in France by saying "In another life, I must have been an escargot..." Interest in my plays in Europe is possibly because my roots are in Europe. My plays tend to be more emotional than intellectual ... Perhaps emotion translates easily to other cultures.

LT: You are well known for your "Gloucester" plays. Is there something special about this little Massachusetts town that feeds your stories in a particular way?

IH: When I got out of grad school in the mid-1970s, I wrote a trilogy set in my hometown Wakefield, Massachusetts. The three 3-act plays were rife with literary illusion. At that time, I was driving up to Connecticut to have dinner with Thornton Wilder, who was a hero of mine. Mr. Wilder was nearly ninety years old and not able to get around easily. When we met together, we talked about playwriting, and about life. He read my "Wakefield Plays" and was extremely flattering in his praise. But, at the end of it all, Thornton Wilder spoke one sentence that would alter the course of my playwriting for years and years to come. He ended his praise of "The Wakefield Plays" with "... Of course, there isn't very much Wakefield in those plays."

Spoken by Thornton Wilder, who had created *Grovers Corners*, New England's best-known, best-loved small-town, I listened. His ten-word sentence, had, for me, great meaning, and great impact. If my Wakefield plays would be nothing else, they would be brim-full of Wakefield.

I began to write a complementing, quite-short play called *Hopscotch* in which I tried to capture the dialogue and dialect I grew up hearing as a kid ... which is to say I tried to recreate the way people actually spoke in my time in Wakefield, Massachusetts. Ten pages into the writing of the play, I was hooked. I loved the fact that the characters in *Hopscotch* spoke with such a specific and arcane language. It sounded familiar and, more importantly, it sounded true. It was true. Obviously Wilder was on to something, because *Hopscotch* was quickly translated and performed around the globe.



A few years later, I started writing plays set in Gloucester, my adopted hometown, where I have a small house and a small theatre. These Gloucester plays used Gloucester dialogue and dialect, as well as touching actual social problems of the town. This all added in a sense of place to my plays – by actually mentioning existing Gloucester landmarks, family names, street names, problems of the working class, problems of the rich and poor. It all contributed to an illusion of truthfulness. Audiences believed the plays... and were able to easily identify with the people of these plays.

Initially, in writing the Gloucester plays, I wanted to call attention to a working-class town in which working-class life was disappearing. Gloucester once had a great and powerful fishing industry. In my own lifetime, I watched a workforce of more than a thousand dockworkers – "lumpers" – shrink to the dozen or so union stevedores of 2013 Gloucester. This issue of a shrinking working class was as real and true for Bremerhaven, Germany, as it was for Gloucester.

LT: What is it about *Gloucester Blue* that sets it apart from your other "Gloucester" plays?

IH: As I mentioned earlier, *Gloucester Blue* is written in a style I'd never tried before. I started with the idea of two guys painting a room ... painting over years of history and a multitude of sins. Dramatizing the multitude of sins was great fun and led me to a style I never tried before ... a style that fits Lou Tyrrell's sensibility as a director like the proverbial glove. And the spirit of Arts Garage is quirky and clever with cabaret tables and chairs and a unique bring-your-own food and drink policy. It's a really special way to see a play.

LT: As a master playwright whose career has spanned more than a few decades, what is your perspective on how the theatre has evolved as the world has changed?

IH: When I arrived in New York, 50 years ago, people like Harold Clurman and Lee Strasberg were still alive and reminiscing about days of The Group Theatre and writers like Clifford Odets. It occurred to me, even back then, that Odets had grown up in a hugely different world – a world in which television didn't exist, and movies were more like filmed stage-plays. Even in my early years as a produced playwright, theatre was still an extremely popular form of entertainment. Today, it simply isn't. Audiences for my early plays were a blend of people of all ages, but mostly young people. What was Odets' theatre seems a planet away from theatre of 2013.

As theatergoers grow older, they are not ipso-facto being replaced by younger theatergoers. Today's challenge is to lure/attract young people into our theatres for what may well be their first experience with stage plays. It's not a hopeless problem. It's just a difficult problem. More and more young writers dream of lifetime in television or movies, not theatre. As playwrights tend to write about their own wants and needs, fewer and fewer plays are being written about young people.

Because I have five children, I suppose I've been closer to the problems of younger people – their wants and needs – and so many of my plays, including recent plays, concern themselves with younger characters. Again, finding a young audience isn't an unsolvable problem. It's just a hard game. But younger audiences must be found and nurtured. There will always be theatre. The experience of watching live actors perform is magical. Always was, always will be.



Ethel Waters: His Eye Is On The Sparrow

The Delray Beach Playhouse presents the South Florida premiere of *Ethel Waters: His Eye Is On The Sparrow*. This riveting musical play tells the story of one of America's pioneer black entertainers. After enduring an abusive, poverty-ridden childhood, Ethel Waters gradually sang her way from saloons on Philadelphia's skid-row to Vaudeville to Broadway and (eventually) to Hollywood.

Chosen by Irving Berlin to star in his review *As Thousands Cheers*, she became the first black female star in history to receive star billing in a Broadway show. She later became a versatile trail-blazer in Hollywood starring in both musicals (like *Cabin In The Sky*) and dramatic films (like *Member Of The Wedding*).

Originally billed as "Sweet Mama Stringbean," Ethel Waters developed a unique style that inspired composers like Harold Arlen, Irving Berlin and Dietz and Schwartz to create for her such signature songs as "Stormy Weather," "Dinah," "Heat Wave," "Taking a Chance on Love" and "Am I Blue?"



The role of Ethel Waters will be played by Evelyn Russell, an actress who studied at The Actor's Studio and currently sings with the Michael Rose Orchestra as a member of the Vocal Group "The Rosebuds."

Through February: 10, 2013
 Tuesday – Saturday at 8:00PM
 Saturday & Sunday at 2:00PM
 Ticket price: \$30

For further information call the Playhouse Box Office 561-272-1282 ext 4.
www.delraybeachplayhouse.com



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2012
 Oct 27-28 *oss
 Nov 17-18 *vetp
 Nov 24-25 *vetp
 Dec 8-9 *vetp

2013
 Jan 12-13 *vetp
 Jan 26-27 *oss
 Feb 9-10 *vetp
 Feb 16-17 *oss
 Feb 23-24 *vetp
 Mar 9-10 *vetp
 Mar 23-24 *oss
 Apr 13-14 *vetp

10am - 4:30pm

art show locations:
 Downtown Delray Beach
 *oss show at Delray Beach Center for the Arts Old School Square Atlantic Avenue at Swinton
 *vetp show at Veteran's Park: Atlantic Avenue at the Intracoastal

February at Arts Garage **It's Sweet!**



Gloucester Blue cast: Top: Andrea Conte and Michael St. Pierre Bottom: David Sirois and Stephen G. Anthony

Thursday 2/21 & Sunday 2/24, 7:00 pm
Saturday 2/23 & Sunday 2/24, 2:00 pm
Performing Arts Academy Presents
13 - Student Musical Production
 Tickets: \$20-\$30

13 is a musical with lyric by Jason Robert Brown and book by Dan Elish, with Robert Horn as co-librettist. It's about a 12 year old boy named Evan Goldman and his to move to the small town of Appleton, Indiana, his struggle to be with the in crowd, turning 13 and becoming a man.

It is the only Broadway musical to be cast entirely using teen and "tween" actors and actresses. Accompanied by a live band, 13 takes off with the best young fresh-scrubbed talent ever assembled on one stage!

Friday 2/22, 7:30 pm
Jazz Project: Ted Rosenthal
 Tickets: \$25-\$35. \$5 more at the door



Ted Rosenthal has performed worldwide as a soloist, leader and sideman with many jazz greats, including Gerry Mulligan, Art Farmer, Phil Woods, Bob Brookmeyer, James Moody and the Vanguard Jazz Orchestra. Winner of the 1988 Thelonious Monk International Jazz Piano Competition, Rosenthal has released twelve CDs as a leader; his latest, "Impromptu," features jazz reimaginings of classical themes. His solo album, "The 3 B's" received four stars from DownBeat magazine. He has also been a featured soloist with orchestras including the Detroit and Fort Worth Symphonies, and the Boston Pops. Rosenthal is Artistic Director of Jazz at Dicapo, a faculty member at Manhattan School of Music and The Juilliard School, and a published author. A recipient of three NEA grants, Rosenthal composes jazz tunes and large-scale works, including music for Uptown for the Alvin Ailey American Dance Theater.

Saturday 2/23, 8:00 pm
Jazz Project: Troy Roberts
 Tickets: \$25-\$35. \$5 more at the door



Hailing from the remote location of Perth, West Australia, saxophonist and composer Troy Roberts has won four consecutive Downbeat Jazz Soloist Awards, two consecutive West Australian Music Industry Awards was the only Australian finalist in the Thelonious Monk International Jazz Saxophone Competition. He also received his first Grammy Nomination Medal, and has shared the stage with greats such as Sammy Figueroa, James Morrison, Stephen Scott, Slide Hampton, Bobby Sparks, Jeff Hamilton and John Clayton.

More recently, Troy represented Australia, sharing the stage as part of an international band made up of jazz greats Wayne Shorter, Richard Bona, Vinnie Colaiuta, Zakir Hussain, Tineke Postma and Tarek Yamani for Herbie Hancock's launch of the first ever UNESCO International Jazz Day at The UN Assembly Hall, NYC.

Having been on faculty at The University of Miami for the past 3 years, Troy is currently based in New York, is celebrating his 4th internationally released record Nu-Jive (2011) and continues to maintain a busy performance and recording schedule around the globe.

twenty-fifth season 2012-2013

Gareth Johnson
 Violin

Tao Lin
 Piano

Fireworks for violin and piano

Sunday February 3, 2013 3:00 pm

\$15 REQUESTED DONATION \$20 PREFERRED SEATING STUDENTS \$5

Tickets may be reserved by mail, email, or by phone

www.stpaulsdelray.org / drketh@stpaulsdelray.org

ST. PAUL'S EPISCOPAL CHURCH
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Arts Garage is sharing the love this month with an incredible lineup of world class jazz and blues performances and they are making national news with the world premiere of famed playwright Israel Horovitz's newest work, Gloucester Blue.

"This is a wow month for us," said Alyona Ushe, Executive Director of Arts Garage. "Legendary is an understatement when describing Israel Horovitz. Having the opportunity to showcase the debut of his latest work is truly a tremendous honor. And having had him here to work with our Artistic Director, Lou Tyrrell, during the rehearsals was an absolute delight."

"The play is delicious mix of sex, murder, and intrigue, and I know our audiences will truly enjoy the work and being part of this exciting first run," continued Ushe.

While theatre lovers are buzzing about Gloucester Blue, music lovers have lots to celebrate this month as well. Urban Underground brings Eric Biddines to the stage, the Performing Arts Academy introduces the musical 13, and Jazz Project and Garage Blues promise some epic performances.

"Audiences are in for a real treat when Allan Harris graces our stage," she says. "Tony Bennett calls Allan his favorite singer. Imagine how that must feel!"

Garage Blues then kicks in gear with an iconic performance by Johnny Rawls.

"One of the reviews for Johnny states that if you see him for even just a few minutes you are hooked for life," said Ushe. "That's the power of his music. This show will definitely be an experience."

Another highly-praised artist gracing Arts Garage's stage is Ted Rosenthal. The L.A. Times calls him "a pianist of the rarest skill." And finishing up the month, is Australian native Troy Roberts who is described by Half-Note as a saxophonist who knows how to lay down the funk!

"February is a month of talented treats!" said Ushe. "It's a great Valentine to our audience."

To get tickets to any of these amazing shows or to subscribe, visit www.artsgarage.org or call 561-450-6357.

1/25 - 2/17
Wednesday - Friday, 7:30 pm
Saturday, 2:00 PM - Sunday, 7:00 pm
Theatre at Arts Garage:
Gloucester Blue

Tickets: \$25-\$40 in advance

Sex, murder and mayhem in a sleepy New England seaside village; now, that's pure Chamber of Commerce! The renovation of an old Gloucester, MA harbor house is the setting for master playwright Israel Horovitz' dark comedy; the latest in his series of "Gloucester plays." As two painters apply the specific "blue" selected by the privileged lady of the house, revelations of old connections and mounting sexual tensions explode when her husband returns home to all manner of bondage, bad blood, and bedlam.

Saturday 2/2, 9:00 pm
Urban Underground:
Eric Biddines - planetcoffebean

Single Ticket: \$10. Reserved table for 6: \$50

Hip hop recording artist Eric Biddines will be bringing planetcoffebean to you in

a form rarely seen, backed by musical group Plaid Blazer. This evening will feature live instrumentation and new songs from his upcoming studio album planetcoffebean 2, along with some select fan favorites. A definite must attend for new and old followers as Eric presents his most honest and intimate experience yet.

Featuring Ian Caven and Drew Tucker.

Sponsored by the Law Office of Lee Philip Cohen, P. A., Special thanks to Prep and Sports, Inc.

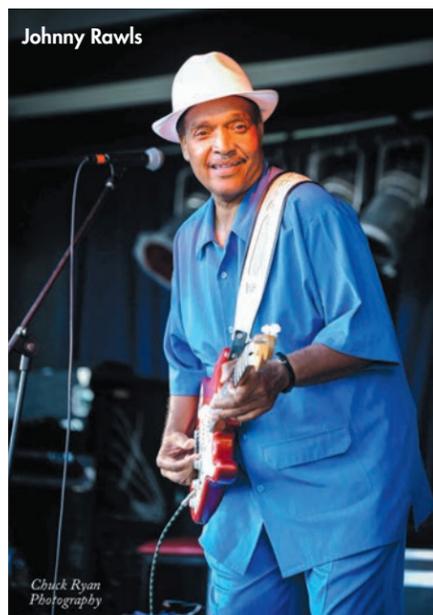
Saturday 2/9, 8:00 pm
Jazz Project: Allan Harris
 Tickets: \$25-\$35. \$5 more at the door



World-class singer, guitarist and songwriter Allan Harris has music running through his veins. Perhaps best known for his interpretations of jazz standards, Allan's smooth vocals and guitar styling easily cross genres, from jazz to rock to blues. He is a three-time recipient of the New York Nightlife Award for "Outstanding Jazz Vocalist," and Tony Bennett calls Allan "my favorite singer." Allan has cultivated a global following, playing for packed audiences and receiving outstanding reviews throughout the United States, Europe, Russia and the Far East.

Saturday 2/16, 8:00 pm
Garage Blues: Johnny Rawls
 Tickets: \$25-\$35. \$5 more at the door

Raised in southern Mississippi, Johnny Rawls was drawn to music as a young boy after hearing his grandfather play blues guitar. By the time he was in high school, he was playing guitar alongside greats such as Z.Z. Hill and Little Johnny Taylor. He has since traveled the world, bringing his traditional southern sound and fresh lyrics to people everywhere. Arts Garage is excited to welcome this blues icon to the stage.



Chick Ryan Photography

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AG Performing Arts Academy Presents 13

A student musical production featuring an entire cast of teens

Arts Garage is thrilled to present 13, a professional production featuring students from South Florida and a live band. The musical is about a 12 year old boy, named Evan Goldman, and his to move to the small town of Appleton, Indiana, his struggle to be with the in crowd, turning 13 and becoming a man. It is the only Broadway musical to be cast entirely using teen and "tween" actors and actresses.

"We are so excited to be presenting this musical as the Performing Arts Academy's first production," said Drew Tucker, Arts Garage's Director of Education and Outreach. "We felt this show would highlight the incredible talent we are fostering, while also being a dynamic way to reach out to families who are looking to enjoy a fully-produced theatrical production that is both fun and conversation provoking."

Students tried out at a public audition, and now all cast members are part of the Academy and benefitting from the wealth of experience the teachers and directors bring to the students' training.

Directing this production is South Florida native Mark Kirschenbaum, who holds a BFA in Musical Theatre from The University of Miami. After graduating, Mark spent 5 years working as the lead production singer aboard Renaissance and Norwegian Cruise Lines. In 2001 he moved to New York where he worked on over 50 shows off Broadway and on National tours. Some favorite roles include Annasin Jesus Christ Superstar,

Dickon in The Secret Garden and his critically acclaimed role as The Padre in Man of La Mancha. As a director he has worked on over 20 different productions. His favorites include Beauty and the Beast, Alice in Wonderland, Hercules, Annie, The Lion King and You're a Good Man Charlie Brown.

"I have had the opportunity to train some of South Florida's greatest young actors and I am excited to bring my knowledge of theatre and music to Arts Garage," said Kirschenbaum.

Tickets are \$20-\$30

13 runs Thur, 2/21 & Sun 2/24, 7pm and Sat 2/23 & Sun 2/24, 2pm

Visit www.artsgarage.org or call 561-450-6357 for tickets.

16th Annual Downtown Delray Beach Craft Festival

The top crafters in the country return to downtown Delray Beach with their finest work for the 16th Annual Downtown Delray Beach Craft Festival. The artistic media represented include folk art, pottery, handmade jewelry, wall hangings, ceramics and pottery, paintings, personalized gifts, handmade clothing, scented soaps, body products and much more with prices ranging from as little as \$15 to \$3,000. In addition, a Green Market will offer unique and exotic plants.

When: February 2 & 3, 2013

Show Hours: Saturday - Sunday,
10:00 AM - 5:00 PM

Location: Pineapple Grove in Downtown
Delray Beach (2nd Ave & Atlantic Ave)

Admission: Free and open to the public

Website: www.artfestival.com

Contact Information:

info@artfestival.com or 561-746-6615

ABOUT THE FESTIVAL:

- Juried outdoor craft showcase
- Original crafts - Handmade in America
- Unique and affordable gift items
- 150 crafters from 30 different states
- Prices set to suit all budgets - ranging from as little as \$3 to \$3,000
- Crafters hand-selected from hundreds of applicants
- All crafters on site for duration of festival
- Green Market offering a wide variety of quality plants including exotics as well as dips and gourmet items.
- Vast array of craft media:
 - Folk art
 - Pottery
 - Handmade jewelry
 - Paintings
 - Personalized gifts
 - Handmade clothing
 - Scented soaps
 - Body products and much more

FIRST ANNUAL 80'S FEST

Bringing back the unforgettable 80's decade with world-class 80's celebrities and 80's themed entertainment.

On Saturday, February 23, 2013 at 3 PM till 10 PM, Karma Entertainment Group, LLC will hold the 1st Annual 80's Fest, an original 80's themed festival with a program that includes entertainment for all ages, food and drinks. The Festival will be held at Sunset Cove Amphitheater in South County Regional Park at 12551 Glades Road in Boca Raton.

"We are very excited to step back in time for one day to a decade we remember and talk about as the good old fun times. We want to create an original festival theme that hasn't been tapped into in decades. We plan to bring back the fun everyone loved and misses so much," said Scott Lawrence, creator of 80's FEST and principal at Karma Entertainment Group, LLC.

This year's premiere event will be hosted by co-producer, host and performer Gioia Bruno, member of Multi-platinum Group EXPOSE. The event will feature performances by Eddie Money "Two Tickets To Paradise", Debbie Gibson "Electric Youth", Gioia Bruno (Expose) "What You Don't Know", Stacey Q "We Connect", Pretty Poison/Jade Sterling "Nighttime", E Casanova and others. Festival activities include 80's movie cars photo ops, 80's themed bars ("Back to the Future" with Time Machine photo ops, "Dukes of Hazzard" Daisy Duke bartenders



and General Lee photo ops, "Revenge of the Nerds", "Star Wars Bar", 80's arcade games, 80's makeover at a hair and make up tent, a break dance crew, an 80's Look-a-like contest, a Michael Jackson look-a-like performance, an 80's merchandise tent and more.

Main Stage Lineup:

Eddie Money
Debbie Gibson
Gioia Bruno from Expose
Stacey Q
Pretty Poison - Jade Starling
Stacey and Gioia Duet
E Casanova (The world's #1 Michael Jackson tribute artist)

Ticket prices range \$32 - \$148

Purchase online at <http://www.the80sfest.com>

Facebook: <http://www.facebook.com/the80sfestkarma>

RECYCLE ART & LOVE

A uniquely creative and unprecedented event united artists, parents and children of our community in the back parking lot of Project Maté Bar, located at the edge of ARTISTS ALLEY on Sunday, January the 6th.

The concept behind the afternoon festivity was gathering recycled materials and transforming the items, otherwise useless and on their way to a landfill, into pieces of artwork using creativity and imagination.

The finished collaboration of this fun-filled afternoon is an impressive installation showing aquatic themed creations, all made of everyday household refuse. The participating children became immediately inspired and created their own creations using clay, beads, paints and cardboard ... What a great way to utilize things we discard for a new purpose!

The installation is available for viewing at the east side of the building located at 314 NE 4th Street @ ARTISTS ALLEY.



Pop Culture Vault Hosts Sample Sale



publishing and distribution of their artwork. Offering artwork from diverse collections, The Pop Culture Vault has something for the casual fan as well as the most avid collector. The selection ranges from affordable gifts to ultra-unique one of kind pieces.

Inside, you'll discover the very best from our collection of original vintage rock and roll and movie posters, limited edition fine art giclee's, vintage maps and unusual pieces at heavily discounted prices in their first ever "Sample Sale"

The gallery is located at 250 East Atlantic Avenue in Delray Beach. Call 561-226-7651 for more details.

The Pop Culture Vault will host their first annual Fine Art Sample Sale on February 8th, 9th and 10th in conjunction with the 14th Annual Delray Garlic Festival.

Specializing in the art of rock & roll and pop culture, the Pop Culture Vault represents a wide variety of artists and studios in the

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COMING UP AT ARTS GARAGE...



1/25-2/17, Wed-Fri, 7:30pm | Sat, 2pm | Sun, 7pm

THEATRE AT ARTSGARAGE

Gloucester Blue by Israel Horovitz (\$30-40)

Sex, murder, and mayhem--a dark comedic drama, exposing the human spirit in a tale of class, deceit and romance.



Sat, 2/2, 9pm

Urban Underground

Eric Biddines | planetcoffeebean

Single Ticket: \$10 | Reserved Table for 6: \$50)

Hip hop singer, writer and recording artist with live instrumentation by Plaid Blazer and new music from his upcoming studio album.



Tue, 2/5, 7:30pm

Arts Garage Presents | Sammy Witness (\$15-25)

Accomplished singer-songwriter who blends folk and indie-rock with jazz-tinged vocals for a sound reminiscent of Alanis Morissette, Butterfly Boucher and Katie Costello but altogether uniquely her own.



Sat, 2/9, 8pm

Jazz Project | Allan Harris (\$25-35)

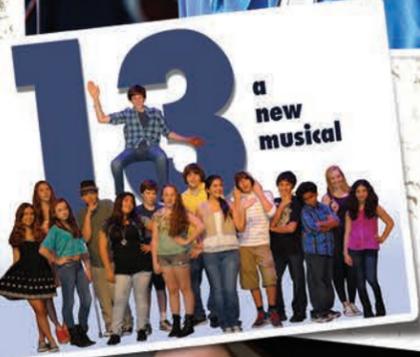
A three-time recipient of the New York Nightlife Award for "Outstanding Jazz Vocalist," Tony Bennett calls Harris "my favorite singer."



Sat, 2/16, 8pm

Garage Blues | Johnny Rawls (\$25-35)

He has played guitar alongside greats like Z.Z. Hill and Little Johnny Taylor, and now this blues legend comes to Arts Garage stage.



Thu, 2/21, 7pm | Sat, 2/23, 2pm | Sun, 2/24, 2pm & 7pm

Performing Arts Academy Presents

13 | Student Musical Production (\$20-30)

The only Broadway musical to be cast entirely using teen and "tween" actors and actresses. Accompanied by a live band, the best young fresh-scrubbed talent ever assembled takes the stage.



Fri, 2/22, 7:30pm

Jazz Project | Ted Rosenthal (\$25-35)

One of the leading jazz pianists of his generation and first-prize winner of the Thelonious Monk International Jazz Piano Competition.



Sat, 2/23 8pm

Jazz Project | Troy Roberts (\$25-35)

Grammy-nominated and winner of four Downbeat Jazz Soloist awards, Australian saxophonist and composer Roberts explores the funky side of jazz.

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Libby Dodson's Theatre Series presents Cirque D'Amour at Lynn University

BOCA RATON, FL – Lynn University and Producer Jan McArt, director of theatre arts program development, are continuing this season's popular Libby Dodson's LIVE AT LYNN Theatre Series with the mesmerizing



entertainment sensation for the whole family Cirque D'Amour on February 16-17.

Combining the magical artistry of a European circus with the flirtatious camp of Burlesque, this is an intimate evening of song, dance, humor and mind-blowing acrobatics featuring gorgeous costuming, an electrifying score and seductive choreography. (Exclusive Production Sponsor is Elaine Johnson Wold)

Cirque D'Amour will be presented in the Keith C. and Elaine Johnson Wold Performing Art Center on the Lynn University campus on Saturday, February 16 at 7:30 p.m. and 4 p.m. on Sunday, February 17.

Tickets are \$45/mezzanine, \$50/orchestra, and \$65/box. They are available for purchase at the Lynn University Box Office, located in the Wold Performing Arts Center at 3601 N. Military Trail. Tickets also may be purchased online at <http://ourlynn.edu> or by phone at 561.237.9000.

"It will make you happy"

Nobody sells a song like nine-time Grammy Award-winner Sheryl Crow. With six top 10 albums and worldwide record sales topping 35 million, her classic hits are as limitless as her talent and include "All I Wanna Do," "My Favorite Mistake" and "If It Makes You Happy." Get set for a rollicking evening of chart-topping favorites, new classics and warm memories.

Country singer-songwriter Holly Williams (Hank Jr.'s daughter) will be the opening act.

Monday, February 18 at 8 p.m. Tickets start at \$28 and may be purchased at the Kravis Center Box Office located at 701 Okeechobee Blvd. in West Palm Beach, by visiting the official Kravis Center website at www.kravis.org or by calling the box office at 561-832-7469 or (800) 572-8471.



advice



"... Then Jack Happened"

Question: I just started seeing a new girl about three weeks ago. We've gone out several times, get along great, have some things in common, and I'm interested in pursuing her. I have one problem though: Valentine's Day is right around the corner. I don't know what to do. I haven't made any plans, and I don't want to come on too strong, but I feel like I have to do something, right? It already feels awkward in my mind.

Answer: The "It's Valentine's Day and I just started dating someone dilemma" can be a serious pain. Sadly, I have misplayed such treacherous territory before, but in blowing it, I gained some understanding of the unpleasant pressures associated with this occasionally barbarous holiday.

The best way to avoid this issue altogether is by meeting someone that simply doesn't give a flip about Valentine's. You avoid the hassle of crowded, overpriced restaurants with crummy tasting menus, months in advance reservations, and too sugary last minute CVS chocolates. But this might not be a possibility because many people actually enjoy the Holiday. Despite my Valentine's bashing, there is value in setting aside a day to remind couples to love and cherish one another romantically and then get frisky. That's when I like the Holiday, when it's a reminder for the couples that wake up in reality next to the bad breath, that see the unpleasant nudity, that have met the demented extended family, to give themselves a nice spit and polish and spend some time with the fantasy person they originally fell for.

This is the crux of your issue. Remind each other of what? Of who? You don't even know each other yet! She might be a lovely accepting woman, with wit, intelligence and regal grace in a bowling alley or at a black tie affair. She might be a pushy, close-minded bigot, asking you to walk a tiny dog down to Starbucks as she violently sleeps off last night's bender wearing her make-up. You just don't know! For that matter, she doesn't know you through and through, and is probably eager to discover what exactly is the hell wrong with you. So now Valentine's Day has arrived with its romantic expectations, and neither of you are sure you want to get overly romantic yet, certainly not to the point of love. Probably the best move is to pre-empt the awkwardness. Tell her, "I've been having a great time getting to know you, and want to keep it up, but I don't want this to become awkward because of Valentine's Day, how about we..." and think of something you both like to do, keep it casual, and avoid all the cleaned up couples spitting woo in every direction. Likely, she'll be happy that you acknowledged and addressed a potentially sticky situation, unless she wanted Valentine's fireworks, and from the tone of your question, that would probably mean she isn't your type anyway.

I can't stress enough that if you decide to go in this direction, you must treat the night like a normal date. No waffling or mixed messages. This is a mistake that I have made. You invite a lady over for a quick dinner and a beer. No serious strings in your mind. You are in the market buying some fish to grill and you see a bouquet and you're thinking, "Well it is Valentine's..." and you do something out of character, against your gut. You buy the flowers, with a little balloon attached that says: "Te amo" and you don't know what that means, but it can't be so serious, right? But it is, and now you've been branded a desperate weirdo, even if the evening was obviously nice. So follow the path you're already on, believe in yourself, don't let some day push you around, and you'll be fine.

C'mon baby, send in a question to andthenjackhappened@gmail.com I won't tell your other advice columnist.

GOASKMOE

Q: What do I look for when choosing a salon or stylist?

A: As simple as it may seem to walk into any salon and pick any stylist to fix and beautify your hair, there are a few things you need to know.

They say "location-location-location" is important in your quest in choosing a salon. We feel if you find a good salon/ stylist, it's worth the trip for your peace of mind. Finding a location that is trendy and stylish is only a small part. One of the best ways to begin your search is by asking your friends and coworkers for their personal recommendations. We all know someone whose hair cut and highlights always look great, so be sure to inquire about that person's salon and stylist. If someone you know has hair similar in texture or length to yours, her stylist is worth checking out since he or she has experience working with your type of hair. Most people are complimented and find it flattering when you ask their help in finding a hair stylist. Word of mouth is the best form of ease and comfort. First impressions are very important... The front of the salon is usually a good indication of a well maintained salon. As you walk in you should be greeted by the receptionist with a warm and professional personality.

Once you've found a salon you're interested in, call and inquire about consultations. Most stylists will offer a free consultation session so that you can get a feel for the stylist and salon. A consultation is also a great opportunity to ask about pricing, services, and appointment availability. Throughout your consultation, be sure to pay attention to your interaction with the hair stylist. You should not be the only one with questions; your stylist should ask you as many questions as you ask them, and they should also inform you if a particular color or style will or will not work with your hair type. (You may bring in photos or magazines as a point of reference to what you would like to achieve) A stylist's job is to not only give you the hair style you want, but also to make sure you get one that is achievable and works best for you. Picking out a stylist is not only difficult but extremely essential.

The best way to know if your salon is a worthy salon is to do your research. Ask your friends and coworkers about their overall experience. You can go online and check reviews, to know what others are saying about the salon or the stylist. Make sure they use reputable color and styling products because this will determine the type of salon you are going to. Using inexpensive product or color will determine the final outcome and integrity of your hair and the longevity of your hair color. In the end it is your decision on where and who "you" choose to change your look, fulfill your wants and make your day.

It's simple...A salon is like a pair of shoes. Just because they look good doesn't mean it's a good fit for you. Try them on and see how they make you look and feel. Good Luck..

Why Ask Moe? Moe has over 70 years combined education and experience in the beauty industry that spans from Europe to California and up and down the East Coast. All of this, at your fingertips, in Downtown Delray Beach, Florida. Send along any questions you may have to GoAskMoe@gmail.com

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INVESTING IN THE WEST: *Burt & Max's, a sister establishment to Boca Raton's popular Max's Grille, to launch in mid-February at the new Delray Marketplace*

BOCA RATON, FL - Having launched their first South Florida restaurant together in 1980, veteran restaurateurs Burt Rapoport, president and founder of Rapoport's Restaurant Group and long time friend and business partner, Dennis Max have opened numerous successful restaurants together over the years. Reconnecting once again, this culinary duo is heading west to open Burt & Max's Bar and Grille, in what they say is the "New Frontier" for restaurateurs. Slated to open mid-February, Burt & Max's will be launching at the long awaited Delray Marketplace, a new 275,000-square-foot lifestyle and entertainment center at 9089 West Atlantic Ave.

Rapoport and Max were approached by Kite Realty, founders of the up and coming dining and shopping plaza, who were seeking a sister establishment to the popular Max's Grille, which they opened together in Mizner Park in 1991. Rapoport and Max decided to take on the project as they felt that West Delray Beach is in need of quality, locally owned restaurants that can provide the clientele living in that area with sophisticated dining options close to their neighborhood.

"Burt & Max's gives us the opportunity to highlight the latest dining trends and expand to an area that is mostly made up of corporate

chain restaurants," says Rapoport. "Shopping plazas and new housing developments are continuing to expand in the West, pushing their limits to the Everglades. West is the new frontier for local restaurateurs and business owners to tap into."

Burt & Max's interiors, conceptualized by South Florida designer Pam Manhas, of Manhas Design, incorporate many natural finishes, reclaimed and aged barn woods, industrial lighting and neutral shades of tans, browns and yellows. The layout will include indoor/outdoor seating areas, two spacious bars, a fire pit lounge, lush tropical landscaping, semi private and private dining areas. The focal point of the restaurant will be a wood burning grill and exhibition kitchen. The menus will include some of Max's Grille popular signature items as well as new innovative additions.

Featuring classic and contemporary American cuisine, dining offerings at Burt & Max's will consist of signature Sharing and Small Plates, such as "Onion Soup" Dumplings, Sesame Seared Yellowfin Tuna and Short Rib Empanadas ranging from \$9 to \$16. From fresh Soups and Salads to Sandwiches such as the Butcher's Blend Burger, The Farm House Burger or Blackened Mahi range from \$12 to \$15. Signature Wood Fired Pizzas include Oak

Grille Chicken or Blackened Shrimp and Roasted Tomatoes range from \$12 to \$14. Large Plate featured items include entrées such as Free Range Roasted Half Chicken, Grilled "Creekstone Farms" NY Strip, and Southern Fried Chicken and Waffles range from \$18 to \$28. In addition to their regular menu, sophisticated, healthy children's menu and Rapoport's "Eat Well. Be Well." Menu, offering gluten free, low calorie options, will also be available.

Burt & Max's will be open daily for dinner, serving brunch on Saturdays and Sundays featuring Rapoport's signature Build-Your-Own Bloody Mary Bar. Happy Hour will be available at the bar from Monday through Friday, 4:30 to 6:30 p.m. Live entertainment will be featured on Thursday and Saturday nights and jazz entertainment from Will Bridges for Sunday Brunch.

About Burt & Max's
Burt & Max's is located at the Delray Marketplace at 9089 West Atlantic Ave, Suite 100, Delray Beach. For reservations call 561.638.6380. Burt & Max's will be open Monday through Friday starting at 5 p.m. and opening at 11:30 a.m. for brunch on Saturdays and Sundays. The bar has extended hours seven days a week. Visit www.burtandmax.com for more information.

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food/dining

Get Your Game On! *Boston's on the Beach: Best Sports Bar in the Palm Beaches*

For 33 years now, Boston's on the Beach in Delray Beach, Florida, has been the "can't-miss" stop for locals and tourists looking for a favorite game, varieties of icy cold beer and drinks, and great food. Renovated in 2012, this cozy sports bar features some 30 high-definition screens, with ESPN, cable, and major network broadcasts, in what has become one of the premier sports bars in all of Florida. If you hail from New England, you will be right at home. Just check out all the memorabilia from the glory days of the Patriots, Red Sox, Celtics, and Bruins, not to mention the live Maine lobster tank at the door.



But if your team comes from the NFL, NBA, MLB, or top college conferences, not to worry – your game will likely be on many HDTV screens. Each booth has its own private flat screen, so you can tune in to the team of your choice.

With two inviting indoor bars and a popular outdoor deck, this sports mecca goes all-out with the Boston décor – from an entire wall of Fenway's "Green Monster" to the famous Citgo sign and hanging Celtic banners. Only the ocean breezes wafting in through giant, open-air windows remind you where you are – across the street from Delray's spectacular beaches.

For a cool one, Boston's boasts over 10 different beers on draft and another 20 bottled brands to choose from, along with a full bar that showcases any drink you can imagine –

from frozen concoctions to signature cocktails. This bar gets it right for all ages. The all-day menu pleases every palate and pocketbook, from salads to steak, shore and seafood platters, two-handed sandwiches, and steamed lobsters.

For the upcoming Super Bowl, Boston's will be giving away a 50-inch HDTV, along with prizes and other special activities. They'll also be serving up an NFL Football Special Menu with prices fans can cheer about.

Happy Hour is Monday-Friday, 4 p.m.-7 p.m. – 50% off well drinks, house wine, domestic drafts and bottles, and import drafts.

New for 2013 is the "Appy Hour" menu offered at the regular weekday Happy Hour time, featuring an affordable selection of "lite bites" from peel & eat shrimp, wings, calamari, crab cakes, seared ahi, steamers, and more. The best part is that Appy Hour menu prices range from \$4 to \$8. Combine your lite bites with the weekday Happy Hour drink prices, and you can hardly afford to stay home. Boston's serves breakfast on Saturday and Sunday, and lunch and dinner seven days a week.

The recently renovated hot spot has received numerous accolades, including "Best Neighborhood Bar" and "Best Live Entertainment," and was named a "Top 10 Florida Beach Bar." Over the preceding three decades, Boston's has evolved into the ultimate destination, serving locals and tourists alike, undergoing a multimillion dollar upgrade in 2012. Upstairs from Boston's is 50 Ocean, a new casually sophisticated restaurant with spectacular views of the ocean. Just outside is the new Sandbar Delray Beach, a one-of-a-kind oceanfront restaurant with tiki bar and beach sand underfoot.

Located at 50 South Ocean Boulevard in Delray Beach, the three distinct restaurants have the ability to attract and entertain a diverse following. Visit bostonsonthebeach.com, social media sites, or call 561-278-3364 for information on weekly entertainment and special events.

General Manager: Mark DeAtley
Chef: Blake Malatesta



Small Plates Make Big Statement at Ceviche

Ceviche Tapas Bar & Restaurant is the latest addition to the bustling downtown Delray dining scene. This hip new restaurant is located just off Atlantic Avenue in the historic old location of the Falcon House, also a Delray favorite.

Ceviche's menu is an adventurous journey through Spain. Come hungry and take your time. Order in stages so you don't get everything all at once. The tapas, or small plates, come out of the kitchen as they are made so forget everything you know about traditional appetizer, salad and dinner dining. Ceviche is all about sharing. It is loud. It is chaotic. It is definitely a cultural experience. The energy of this place is so intoxicating you feel like you have escaped to a place far, far away.

Ceviche provides free valet parking and serves their entire menu late night. When we say late, we mean LATE! They serve dinner until Midnight Tuesday, Wednesday, Thursday and until 2AM on the weekends. Remember in Spain where they don't go out until 10PM, that's Ceviche.

Ceviche Tapas Bar and Restaurant began as a single restaurant in Tampa in the late nineties and gradually expanded to St. Petersburg, Orlando, Clearwater, Sarasota and now Delray. It is still family owned and operated.

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The word is out. New Executive Chef Lindsay Autry's inspired culinary creations are making heads turn! With her slow food philosophy, southern soulfulness and a dash of Mediterranean, the experience is truly sublime.

Dine al fresco amid paradise in the Taru Garden or in one of three distinct dining rooms which capture the essence of this awe-inspiring landmark.

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food/dining

Calling All Chefs!

Enter Delray Beach GreenMarket's 16th Annual Chili Cook-Off

There was a time when the words "vegetarian" and "chili" were never used together (cue theme song from Bonanza). Back then, a cowboy worked long and hard and brought a big ol' appetite back to the ranch. His chili was a hearty concoction built around beef. No zucchini or carrots or white wine in this working-man's chili, no-sir-ee.

Today we have more eclectic tastes. That's a good thing, because the sixteenth annual Delray GreenMarket Chili Cook-off is coming up Saturday, February 16 from 10 a.m. until noon. Competitive categories include not just Traditional chili, but also Vegetarian chili and New Age chili. Will this be the year your chili wins a trophy?

Sign me up!

To enter your recipe in the 16th Annual Chili Cook-Off, go to www.delraycra.org/images/stories/2013%20chili.pdf, which will take you to the registration form. Fill it out and email it to greenmarket@delraycra.org or fax it to (561) 276-8558 by Tuesday, February 12. There's a \$10 fee to enter; submit payment to Delray GreenMarket, 20 N. Swinton Avenue, Delray Beach, FL 33444.

So saddle up your chili cookin' team and get ready to dish out the goods. As always, tasting and voting at the Chili Cook-off is open to the public and our local celebrity judges.

For more information, call (561) 276-7511.

VALENTINE'S DAY TASTING MENU AT ROMANTIC SUNDY HOUSE

Delray Beach, FL – Sundy House is featuring a romantic tasting dinner with optional wine flight for Valentine's Day.



sundy house

The tasting menu, created by Executive Chef Lindsay Autry, features three courses. The first course includes an option of swank market greens, cauliflower bisque or heirloom tomato salad. The second course features a choice of lobster risotto, poached local egg or burrata. The third course includes a choice of slice New York strip, cobia or ricotta gnocchi. The cost for the menu is \$89 per person with an optional wine flight for \$40. Guests may also order from the Sundy House dinner menu on February 14.

Located in the heart of historic downtown Delray Beach, the Sundy House is an award-winning restaurant and boutique inn, listed on the National Register of Historic Places. The secluded retreat's luxurious guest accommodations, sumptuous décor and modern amenities are all nestled within an acre of stunning tropical gardens.

Sundy House is located at 106 South Swinton, Delray Beach, FL 33444. For more information, visit www.sundyhouse.com or call 561-272.5678.



Q&A with GreenMarket Vendor Arrowhead Beef

By Paula Detwiler
Special to The Pineapple

Do grass-fed cattle produce healthier and tastier meat than traditionally corn-fed cattle?

A growing number of consumers say yes—and they're helping to support a whole new way of raising, processing, and marketing beef cattle.

Since January was National Meat Month, we thought it would be timely to check in with Tom Pellizzetti, co-founder of Arrowhead Beef, at the Delray GreenMarket.

Q. So Tom, this is your third year selling Florida grass-fed beef at our market, and sales seem to be climbing steadily. Why do people buy grass-fed beef?

A. Two main reasons: nutrition and the way the animals are raised. Grass-fed beef contains from two to six times more heart-healthy Omega 3 fatty acids than commercially produced beef. It's also much leaner. For example, our ribeye has two grams of fat compared to a typical ribeye, which has 14 grams of fat. And our beef is raised without the use of hormones, antibiotics or even pesticides on the grass.

The second reason is all about knowing where your food comes from. Our customers have watched movies like Food Inc. and King Corn and read books like The Omnivore's Dilemma. They like knowing that our cattle are raised on a ranch in Chipley, Florida owned by George Fisher, co-founder of Arrowhead Beef.

The cattle are raised on pasture, eating nothing but grass and forage, and they are slaughtered humanely at local, USDA-inspected facilities as opposed to being sent to feedlots or any industrial beef production. That's why our tagline is "Raised Right and Sent Off Good."

Q. I've heard you talk about "heirloom beef" the way Svetlana Simon of Heritage Hen Farm talks about her heirloom chicken breeds. What's so special about your cattle?

A. George is a third-generation cattleman and has quietly cultivated a substantial herd of rare specialty cattle known as Parthenais. The Parthenais breed was established in France in 1893 and is world renowned for yielding exceptionally lean, tender, beef. Since the breed is so rare and exclusive, it is considered heirloom.

Q. What about the taste?

A. People love grass-fed beef because of the taste. Arrowhead Beef has developed a special aging and cutting process. We have a variety of cuts to choose from, including premium steaks, value steaks, ground beef, roasts, brisket, Osso Buco and short ribs.

If you're interested, Tom will show you photos of the Arrowhead Beef ranch and his local, small-batch beef processing operation next time you visit the Delray GreenMarket. For the complete backstory on Florida Grass-fed Beef, go to www.FloridaGrass-fed.com.

Reprinted with permission from the Delray GreenMarket. For more information about food holidays, and vendors and products found at the market, please visit the GreenMarket blog, www.delraygreenmarket.wordpress.com.

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The Nutrition Goddess visits Collado's Market

The Nutrition Goddess

Model, former MMA Ring Card girl, actress, and fitness buff, Edith Labelle is the Nutrition Goddess. On this one of a kind Food Beat program, Edith explores the healthier options of Delray Beach Restaurants and introduces viewers to the people and menu that make eating right delicious. You can see all episodes of The Nutrition Goddess on The Food Beat.com.

When I was first given the assignment to shoot an episode of The Nutrition Goddess at Collado's Market, my first reaction was... "where is Collado's Market?" And when I tell people about the episode, they all ask the same question. It's another one of Delray Beach's hidden treasures that many people would like to keep that way. It seems the regulars at Collado's are in favor of keeping their favorite place to eat healthy off the mainstream radar. But based on my experience, once people discover what Collado's has to offer, the regulars will have to make room for more.

So where is it? If you are heading south on Federal, it's just past the Walgreens on the corner of Lindell and Federal. In fact, it's a stone's throw from Boca Raton, but safely in the city limits of America's most fun city. (3416 South Federal)



The minute you walk in to Collado's you know you have found deli nirvana. Nearly 30 feet of packed deli cases let you know that variety is in order. Better yet, they are loaded with freshly made salads, fresh fruit, olives, meats, and cheeses. But what really separates Collado's from the majority of local deli's are the fun, friendly, and outgoing owners, Felix and Milady. They make you feel right at home and ensure that whatever it is you are ordering is just the way you want it.

Every person I spoke to knew Felix and raved about his warm smile and infectious laugh. I found Felix to be handsome, charming, and a bit of a flirt. I thought it was rather bold to ask me on a picnic in the middle of a shoot and with his lovely bride nearby, but

how could I resist? (You can see the results of our picnic on The Food Beat)

Naturally, there are plenty of things to choose from that would not be staples of a health conscious diet, but all so tempting. Meteor sized meatballs, salami, lasagna and other not so low fat items are in abundance. But for those seeking the best of both worlds, Collado's is a veritable universe of heavenly options.

As I mentioned earlier, fresh is a central theme. Fruit salads, broccoli rabe, lean turkey, beef, ham, fish and poultry are prepared in a way that lets you eat without guilt. While I was visiting, I spoke to many customers who raved about the healthy eating options that did not require them to sacrifice great taste. Collado's sandwich menu is remarkable and every creation is made to order, including the sandwich I sampled, "the health nut." The freshly grilled chicken breast, avocado, lettuce, tomato and a special dressing placed on a bakery fresh roll was sensational.

Whether you are ordering a single serving from the deli or any of the menu items, or... buying by the pound to feed the office or the family, the choices and the flavors are endless. In fact, Collado's Market can cater any size event and even provide a staff to handle all the serving and clean-up.

And just when you thought it couldn't get any better, it does. Collado's offers one of the finest selections of wines that are carefully selected by Felix and Milady's daughter, a wine sommelier from New York.

Healthy and delicious breakfast, lunch, dinner, take-out, catering, select wines and great people are worth searching for, wouldn't you agree? Collado's Market has them all, so stop searching and start improving your diet in the most tasteful way imaginable.

And yes Delray Beach, Collado's Market is Goddess approved.

food/dining

Delray Beach restaurateur donates rare baseball memorabilia to Library



Fran Marincola and Alan Kornblau

DELRAY BEACH, FL – Remember the good ole days of baseball with legends - Don Larsen, Carl Hubbell and Bobby Shantz? Well now you don't have to travel too far to take a stroll down baseball memory lane.

Fran Marincola, longtime Delray Beach resident and co-owner of the ocean front restaurant landmark Caffé Luna Rosa, recently donated his rare baseball photograph collection to the Delray Beach Public Library.

Photos include a rare signed black and white photo of Don Larsen from that perfect day October 8, 1956, Yankee Stadium – where he pitched the first perfect game in a World Series and only the sixth in history.

"Memorabilia like this is all over the internet for sale and who knows if it is real or not," said Marincola. "I did not want my authentic collection in the hands of just anyone who would not appreciate the sentiment of the memories of these hall-of-famers. So why not display them for the community to enjoy and reflect."

So Marincola donated them to the Delray Beach Public Library. "We found the perfect

location to mount the collection so everyone in the community can enjoy the memories, learn about the past and remember some of the old-timers of baseball," said Alan Kornblau, Library Director. "There are a lot of places Fran could have donated them to a sports bar, or even sold them; so to donate them to the library is special." "As part of our mission, the library strives to provide the public with dynamic collections and this certainly falls into that category, honoring America's pastime."

Marincola purchased the collection a few years ago by a longtime baseball memorabilia collector, James Murray, who passed away and was a longtime customer of Luna Rosa. "I knew when I purchased them they were a priceless memento of a time long past and if you grew up in the east coast in the 1940's and 50's, as I did, you have vivid memories of watching these legends play," said Marincola.

The collection is free to enjoy and can be found hanging at the library located at 100 West Atlantic Avenue in Delray Beach. The Library is open Mon-Wed: 9am - 8pm • Thurs-Sat: 9am - 5pm • Sun: 1pm - 5pm.

For more information call (561) 266-0194.

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