



SAVOR THE AVENUE *Florida's longest dining table*

DELRAY BEACH, FL – Savor the Avenue is celebrating six years of serving dinner to over 1,000 residents and visitors down the double yellow line on East Atlantic Avenue at Florida's longest dining table. This coming Thursday, March 27 from 5:30-9pm.

This Delray Beach culinary tradition is made possible by the Delray Beach Magazine's partnership with the Delray Beach Downtown Development Authority (DDA), and is a way of showcasing the collection of fine dining establishments located within the downtown area. As an economic development focused program for the DDA, the event has grown over the years to be one of the premier dining events in the area, and even the country. "We are proud to have been a part of this very special and unique event for the past six years as a way to share with the local and tourist community this incredible dining experience," expresses Marjorie Ferrer, Executive Director, DDA.



Each year, the Delray Beach DDA, Delray Beach & Boca Magazine, and the many restaurants strive to improve the quality of the event as well as enhance the experience for the attendees. This experience focuses on the details, as seen by adding the table décor contest and the lining of the dining table with the 12ft palms sponsored by Delray Garden Center. "By adding the trees, it was a simple and beautiful way to make this large scaled event more intimate as well as involve other businesses in the community," says Laura Simon, Associate Director of the Delray DDA. Savor the Avenue's dining table will be approximately 1,300 feet long, stretching from Swinton Avenue east to Fifth Avenue (U.S. 1) each section of the table is decorated beautifully by the participating restaurant as they compete for the Silver Plate Award.

Not only is Savor the Avenue a premier dining event but in 2013 it became an artist pallet. Patricia, "Pati" Maguire, Delray Beach resident and business owner, attended the event with friends and ended up creating a beautiful piece of artwork that will be showcased at **Continued on page 10**

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Mark your calendars for the 46th Annual Delray Beach St. Patrick's Day Festival & Parade!



On Friday & Saturday, March 14 & 15th, 2014, Festival Management Group proudly continues its long standing association with the Delray Beach St. Patrick's Parade and Festival. Festival Management Group kicks off the weekend long festivities with a two day Siamsa (Irish Variety Show) and Party, featuring Irish step dancing, traditional pipe & drum bands, Irish storytelling, tales of Celtic Mythology, food, beer, live music and ending with the Celtic tradition of the Circle of Lights.

The Irish Siamsa is hosted by the Master Leprechaun Himself, the original Jack Ryan, the Bard of Belmar, Shanachie of the Irish Riviera and the Jersey Shore's Storyteller extraordinaire. Professor Ryan is an encyclopedia of all things Irish and sure to educate and entertain. The Irish Siamsa takes place in Downtown Delray Beach at the Delray Beach Center for the Arts at the corner of Atlantic & Swinton Avenue.

Festivities begin at 5:00 PM, Friday, March 14th and continue on through Saturday evening in conjunction with the Parade.

This year, Code 3 Events is producing the Delray Beach St. Patrick's Day Parade and celebrates its 46th year, rejoicing in our Irish heritage and honoring the service of the International Firefighters. The 2014 parade draws Marching Pipe & Drum Bands from around the world. In past years, marching firefighter bands from Dublin, Ireland, Belgium, Germany, Canada and Australia have joined the festivities and traditionally play at the Irish Siamsa and Party.

Join one of the largest St. Patrick's Day celebrations in the nation and pay tribute to the brave Firefighters across the globe. For information on the Irish Siamsa and party, please contact Nancy Stewart at 561-279-0907. Or via email to nancy@festivalmanagementgroup.com

World War II: Our Greatest Generation Remembers Life In Delray Beach

World War II was the most significant event in modern Florida. Delray Beach was one of many coastal towns swept into a frightening sense of vulnerability and united patriotism all at the same time. The war unleashed the greatest economic boom in American history and Florida's underdeveloped economy surged, leading to rebuilding and growth after the Great Depression.



Servicemen in Downtown Delray Beach, with The Colony Hotel in the background

War contracts revived the state's agricultural and manufacturing sectors, while tourism thrived.

An explosive growth of military establishments produced the nearby Boca Raton Army Airfield. Our warm climate and abundance of vacant land made it an ideal location.

The US Navy and the Army's Signal Corps developed new techniques for airborne radar and airplanes came from all over the country to have this radar installed in Boca Raton. Eight hundred buildings were constructed for academic and military training and four runways provided pilot training on B-17s. Imogene Walker Morgan, long time resident of Delray Beach, recalls that two days after graduating high school, she went to work as a teletype operator for the Western Union located in the Sun Trust Bank building on Atlantic Avenue. **Continued on page 5**

Green Forum is set for March 3

Commission candidates debate sustainability topics facing Delray Beach

DELRAY BEACH, FL – Seven candidates running for two Delray Beach City Commission seats will participate in an interactive panel discussion on a variety of sustainability topics including sea-level rise, economic development, energy / water conservation, and responsible development. The event scheduled for March 3rd at 7:00 pm at St. Paul's Episcopal Church is open to the public, and will include questions from residents.

"This Forum is an opportunity for residents to engage with candidates for the City Commission about their environmental issues and to learn more about their plans for addressing them if elected," said Joe Snider, founder of Delray Beach Green.

The first Candidates Green Forum about local environmental issues was held in March 2009 at the Colony Hotel with the highest attendance of all candidate forums. Last year's Green Forum, held at St. Paul's, was standing room only. **Continued on page 10**



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EVENT STARTS @ 5.00PM ON SATURDAY, MARCH 22



Local volunteers to shave their heads to support childhood cancer research

St. Baldrick's Foundation event to raise money for lifesaving research

DELRAY BEACH, FL – The St. Baldrick's Foundation, a volunteer-driven charity dedicated to raising money for childhood cancer research, will host one of its signature head-shaving events at Delray Beach Center for the Arts at Old School Square on March 14, 2014 from 7-11 p.m., where more than 150 volunteers will shave their heads in solidarity with kids with cancer and raise money to Conquer Childhood Cancers!

Join us in conjunction with the 46th Annual St. Patrick's Day Festival as it kicks off the weekend long festivities with a two day Siamsa (Irish Variety Show) and Party, featuring Irish step dancing, traditional pipe & drum bands, Irish storytelling, tales of Celtic Mythology, food, beer, live music and ending with the Celtic tradition of the Circle of Lights. The Irish Siamsa is hosted by the Master Leprechaun Himself, the original Jack Ryan, the Bard of Belmar, Shanachie of the Irish Riviera and the Jersey Shore's Storyteller extraordinaire. Professor Ryan is an encyclopedia of all things Irish and sure to educate and entertain. The Irish Siamsa takes place in Downtown Delray Beach at the Delray Beach Center for the Arts at the corner of Atlantic & Swinton Avenue. Festivities begin at 5:00 PM, Friday, March 14th and continue on through Saturday evening



Shaving the Way to Conquer Kids' Cancer

in conjunction with the Parade.

Why all the shaved heads? Worldwide a child is diagnosed with cancer every three minutes, and one in five children diagnosed in the U.S. will not survive. With only 4 percent of all federal cancer research funding dedicated to pediatric cancer research, St. Baldrick's Foundation volunteers, supporters and donors are needed to continue the battle against this devastating disease.

About St. Baldrick's Foundation

The St. Baldrick's Foundation is a volunteer-driven charity committed to funding the most promising research to find cures for childhood cancers and give survivors long and healthy lives. St. Baldrick's coordinates its signature head-shaving events worldwide where participants collect pledges to shave their heads in solidarity with kids with cancer, raising money to fund research. Since 2005, St. Baldrick's has awarded more than \$127 million to support lifesaving research, making the Foundation the largest private funder of childhood cancer research grants. For more information about the St. Baldrick's Foundation please call 1.888.899.BALD or visit www.StBaldricks.org.

5th ANNUAL ALL PEOPLE'S DAY DIVERSITY FESTIVAL IN DELRAY



DELRAY BEACH, FL – Celebrate the fifth Florida All People's Day Diversity Festival on Saturday, March 22, 2014. The main events are from 11.00 am to 5:00 pm, a kid's workshop is from 9:30 to 11 am, at Pompey Park (indoors) 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 twenty dazzling performances of dance, music, and social theatre by beautifully costumed African-American, European, Asian, Middle-Eastern, Latino and a variety of other artists. They take to the stage in 15 minute intervals treating the attendees to a vast array of cultural experiences. Great prizes donated by local artists and businesses will be raffled off.

Over 50 interactive and merchandise booths feature a diverse mix to see and do. Kids will find arts projects such as Origami Peace Crane folding, puppet making with a stage to perform, and creating images of their families to add to a mural. Teens and adults enjoy hands on issue based activities among which are a health fair and clever

word games by nonprofits. Also present will be for sale items such as artwork, stylish tee-shirts, 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. 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 kids, age's four to eleven, who sign-up by calling (561) 495-9818. Also a packaged craft kit, based on this project, will be available for groups of five or ten for a donation that amounts to less than \$5 for each participant.

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 south Florida for what will now be our fifth year. Proclamations and tributes have been issued by city, county, and state officials. Our dream is to become a national holiday one day soon.

Sea Turtle Day Festival

Join Gumbo Limbo Nature Center for their 8th Annual Sea Turtle Day! This fun-filled family day of environmental education will be packed with exciting things to see and do, including live animal presentations, face painting, tank feedings, children's theater, guided tours, sea turtle rehabilitation, kids crafts, awesome booths, and let's not forget, great food! The theme this year is "Rescue, Rehab, Release." Together we can make a difference...find out how. For more information, visit www.gumbolimbo.org. All ages. Children under 18 must be accompanied by an adult. No reservation required.



Date: Saturday, March 1, 2014 • Time: 10:00 a.m.-4:00 p.m.
Cost per person: Suggested donation of \$5.

Gumbo Limbo Nature Center 1801 North Ocean Blvd, Boca Raton, FL 33432.

Plenty of FREE parking nearby!

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- Arrowhead Beef
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- Dr. Pickle
- Taste of Africa
- Teas and Spices
- Thoroughly Modern Muffins
- Budding Artists Kids Booth
- Empanada's
- L'Autret French Bakery
- Taste of Spain
- Live Music and more...

The Green Market will be **CLOSED** for St. Patrick's Day Parade March 15th

Enjoy!

(561)276-7511

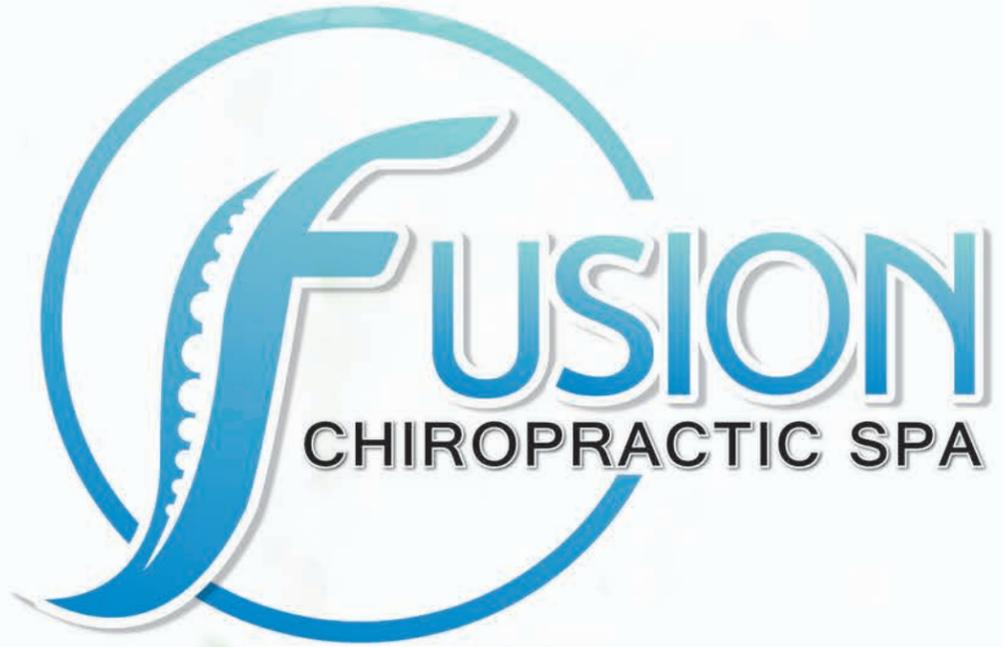
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WORLD WAR II - continued from page 1



Jo Neal and Gloria Gove Allen with the Delray Beach USO dancers, who traveled to 38 states during WWII

Messages were sent in code from the Boca Airfield and relayed to their destination. "They were sent twice to make sure they were correct. Local messages were delivered by boys on bicycles but notices of death of a serviceman were delivered by us in person," recalls Imogene.

With the population surge in Boca Raton, servicemen and their families flocked to Delray Beach in search of housing. Delray Beach became a hubbub of activity and booming business. Bob's Famous Bar, The Arcade Taproom, The Patio Delray, The Delray Bowling Arcade and the USO Club became safe harbors from the chaos of war.

Delray Beach residents expressed an outpouring of patriotic gestures and participated in numerous volunteer activities. They recycled scrap metal for war materials, planted victory gardens, rolled bandages, endured blackouts and ration coupons. Window flags bearing a blue star meant a son was in the military and a gold star carried the somber news of a family's supreme sacrifice.



Robert and Charles McLaren (of Delray's McLaren Sign Company) during WWII

Delray Beach's Dr. Fred Love remembers, "We saved, we mended, we polished and we made do to support our boys in the service." Fred left his studies at Vanderbilt to serve four years in the service, returning home as a Navy Captain. During his leaves he worked in his family's store, Doc Love's Drugstore.

He recalls, "In order to buy new toothpaste in the store, you had to bring in your old metal tube. Everyone participated in metal drives. School children collected tin foil wrappers and formed them into big balls to contribute to the area metal drives too."

The Delray Beach USO (United Service Organization) Club, sponsored by the YMCA, was organized on September 19, 1942 and eventually settled in a building on SE 4th Avenue. More than 500 men, woman and girls volunteered to serve the needs of enlisted servicemen and provide a "home away from home."

For close to six years it entertained, guided and inspired nearly 700,000

servicemen. There were dances, beach parties, movies, plays and the opportunity to study history, Spanish and handicrafts. A sixteen-year-old Jo Neal (wife of Vic Neal of Delray Beach's famous Neal's Farm Market) performed in a local USO Camp Show in luxury hotels and hospitals, which had been transformed into military facilities. She and a group of 33 teenagers, which included another Delray Beach beauty named Gloria Gove Allen, remembers the evening when they were asked to take their act on the road!

"It's rumored that this all came about because Eleanor Roosevelt was in the audience one night and loved our show. She went back to the White House and told her husband and he made our traveling show happen," says Jo. They performed for the USO in 38 different states.

For the four years of World War II, military personnel patrolled the beach on horseback and citizens of Delray Beach volunteered to watch the beach and ocean 24 hours a day from the faux bell tower atop the Seacrest Hotel. Peppy Smith Johnson remembers, "Delray Beach high school students were recruited and trained by the US Coast Guard to be plane spotters, learning the shapes and insignias of every plane. We took four-hour shifts atop the hotel armed with binoculars, ready to call the assigned telephone number if they spotted a plane!"

Peppy eventually married Lt. James Johnson and today at 90, she still delivers her famous "Mrs. Johnson's Banana Bread" to local businesses in Delray Beach.

German Submarines or U-boats preyed off the coast of Florida, including Delray Beach. Their mission was to disrupt the delivery of supplies by sinking allied tankers and freighters. The Germans sank a total of 24 ships in Florida and there are reports of burning ships sighted off the coast of Delray Beach.

Nineteen-year-old Ed George, whose family owned A. George and Sons on Atlantic Avenue, was one of the strongest and best swimmers in the region. When the US Coast Guard learned of Ed's talents, they hired him to swim offshore into the Atlantic to search for evidence of enemy submarines. He served his country throughout the war as a singular, swimming patrol off the beaches from Boynton to Deerfield.

The 1940s came to a close with America, particularly Florida, moving into prosperous times. After the war ended and the soldiers came home, America began to recover. It was a time of celebration with the economy back on its feet, jobs plentiful and families reunited.

Perhaps one of the greatest legacies of World War II was that it exposed Florida to the vast cross-population of millions who passed through the state and Delray Beach. In a Gallup Poll at the end of the war, for the first time, Americans ranked Florida as the place they would most like to live if they moved. They came to the state to sun themselves, to play and ultimately to live. The postwar explosion had begun in our Village By The Sea.

For info: DELRAYBEACHHISTORY.ORG



The Delray Beach Historical Society presents

"Delray Beach: The WORLD WAR II EXPERIENCE"

Opening Night Party

Honoring all those who have served...

March 20th, 5pm - 8pm, Tickets \$25, Free to Veterans

RSVP by March 14th, (561) 274-9578

Rare Memorabilia Exhibit

March 21st-29th; Mon-Sat 10am - 4pm, Sun 1pm - 4pm; \$8

Photography, cartoons, uniforms, equipment, weaponry, medals, airplane models & more!

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Movie hosted by Mr. Steve Miskew. Check our website for details!

Storytelling Coffee

March 26th, 10am

The Greatest Generation is invited to a very special coffee hour.

Sponsored by: La Cigale, Hands Stationers, Nothern Trust Bank, Brad & Ann Bryant, Gordon & Holly Neff Broom
Generous donations given by: Dr. Fred Love & Mr. Charles V.V. Hardiman



MEET OUR NEW YOUTH MINISTRY TEAM at CHURCH OF THE PALMS CONGREGATIONAL, UCC

Church of the Palms is pleased to announce the formation of a Youth Group for ages 12 to 18. Every Wednesday night, from 6:00 to 8:00, they meet in the Friendship Center under the capable leadership of three to four adults. Supper of pizza is provided. If you know any youth who would like to join us, please contact the church office for further information

Come join us for an evening of faith, food and fun.

Church of the Palms Congregational, UCC

1960 N. Swinton Ave, Delray Beach

561.276.6347

www.churchofthepalms.net



pineapple slices

City's website offers information on reclaimed water system: New feature provides re-use water status/availability

In an effort to better serve the community, the City of Delray Beach will offer information regarding the status/availability of our reclaimed water system on its website. This online tool is designed to provide advisories to current reclaimed water customers.



In the event that a reclaimed water customer is experiencing a problem with their irrigation system, it is recommended that they check the website for information on status/availability prior to troubleshooting their irrigation system; mechanical issues at the Waste Water Treatment Plant may result in the product being temporarily unavailable.

To view the status/availability of the reclaimed water system, visit the City's website, www.mydelraybeach.com. Select Departments/Environmental Services/Public Utilities at the top of the home page.

For more information, please contact the City's Public Utilities Division at (561) 243-7322.

Delray Beach north end sand renourishment

On February 7, 2014, Marinex Construction, an Army Corps of Engineers contractor, commenced on and offshore mobilization activities regarding the north end beach renourishment project.

The U.S. Army Corps of Engineers (USACE) will renourish a mile long portion of the beach, seaward of the dunes at the north end of Delray Beach.

Total project cost is \$4,146,790, funded by the Federal Government with Flood Control Coastal Emergency (\$2,335,887) funds approved for repairing federally authorized projects damaged by Hurricane Sandy and Palm Beach County (\$1,810,903).

North Ocean Boulevard traffic south of the George Bush Boulevard intersection may be intermittently affected by construction activities. Sidewalks will remain accessible and beach access is available immediately south of the construction zone.

Weather permitting, construction is scheduled to be completed by March 25, 2014. For more information, contact Sirisha Rayaprolu, Project Manager U.S. Army Corps of Engineers at (904) 232-3455 or by E-mail at Sirisha.rayaprolu@usace.army.mil.

City Receives John Nolen Award for Urban Growth and Development

The Florida Chapter of the Congress for the New Urbanism (CNU) has selected the City of Delray Beach as this year's recipient for the prestigious John Nolen Award. This award acknowledges the City's outstanding achievements in urban growth and development that have transformed our municipality into a desirable community to

live, work and play while maintaining its rich history, cultural diversity and unique small town charm. Mayor Cary Glickstein accepted the coveted medal at the CNU 2014 Florida Summit Awards Presentation on February 6th.

A panel jury consisting of past award recipients review candidates who meet the criteria to receive this distinguished honor. Five benchmarks are considered during the selection process: innovation, transferability, quality, implementation and comprehensiveness. This year's award recipient proved to be exceptional - it is the first time that a town has ever been recognized for its contributions to urbanism.

For the past two decades, Delray Beach has embraced urban design and planning. Through its visioning process, the City has nurtured a vibrant, walkable and sustainable downtown. Development continues to support an infrastructure that invests in improved traffic circulation, dedicated green space, affordable/mixed use housing and economic growth opportunities.

For more information on the Florida Chapter of the Congress for the New Urbanism, visit www.cnuflorida.org.

About the John Nolen Award

John Nolen (1869-1937), was a true visionary in the field of landscape architecture. His style of urban planning merged the beauty of nature with city living, believing that the combination would result in a healthier environment. Best known for his contribution to the development of a state park system, the award in his namesake provides the opportunity to recognize an outstanding body of work, holding up examples of performance and achievement to which all new urbanists may aspire. Past recipients of the John Nolen Award include Victor Dover, Elizabeth Plater-Zyberk, Michael Busha and William Spikowski.

City of Delray Beach announces new Sustainability Officer

The City of Delray Beach is pleased to announce that John Morgan has joined the Environmental Services Department in the position of Sustainability Officer. Mr. Morgan possesses an extensive background in water resources, environmental protection and adaptive management. He has served in public sector leadership positions, helping to develop and implement water management and ecosystem restoration policies, plans and projects.

Mr. Morgan has worked in the public sector his entire career. For the past twenty-seven years, he worked with the South Florida Water Management District (SFWMD). His responsibilities included participation in local, regional and state processes to help develop policies that supported sustainability, water resource protection, restoration and climate change adaptation. Before joining the SFWMD, he served as Environmental Administrator for the Water Management Coordination Program with the Florida Department of Environmental Regulation.

John Morgan is a 3rd generation South Florida native. He earned a Bachelor of Science degree in Zoology at Colorado State University. His professional associations include the American Water Resource Association, Florida Section (Board of



Lincoln Corporation has donated approximately \$20,000 (about \$15,000 earned by the band) over the last 8 months for an event that they created called "Driven to Give" where anyone is welcome to stop by during the event to do a short test drive and the Atlantic High School band students or baseball team will give them a free car wash. For every test drive, Lincoln has donated between \$20 and \$40 per test drive accounted for. Atlantic Community High School would like to thank Delray Motors and Lincoln Corporation for the opportunity to participate in such a great event.

Directors 1987-2001 and Fellow 2006).

Please join the City in welcoming John Morgan as our new Sustainability Officer. For more information, contact the Public Information Office at (561) 243-7190 or E-mail pio@mydelraybeach.com.

Dazzling Bazaar at Limetree in Boynton Beach opens 9 a.m., Saturday, March 22

The Limetree community's Bazaar again presents an amazing array of merchandise with something to suit everyone. The public is welcome, and the doors open at 9 a.m., Saturday March 22. The event continues until 2 p.m. the same day.

Admission is free, and hotdogs, soft drinks, and homemade baked goods will be sold.

Among the selections available in this year's bazaar are furniture, jewelry, near-antiques, artwork, sports equipment, small appliances, electronics, linens, kitchen items, and more. No clothing or books.

Limetree is located on the south side of Boynton Beach Blvd. between Congress Ave. and Military Trail, just west of Lawrence Rd.

For further information, call 561-921-1350.

Walmart Neighborhood Market open in Delray Beach

A Walmart Neighborhood Market opened last month at 3155 S. Federal Highway.

The grocery store includes fresh produce, prepared food, a self-service deli, bakery and a pharmacy. The neighborhood markets are about one-fourth the size of typical Walmart supercenters. Walmart says its markets offer affordable, fresh products, including organic items.

Greenlands celebrates grand opening on Federal Highway

Greenlands Variety Store hosted its grand opening celebration in February at 2000 N. Federal Highway in Delray Beach.

The store sells a wide range of items, from vitamins to high-end hair care products to apparel and accessories.



THE PINEAPPLE
delray beach newspaper

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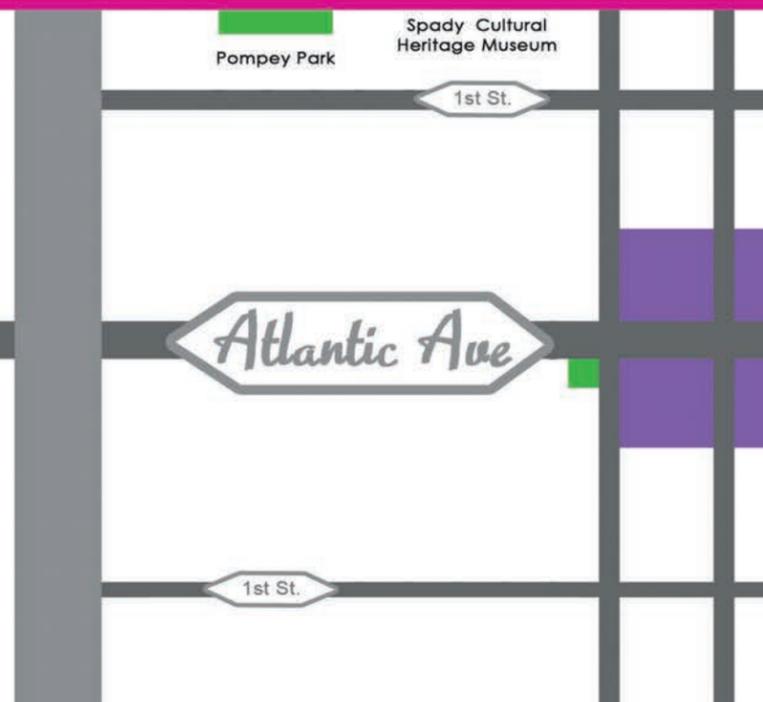
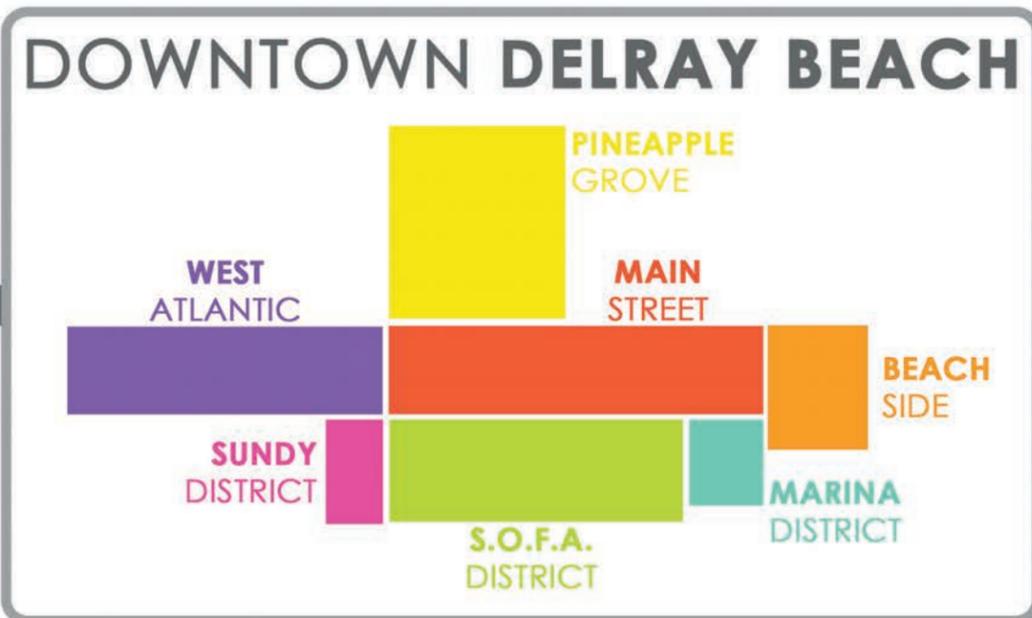
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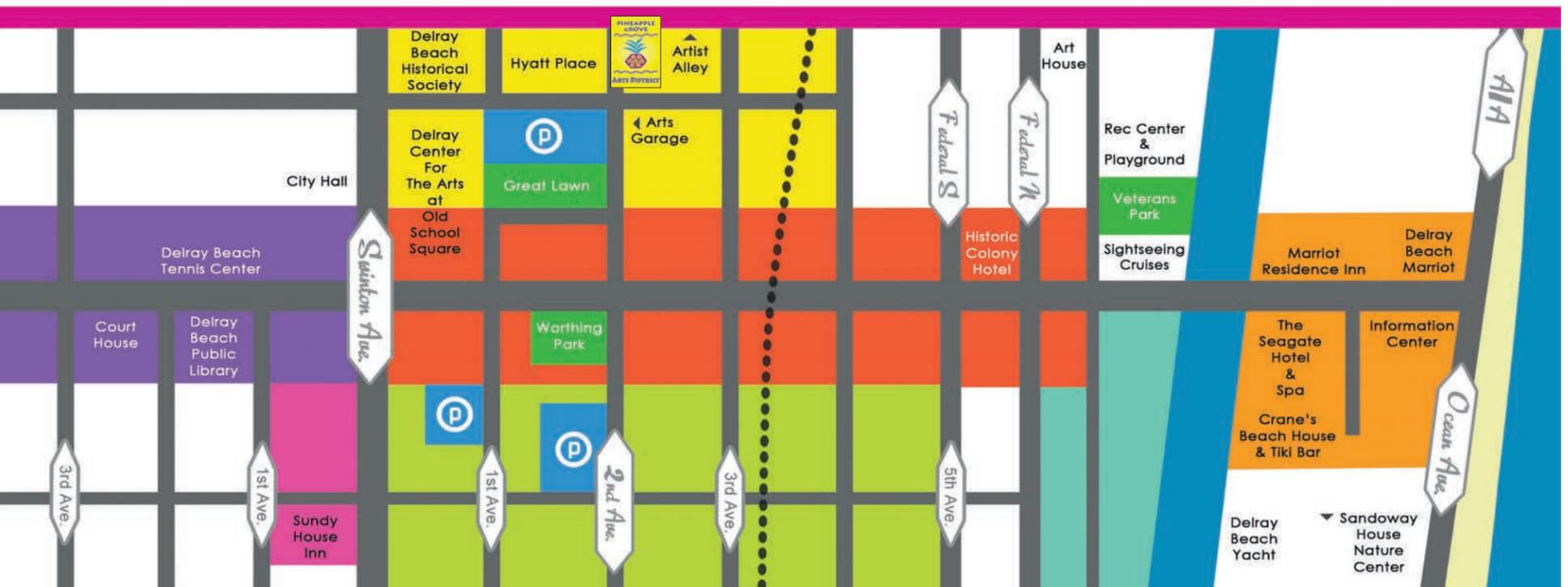
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GREEN FORUM - continued from page 1

One of the goals of the Green Forum this year is to raise awareness about the importance of sustainable decision-making across all aspects of city governance. "The 3Es of equity, environment and the economy need to be considered in every decision the city makes," said Nancy Schneider, sea level rise consultant and advisor to the Delray Beach Property Owners Association, and former chairperson of the original Delray Beach Green Task Force.

"Delray Beach needs to ensure a balance between development and sound environmental stewardship," said Mary Whittemore, leader of St. Paul's Green Team ministry. "We need to elect good stewards of God's creation, because if we don't, we risk losing our quality of life."

Yalmaz Siddiqui, Senior Director, Environmental and Supplier Diversity Strategy at Office Depot, has moderated the last two green-themed forums and will be serving in that capacity again. The Green Team of St. Paul's Episcopal Church, Delray Beach Green, non-profit Sow Share, and Nancy Schneider, consultant are sponsoring the event.

Event Details:

What: Delray Beach City Commission Candidates Green Forum

When: Monday, March 3 at 7:00 p.m.

Where: St. Paul's Episcopal Church at 188 S. Swinton Avenue in Delray Beach.

Why: To engage Commission Candidates about the role of government in the local environment.

Contact: Joe Snider

Joe@DelrayBeachGreen.com
(561) 862-8938

About the City of Delray Beach Municipal Election

The City of Delray Beach will hold its First Non-Partisan Municipal Election on Tuesday, March 11, 2014, to fill two (2) seats of the five member City Commission. City residents will elect two (2) City Commissioners (Seats #2 and #4), each serving three year terms. All terms commence Thursday, March 27, 2014. In addition, a Special Election (Referendum) will be held on a Charter Amendment.

Should a tie occur between the top two candidates for any seat, a Second Non-Partisan Election will be held on Tuesday, March 25th. The Annual Organizational Meeting for newly elected officials is scheduled for March

27th at 6:00 pm in the City Hall Commission Chambers, 100 NW 1st Avenue, Delray Beach.

The official candidate qualifying period, which began at noon on Tuesday, January 28, 2014, closes at noon, Tuesday, February 11, 2014. Any person seeking to qualify as a candidate must have been a resident of the City of Delray Beach, Florida, who became an elector of the City on or before September 1, 2013.

VOTER REGISTRATION: The Palm Beach County Supervisor of Elections will close the voter registration books on February 10, 2014 at 5:00 pm for the March 11, 2014 Election. To register, obtain a voter registration application in person or by telephone from the Supervisor of Elections main office, 240 South Military Trail, West Palm Beach, (561) 656-6200. Applications are also available at the Delray Beach City Clerk's Office, 100 NW 1st Avenue, and online at www.pbcelections.org.

VOTER IDENTIFICATION: The Clerk or Inspector shall require each elector, upon entering the polling place, to present one of the following current and valid picture identifications:

- Florida Driver's License
- Florida Identification Card issued by the Department of Highway Safety and Motor Vehicles
- United States Passport
- Debit or Credit Cards
- Military Identification
- Student Identification
- Retirement Center Identification
- Neighborhood Association Identification
- Public Assistance Identification

If the picture identification does not contain the signature of the voter, an additional identification providing the voter's signature shall be required.

ABSENTEE BALLOT: To obtain an absentee ballot or to request the date when in-person absentee voting commences, contact the Palm Beach County Supervisor of Elections by calling (561) 276-1226 (Delray Beach) or (561) 656-6200 (West Palm Beach).

POLLING LOCATIONS: Polling locations in the City of Delray Beach will be open from 7:00 am to 7:00 pm on Election Day (Tuesday, March 11, 2014). Where you vote depends on your Precinct Number, which is located on your Voter Identification Card. If you are unable to locate your Precinct Number, it is available on the Supervisor of Elections website at www.pbcelections.org or by calling their office at (561) 656-6200.

SAVOR THE AVENUE - continued from page 1

this year's event and raffled off to benefit the Beach Beautification Project. In addition, a commemorative poster of the event has been made this year and will be on sale at the event, also benefiting the Beach Project.

"I feel fortunate to live and work in Delray Beach! This place has the heart of a small town and the amenities of a big city. A prime example is Savor The Avenue. Last year, prior to the event, I walked around, admiring the beautiful decorations, sketching the waiters setting up, the scenery, and the people milling around. Once our table filled, I also took some photographs. The idea for my painting shaped up. It was a magical evening, and I feel I captured the essence of the feast on the canvas. Where else can you dine with such sophistication, in a perfect outdoor setting, and meet about two hundred of your closest friends just walking down the street? It's magical," expresses Patricia Maguire.

The DDA is also proud to announce that a portion of the proceeds from Savor the Avenue will be donated to the Delray Beach Shore Beautification project. The project is underway with the construction of the new Beach

Pavilion but there is still more to complete. "This project began almost six years ago as a joint effort with the City of Delray Beach and the Community to come together to enhance the beauty of our award winning stretch of coast," says Marjorie Ferrer. "We are proud that Savor the Avenue and the Restaurants are able to support a portion of this amazing project."

This year's participating restaurants are: 32 East, 50 Ocean, Cabana el Rey, Caffè Luna Rosa,



City Oyster & Sushi Bar, Cut 432, Lemongrass, Prime, Rack's Fish House & Oyster Bar, Salt 7, Solita Delray, Sundry House, Taverna Opa, The Office, Tryst, 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 bocamag.com/savor and www.downtowndelraybeach.com/savor-and-tastemakers reservations are made with the restaurant directly.

"The biggest benefit for us is being able to offer our guests a unique and fun experience, be a part of a very cool event, give back to the city and have a profitable night for our restaurant as well," shares Bonnie Beer, managing partner of Caffè Luna Rosa.

Woman of the Year Nominee Nancy Stewart Franczak raises money and awareness for The Leukemia & Lymphoma Society

Every 4 minutes a life is changed forever with the diagnosis of leukemia, lymphoma or myeloma. The Leukemia & Lymphoma Society (LLS) is proud to announce the 2014 Man & Woman of the Year South Palm Beach campaign. This annual competition involves select individuals in the community who raise funds to vie for the title of Man or Woman of the Year. Candidates compete in honor of the Boy & Girl of the Year, who are local young blood cancer survivors and sources of inspiration.

The South Palm Beach Man & Woman of the Year campaign kicked off on Thursday, February 20th at Jazziz and will culminate at the Grand Finale on Friday, May 2nd at The Royal Palm Yacht & Country Club. The candidates who raise the most funds will be announced Man & Woman of the Year at the Grand Finale which will feature a silent and live auction, cocktail reception and dinner.

All proceeds from the 2014 Man & Woman of the Year campaign will benefit LLS's mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.



By accepting the nomination, candidates have 10 weeks, beginning the day of Kickoff, to accumulate the most "votes." Every dollar raised counts as one vote. The male and female candidates who raise the most votes during the campaign are named the South Palm Beach Man & Woman of the Year at the Grand Finale. Local activist, Nancy Stewart Franczak, of Festival Management Group, Inc., is nominated for Woman of The Year.

Franczak is running in honor of a local blood cancer survivor, Sophia Suarez, a 15-year-old who was diagnosed with leukemia two years ago. In 2011, shortly after her 13th birthday, Sophia experienced searing pain in her tailbone for which she had many doctor visits over the next few months. The pain continued until an MRI and blood test showed her diagnosis of acute myeloid leukemia (AML).

Sophia has been an inspiration to many during her treatment because she never let her illness hold her back and never uses it as an excuse not to do the things she loves. After four months of aggressive chemotherapy, which had only a 40% survival rate, Sophia is now a blood cancer survivor.

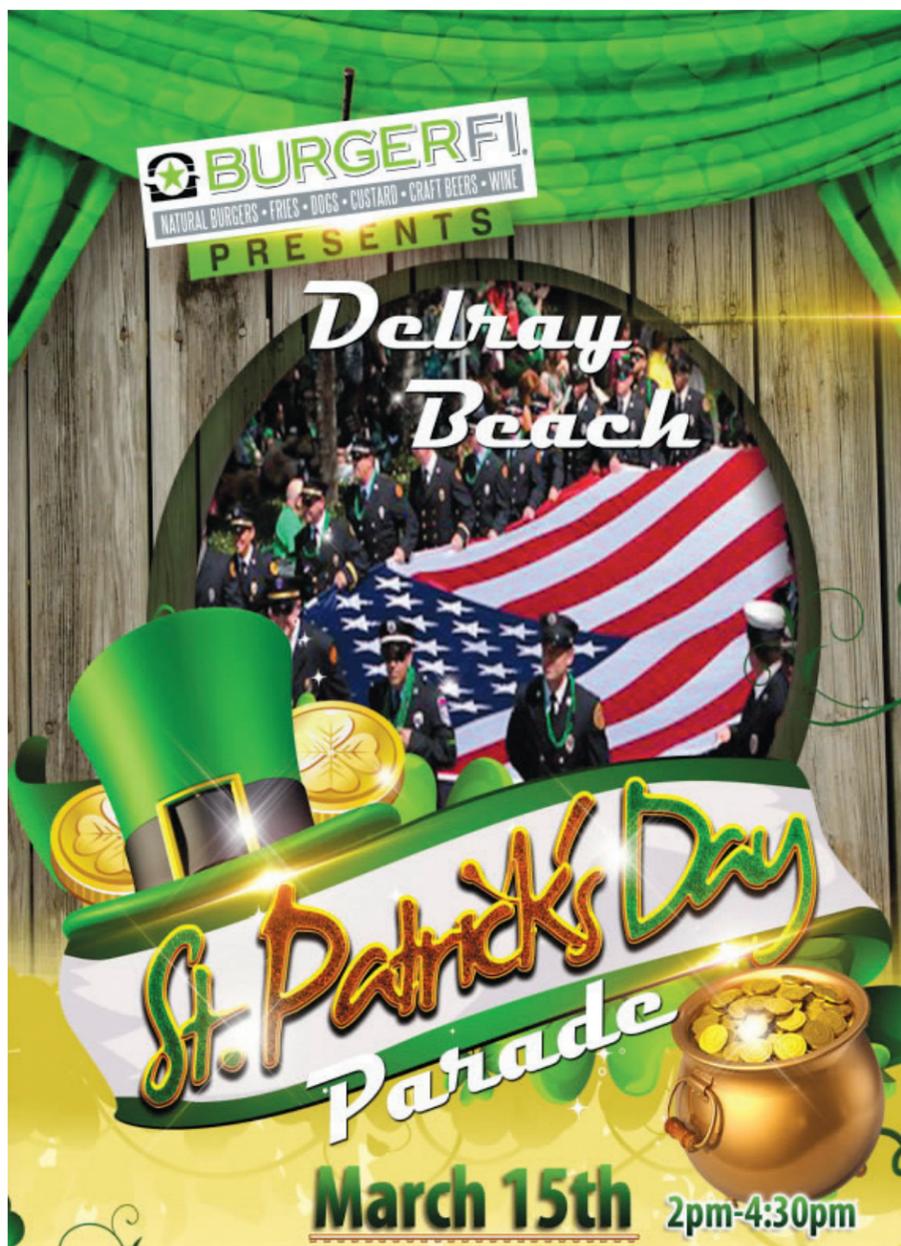
The Leukemia and Lymphoma Society gives 78% of its fundraising back to the organization for research and patient services. Even though the focus is blood cancers, the good doesn't stop there. Many drugs developed by LLS for patients with a particular blood cancer can help more patients, including those with other cancers, solid tumors, and serious non-malignant diseases. The work that LLS does is so important because blood cancer research can be the gateway to curing other cancers.



Nancy Stewart Franczak

Franczak's goal is to raise \$10,000 for this wonderful cause by May 2nd. If you are interested in making a donation, large or small, you can donate online at <http://www.mwoy.org/pages/pb/spb14/nfranczak>. You can also mail your donation to LLS Palm Beach Area, 3230 Commerce Place, Suite B, West Palm Beach, FL 33407. And make sure you put Nancy Stewart Franczak's name on the reference line provided on your check. Make checks payable to the Leukemia & Lymphoma Society or LLS. All donations are tax deductible.

To learn more about the South Palm Beach Man & Woman of the Year campaign please contact Trina Holmsted, Campaign Specialist, at 561.616.8682, trina.holmsted@lls.org or visit www.lls.org/pb.





5th Annual Jumble Sale at St. Paul's Episcopal Church

St. Paul's is hosting its annual jumble sale March 13-15 to benefit mission and outreach programs.

Everyone is invited to shop the 5 rooms of bargains and treasures including art, furniture, electronics, boutique & ready to wear clothing, shoes, jewelry, bedding & linen, homewares, sporting goods, books and much more!

All proceeds go to Mission & Outreach programs of the church, including:

- Paul's Place – an afterschool mentoring & tutoring program that targets at risk children in our community
- Ongoing assistance for 200 students at St. Mary Madeleine School in Bondeau, Haiti.
- I Want to Learn English (IWLE), which helps over 200 adults in our community improve their English skills.
- Family Promise, which provides shelter and support to homeless families in South Florida

Dates: Thursday, March 13th 8am – 3pm

Friday, March 14th 8am – 3pm

Saturday, March 15th 8am – Noon

Place: St. Paul's Episcopal Church,

188 South Swinton Avenue, Delray Beach,

For more information please contact St.

Paul's Episcopal Church at 561-276-4541

Cason United Methodist Church on Swinton Avenue gets a facelift

Church steeples, spires and towers have dotted the skyline for centuries and yet church steeple repair still perplexes countless churches and confounds many contractors, perhaps now more than ever. The basis of this turmoil is the inaccessibility of the church steeple coupled with a dwindling number of artisans who specialize in the unique work of church steeple repair and restoration.



A crewmember from FLS Painting had the best view of Delray Beach during the week they scraped, painted and waterproofed the steeple of the Cason United Methodist Church.

Recently, FLS Painting completed the painting and waterproofing the steeple of Cason United Methodist Church, the historic church on Swinton Avenue in Delray Beach.

According to Frank Savasta, Owner of FLS Painting, "Though beautiful testaments to the neighborhood, church steeples, towers, finials and spires are often neglected due to the unique problems they pose for the average contractor. We were pleased to have been chosen to work on this community landmark."

"Frank and his crew at FLS Painting did an excellent and thorough job, exceeding all of our expectations," said Barbara Wooden, Chairman of the Board of Trustees at Cason United Methodist Church. "Cason has been in Delray Beach for more than 110 years. We will continue to look to Frank and FLS Painting to keep our sanctuary spruced up and well maintained for as long as it stands."

March at Church of the Palms

Annual Spring Rummage Sale

On Saturday, March 1st from 8:30 am to 12:30 am at Church of the Palms, there is the Annual Spring Rummage Sale. This has been going on for the past 20+ years and a must to

attend. There is everything from furniture, clothing, toys to collectibles and more.

Women's Fellowship Brunch

Monday, March 10th 2014 at 10:30 am

The Women's Fellowship is presenting a wonderful brunch on March 10th at 10:30 am in the Friendship Center. Rev. Linda Harper is the guest speaker and will be presenting a program of "Ancient Stories; Our Stories". All are invited to enjoy great food, wonderful fellowship and be a witness to this great program. Seating is limited so reservations are suggested by contacting the church office.

Organ and Piano Concert

Sunday, March 23, 2014 at 3:00 pm

Edward Krynicki, organist and Elaine Reinhardt, pianist will present a concert of organ and piano duets in the sanctuary of Church of The Palms on Sunday afternoon, March 23, 2014 at 3pm. The program will consist of original music written for organ and piano duets along with several transcriptions of familiar pieces. There will also be duets performed that are based on well-known hymn tunes intertwined with classical compositions.

The program is free and open to the public with no tickets required. There will be a reception following the concert. Mark your calendars now for this special concert given by the musicians of the church. This is a great opportunity to invite family, friends and neighbors to come and enjoy an afternoon of music at Church of the Palms.

Every Wednesday evening at 6:00 pm

We begin our Lenten Journey on Ash Wednesday, March 5th. We will have a Pancake Supper at 6 pm. in the Friendship Center, followed by a Worship Service in the Sanctuary at 7 p.m. Each Wednesday thereafter - March 12, 19, 26; April 2, 9 - we will meet for a simple supper of soup and salad at 6 p.m., followed by a Creative Worship Service at 6:30 p.m. in the Friendship Center. These are wonderful times of good food and great fellowship. Reservations are requested by contacting the church office at 561.276.6347. All are welcome, so invite family, friends and neighbors.

Church of the Palms

1960 N. Swinton Ave

Delray Beach, FL 33444

561.276.6347

www.churchofthepalms.net

Events at Unity of Delray Beach

Book Club to launch March 26

The Book Club will meet monthly, except July and August, from 10 a.m. to 11:30 a.m. in Mary Kupferle Fellowship Hall, and will be led by Cheri Arcscott and Elizabeth Johnston. Books can be purchased in the Church Bookstore. Everyone interested is welcome.

- Wednesday, March 26 Book discussion on The Five Love Languages, by Gary D. Chapman.

"New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch."

- Wednesday, April 30, the book will be I Knew Their Hearts, The Amazing True Story of a Journey Beyond the Veil to Learn the Silent Language of the Heart, by Jeff Olsen.

"After a tragic accident took the life of his wife and son, Jeff needed a miracle. This personal and poignant journey into the life after death shares the true story of Jeff's out-of-body experiences and his newly remembered ability to communicate at a deeper level with people on both sides of the veil. It's a moving read you won't want to miss!"

Annual Treasure Mapping Day!

Saturday, March 8, 9 a.m. to 3 p.m.

Mary Kupferle Fellowship Hall with Rev. Hallie Hopper

Bring to life your fondest desires! Create a map or poster of your goals and dreams

Please register by Wed., Feb. 5 by calling 561-276-5796

\$12 for all day, includes lunch and supplies. Payable morning of event.

Please bring magazines to share.

Powerful Creation

Masterful Living in the New Age

A workshop with Dr. Michael Lennox,

Sunday March 23, 1:30 -3:30 p.m.

He will also be our guest speaker for 9:25 and 11 a.m. services

There are only two impulses in life, the movement toward love and the shrinking back from fear. We create our lives with our every thought. But very often, the thoughts we have are habitually structured in patterns that connect unconsciously more to fear than to love. In this fun and insightful workshop with Dr. Michael Lennox, you will:

- Participate in an inner journey designed to illuminate old patterns of fear to release.

- Learn a technique of powerful Visioning to bring your desires to fruition.

- Discover how to tap into your Inner Wisdom using your nighttime dreams and intuition.

- Uncover habits of disempowering phrases and replace them with powerful language

Designed to go along with his talk during the services on "Spiritual Mastery: It's In Your DNA," this afternoon workshop will leave you ready to approach the co-creation of your life with Spirit renewed, uplifted and inspired!

Psychologist, Astrologer and Dream Expert, Dr. Michael Lennox has been helping people have a deeper understanding of their unconscious mind for almost twenty years. In workshops, in the media, for private clientele and on the internet via his popular website www.michaelennox.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 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 numerous network and cable television venues as well as on the radio talking about the power of dreams.

For more information call the church office Mon. through Thurs., 10 a.m. to 4 p.m., at 561-276-5796. Unity of Delray Beach is located on the northwest corner of 101 NW 22nd Street. at Swinton Avenue.

TAO – The South Florida Center for Jewish Renewal celebrates Purim in Delray Beach

Temple Adath Or (TAO) - The South Florida Center for Jewish Renewal, will be coming back to Delray Beach for a Purim and Havdallah service on Saturday, March 15th at the Duncan Center, 15820 South Military Trail, Delray Beach, FL 33484.

Temple Adath Or (TAO – Together As One,) is the largest Jewish Renewal community in the Southeast. It has been called the "singing & dancing shul." Each service is filled with soulful music, dancing and meditation. Rabbi Marc Labowitz will once again, bring his passionate expression of Judaism to the TAO North community. We are delighted that TAO is now available to serve those in Palm Beach County who are looking for this spiritual connection too. See why folks say that coming to TAO is like coming home!

Join in celebration:

- At 6:45pm, for an abridged Reading of the Megillah (the book of Esther) which recounts the story of the Purim miracle and commemorates the salvation of the Jewish people in ancient Persia.

- At 7:15pm the Havdallah celebration service begins with meditative chanting.

Other scheduled TAO North events are:

- Saturday April 5th @ 7:15pm

- Saturday May 10th @ 7:15pm

Get involved. For further information call 954-888-1408 or visit our website at www.TAOcenter.net.



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"HUMILITY"

The Milagro Center STARS recently explored the living value of "HUMILITY". Here, in their own words, is what the kids said about the meaning of "HUMILITY":

"Humility is to do something that you don't want to do."
- Lovan, 1st grade

"Humility means to do something you would not normally do."
- Samutza, 2nd grade

"I think Humility means being kind."
- Nehemiah, 2nd grade

"I think Humility means to save someones life."
- Rolph, 2nd grade

"Humility is how you help people all the times."
- Yael, 4th grade

WWW.MILAGROCENTER.ORG

at the library



Lions Club continues to help the visually impaired at the Library

The Delray Beach Public Library was grateful to once again, receive a gift of \$ 500 check from the Delray Beach Lion's Club. Twice each year, Mr. John S. Parke, Treasurer, and a member of the Delray Beach Lions Club since 1970, presents a \$500 check to Library Director Alan Kornblau. "The Library is so very grateful to the Lions Club for their ongoing support and generosity to help the visually impaired in our community," said Kornblau.

The Delray Beach Lions Club has supported the Library since 1939. It has been giving a gift of \$ 500 to the Delray Beach Public Library twice each year since 2001 for a total thus far of \$12,000. The Lions Club requests that this money be used to purchase materials for the visually impaired, such as large print books and books-on-tape.

The Library's collection of such materials is quite extensive and extremely popular thanks to the continued support of the Lions Club. The Library was also award a Certificate of Appreciation from the Lions

Club for collecting and maintaining many large print books and recordings for use by their Library patrons with eyesight difficulty living in Delray Beach and surrounding communities.

Free FCAT tutoring at the Library

For the fourth year, the Teen Advisory Board (TAB@DBPL) at the Delray Beach Public Library is offering FREE FCAT TUTORING through March 2014 for all children in Grades 3, 4 & 5. The schedule is as follows:

March 2014

PBCPS Spring Break—March 17-24, 2014 We will have FCAT Tutoring during Spring Break!

Monday, March 3, 10, 17 – FCAT Tutoring – 4:00-6:00pm – 1st Floor Small Auditorium

Wednesday, March 5, 12, 19 – FCAT Tutoring – 4:00-6:00pm – 1st Floor Small Auditorium

Saturday, March 1, 8, 15, 22 – FCAT Tutoring – 1:00-4:00pm – 1st Floor Small Auditorium

Monday, March 24 – Got Gaming? – FCAT Gaming Tournament – 5:15-7:30 pm – 1st Floor Small Auditorium

Space will be limited to the first 18 students to sign in per day!

For further information on the TAB@DBPL and the many Young Adult programs at the Delray Beach Public Library, please visit www.delraylibrary.org or call Reference, Young Adult Librarian & TAB Advisor Loanis Menendez-Cuesta @ 561-819-6299 or e-mail her at loanis.menendez@delraylibrary.org for more details.

Celebrate Poetry Month this March and April at the Library

April is National poetry month and the Delray Beach Public Library's Lifelong Learning Community Institute, located at 100 West Atlantic Avenue is celebrating with a course entitled: "The Work of Bryant, Emerson & Whitman: A Look at Transcendental Poetry." The course meets on Tuesdays, March 25, April 1 & 8 from 2:00

p.m. – 3:30 p.m. with course instructor Dr. Jeffrey Morgan, of Lynn University and the cost of this 3-session course is \$45.

Transcendental poets portray nature as a living force that can offer enduring lessons about what it means to be human. Poets such as Henry David Thoreau, W.B. Yeats, and Robert Frost were influential in this movement as well as the three poets, Bryant, Emerson and Whitman, you will learn about in this course.

Registration is required. For further information and registration, visit our website at www.delraylibrary.org or call the Director of Community Relations at 561-266-9490 and register today!

Sunday Musical Matinee Series



Dr. Jeffrey Morgan

Musical Program #3 – Sunday, March 9, 2014 @ 2:00 p.m. – Recognized as one of Florida's finest violinists, Mei Mei Luo, first violinist and founder of the Delray String Quartet, will perform with piano accompaniment

by Daphne Spottiswoode an afternoon of classical music favorites.

• Musical Program #4 – Sunday, April 6, 2014 @ 2:00 p.m. – Back by popular demand, Wayne Hosford, critically acclaimed entertainer, singer, musician and composer will perform a vast repertoire of Broadway and American popular music from the 1960s to today.

Individual shows are available for \$15 per person. The 2014 season offers a wide variety of music appealing to all ages.

For further information on the many programs at the Delray Beach Public Library, please visit www.delraylibrary.org or call 561-266-9490. Please "like" the library on Facebook: www.facebook.com/DelrayBeachPublicLibrary.

SAVE THE DATE
MILAGRO CENTER'S SUPERSTAR SPECTACULAR GALA
APRIL 09, 2014 at Mercedes-Benz of Delray
Join us at 6:00pm for an evening of "out of this world" proportions!
Witness show-stopping performances by our SHINING STARS and striking artwork to stun the senses.
For more information or sponsorship opportunities, please contact Gina Skelton at gskelton@milagrocenter.org or Barbara Stark at bstark@milagrocenter.org • 561.279.2970

THE MIRACLE LEAGUE
SPRING SEASON 2014 GAME SCHEDULE
April 5th, 2014 - Opening Day
The Anthony V. Pugliese V Miracle League Field
2:00 pm - Mandatory Buddy Training (All past & new buddies MUST attend)
2:30 pm - Player Registration (players will receive their baseball jersey & baseball cap, meet their coach & buddy, and practice)
3:00 pm - Opening Ceremonies 1 inning games will start
April 5th - May 24th
(Every Saturday EXCEPT April 19th) (no games on April 19th)
1st game - 2:30pm - Buddies arrive Game time - 3:00pm
2nd game - 4:00pm - Buddies arrive Game time - 4:30pm
1st game - Warm up & practice will start promptly @ 3:00 & game will start @ 3:15pm
2nd game - Warm up & practice will start promptly @ 4:30 & game will start @ 4:45pm
Concessions will be available!
FOR MORE INFO
Jeff and Julia Kadel, (561) 414-4441 or email coachkadel@aol.com

schools

Pine Grove Elementary students seek donations for 2014 Washington D.C. Safety Patrol trip

It's been five years since Pine Grove Elementary School students traveled to Washington D.C. for the Safety Patrol Trip and Principal Joe Peccia is determined not to let another year go by. His goal is to raise \$20,000 to send 31 safety patrol fifth graders to the nation's capital in May, and the community is being asked to donate to this worthy cause.

"The school's safety patrol program consists of students who volunteer to provide a safe environment for their fellow students," states Principal Peccia. "They consistently display respect and responsibility in their duties to ensure the well-being of others. This trip is a great way to recognize these students for their hard work and dedication."

Students have been working diligently to pay for the trip through various fundraising activities but additional funding is needed to cover travel, food and lodging for all fifth graders in the safety patrol program.

"The majority of our students come from low income families who struggle just to maintain household bills, let alone pay for their child to take a trip," adds Principal Peccia. "Your donation will give these children an opportunity to travel and experience the history of D.C. and its national monuments, something they will remember for years to come."

School staff and supporters have set up an online donation campaign in an effort to raise funds for the Safety Patrol Trip. To donate, click on the link:

<http://www.indiegogo.com/projects/washington-dc-or-bust-help-these-underprivileged-kids-get-to-dc>

For more information, call the school's main office at (561) 266-1100.



Dreyfoos School of the Arts. pictured: Jenny Gifford, Hans Evers and Lisa Marie Browne

Dreyfoos goes "Old School" with art, music, theatre and dance

More than 175 friends and supporters of the School of the Arts Foundation attended Dreyfoos Goes Old School Jan. 29 at the Delray Beach Center for the Arts at Old School Square. The gala event featured performances and art exhibitions by the very talented high school students of the Alexander W. Dreyfoos School of the Arts.

Dinner by the bite was enjoyed while listening to the Dreyfoos Jazz Combo and viewing student work from the Visual Art and Digital Media Departments. Bidding on silent auction items of student art and performances was fast and furious.

In the Crest Theatre, guests were entertained by the Dreyfoos Communications, Dance, Theatre and Music Departments. A

highlight of the evening was the performance of a dance choreographed by Christopher Huggins, a former member of Alvin Ailey American Dance Theater. There was also a live auction for a seven-night stay in Nuevo Vallarta, Mexico valued at \$13,000. To complete the evening, decadent desserts were served while guests enjoyed performances from the Dreyfoos Music Department.

All proceeds benefit the Dreyfoos School of the Arts Foundation, which provides support for the arts and academic curriculum at the internationally-acclaimed Alexander W. Dreyfoos School of the Arts public magnet school in West Palm Beach which serves students throughout Palm Beach County.

For more information, call the School of the Arts Foundation at 561-805-6298 or visit www.soafi.org.

give



Michael Williams, Sheila Alper, JoAnne Goldberg and Rita Seiff

Another Step Closer: The 14th Annual Pap Corps Walkathon

The Pap Corps is on the move! The Champions of Cancer Research are gearing up for their 14th Annual Walkathon taking place at FAU's Boca Raton campus on Saturday, March 15th at 8:30 am. Another Step Closer is this year's theme, as the Corps celebrates the incredible strides that have been made in cancer research. The entire community is invited to this all-volunteer organization's biggest yearly fundraiser. Tickets are \$20 and include bagels, coffee, t-shirt, live entertainment and the opportunity to confer with leading cancer doctors. Visit www.papcorps.org to register online.

Each and every year, The Pap Corps donates millions of dollars to the Sylvester Comprehensive Cancer Center, University of Miami Miller School of Medicine. At past walkathons there have been innumerable inspiring stories shared by cancer survivors who are living and thriving thanks to the incredible doctors and cutting edge treatments available at South Florida's only teaching hospital. This walkathon will once again feature a special "Ask the Doctor" section so guests can confer with leading specialists.

"This is our biggest fundraiser of the year," said JoAnne Goldberg, Pap Corps president. "We encourage the entire community to help us move closer to our goal of creating a world without cancer. This event is open to everyone, not just Pap Corps members, so it is a wonderful opportunity to gather your friends, have a fun and inspiring morning, and learn more about the work we do raising research funds for ALL types of cancers."

Belly dancing to fight cancer

The Anti-Cancer Belly Dancers are hosting "Shimmy for a Cause," a Middle Eastern and Fusion Dance show, at 4:00 pm March 2 at the Puppetry Arts Center in Delray Beach. The Anti-Cancer Belly Dancers are a group created to raise money for the American Cancer Society's Relay for Life (www.relayforlife.org), and this event will

be a fundraiser for that cause.

The show will feature a myriad of dancers from all over South Florida and beyond, performing a variety of Middle Eastern and fusion bellydance styles. Several of the performers are cancer survivors themselves. All have been touched by the disease in some way and want to support the cause through their art. The theme of Relay for Life is "Celebrate, Remember, Fight Back" and many of the performers will be doing dances selected especially for the theme.

Tickets are \$25. A portion of the proceeds goes to the American Cancer Society (www.cancer.org). For more info on the show and the Anti-Cancer Belly Dancers, go to www.beledy.net/acbd/

This event will be held at Puppetry Arts Center theater, 94 NE 2nd Ave. in Delray Beach on March 2. Doors open 3:30 pm; show starts 4:00 pm

For more information contact Sherry Reardon at 561-499-3532 or email acbd@beledy.net.

Be Inspired. Get Connected. Walk MS.

Boca Raton, FL – More than 7,500 South Florida residents live with effects of multiple sclerosis, a chronic, often disabling disease that attacks the central nervous system. To show support, more than 600 loved ones, neighbors and co-workers step out for a single cause: for a world free of MS.

On Sunday, March 23, 2014 the National Multiple Sclerosis Society will host the UAIC Boca Raton Walk MS presented by Genzyme at Boca Corporate Center & Campus, 5000 T-Rex Avenue. Check-in begins at 7:30 am and the walk begins at 9:00 am.

Currently the 7th largest walk event in the nation, Walk MS takes place each year in over 400 cities across the United States. Participants took to the sidewalks in Boca Raton last year, raising nearly \$300,000.

"Walk MS connects people living with MS and brings together the community to

raise funds for a cure," said Karen Dresbach, President of the National Multiple Sclerosis Society, South Florida Chapter. "South Florida residents demonstrate support for those living with multiple sclerosis by raising more than \$850,000 for research, programs and services offered by the Chapter."

The UAIC Boca Raton Walk MS presented by Genzyme will feature a light breakfast with coffee and juice sponsored by The Original Pancake House. A group warm-up will be held approximately 15 minutes before the walk kicks off. Team photos, music, Champions Against MS tent, vendors and other fun filled activities complete the day for all members of the community.

Walk MS, an annual event, is an opportunity for the community to help raise awareness and vital funds. The dollars raised support life changing programs and cutting-edge research.

Participants are welcome to register or volunteer for the 2014 UAIC Boca Raton Walk MS presented by Genzyme online www.mswalksouthflorida.org, email mwalk@fls.nmss.org or call 1-800-FIGHT-MS (344-4867). There is a \$50 required fundraising goal for adults and \$25 for students ages 13 – 17. Walk MS participants who raise \$100 or more will receive a commemorative Walk MS t-shirt plus additional prizes levels.

Pony Up for POST

The International Polo Club Palm Beach cordially invites you to celebrate the sport of kings at the Pony Up for POST inaugural event to benefit the Pediatric Oncology Support Team (POST).

Thursday, March 6, 2014
The Pavilion at IPC
5:30 p.m.-7:30 p.m.
\$50 per person

Guests will enjoy live entertainment, elegant hors d'oeuvres, and a silent auction featuring equestrian-inspired works of art from the first annual 2014 Commemorative Poster Contest, including "Polo Rumble," the winning artwork by Alan Metzger.



Proceeds raised from Pony Up for POST will go to the Nicklaus Children's Health Care Foundation and will benefit the POST program.

POST helps children and their families living in the western communities deal with the impact of pediatric cancer.

To purchase tickets, please go to internationalpoloclub.ticketleap.com.

For more information, call Kimberly at 561.844.1778, ext. 15.

THE PINEAPPLE
delray beach newspaper

CONTACT US FOR
PREMIUM AD INFORMATION
advertise@pineapplenewspaper.com
561-299-1430

A benefit event to raise money to fight Cancer featuring a multitude of dancers from South Florida and beyond...

SHIMMY FOR A CAUSE
Middle Eastern & Fusion Dance Show

4pm Sunday, March 2, 2014
Puppetry Arts Center,
94 NE 2nd Ave, Delray Beach, FL 33444

presented by

Tickets \$25
Contact Sherezah
www.beledy.net/acbd
561-499-3532
Door Prizes & Silent Auction

Anti-Cancer Belly Dancers
A portion of the proceeds go to American Cancer Society - Relay for Life

**OUT OF THE ORDINARY,
INTO THE EXTRAORDINARY**

Sunday, March 2, 2014 – 1-4 pm

PALM BEACH IMPROV
550 S. Rosemary Ave., Suite 250
(Next To Muvico And Blue Martini In City Place)
West Palm Beach, FL 33401

Tickets: \$15 for 1 or \$25 for 2
2 Item Minimum in the Showroom
(You are required to purchase 2 food and/or drink items)
Must be 13 Years or Older

Michaela Paige from *The Voice*
and Comedian Dean Napolitano
Raffles and 50/50

SPONSORED BY:
FOREVER GREYHOUNDS

For More Information:
www.forevergreyhounds.org
Kerry@forevergreyhounds.com
561-574-7756

events calendar

MARCH 1 - 31

Pottery Classes — Monday-Friday. Cloud House Pottery, Artist Alley. One-on-one beginning, intermediate, advanced instruction. \$40 including materials. 561-862-9222

SATURDAY • MARCH 1

Micailah Lockhart | R&B — 9pm. Arts Garage. Winner of Project Ship regional talent competition. \$15-\$25 in advance. 561-450-6357 artsgarage.org

MONDAY - TUESDAY • MARCH 3 - 4

Crest Broadway Cabaret Series presents Eden Espinosa - 8pm, Delray Beach Center for the Arts / Crest Theatre. Powerful vocalist showcased on Broadway, TV, Disneyland. \$45. 561-243-7922, DelrayCenterForTheArts.org

MONDAY • MARCH 3, 10

Lifelong Learning Community Institute — 2pm "The Exotic Influence on Classical Music" delraylibrary.org

MONDAY • MARCH 3, 10, 17

Lifelong Learning Community Institute — 10:30am. "Exploring Philosophy Through Film" delraylibrary.org

WEDNESDAY • MARCH 5

Southern Handcraft Society — 7pm. Veterans Park Senior Center. Meeting of Pineapple Grove Chapter with desserts. mhincken@gmail.com

Day Trip — Roger Dean Stadium - Live pre-season spring training baseball game with St. Louis Cardinals versus the 2013 World Champions Boston Red Sox. Veterans Park, 561-243-7350

WED - SUN • MARCH 5 - 9

Sounds of Simon — Fri - Sat 8pm; Sat & Sun 2pm. Delray Square Performing Arts, 4809 W. Atlantic Ave. Celebrating the music of Paul Simon. \$35. 561-880-0391 delraysquarearts.com

WED. • MARCH 5, 12, 19

Lifelong Learning Community Institute — 2pm "Popular Jewish Composers" delraylibrary.org

THURSDAY • MARCH 6

Lunch With Liz @ the Library — 11:30am. Library. Liz Sterling on Go With the Flow based on insights of George Hamilton. Free. 561-266-9490 delraylibrary.org

THURSDAY • MARCH 6, 13, 20, 27

Lifelong Learning Community Institute — 2pm "America's Unappreciated Presidents: Polk, Taft, Carter, George H.W. Bush" delraylibrary.org

FRIDAY • MARCH 7

Booksigning — 7pm. JA Jance author of Moving Target. Murder on the Beach Mystery Bookstore, 273 NE 2nd Ave.. 561-279-7790 murderonthebeach.com

FRIDAY - SATURDAY • MARCH 7-8, 21-22

The Irish Dracula. Presented by the Irish Theatre of Florida at the Art Studio, 1201 N. Federal Hwy, Delray Beach. Tickets are \$20. 8 PM Call the box office 561-491-5719.

FRIDAY - SUNDAY • MARCH 7 - 9

Rhythm of the Dance — Fri 8pm, Sat 2 & 8pm, Sun 2pm. Delray Beach Center for the Arts / Crest Theatre. National Dance Company of Ireland presents dance and music. \$45. DelrayCenterForTheArts.org 561-243-7922

SATURDAY • MARCH 8

National League of American Pen Women present Artful Extravaganza, 11am-4pm. South County Civic Center, 16700 Jog Road, Delray Beach - 40 Vendors: Arts, Crafts, Jewelry, Music, Books, Raffles. Vendor tables available. Contact Marlene Klotz marleneklotz@yahoo.com or call 561/400-1550 Admission \$2.00. Students with I.D. admitted free. Fundraiser for college women in the arts. www.bocapenwomen.org

ARTISTS ALLEY

OPEN STUDIOS & GALLERIES

THURSDAY, MARCH 20 • 6-9PM

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

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

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

SATURDAY • MARCH 8

Ride & Remember Trolley Tour — 10am-12pm. Spady Museum. Tour Delray Beach's five historic districts. \$20. 561-279-8883 spadymuseum.org

The Olive Taste of Delray will host Executive Chef, Ellis, of 3rd and 3rd Restaurant, at 1:00 PM. Chef Ellis will prepare a recipe from the evening's menu featuring our extra virgin olive oils and balsamic vinegar. There is NO CHARGE for this event. Space is limited. RESERVATIONS RECOMMENDED. Call Lori at 561-266-3228 or email info@theolivetasteofdelray.com.

Artful Extravaganza — 11am-4pm. South County Civic Center, 16700 Jog Rd. Arts, crafts, jewelry, music, books, raffles. National League of American Pen Women fundraiser for college women in the arts. \$2 admission; students free with ID. 561-400-1550

Family Fun Days: Yamato-kan Origami — 12-3pm. Morikami Museum & Japanese Gardens. Learn simple origami. Free with museum admission, 561-495-0233 morikami.org

Magic & Comedy — 8pm. Puppetry Arts Center, 94 NE 2nd Ave. An evening for adults hosted by the Amazing Mr. A with guest magicians. \$15. 561-243-4330 puppetcenter.org

Leon Anderson Quartet | Jazz — 8pm. Arts Garage. Award winning Anderson leads performance. \$25-\$35 in advance. 561-450-6357 artsgarage.org

SATURDAY - SUNDAY • MARCH 8 - 9

Wellfest — 11am-5pm. Delray Center for the Arts & Hyatt Place. Designed to inform, educate, motivate, inspire to stay fit, eat well, think positive, reduce stress, green initiatives. \$15/day, \$20 both days. wellfestusa.com

SUNDAY • MARCH 9

Sunday Musical Matinee | Violinist Mei Mei Luo & pianist Daphne Spottiswoode — 2pm. Delray Beach Public Library. \$15 individual show. 561-266-9490 delraylibrary.org

TUESDAY • MARCH 11

Municipal Election — Daylong. Polling stations around city. Delray Beach residents vote to fill two seats of the five-member City Commission. Special election on a charter amendment.

TUESDAY • MARCH 11 & 18

Lifelong Learning Community Institute — 2pm "U.N. & Israeli Politics: Contemporary Middle East Crises" delraylibrary.org

WEDNESDAY • MARCH 12 - 19

Lifelong Learning Community Institute — 6pm "The Tudors: The True History of England's Most Famous Dynasty" delraylibrary.org

THURSDAY • MARCH 13

Delray Beach Home Tour - 10am - 4pm. Tour distinctive residences in the Palm Trail Area. Catered luncheon and trolley service between homes. \$100. 561-266-0003 ext. 16. DelrayHomeTour.com.

FRIDAY - SATURDAY • MARCH 14 - 15

St. Patrick's Day Festival - Fri 5-11pm; Sat 11am-7pm. Delray Beach Center for the Arts / Outdoor Pavilion. Free admission. Live music, food, bars, vendors, Irish Siamsa celebration. 561-243-7922 festivalmanagementgroup.com/st-patty/

SATURDAY • MARCH 15

St Patrick's Day Parade - 2pm-4:30pm. Businesses, schools, charities, groups, organizations, entertainers, floats, fire / EMS trucks, law enforcement vehicles led by the Emergency Services — uniformed honor guards / color guards, pipes and drum bands, from all over the world. Post-event activities 4:30pm-7pm Delray Center for the Arts stpatrickparade.com

Brad Vickers & His Vestapolitans | Blues — 8pm. Arts Garage. Music captures spirit of early rock instrumentals. \$25-\$35 in advance. 561-450-6357 artsgarage.org

MONDAY - TUESDAY • MARCH 17 - 18

Crest Broadway Cabaret Series presents Will Chase — 8pm. Delray Beach Center for the Arts / Crest Theatre Tickets Will appeared in NBC's SMASH and is considered one of Broadway's most versatile leading men. \$45. 561-243-7922, DelrayCenterForTheArts.org

MONDAY - MONDAY • MARCH 17 - 24

LEEWORKS presents QUEST, an art exhibit story of triumph over hardship featuring pieces by artist Lee Hutton, 11:30 a.m. to 9:30 p.m. The exhibit is hosted by ETTRA GALLERY 149 NE 2nd Avenue in the Pineapple Grove Arts District of Delray Beach. Visit www.leeworks-art-florida.com for more information.

MONDAY • MARCH 17, 24, 31

Lifelong Learning Community Institute — 2pm "The New Yorker Short Story: How It Works & How to Work It." delraylibrary.org

TUESDAY • MARCH 18

Salud! The Wines of Spain — 6-8pm. Murder on the Beach Bookstore, 273 NE 2nd Ave. Mark Spivak teaches wine. \$50 includes tastings & hors d'oeuvres. 561-279-7790 murderonthebeach.com

THURSDAY • MARCH 20

National League of American Pen Women Ongoing scholarship fundraiser/luncheon for college women in the arts presents Marilyn Salisbury, an artist who will offer tips on organizing your art. 11:30 a.m. (www.bobbinsartwork.weebly.com) Delray Beach Golf Club, 2200 Highland Ave in Delray Beach Menu choices and details on website - \$28.00 www.bocapenwomen.org For more info call 561/865-9756 or email polowhite@aol.com

Nourish Yourself Thursday — Nourish Spa. 200 NE 2nd Ave, #114. Info on organic skincare & wellness, event specials, new flavors of Jus and Om Kombucha. 561-278-4144.

Artists Alley Open Studios - 6-9pm - Pineapple Grove Arts District between NE 3rd & 4th Streets, east of 3rd Ave, west of RR tracks. artistsalleydelray.com

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

MARCH 1 - 2, 8 - 9, 13 - 16, 19

Fighting over Beverly by Israel Horowitz | Theatre — Matinee & evening performances. Arts Garage. Romantic comedy centers on love triangle between 70+ year olds. \$30/\$35/\$45 in advance. 561-243-7922 artsgarage.org

SATURDAY • MARCH 1, 8, 15, 22, 29

Delray GreenMarket in the Park — 9am-2pm. Old School Square Park. delrayca.org Budding Artists at the Delray GreenMarket Old School Square Park 561-243-7922 DelrayCenterForTheArts.org

SUNDAY • MARCH 2

Shimmy for a Cause — 4pm. Puppetry Arts Center, 94 NE 2nd Ave. Mid-eastern and fusion dance show fundraiser for ACS by Anti-Cancer Belly Dancers. \$25. 561-499-3532 beleady.net/acbd

MONDAY • MARCH 3

Delray Beach City Commission Candidate Green Forum 7 candidates vying for two City Commission seats engage in a panel discussion on green issues in Delray in prelude to March 11 election. Time: 7 — 8:30 pm Where: St. Paul's Episcopal Church 188 S. Swinton Avenue Delray Beach, FL 33444 Joe@DelrayBeachGreen.com for more information



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(561) 767-8055 | ADVANTAGEGOLFCARS.COM

events calendar

SATURDAY • MARCH 22

Robert D. Chapin Lecture Series presents Tony Mendez — 2pm. Delray Beach Center for the Arts / Crest Theatre. Former CIA agent was the inspiration for the Academy Award-winning film *ARGO* and recipient of the CIA Intelligence Medal of Merit. 561-243-7922, DelrayCenterForTheArts.org

All People's Day Diversity Festival — 9:30am-5pm. Pompey Park. Kid's workshop until 11am; main activities include performances of dance, music and social theater. 50 interactive, merchandise and food booths. Free admission. 561 495-9818.

Calvadade of Authors — 2pm. Delray Beach Public Library. Presented by the National League of Pen Women. 561-266-9490

Peter Bernstein | Jazz — 8pm. Arts Garage. Guitarist hypnotizes with classic style \$25-\$35 in advance. 561-450-6357 artsgarage.org

SATURDAY - SUNDAY • MARCH 22 - 23

22-23, 29-30 - Delray Art League Artists in the Park 10am-4:30pm. Delray Beach Center for the Arts Fine art exhibitions and sales. 561-243-7922 DelrayCenterForTheArts.org

FUN FRIDAYS AT SOLITA DELRAY!

Join Marketing & Events by Priscilla for a networking and social happy hour party every Friday from 5 PM to 7:30 PM. With Half Off all bar beverage including premium drinks and wines, and off all appetizers. (until 7 PM). No rsvp necessary.

**25 NE 2nd Ave.
PINEAPPLE GROVE
IN DELRAY BEACH**

SUNDAY • MARCH 23

Be Inspired. Get Connected. Walk MS. 7:30 registration, 9:00 am start
 WHO: National Multiple Sclerosis Society, South Florida Chapter
 WHAT: Join more than 600 participants for the 2014 UAIC Boca Raton Walk MS presented by Genzyme. Walk MS, an annual event, is an opportunity for the community to help raise awareness and vital funds. The dollars raised support life changing programs and cutting-edge research for more than 7,500 South Florida residents living with MS. WHERE: Boca Corporate Center & Campus, 5000 T-Rex Avenue, Boca Raton, FL 33431
 COST: \$50 required fundraising goal for adults and \$25 for students ages 13-17. Participants who raise more than \$100 or more will receive a commemorative Walk MS t-shirt.
 For more information about Walk MS please contact 954.731.4224 or mswalk@fls.nmss.org, or visit www.mswalksouthflorida.org

TUESDAY • MARCH 25

Lifelong Learning Community Institute — 2pm
 "The Greatest Stories Ever Sold" delraylibrary.org

Carmen Bradford | Jazz — 7:30pm. Arts Garage. Award winning singer is third generation of jazz performers. \$25-\$35 in advance. 561-450-6357 artsgarage.org

WEDNESDAY • MARCH 26

Ronfest — 6-10pm. Delray Elks Lodge. Benefit for Ron Gilinsky with raffle items, food and more. 561-278-0424 \$25 per person

Lifelong Learning Community Institute — 2pm "The Work of Bryant, Emerson & Whitman: A Look at Transcendental Poetry" delraylibrary.org

THURSDAY • MARCH 27

iAN & ANi — Prokofiev to Piazzola — 8pm. Arts Garage. Russian cellist Ian Maksin & Bulgarian pianist Ari Gogova with program including premiere of new Maskin piece. \$25-\$35 in advance. 561-450-6357 artsgarage.org

FRIDAY • MARCH 28

Bill Muter & the Sharp Shooters | Fusion — 8pm. Arts Garage. Elements of fusion, R&B, neo soul mixed with a tuba. \$25-\$35 in advance. 561-450-6357 artsgarage.org

FRIDAY - SUNDAY • MARCH 28 - 30

The Golden Dragon Acrobats: CIRQUE ZIVA - Fri 8pm; Sat 2 & 8pm; Sun 2pm. Delray Beach Center for the Arts / Crest Theatre. 25 masters of acrobatics, dance, aerial stunts, contortion. 561-243-7922, DelrayCenterForTheArts.org

SATURDAY • MARCH 29

Great Moments at the Opera. 3pm. First Presbyterian Church, 33 Gleason St. 65-voice chorale performs masterworks. \$25/advance; \$5/students; \$30 day of concert. Delraybeachchorale.org 800-984-7282

Vivian Sessions | Jazz — 8pm. Arts Garage. Acclaimed songstress known for rich melodies and captivating soulful vocals. \$25-\$35 in advance. 561-450-6357 artsgarage.org

SATURDAY - SUNDAY • MARCH 29 - 30

Hatsume Fair — 11am - 6pm. Morikami Museum & Japanese Gardens. Taiko drumming, martial art & bonsai demonstrations, costume contest, fashion show, booths, food vendors, Kirin Beer Garden, children's activities, bonsai exploration area. \$15/adults, \$10/ages 10 and under; FREE for museum members ages 3 and under 561-495-0233 morikami.org

SUNDAY • MARCH 30

Rob Russell & Switzer Trio | Cabaret — 7pm. Arts Garage. Performer known for showmanship, timing, choice of repertoire. \$25-\$35 in advance. 561-450-6357 artsgarage.org

MONDAY • MARCH 32 South Florida Symphony Orchestra — 7:30pm. Delray Beach Center for the Arts / Crest Theatre, Old School Square. Master Concert Series. Program info at SouthFloridaSymphony.org. 561-243-7922, DelrayCenterForTheArts.org.

FRIDAY • APRIL 4

Wine, Nibbles and Fun!, 6:00- 8:00PM at The Wine Cellar of Boynton Beach, 1500 Gateway Blvd, #140, Boynton Beach, FL 33426, Great Wines to sample, Food pairings, Prizes to win, Admission is free. Prequel to 4th Annual Kentucky Derby Event on May 3, 2104. Sponsored by Quota International Boca/Delray. For more information:561-927-7179.

SATURDAY • MAY 3

Kentucky Derby Party, 4:00 - 8:00 PM, at Boca Greens Country Club, 19642 Trophy Drive, Boca Raton. Hosted by Quota International of Boca/Delray, this festive event features hors d'oeuvres, open wine/beer bar, a sumptuous buffet dinner, raffles & auctions for fabulous prizes and live simulcast of the race,\$65/person. All proceeds benefit AVDA (Aid to Victims of Domestic Abuse), Forgotten Soldiers Outreach and the Dolores Taylor Scholarship Fund. For Tickets & more info: 561-927-7179 or http://quotaderby2014.eventbrite.com.

EXHIBITS

Through March 2 — Art Exhibit "Journeys" featuring the paintings of artist, Vicki Siegel, at the Weisman Delray Community Center, through March 2, 2014. Artist reception and brief artist talk, Sunday Feb. 16th 2-4pm. The Center is located at 7091 W. Atlantic Ave. in Delray Beach. Monday — Thurs. 9am - 5pm. Friday 8:30am — 4:30pm. Free and open to the public. Call 561-558-2100

library calendar

CALENDAR OF EVENTS • MARCH 2014

Saturday, March 1, 8, 15, 22 & 29 @ 10:00 a.m. - The Writer's Studio weekly Saturday morning program Contact Howard Gleichenhous 561-638-7251

Monday, February 24, March 3, 10 & 17 @ 10:30 a.m. — Lifelong Learning Community Institute Course — "Exploring Philosophy Through Film" See brochure for course listings and fees

Monday, March 3, 10, 17 & 24 from 1:00 p.m. — 4:30 p.m. —E- Zone presented by Reference Department

Monday, February 24, March 3 & 10 @ 2:00 p.m. — Lifelong Learning Community Institute — "The Exotic Influence on Classical Music" - see brochure for course listings and fees

Monday, March 3 @ 4:30 p.m. — Financial Conversation on Mondays — "Consider Health Care Costs When Planning Your Retirement" presented by Merrill Lynch Wealth Management

Monday, March 3, 10, 17 & 24 @ 5:15 p.m. Got Gaming? presented by Young Adult Librarian Loanis Menendez-Cuesta

Tuesday, March 4 @ 3:00 p.m. — Healthy Living Series - "TBA" presented by Dr. Marilyn Shore

Wednesday, March 5, 12, 19 & 25 @ 11:30 a.m. — Socrates Cafe — Weekly discussion group facilitated by Don Clare & Claire Drattell

Wednesday, February 26, March 5, 12, & 19 @ 2:00 p.m. — Lifelong Learning Community Institute Course — "Popular Jewish Composers" - see brochure for course listings and fees

Thursday, March 6 @ 11:30 a.m. Lunch with Liz @ the Library—"Go With the Flow" based on the insights of George Hamilton presented by media personality & columnist Liz Sterling

Thursday, March 6, 13, 20 & 27 from 1:00 p.m. — 4:30 p.m. E- Zone presented by Reference Department

Thursday, March 6, 13, 20 & 27 @ 2:00 p.m. — Lifelong Learning Community Institute Course — "America's Unappreciated Presidents: Polk, Taft, Carter, George H.W. Bush" - See brochure for course listings and fees

Friday, March 7, 14, & 21 @ 10:00 a.m. Great Books Discussion Group — "Great Conversations Four" presented by Gilbert Schechtman

Sunday, March 9 @ 2:00 p.m. — Sunday Musical Matinee Series —Violinist Mei Mei Luo & pianist Daphne Spottiswoode — Tickets - \$15.00 per person or \$45.00 per person for the series available at the Circulation Desk

Monday, March 10 & 24 @ 10:00 a.m. Quilting Bee — twice monthly quilting class presented by Karen Pugh & Linda Bouvier

Tuesday, Feb. 25, March 11 & 18 @ 2:00 p.m. — Lifelong Learning Community Institute Course — "U.U. & Israeli Politics: Contemporary Middle East Crises"- See brochure for course listings and fees

Tuesday, March 11 & 25 @ 6:00 p.m. "Ukulele Workshop for Beginners & Players" — For further information & registration, contact Tavit Smith at 561-665-1718 or e-mail at tavitandlynn@gmail.com.

EXHIBITS

Through March 22 - Juried Art Exhibition - Artists' Guild Gallery, 512 E Atlantic Ave. Fine art paintings, sculptures, and photography. 561.278.7877 bocaguild.com

March 1-April 27-Delray Art League- Delray Beach Center for the Arts / Crest Theatre Galleries Multi-media exhibit showcasing oils, watercolors, acrylics, sculptures and photographs.

Tuesday, March 11 @ 6:00 p.m. — Evening Book Group — In the Time of Butterflies by Julia Alvarez presented by rotating book group leaders

Wednesday, March 12 @ 5:30 — 7:00 p.m. — Unity Art Showcase

Wednesday, March 12, 19 & 26 @ 6:00 p.m. — Lifelong Learning Community Institute Course "The Tudors: The True History of England's Most Famous Dynasty" - See brochure for course listings and fees

Thursday, March 13 & 27 @ 10:00 a.m. Great Decisions Discussion Group - 2013 Briefing Book presented by Carl Weitzstein

Thursday, March 13 & 27 @ 10:30 a.m. Craft Series — "Knit 'N Purl" twice monthly knitting class presented by rotating facilitators

Saturday, March 15 @ 2:00 p.m.- Author's Series — "How To Write a No-Fail Online Dating Profile" presented by Dr. Dale Koppel

Monday, March 17 @ 1:00 p.m. Afternoon Book Group — The Hare With Amber Eyes: A Hidden Inheritance by Edmund De Waal presented by Librarian Kathleen Hensman

Monday, March 17, 24, 31 & April 7 @ 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

Thursday, March 20 @ 10:30 a.m. — Publix Apron's Cooking School Lecture & Cooking Demonstration — "Spring Salads" presented by Chef Rey De La Osa

Saturday, March 22 @ 2:00 p.m. — "Cavalcade of Authors" presented by the National League of Pen Women

Monday, March 24 @ 2:00 p.m. — Cercle Français - French conversation group with rotating facilitators

Tuesday, March 25, April 1 & 8 @ 2:00 p.m. — Lifelong Learning Community Institute Course — "The Work of Bryant, Emerson & Whitman: A Look at Transcendental Poetry" - See brochure for course listings and fees

Wednesday, March 26, April 2 & 9 @ 2:00 p.m. — Lifelong Learning Community Institute Course — "The Greatest Stories Ever Sold"- See brochure for course listings and fees

ART EXHIBITS
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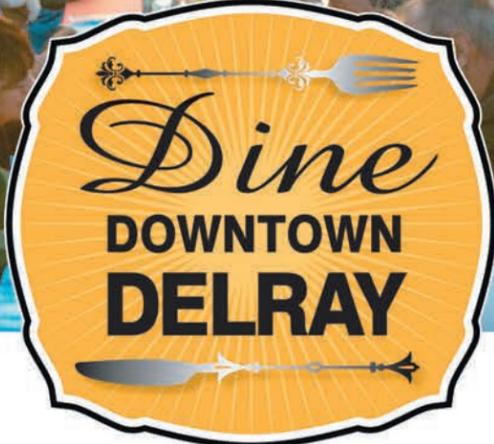





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#SavorDelray

LOCAL FIT FOOD EXPRESS INTRODUCES ORGANIC 'PUREENERGY' JUICE BAR

Delray Beach Food & Juice provides quick, gourmet, and healthy options

DELRAY BEACH, FL – Two and a half years after the Delray Beach healthy and gourmet takeout and delivery location first opened, Fit Food Express has upped its game once more – adding an Organic PurEnergy Juice Bar to the location. The takeout store and juice bar is located at 302 NE 4th Street (four blocks north of Atlantic Avenue and one street west of Federal Highway) and features its own gourmet kitchen where all meals are prepared for pick-up and delivery customers as well as stop-ins.

The juice bar features more than ten smoothie options, ten green and fruit juices, and five cold-pressed juices – 97% of which are organic, and all of which are locally sourced from Woolbright Farmers Market in Boynton Beach. (Non-organic juice bar items are bananas, jalapenos and lemons.)

According to Fit Food Express owner Dean Pagni, the addition of the PurEnergy Juice Bar was a natural progression for the gourmet, health food shop. “Our customers have relied on Fit Food Express for delicious, healthy and convenient meals for years,” Pagni said. “We decided that adding a juice bar was a critical component in being their total solution for nutritional eating (and drinking) for every meal of the day.”

Signature smoothie options include: Berry Kick, Blueberry Banana Recovery, Cacao Mint, Flex on the Beach, Pineapple Grove, Sweet Monkey, and more. Juices include: The Harmonizer, Big Red, Sweet Greens and The Green Monster. Wheatgrass shots are also available.

Fit Food Express’ meal menu can be found online and customers are welcome to tailor the meals to their personal needs and/or pick up a pre-packaged dish from



the store’s large refrigerator display. According to Pagni, 90% of the menu is Gluten-Free; the meals are low in saturated fats and sodium; there are no refined sugars and no wheat.

All meals are portion controlled and affordable. Vegetarian options are also available. Fit Food Express uses the highest quality ingredients to prepare meals, all of which are made from scratch daily and packaged in plastic microwave-safe, BPA-approved and recyclable containers. Pagni notes that what differentiates his shop from other meal delivery options is that customers can personalize their meals and order **Continued on page 26**

DOWNTOWN SHAPES UP FOR MARCH FESTIVALS



The Delray Beach Twilight Festival takes Over Atlantic Avenue on Saturday, March 22nd

Founded in 2011, The Delray Beach Twilight Criterium is not your average health and lifestyle festival. On March 22, 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.

Unlike ‘stage races,’ such as the Tour de France, which occur over great distances, this is a sprint-style race, with a short, 1 kilometer course that is lapped over, and over and over again. Have you ever seen a bicycle go 40 mph? You will!

Think of it as Indy Car Racing meets the Tour de France. The Delray Beach Twilight is one of only Twelve sanctioned races by the USA CRITS Series. Now in its eighth year, the USA CRITS Championship Series is the premiere cycling series in the United States. USA CRITS was developed to feature criterium riders and to offer venues, teams and riders the ability to excel in a unique discipline of cycling. **Continued on page 24**

Excitement builds for the weekend of WellFest Delray, March 8-9

Over 120 Sponsors, Exhibitors, Speakers and Food Vendors will Educate, Entertain and Inspire!

Some are calling it the best value in South Florida. For \$15 day (\$20 for both days and kids under 12 free) you can attend WellFest™ Delray 2014. You can even buy your tickets online at www.WellFestUSA.com and avoid the long lines. Either way, this trademarked event which will take place in downtown Delray Beach at Delray Center for the Arts and Hyatt Place Delray on Saturday and Sunday, March 8-9, from 11AM – 5PM will educate, entertain and inspire you to connect with the WellFest-lifestyle.

Attendees will receive a range of high-value savings at many Wellness-related businesses, an Expert Speaker Series at Hyatt Place with over two-dozen Speakers and topics, food samples from some of Delray’s top restaurants, a range of product samples, great entertainment and fitness demonstrations, consultation with a range of Wellness experts, and even free massage stations throughout the event.



“Our mission is to: Educate, inform, motivate and inspire people to stay fit, eat well, think positive, reduce stress, take a holistic approach to their healthcare and think green,” states Bob Lipp, the event creator. “The event has something for everyone whether you’re a true believer or just want to find out more.”

In just its second year, WellFest Delray has earned the support of businesses and organizations **Continued on page 22**

Barre Workouts Top the Fitness Hot List

PALM BEACH, FL – Kelly Ripa, Natalie Portman, and Drew Barrymore all swear by ballet inspired exercise methods that promise longer, leaner muscles and a tighter derriere in weeks. But how do these low-impact dance moves build muscle and burn calories when there’s not hardcore cardio or heavy weights involved?

Cindy Sites, founder of The Figure Method, a ballet focused exercise technique, explains that the approach is incredibly effective in toning, strengthening and conditioning the entire body. She says, “Muscle groups are strengthened through slow, sustained, precise movements followed by intense stretching to avoid building bulk. The method is particularly effective because almost all of the exercises require balance – which means your core will always be working to support your body and protect your back during each exercise. Additionally, the majority of the exercises require holding a pose for an extended period of time to the point of exhaustion. This enables the muscles to elongate through full extension while also improving endurance.”

The concept of ballet-inspired exercise was originated by



Lotte Berk, a former dancer who based her exercise technique on the core strength and flexibility moves that are essential to dancer’s lithe frames. The method gained popularity with dancers in the US, including Sites, who began practicing and teaching the method before developing her own style. Sites branded approach, The Figure **Continued on page 19**

Weekend of March 8-9, 2014
from 11AM - 5PM

at Delray Center for the Arts. Speakers at Hyatt Place.

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For info and advanced ticket sales: www.WellFestUSA.com



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Ground Zero Fitness of Delray offers "In the Biz" membership

DELRAY BEACH, FL – Ground Zero Fitness, has launched a new "In the Biz" Fitness Program to all small business owners, managers, and employees in Delray Beach. Ground Zero Fitness hopes to get more local businesses involved in health and fitness, while making connections with other small business owners in the friendly town of Delray Beach. The elite outdoor fitness facility is just 2 miles north of Atlantic Avenue, located at 2505 Seacrest Blvd in East Delray.

The "In the Biz" Membership is \$65 a month for Unlimited Classes at Ground Zero Fitness (which is a 20% discount). They have a versatile schedule and currently offer 40+ classes to choose from each week! GZF always offers a Free Trial class to all.

To see if your business qualifies for the "In the Biz" Membership, please contact Ground Zero Fitness at 561-886-8124 or info@GZFbootcamp.com. Complete class schedule and other info is found at www.GZFbootcamp.com

BARRE WORKOUTS - continued from page 17

Method, refined the barre method to include safer orthopedic-based exercises and form modifications to protect joints and produce dramatically effective results.

"My clients tell me that after taking our classes, they feel more energetic, stronger, their clothes fit better, and, when they leave our studio, they literally feel inches taller. That's the benefit of The Figure Method," Sites explains.

While ballet-inspired exercise methods are effective on their own, many athletes are using barre-based exercise to compliment their rigorous workouts. Marathoners, tri-athletes, and spinning aficionados are benefiting from The Figure Method. "Athletes find that they are able to target the smaller, often overlooked muscles with The Figure Method. They are seeing improved performance and endurance," says Sites.

At her Go Figure studios, clients can expect a "boutique" experience that includes hands-on guidance from each instructor during small, group classes. "Our instructors undergo the most extensive certification and ongoing training of any barre method. Each instructor is carefully selected and each one brings a personal style that makes every Figure Method barre class unique."

Page Knox, a devotee of Sites' Figure Method, says, "I can't live without my barre classes. Three classes a week give me the strength to pursue my passions for skiing and tennis and the peace of mind to handle my crazy schedule."

Go Figure studios can be found in Palm Beach, Florida, as well as Connecticut, Massachusetts, New York, Arizona and Maryland.

For more information, visit the website at: www.gofigurestudio.com

Cindy Sites has been a fitness professional for more than twenty years and has taught The Figure Method barre to thousands of students and instructors. For over twenty years she served as trustee at American Ballet Theatre, was on the Board of the School of American Ballet and had the honor of being appointed to The President's Committee of the Arts and Humanities by President George Bush. Developing The Figure Method and overseeing Go Figure Barre Studios has been one of the most positive, and rewarding experiences of her life.



Introducing the Greater Palm Beach Holistic Chamber of Commerce

The Greater Palm Beach Holistic Chamber of Commerce is a local chapter of an international organization representing and supporting holistic, wellness driven and eco-friendly professionals and entrepreneurs.

"We are building a resourceful curriculum of training and networking activities that will address the operational, marketing and business strategy needs of holistic practitioners, providing for our leaders a platform for growth, business skill advisory and a successful referral foundation," explains Maria Baez, President.

Join Palm Beach's first Meet & Greet event, being held at CBS12 & Sun Sentinel's Health and Wellness Experience, March

1st at Mizner Park Amphitheatre from 10:00am to 5:00pm. The first social open house will provide local holistic businesses and professionals the opportunity to learn more about the chamber and membership benefits; guest will participate in a raffle and receive a free information kit and resource guide.

Greater Palm Beach Holistic Chamber focuses exclusively on the Palm Beach County territory. Pre-launch discounted membership is available now until April 7th 2014.

The official launch event is scheduled for April 4th 2014; for membership information and a complete calendar of events please visit www.HolisticSouthFlorida.com or contact info@holisticsouthflorida.com.



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Inquiring minds catch up on all the latest happenings at last month's Delray Beach Garlic Fest

Local cardiologist and marathon runner shares his formula for avoiding heart damage

By David DiPino
The Pineapple Contributing Writer

Participating in a marathon may seem like the perfect fitness goal, but the danger of overworking the heart, especially while training long distances, is very real. While people in South Florida stay committed to their New Year's resolutions of starting running regimens or training for 5K's, half or full marathons, Delray Beach based cardiologist Dr. Stuart A. Baine is eager to share his formula for preventing heart damage.

Dr. Baine suggests never exceeding the individual heart rate formula of 85% of 220, minus your age. So for example, if you are 36 years old, the formula would be .85 multiplied by 220 and divided by 36, which equals 151, your maximum training rate.

"There's no question about it that marathon running can overwork your heart. There is a downside to marathon running. If you exceed your maximum heart rate for a significant period of time, you can cause damage to the heart muscle and even heart muscle loss," says Dr. Baine.

He also warns that keeping well hydrated and maintaining your level of electrolytes, is important. "The cause of most marathon deaths is from hyponatremia (low sodium). If you're only drinking water during the marathon race the body is losing tremendous amounts of sodium by sweating. If you're only replacing water not sodium, the sodium levels in your blood can drop to the point where fatal heart rhythm disorders occur," says Dr. Baine.

Dr. Baine began running marathons at age 52. "I ran the Palm Beach Marathon in West Palm Beach on December 8, 2013. I try to run in that one every year."

Next up for the doctor was the Publix A1A

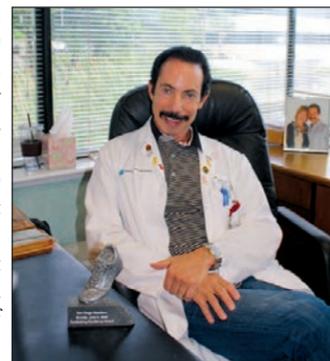
Fort Lauderdale Marathon on February 16. He trained three-times a week for the race by running on the treadmill (less impact on the legs makes this his favorite), cross-training with cycling and an elliptical trainer, circuit weights and by running one-lap around the perimeter of his community, which is over 6 miles.

"If you're just doing casual running and keeping the heart rate in that training range you're conditioning the heart and heart circulation to become more efficient. With the heart more efficient, over time the resting heart rate goes down, resting blood pressure goes down, your heart rate doesn't accelerate to a faster degree, and blood pressure doesn't increase to a greater degree. That's all part of conditioning training and that's all beneficial," he says.

Dr. Baine tells his new patients to start by walking 30-minutes, five days a week. Next, after a five-minute warm-up try to pick up your pace to the point where you are breathing heavier but still able to speak.

"If you can do that then it's a great rule of thumb and it means that you have your heart rate into the training range - the range where you are truly conditioning your heart and circulation to be more efficient and you're conditioning the heart to develop new collateral arteries. Each major coronary artery is interconnected and the more you train the heart the better these connections are," says Dr. Baine.

Dr. Baine is board-certified in both cardiovascular disease, and internal medicine, and has been in practice for 29 years. His office is located on the campus of Delray Medical Center, where he is also on-staff. Dr. Baine specializes in preventative cardiology, fitness, weight loss, nuclear cardiology, echocardiography, and vascular medicine.



Stuart A. Baine, MD

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WELLFEST 2014 - continued from page 17

in and around Delray Beach, as far North as Palm Beach Gardens and South to N. Miami. Over 120 of these businesses will be in attendance as part of the Expo, Fitness Center, Food Court, WellPet area and Expert Speakers at Hyatt.

Plus there will be a range of entertaining and informative events from expert chef cooking demos to live music with Felicia Rose to Belly Dancing, Fitness Fashions and more.

“WellFest is a broad-based event that ‘expands the conversation’ about staying fit, eating well, reducing stress, understanding holistic healthcare and the range of therapies being offered, and so much more. The content that we will be offering resonates with a growing number of people, young and older,” adds Lipp.

Sponsors for this Saturday and Sunday day-long event include: Acupuncture Associates, Celsius Energy Drink, Fiesta Pet Deli, Delray Center for the Arts, Delray Chamber of Commerce, Delray Library, Delray Medical Center, Gulfstream Business Bank, Health & Wellness Magazine, Hyatt Place Delray, Javita Coffee, Mint Fit 111, Naked Gourmet, Mind, Body and Spirit Café, Parenting Plus Magazine, Smart Car Palm Beach, Synergy Fitness Boca, The Crystal Garden, 21 Drops, Yoga Journey and Zaaz Studios.

“We encourage people to participate in a ‘WellFest-lifestyle’ and benefit from being proactive about their health and well-being, as opposed to being reactive,” states Sandra Tribioli, Director of Operations. “The goal is to embrace preventative measures and focus on how the mind, body, spirit connection can impact our health in so many positive ways.”

Speakers include a range of professionals and experts, who will speak on a number of interesting

and important topics. They include noted area author Margaret Lembo, who has written several books for adults and one for children on Chakra and Crystals, and Dr. Brian Clement, of the famed Hippocrates Health Institute.

“This is really getting exciting,” adds Tribioli. “The energy and enthusiasm continues to grow and we are all looking forward to showcasing Florida’s premier WellFest event March 8th and 9th.

“It’s amazing to think that the event debuted one year ago and now we’re looking at holding a significantly larger WellFest,” Tribioli added. “Frankly, I’m not surprised at the interest in the event, based on the important content that we are offering, but delighted none-the-less that so many people have come forward to be a part of enhancing the WellFest Delray experience.”

In just its second year, WellFest Delray has emerged to be a significant and important event, with proceeds going to support awards programs for local elementary schools students who advocate or exemplify the importance of fitness, good nutrition and self-esteem.

The “Weekend of WellFest” March 8-9, 2014 (11AM – 5PM) will take place under a shaded open-air structure outdoors at Delray Center for The Arts (off Swinton and Atlantic Avenues in downtown Delray) with Expert Speakers at nearby Hyatt Place Delray.

Delray Beach was chosen as the perfect place to launch WellFest, based on the community’s feel good vibe and substantial health and fitness-oriented business infrastructure. Bob and his team hope to build a “WellFest-oriented” lifestyle into the Delray brand, something that he believes can be accomplished in-part with WellFest Delray.

For further information, visit the website at www.WellFestUSA.com.



How Arnold Schwarzenegger changed my life one Tuesday morning

It was a Tuesday morning in January of this year. No different than any other Tuesday mornings of the past. New Year’s had come and gone, my NY Giants were all but out of the playoffs, work was going steady eddy, the Yoga classes I teach were starting to fill up, and yet, as content as I was with my life, I still felt as if something was missing. At the time I couldn’t pinpoint what was it was, I seemed like many other people, just going about their business on a Tuesday morning in January. That was until I opened a link to a speech that Arnold Schwarzenegger gave to the graduating class of 2009 at USC.

The message he spoke was so powerful. Combining the voice of the “Terminator”, the passion of a man that held the position of California Governor, who won Mr. Olympia competitions, and revolutionized actions movies, I felt he validated himself to give a speech on the “5 rules of success”. What I write below is taken almost verbatim from the man himself, I can not take credit for the insight. However, I can say with confidence I agree with every one of these rules, and felt compelled to share:

“Rule 1 - Trust Yourself

People are always getting advice from everyone else, but you have to dig down, dig deep down, and ask yourselves who do YOU want to be? Not what but WHO! Figure out what makes you happy, no matter how crazy it may sound.

Rule 2 - Break the Rules

Not the law, the rules. We have so many rules, it’s impossible to be a maverick or a true original if you are always abiding by the rules. You have to think outside the box. What’s the point of being on this earth if you want to be liked by everyone and avoid trouble. The only way that I got to someplace was breaking some

of the rules.

Rule 3 - Don’t be afraid to Fail

Anything that I ever attempted, I was always willing to fail. You can not be afraid to make decisions or paralyze yourself with fear of failure. You will never push yourself. You push yourself because you believe in yourself and your vision, and it is the right thing to do. Success will come. Don’t be afraid to fail.

Rule 4 - Don’t listen to the naysayers

How many times did you hear, “You can’t do this, you can’t do that, it has never been done before”. I love that, because if no one has ever done it, that means I am the first. Pay no attention to the people who say you can’t do it.

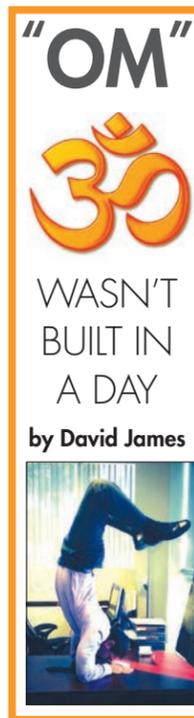
Rule 5 - Work your butt off

I never wanted to lose an election, or a competition because I didn’t work hard enough. I always believed in leaving no stone unturned. Muhammad Ali, one of my hero’s, had a great line in the 70’s when someone asked, “how many sit-ups do you do”. He said, “I don’t count my sit-ups, I count when they start hurting, when I feel the pain, because that is what makes you a champion”.

He closed out his speech with one last statement.” That is the way it is with everything in life, no pain no gain. Whatever it takes I will do. If you do not seek it, if you do not believe it...who else will.”

Somewhere along the way I forgot how to achieve my goals and dreams. Thanks to Arnold and his inspiring speech, I realized there are rules, and these rules must become a routine... a routine as ordinary as waking up on a Tuesday morning.

Write me at: DavidJames.Yoga@gmail.com or call 561-929-8905



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-Winnie the Pooh

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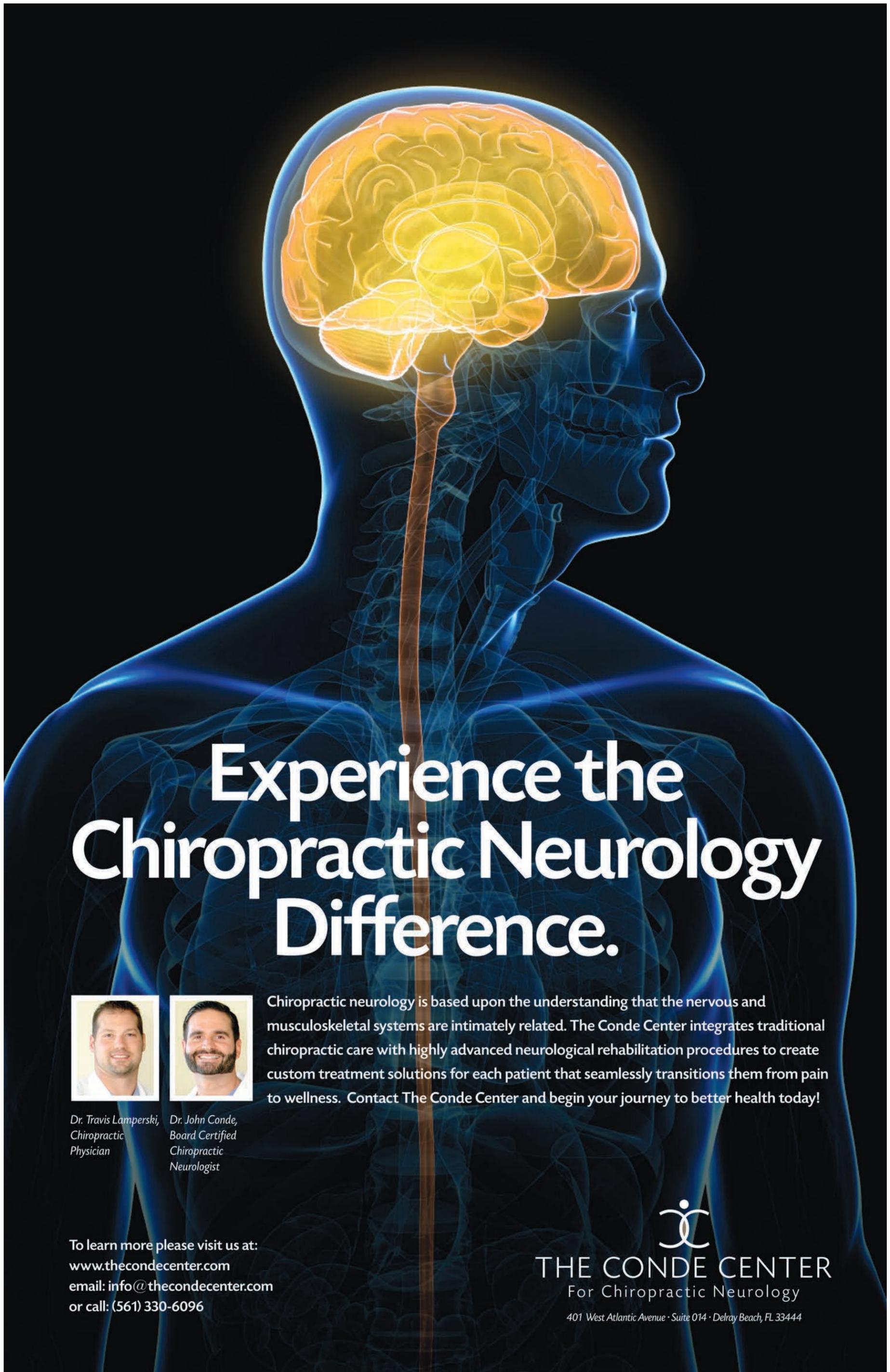
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TWILIGHT FESTIVAL - continued from page 17



Because criteriums 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.

In its third year, The Delray Beach Twilight hopes to provide the Delray Beach community with an enjoyable, family oriented event and drive business to the downtown merchants and restaurants.

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.

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. 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 Races, BMX Stunt Shows 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 Delray Center for the Arts. 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

you'll receive an official Delray Beach Twilight Festival T-shirt, a gift from cycling manufacturer LG and a great view of the races! If you are interested in volunteering, please email Gina Jenkins at gina@delraybeachtwilight.com.

Echelon Wine Lounge and Sierra Nevada Beer Garden

Open to the public, the Echelon Wine Lounge and Sierra Nevada Beer Garden will be serving popular beers and wines for the Delray Beach Twilight Festival on Saturday, March 22 from 5pm to 10pm. The Garden and Lounge will be located at Turn 1 on the corner of Swinton Ave and Atlantic Ave. Beer and Wine will cost \$5 each. 100K Recreational Tour Cycling Ride

The Granfondo Garneau Florida Ride

is the newest road cycling event to hit South Florida. “Grandfondo” is Italian for



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.

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

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 marshaling, packet pick up, security, traffic control, and event information. As a token of our appreciation,

“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! Challenge yourself to ride 100K (62 Miles) along the beautiful and scenic A1A. Register to ride at <http://delraybeachtwilight.com/granfondo-ride.php>.

Participants Receive: Custom LG GranFondo Jersey, Bib Timing, Event Medal, Catered Breakfast and Lunch, Fully Stocked Rest stops, SAG Support, Police Escort, Goodie Bags with products from sponsors, Raffles/ Prizes, Beer, Wine and Category Winners Jerseys. The Granfondo Garneau Florida Ride is in support of the YMCA Bike Program and Gumbo Limbo Nature Center.

For more information about the weekend of Twilight Events, please call 561-289-9052 or email [Hello@delraybeachtwilight.com](mailto>Hello@delraybeachtwilight.com)

COURSE MAP & AVAILABLE HOSPITALITY SUITES

VIP # 1: MOST DESIRED

- 1,650 Sqft
- Private Caterer
- Full Bar
- Private Security
- On Turn 1
- Cost \$17,500 + Food & Drink

VIP # 2

- 360 Sqft
- 50-75 people (Standing)
- Catered by 32 East or Union
- Beer/Wine Only
- Private Security
- Cost \$4,500 + Food & Drink

Main VIP: MOST DESIRED

- 1,000 Sqft
- Private Caterer
- Open Bar
- Private Security
- Across from the Start/Finish Line
- Cost \$25,000

VIP # 3

- 540 Sqft
- 50-75 people (Standing)
- Catered by Sazios
- Beer/Wine Only
- Private Security
- Next to Wheel Pit
- Cost \$5,000 + Food & Drink

VIP # 4

- 360 Sqft
- 50-75 people (Standing)
- Catered by Linda Bean
- Beer/Wine Only
- Private Security
- Cost \$4,000 + Food & Drink

VIP # 5

- 360 Sqft
- 50-75 people (Standing)
- Catered by The Office Restaurant
- Beer/Wine Only
- Private Security
- Cost \$4,000 + Food & Drink

VIP # 6

- 900 Sqft
- Private Caterer
- Beer/Wine Only
- Private Security
- On Turn 3= CRASH CORNER
- Cost \$5,000 + Food & Drink

VIP # 7

- 300 Sqft
- 50-75 people (Standing)
- Catered by DADA's Restaurant
- Beer/ Wine Only
- Private Security
- Cost \$2,500 + Food & Drinks

the coach

With Coach Julia Kadel



Chewing

I have made it a rule to give every tooth of mine a chance, and when I eat, to chew every bite thirty-two times. To this rule I owe much of my success in life. -William Gladstone

When it comes to increased health, it's not just what we eat but how we eat. Digestion actually begins in the mouth, where contact with our teeth and digestive enzymes in our saliva break down food. But these days most of us rush through the whole eating experience, barely acknowledging what we're putting in our mouths. We eat while distracted—working, reading, talking and watching television—and swallow our food practically whole. On average we chew each bite only eight times. It's no wonder that many people have digestive problems.

There are many great reasons to slow down and chew your food.

- Saliva breaks down food into simple sugars, creating a sweet taste. The more we chew, the sweeter our food becomes, so we don't crave those after-meal sweets.

- Chewing reduces digestive distress and improves assimilation, allowing our bodies to absorb maximum nutrition from each bite of food.

- More chewing produces more endorphins, the brain chemicals responsible

for creating good feelings.

- It's also helpful for weight loss, because when we are chewing well, we are more apt to notice when we are full.

- In fact, chewing can promote increased circulation, enhanced immunity, increased energy and endurance, as well as improve skin health and stabilize weight.

- Taking time with a meal, beginning with chewing, allows for enjoyment of the whole experience of eating: the smells, flavors and textures. It helps us to give thanks, to show appreciation for the abundance in our lives and to develop patience and self-control.

The power of chewing is so great that there are stories of concentration camp survivors who, when others could not, made it through with very little food by chewing their meager rations up to 300 times per bite of food. For most of us 300 chews is a daunting and unrealistic goal. However, you can experience the benefits of chewing by increasing to 30 chews per bite. Try it and see how you feel. Try eating without the TV, computer, smartphone, newspaper or noisy company. Instead just pay attention to the food and to how you are breathing and chewing. This kind of quiet can be disconcerting at first, since we are used to a steady stream of advertising, news, media, email and demands from others. But as you create a new habit, you will begin to appreciate eating without rushing. You have to eat every day—why not learn to savor and enjoy it?

Food Focus: Quinoa Quinoa (pronounced keen-wah), is a nutritional powerhouse with ancient origins. It was originally cultivated by the Incas more than 5,000 years ago; they referred to it as the "mother of all grains." It contains all nine essential amino acids, making it a great source of protein for vegetarians. Quinoa is also high in magnesium, fiber, calcium, phosphorus, iron, copper, manganese, riboflavin and zinc.

While quinoa is widely considered a grain, it's actually the seed of a plant called Chenopodium or Goosefoot, related to chard and spinach. Quinoa is a gluten-free grain and has a similar effect as other whole grains in helping to stabilize blood sugar. It has a waxy protective coating called saponin which can leave a bitter taste.

For best results, rinse quinoa before you cook it or even soak it for a few hours or overnight. When cooked, it has a fluffy, slightly crunchy texture. Try it in soups, salads, or as its own side dish.

For quinoa, and whole grains in general, the majority of digestion occurs in the mouth through chewing and exposure to saliva. For optimal nutrition and assimilation, it is vital to chew your grains well and with awareness. A great meditation is to find a calm place, without distractions, to sit down for your meal. Make it a habit to chew each bite 20 times or more. See how this simple practice can help your digestion and overall focus for the rest of your day.

Recipe of the Month: Quinoa Pilaf
Prep Time: 3 minutes
Cooking Time: 30-40 minutes
Yield: 4 servings

Ingredients: 1 cup quinoa 2 1/4 cups water or stock 1/2 cup dried cranberries 1/2 cup walnut pieces 1/4 cup chopped fresh parsley pinch of salt

Directions:

- Rinse quinoa in fine mesh strainer until water runs clear.
- Boil the water and add quinoa and salt, cover and reduce heat.
- After 15 minutes add cranberries and walnuts to top; do not stir.
- Cook 5 minutes more, until all the liquid is absorbed.
- Remove from heat, add parsley and fluff with fork, cover and let sit for 3-5 minutes

Coach Kadel is a firm believer in that you are what you eat. She is a Board Certified Holistic Health Coach and a loving mother of three active boys. She supports the idea that by integrating food, exercise and lifestyle choices on a personal level, you will obtain a more balance and happy life. Coach Kadel is a graduate of The Institute of Integrative Nutrition in New York City. She runs workshops on exercise and nutrition, and offers individual and group, health and nutrition coaching. www.CoachKadel.com

THE PINEAPPLE
delray beach newspaper

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Healthy Living Conversations at the Delray Beach Public Library

The Delray Beach Public Library at 100 West Atlantic Avenue continues its Healthy Living Series with three programs we're sure you'll be interested in attending.

- Tuesday, March 4th @ 3:00 p.m. - *Please note new time* - Delray Beach Chiropractor Dr. Marilyn Shore will present a program "Want to Look Younger, Feel Younger, Be More Youthful." She is a national speaker who speaks about how the body's healing potential is more powerful than conventionally understood. You will learn to develop a more positive and energetic outlook.

- Saturday, March 15th @ 2:00 p.m. - Lake Worth author Dr. Dale Koppel is the author of *The Intelligent Woman's Guide to Online Dating*. She will present a workshop titled "How To Write a No-Fail Online Dating Profile." Writing a good profile can be daunting but is essential to getting someone to show an interest in you. This program will teach you how to write a profile that will get attention and attract the people you want to meet. Bring a copy of your profile to see how it can be improved.

These programs are free and open to the public. Registration is not required. For further information on the many programs at the Delray Beach Public Library, please visit our website at www.delraylibrary.org or call 561-266-9490. Please "Like" us on Facebook: www.facebook.com/DelrayBeachPublicLibrary.

Good, Good, Good... Good Vibrations

By Laura Norman
Special to The Pineapple

I love to listen to my rock 'n roll favorites. Remember the Beach Boys' classic, "Good Vibrations?" Whenever I listen to that song, I feel great and life is wonderful! The Beach Boys were way ahead of their time. Quantum physicists have now proven that like vibrations attract, so staying in a positive vibrational zone ensures we will continue to attract and create more of the same!

Yet many people live their lives by thinking, "I'll believe it when I see it." They then wonder why their dreams and desires remain unfulfilled. Many have felt like spectators in life, letting their thoughts and emotions be driven by what they were observing. Seeing the world as happening "to me" leads to a victim mentality, where people feel they have little control over what happens in their lives.

Now, more than ever, Wayne Dyer's apt phrase, "I'll see it when I believe it!" shows a different way to approach life, if we truly wish to create what we desire. Beliefs are just thoughts we think again and again. By changing our thoughts we change our beliefs. By changing our beliefs we change how we experience our lives.

Our vibrations, which always reflect our feelings and beliefs, serve a vital role in co-creating the moment-to-moment experience we call life! As we shift our vibration and take more responsibility for our life, we notice more and more evidence that we are actually experiencing life based on what vibrational zone we are tuned into!

As the Abraham Teachings explain, we can either "deliberately create", i.e., choose to take control of our thoughts, feelings and beliefs, or "create by default." We can experience our true power or live as "victims." The choice is ours.

How can we take charge? There are several simple, proven techniques to help you align with positive, uplifting vibrations:

Listen to Your Favorite Music - Enough said!

Exercise - Regular exercise is an excellent way to boost your mood and get in shape. Physical exercise helps you focus and releases endorphins, powerful neurotransmitters that trigger positive feelings.

Meditate - take time each day to simply breathe and allow the "chatter" in your mind to quiet. Sit comfortably in an upright position,



keeping your back straight so your chakras can fully open. Take a deep, cleansing breath and allow your mind to quiet. As you slowly exhale through your nose, notice the feel of the air exiting your nostrils. Continue to observe as you breathe normally through your nose. You will know you are on the right path when you begin feeling calmer and more centered.

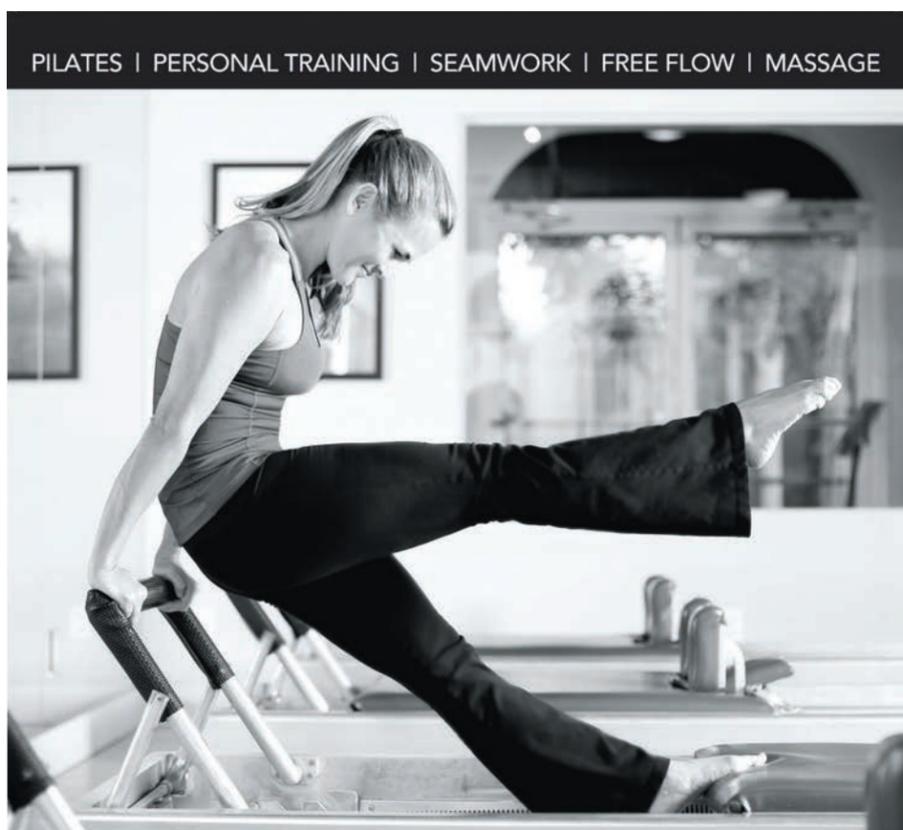
Reflexology - having a Reflexology session clears energy blockages and opens pathways so energy can flow freely through us! Our feet, hands, ears and face contain mini-maps of our entire body. So a session with an experienced Reflexologist can readily open the channels of healing while inducing deep relaxation and positive thoughts and feelings.

Aromatherapy - using natural, pure essential oils by diffusing into the air, applying to your skin or ingesting raises your vibrations, elevates your mood and improves your health. The fusion of aromatherapy and reflexology produces powerful results.

Let the good times roll (with thanks to Billy Joel!) Bring some of the Beach Boys' "Good Vibrations" into your life by exercising, meditating, applying essential oils, scheduling a Reflexology session or taking a Reflexology class today!

Take charge now to create the life you desire.

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



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FIT FOOD EXPRESS - continued from page 17

specific meals as part of a delivery.

Fit Food Express is a takeout store specializing in supportive nutrition with one mission in mind: Make it convenient and affordable for people to eat great tasting, healthy meals. All customers need to do is pop one of the meals into the microwave at home or work and in less than two minutes they will be eating a great tasting meal they can count on to be healthy.

The concept is simple. That is to provide meals which provide the right metabolic balance centered on proper food combinations and smaller, frequent meals to

help stave off hunger, stimulate metabolism and even out blood sugar levels. This leaves one not only feeling great, but more importantly, looking great. Remember, healthy living begins with proper nutrition.

Fit Food Express' hours are as follows: Monday - Thursday 8:00 a.m. to 8:00 p.m.; Friday 8:00 a.m. to 7:00 p.m. Saturday and Sunday 10:00 a.m. to 5:00 p.m. Visit them at their convenient 302 NE 4th Street, Delray Beach, Florida location featuring easy parking; log onto www.fitfoodexpress.com; like them on Facebook at www.facebook.com/fitfoodexpress; or call 561-330-4525.

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Can I control my drinking?

By Dr. Raul Rodriguez
Special to The Pineapple



This is the billion-dollar question. The question with answers that can be debatable, controversial, and downright confusing. Tens of thousands of people die every year trying to answer this question. So why is this question such a big deal? Because

the answer essentially determines whether or not a person is an alcoholic.

Alcoholism is a rather common condition, affecting millions of people all over the world. It is a disease that has many different grades of severity. The severe grades are rather obvious to most people. The less severe grades can be very difficult to identify though, often appearing as a mildly dysfunctional version of normal.

Those individuals appear to fall into a gray area of sorts, not sure if they have a problem yet running into trouble with alcohol more than just a few times. The relevance of these less severe grades has to do with the probability of progression to a more severe grade over time. Most of these individuals do not even realize they are in this gray area.

It is the gray area of high risk drinking that I really want to focus on. The first question to ask yourself is whether or not you fall anywhere into this broad category. This is actually not difficult to figure out. If you drink every day, you fall into the gray. If you drink heavily when you drink, you fall into the gray.

If you experience problems in your life related directly or indirectly to alcohol, you fall into the gray. If other people have told you out of concern that you drink too much, you fall into the gray. If you have ever had a D.U.I. then you fall into the gray. If you have ever woken up still reeking of alcohol on your breath the next morning, you fall into the gray.

If you have ever missed work, school, or some other important engagement due to heavy drinking the night before, then you fall into the gray. If you experience "blackouts" where you have large chunks of time where you cannot remember anything that happened, you fall into a darker area of the gray.

Darker areas of the gray refer to behaviors that are even more indicative of an alcohol problem. If you have ever debated having to cut down how much you drink, you fall into the dark gray. If you have ever gotten annoyed by other

people's comments or criticisms about your drinking, you fall into the dark gray.

If you have ever felt guilty about how much you drink, you fall into the dark gray. If you have ever had an "eye-opener" in the morning to get over a hangover or morning nerves, you fall into the dark gray. Two or more of these darker gray items are indicative of an alcohol problem, especially if there has been an "eye-opener".

Once you have identified that you fall into the gray or dark gray area, the next natural question is whether or not controlled drinking is possible (This part of the commentary is offered for those who have the need to find the answer to this question themselves). The most important step in an attempt at controlled drinking is actually an attempt at a 6-month period of complete alcohol abstinence. This step is critical.

The person who maybe exercised poor judgment or restraint with their drinking, but is not an alcoholic, has the ability to actually stop for the whole 6 months without much difficulty. Some earlier stage alcoholics can also stop for 6 months, but this is less likely and more difficult. Those who cannot complete the 6-month abstinence will likely escalate to problem drinking again at some point.

Those who say to themselves that they do not want to or choose not to attempt a 6-month abstinence are likely to be in denial and are just rationalizing their decision. Replacing alcohol with drugs or instantly gratifying behaviors is functionally equivalent to continued drinking in this test. If the 6-month test is not passed, then a problem with alcohol is likely present.

Nobody wants to be an alcoholic. It is a label that still carries a stigma. Many negative terms such as "drunkard" and "lush" are still judgmentally cast upon those afflicted. Arguably worse are more psychologically punishing terms such as "weak" and "defective". It's no wonder there is such resistance in accepting this diagnosis.

Rather than struggling on your own with any part of determining whether you or a loved one have a problem with alcohol, I recommend the guidance and assessment of a trained professional. Alcoholism is a disease that is very treatable. Early diagnosis and treatment allows the opportunity for a better outcome.

Dr. Rodriguez is the founder and Medical Director of the Delray Center For Healing, a comprehensive outpatient treatment center that focuses on the treatment of addiction, eating disorders, mood disorders, and anxiety disorders. He is board certified in both Adult Psychiatry and Addiction Medicine.

Delray Center For Healing
403 SE 1st Street, Delray Beach, FL 33483
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So what is Laser Therapy?

By Dr. Travis Lamperski
Special to The Pineapple

You have seen it advertised in just about every magazine, on T.V. and on highway billboards on I-95. So the big question is, what is laser therapy and why is it used? Much like many other tools used by chiropractic physicians to assist in relieving acute and chronic pain, laser therapy offers a non-invasive, non-painful, not to mention, non-addictive approach. Laser therapy is relatively new to the US, introduced in 2002, but laser therapy dates all the way back to the days of Albert Einstein.

The purpose of the laser, without getting too technical, is to interact with the tissues at a cellular level by stimulating the mitochondria (the power plant) within damaged cells to stimulate greater Adenosine Triphosphate (ATP) production creating more energy by way of specific wavelengths. This increase in energy aids in transforming damaged, unstable cells to undamaged healthy cells in a short amount of time. When cellular function is at an optimal level, injured tissues return to normal, function is restored and pain is relieved.

Laser therapy offers relief for a wide variety of conditions such as, osteoarthritis, rheumatoid arthritis, acute and chronic pain in the shoulders, back, neck & knees, sports related injuries, neuropathies, edema & congestion, muscle sprains, shingles, golfers & tennis elbow and many

other debilitating ailments.

What makes laser therapy so intriguing to the general public is that it is a non-invasive, non-toxic, non-pharmaceutical, cost effective treatment that can be applied to virtually any painful area of the body. When combined with other cutting edge therapies such as, non-surgical spinal decompression, therapeutic exercise and/or functional neurological rehabilitation many patients return to a pain free lifestyle and avoid many un-necessary surgeries.

Before seeking laser therapy, it is important to do a little research first. Laser therapy is classified according to its power output, with class IV being the most powerful laser available. The amount of power is going to determine how deep the laser will penetrate into the body to aid in healing deep underlying tissues, increasing blood flow and reducing inflammation. The Conde Center for Chiropractic Neurology leads the way in utilizing the most advanced class IV high powered laser therapy technology available to promote pain relief and healing.

Dr. Travis Lamperski is a Board Certified Chiropractic Physician with The Conde Center for Chiropractic Neurology. Our office provides specialized care for difficult cases of back-neck pain, numbness-tingling, vertigo-dizziness, balance disorders, fibromyalgia, migraines, AD/HD, autism, and dyslexia. Visit www.thecondcenter.com. or call (561) 330-6096, or email drlamperski@thecondcenter.com.

Allergies or Not

By Dr. Marilyn Shore
Special to The Pineapple



I've been living in Delray Beach for almost 12 years, and although my Northern friends told me there are no seasons and it's the same all year, experience now has taught me otherwise. I would have to say March is my favorite month of the year. The weather is perfect, and it seems there are so many flowers and trees in bloom. But with spring and flowers comes pollen.

Many people, from children to the elderly, suffer from allergies as a consequence of a beautiful spring. So why do so many people have allergies while others don't? Is there a solution besides taking medication, which may give temporary relief, but often has harmful effects, including increased appetite, depression, anxiety, fatigue, infertility and decreased growth in children, and on top of that, never gets to the root cause?

The one common denominator that all of us have is that we're human, and that generally the people who take care of themselves have fewer health issues.

We all know that it's important to eat well, exercise and have a positive attitude. What most people don't know is how important it is to have a clear, free flowing nervous system. By continually medicating your allergy symptoms, you not only are masking the problem, but short circuiting your nerve system more.

If your engine light came on in your car, you would think it's ridiculous to put black paint on it so you wouldn't see it.

So how do you get a clear nerve system and what does that have to do with allergies? Chiropractors are specialists in the nervous system. If vertebra in the spine are slightly out of alignment, it can create enough nerve interference that your body won't function correctly. If you can imagine a kink in a hose partially blocking the passage of water, and thus you do not have healthy plants, imagine nerves being partially blocked in your spine not allowing proper nerve energy flow. You don't function as well, your immune system is not as strong, your energy level is decreased, and you are more prone to sickness and disease. So if a certain area of the spine is out of alignment, you may not be able to adapt to the pollens and other allergens in the environment.

Everybody, including children should be checked by a Chiropractor for nerve interference. Misalignments of the spine can occur very young, even at birth. By keeping your spine tuned up, you may not only see your allergies improve but your life improve too.

For more information, you can reach Dr. Shore at 561 278 2727.

Get ready for Daylight Saving Time There is ample evidence that "springing forward" may have negative health consequences

BOYNTON BEACH, FL – This month, we move the clocks ahead on Sunday morning, March 9. Many people look forward to the return of extra daylight, which signals the coming of warmer weather and longer days to enjoy outdoor activities.

While daylight saving time brings longer daylight hours it can also mean a disruption in sleep patterns. As many as 70 million people in the U.S. suffer from sleep disorders and wakefulness and "springing forward" only compounds the problem.

According to David C. Brodner, M.D., a Board-Certified Sleep Medicine specialist serving as the Medical Director of several sleep labs in South Florida since 2003, "Springing forward puts your body's internal clock out of sync with the new time. Adjusting to the new time is easy for some of us but can be difficult for others."

Dr. Brodner explains there are things you can do to make the transition easier. Plan for a healthy spring forward. Make sure you know when your clocks are changing. Go to bed half-an-hour earlier for two nights before the shift. If this is too difficult an adjustment, try moving up your bedtime 10 minutes each night, beginning six nights before the clocks change. Do this with your children as well. Also, during the first few days of the time change, limit your exercise time to occur before 4 p.m. Physical

activity later in the day may keep you awake longer than you want to be.

"Losing an hour of sleep because of the change to daylight saving time affects all of us to a certain degree, and for some, adjusting to the time change is a serious issue," says Dr. Brodner.

A New England Journal of Medicine article by Canadian psychologist Stanley Coren warned that traffic records show a jump in accidents the Monday after people move their clocks ahead. "People are so sleep deprived these days that losing even one hour can make us more clumsy and dangerous on the roads," states Dr. Brodner.

What can you do to counteract any negative effects of the change in time? Expose yourself to light, preferably sunlight, as early as you can in the morning. Have your coffee in front of a sunny window. Above all, do not stress about it. If you are sensitive to changing your sleep patterns consider taking a vacation day or starting your day later no matter what your clock says.

David C. Brodner, M.D. founded The Center for Sinus, Allergy, and Sleep Wellness in 2009 to offer the latest minimally invasive therapies for sinus headache, sinus infections, allergy testing and treatment, snoring, obstructive sleep apnea, and insomnia. For more information visit www.BrodnerMD.com.



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4/5: Parent/Child relationships: Raising Successful children & teens
4/12: For Singles: Finding and Being an Evolved Partner
4/19: For Couples: Keeping Love Alive

MAY SEMINARS:

5/3: Fabulous over 50: Women – Life Coaching to Reinvent Yourself
5/10: Fabulous over 50: Men – Life Coaching to Becoming Evolved
5/17 - Spiritually Conscious Singles over 50 - Life Lessons for Evolved Relationships

GROUP COACHING – 8 WEEK SERIES

1) Tuesdays, 7:30 – 9 pm (starts 4/8: 8 wk series): Life Coaching for the ACOA (Adult Child of Alcoholic or any Child of Trauma) Class 1: Why do I do the things I do?
2) Thursdays, 7:30 – 9 pm (starts 4/10: 8 wk series) New-Age Spiritual Society – Life Coaching for Conscious Living. Staying Balanced in Today's Stressful World.

*Seminars are \$40/session & held at Therapy by the Sea office. Space is limited.

Do You Have A Fitness Plan?

By Ashley Sica
Special to The Pineapple

When it comes to fitness, many people find it very difficult to maintain an exercise program. Most people begin strong, but soon after they quit their exercise routine completely. Hectic schedules, boredom and not having a fitness plan are usually the most common culprits. Below are some tools to help you plan and stay on your best fitness track.

The first thing to do is ask yourself, "Do I have a fitness schedule? One of the challenges of not having a fitness schedule is having nothing to make you accountable and little to work toward other than a desire to be in better shape.

Having a fitness schedule is a must. Decide what times and days work for you and put your allotted time into your daily planner just as you would a work meeting, a hair appointment, and so on. Make the time, hold yourself accountable, and get to the gym. A one-hour workout is 4% of your day!

Next on the list is setting goals. This is one of the most important components when putting together a fitness plan. Having a specific goal will allow you to keep your eye on the prize and give you extra motivation to exercise. It's a lot easier to make it to the finish line if you have an attainable goal in sight. Whatever this may be, write it down and put it somewhere where you will be reminded of it everyday. Committing your goal to paper and seeing the written words are more powerful than simply thinking or talking about it.

The next step is deciding your fitness timeline. Whether it is 2 weeks or 2 months, having a fitness timeline will further help you to be accountable. For example, "I would like to lose 2 pounds in the next two weeks or in 2 months I would like to increase my aerobic capacity and drop a pant size." Be specific about your timeline and try your best not to deviate from it.

Last but not least, you need an action plan. Before you get to the gym you NEED to have a specific game plan of what you will be working on that day. A lot of people waste their time meandering around the gym wondering what they should do next. Decide ahead of time the specific body parts and exercises you will be working on, down to the details of sets and number of repetitions. Having an action plan will keep you focused and your time in the gym will be efficient and effective.

If this all seems complicated, or if you feel like you need some guidance in getting your fitness plan started, you should enlist the help of a fitness professional. With the right guidance and tools you'll be on your way to a healthier and fitter you!

Ashley Sica holds a Bachelors Degree in Exercise Science and is a NSCA Certified Personal Trainer. She can be reached at 561-274-7477 and at asica@mintfit.com, 111 East Atlantic Ave, Delray Beach, FL 33483, www.mintfit.com



National Sleep Awareness Week is March 2-9

Poor sleep and sleep deprivation have serious consequences

BOYNTON BEACH, FL – It's a basic necessity of life, as important to our health and well being as air, food and water. When we sleep well, we wake up feeling refreshed, alert and ready to face daily challenges. When we don't, every part of our lives can suffer. Our jobs, relationships, productivity, health and safety (and that of those around us) are all put at risk. Lack of sleep due to sleep loss or sleep disorders takes a serious toll.

David C. Brodner, M.D. is a Board-Certified Sleep Medicine specialist and has served as the Medical Director of several sleep labs in South Florida since 2003. He explains, "As we get older, sleep can be disrupted due to pain or discomfort, the need to go to the bathroom, medical problems, medications, and sleep disorders as well as poor or irregular sleep schedules. Establishing a regular sleep and wake schedule and achieving continuous sleep helps you sleep in accordance with your internal biological clock and experience all of the sleep stages necessary to reap the restorative, energizing and revitalizing benefits of sleep."

According to a poll by the National Sleep Foundation, over 80% of American adults believe that not getting enough sleep leads to poor performance at work, risk for injury and poor health, and difficulty getting

along with others. Often, people become irritable due to lack of sleep, resulting in serious consequences. Studies show that lack of sleep leads to problems completing a task, concentrating, making decisions and unsafe actions.

Recent research suggests that sleep deprivation impacts on aging and diabetes. Insufficient sleep may also make it difficult to exercise and can reduce the benefit of hormones released during sleep. Equally as serious are the consequences of sleep deprivation that lead to approximately 100,000 sleep-related vehicle crashes each year and result in 1,500 deaths.

Dr. Brodner offers these "Tips for Good Sleep"

- Avoid caffeine (coffee, tea, soft drinks, chocolate) and nicotine (cigarettes, tobacco products) close to bedtime.
- Avoid alcohol as it can lead to disrupted sleep.
- Exercise regularly, but complete your workout at least 3 hours before bedtime.
- Establish a regular relaxing, not alerting, bedtime routine (e.g. taking a bath or relaxing in a hot tub).
- Create a sleep-conducive environment that is dark, quiet and preferably cool and comfortable.

For more information visit www.BrodnerMD.com.

Gold Coast Down Syndrome organization plans community wide events For World Down Syndrome Day

BOYNTON BEACH, FL – In recognition of World Down Syndrome Day (March 21st), Very Special Arts (VSA) will be exhibiting their artists' works at the Gold Coast Down Syndrome Organization Resource Center located at 915 S. Federal Highway in Boynton Beach. The exhibit will be open weekdays from 9:00 a.m. to 5:00 p.m. from March 3rd through March 28th. The display will include representation from the digital art/photography, pottery, sculpture, jewelry, glass fusing, mixed media, abstract painting, classical painting, watercolor painting, and drawing/cartooning programs offered at VSA. The artwork will be available for purchase.

One of the featured artists will be Karen Klinetob, who has Down Syndrome. Holly Bennett Sharp, VSA Arts Coordinator commented: Karen's work has vibrant color and always stands out. As a participant with VSA for many years, Karen has become a very popular artist and is a joy to be around! Her contagious laugh and smile makes each program that more enjoyable. Karen and her family are very happy to share her artwork with The Gold Coast Down Syndrome Organization. . . . Karen resides in Boca Raton.

World Down Syndrome Day is celebrated throughout the world on March 21st. The date was chosen because people with Down syndrome have 3 copies of the 21st chromosome. The goal is to promote knowledge and understanding, seek international support, and achieve dignity, equal rights and a better life for people with Down syndrome everywhere.

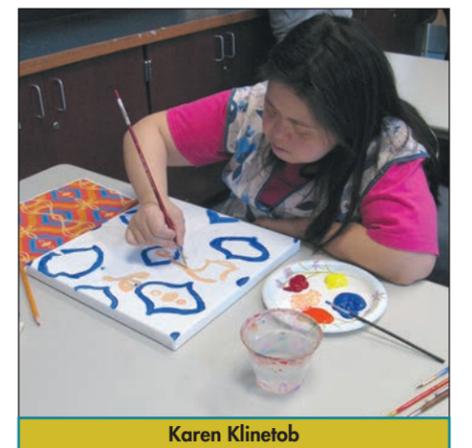
Terri Harmon, Executive Director of Gold Coast Down Syndrome Organization, stated: We are so excited to commemorate World Down Syndrome Day with an exhibit of art work from participants in the Very Special Arts Program. It is a wonderful way to remind our community that people with disabilities have many capabilities, which often can be expressed in amazing art.

Cindy Pijanowski, Director of Very Special Arts, commented: Palm Beach County is excited about this partnership with The Gold Coast Down Syndrome Organization. Together we can create opportunities for people with disabilities that will enrich the lives of the participants as well as their family and friends.

There will also be additional events going on in Palm Beach County throughout March. Members of the Florida Self-Advocates for Independent Living (SAIL) are holding their Second Annual World Down Syndrome Day Food Drive. The group, which is composed of adults with disabilities, is collecting canned

goods through March 21st. Their goal is to deliver 321 items of food to the Palm Beach County Food Bank. To make a donation of non-perishable food, please stop by the Gold Coast Down Syndrome Organization at 915 S. Federal Highway in Boynton Beach or contact Anne at 561.752.3383 ad.gcdso@bellsouth.net.

Local businesses and schools will also be holding Dress Down Days to build awareness about Down syndrome and raise money for Gold Coast Down Syndrome Organization throughout March. April. Participants include Searcy Denney Scarola Barnhart & Shipley, American Heritage School, and Everglades Elementary School. For more information, email ad.gcdso@bellsouth.net.



Karen Klinetob

Gold Coast Down Syndrome Organization is a local non-profit educational, support and advocacy organization, which has been empowering local individuals with Down syndrome and their families in Palm Beach County since 1980. Gold Coast has been a leader in advocating for classroom inclusion in the south Florida area and in developing the abilities of adults with Down syndrome to serve as their own self-advocates. To learn more about Gold Coast Down Syndrome Organization, visit <http://www.goldcoastdownsyndrome.org>

VSA Florida Palm Beach County serves 1,800 children and adults with disabilities in classrooms, performance halls, and art studios throughout Palm Beach County. From Boca Raton to Belle Glade and Jupiter, VSA brings more than 1,600 artists, volunteers, educators, family and friends together each year. Recognized throughout the state of Florida and across the nation as a leader in comprehensive programming for people with disabilities, VSA Florida- Palm Beach County offers a number of community programs for participants with and without disabilities.





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Then Jack Happened



Help, my roommate is a serial dater!

Question

My roommate and I have been living together for almost a year, and for the most part, it has been a pleasurable experience. Ever since her and her boyfriend broke up, she's been on a dating rampage. I'm excited for her and admire how well she juggles her gentlemen callers. The problem is that she is frequently having them over in our apartment for boyfriend auditions including dinner and sleepover dates. I feel like I'm trapped in the middle of a live taping of *The Bachelorette*. I would like to come home to a comfortable date-free apartment more often. I understand that she pays her portion of the rent and is entitled to have guests whenever she pleases, but they are in the common areas and I feel like I am part of the date. I don't want to be part of the date. How can I express my feelings to her without sounding bitchy, or am I overreacting about the whole thing?

Answer

No, you aren't overreacting, if you're uncomfortable, you're uncomfortable. And you are wrong: she isn't entitled to have company over whenever she pleases.

Well, she is entitled to have fellows over so long as you don't have to constantly deal with the dates. This situation sounds ludicrous. You come home from a long day, her and her strange beau(s) are on the couch, a slightly awkward foot and a half separating the two, sipping on some chardonnay, and you have the exact same "Nice to meet you" conversation over and over, day after day? This sounds like *Groundhog Day* from hell.

And since these fellows occasionally sleepover, this goes on for nights? So in the morning, you haven't brushed your teeth and some random guy comes out in his boxers and five o'clock shadow and all you want is a quiet bowl of cereal, and it is ruined.

You need to talk to her about it because you are uncomfortable, and you have a right to comfort in your own home. It seems that she likes to have that 'home base' date system, which makes sense, but she might also be using you as a buffer to lower the weirdness or get your opinion on the matter. Daily chaperoning and providing entertainment is not on the list of duties of a roommate. Acting as an occasional wingwoman should cover it.

So how not to be bitchy? Be honest and open. Even though this behavior seems somewhat selfish on her part, unless you have spoken to her about it directly, she can't be faulted too much, because she might have no idea that this is an issue for you. Your silence can be taken as compliance. You speak highly of her, so this can likely be resolved cordially. And despite my previous anti-social musings, if her speed dating is reigned in some, this could even be entertaining.

The problem is the overkill, so tell her that. You pay rent too, and inasmuch as she is entitled to entertain at times that don't cross into the offensive, you are entitled to have the apartment suitor free some nights as well. I'm talking about the common areas here. If she wants to hang in her private room with someone, that is not your business, but just because she pays rent doesn't entitle her to carte blanche usage of every corner of the pad. This is 'good roommate' stuff.

Her desire to use the space is no more important or valuable than your desire to keep it date-free. Let her know that a certain number of nights a week that you'd prefer for her to have her dates at the local bar, and leave it at that. If she reacts poorly to such a simple request, then you could have a much larger problem on your hands, and then you might have to reevaluate whether having her as a roommate outweighs her baggage.

Delray, you're a great roommate, we have a secret handshake, you make great smoothies, and you share all your questions and worries at andthenjackhappened@gmail.com.

Choose carefully for confidence in love relationships

By Riana Milne
Special to The Pineapple

Choose your life's mate carefully. From this one decision will come ninety percent of your happiness or misery. — H. Jackson Brown, Jr. from Life's Little Instruction Book

This quote is so incredibly true! When you're in a happy, loving, supportive and honorable relationship, you feel a sense of confidence and bliss each and every day. But if you are single and frustrated trying to find that special someone, or separated and going through a painful divorce, you can feel exhausted, anxious or depressed. Life is too short to be unhappy, and I am here to help you have a positive mindset, no matter your circumstances.

Hello Delray Beach! I'm Riana Milne, and I am so thrilled to be here. Each month I will be writing an article that addresses relationships with yourself and others. Topics will cover: singles seeking love, dating tips, exclusive or married couples issues, senior couples, gay/lesbian couples, how to be an evolved couple, couples in crises, healing from a toxic relationship, parent/child and sibling relationships, supportive business/work relationships, and most importantly, becoming the best you possible so that all your relationships are loving, healthy and peaceful!

If you have a question or topic you would like me to address, please contact me at RianaMilne@gmail.com. If you're curious to read more articles about these topics, just download my free app, *My Relationship Coach* or go to my website, www.RianaMilne.com.

Spring is almost here, which brings about a feeling of rebirth and love. In the Atlantic City, NJ area from which I just moved, people finally emerge from hibernation from the bitter cold and snow to venture outdoors to reconnect in the spring. In Delray Beach, however, there is year-round, outdoor living which encourages friendly interaction and an ease in which to meet others.

Spring officially starts on March 20th, along with a renewed energy and a fresh chance for singles to choose to have a healthy love in their life; as well as for those in



committed relationships to reconnect and fall in love again. Yes, there is an art to having an incredible relationship which begins with choosing an evolved partner. With knowledge, comes personal power and confidence.

Many people choose a mate based on "chemistry," which is way down on the list of importance for a stable, loving and lasting relationship. It is true that men must be attracted first to fall in love, and women must feel secure to be able to commit, these traits are hardwired into our reptilian, or "old brains" from cave men and women times. So these traits must be acknowledged.

However, it is imperative that you look deep within someone's soul to see who they really are, and take the time to learn about someone's character before becoming too emotionally or romantically involved.

Some of the most important evolved characteristics you are looking for in someone include: integrity (doing the right things when no one is looking), honesty, dependability, an open communicator, has mood management, is responsible, generous, kind, respectful, socially confident, intelligent, hard-working, faith/spiritual-based, trustworthy, has sound values, and is supportive of your dreams and goals. It takes time to see if you have a shared vision for your future.

While looking for someone with these traits, ask yourself, do you have them? If not, it is important to become your best self to attract the finest mate into your life. If they are a parent, there should be a strong, loving bond

and balance in their life between young children and time for a relationship; and adult children should be successfully on their own. This all takes time to learn about a person. There is something called "the 90 day rule" where you should not get too intimately involved before really getting to know someone's true character.

Knowing what to exactly choose for an evolved, healthy partner is one aspect of relationship success, the other, is knowing the red warning flags of personality problems, so if they occur, you notice them immediately. Very often in the romance stage of a relationship, lust blindness makes you to quick to forgive massive infractions that are key clues to major character flaws. Knowing what to look for, and why, helps build your confidence when selecting a life partner.

Choose to really get to know someone, and to only commit to a relationship that makes you feel ecstatic yet safe, blissful yet secure. Don't rush into a relationship; instead, take your time to build a solid, quality, trusting friendship. You will consciously and confidently be aware whether this new partner could be the future star of your nightmares or the amazing lover of your dreams!

Riana Milne, MA, LMHC, CAP is a Licensed Mental Health Counselor and Cert. Addictions Professional at Therapy by the Sea, LLC; 15300 Jog Rd, Suite 109 in Delray Beach. Also a Certified Relationship & Life Coach, published author, and motivational speaker; her free App: *My Relationship Coach* offers more articles and her books, *LIVE Beyond Your Dreams – from Fear and Doubt to Personal Power, Purpose and Success*, and *LOVE Beyond Your Dreams – Break Free of Toxic Relationships to Have the Love You Deserve* addresses relationships with yourself and others. To learn more or suggest a topic, go to www.RianaMilne.com or email RianaMilne@gmail.com. FB: Coach Riana Milne. Ph: 201-281-7887.



ASK THE HEALTH GURU By Devin Burke

Devin Burke holds a B.S in Exercise Science & Health Promotion, is a Certified Holistic Health Coach by the Institute for Integrative Nutrition, a Certified Personal Trainer by the American College of Sports Medicine, and a Therapeutic Exercise Technician. Through his education, he has been equipped with extensive knowledge in holistic nutrition, health coaching, exercise science, and preventive health. He specializes in health coaching, functional strength training and conducts Wellness Retreats.

Q: What is a Foam Roller? What are the benefits of Foam Rolling? And why should I start using one?

A: A Foam Roller is a soft circular, cylinder made of different degrees of dense foam. "Foam Rolling" is a self-myofascial release technique often used by athletes to aid in the recovery of muscles. Recent new information, technology,

and more affordable products have made foam rolling a mainstream muscle healing modality. You don't need to buy a foam roller (although they are fairly inexpensive anywhere from \$20-30) because now almost all gyms carry a foam roller. A tennis or golf ball can also be used to perform self-myofascial release. Essentially what you are doing when you foam roll is rolling out "trigger points" or muscle knots and muscle fascia (sheets of tissue that cover the muscles) thus assisting them to return back to normal function.

The main benefits of "foam rolling" are that it releases tight muscles so that they can heal, aids in the recovery process after exercise and generally allows the muscles to function properly. It also reestablishes proper movement patterns, allows pain free movement and can enhance performance when done correctly and consistently.

I highly recommend using a foam roller if you're an athlete or highly active individual.

Although it can be a bit painful...the benefits are worth well it and your body will thank you. I personally foam roll after my beach runs and intense functional training sessions but any time you're feeling tense is a good time to break out the foam roller and get-a-rolling.

Do you have health question you want answered? Email devin@empowermentwellnessolutions.com

Devin Burke is the founder of Empowerment Wellness Solutions, a healthy lifestyle coaching business based in South Florida and Renew Wellness Retreats, a boutique Wellness Retreat Company that offers day, weekend and destination wellness retreats focused on enhancing health and well-being. For more about Devin visit www.empowermentwellnessolutions.com For more about Renew Wellness Retreats visit www.rwretreats.com





fashion & beauty

Local boutique Native Sun to host art installation

By Rigel Herman
The Pineapple Staff Writer

This month Atlantic Ave. women's clothing boutique, Native Sun welcomes a visual art installation by Miami-based artist, Johanna Boccardo. Kristina Saltzman, owner of Native Sun, first saw Boccardo's work while attending Art Basel, Miami. Boccardo was displaying her visual art at a boutique in the Wynwood District and Saltzman immediately felt like it was something spectacular.

"As soon as I saw Boccardo's installation, I thought 'this is very interesting,'" says Saltzman. Boccardo has been working recently on urban street-art that has made her a regional cultural reference. Specifically, and what she will show at Native Sun, is "Tapebombing."



"Tapebombing" has been part of Boccardo's development as a visual artist and is a new form of street-art that consists of applying colored tape to everyday objects that may otherwise go unnoticed. The beauty and purpose of the work is that it's temporary; it serves to enhance an object or space but not permanently. When the tape is removed, the absence of it lingers. This absence is part of the fundamental concept of the technique.

Saltzman was intrigued by Boccardo's Tapebombing and contacted her to see if she was interested in bringing it to Delray. "The art scene in Miami is contagious," says Saltzman, "and I was really inspired to bring it to Delray and to the Ave."

"I was fascinated by the Tapebombing



in the boutique that I saw, it's living with art and incorporating it into your daily setting," she continues, "I think it will be a wonderful addition to Atlantic Ave and to my store, it will be something to be seen and appreciated."

To celebrate the installation, Saltzman is hosting a Customer Appreciation Night on March 6th at Native Sun. Boccardo's work will be up and champagne will be served. Local teahouse, Shaffer's Tearoom will be providing hors d'oeuvres and owner Alexandra Wayne will be in attendance.

In addition to Boccardo's art, the evening will include a jewelry trunk show with Pamela B. Collections and the local debut of New York designer Rolando Santana's new line, Rolo and Ale. Armani makeup artist Michelle Cox will be on hand as well, providing consultations and make-up applications.

A raffle featuring items from over 20 local businesses will benefit the Jingle Jolly Holiday Elves charity that Saltzman has been partnered with for several years. "The evening will be fun and exciting," she says, "something different and interesting for Delray Beach."

Boccardo's Tapebombing will be installed in the window of Native Sun, something Avenue walkers and those dining out can appreciate and enjoy, a conversation piece for certain.

Native Sun's Customer Appreciation Night is March 6th from 5-8pm, all are welcome. Native Sun is located at 209 E. Atlantic Ave. Call 561. 276.3242 for more information or find Native Sun on Facebook at www.facebook.com/pbnativesun.

MISS FLORIDA JUNIOR TEEN MEETS WITH OVER 100 FUTURE PAGEANT QUEENS AT HURRICANE GRILL & WINGS



Miss Florida Junior Teen Rebecca Markert of Delray Beach, who recently returned from national competition in Hollywood, California, stopped at Hurricane Grill & Wings Boynton Beach last month to meet with over 100 future pageant queens. South Florida kids ages 2 through 10 lined up on a red carpet to meet Miss Florida Junior Teen, take a photo, get an autograph, and receive their very own tiara! Kids then enjoyed dinner at the restaurant as part of Hurricane Grill & Wings' special "Kids Eat Free" Tuesday night promotion. The Hurricane Grill & Wings Boynton Beach is located 1500 Gateway Boulevard.

Hair Styles

HAIR TODAY, GONE TOMORROW

By Dianne E. Adams
Special to The Pineapple

This is a very touchy subject, it is something my clients deal with every day, hair shedding and hair loss. I'm not a doctor but I feel like one when talking to my clients about it. I know the feeling because I have experienced it due to surgery, and now due to my age. Yes I said it!! But I'm not taking this lying down. I am not going down without a fight, and you don't have to either. Remember, I am not a medical professional, that being said I will share my experience's with you and we can get through this together. So buckle up ladies and let's meet this head on.

Hair Shedding: It is typical for a person to shed 50 - 100 hairs per day. If you are experiencing a higher volume, you may be dealing with excessive hair shedding. It typically happens 2-6 months from the traumatic event.

Common Causes:

- Weight Loss
- Giving Birth
- Stress
- High Fever
- Illness
- Stopped Taking Birth Control Pills

The above mentioned items are the things people never tell you, so please do not be surprised if this happens to you. The light at the end of the tunnel is, while it lasts for a few months, it will eventually taper off as your body readjusts. The excessive shedding will stop and your hair will begin to regain its normal fullness.

During this time you must pamper your hair, and use high quality shampoo and conditioner. This will not stop the shedding, but it will make the hair you have look its very best. Get a gloss, shiny hair always looks healthier and you need every advantage to get through this trying time. Do not tug and pull at your wet or dry hair. Use a wet brush very gently to help get through tangles and reduce friction on the hair which will cause less to come out. When blow drying, flip your head upside down and dry to almost 100%. At the very end use the round brush to just finish your style. Try not to pull hair back in a pony tail or with clips or combs, you do not want to put any unnecessary stress on your hair at this time. In most cases I would not suggest extensions at this time. Most types of hair extensions will put stress on your hair, and possibly make the excessive shedding worse. You may want to try a "Hair Halo". It does not add any

stress on hair and can be an excellent option to get you through and it can be used forever if you take care of it properly. Take advantage of volumizing products, they will give the illusion of thicker fuller hair. I like mousse and I like volumizing hair powders. Use them both to get sexy, bedroom hair.

Hair Loss: When something stops hair from growing.

Common Causes:

- Hereditary
- Immune system problems
- Some drug treatments
- Hairstyles that pull on hair
- Harsh products
- Pulling one's own hair out

This is a much more serious problem. A person's hair may not grow back until the problem is solved, however there are many times that it will not grow back at all. It is imperative that you see your doctor or dermatologist. There are treatments that your doctor can recommend and some are very effective.

One last item I want to add to all of you ladies out there, hair reduction due to age and hormonal changes. It is frustrating because you are doing all of the right things and you still don't have the hair you once had.

As I mentioned, it is difficult to deal with these changes, but I want to tell you there are ways to make it less painful. I use a treatment on my scalp that does not make my hair grow, but it makes the hair I have feel fuller and appear thicker. I was not sure about it but I said what the heck, and put it on my scalp and honestly after the first application I saw a difference. After a full month of using it I am very happy with the results. So don't be afraid to talk to your stylist about treatments like this. There may be an excellent solution that you were too embarrassed to ask about. It can also be as simple as getting a shorter style and using the right products to make your hair fuller.

As I mentioned earlier, please take good care of your hair and use the appropriate products. I am finding that the older I get, the more products I am using to get the results I used to get without them. So please take that leap of faith and talk to your stylist, your friends or your doctor to find the right solution for you. You may find that you have made this much bigger than it has to be, and know your hair doesn't have to be here today and gone tomorrow.

Dianne E. Adams is owner-stylist of Studio Seven Hair in Pineapple Grove. Visit www.StudioSevenHairDelray.com



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FAIRFIELD INN BREAKS NEW GROUND ON WEST ATLANTIC

DELRAY BEACH, FL, – The Delray Beach Community Redevelopment Agency announced that construction of the new Fairfield Inn hotel in Delray Beach is officially underway. A groundbreaking ceremony took place on February 12. The hotel is expected to be open for business in late 2014.

“This is great news for downtown Delray,” said Diane Colonna, CRA Executive Director. “Providing visitors additional hotel options gives us the opportunity to expand our tourist base, and potentially extend a business or vacation traveler’s stay.”

The 95-room hotel will create more than 30 Continued on page 38



Left to right: Reggie Cox, CRA Commissioner and WARC Chairman; Herman Stevens, CRA Vice Chair; Cary Glickstein, Mayor, Delray Beach; Angeleta Gray, Delray Beach City Commissioner; Fred Abbo, President Chairman, Prime Group; Larry Abbo, Vice President CEO, Prime Group; Edward Abbo, COO, Prime Group; Lance Shaner, CEO, Shaner Hotels

CRA ANNOUNCES 1ST QUARTER GRANT AND INCENTIVE WORKSHOPS

DELRAY BEACH, FL – The Delray Beach Community Redevelopment Agency is hosting workshops to educate potential applicants about a number of grant opportunities for local businesses, developers and commercial property owners in the Delray Beach CRA District.

Interested participants may include commercial property owners, realtors, contractors, architects, and businesses considering relocating to Delray Beach within the CRA District, as well as those with existing businesses in the target area.

“We have so many opportunities available for a diverse population within our District,” said Elizabeth Burrows, CRA Economic Development Manager. “Our job is to make these programs more accessible to those who qualify but might not be aware of them.”



Applicants are able to ask questions regarding eligibility and application requirements, funding amounts, and receive basic tips for composing business plans and financial projections. Each attendee is provided a list of business resources, such as contact information for local merchant associations, building permits, business tax receipts, and other potential funding information to help them through the approval process.

The free 90-minute workshops are generally held on the second and fourth Monday of each month at the Delray Beach Public Library. Seating is limited and advanced registration is required. Contact the CRA office or tweet @DelrayBeachCRA to sign up.

Remaining First Quarter dates are:

- Monday, March 10th at 2 p.m.
- Monday, March 24th at 2 p.m.

For more information, visit the “How to Apply” page under the Grants section of the CRA website at www.delraycra.org. For more information about the CRA’s business incentives, email Elizabeth Burrows at burrows@mydelraybeach.com. To learn more about other CRA projects and initiatives, visit the CRA website or call the CRA office at (561) 276-8640.



Prive Island...the epitome of refined living

by Jule Guaglardi
Special to The Pineapple

When we think of private island living, balmy breezes and a picturesque Caribbean postcard image innately comes to mind, however there is another type of private island living that is just as magnificent, maybe even more - Prive Island in South Florida - an 8 acre real estate opportunity certain to dazzle even the most discerning buyer - offering an exceptionally refined lifestyle experience second to none.

Spearheading this bespoke project is a powerhouse team consisting of Gary Cohen, the developer, along with BH3, an opportunistic real estate firm with an extremely impressive portfolio, handling properties such as Trump Hollywood, Fontainebleau Sorrento, Terra Beachside,

and many others alike.

Operated by Charlie Phelan, Gregory Freedman and Daniel Lebonsohn, BH3 could have maximized their financial potential on this project and placed 400, even 500 units on this prime location - however they didn't - and there is a great deal to be said about the character and personality of their firm for not having done so. Instead, the team considered all facets, wanting to further play on the allure of this somewhat removed and petite island. They considered the space of the land to not overwhelm it visually, to the natural environment that abounds, to the surrounding residences across the water wanting to offer them something visually spectacular as part of their view, and most of all they were considerate to their desired clientele - a very distinct, successful and discerning individual or family, one Continued on page 40

LOCAL RESIDENTS WELCOME THE 13TH ANNUAL HOME TOUR



DELRAY BEACH, FL – The 2014 Delray Beach Home Tour, presented by The Seagate Hotel and Spa, will be held Thursday, March 13th from 10 am to 4 pm in the Palm Trail area of Delray Beach. Homeowners open their doors and welcome guests, giving them a rare glimpse into a variety of design and architectural styles. Attendees are granted exclusive access to explore decorating trends and discover new design solutions that inspire Delray Beach’s unique living. Admission is \$100 per person and includes a leisurely tour through distinctive residences, complimentary parking, trolley service between homes and a catered luncheon. Proceeds benefit the Achievement Centers for Children & Families, a non-profit social services agency offering comprehensive services to those in the community facing the effects of poverty. The event also features an extensive raffle offering the chance to win fine jewelry, luxury goods and spa services as well as a silent auction for exotic Caribbean Vacations.

“The Home Tour has not only become a signature

Achievement Centers event but one the community looks forward to,” declares Kari Shipley, Chairperson for the event who is also a Board Member and longtime supporter of the Achievement Centers. “Year after year we are blessed to partner with gracious homeowners, a loyal committee and generous supporters to break our fundraising record and ultimately make a larger impact in the lives of those that the Center serves.”

Now in its 13th year, the Home Tour is made possible by dozens of community partners and supporters, a dedicated committee and enthusiastic volunteers. “As our longest running event, I am proud to say that the Home Tour would not be executed in such a seamless manner without the devoted supporters of the Achievement Centers who help us each and every year.” states Stephanie Seibel, Achievement Centers for Children & Families CEO. Since its inception, this signature fundraiser has collected over \$800,000 to benefit the lives of thousands of low-income children and families over the years.

For more information, visit DelrayHomeTour.com or call Emma-Jane Ramsey at (561) 266-0003 ext. 16.



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Great location with no backyard neighbors for your privacy. Airy, open split bedroom plan home. Granite counter tops, stainless appliances, porcelain tile in kitchen and opens to breakfast and family rooms. Upgrades galore. Screened in pool and deck. **\$415,000**



AVENTURA

Hidden charm is this area of townhomes. Four bedroom, four bath townhome with cathedral ceilings in the living room. Escape to the backyard patio and experience the bliss of the waterfalls and gardens. Four bedrooms to accommodate your office, exercise room and more. **\$1,196,000**



OCEAN RIDGE

On the Water – Waterfront gem with boat dock, boat lift and ocean access. Stunning home with wood and marble floors, handcrafted hardwood built-ins and crown molding. Large master suite with waterviews. Custom Kitchen with cooks island. Beautiful covered patio, heated pool, spa at waters edge for moonlit swimming and relaxing at the end of the day. Very private location. **\$1,490,000**



VIZCAYA

Short sale Beauty. Waterford model features three bedrooms, two baths. Updated kitchen with granite countertops for the cook in the house. Extended screened patio for outdoor serenity in the Florida lifestyle. Community features social director, health spa, heated pool and spa and six Har Tru courts. **\$289,000**



BANYAN SPRINGS

2nd home beauty. No need for a seasonal rental when you can own this two bedroom, two bath home in Banyan springs. Furnished immaculate unit with neutral décor and enclosed patio. Move into today! **\$85,000**

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Features this 3 bedroom, 2 bath end unit. Bike around this gated community, tennis and hardball courts with 2 community pools and 2 clubhouses for relaxing. Kitchen features granite counter tops and ceramic tile. Everything is special about this condo. **\$189,000**



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MD PREFERRED RECOGNIZES SARA FINKELSTEIN FOR SERVICE TO MEDICAL PROFESSIONALS

DELRAY BEACH, FL – Each year, US Medical Specialties, Inc., an international medical consulting firm, helps physicians and other healthcare professionals find community based, “doctor friendly” insurance professionals. Sara Finkelstein of Signature Advisory Group in Delray Beach has been recognized for the third consecutive year by MD Preferred for her service to physicians.

Every MD Preferred affiliated professional is recognized for their commitment to serving the healthcare industry. They often work in close concert with other community based professionals helping area medical providers attract and retain talented physicians and medical staff. Insurance professionals that display the MD Preferred Service Medallion are uniquely qualified to act as recruiting partners to area practice managers and hospital administrators. These knowledgeable professionals can tell the community story while the medical recruiter focuses on the clinical opportunity. Their understanding of the special needs of physicians and their families saves everyone time and resources.”

According to the Bureau of Labor Statistics, there are approximately 700,000 physicians in the United States who work in excess of 60 hours per week. A blizzard of government regulations and a host of clinical and economic issues leave little time for a doctor to manage their professional and personal lives. When it comes to finding an insurance professional that is committed to working with physicians, they appreciate a resource that has done the research for them and has pulled a team together to make their lives easier.

“We are proud of the recognition we have received. In an environment of critical physician shortage, we understand that most physicians considering a career in our community will make their decision based partly on life style issues. The last thing we want to have happen is for that prospective physician to go elsewhere because the local support services he or she needed were not available, were unreliable or did not meet the expectations of the physician.” – Sara Finkelstein. www.signatureadvisorygroup.com

CENTURY RISK ADVISORS (CRA) HIRES ELLEN SEGAL AS EXECUTIVE VICE PRESIDENT OF INSURANCE OPERATIONS



BOCA RATON, FL – As part of its ongoing expansion in the marketplace, independent brokerage and risk management agency, Century Risk Advisors (CRA), announced that it has hired insurance industry veteran **Ellen R.**

Segal as Executive Vice President of Insurance Operations. With over 40 years of risk management and insurance experience, Segal will oversee the day to day operations of CRA's Commercial Team and will be involved in all of CRA's clients' insurance marketing, negotiations and placements of complicated or difficult insurance lines.

“Ellen Segal is a highly regarded insurance industry professional who is extremely well-suited to spearhead our Commercial Insurance Division,” said Ron Reshefsky, Chairman of Century Risk Advisors. “She brings a wealth of experience and knowledge to CRA and is widely known in the industry to be a trusted advisor and educator to many of her clients as well as her co-workers and business associates. We are confident that she will help position CRA as one of the leading insurance and risk management agencies in the industry.”



Century Risk Advisors (CRA), is also pleased to announce that it has hired **Norbert Fernandez** as Executive Vice President of Marketing. In this role, Fernandez will be responsible for overseeing and

directing the marketing of both new business and selected renewal accounts and increasing the agency's client base.

“We are so thrilled to have Norbert Fernandez join CRA to oversee our marketing efforts and help grow the agency's business,” said Ron Reshefsky, Chairman of Century Risk Advisors. “He is a seasoned industry executive who will play a key role in CRA's expansion and building strong relationships with both current and new clients.”

Fernandez brings over 25 years of industry related experience to CRA. Prior to joining CRA, he held the position of Chief Operating Officer/Chief Marketing Officer at an independent insurance agency located in Coral Gables, Florida. Before that, he served as Director of Marketing and Client Services with a national insurance broker. Fernandez began his career as a Commercial Lines Department Manager and Assistant General Manager of six retail offices of a Miami-Dade County insurance agency. Fernandez is currently a candidate for the insurance designation of Certified Insurance Counselor (CIC), having already achieved that of the AAI—Accredited Advisor in Insurance. He is a member of the Board of Directors of Foster Care Review (the Citizens' Review Panel for children in foster care in Miami-Dade County, FL), and has served as the organization's Treasurer since January, 2013. He earned his Associate's Degree in Finance and Business Administration from Miami-Dade Community College.



Also hired was insurance industry veteran **Katherine Turk** as Vice President/Private Client Manager of the company's Private Client Division. Turk brings over 35 years of risk management and insurance experience to CRA's Private Client Division which

specializes in delivering risk management and insurance expertise to the needs of high net worth individuals and families who have complex and unique personal insurance needs. She will be responsible for developing customized programs for clients who have high value homes, multiple locations, high performance automobiles, recreational vehicles, yachts, jewelry, fine arts, wine collections and other collectibles.

“We are so thrilled to have Katherine Turk, a seasoned and accomplished insurance industry expert, join our Private Client team,” said Ron Reshefsky, Chairman of Century Risk Advisors. “Katherine has a great reputation in the industry and she will play a key role in expanding our Private Client business, developing customized programs for our clients and meeting all of their insurance and risk management needs.”

Prior to joining CRA, Turk most recently served as Assistant Vice President, Account Executive for USI Insurance Services, LLC. Turk began her professional experience with The Hartford in the Premium Accounts Department at its Northeast Processing Center in New Hartford, NY. In 1977, she relocated to Florida and joined Liberty Mutual Insurance Company as a Commercial Sales Representative. After her years at Liberty Mutual, she joined a national brokerage firm as its Marketing Manager. She then joined Century Financial Services in 1993 as an Account Manager in the company's Commercial Insurance Division. In 1995, she was promoted to Assistant Vice President of the Commercial Lines Division, and later became a Group Leader.

For more information, please call 561.409.2420 or visit www.centuryriskadvisors.com.

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biz briefs

NEW OFFICERS, BOARD MEMBER APPOINTED AT GOLD COAST TIGER BAY CLUB

David Goldstein, Founder of the Gardens Memorial Park and President of DFG Entertainment Group, was elected Chair of the Gold Coast Tiger Bay Club. Many know him as the "Mortgage Man" or a Hospice By The Sea Board Member.

Jim Notter, former Broward Superintendent of Schools and South Tech Academy Board Member was elected Vice Chair. His network of professional and political persons will assist the growth and culture development of the organization, particularly in Broward County.

Armand Grossman, Senior Executive VP Development of Penn-Florida Companies was elected to the board. He was a former Florida Atlantic University National Alumni Board President, and is a current member and former president of the FAU Foundation Board, former member of the FAU Board of Trustees and FAU Presidential Search Committee.

Guest speaker to appear March 3

Gershon Baskin, Ph.D., Author of *The Secret Negotiations* will be the guest speaker at the Gold Coast Tiger Bay Club lunch, 11:30 a.m. to 1:00 p.m. Monday, March 3 at Bogarts, on the Premiere level of the Boca Palace Cinemark Theatres, 3200 Airport Road, Boca Raton, FL, it was announced by Tiger Bay Club Chairman David Goldstein.

Gershon Baskin, Ph.D., was the initiator and the person responsible for the secret back channel between Israel and the Hamas that successfully negotiated the release of Israeli abducted soldier Gilead Schalit. His book on the secret negotiations was published in October 2013.

During the Premiership of the late Yitzhak Rabin, he served as an advisor on the Israeli-Palestinian peace process to a secret team of intelligence officers established by Mr. Rabin. Dr. Baskin was a member of the Jerusalem Experts Committee established by the Israeli Prime Minister's Office during

the Final Status Negotiations in 2000-2001.

Dr. Baskin holds a Ph.D. in International Affairs from University of Greenwich. Since January 2012 Dr. Baskin is working to develop renewable energy projects around the Middle East focusing on Palestine and Egypt.

Costs to attend are \$25 for members paid in advance or \$35 at the door and \$35 for guests paid in advance or \$45 at the door.

See www.goldcoasttigerbayclub.com for reservations or call 561.852.0000 for more information.

JOHN BRADWAY NAMED DIRECTOR OF MARKETING FOR EAU PALM BEACH RESORT & SPA

PALM BEACH, FL – After a long career in South Florida and more than a year in Manhattan, veteran hotelier John D. Bradway has discovered there's no place like Palm Beach. Appointed director of marketing at Eau Palm Beach Resort & Spa last August, the consummate hospitality professional who spent 13 years at The Breakers, is now back in Palm Beach, leading rebranding and sales initiatives at his new post. And if Bradway has his way, the independently owned resort will become the shining star among the Forbes five-star/AAA five-diamond hotels in the world.

"We are pleased to welcome John Bradway back to Palm Beach, and feel very fortunate to have such an accomplished hospitality sales and marketing executive on the team at Eau Palm Beach Resort & Spa," noted Michael King, managing director. "In his career, John has led significant revenue growth as well as the repositioning and brand revitalization of two leading independent luxury resorts in the past. We are delighted to have his marketing expertise and in-depth knowledge of the region as we launch Eau Palm Resort & Spa this season."

In his new role, Bradway is responsible for launching the Eau Palm Beach Resort



John Bradway of Eau Palm Beach Resort & Spa

& Spa brand and directing all marketing efforts of the 309-room luxury resort with a redefined position and recreated guest experience, carving a unique niche in Florida's hospitality marketplace. His duties include all public relations, digital marketing, creative development, advertising, community outreach and sponsorships, as well as the development of packages and promotions, all under the resort's strategic and tactical marketing initiatives.

"My team and I are excited to attract the most affluent tastemakers who desire to experience "effortless living. It's been rewarding to read so many complimentary comments and reviews about the new brand in such a short amount of time. Those endorsements are a great testament to the devoted team that we have at Eau Palm Beach," Mr. Bradway noted.

A graduate of the Cornell University

School of Hotel Administration, Mr. Bradway began his hospitality career in Palm Beach at The Breakers, where, over a period of 14 years, his roles included assistant club operations manager, director of reservations, director of strategic marketing and ultimately, director of marketing at Round Hill Hotel & Villas in Montego Bay, Jamaica, and most recently was senior director of brand management at Denihan Hospitality Group in Manhattan, a family-owned hotel company with portfolio of 14 hotels, including James Hotels, Affinia Hotels and other luxury properties. In addition, Mr. Bradway served as the director of revenue at the Intercontinental Montelucia Resort and Spa in Paradise Valley, Arizona.

For information, visit www.eaupalmbeach.com or call 1.561-533-6000.

FLS PAINTING CONTRACTORS RECEIVES 2013 BEST OF BOCA RATON AWARD

BOCA RATON, FL – FLS Painting Contractors has been selected for the 2013 Best of Boca Raton Award in the Contractor category by the Boca Raton Award Program.

Each year, the Boca Raton Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Boca Raton area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2013 Boca Raton Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Boca Raton Award Program and data provided by third parties.

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We will not rest 

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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.





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FAIRFIELD INN - continued from page 33

full time jobs and enhance retail activity in the western corridor of Atlantic Avenue, just east of I-95. The developers, Hollywood, Fla. based Prime Investors & Developers, are actively hiring local businesses and subcontractors throughout the construction. In addition to making the land available to the developer through a long-term land lease, the CRA is contributing a \$1.5 million construction loan, and a \$332,348 Development Infrastructure Assistance (DIA) grant to the project.

Located on West Atlantic Ave, between SW 9th Avenue and SW 10th Avenue, the hotel is a half-mile from several downtown restaurants and retail stores.

The hotel will include a limited service café, swimming pool, fitness center and meeting rooms, as well as convenient on-site parking.

For hotel contracting and employment opportunities, visit www.fairfieldinnndelray.com. For more information about the Delray Beach CRA, call 561.276.8640. To learn more about other CRA projects and initiatives, visit www.delraycra.org.



Nestler Poletto Sotheby's International Realty begins monthly artist series

BOCA RATON, Florida—Nestler Poletto Sotheby's International Realty is getting very involved in the East Boca community, and spearheading the effort is Jessica Rosato, Residential Luxury Specialist with the firm. Showcasing local artists while contributing to the Boca Raton community is exactly what they are after.

January was the first of a year-long monthly series of art openings entitled, "An Evening with the Artist," that will take place the third Thursday of each month from 6 to 8 p.m. in Nestler Poletto Sotheby's International Realty's Boca Raton office located at 200 East Palmetto Park Road. Over 60 people attended the first event that featured art by Lee Hutton (a New York based artist who now resides in Boynton Beach). Chez Gourmet and The Wine Wave provided the food and beverages

for the event.

Ms. Rosato states, "I am so happy to have been asked to be involved in such a fabulous project. Art, in all its forms, is so important in our lives and it needs to be promoted and preserved." Ms. Rosato has a keen art background herself with art degrees from Dartmouth College, The Art Institute of Chicago and Pratt Institute, and she is happy to have the opportunity to play curator. Naturally drawn to the arts, she enjoys finding local talent, and with a love for community outreach, she thrives on contributing to the arts and culture of her home.

This is not a far leap from her company though, as Sotheby's is renowned around the world for being the leader in the art world, an innovative global art business that serves the most discerning clients.

Artist Lee Hutton and Jessica Rosato at Nestler Poletto Sotheby's International Realty's "An Evening with the Artist."



Fighting Digital Distractions

By Jeremy Office

Special to The Pineapple

Growing up I remember seeing my father working at times from his home office. These were the days before laptops, cellphones and wireless Internet. The other day, I found myself wondering how he could even work without modern-day technology and how productive he really was. I can't help but think about how much I depend on technology and how I wouldn't be nearly as productive without it.

Advancements in technology have without a doubt bettered our lives and made us more efficient, but at what point do the benefits of technology start to diminish and actually reverse those efficiencies? Digital distractions in the workplace are becoming more frequent. As a business owner, I wonder if, with all of this technology, we are truly being efficient with our time.

When I start my day each morning, one of the first things I do is check my email. As I sift through each message, I realize how much time of my day goes to just checking email. Of all the emails I get on a daily basis, 90% are not essential for my job. While I always welcome emails from clients and those who want to learn more about what Maclendon does, many of the other messages I receive are simply junk.

To see if I was the only one in the office with the problem of too many emails, I asked the Maclendon OneTeam® to monitor their daily emails and report back to me how many messages were not business critical and how much time they spent checking email. We found that we individually receive about 75 emails a day to our server. Of the 75 emails, only six warranted immediate attention. Distractions at the workplace are nothing new, but the amount of distractions due to the advancement in technology is becoming a real problem.

So I pose the question: Is modern technology creating a world of digital distraction? We live in an age of constant innovation and are inundated with information from our televisions, computers and cellphones. In the time it takes you to read this newsletter, you might have stopped to check an email, send a text or even visited another website. Since the amount of information we have access to today is exponentially larger than it was before the Internet, we find our days fragmented—we are constantly bouncing from one form of technology to another. Our ability to concentrate on one specific task has proven to be more difficult because of the growth in the number of distractions due to technology.

We see people distracted by technology every day. Whenever they have a moment of downtime, most people reach for their

smartphone. Whether it's sending a text, reading the news or just surfing the web, we are always connected. Studies have shown that people consume 12 hours of media a day on average. The typical corporate user sends and receives about 110 messages daily and office workers check their email inbox 30 to 40 times an hour. Statistics like these suggest that we have become busy without taking advantage of the efficiencies that technology has graced us with.

Of all the good that advancements in technology has brought, I sometimes wonder how positive it is for the long term. We rely so much on technology that independent and creative thought has been stifled. Our brains are no longer required to critically think through problems when all it takes is a visit to Google to obtain the answer.

Technology has also changed the way we interact with people. Although we are more connected than ever, we couldn't be more apart. The use of online social media means we meet face-to-face with much less frequency, resulting in a lack of much-needed social skills. Growing up today means that the main form of communication is through texting, where you can think through exactly what you want to say and how you want to say it. It's almost as if the English language has now been abbreviated to the acronyms OMG and LOL.

With all the social transgressions and digital distractions that technology has created, I still believe the good aspects of technology outweigh the bad. People have long been concerned that one day computers and robots will take over the world. In a way, they already have. We spend so much time on our computers and smartphones that we have become the robots. As much as technology has increased productivity, we are lost in a cyber-world and need to be cognizant that we shouldn't rely on technology to be productive. So this is a call to action: Be aware of your use of technology. Are you busy making change, innovating products or increasing efficiencies? Or are you busy on tech for the sake of being busy?



Jeremy Office, Ph.D., CFP, CIMA, MBA is Principal at Maclendon Wealth Management in Delray Beach and specializes in portfolio construction, strategic asset and liability management, and long term planning relating to financial matters as well as real estate, income tax, insurance and estate planning. He is also Managing Partner of SJO Worldwide a venture capital company.

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The Cultural Council of Palm Beach County receives Bernays Award for excellence in marketing and public relations

LAKE WORTH, FL – The Cultural Council of Palm Beach County received the Bernays Award for its marketing and public relations campaign surrounding "The Deep and the Shallow: Photographers Exploring a Watery World" exhibition. The award was for a project by or on behalf of a non-profit organization.

The "Deep and the Shallow" campaign was deemed by the Gold Coast Public Relations Council to be the best campaign in South Florida at communicating the mission and reach of the Council in Palm Beach County, as well as the Council's dedication to local artists through education, opportunities to exhibit, and marketing and public relations support. The awareness campaign consisted of collateral materials, news releases to local media, a catalog, exhibition, lecture series, magazine feature article and cover, all featuring the original photography of Palm Beach County artists, including the "Shark Whisperer" Jim Abernethy.

"The Cultural Council is honored to receive this prestigious award," said Marilyn Bauer, director of marketing and government affairs for the council. "To be recognized for our work in support of local artists is very gratifying."

The Gold Coast Public Relations Council is the largest independent organization of public relations, marketing and communications

professionals in South Florida, with members coming from Miami-Dade, Broward, Palm Beach and Martin counties. The group awarded the Cultural Council the Bernays Award during its 10th annual awards program at the Boca Dunes Golf and Country Club in Boca Raton on January 24.

The award is named after Edward J. Bernays, considered the "father" of public relations.

The "Deep and the Shallow" exhibition of underwater photography was held from November 21 to January 18 at the Council's main exhibition space and headquarters in the 1940 Streamline Moderne-style Robert M. Montgomery, Jr. landmark building at 601 Lake Avenue, in Lake Worth.

The Cultural Council is the official arts and culture support agency for Palm Beach County serving non-profit organizations, individual artists and arts districts. The Council markets the county's cultural experiences to visitors and residents, administers grants, expands arts and cultural education, advocates for funding and arts-friendly policies and serves the arts community through capacity building training and exposure to funders and audiences.

Connect with the Council at www.palmbeachculture.com or 561-471-2901. Gallery hours are 10 a.m. - 5 p.m. Tuesday through Saturday.

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Boca Raton. The epitome of privacy, the luxuriously renovated lakefront estate embodies the essence of contemporary elegance, with high-tech features and incredible views. Located in Forbes ranked Top 10 Community Le Lac, in heart of Boca Raton. Price reduced \$4.999M.



3 ACRE LAKESIDE ESTATE

Boca Raton. This majestic estate on three lushly-landscaped acres in Boca Raton's most exclusive luxury gated lakefront community is reminiscent of a grand lakeside English Country Manor. This sprawling property is fit for the most discerning. This is an Estate Sale. Great value \$4.250M.



TOWN & COUNTRY ESTATE LIVING AT ITS FINEST

Boca Raton. 6 BR, 5 bath estate, 5 horse paddocks created by architects Slattery & Root. The estate is the epitome of modern Florida living with poolside oasis & 5 acres of finest equestrian facilities. \$3.5M



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Delray Beach. Prime location 9, 168 SF 5 BR, 5 1/2 bath home. Venetian plaster, hand-painted ceilings, mahogany doors, impact windows, generator, 5 car garage and so much more. \$2.65M



AWARD WINNING CONTEMPORARY TOWNHOUSE

Delray Beach. Luxurious, contemporary showplace. As towers continue to rise along Atlantic Avenue, this is a rare opportunity for a private hideaway in the middle of all the action. 3 BR, 3 baths. \$1.15M



PERFECT BEACH TOWNHOME

Delray Beach. Contemporary Bermuda-style townhouse offers modern design and beautiful surroundings. This 2-story spacious beach villa 3 BRs and 2.1 baths. Listed below appraisal at \$975K.



LAKE IDA MODERN BEAUTY - TURN KEY!

Delray Beach. South Beach-like living in Delray, just blocks from the beach and Atlantic Avenue! This spacious modern home has vaulted ceilings, heated pool, and sun deck. This stunner won't last! 3 BR, 2 baths. \$899K



PALM BEACH MEETS FRANK LLOYD WRIGHT

Delray Beach. This is the one you've been admiring! The perfect fusion of warmth and modernity. Interior features include African hardwood, stacked limestone pillars, massive windows, incredible natural light. Prime location! 4 BR, 4.2 baths. \$2.399M



PALM TRAIL PRIME LOCATION

Delray Beach. Charming cottage w/ 140' water frontage is the most prime location for your next home, a renovation, or brand new build. Located in sought-after Palm Trail, a tropical paradise with amazing water views. Highly desirable location in East Delray Beach. 3 BRs and 3 baths. Listed at \$2.495M.



CONTEMPORARY KEY WEST NEW CONSTRUCTION

Delray Beach. Bringing beauty and distinctive style, this Coastal Modern 4 BR, 4 bath home highlights the best in new construction by renown Marc Julien Homes. \$849K



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Delray Beach. Tuscan Elegance - Mediterranean Villa Estate one block from the ocean in Delray Beach has a dream location. With nearly 8,000 SF, this luxury estate is perfect for entertaining and relaxing. 6BR. \$3.999M



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PRIVE ISLAND - continued from page 33



with impeccable taste and very high expectations for elegance, service, uniqueness, and privacy. This secluded island enclave boasts "160 unique works of art for fewer discerning buyers" explains Daniel Lebonsohn, one of the owners of BH3 - with 80 outstanding residences in each tower. One of their goals for electing to make this property more boutique in nature, was to capitalize not on dollars to be made, but rather to create one of the most outstanding lifestyle experiences they are able to offer. Hence this project will be the most service-rich environment that this team has ever put together.



Designed by Seiger Suarez, the architectural firm, these grand residences will range anywhere from 2,585 square feet to 9,000 square feet of indoor space, plus terraces. It is almost incomprehensible to offer this much grandeur encased in two chic, twin towers that will stand sixteen stories high on a mere 8 acres - and yet they're doing it, whilst attending to every fine detail. The residences will showcase the lush landscaping, the intracoastal waterway and the surrounding Miami waterfront neighboring areas - all through floor to ceiling windows running both front to back, with interior designs crafted by the same team who created the magnificence of, for example, the St Regis Bal Harbor. The units will have private elevator entries, flow through floor plans, European kitchens and bathrooms, outdoor summer kitchens, private rooftops, a private bridge, full service valet, five star concierge service, poolside cafe's, 3 swimming pools, tennis courts, jogging trails, private jetty for guest boat landing and fishing, private marina with boat slips available for purchase, plus a two-story, 10,000 square foot gym and spa, wine cellar, cigar lounge, toddlers playroom, game room and a wide assortment of other items to cater to the residents every whim. Prices for Prive will start at 1.7 million - an outstanding price for an exceptional property. For more information please visit www.mypriveisland.com

16th ANNUAL HONOR YOUR DOCTOR LUNCHEON TO TAKE PLACE ON THURSDAY, APRIL 3RD AT BROKEN SOUND CLUB

Rotary Club Downtown Boca Raton to honor doctors in the South Florida community

BOCA RATON, FL – Rotary Club Downtown Boca Raton to honor doctors at the 16th annual "Honor Your Doctor" luncheon to be held at Broken Sound Club on Thursday, April 3rd.

The public is invited to nominate their favorite doctor by downloading a nomination form online at the www.rotarydowntownbocaraton.org website and donate \$40 per nomination or \$100 for 3 nominations; all nominated doctors will be invited to attend the luncheon as a guest. Tickets for the luncheon are available to the public for \$75.00 per person. The event is a fundraiser for the Helen M. Babione Medical Scholarship Fund and will benefit medical and nursing school students attending four local universities: Charles E. Schmidt College of Medicine at FAU, Christine Lynn Nursing School at FAU, Lynn University and Palm Beach State College.

This year's Honor Your Doctor luncheon is chaired by Dr. Ronald Rubin and Robin Trompeter. Honorary Chairs are Dr. Michael Dennis, Elaine Wold and Mitch Feldman and the Honorary Physician Advisor is Dr. Marc Taub. The fundraiser was the brainchild of Helen M. Babione, who as an active member of the GFWC Boca Raton Woman's Club

who has produced and sponsored the Honor Your Doctor Luncheon for the last 15 years. The Rotary Club Downtown Boca Raton partnered with the GFWC last year who have now turned the stewardship of this annual event over to the Rotary Club Downtown Boca Raton members who are passionate about raising funds to support the medical community in Boca Raton.

"This special event gives our community a much-needed opportunity to raise funds for deserving students to attend our local universities, and at the same time, recognize the efforts of our growing medical community," said co-chair Robin Trompeter. "The key to encouraging these students to remain in practice here in South Florida is to have them engaged in the community early on and that is the mission of Honor Your Doctor."

"As a Physician, founding board member of the FAU Charles E. Schmidt College of Medicine and a Rotarian, I am very proud that we are recognizing the outstanding contributions that Doctors in our community provide," added Rotarian and Honor Your Doctor co-chair Dr. Ron Rubin.

For nominations, information and reservations, visit www.rotaryclubdowntownbocaraton.org or contact Robin Trompeter at 561-212-8866 RobinTromp@aol.com or Deborah Freudenberg at 561-299-1429 Deborah@thefreuds.com.



2014 Honor Your Doctor Committee standing from left: Deborah Freudenberg, Bill Cappeller, Janice Williams, Jon Kaye, Meryl Charnow, Alan Kaye, Gloria Hosh, David Katz. Committee Members not pictured: Ingrid Fulmer and Linda Petrakis. Co-Chairs Seated: Ron Rubin and Robin Trompeter



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real estate briefs

NANCY CARDONE JOINS BERKSHIRE HATHAWAY HOMESERVICES FLORIDA REALTY LEADERSHIP TEAM



Nancy Cardone was introduced as the Managing Broker of the Berkshire Hathaway HomeServices Florida Realty Palm Beach Gardens and Jupiter Branch Sales Offices today in Palm Beach County.

"I am thrilled to have the opportunity to work with the Sales Professionals and Team Members at Berkshire Hathaway Florida Realty! I feel honored to be a part of such an outstanding and reputable real estate organization!" – remarked Cardone.

Cardone most recently served as a Business Development Consultant at Lang Realty and previously as the Executive Director of the New Homes and Communities Division of Illustrated Properties from 2002 to 2010. She brings along with her over 26 years of real estate industry experience and extensive management and organizational skills, sales acumen and years of community service throughout Palm Beach County.

Cardone has held appointments with Palm Beach County's Zoning Board of Adjustments, Palm Beach County's Commercial Needs Assessment Task Force, and the Palm Beach County School District Area Boundary Committee. She has also been awarded Realtor of the Year by the Jupiter-Tequesta-Hobe Sound Association of Realtors; she is a Lifetime Member of the Realtors Professional Achievement Award and recipient of the Florida Association of Realtors Honor Society.



BERKSHIRE HATHAWAY HomeServices Florida Realty

"Nancy is a respected leader in the industry and a true professional. I know she will be highly successful in the strategic growth of our Palm Beach Gardens and Jupiter Branch Sales Offices and throughout our Palm Beach County Region!" commented Rei L. Mesa, President, C.E.O, Berkshire Hathaway HomeServices Florida Realty, Real Estate Services.

Cardone can be reached at NancyCardone@BHHSFloridaRealty.com or cell 561.308.9441, Palm Beach Gardens office direct line 561.691.3518 or Jupiter office direct line 561.354.1817.

Berkshire Hathaway HomeServices Florida Realty (formerly Prudential Florida Realty) is a full-service brokerage with more than 1,500 sales professionals servicing 17 counties throughout Florida and is a wholly owned subsidiary of WCI Communities, Inc. It is a franchise member of Berkshire Hathaway HomeServices. The company is the 5th largest brokerage in the nation among the affiliate Network brokers and offers residential and commercial services, seasonal rentals, property management, REO & Foreclosures, corporate relocations, referral services, mortgage, title, insurance, home service plans, and personal concierge services. BHHS Florida Realty is the #1 Fundraiser for The Sunshine Kids having raised over \$2.5 million since 2001. www.BHHSFloridaRealty.com.

DPR CONSTRUCTION GRANTS \$35,000 TO THE MILAGRO CENTER

DPR Construction, a technical builder focused on highly complex and sustainable projects, today announced the West Palm Beach office donated a \$35,000 grant to the Milagro Center, bringing DPR's total of locally donated grants to \$100,000 since 2011.

The Milagro Center, located in Delray Beach, Fla., is dedicated to enriching the lives of children through cultural arts, living values and academic support. The funds will be used to support the Teen Leadership Program

which provides a unique combination of professional arts, values education and academic support, including SAT preparation, life skills training, healthy living habits and mentoring

"The Teen Leadership Program at the Milagro Center is committed to preparing sixth through 12th graders to graduate from high school and teach them the key life skills to live a successful and rewarding future through a collegiate experience or entering the work force," said Barbara Stark, Executive Director at the Milagro Center. "This grant from DPR is instrumental in shaping the program to positively impact the graduation rate of a population that has less than a 40 percent chance of completing high school."

DPR's ties with the Milagro Center go beyond grants; Deborah Beetson, who leads the West Palm Beach office, has been an active board member of the Milagro Center for three years.



"I've been able to see firsthand the impact the center has had on children in South Florida," said Beetson. "I truly believe that preparing our teens for graduation, college and the workforce directly benefits our community and betters our society as a whole."

Later this year, DPR plans to further its contributions to the Teen Leadership Program curriculum through the creation of a career development module, showcasing the many career opportunities available after high school graduation.

NEW OFFICE DEPOT CEO BUYS AT BOCA'S ROYAL PALM YACHT & COUNTRY CLUB

Office Depot CEO Ronald C. Smith decided to keep the company's headquarters in Boca Raton, and now he owns a home in the city, as well.

He and wife Sandra Lynne Smith purchased the 10,212-square-foot house on Sabal Palm Drive for \$3.65 million from. The six-bedroom, six-bathroom home is on the golf course at the Royal Palm Yacht & Country Club.



Smith's employment agreement with Office Depot calls for \$1.4 million in annual base salary, and a performance bonus of up to 150 percent of his base salary. He can also earn an initial performance bonus of \$2 million on March 15.

The asking price on the home was \$4.3 million. The home was last sold for \$2.6 million in 2004. It was rebuilt in 2012.

LANG REALTY HOSTS OPEN HOUSE EXTRAVAGANZA ON SUNDAY, MARCH 23

Shopping for a new home in Palm Beach County or the Treasure Coast? You won't want to miss Lang Realty's Open House Extravaganza on Sunday, March 23 from

Noon – 4 p.m. Lang expects more than 300 listings throughout Palm Beach and the Treasure Coast to participate in the event.

"We are looking forward to another successful Open House event that celebrates a diverse selection of listings," said Scott Agran, President of Lang Realty. "Attendees will have fun, tour homes and experience the Lang Realty difference first hand."

Priced from \$200,000 to more than \$1 million, properties will include single-family residences, waterfront homes, country club communities and condominiums...truly something for everyone!

Additionally, Lang Realty will be partnering with Habitat for Humanity of South Palm Beach County, Habitat for Humanity Palm Beach County and St. Lucie Habitat for Humanity. Lang will make a donation to each chapter in celebration of the Open House event.

Visit Lang Realty's website at www.langrealty.com for a complete list of properties available for tour. Register at a participating home and you will be automatically entered to win prizes including a weekend getaway, gift certificates and more.

For more event info call 561-989-2100.

POSH PROPERTIES AWARDS CATHERINE MCGLENNON AS GRAND CHAMPION

Posh Properties in Delray Beach is proud to announce that Catherine McGlennon has been awarded the Grand Champion Award for outstanding sales in excess of \$15,000,000. Catherine has proven to be more than just your average agent, Catherine continues to be actively involved in many of the area's local charities, including the Chris Evert Charities, South County Red Cross annual fund raiser, and the Tico Torres Golf Classic. Catherine's love of community has helped her excel as a well respected top agent in the area.



HABITAT FOR HUMANITY OF S. PALM BEACH RECEIVES \$5,000 STATE FARM GRANT

State Farm Insurance has generously given a \$5,000 grant to Habitat for Humanity of South Palm Beach County to help fund a series of Financial Fitness workshops for homeowners in 2014.

Since its inception in 1991, Habitat for Humanity has required all families to participate in financial literacy classes as they work toward homeownership.

"Attending the Financial Fitness Workshop taught me how to budget," said homeowner Erica Health, who attended the workshops last year and moved into her Habitat home in November. "Now that I am a homeowner, I know how to prioritize my bills and have cut down on unnecessary shopping. My children and I complete the monthly budget as a family, and they are learning what things are important to pay for versus what they 'want' to spend money on."

In 2014, Habitat will be partnering with St. John Missionary Baptist Church and Pathways to Prosperity located in Boynton Beach. Along with Habitat homeowners, all community members who are interested in improving their practical money skills are invited to attend this eight month series free of charge.

DID YOU EVER WONDER?

Insurance Q & A

By Harvey Brown
Special to The Pineapple

Question: Why does my Homeowners Insurance premium keep going up?

Answer: Two main reasons: hurricane losses and political "interference" in the market.

Property insurance in Florida has been a tough road for insurance companies. As a result, if it's tough for the insurance companies it's going to be tough for the insurance buying public.

Florida enjoyed about 3 decades of clear skies with no significant hurricanes from the early 1960's until Hurricane Andrew in 1992. As a result of having little, if any, hurricane losses for this long period of time, the insurance companies weren't charging anywhere near enough for the wind exposure they faced. (I recall clients in the late 1980's calling to complain that their \$350 premium on their \$250,000 home was too much! At that time, our average premiums for our homeowners clients ranged on average from \$200-\$500! Compare that to the situation today where the average homeowners policy can range from \$1,500-\$4,000!)

Hurricane Andrew cost the insurance industry \$22 Billion (2013 dollars) which virtually wiped out the prior 3 decades gross premium income for the companies. Then in 2004 and 2005 Florida experienced another \$40 Billion in insured losses which pretty much put the industry in the red for many decades.

What this means to you: as a result of these losses, some companies went bankrupt, the remaining companies struggled, and the State of Florida stepped in by creating the "Homeowners JUA" as well as expanded the "Wind Pool" (the Florida Windstorm Underwriting Association).

These steps by the State, while called for, were not implemented properly in my opinion. Specifically, the State's premiums were simply too low (which is politically popular), thus the private market companies couldn't charge the higher rates necessary to put money back into their coffers so they can pay your future hurricane claims.

Also many insurance companies also seemed to experience frustration getting their higher rate requests approved by the State regulators. The tug-of-war between the insurance companies needing higher rates and the State regulators trying to keep rates in check continues to this day.

Some carriers subsequently stopped writing Homeowners policies thinking they couldn't ever make a profit in Florida. Stockholders like you and me were demanding that insurance companies whose stock we owned shouldn't put our capital at risk in Florida.

Many of the "major" insurance companies we all know such as Travelers, State Farm etc., have stopped writing in Florida completely.

This is a big loss for the Florida insurance consumers – we lost choices and better pricing due to less competition. Remember, the big companies are best able to pay all of their claims from hurricanes.

I have been told directly by a couple of leaders (of the big well-known insurance companies) that they don't feel the State of Florida has a favorable regulatory environment. Those are tough words.

Today we are left with an insurance market for Homeowners composed of mostly Florida "Domestic" companies and Citizens Insurance Company.

Rates have finally been allowed to rise the past few years as the State realizes the seriousness of our situation should a hurricane hit South Florida. While these higher rates are hard on consumers, they hopefully will continue to strengthen the companies and once they're strong, then more competition should return. Let's hope that's allowed to happen.

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.



Helpful business hints from Delray Beach Chamber members

How a 10 year old sold me . . .

By Andrea Hoffer

Special to The Pineapple

Last weekend at lunch with my family, I mentioned that I was going that afternoon to the Apple Store because I was eligible for a phone upgrade. My nephew's ears piped up at the words, "Apple" and "new phone."

He immediately suggested I get the iPhone 5s and not the 5c. At 10 years old, Eytan's knowledge of Apple products has already surpassed mine. I didn't know there was a difference, so I asked him if he wanted to come with me. He agreed.

On our way to the Apple Store, Eytan explained that I would need a new case since my current case wouldn't fit the new iPhone. My old case was falling apart anyway, so I knew I had to replace it. I mentioned that I wanted a case similar to the one I currently own, which has a built in wallet and strap.

We arrived at the Apple Store and Eytan proceeded to explain to me the difference between the iPhone 5s and 5c. I agreed with him that the 5s was the right phone for me. While I waited for an Apple team member to help me, my nephew asked if I wanted him to see if he could find a case for me. I wasn't really planning on purchasing a case at the Apple Store, but I told to go see what he could find.

As I waited, I watched from the other side of the store as my nephew examined the cases pensively. After a minute or so, he approached an Apple employee for help. Over the next few minutes, my nephew and the Apple employee engaged in conversation. My nephew asked a question and listened attentively to the response.

This back and forth continued for another couple of minutes and then he returned to where I was standing. He quickly asked me two questions and then went back to speak with the Apple team member.

Five minutes later, Eytan returned with a case. Before he gave it to me, he told me he

found the perfect case for me. Then he made the following points about the case:

The case will fit my new iPhone and has a built in wallet like I wanted.

The case has a carrying strap - another feature I wanted

The case does not require me to take the phone out of the case to take a picture. I hadn't mentioned this to him, but he noticed I had to do this every time I took a pic with my current case.

The case is black. He acknowledged that my current case is purple, but they only had this case available in black. He felt that since this case had all of the features I wanted, I should still consider it.

I was blown away! This 10 year old boy actually:

Listened to what I expressed as my needs (wallet, strap) for a phone case.

Observed how I used my current case and suggested a new feature that I might find beneficial (peek hole for camera).

Anticipated and addressed my objection (color) before I even verbalized it.

I gladly purchased the case. How could I not? He made me see it was exactly what I wanted. When I told this story to my sister, she said that my nephew must have read my new ebook, "The NEW Customer."

Andrea Hoffer brings a unique perspective to consulting and training. A small business owner with 35 employees



herself, she knows first hand the everyday challenges of motivating employees, exceeding customer expectations, and meeting business and revenue goals. Contact Andrea to help you improve the experience you offer your customers and employees. www.andreahofferassociates.com 561-829-5611 andrea@andreahofferassociates.com

Keeping identity thieves at bay

By Colleen Hasey Schuhmann, CRPC

Special to The Pineapple

The more business we do and information we share online, the more identity theft becomes a growing threat to our financial security. We thought it would be helpful for you to know that there are simple steps you can take to protect your name, your credit and your loved ones from identity thieves.

Play it safe

Identity theft involves the unauthorized use or attempted use of existing credit cards or accounts, as well as the misuse of personal information to obtain new accounts, get loans or commit other crimes. Roughly 7% of all American households—nearly 9 million homes nationwide—have experienced an incident of identity theft, according to the U.S. Department of Justice.

To help keep your information safe, check monthly statements for credit cards, bank and brokerage accounts carefully, and be sure to get a free annual credit report from one of the three major credit bureaus: Experian, Equifax and TransUnion. Contact each by phone or mail, or go to www.annualcreditreport.com. You should also monitor your e-mail, social networking accounts and phone bills (both cell and landline), as thieves can "piggyback" on your plans.

If you notice something strange when reviewing your credit report or your financial statements—even a charge for just a small amount—call the issuing financial institution immediately and report it. Identity thieves often run a small charge or debit, often a dollar or less, to make sure the account number is legitimate. Sometimes, account holders don't notice the transaction or don't think it's worthwhile to alert their financial institution—until later when thieves rack up big purchases or drain a bank account.

E-mail and phone phishing

E-mail phishing is another common scam. Identity thieves often appear to come from a well-known organization and ask for your personal information—such as a credit card number, Social Security number, account number, user name, or password. In order for Internet criminals to successfully obtain your personal information, they will almost always tell you to click a link that either downloads malware or a virus to your computer or takes you to a different site where your personal information is requested. The e-mails often have forged or unsecure links ("http:" in the address does not end with an "s" for "secure" in "https"), and express a sense of urgency or negative

consequences if you don't take action.

Phone phishing, or telemarketing scams, operate much the same way. Identity thieves call and often use exaggerated or fake prizes or services as bait. These could include travel packages, loans or investment opportunities, and often have an immediate deadline to claim the prize. The goal is to get people to act on impulse and divulge personal or account information rather than take the time to analyze the situation.

Protecting your data

All mail and other documents with account numbers or other personal data should be securely discarded or shredded. One of the best ways to protect yourself from "dumpster diving" and mail fraud is to sign up for e-delivery of all your financial information. To reduce or even eliminate nuisance offers, you can opt out of the lists aggregated by credit bureaus, who then sell your name to lenders. Go to www.optoutprescreen.com or call 888-567-8688 to remove your name from these lists.

Also, register your home and mobile phone numbers with the National Do Not Call Registry. This won't stop all unsolicited phone calls, but it will stop most. If your number is on the registry and you still get calls, the caller is likely breaking the law. To add a phone number to the registry, call 888-382-1222 from the phone number you wish to register.

As for your social media accounts, vigilance is key. The more information you share with the world—say, by posting your birth date to your Facebook profile—the easier you are making it for thieves to find that information. Check your privacy controls, and keep checking as they change often. Also check the information your children are sharing online and the configuration of any file sharing software they've installed. They are less likely to be aware of privacy concerns and the consequences of divulging sensitive information. Finally, you should Google yourself periodically to see what type of information about you or your family is publicly available.



For more information, please contact Colleen Hasey Schuhmann, Vice President - Wealth Management at UBS Financial Services in Boca Raton. She can be reached at 561-367-1817.

Fifth Third Bank unveils 'Pay to the Order of' campaign driving donations for cancer research

BOCA RATON, FL – Can a checking account help fight cancer? The "Pay to the Order of" campaign launched today by Fifth Third Bank and agency of record Leo Burnett answers that question by using account openings to drive donations for cancer research. For each new customer who opens a checking account with direct deposit and makes three online bill payments, Fifth Third will give \$150 to the customer and donate \$150 to Stand Up To Cancer (SU2C).

SU2C, a program of the Entertainment Industry Foundation and a 501(c)(3) charitable organization, is a groundbreaking initiative that supports scientific collaboration to accelerate innovative cancer

research and bring new therapies to patients quickly. Fifth Third began working with SU2C in 2013 when the Bank launched the Fifth Third SU2C credit and debit cards, which direct donations to SU2C for every qualifying purchase made using those cards. Fifth Third Bank is the only card issuer to offer SU2C payment cards and contributed more than \$534,000 to SU2C in 2013.

"We are incredibly grateful to Fifth Third Bank for their continuous support of Stand Up To Cancer," said Rusty Robertson,

SU2C CFA. "Through this collaboration, Fifth Third has raised not only an invaluable amount of awareness for the disease but has helped fund groundbreaking cancer research."

"Fifth Third's culture as The curious bank leads us to look for unique solutions to help improve lives and the well-being of the communities we serve," said Steven Alonso, executive vice president and head of Fifth Third's Consumer Bank. "We view SU2C's innovative approach to scientific collaboration and accelerating the pace of research as an example of one such unique solution and are pleased to further support this important cause. Through this campaign, Fifth Third hopes to reach consumers—whether they are looking for a new bank or not—with a compelling message and a way to get involved in the fight against cancer."

Fifth Third is asking everyone who has been impacted by cancer to share their photos and stories by using the hashtag #PayToTheOrderOf via Twitter, Vine, Instagram and Facebook. Some stories will be featured on an interactive gallery at 53.com/SU2C.

For additional information visit www.53.com/SU2C.



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HANLEY CENTER COMMITTEE MEMBERS GATHER TO PLAN 19th ANNUAL FAMILY PICNIC EVENT

Committee members for Hanley Center's 19th Annual Family Picnic gathered recently to finalize plans for the upcoming family-friendly event. Scheduled for Sunday, March 9, 2014 at the Palm Beach International Equestrian Center in Wellington, the benefit raises awareness and funds for Hanley Center's research-based prevention programs.

Family Picnic committee chairman Dan Thomas says of he and his wife, also a chairman, "Lisa and I are so excited to chair Hanley Center Foundation's annual Family Picnic event for a second consecutive year. This event invites the entire family for a fun-filled afternoon, as research has shown that quality time spent with our children can significantly reduce the likelihood for drug and alcohol abuse. Funds raised are earmarked for prevention efforts in the local community with a focus on school-aged children."

Hanley Center is a nonprofit residential substance abuse treatment center established by the Hanley family as a community resource nearly 30 years ago. Mary Jane and Jack Hanley started with the goal of bringing quality substance abuse treatment to the Southeast. The community rallied behind them to build Hanley Center, and it has become a vital community pillar and national trailblazer for the recovery industry in the years since.

Hanley Center has led the treatment industry as a pioneer-- with older adult and boomer programs setting a hallmark for effective treatment and the industry standard for treating those populations today.

"At Hanley Center we are proud to offer patients world-class addiction treatment; however, it is our hope that families never have to suffer from the disease of addiction," says Dr. Rachel Docekal, Hanley Center Foundation CEO and Vice President of External Relations for Caron Treatment Centers.

"Our teams of experts understand the importance of prevention and through our research-based prevention programming, we have helped many children and adults better understand drug and alcohol abuse. We are so thankful to our Family Picnic leadership and sponsors for their hard work and donations creating another successful event, one that gives back to the local community in the form of education for elementary, middle and high school students and their caregivers," continues Docekal.

Caron and Hanley Treatment Centers comprise the largest and most comprehensive nonprofit addiction treatment provider in the country, focused on a 12-Step recovery program with a powerful clinical component.

Children and families attending the Picnic will have premium seating that day for the world-class horse jumping competition. The exciting afternoon will also include lunch, animal encounters, a magic show, children's crafts and a silent auction. Tickets to the Family Picnic are \$195 for adults (18 and over), \$50 per child (7-17 years of age), and children 6 and under are free.

For more information about the Hanley Family Picnic, please visit www.hanleycenterfoundation.org.

After record losses, what's in store for manatees in 2014?



By Katie Tripp, Ph.D.

Director of Science & Conservation, Save the Manatee Club

2013 went down in the Manatee record book as the species' worst-ever year in Florida. In total, 829 deaths were confirmed of the endangered species whose last known minimum count was 4,831 in January 2014. That's 17% of the known population, dead in a single year. The previous record number of deaths, 766, was set in 2010 and regarded as an anomaly, a rare occurrence caused by extended cold temperatures; a level of mortality not thought likely to appear again anytime soon.

Until recently, the usual suspects have threatened manatees: water control structures, entanglement in or ingestion of marine debris and watercraft, with some cold stress, and mortality of very young calves mixed in. Red tide often loomed offshore of Southwest Florida as a potential threat. And rarely, a manatee died of old age, a feat most in the population don't achieve due to the threats they face.

In the past few years, attention has been focused on bigger, more nefarious threats that no one knows how to remedy. In the Southwest, red tides are finding ample food when they blow inshore and are persisting, killing large numbers of manatees and other marine life. For manatees, these blooms are no longer considered an unusual mortality event, but an ongoing mortality event, a sign of the times. On Florida's East Coast, no one has a clue what killed 127 manatees, in an ongoing unusual mortality event, that has already killed several manatees in 2014.

Manatees, often regarded as robust for their ability to survive multiple watercraft

strikes and continue to live on after losing flippers to entanglements, are no match for the strange cocktail of toxins that are plaguing their environment.

So what can we do? First, we need to keep on trying to protect manatees from the usual suspects. Human related causes of mortality remain largely preventable. In 2013, 85 fewer manatees would have died if human related deaths were prevented. Next, we need to work more diligently to protect the flow of our groundwater and surface waters and prevent pollutants from entering waters.

One very easy thing to do is log on to www.wewantcleanwater.com and sign the petition brought forth by a coalition of Florida's environmental groups that are working to send a message to Tallahassee that we are long overdue to get serious about our state's water issues. Finally, it's important to realize that the next water quality crisis could be coming to your hometown. If you haven't experienced such a crisis yet, count your blessings, then get on the phone to your city and county council, and your state senators and representatives, and find out what they're doing to ensure you never do.

So what can manatees expect in 2014? That's really up to you. But one thing is for certain: they need our voices and our support now more than ever.

For more information on manatees and to learn about the Club's Adopt-A-Manatee® program, go to www.savethemanatee.org or call 1-800-432-JOIN (5646).

Dr. Tripp has been Save the Manatee Club's Director of Science and Conservation since May of 2008. She received her Ph.D. in Veterinary Medical Sciences from the University of Florida, where she conducted research on manatee physiology.



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Preventing Conflict

By Kimberly West

Business, Marketing & Sales Consultant

Conflict happens! It happens without any bad intention. Conflict and disagreements occur because of different perceptions and observations; different interpretations placed on the meaning of things; different feelings people bring to situations and different desired outcomes.

The key to preventing conflict and achieving desired outcomes is to craft an agreement for results that can serve a the road-map from where you are to where you want to be. This agreement should contain the following items:

1. What is the detailed vision of what you want to achieve with as much detail as you can think of. What will things look like 3, 6, 12 months out.
2. How will you measure success. What are the agreed objective benchmarks you will use to measure if you achieved the vision.
3. Make detailed promises of what each of you will do and have consequences for breaking promises.
4. Share fears and concerns about moving forward together. Get on the table what might get in the way of fully trusting and committing to achieving the results you want.
5. Use the above dialogue for developing relationship and deepening trust. Once relationship is established you can work through anything. The detailed agreement is not nearly as important as the relationship. As long as you can continue to work together you will achieve results beyond expectation.

Resolving Conflict:

Remember all conflict happens at emotional level. The emotional triggers prevent the resolution. Deal with the emotion and whatever the "fight" was about will resolve itself. To resolve conflict effectively remember:

1. Most conflict is not the result of any kind of negative attention. Because of differences in people, failure to get clear at the beginning and inexact language conflict happens. Don't be so quick to blame.
2. Conflict shows up as a stress reaction. Before you can engage in meaningful collaborative dialogue you must manage your stress.
3. The two keys to resolving conflict effectively are a.) listening and understanding the other's point of view;

and b.) forgiveness - letting go of how you are holding them and the situation.

4. Conflict lives inside each of us as a story - it's the way we talk to ourselves about the situation. For both catharsis, and to share details everyone gets to tell their story from beginning to end, without interruption.

5. The goal is to reach a new agreement for the future. To get you engaged in doing that keep in mind that as long as the conflict exists you are paying a price for bringing the conflict with you.

Negotiating Excellence:

Remember, the game is not to win, but to reach an agreement everyone can win with.

1. The most powerful form of negotiating is to find out what they want and figure out how to give it to them; and to let them know what you want and to get them figuring out how to give you what you need.

2. Always leave something on the table. If the deal is too sharp it will come back to haunt you because everyone will not be able to perform.

3. Think in terms of a long term collaboration, not a short term transaction. This will help you to create a relationship which is critical if you want to continue working together.

4. Get beneath positions to the concerns that are behind them. Find out what they are really concerned about and take care of it.

5. Games and withholding are ploys that never work. Everything always gets revealed so you might as well let it all out and deal with it.

Special thanks to Stewart Levine for his input into this column.

Kimberly West & Allison Turner are business, marketing and sales consultants for their company BCoSF, Inc d/b/a Business Consultants of South Florida. They are passionate about teaching other entrepreneurs and business owners how to successfully start or grow a sustainable and profitable business through their strategic and methodical business, marketing and sales consulting. They are also available for on-site training. For more information visit www.BCoSF.com or call 561-276-4422. 301 W Atlantic Ave. Suite 05, Delray Beach, FL 33444. Your Success IS Our Business!



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CHAMBER DAY PLANNER

March 4, 2014 11:30 AM - 1:00 PM
Non-Profit Council Luncheon
At Banyan Creek Elementary School

March 6, 2014 8:30 AM - 9:30 AM
Coffee with Karen
At Delray Beach Chamber of Commerce
New Members chat with Karen to learn more about how the Chamber can work for you and your business! Limited seating.

March 6, 2014 11:45 AM - 1:00 PM
Ambassadors Monthly Meeting
At Delray Beach Chamber of Commerce

March 8, 2014 11:00 AM - 5:00 PM
WellFest Delray Beach 2014
At Delray Beach Center for the Arts (formerly Old School Square)

March 11, 2014 11:00 AM - 12:00 PM
Focus On Women Program Committee
At Delray Beach Chamber of Commerce
Monthly planning meeting

March 11, 2014 3:30 PM - 4:30 PM
Programming Committee Meeting
At Delray Beach Chamber of Commerce
Monthly planning meeting

March 12, 2014 12:00 PM - 1:00 PM
Chairman's Club Monthly Luncheon
Location: To Be Determined

March 13, 2014 5:15 PM - 7:00 PM
Contacts & Cocktails: Spodak Dental
At Spodak Dental Group
You've heard how amazing the networking is at our monthly business card exchanges now called Contacts & Cocktails... join us for yet another wonderful evening of mixing and mingling, it's the best way to gain greater awareness for your business and really get your name out there. Join us for a fabulous evening of networking at Spodak Dental.

Come check out this great, new state of the art office. For just \$10 in advance, and \$15 at the door, you'll enjoy wine, conversations and culinary delights. Non-members are invited to join in on the fun as well at \$20 per person. Don't forget to bring those business cards and of course, a smile for happy networking ;-)

March 17, 2014 11:45 AM - 1:00 PM
Budget & Finance Committee
At Delray Beach Chamber of Commerce

March 20, 2014 8:00 AM - 9:00 AM
Healthcare Committee
At Delray Beach Chamber of Commerce

March 21, 2014 8:00 AM - 9:00 AM
Government Affairs Committee
At Delray Beach Chamber of Commerce

March 21, 2014 11:30 AM - 1:00 PM
Executive Committee Meeting of the Greater Delray Beach Chamber of Commerce
At Delray Beach Chamber of Commerce

March 25, 2014 8:00 AM - 9:00 AM
Economic Development Committee
At Delray Beach Chamber of Commerce

March 26, 2014 11:45 AM - 1:15 PM
Greater Delray Beach Chamber of Commerce Board of Directors
At Delray Beach Chamber of Commerce

March 28, 2014 8:00 AM - 9:00 AM
Development Cooperative
At Delray Beach Chamber of Commerce

April 1, 2014 11:30 AM - 1:00 PM
Non-Profit Council Luncheon
Location: To Be Determined

April 3, 2014 11:45 AM - 1:00 PM
Ambassadors Monthly Meeting
At Delray Beach Chamber of Commerce

April 8, 2014 11:00 AM - 12:00 PM
Focus On Women Program Committee
At Delray Beach Chamber of Commerce
Monthly planning meeting

April 8, 2014 3:30 PM - 4:30 PM
Programming Committee Meeting
At Delray Beach Chamber of Commerce
Monthly planning meeting

April 9, 2014 12:00 PM - 1:00 PM
Chairman's Club Monthly Luncheon
Location: To Be Determined

CHAMBER OF COMMERCE NEWS OF NOTE

The South Florida Business Journal named **Cloud Computing Concepts (C3)** as one of the 2014 Best Places to Work in South Florida!

The **Milagro Center** is seeking sponsors for their 2014 SUPERSTAR Spectacular, on April 9, at Mercedes-Benz of Delray.

American Cancer Society's **Delray Relay for Life** needs committee members. to help plan the June 7th event. Teams and sponsors also needed!

Harless and Associates (Accounting and Tax Services) has launched a full version of its website in Spanish, and is actively seeking to build relationships with Spanish-speaking small businesses.

The **Bethesda Hospital Foundation's Bethesda Ball** takes place Mar 1st at The Breakers. Please consider placing an ad in their program book: contact Amy Brand for details: 561-737-7733, x84428

The **Porch** is now serving seafood, pizza and pasta daily. The Porch is located in the Historic Blank House at 85 SE 6th Avenue with a beautiful new outdoor deck.

Business Roundtable



Want some advice on an issue with your business? Need some fresh ideas or a new perspective from other talented business owners? You'll leave this breakfast not only learning new ideas but also connecting with chamber members who you normally may not have the opportunity to meet! Each person at the table will have 3 minutes to describe their business issue. Then there will be a timed response session from the business people at your table. Each person at the table will have the opportunity to share their issue.

Thursday, Mar 27th • 8am-9am
Delray Beach Golf Club
Members: \$18 thru Mar 14, then \$25 (\$30 at the door). • Future members: \$35.

What to do if you lose your job

By John M. Campanola
Special to The Pineapple

If there's one thing the recession has taught us, it's the uncertainty of employment. No matter how firmly indispensable you think you might be, the reality is you could lose your job without notice. If it happens to you, here are some important things to think about and do.

Get the Facts

Make an appointment with the Human Resources Department and get answers to these important questions:

- Can you negotiate a later departure date? This could give you more time to look for another job.
- Are you entitled to severance? If so, how much?
- Will you receive payment for unused vacation days? If not, schedule them as soon as possible.
- How long will you be entitled to health coverage? And at what cost?
- Likewise, can you maintain your insurance policy? If so, at what rate?
- What's involved in transferring, borrowing or withdrawing your 401(k) funds?
- Are you entitled to unemployment compensation? If so, what documentation do you need?

Leave on Good Terms

When your last day comes, handling yourself with professionalism and maturity will serve you best in the long run. Although

these are difficult circumstances, focus on what you've accomplished for the company and the skills you'll take with you. Take any awards you may have earned, as well as non-privileged work samples — they'll be of interest to prospective employers.

Take Constructive Actions

In your search for a new job:

- Notify your references, including past employers, that you're job hunting.
- Update your resume, quantifying your accomplishments if possible.
- Register with employment agencies and/or search firms. Ask if they charge for their services.
- Say yes to every interview, even if it isn't for a job you want. It's good practice.
- Familiarize yourself with the companies you're interviewing with. Being prepared will go a long way with prospective employers.
- Follow up on your interviews with a thank-you email or note.



John M. Campanola is an Agent for New York Life Insurance Company. For additional information on the information or topic(s) discussed, please contact him at 561-212-2903

Chamber of Commerce Grand Openings and Ribbon Cutting Ceremonies

Wednesday, March 5 • 5:00pm

Nestler Poletto
900 E Atlantic Avenue

Thursday, March 6 • 5:00pm

Erinn Beck, LMHC
Event to take place at Artistic Artichoke located at 140 NE 2nd Avenue

Wednesday, March 12 • 5pm

Life Care Companions
Event to take place at Prime Delray
110 East Atlantic Avenue

Wednesday, March 19

Blu Atlantic Apartment Homes
5550 Nepsa Way

Thursday, March 20

Lee Works
Hosted by ETTRA Gallery,
149 NE 2nd Ave

Wednesday, March 26 • 5pm

The Hot Spot 813 Fashion Boutique
181 NE 2nd Avenue

Thursday, April 2 • 5pm

Taverna Opa
270 East Atlantic Avenue

Thursday, April 3 • 5pm

Magnolia Veterinary Clinic
15200 Jog Road, Suite C4

Wednesday, April 9 • 5pm

Two Fat Cookies, LLC
245 N.E. 2nd Avenue

Thursday, April 10 • 5pm

Woo Creative
135 E Atlantic Avenue
CONTACTS & COCKTAILS

Wednesday, April 16 • 5pm

KAAB Continuum LLC
1615 South Congress Ave

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Now we all can have therapy by the sea!

Delray Beach, the Village by the Sea, now has a Therapist by the Sea, Riana Milne. She had her own private Coaching and Therapy practice for 14 years in Egg Harbor Township, Atlantic County, NJ. Milne has long dreamed to live by the ocean in Palm Beach County, for her own therapeutic peace of mind, and recently chose Delray Beach over many other communities. Milne is a Certified Relationship & Life Coach, a Florida Licensed Mental Health Counselor (LMHC) and Certified Addictions Professional (CAP). In NJ her credentials are as a LPC (Licensed Professional Counselor) and a Licensed & Cert. Alcohol and Drug Counselor (LCADC), of which she taught future counselors for this credential at Stockton College of NJ. Her new Therapy by the Sea, LLC office is located at 15300 Jog Rd, Suite 109, Delray Beach.

"I absolutely love the friendly and welcoming feel of Delray," explained Milne. "I have found it is a very supportive community for those who start and run businesses here. I have long been a patron of the arts, being a prior model for 32 years, and owning a three-time, international awarding winning Model & Talent Creative Arts Center, School and Agency in PA in NYC for 10 years. It is important for me to have the arts, ocean, sunshine and outdoor lifestyle for my personal bliss, and Delray Beach offers it all! I have already joined the Chamber of Commerce and look forward to having a booth at the Well Fest March 8th and 9th. I hope to become very active within the community." Milne was recently selected to be a columnist for the Pineapple newspaper, and her column, My Relationship Coach begins in this March issue. She will be addressing all aspects of relationships, those with yourself and others.

Milne's BA is in Speech Communications & Broadcasting from Penn State University. Combining both degrees, she has done three

radio counseling shows: "Talk to me AC" on WJAM 88.9 FM, "Talk Therapy with Riana Milne" on WOND 1400 AM; and "Night Moods with Riana Milne" on KOOL 98.3 FM. "I loved combining both talents of being on radio and counseling at the same time. You are always on your toes, never knowing what questions your caller may ask! The music I selected was romantic, mostly the Motown favorites. My radio shows were relaxing, entertaining, educational and sensual all at the same time!" she laughed. "I was the local Delilah or Frasier, and it was great fun."

Milne was honored to be the only Psychotherapist called by NBC News-TV 40 in South NJ to help advise the viewers on how best to help children through the 911 tragedy.

Most recently, you can find Milne's current book, *LIVE Beyond Your Dreams* – from Fear and Doubt to Personal Power, Purpose and Success at Barnes and Noble and on amazon.com. Her forthcoming book, due out this month is *LOVE Beyond Your Dreams – Break Free of Toxic Relationships to Have the Love You Deserve*; a 2nd in the series called - *Beyond Your Dreams Relationships*.

Milne also became an Ordained, Inter-Faith Minister after taking numerous courses in spiritual counseling approaches and psychology. Afterwards, she formed her company Ceremonies by the Sea, LLC and became one of the busiest wedding Ministers who performed ceremonies on location in the Southern Jersey area. Just receiving the 2014 Five star award from weddingwire.com, she has just been approved to officiate weddings in Palm Beach and Broward Counties, as well as was selected to be a Premarital Preparation course provider. These courses will be held at her Delray Beach office.

Milne had always wanted to help people with healing using inspirational, educational and spiritual approaches and uses – Motivational,

Person-Centered, Cognitive-Behavioral and Solution-Focused therapies. Her Holistic approach to personal growth and change for mind and spirit is core to all her endeavors.



Wanting to reach even more people than she possibly could in southern NJ, Milne chose to become a Certified Relationship and Life Coach, and developed an App, My Relationship Coach, which enables her to coach "beyond the walls of an office" by doing virtual coaching through SKYPE, Web cam, email and the App. She was just selected to be trained as a Coach for Tony Robbins and Robbins Research International.

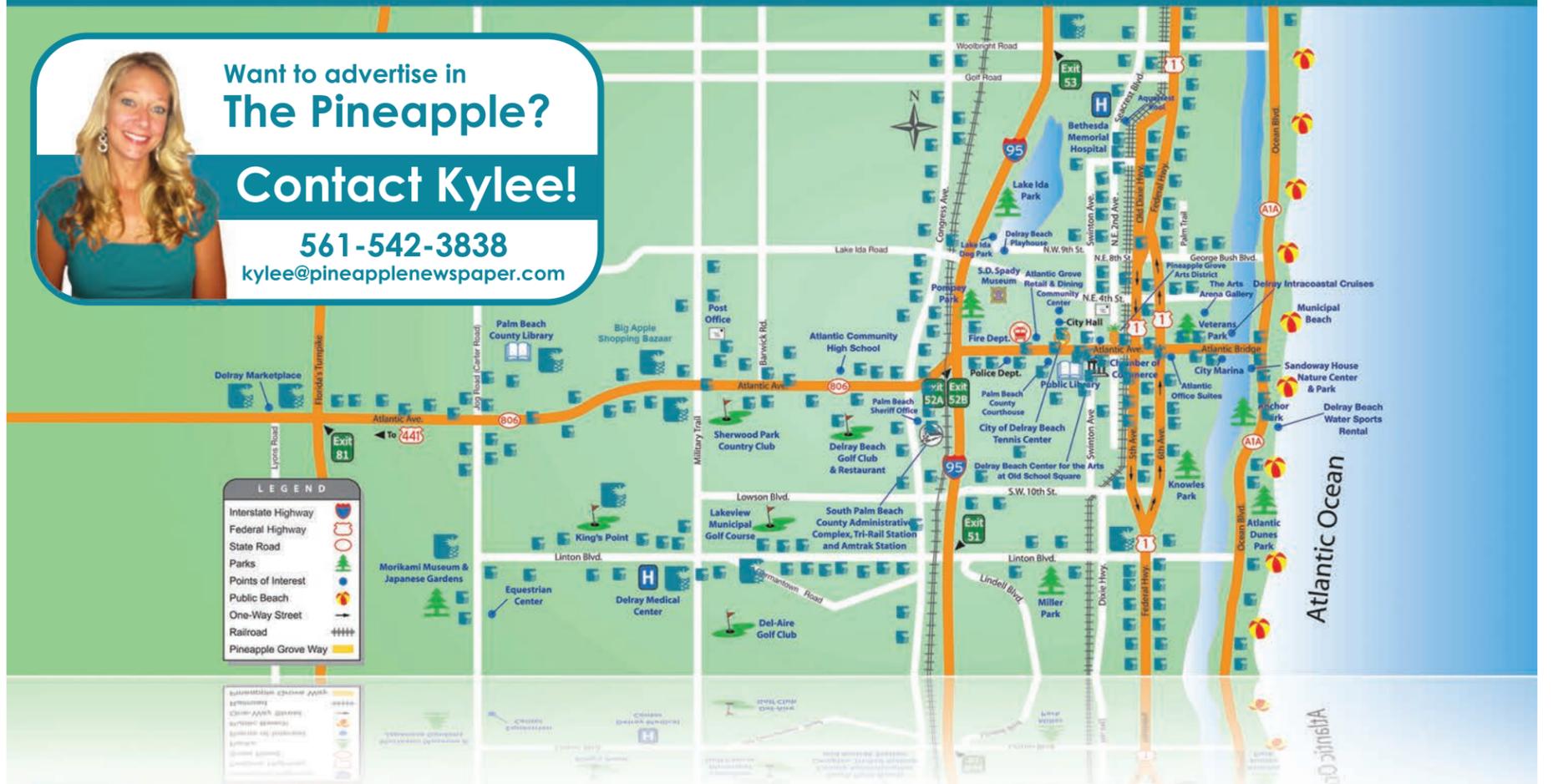
Some programs planned for the new office are:

- 1) Saturday Relationship Coaching Seminar Series (10 – 11:30 am); topics will vary. In April, scheduled are:
 - April 5 - Parent/Child relationships: raising successful children and teens
 - April 12 - For Singles: Finding and Being an Evolved Partner
 - April 19 - For Couples: Keeping Love Alive
 - 2) Tuesdays, 7:30 – 9 pm (starts 4/8: 8 week series): Life Coaching for the ACOA (Adult Child of Alcoholic or any Child of Trauma) Opening topic: Why do I do the things I do? When Childhood Coping Mechanisms no longer work.
 - 3) Thursdays, 7:30 – 9 pm (starts 4/10: 8 week series) New-Age Spiritual Society – Life Coaching for Conscious Living. Opening Topic: Staying Balanced in Today's Stressful World. Lessons explain the philosophy of "The Secret", The Course of Miracles, Conscious living, Buddhism, and other New-age education. This will also become an on-going Social Group Riana is looking to begin.
- All seminars are \$40 per session. Call Milne at 201-281-7887 for more details.



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The Astor
 235 NE 1st St #403
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 Luxurious Astor building - Balcony looks onto courtyard - Wood flooring throughout
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UNDER CONTRACT!

The Astor
 235 NE 1st Street #413
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Asking \$409,999
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Marina Village
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 Steps to the Beach
Asking \$369,000
 Catherine McGlennon
 561-239-0037



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SOLD!

Marina Village
 700 E Boynton Beach Blvd. 1603
 2 bedroom/2 bathroom
 Penthouse Unit - Comes w/ storage unit - Water views - Resort style pool
Asking \$339,000
 Catherine McGlennon
 561-239-0037



Tuscany - Intracoastal
 3218 Tuscany Way
 3 bedroom/2 bathroom
 Gated Community - Clubhouse w/ fitness center - Balcony - Resort style pool
Asking \$299,999
 Catherine McGlennon
 561-239-0037



UNDER CONTRACT!

St Tropez
 2105 Lavers Circle #512
 2 bedroom/2 bathroom
 Luxury building - Two master bedrooms - Community pool
Asking \$154,900
 Michelle Sadownick
 561-633-1020



Del Ida Park
 10 NE 7th Street
 3 bedroom / 2 bath
 Historic Delray Beach Pool Home - Vaulted ceilings - French doors - Guest cottage
Asking \$5,000
 Michelle Sadownick
 561-633-1020



Pines of Delray
 24012 Del Aire Blvd #203
 2 bedroom/2 bathroom
 Spacious Living - Freshly Painted - Make unit your own - Building close to pool
Asking \$64,900
 Dina Branham
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\$995,000 - Just completed, this home was completely redone and extended. Stunning golf views overlooking the 13th, 14th & 15th holes. This southern exposure home is on an oversized lot with large pool area with lanai. All top of the line finishes and appliances.



SEASIDE DUNES

\$925,000 - Great 3 bedroom townhouse steps from the sand. Two 2nd story balconys from the bedrooms that overlook the ocean. Updated interior ready for immediate move-in. Seaside Dunes is a gated community on the ocean & only a few blocks Atlantic Ave. shops & restaurants.



DELRAY DUNES C.C.

\$449,000 - Great 4 bedroom with wide open golf course views of the 5th green and 6th hole. Screened in pool with large covered lanai. Split floor plan. Great family home.



DELRAY DUNES C.C.

\$935,000 - 4/3 completely remodeled home on a premier golf course lot overlooking the 13th, 14th and 15th holes. This home has wood floors, a gourmet kitchen, crown molding and impact glass. There is a large pool area with a summer kitchen.



MICHAEL MULLIN
Realtor

561-441-0635



DELRAY ISLE

\$1,695,000 - Nestled in the exclusive ole Delray enclave of Seaside Delray. This adorable home is almost 3100 sq. ft. under air and on a large lot over 1/3 of an acre. The home overlooks wide canal views and is only a block to the beach and a few more to Atlantic Ave.



SOUTHAMPTON

\$475,000 - Direct oceanfront unit with great ocean views, great beach cottage, building closed 5/31 to 10/1



DELRAY DUNES C.C.

\$649,000 - Large family home built in 2001 overlooking the 2nd fairway. Ground floor master bedroom with his & hers walk in closets and a oversized master bath with separate shower and Jacuzzi tub. Fenced backyard with pool and hot tub.



QUAIL RIDGE

\$229,000 - Completely updated condo on the 2nd floor with open views of the 4th fairway of the golf course. Extended kitchen with Thomasville cabinets and quartz counters and recessed lighting. Master bedroom overlooks the golf course and master bath has been reconfigured to have a large walk-in shower and dual sinks.



SHOREWALKER PLACE - DELRAY BEACH

\$1,150,000 - 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.



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.



DELRAY DUNES C.C.

\$544,900 - Outstanding golf course home overlooking the 8th & 9th holes. Bordering the water this private oversized lot is set back from the golf course. The home has a large lanai area that opens to the pool with a waterfall. It has a split floor plan with large oversized rooms.

Warren Heeg 561.441.1599 | Michael Mullin 561.440.0635

LangRealty.com

ARTS • MUSIC • ETC

**CIRQUE ZIVA: GOLDEN
DRAGON ACROBATS
AT THE CREST THEATRE**



**GET YOUR GREEN ON
IRISH PUBS OF DELRAY**

**8TH ANNUAL FESTIVAL
OF THE ARTS BOCA**



SATURDAY IN THE STUDIOS

The Best Time to Shop the Alley - Saturday Afternoons - Noon to 5pm

Cacace Fine Art • Linda White Gallery • Cloud House Pottery • AR Gallery
Amanda Johnson Studio • A. Funk Studio • Ona Steele Studio • Joni Sarah White Studio
Pat Kaufman Studio • Stacy Balmuth Studio • Steve Blackwood Studio • Laszlo's Painting Studio
Jeff Whyman Studio • Schmidt Stained Glass • Magnus & Gordon Fine Art

“Island Dreams - Dreams of Water” Exhibit coming to the Delray Beach Public Library

The Delray Beach Public Library is proud to present a new art exhibit entitled: “Island Dreams - Dreams of Water,” by Boynton Beach resident, Carol Gold. Her work will be on display at the Delray Beach Library’s 2nd floor Gallery from March 1, 2014 to April 17, 2014.

Gold’s oil paintings of seascapes, landscapes and her giclees have been widely seen and collected during many solo exhibitions on Eastern Long Island and in Florida. Her paintings are like an exotic and colorful visit to the Caribbean islands as well as Northern locales from Florida to New England.

Gold earned her MFA degree from Pratt Institute and has devoted her entire life to the visual arts as an artist and teacher. She is the long-time President of Artists in Residence of Coral Lakes and a member of the South Hampton and East End Arts Council. Her work has garnered numerous ribbons and prizes.

You won’t want to miss this exhibit at the Library!

For further information on this exhibit and the many programs at the Delray Beach Public Library, visit www.delraylibrary.org or call the Director of Community Relations at 561-266-9490.



How do you like your Pineapple?

March at Morikami features Hatsume Fair, new exhibit, interactive workshops and more

DELRAY BEACH, FL — March is blooming with events and activities at the Morikami Museum and Japanese Gardens! Celebrate the first bud of spring with the return of Hatsume Fair, Morikami’s largest annual festival. Attendees will experience taiko drumming, artisan vendors, costume contests, a fashion show, the Kirin Beer Garden, children’s activities and more. Also happening this month, the new Japanese Prints of the Shining Prince Genji exhibit will debut and several fascinating workshops will be offered, including Basics of Sushi and Japanese Language. See below for a full list of the month’s events.

Tea Ceremony Workshop

Saturday, March 1

The workshop will teach the basics of sado — Tea Ceremony — necessary to know in order to learn more about the aesthetics of sado or to better understand and fully enjoy the tea ceremony itself. Participants will become familiar with how to be a guest should one be invited to a Tea Ceremony and how to make a bowl of tea and serve it to a guest.

Art of Bonsai: Intermediate

Mar. 2, 16, 23, Apr. 6, 13

Cost: \$91 (members \$81; advance registration required)

Material fee: \$45 for beginners only; payable to instructor

Bonsai means “a tree in a tray.” The art of bonsai creates the illusion of age and maturity of a tree which has developed and sustained the effects of nature for many years. Students of bonsai learn to artfully trim and train a tree in a container.

Sado Tea Ceremony Class

Sunday, Mar. 2, 16

Cost: \$55 (members \$50; advance registration required)

The Seishin-on Tea House provides an authentic environment for students learning to perform the traditional Japanese tea ceremony. Master Soei Chieko Mihori of the Omote Senke School introduces her students to an art which is central to the Japanese culture. The tea ceremony changes from month to month and from season to season.

Ikenobo Flower Arrangement

Tuesday, Mar. 4, 11, 18, 25

Cost: \$70 (members \$60; advance ticket purchase required)

Flower fee: \$60

Japanese flower arrangement is an art form dating to the 15th century. The Ikenobo Ikebana School is the oldest and most traditional. Students in this course learn the basic principles and style of the Ikenobo School. They create fresh flower arrangements each week, which may then be taken home to enjoy.

Sogetsu Introductory Class

Wednesday, Mar. 5, 12, 19

Cost: \$52.50 (members \$45; advance registration required)

Flower fee: \$30

Flower arrangement is an art form in Japan. Sogetsu flower arrangement is taught by flower masters of the contemporary school. Students in this course learn the basic principles and style of Sogetsu, creating fresh flower arrangements each week, which may then be taken home to enjoy.

Sumi-e Ink Painting (Floral or Landscape)

Thursday, Mar. 6, 13, 20, 27

Cost: \$60 (members \$55; advance registration required)

Sumi-e is a form of Japanese ink painting brought from China in the 12th century. Primarily done in black ink, the name literally means “charcoal drawing” in Japanese. Students learn to grind their own ink using an ink stick and a grinding stone and learn how to hold and utilize brushes to create the primary sumi-e brushstrokes.

Sogetsu Flower Arrangement

Friday, Mar. 7, 14, 21

Cost: \$52.50 (members \$45; advance registration required)

Flower fee: \$30

Flower arrangement is an art form in Japan. Sogetsu flower arrangement is taught by flower masters of the contemporary school. Students in this course learn the basic principles and style of Sogetsu, creating fresh flower arrangements each week, which may then be taken home to enjoy.

Family Fun Days: Yamato-kan Origami

Saturday, March 8

Cost: Free with museum admission

Learn one simple origami to take home.

Basics of Sushi

Sunday, March 9

Cost: \$70 (Advance registration required)

Sushi has entered the American palate as a cultural influence from Japan. But do you know what sushi is? Few know that sushi is not actually raw fish, but rice made with a bit of vinegar and sugar. Served with a variety of accompaniments, cooked or raw fish and vegetables, it can take many forms. Participants in this hands-on workshop, led by Mitsutoshi Sekita, sushi chef from a Japanese restaurant in Plantation, Florida will learn cultural information about sushi, how to make sushi, and, of course, enjoy eating the sushi.

Japanese Prints of the Shining Prince Genji

March 11 — May 18

The Tale of Genji, the first novel in the world, was written over 1000 years ago by the Japanese court lady Murasaki Shikibu. Shikibu’s epic novel was a popular source of inspiration for woodblock print and illustrated book artists in the 19th century.

Demonstrations of Sado: The Way of Tea

Monthly Tea Ceremony

Saturday, March 15

Cost: \$5 with paid admission to the museum

Observe Japanese sado, an ever-changing demonstration rich in seasonal subtleties. Your involvement in the true spirit of sado — harmony (wa), reverence (kei), purity (sei), tranquility (jaku) — along with a sip of green tea and a sweet will help you bring a calm perspective into your busy life.

Nihongo: Japanese Language

Sunday, Mar. 23, Apr. 6, 13, 27, May 4, 11, 18, 25

Cost: \$90 (members \$80; advance registration required)

Japanese Language Level I & II covers Lessons 1-14 and introduces hiragana and katakana. Japanese Language Level III & IV covers Lessons 15-25 and an introduction to writing kanji.

Hatsume Fair

Saturday & Sunday, March 29 & 30

Cost: \$15 for adults, \$10 for children ages 10 and under; FREE for museum members ages 3 and under Location: Morikami Park - Rain or Shine The 35th annual Hatsume Fair promises to be a spectacular event for the entire family! Celebrating the first bud of spring, Hatsume, the Morikami’s largest annual event, transforms the normally tranquil Morikami Park into a unique Japanese spring festival. The event will feature multiple stages of continuous entertainment where guests can experience taiko drumming performances, martial art and bonsai demonstrations, a costume contest, fashion show, and much more!

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 or call 561-495-0233.





EVENTS, THEATER, EXHIBITS and LEARNING DELRAY BEACH'S CENTER FOR THE ARTS

COMING THIS MONTH . . .

EVENTS

March 8 & 9

WellFest Delray Beach 2014

Saturday and Sunday, 11 a.m.-5 p.m. Admission is \$15 per day or \$20 for both days. WellFest Delray is a "transformational event designed to inform, educate, motivate, and inspire people to stay fit, eat well, think positive, reduce stress, care for themselves and others, and take green initiatives." The event features a Business Expo with 60 exhibitors presenting products and services that enhance wellness, fitness and overall well-being; Food Court (with samples); WellFit/WellBegin Area (with demonstrations); WellPet Area, and Seminars with 20 leading experts. Learn more at www.WellFestUSA.com.

March 1

Budding Artists: S.D. Spady Elementary Day

Saturday, 9:00 a.m.-2:00 p.m., at the Green Market in the Old School Square Park.

Bring the kids to our Budding Artists booth and take home a treasure! Join us as we help S.D. Spady Elementary celebrate 25 years this month! We'll have a special "Cardinal" craft based on the school mascot, and PTA volunteers will help decorate the booth and sell Spady shirts!

March 8

Budding Artists: Art Makes Me Smile

Saturday, 9:00 a.m.-2:00 p.m. at the Delray Green Market in the Old School Square Park.

Our friends at Spodak Dental will join us for "Art Makes Me Smile," celebrating healthy smiles! We'll have a super fun craft project, goody bags and lots of great information for moms, dads and kids on getting and keeping those healthy smiles.

THEATRE

All performances are in the Crest Theatre. Tickets are available at DelrayArts.org or 561-243-7922, ext. 1

March 3 & 4

Crest Broadway Cabaret Series presents Eden Espinosa



Monday & Tuesday, 8 p.m. Tickets \$45. Eden is most recognized for playing 'Elphaba' in *Wicked* on Broadway. She created the role of 'Brooklyn' in Broadway's *Brooklyn The Musical* and starred as 'Flora' in *Flora the Red Menace* for the Reprise Theater Company. She played 'Maureen' in Broadway's closing production of *RENT*, which was filmed for TV. Known for her powerful vocal style, she was the featured soloist in *Magical*, the new fireworks spectacular at DisneyLand.

March 7-9

Rhythm of the Dance

Friday 8 p.m.; Saturday, 2 & 8 p.m.; Sunday 2 p.m. Tickets \$45.

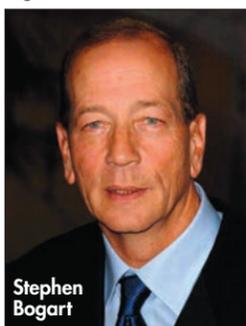
The National Dance Company of Ireland presents a dance and music extravaganza with top Celtic dancers and a phenomenal vocalist. A departure from traditional dance shows, this offers an inspiring journey of the Irish Celts through history. The show has played to over 5 million people in 33 countries.

March 12

Cinema Talk at the Crest: An Evening with Bogie

Wednesday, 7:30 p.m. Tickets \$10 general; members free.

Humphrey Bogart remains one of the most iconic actors in film history. Stephen Bogart, host of WXEL's "Bogart on Movies" discusses his father's legacy following a



Rhythm of the Dance

classic Bogart film screening of "Treasure of the Sierra Madre." This evening is hosted by Caroline Breder-Watts, Executive Director of the Arts Radio Network and presented in partnership with the Bogart Film Festival (Key Largo, May 1-4) and Palm Beach International Film Festival. CINEMA TALK AT THE CREST focuses on the art of film, its historical significance and its relevance today.

March 17 & 18

Crest Broadway Cabaret Series presents Will Chase



Will Chase

Monday & Tuesday, 8 p.m. Tickets \$45. One of Broadway's most versatile leading men will perform American, Broadway and pop standards. Will is currently starring as Luke Wheeler in ABC's *NASHVILLE* and appeared in NBC's *SMASH*. He had starring roles in *The Mystery of Edwin Drood*, *Nice Work If You Can Get It*, *Miss Saigon*, *The Full Monty*, *Aida*, *Lennon* and *High Fidelity*. More recently he appeared as 'Tony' in *Billy Elliott* and played 'Roger' in the closing Broadway production of *RENT*, also filmed for television. He recently starred opposite Jennifer Love Hewitt and Betty White in the Hallmark Hall of Fame's TV movie, *The Lost Valentine*.

March 28-30

The Golden Dragon Acrobats: CIRQUE ZIVA

Friday 8 p.m.; Saturday, 2 & 8 p.m.; Sunday 2 p.m. Tickets \$45.

Cirque Ziva combines traditional and modern Chinese acrobatics with the beauty, technology and choreography of Cirque in this brand new show! Twenty-five performers -- all masters of acrobatics, dance, aerial stunts, and contortion -- create an exciting performance with ancient and contemporary music and colorful, traditional costumes. Cirque Ziva takes the Golden Dragon Acrobats to all new heights!

March 31

South Florida Symphony Orchestra

Monday, 7:30 p.m. Tickets \$35/\$45/\$55

The South Florida Symphony Orchestra's Master Concert Series presents "A SUMMONS TO LIFE," opening with Mozart's Symphony No. 35 in D major. Considered one of his masterpieces, it was commissioned by a prominent family from Salzburg to celebrate Sigmund Haffner's ennoblement. Ellen Zwilich, who is the first woman to win the Pulitzer Prize in Music, composed *Shadows for Piano & Orchestra*.

Jeffrey Biegel, the featured pianist, says about Ms. Zwilich. "She is out to connect with audiences in an emotional level, and what comes out are blue notes, jazz harmonies and melodic lines that you can hum." The program ends with Schumann's Symphony No. 1 in Bb major. Written in 1841, Schumann was inspired by his "spring of love," hence the name the "Spring Symphony." The last movement borrows a theme from Kreisleriana, one of his finest piano compositions. www.southfloridasymphony.org.

EXHIBITS

Through May 11, 2014

National Juried Exhibition

Cornell Museum of Art & American Culture Tuesday-Saturday, 10 am - 4:30 pm; Sunday, 1-4:30 pm; closed Mondays and major holidays. Admission: \$8 general; \$6 seniors & students with ID; free for ages 10 and under. Palm Beach County residents receive free admission every Thursday.

This premiere exhibition features juried works by artists from around the United States, including 13 current/former students and instructors from the Center's School of Creative Arts. Media includes acrylics, collage, glass, mixed media, oils, photography, sculpture and watercolors. Ninety-nine works were selected for the exhibit from nearly 350 submissions reviewed by independent juror, Michael Monroe. Mr. Monroe currently serves as Director of Curatorial Affairs at Bellevue Arts Museum and has also served as an independent curator, writer and advisor.



May 1-September 28, 2014

School of Creative Arts Showcase

Monday-Friday, 9:30 am - 4:30 pm; Saturday, 10 am-3 pm; free admission. A multi-media exhibit showcasing drawings, paintings, collage, mixed media and photographs by adult and youth students and instructors.

LEARNING

Try something new at the SCHOOL OF CREATIVE ARTS, where art, photography and writing classes are enriching hundreds of local residents every week. Whether you're a beginner or more advanced, we have opportunities for you! Do you have kiddos? We have six fun classes to choose from for ages 6 and up!

Winter Term 2 opens March 3rd and runs through April 26th. Visit DelrayArts.org or call 561-243-7922, ext. 478 for all the details.

March 7, 8, 9

Alla Prima Figure Painting Workshop

Friday, Saturday, Sunday, 9:30 am-4:30 pm; fee, \$595. Instructor, Visiting Artist:

DAVID SHEVLINO. This class is about painting the figure alla prima (wet into wet) and the techniques used to create a fresh, direct response to our subjects. There will



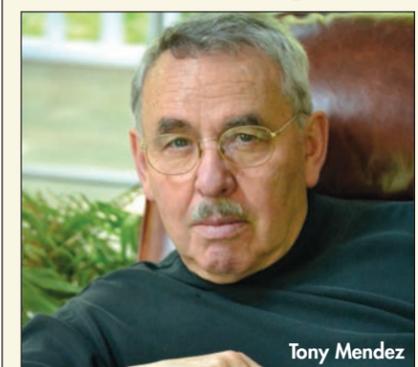
Delray Beach Center for the Arts announces the 2014 Robert D. Chapin Lecture Series

The 2014 Lecture Lineup

March 20 - Tony Mendez

Thursday 2 pm Tickets \$30/\$45.

This former CIA agent, who masterminded one of the most daring hostage rescue missions in history, was the inspiration for the Academy Award-winning film, *ARGO* which starred Ben Affleck. Mendez is the recipient of the CIA Intelligence Medal of Merit and was chosen among tens of thousands of agents to be one of 50 agents to receive the prestigious Trailblazer Medallion. He continues to consult the intelligence community and his new book *ARGO: How the CIA and Hollywood Pulled Off One Of The Most Audacious Rescues In History* was published prior to the release of the film. Tony is also an award-winning artist with an international reputation.



Tony Mendez

April 10 - Linda Evans

Thursday 2 pm Tickets \$30/\$45

Evans is an Award-winning actress and author of *Linda Evans: Recipes for Life*. In her talk, entitled "Aging Gracefully - Living your best life and life lessons," Evans will share her personal wisdom, using her own life experiences as compelling, inspirational stories to discuss aging in a culture that does not revere it.

be an initial demonstration, then students will work on their own learning how to interpret and simplify their subject by seeing the figure as a series of basic shapes and forms described by color/ light and shadow. By learning to simplify what we see, we become better able to paint our subjects with greater clarity and directness. This class will be particularly helpful to students who wish to paint more loosely and to use their brushstrokes with economy.

March 14

Art Workshop: Perspective for Artists

Friday, 9:00 a.m.-4:00 p.m.

Crest Theatre Studio 3; fee: \$165

This workshop, led by Ralph Papa, will give artists at all skill levels a better understanding of perspective in drawing and how to master it. Registration required.

March 22

Writing Workshop: How to Edit Like a Pro

Saturday, 1:00-4:00 p.m.

Crest Theatre Studio 6; fee: \$45

Lecture, discussion and practice exercises comprise this interactive workshop led by Writing Program Director, Barbara Cronie. Participants will learn techniques that professional editors use to prepare manuscripts for publishing. Registration required.

Delray Beach Center for the Arts, located at Old School Square in the heart of downtown Delray Beach, 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 DelrayArts.org.

All dates, times, events and exhibits are subject to change without notice.

Kiss me: I'm at Arts Garage!

The Delray cultural hub does it again. This month music lovers will enjoy a dynamic and diverse array of musical performers and theatre lovers will be thrilled with the third play of the season, *Fighting Over Beverley*, a romantic comedy by the famed playwright Israel Horowitz.

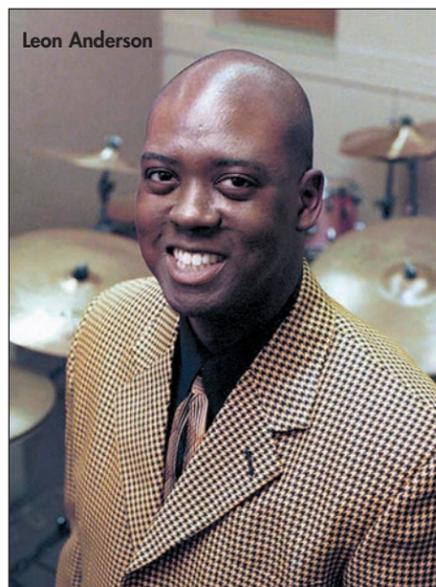
Set in Horowitz's familiar Gloucester, Massachusetts, in the winter of 1998, 52 years after an American pilot brought Beverley home to the United States as a World War II war bride, the British pilot to whom she was originally betrothed has come to America to reclaim the love of his life. As these two old soldiers battle for the woman they both feel is rightfully theirs, Beverley is forced to come to terms with old wounds, secrets, and truths she has managed to bury or deny her entire adult life. In the process of this winner-take-all later life love triangle, Beverley discovers the true love of her life, and we are able to discover life's most important aspirations.

"This play will appeal to all generations," said Artistic Director, Lou Tyrrell. "While the main characters are 70-something, their past decisions will resonate with everyone. We have all faced the proverbial fork in the road and have looked back and wondered about our choice and the ramifications."

The legendary Horowitz will once again be gracing the audience with his presence on opening night, adding to the list of greats that will be at Arts Garage this month.

"March is an international Women's month and we will celebrate with truly outstanding musicians and powerful female vocalists," said Alyona Ushe, Executive Director.

Each night will be memorable as the music soars with the likes of internationally renowned jazz drummer Leon Anderson, New York guitar phenom Peter Bernstein, Russian cellist Ian Maskin with his Bulgarian counterpart Ani Gogova and tuba sensation Bill Muter. And yes, the tuba brings it with R&B riffs and hip hop sounds too.



Arts Garage is also very proud to showcase the legendary Carmen Bradford. With music in her blood, Carmen was discovered and hired by Mr. Count Basie and was the featured vocalist in the legendary Count Basie Orchestra for nine years. She has since performed and/or recorded with: Wynton Marsalis, Shelly Berg, John Clayton along with the Clayton Hamilton Orchestra, Nancy Wilson, Doc Severinsen, Tony Bennett, James Brown, Patti Austin, Byron Stripling, Dori Caymmi, George Benson,



Lena Horne, Frank Sinatra, Joe Williams, DIVA Jazz Orchestra, the National Symphony, Rochester Philharmonic, the Lincoln Center Jazz Orchestra and countless artists around the world.

Carmen has also performed on two Grammy Award winning albums with the Basie band in the 1980's and later collaborated on a third Grammy Award winning album, "Big Boss Band," with guitarist George Benson. Her soulful voice warmed the hearts of Americans through the celebrated performance of the classic duet, "How Do You Keep the Music Playing?" on the Johnny Carson Show that same year.

Another singer with a list of extraordinary credits is Vivian Sessoms who has been a backing vocalist for stars such as Michael Jackson, Donna Summer, P.Diddy and more. She now takes center stage with a soulful, jazzy sound that's all her own.



In addition, Arts Garage is proud to give rise to the next generation of amazing female singers, with a night featuring the music of Micailah Lockhart, a local talent who has been compared to Jennifer Hudson.

For tickets and more information please visit, www.artsgarage.org, or call 561-450-6351

MARCH

Friday 2/28-Sun 3/23 | Fighting Over Beverley by Israel Horowitz | Theatre (\$30-45) Wed - Fri 7:30pm ; Sat & Sun 2pm

A romantic comedy set in Gloucester, Massachusetts in the winter of 1998, this play centers on a love triangle between three 70+-year-olds. In the battle for Beverley, the real question emerges: What does it take to realize that you are the love of your life?

Saturday 3/1 | 9pm Micailah Lockhart (\$20)



Referred to as the next Jennifer Hudson, Micailah is the "Salt & Soul of Delray Beach."

Winner of the Project Ship regional talent competition, she has participated in many acting showcases, received straight superiors on her performance at Thespian District's Individual Events and won \$10,000 from Celebration Cruise Line and a \$1,000 scholarship from Hurst Chapel's "Sing Your Way Into College."



THIS MONTH AT arts garage

Saturday 3/8 | 8pm | Leon Anderson Quintet (\$25-35)

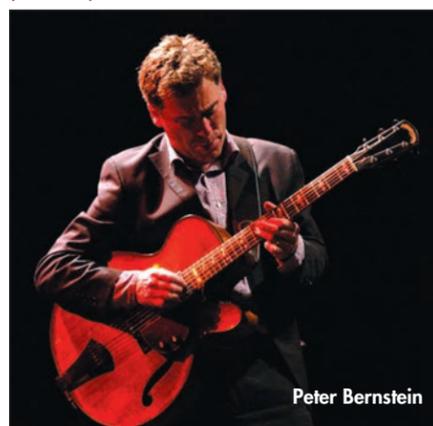
A jazz drummer from Louisiana, USA who trained as a classical percussionist, and has worked with Marcus Roberts and Wynton Marsalis, Anderson performs and tours internationally with Marsalis, Goines, Walter Payton and the Snapbean Band, and the Third Coast Jazz Quintet.

Saturday 3/15 | 8pm | Brad Vickers & His Vestapolitans (\$25-35)



Brad Vickers learned on the job playing, touring, and recording with America's blues and roots masters, including Jimmy Rogers, Hubert Sumlin, Bo Diddley, Chuck Berry and Pinetop Perkins. Now with The Vestapolitans, he offers a good-time mix of originals and covers spanning blues, ragtime, hill country breakdowns, and more great American roots 'n' roll.

Saturday 3/22 | 8pm | Peter Bernstein (\$25-35)



Guitarist Peter Bernstein has been a part of the jazz scene in New York and abroad since 1989. During that time he has participated in over 60 recordings and numerous festival, concert and club performances with musicians from all generations. "He is the most impressive young guitarist I've heard. He plays the best of them all for swing, logic, feel and taste." -Jim Hall

Tuesday 3/25 | 7:30pm | Carmen Bradford (\$25-35)

Carmen Bradford's body of work reflects years of musical experience and technical brilliance. Her lyrics are full of passion and her personality is captivating. She has carved out a place in music history for herself and plays an integral role in this uniquely American art form called jazz.

Thursday 3/27 | 8pm | iAN & ANi | Prokofiev to Piazzolla (\$25-35)

Russian cellist Ian Maksin and Bulgarian pianist Ani Gogova return to Arts Garage with a new eclectic program ranging from Prokofiev to Piazzolla and a Florida premiere of a piece by Maksin himself. Described by critics as "possessing a one-of-a-kind blend of sonority paired with sensual interaction, choreography of movement and charismatic presence," iAN&ANI create a magical live listening experience.

Friday 3/28 | 8pm | Bill Muter and the Sharp Shooters (\$20-30)

Set your preconceived notions aside about the tuba! The tuba soloist for the Tony and Emmy Award winning Blast jumps on the music scene with his band The Sharp Shooters, bringing elements of funk, R&B, hip hop and more to life in a new way never heard before. "The real showstopper...a little boom boom biff hip-hop throwback emitted out of a symphonic instrument [that] leaves the crowd like putty in Muter's hands." - New Times

Saturday 3/29 | 8pm | Vivian Sessoms | (\$25-35)

With an exquisite, soulful voice, Sessoms is an absolute powerhouse of a performer. She has worked as a backing vocalist for Christina Aguilera, Cher, Joe Cocker, Pink, Patti LaBelle, Patti Austin, Natalie Cole and Chaka Khan and has recorded and toured worldwide as a featured vocalist for several artists, including Chris Botti, Eric Bene and Rob Thomas of Matchbox 20.

Sunday 3/30 | 7:30pm | Cabaret | Rob Russell with the Switzer Trio \$25-\$35

Well known as the director of the Royal Room in the Colony Hotel in Palm Beach, Russell has been invited to perform with many of the great Grammy and Tony Award-winning Cabaret stars of today such as Marilyn Maye, Anne Hampton & Liz Callaway, Marilyn McCoo and Billy Davis. Backed by the acclaimed Switzer Trio, the "Rob-ettes", and surprise "special guests", this show is guaranteed to wow audiences.



For info: DELRAYBEACHHISTORY.ORG



The Delray Beach Historical Society presents

“Delray Beach: The WORLD WAR II EXPERIENCE”

Opening Night Party

Honoring all those who have served...

March 20th, 5pm - 8pm, Tickets \$25, Free to Veterans

RSVP by March 14th, (561) 274-9578

Rare Memorabilia Exhibit

March 21st-29th; Mon-Sat 10am - 4pm, Sun 1pm - 4pm; \$8

Photography, cartoons, uniforms, equipment, weaponry, medals, airplane models & more!

“Honor Flight—One Last Mission”

Movie hosted by Mr. Steve Miskew. Check our website for details!

Storytelling Coffee

March 26th, 10am

The Greatest Generation is invited to a very special coffee hour.

Sponsored by: **La Cigale, Hands Stationers, Nothern Trust Bank, Brad & Ann Bryant, Gordon & Holly Neff Broom** *Generous donations given by:* **Dr. Fred Love & Mr. Charles V.V. Hardiman**

8th Annual Festival of the Arts Boca brings "Greatest of the Greatest" to South Florida March 6 – 15



BOCA RATON, FL – The Festival of the Arts Boca, set for March 6th – March 15th, 2014, will assemble the biggest parade of stars in the event's eight-year history at the Schmidt Family Centre for the Arts at the Mizner Park Amphitheater, 590 Plaza Real and Mizner Park Cultural Arts Center, 201 Plaza Real (2nd Floor) in Boca Raton, Florida.

"This season's Festival of the Arts Boca promises to be our best ever," said Charles L. Siemon, Chair & Co-Executive Producer. "The stellar line-up, compelling programming and international appeal makes this a cultural attraction anyone in the world would want to attend."

The Festival will offer a rich variety of exciting programs exploring the full range of the performing arts.

Violin virtuoso Itzhak Perlman will open the festival on Thursday, March 6 at 7:30 p.m. at the Mizner Park Amphitheater, accompanied by Festival Orchestra Boca under the direction of Festival Music Director Constantine Kitsopoulos. Perlman will return to the Festival stage on Sunday, March 9 at 7 p.m. for the Florida premiere of his new program of traditional Jewish and Klezmer music with celebrated Cantor Yitzchak Meir Helfgot, *Eternal Echoes: Songs and Dances for the Soul*.

"To see Itzhak Perlman live is a once-in-a-lifetime experience," said Charlie Siemon, chair and co-executive producer of the Festival of the Arts Boca. "This will be Mr. Perlman's third return to our Festival where he will perform the Mendelssohn Violin Concerto and also present 'Eternal Echoes,' a musical and cultural treat for everyone."

Undeniably the reigning virtuoso of the violin, Perlman enjoys superstar status rarely afforded a classical musician. Beloved for his charm and humanity as well as his talent, he is treasured by audiences throughout the world who respond not only to his remarkable artistry, but also to his irrepressible joy for making music.

Dance will be brought back to the Festival this season with one of America's leading dance troupes, the Bill T. Jones/Arnie Zane Dance Company. Bill T. Jones, as the founder and leader of the Company, has been the recipient of many awards, including the MacArthur Genius Award, one of the 2010 Kennedy Center Honors, two Tony Awards, and countless commissions from international dance and ballet groups.



The blazing, technically flawless Cuban-born trumpeter, Arturo Sandoval will return to the Festival stage in 2014 in a tribute concert to his mentor, Dizzie Gillespie, with special guest Monica Mancini and the Henry Mancini Institute Orchestra. Sandoval is one of the world's most acknowledged guardians of jazz trumpet and flugel horn, as well as a renowned classical artist, pianist and composer.

As one of the most dynamic and vivacious live performers of our time, Sandoval has been awarded 9 Grammy Awards, and nominated 19 times; he has also received 6 Billboard Awards and an Emmy Award. The latter for his composing work on the entire underscore of the HBO movie based on his life, "For Love or Country," starring Andy Garcia.

Following last year's smash success of the Peking Acrobats, the Festival of the Arts Boca is bringing a spectacular and innovative program that is sure to delight the whole family: Cirque de la Symphonie, combining the best elements of cirque and symphonic music, with some of the most amazing veterans of today's cirque programs – aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and strongmen – accompanied by the Festival Orchestra BOCA under Constantine Kitsopoulos.

The Festival of the Arts Boca will close in spectacular fashion with the Florida premiere of today's newest and most exciting singing group, the multicultural, operatic tenor trio Forte whose performances on America's Got Talent captivated millions and launched the group into the national spotlight.

It's hard to imagine the members of Forte were complete strangers a few months ago. Having met just days before their first audition for America's Got Talent, the trio mesmerized millions on the eighth season of the reality competition series.

Solo artists in their own right, Josh Page, Sean Panikkar and Fernando Varela combine their individual talents to create one incredible, multicultural vocal force.

Josh Page answered his musical calling in 2011, after randomly being pulled on stage by Josh Groban to duet with the superstar at New York City's Madison Square Garden. He has since been invited to fill in for Andrea Bocelli at rehearsals and joined former America's Got Talent contestant Jackie Evancho on tour as a guest.

Sean Panikkar, whose parents are from Sri Lanka, never dreamed of a career in opera. In fact, he enrolled in the engineering program at the University of Michigan. Opera gradually became a bigger part of Panikkar's life, and after college, the singer performed with several prestigious institutions, including the Metropolitan Opera and San Francisco Opera.



Raised in Puerto Rico, Fernando Varela was discovered on YouTube by hitmaker David Foster and ultimately won Foster's "Born To Sing" contest. Varela's global performances span some 31 countries, including a performance in Monte Carlo, Monaco with Maestro Giancarlo Chiaramello (conductor for the late Luciano Pavarotti), the Saskatoon Symphony Orchestra in Canada and the National Symphony at the John F. Kennedy Center for the Performing Arts in Washington, DC.



Headlining this season's Authors & Ideas Program is Doris Kearns Goodwin, acclaimed presidential historian, who is returning to the Festival for the fourth time to speak about Theodore Roosevelt and her new book *The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the Golden Age of Journalism*.

Goodwin will be joined by Anna Deavere Smith, award winning actress currently starring in *Nurse Jackie*, author and creator of a new form of theater will bring to the Festival the same creativity she has brought to the Aspen Institute and many other venues. Her topic will be "Reclaiming Grace in the Face of Adversity" with her unique presentation combining lecture and acting out personalities.

James Fallows, award winning national correspondent for the Atlantic, author of 10 books, most recently *China Airborne: the Test of China's Future* will speak about "How Should We Think About China?" Dr. Daniel Levitin, best-selling author of *This Is Your Brain On Music* and *The World in Six Songs* has consulted on audio sound source separation for the U.S. Navy, and on audio quality for several rock bands and record labels (including the Grateful Dead and Steely Dan), and served as one of the "Golden Ears" expert listeners in the original Dolby AC3 compression tests.



Barbara Schmidt, businesswoman, philanthropist and spiritual teacher, will discuss Victor Frankl's "Man Searching for Meaning." Schmidt is the founder of Peaceful Mind Peaceful Life, the Giving Network and co-founder and past president of Ronald McDonald Children Charities of South Florida. And Geraldine Brooks, Pulitzer Prize winning author of *March* and other books, including most recently *Caleb's Crossing* and *People of the Book* will lend a different perspective to the Festival.

For the first time ever, the Festival will be offering an extraordinary Early Bird Special with all tickets at \$39 for events at the Amphitheater, regularly priced up to \$125, through December 31, 2013 (quantities limited). Prior ticket buyers will also have priority access to preferred seating at a

Stars of American Ballet in concert with Boca Ballet Theatre Performance and benefit dinner



Daniel Ulbricht and Lauren Lovette in *Jewels - Rubies*
© The George Balanchine Trust Photo

BOCA RATON, FL – Don't miss this spectacular opportunity to catch the dance and then dine with the dancers! This one-night-only performance on March 5 at the Countess de Hoernle Theatre at Spanish River High School features Daniel Ulbricht, New York City Ballet Principal Dancer and Founder of Stars of American Ballet. Ulbricht brings his troupe to join forces with Boca Ballet Theatre, showcasing top notch choreography. NYCB dancers Megan Fairchild, Robert Fairchild, Tiler Peck, Andrew Veyette, and Lauren Lovette are scheduled to perform.

Boca Ballet Theatre dancers will perform *Voyage Classique*, choreographed by Dan Guin. Influenced by 19th century classicism, *Voyage Classique* is performed in classical tutus and features music excerpts from Leo Delibes' full-length ballet *La Source*. The nature of this special evening corresponds directly with Boca Ballet Theatre's goal to provide an opportunity for the new generation of aspiring dancers to perform with professionals, merging the stars of today with the stars of tomorrow.

Immediately following the performance, "Turn-out for the Stars" at The Seagate Beach Club in Delray Beach for a benefit dinner honoring ballet's greatest artists of today. Join Daniel Ulbricht and the dancers for cocktails and oceanfront dining, featuring special guest Emcee, Steven Caras, former New York City Ballet Dancer and subject of the Emmy Award-winning documentary, *Steven Caras: See Them Dance*, and Honorary Event Chair, Elizabeth Dudley.

MARCH

Stars of American Ballet in concert with Boca Ballet Theatre

WHEN: Wednesday, March 5, 2014 @7:30pm

WHERE: Spanish River High School's Countess de Hoernle Theatre, Boca Raton.

WHAT: Featuring Daniel Ulbricht, New York City Ballet Principal Dancer and Founder of Stars of American Ballet. Ulbricht brings his troupe to join forces with BBT, showcasing top notch choreography. Performers include NYCB dancers Megan Fairchild, Robert Fairchild, Tiler Peck, Andrew Veyette, and Lauren Lovette.

Tickets are \$35.

After the show: Dine with Daniel Ulbricht and the Dancers at The Seagate Beach Club in Delray Beach. Tickets for dinner sold separately.

For tickets and more information: contact Boca Ballet Theatre: 561.995.0709 or visit www.bocaballet.org

About Boca Ballet Theatre:

Established in 1990, BBT is a nonprofit, award-winning civic ballet company that trains dance students, entertains audiences, and inspires the community through successful outreach programs. Under the guidance of Co-Artistic Directors Dan Guin and Jane Tyree, the mission is to enrich the cultural landscape of our community and educate its youth in classical ballet and concert dance through focused training, interaction with professional dancers and participation in full-length ballets and contemporary choreography.

20% discount off regular prices.

Remaining tickets will go on sale at regular prices starting on January 1 or when the Early Bird Tickets sell out.

About the Festival:

Celebrating its eighth season, the Festival of the Arts Boca is a world-class, multi-day cultural arts event for South Florida. The Festival brings to its audiences the world's most sought after jazz and classical performers and authors while simultaneously cultivating the stars of tomorrow. IMG Artists, the leader in worldwide cultural arts management and producer of several world renowned festivals in locations ranging from Tuscany to Abu Dhabi, Singapore, Rio de Janeiro and California, is once again collaborating with the Schmidt Family Centre for the Arts at Mizner Park in the planning and execution of Festival of the Arts Boca 2014.

For more information call 561-368-8445 and to purchase tickets visit www.festivaloftheartsboca.org or call 866-571-ARTS.

JASON MARSALIS VIBES QUARTET, GINO VANNELLI & KYLE EASTWOOD TAKE TO THE STAGE AT JAZZIZ NIGHTLIFE

BOCA RATON, FL – JAZZIZ Nightlife welcomes three must-see musical all-stars in March.

March 3 & 4 at 7 p.m. and 9 p.m.

Jason Marsalis Vibes Quartet

Jazz royalty comes to JAZZIZ Nightlife when the Jason Marsalis Vibes Quartet appears on our stage. Jason is the son of pianist and music educator Ellis Marsalis and the youngest sibling of Wynton, Branford and Delfeayo. Together, the four brothers and Ellis comprise New Orleans' venerable first family of jazz. A renowned drummer and vibraphonist, he has fine tuned his playing in two of the most demanding settings in modern jazz. When not performing with his vibes quartet, as a drummer he collaborates with brothers Delfeayo and Branford, in addition to Marcus Roberts and Ellis Marsalis. He also co-founded the Grammy nominated Latin fusion band Los Hombres Calientes and is a 2011 National Endowment for the Arts Jazz Master.

Tickets range from \$25 to \$45.

March 11 & 12 at 7:30 p.m.

Gino Vannelli

Platinum selling, GRAMMY® nominated, singer-songwriter Gino Vannelli and his band return to JAZZIZ Nightlife for two special evenings. Renowned for his sensuous and soaring vocal performances, Gino will be taking the stage with his seven-piece band performing his most memorial hits. A universal attraction, he has been touring the world from Japan to the Ukraine, Italy, Norway, Mexico, Canada, Holland and just completed a new Live DVD concert special recorded in Los Angeles. Since Gino Vannelli's debut release of *Crazy Life*, in 1973, he has remained one of the most distinctive voices in contemporary music. He is the recipient of multiple Canadian Juno awards, has been nominated for several Grammy Awards and has sold over 10 million records worldwide, with hits including "I Just Wanna Stop," "Living Inside Myself," "People Gotta Move," "The Wheels Of Life" "Black Cars" and many more. For more information

on Gino Vannelli, please visit www.ginov.com.

Michael Fagien, JAZZIZ Magazine publisher and founder of JAZZIZ Nightlife considers Vannelli, "One of the most talented singer/songwriter/musicians ever."

Tickets are \$60 General Admission, \$100 Premium and \$150 VIP.

March 18 at 7 p.m. & 9 p.m.

Kyle Eastwood

It has been 15 years since bassist Kyle Eastwood burst onto the jazz scene with his 1998 debut, *From There To Here*. At that moment in his budding career, the press seemed more preoccupied with his paternal lineage (he's the son of famed actor-director Clint Eastwood) than his music. Over the course of the four subsequent releases – 2004's *Paris Blue*, 2005's *Now*, 2009's *Metropolitan* and 2011's *Songs from the Chateau* – Eastwood built up an impressive body of work while earning respect in musician circles. With his sixth release as a leader, *The View From Here* on the JazzVillage label, he demonstrates a strong command of both electric and upright basses while expanding into more adventurous territory that is informed as much by jazz as it is by world music. "I've always loved music from other countries," says the Carmel, California native who has resided in Paris for the past eight years. "Living in France, you hear a lot of North African and Middle Eastern music, and you can hear some of those influences on this new recording."

Tickets are \$25 for general admission; \$45 for premium and \$65 for VIP.

JAZZIZ Nightlife brings its high-end entertainment experience to Boca Raton with the finest cuisine; wines; dedicated champagne, caviar, cigar and piano bars; plush indoor and outdoor lounges; and South Florida's best live entertainment. JAZZIZ Nightlife opens weekdays at 4 p.m. offering its enchanting happy hour menu until 7 p.m., weekends at 5 p.m. and stays open until 2 a.m. Covered valet parking is available at its front door.

For more information and tickets visit www.jazziznightlife.com.

Wick Theatre presents: *The Full Monty*

Blue collar guys bare all in hilarious every man musical

Will they or won't they? Yes, The Wick Theatre's presentation of *The Full Monty* goes all out! The funny, affectionate and bawdy guys from Buffalo will have you cheering them on as they conquer their fears and take charge of the lives. The hit 1997 British film made its way to Broadway in an Americanized version in 2000 that was a multi-Tony Award nominee.

With a book by Terrence McNally and a score by David Yazbek, this hilarious story follows six down-on-their-luck steelworkers, relocated to Buffalo, New York, who are desperately seeking employment and a paycheck to support their families- until they come up with a bold way to make some quick cash. As the guys work through their fears, self-consciousness, feelings of worthlessness and anxieties, they come to discover that not only are they stronger as a group, but that the strength they find in each other gives them the individual courage to face their demons and overcome them.

The Wick production is directed by Dom

Ruggiero, choreographed by Andy Fiacco with musical direction by Michael Ursua. The *Full Monty* features actors Preston Ellis, JP Sarro, Barry Tarallo, Monti Cerabino, Regan McClellan, Alex Jorth, Leslie Ann Wolfe, Reggie Whitehead, Kara Staiger, Jeffrey Leshansky, Taso Mikroulis and Michael Orozco.

The *Full Monty* opened at the Wick Theatre, 7901 North Federal Highway, Boca Raton, on Thursday, February 20th and runs through March 23rd. Performances are Wednesday through Sunday with matinee performances on Wednesday, Thursday, Saturday and Sunday at 2:00 p.m. and evening performances on Thursday, Friday and Saturday at 7:30 p.m. Ticket prices are \$58 per-person and can be reserved by phoning the theatre at 561-995-2333 or on-line at www.theWick.org. Student tickets are \$27.00 with student rush pricing also available. Group discounts are available for parties of 12 or more.

Parental Discretion is advised. Single tickets as well as Museum/Lunch/Show packages are available at www.thewick.org or by calling the box office at 561-995-2333.

Theatre at Arts Garage presents a romantic comedy by playwright Israel Horowitz: *Fighting Over Beverley*

Lou Tyrrell, Artistic Director of The Theatre at Arts Garage, is delighted to announce this season's third play, *Fighting Over Beverley* by renowned playwright Israel Horowitz, which runs from February 28th through March 23rd. *Fighting Over Beverley* centers on a love triangle between three septuagenarians: Beverley, who came to America from England as a war-bride; Zelly, her fisherman-husband; and Archie, the Brit she jilted 52 years earlier, who has returned to take Beverley back. Tickets are \$35 to \$45, Wednesday – Friday 7:30pm; Saturday & Sunday 2pm, www.artsgarage.org or call 561-450-6357.

"In every Israel Horowitz play, it's all about the stakes," explains Tyrrell. In last year's Arts Garage premiere of *Gloucester Blue*, the stakes were "love and death". In our current production of *Fighting Over Beverley*, it's all about 'love or a life'."

Set in Horowitz's familiar Gloucester, Massachusetts, in the winter of 1998, 52 years after an American pilot brought Beverley home to the United States as a World War II war bride, the British pilot to whom she was originally betrothed has come to America to reclaim the love of his life. As these two old soldiers battle for the woman they both feel is rightfully theirs, Beverley is forced to come to terms with old wounds, secrets, and truths she has managed to bury or deny her entire adult life. In the process of this winner-take-all later life love triangle, Beverley discovers the true love of her life, and we are able to discover life's most important aspirations.

"This play will appeal to all generations," said Tyrrell. "While the main characters are 70-something, their past decisions will resonate with everyone. We have all faced the proverbial fork in the road and have looked back and wondered about our choice and the ramifications."



About the playwright

Israel Horowitz has written over 70 plays, several of which have been translated into as many as 30 languages and performed worldwide. His play *Line* is now in its 39th year of continuous performance off-Broadway. He is Founding Artistic Director of Gloucester Stage Company, and of the New York Playwrights Lab. Horowitz teaches a bilingual screenwriting workshop with writers from la Fémis, France's national film school, and Columbia University's graduate film program. He is married to Gillian Adams-Horowitz, former British National Marathon Champion and Record holder, and former USA Track & Field (Masters) Marathon Champion. Horowitz visits France, frequently, where he often directs French-language productions of his plays. He is the most-produced American playwright in French theatre history.

PRAXIS

SPRING BFA EXHIBITION

APRIL 17, 2014

RITTER ART GALLERY
7:00 - 9:00 PM

Florida Atlantic University | 777 Glades Rd., Boca Raton, FL 33431 | praxisbfa.com

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March 21st 6-9pm

A Gallery Store

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www.loisbrezinskiartworks.com Mon-Sat 11-6 Sun 1-5 open Weekend Eves

ON STAGE

arts garage



CARMEN BRADFORD

TUE, 3/25, 7:30PM

Carmen Bradford's body of work reflects years of musical experience and technical brilliance. Her lyrics are full of passion and her personality is simply captivating. She has carved out a place in music history for herself and is playing an integral role in this uniquely American art form called jazz.



MICAILAH LOCKHART

SAT, 3/1, 8PM

Referred to as the next Jennifer Hudson, Micailah is the Salt & Soul of Delray Beach. Her vocals ignite the stage and blow audiences away.



LEON ANDERSON QUINTET

SAT, 3/8, 8PM

Having performed with Ellis Marsalis at the Jazz Festival in Rio de Janeiro and Marcus Roberts at Dizzy's Club Coca-Cola at Lincoln Center, Anderson is recognized as a 'Jazz Hero' by the Jazz Journalists Association.



BRAD VICKERS & HIS VESTAPOLITANS

SAT, 3/15, 8PM

"Masterly work from all band members. This one should be a must-see-live band."

-WYCE Music Journal US



PETER BERNSTEIN

SAT, 3/22, 8PM

"...has paid attention to the past as well as the future. He is the most impressive young guitarists I've heard. He plays the best of them all for swing, logic, feel and taste." -Jim Hall



IAN & ANI

THU, 3/27, 8PM

Russian cellist Ian Maksin and Bulgarian pianist Ani Gogova return to the Arts Garage with a new eclectic program ranging from Prokofiev to Piazzolla.



BILL MUTER & THE SHARP SHOOTERS

FRI, 3/28, 8PM

Bill's band brings elements of fusion, R&B and neo-soul mixed together with a tuba in a way never heard before.



VIVIAN SESSOMS

SAT, 3/29, 8PM

"Vivian Sessoms, the critically-acclaimed songstress known for her rich, melodic and captivatingly soulful vocals".

- BroadwayWorld.com



ROB RUSSELL W/ THE SWITZER TRIO

SUN, 3/30, 7:30PM

Backed by the acclaimed Switzer Trio, the "Rob-ettes", and surprise "special guests", Rob Russell show is guaranteed to wow his audiences.

"BRING YOUR OWN WHATEVER"

A BOTTLE OF WINE, FAVORITE BEVERAGES & MUNCHIES

JAZZ BLUES SPECIAL R&B FUSION CABARET

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Fighting Over
Beverley
 by Israel Horowitz

Executive Producers: Martin & Edith Stein



**THEATRE
 arts garage**

LOUIS TYRRELL | ARTISTIC DIRECTOR

FEB 28 - MAR 23

WED - FRI 7:30PM; SAT & SUN 2PM | \$30-45



arts & ends

2014 Muse Awards to honor "Best and Brightest" arts and cultural programs in Palm Beach County

LAKE WORTH, FL – The best and brightest in the world of arts and culture in Palm Beach County will be recognized by the Cultural Council of Palm Beach County and the arts community at the Kravis Center's Cohen Pavilion during the 2014 Muse Awards at 6 p.m. on March 13.

The Muse Awards program was conceived nearly a decade ago as a way to celebrate and bring attention to outstanding art and culture in Palm Beach County, and to raise funds for educational programs put on by the Cultural Council of Palm Beach County. The performances during the awards show are produced by Andrew Kato, award winning producing artistic director of the Maltz Jupiter Theatre and coordinating producer of the annual Tony awards.

Cultural Council President and CEO Rena Blades says: "The Muse Awards is not only an entertaining evening of award presentations and performances highlighting the most sophisticated arts and cultural organizations in the southeast, it is also a chance to highlight the work the Cultural Council does in outreach and arts education. It is a special night that flies by with a first class awards show."

Over the past several years, the Council has provided countless cultural opportunities to children in Palm Beach County. Funds raised from the Muse Awards directly impact the lives of Palm Beach County students by giving them an opportunity to take field trips to local arts and cultural organizations that their schools could otherwise not afford.

Connect with the Council at www.palmbeachculture.com, or 561-471-2901. Gallery hours are 10 a.m. - 5 p.m. Tuesday through Saturday.

Local artist to showcase his latest series at the ETTRA Gallery

Artist Lee Hutton, a New York-based artist who now resides in Boynton Beach, and owner of LEEWORKS, presents Quest, an art exhibit story of triumph over hardship.

Hutton's pieces have won acclaim due to his skill and uncanny ability to impart movement and emotion to the static nature of the geometric. Some of his works are ordered and precise, shapes and colors slotting neatly together to form a single abstract. Others are less neat, more challenging images, daring the viewer to find order in the melting of the lines and colors. The goal for LEEWORKS is to raise funds through the sale of art with a portion of the proceeds going to organizations that support community interaction and growth.

WHEN: Monday, March 17 through Monday, March 24 • 11:30 a.m. to 9:30 p.m.

Delray Beach Chamber of Commerce Ribbon Cutting Ceremony

Thursday, March 20 from 5:00 to 7:00 p.m.

WHERE: ETTRA Gallery

149 NE 2nd Avenue

Pineapple Grove District, Delray Beach

NOTE: Artist Lee Hutton, inspired by the natural beauty of South Florida, has chosen to work towards protecting South Florida Ecosystems by partnering with the Institute

for Regional Conservation. A portion of the proceeds of any of the art sold will be donated to the Institute for Regional Conservation. Learn more about LEEWORKS at www.leeworks-art-florida.com.

Ben Georgia Solo Exhibition at The Cultural Council of PBC



Greens Metamorphosis, 2006-2012
Oil on canvas, 48 x 48 inches

WHO: Cultural Council of Palm Beach County

WHAT: Ben Georgia Solo Exhibition

WHERE: Lawrence A. Sanders Foundation Artist Resource Center at the Cultural Council of Palm Beach County, 601 Lake Avenue in Lake Worth

WHEN: Through March 15, 2014

WHY: Embracing an honest modernist approach, Ben Georgia paints his canvases to reflect the true sense of the movement-traditional artistic styles of the past being thrown out and new concepts utilized to reflect the burgeoning industrial and technological environment. His upbringing in Jersey City, NJ, molded the urban driven intention of his work that modernism encompasses, imparting its visceral energy with modulating harmonic color interactions. Working also with pictorial structure and spatial illusion, Georgia paints directly from his emotions as he reacts with Life's experiences, his memories and his uncommon knowledge of the history of art but always with integrity and great feeling for life.

For more info go to www.bengeorgia.com. Connect with the Council at www.palmbeachculture.com, or 561-471-2901.

Free and open to the public during gallery hours: 10 a.m. - 5 p.m. Tuesday-Saturday

The Symphonia: Boca Raton kicks off a Magnificent March



Maestro James Judd

BOCA RATON, FL – The SYMPHONIA/BOCA RATON kicks off March with three days of fabulous events designed to entertain and enlighten music lovers of all ages. The popular James Judd, former conductor of

the Florida Philharmonic Orchestra, will serve as guest conductor during the festive weekend, which will include: Friday, March 14, from 2-4 PM The SYMPHONIA's support group, the Allegro Society, will host 'Tea and Symphony' at the Boca Raton Country Club at 17751 Boca Club Boulevard, Boca Raton. Conductor James Judd and Elmar Oliveira, violinist, who will be performing at the upcoming Connoisseur Concert Series, will talk to guests about their craft. Tickets for 'Tea and Symphony' are \$35.

Saturday, March 15, from 10:30 AM – Noon Children are invited to attend 'Meet the Orchestra,' a unique opportunity for kids to interact with musicians and experience a variety of instruments. Kids and their families will also be allowed a sneak peak at The SYMPHONIA's rehearsal. 'Meet the Orchestra' takes place at the Roberts Theatre at St. Andrews School. Children are free, and adults attending with a child are \$5 each. Reservations are required at 1-866-Music-01 (1-866-687-4201).

Sunday, March 16, beginning at 2 PM 2 PM – Pre-Concert Conversation 3 PM – The SYMPHONIA Performance The third concert of the Connoisseur Concert Series will be held at the Roberts Theatre at St. Andrews School, 3900 Jog Road, Boca Raton. The concert will feature James Judd as guest conductor and Elmar Oliveira, as the violin soloist. The program will include Barber's Serenade for Strings, op. 1, Haydn's Symphony No. 94, "Surprise" and Beethoven's Violin Concerto in D major, op. 61.

The concert will begin promptly at 3 PM. Anyone with a concert ticket may attend the 2 PM pre-concert conversation with Maestro Judd to learn about the pieces that will be performed. The pre-concert conversation will be in the Roberts Theatre, as well.

For information on any of the weekend's events, please call 866-687-4201, email info@thesymphonia.org or visit www.thesymphonia.org.

The Temptations Review featuring Dennis Edwards

The Temptations Review featuring Dennis Edwards will take the stage at the third annual GENERATIONS, a Nat King Cole Generation Hope Inc. concert benefit to raise funds for music education on Friday, March 28 at the Keith C. and Elaine Johnson Wold Performing Arts Center at Lynn University. There will also be performances by students from the Lynn Conservatory of Music and an ensemble of children they mentored through the Nat King Cole Generation Hope Summers Strings program as well as a silent auction.

Twin daughters of music legend Nat King Cole, Timolin and Casey Cole of Boca Raton, launched Nat King Cole Generation Hope, Inc. to honor the legacy, music and life of their father Nat King Cole in 2008 after learning of budget cuts in public schools directly affecting the arts. Since that time, donations in excess of \$500,000 have benefited more than 7,500 children with "the greatest need and fewest resources" in Miami-Dade, Broward and Palm Beach counties.

6:30 p.m. – Reception featuring music

performed by students from the Lynn Conservatory of Music and an ensemble of children they mentored through the Nat King Cole Generation Hope Summers Strings program.

7:30 p.m. – Performance of headliners The Temptations Review featuring Dennis Edwards.

VIP tickets priced at \$350 include premier seating, open bar at the pre-concert reception, a private meet-and-greet and post-event dessert reception; Donor tickets priced at \$150 include priority seating and open bar at the pre-concert reception; and General Admission tickets priced at \$75 with cash bar at the pre-concert reception are available, but limited.

To purchase benefit concert tickets visit natkingcolegeneration.org/concert or more information on Nat King Cole Generation Hope, Inc., call 561-213-8209 or email info@natkingcolegeneration.org. Lynn University is located at 3601 N. Military Trail in Boca Raton.



Morikami Museum and Japanese Gardens present 35th Annual Hatsume Fair

Delray Beach, Fla. – Feb. 25, 2014 – Morikami Museum and Japanese Gardens will celebrate the first bud of spring with its 35th annual Hatsume Fair March 29 – 30, 2014 from 11 a.m. to 6 p.m. For the first time, attendees have the option to enjoy even more of the Morikami's largest annual event with a new two-day ticket.

Two-day passes are available online, in advance only, for \$17 for adults and \$11 for children ages 4-10. Single day passes for Hatsume Fair are also available and priced at \$15 for adults, \$10 for children ages 4-10. Museum members and children 3 and under enjoy FREE entry to the festival. Discounted tickets are offered in advance, online at www.morikami.org.

Hatsume Fair will feature multiple stages of non-stop entertainment, such as thundering taiko drum performances by Fushu Daiko and Ronin Taiko, popular Cosplay costume contests, action-packed martial arts demonstrations and a Japanese fashion show.

New activities offered this year include the Morikami Arcade, featuring popular games such as Dance Dance Revolution and PacMan, as well as the Japanese Pop Art exhibit, showcasing early manga sketches and Pokemon memorabilia.

In addition, kids will enjoy interactive taiko drum performances, flower seed-planting, butterfly origami and a spring-themed coloring station.

CALL TO ARTISTS FOR THE 5TH ANNUAL PEEPS SHOW!
APRIL 4 - 17 CLAY GLASS METAL STONE GALLERY
15 South J Street, Lake Worth

\$25 Entry Fee for up to 3 Designs
Entry fee by check payable to Flamingo Clay Studio
Entry fee must be submitted by March 21
Late submission fee \$30
All designs must be 3-D and no smaller than a shoe-box
All designs must incorporate Peeps brand marshmallows
All designs must be delivered to CGMSG no later than April 2

LOCAL CELEBRITY JUDGES
FIRST PRIZE \$100!
FOUR RUNNERS UP PRIZES FROM PEEPS, INC!

Contact 561-588-8344 for more details.

The Irish Dracula
hosted by Irish Theatre of Florida will have its premiere at the Art Studio, 1201 N. Federal Highway, Delray Beach on March 7th, 2014.

Performance Dates:
March 7, March 8, March 21 and March 22 @ 8:00pm

About the play:
Set in 1888, in London and Co. Sligo, Ireland, the play deals with the Irish author/theatre manager, Bram Stoker, and the imperious actor/director Henry Irving of the Lyceum Theatre for whom Bram works. Seán Haircár, the fiancé of Bram's typist, Mina Murray, is en route to Markree Castle in Ireland to deliver a deed for a London house to the mysterious Lord Edward Cooper. Also featured are the ageing diva, Lucilla Desmond, her suitor, Dr. John Seward, and the strange Irish servant, Tadhg.

All performances are featured at the Art Studio, 1201 N. Federal Highway. Tickets are \$20 each and may be ordered from the box office, 561-491-5719.

arts & ends



High School Poetry Festival: Blaise Allen, Tiffany Abreu, Abigail Miller, Miles Coon, Kenneth Haliburton, Juliana Diatezua, Tessa Bravata, Jeff Morgan

Also featured will be avenues of artisan booths, anime dealers, plant sales and Asian and American food vendors. Plus, visitors can discover Japanese culture through the Kirin Beer Garden, Sake Station, children's activities, bonsai exploration area, Sake 101 with a special guest Brew Master, and open-air Tea Ceremony.

For more information or to purchase tickets, visit www.morikami.org/hatsume or call 561-495-0233.

Palm Beach Poetry Festival honored the winners of High School Poetry Contest 2014

Miles Coon, Director of the Palm Beach Poetry Festival, and Blaise Allen, Ph.D., the Festival's Director of Community Outreach, recently celebrated the winners of the annual Palm Beach County High School Poetry Contest. This year's prize poets were two seniors and a sophomore from Dreyfoos School of the Arts in West Palm Beach, a junior at the Riviera Beach Maritime Academy and a senior at Wellington High School.

The first place prize (two passes to the Festival and \$100) went to Abigail Miller, a senior at Dreyfoos School of the Arts in West Palm Beach, for her poem Crescent Moons.

The next four winners, who each received two Festival passes and \$25, are in order of their placement:

- Kenneth Haliburton, a junior at the Riviera Beach Maritime Academy, for his poem, Handbrake Turn.
- Juliana Diatezua, a senior at Wellington High School, for the poem, Ways to Disappear.
- Tessa Bravata, a senior at Dreyfoos School of the Arts, for her poem, Rebel Gum.
- Tiffany Abreu, a sophomore at Dreyfoos School of the Arts in West Palm Beach, for her poem, Wisps.

Open to Palm Beach County public and private high school students, a pre-selection committee of Lorraine Stanchich-Brown and Adele Alexandre reviewed 366 entries, narrowing the list to 25 finalists, and the winner was chosen by Dr. Jeff Morgan of Lynn University. In addition to the Festival passes and cash prizes, the poems by the winning students were posted on the Festival's web site (www.palmbeachpoetryfestival.org).

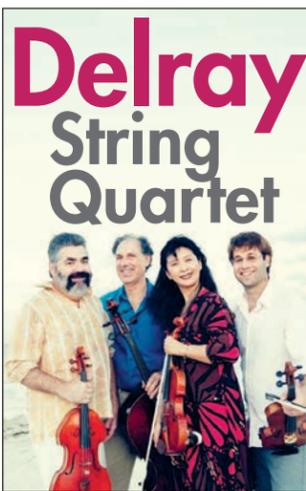
Women's Theatre Project presents The Kick-Ass Wit of Molly Ivins

The Women's Theatre Project presents Red Hot Patriot: The Kick-Ass Wit of Molly Ivins through March 16th, 2014 at the Willow Theatre in Sugar Sand Park. It is the first time the play has been produced in South Florida. Award-winning actress Barbara Bradshaw will star as the unsinkable, unstoppable Molly Ivins. The 'dyed-in-the-wool liberal from deep in the heart of Texas', famously brassy newspaper columnist and best-selling author was a crusading journalist who broke gender barriers with her sharp-tongued wit, humor, and political savvy to establish herself as one of the nation's most influential political columnists.

Written by twin sisters Margaret and Allison Engel, the play is a true tribute to Ivins' keen intelligence, sense of humor, and love of irony. The script also delves into Ivins' life to reveal what drove her from a comfortable upper-class upbringing and education to the good-ole-boy, hard-drinking

world of journalism and political warfare. Red Hot Patriot seamlessly weaves personal anecdotes with a sharp and clever look at one of our favorite national pastimes – politics.

"I love the fact that the Dallas Times Herald let Ivins write what she pleased," says director Genie Croft, "They even endorsed that policy on billboards that read: 'Molly Ivins, Can't Say That, Can She?' The Engels' script captures the jokes about provoking politicians, and her reminiscences of personal heartbreak inform and offer insight into who she was."



Concert #5 ~ Tenth Season
Sunday, March 9 at The Colony Hotel • 4:00pm
 525 East Atlantic Avenue, Delray Beach

"Three Centuries of String Quartets"
Haydn: Quartet in f minor, op 20, no 5 (1772)
Kenneth Fuchs: Quartet no 4 (1998)
Tchaikovsky Quartet: no 1 in D major

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

Barbara Bradshaw is thrilled and excited to take on Ivins' persona. The winner of four Carbonell Awards, the Los Angeles Drama-logue Award for Best Actress, The Silver Palm Award, The Seaside Music Theatre award, several New Times: Best Actress awards, says: "I shall struggle mightily with this amazing challenge to bring this woman to life...her wit, her wisdom, and her passion. The prospect is daunting but Molly never shied from a challenge and neither shall I.... to quote another... 'damn the torpedoes, full speed ahead!'" When asked for a favorite Ivins quote, Bradshaw responded with this one: "So keep fightin' for freedom and justice, beloveds, but don't you forget to have fun doin' it. Lord, let your laughter ring forth. Be outrageous, ridicule the fraidy-cats, rejoice in all the oddities that freedom can produce."

Red Hot Patriot: The Wit and Wisdom of Molly Ivins runs through March 16th, with performances on Thursdays, Fridays, and Saturdays at 8 pm, and on Saturdays and Sundays at 2 p.m. There will be a special matinee performance on Friday, March 14th.

The Willow Theatre at Sugar Sand Park is located at 300 South Military Trail in Boca Raton, just south of Palmetto Park Road. Tickets for Red Hot Patriot are on sale now, and can be purchased at the Willow Theatre Box office: 561-347-3948. Tickets for all performances are \$25.

For more information about The Women's Theatre Project, visit www.womenstheatreproject.com, or contact Carol Kassie (ckassie@gmail.com/561-445-9244), or Genie Croft at twtp@bellsouth.net



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Coming Up in the Crest Theatre



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EDEN ESPINOSA
 March 3 & 4, Monday and Tuesday, 8 pm
 Most recognized for playing "Elphaba" in Wicked on Broadway, Eden Espinosa shares songs and stories from Broadway and beyond.
 Presented by 



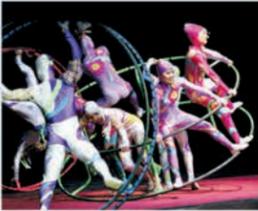
RHYTHM OF THE DANCE
 March 7-8-9
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 The National Dance Company of Ireland is joined by a live Irish band and the dashing Young Irish Tenors to celebrate Irish culture through dance, song and music.
 Fri., 8 pm; Sat., 2 & 8 pm; Sun., 2 pm



CINEMA TALK AT THE CREST
AN EVENING WITH BOGIE
 March 12
 Stephen Bogart discusses his father's legacy following a screening of the classic Bogart film, "Treasure of the Sierra Madre." **Wednesday, 7:30 pm**



Broadway Cabaret Series
WILL CHASE
 March 17 & 18 Monday and Tuesday, 8 pm
 Currently starring as "Luke Wheeler" on ABC's NASHVILLE, Will Chase shares songs and stories from Broadway and beyond.
 Presented by 



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CIRQUE ZIVA
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Indian Summer, Photograph by Russell Levine, instructor

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[/OldSchoolSquare](http://OldSchoolSquare.com)



• • MARCH IN LAKE WORTH • •

Saturday, March 1

“The Spirit of the Wood Nymph and the Gifts of the Palm”. Mary Catello and Teri Salamoni are featured artists at the **Clay Glass Metal Stone Gallery**, 15 South J Street in Downtown Lake Worth. A mother/daughter team of artists, Mary and Teri collect the gifts of nature and turn them into exquisite works of art. Teri’s muse helps craft one-of-a-kind wooden works from felled trees.

She collects the wood, laminates them with resins and rare woods, turns them on the lathes...and that is just the beginning. She burns, mottles and texturizes her pieces into lyrical forms. Mary collects fronds, gourds, palm inflorescence and sea grass to weave contemporary works of art. These are not your grandmother’s baskets. Their exhibition quality works are turning up at shows throughout the south, and winning top prizes everywhere. The openings are from 6-9 PM. Teri will be demonstration on the wood lathe.

Friday, March 7,

Evening on the Avenue: Most of Lake Worth’s shops and restaurants will be rolling out the red carpet for you. Remember, parking is FREE in Lake Worth.

Clay Glass Metal Stone Gallery presents the works of **Joyce Brown**, **“The Best is Yet to Come.”** She uses her sculptural and functional works, all hand-built, high fired stoneware from gas-reduction kilns, to highlight and call attention to the new 3-D arts center being created in Lake Worth. The center will feature a full kiln complex and affordable studio space for 30-40 clay and glass artists. Joyce will be introducing the community to this world-class facility while demonstrating the possibilities that will be offered to artists in the community. The wine and cheese event will take place from 6-9PM.

Saturday, March 8

Don’t miss the **pre-St. Patrick’s Day** warm up organized and presented by Kieran O’Shay, Lake Worth’s grand, alternative special events guru! March 8th! Don’t miss what is going to be by far the most deliciously fun pre-St. Patrick’s pub crawl and charity fundraiser. Treasure hunt, a go green costume contest, food, fun, prizes, music & more. Get your tickets today!

Sign up with **Third Eye Adventures** on Face Book, or go thirddeyeadventures.com. This is a fundraiser for **Wheels for Kids and Redtrunk**. Registration starts at 6PM at Brogue’s Down Under, Lake Avenue and K Street.

Thursday, March 13

Professional Photo Guild of Palm Beach County will hold a Photo Exhibition opening at Clay Glass Metal Stone Gallery, 15 South J Street in Downtown Lake Worth. The ten day exhibit will feature works of some of Palm Beach County’s finest photographers in a wide array of subject matter. A wine and cheese reception will be held from 6-9PM.

Friday, March 14

“The World According to Fine Art Jewelry and Chain Mail Works”. Rickie Leiter and Ryan Delaneville will be our featured artists at the gallery. Rickie fashions her jewelry from art clay and gems. Imbedded into her pieces are ancient shards, thousands of years old, found in the archaeological digs in Israel. An art lover, supporter and promoter, Rickie shows yet another side of her personality with wonderful crafted pieces. This is your chance to meet her in person and support her works of art as well as her, **TheRickieReport.com** publication.

Ryan hand manufactures 10,000 rings every evening. They are a variety of sizes and metals. He then links them into jewelry, clothing and objects of art. He exudes the arts of the middle ages where knights jousting and chain mail protected them. His hip, trendy and sensuous jewelry is one of a kind, not available elsewhere. A Wine and Cheese reception takes place from 6-9 PM.

Sunday, March 16 at 1 PM

The 8th Annual Saint Patrick’s Day Charity Parade: This green and lively event benefits **Wheels For Kids**. The Parade starts on Lake Avenue. A customized wheelchair will be donated to a child in need, at this event. Make sure you spend the day at **Brogue’s Down Under** and **Dave’s**, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better. Both Brogue’s and Dave go all out, presenting music, bands, costuming and a great, rollicking time. There will be a three-car train for your children to ride, up and down Lake Avenue. Come get your green beads, and get your head shaved for charity.

Friday, March 21

Evening on the Avenue

Robert Pardo Gallery, 805 Lake Avenue, presents the works of Laura Anne Jacobs. Opening reception is Friday, March 21 from 6-9PM. Laura Ann Jacobs has experienced an unprecedented surge in worldwide press with articles as far as China, Pakistan and Greece. She has also made England’s UK Telegraph and Daily Mail, Italy’s Repubblica, AOL News, The Huffington Post and most recently (April 2012) she was profiled in a 3 page cover story in the New York Times. The wine and cheese reception is from 6-9PM

MaryEllen Dohrs will be exhibiting her extraordinarily crafted sculptures of sports figures at the Clay Glass Metal Stone Gallery, 15 South J Street in Downtown Lake Worth. The gallery will be filled with basketball, football and hockey players. There will be children skating on thin ice. MaryEllen is skilled enough to craft any of these players (custom job) and place the facial images of you or your children on them.

In addition, the gallery will be filled with her frogs, snails, owls and other natural critters. MaryEllen was the first woman designer in the automobile industry. She designed the inside of Hopalong Cassidy’s car as well as all of the old, vintage Packards. This event will be a celebration of MaryEllen’s life and multiplicity of her accomplishments. The wine and cheese reception takes place from 6-9 PM.

Saturday, March 29 and Sunday, March 30

Lake Worth will hold its annual **Pride Festival**. The Festival, sponsored by Compass, will start with the biggest, most exciting and colorful parade the region holds each year. The parade takes place on Lake Avenue and spills into **Bryant Park** for two days of Pride activities.

The Merchants of Downtown is a group that meets weekly to make Downtown Lake Worth a welcoming destination for neighbors and visitors alike. The MOD Squad, as they fondly refer to themselves, organizes block by block bringing activity, unity and camaraderie to the Downtown corridor.

For additional information contact JClay6@aol.com.

FOOD & DINING

New restaurants hitting the scene

By Nicole Danna

The Pineapple Contributing Writer

El Camino

15 NE Second Avenue
561-265-5093 • elcaminodelray.com

Cut 432 and Park Tavern owners Brandon Belluscio, Brian Albe, and Anthony Pizzo have introduced Mexican soul-food and a top-notch tequila bar -- which opened its doors late December -- to downtown Delray Beach. Located just off the city’s Atlantic Ave. restaurant row on SE 2nd Ave. leading into Pineapple Grove, the establishment offers patrons a taste of Mexico through the eyes of Executive Chef Victor Meneses.

Originally from Juarez, Mexico, Meneses has constructed a menu of speciality dishes, modern tweaks of traditional family recipes that cover several regions of his home country. Creative license is taken with dishes like the smoked brisket nachos, charred octopus and squash blossom quesadillas.



The chicharrón appetizer from El Camino.

Photo Credit: El Camino

You can also get the familiar favorites like enchiladas and tamales, but we love the chile relleno, here pan-fried with egg -- no breading -- to keep with Meneses’ family recipe. A star starter, however, would be the fried pork skins, or chicharrón. Crunchy strips of fried pig’s ear, they let off muffled pops in your mouth and on the plate, hot from the fryer, like some sort of edible fire cracker, and are served with a cactus slaw and sour cream.

And then come the tacos, served on a platter -- tiny round tortillas coursed out as though they were on a tasting menu -- from chili-rubbed skirt steak to crispy grouper.

The Porch

85 SE 6th Avenue
561-303-3647 • theporchdelraybeach.com

Built in 1907, the Blank House is the third oldest home in Delray Beach. Lovingly preserved, today the bright yellow cottage now houses The Porch, an upscale Italian eatery from new owners Heinrich Lowenberg and his wife Pamela Lomba, who opened the restaurant in January. The couple, who also own Cafe Via Flora in Palm Beach, told The Pineapple they fell in love with the historic home and decided its “old charm” was just what they needed to enhance their concept for home-cooked pastas and Mediterranean-inspired seafood.

The menu will feature affordably priced entrees from \$16-\$25, with a focus on Italian, as well as a second specialty seafood menu highlighting daily fresh catches. Keep an eye out for the chef’s favorite, a sea bass papillote -- French for “in parchment” -- steamed with a medley of fresh, local vegetables, white wine, garlic and whole herbs.

Vintage Tap

524 W. Atlantic Avenue
vintagetap.com

Good beer, good drinks, good music. They’re three things South Florida can’t seem to get enough of lately, and thanks to Vintage Tap, Delray Beach, too. The bar and live music venue is being called a “juke joint” -- old school vernacular for a Prohibition-style speakeasy establishment where one can find plenty of live music, dancing, gambling, and drinking going on. Located a few blocks west of Swinton, Vintage Tap is keeping with the theme, taking up residence in a historic building located at 524 W. Atlantic Ave.

Originally built in the early 50’s, the

building -- once known as the Clearview Lounge and earlier as Ted Teddy Bear’s -- has been in operation since the early 30’s as a barber shop, pool hall, bar and music venue. This spring owner Ryan O’Riordan, former owner of Hooligans in Fort Lauderdale and designer of the Black Rose Irish Pub in Boca Raton, will be transforming the space yet again, fashioning it into a vintage-style biergarten and watering hole featuring 20 taps with a menu of craft beer a full liquor bar. The vintage concept will feature a Prohibition era-esque bar and stage; the biergarten will be adjacent to the city’s two-acre outdoor amphitheater where special events will allow for live outdoor music performances.

Mussel Beach

501 E. Atlantic Avenue
561-921-6464 • musselbeachrestaurant.com

If you’re craving mussels, or seafood in general, Mussel Beach is a good destination for all things crustacean. Owner Mark Mezzancello has partnered with Rotelli CEO Joseph Bilotti to revamp the former Delray Beach Rotelli location into a swank seafood shop. The kitchen is led by Chef Aaron Bender, formerly executive chef at Galuppi’s in Pompano Beach, who has composed a shellfish-centric menu covering a small selection of classic seafood dishes, but focuses on the real catch: Prince Edward Island mussels, served in a carnival of flavors by the pound in wooden buckets.

There’s the classic garlic, shallots, white wine and butter; a rich and creamy lobster bisque; a spicy Fra Diavolo; exotic Thai curry; even a Mexican take with chipotle, chorizo, caramelized onions, squid and lime. The restaurant’s prime location at the corner of Federal and Atlantic has been renovated by local architect Steve Siebert, and features a white-tiled open kitchen, rustic hardwood floors, an underwater inspired ceiling and spacious booth seating.



Local architect Steve Siebert renovated Mussel Beach space, which features a white-tiled open kitchen, rustic hardwood floors, spacious booth seating and an underwater inspired ceiling.

Photo Credit: NorthOfMiami.com

From the outside its hard to miss, vivid blue-and-white awnings providing a reprieve from the sun for a handful of outdoor sidewalk tables. Not in the mood for mussels? The menu has a short list of salads, appetizers and sandwiches -- as well as a few dishes that steer clear of seafood fare -- from ahi tuna burgers to scallops with artichoke risotto and honey-glazed chicken.

Cake

112 E. Atlantic Avenue

Cake has partnered with Rhino Donuts, the area’s newest craft coffee and donut shop, to bring a small retail bakery, donuts and coffee to-go to Atlantic Ave. later this spring. There aren’t too many things that go together better than coffee and doughnuts, and for South Florida entrepreneurs Davin Tran and Athan “Tom” Prakas -- two men looking to reinvent the traditional doughnut-and-coffee experience -- that’s just what Rhino Doughnuts & Coffee will do best.

The new family of doughnut and coffee shops has already targeted several locations to open across Broward and Palm Beach County within the next year, beginning with two shops in Fort Lauderdale and one in Boca Raton, each one specializing in chef-inspired pastries, doughnuts and craft-brewed coffee. An example: The key lime doughnut where real key limes are used in the batter and filling, a custard that will be made fresh daily. Another signature find would be the homemade maple bacon glaze paired with a specialty smoked apple wood bacon.

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The Healthy Bellies Program

The Food Beat, the online food network for Delray Beach, and partner Pro Video Source provides video services to local nonprofit organizations. You can see all of the nonprofit videos we have created on our website, TheFoodBeat.com. Today, we are featuring our first food related nonprofit, Healthy Bellies.



Not long ago, after completing yet another wonderful meal at DaDa, our waiter presented us with a card that explained a program called Healthy Bellies. As I began to read it, DaDa manager and all around good guy Carlos Gambarini sat down to fully explain the concept.

And what a concept it is. The brainchild of DaDa Executive Chef/ Owner Bruce Feingold and his wife Amanda, Healthy Bellies aspires to provide healthier eating and food education for the working poor in Delray Beach. Working directly with The Achievement Center, Healthy Bellies, in a remarkably short period of time, has made a significant impact. And they're just getting started.

"We really loved what The Achievement Center does for the Delray Beach community and we working on ideas on how we could help," said Chef Feingold. "Most of our ideas were costly and had a significant amount of risk involved, and then one day I said, wait a minute...I cook for a living. Why not build our effort around that?"

The Feingold's desire to make a difference was in line with the objectives of the Achievement Center. The center, located near Lake Ida road, has been serving the working poor community in Palm Beach County since 1969, and hundreds of children in the Delray Beach community have been served by their efforts. The centers goal is to provide affordable quality care to children whose parents otherwise could not maintain their job or go to school without help. Programs are designed to meet a child's academic, social, emotional and physical needs. Every family that benefits from the centers effort must have at least one parent working, and contribute something financially each month.

The center offers toddler, preschool, afterschool, teen, adult and family programs. The families served have limited or no access to quality childcare, educational support services or extracurricular activities which ultimately influence and inspire children.

One of the most critical components of the centers mission is to provide meals for children who often live with a condition known more commonly as "food anxiety." Many of the centers children come from homes where they must ration their food to make sure there is some for meals throughout the day, and in some cases, to ensure siblings can eat.

"I can't imagine living in those types of conditions or having our own child not know where their next meal is coming from. Healthy Bellies will hopefully create the ability to increase the number of meals served, as well as make them more healthy" Chef Feingold added.

The grass roots movement is brilliant in its simplicity and has potential to create a duplicable blue print for other communities. At the conclusion of your meal, a Healthy Bellies information card is presented. Diners can donate any amount they choose, if they choose, and that amount is added to the bill without tax or tip being associated. Everyone is encouraged to complete the contact card, which enters them into a drawing, even if they choose not to donate. Names are drawn on a regular basis and those selected are treated to Chef Feingold coming to their home to teach them how to prepare a meal for six. 100% of the donated proceeds are then given to The Achievement Center at the end of each month.

The hope is that the increased source of revenue will help the center in making healthier meals for the children, as well as increase the number of meals prepared. But there is another wrinkle in the Feingold's plan that makes Healthy Bellies and even greater resource for cash strapped families.

"Our plan is to actually teach the families whose children attend the Achievement

Center how to prepare healthy meals at home with a limited budget" Chef Feingold said. "The goal is to set up shop at the Achievement Center on a regular basis, bring in food, and show the families how to get the most out of their limited resources by teaching creative meal preparation."

Bruce and Amanda Feingold and the partners at DaDa have always been community oriented and contributed to many local organizations over the years. Healthy Bellies can forever change the landscape of hunger for those less fortunate, and according to Chef Feingold, there is no limit to the potential if they can get a little help from their friends.

"We have made the process very simple for others to participate and it's our hope that more restaurants in Delray Beach will get involved. The exponential growth is staggering when you consider the amount of revenue five or six restaurants could generate with patrons just donating a dollar."

What a concept indeed. For more information regarding Healthy Bellies and how to get involved, visit TheFoodBeat.com and click on the Nonprofit Showcase.

REIGNING GARLIC FEST CHAMP TAKES THE TITLE AGAIN!

In a competition like no other, Reigning Garlic Fest Champ Bruce Feingold, Executive Chef of Dada's and AJ Benacquisto, Sous Chef of 32 East, went head to head to battle it out in the 2014 Garlic Chef Finals.

Each year Garlic Fest volunteers looks for new and exciting ideas that push the competitors to the next level, all the while enhancing the experience for the audience. This year was no exception!

With the semi-final mystery ingredient being beef jerky, and the contestants made aware at the 30-minute mark that they needed to incorporate fruit roll-ups in one of their 3 dishes, AJ beat out his competition, Michael Vogler from Latitudes Restaurant & Bar in Hollywood.

For the finals, the competitors were presented with their mystery item. The mystery ingredient... TOFU!! They then had to create a completely Vegan menu. The chefs had 15 minutes to prepare their menus and then present to the audience. Before the competition began, they were asked to bring their personal items (knives) with them and meet in the middle, then



switch sides. Their competitor's menus now became their menu. They were told to create "their interpretation" of their competitor's menu and bring their spin into it.

In the end, Feingold 's rendition and execution won him the title once again!

THE MURAL AT El Camino MEXICAN SOUL FOOD TEQUILA BAR BY RUBEN URTEBA

TIME & MATERIALS

Paint by Gallon: 30 (represented by 30 paint cans)

APPROVAL PROCESS

- Submit Site Plan Modification Form
- City Staff Review
- Pineapple Grove Arts District Review
- Site Plan Review and Appearance Review (SPRAB)

FACTS

The people in Delray where great. I love murals because they are magical. Their size, attracts people and creates reactions. A lot of people reacted to this mural in a positive way, gave me encouragement, from the UPS truck driver who came by daily -twice- and beeped the horn, to locals who would see the progress daily. Too many great interactions to mention.

-Ruben Ubiera

HYDRATION

- Water
- Milkshake
- Beer
- Coffee

PLAYLIST

- Mos Def
- Miles Davis
- Led Zeplin
- Hector Lavoe
- Ramon Orlando
- Stevie Ray Vaughan

Photo Credit: Jason Kaczorowski

Logos: PARK TAVERN, El Camino TEQUILA BAR, CUT 32

FOOD & DINING

“Appy Hour” with Special Pricing and Ocean Views at 50 Ocean

50 Ocean in Delray Beach is all about being happy, and has established itself as the local favorite to stop by and unwind after a long day at the office, with special pricing for drinks and light bites. Kick back with your friends and colleagues, and swap tall tales about the day, while sipping on drinks at 50% off the regular price. You can choose from premium well liquor drinks, house wine, and draft beer and domestic bottles. Come in and adjust your attitude before heading home, and without breaking the budget. Take the edge off and bond with your co-workers with 50 Ocean’s “Appy Hour” menu choices that start at \$4. Happy Hour is held Monday through Friday,

4 p.m. to 7 p.m., in the bar and lounge. There’s no charge for the panoramic ocean views.

MAX’S HARVEST UNVEILS NEW SEASONAL MENU OFFERINGS UNDER DIRECTION OF NEW CHEF

DELRAY BEACH, FL – Max’s Harvest has added a number of new seasonal items to its menu. Chef Eric Baker, who recently joined the restaurant, has updated some favorites and added several new dishes, while standards such as the deviled Heritage Hen Farm eggs and the goat cheese croquettes remain on the menu.

An updated item on the “Start Small” section of the menu is the Florida buratta and caviar with mozzarella burrata, sustainable caviar, grilled sourdough, pickled kumquat, Nancy’s arugula and tangelo. New to the menu is warm kale “Caesar” which includes Nancy’s kale, toasted quinoa, grana padano and crisp white anchovy.

Under the “Think Big” section of the menu, Chef Baker has added a high on the hog pork duo with roasted loin and 24 hour shoulder, black bean chorizo, succotash, roasted sweet plantain and charred scallion vinaigrette. An updated dish is the Murray’s brick chicken “coq au vin” which has al ceppo pasta, button mushrooms, pearl onions, bacon lardons and a red wine jus.

“We are staying true to the farm to fork concept, while updating our menu,” Chef Baker said. “Our biggest challenge and greatest pleasure each day is seeing what the



Murray’s Brick Chicken Coq Au Vin

farmers bring us and developing menu items around what is beautiful and available.”

For more information, visit www.maxsharvest.com or call 561-381-9970. Max’s Harvest is located in Pineapple Grove in Delray Beach at 169 Northeast 2nd Avenue.

Delray Gourmet Recipe Contest

We are looking for your original recipes! Do you have a unique and creative way you like to include The Olive Taste of Delray olive oils or balsamic vinegar in your cooking? Show off your culinary talents preparing one of your recipes. Maybe you have a favorite recipe, a classic dish that you have turned into an entirely new taste sensation, you want to highlight a dish from your favorite region or culinary travels...or you can surprise us with something completely new!

WIN OVER \$500 IN PRIZES IF YOUR RECIPE WINS!

Over \$1000 in prizes given away to up to 5 semi-finalists. Also, the winning recipe may be included on the Specials Menu at Dada, and as a recipe feature in Atlantic Ave Magazine!

The contest Kicked off on February 25th and accepts entries through March 2014. Go to The Olive Taste of Delray Facebook page for the Delray Gourmet Recipe Contest event page with contest information, rules, judging criteria, and entry form. Big Thank You to Our Sponsors, The Olive Taste of Delray, The Wine Wave, Prime Spa Boutique, Dada, and Healthy Bellies.



GITTIN-YER-IRISH-ON! March is Pub Month!

By Priscilla Speicher
The Pineapple Contributing Writer

Ever notice how every town you go to in America - and pretty much in Europe as well—you will find an Irish pub? This is not only because the Irish enjoy wetting their whistles...it’s also because the Irish people are extremely social and hospitable. Pubs just go perfectly with their attitude and lifestyle. They believe in raising a pint with a friend after a hard days work.

I’ve been to Ireland and saw the sparkle in their eye when their friend sat down beside them; heard the lilt in their voice when they loudly stated “Slainte” to one another. They truly love their neighborhood pubs.

Of course we have some great pubs around Delray Beach. Here I’ll list these pubs and you can check them out at your leisure, if you haven’t already been. What better month than March to visit your local Irish pub? And it’s only fair to include the English pubs as well. ;-) After all, both have comfort food and crisp ales to please your palate.

We’ll start with a landmark pub in Delray Beach, **O’Connor’s**, located just off 2nd Ave. and NE 2nd St. in Pineapple Grove. The unofficial town meeting hall, where conversations about all sorts of current events and Delray Beach news gets discussed at picnic tables on the sidewalk. You almost can’t go in there without seeing someone you know. And you can count on good live music on the weekends. A plus for me is the friendliness of the bartenders.

There is another lively, fun Irish pub in town. Located in what I call “Delray South” - the sometimes forgotten side of our wonderful village. Just a few blocks south of Linton Blvd. on Federal Highway you will find **Tim Finnegan’s Pub**. With a spacious dining room and nice long bar, this place can hold a crowd. Three or four nights a week they have great musicians and bands, including Irish music at times. The food is really good—I recommend the Shepherds Pie and the Curry Chicken.

Pub-lovers will also enjoy the **Blue Anchor**...an ENGLISH pub, and another Delray Beach landmark. This was the first bar I walked into upon moving to Delray Beach 13 years ago. My eyes lit up when I saw all those taps featuring European beers and microbrews. Can you say “Four dollar pints at happy hour?!” The food here is good too - try the blackened prime rib sandwich.

If you care to venture south, there are several Irish pubs in Boca Raton. **The Irishmen** on Boca Raton Blvd. - a neighborhood, local’s pub. The Dubliner in Mizner Park - blending tourists and residents together in a welcoming, friendly space with indoor and outdoor seating and great live music. **The Wishing Well** on Mizner Blvd. - cozy and less hectic than the Dubliner, with yummy food and a good beer selection. Lastly I have to mention the **Lion & Eagle English Pub** on N. Federal Hwy. in Boca Raton - nothing to look at, but long on true local barism and realistic charm.

Yep - if it’s pubs you seek, life is good in Delray Beach.

THIRD ANNUAL AMERICAN FINE WINE COMPETITION

BOCA RATON, FL - In countdown to its seventh annual American Fine Wine Competition Charity Wine Gala in April, the American Fine Wine Competition (AFWC) - the largest and most prestigious All-American Invitational in the country - presents The AFWC Wine Carnival & Consumer Challenge on Tuesday, March 11 at Sonoma House in Boca Raton. The third annual event will provide an opportunity for guests, including South Florida’s top business professionals, philanthropists, wine enthusiasts and collectors, to try their luck at wine-themed “carnival game booths,” all while promoting the finest wines produced in the U.S., local business, supporting American wineries, and raising funds to benefit South Florida not-for-profit Deliver the Dream.

AFWC Wine Carnival & Consumer Challenge admission is \$50 per person. To purchase tickets, learn more about the Carnival and AFWC Wine Charity Gala and related sponsorship/volunteer opportunities, visit www.AmericanFineWineCompetition.org. LIKE American Fine Wine Competition on Facebook, follow @afwcandgala on Twitter, or call (305) 627-3409, (561) 504-0206 or email shari@AmericanFineWineCompetition.org.

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MARCH

Happy St. Patrick's Day! Bring on the green beers! Figured I'd change it up a bit – How about a list of my favorite beers with green. Oskar Blue's G'Knight and Cigar City Jai Alai are served in a green can! For its brewery's name and creating some of my favorites: Green Flash.

Sierra Nevada tops some of their delicious bottled beers with green caps! Terrapin from Athens, GA has an adorable green turtle mascot. So this St. Patrick's Day don't get pinched, hang on to a green beer and enjoy!

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