



## Park Tavern's 45th Annual Delray Beach St. Patrick's Day Parade and Party

March 16th in downtown Delray Beach

The Delray Beach St. Patrick's Day parade has been Florida's premiere St. Patrick's Day Parade for 45 years now and has grown in an amazing way. In 2008, Festival Management Group Inc., the producers of the Annual Delray Beach Garlic Fest, took over management of the parade. The creative forces at FMG were looking to increase community participation in the parade and decided to salute local firefighters. The impact of adding a firefighter's appreciation theme to the parade was so positive that crowd attendance increased dramatically. The following year, FMG decided to expand the theme to an Annual Tribute to International Firefighters and the parade quickly became an international sensation.

In 2010, the Dublin Ireland Fire Brigade Pipe Band (Bagpipes) came to Delray Beach and marched with their American fire service comrades, which started the international component of the parade. Oh, the Boys were grand! The 2012 parade had Firefighters and Paramedics from Canada, Ireland, Australia, Belgium, and across the continental United States come to Delray Beach and march in the parade.

The civic beauty of large numbers of families attending the parade to have children witness positive community role models - large numbers of sharply dressed firefighters, marching shoulder to shoulder, with pride, honor, dignity, respect, tradition, and teamwork, is priceless. The parade is creative way to join together cities, states and countries, represented by the patches, banners, flags, and apparatus in the parade. It showcases all that is good about our shining Village by the Sea to a growing international audience. *Continued on page 6*



Delray Beach residents, visitors and cycling enthusiasts alike gear up for this year's Delray Beach Twilight Festival - March 22-24

## 5th Annual Savor the Avenue set for March 28th

DELRAY BEACH, FL – Downtown Delray Beach with Boca Raton and Delray Beach magazines presents the 5th Annual Savor the Avenue, an elegant epicurean experience that is held each year on Delray Beach's famed and historic Atlantic Avenue. The event will take place on Thursday, March 28, 2013 beginning at 5:30 p.m. with cocktail reception followed by dinner concluding at 9 p.m. Florida's longest table will feature a four-course dinner provided by 20 of Delray's premier restaurants.

"Historic Downtown Delray has something for everyone both night and day, from fine art and fabulous fashions to incredible cuisine. Savor the Avenue is a wonderful community event that showcases some of the finest restaurants in the downtown area," says

Marjorie Ferrer, executive director of the Delray Beach Downtown Development Authority (DDA) partnering in the event. "This program is also an economic development piece that drives awareness to this impressive dining scene."

Sponsored and co-hosted by Delray Beach and Boca Raton magazines and the Delray Beach Downtown Development Authority, Savor the Avenue's dining table will be 1,361 feet long, stretching from Swinton Avenue east to Fifth Avenue (U.S. 1) each section of the table decorated beautifully by each restaurant, many competing for the grand prize of a gift package from Office Depot Inc and a large engraved Silver Platter Award! "Delray Beach continues to grow as an international *Continued on page 3*



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## MAYORAL CANDIDATES IN ELECTION FACEOFF

Edited by Tara Monks  
The Pineapple Staff Writer



Thomas F. Carney Jr.



Cary D. Glickstein

Delray Beach is holding its Municipal and Special Elections Tuesday, March 12, 2013. On the ballot are three seats of the five-member City Commission, including the Mayor, as well as several proposed charter amendments and economic incentives. The Mayoral race involves two high-power individuals: current Mayor Tom Carney and former Chairman of the City's Planning and Zoning Board Cary Glickstein.

The two opponents sat down individually with **The Delray Beach Pineapple's** Ryan Boylston to discuss topics pertinent to Delray Beach's growth, success and safety.

### TOM CARNEY

#### The Pineapple:

Tell us a little about, in your vision, how Delray Beach has gotten to where it is today and where we currently stand.

#### Carney:

My family opened a bank in Delray Beach in 1985 called Carney Bank. I've actually had the opportunity to watch Delray Beach evolve into what it is today. Back in '85, a lot of Atlantic Ave. was boarded up and didn't look anywhere near what it looks like today. And there was, *Continued on page 10*

### CARY GLICKSTEIN

#### The Pineapple:

Tell us a little about, in your vision, how Delray Beach has gotten to where it is today and where we currently stand.

#### Glickstein:

[Twenty years ago], it was this period where anything was possible. And it's not like we had this period of success and then we were trying to figure out how to manage that. Everyone knew that we had really unique assets here, but it was going off the edge because of apathy and *Continued on page 11*



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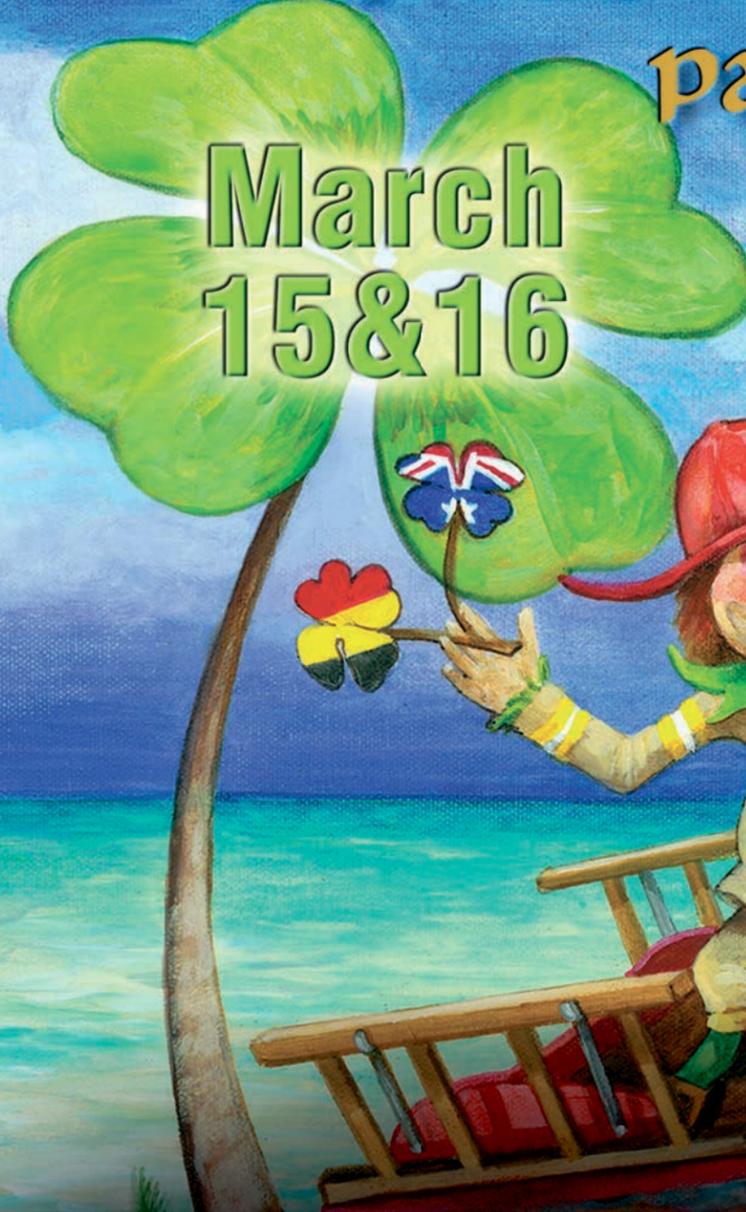
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45th Annual Delray Beach

# St. Patrick's Day Parade & Party

## March 15 & 16



**Friday, March 15th • SIAMSA CELTIC CELEBRATION**

(5:00 pm – 11:00 pm • Delray Beach Center for the Arts pavilion)

A traditional Celtic Celebration with Irish dancing, live music, bag pipes, beer & corned beef

**Saturday, 16th**

**Pre-Post Event (11am – 7pm)**

(Delray Beach Center for the Arts)

Featuring live music, full liquor bars, food, vendors and more!

**PARADE (2pm -4:30pm)**

Park Tavern's "St. Patty's in the Park"  
(11am – 11 pm)

Live music, outdoor bars, food court and VIP Tent overlooking parade!



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sundy house

## Downtown Delray Beach

[www.festivalmanagementgroup.com](http://www.festivalmanagementgroup.com) • 561-279-0907

## FABULOUS FILM, FOOD AND FUN AT CINEBOWL & GRILLE

### Curtain rises for Frank Theatres at Delray MarketPlace

DELRAY BEACH, FL – Celebrate your love for film, food and fun with a visit to the new Frank Theatres CineBowl & Grille at Delray Marketplace located at 14775 Lyons Road. The brand new, 70,000 square foot entertainment complex opened to the public on February 13 with 12 movie screens; the Red Brick Grille, a full service restaurant and bar; 16 VIP lounge style bowling lanes, arcade and much more.

“It has been a longtime vision to bring this concept to fruition and we anticipate tremendous success in this growing area,” said Bruce Frank, President and CEO of Frank Entertainment, a company founded by his grandfather more than a century ago. “With Frank Theatres CineBowl & Grille we offer a true destination designed to bring people together for great food, the newest feature films and all-around fun.”

In addition to some of the most state-of-the-art theatre equipment including IMAX and one of the largest movie screens south of New York, Frank Theatres CineBowl & Grille at Delray Marketplace will give moviegoers the opportunity to reserve their seats well before showtime via an on-line system, Smartphone application and kiosks located throughout the complex lobby. Traditionalists will still have the option to purchase tickets at the box office.



The 12 movie auditoriums will be equipped with Sony Digital Cinema 4k with High Frame Rate (HFR) technology & RealD 3D as well as IMAX, FDX & D-BOX MFX Motion Technology. Moviegoers will be among the first in South Florida to view movies on Frank Theatre's proprietary FDX large screen format with 80 foot screen and Dolby ATMOS, a “surround sound” system like no other that allows film makers to position movie sounds anywhere throughout the theatre with speakers overhead and enveloping the auditorium.

Sixteen VIP lounge style bowling lanes will be topped with 340” flat screens (more than six times larger and crisper than any stay-at-home experience). Guests of all ages will enjoy a full redemption arcade complete with more than 25 video and prize games.

A full-service casual dining indoor restaurant, Red Brick Grille, with outside patio, will feature a classic Americana cuisine menu with appetizers, BBQ fare, gourmet pizzas, mouth-watering burgers, handcrafted sandwiches and a wide selection of fresh salads. Two bars – with one located on a private patio – will serve signature cocktails, specialty martinis and more than 24 handcrafted draft beers and premium liquor selections.

The complex will be equipped to accommodate large parties and corporate functions with digital and on-screen PowerPoint presentations for more than 1,000 guests.

Frank Family Entertainment Group and Frank Theatres are truly a family business. Today, Bruce Frank works closely with his sister, Debbie Frank, Executive Vice President, and wife, Joyce, who heads up the company's Food & Beverage Division. Frank credits his late father, Alvin Frank, with much of his company's success and his own strong business acumen.

Frank will open its second REVOLUTIONS brand LBE Center, at City Place in West Palm Beach this spring. The 35,000 square-foot entertainment venue will offer a full service restaurant - The Red Brick Grille; VIP bowling; The Stadium – Sports Amphitheatre; three bars; live entertainment and a full redemption arcade. Frank Family Entertainment recently opened the first of this concept in Bethlehem, PA.

#### Frank Family Entertainment Group

Celebrating over a century of bringing families together, the Frank Family Entertainment Group was founded in 1906 by Samuel Frank of Philadelphia, PA. From its humble beginnings in the movie theatre business to its current reputation as both a pioneer and innovator in entertainment, hospitality and real estate, the Company has consistently built a track record of success – owning, operating, developing and managing more than 150 entertainment venues. Frank Theatres, a division of the parent company and incorporated in 1921, introduced talkie films to the Philadelphia area, built the first Twin theatre in the United States (1966) and developed one of New Jersey's earliest Mega-Plex Cinemas, the Towne 16 Stadium Cinema, which also introduced stadium seating back in 1986. The company also develops, owns and operates numerous shopping centers, retail and residential properties, restaurants, nightclubs, hotels and condominium developments. The company has headquarters in Jupiter, Florida and Atlantic City, New Jersey.

#### About Frank Theatres

Frank Theatres currently owns and operates 25 theatres and 300 screens in New Jersey, Pennsylvania, West Virginia, North Carolina, South Carolina, Georgia and Florida. Guided by a third generation of leadership and a seasoned management team, Frank Theatres continues their growth with upcoming projects in West Palm Beach, FL; Greenville, SC; Rock Hill, SC; Cary, NC; Holly Springs, NC; Southern Pines, NC; Ranson, WV; Willow Grove, PA; Princeton, NJ and Syracuse, NY.

For more information, visit [www.franktheatres.com](http://www.franktheatres.com).

## 4th ANNUAL ALL PEOPLE'S DAY DIVERSITY FESTIVAL IN DELRAY



DELRAY BEACH, FL – The 40th Anniversary of All People's Day® will be celebrated at the forth Florida All People's Day Diversity Festival on Saturday, March 16, 2013 from 9:30 am to 5:00 pm at Pompey Park (indoors) at 1101 NW 2nd Street and NW 10th Avenue, Delray Beach, FL 33444. The festival is presented by All People's Day, Inc. and the National Coalition of 100 Black Women SPBC. It's free to the public and boasts a wide variety of connective activities for the whole family.

The Main Events start at 11 am with dazzling performances of dance, music, and social theatre spanning the globe commencing on the stage in 15 minute intervals. These beautifully costumed artists include, Chinese Performing Arts dancers, Rising Phoenix (Middle –Eastern dance), Major Music (Diverse Guitar and Drum students), Haitian American Solidarity performers, L'Dor Va-Dor (Jewish congregation); FMU Multicultural (Muslim dancers), Delray Community Choir (Interfaith singers), Hispano-Latino Cultural Alliance (Mexican dancers); Delray Divas (African American students) as well as numerous others, treating the attendees to a vast array of cultural experiences. Prizes donated by local artists and businesses are to be raffled off.

Over 40 interactive and merchandise booths will feature a diverse mix to see and do. One will find arts projects such as

Origami Peace Crane folding, family mural painting and a 40th anniversary project; issue based activities such as a health fair and clever word games by non profits; as well as for sale items such as artwork, jewelry, and mouthwatering international cuisine.

Prior to all this, a free workshop from 9:30 to 11:00 am will teach children to make the Craft Dough People. Plain white craft dough will be divided into five parts. Food colors representing the brown, beige, red, gold, or mixed skin tones will be added to each part. From these the kids will make five small faces on the same surface. In addition to being great fun, this is a visual and easily understood illustration that all people are made from the same materials and should therefore be treated with equal respect. Pre-registration for the workshop is open to the first 30 people who sign-up by calling (561) 495-9818.



All People's Day® is a diversity holiday and 501c3 nonprofit that honors the similarities and differences among all the people in the world. Created through the arts by Susan Berkowitz-Schwartz in 1973, All People's Day® was celebrated for 35 years in New Jersey and in S Florida in the last 5 years. The festival is held on or near March 22nd the official day and has received proclamations and tributes from city, county and state officials with hopes of becoming a national holiday one day soon.

#### SAVOR THE AVE - continued from page 1

destination for dining, and we are proud to present and host this unique event once again this year,” says Margaret Mary Shuff, publisher of both Boca Raton and Delray Beach magazines.

This quarter of a mile of dining table will seat more than 1,000 people at 20 different restaurants. “It is an amazing view from the middle of the avenue, to look both east and west and see hundreds of people socializing and receiving exceptional service at this elegant dining table in the middle of Downtown Delray Beach,” says Laura Simon, Associate Director, DDA.

This year there are many new restaurants participating as well as several of our longtime favorites. The participating restaurants are: 32 East, 50 Ocean, Buddha Sky Bar, Cabana el Rey, Caffe Luna Rosa, City Oyster & Sushi Bar, Cut 432, Linda Bean Perfect Maine, Max's Harvest, Park Tavern, Prime, Rack's Fish House & Oyster Bar, Salt 7, Solita Delray, Sundry House, The Office, Tramonti, Tryst, Union and Vic & Angelo's. Each dinner is paired with select wines that are donated by local beverage distributors to each restaurant.

The menus can be viewed at [http://www.bocamag.com/site\\_media/guides/Savor\\_the\\_Avenue\\_2013\\_menus.pdf](http://www.bocamag.com/site_media/guides/Savor_the_Avenue_2013_menus.pdf) and [www.downtowndelraybeach.com/savor-and-tastemakers](http://www.downtowndelraybeach.com/savor-and-tastemakers) and within the March/April issue of Delray Beach magazine and reservations need to be made with the restaurant directly.

For the past four years, \$5 from each reservation has been donated to the Office Depot Foundation, raising almost \$20,000 in support of their great work with children and communities. “The Office Depot Foundation is honored to be the beneficiary of this extraordinary event for the fifth year in a row,” Wong says. “The donations we receive help us make a profound difference to children and families right here in South Florida. We are exceptionally grateful for this opportunity”.

Special thank you to the event sponsors: Mercedes-Benz of Delray Beach, Atlas Party Rental, Waste Management, and Delray Garden Center. Make your reservation now - for details and menus, please visit the website listed above or call 561.243.1077. For more information about the Office Depot Foundation, please visit [www.officedepotfoundation.com](http://www.officedepotfoundation.com).



pineapple slices

**Delray Beach Elks Annual Awards Dinner March 30th, 2013**

Join up for dinner at the Delray Beach Elks Annual Awards Dinner as they honor Delray Beach Police, Firefighter/Paramedic and Ocean Rescue Person of the Year! They are chosen by either their supervisor or department head for their accomplishments, dedication or for service back to the community during the past year.

Along with these invaluable employees of Delray Beach, the Elks officer, member and citizen of the year will be awarded.

RSVP by March 24th at the Lounge @ 561-278-1770 after 2 PM daily.

**5K race set to honor firefighter Eric Patrie on May 18 at Anchor Park**

Delray Beach Firefighters and Paramedics Benevolent announced a 5K race, set for May 18th in Delray Beach. The race will help benefit the family of Eric Patrie. Patrie lost his battle to brain cancer in November of last year, leaving behind his wife and two young daughters (5 and 1 years old). 100% of proceeds from this event will go to help Patrie's family.

The race is set to begin at Anchor Park at 7:00am. Registration is \$25 (\$30 on Race Day). Participants can register at <http://www.active.com>. Donations can be made at <http://www.firefighterericpatrie.com>. Also, visit

[www.facebook.com/firefighterericpatrie5k](http://www.facebook.com/firefighterericpatrie5k).

For more information contact Event Director Joe Falcone at [patrie5k@hotmail.com](mailto:patrie5k@hotmail.com) or 561-702-5231.

**Design Your Destiny: Changes Through Choices**

Linda Hurley, Charlene Wilkinson, and Brenda Robinson will lead a men's and women's workshop retreat on Saturday, March 16 from 9am – 3pm at Unity of Delray Beach, and introduce four engaging and inspiring speakers who exemplify overcoming varied major obstacles and reaching wonderful successes. The speakers are:

- Polio survivor, professional artist, Internet radio talk show host Myra Goldick of Lake Worth
- Communications and sex addiction therapist Dan Carballeira of Lantana
- Mortgage banker, fitness buff, and grandfather Les Grene of Delray Beach
- David Rogers of Boca Raton, a civil engineer and adjunct professor at Florida Atlantic University.

Participants will have the opportunity to question the speakers during a panel discussion moderated by Brenda Robinson. One segment will have the group break up into small groups to work together more closely and report back to the whole group with an answer to a provided question. Charlene will offer relaxation techniques, gentle yoga, and

meditation. Linda will explain the labyrinth and how it works, and lead a labyrinth walk.

This retreat is given on a love offering basis. Participants must register by Wednesday, March 13 by phone by calling 561-276-5796 and leaving their name and phone number. Bring a pair of socks to wear during the labyrinth walk. And please bring your lunch. Unity of Delray Beach is located at 101 NW 22nd Street in Delray Beach. For more info visit [www.unityofdelraybeach.org](http://www.unityofdelraybeach.org).

**Fun Fest for Special Olympics Florida at Elks West Palm**

The festival on April 13 being held from 11am – 7pm will help fund the ongoing athletic activity and equipment for Special Olympics Florida – Palm Beach County.

The day includes lunch and a flurry of fun activity with clowns, games, water slide kiddie pool, balloon art, pony rides, petting zoo, bounce house, face painting, exhibition softball game, music and dancing through the afternoon.

Open to the public. Donation of \$10 for adults and children over 10, \$5 for children between ages 5-10, and children under age 5 are free.

Fun Fest will be held at the West Palm Beach Elks #1352, located at 6188 Belvedere Road in West Palm Beach

For complete details, visit [www.westpalmbeachelks.com](http://www.westpalmbeachelks.com) or contact Tim Hadsell, [timhadsell@cs.com](mailto:timhadsell@cs.com), 561-670-4790.

**CELEBRATE SPRINGTIME AT THE SPADY MUSEUM WITH NEW EGG-CITING PROGRAMS**

*Community is invited to create an art project made of recyclable materials that will be used in an Easter Egg Hunt, March 30 & March 31*

DELRAY BEACH, FL – The Spady Cultural Heritage Museum joins in the fun of spring with two new programs designed to bring out the artistic child in everyone. Museum staff welcomes supporters and friends to collect their recyclable materials and bring them to the Williams Cottage to create a unique art sculpture that will be put to good use the next day as part of a fun Easter Egg Hunt on the complex grounds.



**New! Springtime Festival Saturday, March 30, 2013, 11am - 3pm**

In celebration of spring, the Spady Museum invites the public to join them in the Williams Cottage for an egg-decoration and egg-stuffing party, complete with pastries and beverages created by Alex Jones, a culinary student at West Boca High School. Families are encouraged to bring recyclable materials to create an art sculpture that will house and hide Easter treats.

Delray Beach mural artist Sharon Koskoff helped direct the project, which will incorporate materials donated by families. Participants are encouraged to bring empty milk cartons, juice boxes, egg cartons and other recyclable items into a large, colorful, collective art piece!

The hands-on project will be on display March 31 at the Easter Egg Hunt on the Spady Museum complex, 170 NW Fifth Avenue, Delray Beach. Children and their families will also be decorating real eggs with paint and stuffing plastic eggs with candy and treats. Free, donations welcomed.

**New! Easter Egg Hunt Sunday, March 31, 2013, 12:30 - 3pm**

Come in your Sunday best or play clothes, little people! This event is for you! The big backyard of the Spady Museum complex will be transformed into a space filled with eggs for you to find. Run around in old-fashioned fun and search for your reward. Parents, bring your cameras. Free, donations welcomed.

**About Spady Cultural Heritage Museum:**

The Spady Cultural Heritage Museum is the only museum of its kind in Palm Beach County. Located at 170 NW Fifth Avenue in Delray Beach, it is dedicated to showcasing the African-, Haitian- and Caribbean-American cultural contributions to the artistic landscape of Florida and the U.S. The Delray Beach Community Redevelopment Agency is a proud sponsor of specific museum activities, including exhibits and lectures. The State of Florida Division of Cultural Affairs and The Auburn Group are also proud sponsors of selected museum programs. Hours: 11 a.m. - 4 p.m., Monday-Friday; Saturday by appointment. Closed Sundays. Admission: \$5; Members are free. For more information, call 561-279-8883 or visit [www.spadymuseum.org](http://www.spadymuseum.org).

**VOTE KURT LEHMANN FOR SEAT 1 CITY COMMISSION**

[www.VoteKurtLehmann.com](http://www.VoteKurtLehmann.com)

**Meet Kurt**

Delray Beach became my home 13 years ago. My mother and my sister are also residents of Delray Beach. I own and operate my business, Lehmann Realty, here in Delray.

I love this city. We have beautiful parks and beaches, a vibrant downtown and a healthy sense of historical preservation.

We are at a pivotal time for our city. There is much work to be done. It will require both passion and persistence.

I want to give back to the city I love. We need leaders who will ensure that our children will know and enjoy the Delray we have come to cherish.

I ask for your support and your vote on March 12th.

**Kurt in the Community**

- Delray Beach Code Enforcement Board Member
- Board of Directors Delray Beach Chamber of Commerce
- Founder and Host - Downtown Delray Networking
- Board of Directors Creative City Collaborative
- Member Delray Beach Elks Lodge
- Owner Lehmann Realty in Delray Beach
- Founder Kurt Lehmann Consulting
- Columnist for the Delray Pineapple on Real Estate topics

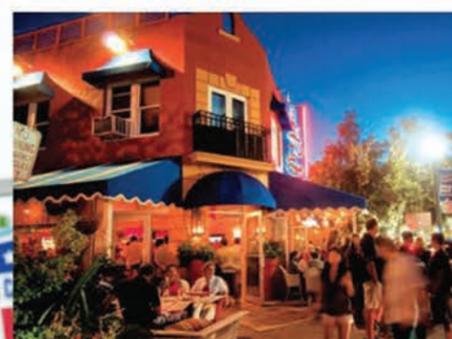
**Kurt on the Issues**

**Community Safety**  
Keeping our residents safe and protecting our most vulnerable must remain a top priority.

**Business Stability**  
We need to welcome new businesses and help our existing businesses grow and flourish.

**Smart Growth**  
Community development needs to be planned strategically. Delray Beach residents want a smartly planned and attractive community.

**Transient Housing**  
I support laws and ordinances that establish strict regulatory standards for transient housing and sober home facilities.



**Endorsed by**  
Police Benevolent Society

Paid for and approved by Kurt Lehmann for Delray Beach City Commission Seat 1 nonpartisan

  
**THE PINEAPPLE**  
delray beach newspaper

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# pineapple slices

Alexis Copeland



## New staff member added to Children's Department at the Delray Beach Public Library

The Delray Beach Public Library announced the newest addition to the Library staff. Ms. Alexis Copeland has recently been hired to the Children's Department at the Library.

Ms. Copeland has worked in the children's world for over seven years. She has a strong background in children's program planning and most recently worked at the Lake Worth Library's Children's Department where she concentrated on community outreach, programming and story time activities.

"The Delray Beach Public Library has a wonderful Children's Department. The environment is bright, spacious and the materials are outstanding. I am delighted to be working in such a creative environment," said Ms. Copeland.

For further information about the many programs and services in the Delray Beach Public Library's Children's Department, please visit [www.delraylibrary.org](http://www.delraylibrary.org) or call 561-266-0197.

## United Way offers free income tax preparation for households with annual income of \$51,000 or less

The United Way of Palm Beach County's Volunteer Income Tax Assistance (VITA) Program provides free income tax preparation to local individuals and/or families who earned annual incomes of \$51,000 or less during 2012. This free tax service is being offered through Monday, April 15, 2013 at Pompey Park Community Center, 1101 NW 2nd Street, Delray Beach.

All VITA sites are staffed with IRS-Certified VITA Volunteers to prepare taxes using the VITA Program. Weeknight and weekend hours are available (see schedule below). Returns are e-filed so tax refunds are received in twenty-one (21) days or less. Last year, more than 9,500 Palm Beach County households used VITA to file their taxes and received more than \$15 million in refunds, including \$6 million in Earned Income Tax Credits. In addition, the VITA Program saved Palm Beach County residents \$1 million in preparation fees.

For more information, including a list of required documents that will assist in your tax return preparation, call the Palm Beach/Treasure Coast Community Referral Center at 2-1-1 or visit [www.unitedwaypbc.org](http://www.unitedwaypbc.org).

Pompey Park Community Center 1101 NW 2nd Street, Delray Beach Walk-in Hours: Monday & Tuesday 9:00 am - 1:00 pm Wednesday & Thursday 5:30 pm - 8:30 pm Saturday 9:00 am - 1:00 pm

## Public art installation at City Hall celebrates State of Florida's 500th Anniversary

The City of Delray Beach will commemorate Florida's 500th Anniversary by participating in Viva Florida 500, a statewide campaign that celebrates the discovery of our great state. To commemorate this important historic event, the Parks and Recreation Department, the City's Public Art Advisory Board (PAAB) and students from the Plumosa School of the Arts planted native wildflowers in nine (9) commemorative planters that would have been prominent in Florida when the first Spanish settlers arrived nearly 500 years ago on the front lawn of City Hall.

A Viva Florida 500/Flor500 dedication ceremony will be held on March 7, 2013, at 5:00 pm, City Hall, 100 NW 1st Avenue. The ceremony will be part of Flor500 (and Viva Florida 500) and will unveil the temporary art installation that will be on public display through October 2013.

The concrete planters with native landscaping are arranged in a diamond pattern and will maintain signage depicting the names of the native floral arrangements that are on display. These temporary planters will be maintained by City of Delray Beach staff, the City's Public Art Advisory Board and the Master Garden Group.

For more information, please contact Sherry Dungey, Executive Assistant - Parks and Recreation, at (561) 243-7252 or E-mail [dungey@mydelraybeach.com](mailto:dungey@mydelraybeach.com) and/or Sharon Koskoff, PAAB Chairperson, at (561) 276-9925.

## Registration Open for City of Delray Beach Spring Break Camps

Delray Beach Parks and Recreation is excited to invite community youth to register for one of the City's 2013 Spring Break Camps. Registration is now open for the following Spring Break Camp Programs:

### Spring Break Skate Camp

**Location:** 505 Teen Center and Hobbit Skate Park, 505 NE 5th Avenue Dates: March 25th - 29th (Monday thru Friday) and April 1st (Monday) Times: 9:00 am - 4:00 pm

(drop off time 8:30 am, pickup time 4:00 pm - 5:30 pm) Cost: \$144 residents, \$156 non-residents Contact: Danielle Pearson, (561) 243-7158 or email [pearson@mydelraybeach.com](mailto:pearson@mydelraybeach.com)

This six (6) day interactive camp for youth, ages 5 - 15 years old, includes skate instruction, skate park field trips, arts & crafts, movie outings, bowling, ice skating and much more. Participants are required to bring their own skateboard and must wear a strapped helmet. Knee and elbow pads are recommended.

To register, visit the 505 Teen Center Monday-Friday, 3:00 pm - 9:00 pm or Saturday 12:00 pm (noon) - 9:00 pm. Acceptable forms of payment: cash, credit card (Mastercard or Visa) or check.

### Catherine Strong Spring Break Camp

**Location:** Catherine Strong Splash Park, 1500 SW 6th Street Dates: March 25th - 29th (Monday thru Friday) Times: 7:30 am - 5:30 pm Cost: \$75 residents, \$90 non-residents Contact: Erik Lawson, (561) 243-7194 or email [Lawsone@mydelraybeach.com](mailto:Lawsone@mydelraybeach.com)

This camp (20 participants only) for children ages 6-12 years old will include sports and educational activities, arts and crafts, skating and other fun field trips.

To register, visit Catherine Strong Splash Park Tuesday-Friday 8:00 am - 7:00 pm, Saturday-Sunday 10:00 am - 7:00 pm. Acceptable forms of payment: cash, credit card (Mastercard or Visa) or check. Online registration is available at [www.mydelraybeach.com](http://www.mydelraybeach.com) by selecting Online Registration under Parks and Recreation.

[mydelraybeach.com](http://mydelraybeach.com) by selecting Online Registration under Parks and Recreation.

## Junior Lifeguard Program - Spring Break Session 2013

**Location:** Anchor Park, 340 South Ocean Boulevard Dates: March 25th - 29th (Monday thru Friday) Times: 9:00 am - 11:30 am Cost: \$45 residents, \$50 non-residents Requirements: First time participants will be required to pass a 100 yard swim test and complete a two (2) minute survival float exercise at Pompey Park, 1101 NW 2nd Street, on Saturday, March 23, 2013, at 10:00 am. Contact: Heather Irurzun or Dianne Gaffney, (561) 243-7352 or email [Gaffney@mydelraybeach.com](mailto:Gaffney@mydelraybeach.com).

Participants between the ages of 11-17 years of age are introduced to the skills, training and rescue methods that are needed to become a professional Ocean Rescue Lifesaver. By actively practicing Ocean Rescue skills, participants will be provided with the opportunity to explore a potential career path while learning the value of physical fitness and beach safety.

To register, visit Ocean Rescue Headquarters at Anchor Park Monday-Friday 9:00 am - 4:00 pm. Acceptable forms of payment: cash, credit card (Mastercard or Visa) or check. Online registration is available at [www.mydelraybeach.com](http://www.mydelraybeach.com) by selecting Online Registration under Parks and Recreation.



Marilyn Shore, D.C.  
Chiropractor

Dr. Marilyn Shore welcomes you to our 2013

# OPEN HOUSE

Sunday, March 10 • 2:00 p.m. - 4:00 p.m.



**You are invited to our Open House!** Dr. Marilyn welcomes the entire Delray Beach community to come and tour Shore Chiropractic on Saturday March 10. Enjoy food and refreshments and discover what chiropractic can do for you!  
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**GUEST SPEAKER - DR. MICHAEL SMATT**

*Prominent Manhattan Chiropractor, Dr. Smatt takes care of people from all over, including celebrities, sports figures and politicians. He is a leader in chiropractic and a popular speaker.*

**Don't miss his talk at our Open House - 2:30 p.m.**



Dr. Smatt (at left) with Dr. Mehmet Oz.  
Dr. Smatt is on the Advisory Board to Dr. Oz's Healthcorps.

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Directions from I-95: Atlantic Avenue east to SE 5th Avenue (Southbound Federal Highway. Turn right on SE 5th Ave, go 2 blocks south to 245 SE 5th Ave. Shore Chiropractic is on your left (Blue house with yellow trim).

**245 SE 5th Avenue, Delray Beach, FL 33483 • (561) 278-2727 • [www.shorchiro.com](http://www.shorchiro.com)**

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



## pineapple slices

### Spady Cultural Heritage Museum announces new board member Derrick E. White

Expanding & Preserving Our Cultural Heritage, Inc. (EPOCH) is proud to announce the addition of Derrick E. White to its Board of Directors. EPOCH owns and manages the Spady Cultural Heritage Museum, 170 NW Fifth Avenue.

"We are extremely pleased to welcome Derrick White to our board," said Board President Vera Farrington. "His research and connections to our area's public university will be a real benefit to the programs and archive development of the museum."

White is an Associate Professor in the Department of History at Florida Atlantic University. He is the author of *The Challenge of Blackness: The Institute of the Black World and Political Activism in the 1970s*. He is a scholar of modern Black history, sports history and intellectual history. He received his Ph.D. from The Ohio State University in 2004, and is co-editor of the forthcoming *Civil Rights and the Presidency from Nixon to Obama* (2013).

White is currently working on *Blood, Sweat, and Tears: The Rise and Fall of Florida A. & M. Black College Football Dynasty*, which would be the among the first scholarly analysis of Black college football. He has published articles in the *Journal of African American History*, the *C.L.R. James Journal*,



Derrick E. White

the *Journal of African American Studies* and the *Florida Historical Quarterly*.

Born and raised in Lexington, Kentucky, Derrick White earned his Ph.D. in history from The Ohio State University in 2004. He was a dissertation fellow at the University of California-Santa Barbara Black Studies Department and was awarded the inaugural Julian Pleasants Visiting Scholar Grant at the Samuel Proctor Oral History Program at the University of Florida.

### Centennial Quilt created for the Delray Beach Public Library's 100th Birthday

The Delray Beach Public Library recently received a beautiful Centennial Quilt that was designed and created by the Library's Quilting Bee group that meets twice monthly in the Library from Mondays, from 10:00 am - 12:00 noon.

When the members of the Quilting Bee heard that the Library would be celebrating its 100th birthday on Thursday, April 11, 2013 they decided to create a quilt to be donated to the Library to commemorate this milestone. They obtained old photos of the original 40 Woman's Club members who began the Library in 1913, gathered photos of the various Library locations and more relating to the Library's rich history and put it all in the quilt.

When they were finished they had created a beautiful piece of art to be hung in the Library for all to see at the Centennial Birthday Bash on Thursday, April 11th and at the Library's Centennial Community Day Celebration on Saturday, April 13th and thereafter. The quilt will be permanently on display in the 2nd floor Gallery for all Library patrons to enjoy.

"The Delray Beach Public Library is grateful to the quilters of the Quilting Bee for this priceless donation and will display it proudly," said Alan Kornblau, Library Director.



Nancy Dockerty, Event Chair Centennial Birthday Bash & Joann Haros, Co-Chair of Centennial Committee

For further information about the Centennial Birthday Bash, Centennial Community Day or other events at the Library please contact the Community Relations Director at 561-266-9490 or at [bonnie.stelzer@delraylibrary.org](mailto:bonnie.stelzer@delraylibrary.org).

### Delray Beach Fire-Rescue Dept. announces staff promotions

The City of Delray Beach Fire-Rescue Department held a promotional ceremony for four (4) staff members on Wednesday, February 20th. The City is proud to announce the following promotions:

- Captain Dan Waldrep was promoted from Firefighter/Paramedic to Training Captain
- Captain Andrew Close was promoted from Driver/Engineer to Fire Safety Inspector
- Driver Engineer Brian Fiorey was promoted from Firefighter/Paramedic
- Driver Engineer Kenny Hansley was promoted from Firefighter/Paramedic

The City of Delray Beach congratulates each of these newly promoted staff members and appreciates all of their efforts.

### ST. PATRICK'S PARADE- continued from page 1

For 2013, FMG continues to focus on its goal of making the annual parade a weekend event by adding a Friday night concert at the Delray Beach Center for the Arts amphitheatre with a pre-parade celebration with the Fire Service Bagpipe bands, local bands, Irish step dancers, food and beverages. The parade steps off on the following day, Saturday March 16th. There will be fire trucks, Dalmatian dogs, fire service bagpipe bands, honor guards, flag carriers, civilian floats, businesses, high school marching bands, and various other groups, organizations, and charities creatively represented in the parade.

On a final note, the parade is produced by a small group of local residents who volunteer their time. The parade is not funded by the City of Delray Beach. Over the past 4 years, costs to produce the parade have dramatically increased, threatening the continuation of this Delray Beach tradition. This year, Park Tavern Restaurant stepped up and came on board as "Title Sponsor" and Bru's Room Sports Grill as "Presenting Sponsor" of the 2013 parade. Festival Management Group is currently soliciting downtown businesses to sponsor the cost of the parade. They still need to raise over \$14,000 to pay city costs required to produce the parade. For sponsorship information, call Festival Management Group Inc. at (561) 279-0907.

### 45th Annual Delray Beach St. Patrick's Day Parade and Party

**Siamsa Celtic Celebration • Friday, March 15th (5:00 PM – 11:00 PM)**

For our 45th Anniversary we are getting bigger and better. Friday night we will be hosting a traditional Celtic Celebration. Plan on Irish dancing, live music, bagpipes, beer and corned beef.

**Pre-Post Event • Saturday, March 16th (11:00 AM – 7 PM)**

(front lawn of Delray Beach Center for the Arts at Old School Square)

Featuring live music, full liquor bar, vendors, food and more!

PARADE: 2:00 pm – 4:30 pm



### Delray Beach City Commissioner Adam Frankel

I take this opportunity to thank my neighbors and supporters for helping me in three campaigns to serve as a Delray Beach City Commissioner.

Public service is a privilege, and a responsibility i take seriously. Whether or not we have agree on positions i have taken, I have tried my best to explain openly how I have arrived at my conclusions.

The internet has provided a new format for people to argue their positions endlessly. While this is potentially good, it also provides a format for classless individuals to be counter productive and rude. I urge those who care about our community to distinguish between honest positions taken by concerned residents, and those residents who degrade the process with demeaning personal attacks.

Sincerely yours,

Adam Frankel



**Tom Carney has 16 YEARS of ethical public service working for the Housing Authority, Community Redevelopment Agency and City Commission.**



**PROJECTS MAYOR TOM CARNEY HAS SUPPORTED**

- ✓ **NEW CITY LIBRARY**
- ✓ **DOWNTOWN HYATT PLACE HOTEL**
- ✓ **THE ARTS GARAGE**
- ✓ **PINEAPPLE GROVE**
- ✓ **BEACH RE-NOURISHMENT**
- ✓ **NEW BEACH PAVILION**



**Mayor Tom Carney has the FINANCIAL, BUSINESS & COMMUNITY EXPERIENCE to protect our neighborhoods, balance our City budget and attract new businesses to Delray Beach.**

- ✓ Proposed a new law that would create incentives to attract new businesses and jobs to Delray Beach
- ✓ Led efforts to use \$3 million of the City's cash reserves to balance the budget and preserve essential services without raising taxes
- ✓ Helped draft stricter laws limiting transient housing in Delray Beach
- ✓ Is endorsed by our local police because he has made public safety a top priority
- ✓ Pushed to have all Delray Beach agencies comply with the PBC Commission on Ethics in order to ensure transparency in government



**Join your friends and neighbors who are supporting Tom Carney for Mayor. HE BRINGS THE EXPERIENCE TO KEEP DELRAY BEACH MOVING FORWARD.**

STATE SENATOR JOSEPH ABRUZZO  
 STATE REPRESENTATIVE LORI BERMAN  
 STATE REPRESENTATIVE BOBBY POWELL, JR.  
 STATE REPRESENTATIVE BILL HAGER  
 FORMER STATE REPRESENTATIVE MACK BERNARD

DEPUTY VICE-MAYOR ANGELETA GRAY  
 COUNTY COMMISSIONER PRISCILLA TAYLOR  
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 FORMER MAYOR DOAK CAMPBELL  
 FORMER MAYOR RITA ELLIS

FORMER MAYOR WOODIE MCDUFFIE  
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[www.ThomasCarney.com](http://www.ThomasCarney.com) • [Tom@ThomasCarney.com](mailto:Tom@ThomasCarney.com) • 561.706.8888

PAID BY TOM CARNEY FOR DELRAY BEACH MAYOR

**VOTE TUESDAY, MARCH 12!**



Polls are open from 7AM - 7PM.



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MAYORAL INTERVIEW - CARNEY - continued from page 1

**Executive Editor/Publisher**

Jeffrey Diaz  
561-299-1430 - jd@delraypineapple.com

**Community Relations**

Gene Fisher  
561-414-5067 - gene@delraypineapple.com

**Director of Marketing**

Ryan Boylston  
954-415-1895 - ryan@delraypineapple.com

**For Editorial:**

call: (561) 299-1430  
e-mail: info@delraypineapple.com

**Contributing Writers**

Rigel Herman  
Stephanie Immelman  
Julia Kadel  
Kurt Lehmann  
Tara Monks  
Ash Otock  
Jamie Salen  
Drew Tucker

**Distribution**

561-299-1430  
Info@delraypineapple.com

**Published by**

**The Delray Beach Pineapple, LLC.**  
455 NE 5th Avenue, Suite D-151  
Delray Beach, Florida 33483  
561 . 299 . 1430

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at that time, a real sense that something could be made of this place and you had some key people decide that they were going to create the First Vision.

They created an environment where people really wanted to come and since then, we've had a series of Commissions and Commissioners who collectively started a glacier moving and kept it moving. And if you look around at the composition of our boards today, we have some extremely talented people who do very well in their own professions and give their time to serve the city. We are all rowing in the same direction, and I really think that's what has made Delray different.

**The Pineapple:**

These groups and advisory boards are also a hot topic. Do you think there is redundancy and fragmentation among them?

**Carney:**

I think that there is overlap. We have the Delray Beach Marketing Cooperative, the Downtown Development Authority, the Chamber of Commerce, the Community Redevelopment Agency and the city vying for the same thing. And you know, I think there's a genuine desire for everyone to work together and not overlap, but there is some. But it always seems to end up with results that are positive.

I think that we can prove efficiency sometimes. But generally speaking, do you really want to derail a committed person who's trying to make your city better? That's not a good thing to do.

[When it comes to fragmentation], I happen to be in the camp that doesn't think that Delray is broken. I think Delray has done remarkably well and I look at the success stories that we're having every single year, and every single day. We have more people moving into Delray that are contributing. More businesses are starting to come. And these things happen because we're doing something right. It's not by coincidence that the Delray Beach bond rating went up last year.

Do I think there's not room for improvement? Of course there is. But overall, I think we're doing well. We have so many more positives than negatives in this city.

**The Pineapple:**

Planning-wise, how important do you think the next five years are?

**Carney:**

Extremely important. First of all, I think that everyone is talking about growth management. It's an obvious issue. We have seen some remarkable growth lately, most recently with the Atlantic Plaza project, which I do not support. I think that density is a real issue. And even though I voted against [the project], I was happy to get included in the conditions. Because I was able to get a number of conditions that would largely benefit the Marina Historic District; three or four conditions added which would mitigate the impact of that project on them.

If I had to focus on one issue, my concern is that I think we need a pause, generally, that relates to building in-town residences. One of the things I've recently called for is a re-review of the Downtown Delray Beach Master Plan. I would like to see some absorption first of some of the units that are going to be planned.

I'm all for development and I think we have some good projects that are on the books and in the works now and my preference would be to pause and absorb before we continue. I'm not saying stop, just pause.

**The Pineapple:**

Speak about attracting current businesses and startups to the downtown area, as well as the congress corridor.

**Carney:**

First of all, when it comes to the downtown area, our CRA does some great work. They have some wonderful incentives. And together, with a lot of other people in the city, they have built a really great downtown. But we do need to focus on developing business outside of downtown, particularly around the Congress Corridor.

On March 12, [you will see on the] ballot that I proposed to amend our Charter to give the city some of the same tools the CRA has to offer certain tax incentives for jobs. I've initiated this Charter change. Please support this measure on the ballot because it will give our city the tools it needs to attract some of these small- to medium-sized businesses with good jobs.

[The incentive] is also going to be available for those who want to create manufacturing jobs. I would love to see the development of some small-scale manufacturing in this city. We have everything conducive to this kind of job creation. This initiative that I developed is going to be a good first step in trying to attract new business to Delray.

**The Pineapple:**

One industry that seems to be doing fine is substance abuse rehabilitation. Can you talk about that and how it affects the future of Delray Beach?

**Carney:**

It's not nice to be known as the rehab capital of Florida. Toward the end of 2011, I initiated the development of the ordinances that would address the number of turnovers in these transient houses. We worked really hard on this ordinance. Our idea was that we knew it was going to be challenged, and that we did not want anything to be discriminatory. We adopted a really non-discriminatory ordinance that would apply to everyone, and unfortunately the Karen Foundation sued us. We knew it would get challenged and that it would go all the way to the Supreme Court.

Cary Glickstein was quoted as calling the Karen Foundation the cancer in our neighborhood. And the court found that even though the ordinance was non-discriminatory, it was adopted with discriminatory intents. So we settled.

For the last 3 1/2 months or so, we have been working on a statute to deal with sober houses that we are going to introduce in Tallahassee. Sober houses operating in Delray Beach will have to be licensed. And if licensed, there will be a spacing requirement. What this will do is ensure that if someone is seeking treatment, they'll go to a place where they can actually get treatment. We want to ensure that businesses operating in the city do the service they're purporting to render.

**The Pineapple:**

There's also a perception that our education offerings are not very good. Can you speak to that?

**Carney:**

It's not the role of City Government to be involved in the school system. The School Board has its own budget and it would be inaccurate to say the city has done nothing toward helping schools here because, they have. This city took great efforts in getting Spady Elementary completely redone. The city took a very active role. As well as the relocation of Atlantic High School and getting it rebuilt. The city has worked to try to improve education in the city. Can the city do more? There are certain things to explore. The city needs to help develop some after-school

type programs where certain facilities can be used, and create some volunteer corners. But we need to be very careful about using city resources for school board expenses.

Taxpayers are already paying for both services, and I do not believe taxpayers should pay for the same thing twice. Should we be aggressive in lobbying for the schools? Yes. This is something that I am absolutely committed to. We do need to pay attention to whether there are opportunities to do things, but not necessarily cross over to the school board's side and do their job.

**The Pineapple:**

Recently there has been an increase, or at least a perceived increase, in crime in Delray Beach. Can you speak toward that?

**Carney:**

I met with the Chief of Police two weeks ago. We talked about visibility. There's a perception out there that we're unsafe and once a city gets the perception of being unsafe, regardless of its truth, the period for you to fall is so fast you never have time to recover. So it's very important to me that the perception [of lack of safety] gains no traction at all. Which is why I sat down with the Chief of Police to increase visibility.

But this is just the first step in the process. We do need citizen engagement. Citizens are the first line of defense. We need to ensure that people who come into Delray feel safe. Because we are safe. We are diligent. The Clean and Safe program, funded by the CRA has done a great job with the merchants. It's a constant work in progress to ensure that you're safe, and to give the perception of safety. I'm happy to have gotten the endorsement from the police that this is something I've been committed to and is something I'll continue to be committed to.

**The Pineapple:**

Delray Beach is really known as an event town. Many businesses and residents believe that we may be oversaturated with events and festivals, road closures and so forth. Your thoughts?

**Carney:**

I think we close roads far too easily here. The classic events for the city, the cornerstone events like The Delray Affair, St. Patrick's Day Parade, Christmas Parade and certain others, are really signature events that nobody's talking about touching. But we are having more privately initiated events that end up with street closures, which some of our merchants are finding very disruptive.

We need balance.

I am in favor of a complete review of the street closures. When your local residents and businesses become unsupportive of events that are shutting down your streets, it's time to address the issue.

**The Pineapple:**

Ten years down the road, how will people look at Delray Beach nationally? What theme will come to mind?

**Carney:**

There's something for everybody. We've got an opportunity to be a sports, beach and arts destination. We have some of the best restaurants. This is a place where you can get a full experience, so to speak. It's a friendly, walkable city. It's got tremendous potential. We were named most fun small town in America. We are a fun town. But we are serious as well. This city does a lot of work. If you look around, a lot of stuff gets done here. I want us to always be the place where you can raise a family. In our continuing to be successful, we've created a circle of events and activities which are giving us a unique setting.

**Homes.com**

The Pineapple Newspaper has partnered with Homes.com to make buying and selling your home in Delray Beach even better. Starting in December, PineappleNewspaper.com will have a special real estate section with home listings, area information and featured real estate professionals.

## Greater Delray Beach Chamber of Commerce to host Delray Beach Candidates Forum

Veteran television newsman Jim Sackett will moderate Feb. 28 forum for Mayoral and Commission candidates at Crest Theater

Jim Sackett, a trusted and well-respected local television news veteran, will serve as the special guest moderator at a forum featuring the candidates running for Delray Beach Mayor and City Commission.

Scheduled for Thursday, Feb. 28, from 6:30 p.m. to 9 p.m. at the Delray Beach Center for the Arts Crest Theater, the forum, hosted by the Greater Delray Beach Chamber of Commerce, will provide a platform for the candidates to present their views on pressing local issues.

"This forum is an opportunity for voters to

hear directly from the two mayoral candidates and the three commission candidates," said Connor Lynch, chair of the Chamber's Governmental Affairs Committee. "Jim Sackett did an outstanding job moderating last year's forum and we're grateful that he's able to be with us again this year."

Running for Delray Beach public office in the March 12 elections, and expected to attend the forum are mayoral candidates Thomas F. Carney Jr. and Cary D. Glickstein. Running for City Commission Seat 1 and also expected at the forum are Alexander C. Christopher, Kurt Lehmann and Shelly E. Petrolia.

Incumbent City Commissioner Adam Frankel, representing Seat 3, is unopposed

and automatically re-elected.

"All of us at the Chamber are pleased to be able to sponsor this important event and to give residents and members of our business community an opportunity to learn more about each of the candidates," said Interim Chamber President Karen Granger. "Because we work closely with local government on behalf of our members throughout the year, we recognize the value a forum such as this provides to our entire community."

The Thursday, Feb. 28 candidate's forum is open to the public and admission is free.

For more information, contact the Greater Delray Beach Chamber of Commerce at 561-278-0424.

**At a Glance:**

**What:** Delray Beach Chamber of Commerce Sponsors Candidates Forum

**When:** Thursday, Feb. 28 at 6:30 p.m.

**Where:** Crest Theater at Delray Beach Center for the Arts

**Who:** Veteran newsman Jim Sackett will serve as moderator. Two candidates for Delray Beach mayor and three candidates for City Commission will present opening comments and respond to questions.

**Why:** The forum is designed to give residents an opportunity to hear directly from the candidates.

**Additional info:** The forum is free and open to the public. Call Karen Granger at the Chamber, 278-0424 or karen@delraybeach.com

## MAYORAL INTERVIEW - GLICKSTEIN - continued from page 1

acrimony on the City Commission.

We face the same problem now in our town, because we've got these small groups, separated by geography or personal alliances, and those spheres are not interacting. And as a result, there is as much of a disconnect now as there was back then.

**The Pineapple:**

These groups and advisory boards are also a hot topic. Do you think there is redundancy and fragmentation among them?

**Glickstein:**

The fragmentation to me is a different issue than the redundancy. I'm not so sure we have a duplication or redundancy issue with these advisory boards. I think our model is consistent with cities of this size. And I think they serve an important function. It gets people volunteering for public service. And they, in turn, get other people involved. It's good stuff.

I think we've had a few commissions lately where we've been tone deaf to those advisory boards and that's not healthy. It pushes people away from wanting to serve on those boards. You also have these new ethics laws, which impact people on these advisory committees. So you have two different things that are kind of pushing people away from those advisory boards.

I do think I would like to see the city commission pay attention to what's coming out of those advisory boards. It makes people want to stay involved in those boards. We've lost that reference point of the common goal: to move things forward.

It's like an organization without real strong leadership. And without strong leadership, you develop these competing groups. This fragmentation is a problem. And even though I've been very involved in this town for years, I never really understood how bad it was until I got into this election. It's been an eye opener for me. We've lost our way. We need to think: What's for the common good of the town rather than how does this serve a particular person specifically?

**The Pineapple:**

Planning-wise, how important do you think the next five years are?

**Glickstein:**

I think we are at an inflection point, meaning that if we don't chart a direction right now for what we want and what we don't want, we'll lose control of this downtown. Part of the problem has been there is this misperception both at City Hall and with our citizenry that if Atlantic Ave. is busy, everything is fine. And first of all, that perception is just flawed. Secondly, it misses the bigger point that even if it were true; that's such a tenuous hold on success. Food, beverage and festival – if that

is your defining characteristic, then you need to rethink and re-innovate what's important.

And the reason I say that is because I think that's a façade. If you've built your definition of success based on the health of an entertainment district and it's really not that healthy, that's really not a long-sighted view. Then you weigh in the development part. The sun, the beaches and the Ave. bring opportunists who want to exploit those assets. And you know, those people in general don't have a long-term perspective of this town. And what makes this town unique is the pedestrian perspective: the small town feel with enough of a cosmopolitan vibe to make it interesting.

Atlantic Plaza is one of those kind of bellwether events. If [development] continues in its current format, it's going to be very hard to stop similar projects on the Ave. And you're going to change the Avenue forever. And if that's what people want, then that's what they want.

**The Pineapple:**

Speak about attracting current businesses and startups to the downtown area, as well as the Congress Corridor.

**Glickstein:**

Our downtown area goes after a younger, entrepreneurial business crowd, which is looking for creative class space. Not the, "I wanna' lease 20,000 square-feet of office space." For that kind of user, we have the Congress Corridor.

[With the Congress Corridor], you're not in our downtown. You're close enough to downtown if you want to come downtown and we certainly have a lot more options for building out that office space in the Congress Corridor. We've got the mass transportation hubs and the I-95 interchange. It just makes sense that if we are going to talk about Class A and larger office spaces, to push that farther west to the Congress Corridor on the Office Depot side rather than trying to make our downtown something that it's not.

**The Pineapple:**

One industry that seems to be doing fine is substance abuse rehabilitation. Can you talk about that and how it affects the future of Delray Beach?

**Glickstein:**

Transient housing right now is tied to somewhere between 50 to 60% of non-violent crime in Delray Beach. The reason for that is we have people falling out of treatment, getting kicked out of their housing, they have no money, no place to go and they're suffering from an addiction. So they are either the victims of crime because of that or they are the perpetrators, and so it's the perfect storm, which is why we've seen such a huge increase in non-violent crime.

On the other hand, we've got laws that

protect people that are in treatment. And we have to figure out a way to coexist. And I think we are going to see additional regulation, just because it is not just a Delray issue, but because it has become a statewide issue.

We have great code enforcement in this town. We have a great Police Department. They both really understand those nuances and are doing as good a job as possible to do two things: to bring the good operators into the dialogue about a solution and move the bad operators out of this town. The problem isn't going away tomorrow. It's going to be with us for a long time. So, we need to mature as a community and figure out a way to regulate and craft solutions so that we can find a different place for the problem operators.

**The Pineapple:**

There's also a perception that our education offerings are not very good. Can you speak to that?

**Glickstein:**

It's not a perception. It's a fact. There is a dramatic disparity between the programs offered in Boca Raton public schools versus Delray Beach public schools. The reason for that is leadership. We have not had an advocate from our town to the school board in years. The mayor of Boca Raton, as a former educator, was a former member of the school board. She understands that when you're dealing with an agency of limited dollars; if you're not up there advocating for your town and your schools, then those dollars are going to go elsewhere. But as a parent with public school-aged children, I can tell you that it's not perception. It's a fact that our public schools are nowhere near the level of Boca Raton's public schools in terms of the programs that we offer.

**The Pineapple:**

Recently there has been an increase, or at least a perceived increase, in crime in Delray Beach. Can you speak toward that?

**Glickstein:**

We've lost 20 sworn officers over the last three years. That's a function of dollars. It's a function of police going elsewhere. If you look back to the late 80s, crime was so bad in our town that you didn't have a red light from I-95 to A1A at night. They were all blinking yellow lights for fear of stopping and being mugged. It was that bad. But we had a Police Chief [who] really understood that if you don't have a safe town, then nothing else matters. And what he was very big on, and he was the master at it, was community policing. We need to get back to that.

The other thing is, we have had a huge amount of experience and knowledge walk out the door with police retiring. And there has been a lot of negative press about police pensions and we've got the

legacy costs and the cost of our police department. But we have at our disposal a huge amount of resources by bringing in those policemen who know our town better than anybody on a part-time basis to work in code enforcement get and back to that community policing.

Mentoring kids, we've gotten away from that. Let's build those mentoring programs back up again.

We have become just like General Motors or any other successful organization, in that we're a team that has enjoyed a period of success. You fall into this complacency trap where you think that it's good today, and it's going to be good tomorrow. And you don't stop to rethink, re-innovate and set yourself up for the next set of challenges. That complacency has been the fall of the town for a number of years. We know what to do. We just need to get back to the core.

**The Pineapple:**

Delray Beach is really known as an event town. Many businesses and residents believe that we may be oversaturated with events and festivals, road closures and so forth. Your thoughts?

**Glickstein:**

I think it's a question of balance. To me, it's almost akin to development in our town in that when you're a young town you want anything that comes in the door. You're happy to have it. But over time, especially for a town as unique as Delray, you really can be far more selective about what it is that is happening in your town. You don't have to accept everything that comes in the door. It's a function of balance and the understanding that we don't have to accept everything that wants to be here.

**The Pineapple:**

Ten years down the road, how will people look at Delray Beach nationally? What theme will come to mind?

**Glickstein:**

I come back to what pulled us out from the press back in the 80s and that was community engagement. I think that when people think about Delray, they think a lot about [community engagement] now. Yeah, we've got the peripheral stuff, but it used to be a joke that when you were bored you could go to Delray on a Saturday and there's a charette going on about something. That was a cool thing.

But I think that community engagement is so meaningful because it gives people ownership in the town, rather than just a property. And I think that with community engagement, you get the benefit of years of perspective [combined] with young people with new ideas – that's really the way to do it.



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## Health & fitness

### PURE ties up with in Slash Fitness in Delray Beach

In its continuing commitment to provide fresh, allergy-friendly environment in establishments across the country, PURE Solutions NA teamed up with Slash Fitness in Delray Beach to bring about the world's first ever allergy friendly fitness center. Fitness and health enthusiasts in the area now have the option to spend their training and work-out sessions in an allergy-friendly environment.

With the goal to bring about fresh and original fitness programs in mind, Slash Fitness aims to be more than just a "typical" gym. On top of their latest collaboration with PURE Solutions, Slash Fitness has been providing the latest and most innovative workout equipment such as Powerblocks, Bosu Balls and battling ropes, as well as out-of-the-box workout sessions. The team behind Slash Fitness collaborates to bring their "You Are The Machine" philosophy to their patrons by coming up with fun, convenient and non-traditional ways of exercise.

“

*You are the Machine! With PURE technology in Slash Fitness there is no healthier way to burn calories!*”

The fitness center is also known for their semi-private workout sessions, which have rotating intervals on a daily basis. This allows certain flexibility so their patrons will rarely have to adjust their personal schedule in order to be accommodated by a preferred workout session. And with the PURE partnership, Slash Fitness clients can look forward to an atmosphere dedicated to health and wellness by breathing in fresh, clean air at all times.

According to the American Lung Association, 1 in 4 Americans suffers from asthma or other respiratory allergies. For that

25% of the population, working out brings more huffing and puffing challenges than the rest of us. According to <http://www.Livestrong.com>, working out makes a person breathe faster in order to constantly resupply the body with oxygen. Oxygen in turn is burned in the body to allow muscles the energy needed to keep up. So while the quality of the air while working out is important for everyone, it becomes especially critical for people with breathing challenges.

PURE Solutions NA offers a range of innovative hypoallergenic products as well as a patented conversion process. Their objectives include providing comfortable and healthy breathing environments to homes and various establishments worldwide, such as hotel rooms and now, Slash Fitness center.

PURE's comprehensive program works to minimize the presence of allergens and irritants on both the physical surfaces that people get into contact with and the air that people breathe. In the case of fitness centers, bacterial viruses survive and thrive on many moist spots such as sweaty mats, public seating areas, workout equipment and any other damp surfaces. A study by Women's Health indicated that three fourths of the surfaces touched in fitness centers contain germs that a simple wipe-down cannot destroy. One step in PURE's conversion process is the application of a bacterio-static barrier that gets applied to all surfaces. Under a microscope, this barrier, called PURE Shield, looks like a bed of nails that prevent contaminants from attaching themselves to surfaces. Another critical step is the installation of a medical grade air purification system. This system will continuously circulate and filter the air. It kills 98-100% of viruses and bacteria that are floating around.

The collaboration between PURE and Slash Fitness is an investment that promotes health and wellness and is considered a major milestone for two organizations that continuously look forward to making lives better.



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During this past month of February, the Milagro Center STARS explored the living value of "LOVE". Here, in their own words, is what the kids said about the meaning of "LOVE":

"I love a soccer ball." - **Rolph, age 7**

"Love is like a Mom." - **Jayden, age 6**

"Love is when someone cares for me and trusts me."  
- **David, age 8**

"I love my Barbie Doll. I love my dog. I love TV. Mostly, I love my shoes."  
- **Zoe, age 6**

"Love makes me feel like I can jump to the sky."  
- **Kayla, age 10**

"Love makes me feel like squeezing someone really hard!"  
- **Jazmin, age 9**

"I love my Dad so so so so much - more than any body in the world."  
- **Lovon, age 6**

"I love my mentor!" - **Laniya, age 9**

"Roses are red. Violets are blue. Your name may be Frank or Hank, but thank you for all the things you do for me."  
- **Josh, age 8**

## Why kids need Chiropractic too!

By Dr. Marilyn Shore  
Special to The Pineapple

I think everyone would agree that children deserve to express health and live their lives at peak potential. It's disheartening and uncomfortable when we see our children in pain, have a fever, have emotional difficulties, to name a few. Generally speaking, as parents we want to alleviate these symptoms to make them more comfortable. But we were designed to be self healing organisms, and our symptoms are actually a way that our body is fighting disease and trying to bring us back to balance.

For instance, if your child has a fever and you give them an aspirin or Tylenol, they may feel better for the moment, but reducing the fever may prolong the illness, as the fever is attempting to kill the virus in their system. Fear motivates us to remove the symptoms, because most people don't know what else to do.

It's a child's nerve system that controls their amazing development as well as all functions of their body. If the nerve system is functioning at 100% from the brain and free to flow to all the organs, tissues and cells of the body, then the body has the best opportunity to heal itself from the inside out.

It would be great if we all had complete flow of nerve energy from the brain to the tissues, but most of us are subject to trauma from early on that may interfere with the nerve system. From physical, emotional and chemical trauma, vertebra in our spine can

## Labyrinth retreat "Your Soul's Assignment"

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7:00-9:00pm - Preparing the Way  
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**Saturday, March 16**

Breakfast - 7:30am  
8:30am-12:30pm Sharing  
Finding the Clues of Your Soul's Code  
(Indoor Labyrinth Meditation)

Walk Through Your Fears and Excitement  
(Outdoor Labyrinth Meditation)  
Journaling in Nature

Lunch - 12:30 pm

1:30 - 5:00pm • Imagine What is Unfolding  
(Indoor Labyrinth Meditation)  
Creating your own Soul's Code Collage

Nurture Strength and Perseverance  
(Indoor Labyrinth Meditation)

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Monday, March 11, 2013)  
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or call Linda at 561-496-4130.

go out of alignment, pressing on nerves that interfere with the nerve energy flow. We call these bones out of alignment, Subluxations.

Imagine you had your foot on a garden hose and the water couldn't get out to feed the plants. They would die. You could plant more flowers, put fertilizer on them, but they would still die. If you have a Subluxation, especially at the top of the neck, the nerve flow is interrupted, the body has to work harder, the immune system is compromised, and you are in a state of dis-ease, which may lead to disease.

The trauma of the birth process, especially now that so many children are c-section babies, can Subluxate the first bone in the neck. This puts pressure on the brainstem, and interferes with the nerve flow to the body. They may express symptoms like reflux, ear infections, allergies, hyperactivity, or even no apparent symptoms at all.

It is so important that every child be checked by a Chiropractor to see if they have a Subluxation and if they do, it must be corrected with a gentle Chiropractic adjustment. I have an 18-year-old daughter who has never had a medication in her life, but I have checked her regularly for Subluxations, and when necessary, have adjusted her.

So you can see, Chiropractic is not just for back pain. It is about fully expressing life and it's for everyone.

*Dr. Marilyn Shore welcomes you to Shore Chiropractic's Open House on Sunday, March 10. For more info visit [www.shorchiro.com](http://www.shorchiro.com) or call 561-278-2727.*

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Psychologist, Astrologer and Dream Expert Dr. Michael Lennox is offering a workshop at DU20 Holistic Oasis entitled Dream Yourself Awake on April 6th from 11am-2pm. Lennox has been helping people have a deeper understanding of their unconscious mind for almost 20 years. In his workshops, in the media, for private clientele and on the internet via his popular website [www.michaellennox.com](http://www.michaellennox.com). Lennox guides people through life's mysteries with a deep and profound wisdom delivered through a humorous and extemporaneous style that has become his trademark.

A highly sought-after media expert, Dr. Lennox has been seen internationally by millions of viewers on many television shows, beginning with the Sci Fi Network's The Dream Team with Annabelle and Michael, for which he filmed 65 episodes beginning in January 2003. Since then he has also been featured on the Emmy Award winning reality show Starting Over, Soap Network's Soap Talk, MTV's Myths and Urban Legends, National Lampoons Editorial Desk, The Wayne Brady Show, The Gregory Mantell Show, as well as local news broadcasts across the country, from Los Angeles to Denver to New York.

His frequent radio appearances number in the hundreds and include monthly visits to Sirius Satellite Radio's Playboy Channel with numerous regular spots on both national and international radio markets.

Dr. Lennox's book, Dream Sight: A Dictionary & Guide for Interpreting Any Dream was published by Llewellyn Worldwide Press in 2011, and his writing has also appeared in numerous magazines and newspapers, including Women's Health, Star Magazine, Today's Woman, New Woman Magazine (India's largest women's periodical) E-Harlequin, 360, and TV Guide (including a special edition dedicated to interpreting the dreams of Soprano's character Tony Soprano).

Dr. Lennox studied at the Jung Institute Los Angeles, and obtained his Masters and Doctorate in Psychology from The Chicago School, formerly California Graduate Institute.

# Testosterone: Low T Or Not Low T, that is the question

By now you have probably heard about testosterone replacement or "low T" from a few different sources. You may be wondering if this is something legitimate or just a new fad with a bunch of marketing hype. The truth is that testosterone deficiency is a real condition that benefits from real treatment.

Some have called it andropause and even "Man-o-pause". This refers to the progressive decline of testosterone levels in adult males, as well as certain other deficiency states. For decades it was written off as just a normal part of aging. A growing awareness of this common condition and the benefits of treatment has evolved in recent years.

Hypogonadism, another term referring to low testosterone, affects approximately 39% of men over the age of 45. The likelihood of developing this condition increases with age. Men with low testosterone may experience problems with erectile function, decreased libido (desire for sex), increased body fat, decreased muscle mass, decreased energy, frequent fatigue, and depression.

Many of these symptoms can be easy to miss if they are attributed to just getting older. Some of these symptoms can lead to or worsen the other symptoms. The decreased energy and easier fatigability makes it more difficult to keep up with physical fitness. This would in turn lead to decreased muscle mass and increased body fat. The negative impact on body image, as well as the diminished sexual performance can further injure a man's self esteem and add to depression. The depression that develops from this condition can be significant and is one of the common reasons why men would come in to seek diagnosis and treatment.

Other medical conditions that are frequently associated with hypogonadism include high blood pressure, high cholesterol, diabetes, obesity, and chronic opioid (pain pill) usage. A man that has most or all of

these symptoms would truly be considered the epitome of poor health. This is all very treatable though and many treatment options do exist.

Treatment starts with a thorough assessment and diagnosis. There are a number of different causes of low testosterone and these must be investigated. This is usually done with a blood test. Once the diagnosis has been made and the degree of deficiency has been determined, the focus shifts to restoring the levels back well into the normal range. In most cases testosterone is replaced directly in any number of different forms.

The most common form of replacement is a gel that is rubbed onto the skin of the arms or shoulders each day. This form is very convenient but has a limited capacity to raise testosterone levels as compared to other forms. The gel form also has more hair loss as a side effect. Patches can also be used, which have the same benefits and drawbacks as the gel.

Bi-monthly or weekly injections have a much greater capacity to raise testosterone levels, have less hair loss as a potential side effect, and can easily be dosed up or down as needed, based on what is clinically indicated. Implantable pellets also have a greater capacity to raise testosterone levels, have less hair loss as a potential side effect, but cannot be quite as easily dosed up or down as compared to injections. Oral forms can be toxic to the liver and are not recommended. When testosterone is restored, it should be done to an appropriate level within the normal range.

When a man's testosterone level is restored, the benefits are significant. Energy improves and depression can be greatly relieved. Strength and stamina improve. The ability to put on muscle and recover from strenuous workouts improves. Body fat, especially around the abdomen, decreases. Libido and erectile function improve greatly.

by Dr. Raul Rodriguez



These benefits can all be further enhanced when combined with positive lifestyle changes. A healthy diet and regular vigorous exercise will boost each of the beneficial effects of restored testosterone. The greatly increased capacity for physical training makes doing this much easier. The net result of all of this is a man who looks and feels much younger and more virile.

The benefits of treating hypogonadism outweigh the risks in most cases. Treatment is relatively simple and safe when done as prescribed, after a proper evaluation. This is one of the critical differences between testosterone replacement and steroid use.

Steroid use typically pushes blood levels far beyond the range of normal, to levels that are not safe and wrought with risks of major complications. The goal of proper replacement is to safely relieve the symptoms of low testosterone by restoring levels back towards the upper range of normal, but not to the point where complications are more likely to emerge.

Overall happiness and quality of life will improve when testosterone replacement is done properly in a specialized setting. The Men's Health Program at the Delray Center for Healing is one such setting that is specialized in meeting the clinical needs of individuals with low testosterone.

*Raul J Rodriguez MD is the medical director of the Men's Health Program at the Delray Center for Healing, a program created to meet the needs of active men throughout the life cycle.*

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## health & wellness

### PROMOTING POSITIVE BODY IMAGE IN KIDS

With **Coach Julia Kadel**



**B**ody image is how we feel about our bodies. Whatever their size or weight, children can develop either a positive or negative view of their bodies. Body image disturbances begin as early as preschool, so parents and other adult role models need to play a pivotal role in promoting a positive body image for children.

Young people with a positive image of themselves feel more comfortable and confident in their ability to succeed. They don't obsess about calories, food or weight. They have the energy they need to enjoy physical activity.

On the other hand, kids with a negative body image feel more self-conscious, anxious and isolated. They are at greater risk for excessive weight gain and for eating disorders.

You can help prevent these problems.

Here are five ways you can give your child the gift of positive body image:

#### 1. Check Out Your Own Body Image Issues

Parental body image has a powerful influence on how kids feel about their bodies. If you talk about your thighs, your latest diet or your punishing workouts, your children will naturally absorb these negative messages. They will begin to worry about the size of their thighs and think they should be dieting.

#### 2. Focus on Health...Not Weight

For your kid's sake (and your own sanity), shift your focus from weight to health. Stop obsessing about numbers on the scale and concentrate on delicious nutrition and fun physical activity.

Children don't need to work out; they need to play with family, friends and be active. Children shouldn't be counting calories or restricting their intake; they need to enjoy regular meals and learn how to make smart, tasty snack choices.

Nutrition and fitness are great goals

because they give us energy to do all things that we want to do. Whatever our age or size, we feel better when we take care of our bodies.

#### 3. Find Physical Activities That Fit

Feeling fit, strong and capable is one aspect of positive body image. All children need regular physical activities that they like. Some kids are natural athletes and enjoy all sports they try.

Other kids do better at individual activities, like walking or riding a bike. Some may find their niche in yoga, karate or a dance class. It doesn't matter what kids do for physical fitness; it just matters that they do something.

#### 4. Watch Out for Bullies

Weight-related teasing is a major basis for bullying. Encourage your school to address the issue and to support nutrition and physical education that promotes health at every size.

If you believe your child is being bullied about his or her weight or for any other reason, discuss your concerns directly with the school counselor or administrator.

#### 5. Myth-Busting the "Perfect Body"

Help your child become a savvy media critic by talking about what they see on television, in magazines and online.

Help them understand that the pictures of models they see in ads may have been retouched or otherwise manipulated to appear "perfect."

For more information on raising healthy kids and Family Nutrition Coaching visit [www.CoachKadel.com](http://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*

## WELLFEST DELRAY 2013 NOW IT GETS EXCITING

DELRAY BEACH, FL. – WellFest Delray 2013, the first-time-ever Delray event will debut Thursday, March 7 (10am – 7pm) in the Delray Center for the Arts (OSS) Gymnasium (on NE 1st off Swinton Avenue), the nearby Amphitheater and Hyatt Place. For complete schedules and listings on Exhibitor/Speaker/Demonstrators, check out the exciting 8-page special section in this issue of *The Pineapple* or visit [www.WellFestDelray.com](http://www.WellFestDelray.com).

Admission is free to all events in this the inaugural year, and there is something for everyone, whether you are eight-years-old or eighty.

Sponsored by Hyatt Place and Delray Medical Center (who will be presenting information on their Suite Dreams Sleep Disorder Center) "WellFest Delray 2013 is an event that was conceived to help 'brand' Delray as a leader in the promotion of Wellness. This speaks to a lifestyle that recognizes the importance of staying fit, eating right, participating in alternative therapies, stress-reduction programs, protecting the environment and much more," states Bob Lipp, the event founder. "Delray has the climate, the business infrastructure and the people to support an event like WellFest."

In its first year, WellFest Delray will be "a day-long event" with something for almost everyone; wellness enthusiasts and those who want to find out more. WellFest Delray 2013 will feature an Expo with a range of business exhibits, presentations by notable individuals, and fitness demonstrations.

The Expo, which will be held in the Delray Center for the Arts gymnasium will feature hands-on demonstrations by leading area acupuncture practitioners, chiropractors, skin care and weight-loss experts, holistic teachers, leading area hospitals, 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 nutritional experts, 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, a meditation instructor who has studied with Deepak Chopra, a certified happiness coach and more.

Among the fitness events held at the Old School Square Pavilion will be an exciting yoga demonstration, Tai-Chi, free boot camp classes and more.

Bob chose Delray as the perfect place to launch a wellness event, based on the community's feel good vibe and active-lifestyle, and hopes to build a "wellness-oriented" lifestyle into the Delray brand, something that he believes can be accomplished in-part with WellFest Delray.

Down the road, Bob feels that "wellness-related" businesses will also get the message and see a "wellness-branded" Delray as a potential headquarters, meeting place, or a city worth investing in via sponsorships or other activities.



Bob is not alone in that belief and has enlisted the services and expertise of former mayor Jeff Perlman, who is consulting with Bob 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."

For further information, call Bob at 561-921-5182 or visit [www.WellFestDelray.com](http://www.WellFestDelray.com).

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# Dr. Tony Willcox D.O.M, A.P.

Doctor of Oriental Medicine, Acupuncture Physician

If the NHL Panthers Trust Dr. Tony, you can too!



**"Thanks for the Great Acupuncture, Best Needles in Town"**

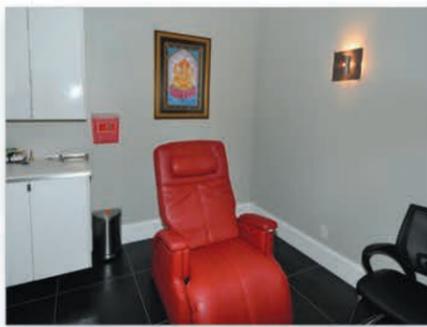
-Ed Jovanovski #55, NHL Florida Panthers

**"Thanks for the Pins"**  
-Jon Bon Jovi

**"Best Acupuncture Doctor Ever!"**  
-Terrence Wilkins #10  
Indianapolis Colts



**"Thanks for the Acupuncture & Healing Touch"**  
- Wayne W. Dyer, Author



**"Thanks for helping keep me on the Ice"**  
-Dennis Seidenberg #44  
Boston Bruins (NHL)  
Stanley Cup Champions 2011

### Specialties

- Back & Neck Pain
- Tennis Elbow
- Headaches
- Stress
- Anxiety
- Depression
- Infertility
- Sciatica

### Services

- Acupuncture
- Herbal Medicine
- Fire Cupping
- Thor & K-Laser
- Hands on Healing

### Qualifications

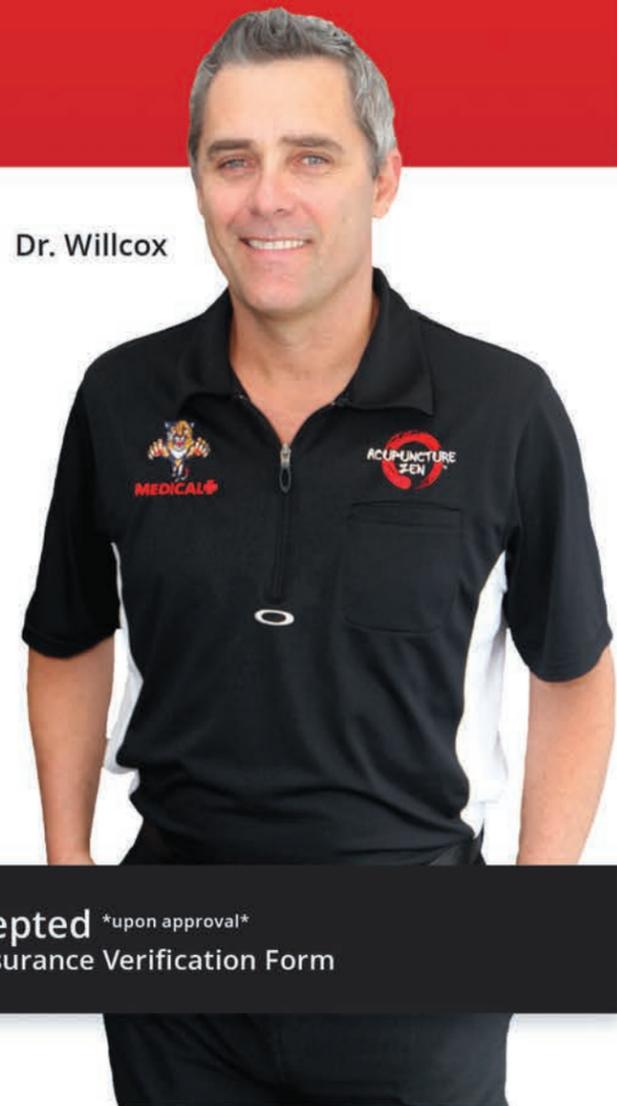
- Masters Degree of Oriental Medicine
- Bachelor of Health Science
- Nationally Double Board Certified Acupuncture & Chinese Herbal Medicine
- Advanced Craniosacral Therapist
- Reiki Master

### Awards

- [ Academic Excellence ] Atlantic Institute of Oriental Medicine
- [ Certified Acupuncture Training ] YueYang Hospital Shanghai, China

### Affiliations

- NHL Florida Panthers Medical Team since 2007



Dr. Willcox

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MARCH 22-24, 2013 DELRAY BEACH, FLORIDA



**CYCLING EVENT FOR THE WHOLE FAMILY**  
**AND FITNESS FESTIVAL**



[DELRAYBEACHTWILIGHT.COM](http://DELRAYBEACHTWILIGHT.COM)

# THE DELRAY BEACH TWILIGHT TAKES OVER ATLANTIC AVENUE



Founded in 2011, The Delray Beach Twilight Criterium is not your average health and lifestyle festival. On March 23, Delray Beach's downtown Atlantic Avenue will explode with excitement as hundreds of cyclists from around the country come and compete for a grand prize of \$25,000. This event will certainly be one to remember.

**Have you ever seen a bicycle go 40 mph? You will!**

**Think of it as Nascar Racing meets the Tour de France.**

The Delray Beach Twilight Festival is one of only twelve sanctioned criterium races in the USA.

Criterium races are run on short tracks through urban areas, they offer spectators the opportunity to get up close and personal with some of the top cyclists from around the globe.



**Bring the family and come cheer on some of the top local and national athletes as they push themselves to the limit.**

## History of the Twilight

The Twilight concept was founded in Athens, Georgia in 1980 by Gene Dixon and was the first nighttime race held in the United States in more than 60 years. Many more night time races followed throughout the country with Dixon hand-picking the top 12 night races and organizing a nationwide series called the USA Crits.

The USA Crits races are unique among other night time races, popular among racers, spectators and some of cycling's hottest international stars. In 2011, Dixon for the first time in USA Crits history, chose a 1st year event to be on the series...the Delray Beach Twilight. Other races on the series are hosted in Tucson, Arizona; Charlotte, North Carolina; St. Louis, Missouri; New York, New York; Cincinnati, Ohio; West Chester, Pennsylvania; Boise, Idaho and Las Vegas, Nevada.

## In Support of Kids in Distress & Gumbo Limbo Nature Center

A portion of the proceeds raised through the Delray Beach Twilight Festival will benefit Kids in Distress and Gumbo Limbo.

The mission of Kids In Distress (KID) is to prevent child abuse, preserve the family, and treat children who have been abused and neglected.

The Boca Raton-based Gumbo Limbo Nature Center increases public awareness of coastal and marine ecosystems through research, education, preservation and conservation.



[DELRAYBEACHTWILIGHT.COM](http://DELRAYBEACHTWILIGHT.COM)

FRIDAY 3/22

SATURDAY 3/23

SUNDAY 3/24



## MARC JULIEN HOMES KID ZONE

The Marc Julien Homes Kid Zone is the place for kids ages 3 – 10 with a host of activities including:

- \* Face painting
- \* Rock Wall
- \* Helmet Clinics
- \* Kids Races with Medals, T-shirts, race numbers
- \* Arts&Crafts Area
- \* Balloons
- \* Luna the Gumbo Limbo Turtle
- \* Kids Parade Lap on Pro Course

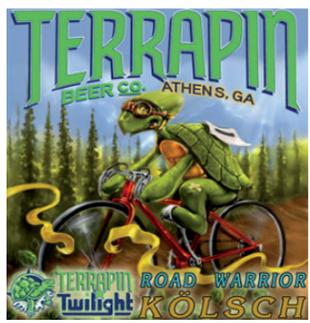
At Noon on Saturday, March 23, watch as the little ones put their pedals to the metal with races in four age groups 3-4 year olds; 5-6 year olds; 7-8 year olds; and 9-10 year olds. Participation is **FREE** and registration for this event is at:

[www.marcjulienhomes.com](http://www.marcjulienhomes.com)



## TERRAPIN BEER GARDEN

Open to the public, the Terrapin Beer Garden will be serving all their popular beers and a specially crafted brew just for the Delray Beach Twilight Festival called the Road WARRIOR on Friday, March 22 from 6pm to 10pm and again, during the races on Saturday, March 23 from 12pm to 10pm.



## SUNDAY FUNDAY RIDES... GET IN GEAR!

Do you have a bike and an interest in riding? Each Sunday, join more than 120 other cyclists in all levels – from amateur to pro – starting at 7 a.m. with coffee courtesy of Dunkin' Donuts.



Riders with levels ranging 14 mph to 30 mph in five groups are led by a cycling professional starting at 7:30 a.m. Meeting location varies from week to week. If you are interested, visit the **Delray Beach Twilight Festival** website at [www.delraybeachtwilight.com](http://www.delraybeachtwilight.com) to sign up for weekly updates and details.

# EVENTS



## FRIDAY NIGHT COMPUTRAINER RACES

Join us the eve before the Delray Twilight Festival on Friday, March 22 starting at 4 p.m. at Delray Center for the Arts Outdoor Pavilion for CompuTrainer MultiRider Races to test your skill and qualify for one of the races. Anyone can do the CompuTrainer, a 10 Kilometer race on rolling terrain with grades to 3%. Riders race on their own bikes on eight laboratory matched CompuTrainers. The riders feel exactly the same loads they would feel on the road at the same speed, grade and gear. If you don't want to ride and would prefer to watch, come witness the excitement in the Terrapin Beer Garden.

## LOUIS GARNEAU & THE GRANFONDO RIDE

The Granfondo Garneau Florida Ride is the newest road cycling event to hit South Florida and it is open to the public. "Grandfondo" is Italian for "Big Ride." Louis Garneau, the Canadian road racing and track Olympic champion and cycle-wear manufacturer, has paired up with the Delray Beach Twilight festival to create an epic cycling experience for the masses!

There will be two road cycling course options of 62 miles or 37 miles along the beautiful and scenic A1A. Special guest Nelson Vails, retired road and track cyclist from the U.S., will also be there. Vails represented the U.S. at the 1984 Summer Olympics where he won the silver medal in 1000m Match Sprint.

"The Granfondo Garneau will be the second Granfondo presented by Garneau in the last eight months," said Louis Garneau. "Having a true competitive spirit, Granfondos represent an opportunity for me to share this love of racing at the mass-participation level and to challenge riders of all abilities." Participants Receive:

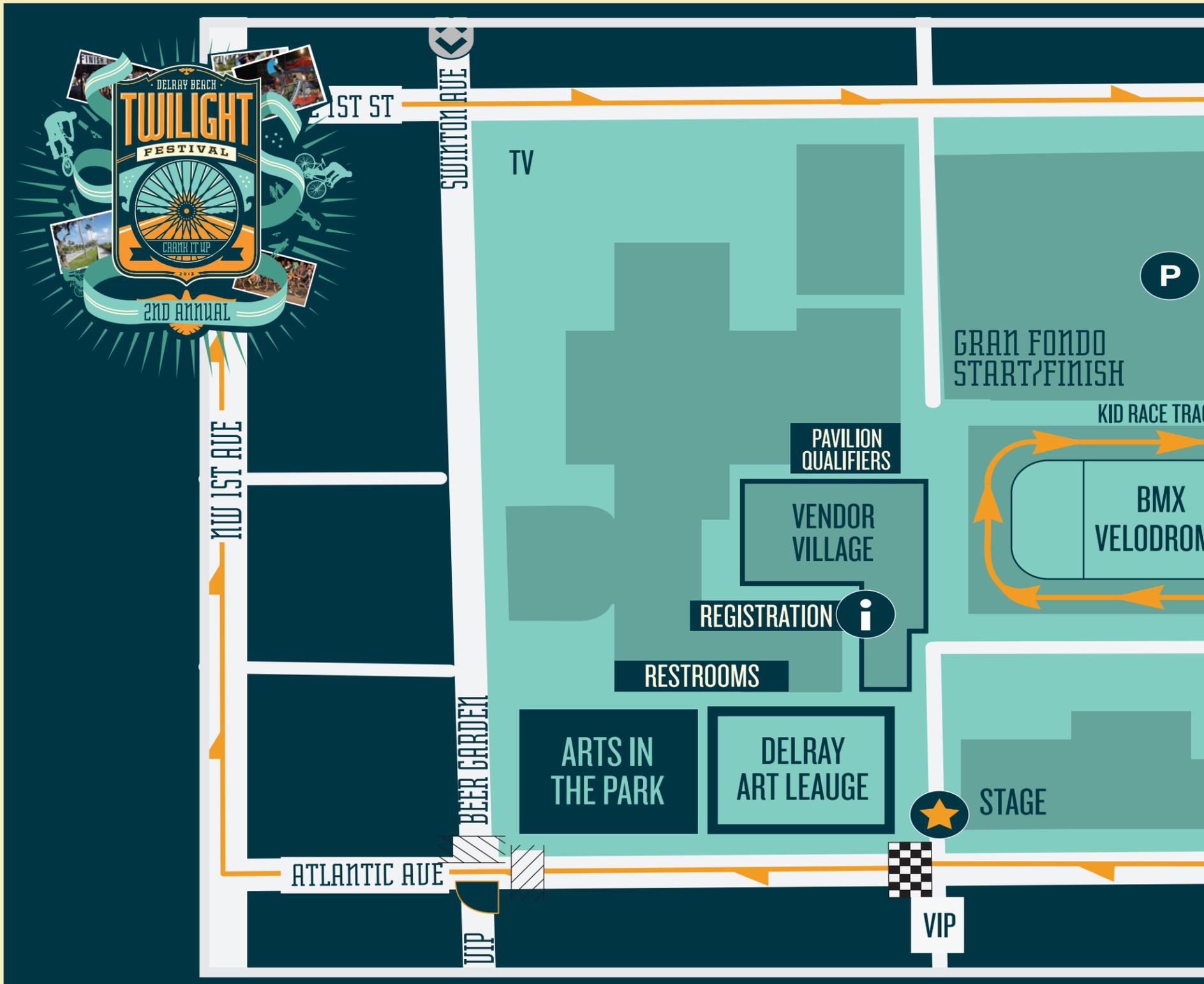
- \* Bike Valet
- \* Custom Louis Garneau Granfondo Jersey
- \* Bib Timing
- \* Event Medal and Certificate
- \* Catered Italian Lunch
- \* Fully Stocked Rest stops
- \* SAG Support
- \* Full rolling enclosure
- \* Goodie Bags with products from sponsors
- \* Raffles/ Prizes
- \* Category Winners Jerseys



Cost for each participant is \$125, which includes a donation to the Friends of Gumbo Limbo. Register at:

[www.delraybeachtwilight.com/granfondo-ride.php](http://www.delraybeachtwilight.com/granfondo-ride.php)





**MONDAY-THURSDAY, MARCH 18-21, 2013**  
 Palm Beach School Helmet Safety Visits

**FRIDAY, MARCH 22, 2013**

- 9:00 a.m. - 9:00 p.m. Packet Pick-up (*Old School Square Concession Area*)
- 10:00 a.m. - 10:00 p.m. Computrainer Races
- 3:00 p.m. - 7:00 p.m. Amateur Computrainer sign up
- 6:00 p.m. - 10:00 p.m. Terrapin Beer Garden
- 8:00 p.m. - 8:30 p.m. Amateur Computrainer Finals
- 8:45 p.m. - 9:15 p.m. Pro Computrainer Finals

**SATURDAY, MARCH 23, 2013**

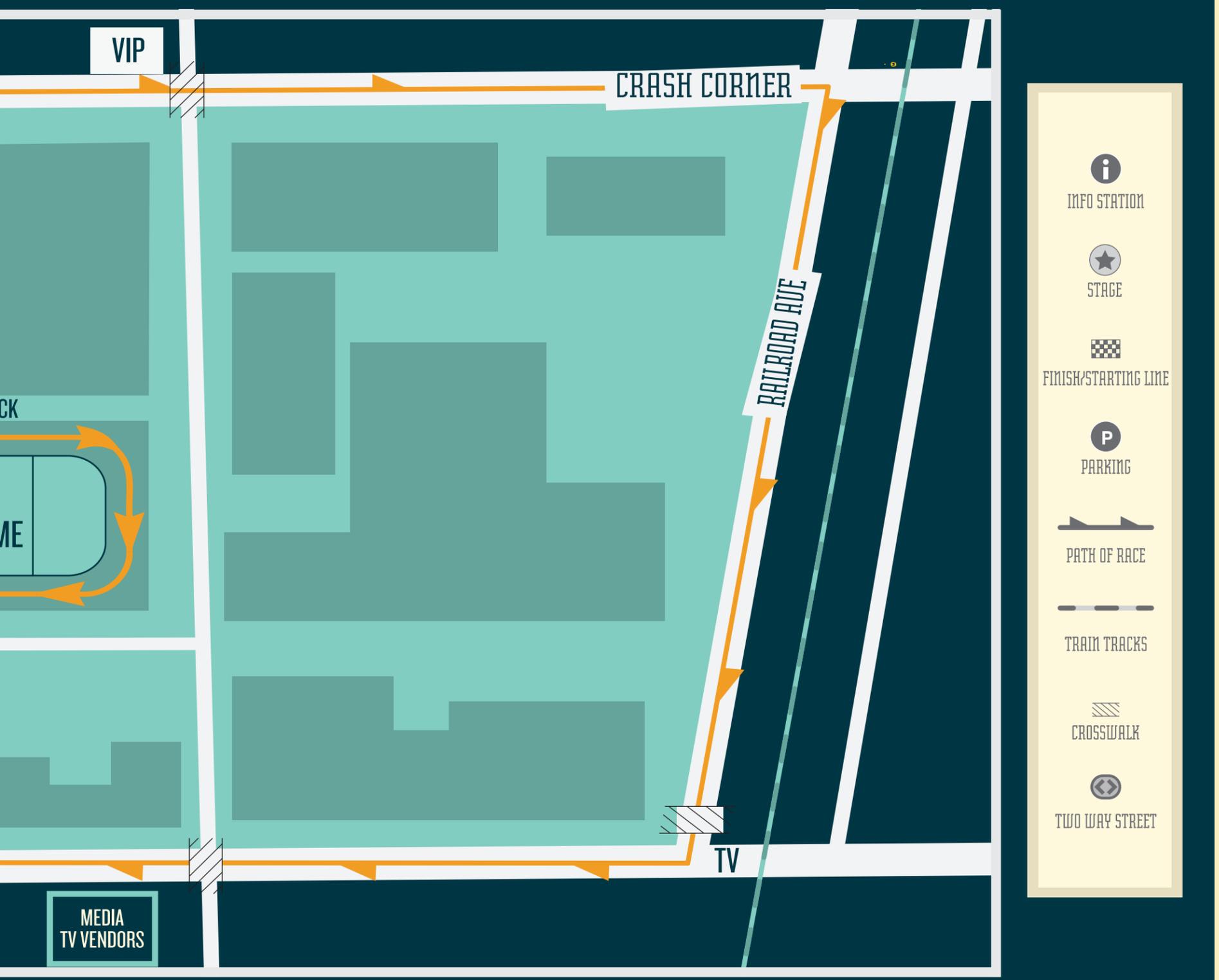
- 6:00 a.m. - 7:00 a.m. Registration/ Packet Pick-up (*Lobby of The Hyatt Place*)
- 7:30 a.m. - 2:00 p.m. The Granfondo Garneau Florida Ride, presented by The Delray Beach Twilight
- 10:00 a.m. - 10:00 p.m. Vendor Village - Health Expo (*Front of Pavilion*)
- 11:00 a.m. - 2:00 p.m. Catered Lunch (*Front of Pavilion*)



MARCH 22-24, DELRAY BEACH



**WANT TO LIVE IN DELRAY BEACH**



# Twilight Festival SCHEDULE

## DELRAY BEACH, FLORIDA

- 11:30 a.m. - 11:55 a.m. Kid Registration (*Old School Square Concession area*)
- 12:00 p.m. - 1:00 p.m. Kids Races
- 12:00 p.m. - 4:00 p.m. Bike Decorating and Twilight Arts and Craft (*Old School Square Field*)
- 4:00 p.m. - 4:30 p.m. 1st BMX Show (*Atlantice Ave*)
- 5:00 p.m. - 10:00 p.m. VIP Area (*Across from Start/Finish line*)
- 5:00 p.m. - 6:00 p.m. Amateur Finals (*On Pro Course*)
- 6:15 p.m. - 6:20 p.m. Kids Parade Lap (*On Atlantic Ave from Turn 4 - Turn 1*)
- 6:20 p.m. - 6:30 p.m. Waiter Race
- 6:35 p.m. - 6:55 p.m. 2nd BMX Show
- 7:00 p.m. - 8:00 p.m. Women's Twilight Pro Race
- 8:05 p.m. - 8:25 p.m. 3rd BMX Show
- 8:30 p.m. - 10:00 p.m. Men's Twilight Pro Race - Main Event

**SUNDAY, MARCH 24, 2013**

- 10:00 a.m. - 5:00 p.m. Criterium races (*Congress Ave Park*)



# BEACH?



PineappleNewspaper.com

# How to Watch the Delray Beach Twilight Festival

If you've never seen a bike race up close, you're missing out on one of the most incredible sports in the world. Put on some comfortable shoes, grab your friends and family, and prepare to watch bikes go as fast as cars!

## "When do I show up?"

Early. Cycling can be an all-day affair – and it should be. In order to **"understand"** a race, you need to see the beginning, middle and end. It's both an individual and a team sport, and the more events you watch, the greater understanding you'll have of the tactics.

Spend the day in Delray Beach with the whole family. Check out our Vendor Village, bring the kids to the Kids Zone, and reserve a spot at your favorite Atlantic Avenue restaurant.

## "Where will the Start/Finish line be?"

The Start/Finish line will be located right in front of Spot Coffee and Old School Square. This will be the ideal place to get autographs and take pictures. It's also a great place to see how a race begins and the excitement of the finish.

## "Can I move around?"

Absolutely – it's encouraged. Delray Beach offers some challenging turns that shape the race. Be sure to see the racers as they speed through Delray Beach and take the turns at 40+ mph before launching towards the Finish line. Grab a drink at your favorite bar or relax in our beer garden for one of the best seats in the house!

## "What if I have a question?"

Just look for a Race Marshal – they're the guys with the **"USA Crits"** shirts- they'll give you the inside scoop.

## "What should I do when the race is finished?"

Head to SoLita for the Official After Party of the Downtown Delray Beach Twilight. Bring your camera, there are sure to be some professional cyclists spotted here!

## Meet the Cyclists

More than 1500 cyclists of all ages, professional and amateur, will participate in the Delray Beach Twilight Festival. Here are some of the pros you will see...if you can catch them!



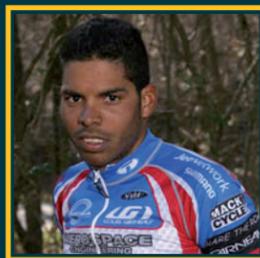
IVAN DOMINGUEZ



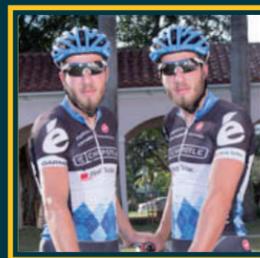
GRANT POTTER



DAVID GUTTENPLAN



FRANK TRAVEISO



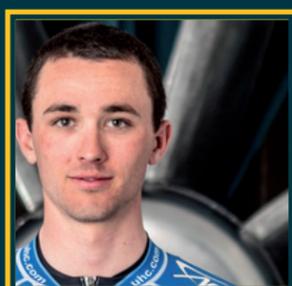
MICHAEL MIDLARSKY



YOSVANY FALCON



JAKE KEOUGH



LUKE KEOUGH

ERICA ALLAR  
LAST YEARS DBTF CHAMPIONSBEN ZAWACKI  
LAST YEARS DBTF CHAMPIONS

HILTON CLARKE

# Volunteer & Be a Part of this Year's Delray Beach Twilight Festival Races

Get an **inside-look** at all the racing action, while helping out on this **fun-filled** day. Hundreds of volunteers, like yourself, are needed to be goodwill ambassadors for Delray Beach, Florida by attending to the safety and comfort of the event spectators. Help with racecourse marshalling, security, traffic control, medical support and event information. As a token of our appreciation, you'll receive an official **Delray Beach Twilight Festival T-shirt** and a great view of the races! You must be 18 years of age to be a volunteer. If you are interested in volunteering, please email Gina Jenkins at [gina@delraybeachtwilight.com](mailto:gina@delraybeachtwilight.com).



## Cycling is For Everyone!

Take a weekend drive down A1A and you will most definitely see a group of cyclists enjoying a morning ride. Police officers, doctors, hair stylists – you name it. The growing trend of cycling is becoming a hobby among people from all different backgrounds.

Aside from the many health benefits, cycling offers people in the community a chance to come together and partake in a shared hobby.

Next time you see a cyclist, take a good look at the face under the helmet. It might be a familiar face in the community!



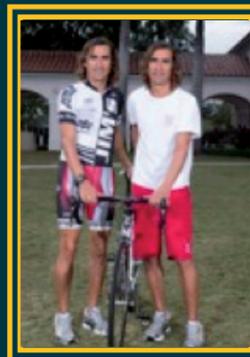
DR. BERMAN  
PLASTIC SURGEON



ANITA DUDNICK  
MARKETING MANAGER



NIKKI ALVEREZ  
WOMENS WATER POLO  
COACH



TONY ALVEREZ  
LIFE GUARD/ EMT



PETER DEROSA  
CO- OWNER OF  
PETER MARK SALON



LT. SCOTT PRIVETER  
DELRAY BEACH POLICE

# THE STREETS OF DELRAY BEACH COME ALIVE!

CYCLING EVENT FOR THE WHOLE FAMILY | FITNESS & WELLNESS FESTIVAL



MARCH 22-24,  
DELRAY BEACH, FLORIDA

[DELRAYBEACHTWILIGHT.COM](http://DELRAYBEACHTWILIGHT.COM)



## GIVING BACK

### Ryan Boylston

#### Looking ahead to a "Futuristic" Delray Beach

By Jamie Salen  
The Pineapple Staff Writer

*"I look to the future because that's where I'm going to spend the rest of my life."*  
— George Burns (1896 - 1996)

When it comes to looking to the future of Delray Beach, business owner and community activist Ryan Boylston has his glare set. Since purchasing a home in Delray Beach with his wife and young son in 2009, Boylston has helped establish a successful community newspaper, *The Delray Beach Pineapple*, open his own branding and design firm, FuturisticWoo, and landed himself as the youngest member on the board of the Downtown Development Authority, the newly established Vision Committee of Delray Beach and on the Pineapple Grove Arts District Board, where he serves as Vice President.

*"Once you have identified a need, why stand around and talk about it. Make it happen."*

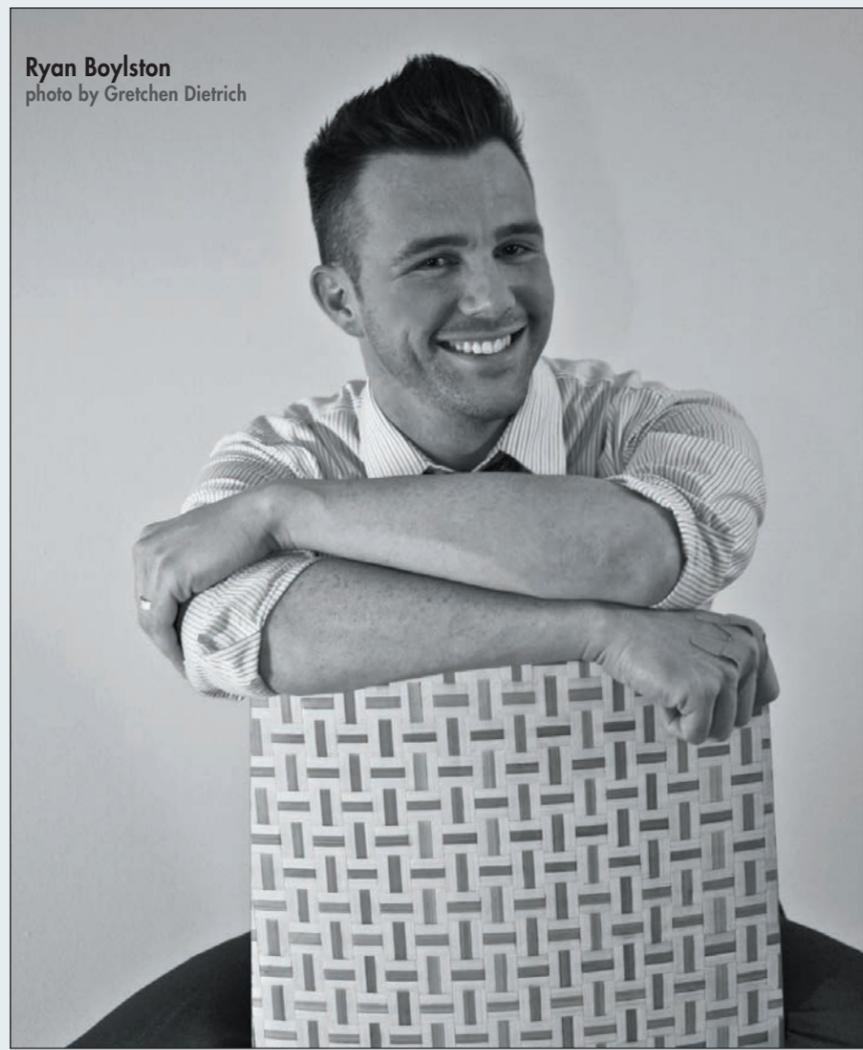
— Ryan Boylston

While many of the community leaders that have been featured in this column over the past year have been active members of the Delray Beach community for decades, in

the short time since 30-year-old Boylston arrived on the scene he has accomplished more than most. "He is the type of guy who sees something that could be improved and he just does it," says Stephanie Immelman, Delray Beach resident and Destination Marketing Manager for the city's Marketing Cooperative (DBMC).

Since establishing FuturisticWoo in 2010, the boutique-branding firm has become one of the most sought after creative agencies in Palm Beach County and frequently offers its services free of charge to causes Boylston believes will improve the community. One such pro-bono project was the rebranding of Atlantic Community High School and the corresponding uniform design for the school's football team. The daring and unique futuristic design garnered national attention for the school, receiving more online impressions than the top school in the nation — by more than double. What may have

Continued on page 28



Ryan Boylston  
photo by Gretchen Dietrich

## Frank Theatres Grand Opening Event



Frank Theatres CineBowl & Grille at Delray Marketplace celebrated their Grand Opening on February 13 with 12 movie screens with reserved seating; the Red Brick Grille, a full service restaurant and bar; 16 VIP lounge style bowling lanes, arcade and much more. (shown here, left to right) Joyce Frank, Senior Vice President of Frank Entertainment; Kyra Amenhauser, Director of Bar Operations; Bruce Frank, President & CEO of Frank Entertainment; Stephen Frank; Phillip Frank; Francisco Perez-Azua, Delray Beach Chamber Board Chairman; Debbie Frank, Executive Vice President of Frank Investments; Karen Granger, Delray Beach Chamber Interim President

## Longtime Delray Beach architecture firm gets new look, new location

By Paula Detwiller  
Special to the Pineapple

Here's a quiz: which local architectural firm designed the historic restoration of Old School Square, the Sundry House, and the Delray Beach Train Depot (next to Bru's Room)?

Would you believe it's the same firm that designed Boca's Mizner Park Amphitheatre, the Boynton Beach Intracoastal bridge, Delray Beach's Fire Rescue Headquarters and, more recently, the new Boston's on the Beach, 50 Ocean and the Sandbar?

These iconic local projects — and hundreds more — are the work of Currie Sowards Aguila Architects, now celebrating its 44th year in downtown Delray Beach.

To mark the occasion, the firm has unveiled a new logo and moved into a modern storefront location at 185 NE 4th Avenue (next to Pineapple Grove Cleaners). For the last 17 years, the office was in a restored historic cottage on NE 1st Avenue.

"We really needed more space," said founding principal Bob Currie. "This new location gives us better visibility and room for growth as we dive into the large projects on our drawing boards."

Currie and his partners, Jess Sowards and José Aguila, also decided to rebrand the firm after using the same logo for about four decades. "We're an established practice that has been at the forefront of industry trends and customer service over the years, so it was time to freshen up our look," said Sowards.

With the economy on the rebound, Currie Sowards Aguila Architects is positioned to take on multiple large projects for public and private sector clients. In recent years they have held their own as other South Florida architecture firms have been forced to downsize or close completely.

The firm's current clients include the cities of Delray Beach and Pompano Beach; the Delray Beach and West Palm Beach Community Redevelopment Agencies; Palm

Beach State College; Frenchman's Creek Beach and Country Club in Jupiter; and many private developers and investors.

"The tide is beginning to turn," said Aguila. "We're seeing governments and private investors spending money again on good architectural design and responsible project management."

"We played a major role in downtown Delray's renaissance in the late '80s and early '90s," Currie said. "We are now being asked to renovate or update some of the same buildings we designed back then. We're also getting calls to resume work on projects that were shelved when the recession hit."



Currie founded the practice in 1969 after receiving a Masters in Architecture from Harvard University and a Bachelor of Architecture from the University of Minnesota. Sowards joined the firm in 1987 after graduating from the University of Kentucky with a Bachelor's of Architecture. He became a partner in 1998.

Aguila, meanwhile, was one of Currie's first employees, starting as a draftsman and working his way through architecture school. He left the firm in 1993 to become Construction Manager for the City of Delray Beach, overseeing the implementation of more than 50 million dollars' worth of capital improvement projects for the City. He rejoined the firm in 1999 and became a partner in 2001.

For more information on Currie Sowards Aguila Architects, visit [www.csa-architects.com](http://www.csa-architects.com) or find them on Facebook: [www.facebook.com/curriesowardsaguilaarchitects](http://www.facebook.com/curriesowardsaguilaarchitects).

Paula Detwiller writes professionally for a variety of local clients. Her website/blog can be found at [www.pdwrites.com](http://www.pdwrites.com).

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## biz briefs

### PREMIER EYE CARE BUILDS CORPORATE STAFF AS PART OF NATIONAL EXPANSION

TAMPA, FL – Three new senior-level executives have joined Premier Eye Care as the company expands nationally, with the company adding a Director of National Credentialing and Network Management, Director of Quality Improvement and Delegation, and an Associate Medical Director.



Kerri Ross

Kerri Ross has joined Premier as Director of National Credentialing. Ross will work with the leadership team to develop, cultivate and maintain provider-credentialing files and help with managing the health plan networks. Ross brings with her 20 years of credentialing experience, with 16 of those years spent working for Humana Health Plan of Florida.



Teresa Wong

Teresa Wong has joined the company as Director of Quality Improvement and Delegation. Wong will be the primary contact and project manager for all quality improvement activities, including health plan and National Committee for Quality Assurance (NCQA) audits. Wong, an attorney, has more than 20 years of experience in health care law and compliance, managed care operations, and Medicare Advantage plans.



Afrouz Motedaeiny

Afrouz Motedaeiny has joined Premier as Associate Medical Director, responsible for provider relations and training. Dr. Motedaeiny has eight years of experience in the field of optometry and comes to Premier from South Florida Eye Associates in Miami.

"Premier Eye Care is fortunate to add three individuals with such a high level of skill and experience to our team," said Lorna Taylor, President and CEO of Premier Eye Care. "Their background and industry knowledge adds significantly to our in-house expertise as

we continue our national expansion."

Premier Eye Care administers patients' eye care on behalf of health plan providers and began a national expansion last August. It is currently operating in the states of Washington, Kansas, Kentucky, Hawaii, Texas, Connecticut, Missouri, Louisiana, Ohio, and Illinois with immediate plans to enter another 12 states to prepare for 2014, when as many as 33 million new eye-care patients are expected to take advantage of new benefits associated with the nation's new healthcare system.

Founded in 1994, Premier Eye Care manages the eye care of over 2 million insured members in multiple states through a network of contracted optometrists, ophthalmologists, sub-specialists, and surgical facilities. Headquartered in Tampa, Fla., with an operations center in Delray Beach, Fla., Premier Eye Care provides routine vision, medical and surgical eye care, and administrative services for its partner Health Plans. For more information, please visit [www.premiereyecare.net](http://www.premiereyecare.net).

### PRE-APPLICATION GRANTS WORKSHOPS

If you have a business in the Delray Beach area, or if you're thinking about opening a business here, then you may potentially be eligible for funding from the Delray Beach CRA. We offer several incentive programs that encourage businesses and commercial property owners to create jobs, improve their properties, and expand operations. To learn more, sign up for a Pre-Application Grants Workshop today!

- Wednesday, February 27, 5:30 p.m. - Environmental Services Department
- Monday, March 11, 2:00 p.m. - Delray Beach Public Library
- Monday, March 25, 2:00 p.m. - Delray Beach Public Library

Seating is limited, so advance registration is required. To register for a workshop, or to request more information, call the CRA office at (561) 276-8640 or send an email to [burrows@mydelraybeach.com](mailto:burrows@mydelraybeach.com).

### NEW FOUND LIFE SUBSTANCE ABUSE TREATMENT CENTER HIRES NEW DIRECTOR

DELRAY BEACH, FL – New Found Life Substance Abuse Treatment Center of Delray Beach, Florida announced the hiring of Rose Marie Amico as its new Clinical Director. Amico is a licensed Marriage and Family Therapist with over 20 years of experience in helping youths, families and adults. She has dedicated her career to helping families navigate successfully through mental health challenges, chemical addictions and eating disorders including bulimia and anorexia.

"I am excited to work for an organization that is so passionate about helping the men and women who struggle with various forms of addiction and eating disorders. I believe that a safe environment spurs transformation and helps people to reclaim their lives. I believe that everyone has the potential to change the dynamics of their life and become a productive part of their community, and loving family members."

Prior to her appointment as Clinical Director of the New Found Life Substance Abuse Treatment Center in Delray Beach, Florida, Amico held the position as a primary therapist at Rehab After Work/Rehab After School and was Clinical Director of the Life Counseling Professional Services in West Palm Beach, Florida. Michael Watt, founder of the New Found Life believes that Amico's skills and background add great depth to their services.

"I am thrilled that Rose Marie has joined us. Her compassion and focus on creating strong individuals and families is a welcome addition to our supportive and caring family at New Found Life Substance Abuse Treatment Center."

### GATEWAY COMMERCIAL FINANCE ANNOUNCES DEVELOPMENT OF NEW TECHNOLOGY FOR "CONFIDENTIAL" RECEIVABLE FACTORING SERVICES

DELRAY BEACH, FL – Gateway Commercial Finance announced it has designed a new Receivables Management Program that allows it to monitor invoices while using a low-level approach when interacting with a client's customer base.

"We know that one of the biggest obstacles companies face in working with a receivables factoring provider is their reluctance to let an

outside firm contact their customers," said Marc J. Marin, Managing Director. "But with Gateway's new proprietary system, we reduce that interaction, if not eliminate it all together."

Receivable factoring companies are an alternative to banks when companies need capital quickly for a variety of reasons including payroll, expansion, payments to suppliers, etc. The factoring company buys the invoices in exchange for the infusion of needed funds.

Marin explained that traditional factoring companies use traditional methods of monitoring of those invoices including continual phone calls directly to customers, repeat mailings, etc.

However, Gateway has developed a state-of-the-art proprietary system where the collections are integrated seamlessly with the client's own accounting department. Many times the client's customers are unaware there is a third party involved. Payments are directed to a separate lock-box where they can be processed by Gateway's staff.

"With our many years experience in this field, we know our clients prefer this 'softcall' approach when it comes to dealing with their customers," Marin said. "After all, many businesses are built on personal relationships and reputations. We are sensitive to this arrangement, and do all we can to keep our presence confidential."

"There can be a cost involved in working with a receivables factoring company if the collection management is not handled properly and with discretion", Marin added.

That is why each of Gateway's clients is assigned a Relationship Manager who works closely with the company and is responsible for the management of their account and the monitoring of receivables.

"The system we use and the extra attention we give our clients is another reason why last year was our most successful year to date," Marin said. "That is why Inc. Magazine recognized the Delray Beach based Gateway as one of the fastest growing firms in the nation."

For more info visit <http://gatewaycfs.com>



### FLORIDA CRYSTALS LAUNCHING MULTI-FAMILY DEVELOPMENT IN WEST DELRAY

Courtesy - South Florida Business Journal  
Oscar Pedro Musibay, Reporter

Florida Crystals' purchase of 33.1 acres in western Delray Beach for nearly \$10 million is part of its strategy to begin building residences, a new venture for the sugar producer.

The plan is to build 395 multifamily units, according to ARA's Troy Ballard, lead broker on the deal who is part of the company's South Florida Land Division. The seller of the land, which is located on the east side of Florida's Turnpike and the north side of Atlantic Avenue in western Delray Beach, was an affiliate of GL Homes.

Pepe Fanjul Jr., VP of Fanjul Corp., the parent of Florida Crystals, said the development plan is part of the company's strategy to continue to participate in the region's growth. Plans are to develop multifamily projects throughout South Florida. The 33.1-acre site is located only one mile from the Delray Marketplace, a 258,000-square-foot shopping and entertainment destination that started construction in November 2011 and is nearing completion. Anchoring this new development is a Publix grocery store, a 12-screen Frank Theatres, a 16-lane bowling alley and Sony Digital Lounge, plus a variety of exclusive restaurants, fashion boutiques, and salons.

Including costs such as reimbursements, the total price GL Homes generated from the sale of 33.1 acres in western Delray Beach was nearly \$10 million.

## 7 Things You Must Know Before Putting Your Home Up for Sale

DELRAY BEACH, FL – A new report has just been released which reveals seven costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most

homesellers make seven deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar". To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-240-3864 and enter 7000.

You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

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## Coronado Estates

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# “Matching People With Properties”



**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**



**Bel Lido ~ Highland Beach \$1,750,000**

165' of dockable space with sweeping southeast water views. Light & airy 3 BR, 3 BA pool home with a 2 car garage. 2,700 sq. ft. of living area with marble and tile floors, luxurious master suite and deeded beach access. **Sue Tauriello, 561-441-4200**



**Delray Beach Pool Home ~ \$895,000**

Built in 2005, this Tuscan inspired 3 BR, 3 BA home with a detached 1/1 guest suite has impact glass windows and doors throughout. 3,100 sq. ft. of living area with quality and comfort throughout.  
**Sue Tauriello, 561-441-4200**



**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**



**Delray Beach Commercial ~ \$580,000**

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**



**Downtown Lofts ~ Delray Beach \$525,000**

2 BR, 2 BA two story loft with balcony, rooftop terrace and covered parking just 1 block to Atlantic Avenue. This open floor plan features polished concrete floors and a granite kitchen. 1,700 sq. ft. of living area. **Cheran Tauriello, 561-870-8855**



**Seaway Villas ~ Delray Beach \$448,000**

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**



**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 \$349,000**

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**



**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**



**Clearbrook Waterfront ~ \$302,500**

Well maintained 4 BR, 3 1/2 BA two story home with a 2 car garage. 2,000 sq. ft. of living area with soaring ceilings and 2 master suites. Beautifully updated kitchen. Large screen enclosed porch overlooking the water. **Judy Sartor, 561-445-6009**



**Sherwood Forest ~ Golf Course Views \$254,000**

Beautifully updated 3 BR, 2 BA home overlooking the 10th tee. Light & airy open floor plan with cathedral ceilings, split bedrooms, eat-in kitchen, plus a separate laundry room. Quality and comfort throughout.  
**Judy Sartor, 561-445-6009**



**Valencia Court ~ Delray Beach \$223,000**

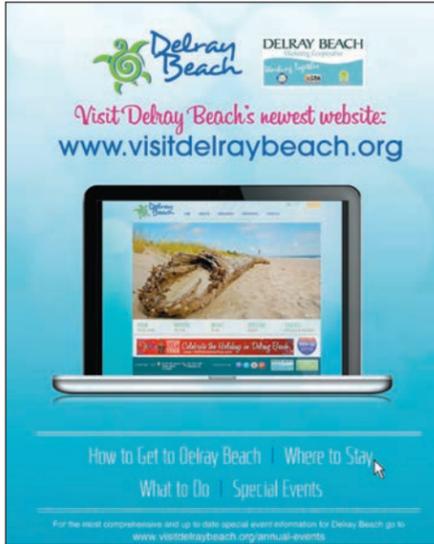
Very private and exclusive community to build your dream home! This gated, 6 home subdivision off Germantown Road is already 2/3 complete with 4,000+ sq. ft. homes. Perfect for a courtyard home.  
**Francisco Perez-Azua, 561-702-0028**



**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**

# America's 'Most Fun Small Town' launches new tourism-focused and user-friendly website: [www.VisitDelrayBeach.org](http://www.VisitDelrayBeach.org)



DELRAY BEACH, FL – It is official and now it is online. After being named *The Most Fun Small Town* by Rand McNally, USA Today and the Travel Channel, Delray Beach is now being touted by a new tourism-focused and user-friendly website [www.VisitDelrayBeach.org](http://www.VisitDelrayBeach.org).

The brainchild of the Delray Beach Marketing Cooperative (DBMC), this hot-hot-hot website is now live and incredibly easy to navigate as it offers valuable tips about:

- How to Get to Delray Beach
- Where to Stay
- What to Do
- Special Events

"VisitDelrayBeach.org is the perfect tool for



out-of-towners seeking a memorable vacation get-away because it highlights all of our community's unique assets and attributes," declares Sarah Martin, DBMC's executive director. "For example, under the What To Do section, potential visitors can find information about local equestrian events or community festivals or seaside fun like scuba diving, surfing or paddle boarding."

"Whether our visitors are adventurous singles, romantic couples or families of all ages, they will find plenty to see, share and savor in Delray Beach, and the first step in planning their vacation should be a stop at VisitDelrayBeach.org," she adds.

"Of course, local residents also can utilize the new website to find out where to go and what's happening around town. The DBMC is continually compiling the most comprehensive and current list of local special events, and now it is easily accessible online for everyone," says Martin.

The name of the new website – VisitDelrayBeach.org – now reflects the powerhouse VisitFlorida brand, which successfully boosts tourism statewide. To maximize its marketing budget for tourism, not only does DBMC work closely with VisitFlorida, but it also frequently partners on marketing campaigns with the Palm Beach County Convention & Visitors Bureau and the Cultural Council of Palm Beach County.

### Delray Beach Marketing Cooperative

The Delray Beach Marketing Cooperative (DBMC) is a partnership between the City of Delray Beach, the Community Redevelopment Agency and the Greater Delray Beach Chamber of Commerce. The DBMC's mission is to attract people to the City, create a positive image and increase awareness of Delray Beach for a positive economic impact through Destination Marketing, marketing programs, special events and community collaboration. For more information, please contact DBMC at 561.279.1380 or visit [www.VisitDelrayBeach.org](http://www.VisitDelrayBeach.org).



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**[vanscarpetcare.com](http://vanscarpetcare.com)**



### THINKING ABOUT STARTING A NEW BUSINESS?

Now is the time, and downtown Boynton Beach is the place! The Boynton Beach Community Redevelopment Agency (CRA) owns a beautiful, historic building located at 211 East Ocean Avenue, that would be the perfect venue for:

- Restaurant/Deli
- Bakery
- Art Gallery
- Retail Boutique
- Fitness Studio
- Entertainment Establishment



This area has experienced a great deal of interest by business owners and developers, and is undergoing its own renaissance. And the "icing on the cake?"

The CRA will grant the chosen businessperson(s) a very generous amount of funding to help offset your build-out expenses! Contact us now to find out more on qualifications, and how to submit your proposal to lease or buy this remarkable property.



710 North Federal Highway, Boynton Beach, FL 33435

Call Michael Simon, at 561-737-3256, ext. 206, or logon to: [catchboynton.com](http://catchboynton.com)

## real estate briefs

### 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.



Lang Realty is making plans for its upcoming Lang Realty Open House on Sunday, March 17th from noon to 4 pm. A wide array of properties will be showcased.

"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](http://www.langrealty.com) and click on the Lang Realty Open House Extravaganza button or call 561-989-2100.

### RENAISSANCE COMMONS IN BOYNTON BEACH MAKES ROOM FOR ITS NEWEST EXCLUSIVE RENTAL CONDOMINIUM, COMPSON PLACE APARTMENTS



Boynton Beach, FL – Compson, Associates, Inc., a name synonymous with quality and integrity in the building industry, will once again place Boynton Beach on the grid. The prominent builders are pleased to announce that groundbreaking is underway for the newest apartment complex to grace the shores of South Florida: Compson Place Apartments.

The mixed-use development will be an oasis of style, with three six-story buildings comprised of 338 luxury rental apartments with rents ranging from \$1,199 - \$1,400 per month, and approximately 3,427 square feet of exclusive retail space. Each one and two-bedroom unit will emanate subtle elegance and comfort, providing ideal floor plans for both seasonal and full-time residents to enjoy.

With its premier location in Boynton Beach, Compson Place Apartments is the last parcel to join Compson Place – the mixed-use portion of the 86-acre development known as Renaissance Commons. The thriving main-street design of the new residential condominium, contemplated by architect Mouriz, Salazar & Associates, together with the landscaping designs of Cotleur-Hearing bring the building to life with a sophisticated, timeless and contemporary feel. The apartments will include high-end appliances, granite countertops in the kitchen, marble countertops in the bathrooms, 24-hour security patrol in the building and convenient garage-parking. Residents can expect privacy, tranquility and luxury, just minutes away from pristine beaches and within easy walking distance to the 10 great restaurants at Compson Place together with over 30 additional specialty retailers.

Having experienced rapid economic growth for the last decade, Boynton Beach is in high-demand for new rental apartment complexes since so many of them were converted to condominiums during the 2003-2006 condominium-sales boom. To date, there are just a few aged residential rental projects within a five mile radius of Renaissance Commons. When combined with the night life of Compson Place's eclectic dining and shopping attractions, the luxury rentals at Compson Place Apartments will quickly become one of the most sought-after rental complexes in Boynton Beach. "This new project will offer a tremendous value for its residents, with its architectural beauty, sleek interior style and convenient location," says Robert D'Angelo, Vice-President of Compson, Associates, Inc. "With completion slated for the summer of 2014, Compson Place Apartments will be a great addition to this mixed-use community."

With almost 70 years in the industry, Compson, Associates, Inc. continues to implement their expertise into action, exceeding the \$1

billion dollar mark in the development of residential, industrial, office, and retail complexes throughout the Eastern seaboard. With four generations as a trusted icon in the building industry, Compson has completed hundreds of projects and continues to recognize the intrinsic value of maintaining a "hands-on approach to real estate development." Mr. D'Angelo states, "Compson Place Apartments is the last and final phase of Compson Place – and as the saying goes, we saved the best for last."

For more information about Compson Place Apartments at Renaissance Commons, please visit [www.compson.com](http://www.compson.com) or call 561-244-6650.

### CARMEL REAL ESTATE & MANAGEMENT SHOWS CONTINUED GROWTH CYCLE

DELRAY BEACH, FL – Carmel Real Estate & Management, a full service commercial real estate firm based in Delray Beach, successfully completed the following commercial leasing and/or sales transactions in the last quarter.

Park Ten Business Park in Delray Beach, the flagship commercial center of Carmel Real Estate, is 98 percent occupied. Carousel Development & Restoration, Inc. has expanded their Concrete Restoration Business within Park Ten. They had occupied 7,200 SF and are expanding to a total of 14,880 SF. According to Mariann Gerwig, Director of Operations, "The entire staff at Carmel Real Estate and The Seneca Group has given us first class professional service. Our expansion has been a very smooth transition."

"Park Ten Business Park has been a very successful enterprise for Carmel Real Estate," states Nichole Carosella, PPME Commercial Real Estate Broker/Property Manager. "Although the Park is 98 percent occupied, we still have great space available at awesome rates."

Other commercial properties listed, marketed and managed by Carmel Real Estate & Management are:

Marlin Commerce Center in Lake Worth, a 21st Century Business Park, has space available from 2200 to 6600 SF for rent or for sale.

1402 Wallace Drive in Delray Beach, a half-acre of commercial/industrial property just off I-95, has been sold to a business relocating its operation to Delray Beach.

Lake Worth Corner, a 7.65 acre, two-city block parcel, is under contract to be sold to a housing Developer.

Lake Worth Business Park has up to 10,000 SF available for sale or lease and is ready for immediate occupancy.

Development Land Available on the Wallace Drive Corridor is perfect for any Entrepreneur looking to move or expand their business to Delray Beach and is available at reasonable prices.

According to Christina Morrison, P.A. Commercial Realtor, "The commercial real estate market is slowly building momentum and Carmel Real Estate & Management is staying ahead of the trend. The growing economy is creating demand for vacant office, industrial, and retail space. We are pleased to be able to offer our clients a great selection of commercial space and land to fit their needs."

For more information, visit [www.carmelre.com](http://www.carmelre.com) or call 561-921-4188.

### LANG REALTY SPONSOR OF FESTIVAL OF THE ARTS BOCA 2013

The seventh annual Festival of the Arts BOCA, to be held at The Schmidt Family Centre for the Arts at Mizner Park in Boca Raton, Florida, will take place between March 7th and March 16th, 2013. "Lang Realty is proud to be a sponsor of this world class event taking place in Boca Raton," states Scott Agran, President, Lang Realty.

The Festival of the Arts Boca lineup kicks off as "Bourbon Street Meets Boca" with the Preservation Hall Jazz Band. The opening weekend continues with the powerful Kodo, a troupe of legendary Japanese taiko drummers, who take the stage with the Kodo One Earth Tour 2013: Legend, produced under the direction of a Japanese Living National Treasure, Tamasaburo Bando, a Kabuki Theater legend.

The line-up also includes: Avant-pop classical violinist, Amadeus Leopold - formerly known as Hahn-Bin - is known for merging performance art with popular classical violin repertoire. The Peking Acrobats®, whose spectacular, daring, and awe-inspiring feats will amaze the audience with a dramatic show accompanied by live music. A virtuoso performer unique among keyboardists, Cameron Carpenter will perform with the Boca Raton Symphonia under the direction of Kitsopoulos on Thursday, March 14th. Returning to the Festival for her second year on Friday, March 15th will be Valentina Lisitsa, one of the most sought-after classical pianists on the Web with more than 30 million YouTube channel views. She will join the New World Symphony, America's Orchestral Academy, for their first performance in Boca Raton under the direction of acclaimed conductor Peter Oundjian.



The Festival of the Arts Boca 2013 will close on Saturday, March 16th with headliner Audra McDonald, one of the most highly regarded performers of our time with five Tony® Awards, two Grammy® Awards, and a long list of other accolades to her name. Most recently she received the 2012 Tony Award for Best Actress in the musical, The Gershwins' Porgy and Bess. For further information and to purchase tickets, visit [www.FestivalOfTheArtsboca.org](http://www.FestivalOfTheArtsboca.org) or call 1-866-571-2787.



### Chamber of Commerce

Grand Openings and Ribbon Cutting Ceremonies

**Friday, March 1st • 3:00-7:00 pm**  
(4:00 pm ribbon cutting)

PNC Bank  
5017 W. Atlantic Avenue, Delray Beach

**Wednesday, March 6th • 5:00-6:00 pm**

Footcandy  
104 SE 1st Street, Delray Beach

**Friday, March 8th • 5:00-7:00 pm**

NiNi's Discount Shoes  
400 W. Atlantic Avenue, Delray Beach

**Wednesday, March 20th • 5:00-7:00 pm**

New York Life Insurance Company  
John Campanola  
401 W. Atlantic Avenue, Ste 09,  
Delray Beach (in the Ted Center)

**Wednesday, April 1st • 5:00-7:00 pm**

SMDigital Partners  
601 N. Congress Avenue, Ste 430 (2nd fl)  
Delray Beach

### DELRAY BEACH CITY DIRECTORY

Delray Beach City Hall  
100 NW 1st Avenue  
Delray Beach, Florida 33444  
[www.mydelraybeach.com](http://www.mydelraybeach.com)

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(561) 243-7000

**Emergency 9-1-1**

**Non-Emergency**  
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Serenity Point. The epitome of privacy, the luxuriously renovated lakefront 12,194 SF estate embodies the essence of contemporary elegance, with the most high-tech features and incredible views. Located in Forbes ranked Top10 Community Le Lac, in heart of Boca Raton. \$5.999M  
Jennifer Kilpatrick 561.573.2573



## BOCA RATON DESIGNER DREAM HOME

Mediterranean 5/5 home has over \$500K in upgrades, world-class amenities of tennis, club & spa without Equity fees, and a dreamy location at the end of cul-de-sac. Grand residence was designed with professional decor, gourmet kitchen, 2 Master Suites, summer kitchen, heated pool and putting green.  
Wonderful value at \$1.699M  
Jennifer Kilpatrick 561.573.2573



## BEST OF OLD AND NEW DELRAY, 8 BLOCKS FROM ATLANTIC

Quintessential East Delray Charmer preserves all the details of a Historic Samuel Ogren Home. Enjoy the close proximity to Downtown from this charming 3/2 pool home, 1 mile to the beach in sought after Historic Swinton neighborhood. Veranda with gorgeous pool. \$935K  
Jennifer Kilpatrick 561.573.2573



## LAKE DRIVE MIZNER-INSPIRED MEDITERRANEAN HOME

This 3,982 square foot artists home includes a light filled studio, four bedrooms and three baths. Spacious living areas are highlighted by gorgeous updated kitchen with Miele stainless appliances. Three tiered fountain leads past the two car garage to a private tropical backyard with pool, pond and avocado tree. Wonderful location in proximity to Downtown Delray Beach and the beaches of Boynton. \$619K  
Jennifer Kilpatrick 561.573.2573



## OCEAN & INTRACOASTAL VIEWS, 6 BLOCKS FROM THE AVE

Best value in Intracoastal living. Wonderful ocean and intracoastal views from the living and dining rooms of the best priced unit in the Barrton. Located on the seventh floor, just blocks south of Downtown Delray Beach and the Avenue, this two bedroom, two bath condominium offers the best of in town living with excellent waterfront views. \$235K  
Jennifer Kilpatrick 561.573.2573



## WATERSIDE VILLAGE RENTAL

Luxury 4 bedroom, 3.5 bath townhouse has incredible views and location as an end unit on the water in a marina like setting. Minutes from the hustle of Delray Beach and the shops of Boynton, the location is a gated community convenient to the highway, and the beaches. If you are looking for spacious, new, secure, and beautiful rental with incredible views, this is perfect! \$3,499  
Jennifer Kilpatrick 561.573.2573



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# events calendar

**FRIDAY • MARCH 1**

Voices of Pride I Drag Bingo Cabaret - 7:30pm. Chorus performing throughout the evening. \$30 reserved, \$45 premium, \$20 students. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**SATURDAYS • MARCH 2, 9, 16, 23, 30**

GreenMarket — 9am-2pm — Old School Square Park.

**SATURDAY • MARCH 2**

Drew Tucker Orchestra I Street Sophistication - 8pm. Tucker returns with his globe spanning, percussion heavy orchestra to present basement soul, high-minded jazz and classic hip hop. \$20-\$30. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

The Morikami Museum and Japanese Gardens in Delray Beach will host a tea ceremony workshop from 1 to 3 p.m. The cost is \$35. Registration is required. Call 561-495-0233.

**THROUGH MARCH 3**

Through March 3rd - 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

**MARCH 3, 4, 10, 11, 17, 18, 24, 25, 31**

Abbey Funk — Studio Pottery Lessons in Artists Alley. Four pottery lessons for 2 hours each, one-on-one instruction, all supplies included, \$170. Hourly instruction is available for \$25/hr. 1pm - 5pm. 718.312.2304

**MONDAYS • MARCH 4, 11, 18**

My Kids are all Grown Up so why are they Still Driving Me Crazy? — 10:30am — noon. Join psychotherapist Joanne Ranzer and author Bea Lewis to learn more about common parenting problems and issues with your adult children. Three part series \$45. Delray Beach Public Library. 100 W. Atlantic Avenue. www.delraylibrary.org 561-266-9490

**MONDAY/TUESDAY • MARCH 4-5**

Elaine Page - 8pm — Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. First Lady of Musical Theatre. 561-243-7922 www.DelrayCenterForTheArts.org

**TUESDAY/WEDNESDAY****MARCH 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 561-523-5300 to reserve your spot.

**THURSDAY • MARCH 7**

Wellfest Delray Beach 2013 — 11am — 7pm — Speakers, Exhibitors, Demonstrations. Free. Delray Beach Center for the Arts Vintage Gymnasium, Outdoor Pavilion and Hyatt Place. See www.wellfestdelray.com for complete schedule.

**THURSDAYS • MARCH 7, 14, 21**

Improv at the Gym — 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 • MARCH 7, 21**

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

**FRIDAY • MARCH 8**

Luck 'O the Irish — 8pm — Comedy and magic by the Amazing Mr. A. with guest magicians. Puppetry Arts Center, 94 NE 2nd Avenue. 561-243-4330. www.puppetcenter.org

**FRIDAY • MARCH 8**

Global Invasion I Errol Rackipov — 7:30pm — Composer, jazz musician and educator whose music is a blend of jazz and classical chamber music. \$20-\$30. Arts Garage 180 NE 1st St. www.artsgarage.com or call 561-450-6357

**FRIDAY-SATURDAY • MARCH 8-9**

Art Exhibition — Meet the Artists — 10am — 10pm. Artists Guild Gallery — 512 Atlantic Avenue.

**FRIDAY-SUNDAY • MARCH 8-10**

8-10 — TAP, The Show — Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. Non-stop explosion of rhythmic energy, the cast of award-winning dancers travel through decades of styles. Call for showtimes. 561-243-7922 www.DelrayCenterForTheArts.org

**SATURDAY • MARCH 9**

Ride and Remember Trolley Tour — 10am — 12 noon. Celebrating Women's History month, this tour includes an inside look at local artist Lois Brezinski's historic home plus a trip to her store at the Colony Hotel. Cost \$20/person. Pick up at Spady Museum, 170 NW 5th Avenue. 561-279-8883 www.spadymuseum.org

Family Splash Games — 12noon — 3pm — Pompey Park Pool, 1101 NW 2nd St. Free. Family fun and aquatic games. 561-243-7358

Jazz Project I Rose Max & Ramatis — 8pm. Sultry Brazilian vocalist Max brings her haunting voice to the stage with Brazilian acoustic guitarist Ramatis. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

Les Petits Collecteurs of South Florida, member of N.A.M.E. (the National Association of Miniature Enthusiasts) Dollhouse Miniature Show and Sale at Boca Raton Community Center 150 NW Crawford Blvd, Boca Raton. 9am-3:30pm Adults \$5 Children under 12 \$2 Pre-Registered Workshops Friday, March 8, 2013 For Workshop information see website or send a SASE to: B. Teta, 6274 Dusenburg Rd., Delray Beach, FL 33484 We support "The Haven" and "Kids in Distress" http://sites.google.com/site/lespetitsclub

**SATURDAY-SUNDAY • MARCH 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

**SUNDAY • MARCH 10**

Sunday Musical Matinee Series — Violinist Mei Mei Luo — 2pm \$15 Delray Beach Public Library. 100 W. Atlantic Avenue. www.delraylibrary.org 561-266-9490

**MONDAY • MARCH 11**

Booksigning — 7pm — Randy Wayne White will speak and sign Night Moves at Murder on the Beach Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

**THURSDAY • MARCH 14**

Pen Women Luncheon and Discussion with Missy McArdle at 11:30 am Boca Raton Branch, National League of American Pen Women. Achievement award for college women in the arts. Missy McArdle, singer and theater actress will entertain us with her Ethel Merman voice and take us behind the scenes of local theater. \$25.00 Delray Beach Golf Club, 2200 Highland Ave. in Delray Beach For more info visit www.bocapenwomen.org or call 561/865-9756 or email bocapenwomen@aol.com

Delray Beach Home Tour — 10am — 4pm. Tour the coastal homes of Delray Beach. Includes catered luncheon and trolley service. \$100 per guest. Benefits the Achievement Centers. www.DelrayHomeTour.com

**THURSDAY • MARCH 14**

Jules Feiffer - 2pm — Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$25, \$40 (includes post-lecture reception). Pulitzer Prize-winning cartoonist, playwright, screenwriter and children's book author. 561-243-7922 www.DelrayCenterForTheArts.org

**FRIDAY • MARCH 15**

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 boutiques, galleries, salons, restaurants. www.downtowndelraybeach.com/promotions 561-243-1077

Siamsa Celtic Celebration (Irish Variety Show) — 5pm-10pm. Live music, Irish dancing, corned beef and beer. Free admission. Delray Beach Center for the Arts Outdoor Pavilion. 562-279-0907 www.festivalmanagementgroup.com

**MARCH 15 - APRIL 14**

Theatre at Arts Garage I Lungs by Duncan Macmillan — Wed-Fri 7:30pm, Sat 2pm, Sun 7pm. "A bracingly dramatic walk through the thicket of couples communication" The Washington Post. \$30-\$40. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**SATURDAY • MARCH 16**

The 45th Annual St Patrick's Day Parade & Party — Pre-Post Event at Delray Beach Center for the Arts front lawn. Food, full bar and music. 11am — 7pm. Parade on Atlantic Avenue — 2pm — 4:30pm. Park Tavern's St Patty's in the Park from 11am — 1pm. Free admission. www.festivalmanagementgroup.com 561-279-0907

All People's Day Diversity Festival: Starting at 11 am, dazzling performances of dance, music and social theater spanning the globe will commence on the stage in 15 minute intervals. Over 40 interactive, merchandise and food booths will feature a diverse mix to see and do for the whole family. To sign-up for free 9:30 to 11:00 am kid's craft workshop call 561 495-9818. POMPEY PARK (indoors) 1101 NW 2ND Street & NW 10th Ave, Delray Beach 9:30 am to 5:00 pm FREE!

Garage Blues I Lauren Mitchell Band — 8pm. Mitchell's galvanizing vocals backed by the talents of veteran rock and blues artists. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**SUNDAY • MARCH 17**

Booksigning — 5pm — C. J. Box will speak and sign Breaking Point at Murder on the Beach Mystery Bookstore. 273 NE 2nd Avenue. www.murderonthebeach.com 561-279-7790

**MONDAY-TUESDAY • MARCH 18-19**

18-19 — Linda Eder - 8pm — Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. Her diverse repertoire spans Broadway, standards, pop, country and jazz. 561-243-7922 www.DelrayCenterForTheArts.org

**THURSDAY • MARCH 21**

Artists Alley Open Studios - 6pm — 9pm - Exciting new warehouse arts area in the Pineapple Grove Arts District. Runs north and south between NE 3rd and 4th Streets. All Studios and Galleries open every third Thursday each month. www.artistsalleydelray.com

**THURSDAY- SATURDAY • MARCH 21-23**

The Tin Cup - Thurs and Fri 10:30am, Fri 8pm, Sat 2pm. Performance art about big dreams and small change performed with puppets, clowning and mime by French street performer Kristin Hurst. Matinees \$6.50, evening \$10. www.puppetcenter.org or 561-243-4330.

**MARCH 22 - APRIL 7**

The Last Romance. A wonderful new comedy by the Tony Award-winning author of the hit musical I Love You, You're Perfect, Now Change. Delray Beach Playhouse. 950 Lake Shore Drive. Tickets \$30. www.delraybeachplayhouse.com Call 561-272-1281 Ext. 4 for showtimes.

**ARTISTS ALLEY**

OPEN STUDIOS & GALLERIES  
THURSDAY, MARCH 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

**FRIDAY • MARCH 22**

Spring Break Dance — 7pm — 11pm — Pompey Park, 1101 NW 2nd St. \$7 per person. Teens: Come out and jam to the latest tunes from well-known DJ Big Wagon. Contact Fred Self at 561-243-7158

**FRIDAY-SATURDAY • MARCH 22-23**

2nd Annual Twilight Bike Festival in Downtown Delray Beach- Kicking off the CRIT Series Bicycle Races, over 75 professional cyclists will race through the streets of downtown Delray Beach. Festival taking place on Old School Square Park. For details visit www.delraybeachtwilight.com

**SATURDAY • MARCH 23**

March Madness Basketball Game — North vs. South 7pm — 9pm Pompey Park, 1101 NW 2nd St. \$5 per person. Co-Ed, all ages. Music by DJ Big Wagon. Contact Rohan Sutherland — 561-243-7168

Garage Blues I The Betty Fox Band — 8pm. Soul is what it's all about with this funk-infused blues band. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**SATURDAY-SUNDAY • MARCH 23-24**

Artists in the Park — Fine art exhibition and sales. Sponsored by Delray Beach Art League. The Delray Place (formerly Linton Center) 1801 South Federal Highway. 10am — 4:30 pm. 561-843-2311 www.delrayartleague.com

**SATURDAY-SUNDAY • MARCH 23-24**

The 34th Annual Hatsume Fair - 11am — 6pm - Celebrating the first bud of spring, Hatsume transforms the normally tranquil Morikami Park into a unique Japanese spring festival. Dance to rhythm of Taiko drumming, dress up like your favorite anime character, and enjoy Japanese treats. \$15 adults, \$10 for kids (ages 4-10). Free for museum members and children 3 and under. www.morikami.org.

**SUNDAY-MONDAY • MARCH 24-25**

Biloxi Blues — Crest Theatre. Delray Beach Center for the Arts. 51 N. Swinton Ave. \$42. Tony award winning Neil Simon comedy. Call for showtimes. 561-243-7922 www.DelrayCenterForTheArts.org

**TUESDAY • MARCH 26**

Jazz Project I Byron Stripling — 7:30pm. Compared to a modern Louis Armstrong, trumpeter Stripling is an extroverted performer who exudes joy through his music. \$25-\$35. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**THURSDAY • MARCH 28**

The 5th Annual Savor the Avenue — Over 1000 people will dine under the stars on Atlantic Avenue for the 5th year in a row. Presented by Delray Beach Magazine and the Delray Beach DDA. www.downtowndelraybeach.com/savor-the-ave

**THURSDAY-SATURDAY • MARCH 28-30**

Shakespeare at The Pavilion - 8pm — Free admission. Delray Beach Center for the Arts Outdoor Pavilion. 51 N. Swinton Ave. Take Heed Theatre Company presents Shakespeare's A Midsummer Night's Dream. www.DelrayCenterForTheArts.org

## ILLUSTRATORS WANTED

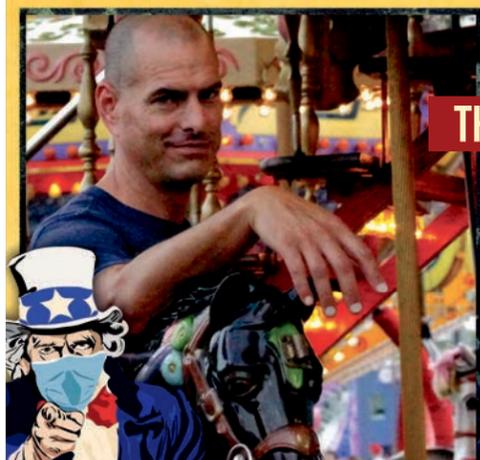
YOUR ILLUSTRATION CAN MAKE IT ON THE FRONT COVER OF THE PINEAPPLE'S ART, MUSIC ETC. SECTION. FOR MORE INFORMATION CONTACT:

ILLUSTRATORS@  
DELRAYPINEAPPLE.COM

THIS MONTH'S ILLUSTRATOR

**JON BERG**

Hometown: Lake Worth, FL  
Day Job: Design & Branding Guy  
Contact: EjectEjectEject@rocketmail.com  
Status: For Hire



**Concert #4 ~ Ninth Season**  
Sunday, March 17 at The Colony Hotel - 4:00pm  
525 East Atlantic Avenue, Delray Beach

**Mozart:** Duo in G major, K, 423 for violin and viola  
**Handel-Halvorsen:** Passacaglia in g minor for violin and cello  
**Liszt:** Hungarian Rhapsody no 2 (Arr. C. Martelli)  
**Glazunov:** String Quartet no 5 in d minor

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

**For information and reservations:**  
call 561.213.4138 • www.DelrayStringQuartet.com  
Email Tickets@DelrayStringQuartet.com

# events calendar

**SATURDAY • MARCH 30**

City of Delray Beach Easter Egg Hunt – 8:30am sharp – Hunt starts. Children ages 1-8 are invited to bring their baskets and help Delray Beach Parks & Rec hunt for 10,000 eggs filled with candy and special prizes. Seacrest Soccer Complex, 2505 N. Seacrest Blvd. Contact Danielle Beardsley 561-243-7277.

Delray Beach Elks Annual Awards Dinner – honoring the Delray Police, Firefighters and Ocean Rescue Person of the Year! RSVP by March 24th to 561-278-1770.

Urban Underground I Hip Hop Poetry Café - 9pm. Poetry and spoken word set to the backdrop of jazz, soul and hip hop beats evoke the soul of Brooklyn. \$10 advance/\$15 at the door. Arts Garage 180 NE 1st Street. www.artsgarage.com or call 561-450-6357

**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. Through May 19 Morikami Museum & Japanese Gardens. 4000 Morikami Park Road. www.morikami.org 561-495-0233

**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

**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

Please Send Your Calendar Listings To: [Calendar@delraypineapple.com](mailto:Calendar@delraypineapple.com)

Visit [www.visitdelraybeach.org](http://www.visitdelraybeach.org) for an online version of these calendar listings.

COMING SOON TO THE PINEAPPLE

**Homes.com**

The Pineapple Newspaper has partnered with Homes.com to make buying and selling your home in Delray Beach even better. Starting in December, PineappleNewspaper.com will have a special real estate section with home listings, area information and featured real estate professionals.

# library calendar

CALENDAR OF EVENTS - MARCH 2013

**No programs March 1-3** due to Int'l Tennis Championships  
All programs are free except the Music Series Sunday, March 10th - Music tickets are \$15.00 per person and Lifelong Learning Community Institute courses

**Monday, March 4, 11 & 18 @ 10:30 a.m.**  
Lifelong Learning Community Institute Course "Fostering Healthy Relationships with your Adult Children" See brochure for course listings and fees

**Monday, March 4, 11 & 18 & 25**  
from 1:00 p.m. – 4:30 p.m. – Empowerment Zone

**Monday, March 4 @ 2:00 p.m.** – Lifelong Learning Community Institute – "Memory Matters-Staying Sharp"

**Monday, March 4, 11, 18 & 25 @ 5:15 p.m.**  
Got Gaming? presented by Young Adult Librarian Loanis Menendez-Cuesta

**Tuesday, March 5 @ 3:00 p.m.**  
"Handwriting Analysis" presented by Lillika Weinberger

**Tuesday, March 5, 12, & 19 @ 6:00 p.m.**  
Lifelong Learning Community Institute Course – "Sing a Song of Protest" - see brochure for course listings and fees

**Wednesday, March 6, 13, 20 & 27 @ 11:30 a.m.** – Socrates Café  
Weekly discussion group facilitated by Claire Drattell

**Wednesday, March 6, 13 & 20 @ 2:00 p.m.**  
Lifelong Learning Community Institute Course – "The New Yorker Short Story: How It Works & How to Work It" See brochure for course listings and fees

**Wednesday, March 6, 13 & 20 @ 6:00 p.m.**  
Lifelong Learning Community Institute Course "U.S & Israeli Policies – Contingent Middle East Crises" See brochure for course listings and fees

**Thursday, March 7 & 21 @ 10:00 a.m.**  
Great Decisions Discussion Group  
2012 Briefing Book presented by Carl Wetzstein

**Thursday, March 7 @ 11:30 a.m.**  
Lunch with Liz @ the Library – "Blossom Into Being" based on the insights of Joan Lunden presented by media personality & columnist Liz Sterling

**Thursday, March 7, 14, 21 & 28**  
from 1:00 p.m. – 4:30 p.m. – Empowerment Zone

**Thursday, March 7, 14, 21 & 28 @ 2:00 p.m.**  
Lifelong Learning Center Course – "Roosevelt, Truman, Kennedy & Johnson: Presidents Who Have Had a Major Impact on America" - See brochure for course listings and fees

**Friday, March 8, & 15 @ 10:00 a.m.**  
Great Books Discussion Group – "Great Conversations Three" presented by Gilbert Schechtman

**Saturday, March 9, 16, 23 & 30 @ 10:00 a.m.**  
The Writer's Studio weekly Saturday morning program  
Contact Howard Gleichenhaus 561-638-7251

**Saturday, March 9** from 6:00 - 8:00 pm  
Centennial Celebration - "Literary Picnic in the Park" sponsored by the Delray Beach Public Library

**Sunday, March 10 @ 2:00 p.m.** – Sunday Musical Matinee Series –Violinist Mei Mei Luo – Tickets - \$15.00 per person or \$45.00 per person for the series the Circulation Desk

**Monday, March 11 & 25 @ 10:00 a.m.**  
Quilting Bee – twice monthly quilting class presented by Karen Pugh & Linda Bouvier

**Tuesday, March 12 @ 3:00 p.m.** – Healthy Living Series

**Tuesday, March 12 @ 6:00 p.m.** – Evening Book Group  
Unpolished Gem: My Mother, My Grandmother & Me by Alice Pung presented by rotating book group leaders

**Thursday, March 14 & 28 @ 10:30 a.m.** – Craft Series  
"Knit 'N Purl" presented by rotating facilitators

**Friday, March 15 @ 2:00 p.m.** – Author's Series – Thin Threads: Real Stories of Life" presented by Stacey Battat

**Saturday, March 16 @ 2:00 p.m.** – Author's Series  
Tsunami – Book Talk - Young Adult novel presented and written by Dr. Robert Watson & his son Alex

**Monday, March 18 @ 1:00 p.m.**  
Afternoon Book Group – The Thread by Victoria Hislop presented by Librarian Kathleen Hensman

**Thursday, March 21 @ 10:30 a.m.** – Publix Apron's Cooking School Lecture & Cooking Demonstration "Gluten Free Cooking" presented by Chef Rey De La Osa

**Monday, March 25 @ 2:00 p.m.** – Cercle Français  
French conversation group with rotating facilitators

**ART EXHIBITS - Feb. 2 – March 30**  
"Acrylics" - Adrienne Walker "Photography" - Kristin Murtaugh  
**March 30 – June 1** – "Acrylic on Canvas" – Carol Golembe

**FREE COMPUTER WORKSHOPS**  
Registration Required – call 561-266-0196

3/4	Beginning Computers	@ 11:00 a.m.
3/5	Internet	@ 2:00 p.m.
3/6	E-Mail	@ 2:00 p.m.
3/11	Beginning Computers	@ 11:00 a.m.
3/12	Word	@ 2:00 p.m.
3/13	Excel	@ 2:00 p.m.
3/18	Internet	@ 11:00 a.m.
3/19	Excel	@ 2:00 p.m.
3/20	Facebook	@ 2:00 p.m.
3/25	E-Mail	@ 11:00 a.m.
3/26	Facebook	@ 2:00 p.m.
3/27	Word	@ 2:00 p.m.

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

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## American Cancer Society Hope Gala Nears

As Public Relations Chairman, Jamie Lober has led the American Cancer Society – South Palm Beach Chapter to receive more media attention than ever before. The word has traveled throughout Delray Beach that the Hope Gala is going to be the event of the century. “This is not a gala to be taken lightly as we are celebrating 100 years of progress in the fight against cancer,” said Lober.



Angela Spera, Nikko Capria, Jamie Lober, Doreen Alrod, Mark Seigel, Mark Sunshine, Brenda Hilsberg, Elissa Spiro, Stacy Silbiger.

Mark your calendar for Saturday, March 9, 2013 at Woodfield Country Club at 6:30pm. For this gourmet dinner with grand entertainment and auctions, the strings were not pulled together overnight. “It started with a vision and when you believe you can do something, you are halfway there,” said Lober.

Planning stages of the gala have been going on since late summer. “I place confidence in our Leadership knowing that each person is very capable of carrying out their role and we all have high expectations,” said Lober.

The event would not be possible without Gala Chair, Mark Sunshine, Chairman and CEO of Veritas Financial Partners and Co-Chair, Mark Seigel, CFO of Veritas Financial Partners. “With Sunshine and Seigel at the top, Veritas has a seasoned and worldly wise management team, meaningful and substantial industry experience and obviously leadership,” said Lober. Those who have worked with Sunshine and Seigel seem to

hold a good opinion of them. “I know the Veritas men as thoughtful, unselfish, sociable people who value hard work and philanthropy and energize our Leadership.”

The Hope Gala is predicted to be the one can't-miss event of the social season. “Even though we are on the right track, we will get run over if we just sit there so we are meeting, planning, organizing and spreading the word about this celebration until the very last minute,” said Lober. Discerning that involvement with the American Cancer Society is “extremely personal” to her and that she feels honored to be their voice as Public Relations Chairman, Lober assertively said that she has the best position of all. She goes on to request that anyone who that is interested in building a healthier community come out to the spectacular Hope Gala.

Proceeds go to R.O.C.K. (Reaching Out to Cancer Kids) Camp, our state's first and only residential camp serving individuals between ages 7 and 16 who are currently or previously treated for cancer. “They deserve to assimilate and enjoy the traditional camp experience with the guarantee that their medical needs will be tended to by full-time volunteer medical personnel,” said Lober.

Dollars will also go toward research and services. “Our own research has validated the link between smoking and lung cancer and the association between obesity and several cancers; demonstrated that mammography is the most effective way to find breast cancer; developed drugs to treat leukemia and we are not done yet,” said Lober.

If you are interested in information about tickets or sponsorships, you can contact Ellen Vaughan, unit executive director at (561)-394-7751, x5308 or ellen.vaughan@cancer.org. “Our organization only turns 100 once so this event is literally a once in a lifetime opportunity and on behalf of Leadership, we hope to see you and everyone you know there,” said Lober.

## 1.57 acres in Delray Beach Downtown Core

The Delray Beach CRA has issued a Request for Proposals (RFP) from interested parties for the lease or purchase and redevelopment of property owned by the Delray Beach CRA. The entire redevelopment site is located downtown within the East Atlantic Avenue Central Business District area.

The site is approximately 170 feet south of E. Atlantic Avenue and is bordered by S.E. 4th Avenue to the west and S.E. 5th Avenue to the east. The redevelopment site includes a total of 1.57 acres. The CRA is seeking proposals that will ensure contiguous redevelopment of the site for one or more purposes.

Sealed proposals must be filed no later than Friday, June 21, 2013 at 2:00

pm. A voluntary pre-submittal meeting will be held at 10:00 am, March 13, 2013, at Delray Beach City Hall, First Floor Conference Room, located at 100 NW 1st Avenue, Delray Beach, FL 33444. Please note that this will be the only opportunity for applicants to directly address CRA staff regarding the RFP, as a “No-Lobbying Provision” is now in effect.

Questions and inquiries concerning the proposal and specifications of the solicitation shall be submitted in writing and directed to the City of Delray Beach Purchasing Division, 100 NW 1st Avenue, Delray Beach, FL 33444 (or at nadal@mydelraybeach.com) for receipt no later than ten (10) calendar days prior to the date set for receiving proposals.



### Regus Office Suites Ribbon Cutting

The Delray Beach office space is located in a bright modern building flanked by palm trees in The Arbors Office Park. Exterior decoration and a Class-A lobby refurbishment have kept the premises looking smart and business-like. In addition to the beautiful new center, clients can obtain access to state of the art exercise equipment and showers right on the premises. Delray Beach is progressing from being a seasonal beach destination to a diverse year-around community. It has become a vibrant and growing town and an exciting place to do business, and the Delray Community Redevelopment Agency creates incentives to attract yet more businesses to the area. Downtown Delray's mixed-use development projects have been constructed more recently in the areas immediately north and south of Atlantic Avenue. The office space is conveniently located for Boca Raton Airport and has immediate access to the I-95 interstate highway.

## HIRING A CONTRACTOR?

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George Bush Bridge • 777 Palm Trail

Boynton Harbor Marina  
Ocean Blvd. Bridge • 735 Casa Loma Blvd.

Palm Beach Yacht Center  
Hypoluxo • 7848 S. Federal Hwy.



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downtown delray  
**NETWORKING**

Hosted by Kurt Lehmann

### NEXT EVENT

**WHEN**

3/21

5:30-7:30

**WHERE**

SOLITA



RSVP

FIRST DRINK IS FREE!  
at [downtowndelrayevents.com](http://downtowndelrayevents.com)

**DELRAY** 21



**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**

Ambassadors Monthly Meeting  
At Greater Delray Beach Chamber of Commerce

**Mar 4 to 5, 2013 8:00 PM - 10:00 PM**

Elaine Paige  
The First Lady of Musical Theatre!  
At Old School Square

**March 5, 2013 11:30 AM - 1:00 PM**

Non-Profit Council Luncheon  
At Delray Beach Chamber of Commerce

**March 7, 2013 11:00 AM - 7:00 PM**

WellFest Delray Beach 2013  
At Hyatt Place Delray Beach and Old School Square Gymnasium

**Mar 8 to 10, 2013 8:00 PM - 10:00 PM**

TAP-The Show  
Celebrating the artistry of dance!

**March 13, 2013 11:30 AM - 1:30 PM**

Chairman's Club Monthly Luncheon

**March 14, 2013 2:00 PM - 4:00 PM**

Jules Feiffer  
Award winning cartoonist, playwright, screenwriter and children's book author!

**March 14, 2013 5:15 PM - 7:00 PM**

Contacts & Cocktails (formerly known as Business Card Exchanges)

**March 15, 2013 5:00 PM - 10:00 PM**

Irish Siamsa  
At Old School Square

**March 15, 2013 8:00 AM - 9:00 AM**

Government Affairs Committee  
At Delray Beach Center for the Arts (formerly Old School Square)

**March 16, 2013 11:00 AM - 7:00 PM**

45th Annual St. Patrick's Day Parade & Party  
City of Delray Beach

**Mar 18 to 19, 2013 8:00 PM - 10:00 PM**

Donna Murphy  
Two time Tony award winner!

**March 18, 2013 11:45 AM - 1:00 PM**

Budget & Finance Committee  
At Greater Delray Beach Chamber of Commerce

**March 19, 2013 12:00 AM - 11:59 PM**

Leadership Delray Day - Class of 2012-13

**March 19, 2013 7:30 AM - 9:00 AM**

Membership Breakfast: Meet the Media Day  
Location: To Be Determined

**Mar 22 to 24, 2013 8:00 PM - 10:00 PM**

Biloxi Blues  
Winner of the Tony award for best play!

**March 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

**March 26, 2013 8:00 AM - 9:00 AM**

Economic Development Committee  
At Delray Beach Center for the Arts (formerly Old School Square)

**March 27, 2013 11:45 AM - 1:15 PM**

Greater Delray Beach Chamber of Commerce Board of Directors  
At Greater Delray Beach Chamber of Commerce

**Apr 1 to 2, 2013 8:00 PM - 10:00 PM**

Terri White  
Celebrated Broadway star!

**April 2, 2013 11:30 AM - 1:00 PM**

Non-Profit Council Luncheon  
At Greater Delray Beach Chamber of Commerce

# DID YOU EVER WONDER?

**By Harvey Brown**  
Special to The Pineapple

**Question:** When or why do you need an insurance umbrella?

**Answer:** Over the years I've heard some people say that they think umbrella policies are only for the wealthy. This is not necessarily true. We encourage many of our customers to consider protect their assets better by having an Excess Personal Liability Policy which is known as an "Umbrella". Anyone can have an auto accident or some other liability occurrence which may exceed their auto or home liability coverage thus putting their assets at risk. For just a few hundred dollars a year, you can buy \$1 Million or more of additional protection thus giving you much greater financial peace of mind.

**Question:** What is an umbrella policy?

**Answer:** An umbrella policy is actually an Excess Liability policy. We will be talking about the Personal Umbrella Liability Policy in this article. The term "Umbrella" is used as it describes the function of this policy: it provides an extra amount of liability coverage that goes OVER your primary automobile

liability insurance, homeowners liability insurance, and some other "exposures" you may have such as for a boat.

**Question:** What does it cost?

**Answer:** The premium is based upon how many properties and vehicles you own and the limit of liability you select. The limits come in \$1 Million increments. A typical \$1 million dollar umbrella policy for a family that owns two cars and a home can cost between \$200 to \$300 a year. The premium is based upon the number of cars you own as well as the number of properties (and any other exposures such as boats). Higher limits will obviously cost more with each additional million dollars of coverage you select. Most of our Umbrella clients have \$1 or \$2 Million Umbrellas but we do have some who need as high as \$20 Million limits in order to properly protect their assets.

**Question:** Why get one?

**Answer:** As mentioned above, the purpose of an umbrella is to provide you with extra liability protection in case you are sued "successfully". You could be sued for your negligence resulting in injuring someone (i.e. being at fault) in an auto accident or if

## Insurance Q & A

someone should slip and fall at your home or be injured on your property due to your negligence. An Umbrella Policy provides you with at least a million dollars of additional protection over your primary policies. Also, don't forget that you also will have the legal defense for covered suits provided by your insurance carrier on your primary auto or home insurance policies. With higher limits of protection our clients are better able to sleep at night knowing their assets are well protected. We encourage you to consider an Umbrella as part of your insurance program.

**Next Month:**

*Getting your Insurance Organized.*

*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.*



# WOMEN AND MONEY

**By Ed Maass**  
The Pineapple Staff Writer

All of us have a shared common experience in that somewhere during the course of our life there was, or is, a woman we truly care about. Whether it's a mother, wife, sister, daughter, granddaughter, aunt or niece, we all know who that special lady is.

What you may not know is that women need to take extra care when making financial decisions. Make no mistake, women do in fact make financial decisions just as well as men, and in many instances, better. However there are forces of nature that work against them.

**Women have longer life expectancies.**

- Women will need to stretch their retirement dollars further.

- Women are more likely to need some type of long-term care, and may have to face some of their health-care needs alone.

- Married women are likely to outlive their husband, which means they could have ultimate responsibility for disposition of the marital estate.

**Women generally earn less and have fewer savings.**

According to the Bureau of Labor Statistics, within most occupational categories, women who work full-time, year-round, earn about 81% (on average) of what men earn. As you might imagine this wage discrepancy can significantly impact women's overall savings, Social Security retirement benefits, and Pensions. According to U.S. Census Bureau statistics, women are therefore more likely than men to be living in poverty at some point in time in their lives.

**Women are more likely to take career breaks for care giving.**

Women are much more likely than men to take time away from the work force to raise children and/or care for sick or aging parents. Doing so may have significant financial repercussions:

- Lost income, lost employer-provided health insurance, lost retirement benefits.

- Less savings

- A potentially lower Social Security retirement benefit

- Possibly a tougher time finding a job, or a comparable job (in terms of pay and benefits), when reentering the workforce

- Increased vulnerability in the event of divorce or death of a spouse

**Women are more likely to be living on their own.**

Whether through choice, divorce, or death of a spouse, more women are living on their own, which means they'll need to take sole responsibility for earning an income, growing assets and making financial decisions.



**Women sometimes are more conservative investors.**

Whether saving for a home, college, retirement, or a trip around the world, women need their money to work hard for them. In many cases however, women tend to be more conservative investors than men, which means their savings, while on track, may not be moving in the right direction to meet their financial goals.

**Women need to protect their assets.**

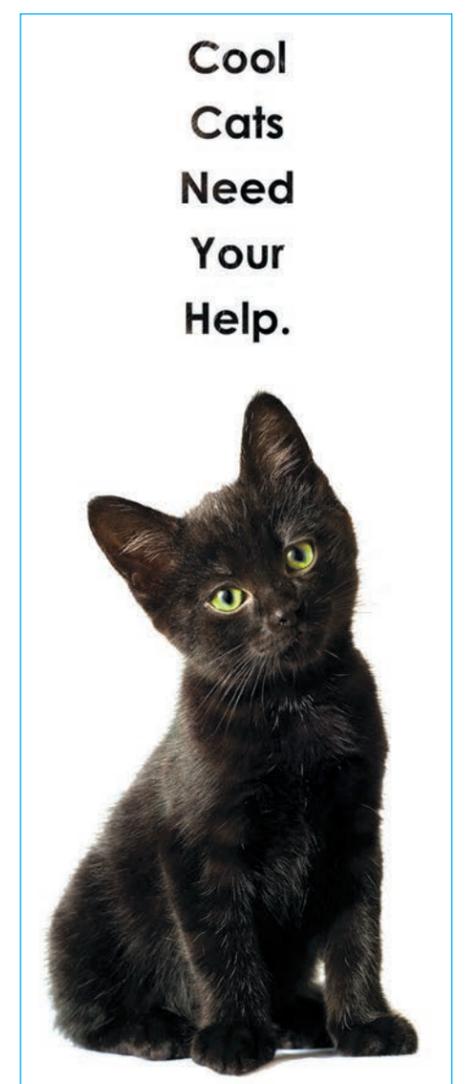
The loss of a spouse can be a devastating, life-changing event and due to longer life expectancies, women are more likely to face this situation. According to the U.S. Census Bureau, 40% of women age 65 and older are widows compared to 13% of men, and it might surprise you to know that approximately 34% of widows are under age 65. Becoming a widow at any age can be one of the most difficult challenges a woman must face. Not only is there the emotional loss of a husband, but also the task of handling everything—including all the finances—without the help of a spouse. Even if they have always handled the family's finances, the number of financial and legal matters that have to be settled in the weeks and months following a loved one's death can be overwhelming. Sadly, for many women, becoming a widow is a first step toward economic hardship.

**Steps to take**

In the past, women may have taken a less active role in household financial decision making, but those days should be long gone. Today's women have a greater financial responsibility for themselves and their families, so it's critical they know how to save, invest, protect and plan for the future. Although this can be done alone (DIY) it would be beneficial to work with a financial professional to avoid the pitfalls and mistakes made by those who have traversed this path before.

My mom is living as a widow, my sister and I are close, my bride of 32 years still loves me, and my granddaughters are beyond precious. So yes, I do have several very important women in my life and you can rest assured they all are well versed in the topic of Women and Money. What financial course will you chart?

*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@physicianshealthcare.com*



**Cool Cats Need Your Help.**

Cool Cats Air Conditioning and The Pineapple Newspaper are out to help the cat colonies in our city that need our help.

If you want to help or are interested in adopting, please contact The Pineapple at: [cats@pineapplenewspaper.com](mailto:cats@pineapplenewspaper.com)

**Cool Cats Cooling: (561) 251-9899**

# The Most Successful Laugh with the Library Event Ever!

On Friday, February 1, 2013 the Delray Beach Public Library once again hosted the unusual and exciting Laugh with the Library, Chapter 7 at the Delray Beach Marriott. Delray Beach residents and Library Board members Becky Walsh & Heidi Sargeant served as co-chairpersons for this creative and casual fun-filled night of comedy, cocktails, and supper by the bite.

The Library, which is a 501 c 3 not for profit organization, uniquely funded with a public and private partnership with the City of Delray Beach, The Community Redevelopment Agency (CRA) and the community, is grateful for the financial support of these sponsors for the evening: Bank of America, Private Jewelers, Ocean Properties, Cheney Brothers, Marriott Delray Beach, Joseph and Tandy Robinson, Caler, Donten, Levine, Cohen, Porter & Veil, P.A., Harry and Deborah Sargeant, Waste Management, Stuart & Shelby, Moroco Orthodontics, Florida Power & Light Company, and Weekes & Callaway, Inc. The Library is also grateful to its in-kind sponsors: The Sun Sentinel, Printer's Choice, Delray Beach Magazine, and The Coastal Star

This year the SOLD OUT evening featured the non-stop comedy of nationally-known, comedian Tom Cotter. Recently, Tom became the first comedian to ever reach the finals of NBC's "America's Got Talent." Mistress of Ceremonies Suzanne Boyd of WPEC-TV CBS 12 News welcomed the very large audience and introduced the warm-up comedienne Marion Grodin and then brought on headliner Tom Cotter. He brought the house down! This year's event raised over \$72,000 through record-breaking attendance, Ad Book revenue and a highly successful raffle sales. This money will be used to enhance programs for children and teens.

For further information the Library's upcoming Centennial Birthday Bash on April 11, 2013 and to receive an invitation call the Delray Beach Public Library @ 561-266-0775 today!



**Stop the Presses!! The Laugh with the Library Chapter 7 event raised over \$72,000. It was the most successful Laugh with the Library event ever!!**

## GIVING BACK - Ryan Boylston - continued from page 17

appeared as an unconventional and bizarre design, was in fact, a brilliant plan to brand the school as innovative, using nothing but a football uniform. The well thought out plan attracted the attention needed to bring funding to the school's program. The plan worked and the mission was accomplished.

The school uniforms are a perfect example of the Boylston this community has come to know and respect. He is not afraid to take a gamble if the win is worth it for Delray Beach. It was one month from the day Pineapple Grove Arts District 'Godfather' and longtime resident Gene Fisher, introduced Boylston to Editor and Publisher Jeffrey Diaz, that the first issue of The Pineapple hit newsstands. What has become a must-read for locals and tourists alike, was just another solution to a need Boylston has helped fill. "It's all about solutions. Once you have identified a need, why stand around and talk about it. Make it happen," says Boylston.

Another contribution Boylston and FuturisticWoo has made to the community was the donation of a new logo for the Delray Vocational School, following their name change to Tomorrow's Promise Community School. "I actually went and experienced being a student for a day. It was pretty amazing to see how much pride these kids have in their school and it was important to me that the logo (created by FuturisticWoo's Creative Director, Joe Benson) be about them as much as the school," explains Boylston.

As a board member of the Downtown Development Authority, he takes an active role in shaping the strategy for downtown improvements. While some boards in the city are more apt to accept the status quo, Boylston fights everyday to make sure tax dollars and staff efforts are spent creating a better Delray Beach, and consistently puts the importance of healthy discourse above popularity.

Since joining the Pineapple Grove Arts District he has been an outspoken proponent of improvements for Artist Alley and other development efforts. His dedication to the community and fearless pursuit of a better future made him the perfect candidate for the newly formed Vision Committee of Delray Beach. Selected as one of twenty representatives, Boylston is tasked with creating a cohesive vision of Delray Beach for the future.

For the past 20 years, Delray Beach has grown and changed shape. While many of the community's most prominent citizens have worked tirelessly to create what we are today, it can be hard for some looking back to paint a realistic and hopeful picture of the future. With only the tomorrow in front of him, Boylston envisions the downtown as the heart of Delray Beach and he sees a rare opportunity to grow into a 'mini-metro.' "Like a true metropolitan area - we should be self sustainable," asserts Boylston. "We need a balanced increase in business, retail and residential density."

For Boylston this doesn't just mean clothing and jewelry for tourists, this means furniture, and household goods and grocery stores. He sees walk ability and ride ability, and efficient public transit. "Now is the time. We have the tools, both physical and intellectually, and I believe we can build on what we have."

There is no doubt that in the short time that Boylston has been a part of this community, he has made an indelible impact. For those looking to the future, it is not hard to picture him in every frame. As a young business leader he dared to start his own company in a time of economic strife and he never looked back. Boylston has put that same effort into the community he believes in, and we who live here are so much luckier for it.

## at the library

### Never a dull moment at Delray Beach Public Library Lifelong Learning Community Institute

The Lifelong Learning Community Institute at the Delray Beach Public Library has two closely aligned courses concerned with political themes scheduled for the Winter-Spring 2013 semester in March and April.

- U.S. & Israeli Policies: Contemporary Middle East Crises - Wednesdays, March 6, 13 & 20 from 6:00 - 7:30 p.m. - There is never a dull moment in the Middle East and it has become even more volatile and unpredictable over the past year. Consider the "Arab Spring", Iran's continued thrust toward nuclear weapons, Egypt's instability, Syria's insurgency and the Gaza conflict. This course will examine these developments and their impact and implications for United States and Israeli policies.

- Chan Lowe Presents The Ungentlemanly Art: An Inside Look At Politics & Current Events Through Editorial Cartoons - Wednesdays, April 3, 10 & 17 from 6:00 - 7:30 p.m. - Join award-winning Sun-Sentinel editorial cartoonist Chan Lowe for a lively discussion of recent history, current events, news, politics, social trends and developments as seen through the lens of editorial cartoons.

The cost for each three session course is \$45.00 per person with the option of a guest pass for each individual session at \$20.00 per person if you can't attend all three. You can sign up for the Lifelong Learning Community Institute courses at the Delray Beach Public Library, on the website at [www.delraylibrary.org](http://www.delraylibrary.org) or by calling 561-266-9490.

### Two Dynamic Programs - Spring 2013 at the Lifelong Learning Community Institute

The Lifelong Learning Community Institute at the Delray Beach Public Library has two dynamic courses concerned with social movements scheduled for the Winter-Spring 2013 semester in March and April.

- Sing A Song of Protest - Tuesdays, March 5, 12 & 19 from 6:00 - 7:30 p.m. - American political and social history has always been accompanied by music. This three session course demonstrates the major intersections between events of the day and the music that accompanied social movements of the poor, the underprivileged and the disenfranchised. Experience the music that touched our pain, urged us to picket our factories, march for justice and treasure our freedoms.

- American Civil Liberties Union: Up Close & Personal - Mondays, April 1, 8 & 15 from 2:00 - 3:30 p.m. - The ACLU is a nonpartisan, non-profit organization whose mission is "to defend and preserve the individual rights and liberties guaranteed to every person in this country by the Constitution and laws of the United States." It is freedom's watchdog, using education, legislation, lobbying and litigation to protect the rights delineated in the Bill

### Delray Beach's Economic Development Initiatives featured in Fox Business News' "Today in America" series

The City of Delray Beach announced that many of its economic development initiatives are featured in the nationally televised news program, "Today in America". This video feature has been broadcast on FOX Business News and outlines the accomplishments that Delray Beach has made to support economic opportunities (i.e., financial incentives) to attract and/or retain jobs as well as increase the City's tax base. The City's video is narrated by Terry Bradshaw. To view the 5-minute video "Today in America - City of Delray Beach," go to:

[www.mydelraybeach.com/news/2012/05/29/delray-beach-economic-development-fund](http://www.mydelraybeach.com/news/2012/05/29/delray-beach-economic-development-fund)

#### Other Economic Development News:

In 2012, the Delray Beach City Commission unanimously adopted Resolution 21-12 to establish the Delray Beach Economic Development Fund. This Fund has been set up to serve as the funding mechanism to provide the required financial match to leverage State and County financial incentives for the retention and recruitment of businesses to Delray Beach. Further, the Economic Development Fund will enable the City to "level the playing field" with regards to offering

of Rights. If you are confused about certain ACLU positions, you need to hear "the rest of the story."

The cost for each three session course is \$45.00 per person with the option of a guest pass for each individual session at \$20.00 per person if you can't attend all three. You can sign up for the Lifelong Learning Community Institute courses at the Delray Beach Public Library, on the website at [www.delraylibrary.org](http://www.delraylibrary.org) or by calling 561-266-9490.

### Lifelong Learning Community Institute presents "My Kids Are All Grown Up So Why Are They Driving Me Crazy"

Parenting is an on-going process. It's not something that should be forgotten once children become adults. Learn how to foster a healthy, rewarding relationship with your adult children.

Join psychotherapist Joanne Ranzer and author Bea Lewis and learn more about common parenting problems and issues with your adult children and how to make changes at the Delray Beach Public Library's Lifelong Learning Community Institute. This three part class will be held on Mondays, March 4, 11 and 18 from 10:30 a.m. to noon at the Library at 100 West Atlantic Ave., Delray Beach, FL 33444. The cost of the three part series is \$45. There is ample, free parking.

The program facilitators have many years of experience addressing this topic and they are Bea Lewis, author of the book "My Kids Are All Grown Up, So Why Are They Still Driving Me Crazy: How to Get Along With Your Adult Children" and Joanne Ranzer, MSW specializing in family therapy and parenting issues. It is sure to be a spirited and interactive discussion.

For further information on the many classes being offered at the Lifelong Learning Community Institute Winter/Spring 2013 semester, or to register please call 561-266-9490 or go to [www.delraylibrary.org](http://www.delraylibrary.org).

Bea Lewis



financial tools similar to those that are utilized by the most competitive communities. By creating the Delray Beach Economic Development Fund and ensuring that funding is available, the City is now providing an opportunity to actively compete with other local, regional and statewide communities for expanding job and economic opportunities within our City while at the same time increasing the City's tax base.

Funding to support citywide economic opportunities through the Economic Development Fund will be provided from the City's unrestricted General Fund reserves - up to a total of one million dollars (\$1,000,000).

The Economic Development Fund will help the City to support the local match (generally 20% of total state and/or county financial incentive awarded) that is required to receive State and/or County funding (generally providing the remaining 80%). For more information on the City's Economic Development Fund and/or applying for citywide financial incentives, contact the City's Economic Development Director at (561) 276-8640 or by E-mail at [nolanv@mydelraybeach.com](mailto:nolanv@mydelraybeach.com).

## Delray Beach resident artist brings her tropical artwork to downtown shop

By Paula Detwiler  
Special to the Pineapple

She paints tawny beach scenes, vibrant tropical flora, serene pastel cottages and dazzling underwater reefs. Her eye for color is exquisite. So it's no surprise that visitors to Lois Brezinski's new gallery and gift shop in downtown Delray Beach smile when they walk in.

"People say this is such a happy store, with such a positive vibe," Brezinski said. "It's because I really love what I'm doing now. I love painting and I love making people happy."

The store, Lois Brezinski Artworks, opened on November 1, 2012, in the historic Colony Hotel building on East Atlantic Avenue. Two months earlier, Brezinski had closed her gallery on Clematis Street in West Palm Beach after a valiant 18-month run.

"I had unbelievable support from West Palm Beach and the Clematis Street business community, and I'm thankful and grateful for that," Brezinski said. "But there just wasn't enough downtown activity, despite my advertising and marketing efforts."



As the saying goes, one door closes and another opens. Brezinski has a strong client base in Delray Beach, having lived here since 1998 and establishing herself by painting the local scenery, including historic homes and landmarks. Her "Historic Homes of Delray Beach" calendar was a best seller in 2005 and 2007, and locals still treasure her Delray Affair publicity posters (2006 – 2008).

Lois Brezinski Artworks sells original watercolor paintings, giclee prints, and a variety of gift items bearing her signature artwork: note cards, coasters, ceramic tiles, lacquer boxes, mouse pads, and more. She recently began selling hand-painting sisal rugs and glassware as well.

Patrons from around the world are purchasing Brezinski's paintings and images of Delray Beach as souvenirs.

"I've met customers from Argentina, Israel, the Ukraine... and I just had a couple from New York who were heading to their second home in Tuscany," she said. "They bought gifts to take to their business associates. So all these people in Italy are now getting something that says Delray Beach on it!"

### Inspired by the Caribbean

Brezinski moved to Delray Beach from Grand Cayman Island, where she had lived for 10 years. Prior to that, she'd had a successful



but stress-inducing career as a textile artist in New York City. Grand Cayman proved to be sheer bliss for this New Jersey native.

"When I moved to the Caribbean, I was absolutely amazed by the palm trees and everything I saw. The colors of the water just drove me crazy, they were so beautiful—the sapphire blues and the aquas. I fell in love and started to paint."

She turned her passion into a business empire. Today, several galleries in Grand Cayman Island carry Brezinski's work, and her business, Cayman Colors, continues to sell reproductions of her art to more than 20 major gift shops and hotels. Prints of her watercolor paintings can be seen everywhere from U.S. embassies in the Caribbean to Marriott Hotels and Home Goods stores in South Florida.

### A Little Help from the CRA

Shortly after deciding to relocate her West Palm Beach shop to Atlantic Avenue in Delray Beach, Brezinski heard about the Business Development Assistance Program offered by the Delray Beach Community Redevelopment Agency (CRA), and applied. The program helps new and start-up businesses in the CRA District by partially subsidizing their rent during the critical first year of operation.

"Lois was eligible for the grant under what's called the Artist Exception," explained CRA Marketing and Grants Manager Elizabeth Burrows. "To qualify for rental assistance, most businesses will need to have at least two full-time equivalent employees. But art galleries and studios that are owned and operated by the primary artist don't have to have additional employees."

Brezinski's gallery has created more jobs than the grant program requires. While she often works in the shop, she has two part-time employees that cover for her when she is busy painting in her off-site studio. If approved for the Business Development Assistance Program, Brezinski stands to receive a total subsidy of \$6,000, paid in twelve \$500 monthly installments.

"To receive this type of assistance from the CRA helps to keep the arts alive, and validates what I'm doing," Brezinski said. "It's good for the city, it's good for me, and it's good for the people who visit," she said.

For more information, visit [www.loisbrezinskiartworks.com](http://www.loisbrezinskiartworks.com).

*Paula Detwiler writes professionally for the CRA and other clients. Her website/blog can be found at [www.pdwrites.com](http://www.pdwrites.com).*

## Pretty Girls hosts benefit concert to help animals in need

Local surf rock trio Pretty Girls partner with LUV-A-PET to collect items to help animals in need.

DELRAY BEACH, FL – Adopting a pet from an animal shelter isn't the only way you can make a positive difference for our furry little friends. Just ask Pretty Girls. The up and coming South Florida surf rock sensations have recently partnered with LUV-A-PET - a local animal rescue shelter, to collect donated items such as beds, blankets, treats, toys, puppy pee pads and other items the shelter is in need of to keep the animals happy and healthy.

"Animal rescue shelters don't have the deep pockets that many larger corporations do, so they typically rely on donations to get by," says Brandon Seymour of Pretty Girls. "I enjoy playing music and I also have a soft spot for animals, so it just seemed like a good idea to combine the two."

The event will be held at The Beat Cup

Cafe in Delray Beach, FL on Saturday, March 2nd and will include live performances from Pretty Girls and Beach Day. The event starts at 9:00 pm and runs until 2:00 am.

For more information, and to see a complete list of items needed, please visit the event page: <https://www.facebook.com/events/495385937167504/508875119151919/>

### About Pretty Girls

Pretty Girls is a 3-piece indie band from South Florida. Their signature sound combines elements of surf rock and garage with heavy power pop vibes. Pretty Girls was formed by Robert Maloy and Brandon Seymour in July 2012 and they recently started working on their debut EP "DAYMARES" which is slated for a March release. To stay up-to-date on all things Pretty Girls, you can follow them on Facebook or visit their website at: [www.prettygirlsband.com](http://www.prettygirlsband.com).

## MIRACLE LEAGUE SEASON OPENS

*There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.*

- Albert Einstein

### Dear Miracle League Families,

Spring is right around the corner & so is Baseball Season. Don't miss out on any of the excitement this 2013 Spring Season.

Please forward this to anyone you know who may be interested in playing or volunteering. Or just invite your family & friends to be a fan in the stands.

The Miracle League is a non-profit organization developed to provide the opportunity for ALL children to play baseball, regardless of their mental and/or physical disabilities. The Miracle League's Mission is to let children of all abilities achieve the same dreams as their peers... to play baseball!

Please join us for our 2013 Spring Season and the opportunity to play baseball in a league and on a field specifically designed for children with special needs.

April 6, 2013 - Opening Day

April 13th - May 11th (Every Saturday)

The Anthony V. Pugliese V Miracle League Field at Miller Park in Delray Beach

Players & Buddies will need: Baseball mitt, running shoes (NO open toe shoes, flip flops or heels), sunscreen

Please contact us with any questions at [CoachKadel@aol.com](mailto:CoachKadel@aol.com)  
We can't wait! Jeff & Julia Kadel



Miracle League of Delray Beach

P.O. Box 7211 Delray Beach, FL 33482

[www.MiracleLeague.com](http://www.MiracleLeague.com)

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## LOCAL ARTIST SHARES HER HISTORIC HOME AND ART GALLERY IN CELEBRATION OF WOMEN'S HISTORY MONTH

*New stops part of Spady Museum's 'Ride & Remember' Trolley Tour for March*

Delray Beach, Fla. – In celebration of Women's History Month in March, the Spady Cultural Heritage Museum is customizing its popular "Ride & Remember" Trolley Tour with an inside look at the historic home of local artist Lois Brezinski, a tour of her garden oasis and an additional stop at her store/gallery at the landmark Colony Hotel in downtown Delray Beach.

Combining the history of women's impact upon area, Brezinski's home and work, and the elegant hotel, the Spady Museum hopes to entice new and returning Trolley Tour riders onto a special, narrated journey on Saturday, March 9. The tour begins at 10 a.m.; cost is \$20 per person. To reserve a spot, visit [www.spadymuseum.org](http://www.spadymuseum.org)

or call 561-279-8883.

A lifetime artist and painter of Florida's seascapes and natural beauty, Brezinski lives in an historic home in the Del-Ida Historical District, the oldest platted neighborhood in the city. Built in 1925, her home features original plaster crown moldings and wood flooring from the 1920s, as well as a sunny fireplace with architectural detailing. Tour riders will gain special access to her living room, which is not typically included on other garden tours. Brezinski helped found the Delray Beach Historical Preservation Trust and has a real passion for maintaining architectural landmarks.

"Few homes so preserved and well-maintained. Most have been gutted and totally redone, but this one has a lot of historic charm on the inside," she said. "People are fascinated by the textured stucco on the wall. (Addison) Mizner had his craftsmen live in these neighborhoods in Delray Beach, and they perfected the techniques that they used in the big homes on these little, smaller homes."

Trolley tour riders will also enjoy a tour of Brezinski's manicured gardens and patio



area, which features native plants and flowers, before stopping at The Colony Hotel to take in her garden-inspired gallery artwork and receive a special gift in the store. Inspired by Florida sand, sea and beaches, Brezinski's artwork includes hand-painted glassware, note cards, ceramic tiles, paintings and jewelry.

Other women's history shared on the tour includes the contributions of the Ladies Home Improvement Association, which spearheaded the city's first downtown sidewalk, library and cemetery. The Association managed the move of the buried from "high ground" throughout the city to one centralized location. While

several streets and structures throughout the city are named for male pioneers, the female leaders made many decisions, which affect Delray Beach to this day.

"The influences of women can be seen throughout the city, from the historical structures to the gardens," said Museum Director Charlene Jones. "The Williams Cottage, which is located in the West Settlers' District on the Spady Museum Complex, was home to one of the black, pioneering midwives."

**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. Upcoming Tour Dates are April 13, May 11, June 8, July 13, August 10 and September 14.

Cost is \$20 per person. To reserve a spot, visit [www.spadymuseum.org](http://www.spadymuseum.org) or call 561-279-8883. Trolley

destinations



## First Polaroid Fotobar Store set to open this month at Delray Marketplace

*Delray Beach welcomes Polaroid's new digital venture, brings jobs and entertainment*

DELRAY BEACH, FL – Delray Beach will be the first U.S. city to experience Polaroid Fotobar, a one of a kind, revolutionary photography concept. Opening early March at Delray Marketplace, the city's newest multi-use development, Polaroid Fotobar invites customers to release photos from their mobile devices and social platforms and bring them to life. In just one visit, unique and permanent visuals are created, choosing from a variety of exotic materials such as canvas, metal, bamboo and more.

In a world where immediacy in photography is the norm, Polaroid Fotobar will reintroduce the world to the tangible photograph, thanks to Warren Struhl, CEO and Founder of Fotobar, and mastermind behind the brand collaboration.

"When I ask people to show me their favorite picture, they take out their phone," he said. "My next question is, does that favorite picture you just showed me live in a physical form? Nine times out of ten they say 'No,' with strong emotion. I realized this was a pain point in people's lives," Struhl said.

The fearless leader believes the solution lies in not only making photos come to life easier, but also making the experience

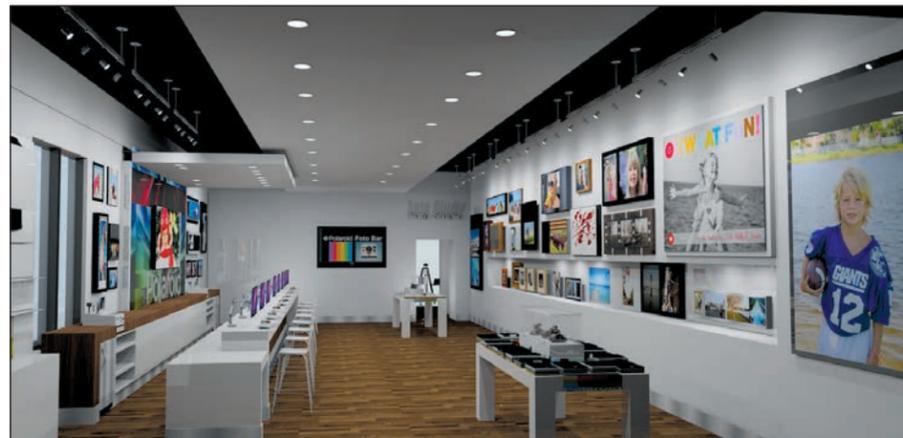
pleasant, educational and fun — by turning the work into play.

Polaroid Fotobar will also provide a fun place for photography aficionados and amateurs of all ages to nurture their interest in photography, photo sharing and art. The 2,000 square foot store is equipped with "The Studio", a multi-purpose room available to host weekly photo classes, private parties and portrait sessions.

In addition to Polaroid Fotobar, Delray Marketplace will welcome several new entertainment and shopping businesses, which will add jobs to the Delray Beach community, boosting its economy. Committed to being good stewards, Polaroid Fotobar has several initiatives planned to involve the local photography and art community.

The store will showcase a "Community Wall" with more than 100 photographs submitted by local photography enthusiasts. Polaroid Fotobar will also partner with Art House Delray, a non-profit dedicated to increasing art awareness in Delray Beach. Art House Delray will receive a percentage of the store's grand opening proceeds. Lastly, Polaroid Fotobar will team with several local stars on photo-sharing site Instagram to host an in-store exhibit of their best works.

Discover more at [www.polaroidfotobar.com](http://www.polaroidfotobar.com). Follow our journey and share with us on Twitter @Fotobar and Polaroid Fotobar on Facebook and Instagram.



**Come party with Delray Beach** residents and the new Hyatt Place for the 45th Annual St. Patrick's Day Parade. Rates start at \$189 with free breakfast, parking and wireless internet. The hotel is conveniently located one block away from Atlantic Avenue and all of the festivities. Visit <http://delraybeach.place.hyatt.com> to reserve your room at Hyatt Place Delray Beach for the 45th Annual St. Patrick's Day Parade & Party!

## Morikami Museum and Japanese Gardens Presents the 34th Annual Hatsume Fair

*Two-day celebration transforms tranquil park into unique Japanese springtime festival*

Delray Beach, Fla. – Feb. 22, 2013 – Celebrating the first bud of spring, the 34th annual Hatsume Fair transforms the normally tranquil Morikami Museum and Japanese Gardens into a unique and exciting Japanese springtime festival for its largest annual event! The fair will take place March 23 – 24, 2013 from 11 a.m. to 6 p.m.

The festival will feature multiple stages of non-stop entertainment where guests can experience traditional favorites, such as thundering taiko drumming performances by Fushu Daiko and Ronin Taiko, martial arts demonstrations and garden tours. For anime lovers, the popular costume contests will return, along with the new addition of anime karaoke.

Also included will be avenues of artisan booths, anime dealers, plant sales, Asian and American food vendors, the Kirin Beer Garden, Sake Station, children's activities and a bonsai exploration area. Visitors can enjoy various ways to discover Japan tradition through Sake 101 and the open-air Tea Ceremony. Visitors can also help create a spring setting by making origami cherry blossoms to hang above a picnic area, or write their own poem on the Haiku Wall.



Morikami Japanese Garden and Museum - Hatsume Fair 2012 - Taiko Drum Performance

Send your children on an adventure with Japan Through the Eyes of a Child interactive exhibit tours, where they can learn about Japanese culture while discovering the Florida-Japan connection. Kids will also be able to purchase a scrapbook from their experience and as they participate in activities around the festival, each child will receive a stamp for their book. All proceeds from the purchases of scrapbooks will go to Morikami's More Opportunities to Reach Youth program (MORY).

Tickets for the Hatsume Fair are \$15 for adults, \$10 for children ages 4-10 and FREE for museum members and children 3 and under. Discounted tickets are offered online, in advance. For more information or to purchase tickets, visit [www.morikami.org/hatsume](http://www.morikami.org/hatsume) or call 561-495-0233.

Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture in South Florida since its opening in 1977. The Morikami invites guests to discover South Florida's heritage and its connection with Japan, and explore a series of six diverse gardens inspired by a different historical period and style of Japanese gardening. Experience traditional and contemporary Japanese culture through world-class exhibits, varied educational programs and seasonal events, bonsai display, pan-Asian cuisine and a distinctive museum store.

Morikami Museum and Japanese Gardens is open 10 a.m. to 5 p.m. Tuesday through Sunday. The Morikami is located at 4000 Morikami Park Road in Delray Beach, Florida. For more information about the Morikami, its exhibitions, programs and events, visit [www.morikami.org](http://www.morikami.org) or call 561-495-0233.

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**For more information contact:**  
**Dr. Conrod - [fconrod@fau.edu](mailto:fconrod@fau.edu)**  
Dept of Languages, Linguistics and Comparative Literature

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**UNDER CONTRACT**  
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**DRIFTWOOD LANDING - GULF STREAM**

**\$3,450,000** - Gulf Stream waterfront. 196 FT on canal with power on dock. The grounds are just about ¼ Of an acre. 2 swimming pools: lap & formal pool with hot tub. Open kitchen with cherry cabinets & granite counters. Elegant master bedroom with fireplace & adjoining office. 2 large guest room suites.



**DELRAY DUNES C.C.**

**\$869,000** - This large estate was completely renovated in 2007-2008. On over a half acre lot overlooking the 13th fairway this home comes with a in law suite but could easily be changed to 5 bedrooms plus an office. This home is made for entertaining.



**DELRAY DUNES C.C.**

**\$729,000** - 4/3.5 home with unbelievable wide open lakeviews. On a cul-de-sac this country club home has 20' vaulted ceilings and a split bedroom floor plan. This oversized lot has 176 feet of waterfront.



**DELRAY DUNES C.C.**

**\$589,000** - Large family home built in 2001 overlooking the 2nd fairway. Ground floor master bedroom with large his & hers walk-in closets and an oversized master bath with separate shower and jacuzzi tub. Fenced back yard with pool and hot tub.



**DELRAY DUNES C.C.**

**\$449,000** - 3 bedroom, 3 bath pool home. Beautiful updated gourmet kitchen with granite countertops, SS appliances & white wood cabinets.



**DELRAY DUNES C.C.**

**\$209,000** - Completely remodeled villa with great wrap around water views. impact glass windows and sliders, on cul-de-sac. Beautiful eastern exposure. 3 bedrooms, 2 baths.



**SHOREWALKER PLACE - DELRAY BEACH**

**\$1,250,000**- 4/3.5 Key West Style 3 Story Townhome is located a half block to the beach and within walking distance to Atlantic Ave., shops and restaurants. The building was built in 2005 and has a 2 car garage. The townhome has 2 balconies and a backyard and a hot tub.



**LA COQUILLE CLUB VILLAS**

**\$895,000** - Ocean front 3 bedroom, 2 bath villa, 3rd floor unit with direct views of the ocean. This comes with membership to the Ritz Carlton Club. Wood floors and open floor plan. Too many extras to list.



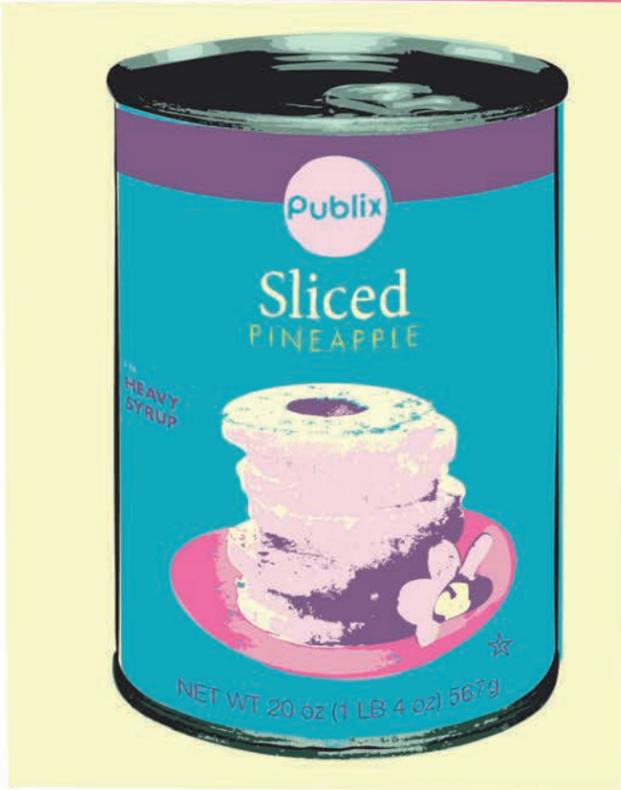
**WATERWAY NORTH - DELRAY BEACH**

**\$749,900**- 3/2.5 townhome on Intracoastal, deeded dock included in sale. 2 large decks. Recently updated. 2 blocks to beach and close to Atlantic Ave shops & restaurants.



**ST. ANDREWS**

**\$675,000** - Beautiful 2 BR/ 2 BA condo with split bedrooms, master bedroom has Roman tub and walk-in closets. A den and office complete this lovely apartment. Views of the Intracoastal, lake and golf course.



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

## Theater

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



Elaine Paige

March 8-10, 2013

### TAP, THE SHOW

Crest Theatre

In a non-stop explosion of rhythmic energy, the cast of award-winning dancers and singers travel seamlessly through decades of styles from Broadway and Big Band, to world music and pop/rock.

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



Tap

March 18 & 19, 2013

### LINDA EDER

Crest Theatre

Showcasing one of the greatest contemporary voices of our time, Linda Eder's diverse repertoire spans Broadway, standards, pop, country and jazz. She starred on Broadway as Lucy Harris in *Jekyll & Hyde*, where she was nominated for a Drama Desk Award. Presented by PNC Bank.

Monday & Tuesday, 8 pm; tickets \$42



Linda Eder

March 22-24, 2013

### BILOXI BLUES

Crest Theatre

This Tony Award-winning Neil Simon comedy follows the hilarious Eugene Jerome as he navigates his basic military training to serve in World War II.

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

March 28-30 and April 4-6, 2013

### SHAKESPEARE AT THE PAVILION

Outdoor Pavilion

Take Heed Theater Company presents Shakespeare's *A Midsummer Night's Dream*. Performance features five actors playing all the roles in this tangled tale of love and fantasy. Take Heed Theater Company is known for their fast-paced, high-energy productions that pay the utmost respect to the poetry and language of the Bard, while simultaneously having a few laughs at his expense.

Thursday, Friday & Saturday, 8 pm; FREE admission

April 1 & 2

### TERRI WHITE

Crest Theatre

Broadway and Off-Broadway credits include *Barnum*, *Ain't Misbehavin'*, *The Club* (Obie Award), *Nunsense I & II*, *Finian's Rainbow*, *Stepping Out at Radio City* with Liza Minnelli, *Chicago* (Mama Morton) and *Follies* (Stella Deems). Presented by PNC Bank.

Monday & Tuesday, 8 pm; tickets \$42

April 9, 2013

### SO. FLORIDA SYMPHONY ORCHESTRA

Crest Theatre

The South Florida Symphony presents "From the Darkness Comes the Light", Elgar: Cello Concerto featuring Zuill Bailey, cello. For more, visit [SouthFloridaSymphony.org](http://SouthFloridaSymphony.org).

Tuesday, 7 p.m.; tickets \$55

## Art, Events, Showings, Etc.



March 7, 2013

### WELLFEST DELRAY BEACH

Vintage Gymnasium

Delray's first major wellness event celebrates healthier living, better nutrition and stress reduction. Activities include an expo in the Vintage Gym, fitness and yoga demonstrations, inspirational live music and expert presentations at Hyatt Place (across the street). For more visit [WellFestDelray.com](http://WellFestDelray.com) or call 561-921-5182.

Thursday, 11 a.m.-7 p.m.

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.

March 23 & 24, 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

April 11, 2013

### DARREN McGRADY

Crest Theatre

Notable chef and author of "Eating Royally," Darren will share stories of 15 years as personal chef to Queen Elizabeth, Princess Diana and the Royal Family. There will be a demonstration of some royal culinary delights! Robert D. Chapin Lecture Series, presented by Northern Trust.

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

April 13, 2013

### THE JAZZ AMBASSADORS OF THE U.S. ARMY FIELD BAND

Outdoor Pavilion

The acclaimed, 19-member Jazz Ambassadors is the United States Army's premier touring big band. Designed for all audiences, concert repertoire includes big band swing, bebop, Latin, contemporary jazz, standards, popular tunes, Dixieland, and patriotic selections.

Saturday, 7:30pm; FREE admission

Through April 21, 2013

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

Cornell Museum of Art & American Culture

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.

## Upcoming Workshops

March 8, 9 & 10, 2013 -

### VISITING ARTIST WORKSHOP "EGG EMPERA"

Suzanne Scherer, M.F.A. and Pavel Ouporov, M.F.A. explore one of the most ancient yet common methods of painting in the history of art. 9:00 a.m. - 3:00 p.m., Fee \$540, Materials fee: \$50

March 21, 22, 23 & 24, 2013

### VISITING ARTIST WORKSHOP "FIGURE PAINTING"

David Shelvino, B.F.A. will teach you to paint alla prima (wet into wet). 9:30 a.m. - 4:30 p.m., Fee \$640, Model fee: \$55

**Call 561-299-1430  
to advertise today!**

April 12, 13 & 14, 2013

### VISITING ARTIST WORKSHOP "MIXED MEDIA COLLAGE"

Delray Beach Center for the Arts at Old School Square

51 N. Swinton Ave., Delray Beach 33444  
561-243-7922, [DelrayCenterForTheArts.org](http://DelrayCenterForTheArts.org)

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

Michael Cutlip, B.F.A., his (anything goes!) mixed media collage class will utilize painting skills and introduce or refine other creative and/or nontraditional methods in art making.

The School of Creative Arts offers beginner through master level classes and workshops in art, photography and writing. Day and evening classes are available for adults, young adults and children during fall, winter and spring/summer semesters.

*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](http://DelrayCenterForTheArts.org).*

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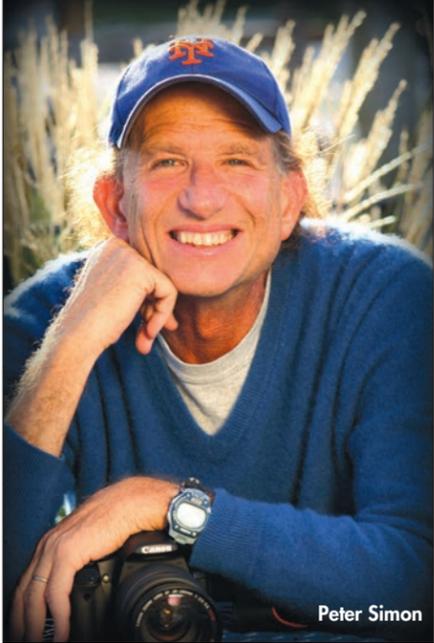
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Artists' Alley

## NATIONALLY ACCLAIMED PHOTOGRAPHER PETER SIMON TO SPEAK IN DELRAY BEACH FINE ART GALLERY

Peter Simon will be at The Pop Culture Vault the evenings of Thursday, March 7th and Friday, March 8th, presenting his acclaimed lecture "Through the Lens: A Life Filled with Friendship, History and Addiction" a personal and entertaining journey of stories and anecdotes and a very personal account of his own ups and downs.

Simon is a nationally acclaimed photographer, photojournalist, author, music historian, and instructor who has turned his unique collection of enthusiasms into a highly entertaining and insightful career of articles, books, CDs, fine art prints, and calendars.



Peter Simon

He was a major proponent and captured much of the 60's alternative hippie culture. Many of his images of the music, celebrities and the lifestyle are iconic. His subject matter also includes nude beaches, the new age spiritual scene in the 70's, reggae and Jamaica, baseball and the New York Mets, the breathtaking beauty of Martha's Vineyard, as well as pictures of lifestyles spun

out of control by substance abuse.

He has captured the causes, the celebrities and defining moments of the Baby Boomer era through his journey in life. He is one of the few photographers out there that LIVED what he photographed. He has defined for America the Reggae culture, lifestyle and music. He has traveled and chronicled the Grateful Dead on assignment for Rolling Stone, shot album covers for James Taylor and Carly Simon; he shot the famous Madison Square Garden "No Nukes" Concert, and traveled and chronicled the New York Mets. Most recently, Simon has become very intrigued with the OCCUPY movement. It's a late 60's deja vu all over again. As times get desperate, he senses the apathy that has consumed our culture over the last quarter century abating. He has dusted off his photojournalistic lens, and sharpened his resolve to document the beginnings of this brief uprising, watching it unfold before his eyes.

Simon has photographed the best of the best in the arena of classic rock - Led Zeppelin, The Grateful Dead, Bob Marley, The Rolling Stones, Bruce Springsteen, Bob Dylan, Neil Young, The Band, Sting, The Police, Muddy Waters and the Beatles at Shea Stadium in 1965 among others.

Simon has published ten books including "Reggae Bloodlines" (Bob Marley and Reggae Music) and "Playing in the Band" (The Grateful Dead). His life's journey was told in the coffee table book "I and Eye - Pictures of My Generation." Simon is the photo editor and co-author of the Reggae book "Roger Steffen's and Peter Simon's Reggae Scrapbook."

Simon's 3-hour presentation will be for two nights only (March 7th and 8th) at the Pop Culture Vault, 250 East Atlantic Avenue, Delray Beach, FL 33444. Admission is free. The presentation is from 7-10 pm and Simon will be available to answer questions, sign his renowned book "I and Eye - Pictures of my Generation" which is available for purchase and talk about his limited edition pieces which will be on display at the gallery. He will also be in the gallery Saturday March 9th from 7-10 pm to meet fans and discuss his photography.

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Pineapple Grove  
Delray Beach



## Art House of Delray To Host VIP Art Auction

Art House of Delray will host an invitation only, live art and lifestyle auction on Friday, March 1st at 6:00 pm at Art House of Delray, 255 NE 6th Avenue in Delray Beach.

All proceeds will benefit Art House of Delray, a non-profit organization focused on promoting visual arts.

Executive Director and Founder of Art House of Delray, Michelle Ferry, explains, "We are expecting between 75 and 100 art collectors and art enthusiasts from the tri-county area to attend. This lively event will feature works by several established and up and coming contemporary artists who live locally and abroad."

Some of the artists featured at this event include: Amy Labont, Mark Widick, Michelle Ferry, Samuel Barrera, Bob Currie, Matt Gracey, and Paulo Slater.

This live auction will feature auctioneer

Neil Saffer who will work his magic with more than 24 art pieces and lifestyle items including luxurious trips, private parties and art tours.

Although this event is by invitation only, if you are a collector and interested in supporting the Art House of Delray contact [info@arthousedelray.com](mailto:info@arthousedelray.com).



Art House of Delray is a home for artists and the community to come together in one space designed to develop everyone's own creative potential. With a focus on visual arts, Art House of Delray provides support to emerging and

mid-career artists with exhibition opportunities and art studios. Art House of Delray also offers a dynamic program featuring panel discussions, workshops, Art Nights, youth and adult classes, events, and community outreach.

For more information visit [www.arthousedelray.com](http://www.arthousedelray.com) or call (561) 859-0856.

## Artist's in the Park show dates for March 2013

Saturday & Sunday March 9 & 10\*

Show will be held at Veterans Park, located at East Atlantic Avenue on the Intracoastal Waterway.

Saturday, Sunday March 23 & 24\*\*

Show will be held at Delray Place, located at the Southeast corner of Linton Blvd. & Federal Highway.

Free Admission - All Show Hours: 10:00 am to 4:30 pm

The Delray Art League's Artists in the Park is South Florida's longest running outdoor fine art show and sale. Participating artists work in a variety of mediums including watercolor, oil and acrylic. The shows also showcase photography, sculpture, and mixed-media artists.

For more information about "Artists in the Park" please call Susan Sabin at 561-843-2311.

For more information on the Delray Art League visit [www.delrayartleague.com](http://www.delrayartleague.com).

## Auditions for "Sylvia"

A Comedy by A.R. Gurney  
**Auditions: March 4 and 5 at 7:30pm**  
**Production Dates May 17 - June 2, 2013**  
2 Men (30-50) / 2 Women (20-50)

A.R. Gurney's comedy takes the classic "menage-a-trois" and gives it an unusual twist. His "menage" involves a husband, his wife and a frisky, articulate dog (part-Labrador, part-poodle) named "Sylvia." Greg finds Sylvia in Central Park one day and brings her home.

His wife Kate has no interest in acquiring a pet, so a complex triangular relationship results that is alternately hilarious, touching and telling. The role of "Sylvia" made Sarah Jessica Parker a star and one of the actors plays three different characters.

All Auditions will be held at The Delray Beach Playhouse at 7:30 PM. Prepared monologues are welcome, but not necessary.

For further information call the Playhouse Box Office 561-272-1282 ext 4  
[www.delraybeachplayhouse.com](http://www.delraybeachplayhouse.com)

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**Delray Art League FINE ART EXHIBITIONS & SALES**

**ARTISTS IN THE PARK 2013**

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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

**The Artists' Guild Gallery of the Boca Museum of Art**

The Artists' Guild of the Boca Museum of Art presents changing exhibitions throughout the year in its beautiful, contemporary gallery located at 512 E. Atlantic Avenue in downtown Delray Beach. Throughout the year, local professional artists exhibit their fine art paintings, sculpture and photography in the gallery. Numerous special events are hosted in the gallery, such as the upcoming presentation by Carol Ann Sherman "Slippery When Wet" watercolor painting on Yupo paper on Sunday, February 10 from 7-9 pm. The Guild also sponsors exhibits throughout the community. One such project at Boca Raton Community High School allows students to exhibit their artwork alongside professional Guild artists in an intergenerational collaboration, teaching students how to display artwork in a gallery setting and exposing them to career opportunities as working artists. Call 561 278-7877 or bocaguild.com for more information.

**Upcoming Artists' Guild events:**

- Through March 4; Guild sponsored exhibit at the Coral Springs Center for the Arts.
- Through April 8; Signature members exhibit at the FAU Living Room Theatre, Boca Raton Campus
- Through April 6, 2013; March Artists' Guild Gallery juried art exhibition.

**AREA MOVIE THEATRES**



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**Regal Delray Beach 18**

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**Delray Square Cinemas**

4809 W. Atlantic Avenue

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**Cinemark Boynton Beach**

1151 N. Congress Avenue

**Boynton Cinema**

9764 S. Military Trail

**Cinemark Palace 20**

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**Regal Shadowood 16**

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**Living Room Theaters, FAU**

777 Glades Road, Boca Raton



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**MARCH: You're In Luck at Arts Garage!**

If you love fun, music and thought-provoking drama, then you are in luck, because Arts Garage has it all this March!

"Arts Garage has become synonymous with incredible entertainment," said Alyona Ushe, Executive Director. "And this month we really bring it!"

"Musical diversity abounds as the month kicks off with Drag Bingo... you just have to experience it," said Ushe.

Another key highlight of the month is Arts Garage's very own Drew Tucker. The master of percussion sold out the house last time and wowed audiences with his diverse style and range of rhythms.

His performance is followed by the classical jazz and folk infused sounds of Errol Racckipov, and the Latin jazz sounds of the sultry Brazilian born Rose Max. Next, Arts Garage rocks out with the bluesy Lauren Mitchell Band and gets funky with the Betty Fox Band.

"We end the month with the man critics call the new Louie Armstrong---Bruce Stripling," said Ushe. "He is in demand by orchestras all over the country, and we are honored to have him at Arts Garage."

Speaking of honors, with four Carbonell nominations for the production of Cabaret Verboten, the entire community is raving about what Lou Tyrrell has created with Theatre at Arts Garage. And this month, Tyrrell introduces audiences a new play by Duncan MacMillan, called Lungs.

**Friday 3/1, 7:30 pm**  
**Voices of Pride: Bingo Night**  
**Drag Bingo Cabaret**

Hold onto your cards and markers! Look out for the wigs and heels! Don't trip over the gowns! Voices of Pride brings DRAG BINGO to its new home at the Arts Garage with a bang! VOP puts its inimitable trademarks of glitz, gams and glamour on its annual fundraiser in the sexy setting of the fabulous Arts Garage and, for the first time, Voices of Pride will be performing throughout the evening. Whadda deal!

Bingo, fabulous prizes, surprise auction and raffle items, and a show with fabulous drag queens and magnificent men singing...all to support your favorite gay men's chorus. It will be an evening of hilarity, high jinx and harmonies that you'll be talking about for weeks!

Premium admission includes two books of bingo games, up-front seating, and a glass of wine/cold beverage. Regular admission includes one book of bingo games for the evening. Additional game books can be purchased for \$10 each at the event.

Tickets-\$30-\$45, Doors open at 7pm

**Saturday 3/2, 8:00 pm**  
**Special Event**  
**Drew Tucker Orchestra**

Drew Tucker returns with his globe spanning, percussion heavy orchestra to present an audiophile's dream of basement soul, high-minded jazz, and classic hip hop. His last concert was a sell-out and if you were there for it, you know you want more to see and hear more...and if you missed it, you won't want to make that mistake again! Drew is joined by Sam Johnson on bass, JD Anderson on drums, Doug Carter on piano and keyboards, and Beto on guitar.

\$20-\$30 in advance, \$5 more at the door



Drew Tucker

**Friday 3/8**  
**Global Invasion: Errol Racckipov**

Errol Racckipov is a composer, jazz musician and educator. His music is a blend of jazz and classical chamber music with Eastern European folk rhythms and motifs. As a jazz vibraphonist, marimbist and composer, he has been working as a professional musician, composer and producer in various styles of music from jazz to R&B and has participated in numerous projects throughout the world.

\$20-\$30 in advance, \$5 more at the door.

Byron Stripling



**Saturday 3/9**  
**Jazz Project: Rose Max**

Sultry Brazilian vocalist Rose Max tours worldwide with Brazilian acoustic guitar master Ramatis, bringing her sweetly haunting voice to every performance.

Rose Max has music in her blood. She is the great-granddaughter of the conductor and composer Cupertino de Menezes and granddaughter of the guitar player and composer Manuel de Menezes.

Gifted with a beautiful voice early on, Rose got her start singing in the nightclub-heavy Rio de Janeiro, where she mastered the styles of bossa nova, samba, and Latin jazz. After moving to the United States in 1993, Rose continued performing and touring. She is a three-time recipient of the Brazilian Press Award for "Best Female Brazilian Singer Residing and Performing in the USA."

\$25-\$35 in advance, \$5 more at the door.



Rose Max

**3/15 - 4/12**  
**Theatre at Arts Garage:**  
**Lungs by Duncan MacMillan**

The clock is ticking! What's it going to be, the baby or the bomb? Lungs tells the story of a couple contemplating having a child in a world of global anxiety and political unrest.

If they over think it, they'll never do it. But if they rush, it could be a disaster. What will be the first to destruct - the planet or the relationship? Nominated for the Helen Hayes Best New Play Award, The Washington Post called Lungs "A bracingly dramatic walk through the thicket of couples communication... Smart and stimulating."

**Tickets**  
\$30-40.  
W-F, 7:30pm;  
Sat, 2pm;  
Sun, 7pm



**Saturday 3/16, 8:00 pm**  
**Garage Blues: Lauren Mitchell Band**

The Lauren Mitchell Band, featuring front-woman Mitchell's galvanizing vocals backed by the talents of veteran rock and blues artists, has roared on to the South Florida arts scene with undeniable ferocity. The group was born in 2005 when Lauren Mitchell teamed up with keyboard sensation Mike Hensley to create a sound that celebrated everything they loved about blues, soul, and rock. Since then, the band has incorporated the best talent it can find, to bring audiences a sound that is fresh and exciting.



Lauren Mitchell

**Saturday 3/23, 8:00 pm**  
**Garage Blues: Betty Fox Band**

SOUL is what it's all about with this funk infused blues band! From the heart of South Tampa, Betty Fox has burst onto the Florida music scene with a fiery intensity that cannot be ignored, and taken the hearts of anyone wise enough to lend her their ear. Backed by musical powerhouses Josh Nelms on Guitar, Matt Walker on Bass, and Sam Farmer on drums, Fox's vocals will draw you in until the last note is sung. This is a show you do not want to miss!!

Tickets are \$25-\$35 in advance, \$5 more at the door.



**Tuesday 3/26, 7:30 pm**  
**Jazz Project: Bryon Stripling**

Byron Stripling was born to a musical family in Atlanta, and by the time he was 10, he was wailing on the trumpet. After studying music in college, he traveled the world playing with pop orchestra symphonies and jazz greats. In 1989, he was chosen to play with the Boston Pops Orchestra, and went on to appear with over fifty orchestras nationwide. He is currently the artistic director and conductor of the Columbus Jazz Orchestra, and his style and skill are often compared to a modern Louis Armstrong. He is an extroverted performer, who engages audiences and incorporates them into his music. He exudes joy through his instrument and his vocals as he continues to forge new ground in the world of jazz.

Tickets are \$25-35, \$5 more at the door

# Pineapple Grove artist Inge Behrens' "passion for fashion"

By David DiPino  
Special to The Pineapple

One of ICB Gallery artist Inge Behrens paintings "Pineapple Kaleidoscope" is a perfect description of a tutorial she plans to give young artists at an upcoming event celebrating the pineapple fruit that benefits a non-profit fashion museum.

Her passion for fashion and focus on giving back to her community helped form a partnership between Behrens and the Museum of Lifestyle & Fashion History's Eighth Annual Children & Parents Day. Festivities start at Noon on Sunday, March 3, at the Boynton Woman's Club, 1010 S. Federal Highway, and will celebrate the pineapple fruit as the kickoff of National Nutrition Awareness Month. Behrens will teach the new artists how to make pineapple themed arts and crafts, construct three-dimensional pineapple artwork and make drawings during pineapple coloring activities. When she returns to her studio, Behrens plans to display the artists work in her ICB Gallery, 181 NE Second Ave.

"I think it's a great thing for the children to see their art hanging in the gallery. It

builds confidence and you never know what kind of spark it will ignite in their future creativity," said Behrens.

"And this is perfect for Pineapple Grove."

She said she became interested in the event because of the opportunity to teach young artists and her first love of fashion. Behrens said that MLFH founder Lori Durante stopped by her gallery and the two connected on the fashion subject. When Behrens first came to New York City as a young woman after growing up in Germany, she studied at the Fashion Institute of Technology.

"When I heard what this event was for I was immediately on board. Fashion for me is interesting because it's never the same. It's always interesting..." said Behrens.

"And kids have big fantasies so I'm sure the gallery will be filled with some really appealing pineapple designs."

Her introduction and fashion was brief, she married, had her daughter, and moved to San Francisco for the next 45 years before recently planting her businesses roots in the Pineapple Grove Arts District. She currently resides in Boca Raton.

She still created art over the years, and relocated to this area opening the ICB Gallery in Pineapple Grove this past October. Behrens said she moved here to be closer to her daughter and grandchildren. Today, at the ICB Gallery which ICB stands for her initials, Behrens has an attractive portfolio of oil paintings lining the walls with subjects that include exotic orchids, tropical flowers, a painting of a rearview mirror with the skyline of San Francisco in the background and of course the perfect proximity piece in the front window, "Pineapple Kaleidoscope."

Durante said that a dozen pineapple themed activities are planned for the event, including everything from pineapple fruit cooking demos to the history of pineapple farming.

"We're going to be conducting art workshops for the children in attendance. With local artists like Inge Behrens, this enhances the opportunity the children have to learn art education from a talented local artist from Pineapple Grove," said Durante.

For more information call 561-243-2662, visit ChildrenParentsDay.org or email Pineapple@ChildrenParentsDay.org.



(From left to right) Lori J. Durante, Children & Parents Day Kid Ambassador Cephi Sanchez and artist Inge Behrens of ICB Gallery in the Pineapple Grove Arts District in Delray Beach. Behrens will be conducting an art workshop at the 8th annual Children & Parents Day celebrating the pineapple fruit and Florida's 500th anniversary that will be held at the historic Boynton Woman's Club on Sunday, March 3.



## MARCH TO THE MOVIES



By Deborah Frank  
Executive Vice President, Frank Investments

March will be an exciting month for cinema fans now that Delray's newest entertainment center that includes Frank Theatres CineBowl & Grille that recently opened at the Delray Marketplace. Treat yourself to the state-of-the-art 12 plex movie theatre...playing all the latest blockbusters from Hollywood in crisp 4k Sony digital format along with motion activated seats, ATMOS sound, IMAX and a proprietary large format FDX screen.

For the foreign and independent film lover, there will be a constant roster of titles to whet your moviegoing appetite. IMAX will

begin the month on 3/1 with Jack the Giant Slayer on IMAX and 3D. Jack is a modern day-take on the Jack and the Beanstalk story of our childhood, but the tale has grown up much like the beanstalk. Next up in IMAX on 3/8 is another childhood favorite gone grown up as the "wizard" returns with OZ: The Great and Powerful. We finish March with GI Joe: Retaliation on 3/29.

Rounding out the new films this month will be comedy from the Hangover team, 21 and Over on 3/1 and The Incredible Burt Wonderstone starring Steve Carrell on 3/15. For suspense lovers comes The Call on 3/15 and for our younger set a family comedy, The Croods, on 3/22 and don't forget Tyler Perry's

Temptation on 3/29.

Look for The Gatekeepers, The Sapphires, Admission, The Host, and Ginger and Rosa, directed by Sally Potter and starring Elle Fanning, Annette Bening and Oliver Platt, for those looking for a less mainstream film.

See you at the Marketplace...Delray movie marketplace that is!

Deborah Frank is a third generation member of the family owned and operated Frank Theatres. She began her love of movies as a very small girl watching late night films with her dad Al Frank. He quickly understood her grasp of the world of cinema and once she began reading, had her put together horror

film double and triple features for his drive-in theatres. She studied foreign languages at the University of Miami and attended many foreign films as a part of her curriculum, sealing her lifelong love affair with foreign and indie cinema.

She has served as juror for several years on the Palm Beach International Film Festival and was an early advocate for Jennifer Lawrence after seeing her performance in Winter's Bone at the Festival. She guests every Thursday at 11:30 am on Barbara Altman's Front Porch on talk radio WOND 1400 in the Atlantic City market where she talks movies and fields calls from the listeners. Film, food, family and friends are her passions.

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##### STEEL DRUM CRUISE

Come aboard our yacht & enjoy our Steel Drum Cruise on March 7th & 31st Cruise from 6 to 8pm Full cash bar & casual dining menu available.

\$20 per person, call for schedule

#### FRIDAY

##### DINNER CRUISE

Join us for our 2-hour sunset dinner cruise featuring either our Italian Dinner Buffet or Double Entrée Buffet.

Call for schedule, pricing & availability

#### SATURDAY

##### SUNSET CRUISE

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.

\$23 Adults  
\$20 Seniors & Children

#### SUNDAY

##### BRUNCH CRUISE

Start your morning with our brunch cruise featuring our 2-hour sightseeing cruise along with our full brunch buffet.

\$39 per person, reservations required

#### DAILY

##### SIGHTSEEING CRUISE

2-HOUR NARRATED SIGHTSEEING CRUISE Departing daily at 10:30am & 1:30pm

\$23 Adults  
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# THEATRE AT ARTS GARAGE

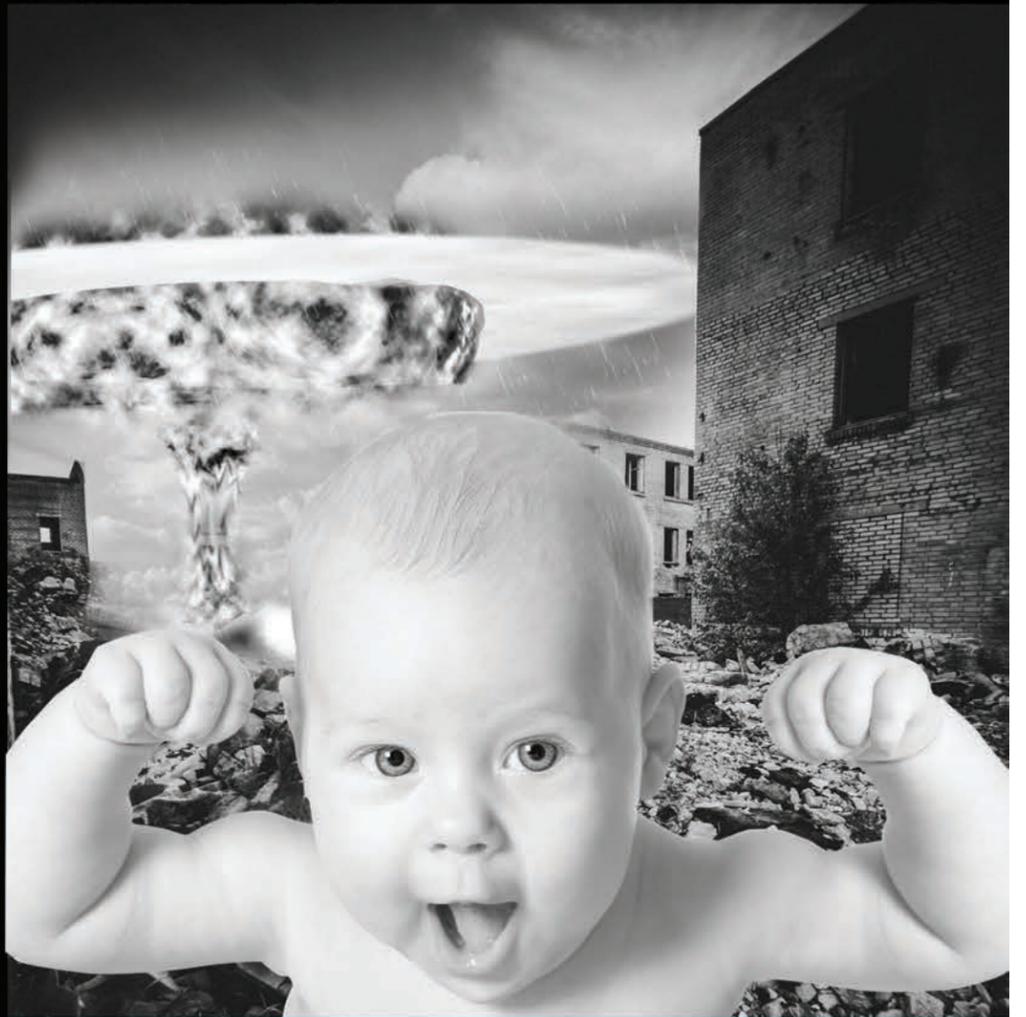
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## LUNGS

BY  
DUNCAN MACMILLAN

### MARCH 15—APRIL 14

THE CLOCK IS TICKING!  
WHAT'S IT GOING TO BE?  
THE BABY OR THE BOMB?



## MARCH

### JAZZ PROJECT GARAGE BLUES

Sat, 3/9, 8pm  
Jazz Project | Rose Max and Ramatis (\$25-35)  
Sultry Brazilian vocalist Max with Brazilian acoustic guitar master Ramatis.

Sat, 3/16, 8pm  
Garage Blues | Lauren Mitchell Band (\$25-35)  
Mitchell's galvanizing vocals backed by the talents of veteran rock and blues artists.

Sat, 3/23, 8pm  
Garage Blues | The Betty Fox Band (\$25-35)  
SOUL is what it's all about with this funk-infused blues band!

Tue, 3/26, 7:30pm  
Jazz Project | Byron Stripling (\$25-35)  
A modern Louis Armstrong, a powerful and towering trumpeter.

Fri, 3/1, 7:30pm  
Voices of Pride | Drag Bingo Cabaret (\$30-45 | \$20 student)  
Glitz, gams and glamour! VOP's annual fundraiser with the chorus performing throughout the entire evening.

Sat, 3/2, 8pm  
SPECIAL EVENT  
Drew Tucker Orchestra | Street Sophistication (\$20-30)  
An audiophile's dream of high-minded jazz, basement soul, and classic hip hop.

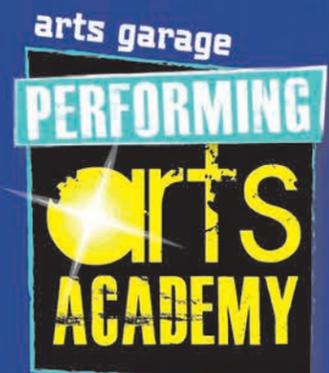
Fri, 3/8, 7:30pm  
Global Invasion | Errol Rackipov (\$20-30)  
Jazz vibraphonist, marimbist, and composer with Eastern European rhythms and motifs.

Sat, 3/30, 9pm  
Urban Underground  
Hip Hop Poetry Café (\$10 advance, \$15 at door)  
Poetry and spoken word set to the backdrop of jazz, soul and hip hop beats.

Wed-Fri, 7:30pm | Sat, 2pm | Sun, 7pm  
3/15-4/14 THEATRE AT ARTSGARAGE  
Lungs by Duncan Macmillan (\$30-40)  
"A bracingly dramatic walk through the thicket of couples communication...Smart and stimulating."  
—The Washington Post



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## Trend Watch: Just-for-Men Spa Treatments

With celebrities setting the bar high, ultra-competitive workplaces and the desire to look young, more men than ever are heading to spas to fulfill their grooming and pampering needs. In response, spas are offering special

treatments tailored to men's specific skin, body and relaxation needs. In fact, *Spa Finder Wellness' annual Spa and Wellness Report* named men's spa treatments as one of the top ten trends to watch in 2013.



**The Seagate Hotel & Spa** is home to The Seagate Spa, a tranquilly-designed, 8,000 square-foot destination spa in Delray Beach. The Seagate Spa offers two facial treatments designed exclusively for men: The **Men's Skin IQ Facial** is the ultimate overhaul for male skin, helping to calm irritation, minimize the signs of aging and protect against the harsh effects of shaving and environmental damage. The **Men's Urban Cleanse Facial** is a 50 minute, super-grooming facial that works to help eliminate blocked pores, accelerate skin repair and remove impurities. Both facials are \$125 and are 50 minutes.

<http://www.theseagatehotel.com/spa>

## The Art Of The Gentleman

By Drew Tucker  
Special to The Pineapple

There is a renaissance on the horizon. After years of overly baggy jeans, poor fitting suits, tight t-shirts heavily marked with shining flaming skulls, and intense greased up fades, the reemergence of the Gentleman is upon us. Rappers that once were the epitome of sloppiness are taking good care of their image, in and out of the studio. Post game news conferences and instagram feeds of top NBA stars are fashion diaries, and even the hardest of rockers are growing up and appreciating the need for a tailor, so that their crazy leather suits are well fitted.

But this article isn't just about external style, its about a return to manners, etiquette and return to honor that defined manhood for centuries before pop culture began to lie to us and tell us that these traits weren't manly.

This column will be about the art of the gentleman.

It will have style rules, we will have visiting experts chime in on all things gentlemanly from grooming, to the way to treat ladies from the initial meeting to what to wear to your rehearsal dinner. And of course we will answer any questions you may have. So lets commence the discussion.

**I invested in a lot of very nice suits years ago, and now I look at the suits that are popular now mine feel outdated. I don't want to spend another several thousand dollars on suits, especially since fashions change so often, what should I do? – John, Delray Beach**

The bad news is, that if you bought your suits a few years ago from any of the popular men's suit sellers (men's warehouse, Jos. A. Bank or the like) your concern is probably valid. The fact is, that sometime in the 90's the realization that American men were getting heavier and heavier was undeniable, so suit makers began making suits that boxed out the men's frame in an effort to conceal any unsightly weight gain. The good news is, that while fashions may change, the fundamental elements of what makes a suit great hasn't changed. So what your suits no doubt need is a great tailor (we recommend Margarita at Aloha Cleaners on NE 5th Ave and NE 2nd St) and when you take your suit in here is what you need to know:



Fig. 1



Fig. 2



Fig. 3



Fig. 4

### Pants

- Make sure the legs are tapered to accentuate the natural form of your build and the inseam is as close as you can get it without discomfort. The suit is for big occasions, containment is necessary.

- "The break" (where the pant meets the shoe) is where most men make their mistake. Your options include, no break, (fig 1) half break, (fig 2) or full break (fig 3) In our opinion, forget about the full break (especially if you are short, it may make you look as though you are wearing your dad's suit) half break is standard, or no break, but if you choose no break, you'd better have the socks for it.

### Jacket

- First of all, a quick rule if you choose to button your jacket: If your jacket has 2 buttons never button the bottom. If your jacket has 3, always button the middle and sometimes you can button the top (fig 4) (if you have more buttons than that and you're under 6'6" consider a thrift store) Make sure the jacket shows off your shape. If you're not happy with your shape, the jacket should still taper in toward the waist. This is where a good tailor is a must, the wrong tailor may pin your armholes, decreasing mobility and making your suit unwearable. Make sure that your tailor takes in the jacket from the center seam. An easy way to gauge: the fit of the jacket is to button the appropriate button. The button should slightly tug but not pull when buttoned.

### Shoes

- Traditional leather sole lace up cap toes, wingtips, or monk straps are timeless, but rethink the square toes, slip-ons, and rubber soles.

**I know you guys are big on manners, but I find myself very polite, I always try to treat girls with respect and I'm a sensitive dude, but it seems like all girls like jerks. I'm starting to think I should drop all of this sensitive nice guy stuff - Mark, Delray Beach**

Girls don't like jerks, but they do like men who act like men. What you are noticing most is that the guys who display these qualities, also have issues that cause them to be "jerks" to their women. At the end of the day, even the most business savvy corporate woman just wants a man to make her feel like a girl and the best way to up your manly credentials and remain a gentleman is simply to be a decision maker and have a plan! ESPECIALLY on the first date. On future dates, of course, it's okay to ask the lady where she wants to go, but if she doesn't have a definitive suggestion, be a man and have a plan and as always, open doors, and pull out her chair with confidence! Of course there is nothing more sexy to a woman than a man with confidence in who he is, so don't change for anyone, just continue to grow and be better and remember that there is no woman that doesn't want to be swept off of her feet, so be the one that does it.

Until next week gentleman, we will leave you with this:

Upon awakening, a man should prepare himself for greatness and hold that pose until retiring.

## Vaseline: Tried, true and cheap the old-school yellow goop makes a comeback

By Rigel Herman  
The Pineapple Staff Writer

This month, in lieu of my regular Fashion Column, I decided to try to unlock the secrets of "celebrity beauty routines". I mean, come on, there are so many of these said "secrets" out there, it begs us to wonder, A. which ones are worth a damn and B. are they really "secrets" if they're published in every fashion magazine and beauty blog...not to mention are they paid to endorse said product and "secret"?

Because there are so many, I chose to try just one to start. After reading about Vaseline for a week, "Jennifer Aniston Uses It!" and "She's Perfect!" I went out and bought a tub of the tobacco stained finger colored goo and put it right on my sink, where I couldn't forget about it.

As an adult, choosing a moisturizer is like deciding which ice cream flavor to get as a kid; they all look so darn good. Allegedly, celebrity trend-setter and serious beauty, Jennifer Aniston, said recently that her secret weapon against tired eyes and crows feet is none other than the \$2.49, no-frills Vaseline. She apparently slathers the petroleum-based product on her eyes every night before bed.

Vaseline has been around forever and relative to most products on the market, it's

obviously on the (very) inexpensive side. And the list of uses is extensive. From healing minor cuts and burns to do it yourself lip gloss recipes, the tub of oily, salve is a staple in many home medicine cabinets.

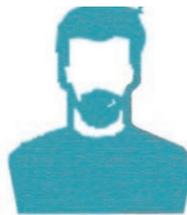
Perhaps Aniston was taking a cue from her actress predecessor, Doris Day in choosing Vaseline. Day wrote in her autobiography, "Doris Day: My Own Story," that she slathered her entire body with the stuff every night before bed. She wore socks, long-sleeves and pants to seal in the moisture and protect her sheets. It was this routine that she claimed gave her the softest, smoothest skin in Hollywood.

If you've been searching for the perfect moisturizer Vaseline is retro, hip and a no-brainer to try. Additionally, legend has it that coating your eyelashes with it before bed helps them grow thicker and longer. For less than the price of a latte, what have we got to lose?

Buyer beware, though, it's not the best lip balm. I found that it leaves a gross residue on my lips that looks white and scary and doesn't really soak in.

Wondering now why we never hear about Angelina's Secret Beauty Regim? Is she really too busy visiting Syrian refugees to care about her skin and eyelashes? Things that make you go hhhmmm...

### advice



## "... Then Jack Happened"

### Question

I've decided to leave my job of five years and I am a little freaked out. I'm leaving because I no longer feel challenged and feel like I've outgrown the position and there isn't any room for advancement. Help me consider the most important factors in this decision. How long should I plan on it taking to find another job? How much money should I save? I work in Marketing and Public Relations.

### Answer

Work. The bane of most existences. Laboring diligently only to receive a couple days off a week with the hope that one day there will be a large enough nest egg to retire and die. Is this how life is? Does it have to be this way? No, it doesn't. You can enjoy your job, but like anything worth a hoot in life, the best things are earned.

Proactivity (I made that word up, it means: 'the quality of being proactive'), is extremely important in the pursuit of happiness. Languishing through the doldrums of life is a sad reality for many, despondently awaiting a wake-up call or act of fate that likely isn't coming. You have to be the change you want to see in the world (Gandhi). And in your own world.

The first step to eliminate unhappiness is using your proactivity to identify it. It is important that you have already realized that your job is no longer satisfying. The next, more difficult step, is acting on it. Continuity is comfortable, but if you are unhappily comfortable, what's the point? You need to figure out what you want and what you want to do.

Before leaving a steady paycheck, figure out what you expect out of your next job. Do you want to stay in marketing and Public Relations? If so, that probably simplifies things. If not, research your next career. Be conscientious of your needs and goals. Change is invigorating, but it isn't necessarily positive unless you correct the problems that provoked the desire for change.

Unless you cure the roots, the fruits won't be any sweeter. Identify positions you want, and try to set up interviews. The benefit of already having a job, and the accompanying experience, is that you can be more open in interviews and tell them what you require regarding your career development, removing some uncertainty in your next landing place. The 'freaked out' feeling will lessen the more effort you put into making the best decision.

Consulting my "Personal Finance for Dummies" book (I'm not cracking on you, I am actually reading this), it recommends around three months living expenses in the bank before a big change or period of unemployment. This seems reasonable. But you are currently working. Nothing stops you from looking and working at the same time. The key is always preparation. Good luck!

*I can also give bad advice, just ask at [andthenjackhappened@gmail.com](mailto:andthenjackhappened@gmail.com)*

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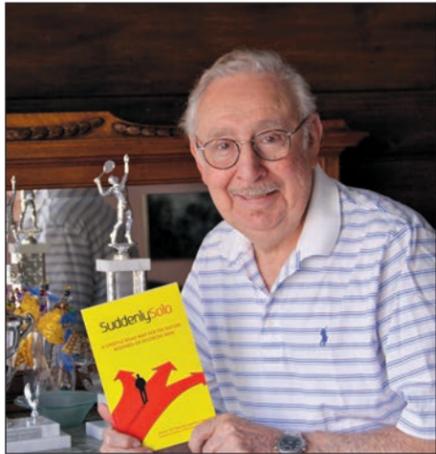
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# Ace Your Next Date? Ask Hal!

Looking for a love match? Many boomers and seniors are--- as witnessed by the dozens of attendees . . . men and women alike . . . at the Delray Tennis Center who visited the Boomer Times tent to lob a few questions at Hal Spielman, the co-author of *Suddenly Solo: A Lifestyle Road Map for the Mature Widowed or Divorced Man*.

Spielman, who has a popular, "Ask Hal" column on his website, [www.SuddenlySolo.org](http://www.SuddenlySolo.org), lives in Lake Worth and recently started his South Florida book promotion in Delray. While the author has geared the topics towards mature divorced and widowed men, he finds his book is getting just as much interest from women. "With women outnumbering men about 4 to 1 after age 65, I see that they are looking at the book for insights into what men really want," said Spielman. "And to their delight, the stereotypical young blonde is not the answer."



Author Hal Spielman has often played at the Delray Beach Tennis Center

Men are looking for women who they can share experiences with, and be friends with says Spielman. Thirty-six percent want a woman to look, "her age," and 37% of men want their woman to look "his" age. The preferred hair color? Brunette.

So how does Hal know all this? Well, that is an interesting story. When Spielman lost his wife of 32 years he was at a loss in many ways—from household chores, to when to start socializing, and the biggie - what about sex again?!

Unsure of the correct path and realizing that many mature men who become widowed or divorced seem to similarly flounder, he decided to find out answers from those who were actually surviving and thriving.

Spielman, who is the founder of the renowned marketing research company, McCollum Spielman, based in New York City, used his extensive knowledge of data gathering techniques and analysis to conduct his own research. He began with a series of "depth" interviews where he spoke one-on-one with men and women, 55 and over who had survived being Suddenly Solo. From these sessions, he developed a series of studies (surveys, eye tracking, content analysis) that culminated in interviews with over 1000 men and over 600 women from across the country who met the same criteria. The information he got back was frank, forthright and myth-busting!

"The survey gave me great insights into the feelings of loss that men feel when faced with widowhood and divorce, and pointed out what I call media myths," said Spielman. "Moreover, women seem to cope better because they have strong ties with friends and are more social on their own. Often times for men, their woman was the major coordinator of their coupled social life."

Spielman feels the key is taking time to heal and then getting back out there. This message is strongly reinforced by Bill Novelli, the former CEO of AARP who wrote both the forward and afterward for the book.

"Look at all the great things to do right here in Delray's East Atlantic Avenue and Pineapple Grove," he said.

"The most important lesson I learned - and this applies to both Suddenly Solo men and women - is that there is still a life out there to be lived and enjoyed. And while it may take a little effort, you can and will find people to share it with again. So, get off your ass and DO IT!"

To learn more about the book, which is written with a light hand (available on Amazon) or to ask Hal a question, go to [www.suddenlysolo.org](http://www.suddenlysolo.org)

# Hair Styles

## FROM THE RUNWAY TO YOUR DRIVEWAY

By Dianne E. Adams  
Special to The Pineapple

I look to fashion week for help to pick up trends that I can convert into my own looks. This is as much for hair styles as it is for clothes. I like my hair to be my best accessory. It can be yours too.

**This spring the hair trends are simple:**

- Braids
- Head Wraps
- Deep Side Parts
- French Twists
- Undone, Messy Looks

The easiest way for you to make these looks your own is to browse through magazines, surf the web or make a quick appointment with your hair stylist to see what looks go best with your style. The great thing about this spring is the looks have an overall undone ease to them. This is fantastic because, although women want to be fashionable, sometimes we just don't have the time to make a perfect coif.

If your hair has an overall neat look, invest in some beach spray. It will add texture and a little grit that will help you create the effortless, messy look that we all love, and that is walking the runways this spring.

Braids and pony's are really big this season. If you think you can't braid, no sweat. Put your beach spray in, get your hair a bit messy, take some strands, twist, secure with

bobby pins or a pony tail holder and off you go. Or, put your hair in a low pony, grab a colorful scarf, wrap and go. Your hair will be your best accessory.

Take a look at what you are wearing and ask yourself, "Is my hair adding to or competing with my outfit." If you say adding to, then get out and have a great day. If you say competing with, then simply take a step back from the mirror. Get a few things on the counter, pony tail holders, bobby pins, barrettes a comb and some hairspray. The process is streamlined when everything you need is at your fingertips.

Now, start by doing the opposite of what you started with. If your hair is up, take it down, and vice-versa, switch the side of your part. Sometime a small shift in proportion can make a big difference. A few extra minutes can make or break the way you feel about yourself all day. Don't underestimate the power of looking and feeling good.

Be fearless with your hairstyles. Remember, it's just hair. You can change the way it looks just as quickly as you can change your shoes. Look to the Spring 2013 runway for inspiration. Have fun, look great and just because you maybe in your driveway, that doesn't mean you can't look like you are on the runway.

Dianne E. Adams is owner-stylist of Studio Seven Hair in Pineapple Grove. Visit [www.StudioSevenHairDelray.com](http://www.StudioSevenHairDelray.com)

# Herb Alpert & Lani Hall with Michael Franks

March 1 - 8 p.m.



Multi-Grammy® Award winning trumpeter Herb Alpert of Tijuana Brass fame and vocalist and wife Lani Hall (best known as a member of Sergio Mendes' Brasil 66 band), along with smooth jazz singer and songwriter Michael Franks, will perform selections from the Great American Songbook and Alpert/Hall's latest release, *I Feel For You*, which includes the Beatles' "Here Comes The Sun" and Peggy Lee's "Fever."

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**food/dining**

# U.S. Chamber Names Rapoport's Restaurant Group Southeast Regional Winner for 2013 Small Business of the Year Award

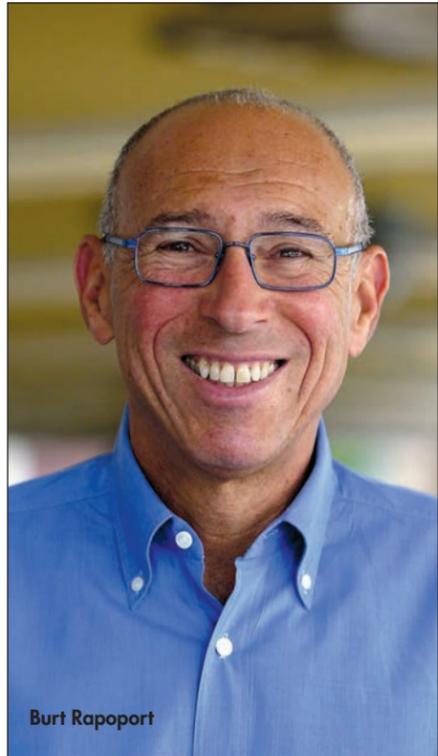
BOCA RATON, FL – On February 15, the U.S. Chamber of Commerce named Rapoport's Restaurant Group one of seven national finalists for the 2013 DREAM BIG Small Business of the Year Award, who were selected from the top 100 Blue Ribbon Award winners. Additionally, all Blue Ribbon finalists are eligible for the Community Excellence Award, designed to highlight a business that has found success in the eyes of its community, which will be decided through online public voting until February 22. Both award

winners will be honored during America's Small Business Summit, April 29 – May 1, in Washington, D.C.

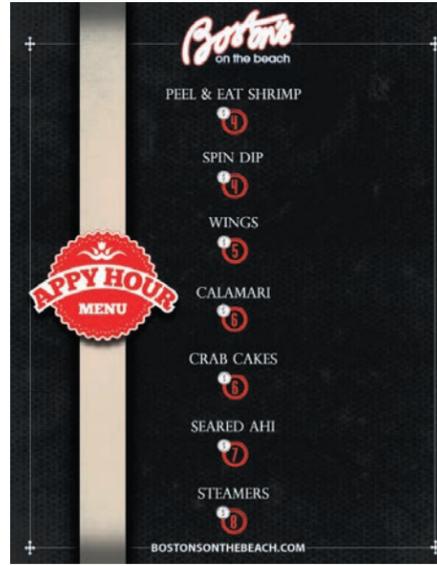
"Rapoport's Restaurant Group is a living example of the power of free enterprise at work in our economy. Through their hard work and talents, they are enriching their community, expanding opportunities for others, and fulfilling their own dreams," said Thomas J. Donohue, president and CEO of the U.S. Chamber. "We salute Rapoport's Restaurant Group for the vital contributions they make to our economy and our society."

Known for its award-winning restaurants and sandwich shop, Rapoport's Restaurant Group was founded in 2000 with the opening of Henry's. President of the well-known South Florida restaurant group, Burt Rapoport, expanded the group to include, Bogart's Bar & Grille on the Premier Level of Cinemark Palace 20 Theater, Deck 84, waterfront on Atlantic Ave. Delray Beach, E&J's Sandwich Shop, and their latest concept Burt & Max's, which recently opened at the Delray Marketplace on February 15. Rapoport's Restaurant Group is an active community member, donating more than \$75,000 in 2012 to local organizations including the George Snow Scholarship Fund, Boca Raton Regional Hospital, Tri County Humane Society and the American Association of Caregiving Youth.

"We are extremely honored and grateful to the Boca Raton Chamber of Commerce for our nomination as well as the entire community for continuing to vote for Rapoport's Restaurant Group," says owner Burt Rapoport. "Thank you for all your support, without you, Rapoport's Restaurant Group would not be able to provide its services and donations to our local community."



Burt Rapoport



## 'APPY HOUR AT BOSTON'S

Boston's on the Beach, one of South Florida's best sports bars, is proving why they're top ranked, again. Starting this month, Boston's is debuting their new weekday "Appy Hour" menu from 4 p.m. to 7 p.m. The menu will feature an affordable selection of lite bites from peel and 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. Pair these delicious starter deals with half-priced draft beer, domestic bottles, wine, and wells, and you can see why Boston's Appy Hour is guaranteed to satisfy your "appytite."

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**food/dining**

**Chef Bruce Feingold of Dada's wins Garlic Chef title**

*Defeats two time winner Chuck Gittleman of Karma Sushi Steakbar in Boca Raton*

On February 9th & 10th, chefs competed in the 14th Annual Garlic Chef Competition at House of Appliances Garlic Chef Stadium. Patrons witnessed as culinary worlds collided once again, with all four competitors this year from our own fine Delray Beach restaurants.

Back to defend his 'two time' title was Chef Chuck Gittleman, of Karma Sushi Steakbar, Boca Raton. Other competitors included The Office, 50 Ocean, Vic & Angelo's and Dada's.

Executive Chef, Bruce Feingold of Dada's in Delray Beach won round one on Saturday morning, February 9th, continuing onto the semi-finals on Sunday morning, February 10th. About 1-1/2 hours after the semi-finals Feingold went up against two time winner, Chef Chuck Gittleman of Karma Sushi Steakbar in Boca Raton.

The mystery item for the finals was an array of berries, paired with dark and white chocolate. Rather than composing the normal salad, appetizer and entrée, the competitors



**2013 Garlic Chef, Bruce Feingold with team members Becky and Scott**

were asked to compose three different desserts for this round, all including garlic! An additional judge was added that competitors needed to prepare an extra plate of each item for. Winner, Bruce Feingold's menu is listed below:

**Dessert 1:** Dada version of a deconstructed cannoli with a garlic blackberry and blueberry mascarpone filling, drizzled with dark chocolate sauce and shavings of chocolate.

**Dessert 2:** White chocolate, fresh mozzarella, raspberry fried wonton with a jalapeno garlic caramel.

**Dessert 3:** Strawberry, blueberry cobbler with roasted garlic and lemon zest cobbler topping finished with fresh balsamic whipped cream.

**Profile**  
**50 OCEAN** Executive Chef Blake Malatesta



**Chef Emeril Lagasse with 50 Ocean Executive Chef Blake Malatesta**

Chef Blake Malatesta brings a unique combination of Southern tastes and international, culinary flair to his position as the executive chef at 50 Ocean in Delray Beach. As a native of LaPlace, La., where he ate stalks of sugarcane while shucking oysters as a boy, Malatesta grew up influenced by the contrasting tastes, textures, and temperatures of fresh food and flavor combinations.

From these humble beginnings and inspired by his parents' encouragement to pursue his culinary dreams, Chef Malatesta began honing his craft by balancing authentic dishes with big flavor and rustic simplicity in a family-owned restaurant. Looking for more creativity and exciting new ideas, he pursued his calling by spending a year traveling in Europe and finding work in back kitchens, where his passion for food and wine became influenced by international sensibilities and tasteful creations.

In April 2012, his culinary journey brought him to 50 Ocean, where he now selects the finest, fresh ingredients and combines them with local, seasonal, and sustainable foods. From his grandfather's fields to the flavorful dishes and tastes of Southern and international kitchens, Chef Malatesta's unique approach to taste, freshness, and innovation in food presentation is why he has made 50 Ocean a must-experience restaurant on the East Coast of Florida.

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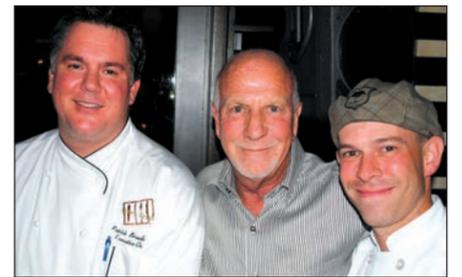
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**Executive Chef/Partner Patrick Broadhead heads kitchen at Max's Harvest**  
*Chef Chris Miracolo moves to Fort Lauderdale's Restaurant People's S3*

DELRAY BEACH, FL – The Max Group Executive Chef and Partner Patrick Broadhead, who teamed with Chef Chris Miracolo to create the award-winning menu and farm to fork concept at Max's Harvest, officially took over the reigns at the Delray Beach establishment in mid-February. Chef Miracolo has been hired as the executive chef of Fort Lauderdale's Restaurant People's new beachfront establishment S3.

"I am so grateful to the Max Group for my tenure as Executive Chef at Max's Harvest. This was an experience that allowed me to spread my wings and propel me to the next level," said Miracolo. "I feel privileged to have worked with Dennis Max and Patrick over the years and couldn't be more proud of what our team has created at Harvest. It helped me form bonds with wonderful farmers and friends and truly opened the doors for this new opportunity."



**L to R: Patrick Broadhead, Dennis Max, Chris Miracolo**

Broadhead, who worked with Miracolo in the creation of the Max's Harvest menu, helped cultivate its relationships with local farmers; and helped manage the opening in 2011, will serve as executive chef, working alongside the restaurant's existing culinary team.

"All of us at The Max Group are so proud of Chris and delighted that another 'Max alumnus' has been presented with an incredible opportunity," said Dennis Max. "The Max family prides itself on grooming a generation of South Florida's best chefs and industry professionals. We look forward to grooming future culinary stars through our growing family of restaurants."

Max's Harvest, an award-winning "farm to fork" concept, is the creation of Dennis Max and his partners, Fred Stampone and John Williams. The 120-seat restaurant opened in June 2011 and features a sidewalk patio, two inviting dining rooms, an inside bar, and a beautiful garden courtyard with outdoor bar.

Max's Harvest sources its fresh ingredients from local farms throughout South and Central Florida, including Palm Beach County's Swank Specialty Produce, Farmer Jay's Organics, and Heritage Hen Farms and features delicious, simple and sustainable fare. The restaurant is located at 169 NE 2nd Avenue in Delray Beach. [www.MaxsHarvest.com](http://www.MaxsHarvest.com).



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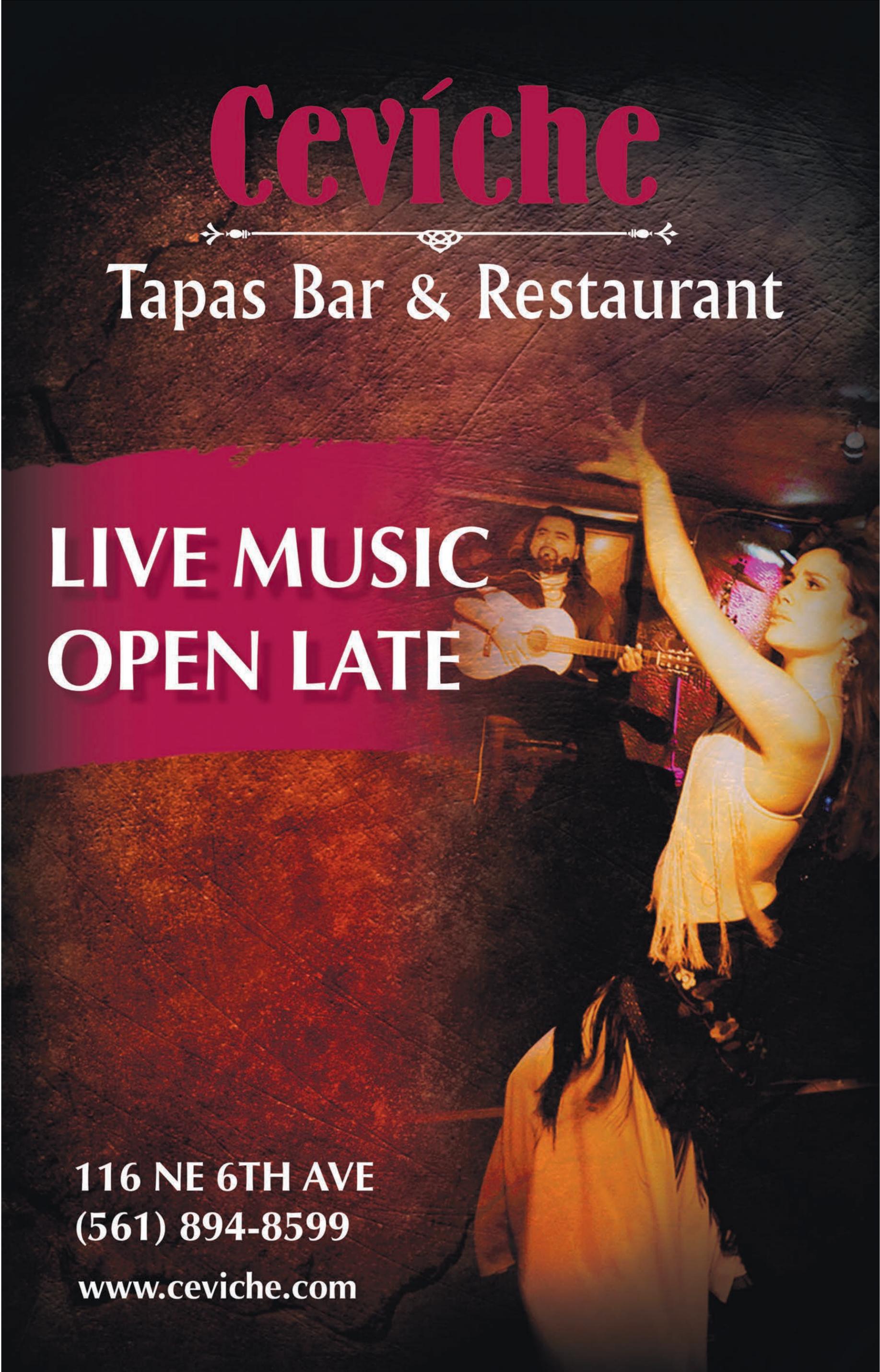
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## WellFest Delray 2013 Captures the Essence of this Great City

### Well-Come To WellFest Delray 2013

WellFest Delray was created for you!



You know who you are. Someone who has a casual or committed interest to an active lifestyle (as you define it), good nutrition, taking care of your body and your mind, exploring new (and increasingly) mainstream alternatives to feeling good, looking better inside and out, taking steps to reduce stress, meditating, or just taking a long walk or bicycle ride.

Welcome. We're so glad you found us.

This is the first year of WellFest Delray...and as with all births there is excitement and anticipation, and along with that some wonderful people who have contributed time and effort to this event.

These people include former Mayor Jeff Perlman and others who have taken time from busy schedules to help get WellFest Delray off to a good start...We thank them.

Our goal is for WellFest Delray to inform, educate, motivate and inspire people to take positive steps with their life and to encourage others to do the same.

To accomplish this, WellFest Delray 2013 will feature a wide range of Wellness businesses exhibiting in the Old School Square gymnasium, where visitors can interact, and learn more. Across the street, Hyatt Place will host a range of expert speakers, while fitness demos will take place on the grassy area outside the Amphitheater.

We want to sincerely thank the exhibitors, sponsors, speakers and performers who have supported this event. We hope to see you at WellFest Delray 2013, Thursday, March 7 starting at 11AM and running all day.

---Bob Lipp, Founder, WellFest Delray

### WellFest Delray Wellness Exhibitors at Old School Square Gym

A range of impressive businesses will be exhibiting at the Delray Center for the Arts at Old School Square gym starting at 11AM on Thursday, March 7. These companies include those featured on these pages, as well as the complete listing that appears on the top of page 4. Visit the Expo and interact with these companies, while you learn more about how your connection to wellness can make a big difference in how you look and feel.

### WellFest Delray Expert Speakers at Hyatt Place

Among the many events and surprises at the first-ever WellFest Delray will be a day-long series of Expert Speakers who will present on a range of Wellness topics. Hosted by Hyatt Place, located across NE 1st street from Delray Center for the Arts, The WellFest Speaker Series (starting at 10 AM) will feature noteworthy experts who can make a positive impact on your life. For details on each of these speakers and a presentation schedule, see page 4.

### WellFest Delray Fitness Demos at Old School Square Pavilion

Expect a day of amazing Fitness Demonstrations as part of the many WellFest Delray activities. Enjoy a range of events from tai-chi, to yoga, to martial arts, to fitness classes. These high-precision, high-energy demonstrations and classes will be held outdoors in the grassy area in front of the Delray Center for the Arts Pavilion (Amphitheater). They start at 11AM and run through 8 PM. For more details on what to expect, see page 5.



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*Double board-certified in Dermatology and Family Medicine,  
Dr. Brian Feinstein is the founder of Feinstein  
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Dr. Feinstein believes that all patients deserve a doctor and staff that are helpful, knowledgeable and courteous. This should be the expectation and not the exception. Dr. Feinstein is committed to providing high quality medical care with personalized service. This philosophy earned him the Patients' Choice Award in the first year that Feinstein Dermatology & Cosmetic Surgery was established and each year thereafter through current. He has also earned the Most Compassionate Doctor Award.

Dr. Feinstein specializes in general, cosmetic and surgical dermatology with a focus on Mohs Micrographic Surgery, skin cancer detection and treatment, laser surgery and laser-based treatments, Botox and aesthetic enhancements with dermal fillers.



Born in South Florida and raised in the Midwest, Dr. Feinstein completed an internship and two-year residency in family medicine at Broward General Medical Center in affiliation with Nova Southeastern University. Dr. Feinstein continued his training by completing a three-year dermatology residency at Broward General Medical Center where he was awarded Resident of the Year. Dr. Feinstein earned the title of Chief Resident in both his family medicine and dermatology residency programs. He currently serves on the medical staff at Delray Medical Center.

Dr. Feinstein is a fellow of the American Osteopathic College of Dermatology, fellow of the American Society for Mohs Surgery, and an active member of the American Academy of Dermatology and other various societies. *Continued on pg 7*



**INTEGRATIVE ACUPUNCTURE**

*Acupuncture and Chinese herbs have the ability to heal on many different levels; they can also be incredibly effective in helping to prevent illness and disease.*



is essential to the process of creating and maintaining health.

Integrative Acupuncture's name was chosen by Harmony and Kim because of their trust in "integrative medicine," which refers to treatment protocols that

combine both Eastern and Western approaches. It is, in their belief, the best possible way to treat illness. They offer patient education in an open-minded, supportive environment so that each individual can find new possibilities for growth and the creation of optimal health in their life. It is their desire that together everyone will be guided to a greater awareness of what health means to each patient.

Yet, the journey to health is unique for each patient, which is why it is important to have acupuncturists, like Harmony Brown, AP and Kimberly Marrone, AP at Integrative Acupuncture, who understand your unique needs and what must occur for the body to be well.

Integrative Acupuncture was founded by Harmony and Kimberly in 2007 and has been flourishing ever since. Their goal is to provide whole-body health care in an environment that is friendly, warm, comfortable, and professional. What sets them apart is their dedication to creating a healing environment where the patient is an active participant in promoting and restoring wellness. They see the patient-practitioner relationship as a partnership of equals, meaning that the patient's involvement and insight

combine both Eastern and Western approaches. It is, in their belief, the best possible way to treat illness. They offer patient education in an open-minded, supportive environment so that each individual can find new possibilities for growth and the creation of optimal health in their life. It is their desire that together everyone will be guided to a greater awareness of what health means to each patient.

Harmony and Kim are board certified Acupuncture Physicians in the State of Florida and are nationally certified by the NCCAOM (National Commission for the Certification of Acupuncture and Oriental Medicine). Both received their Bachelor of Health Science and Master's Degree of Oriental Medicine from the Atlantic Institute of Oriental Medicine in Ft. Lauderdale, Florida.

*Continued on pg 6*

**2 Thursday, March 7, beginning at 11AM and continuing past 7PM**

Connect with WellFest Exhibitors in the Old School Square Gym



Atlantic Grove Chiropractic & Rehabilitation was founded in 2009 by Dr. Hessem Khatami to cater to the active individuals, athletes, and families in the South Florida community.

Dr. Khatami has been proud to be the Official Chiropractor to FAU Athletics since 2010. He is responsible for treating members of every team, from football through tennis, to overcome their injuries and reach their peak potential in competition. He is also proud to have been the Official Team Doctor to Crossfit Delray Beach since 2010 and Crossfit Boynton Beach since 2012. Dr. Khatami was also a supervising physician during the Florida Ironman in 2011 and has been working with the Ironman community since 2009.



Dr. Khatami has certifications in many sports-related therapy techniques including Active Release Technique, Graston Technique, Kinesio-Taping, and Cold Laser Therapy. He has been able to use these advanced certifications to accurately diagnose and treat muscle, joint, and spine related conditions that many physicians and therapists have trouble addressing.

Active Release Technique is a type of manual hands-on therapy that corrects soft tissue problems and injuries. Some of the specific injuries that are treated include repetitive strains, adhesions, tissue hypoxia, and joint dysfunction. The ART practitioner finds the exact tissue that is injured or causing the problem and then physically works that tissue back to its normal texture, tension and length.

Graston Technique is an innovative, patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively break down scar tissue and fascial restrictions. The technique utilizes specially designed stainless steel instruments to specifically detect and effectively treat exhibiting soft tissue fibrosis or chronic inflammation.

For more than 25 years, Kinesio Taping has been breaking new ground in the fields of sports performance, pain management and physical therapy. *Continued on pg 6*

Boca Acupuncture

Boca Acupuncture is a natural health clinic providing safe, natural solutions for wellness minded people who are looking to optimize their overall health or address specific health problems.

We offer both traditional Chinese medicine modalities including acupuncture and Chinese herbs as well as Nutrition Response Testing™ for treating pain and a wide variety of health challenges.



Nutrition Response Testing™ is an effective nutritional testing method that is capable of discovering the actual core-level health issues our clients are experiencing and provide effective, natural, non-invasive and affordable solutions.

**If you are like other people who come to us for help, then most likely:**

- You may have one or more health conditions that won't go away.
- You have visited doctors, or even alternative practitioners, but the results weren't what you hoped or expected.
- Health conditions are significantly affecting your life. Perhaps this also affects your career, family, and/or personal finances.
- You realize that these conditions are probably not going to get better unless the real source of the problem is found and corrected.

If you are hoping that there is something that can be done about it then we can help.

Nutrition Response Testing™ is very precise and scientific. However, if we were to analyze you using Nutrition Response Testing™ before it was explained to you, you might find it strange, or simply not believable – only because it is probably very different from anything you may have experienced before. *Continued on page 7*

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**Marc D Thompson,**  
marc@VirtuFit.net  
561 676-6179  
Skype: VirtuFit

**PILATES, BY KRISTA PILATES STUDIO** is the "only" Fletcher Pilates studio in the South East carrying on the Ron Fletcher lineage of the Pilates method.

*Inspired equally by the classic Pilates taught to him by Joseph & Clara Pilates and his years as a professional Martha Graham dancer, Fletcher Pilates® is as dynamic and elegant as it is physically challenging.*



PILATES, By Krista

Fletcher Pilates® constitutes the core of our movement-based physical conditioning program. In addition to private and semi-private Fletcher Pilates® sessions on all pieces of equipment, Pilates By Krista, also offers an extensive movement-based group-classes, Yamuna Body Rolling®, Fletcher Towelwork® and Fletcher Floorwork®, as well as Pilates Mat classes for students at all levels.

Mention "Wellfest" and receive 3 Private Lessons for free!!!  
**Pilates, By Krista**  
Krista McCarthy, CPT-PMA  
kristamccarthy@yahoo.com  
302-420-7871

WellFest Delray brings you Impressive Exhibitors and Speakers

# WellFest Exhibitors 2013

- Atlantic Grove Chiropractic
- Dirt Fitness
- DU20 Holistic Oasis
- Sacred Treehouse
- Boca Acupuncture & Rehabilitation
- Alive & Well Acupuncture Clinic
- InsideOut Wellness/Isagenix
- Shore Chiropractic
- Feinstein Dermatology
- Alpha Physical Therapy & Rehab
- Medi-Fast
- Taspens Organics
- Integrative Acupuncture, LLC
- Antonella Martino - Pharm.D.
- Nutrition Cottage
- The Crystal Garden
- Delray Medical Center
- Coach Roudy Fights Obesity
- Holistic Sunshine
- Vado Therapy
- Bethesda Hospital
- Duncan Conference Center
- Prime Time Wellness
- VirtuFit.net

### Certified Happiness Coach

Andi Evans, CHT, is the author of the award-winning self-help blog SpreadHappy, and the founder of the website Spreadhappy.com. She is a Certified Happiness and SuccessCoach, as well as a frequent contributor to MindBodyGreen, The Happy Starfish, and Cafe Truth. She has been interviewed and featured in the Examiner.com, Chatelaine, NaturalAwakenings, among other publications. She is a guest blogger and book reviewer with New York Times best-selling Hay House and Random House authors Colette Baron-Reid and Eldon Taylor. She is a frequent guest happiness expert on Blog Talk Radio and Transformational Talk Radio. Andi is also the creator of the self-esteem building curriculum for high school students; as well as a frequent inspirational speaker to business and college groups. Her website is [www.spreadhappy.com](http://www.spreadhappy.com).



### Fitness/Nutrition Expert

Kristin Berard is a Delray Beach resident and second place finisher in the recent DFAC (Drug Free Athlete Coalition) World Finals as a Figure Pro. She owns and operates Lifetime Health Consulting which offers in-person and online Personal Training, Weight Loss and Nutritional consultation and specializes in Pre - Post Natal Fitness and Nutrition training, Figure Competition Prep and Childhood Obesity. Her goal is to work with people to help get them healthy physically, nutritionally, and emotionally. Her business operates in conjunction with her Chiropractic Wellness Center Spine and Sport Rehab Institute. Her website is [www.kristinberard.com](http://www.kristinberard.com).



### Chakra Awakening

Margaret Ann Lembo is the Award winning Author of Chakra Awakening and the Angel Gemstone Oracle Cards. Margaret Ann is the past President (served 4 years) and the current Vice President of the Coalition of Visionary Resources. COVR is a national trade organization formed by a unique group of businesses that deal in "Visionary Resources," and who work with and support each other as independent retailers, manufacturers, distributors, wholesalers, and publishers of visionary books, music, and merchandise. Visionary Resources are products and services that help the world become a better place. They include a wide variety of spiritually uplifting products and services that in some way nourish or celebrate the human spirit. Her website is: [www.margaretannlembo.com](http://www.margaretannlembo.com).



### Meditation Expert

Michelle Goebel is a Chopra Center Certified, Primordial Sound Meditation Instructor and Reconnective Healing Practitioner. She has studied with Deepak Chopra, MD and Chopra Center Co-Founder David Simon, MD. For over 20 years, Michelle has practiced various types of meditation of natural healing. She empowers students to live their lives with inner peace, purpose and passion. Michelle encourages students to look within to reduce stress, improve sleep, enhance immunity, improve memory, discover work-life balance and find more joy. Michelle teaches private and group meditation classes, workshops, workplace wellness and women's programs in Palm Beach and Broward County. [www.inspiredintent.com](http://www.inspiredintent.com)



### Nutrition Cottage, Owner and Licensed Nutritionist

Mark Stowe has been actively involved in the health and natural foods industry for is president and owner of Nutrition Cottage, Inc. with current locations in Delray Beach Florida. Nutrition Cottage is the oldest family owned natural foods stores in South Florida Best Health Food Store for 5 consecutive years. Stowe is a past president of the Delray Commerce and recipient of their community service award. He is a licensed nutritionist of Medicine and has an active nutritional counseling practice, speaking regularly to civic, President of the Natural Products, Assn. (NPA) and was also recognized in 2004 by Natural Foods Merchandiser as one of the top 25 merchants, entrepreneurs, idealists and visionaries who have helped build and shape the natural products industry. His website is [www.nutritioncottage.com](http://www.nutritioncottage.com).



over 25 years and and Boynton Beach, and was voted the Beach Chamber of by the Florida Board business and professional organizations. Stowe is a recent Past

### Feng Shui expert

Sheree Diamond, best known as "The Flow Doctor" is an internationally known and highly sought entrepreneurs with the right tools to program their environments to create a happier, healthier, she provides powerful space and personal clearings which gives her clients a complete foundation an assortment of highly acclaimed Feng Shui Products which are available on her website [www.TheFlowDoctor.com](http://www.TheFlowDoctor.com). She had the great honor of being selected from a nationwide search to be featured in the book "Mastering the Art of Success" along Whether you need to strengthen your health, improve your business, boost your finances, get your creativity Sheree is your go-to person to get your life flowing again.



after Feng Shui Expert. Sheree specializes in providing wealthier and more fulfilling life. In addition to Feng Shui, for optimal transformation. Sheree is the creator of TheFlowDoctor.com. She had the great honor of being with Jack Canfield, Mark Victor Hansen and Les Brown. unstick, create more loving relationships, or unleash

### Deep Ecologist

Val Silidker, MS, founder of [www.inspirelifeworkshops.org](http://www.inspirelifeworkshops.org) and Expand the Love, is a Deep Ecologist, catalyst, as well as an event producer, writer and facilitator, who has been building community and nationally and internationally for over 15 years. She has a MS in Ecology and Education with continued psychosynthesis, cosmology, wilderness therapy and systems thinking. Val designs, directs and facilitates can explore themselves and their interconnectedness with life, and works intimately with individuals discover their purpose, passions, strengths and the depths within them utilizing positive psychology, wilderness therapy.



inspirational speaker and transformational empowering individuals and groups both focus in experiential learning, ecopsychology, transformational workshops, where participants to inspire them to ask deeper questions, psychosynthesis, positive disintegration and

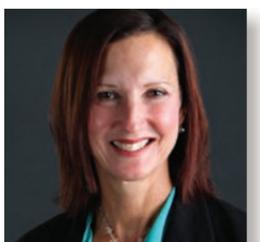
### Suite Dreams Sleep Disorder Program

Lisa Andrews is currently the Director of Special Diagnostics at Delray Medical Center in Delray Beach, Florida. She graduated from SUNY Upstate Medical Center with AAS in Respiratory Therapy. She obtained her Master of Science in Health Services Administration in 2007 from Barry University. She has been actively involved with the Sleep Disorders Center for over 15 years Lab. Her background as a Registered Respiratory Therapist has enabled her to develop expertise in sleep disorders and the various treatments available. Lisa is very active in the community speaking at numerous events on the topic of Sleep Disorders and attending numerous health fairs.



### Getting the most from your Wellness visit

Delia Weiss, M.D. will speak about getting the most from your Wellness visit. Dr. Weiss trained in Traditional & Holistic Medicine, and uses her traditional Western medicine training and 17 years of clinical experience to treat most non-surgical adult medical issues including: Allergy; Respiratory; Headache; Stress; Anxiety; Blood pressure; Cholesterol; Diabetes; Digestion; Fatigue; Thyroid; Fibromyalgia; Sleep; Nutrition; Weight; Andropause; Menopause; Hormone balancing. She uses holistic approaches for preventive care and risk reduction. Dr. Weiss is currently offering insurance and Medicare complimentary well visit screening. In addition to Internal Medicine primary medical care, the doctor is offering Weight Loss, Bioidentical Hormone Therapy and Health Coaching through Weiss Wellness MD, at their office and Paradise Spa. Her website is: <http://deliaweissmd.com>.



### Entertainment Performing on the WellFest stage from: 12:00-12:45 and again from 6:00-6:45 pm

Felicia Rose is a singer/songwriter performing on guitar with extraordinary vocals! She is an advocate of healthy living, yoga, and meditation. Felicia's music has been described as "inspirational and uplifting". Consistent is the joy, love, and pure, raw talent that exudes from Felicia Rose as she lights up any stage!



**4 Thursday, March 7, beginning at 11AM and continuing past 7PM**

**Our Expert Speakers Presentations will be held in Hyatt Place first floor meeting rooms, Thursday, March 7, beginning at 10 AM**

**Speaking Schedule:**

10:00 am	Dr. Delia Weiss
11:00 am	Andrea Evans
12 NOON	Lisa Andrews
1:00 pm	Richard Mark Stowe
2:00 pm	Margaret Lembo
3:00 pm	Val Silidker
4:00 pm	Kristin Berard
5:00 pm	Michele Goebel
6:00 pm	Sheree Diamond

## Enjoy Amazing Fitness Demonstrations that Inform and Inspire

Fitness was always a passion for **Ground Zero Fitness** owner Rod Redzanic. What had started out as a hobby has since snowballed into a very popular outdoor elite fitness program. Rod, and his partner and fellow trainer, James Adams, now teach over 30 classes a week at the Seacrest Soccer Complex in Delray Beach. They also venture to the beach on Sundays a few times a month to mix it up.

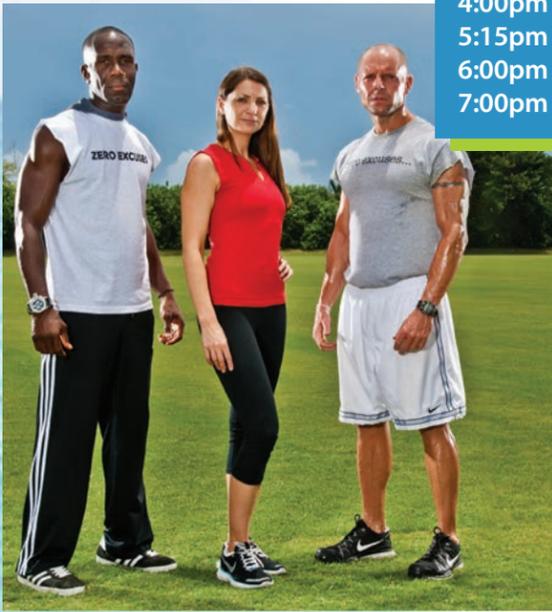
You can expect a one-of-a-kind, fun, exhilarating, and heart-racing workout on Thursday, March 7th. GZF has planned 45 minute classes for WellFest attendees to try out for free. These will include everything from battling ropes, to plyo boxes, to agility courses and more!

GZF blends their "Boot Camp" style of intensity with other training methods to create a total and complete body transforming program suitable for any fitness level. GZF uses interval training during fitness classes, which involves bursts of intense activity alternated with periods of lower exertion. GZF models classes using the philosophy of muscle confusion, for better overall results. Because the body can become less responsive to a particular fitness or training routine over time, it is crucial to continually change up your workouts.

GZF has proven the benefits of changing things frequently; not only is each class different, but every 3 months they completely change the class schedule. The trainers push people passed their comfort zone, while making the classes fun, exciting, and challenging. And all of this brings on...RESULTS.

GZF members give testimony in their weight loss, increased stamina & endurance, enhanced athleticism & strength, improved coordination, and most of all improved commitment toward a healthy and fit lifestyle.

### Ground Zero Fitness



**All Fitness Demos will be held in the grassy area by the Old School Square Pavilion.**

**Demonstration Schedule: Put together by Ground Zero Fitness, who is also participating in the Demonstrations, the all-day Fitness events will include the following participants:**

- 11:00am Planned Yoga Demo
- 12:30pm Ground Zero Fitness
- 2:00pm DU 20 Tai Chi Class
- 3:30pm Martial Arts
- 4:00pm Martial Arts
- 5:15pm Ground Zero Fitness
- 6:00pm Ground Zero Fitness
- 7:00pm Dirt Fitness

### Acro-Yoga Demo

'Jessica Om' Stiehm: Yogi, singer, artist, teacher, acrobat, adventure seeker, lover of life, and connoisseur & educator of the healing arts. Jessica believes a healthy life is a playful life. She is a certified & registered yoga instructor, vedic thai-yoga bodywork, & meditation teacher, flying yoga/partner acrobatics fanatic and one of the founders of the community group known as the Delray Acro Club based in Delray Beach, as well as other



Taiji (Tai Chi)

By practicing in accordance with these principles of softness and hardness, the practitioner will begin to experience strength and efficiency of movement. This class/demonstration will be given by Dr. Nick Kusturic. Participants should wear comfortable clothes and shoes to class. Class will be held outdoors. No experience is required to participate in the class.



Acro - Yoga

free or donation based community focused meet-up groups such as a weekly sunset beach yoga class & a popular bi-monthly meditation group. Jessica is also director and co-founder of her company "JAI Healing Arts" in which both herself & partner administrate; Creating conscious community and sharing yoga, meditation, the healing arts, and conscious living practices through classes and workshops around the country and world. She is also certified in reiki and functional fitness training, and finds continued joy in learning & teaching others new ways to improve their quality of life.

*"Hyatt Place is pleased to sponsor and welcome WellFest Delray 2013 to this great community. We look forward to hosting the Expert Speaker Presentations in our state-of-the art meeting rooms."*



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**At Ground Zero Fitness the way we SWEAT is a bit different.**

Our outdoor fitness classes have been designed to give your body the work-out it has been craving. Tired of stuffy gyms? or boring equipment? Morning, Evening and Weekend Classes in beautiful Delray Beach!

Check out our GZF's full schedule at [www.GZFbootcamp.com](http://www.GZFbootcamp.com)

**BRING IT**  **561.886.8124**

**This ad good for ONE Free Class for Florida Residents and NEW clients only.**

**Integrated Acupuncture** (continued from page 2) In addition to their degree programs, Kim and Harmony completed advanced training at Shanghai University of TCM in the Yue Yang Hospital of Integrated Medicine in PRC, China, focusing their training on Gynecology, Oncology and Post-Stroke Neurological Conditions. They have also accomplished advanced training in Auricular Acupuncture (including training in NADA), Acupuncture Injection Therapy, Functional Medicine, Holistic Nutrition and Advanced Herbal training, and hold an advanced certification from Memorial Sloan-Kettering in Acupuncture for the Cancer Patient. They are currently on staff at the Sari Asher Center for Cancer Care at the Palm Beach Cancer Institute.

Harmony and Kim always knew their purpose was to help as many people as possible using natural therapies, and they are accomplishing just this. They have treated thousands of patients by empowering them with a basic understanding of what is required for health, and by administering individual wellness programs that include holistic nutrition, acupuncture, herbs, functional medicine which addresses the underlying causes of disease, using a systems-oriented approach with natural remedies, and other mind-body programs. Thanks to their efforts, the patients under their care are regaining control over their health and leading happier lives.

Both are active in their community: Kim and Harmony serve on the Board of Ethics for the Florida State Oriental Medical Association (FSOMA), and Kim also serves as one of the Board of Directors. Because they believe that education is the key to understanding, they host numerous community events where they share the benefits of acupuncture and Chinese herbs. In addition, they provide complimentary lectures to local workplaces, support groups, hospitals, and other groups.

Harmony and Kim also offer a free 20-minute consultation. If you are interested in meeting them, appointments can be made by calling the office at 561-819-0530 or by emailing [info@integrativeacupuncture.net](mailto:info@integrativeacupuncture.net). For more information on Integrative Acupuncture, the benefits of acupuncture for specific conditions, patient testimonials, or frequently asked questions about acupuncture, please visit their website at [www.integrativeacupuncture.net](http://www.integrativeacupuncture.net)



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**FROM SPORTS INJURIES TO CHRONIC PAIN, WE'RE DEDICATED TO YOUR RECOVERY.**

Whether you're an elite athlete recovering from injury or a victim of chronic pain searching for relief, Atlantic Grove Chiropractic and Rehabilitation (AGCR) offers the latest in state-of-the-art treatments to help get you on the road to recovery.

Founded by Dr. Hossam Khatami, Florida Atlantic University's Official Team Chiropractor since 2009, AGCR's experience with athletes from all sporting disciplines keeps it on the cutting edge of musculoskeletal conditions. AGCR specializes in Active Release Technique (ART), Graston Technique, and Kinesio Taping, therapies that are effective in finding and eliminating internal scar tissue; the basis for many muscular, joint, and spine related dysfunctions.

Contact us today to find out more about how Dr. Khatami and Atlantic Grove Chiropractic and Rehabilitation can help diagnose and eliminate the cause of your pain.



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**Atlantic Grove Chiropractic & Rehabilitation** (continued from page 3) The Kinesio Taping method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It is used to treat a variety of orthopedic, neuromuscular, neurological and medical conditions.

Atlantic Grove Chiropractic & Rehabilitation utilizes the K-Series 1200, the newest and most powerful therapeutic laser treatment. Laser Therapy is proven to biostimulate tissue, enhance repair and growth, and decrease inflammation and pain. When it comes to pain management, K-Laser treatments are very safe and can provide dramatic results.

Dr. Khatami, is an Elite ART Provider, and has been part of the ART Corporate Solutions Programs since 2010. This program offers a complete soft tissue management system for companies striving to reduce worker's compensation costs and recordable injury rates in the area of repetitive strain and strain/sprain injuries (MSD's). ART Corporate Solutions Providers, throughout North America, utilize the highest level Active Release Techniques to work with private corporations, insurance carriers, and professional sports teams, to help the employee maintain a pain free status.

The techniques described above have been used to treat patients with a wide variety of conditions including:

- |                                |                               |                |
|--------------------------------|-------------------------------|----------------|
| Sports Injuries                | Arthritis                     | Neck Pain      |
| Muscle Spasms & Trigger Points | Failed Back Surgery           | Pinched Nerves |
| Headaches & Migraines          | Sciatica                      | TMJ            |
| Carpal Tunnel                  | Shoulder, Arm & Hand Problems | Whiplash       |
| Fibromyalgia                   | Pain due to Pregnancy         | Scoliosis      |
| Numbness & Tingling            | Accidents & Injuries          | Neuropathy     |
| Hip & Sacroiliac Leg Problems  | Mid-back & Ribs               |                |

If you or a loved one has dealt with acute or chronic pain, call Dr. Khatami for help. From sports injuries to chronic pain, our gentle, state-of-the-art therapies will help you find relief. Our clinic is located East of I-95 on Atlantic Avenue in Delray Beach. We can be reached at 561-455-4850 or [info@atlanticgrovechiro.com](mailto:info@atlanticgrovechiro.com).

WellFest Delray: An Event that will Leave a Lasting Impression

**Delray Medical Center to Sponsor and Exhibit at WellFest Delray 2013**

Delray Medical Center is a proud participant in WellFest Delray. Our exhibit will include information on various sleep disorders from our Suite Dreams Sleep Disorder Center, as well as information on Fall Prevention, Balance and Vertigo from Pinecrest Rehabilitation Hospital.

**DELRAY**  
Medical Center



For over 30 years, Delray Medical Center, a 493-bed acute care hospital, has served the communities of South Palm Beach County. As both a community hospital and Level I Trauma Center located on a 42-acre medical plaza, Delray Medical Center has the ability to offer several specialized services including cardiac care, orthopedics, rehabilitation, neurosciences, emergency care and more.

For the past six years, Delray Medical Center has been named one of America's 50 Best Hospitals (Healthgrades), as well as a state designated Comprehensive Stroke Center and Primary Stroke Center by the Joint Commission. Delray Medical

Center has also been acknowledged as a United Healthcare Center of Excellence for Orthopaedic, Cardiac and Spine services; a UnitedHealth Premium Specialty Center for Total Joint Replacement, Surgical Spine, Cardiac Surgery, Cardiac Rhythm Management and Interventional Cardiac care; and a Blue Distinction Center for Spine Surgery, Hip and Knee Replacement, and Cardiac Care by Blue Cross and Blue Shield.

In addition, the hospital earned the Get With the Guidelines - Heart Failure Gold Plus Achievement Award and the Get With the Guidelines Stroke Gold Plus Award from the American Heart

Association. Pinecrest Rehabilitation and Outpatient Hospital at Delray Medical Center has received 3-year accreditation status as a Comprehensive Integrated Inpatient Rehabilitation Program from CARF International. Delray Medical Center is one of only 269 hospitals ranked in the top 5% in the nation for patient outcomes according to a study by Healthgrades, a leading independent healthcare ratings organization, achieving the Healthgrades Distinguished Hospital for Clinical Excellence Award™.

The hospital is one of just 13 hospitals in South Florida, and just one of five in

Palm Beach County that received the recognition for its clinical performance. Delray Medical Center was also named one of the nation's 100 Top Hospitals® by Thomson Reuters in 2012.

In addition, the hospital was one of only 12 hospitals nationwide to earn the Everest Award for achieving both the highest current performance and the fastest long-term improvement over five years. In 2012, Delray Medical Center was named one of the nation's Top Performers on Key Quality Measures by The Joint Commission for the second year in a row. <http://www.delraymedicalctr.com>

**Boca Acupuncture** (continued from page 3) Dr. Lenny Bloch, owner of Boca Acupuncture confides that, "Personally, the first time I heard about and experienced Nutrition Response Testing™, I was very skeptical... even as an alternative healthcare provider myself. In my effort to either prove or debunk the validity and efficacy of this method, I was admittedly astounded and I opened myself up to the possibility that there was something to this technique.

As I learned more and more about Nutrition Response Testing™, I realized I wasn't aware of any other modality of medicine that could compare to the level of healing that a trained Nutrition Response Testing™ practitioner could provide. As my own health improved dramatically as a result of following this program, I dedicated myself to becoming one of only 500 Advanced Trained Clinicians in Nutritional Response Testing in the country. What I have seen occur in patients who are committed to getting and staying on a path of restoring and sustaining their health I can only compare to miracles."

What is Nutrition Response Testing™ and how does it work?

Electrical energy flows exist between all parts and organs of the body. This is how your nervous system communicates and controls the body's functions. These flows can become disrupted for a variety of reasons. This disruption in the nervous system's healthy electrical flows is what we are testing.

Our Nutrition Response Testing™ program has two parts: the analysis and the personalized health improvement program (using designed clinical nutrition).

**Boca Acupuncture**  
190 NW Spanish River Blvd., Suite 202  
Boca Raton, FL 33431  
561.901.8637  
www.bocaacupuncture.com  
info@bocaacupuncture.com  
**Lenny Bloch,**  
A.P., D.O.M., M.S.O.M.

Simply put, first we do an analysis, and then we design a natural health improvement program to help you resolve what we find in our analysis of your body and condition.

Please mention this article and receive 50% off an Initial Nutrition Response Testing™ consultation, which includes analysis and testing and a follow-up Report of Findings and/or a complimentary initial acupuncture consultation (a \$125 value) with purchase of an acupuncture treatment. <http://www.bocaacupuncture.com>.

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**Feinstein Dermatology & Cosmetic Surgery**

(continued from page 2)

In 2012, Dr. Khongruk Wongkittiroch ("Dr. Wong") joined the team of Feinstein Dermatology & Cosmetic Surgery. Dr. Wong's philosophy parallels Dr. Feinstein's in that her compassion and goal is to provide the highest quality of care to her patients. She approaches her patients with a warm smile and a desire to ensure each patient has a pleasant and personalized healthcare experience.

Born in New York and raised in Palm Beach, Florida, Dr. Wong is an honors graduate of the University of Florida. She then completed a Master of Science degree in Biomedical Sciences from the State University of New York before earning her medical doctorate from Midwestern University College of Medicine in Chicago. She completed an internship at Frankford Hospital in affiliation with Thomas Jefferson University and continued her training by completing a three year dermatology residency at Largo Medical Center in affiliation with Nova Southeastern University.

Dr. Feinstein and Dr. Wong have both published numerous articles in medical journals, local and national publications and remain on the fore-front of dermatology. <http://www.feinsteindermatology.com>



# Choose Quality. Choose Delray Medical Center.

- One of the nation's 100 Top Hospitals® by Thomson Reuters in 2012 - Everest Award Winner
- One of the nation's Top Performers on Key Quality Measures by The Joint Commission for the second year in a row (2011-2012)

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- Five-Star Rated for Coronary Interventional Procedures for Three Years in a Row (2011-2013)\*
- Ranked Among the Top 10 in Florida for Overall Cardiac Services, Cardiac Surgery and Cardiology Surgery in 2013\*
- UnitedHealthcare Center of Excellence for Cardiac Services
- UnitedHealth Premium Specialty Center for Cardiac Surgery, Cardiac Rhythm Management and Interventional Cardiac Care
- Blue Distinction Center for Cardiac Care by Blue Cross and Blue Shield
- American Heart Association Get With the Guidelines - Heart Failure Gold Plus Achievement Award
- One of the Nation's 50 Top Cardiovascular Hospitals® by Thomson Reuters
- One of 100 Hospitals with Great Heart Programs by Becker's Hospital Review

## Orthopaedics:

- Recipient of the HealthGrades Orthopaedic Surgery Excellence Award™ and the HealthGrades Joint Replacement Excellence Award™ for Two Years in a Row (2012-2013)\*
- Recipient of the HealthGrades Spine Surgery Excellence Award™ in 2013
- One of HealthGrades America's 100 Best Hospitals for Orthopaedic Surgery™ for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 5% in the Nation for Overall Orthopaedic Services for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 10% in the Nation for Joint Replacement for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 10% in the Nation for Spine Surgery in 2013\*
- Ranked Among the Top 10 in FL for Overall Orthopaedic Services for Two Years in a Row (2012-2013) (Ranked 4 in 2013)\*
- Five-Star Rated for Overall Orthopaedic Services, Joint Replacement, Total Knee Replacement, and Hip Fracture for Four Years in a Row (2010-2013)\*
- Five-Star Rated for Total Hip Replacement for Two Years in a Row (2012-2013)\*
- Five-Star Rated for Spine Surgery in 2013\*
- UnitedHealthcare Center of Excellence for Orthopaedic and Spine Services
- UnitedHealth Premium Specialty Center for Total Joint Replacement and Surgical Spine Care
- Blue Distinction Center for Spine Surgery, Hip and Knee Replacement by Blue Cross and Blue Shield

## Stroke:

- One of HealthGrades America's 100 Best Hospitals for Stroke Care™ for Two Years in a Row (2012-2013)\*
- Ranked #1 in Florida for Neurosciences and Treatment of Stroke in 2013\*
- Recipient of the HealthGrades Neurosciences Excellence Award™ for Two Years in a Row (2012-2013)\*

- Recipient of the HealthGrades Stroke Care Excellence Award™ for Three Years in a Row (2010-2012)\*
- Ranked Among the Top 5% in the Nation for Treatment of Stroke for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 10% in the Nation for Neurosciences for Two Years in a Row (2012-2013)\*
- Five-Star Rated for Neurosciences for Two Years in a Row (2012-2013)\*
- Five-Star Rated for Treatment of Stroke for Six Years in a Row (2008-2013)\*
- American Heart Association Get With the Guidelines - Stroke Gold Plus Award

## Pulmonary:

- Five-Star Rated for Treatment of Pneumonia for 11 Years in a Row (2003-2013)\*

## Gastrointestinal:

- Recipient of the HealthGrades Gastrointestinal Care Excellence Award™ and the HealthGrades General Surgery Excellence Award™ in 2013\*
- Ranked Among the Top 5% in the Nation for General Surgery in 2013 (Ranked among the top 10 in Florida)\*
- Ranked Among the Top 10% in the Nation for Overall GI Services in 2013\*
- Five-Star Rated for Cholecystectomy in 2013\*
- Five-Star Rated for GI Procedures and Surgeries for Three Years in a Row (2011-2013)\*

## Critical Care:

- Recipient of the HealthGrades Critical Care Excellence Award™ for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 10% in the Nation for Critical Care for Two Years in a Row (2012-2013)\*
- Ranked Among the Top 5 in FL for Critical Care for Two Years in a Row (2012-2013) (Ranked 3 in 2013)\*
- Five-Star Rated for Treatment of Sepsis for 10 Years in a Row (2004-2013)\*
- Five-Star Rated for Treatment of Pulmonary Embolism and Respiratory Failure for Two Years in a Row (2012-2013)\*

## Women's Health:

- Recipient of the HealthGrades Women's Health Excellence Award™ for Four Years in a Row (2009/2010-2012)\*
- Ranked Among the Top 5% in the Nation for Women's Health for Four Years in a Row (2009/2010-2012)\*
- Five-Star Rated for Women's Health for Four Years in a Row (2009/2010-2012)\*

## Rehabilitation:

- Comprehensive Integrated Inpatient Rehabilitation Program 3-Year Status from CARF International

*\*By HealthGrades, a leading independent healthcare ratings company.*

**DELRAY**  
Medical Center

5352 Linton Blvd., Delray Beach, FL 33484 • [www.delraymedicalctr.com](http://www.delraymedicalctr.com)