



Human Powered Delray to lead pedestrian safety awareness walk

DELRAY BEACH, FL – Human Powered Delray, a civic group working to make Delray Beach safer for pedestrians and bicyclists, invites residents and city officials to its first pedestrian safety awareness walk scheduled for Monday, September 8 at 6:30 p.m. The walk is planned along SW 17th Avenue, from SW 6th Street to SW 10th Street, and back. People interested in participating should meet at 6:15 p.m. at Catherine Strong Splash Park, 1500 SW 6th Street, Delray Beach.



Human Powered Delray chose SW 17th Avenue as the location for its first pedestrian safety awareness walk because the street is used by many children to walk to and from Village Academy, the train station, and home.

Vince Boone, a long-time resident of southwest Delray and former president of Carver Park homeowners association, has been advocating for a sidewalk on SW 17th Avenue for several years to no avail. "Children walking along SW 17th Avenue are forced to make a choice, to walk in the street or to walk in the grass. They need a sidewalk," said Mr. Boone.

Along with local residents, Human Powered Delray has invited City Commissioners and Planning & Zoning board members to participate in the walk. "We believe that seeing safety gaps in our sidewalk infrastructure can communicate the problem the way nothing else can," said Bruce Bastian, Human Powered Delray chairman. The goal of the safety awareness walk is to bring attention to areas in our city that need sidewalks and to encourage the City Commission to allocate funds for sidewalks right away. **Continued on page 4**

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NAIA Men's Soccer National Championships could net Delray Beach \$1 million payout

By David DiPino
The Pineapple Staff Writer

A college soccer tournament with 16 teams competing at Delray Beach's Hilltopper Stadium and adjacent Seacrest Soccer Complex could put a \$1 million kick into the local economy. The National Association of Intercollegiate Athletics (NAIA) has announced that the 2014 and 2015 NAIA Men's Soccer National Championships will be hosted by the Palm Beach County Sports Commission, City of Delray Beach and Northwood University. This year's championship will be played Dec. 1-6. The 2015 championship will take place Nov. 30 - Dec. 5, 2015.

"There will be 400-500 athletes staying at the Delray Beach Marriott, Residence Inn Delray Beach and Hyatt Place. We also expect another 500 family and friends to be in the area," said Margie Walden, Palm Beach County Sports Commission Board Member and Delray Beach resident.

She said that more than 1,000 people are expected to visit Delray Beach for this event and the athletes will be honored at Delray's famous Christmas Tree Lighting Ceremony with 40,000 attending.

"This is a great event for our city with an estimated \$1 million in economic impact. We want this to be the beginning of more NAIA activities for Delray," said Walden.

Walden and the Palm Beach County



Alan Harwell, a forward on the Auburn Montgomery (Ala.) college soccer team, blasts a shot past a sliding defender during the 2013 NAIA National Championship tournament. The NAIA plans to hold their next two men's soccer NAIA National Championship tournament's, (2014, 2015) at the City of Delray Beach's Hilltopper Stadium and Seacrest Soccer Complex, 2505 N. Seacrest Blvd., Delray Beach. The Palm Beach County Sports Commission estimates the economic impact generated for those two tournaments at over \$1 million.

Sports Commission said they also have some events planned to get the interest going with local youth that will be happening in September and October. She said to stay tuned. Business sponsor plans are also developing, with Walden saying seven local businesses and business leaders have committed and others are already showing interest in hosting and sponsoring the teams.

According to Walden, Hilltopper Stadium and the Seacrest Soccer Complex, 2505 N. Seacrest Blvd., which are owned by the City of Delray Beach, **Continued on page 5**



Trader Joe's Expands Food Options

By Jeff Perlman
Courtesy YourDelrayBoca.com

Trader Joe's is bullish on Florida, especially South Florida. The popular grocery store chain has announced several new stores and opening dates for stores in Boca Raton and Delray Beach.

According to the grocer's website, new stores are coming to Delray Beach, Fort Lauderdale, Wellington, Palm Beach Gardens, Boca Raton and Pembroke Pines.

The Delray Beach location is set to open on Friday, September 5th. The Boca Raton location is scheduled to open on Friday, September 26th.

The company will also open stores in Winter Park, Jacksonville Beach, and St. Petersburg.

Trader Joe's has become a hugely popular brand, with dedicated fans. But until recently, the chain hasn't had a

presence in the Florida market.

A majority of the products stocked at Trader Joe's are private label. The private label that means it's free of artificial colors, flavors, ingredients, and preservatives.

Some of the most popular are "Two Buck Chuck," bottles of wine for 2.99 a pop and Trader Joe's famous cookie butter products

Since its launch in 1958 in the Los Angeles area, Trader Joe's has expanded to more than 390 stores in 35 states.

With Whole Foods, Western Beef, Aldi, Walmart food stores, several ethnic markets and Fresh Market in Boca-Delray, the food landscape is rapidly evolving and becoming more diverse.

This is good news for a growing cadre of foodies, including Julie McNamara of West Boca, who says she visits up to three different stores a week.

"I've been living in Boca for 22 **Continued on page 6**

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SERENA J. DYER TO SPEAK AT WELLFEST DELRAY 2015

Tesla Motors to showcase cars and conduct test drives

Going into its third year, this premier wellness and green event is attracting a range of impressive "Thought-Leaders," Attendees, Sponsors, and Exhibitors.

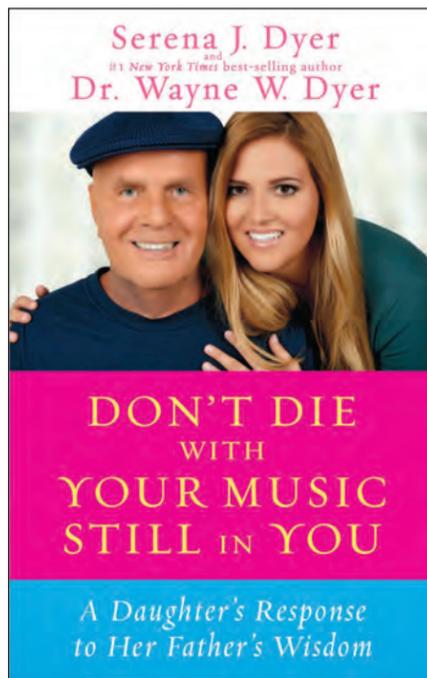
Delray Beach, FL: WellFest™ Delray 2015 (www.WellFestUSA.com) is pleased to announce a number of important additions to the trademarked event, now going into its third year.

For starters, Serena J. Dyer will be a featured speaker at the March 7-8, 2015 event at Delray Center for the Arts at Old School Square. Serena is a south Florida native who has co-authored a book about growing up with spiritual parents with her father, Dr. Wayne W. Dyer, entitled "Don't Die With Your Music Still In You" (released June of 2014). Her presentation will cover some of the material presented in her very enlightening book.



Tesla Motors will also be attending WellFest™ Delray 2015 for the purpose of showcasing the company's vehicles and conducting scheduled test drives. Tesla is a world leader in premium electric vehicles.

"We're delighted, but not surprised that a wellness "personality" like Serena Dyer and a world-class "green" car company like Tesla are becoming part of WellFest Delray," stated Bob Lipp, the event creator. "With a mission to educate, entertain and inform people to stay fit, eat well, think positive,



take a holistic approach to healthcare and go green, we couldn't think of two better names to have at the event."

The event is also attracting some of Delray's prominent residents including Bill Bathurst who will be involved in our Tesla test drive selection process.

"WellFest is a unique event here in Delray," according to Executive Director Patrick Halliday, who with Mr. Bathurst sits on the board of Human Powered Delray, another WellFest Delray 2015 attendee. "With so many of Delray's ongoing events being about food and beverage, WellFest will address the growing movement to green up our environment, while enjoying the benefits of a "WellFest-lifestyle" in the personal choices we make. We think that's pretty important."

Others who have already committed to WellFest Delray 2015 at this time include:

1. The St. Patrick's Day Parade, who plan to have emergency service personnel on hand to discuss safety and fitness.
2. Fit Food Express, a growing prepared

food company, who will be the exclusive Sponsor in that category.

3. Health & Wellness Magazine, who will be a Media Sponsor.

4. Emiliano Brooks, who will serve as the event's Official Photographer.

5. 4th Ave. Photo and Video, who will serve as the Official Videographer of WellFest.

6. A range of leading health, wellness and green businesses in and around the Delray area.

WellFest™ Delray began in 2013 as 20 exhibitors in a gym," states Lipp. "With six months to go until the 2015 event, many more than 20 Exhibitors and Sponsors have already signed up, which is why we're expecting this to be a major and significant event for Delray in 2015 and moving forward."

The event, which is about communicating the "WellFest message," while supporting Exhibitors and Sponsors, plans to charge only \$5/day for the weekend festivities. Those attending the event will also receive a \$5 instant-savings coupon that they can redeem at participating businesses during the event.

A portion of the monies collected will go to fund local elementary school "self-esteem" programs, as well as contribute to Dezy's Second Chance Dog Rescue, who will be in attendance.

"We believe strongly in the power of the content we are presenting at WellFest," adds Lipp. "With that in mind, we want the event to be affordable to all, and plan to give back to the community in more ways than one. A successful WellFest™ Delray can help to enhance the general area and attract like-minded residents, business and visitors."

For further information, contact Bob@WellFestUSA.com or call him at 561-921-5182.



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Delray Beach DDA named recipient of two 2014 Downtown Merit Awards by the International Downtown Association

During its 60th Anniversary Conference and Tradeshow in September, the International Downtown Association will recognize the Downtown Development Authority (DDA) with two Downtown Merit Awards for its work and initiatives related to "The Practical Guide for Downtown Businesses" and the "Delray's Fabulous Fashion Week."

The Practical Guide for Downtown Businesses project was among 10 qualified entries in the category of Leadership and Management. This category features comprehensive and unique organizational approaches, projects, or programs that improved the effectiveness of downtown management organizations.

"Delray's Fabulous Fashion Week" was among 17 qualified entries in the Events and Programming category. Submitted projects and initiatives in this category come from those organizations, such as the DDA, that are working to further their city centers by completing the following:

- Focused on programs and events that improved the image and vitality of downtown with events that promote downtown and attract visitors.
- Delivering projects that communicate the vision, mission, function, and achievements of the downtown or business district association.

"The Delray Beach DDA is honored to have been selected as a IDA International Award winner and recognize that our partners, the Downtown businesses, volunteers and board members were all a part of making these projects such a huge success," expresses Marjorie Ferrer, Executive Director,

Downtown Development Authority. "The DDA's projects received the IDA Merit Awards for delivering excellence in downtown management", said David Downey, IDA President and CEO. "Each year the IDA Awards Jury recognizes organizations that utilize best practices in our industry. Both the Practical Guide for Downtown Businesses" and Delray's Fabulous Fashion Week are shining examples of excellent downtown management delivering real value to the city."

The Washington, D.C. based International Downtown Association (IDA) is a champion for vital and livable urban centers and strives to inform, influence, and inspire downtown leaders and advocates. With 500 members and thousands of friends, IDA is a guiding force in creating healthy and dynamic centers that anchor the well-being of towns, cities, and regions.

The Delray Beach Downtown Development Authority is the advocacy and management organization representing the interests of property owners in Downtown Delray Beach and is a proud member of the International Downtown Association.

For the past 41 years, the Downtown Development Authority has assisted in successfully branding Delray Beach as the Village by the Sea. The DDA Mission is to enhance and stimulate balanced economic growth through position marketing activities that engage Downtown businesses, residents and visitors while creating a clean, safe, physical and experiential place to live, work and invest. The DDA has created a powerful website <http://www.downtowndelraybeach.com> and [facebook.com/delraydda](https://www.facebook.com/delraydda) site that attracts thousands of visits weekly.



City of Delray Beach Special Event Saturday, September 20 from 8:00 – 10:00am

DELRAY BEACH, FL – The City of Delray Beach and the Sandoway House invite the public to "Make a Difference by Volunteering" at the 29th Annual Ocean Conservancy's International Coastal Cleanup coordinated by Keep Palm Beach County Beautiful, Inc. in Palm Beach County.

In an effort to promote a cleaner and safer beach environment, the City of Delray Beach and the Sandoway House will participate in this worldwide campaign that enlists volunteers to collect trash and debris from the Delray Beach Municipal Beach to ensure it remains a world class beach.

This year's event will be held on Saturday, September 20, 2014, from 8:00 am until 10:00 am, at the Sandoway House Nature Center, 142 South Ocean Boulevard. Residents and visitors are encouraged to attend this free event and join in this global effort. Supplies will be provided and participants are able to earn community service hours.

Please download a volunteer registration form from our website. Additional forms are available at the Sandoway House; Delray Beach City Hall, 100 NW 1st Avenue; and the Delray Beach Community Center, 50 NW 1st Avenue; or may be obtained by contacting Danielle Beardsley with the City of Delray Beach Parks and Recreation Department at (561) 243-7277 or by E-mail at beardsleyd@mydelraybeach.com.

For more information, contact Danica Sanborn with the Sandoway House at (561) 274-7263 or Danielle Beardsley with the City of Delray Beach Parks and Recreation Department at (561) 243-7277 or by E-mail at beardsleyd@mydelraybeach.com.

The International Coastal Cleanup is the world's largest one day volunteer event of its kind. Last year, approximately 400,000 volunteers from over 100 countries took part in this effort, resulting in the collection of more than six (6) million pounds of trash.

HUMAN POWERED DELRAY - continued from page 1

Event details

What: Human Powered Delray Pedestrian Safety Awareness Walk
Where: Along SW 17th Avenue (meet at Catherine Strong Splash Park 1500 SW 6th Street)
When: Monday, September 8, 2014 starting at 6:30 p.m.
Human Powered Delray promotes safe and viable human-powered transportation in Delray Beach. The group's vision is a community with abundant opportunities for safe, human-powered mobility as part of everyday life. www.HumanPoweredDelray.org
www.Meetup.com/HumanPoweredDelray • www.facebook.com/humanpowereddelray

Get to know Delray Beach by Bike.

Residents and their families are invited to join Human Powered Delray and The Delray Beach Bike Club.
Time and Location: Meet at 7:15 am, depart 7:30 am. Meet at Old School Square in Delray Beach on the west side of the parking garage. Parking available free in the parking structure on NE 1st Ave. at NE 1st St. The ride usually ends between at 9:00 and 9:30 am

Ride Description: Every week we ride through different neighborhoods in Delray Beach and discover new places. The rides are friendly and at a comfortable pace on city streets and alleyways. Most bikes are suitable for these rides (road, hybrid, or mountain). All levels of riders are welcome. This is a social ride with occasional stops. We ride early in the morning in order to beat the heat and avoid the traffic. It's a very peaceful time of day.

Helmets are Mandatory. Water and snack highly recommended.

Additional Club Information. This is a new club and we want to include all riders. We invite students and adults. If you would like to be an organizer for another or different type of ride, please contact Patrick This is a community club, not a racing club. Safety is emphasized, road rules observed, and we encourage the use of hand signals.

Ride participants are required to wear a helmet and obey all traffic laws (i.e. respect signals, stop signs, yield signs, etc.) Use caution at intersections and respect other road users (cyclists, pedestrians, and motorists). As a participant, you recognize that cycling is a potentially hazardous activity and you assume all risks associated therewith.

For More Information: Visit www.humanpowereddelray.org



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NAIA SOCCER - continued from page 1



director of the Palm Beach County Sports Commission. "We are grateful to have an incredible host partner in Northwood University, an NAIA member and one of the leading universities in South Florida. Together with the NAIA, we are looking forward to bringing the pinnacle of collegiate soccer to

have hosted numerous athletic events in a variety of sports including: soccer, lacrosse, field hockey, rugby, flag and tackle football.

The complex was the venue for several major collegiate sporting events in the past few years including recently in March 2012, when Hilltopper Stadium hosted an NCAA Division I women's lacrosse match between perennial contenders Yale and Notre Dame, and in 2013 when the University of Michigan Men's Lacrosse team and Syracuse University's Women's Lacrosse team practiced and trained at the facility on the way back from Miami after competing in the Orange Bowl Classic college lacrosse tournament at Sun Life Stadium.

Northwood University is an NAIA school, located in West Palm Beach, competing in The Sun Conference. The school currently sponsors 18 varsity athletic programs, including men's soccer.

She said this will be the first Collegiate National Championship ever played in Palm Beach County and one of the highlights of this event is the NAIA's Champions of Character program that will be held for local youth throughout Delray Beach. According to Walden, during their stay, the college athletes from all over the U.S. will visit local schools, athletic clubs, and after school programs to share and to give clinics about teamwork, healthy living and the importance of integrity, education and fitness.

"Very few communities have the privilege of hosting a collegiate national championship. We are excited and honored to learn the NAIA has selected Palm Beach County as the home for the 2014 & 2015 NAIA Men's Soccer National Championships. Hosting an NAIA National Championship elevates Palm Beach County's stature as an elite sports destination," said George Linley, executive

Palm Beach County. Our venue, Hilltopper Stadium and the Seacrest Soccer Complex, has been home to many premier sporting events in the past, including national soccer tournaments and collegiate showcases."

The NAIA members and possible contenders for the 2014 Men's Soccer Championship include Lindsey Wilson College, Rio Grande University, Hastings College, Auburn Montgomery University, Baker University, Ashford University, Oklahoma Wesleyan University, Concordia University, Benedictine University, Grandview University, Belhaven University, University of Science & Arts of Oklahoma, University of Mobile, Embry Riddle University and Northwood University.

According to Walden, the State of Florida has welcomed the men's soccer national championship on five prior occasions, most recently in 2005 and 2006, in Daytona Beach. The championship has since been held in Olathe, Kan. in 2007, Fresno, Calif. in 2008, 2009, Orange Beach, Ala. in 2010, 2011, and Montgomery, Ala., in 2012 and 2013.

"We are thrilled to have our Men's Soccer National Championship return to Florida," said Jim Carr, NAIA President and CEO.

"We are confident that the Palm Beach County Sports Commission and Northwood University will go the extra mile in making the National Championship an outstanding experience for our student-athletes, coaches and fans."

According to Walden, since its inception in 1991, the Palm Beach County Sports Commission has attracted nearly four million visitors to the county and has created an estimated economic impact of \$780 million.

For more information please visit: palmbeachsports.com.

EVP Volleyball Tour Digs Delray Beach

By David DiPino
The Pineapple Staff Writer

Get ready to serve, spike or spectate when the Extreme Volleyball Professionals (EVP) Pro, Amateur and Juniors Southeast Championships Beach Volleyball Tour returns to Delray Beach on Saturday, Sept. 13. The EVP tournaments feature competition that both amateur and professional volleyball players dig. Ross Balling, EVP Chairman, is planning to set-up two dozen beach volleyball courts for the sunrise to sundown tournament on the City of Delray Beach Municipal Beach located at 1 S. Ocean Blvd. Balling, who is known in the amateur and pro volleyball seen by the nickname "Volley" has brought the EVP Tour back for a fourth consecutive year.

"Delray Beach's Municipal Beach has the perfect type of sand for beach volleyball. I think the city, nightlife and beach is the best venue for beach volleyball," Balling said.

He expects a combination of around 100 amateur and pro volleyball teams, and a total of 400 players from as far away as Europe, to register for this year's full day tourney on Sept. 13.

One of those amateur volleyball players looking to attack, tip, dump or kill, an offensive scoring play in volleyball, is Tyler Eves, 22, of Boynton Beach. Eves played in high school on the Royal Palm Beach High School Wildcats Boys Volleyball team and intramural volleyball leagues at the University of Central Florida. "I'm looking forward to spiking it on Delray Beach," Eves said.

Last year, Delray Beach resident Alexander Schlau and West Palm Beach resident Nefi Narvaez served up a "B" Championship title at the EVP in Delray Beach. The dynamic duo plans to play in the "A" draw at this year's tournament. The EVP will open up Pro, Amateur and Juniors competition at the Sept. 13, Delray Beach tour stop in these classes: Pro Men, Pro Women, AAA, AA, A/B, Juniors: 12-years-old and under, 14 and under, 16 and under, 18 and under. Registration price is \$100. The pro players will compete for a \$4,000 prize purse. The official hotel for the event is



Volleyball players serve it up on Delray Beach. The EVP Volleyball Tour is returning to the City of Delray Beach Municipal Beach for a fourth consecutive year. Tournament chairman Ross Balling expects a combination of 100 pro, amateur and junior teams, a total of 400 athletes to participate in this year's tournament sunrise to sunset on Delray Beach, Saturday, September 13. Photo submitted.



Hyatt Place Delray Beach, 104 NE Second Ave., Delray Beach.

Balling, a former pro AVP Tour pro volleyball player started the EVP Tour in 1992. According to Balling, the EVP Tour's primary aim is to support beach volleyball events that result in sponsors, participants, spectators and host communities feeling like "that was worth the trip, I wish the EVP Tour can make that happen here every weekend - we feel like part of the game!" He said on a local level, the EVP staff and network helps to develop new job opportunities and sponsor assets for pro volleyball athletes. According to Balling, 90 percent of the pro volleyball players on the EVP Tour work a full or part-time job elsewhere. He said the goal is to channel resources to support the top teams so they can continue to compete and travel on the national EVP Tour.

For more information visit: evptour.com

Milagro Center Receives Challenge Grant From Hands On Tzedakah, Inc.

Milagro's Teen Program Serving Local Disadvantaged At-Risk Youth

DELRAY BEACH, FL – Nonprofit arts and education program based Milagro Center is the recent recipient of a \$12,000 challenge grant from Hands On Tzedakah, Inc. to be used towards the purchase of a new passenger van for Milagro's Teen Program. On July 1, Hands On Tzedakah (HOT) Co-founder and CEO Ron Gallatin issued a challenge to Milagro to raise \$12,000 (half the cost of the vehicle) by August 1, 2014, and if successful, HOT would grant the matching \$12,000. In response, Milagro Center launched its "VAN-tastic Challenge." With the help of many supporters, including the Wells Fargo Foundation, Florida Community Bank, GL Homes, PermaPlate, Kurt and Mary Ann Knaus, and Todd and Gina Skelton, Milagro successfully raised the funds needed to meet the challenge in just 9 days.

The new van will benefit Milagro Center's Teen Leadership Program which serves middle and high school youth ages 12-18 years old in an afterschool and summer camp setting. Currently, over 50 teens attend the Teen Program which provides cultural arts exposure and instruction, academic tutoring, Living Values Education, financial literacy, recreational activities, life lessons and leadership skills. With the success of the "VAN-tastic Challenge," the new passenger van will allow the Teen Program further growth by providing transportation

from neighboring schools to the center. Additionally, the van will enable Milagro Center to add additional off-site field trips to its enrichment program.

Since 2013, Hands On Tzedakah has been an advocate of Milagro Center, raising and granting greater than \$42,000 in support of Milagro's math and literacy instruction, summer camp program, and center improvements such as an Automated External Defibrillator, outdoor drinking fountain, and security system. "We are extremely grateful that Hands On Tzedakah has provided Milagro Center with such important and ongoing support," said Milagro Center Executive Director Barbara Stark. "It is gratifying that such a wonderful and respected organization that reaches donors worldwide acknowledges the tremendous impact Milagro Center's programs have on the academic and social growth of the children and youth who attend our center right here in Delray Beach."

Milagro Center, a 501(c)3 non-profit organization, is an arts and education program that nurtures the seeds of creativity, builds an indestructible sense of self worth, and inspires youth to reach their fullest potential. Visit the website at www.milagrocenter.org, become a Facebook fan of "The Milagro Center" Cause page, and follow Milagro Center on Twitter @MilagroCenter.

Hands On Tzedakah's mission is to reach out to individuals in need by supporting programs that fall below the radar screen of traditional funding. Visit the website www.handsontzedakah.org.

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Community Foundation awards over \$3 million in grants to nonprofits in Palm Beach and Martin Counties

Major themes are affordable housing, arts and culture, the environment and hunger

WEST PALM BEACH, FL – “Building a sense of community” is one of the guiding principles of the grantmaking at the Community Foundation for Palm Beach and Martin Counties. The Foundation’s board of directors recently approved \$3.1 million in grants to 38 nonprofit organizations in the two-county region. The funding priorities for this year’s competitive grants included affordable housing, arts and culture, the environment and hunger. Collectively, the Foundation will provide nearly \$6 million in grants and scholarship in its 2013-2014 fiscal year.

“This was a particularly exciting year for our grantmaking,” said Brad Hurlburt, president and CEO of the Foundation. “Market improvements provided a greater return on our endowment, which is what we use for our competitive and responsive grant funding. This increase allowed us to focus on several areas of need in our community, instead of just one or two. We were also able to take some chances on a few unique, creative projects that have the potential to really impact the community in a positive way.”

Grants were awarded through several charitable funds at the Foundation, including the MacArthur Foundation Housing Initiative; John D. and Catherine T. MacArthur Fund; The Environmental Fund; and the John S. and James L. Knight Foundation Fund. The grant cycle opened last fall and the process includes letters of inquiry; invitations for full proposals; site visits; committee evaluations and scoring; and final recommendations to the Community Foundation board in May.

“One of the strengths of any community foundation is its local knowledge. We look for gaps in nonprofit funding and try to fill those needs through our grantmaking,” said Debbie Pucillo, outgoing board chair. “For example, our housing initiative focuses on building, providing or preserving affordable rental housing in the community. Research shows that renting property is a critical step for homeless residents to get back on their feet, and to ultimately becoming a home owner. We have invested in several projects this year that

will address this issue with tangible results.”

Competitive and responsive grants are only one part of the Foundation’s annual grantmaking. Most grants are directed by donors to the causes they care about. The Foundation also has nearly 100 scholarship funds, making it one of the largest providers of scholarships in the two counties. This year, the organization awarded more than \$730,000 to 83 local high school students.

“We’re looking forward to supporting our grantees through all phases of their projects,” added Hurlburt. “From a new youth choir in The Glades and an environmental conservation project, to the rehabilitation of a 32-bed emergency shelter and transitional housing for victims of domestic abuse and their children – we all share a common mission to build a sense of community.”

For more information on the grants program, or about establishing a charitable fund at the Community Foundation, please call 561-659-6800 or visit www.yourcommunityfoundation.org.

South Palm Beach County
Aid to Victims of Domestic Abuse
 Rehabilitate Casa Vegso Transitional Housing
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Bethesda Hospital Foundation
 Bethesda Indigent Care
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Coastal Conservation Association
 Florida Near Shore Artificial Reef project
 \$55,000.00

Florida Atlantic Univ. Foundation, Inc.
 The Green Schools Recognition Program
 \$25,000.00

Palm Beach County Food Bank
 Food Recovery and Distribution Program
 \$100,000.00

Pathways to Prosperity, Inc
 Circles Palm Beach County
 \$10,000.00

The Institute for Regional Conservation
 Environmental Education through Habitat Restoration
 \$3,500.00

The Milagro Center
 Milagro Music Program
 \$18,000.00

Total \$337,271.00

TRADER JOE'S - continued from page 1

years and the only choices used to be Publix or Winn Dixie,” she said. “Albertson’s came and went but this is just a far better situation for people like me who love to cook and comparison shop.”

Nationally and locally the interest in food is soaring. Green Markets and community gardens have become popular staples in many cities, the restaurant scene is thriving and craft food and beverage manufacturers are cropping up everywhere.

The food trend is even spawning new magazine titles, Delray Beach entrepreneur Irene Revelas recently launched Edible Palm Beach, a glossy publication devoted to food, chefs, gardens, agriculture and craft purveyors. Visit www.ediblepalmbeach.com for more information.



Delray Beach Historical Society kicks off “Celebrating Our Neighborhoods” series



As the sun went down Friday, July 25th around the courtyard at the Delray Beach Historical Society, 250 residents of Lake Ida celebrated their neighborhood at a ‘Good Ole’ Fashioned Fish Fry’ and the opening of the “Memories of Lake Ida” history exhibit.

Guests were treated to all the fish they could eat from iconic Bud’s Chicken and Seafood, live Bluegrass music, craft beer from Delray’s Saltwater Brewery, wine from The Glamorous Gourmet and a Badminton Tournament on the north lawn.

The “Memories of Lake Ida” exhibit will be open through September and is the first in a series to celebrate and look back at Delray’s neighborhoods. “The Neighborhood Series is a part of our 50th Birthday Celebration this year. We wanted to share the unique stories and origins of each neighborhood directly with the community and attract new members who can continue to share their personal history, expanding our archives,” says Winnie Edwards, Executive

Director. This exhibit features photographs, maps, stories and memorabilia specific to the Lake Ida neighborhood and the people who created it. Visit the Delray Beach Historical Society website for information on upcoming history exhibits.

Celebrating its 50th year, the Society is reaching out to a broader membership base of families, and has a goal of reaching 1,000 members by December of this year, culminating in a Pineapple Jubilee Event this December. Membership dues go directly towards helping preserve the City of Delray Beach’s archives and the development of history and educational programs for the community. Member benefits include year-long free admission, advance ticket sales for events, discounts and guided access to the Ethel Sterling Williams Research Library and Archives.

For more information or to join and support the Delray Beach Historical Society, please email info@delraybeachhistory.org or call 561-274-9578.



Boca Raton GreenMarket

In its 18th Year!

Every Saturday · Oct 18 ~ May 9
 8am ~ 1pm Rain or Shine

Located at “The Monument Piazza”
 at the South parking area of Royal Palm Place
 Intersection of S Federal Hwy & SE Mizner Blvd

Over 40 Vendors

Locally-grown Foods, Plants, Specialty Items, Prepared Foods, Seafood
 Bakery Products, Fresh Flowers, Orchids, Coffee & Teas, Soaps & Lotions
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Boca Raton GreenMarket
 2014-2015 Dates

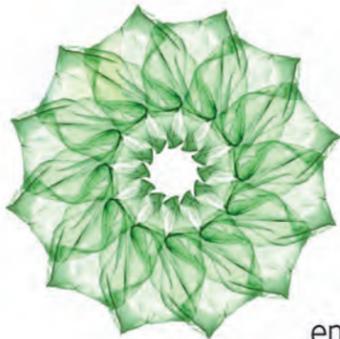
October 18,25
 November 1,8,15,22,29
 December 6,13,20
 January 3,10,17,24,31
 February 7,14,21,28
 March 7,14,21,28
 April 4,11,18,25
 May 2,9








We're Keeping Delray Beach Clean and Safe



Between us, we have **198 years of experience** on local roads and in your neighborhoods safely providing waste and recycling pick up services to families and businesses in Delray Beach.

As Waste Watch certified drivers, we're also serving as an extra set of eyes and ears in the community...ready to report suspicious activity or an emergency to law enforcement officials.

Together with our fellow drivers, we cover more than 900,000 miles within Palm Beach County each year with **zero accidents in Delray Beach** in 2014.

We're proud to say those statistics are nearly nine times better than the industry average and part of the reason Waste Management has the **best safety record in the waste industry**.

We are Waste Management drivers and we are driven to keep our customers and community safe.



Visit us at WM.com

EVEN KONG SHOPS AT THE BIG APPLE



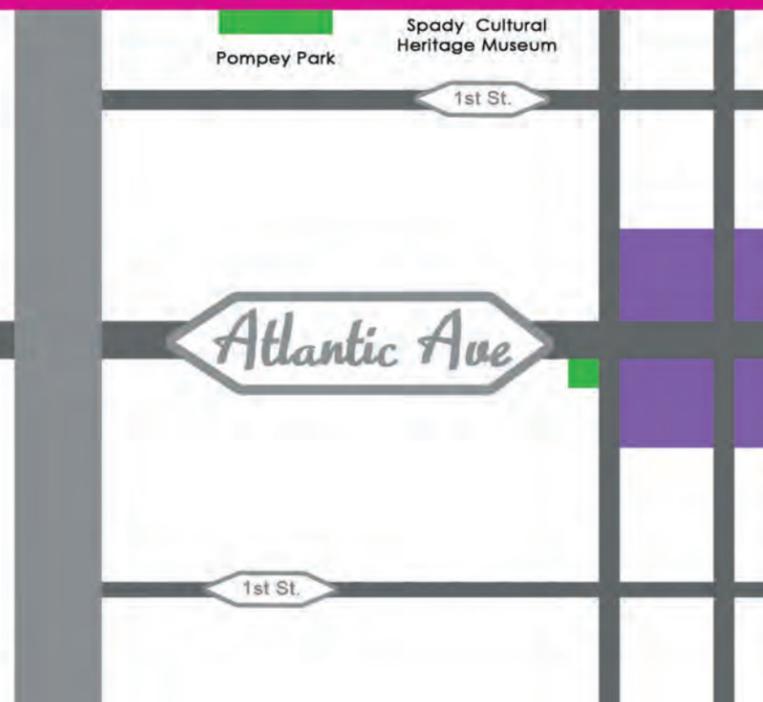
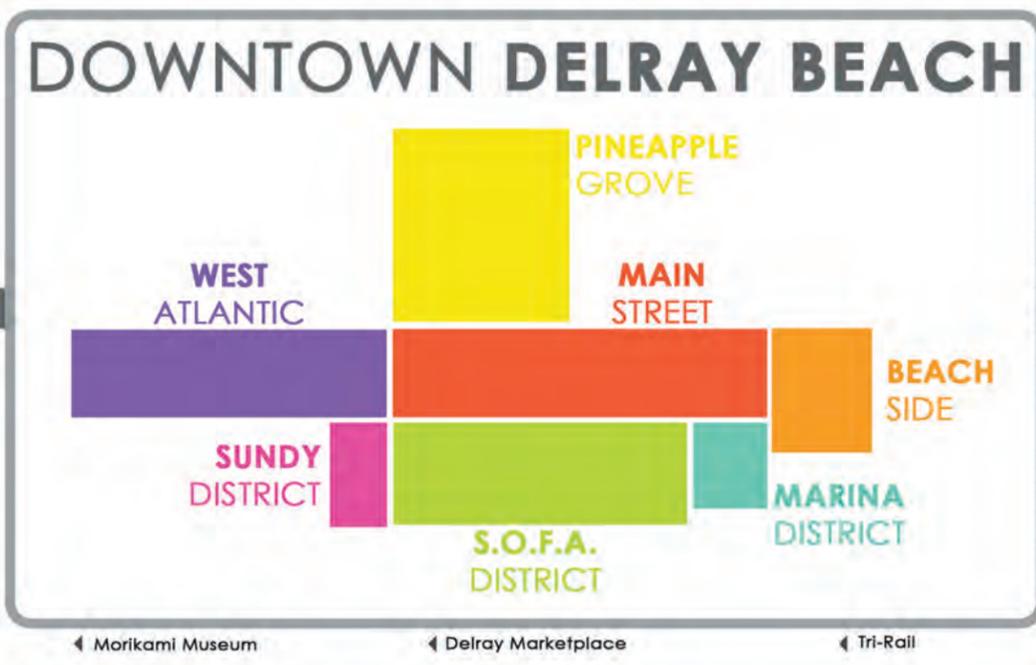
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Overbey's (561) 495-0477

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Permanent Make-Up by Maureen
(561) 706-2364

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The Posh Nosh Deli (561) 270-2883

Protonic Balancer (316) 215-4417

Purple Jungle Trends (561) 702-9652

Real Time Pain Relief (561) 281-4847

Ronnie's Women's Shoes
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Sal's Flooring (561) 542-5984

Silver & Gems (561) 498-7832

Sinai Memorial Chapel (561) 865-1747

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Stargem Boutique (561) 499-7088

Styles (561) 638-9297

Sun Glass Savy (954) 560-3701

Three Brother's Fashion Eyewear
(561) 674-6691

Touch of Class (561) 498-2531

Wally's Caddy Shack (863) 602-1900

Wanda's Cosmetics & Fragrances
(561) 498-8565

Watch Stop Inc. (561) 495-4573

Won T-Shirt (561) 499-0057

World Play Inc. (772) 621-0342

Y.S. Trading (561) 495-3015

Your Body Language (561) 809-7277

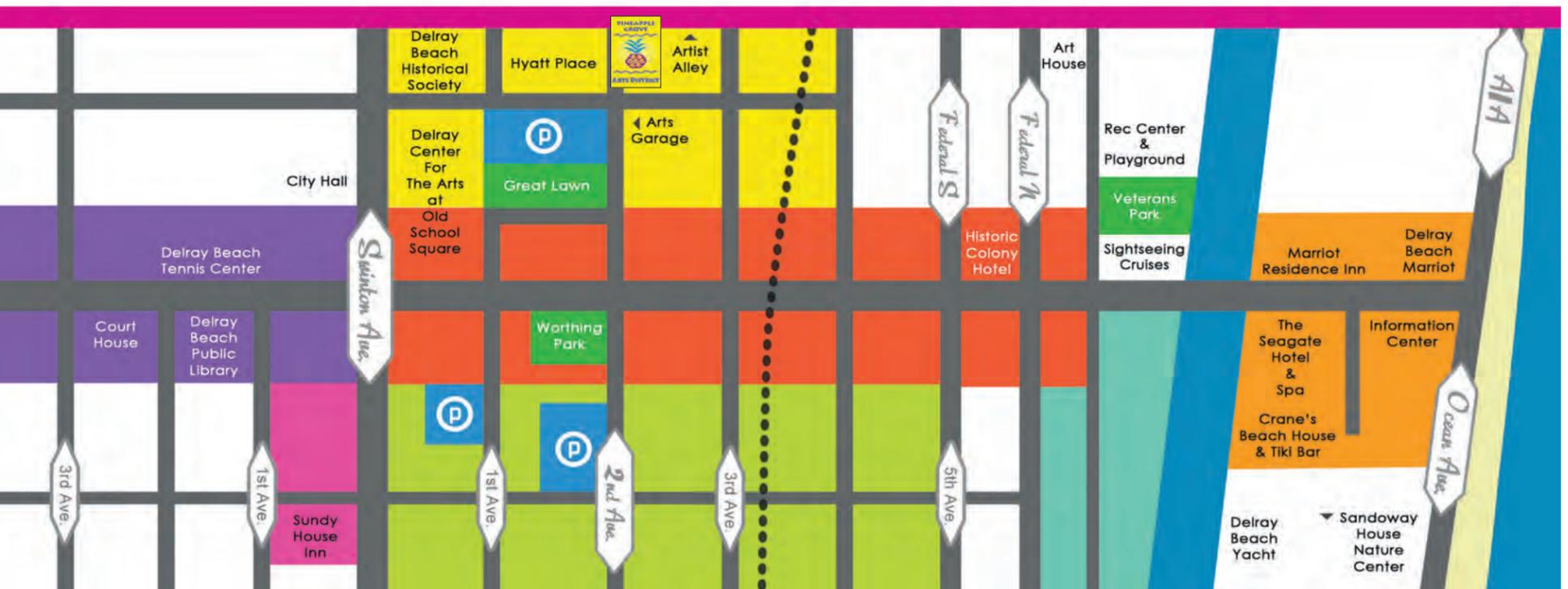


Visit the Green Market, located in Central Park!

Open every Saturday 10:00am-3:00pm
Now thru September 27th, 2014

www.centralparkgreenmarket.com

5283 W. ATLANTIC AVENUE | DELRAY BEACH | 561 499 9935 | WWW.THEBIGAPPLESHOPPINGBAZAAR.COM



LABYRINTH RETREAT AT DUNCAN CONFERENCE CENTER

DELRAY BEACH, FL – Duncan Conference Center is holding an overnight Labyrinth Retreat, October 10 – 11, "Harvesting Your Authentic Purpose: The Four Seasons of Creativity". Come uncover or cultivate your authentic life in this labyrinth retreat through the subtle teachings of the seasons. All are welcome!

Guided by a certified labyrinth leader, this retreat includes overnight lodging and 3 meals. Double occupancy is \$150 per person and single occupancy is \$175. Commuters (no lodging) are \$95.

The labyrinth is an ancient tool for spiritual self-discovery. It invites us to travel inward and then outward, to open ourselves to new possibilities.

This spiritual retreat is guided by Sara Dochterman, LCSW, a psychotherapist and Certified Labyrinth Facilitator. Utilizing creative methods and mindfulness practices, she has been a social worker since 2007. Sara will be joined by Benicio Farina, a Certified Breathworker and co-founder/trainer at Breathwork School; and Sara Knapp, RYT-200 yoga instructor.

The Retreat runs Friday, October 10th at 5:30 p.m. through Saturday, October 11th, 5:00 p.m. in the Schofield Chapel at Duncan Conference Center in Delray Beach. Visit www.duncancenter.org to register and for more information.

Duncan Conference and Retreat Center is located on five serene tropical acres and welcomes over 500 groups each year with very diverse needs including corporate training & development, education and art associations, non-profits, family reunions, church and spiritual, along with individual retreats. Built in 1985 by the Episcopal Diocese of Southeast Florida as a Conference Center, it now has meeting spaces for 2 to 500 people, lodging for up to 80 people, a full kitchen and dining room, an outdoor labyrinth, a beautiful chapel with indoor labyrinth, pool and spa.



North Boca Raton GREEN MARKET & CRAFTS

Managed by Community Green Market Events
 Located at 7901 North Federal Highway (US1)
 Boca Raton in the parking lot of the
 Wick Theatre and Costume Museum
 9:00 AM - 2:00 PM
 Every Sunday — Pet Friendly
NOW OPENED!

Arthur D'Amato outdoor market manager with extensive experience in the industry is inviting quality vendors to join his family of vendors. Booth fee is \$25/week for a 10x10 foot space, rain or shine.

Contact Arthur for more info at:
772.345.3797
communitygreenmarket@gmail.com

pineapple slices

EVENT: Music and Art in the Park

Bring your family and friends to Veterans Park Recreation on September 9th from 6:00 pm - 8:00 pm for a night of interactive music and hands-on art.

Musicians of all ages are welcome to bring an instrument and join the open "jam session" style music at the gazebo. For the artists among us, easels and art supplies will be set up and open to any one wanting to explore their inner creativity in a non-instructional play environment. Join in or just sit and listen, everyone is welcome!

For more information please contact Abby Murrell, Veterans Park Site Supervisor, at (561) 243-7350 or by email at murrell@mydelraybeach.com

Delray Beach Public Library announces new board member

The Delray Beach Public Library's Board President, Nancy Dockerty is pleased to announce that another prominent community member, Dwayne Randolph has recently joined the Library Board of Directors.



Dwayne Randolph

Randolph has over 18 years of experience in the construction industry. He graduated from Bethune Cookman University with a B.S. in Criminal Justice and received a Master's degree in Public Administration from Florida A & M University. He currently serves as co-owner, with his wife Angela, of Randolph & Dewdney Construction, Inc., a local Construction Management company based in Delray Beach.

Randolph is the a founding member and President of the Palm Beach County Black Contractor's Consortium and has previously served as a member of the Palm Beach County School District's Construction Oversight Review Committee (CORC Board) as well as a member of the City of Delray Beach Planning and Zoning Board. Prior to launching Randolph & Dewdney Construction, Randolph served as a Grant Writer for Frontline Outreach and as a Budget Analyst for Orange County Government in Orlando Florida.

"It is truly an honor to serve on the Delray Beach Public Library's Board of Directors. As I think back, being a native of Delray, simply put, the library has always been there. I take great pride in having the opportunity to actually share my views and contribute to its continued evolution and successes, how it will change, what it will become and what its priorities will be during my tenure. That's

pretty important," said Randolph.

For further information on becoming involved with the Delray Beach Public Library Board of Directors contact Library Director, Alan Kornblau @ Alan.kornblau@delraylibrary.org.

Services Continue at TAO North & South

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. Mom never said that Temple was this much fun!

Temple Adath Or (TAO) - The South Florida Center for Jewish Renewal, has resumed services at Art Serve, 1350 E. Sunrise Blvd., Ft. Lauderdale, FL and at the Duncan Center, 15820 South Military Trail, Delray Beach, FL 33484.

Bring in the Jewish New Year in a spiritually resounding way with your TAO community and Rabbi Marc Labowitz for the Jewish High Holidays.

- Scheduled High Holiday TAO events:
- Rosh Hashanah services - on Thursday, September 25th and Friday, September 26th at 10:00am at Westin Cypress Creek Hotel
 - Yom Kippur services - Kol Nidre on Friday, October 3rd at 7:00pm and Yom Kippur services continue on Saturday, October 4th at 10:30am at Westin Cypress Creek Hotel
 - A very special Break Fast Dinner and Dance will take place on Saturday, October 4th immediately following services.
- October and November TAO Schedule :
- Saturday, October 11 - Sukkot Service at the Duncan Center, 7:15pm
 - Sunday, Nov 2 - Town Hall Meeting, TAO Conference Room Time TBA
 - Wednesday, Nov 5, 12, 19, 26 - Wisdom Class, at the Posnack JCC in Davie 7:00pm
 - Friday, Nov 7, 21, 28 - Shabbat Services at Artserve, 7:15pm
 - Sat, Nov 15 - Meditation Retreat at Artserve, 10:30am
 - Fri, Nov 28 - Shabbat Service at the Duncan Center, 7:15pm
- Get involved. For further information, membership, High Holiday reservations and payment information please call 954-888-1408 or visit our website at www.TAOcenter.net.

Mudokai Karate Starts September 3 at Delray Beach Community Center

Delray Beach Parks and Recreation Department welcomes Mudokai Karate at the Delray Beach Community Center starting September 3rd.

Participants, ages 6 years old to adult are welcome to join us at the Delray Beach Community Center, 50 NW 1st Ave., to learn. All levels are welcome from beginner to intermediate,

Classes will start September 3 and will run on Mondays and Wednesdays from 6:00 pm - 9:00 pm and on Saturdays from 11:00 am - 2:00 pm. Cost for Delray Beach Residents is \$75 and for non-residents it's \$85, for a 4-week session.

For more information please contact the instructor, David Fungsang, at (954) 591-2079 or by email at Dfungsang@bellsouth.net



Many positive developments are happening on West Atlantic Avenue between Swinton Ave. and I-95. The Gateway feature, the Libby Wesley Plaza on SW 5th, and development projects such as the Fairfield Inn, have all been initiated in the past few years. Meet some of the people that have worked tirelessly to develop the West Atlantic area. They come from all backgrounds and walks of life, but the common driving force among all of these individuals has been the positive development of the West Atlantic area. Meet the neighbors.



Elizabeth C. Burrows

Hometown: Delray Beach, Florida
Education: University of Florida – B.S., Public Relations; University of Miami – M.P.A., Public Administration
Occupation/Community Involvement: Economic Development Manager for the City of Delray Beach and Delray Beach CRA
Vision for West Atlantic: I'd love to see a thriving business and family entertainment district that attracts people from all across the South Florida region.
Favorite quote: "Nothing works unless you do."
 ~ Maya Angelou
What you may not know about Elizabeth: My mind craves constant stimulation. I'm an avid reader, I write and perform my own poetry, I design jewelry, and I sing all of the time. My husband and I love movies and we have a huge Blu-ray collection...but we haven't had much time to watch them since our daughter, Naomi, was born in April.



C. Ron Allen

Hometown: Boston, MA
Education: BA Radio, TV & Motion Picture, University of Massachusetts in Amherst. MA Journalism, University of North Carolina in Chapel Hill
Occupation/Community Involvement: President, CRA Media Group, a marketing and media relations firm; Founder, KOP Mentoring Network – a mentoring program serving youth ages 7-17 since 1991; Co-Founder and Vice Chair, Eagle Arts Academy Charter School for the Arts, a performance and production arts charter school; and a Community Servant.
Vision for West Atlantic: My dream for the last 30 years has been for Delray Beach, the All-America City, to erase the dividing line at Swinton Avenue and have one Atlantic Avenue. This City has a rich diverse history and I long for the day when all its residents can be proud to say they live in Delray Beach and celebrate it.
Favorite quote: "Our lives should not be valued by what we take, but by what we give."
What you may not know about C. Ron: I love Clint Eastwood movies. In fact, I have every movie he ever made in my collection.

DowntownDelrayBeach.com
561.243.1077

JOIN THE CONVERSATION #DowntownDelray

pineapple slices

CITY SEEKS MEMBERS FOR ADVISORY BOARDS

The City of Delray Beach is currently seeking residents and business owners to volunteer and serve on a City Advisory Board and/or Committee. By participating as a citizen volunteer on an Advisory Board and/or Committee, you will have an opportunity to become involved in the decision making process within our City government. Currently, the City is accepting applications to serve on the following Boards and Committees:

AFFORDABLE HOUSING ADVISORY COMMITTEE

Members will recommend monetary and/or non-monetary incentives for affordable housing. Meetings are held twice yearly. There are currently three vacancies in the following criteria:

Qualifications:

- A) One citizen engaged in the residential home building industry
- G) One engaged as a real estate professional
- H) One serving on local planning agency pursuant to Section 163.3174

CODE ENFORCEMENT

The purpose of the Board is to hear alleged municipal code violations and render a decision. The Code Enforcement Board is a quasi-judicial body, created in accordance with Florida State law. Meetings are held on the second Tuesday of each month, 1:30 pm, in City Hall.

Qualifications: All members must be residents of Delray Beach. When possible, the membership should include the following:

- A) One Architect
- B) One Business person
- C) One Engineer
- D) One General Contractor
- E) One Subcontractor
- F) One Real Estate person

GREEN IMPLEMENTATION ADVANCEMENT BOARD

Members will recommend ways to improve the environmental sustainability of City programs and services. Meetings are held on the fourth Thursday of each month, 9:00 am, in the Environmental Services Administration Building.

Qualifications: All members shall have expertise or an interest in environmental conservation and sustainability and must be a resident of, own property, own a business or be an officer, director, or manager of a business located within the City of Delray Beach.

NUISANCE ABATEMENT BOARD

The Board hears evidence relating to the existence of certain public nuisances on premises located in the City and provides additional assistance in the continued efforts to control prostitution, illegal drug activity, and criminal street gang activity, and will provide citizens with an effective method of addressing such nuisances within the City. Meetings are held on an as needed basis on the first and third Monday of the month, 3:30 pm, in City Hall.

Qualifications: All members must be either a resident of, own property, own a business, or be an officer, director or manager of a business located within the City of Delray Beach.

PARKING MANAGEMENT ADVISORY BOARD

The purpose of the Board is to advise and provide recommendations to the City Commission regarding parking management policy and related issues. Meetings are held on the fourth Tuesday of each month, 5:30 pm, in City Hall. There are currently two vacancies in the following criteria:

Qualifications:

- A) One business owner/operator representing the Atlantic Avenue Corridor between Swinton Avenue & Interstate 95 (As of 8/1/14)
- B) One business owner/operator representing Old School Square Historic Arts District

POLICE ADVISORY BOARD

The purpose of the Board is to act as an advisory body to the Chief of Police, City Manager and City Commission on police policy and resource issues: serves as a conduit for the community to address their issues and community problems through a cooperative effort; to review community needs and concerns, expectations and responses relative to police services and community policing. Advises the Police Department on and provides support for communication and education between the community and the Police Department. Meetings are held quarterly on the second Monday of each month, 5:30 pm, in City Hall.

Qualifications: The board shall include a diverse cross section of the community; business owner, religious, and faith based organizations, youth, school officials, and local organizations.

PUBLIC ART ADVISORY BOARD

To advise and make recommendations to the City Commission with respect to public art policy and related issues including, but not limited to, the selection, construction and placement of public art in/on City right-of-way and City owned property. Meetings are held on the fourth Monday of each month at 6:00 pm, in the Community Center.

Qualifications: Must be either an Artist, Architect, Landscape Architect, or Engineer. Laypersons of knowledge, experience, and judgment that have an interest in public art shall make up the balance of the board.

PUBLIC EMPLOYEES RELATIONS COMMISSION

To oversee the implementation of the collective bargaining rights guaranteed to municipal employees by Florida Statutes and the Florida Constitution. Considers petitions concerning representation of employees, oversees union elections, when appropriate, certifies collective bargaining agents, resolves unfair practice changes, and performs related functions. Meetings are held on an as needed basis. There are currently two vacancies in the following criteria:

Qualifications:

- A) One unclassified or neutral member
- B) One unclassified or neutral alternate member

Interested individuals should complete an application and return it to the City Clerk's Office, in attention to Yolaina Ruiz, Board Liaison, at 100 NW 1st Avenue, Delray Beach, Florida 33444. Applications can be obtained from the City's website at www.mydelraybeach.com by selecting the City Clerk's Office link, by visiting the City Clerk's Office or by calling Yolaina Ruiz at 561-243-7056.

The Zonta Club of Greater Deerfield Beach proudly presents the 2nd annual

Festi-Fall

Arts & Craft Show

Handmade Arts & Crafts Holiday Gifts
Plants and Flowers Kids Crafts
Mini Pumpkin Patch
Food and Entertainment

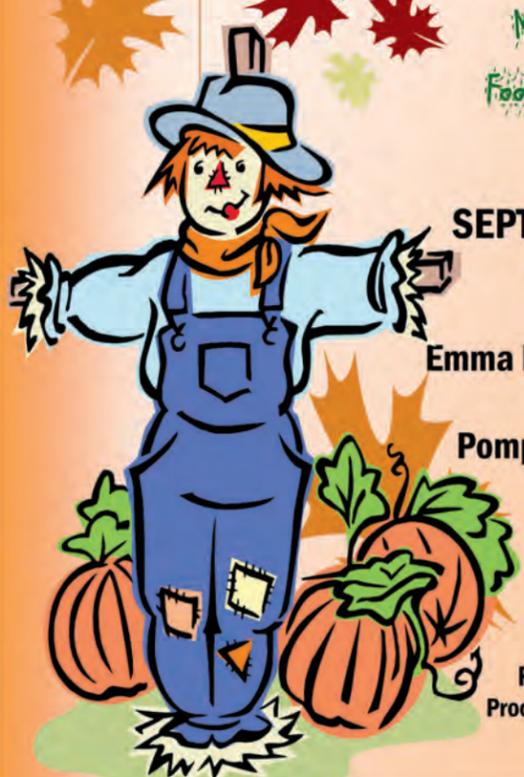
SATURDAY
SEPTEMBER 27, 2014
10am to 3pm

Emma Lou Olson Civic Center
1801 NE 6th Street
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Admission Fee \$2.00

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Hourly Drawings

For more info (561) 299-8684
Proceeds benefit Women In Distress
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AVDA Presents

HAVANA NIGHTS

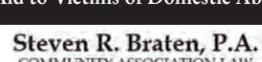
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Bohemia Cuban Music

Thursday, September 18th
7:00 PM Cocktails | 8 PM Show Time
Tickets \$75 per person | Tables Available
cocktails and hor d'oeuvres
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Seating is limited, please call 561-450-6357
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at the library

Take an in-depth look at everyone's favorite topic - FOOD!

The Delray Beach Public Library welcomes a variety of authors each month. This constant stream of writers is part of the popular Authors Series. We're starting off a new season with two authors speaking about two completely different topics.

• Monday, September 8th @ 2:00 p.m. – Retired New York City firefighter Ron Parker will speak about his book *Chiefs, Pawns & Warriors*, a true life recount of his story on September 11, 2001, that unforgettable day in American history. Ron will take you on a journey through 20 stories of mangled steel, clouds of smoke and ash in his attempts to rescue thousands of civilians and lost firefighter brothers trapped beneath the fallen twin towers. His only choices were to be a chief, a pawn or a warrior because being a victim was not an option.



Ron Parker

• Saturday, October 18th @ 2:00 p.m. – Please join author Jo Jo Harder who will present a program titled "How Dogs Make a Difference in People's Lives." Jo Jo has enjoyed wearing many hats in her lifetime – model, flight attendant, fashion designer & author. She has written two books, *Diva Dogs: A Style Guide to Living the Fabulous Life* and *How to Become a Top Dog Model*. She also created one of the hottest dog competitions in America called



Jo Jo Harder

"America's Top Dog Model Contest®. Join Jo Jo for a fun afternoon discussing one of America's favorite pets. These programs are free and open to the public. Books will be available for purchase and autographing. Registration is not required.

Take an in-depth look at everyone's favorite topic - FOOD!

The downtown Delray Beach Public Library wants to remind everyone that the 4th Annual Food Symposium – Food, Glorious Food: Healthy, Local & Delicious Symposium will be here before you know it on Saturday, October 25, 2014 from 10:00 a.m. – 2:30 p.m. This event is the kick-off for the Library's Lifelong Learning Community Institute Fall 2014 semester classes beginning Tuesday, October 28, 2014.

This year the day will include two panels of outstanding local experts. One will feature local food growers and the other will feature local food writers. The panelists will give us different perspectives on the popular topic of food and the food industry as a whole. Ann Bocock, will once again be our Moderator. The day will include snacks & coffee donated by Publix Supermarkets, a cooking demonstration by Publix Apron's Cooking School Resident Chef Rey De La Osa, Lunch-by-the-Bite tasting tables from many local restaurants including: Caffè Luna Rosa, Farmer's Table, Jimmy's Bistro, Max's Harvest, Nature's Way Café, Pascale's LLC – The Delray Beach Jam Company, Scuola Vecchia Pizza e Vino, The Olive Taste, of Delray, Two Fat Cookies, and Ziree Thai & Sushi. There will also be lots of wonderful Raffle Prizes.

Tickets are \$30.00 per person and pre-registration is required due to limited seating. Register either on-line, in the mail or at the Library.

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.

Reference Department Expands at the Delray Beach Public Library



New Delray Beach Library Reference Librarian Kara Riley

The Delray Beach Public Library is pleased to announce the latest addition to the professional staff. Kara Riley has recently been hired as a new Reference Librarian.

Riley, born and raised in Alabama, received a Bachelor of Mass Communication: Radio/Television and a Bachelor of Fine Arts: Theater, from Auburn University. She received a Master of Information and Library Studies from the University of Alabama.

Most recently Riley worked at the Braille and Talking Books Library in Daytona Beach, Florida as their Outreach

and Customer Development Librarian across the State of Florida. She also was chosen as one of 50 Librarians from across the United States and Europe as one of the 2013-2014 American Library Association's Emerging Leaders in the Library field.

"What attracted me most to the Delray Beach Public Library is their unique non-profit status. They have a lot of freedom in what they can offer, and it shows in their diverse programming. One project that I am particularly excited about is the Robotics Club for teens which will be offered in the Fall, said Riley."

3rd Annual Girls, Pearls, Hats & Heels Is Pretty In Pink

The Delray Beach Public Library's 3rd Annual "Girls, Pearls, Hats & Heels," event will take place on Thursday, October 2, 2014 from 11:00am – 2:00pm at the Delray Beach Club. This year the event will include a "Survivor's Circle," to honor friends or loved ones who have suffered with breast cancer. A "Pink" photo shoot took place recently to include committee members, sponsors and Library Board members who have been touched by breast cancer. The group gathered at the Library wearing "Pink" to recognize all of those affected by this disease.

This fun-filled, afternoon of shopping with the latest fashions in shoes and accessories from top designers of 2014, is taking place in recognition of Breast Cancer Awareness Month. The day will feature fabulous silent auction items, lunch and the complimentary bubbly will be flowing. The cost for this fun-filled day is \$45 and the cost of joining the "Survivor's Circle" is a contribution of \$25 or more. The proceeds of the day will benefit the Delray Beach Public Library and the Bethesda Hospital Foundation for breast cancer treatment and educational programs.

The Honorary Chairperson for this event is Kate Toomey, breast cancer survivor, and an active volunteer in the community. Kate is a member of the Junior League of Boca Raton and served as its President for two years. She is a member and Past President of the Boca Raton Historical Society and an active fundraiser for the Boca Raton Community Hospital. She has recently joined the Board of Impact 100. The Chairpersons for this popular event are active community leaders and sister-in-laws, Nancy Dockerty, Library Board President and Caron Dockerty, co-founder of Treasures4Charity.

For further information, to receive an invitation, or to make your reservation for Girls, Pearls, Hats & Heels, please call the Development Office at the Library at 561-266-0775 or visit the Library's website at www.delraylibrary.org.



(Photo left to right) Mimi Haley Meister, Louise Weir Glover – Sponsor Merrill Lynch, Dr. Lynda Hunter – Delray Library, Flor Heaney, Jerilyn Walter – Sponsor Posh Properties, Michelle Harrington, Carla Thrower, Judy Gelpy – Sponsor MorseLife Home Care, M.J. Precopio – Sponsor Nation Pain Institute, Gloria Branch – Sponsor Paradise Bank, Jan Kucera –Library Board

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Kingfish tip the scales at 20th Mark Gerretson Memorial Fishing Tournament

By David DiPino
The Pineapple Staff Writer

Anglers from across South Florida left the Boynton Beach and Boca Raton inlets early on a mid-August sunny Saturday morning to hook a variety of fish and raise money for Delray Beach charities at the 20th Anniversary Mark Gerretson Memorial Fishing Tournament held in Delray Beach.

In the Largest Overall Fish and Largest Kingfish categories, Joe Lucas of Delray Beach hooked a 34 lb. kingfish aboard Head First II to win \$3,800 and bragging rights for an entire year. Not long after Lucas pulled up to the docks, Craig Elmore of Boynton Beach arrived aboard Hard Lines II with a colorful bright green and yellow 27 lb. bull dolphin (Mahi-Mahi). Elmore won the Largest Dolphin category with the catch and \$400 in prize money.

Joan Vertefeuille of Delray Beach, won the top Lady Angler award for her 16 lb. kingfish caught aboard Reel Jewel. Top Jr. Angler honors went to Nicholas Samousakis, 12, of Boynton Beach for his 14 lb. kingfish caught aboard Perpetual Mocean. Samousakis, fishing with his father Doug Sarmousakis, also caught a couple of mahi-mahi and a triple tail, though the kingfish won him \$100 and a new fishing pole.

The Largest Mystery Fish category went to Steve Sasso, for a 15 lb. bonita he caught netting him \$400. The Family Fun title went to the Jim Gerretson family (daughters Brittany and Meagan and their husbands) who caught a nice \$200.



Pictured are from left to right, Jim McGuire, Brian Rosen, Chris Peck, J.D. Dickenson, David Elliott and Kristen Elliott, aboard Elliotts' Escape, boat no. 13 in the 20th Anniversary Mark Gerretson Memorial Fishing Tournament in Delray Beach. Photo by: David DiPino

"We were about 12 miles out when I caught the big bull dolphin. The first thing I thought was let's get him in the boat before he spits the hook. It wasn't the biggest bull dolphin I've ever caught but one of the most colorful and beautiful. We caught him trolling along a slick like calm area and lines of seaweed in the water," said Elmore.

Hundreds of local sports fishing enthusiasts entered 39 boats in the tournament and raised \$18,000 for local Delray Beach charities. Among the charities proceeds from tournament benefitted are Delray's Kids & Cops Holiday Toy Drive, Atlantic Community High School Scholarships, Habitat for Humanity, Caring Kitchen, City of Delray Beach Literacy Program, Achievement Center for Children & Families, Family Promise of South Palm Beach County, City of Delray Beach Easter Egg Hunt, Community Caring Center of Boynton Beach and the Boys & Girls Club of Palm Beach County.

Since 1994, the Mark Gerretson Memorial Fishing Tournament has supported local Delray Beach children and families by donating more than \$113,000 to the community. Mark's mother, Pat Gerretson, works tirelessly to promote the tournament year-round, with a dedicated tournament committee that includes Jen Buce, Tim Knapp, Deena Gerretson Chapman, Noel Bourque, Chris Reich, Carol Eaton, Gary "Falcon" Musial, Paul Shersty, Jim Gerretson, Jim Eaton and Brittany Roberts.

"Mark passed away in 2005, but his legacy continues to be honored through this annual fishing tournament. It benefits so many people. He was a tireless supporter of our community. He championed an annual fishing tournament to raise money for charitable causes," said Pat Gerretson.

Gerretson was president of the Delray Beach Jaycees, one of the tournament's inaugural sponsors and also was chairman of the Delray Affair, the city's largest outdoor festival.

He was a Delray Beach resident and an avid fisherman.

Among the boats entered for the tournament, six were from Boca Raton, 18 left the docks out of Delray Beach, 10 entered out of Boynton Beach and one each sailed out from



Boynton Beach residents Nicholas Sarmousakis, 12, with a Triple Tail and Mahi Mahi, and his father Doug Sarmousakis with a Kingfish and Mahi Mahi. The father son duo fished aboard their boat Perpetual Ocean during the 20th Anniversary Mark Gerretson Memorial Fishing Tournament in Delray Beach. Nicholas Sarmousakis caught all the fish, and the Jr. Angler award of \$100 and a new fishing pole for the 14 lb. Kingfish. Photo by: David DiPino

Hypoluxo, Lantana, Briny Breezes, West Palm Beach and Tequesta. The captains, who fished in the tournament, dropped lines at 6:30 a.m. and had to be back to the Veterans Park docks to weigh-in by 4 p.m., enjoyed a flat Atlantic Ocean, clear skies and absence of thunderstorms which regularly dominate the South Florida atmosphere during this time of the year.

The Mutton Snapper bite was non-existent in the tournament this year, probably due to the timing. A super full moon shined a day after the tournament, which a few of the captains said may have hampered the snapper bite by a day or two. With no snapper tipping the scales, the mystery fish became bonita and just about every boat that weighed fish in the tournament had a bonita aboard making for an busy few hours tallying the leaderboard for tournament weigh master Paul Shersty, at the official weigh-in site, the docks at Veterans Park, 802 NE First St.

Another interesting fish story during the tournament was the fact that no wahoo were weighed in during the event. A total of 23 fish were weighed in during this year's tournament, including 10 kingfish, eight bonita and five dolphins. Crowds of people came out to Veterans Park to watch the festivities, raffle and cookout.

"It was pretty flat out there. We went out the Boca Inlet and motored out to the north. In about a 100 ft. of water I caught my Kingfish," said Charlie Lord.

Lord was the early leader in the Kingfish category with a 17 lb. beauty he hooked aboard Shamrock with Captain Mike Blake and Dan Lord.

The 20th Anniversary Mark Gerretson Memorial Fishing Tournament Big Bull Sponsors included Merrill Lynch, Delray Beach Elks, Printers Choice, Inc., Atlantic Ave. Magazine, Wahoo Sponsors included Stuart & Shelby Development, *The Delray Beach Pineapple Newspaper*, Emiliano Brooks Production, this year's Dolphin Sponsors were Edward A. Zuraw & Company, J. Heffernan Corp., Richwagen's Bike & Sport, Searcy Denny Scarola Barnhart & Shipley, Tuppens Marine & Tackle, Island Air Conditioning, Paradise Bank, Stoner's Skateboard Shop, Weekes & Callaway, Inc., and Kingfish Sponsors included: Accounting and Tax Services of Delray, Jerry & Barbara Kern, Real Time Marketing Group, Scirocco Group, Ronnie Dunayer, Golf Professional, Plastridge Insurance, SaltWater Brewery and Sea Horse Contracting, Inc.

For more information visit: mgmft.net or the Mark Gerretson Memorial Fishing Tournament webpage on Facebook.



Boynton Beach resident Craig Elmore carries the 28 lb. Bull Dolphin he caught aboard Hard Lines II of Boynton Beach. Elmore won the Largest Dolphin category and \$400 at the 20th Anniversary Mark Gerretson Memorial Fishing Tournament in Delray Beach. Photo by: David DiPino

schools • education

Take Charge America educates parents on back-to-school spending

Nonprofit credit counseling agency offers eight tips for saving money without skimping on essentials

Back-to-school spending can take its toll on the family budget, with parents paying considerable cash for clothes, backpacks and other must-haves. The National Retail Foundation expects consumers to spend about \$74.9 billion this year to send their children and college students back to school, up 12 percent since 2013.

"Back-to-school spending is second only to the holidays, and the outlay is higher and higher each year," said Mike Sullivan, director of education for Take Charge America, a national nonprofit credit counseling and debt management agency. "Retailers push hard in the summer months, and school budget cuts have shifted the cost of supplies to families, but savvy parents can save money without skimping on necessities."

Sullivan offers eight tips for cutting costs on back-to-school shopping:

Take stock: Supply lists often call for scissors, rulers, pencils and other items people already have at home. Parents can save money by taking stock of what they have before buying new supplies.

Stick to the list: Teachers' supply lists have become more extensive – and expensive – so parents are wise to stick to the list and avoid impulse purchases.

Comparison shop: Dollar stores, big-box retailers and office supply stores offer deep discounts on many school essentials. Parents can save money by seeking out the best prices and stocking up on items children

use throughout the year.

Clip coupons: Many websites publish coupons on back-to-school clothing and supplies. Parents also can find their children's favorite brands on Facebook and Twitter for special coupons available only to followers.

Wait to buy: Just like holiday shopping, retailers often discount prices after the rush. Parents can purchase some items after Labor Day to reap savings.

Shop or swap second-hand: Clothing swaps are a popular choice to exchange gently used clothing. Additionally, second-hand retail shops, Craigslist and eBay are good options for finding trendy and brand-name gear at a fraction of the cost.

Shop tax-free: Many states offer tax-free shopping days during back-to-school seasons. Find out if your state is participating, and buy your big-ticket items then.

Include kids in the process: Many parents give their kids a budget for clothing and necessities. Kids who have to choose between blowing the budget on pricey items or stretching their dollars with sensible purchases will learn a powerful lesson about the value of money.

For more financial tips, visit www.takechargeamerica.org.

Founded in 1987, Take Charge America, Inc. is a nonprofit agency offering financial education and counseling services including credit counseling, debt management, student loan counseling, housing counseling and bankruptcy counseling. It has helped more than 1.6 million consumers nationwide manage their personal finances and debts.

1200 KIDS RECEIVE BACKPACKS AT CARIDAD CENTER'S BACK 2 SCHOOL BASH



BOYNTON BEACH, FL – Caridad Center held its annual Back 2 School Bash on Saturday, August 9th. 1200 children who are patients at Caridad Center were able to participate in the event and receive a backpack with grade appropriate school supplies inside. Caridad Center is the largest free healthcare clinic operated through volunteer providers in the state of Florida, serving the working poor and recently uninsured throughout Palm Beach County. The first Back 2 School Bash 20 years ago had about 50 kids in attendance. At this year's bash, most of the children found out their Body Mass Index (BMI). Last year's event helped 1100 children.

"This event has grown substantially. We are so appreciative of the community support that enables us to help so many children start their school year off right," Laura Kallus, Executive Director of Caridad Center said. "Scarlett Fave has done an outstanding job of organizing this event for the past twelve years."

Organizations that contributed backpacks, school supplies or funds to the event include Rothman Family Chiropractic, Bank of America, The Wellington Group, Lewis, Stroud and Deutsch, Tivoli Lakes Tzedakah Hadassah, Christ Child Society

of Boca Raton, Ascension Lutheran Church of Boynton Beach and Brown and Bigelow. Individuals supported the event, as well.

About Caridad Center

Caridad Center is the largest free healthcare clinic operated through volunteer providers in the state of Florida, serving the working poor and recently uninsured throughout Palm Beach County. More than 400 doctors, dentists and other medical professionals donate their time and provide services valued at over \$2.3 million a year. Caridad Center provides 26,000 patient visits each year, bypassing costly emergency room visits, which saves Palm Beach County taxpayers an estimated \$4.8 million annually.



In addition to medical services, Caridad Center provides college scholarships, baby supplies, crisis intervention services, back-to-school supplies, and the adopt a family program during the holidays.

In 2013, Caridad Center was named South Florida Business Journal Non-Profit Business of the Year.

Caridad Center is located at 8645 W. Boynton Beach Boulevard in Boynton Beach. For more information about the center, call 561-737-6336 or visit www.caridad.org



events calendar

SEPTEMBER 1-30

Pottery Classes — Mon-Fri. Cloud House Pottery, Artist Alley. \$40. 561-862-9222

Pickleball - Delray Beach Community Center. - Tues., Thurs., Fri. 9-1pm. Pompey Park Community Center - Daily 8:30-11:15am, Fri. 6-8:30pm, Sat. 1-4pm \$2. 561-243-7250, mydelraybeach.com

FRIDAY • SEPTEMBER 5

The Wine Wave - Emerging Spanish Wine Tasting. 6 pm Buy any 4 bottles and your tasting is FREE! \$10/pp 900 E. Atlantic Ave #3 in Delray Beach 561-276-2076 wineontheave@gmail.com www.facebook.com/thewinewave

Art Walk in Downtown Delray - 6-9pm - Stroll throughout downtown Delray Beach featuring special artist showings, jewelry, entertainment, receptions and more at over 14 Fine Art Galleries in Pineapple Grove District and along Atlantic Ave. 561-243 1077, downtowndelraybeach.com/events

Arts Garage presents Elsten Torres 8pm - Latin Pop - \$25-35. 561-450-6357, artsgarage.org

FRIDAY - SUNDAY SEPTEMBER 5 - 7

Main Draw USTA Summer Smash Sectional Championships -presented by The Venetian® Las Vegas hosted by City of Delray Beach Delray Swim & Tennis Club. Competition in the Boys & Girls 12's, 14's, 16's and 18's divisions. Free admission to watch at the Delray Beach Tennis Center. 561-243-7360

SATURDAYS SEPTEMBER 6, 13, 20, 27

Savor Our City Culinary Tours: "Taste Atlantic Ave" 3 hour historical walking food tours in Delray Beach. Includes signature tastings from 5-7 stops. \$65pp www.SavorOurCity.com - (800) 979-3370. Denise Righetti - C.F.O. (Chief Foodie Officer) - 954-410-3177 FB:www.facebook.com/SavorOurCity Twitter: @SavorOurCity

SATURDAY • SEPTEMBER 6

Authors Academy - Murder on the Beach Bookstore- The Authors Academy Writing Workshops for Tomorrow's Authors. Everyone Judges a Book By Its Cover. A great cover attracts buyers. Learn what works for ebooks, hardcovers, paperbacks, and audio, and what doesn't. Instructor: Victoria Landis, Alias: Mitzi & Mack. \$25 per person. 561-279-7790, FLauthorsacademy.com.

Arts Garage Presents Markus Gottschlich - 8pm - Jazz \$25-35. 561-450-6357, artsgarage.org

SUNDAY • SEPTEMBER 7

Jazz Along The Intracoastal — 12 — 4pm. A series of free, outdoor concerts featuring music by Love 94 Smooth Jazz radio. Veterans Park, 561- 243-7252, mydelraybeach.com/parks-and-recreation

MONDAY • SEPTEMBER 8

Chiefs, Pawns & Warriors - 2pm — Retired New York City firefighter Ron Parker will speak about his book Chiefs, Pawns & Warriors, a true life recount of his story on September 11, 2001, that unforgettable day in American history. Delray Beach Public Library, 561-266-9490 delraylibrary.org

ARTISTS ALLEY

OPEN STUDIOS & GALLERIES

THURSDAY, SEPTEMBER 18 • 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

MONDAY - FRIDAY • SEPTEMBER 8 - 12

Feed My Community — The 2nd annual food drive returns to south Florida this fall. Donations go to Boca Helping Hands, CROS Ministries, Jacobson Family Food Pantry and the Palm Beach County Food Bank. To find out where to drop your donations go to www.feedmycommunity.net

TUESDAY • SEPTEMBER 9

Art Workshop: Perspective for Artists — 9am — 4pm -\$165 In this one-day workshop, artists at all skill levels will better understand and be able to master perspective in their drawings. Instructor: Ralph Papa. Delray Beach Center for the Arts. delraycenterforthearts.org

Chamber of Commerce Contacts & Cocktails -5:15-7pm at TAP Global Beer Collection. \$10 in advance, and \$15 at the door, you'll enjoy cocktails, conversations and culinary delights. Non-members \$20. 561-278-0424, patty@delraybeach.com

WEDNESDAY • SEPTEMBER 10

Lifelong learning Institute Special Event: The 2014 Midterm Elections: Analysis, Predictions & Historic Perspective. Presented by Dr. Robert Watson - \$20 in advance; \$25 at the door. Delray Beach Public Library. Delraylibrary.org 561-266-9490

Culinary Tour of Atlantic Ave. "Savour Our City" event. Visit several stops in 3 hours. 6:00pm Eat, Drink, Enjoy. Details at JustAskPriscilla.com

THURSDAY • SEPTEMBER 11

Free Open Readings —6:30pm to 8:30pm. Literary gathering for all writers of fiction, nonfiction and poetry. Come to listen or sign up to read from an original work (published or unpublished). Participants read for 10-15 minutes. After all readings are completed, there is a short open discussion. Call 212-677-4278 to sign up to read. Walk-ins welcome. The second Thursday evening of the month, September through June. Delray Beach Center for the Arts Cornell Museum. Delraycenterforthearts.org

THURSDAYS • SEPTEMBER 11 & 25

Steel Drum Cruise - 7-9pm. Tickets are \$25 per person and include our 2-hour sunset cruise with live entertainment. Delray Yacht Cruises, 561-243-0686, delraybeachcruises.com

FRIDAY • SEPTEMBER 12

Sushi & Stroll — 5:30-8pm — Experience and explore the Japanese Gardens with a cold drink in hand. Morikami Japanese Gardens, 561-495-0233, www.morikami.org/sushiandstroll

The U.S. Army Field Band Jazz Ambassadors - 7:30pm; free. This community concert will offer an evening of exceptional jazz by the internationally-acclaimed Jazz Ambassadors, the United States Army's premier touring jazz orchestra at the outdoor pavilion. Delray Beach Center for the Arts - Outdoor Pavilion. 561-243-7922, DelrayArts.org

FUN FRIDAYS Happy Hour at Mastino!

Discounted prices 5 to 7 PM. Professionally Hosted, Always a Great Crowd!

25 NE 2nd Ave. PINEAPPLE GROVE IN DELRAY BEACH

SATURDAY • SEPTEMBER 13

Fish Printing at Morikami- 12-3pm. Free with paid admission. Learn to make a Gyotaku, or traditional Japanese fish print. 561-495-0233, morikami.org

Ride and Remember Historic Trolley Tour - 10:00 a.m. - 12:00 p.m. You're invited to climb aboard The Spady Cultural Heritage Museum's popular, monthly "Ride & Remember" Trolley Tour and enjoy the interactive, personalized stories of Delray Beach's interesting origins and development. When you board the "Ride & Remember" Trolley Tour, the history of Delray Beach comes alive! Illustrated with colorful stories of the personalities and happenings that influenced the growth of the city, the tour does more than relay facts — it draws the riders back in time. \$20 per person. At the Spady Cultural Heritage Museum, 170 NW 5 Ave in Delray Beach. 561-279-8883 - Charlene Jones, Museum Director. www.spadymuseum.com/trolley-tours

SUNDAY • SEPTEMBER 14

Booksigning - 6pm. Reed Farrell Coleman will speak and sign Robert B. Parker's Blindspot \$26.95. Murder on the Beach Mystery Bookstore. Murderonthebeach.com

WEDNESDAY • SEPTEMBER 17

Focus on Women presents Stylicious- Networking & Everything from Day to Night. 5:30-7:30pm - \$25 in advance, \$35 for future members & at door. Join us and celebrate summer at the Delray Beach Club: networking, vendor tables, a fabulous fashion show presented by students of Lynn University, food, drinks and prize drawings! 561 278 0424, patty@delraybeach.com

SEPTEMBER 1-30

Shark Feeding - Tues-Sat - 10:30am, Sun1:30pm- \$4 per-person ages 3 and up. 561-274-SAND (7263), sandowayhouse.org

Alligator Feeding —Wed & Sat 1:00pm. \$4 per-person ages 3 and up. 561-274-SAND (7263), sandowayhouse.org

MONDAY • SEPTEMBER 1

Unity of Delray Beach Nutrition Classes— 1:30-2:30pm. Nutrition for Your Best Energy, Weight, Mood and Life! Unity Church of Delray 561-276-5796.

WEDNESDAY • SEPTEMBER 3

The Southern Handcraft Society, Pineapple Grove Chapter, Delray Beach, will hold its monthly meeting at the Senior Center at Veterans Park. The center is located on Atlantic Avenue at the Intracoastal. We start at 7 pm with dessert first. Email Madeline at mhinken@gmail.com for further information.



Advantage Golf Cars

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events calendar

THURSDAY • SEPTEMBER 18

Savor Our City Culinary Tours: "Pineapple Grove"
3 hour historical walking food tours in Delray Beach. Includes signature tastings from 5-7 stops. \$65pp - Www.SavorOurCity.com - (800) 979-3370. Denise Righetti - C.F.O. (Chief Foodie Officer) - 954-410-3177 Twitter: @SavorOurCity FB:www.facebook.com/SavorOurCity

How Dogs Make a Difference in People's Lives — 2pm. Delray Beach Public Library. Join author Jo Jo Harder for a fun afternoon discussing one of America's favorite pets. 561-266-9490, delraylibrary.org

SATURDAY • SEPTEMBER 20

Live Cooking Demo — 1pm - The Olive Taste will host cooking demo. Free. Reservations recommended. Call 516-266-3228 or info@theolivetasteofdelray.com.

International Coastal Cleanup — 8am — 10am - Sandway House 142 S. Ocean Blvd. 561-274-SAND (7263), sandwayhouse.org

Brew Bus Brewery Tour - 12-5pm- \$50/pp - Includes Bus and tastings at 3 breweries. Limited to 20 people. The Wine Wave: 561-276-2076, wineontheave@gmail.com

The Wine Wave - Brew Bus Brewery Tour - 12pm-5pm - Includes Bus and tastings at Due South Brewing in Boynton Beach, The Funky Buddha Lounge in Boca, and Saltwater Brewing in Delray. A \$50 ticket price includes a tour at each facility AND everyone's first pint paid for at each brewery as well. The bus will also come fully stocked with complimentary Brew Bus Brewing beers and water to enjoy by everyone in between brewery stops. Limited to 20 people. - \$50/pp 900 E. Atlantic Ave #3 in Delray Beach 561-276-2076 wineontheave@gmail.com www.facebook.com/thewinewave

SUNDAY • SEPTEMBER 21

Sunday Sleuths Book Club — 3pm. The club will discuss Six Years by Harlan Coben \$9.99. Murder on the Beach Mystery Bookstore. Murderonthebeach.com

TUESDAY • SEPTEMBER 23

Delray Beach Chamber of Commerce Strategic Business Planning —11:45-1pm- \$10. Learn how to take your business to the next level with Strategic Planning experts Michael Greene and Roger Hietbrink of Taunton Hill Consultants; a one hour seminar teaching you skills you can use immediately to improve your business results. 561 278-0424, teri@delraybeach.com

WEDNESDAY • SEPTEMBER 24

Delray Speaks - 7-8 pm. \$5. A community forum dedicated to exploring relevant topics about culture, history, identity and heritage. Spady Cultural Heritage Museum 561-279-8883, spadmuseum.com

SATURDAY • SEPTEMBER 27

Family Splash Games — 12:00 — 3pm — Pompey Park Fun and exciting aquatic games like Water Basketball, Underwater Hockey, Watermelon Relays and more. 1101 NW 2nd Street. Contact Pompey Park Pool, 243-7358

SATURDAY • SEPTEMBER 27

Dancers with No Boundaries - Event that brings hundreds of professional dancers and artists together to help inspire and move our community towards helping a humanitarian cause. NTB Dance Studio 561-706-3498, ntbdance.com

The Wine Wave - Collector Series IV Tasting - \$50/pp. A unique opportunity to taste some of the most sought after, highly rated wineries, from selected vineyards. Gourmet food, and desserts included. Buy any 6 bottles tasted, and your tasting fee is waived! An evening not to be missed. Limited to first 18 people. - 6pm - 900 E. Atlantic Ave #3 in Delray Beach 561-276-2076 wineontheave@gmail.com www.facebook.com/thewinewave

THURSDAY • OCTOBER 2

The Women's Fellowship at Church of the Palms is inviting the community to join them for a spaghetti dinner on at 6:00 pm in their Friendship Center. The meal includes spaghetti & meatballs, salad, bread, beverage and dessert. We believe in sharing meals with people is the best way to meet and make new friends. There will be live music to accompany this wonderful time. Kids aged 6 to 12 are \$2 and adults are \$5 per person. There is a maximum cost of \$12 per family. Children 5 and under eat FREE! Please invite your family, friends and neighbors. For further information, contact Linda Kempes at 561.276.6347. Church of the Palms Congregational, UCC - 1960 N. Swinton Ave. in Delray Beach www.churchofthepalms.net

EXHIBITS:

Through September 28

School of Creative Arts Showcase - Monday-Friday, 9:30 am — 4:30 pm; Saturday, 10 am-3 pm; free admission. Admission: \$5; children under 6 free. Delray Beach Center for the Arts / Cornell Museum of Art & American Culture at Old School Square. 561-243-7922, DelrayArts.org

Through October 11

Artists Mixed Media- with Artists Barbara Newsom, Karen Rabin, & Arlene Harper. Delray Beach Public Library. 561-266-0798, delraylibrary.org

September 4 - November 16

Florida Watercolor Society 43rd Annual Exhibition. Tuesday-Sunday, 10am — 4:30 pm; closed Monday and major holidays. Admission: \$5; children under 6 free. This juried exhibition includes nearly 100 outstanding works in watercolor created by top Florida artists. The exhibit coincides with the Society's annual conference. Delray Beach Center for the Arts / Cornell Museum of Art & American Culture. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. 561-243-7922, DelrayArts.org

October 18 - November 10, 2014

The Armory Art Center, Montgomery Hall, 1700 Parker Avenue, West Palm Beach (561) 832-1776 will host artists from the National League of American Pen Women: "Eclectic Collections" — a diversified mix of award-winning art pieces. www.bocapenwomen.org Opening Reception: Friday, October 17, 2014. 6-8pm.

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

library calendar

CALENDAR OF EVENTS • SEPTEMBER 2014

Wednesday, September 3, 10, 17 & 24
at 11:30 a.m. — Socrates Café — Weekly discussion group presented by Claire Drattell & Don Clare

Thursday, September 4, 11, 18 & 25
from 1:00 — 4:30 p.m. — Empowerment Zone

Saturday, September 6, 13, 20 & 27 at 10:00 a.m.
The Writer's Studio: Every Saturday morning
Contact Howard Gleichenhous 561-638-7251

Monday, September 8 & 22 at 10:00 a.m. - Craft Series
Quilting Bee presented by Karen Pugh & Linda Bouvier

Monday, September 8, 15, 22 & 29
from 1:00 — 4:30 p.m. — Empowerment Zone

Monday, September 8 at 2:00 p.m.
"NYC Firefighter Ron Parker's 9/11 Memoir
Chiefs, Pawns & Warriors presented by Ron Parker

Monday, September 8, 15, 22 & 29 at 5:15 p.m.
Got Gaming? presented by Young Adult Librarian Loanis
Menendez-Cuesta

Tuesday, September 9 at 6:00 p.m.
Evening Book Group —The Sense of an Ending by Julian Barnes
presented by rotating book group leaders

Wednesday, September 10 at 3:00 — 4:30 p.m.
Lifelong Learning Community Institute Special Event
"The 2014 Midterm Elections: Analysis, Predictions & Historic
Perspective" presented by Dr. Robert Watson
Cost = \$20 in advance, \$25 at the door

Thursday, September 12 & 26 at 10:30 a.m.
Craft Series - Knit 'N Purl presented by rotating facilitators

Monday, September 23 at 1:00 p.m.
Afternoon Book Group: The Free World by David Bezmozgis
presented by Librarian Kathleen Hensman

ART EXHIBITS

Through October 11 — "3 Artists Mixed Media"
Artists Barbara Newsom, Karen Rabin, & Arlene Harper



FREE COMPUTER WORKSHOPS Registration Required — call 561-266-0196

September 2	Beginning Computers	2pm
September 3	Internet	2pm
September 9	Email	2pm
September 10	Word	2pm
September 12	eBooks	2pm
September 16	Powerpoint	2pm
September 17	Excel	2pm
September 23	Publisher	2pm
September 24	Facebook	2pm
September 26	iPad	2pm

Sign up at Reference Desk
Classes meet in 2nd floor Technology Center

DELRAY BEACH CITY DIRECTORY
Delray Beach City Hall
100 NW 1st Avenue
Delray Beach, Florida 33444
www.mydelraybeach.com

General Information
(561) 243-7000

Emergency 9-1-1

Non-Emergency
(561) 243-7800

Citizen Service Requests
(561) 243-7012

City Manager's Office
(561) 243-7010

Utility Billing
(561) 243-7100

Water/Sewer Maint.
(561) 243-7312

Parks & Recreation
(561) 243-7250

Municipal Golf Course
(561) 243-7380

City Clerk's Office
(561) 243-7050

Jobline
(561) 243-6201

PBC Animal Control
(561) 276-1344

Police Department
(561) 243-7888

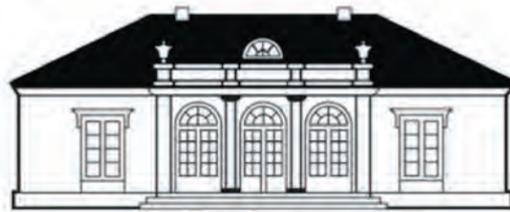
Fire Department
(561) 243-7400

Delray Beach Newspaper
the PINEAPPLE

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Boca Raton family brings fitness challenge to Delray Beach

The First Responders Challenge will help build new wellness center for Place of Hope at the Haven Campus

Delray Beach-Boca Raton, FL – Fitness is a family affair with the Campbell-Held crew. On most days, a majority of the Boca Raton family can be found in a retrofitted warehouse in Delray Beach that is now the training facility for CrossFit Dimensions.

Laura Campbell-Held is mother to CrossFit Dimensions Co-owner Matthew Campbell, 26, and mother-in-law to Matt's wife, co-owner Rebecca, 25. Laura's second son, Tyler, 25; and daughters Kaley, 22, and Carson, 20, also work out at their brother's gym, alongside their father, Brian Campbell. Brian is often joined by his wife, Lillian Campbell, and their daughter, Linda, 17.



Kaley Campbell, Tyler Campbell, Laura Campbell-Held, Matt Campbell

Although Laura and Brian are no longer married, the core and extended family remains tied together through exercise – a passion that they plan to share with area foster children.

Laura is the founder of Angel Moms, a support and volunteer organization for the new Place of Hope at the Haven Campus in western Boca Raton. As part of her role, she organizes fundraisers for the campus, which is being renovated to be home to foster children and young people who age out of the foster care system. Current renovations include adding a wellness/art/education center to the campus that will feature a fitness component for the kids, said Lisa McDulin, project manager for Place of Hope at the Haven Campus.

At 8 a.m. on Sept. 27, Laura and her family will present the First Responder Team Challenge hosted by CrossFit Dimensions, 240 SE 2nd Avenue, Delray Beach. During the fitness event, teams, including local firefighters, police officers, military and EMTs, will compete to bring more attention to the needs of Florida's foster children. One hundred percent of registration fees and other on-site fundraising efforts will benefit Place of Hope at the Haven.

"Our kids have always worked out. They were in every sport since they were four years old, so this is a natural extension of our lives," Laura said. "One of the things that people like about working out here is the family atmosphere. It becomes a social thing for many of our members."

On July 29, Place of Hope at the Haven Campus cut the ribbon on its first completely renovated cottage, the Genesis Boys' Cottage. Angel Moms played a crucial role in making the single-family home a beautifully outfitted living space for seven boys and their full-time foster parents.

"Raising children in a loving, nurturing environment is foundational to creating a solid community, so we are truly appreciative of the family support given to us by friends like the Campbell-Held family," said Place of Hope. **Continued on page 4**

TIME TO FLY Aerial Yoga Classes at Defy Gravity Yoga



By Nicole Danna
The Pineapple Staff Writer

It's time to fly – at least at Delray Beach's newest yoga studio, Defy Gravity Yoga. Here, the yoga world has been turned upside down – literally – thanks to a unique approach to helping students achieve success in mastering traditional yoga positions.

Think of it as yoga, but with a slight twist. Known as aerial yoga, it's often touted for helping to increase flexibility, strength, and proper spine alignment. At Defy Gravity, students use a fabric hammock made from 100 percent silk suspended from the ceiling to help move their body into different yoga poses.

Although it can seem intimidating to beginners, the use

of the hammock actually allows less experienced yogis to opportunity to achieve simple poses, says owner Lisa Midlarsky. No previous aerial, acrobatic, or yoga experience necessary.

But what makes it different? According to Midlarsky, this innovative form of yoga has multiple benefits beyond basic yoga practice. The most important: body decompression through inversion therapy. During the class, you're either partially- or fully-supported by the hammock, depending on the pose and your level of comfort.

"And it's fun," she adds. "This is a place where you can truly let go of all your stress and worries. The hammock is so relaxing."

Midlarsky, who is also an instructor, opened Defy Gravity in the city's downtown area last October. **Continued on page 10**

Better Breathing Salt Suite Offers Salt Therapy

By Nicole Danna
The Pineapple Staff Writer

There's a new salon in Delray Beach, and the idea behind it is one that sets it apart from others in the area.

Riot! founders Kate LaFleur and Patricia Kelly -- both Delray Beach residents -- are the creative force behind Riot!, a salon that represents a new business model for beauty salons.

How? Riot!, located a few miles outside downtown Delray Beach at the corner of Lake Ida Rd. and N. Congress Ave., isn't your traditional salon. Rather, it's a community of like-minded stylists that "lease" part of the communal, lounge-like space in order to cater to their unique client base.

"We wanted the community feel of a salon, with the freedom of being an independent stylist. So many places that offer rentable space are small and confined. It's just you and your box. We envisioned something different," said Kelly. "It didn't really exist anywhere, so we decided to open our own."

Part of the business plan meant choosing a space with an



out-of-the-fray location, said LaFleur, whose fiancé and part-owner, Jeremiah Ayers, helped to develop the concept.

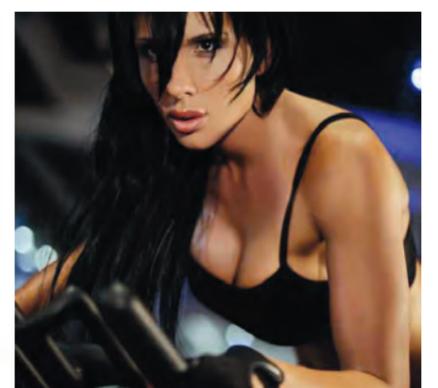
"We want to cater to the people who live here year round, and don't want the hassle of getting through downtown to get to their appointment," added Kelly.

The concept is part of a recent industry phenomenon in which independent stylists lease suites in a specially-designed spaces that promote the community feeling of a traditional salon, without any limitations or restrictions. It's a model that is fast gaining traction in the \$40 **Continued on page 15**

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THE NEW FAD: Being in the Present

If you're a subscriber to new age way of thinking or get bombarded with positive feel good quotes on social media, then you most likely have heard the term "stay in the present". This expression is widely used and encourages people to focus on the now. The reason being, when we leave the present and focus on the future or the past, we are essentially losing the only thing that is real...the now.

That being said, why do we, as humans, constantly find ourselves thinking about the past or the future; why did this or that happen, "I'll be happy when I get to here", "if only I would have done _____", and my all-time favorite "I'll do it tomorrow". Almost everybody finds himself or herself dipping in and out of memories and future ambitions; as there doesn't seem to be any segregation towards participants. Rich, poor, educated, the not so bright, all find themselves thinking of days gone by, and what is to come.

So if we all seem to naturally gravitate toward the past and future, why the big push toward being in the present? Despite how diluted the messages of The Buddha has become, while being showcased on flatware and bookshelf ornaments at Pier One, being in the present is the only way to live a fruitful life. Regardless of how much we enjoy our memories and future predictions, in order to keep the past, present future cycle going, we need to be aware of the moment and make the most of it.

One way to look at it, is the present moment is all three in one. Past, present and future simultaneously happening all at once, allowing you to create a memory, and even create your future. What you do now has a huge effect on the future and past you. Whoa, that is a lot to take in! However think about the now in terms of time. You may have heard the expression "time is precious", but is it really? What is so

precious about time? It either has happened or it hasn't. What is truly precious is the now, and what we are doing with the present moment. Every second that passes is either a second we are aware, or a second we were not.

"OM"

WASN'T BUILT IN A DAY

by David James



A famous Zen story explains this present moment awareness. The student asks the master "what is enlightenment?" the master responds, "wash up your dish". We take this simple exercise of washing the dishes for granted. Most of us are on autopilot and just going through the motions, doing things mechanically. Yet this simple exercise shows us that so many of the things we do in life end up on autopilot. Our entire existence can become mechanical if we let it. We just cruise through life with our head in the clouds. We have to re-engage with life and experience life and all it has to offer by being in the moment and enjoying the process. We can find happiness and joy in doing almost anything, even in something that seems mundane. The pleasure can be found in the awareness of doing and witnessing each moment for what it is, at its most basic level.

So when your mind reverts to past mistakes, just remember this too shall pass and become a memory. When your mind goes off to the future with goals to accomplish, you should acknowledge that what you do right now is your future. The past only exists right now in your mind; the future only exists right now in your mind. So take a look at your surrounding and jump on the present bandwagon. Now is the time...oh wait now is the time. You get the point...this is life baby.

Namaste.

You can come see David teach his Power Vinayasa Flow class at the "United States of Fitness" on Pineapple grove Wednesdays at 7:30-8:45p and Sundays 12:00-1:30pm Davidramoy@gmail.com

Camp Gladiator celebrates grand opening in Downtown Delray Beach



Delray Beach resident and instructor, David Acosta has officially brought Camp Gladiator to Downtown Delray. Camp Gladiator South Florida hosted a grand opening celebration on Thursday, July 31 with a ribbon cutting ceremony hosted by the Delray Beach Chamber of Commerce at Veterans Park on Atlantic Avenue in Downtown Delray. Following the ribbon cutting ceremony, guests participated in a 30-minute outdoor bootcamp and proceeded to Deck 84 immediately following the workout for a social hour.

Camp Gladiator, created by NBC's American Gladiator Grand Champion Ally Davidson, is a four week adult fitness boot camp that has become the fastest growing and most dynamic fitness program in the nation. Campers receive a total body workout including interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more. The camp, designed for all ages and fitness levels, increases functional strength, speed, stamina and, most importantly, to deliver results. Over four-weeks, trainers focus on accountability, competition, motivation, and fun at multiple locations.

Classes are currently offered in downtown Delray Beach on MWF at 5:30 AM at Veterans Park and MW at 6:30 PM at Old School Square (Pineapple Grove). Class offerings will be expanding come the month of September. Multiple classes are offered throughout South Florida, for more information visit campgladiator.com/southflorida or facebook.com/cgbocadelray




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International Manatee Day Set Sept. 7th

In honor of International Manatee Day, and to heighten public awareness about this endangered species, Save the Manatee Club reminds Floridians and visitors to the Sunshine State to watch out for manatees on the crowded waterways and also be equipped to help protect the slow-moving marine mammals.



The Club produces free bright yellow waterproof boating banners with the message, "Please Slow: Manatees Below." Displaying the banner helps alert other boaters to manatees in the area. Free shoreline property signs, weatherproof boat decals, and waterway cards that feature manatee protection tips in English, French, Spanish, and German, are available, too. The Club also produces a family-friendly outdoor sign to teach the public "manatee manners" and help stop manatee harassment. The signs are distributed to state, municipal, and county parks; marinas; and other sites where human/manatee interaction can be a problem.

"We have a wide variety of programs, both in America and in other countries manatees inhabit," says Patrick Rose, Save the Manatee Club's Executive Director. "We continue to

expand our programs which include funding more rescue, rehabilitation, and release efforts in the U.S. and abroad, advocating for the strongest possible protection measures for both endangered manatees and their aquatic habitat, and continuing to raise public awareness with the Club's free outreach materials."

Rose explains that one of the Club's most pressing tasks right now is to ensure manatees are not stripped of their current federal endangered species protections. "The Pacific Legal Foundation, representing anti-manatee interests in Crystal River, Florida, filed a petition earlier this year with the U.S. Fish & Wildlife Service to change the status of the manatee with the goal of rolling back much-needed protection measures, despite very high manatee mortality over the last several years. Last year alone, 17% of the known population died in a single year from all causes. Even with their current protective status, manatees continue to die in vast numbers in Florida's dangerous waters – just imagine how much worse it would be if protection measures were lifted. Together we must resist efforts to prematurely delist the manatee because this is about political rather than scientific reasons."

Save the Manatee Club is an award-winning international nonprofit conservation organization in operation since 1981 when it was co-founded by singer/songwriter Jimmy Buffett and Bob Graham, former Florida Governor and U.S. Senator. It is the recognized worldwide leader in manatee education and conservation efforts.

For more information on endangered manatees, the Club's Adopt-A-Manatee® program, or to sign up for the Club's free e-newsletter, visit the Club's website at savethemanatee.org. Also, look for "Manatee Protection Tips for Boaters" on the Club's website at savethemanatee.org/boatertips.htm.

Follow the Club using Twitter twitter.com/savethemanatee, Facebook facebook.com/savethemanateeclub and Pinterest pinterest.com/SaveTheManateeC/.

CROSSFIT CHALLENGE - continued from Health Section page 1

Hope Executive Director Charles Bender.

For Matt and Rebecca, this is the first major event for their young business, which opened in February 2014 and is one of only two Crossfit facilities in Delray Beach. The husband-and-wife team is well grounded in entrepreneurship and fitness – Matt is a graduate of Florida State University with a degree in business, and Rebecca has a degree in exercise science from Florida Atlantic University and was the FAU 2012 Student Athlete of the Year.

"There is an unspoken benefit to working out with family. You go through the same suffering together; you're experiencing the same thing at the same time; it's really empowering," Matt said.

ABOUT CROSSFIT DIMENSIONS

Opened in 2014, Crossfit Dimensions is a new training facility in Delray Beach, Florida that offers fun and challenging workouts, led by certified trainers. Co-owners Matt and Rebecca Campbell are local success stories who want to share their love of fitness with members and help them reach their highest levels in all 10 dimensions. Learn more at www.crossfitdimensions.com or call 404-304-0170.

ABOUT PLACE OF HOPE AT THE HAVEN CAMPUS: After 36 years of serving more than 1,000 foster children, The Haven's Board of Directors selected Place of Hope to carry on its mission and to steward its assets and resources in 2013. With locations in Palm Beach

Gardens, West Palm Beach and Boca Raton, Place of Hope is a faith-based, state-licensed child welfare organization that provides family-style foster care (emergency and long-term); family outreach and intervention; maternity care; safety for domestic minor sexually trafficked victims; transitional housing and support services; adoption and foster care recruitment and support; hope and healing opportunities for children and families who have been traumatized by abuse and neglect. A south county expansion of the Place of Hope organization and services, Place of Hope at the Haven Campus is located at 21441 Boca Rio Road, Boca Raton. For more information, contact Lisa McDulin, special projects manager, at 561-483-0962 or visit www.hopeatthehaven.org.

EVENT DETAILS

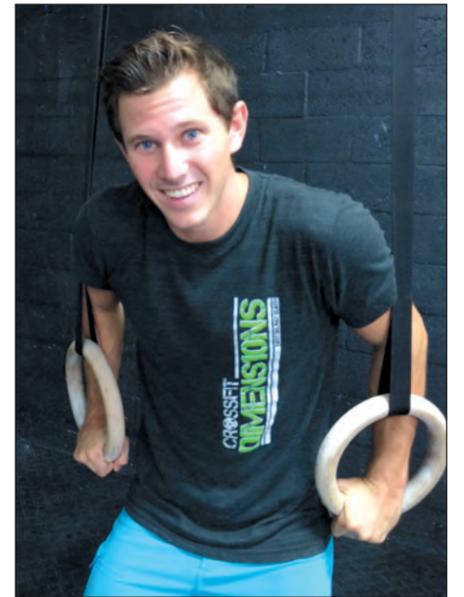
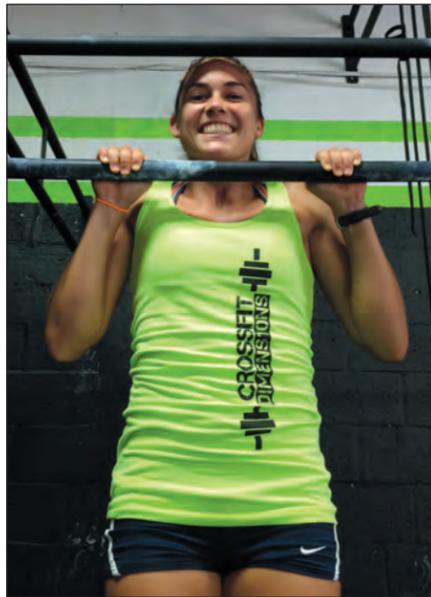
What: First Responder Team Challenge, hosted by CrossFit Dimensions

When: Check-in, 7 a.m.; first heat, 8 a.m.; Saturday, September 27, 2014

Where: Crossfit Dimensions, 240 SE 2nd Avenue, Delray Beach, FL 33444

Benefiting: Place of Hope at the Haven Campus, a campus for 24-7 foster care in western Boca Raton

Register at www.hopeatthehaven.org, beginning Aug. 1, 2014. Cost: Individual is \$75; three-person team is \$225. For more information, call 561-483-0962.



Co-owners Rebecca Campbell and Matt Campbell of CrossFit Dimension

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ASK THE HEALTH GURU Your Local Guide to Living Your Healthiest Life

By Devin Burke
Special to The Pineapple

Q: I have a really tough time eating healthy because I eat out often. Can you give me some tips for eating healthier when dining out?

A: I'd be lying if I told you that eating healthy at restaurants is easy. Unfortunately, most food and even "clean" food is really not healthy when ordering or dining out. But there are a few tips to know about when eating healthier while dining at restaurants. Let's start with the obvious first. Choose a healthier restaurant over one you know will have limited healthy options. If that's not an option, there are two main things to consider...portion control and how the food is prepared.

Portion Control

Most restaurants serve huge portions of food. Either ask for a smaller portion when ordering or have them box up half of whatever you're eating to be eaten later as a snack or meal.

Avoid the breadbasket, ordering multiple courses, and drinking alcohol with your meal.

Food Preparation

How your meal is prepared greatly depends on how healthy it is. Even healthy food can quickly become unhealthy if it's prepared with a ton of oil, butter, salt, and sugar. Let's say you go to a seafood restaurant and order baked salmon. Often restaurants will load the salmon with butter. In this case you could order the salmon and ask for it to be prepared with minimal butter/oil. The best way to eat cooked food is either baked, broiled, grilled or steamed. Watch out for sauces -they usually are loaded with salt and sugar. That

being said, a part of being in balance is eating the things you enjoy once in a while but if you eat out often use the above tips to do it smart.

More Expert Tips:

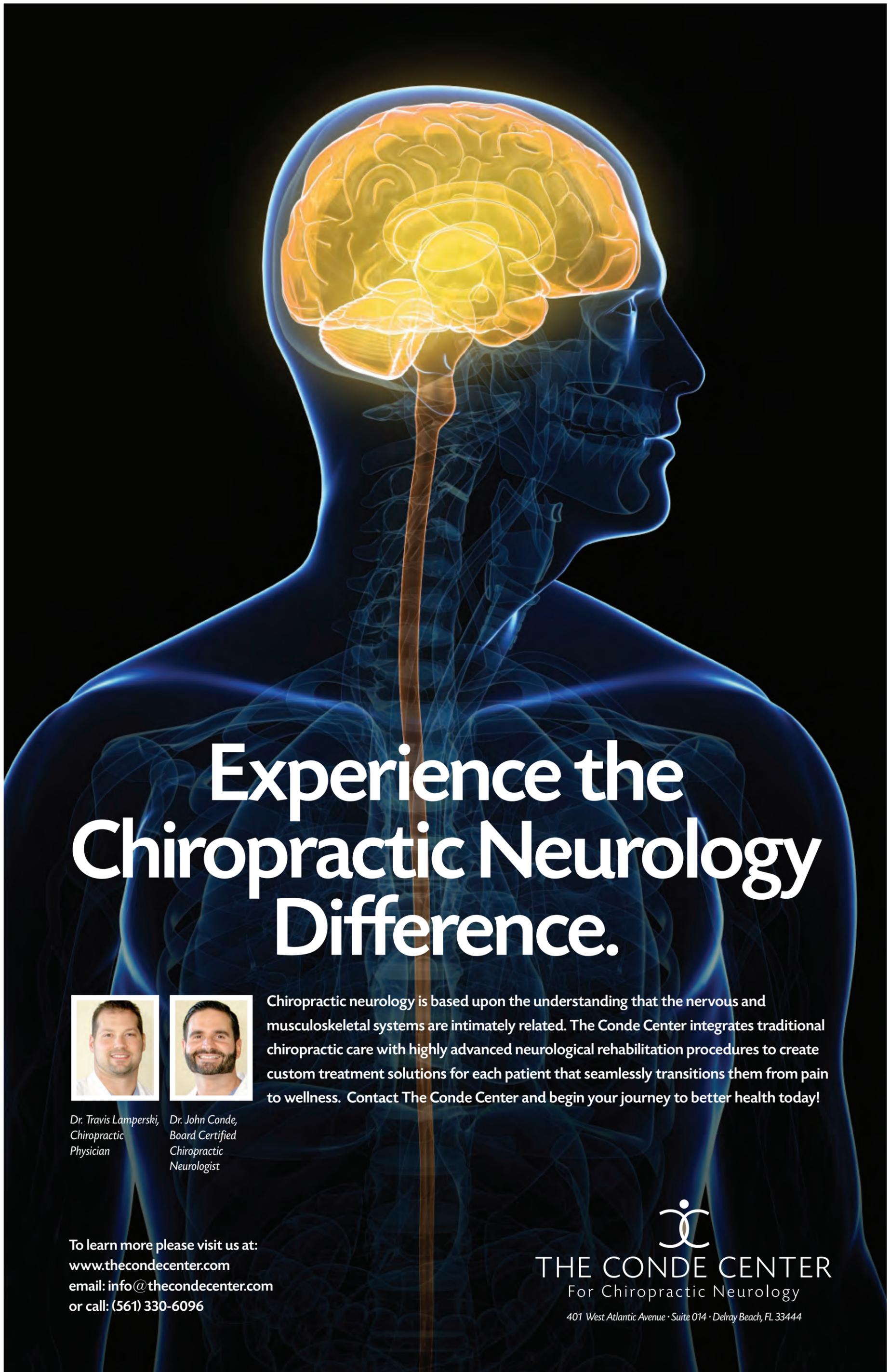
- Try combing healthy sides. Choose a couple of healthy sides and add a salad.
- Ask for dressing and sauces on the side (usually loaded with sugar and fat) or choose vegetable based sauces and dressings
- If you know your options are going to be very limited consider preparing and eating something healthy before you go out and just having a small portion when out with friends, lunch meetings etc. Good luck!

Healthy Restaurant Finder Web Resources:

www.sustainabletable.org
www.eatwellguide.org
www.happycow.net



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 **briefs**

The Gift Of Life invites you to a Funtastic Family festival

BOCA RATON, FL – Gift of Life Bone Marrow Foundation (www.giftoflife.org) will host Funtastic, A Family Festival on Saturday, September 6th from 4-8 p.m. at Fountains Center, 7000 West Camino Real in Boca Raton. Tickets are \$10 per person (children 2 and under are free), and all proceeds benefit Gift of Life.

Activities will include a juggler and a world-class comedy magic show, with a finale by Bobby from Balloon Masterz, who will perform his escape act from inside a giant balloon. Additional interactive activities include wearable balloon creations for kids, strolling puppeteers, face painting, bounce houses, games and crafts for children. Tickets can be purchased and the show schedule can be found at www.giftoflife.org/tickets. All activities are included with the price of admission; food and beverage costs are additional.

“While Gift of Life is serious about our mission to find matches for people needing bone marrow transplants, we wanted to showcase what we do in a fun way that will appeal to people of all ages,” said Jenna Hernandez, Gift of Life’s Event Planner.

For more information, call 561-982-8000 or visit giftoflife.org.

About the Gift of Life Bone Marrow Foundation:

Headquartered in Boca Raton, Gift of Life Bone Marrow Foundation is a 501©3 non-profit organization dedicated to saving lives and facilitating bone marrow and blood stem cell transplants for patients with leukemia, lymphoma, and other blood-related diseases. Ranking among the top international bone marrow registries in the world, Gift of Life’s mission is to find a match Anytime. Anywhere. For anyone.

Gift of Life currently maintains a growing registry of over 230,000 volunteer donors and has facilitated more than 2,700 transplants

for patients in need. For more information on Gift of Life, call 1-800-962-7769, or visit www.giftoflife.org, [Facebook.com/giftoflife](https://www.facebook.com/giftoflife), and [Twitter.com/GiftofLife](https://twitter.com/GiftofLife)

Pediatrician recently hosted back to school open house and school supply giveaway in Palm Springs

Pediatrician Dr. Armando Gonzalez and his staff hosted a Back to School Brunch and open house event at Tenet Florida Physician Services (TFPS), 3713 S. Congress Ave. in Palm Springs, FL. Parents had the opportunity to schedule a \$20 school physical, pick up a bag of school supplies to help their children start the year strong and enjoy a meet and greet with Dr. Gonzalez and his TFPS colleagues Dr. Carmen Torres and Dr. Luis Castillo. Dr. Gonzalez and his TFPS staff



(above) - Dr. Armando Gonzalez gives William Perez a backpack with school supplies at the open house event for his Palm Springs, Fla., practice. Dr. Gonzalez, a pediatrician with TFPS, gave out the backpacks and hosted a back to school brunch and school supply giveaway to help students start the school year strong.

(below) - Dr. Armando Gonzalez gets ready to cut the ribbon on his new pediatrics office with TFPS in Palm Springs, Fla.



also participated in a ribbon cutting to open his new practice to the Palm Springs community.

Practicing medicine as a pediatrician, Dr. Gonzalez specializes in newborn to adolescent care. His areas of interests are child development, health and wellness promotion, adolescent health, allergies/asthma management and pediatric skin disorders. He is certified by the American Board of Pediatrics and is currently on-staff at St. Mary’s Medical Center and Palm Beach Children’s Hospital in West Palm Beach. Dr. Gonzalez is also a member of the American Academy of Pediatrics. He has nearly 25 years of experience.

Dr. Gonzalez completed residencies in the Department of Pediatric Education at the Sancti Spiritus Pediatric Hospital in Sancti Spiritus, Cuba and Memorial Health University Medical Center at the Mercer University School of Medicine in Savannah, Georgia. He received his medical degree from the Higher Institute of Medical Sciences in Villa Clara, Cuba. Dr. Gonzalez previously practiced at a primary health care group in Savannah and a medical group practice in West Palm Beach. He is bilingual in Spanish and English.

Crohn’s & Colitis Foundation of America invite shoppers to stock up on arm candy in support of finding a cure

PALM BEACH, FL. – The Crohn’s & Colitis Foundation of America’s Florida Chapter is proud to announce they will host an in-store shopping event at Alex and Ani in Palm Beach (150 Worth Avenue, Suite 119) on Friday, October 17, 2014.

The event, which will take place from 6:00 – 8:00 p.m., will provide guests the opportunity to stock up on stylish bangles in support of finding a cure for the digestive diseases that affect more than 1.4 million Americans in the United States.

“We are incredibly excited to partner with Alex and Ani to host this fabulous event,” said Katie Keohane, executive

director of the Crohn’s & Colitis Foundation of America’s Florida Chapter. “Crohn’s disease and ulcerative colitis are chronic digestive disorders of the intestines. These illnesses are collectively known as inflammatory bowel diseases, or IBD, because many of their symptoms and complications are similar.



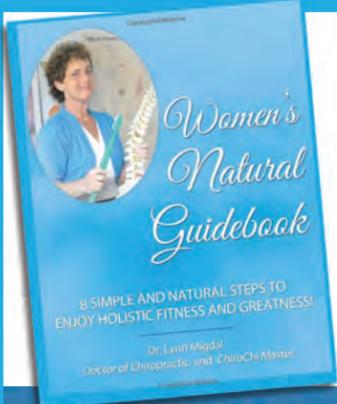
There are approximately 30,000 new cases diagnosed each year and the disease is especially on the rise in children and teens. Awareness is key in diagnosing and caring for IBD and events such as this help us to raise funds to support research to find a cure. We hope the community will join us!”

There is no fee to attend this event. 15% of all sales from the event will be donated back to CCFA’s Florida Chapter and will support the Take Steps Walk happening at City Place in West Palm Beach on Saturday, November 8, 2014 beginning at 3:00 p.m.

For additional information on the Foundation, please visit www.cdfa.org/florida or call (561) 218-2929.

Electrophysiologist joins Tenet Florida Physician Services

WEST PALM BEACH, FL – Dr. David Weisman, a board-certified and fellowship-trained cardiac electrophysiologist, has opened his practice on the campus of Good Samaritan Medical Center in West Palm Beach. Dr. David Weisman is a member of the Tenet Florida Heart & Vascular Network and is on-staff at both Good Samaritan and Palm Beach Gardens Medical Center. Dr. Weisman is certified by the American Board of Internal Medicine in clinical cardiac electrophysiology, cardiovascular disease and by the Certification Board of Nuclear Cardiology. As an expert cardiac electrophysiologist and heart rhythm specialist, he specializes in



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-Ann Hathaway

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briefs


Tenet Electrophysiologist Dr. David Weisman

device implantation and comprehensive electrophysiology studies including elucidating, diagnosing, and treating the electrical activities of the heart.

Dr. Weisman's areas of focus include implantation of pacemakers, implantable cardioverter defibrillators (ICD), cardiac resynchronization therapy (CRT) devices, loop recorders, subcutaneous ICDs, percutaneous lead transvenous extraction (including laser lead extraction), diagnosis and treatment of supraventricular tachycardia (SVT), complex ablation including atrial fibrillation and ventricular tachycardia.

Prior to joining TFPS, Dr. Weisman was the director of cardiac electrophysiology at a private practice cardiology group in Jacksonville, Florida. He also served as medical director of the electrophysiology laboratory at Orange Park Medical Center in Jacksonville Florida.

Dr. Weisman completed extensive education and training in cardiac electrophysiology, cardiovascular diseases, nuclear cardiology, and internal medicine. He attended Mount Sinai School of Medicine in New York City and completed his internship and residency in internal medicine at Wake Forest University in Winston-Salem, North Carolina.

Dr. Weisman has conducted research as the primary investigator on four separate cardiac electrophysiology studies. He has also written an abstract and given several presentations as a speaker on electrophysiology and has done research on internal medicine that was published in a peer reviewed journal. Dr. Weisman has been practicing medicine since 2004.

Free Medicare counseling offered to seniors in Boca Raton

BOCA RATON, FL – Elders, their caregivers and family members who have questions or concerns about Medicare and related health insurance topics have a new place to turn. The state's SHINE program (Serving Health Insurance Needs of Elders) has opened a counseling site at The Volen Center located at 1515 W Palmetto Park Rd in Boca Raton.

SHINE is a volunteer program of the Florida Department of Elder Affairs that empowers elders to make informed decisions about their health care coverage. Specially trained volunteer counselors provide information and assistance at counseling sites across Palm Beach, Martin, St. Lucie, Indian River, Okeechobee counties.

As part of the many programs offered locally through the Area Agency on Aging, SHINE provides free unbiased guidance through educational materials and health insurance counseling. The new site at The Volen Center will allow the program to reach more community members who may benefit from the services that many residents are not currently aware of.

SHINE, through a network of dedicated volunteer counselors, strives to help seniors understand and receive the health insurance coverage they need. Every day SHINE volunteers answer questions regarding topics such as Medicare, Medicaid, prescription assistance, and more.

To make an appointment for counseling at the new SHINE counseling site, or to receive other assistance by phone, call the Helpline toll-free at 1-866-684-5885. More information on SHINE is also available online at www.floridashine.org.

Bella Reina Spa announces the July Spa Membership winner, Maria Rongione

Delray Beach's Bella Reina Spa announced their July sweepstakes winner, Maria Rongione. When asked why she likes day spas, Rongione replied, "I have only been to a spa a couple of times. Currently I am pregnant with my first child and having the opportunity to be able to go to a spa during my pregnancy is a blessing."

Rongione, just like winners before her, chose a stress-reliever spa massage for her first service. "The massage was wonderful, very relaxing and peaceful," she commented. She also went on further to say, "I have a Facebook account and checking in at the spa, posting pictures of pampering myself, and making all my friends jealous would be awesome!"

The sweepstakes contest offers winners a 3-month Bella Club Membership with their choice of a spa facial, spa massage or spa manicure & pedicure. The spa membership, which starts at \$69 a month, was introduced in May with outstanding response. The spa member can choose one or all three depending on their membership level.

"Every winner is special, but to find out she was pregnant and how much this meant to her made her winning so perfect," said Kinsey Harris, VP of Marketing and Sales for Bella Reina Spa. For more information on the sweepstakes or a spa membership, contact the spa at 561-404-7670 or email info@bellareinaspa.com.

Thirty-year-old deaf service center gets makeover, new name

WEST PALM BEACH, FL – Deaf & Hearing Resources of Palm Beach County, Inc. is the new name of the former Deaf Service Center, a 30-year-old nonprofit dedicated to serving the Deaf and hard-of-hearing community. Along with its new name and branding, the agency announces expanded offerings, a new approach to customer excellence, innovative programs, and a 30th anniversary celebration on December 5th, the actual date the agency opened its doors in 1984.

"The sign for applause is waving hands in the air," said Executive Director Lisa Bruna, "and, believe me, there's a lot of that going on around here as we celebrate daily victories in all corners of our freshly updated center. Our wonderfully talented team members have been winning over clients with a new energy as well as new and exciting offerings, from ASL classes to Deaf social events and self-advocacy life skills workshops, to hearing health programs that enlighten, empower, excite, and educate," Bruna said.

Visitors to the newly named Deaf & Hearing Resources center will soon be treated to a walk-through of the Sound Suite, a state-of-the-art technology living room that gives customers a real-time experience of a home that's equipped with a variety of assistive listening devices that can help manage hearing loss. Sound Suite guests will enjoy

hands-on demos of amplified TV systems, emergency and non-emergency alerting systems, specialized phones, pocket talkers, bed shakers, lamp flashers, smoke detectors, and other innovative devices.

The Sound Suite is scheduled to open in late November 2014, followed shortly by what Director of Outreach & Programming Beth Wagmeister calls "the agency's most exciting event of the year." Wagmeister said, "We're thrilled to host a public showing of No Ordinary Hero: The Superdeafy Movie as our 30th anniversary fundraiser to honor the many ways this agency has served the Deaf community over the years and to celebrate all the new ways we plan to celebrate Deaf culture in the next 30." The movie, starring John Maucere with Academy Award-winner Marlee Matlin, is about a deaf actor playing a superhero on television who looks beyond his cape to influence a deaf boy to redefine what being "normal" means.

More new changes – which will include specialty programs for children and teens in addition to signature offerings for adults and seniors – will be rolled out in the coming months as the agency continues refining its new image and solidifying its reputation in the community. Deaf & Hearing Resources programs, staff and board information remains available on the www.deafservicecenter.com web site as the new www.mydhr.org site is being built. Facebook fans can follow the agency at www.Facebook.com/HearWellPBC.

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- Former Associate Professor, Department of Cardiovascular and Thoracic Surgery, University of Texas Southwestern Medical Center, Dallas, TX
- Residency, Fellowship and Research Fellowship - The Johns Hopkins Hospital, Baltimore, MD

Dr. Bethea is on staff at Delray Medical Center.

For more information about Dr. Brian Bethea visit www.DrBrianBethea.com

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Sciatica... Exploring cutting edge treatments and addressing misconceptions

By **Dr. John Conde**
Special to The Pineapple

A shocking 80 % of all Americans will experience low back pain at some point in their life. Its epidemic status continues to grow and sufferers seek the most cutting edge approaches to not only ensuring relief but also restoring function. Quite often individuals may also develop associated thigh or lower leg pain termed sciatica.

The clinical term sciatica requires clarification. Sciatica simply means "pain in the leg". It does not mean that the sciatic nerve has been "pinched". In fact, the sciatic nerve is not involved in most cases of thigh or gluteal pain because it does not supply sensation from this area.

What Is The Cause Of Sciatica?

Sciatica can be caused by irritation or trauma to nerve roots within the spinal canal or to peripheral nerves outside of the canal anywhere from the pelvis to the lower leg. Space occupying lesions within the spinal canal such as a bone spur, disc herniation, congenitally narrow canal, infection, metastasis, or mass can be the causative agent. Outside of the canal we find the instigators to be a femur head fracture, incorrectly placed intra-muscular injection, fixation of the sacroiliac joint, and primary bone cancer of the pelvis.

The two most common and least diagnosed causes are facet joint syndrome and piriformis contracture. Facet joints help to guide motion of the spine letting us bend forward and back and side to side. They also relieve some of the weight bearing burden of the rest of the spine. Quite often they are irritated due to an injury, arthritis, or misalignment. This irritation produces referred pain into the gluteal region and back of the thigh.

Piriformis contracture occurs when the piriformis muscle tightens and shortens for a prolonged period of time compressing peripheral nerves that provide sensation from the gluteal region and thigh. The tightening can occur due to repetitive use such as is seen in runners and tennis players, injury, and misalignment of the pelvis. The pain pattern is typically represented as severe buttock pain and mild thigh pain.

How Is It Diagnosed?

A comprehensive neurological and orthopedic examination should be performed checking reflexes, strength, sensation,



Dr. John Conde

posture, gait, muscle tone, and evaluating pain production from different positions. X-rays help to narrow down the diagnosis. Further imaging studies such as MRI and CT should only be necessary after a lack of improvement from conservative treatment or a progression of symptoms.

Cutting Edge, Conservative Treatments

The treatment of sciatica is aimed at removing the cause and restoring proper function to the area. Cutting edge maneuvers such as eccentric fast stretching and cross cord inhibition focus on reducing tension in tightened and shortened muscle and joint capsules. Chiropractic manipulations focus on removing the irritation and restoring proper motion in the facet joints.

Flexion-distraction therapy helps to reposition some of the herniated material and increase the overall health of the disc. Neurophysiologic rehabilitation of the part of the brain that directly controls the tone of the deep spinal muscles helps to create stability in the spine. Lastly, a proper nutritional assessment should be made to promote an anti-inflammatory diet.

Dr. John Conde is a Board Certified Chiropractic Neurologist, one of only one thousand in the country. He holds diplomate status through the American Chiropractic Neurology Board. He provides specialized care for difficult cases of back-neck pain, numbness-tingling, vertigo-dizziness balance disorders, fibromyalgia, migraines, AD/HD, autism, and dyslexia. His office is located at the Atlantic Grove in Delray Beach, FL and can be reached at (561)330-6096, drconde@thecondcenter.com, and at www.thecondcenter.com

The Doctor is ALWAYS In

New pediatric membership model provides 24/7 access to the doctor

BOCA RATON, FL – All across the country, we're seeing more and more "concierge" based medical offices pop up in mostly larger cities, providing a fee-based membership program for healthcare. These new practices, often called "direct care," "concierge," or "boutique" medicine, severely limit the number of patients in the practicing, and offer exclusive benefits like house calls, no wait times, and longer appointments.

While concierge medicine is becoming a widespread phenomenon in adult medicine, it's rare to find this type of care for pediatrics. Chad Rudnick, M.D., has recently launched Boca VIPediatrics, the first membership-based model for pediatric care in the area, offering house calls, 24/7 access to the pediatrician by phone, text, email, and even facetime.

"Unfortunately, kids don't always get sick Monday through Friday from 9-5," says Dr. Rudnick. "Because of the nature of the practice, parents can text me pictures or videos of rashes or coughs, and often times, I can make a diagnosis on the spot to start a treatment plan faster." Rudnick continues, "The reason you typically don't see pediatric-based concierge practices is because of the different style of care needed in pediatric medicine. Children need to visit the doctor more often, receive vaccines, etc., and very

few pediatricians have found a membership-based model that works for this type of care."

With a patient base "a fourth the size" of a traditional pediatric practice, the annual membership fee for Dr. Rudnick's practice, Boca VIPediatrics, is all-inclusive of all sick & well visits, vaccines, and 24/7 access to reach the doctor whenever you need him.

Dr. Rudnick, formerly of Miami Children's Hospital, set out to open a pediatric practice akin to a personalized, mid-century doctor, a style in which he describes as "old-fashioned service, combined with modern medicine."

Newborn visits are always conducted as his patient's home, so a post-partum mommy never has to worry about taking her newborn out of the house. When the office closes for the day, patients have his personal cell phone number to call, text, or email in case of an after-hours illness.

But is concierge medicine only for the rich and famous? Studies suggest direct primary care are growing at a rapid pace, and can often help to save money. "The statistic is that one in five children ends up in the E.R. every year. If I can help to save an E.R. visit by making myself available to my patients after-hours, the annual membership fee has paid for itself," explains Rudnick.

With annual membership fees based on the child's age, Dr. Rudnick compares the costs to "a Starbucks latte per day, or a monthly cell phone or cable bill."

Boca VIPediatrics is located at 5458 Town Center Road, Boca Raton, FL 33486.

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Backpack to school!

By Dr. Marilyn Shore
Special to The Pineapple

It's September and the beginning of the new school year. I go into any store and see a variety of backpacks in assorted colors and they all appear very large. In order, I imagine, to lug around all those heavy books, assorted notebooks, computers, cell phones, etc. on one shoulder or the other, and occasionally on both. Most kids have to lean so far forward, because if they didn't, they'd probably fall backwards!

I went through this with my daughter, and I actually still do. I just don't see it, because she's away at college. Until technology completely takes over and you only need a tablet, it's imperative that steps are taken to assure good posture, and minimal strain on the spine, and thus, nervous system.

A heavy backpack is a repetitive trauma on the spine. All kinds of trauma, whether physical, chemical or emotional, can all affect spinal health. The reason it is so important to get and keep your spine in alignment is that, when it is not, your central nervous system can be severely affected.

People relate the spine to just back pain, but the nerves that come out between the vertebra of the spine go to all the organs, tissues and cells of the body. If there is any pressure on these nerves, or if there is too much, or too little nerve flow, a subtle or large short circuitry can occur. This can cause an imbalance or dis-ease in the body and eventually turn into a disease. Thus when children come into the office, or anyone for that matter, I not only check their posture, but also all their vertebra for misalignments.

Most people, including children, have these misalignments. Imagine not brushing your teeth or having them cleaned for the first 30 years of your life? What would your teeth look like? Probably rotten or full of cavities. But because we can't see the spine, we assume all is ok, especially if we don't feel it.

Often you can't feel a cavity, or even cancer, but you wouldn't think of not taking action to try and correct the problem. By correcting these spinal misalignments and releasing the pressure on the nerves, life can flow again to start healing you from the inside out, naturally.

Recently a patient came in for mid-back pain. We treated it and his hearing dramatically improved! He didn't even tell me he had a hearing problem, but when nerve pressure was released, his hearing could function better.

So reduce stress on your children's spine by lightening that pack, and make sure to get their spine checked for misalignments. That's what a chiropractor does. It could not only save their backs, but their lives!

Please feel free to call the office if you'd like any further information, or check out our website at www.shorechiro.com.

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ADIO,
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Dr. Marilyn Shore welcomes you to Shore Chiropractic. For more info visit the website at www.shorechiro.com, or call her office at 561-278-2727.

Inspirit fundraiser offers chance to win renowned Baldwin BJ-120 upright piano

WEST PALM BEACH, FL – Individuals and organizations are invited to participate in a raffle to help support Inspirit, a Palm Beach County non-profit that brings the gift of music to people who are suffering or isolated from society. The grand prize is a Baldwin BJ-120 upright piano with a retail value of \$7985.

Tickets are \$100 each, and only 88 will be sold. The raffle drawing will be held at Chafin Music Center in Lake Worth on December 11th at 6:00. The winner will be notified (if not present) the following day on December 12th.

To purchase tickets for yourself or in honor of your local organization of choice visit the Inspirit website at www.inspiritlive.org or contact Ginny Meredith at 561-670-4537. The last day to purchase is December 10.

Inspirit is a Palm Beach County non-profit that sends talented musicians to nursing homes, cancer care facilities, children's hospitals and other places to help lift the spirits of those they serve.

The organization was founded in 2001 by Lake Worth resident Ginny Meredith, who witnessed firsthand the healing power of music when she was undergoing chemotherapy treatment for breast cancer. "I found that the chemo was almost worse than the cancer," recalls Meredith. "A friend made a tape for me, with some of my favorite songs, and I listened with headphones the next time I went



in for treatment; and everything just seemed better somehow." With that experience, the idea behind Inspirit was born.

No room for a piano? No problem!

If an individual doesn't have room for a piano, or perhaps already owns one, they can purchase a raffle ticket in the name of their church, local school or favorite charity. "It's

a beautiful instrument," says Meredith, "and would make a wonderful addition to any home, church, charity or school."

The raffle drawing will be held at Chafin Music Center in Lake Worth on December 11th at 6:00. The winner will be notified (if not present) the following day on December 12th.

Do you have a heart murmur?

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At Delray Medical Center, we are dedicated to providing patients access to some of the latest cardiac treatments through our Valve Clinic. Our board certified physicians are specially trained to perform innovative valve procedures designed to repair or replace the aortic valve. The patient is seen by a cardiovascular surgeon, who works with the patient's personal physician, to develop a treatment approach based on the patient's individual characteristics. This collaborative approach also helps the Valve Clinic team facilitate a smooth transition back to the patient's personal physician for care after the visit and treatment.

Care Coordination

Our patients are taken care of in a single day, instead of multiple appointments with several specialists. Your visit to our Valve Clinic includes evaluation by the cardiovascular surgeon, review of prior diagnostic studies and additional testing if necessary. Our patient navigator will work with you and make all necessary appointments for the visit to help ensure you receive personalized care.

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TIME TO FLY – cont. from page 1

Here, she teaches this special style of yoga alongside several aerial yoga certified instructors at her studio located at 88 SE 4th Ave.

“It’s a new type of yoga, and truly anyone can do it. By nature, I’m not that flexible, but when I started aerial yoga I was able to get into positions that I couldn’t previously,” said Midlarsky, who was a yoga instructor for the Boca Raton and Delray Beach area for several years prior to opening her own studio. “The first class I ever took, I fell in love.”



Midlarsky stresses that, unlike many yoga classes, beginners are welcome at any class at Defy Gravity. During each one-hour class, students are given a few minutes warmup and then follow an instructor through a series of poses. Newbies, don’t fear: the instructor will often walk the classroom, ensuring everyone has the proper assistance into more challenging poses, or suggesting more challenging poses for those skilled yogis that are more comfortable in the swing. Soft music plays in the background amid the sounds of laughter and quiet chatter.

“This isn’t your typical yoga class; this is all about having fun, and letting go of stress and anxiety,” says Midlarsky.

Looking for a special treat? Defy Gravity offers one-on-one private sessions, and can schedule group classes for special events. To book a class or inquire about private sessions visit the website. Right now, Defy Gravity is offering an introductory special for new clients. Buy a single \$20 drop-in class, and you’ll receive your second class free.

Defy Gravity Yoga is located at 88 SE 4th St. in Delray Beach. Visit defygravityyoga.com for more information.

SWEAT YOUR WAY TO HEALTHY SKIN

By **Ronna L. Clements**
The Pineapple Contributing Writer

Many of us don’t realize that if we don’t sweat our skin becomes congested which leads to dryness and inflammation – not a happy place to be.

The health of our skin greatly depends on the body’s ability to sweat; a natural form of detoxification we take for granted. Toxins from foods and our environment accumulate inside the body’s cells and tissues and if they are not eliminated, our skin and body become loaded with toxic waste. Our skin begins to feel dry and look dull, while aging accelerates. On the far end of the toxicity scale, some of us will start to develop skin conditions such as pimples, rashes and even dreaded skin cancers.



The best defense our body has against toxic accumulation is sweating. Getting our bodies to engage its natural sweat mechanism through physical exercise is the healthiest and most beneficial way to detoxify the skin.

The second biggest threat to your skin aside from not sweating is investing in lotions and creams that always fall short of expectations. Chemically made products that

are not 100% natural only add more toxicity by blocking the skin’s oil ducts through their poisonous ingredients, thus suffocating the skin. Continual use of man-made products can actually cause permanent damage to our beautiful skin.

I am going to let you in on a little secret about a product that I use on my skin every day. It comes in a glass jar, costs as little as \$8.99, and is 100% from nature. What is it?

Its coconut oil.

Coconut comes from a vegetable source and is free of pesticides and chemicals. It is easily absorbed and its molecular structure gives the skin a soft texture. Coconut Oil has a very positive effect on all the tissues of the body especially the connective tissue.

Healthy connective tissue gives the skin elasticity and when we start to lose it, the skin begins to sag, wrinkle, and becomes leathery. As such, the use of coconut oil is a natural anti-aging practice for the skin.

Pacific Islanders use an abundance of coconut oil. They not only put this oil on their skin, but they eat a lot of coconut, as well. They are relatively free from degenerative diseases and Polynesians have very healthy skin even though they are exposed to very hot sun and a steady stream of salty ocean air.

For those who live in Florida where exposure to hot sun and the ocean is a daily occurrence, this oil is especially good for you!

Of course, eating the right combination of foods, practicing the right forms of exercise and remaining consistent in eliminating daily toxins are all critical to having healthy skin. As a living health advocate for over 20 years, I’ve personally experienced the benefits of practicing good nutrition, detoxification through sweating and the use of coconut oil on my skin.

Through my education, travels, and personal experiences, I have come into contact with some of the most forward-thinking individuals in the field of Natural Health. My passion to learning the truth about good health, along with my personal dedication to optimal living, continues to help countless individuals navigate the breadth and depth of wellness information through my writing and consulting practice.

I hope I’ve shown you two simple ways to create healthy and beautiful skin – by sweating and the use coconut oil!

Ronna Clements is a Natural Health & Wellness Innovator who has been helping people lead healthier lives for over 25 years. She is a graduate of Springfield College and holds a Bachelor of Science degree in Exercise Physiology. Ronna is also a Certified Specialist in Cellular Regeneration & Detoxification, Advanced Colon Hydrotherapy and Iridology from leading International Schools.

Ronna resides in Delray Beach and can be reached at: ronnaclements@aol.com or 561-632-9187 www.theprogrambyronna.com

No Excuses



By **Ashley Sica**
Special to The Pineapple

Often hear people talk about wanting to be fit, healthy and in shape but then soon after hear their reasons as to why their not. Not enough time in the day, no motivation, traveling...there will always be obstacles!

Let this be the month where there are NO excuses. Surely, having an optimal fitness level isn’t always easy but it is sure is worth the effort in the long run. Here are some tips to help overcome some of the “excuses” that I commonly hear.

1. “I don’t have enough time”

A one-hour workout is 4% of your day! Not so bad when you look at it in those terms. I find great success in working out early in the morning before my day starts. It’s one less task that I have to worry about.

If early morning workouts aren’t for you, maybe a mid-day workout would be best on your lunch break. Find what time works best for you and stick to it. You will never regret working out, but you will regret missing it.

2. “I travel too much”

These days little to no equipment is needed for a sufficient workout.

If you’re traveling and the hotel doesn’t have a gym, workout in your hotel room or go for a quick run if it permits. I have written many “hotel” workouts for my clients while they are traveling for work or vacation. If you don’t have a personal trainer to write your workouts get creative and write your own.

Think bodyweight exercises- squats, pushups, lunges, dips, etc. Make sure to get your workout in at the beginning of your day to ensure it gets done. As far as nutrition goes when you’re traveling, always pack healthy snacks with you such a fruit, nuts and protein powder. If you will be having an extended stay in a hotel, make sure there is a refrigerator in the room and hit the nearest grocery store to stock up on healthy snacks.

3. “I have no motivation”

Motivation comes from within, so dig deep and find it. Grab a friend who has like-minded fitness goals and workout together. Having someone to hold you accountable is very valuable. Have a dress you’d like to fit into? Hang it somewhere where you’ll see it everyday.

Set small goals for yourself that are attainable. Once you reach these goals your motivation level will increase. It takes time to see results but once you do I can assure you that your motivation level will skyrocket. Give yourself at least 8 weeks to see any noticeable changes.

I challenge you to take the no excuse stand and push yourself. Get up an extra hour earlier and start your day off with a workout. On your next trip or vacation set a goal of getting a certain amount of workouts in. Make it a point to eat healthy when traveling.

Set a vision for your health and motivate form within. Don’t let silly obstacles stand in your way and just remember if looking and feeling fabulous were easy, everyone would be doing it!

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



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Understanding the current DRUG EPIDEMIC Part 2 of 2

By Dr. Raul Rodriguez
The Pineapple Contributing Writer



The addiction disease process is not a fixed, but rather a fluid and evolving process. The concept of having a “drug of choice” can be misleading at times. Individuals who are addicted certainly have one or more “drugs of choice” for given periods of time, but this can change for a few different reasons. A common scenario is when individuals will change drugs if their primary substance becomes too difficult or expensive to get. Often this forced change is to a substance that is even worse than the original, deepening their addiction and further strengthening the machine.

A recent example of this is the pill-mill debacle. Rapid proliferation and poorly regulated control of the pain centers led to a flooding of the drug market with pain pills. These pills were clean, prescription grade, accurately pre-measured (reliable mg weights of active ingredients), can be taken by mouth of desired, and for the most part legally available by prescription.

Pain pills are far less scary than a dirty looking baggie of heroin with a needle, which facilitated experimentation by people who otherwise would never have tried this type of drug. More and more people became addicted as poorly run pain centers continued to open up and distributed enough pain pills to export to other states.

Eventually, at least in Florida, strict regulations were put in place that shut this all down and drastically reduced the amount of pain pills available even for legitimate pain patients. This caused the street price of pain pills to skyrocket and people with opiate addiction could no longer afford them. A great many shifted over to heroin, which initially was cheaper.

With heroin the addiction worsened greatly, eventually became more expensive, and through the use of needles led to a resurgence of HIV and Hepatitis. The need for drugs, due to the unrelenting disease process of addiction, had to be fed and greedy people were there to feed it. The Addiction Machine wins again.

The Addiction Machine usually wins. This is a harsh reality that we must accept if we are going to truly understand what exactly is happening and come up with meaningful interventions.

The way the State of Florida handled the pill-mill crisis was actually not incorrect; it was just incomplete. The unscrupulous pain centers (not to be confused with well run pain centers that practice good medicine, which actually exist) had to be shut down and shut down quickly. This part was handled effectively. The problem was that the progression of the Addiction Machine was not well accounted for. Somehow people thought that just eliminating the pain centers would eliminate the drugs to abuse.

The Machine is unrelenting though and

somehow finds a way to worsen the situation in the wake of a major attempt at making things better.

Potential interventions that could have been undertaken at the time but were not include a massive educational campaign, decreased restrictions on Suboxone prescribing (current laws limit how many patients a given doctor can have on the highly effective Suboxone, including specialists), and improved insurance coverage of addiction treatment (insurance companies have actually greatly cut back on addiction treatment coverage, even with a worsening epidemic). This could have redirected more people into treatment to get off of drugs rather than just switch onto something even worse.

It is unclear still if the government has realized these public health consequences. Given that the legalization of Cannabis appears imminent (again driven primarily by greed, the very lifeblood of the Addiction Machine), the opportunity for a lesson learned appears doubtful. The sad reality is that if we wait for government to protect us from this epidemic, it will be too late for at least one person that we know and possibly even love.

Short of a global zombie apocalypse, there may never be a “solution” that would completely stop the Addiction Machine. Two of the perks of a civilized society, the freedom to be greedy and seek instant gratification, will forever enable the Machine to continue grinding forward.

We can educate ourselves, however, as well as the ones we love. Widespread education and social awareness has the potential to greatly slow the progression of the epidemic. If the negative impact of narcotic use was as widely and openly discussed in social circles as something far less dangerous such as gluten or food preservatives, then we would see a change.

The gluten thing (which I actually understand because I too am gluten intolerant) has reached a level of social awareness that many restaurants now make gluten-free versions of many of their most popular dishes. Social awareness in the era of social media has that kind of power. So maybe you should “like” this article on Facebook, post about it, and help spread the word.

Dr. Rodriguez is the founder and Medical Director of the Delray Center For Healing, a comprehensive outpatient treatment center specializing in the treatment of depression, anxiety, bipolar disorder, addiction and eating disorders.

*Delray Center For Healing
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As part of its community partnership programs, Waste Management donated 30 floral arrangements to Abbey Delray Health Center. (From left): Ethel Edwards, Staffing Coordinator; Margie Walden; James Ransone, Director of Nursing; Dawn McCormick, Director of Communications, Waste Management; Benou Dorcin, aide; and Nylin Prudent, Assistant Director of Nursing. photo: Daryl Nobles.

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Locally made homeopathic nasal inhaler fights the common cold

By Nicole Danna
The Pineapple Staff Writer

In South Florida, the end of summer is heralded by plenty of New England snowbirds, out-of-state plates, and tourists. Which means now that fall is in the air, so are the germs. Even in warm, sunny South Florida – which won't be seeing cold weather anytime soon – we can't escape the cold and flu season.

If you're tired of popping extra vitamins and guzzling fizzy Airborne and Emergen-C tabs to keep from getting sick, Boca Raton resident Brett Jaffy and business partner Ivan Kosniak have an all-natural alternative: GermWarrior.

As CEO of South Florida-based Boca Health Remedies, Inc., Jaffy created a unique nasal inhaler that helps fight the common cold in a new way. GermWarrior uses homeopathic ingredients including lemon balm, eucalyptus, and a propriety blend of nine essential oils. The product was developed to fight airborne germs and help boost immune defenses.



The idea for GermWarrior began a few years ago, said Jaffy, when a close friend who often suffered during cold and flu season started using aromatherapy to alleviate his symptoms. After several months of inhaling aromatic plant extracts and essential oils, he realized he was no longer getting sick, said Jaffy.

"He came to me with his idea to create a similar product. We decided to go with the



inhaler, and today it has a two-fold purpose fighting airborne illness, and boosting immune defenses," said Jaffy.

Unlike similar – and ingestible – products on the market that require you to mix a drink or swallow a pill, GermWarrior delivers its active germ-fighting agents through a convenient inhalation system. Simply sniffing GermWarrior vapors into each nostril allows the essential oil-based formulation to enter the nasal passage, inhibiting airborne germs. It can be used up to six times per day, and each inhaler contains a minimum of 40 applications.

According to Jaffy, the product was created to fill a void in the vapor inhalation space.

"We believe we've created an innovative product with a simple delivery system that, aside from IV, is the best and fastest form of delivery for medicine into the body," said Jaffy. "It can't get easier than this."

The inhalant is made locally, in a Miami manufacturing facility that is USDA Organic Certified and FDA-registered drug facility operated in accordance with good manufacturing practices

GermWarrior can be found in Walgreens, and retails for \$6.99. For more information, and a full list of retailers, visit www.germwarrior.com.

5 Fitness Myths Debunked

By Sam Russell
Special to The Pineapple

Whether you are starting a new workout routine, or trying to improve on what you already do here are five of the most common fitness myths debunked.

Myth #1: Women shouldn't lift weights because it will make them bulky.

Fact: Lifting weights can actually help you to slim down and tone up. Women are not hormonally designed to build "bulky" muscles. Unlike men, women do not naturally produce enough testosterone to develop excessive muscle, therefore limiting the amount of muscle growth possible.

Also, muscle is far more compact than fat; so the more muscle you build, and fat you lose, the smaller you'll become. When lean muscle tissue increases your body will burn more calories. Muscle unlike fat is metabolically active, which means that even when you are at rest your body continues to burn calories. The more lean muscle that you have the more calories your body will burn.

For both men and women lifting heavy weight is a great way to challenge yourself, see results, and to become stronger.

Myth #2: Crunches will blast away belly fat.

Fact: They may be the most popular abs exercise around, however, crunches are not the best way flatten your tummy. Spot reduction of fat from a particular area in the body is not possible, which means doing an endless number of crunches and sit-ups won't make you lose the belly fat. Your abdominal muscles may be developed, but until you decrease your overall body fat, crunches aren't going to help you see them.

To minimize belly fat, focus on intense cardio workouts, weight lifting including core exercises, and most importantly proper nutrition.

Myth #3: The Scale is the Only Measure for Success.

Fact: When newbies start a workout regimen they tend to hit them gym then weigh themselves daily to track their progress. While the scale is a good barometer of progress, it should not be your end all be all.

There are important changes happening in your body that the scale can't measure or detect including a changing body composition. Body composition reveals the relative proportions of fat and lean mass in the body. Muscle takes up less space than fat, making you look thinner. Exercising causes you to gain muscle, and lose fat, but that fat loss won't always show up on the scale. Weighing a certain amount may be nice, but the scale does not necessarily reflect your health or how much muscle you have.

Myth 4: Low-Intensity Cardio Burns the Most Calories

Fact: The people who subscribe to this myth do hours of low-intensity cardio on the treadmill or elliptical with the idea that it is the best way to burn calories. If you are looking to lose fat by doing cardio consider high intensity interval training or HIIT cardio workouts.

HIIT stands for High intensity interval training, which consists of short sprint intervals coupled with low-moderate intensity work. An example would be a repeating a series of 30-second sprint followed by a 1-minute walk to cool down and bring your heart rate back to normal.

With HIIT, after you stop working out, your body is still burning through calories. Your resting metabolism also increases, and your body becomes more efficient at using fat for fuel.

You can still burn fat by working out at a steady pace, but it takes longer to burn both calories and fat.

Myth #5: You should always do three sets of ten reps.

Fact: This myth started in 1948 when an U.S. Army physician, Dr. Thomas DeLorme reported in the Archives of Physical Medicine that performing three sets of 10 repetitions was as effective at improving leg strength as 10 sets of 10 repetitions.

Three sets of 10 reps has become the default setting for many, regardless of individual goals and conditions. While there is nothing wrong with this especially for a beginner, the truth is there is no "best program" because each person is built different and has specific objectives to their fitness program.

To improve strength and power ACSM (American College of Sports Medicine) recommends doing eight to 12 repetitions of each exercise for 1-3 sets. To improve muscular endurance ACSM recommends 10-15 repetitions for multiple sets depending on experience. You should select a weight that you reach fatigue within the given repetition range.



Sam Russell is Co-owner and Lead Trainer of Raw Fitness, a boutique Personal Training Facility located off Federal Highway in Boca Raton, FL.

Have a Fitness Question
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Then Jack Happened



What if the Grim Reaper arrives early?

Question

Dear Jack, after a friend's recommendation, I recently went to see a lawyer about drawing up a will. We went over everything: from what assets I have, to my social media passwords, up to who will get my dog when I die. I'm in my early thirties and have two kids and a wife, but I don't know what to do, this all sounds premature so I want to leave everything to you Jack. In all seriousness, I feel like I don't care. Should I worry about this now or worry about this later? Do I have to leave everything to my wife and child?

Please keep the dog.

Answer

This issue depends a lot on where you are in life. A nineteen-year-old college student living with his parents has a lot less to worry about regarding his 'assets' than an eighty-year-old oil tycoon with forty-five grandchildren. Do you have ownership of assets beyond passwords and puppies? That matters. Aside from the assets, because you have a family it might be a good idea to try and devise a plan in case you meet your maker prematurely. That way, if you tragically fall into an industrial sized blender, you can put a plan in place to help your family manage the issues that will arise due to your untimely passing. This includes having to go through all your electronic correspondence and media to turn it off or manage it or to finance your luxurious funeral and includes many other issues.

This conversation is a little morbid, and I understand the feeling of not wanting to contemplate your death. The notion, "Screw it, I'm not going to be around, so who cares?" can be tempting, but you have to look at the bigger picture and realize that you aren't the center of the universe and the world will keep spinning long after you are gone. I'm not trying to be harsh, but being indifferent to what happens after you pass seems to be a defense mechanism to avoid the idea that you are, in fact, going to pass.

And while these questions and issues seem distant, you don't know when disaster may strike and all those little annoying questions from the lawyer will become issues that your wife and children will have to deal with in your absence, so you can look at it as trying to help them out with all the loose ends they have to tie up without you. If you can take a little time now to alleviate a trying time later for the people you love, I say do it. You don't even have to 'care', just treat it like paperwork.

Finally, you don't have to leave anything to your immediate family. You can do what you like with your possessions. Families can, and probably should, be responsibilities, so you must weigh that responsibility against your own wishes, but what's yours is yours and you should do what you think is best. If you finally decide that you want to leave everything to me, then you should probably sit down with your wife and children, once the children are adults or are old enough to properly understand the conversation, and explain your decision to them. This will give them a chance to process the situation, and ask questions. Unless you dislike them, it's better that your death not lead to a ton of unanswerable questions. It will also give them time to come up with a really good dirty limerick for your tombstone.

South Florida, you can have everything I got. I'm so sorry. Send questions, concerns, trials and tribulations to thenjackhappened@gmail.com.

Boca Brave awareness campaign launches at "Shades Of Blue" luncheon

More than 150 community stakeholders learned how they can be BOCA BRAVE at Boca Raton's Promise's (BRP) "Shades of Blue" Luncheon to kick-off its new grassroots community awareness and education campaign to break the silence for mental health by starting critical conversations at home, school, work and play. Key campaign objectives are to help reduce the stigma that prevents children and families in crisis to seek help and gain access to much needed mental health services and treatment, raise sensitivity to those in such need, support youth-focused programming, first-responder mental health first aid certification, and raise funds to maximize opportunities to ignite and sustain the vital messaging.

Onboard to learn about and advance the upbeat, youth and family-focused BOCA BRAVE campaign were a cross-section of the community, including leaders in City of Boca, Palm Beach County and state government and agencies; business; healthcare and social services; public and private school education; all Boca Raton-based universities; clergy; service clubs and other nonprofits. The luncheon program that was led by BRP Co-Founder Rita Thrasher and generously underwritten by Ted and Deborah Bernstein and Life Insurance Concepts, provided riveting insight into the current mental health challenges affecting today's community youth, what BRP has been doing since 2007 to address it, and how all those attending can support the BOCA BRAVE campaign with its branded "conversation" tools that have been created for BRP by Boca Raton-based Kaye Communications Public Relations & Marketing (KCOM).

Following program highlights via video, a YouTube presentation of the campaign's adopted anthem of the chart-topping song BRAVE performed by Sara Bareilles, attendees were asked "How Big Is Your Brave?" as they began collaborative table discussions with identified conversation starters and pledged their individual and organization support. These included commitments to host employee Lunch & Learns, register staff or members for mental health first aid trainings, invite BOCA BRAVE speakers to enlighten at organization and business meetings, underwrite a public service broadcast and print series, join a BOCA BRAVE community event committee, and more.

"Through BOCA BRAVE, we are encouraging supporters to say, sing, write, post or share the messaging in their own way," noted KCOM Chief Strategist Bonnie Kaye. "Since everyone communicates differently, the BOCA BRAVE tool kit is filled with diverse conversation starters. We chose Sara Bareilles' BRAVE to reach across generations as its upbeat music unites, encourages, and inspires while its lyrics are 'spot on'."

Since BRP has ignited collaborative support on "breaking the silence" about mental illness by underwriting the Palm Beach County Action Alliance for Mental Health and assisting initiatives in Boynton Beach, Lake Worth and Delray Beach, Thrasher noted

"It is now time for its home community of Boca Raton to 'turn up its volume' with BOCA BRAVE to become a model city on addressing this significant health issue."

For more information on the BOCA BRAVE grassroots campaign and Boca Raton's Promise initiatives, visit www.bocaratonspromise.org and click on BOCA BRAVE, "like" Boca Brave on Facebook, follow on Twitter, or call (561) 866-1850 or email bocabrave@BRPromise.org.

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Balanced mental & emotional health is key to all successful relationships

By Riana Milne

The Pineapple Contributing Writer

Just writing this article a day after the sad news of the suicide of Robin Williams, I felt it was important to talk about the warning signs of depression and anxiety; two mental and emotional health issues that can wreak havoc in both your personal life and all relationships you have within it. Williams is survived by a loving wife, and three children who adored their father.

News reports speak of an addiction issue, which of course, does change brain chemistry; as well as him having a genetic component of depression within his biological family. I am sure, friends, family and co-workers of Robin Williams not only feel the extreme loss, but question, "Could they have done something to stop this?"

Let his loss encourage us to become more informed regarding the cries for help, as well as be willing to take immediate action once we become concerned.

As your children head back to school, know the signs of depression and anxiety, and be sure to get them professional mental health counseling with a therapist who has child/adolescent experience if you are worried, and especially if they ask to talk to someone.

Guidance Counselors at school are overwhelmed with academic issues; if a SAC (Student Assistance Counselor) is present within the school, they will work along side of the Licensed Mental Health Counselor (LMHC) you choose outside of school. When a child is upset, this is a "Family systems" issue; not just a child's concern.

Today's student has a ton of peer pressure to fit in and feel accepted. Social media and text messaging add even more fuel to the bullying fire. Be aware, and seek help.

If your teen is angry and hostile, shut down, isolates from friends or family, says they feel sad or hopeless, is tired and can't (or over) sleeps, stops activities they once enjoyed, their school performance suffers, they act out for attention, appears to be high or using drugs, has signs of cutting, has somatic complaints, is questioning their gender, sexual preference, or acting out sexually, is purging/vomiting food or barely eats, or speaks of wanting to hurt or kill themselves – don't take any of this lightly; get help immediately! These are clear signs of emotional or transitional distress or a mental health disorder.

In adults, men commit suicide almost four times that of women; accounting for 79% of US suicides (WebMd). Often, substance abuse problems and co-occurring other mental disorders complicate the problems of clinical depression; which includes trouble sleeping and eating, profound sadness and loss of interest in most activities one used to enjoy.

Get immediate help for those who have constant thoughts (or talking) of death or suicide, are giving away possessions or preparing for death or who start taking extreme risks. Often a family history of suicide, violence, parental substance abuse, sexual abuse, or mental disorders such as

schizophrenia, severe anxiety or bipolar (manic-depressive) is present in the primary family. Incarceration and chronic pain can also lead to a deep depression. A recent transition; such as loss of a marriage or partner by death or break-up, a job loss, a stressful legal issue, huge financial loss, or birth of a child – can all bring on severe depression and anxiety.

My Relationship Coach

There are many types and signs of anxiety, but some include panic attack, shaking, heart palpitations, fear of loss or of a certain thing (bridges, elevators), loss of control or dying, irritability and anger outbursts, difficulty concentrating, disturbed sleep, and more.

Anxiety could come as social phobia, obsessive-compulsive disorder, posttraumatic stress disorder (witnessing a tragic event that involved death or serious injury – or their response involved great fear, horror, or helplessness), substance induced anxiety; or that from a medical disorder.

Signs of both depression and anxiety can start appearing in very young children. Parents and teachers have to watch for the various signs. With adults, one partner suffering from any of the aforementioned disorders can create instability relationships across the board – with spouse, children, co-workers, friends, and extended family.

There are many natural remedies to consider which may lessen the symptoms, as well as prescribed medication which has shown to be highly successful. The bottom line is – don't stand by and just watch and wonder if your loved one is okay.

Step up, ask questions, gather other support systems, get informed, and get professional help. We cannot waste one more life to the act of suicide.

Riana Milne, MA, LMHC, CAP, SAC is a Licensed Mental Health Counselor and Cert. Addictions Professional at Therapy by the Sea, LLC; 15300 Jog Rd, Suite 109, 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 Riana's website, www.RianaMilne.org or email RianaMilne@gmail.com Office: (561) 701-8277. FB: Coach Riana Milne



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Do you have your Back-To-School wardrobe ready?

By Heather McMechan
The Pineapple Contributing Writer

So, I've been getting everyone else ready for school... uniforms, new sneakers, socks, a few headbands. They are ready! But when I went to my closet to see what I had for my BACK-TO-SCHOOL needs, all I could find were summer shorts, bathing suit cover-ups and colorful tanks.

What was I going to wear to MEET THE TEACHER to make a good first impression? How was I going to think fashionably at 6:30 a.m. when I would need some CARLINE COUTURE? Oh, and those faded pilate pants! How about something cute to wear to workout in, but still look great AFTER THE GYM?

Local Mom Scoop descended upon the girls at Periwinkle, a women's clothing and apparel boutique located in Delray Beach. I told them my fashion woes and this is what we came up with. Get the LOCAL MOM SCOOP!

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Heather McMechan of Local Mom Scoop can be reached at heather@localmomscoop.com. Visit her website at www.localmomscoop.com, twitter: @localmomscoop, facebook: local mom sco

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fashion & beauty

PARADISE SALON AND SPA UNDER NEW OWNERSHIP NOW MY SALON SUITE-DELRAY BEACH

Private, luxurious suites offer new business opportunity for the next generation of salon professionals

DELRAY BEACH, FL – MY SALON Suite, the national leader in premier salon suites, is pleased to announce that a state-of-the-art luxury beauty complex is now in Pineapple Grove, formerly Paradise Salon and Spa. Offering 35 private, high-end salon suites equipped with top-of-the-line salon equipment, MY SALON Suite – Delray Beach will revolutionize the way beauty professionals in the community run their businesses and enhance the experience of their clientele.

“Having been a prime location in the heart of Pineapple Grove for 10 years, the Paradise Salon and Spa was the perfect building to purchase and renovate with upgraded suites and a more modern feel. Having private parking exclusively for our tenants clients was important to us, and by adding a state of the art surveillance and security system, we know our tenants and their clients will be secure 24/7.” said Al Martell, MY SALON Suite - Delray Beach owner.

Martell continues, “Our existing base of tenants consists of some of the highest regarded professionals in our community offering services such as waxing, permanent makeup, hair styling and hair extensions, manicurist, estheticians, massage therapists, and wellness. Our vision is to grow that base of experts by being selective with regard to adding new tenants to compliment the existing professionals. It is important for us to build an environment that is a destination technicians and their clients look forward to coming to, and rejuvenate a classic staple in Pineapple Grove.”

“MY SALON Suite was built on the philosophy of creating partnerships with the best salon professionals in the industry who are ready to make an investment in themselves and their success by owning their own business,” said Ken McAllister, CEO of MY SALON Suite. “What this means for your

community is that our new MY SALON Suite location will bring together a collection of the best salon professionals into one luxurious location where all of your beauty, wellness and style needs can be met.”

When clients step into a MY SALON suite, they are welcomed with an upscale, inviting atmosphere that will allow them to escape to a relaxing oasis. Each private spacious suite is well appointed with every luxury a client should expect from a high-end professionally run salon. MY SALON Suite – Delray Beach offers superior suites and amenities for different specialties of health and beauty professionals ranging from hair stylists to nail technicians, massage therapists, spa professionals and skin treatment experts.

“We are excited to partner with health and beauty professionals in the community to help them achieve their dreams of business ownership, financial freedom and being passionate about a career they love,” said Martell.

Historically, salon professionals only had two choices when it came to providing their services to customers – working on a commission basis or renting a booth. The Salon Suite concept is relatively new to the industry, offering beauty professionals with the opportunity to own their own business without the large upfront costs and risks associated with building and running a salon.

Salon professionals at MY SALON Suite – Delray Beach enjoy the flexibility and independence of being in business for themselves, but they also have the opportunity, if they choose, to leverage an extensive network of MY SALON Suite people, processes and resources that are committed to helping stylists set up their salon and succeed in their business.

For further information, contact Al Martell, owner, MY SALON Suite – Delray Beach at 561-325-8395 or amartell@mysalonsuite.com. Visit MY SALON Suite – Delray Beach at 140 NE 2nd Street, in the Paradise Salon and Spa building next to the Hyatt Place.

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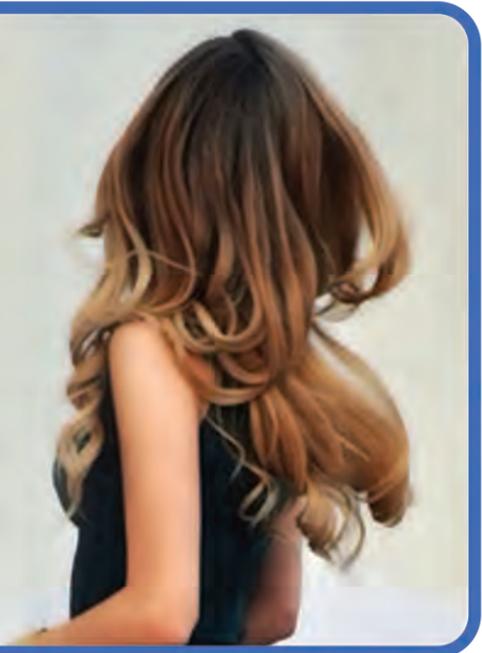
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Jordan, master colorist and educator, formerly of the world famous Louis Licari in New York City, is now at Donna Pascoe's new salon in Delray Beach. If you are looking for that "Madison Avenue" look while in Florida, come in and Jordan will customize a color formula specifically for you.

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SALT SUITE - continued from Health Section page 1



billion salon industry.

Traditional salons typically require stylists to pay commission on each appointment, and dictate what prices, products and hours can be used. At Riot!, however, stylists are free to use whatever products they choose, can operate under their own hours, and are able to do their thing in a more relaxed and "drama-free" workplace for a reasonable weekly fee. There's even a jukebox where clients and stylists can determine what they'll be listening to that day.

Riot! is also a lounge, clothing and

accessory boutique, and art gallery. Local artists are encouraged to bring their artwork, where they can display works for sale on the salon walls (the salon takes 10 percent commission for the sale of each piece).

Riot! is currently accepting applications for stylists looking to join the salon community. To be considered contact Kate or Patricia at 561-808-8305.

Riot! Hair Lounge is located at 600 N. Congress Ave., suite 240, in Delray Beach. For more information visit the Riot Facebook page at www.riothairlounge.com.



Tales From The Mat
The Yoga Chronicles by David J. Ramoy

My breath is getting heavier as the heat becomes more intolerable, and my thoughts are more doubtful as I struggle to bring my head to knee. I straighten the leg, attempt to lock it out, and slowly I begin to shake as I go deeper into my stretch. The sweat has become like a river on my mat as I maneuver out of plank into down dog, proceeding into lunge and propping my body into a warrior 3. No matter how many times I have taken or taught hot yoga, each class brings with it new challenges of both mind and body that can potentially shatter my confidence faster than you can say Namaste.

However, as quick as I can begin to slip into the abysmal thoughts of "I am a teacher, I should do this better", or the ever common, "man it's getting hot in here." A not so simple, well-concentrated shift in focus of breath, redirects my mind to a place of peace and calmness, which was once only a moment ago filled with fear and doubt. Inhale and exhale is what I was taught, Inhale and exhale is what I shift my mind toward.

Thoughts are easing themselves into a state of stillness, as the monkey mind I created earlier settles. I am now aware of my breath; I am now in control. All of these thoughts and emotions happen in Nano seconds, yet feels like hours. Suddenly as if I invented the posture, I do a perfect twisted lunge ending strategically into a bird of paradise....The crowd goes wild.

The point of this article, and articles to come, is to tell the personal experiences from people like myself who have each dedicated some part of their lives to Yoga. No matter the style, heated or non, people seem to get something inspiring from this ancient practice. The purpose of the "Yoga Chronicles" is to hear stories from different levels of practitioners; beginners, teachers, skeptics and the curious, each explaining why they keep coming back, never go, or what they hope to achieve. However, each article will give the insight to what somebody gets from Yoga. Each article will have a "Tale From the Mat".

My name is David James Ramoy and I have been practicing yoga for over 6 years, and teaching for a little over a one. What drew me to yoga was a combination of things, and those reasons for going to yoga then, are still relatively the same today. I have always been into some type of physical activity, whether weight training, martial arts or plyometrics. Prior to practicing yoga, I never considered it anything more than a female workout and didn't have any intention of proving otherwise.

Making a long story short, I ended up going to my first class expecting it to be a breeze and mastering the practice after one

class. Funny how things don't always go according to plan. My first class was Bikram, in 100 degree heat, for an hour and a half. I lasted 20 minutes before I was violently ill in the men's bathroom. I attempted to come back, and once again broke the not leaving the room rules, flying out of the class and burying my head in a stall where I stayed for the remainder of the time.

What got me sick, and what beat me up physically and mentally, is the same reason I decided to continue on and make Yoga a part of my life. I clearly needed to detox and wasn't as strong physically and mentally as I considered myself to be. So I stuck with

it and soon made it through a whole class. Eventually holding postures longer, getting stronger in my core (not the vanity muscles I was used to working out at the gym), and mentally able to push myself further than I ever imagined. Wanting more and exploring other styles, I soon discovered Vinyasa Power Flow and never looked back. Exploring postures in sequences that took my mental, physical, and even spiritual abilities to new heights; transforming my diet, removing anxieties, most importantly making me feel amazing. Not

just amazing, but a sense of balance that I do not think I would have ever achieved had I not discovered yoga along the path. Teaching yoga is simply an extension of my passion, and I continue to learn with each class I instruct.

After 6 years of taking yoga, and over one year of teaching, a conclusion I have come to realize was the furthest result I ever envisioned. Usually in any career, sport, martial art or any other activity that takes time, practice and hard work; a sense of cockiness happens as you excel. Nothing wrong with it, as it can be more an asset in anyone of those areas I mentioned. However, what is so unique about my experience with yoga is the humility I feel in my life, and especially when teaching it. The fact that people come to a class and listen to the directions that I guide them towards, follow along and grow from the hour and a half experience, is so gratifying it is hard to put into words.

In conclusion, I will state for the record I don't know where I would be in my life had I not discovered Yoga. I grew up always fighting and getting in trouble, ruining any successes I had along the way. The practice literally replaced old thinking patterns with new one and enabled me to look at life differently than I did before. Like everybody, I have had my fair share of troubles, yet I am grateful for them all because I am here today happy and inspired, writing articles, teaching yoga...and now best of all, I'm writing to you my "Tales from the Mat" ...Namaste



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DELRAY MARKETPLACE
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Delray Beach Wins 13 Prestigious SUNsational Awards from Florida Festivals & Events Assoc.



(L-R) Tiffany Mazer, Steven Chrisanthus, Sarah Vallely, Jarrod White, Nancy Stewart and Stephanie Immelman

Delray Beach Marketing Cooperative receives seven awards & Festival Management Group and Delray Beach Chamber nets six

DELRAY BEACH, FL – It was another award-winning day for Delray Beach at last month's 20th anniversary conference of the Florida Festivals & Events Association (FFEA). Stephanie Immelman, Executive Director of the Delray Beach Marketing Cooperative (DBMC), announced that the organization has received seven prestigious SUNsational Awards, while Nancy Stewart, Executive Director of the Festival Management Group (FMG), picked up six awards on behalf of FMG and the Delray Beach Chamber of Commerce.

The DBMC picked up awards for three popular events:

- 100 Ft. Christmas Tree – five awards total in the range of \$50,000-\$249,999: 1st Place for Promo Video, 1st Place for Tickets & Invitations, and 3rd Place awards for Brochure/Postcard, Social Media and T-Shirt
- ON THE AVE — one award in the range of \$49,999-under: 2nd Place of Best Website for ON THE AVE Light Up The Night
- 4th of July Celebration – one award in the range of \$50,000-\$249,999: 1st Place for Photography

"It is so great for the community of Delray Beach to be recognized at a state level for our unique events," said Immelman, "Everyone wants to

Continued on page 3

THE BUZZ AGENCY WELCOMES NEW CLIENTS, RECEIVES COUNTY CERTIFICATION Award-winning PR firm expands services and celebrates 5 year anniversary

DELRAY BEACH, FL – The Buzz Agency of Florida, LLC, (TBA) (thebuzzagency.net) is experiencing its best year to date with unprecedented growth, expanded staff and services, and regional and national industry recognition. The women-owned firm, launched five years ago by Julie Mullen and Elizabeth Kelley Grace, specializes in public relations, social media and event management.

The Buzz Agency, headquartered on bustling Atlantic Avenue in Delray Beach, is pleased to announce a number of high profile businesses and organizations to its growing client roster:

New TBA partners over the past 90 days are:

- Gift of Life – an international registry that finds matches for those who need bone marrow transplants (www.giftoflife.org.)
- Engel & Volkers | Delray Beach & Boca Raton – an international, premiere commercial and residential real estate firm based in Germany with US headquarters in New York (www.engelvolkers.com)
- Burger Bar – an upscale, classic Americana-style gathering place, with its flagship in Palm Beach Gardens, and multiple locations in the works along Florida's east coast (www.burgerbar.com)

Continued on page 7



The Buzz Agency co-founders/partners Elizabeth Kelley Grace and Julie Mullen

WATER COOLER CHAT

Urbanism's Holy Grail

By Jeff Perlman

Courtesy YourDelrayBoca.com

Vibrant—adjective: having or showing great life, activity, and energy.

We took a ride Sunday afternoon to visit Abacoa in Jupiter. We had a nice lunch at JJ Muggs and decided to walk around the town center before making the long trek back to Delray Beach.

There were about six other people in the restaurant at lunch hour and when we walked around we saw no cars, no pedestrians, no activity and no energy.

Sure, it was a hot day in the middle of summer but when we cruised Atlantic Avenue on our way home, we saw lots of people walking, biking, shopping, dining and taking advantage of the shade at Worthing Park.

There was life.

There was activity.

There was energy.

In short, Delray Beach is a vibrant place.

Even at 3:30 in the afternoon. Even on a very hot summer day.

I don't mean to disparage Abacoa, it's a very nice place and maybe it was having a bad day, but I raise the issue of vibrancy because when it comes to urbanism and redevelopment it's the Holy Grail.

Vibrancy is what you strive for. It's what citizens in



Delray Beach have dreamt about since the 80s, when Mayor Doak Campbell formed the Atlantic Avenue Task Force in an effort to rejuvenate a decaying downtown.

Cities are interesting because they are full of life. It's fun to walk around a city because you get to experience sights, sounds and other people.

You never know who you'll bump into. The magic of cities happens when those collisions occur. Is the experience always pleasant? No. But it's life and that's good.

The great place making philosopher Jane Jacobs once said that "the sidewalk must have users on it fairly continuously, both to add to the number of effective eyes on the street and to induce the people in buildings along the street to watch the sidewalks in sufficient numbers. Nobody enjoys sitting on a stoop or looking out a window at an empty street. Almost nobody does such a thing. Large numbers of

Continued on page 8

DELRAY BEACH CRA UNVEILS NEW BRANDING

Launches redesigned, interactive website

DELRAY BEACH, FL – In an effort to more effectively communicate its mission to the communities it serves, the Delray Beach Community Redevelopment Agency has announced the launch of its new, enhanced website, www.delraycra.org, effective today. The website contains updates on current and future projects in the Downtown District, along with information on grant and funding opportunities, RFP's and RFQ's, and a microsite with detailed information on its Delray GreenMarket program.



DELRAY BEACH CRA
COMMUNITY REDEVELOPMENT AGENCY

In addition, an updated logo was unveiled, which was designed to add a more relevant visual representation of the Delray Beach CRA.

"The website upgrade was overdue," said Diane Colonna, CRA Executive Director. "But with the help of our marketing communications teams at The Buzz Agency (TBA) and Woo Creative, we were able to launch this major undertaking quickly and seamlessly. We believe our constituents will appreciate the ease of navigation and more dynamic presentation of information."

The new and vastly improved website will feature a variety of form and function upgrades designed for a positive visitor experience. "We believe the new look truly captures the vibrant and exciting activities going on within the CRA district," said Ryan Boylston, WOO Creative Founder/President. "Our team evolutionarily

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LAKERIDGE GREENS

Contemporary home in gated golf course community. Light and bright home with open floor plan and vaulted ceilings. Kitchen features high end wood cabinets, quartz and granite counter tops and stainless steel appliances. The living room opens to an enclosed florida room and large patio.



BOCA RATON

SHORT SALE. You won the lottery with this 5 bedroom and 4 ½ bath purchase. Uniquely designed split bedroom home with built-ins, cook island and fireplace. French doors off the living room lead to covered screened patio for relaxing outdoors. Located on ¾ acre and waterfront. **\$620,000**



MELBOURNE GETAWAY

Stunning beachfront condo with ocean view. This 3 bedroom and 2 bath beauty has a great entertainment layout and lots of space for everyone. Wake up to the sun kissed patio and watch the sunrise or have dinner on the patio with relaxing sounds of the waves from the ocean. Well maintained building with amenities. **\$480,000**



KINGS POINT

Immaculate and cheerful, Kings Point 2 bedroom 2 bath. Enclosed lanai. All resort like amenities included in your HOA. **\$54,000**



COLONIAL CLUB

Own a piece of paradise, country club amenities, low HOA, only 135,000!. Two bedroom 2 bath split floor plan. Private guest quarters with full bath and built ins. Gourmet kitchen, cherry wood, laminate flooring, crown molding in living/dining room area. **\$135,000**



GOLFER'S DELIGHT

Newly renovated 2 bedroom, 2 bath home. Marble travertine flooring throughout leading to a open porch. Community features clubhouse with billiards, golf course, pool, sauna, shuffleboard – everything to keep you entertained. **\$215,000**



WEST BOCA LAKE

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. **\$399,000**



WINDING LAKES

Custom built 7 bedroom 4.5 bath waterfront home has room for everyone. Drive up to the circular marble and granite driveway and into your 3 car garage. Entertain on this magnificent patio with pass thru bar leading to a large pool and outdoor whirlpool tub. Features include wood burning fireplace, etched glass doors, updated kitchen and baths and much more. **\$989,888**



VIZCAYA (PENDED)

Stunning 3 bedroom 2 bath in a gated community in Delray Beach. Updated Kitchen with granite countertops. Extended and screened patio too. Amenities include Health Spa complete with state-of-the-art equipment, saunas, shower and locker rooms. Heated pool and spa. **\$250,900.**



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FFEA ANNOUNCES 2014 EMERGING LEADER AWARD WINNER

Sarah Valley, Assistant Executive Director, Festival Management Group

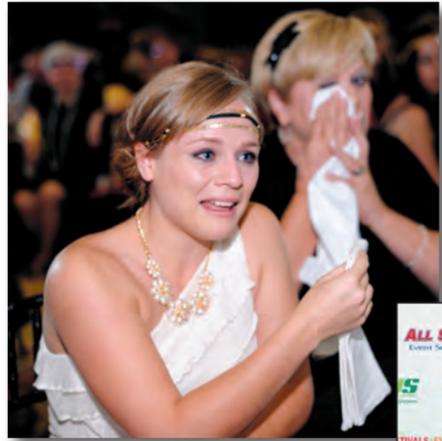
In keeping with the initiative of fostering the growth of those individuals who are interested in advancing within the Event Industry (which was discussed in the Opening Session of the 2014 Florida Festival & Events Conference held at the Walt Disney World Swan Resort in Orlando last month), the Emerging Leader Award honors an individual who is considered a "Rising Star" and shows dedication and leadership within an event or organization. The selection committee was extremely impressed with both the quantity and quality of nominations submitted for this new award.

prior year events, updated them without direction or instruction and began learning her way around the event business. She is dependable, a team player, professional, pleasant to all, and has an uncanny ability to work under extreme pressure.

Just two years after being hired, Sarah was promoted to Assistant Executive Director and assigned to take on running Garlic Chef Stadium and Iron Chef Competition, along with two other contracted events. She met or exceeded budget requirements each year. In addition to those projects she also manages all proof of performance reports for events, updates and maintenance of three event websites and Facebook pages, manages timeline updates for six events produced by FMG, and minor graphic design projects required!



Award winner Sarah Valley



Festival Management Group Assistant Executive Director, Sarah Valley (front) and Executive Director Nancy Stewart (back) react to Valley being chosen for the Emerging Leader Award



At the very young age of 17, Sarah Valley joined Festival Management Group as a 'volunteer'. Her first role was to assist with the management of the Garlic Chef Competition at Garlic Chef Stadium. While Sarah was completing her last few semesters of college, she also worked part-time at FMG then in 2011 was hired as a full-time employee. She was 21 years old at the time, way beyond her years in maturity and often fondly referred to as an "old soul".

She began with FMG in an administrative position and worked as a direct assistant to the Executive Director, Nancy Stewart. Being a very detail-oriented individual, she took charge and initiative to research files from

From May 2013 to May 2014 Sarah completed Leadership Delray, was awarded "40 under 40" by Boca Raton Magazine, and is enrolled to begin the two year "Certified Festival & Events Executive" at the annual International Festival & Events Assoc. conference being held in Kansas City, Missouri Sept. 29 – Oct. 1, 2014.

Congratulations to our rising star and 2014 Emerging Leader Award, Sarah Valley.

SUNSATONAL AWARDS - continued from Business Section page 1

know what we do and how we do it. We have a to give a big shout out to our photographer, Aaron Lurie, and to our creative agency, Woo Creative, for their contribution to these awards. We've got a great team."

At the same time, Delray Beach-based Festival Management Group won a total of six awards for two different events:

- Delray Beach Garlic Fest – three awards in the range of \$250,000 and over: 1st Place for Best Social Media Site, 2nd Place for Best Website and 3rd Place for Best Promotional Item

- Delray Beach Chamber's Delray Affair – three awards in the range of \$50,000-\$249,999: 1st Place for Best Mobile App, 2nd Place for Best T-Shirt and 2nd Place for Best Commemorative Poster

"We are honored and humbled to bring home awards again this year from the FFEA Conference," says Nancy Stewart, president of FMG. "Delray events go up against the biggest and the best in the state of Florida, and with the help of our talented partners and relationships, we returned with two 1st Place, three 2nd Place and one 3rd Place awards. Thank you to RealTime Marketing Group, artists Teri Brant and Ora Sorensen for helping to make this happen. In addition, our leadership is raising up a star in the event industry. Congratulations to our own Sarah Valley who received the 2014 Emerging Leader Award for state of Florida."

"Winning these awards shows the power of collaboration" said Karen Granger, President & CEO of the Greater Delray Beach Chamber of Commerce. "We like to think that the newly renovated Delray Beach Chamber is a prototype for 21st Century Chambers of

Commerce and it is especially exciting that we won first place in the state of Florida for our Delray Affair mobile app."

The Florida Festivals & Events Association currently has more than 415 members representing 750 different events statewide.

About the Delray Beach Marketing Cooperative:

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

About Festival Management Group:

Festival Management Group is an international, award winning, full service event management, production and consulting company headquartered in Delray Beach, Florida. Founded by Nancy Stewart and Bern Ryan, the senior partners are responsible for the creation and production of the "Delray Beach Garlic Fest" as well as their newest creation "Delray Beach Bacon & Bourbon Fest". Alongside those events, they also manage a variety of other festivals and events in south Florida. In addition to the planning and execution of events, they also do brand building, marketing and communication strategy.

Carvelli family expands DaVinci's Restaurant name into Boca Raton

The Carvelli family, proprietors of the new DaVinci's restaurant at Boca Town Center, share a cherished memory from their childhoods in Mesoraca, Italy, when the entire family and friends sat at the table to share meals and conversation.

Brothers Luigi, Sal, and Francesco, with cousins Adamo and Francesco, recreated the same atmosphere of warmth combined with great food and hospitality when they opened the first DaVinci's restaurant on Marco Island on Florida's Gulf Coast in 1996. Recognized as one of the area's finest dining experiences, guests credit DaVinci's popularity to outstanding service, authentic preparations, and the freshest ingredients.

When DaVinci's of Boca opens in early September at the Town Center Mall in Boca Raton, brothers Luigi and Francesco will welcome guests with the same genuine hospitality and outstanding food that built their excellent reputation. "This is our first expansion from our original location," says Luigi Carvelli. "My family is confident that DaVinci's provides Boca residents and visitors with the exceptional service, surroundings, and quality they expect where the owner is always available and ready to serve."

The extensive menu offers traditional favorites in addition to innovative selections that reflect the creativity of DaVinci's modern kitchen. Guests choose from classic preparations or more inventive interpretations of appetizers, soups, salads, fresh pasta, meat, fish, lighter fare, and simply grilled items. Prices for lunch range from around \$8-\$29 and from \$8-\$48 for dinner. Dietary restrictions, including gluten-free and special requests, are always accommodated.

The Carvelli family demands the freshest ingredients for every recipe

including only fresh pasta made daily. "We imported our pasta machine direct from Italy because fresh pasta is the only pasta good enough for our guests," states Carvelli.



The interior of DaVinci's, created by Megan Carvelli, mirrors the combination of tradition and innovation on the menu. The design is warm and inviting with unique touches and modern accents. The dining area allows ample room for movement while still creating intimate spaces with booths and tables. A wine vault with expansive windows holds 3,500 bottles of rare and popular vintages, each expertly selected by cousin Adamo, a respected sommelier. A private event room for up to 40 guests boasts a coffered wood ceiling and rustic crystal and iron chandeliers. The sixty-foot long bar handcrafted from solid Wisconsin pine is the focal point of the spacious lounge that extends to the comfortable outside patio. The wood for the bar was harvested from land dating back to Megan's great grandfather.

As a reminder of their heritage, framed portraits of the Carvelli family, past and present, adorn the walls, watching over satisfied guests enjoying authentic cooking around the table. Anyone in the family will proudly point them out.

DaVinci's will be open from 11:00 a.m. – 11:00 p.m. daily, with the bar remaining open late.

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CULTURAL COUNCIL OF PALM BEACH COUNTY MAKES GIVING TO ARTS & CULTURAL ORGANIZATIONS EASY, CONVENIENT

LAKE WORTH, FL – The Cultural Council of Palm Beach County is deploying a new program called power2give, a fundraising platform that empowers people to donate any amount of money directly to projects created by arts and cultural organizations in Palm Beach County.

On Wednesday, September 10 at 10 a.m. the Council will officially go live with the website that will showcase new and innovative arts programs spearheaded by Palm Beach County arts organizations. “We’ve been working for quite some time with many of our organizations to identify projects that have great impact on the people served and our community, and will inspire individuals to support them. These projects need only modest funding, yet will help build the capacity within so many worthwhile organizations,” says Cultural Council Director of Grants, Jan Rodusky.

Power2give has generated millions of dollars for non-profit organizations across the country. Once the website launches in Palm Beach County on September 10, potential donors visiting www.power2give.org/palmbeachcounty can read about these projects, and see photos and videos before deciding on making a donation of as little as \$5.

“Our research has shown charitable giving to specific projects is an especially important factor to the millennial generation - who want to be more directly connected with programs they financially support. We are fortunate to have extraordinarily generous people in our community, including an anonymous philanthropist who has set aside nearly \$70,000 to match the public’s donations to our local groups. That brings tremendous giving power to Palm Beach County,” says Cultural Council President and CEO, Rena Blades.

Any non-profit cultural organization that is a member of the Cultural Council, or past grant recipient of the Council, is eligible to participate in the crowd-funding program, as long as its project costs less than \$10,000 and can be funded within 90 days.

About the Cultural Council of Palm Beach County: The Cultural Council is the official support agency for arts and culture for Palm Beach County serving non-profit organizations, individual artists and arts districts. The Council promotes the county’s cultural experiences through an integrated program of advertising, public relations and marketing activities to both visitors and residents.

Each year, the Council administers more than \$3.5 million in grants, supports arts and cultural education, provides capacity building training and advocates for funding and arts-friendly policies. Located in the historic Robert M. Montgomery, Jr. building in downtown Lake Worth, the Council mounts a series of group and solo exhibitions featuring Palm Beach County artists and provides other programming.

Connect with the Council at www.palmbeachculture.com, or 561-471-2901.

Gallery hours are 10 a.m. - 5 p.m. Tuesday through Saturday.

MACLENDON WEALTH MANAGEMENT OFFERS FREE PLANS TO MILITARY MEMBERS

DELRAY BEACH, FL – As part of a nationwide effort to show thanks to members of the U.S. military, Maclendon Wealth Management will offer active-duty military and veterans free financial plans on September 11, 2014. The complimentary plans are being provided to mark Freedom Day USA, a nationwide effort to say “thank you” to those who have served by giving them a day of free goods and services. Alyson Austin, Maclendon Wealth Management’s practice manager, has also taken the lead in serving as the city coordinator for Freedom Day USA activities in Delray Beach.

“Our men and women of the armed forces make great personal sacrifices in order to secure and protect our freedoms,” said Dr. Robert Martino, founder of the Freedom Day USA event. “Their families have endured hardships, and some have given all they have so that we may live in peace, free to pursue our dreams. The Freedom Day committee would like to acknowledge Alyson Austin for organizing local business participation in Delray Beach.”

“Members of the armed forces have dedicated their lives to protecting our country,” said Jeremy S. Office, principal of Maclendon Wealth Management. “As civilians, the least we can do is to help them and their families prepare for their future with financial planning.”

Individuals who are interested in signing up for a complimentary Freedom Day USA financial consultation should contact Maclendon Wealth Management at 855.MAC.WEALTH.

To learn more about Freedom Day USA, visit www.FreedomDayUSA.org.

Maclendon Wealth Management is a boutique multi-family office headquartered in Delray Beach, Fla., and built on a foundation of traditional values, sophisticated knowledge and custom-tailored solutions. Founded in 2011, the firm caters to successful, affluent individuals, families and businesses that have an entrepreneurial mindset and are looking for a dedicated OneTeam® approach and exceptional wealth management services. Maclendon provides a full menu of traditional wealth management services along with more specialized offerings, including non-traditional and alternative investments, venture capital, hedge funds, concierge services and business planning services. To learn more, visit Maclendon.com.

FAST-GROWING PINNACLE ADVERTISING & MARKETING GROUP LANDS NUMBER 7 SPOT ON PRESTIGIOUS BOOK OF LISTS

BOCA RATON, FL – South Florida Business Journal’s annual listing of the top 25 Advertising Agencies had a newcomer to its top ten this year. Boca Raton-based, Pinnacle Advertising & Marketing Group, with annual billings of \$18 million, landed the number 7 spot on the prestigious Book of Lists.

“Clearly, we are proud and honored to achieve this accomplishment in such a short period time,” said agency President and CEO, Peter Gary. “We have assembled a collaborative team of outstanding talent and provided them with an optimal work

Boca Chamber PAC endorses Scott, Abrams, Hager

By Dale King
The Pineapple Contributing Writer

BOCA RATON, FL – For the first time in its nearly 30-year history, the political arm of the Boca Raton Chamber of Commerce is endorsing a candidate for the Florida gubernatorial race in 2014.

Business Leaders United Political Action Committee (BLU-PAC) has endorsed incumbent Republican Governor Rick Scott. The committee said Scott “possess qualities closely aligned with the Chamber’s views on business, and will help lead the state toward prosperity and high paying jobs, vibrant communities and global competitiveness.”

“Governor Scott has proven over the past four years that he is a job creator and a fierce advocate of the free enterprise system,” said Troy McLellan, president and CEO of the Boca Chamber. “He continues to enhance the business climate of our state so that all businesses have the opportunity to be successful.”

Scott is being challenged by a number of foes, but mainly by former Gov. Charlie Crist, an ex-Republican-turned-Democrat who lost a bid for the U.S. Senate to Marco Rubio.

Locally, BLU-PAC has endorsed two incumbents seeking re-election in November to the State Legislature and the Palm Beach Board of County Commissioners.

The political panel threw its backing to

Commissioner Steven L. Abrams and state Rep. Bill Hager, House member from District 89.

BLU-PAC also voted to support state Rep. Kevin Rader, D-District 81, and District 6 Palm Beach County School Board candidate Joe Moore. Incumbent Rader faced Democrat Joshua Izaac in the Democratic Primary Aug. 26. Moore challenged District 6 School Board incumbent Marcia Andrews in a no-party-affiliation election that same day.

“After thoroughly interviewing each candidate, we feel this group of individuals represents the interests of the business community and will support overall economic development for our community and state,” McLellan said.

Former mayor of Boca Raton for seven years, Abrams was selected by the governor to fill the unexpired term of former District 4 County Commissioner Mary McCarty after she resigned in 2009. Abrams won his first full four-year term on the county panel in 2010, running unopposed.

A member of the Boca Raton City Council for seven years, Hager ran for state rep in 2010 and is completing his second term.

On Election Day Nov. 4, Republican Abrams is being challenged by Democrat Andy O’Brien. Hager, also a Republican, faces opposition from David Ryan Silvers, a Democrat.

environment with the latest technologies. Of course, we also have a remarkable group of clients who have put their faith in our ability to help grow their respective businesses.”

The agency, headquartered in an 11,000 square foot facility at 1515 South Federal Highway in Boca Raton, will be undergoing an expansion. Within the next week construction begins on an additional 7,000 square feet.

“While our traditional advertising creative matches up against any agency in the

country, it’s our digital capabilities that have really propelled us to the top,” added Gary. “We recognize that this is the future and at Pinnacle, the future is now.”

The agency offers a wide-range of services including advertising & marketing, media buying, social media, website design and maintenance, in-house audio/video production and public relations.

For additional information go to www.pa-mg.com



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people



Attorney Brett Steinberg opens Steinberg Law

Attorney Brett Steinberg has opened the firm: Steinberg Law, specializing in Plaintiffs' Personal Injury and

Criminal Litigation in Palm Beach, Broward and Miami-Dade Counties. Steinberg has nine years' experience in personal injury and criminal litigation, beginning as Assistant Public Defender at the Miami-Dade Public Defender's Office. The new firm has offices in both Delray Beach and Palm Beach Gardens. Steinberg was most recently with a well-respected Personal Injury law firm in Palm Beach Gardens.

For more information call (561) 630-0053 or visit www.brettsteinberglaw.com.

Lynn University names first Chief Marketing Officer

BOCA RATON, FL – Lynn University has named Sherrie Weldon, as its first chief marketing officer (CMO). Since joining Lynn in August of 2013, Weldon has been an integral part in updating the university's image and elevating its brand to reflect the innovative, entrepreneurial spirit that embodies the Lynn community.

"At this stage of our accelerated evolution, we've been looking for someone who could pull together all the remarkable elements of Lynn University and tell our story in unique and interesting ways," says President of Lynn University Kevin M. Ross. "Sherrie's experience across multiple sectors and her keen communication skills make her an ideal choice as the university's first Chief Marketing Officer."



Lynn University names Sherrie Weldon first Chief Marketing Officer. (PRNewsFoto/Lynn University)

With this appointment, Lynn joins a handful of universities that are attracting high-level marketing professionals from the private sector, including Florida's own University of South Florida. The growing population of strategic and visionary marketing leaders in university cabinets emphasizes how the higher education industry is embracing new models and best practices from other industries.

"Lynn is an entrepreneurial institution," says Weldon. "We are transforming the way universities teach and students learn, and our brand needs to reflect that innovation to more effectively tell our story."

As CMO, Weldon will continue to oversee the modernization of the university's brand, its incorporation into the campus culture and its alignment with the university's 20/20 strategic plan. As part of these efforts, the university will start the school year with new university-wide brand guidelines. Weldon's tenure to-date also includes a new athletics brand for Lynn's national champion Fighting Knights and wide recognition of the university's innovative tablet-based learning initiative.

An experienced senior executive and strategic marketer, Weldon's career has spanned over 20 years of corporate and agency roles in New York, London and San Francisco. She has worked for leading brands including Sony, Philips, HP, Xerox, FTI Consulting and Florida State University.

Lynn University has also appointed Stephanie Brown as marketing and communication director. Brown has nearly 10 years of agency experience advising corporations and trade organizations on communications challenges related to

branding, strategy, crisis management and media relations. Brown spent the past four years in Brussels, Belgium, where she served as a Senior Director at FTI Consulting.

Lynn University appoints nationally recognized educator as Dean of Education

BOCA RATON, FL – When students return to the classroom on Aug. 25, they'll notice a familiar face in a new role at the university's Donald E. and Helen L. Ross College of Education. Lynn University appointed Kathleen Weigel, an educator with more than 38 years of experience, as its new dean of education. Weigel first joined Lynn in 2012 as an adjunct education leadership professor.



Lynn University appoints Kathleen Weigel as the dean of the college of education. (PRNewsFoto/Lynn University)

"We are thrilled to have Dr. Weigel, with her vast administrative experience and knowledge of the K-12 system, lead our Ross College of Education," says Vice President for Academic Affairs Gregg Cox. "Not only is she a proven administrator, but she also brings a wealth of national experience and a well-recognized research agenda."

A Florida native and no stranger in the classroom, Weigel worked in the Broward County School District for six years and in the Palm Beach County School District for 32 years, where she served 20 as a principal for local schools, including Atlantic High School, Santaluces High School, Woodlands Middle School and Lantana Middle School. In 2006, Weigel opened the new Atlantic Community High School, where she created a strong single school culture and implemented a creative, rigorous curriculum. Most recently Weigel served as an adjunct professor for Florida Atlantic University since 2002, teaching curriculum and educational leadership courses.

Weigel's first mission is to implement a strategic roadmap for Lynn's College of Education, which offers both undergraduate and graduate programs that specialize in elementary education, educational leadership and exceptional student education programs. Weigel anticipates her plan will expand undergraduate student opportunities to enable students to practice the different roles found in education while studying—a major differentiator for the educational program at Lynn.

"Education is my passion, and I want students in our program to feel inspired to learn, and to want to pass their knowledge and skills on to their own students," says Weigel. "I hope that our graduates leave Lynn's doors prepared and excited to pursue a career in education. As a department committed to genuine teaching and learning, we will do whatever it takes to make sure they're ready."

Alumni from Lynn's College of Education pursue successful careers in both public and private school districts and serve in jobs such as assistant principals and district supervisors. Many of the university's Ed.D. and undergraduate students enter the Palm Beach County School District.

Aside from her experience inside the classroom, Weigel acted as a senior consultant for the nationally recognized company, Scholastic - International Center for Education in Leadership and Successful Practices Network. Weigel also is recognized nationally for her work with schools across the U.S. and has delivered numerous educational conference keynote speeches.

The Palm Beach Pops announces new box office manager & launches new website at www.PalmBeachPops.org

PALM BEACH GARDENS, FL – Charlotte Laurent-Ottomane, Executive Director of The Palm Beach Pops, today announced two new changes at South Florida's most loved pops orchestra, now in its 23rd year of providing audience-wowing concerts and top quality music education in Palm Beach County.

Kyle Tintle has joined The Palm Beach Pops as Box Office Manager. After a 20-year career as an Information Strategist at Polaroid Corporation, she moved to this area and held administrative operations positions at both Citibank and Wells Fargo. A lover of music and the arts and an experienced volunteer fundraiser, Ms. Tintle earned a Master's degree in Information Technology from Lesley College in Cambridge, MA.

The Palm Beach Pops has also launched a newly revamped web site at www.palmbeachpops.org.

"The new Palm Beach Pops website is representative of the next chapter in our story. It is a wonderful combination of our history, our present and our future. All elements are there - a tribute to our founder, the late Maestro Bob Lappin, a thank you to our fantastic and talented musicians, and a special recognition for the children whose lives we strive to enrich through music. We are excited about our upcoming season and the many more that will be represented on this web site as we grow and thrive," said Ms. Laurent-Ottomane.

The Palm Beach Pops recently announced that it would kick-off the 2014/15 season on December 14 with a "Holiday Concert" by the 10-time Grammy award winning vocal group, The Manhattan Transfer.

On January 10-11, Frank Sinatra Jr. will pay homage to his father by singing and bringing the original music scores that define the Sinatra legend.

And on March 7-8, The Palm Beach Pops will perform One Singular Sensation: A Tribute to the Music of Marvin Hamlisch, starring Tony Award winner Donna McKechnie, the original Cassie in A Chorus Line; Tony Award nominee Jodi Benson, the voice of The Little Mermaid; and Doug LaBrecque (Phantom of the Opera), a frequent soloist with Marvin Hamlisch.

Grammy and Emmy award-winning Music Director and Principal Conductor Lee Musiker will lead the Palm Beach Pops orchestra in performances at the Kravis Center for the Performing Arts and the Boca Raton Community Church.

How to Purchase Tickets:

Exclusive pre-sale tickets are available now to patrons who attended the Tribute Concert in February 2014 by calling The Palm Beach Pops at 561.832.7677.

Ticket sales to the general public will begin on September 2, 2014. Those patrons who are purchasing tickets for the Boca Raton performances are requested to contact The Palm Beach Pops Box Office directly at 561.832.7677. For performances at The Kravis Center for Performing Arts, tickets can be purchased at the Kravis Box Office located at 701 Okeechobee Blvd. in West Palm Beach, by calling 561.832.7469 or through the official web site www.kravis.org.



New Box Office Manager Kyle Tintle

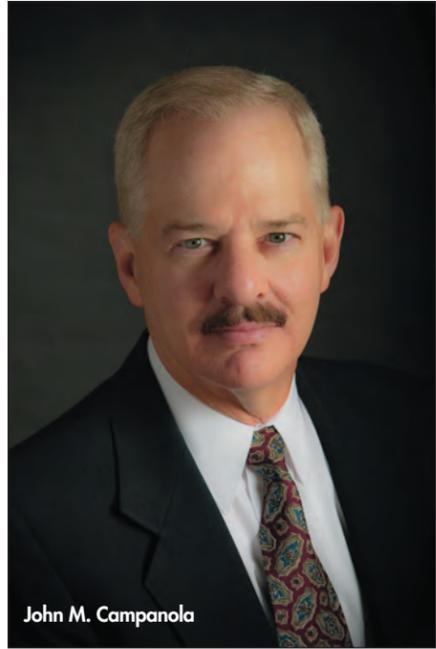
About the Palm Beach Pops:

Founded in 1991 by the late Music Director and Conductor Bob Lappin, The Palm Beach Pops quickly distinguished itself as a world-class pops orchestra, dedicated to preserving the American Songbook. In addition to on-going concerts, The Palm Beach Pops is devoted to serving the children in its community by presenting quality music education programs. The Pops created the "Music & You" In-School Youth Education Program to expose students to new learning experiences and positive role models while developing creativity, providing tools for communication and enabling students to build a strong sense of self. The Palm Beach Pops is a non-profit organization, supported solely through the generosity of individual donations, institutional grants, and concert income. For more information, please visit www.palmbeachpops.org or call 561.832.7677.

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John M. Campanola named to New York Life's Executive Council



John M. Campanola

DELRAY BEACH, FL – John M. Campanola has been named a member of the 2014 Executive Council of New York Life Insurance Company. This is the second year in a row that he has won this prestigious award. Members of the Executive Council are among the most successful of New York Life's elite sales force of 12,250 licensed agents.

Mr. Campanola has been a New York Life agent since early 2012, and is associated with New York Life's South Florida General Office in Sunrise.

Mr. Campanola is a long-time Florida resident who is active in local activities and events. He is a graduate of Leadership Delray, and is very active and involved in the Greater Delray Beach Chamber of Commerce and many of its committees and organizations, as well as the Delray Beach Marketing Cooperative. He is the winner of the Greater Delray Beach Chamber of Commerce 2013-2014 Ambassador of the Year, a winner of the 2013-2014 Ken Ellingsworth Community Service Award, selected as New York Life's South Florida General Office 2013 New Associate Annuity Leader, and has qualified as a member of New York Life's Annuity Elite Program. Mr. Campanola is also very active and involved in the Greater Lantana Chamber of Commerce where he is a member of their Board of Directors. He has an MBA from New York University.

BMI Elite announces the hiring of Fred Zuckerman as its new Chief Marketing Officer

BOCA RATON, FL – BMI Elite, a full service marketing agency specializing in business solutions and digital engagement has announced the appointment of Fred Zuckerman to Chief Marketing Officer.

In his new position, Zuckerman will oversee agency development with core products and new ventures. Zuckerman previously served as EVP, Integrated Media Strategy and Business Development at Zimmerman Advertising for 10 years, during the period the Omnicom agency tripled in size. BMI Elite CEO and Founder Brandon Rosen said he is "ecstatic" Fred will be joining his team and for the role Fred will play in providing expertise to current and new clients as BMI continues its tremendous growth trajectory.

BMI Elite continues to strengthen its executive leadership team by adding two new leaders including Mike Schweiger as the Chief Financial Officer. "With the addition of Mike Schweiger as CFO and Fred Zuckerman as CMO, we have strengthened the executive lineup to build upon our digital advertising agency & full service marketing services shaping our vision & direction for continued growth & success." said Rosen.

BMI Elite is a full-service marketing agency specializing in business solutions and digital engagement and is an industry-leader in performance-based marketing initiatives. Their corporate office is headquartered in Boca Raton, Florida, and was named one of the "Best Companies to Work For" two consecutive years by Florida Trend Magazine.

For more information contact: Kathy Sciortino 561-330-6666 ext. 324

Business Consultants of South Florida small business clients expanding their possibilities

Business Consultants of South Florida (BCoSF) www.BCoSF.com, a South Florida-based Business, Marketing, Branding, and Website Design Company is currently working with many entrepreneurial clients to take their business to the next level. Co-founded but now owned by Allison Turner, BCoSF works with companies to strategically grow, expand and increase revenue through proven business, marketing and sales strategies.

Tropical Landscape, Inc., a 32-year old company that transitioned to new family ownership in 2013, is working to put solid systems in place for growth and create new marketing strategies for their company to take it to the next level particularly focusing on gaining more of an Internet presence. Seeking to launch two new divisions in the next year, they are creating a solid plan to increase their bottom line and incorporate systems to handle the growth. For more information on Tropical Landscaping, go to www.facebook.com/tropicallandscapeff.

Lisa Trace, an American Board Certified Hair Colorist with over 30 years experience and co-owner of Salon Trace, located at 885 SE 6th Avenue, began classes at the new Trace Training School dedicated to training stylists in hair color. She offers classes in the Blonde Experience, the Brunette & Gray, the Red Experience, and the Corrective Color Experience. For more information go to <http://www.salontrace.com/salon-trace-training-center/>

Minnie's List of Metaphysical South Florida is excited to be creating a new look and feel for its website that will give the consumer a more user-friendly experience and will provide a great places for holistic and spiritual businesses to advertise. The new site is set to launch September 1st. Go to <http://www.MinniesList.com> to check it out. Celebrating its one-year anniversary in October, the company is excited to be hosting its second annual Enlightenment Conference on Sunday, October 26th. This annual event will highlight spiritual teachers and healers in the community with a line-up of 7 speakers and a great expo. To learn more, go to <http://www.EnlightenmentConference2014.com>.

Bali's Healing Center, a unique location that incorporates therapy, coaching, nutrition, and other body healing modalities has opened their center in east Boca. Having a unique mission to the client to offer an array of services to work with the mind, body and soul, Bali's also offers beautiful office space to the holistic practitioner where he or she will be able to rent space monthly. With the branding now complete, the website is set to launch by September 1st. For more information on Bali's, go to <http://www.healingcenterinboca.com>.

To learn more about the company, go to www.BCoSF.com or call (561) 276-4422.

Architects Currie Sowards Aguila announces new team members

Currie Sowards Aguila is pleased to announce the addition of two new architects to the firm's Delray Beach staff bringing the firm's headcount to a total of 14. In two short months, the firm has doubled in size.

Ivan Gomez, AIA joins the firm as a project architect and project manager. He is a registered architect with 14 years of related experience in the commercial and public sector markets. Ivan will be an integral member of the firm's municipal design studio. A graduate of the University of Florida, Ivan holds a Master of Architecture Degree. Ivan is currently managing the Hallandale Beach Fire Rescue Station and Emergency Management Facility.

Raymond Estrella joins the firm as a key member of the BIM studio. A graduate of the University of Florida, Raymond holds a Master of Architecture Degree from the University of Texas at Austin. He is currently working on the \$30 M Uptown Atlantic project.

Currie Sowards Aguila Architects has been based in Delray Beach, Florida since 1969. The firm's design portfolio features 65 design awards for projects in the public and private sector and located throughout south Florida.

Jessica Rosato earns top producer award for the first half of 2014

DELRAY BEACH, FL – Jessica Rosato, Luxury Residential Specialist with Nestler Poletto Sotheby's International Realty (NPSIR), has earned the status of Top Producer for the first half of 2014. She is one of seven agents in the firm to receive this honor.

In the first six months of the year, Ms. Rosato completed twelve sales worth nearly \$5 million dollars with three pending closings for August. She is currently holding eleven listings worth over \$45 million dollars, including a Tuscan Vineyard in Italy, an oceanfront lot in Nevis, and several local waterfront properties from Lighthouse Point to Ocean Ridge.

According to Jim Scandirito, Director of Sales at NPSIR, "It is truly enjoyable to work with Jessica. She is savvy, personable and customer focused. Her professionalism shines through from the minute you meet her all the way through the home buying and selling process. Her clients have described her to me as conscientious to their needs and motivated to help satisfy them. We are fortunate to have Jessica as part of the Sotheby's Realty family."

"It's always great to be singled out for one's hard work and perseverance, and there's no doubt that this has been an exciting year in real estate," said Ms. Rosato. "This industry has always been competitive, and now, with inventories diminishing and the balance of leverage shifting from the buyers back to the sellers in many areas, everyone has to be entirely on top of their game. My clients place their trust in me to maintain that diligence, and they can be confident that I'm on the job for them at all times."

About Jessica Rosato

Jessica Rosato is a Luxury Residential Real Estate Specialist for Nestler Poletto Sotheby's International Realty of Delray Beach. As a concierge realtor, she utilizes her superb customer service skills, attention to detail, honesty, stellar work ethic, negotiating skills and keen understanding of the luxury real estate market in Palm Beach County to create experiences of a lifetime. Jessica is a Dartmouth graduate and holds a Masters of Fine Arts from Pratt Institute. She is a member of the Delray Beach Chamber of Commerce, the Women's Council of Realtors and the Institute for Luxury Home Marketing. She is also involved in local charities, specifically those that benefit the Achievement Centers for Children and Families in Delray Beach and the American Cancer Society. Visit her website at www.bocadelrayluxury.com.



Jessica Rosato

BUZZ AGENCY - continued from Business Section page 1

- Nick's New Haven Style Pizzeria & Bar – affectionately known as 'the best damn apizza you'll ever taste,' with locations in Boca Raton and Coral Springs (www.nickspizza.com)

- Citrus Distillers – a Palm Beach County-based micro distillery of Whiskey, Rum, Vodka and Gin, with homemade Moonshine coming soon (www.citrusdistillers.com)

- BoConcept Furniture | Miami – the ultimate destination for quality, modern and contemporary Danish furnishings (www.boconcept.com)

- Amaize Arepas – a fast, casual quality concept offering a new twist on a cultural classic; opening in Doral this fall (www.amaizeyou.com).

- BYL Network – a newly launched, 24 hour online broadcast network covering a variety of positive topics including travel, sports, entertainment, money, men and more (www.bylnetwork.com)

Earlier this summer, TBA earned its official certification as a Palm Beach County Small/Women-Owned Business Enterprise. The certification, which requires submittal and verification of the agency's ability to conduct business with county entities, marks an exciting milestone for the firm.

Also, TBA is now ranked #23 among PR agencies throughout the tri-county area, and

was ranked nationally for the first time as an industry leader on O'Dwyer's list of Top PR agencies.

In addition to the co-founders | partners Mullen and Grace, TBA staff includes Debbie Abrams, VP of Public Relations; Alex Bimonte, recently promoted to Director of Social & Digital Media; Jill Pavlov, PR and Social Media Account Executive; and Kimberly Kenney, PR and Social Media Associate. The firm is looking to expand its staff and currently has openings for PR and social media pros, particularly to expand its digital services.

The Buzz Agency is located at 104 W. Atlantic Avenue in downtown Delray Beach. For more information, please visit www.thebuzzagency.net, follow on Twitter @thebuzzagency, and on Facebook /buzzagency.

Additional clients include: Seminole Casino Coconut Creek, Lord & Taylor | Boca Raton, Consolidated Restaurant Operations, Delray Beach Community Redevelopment Agency, The Max Group (Max's Grille, Max's Harvest), Aid to Victims of Domestic Abuse (AVDA), Caridad Center, The SYMPHONIA | Boca Raton, WCI Communities, Cloud 10 Blow Dry Bar & Hair Salon, SunFest, United States Holocaust Memorial Museum, Palm Beach Film & Television Commission, and Ocean Properties.

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real estate briefs

Tiffany Savino welcomed as new agent at Posh Properties



New Posh Properties agent Tiffany Savino

Delray Beach based Posh Properties is proud to announce their newest agent to the community, Tiffany Savino.

Savino is a South Florida native raised in Boynton Beach, Delray Beach and Boca Raton. She graduated from The University of Florida in 1990, and went on to own and operate many successful small businesses throughout Palm Beach and Broward Counties.

Having a Realtor for a mother and a Real Estate Attorney for a father, Savino was destined to join in the family legacy of Real Estate Professionals. As an avid boater for over 20 years she also has extensive knowledge of the Intracoastal Waterways and inlets, along with the communities and amenities surrounding the "Boating Lifestyle".

Savino specializes in the areas of Delray Beach, Boynton Beach, Ocean Ridge, Gulfstream, Boca Raton, and Highland Beach. She has a strong commitment to community and is actively involved in the Chamber of Commerce.

"I am committed to providing you with honesty, integrity and smooth sailing while I sell your current house or find your dream home. Thank you for the opportunity," says Savino.

Daring by Design, Inc. completes design for five Hyatt House Hotels

Boca Raton, FL – July 22, 2014 –Daring by Design Inc., a hospitality interior design firm, announced today that it has completed Interior Design services for five Hyatt House Hotels located in Texas, California and New Jersey.

Daring by Design developed a custom design that was used as a prototype for each of the five renovations. The prototype included renovating 9,750 square feet at each location, including the vestibule, lobby, buffet dining area, seating area, kitchen, rest rooms, fitness center, offices and meeting rooms.

"We are so pleased with Daring by Design's work on our five hotels," notes Carol Biegenzahn (former Director of Design – Chatham Lodging Trust). "Dale and her team created an innovative renovation plan that incorporated Hyatt standards, and the design was updated to include modifications for new ADA requirements, as well as colors, artwork and furniture with a local and regional theme. The best part – she created a fresh design that both the Hyatt Corporate Division and Chatham Lodging Trust thought was terrific, and the response from the hotel guests is very positive."

"The Daring by Design team enjoyed creating a new, warmer, welcoming atmosphere for each hotel, one that was truly a "home away from home," which is crucial for Extended Stay properties," says Dale Miller, President and Chief Creative Officer of Daring by Design.

These five hotels are owned by Chatham Lodging Trust CLDT (NYSE). The hotels are managed by Island Hospitality Management, Inc.

About Daring by Design, Inc.

Daring by Design is an award-winning interior design firm based in Boca Raton, providing interior design services for the hospitality industry. Founded in 1988, the firm has designed hotels, restaurants, golf/country clubs, and luxury senior living communities, throughout the United States. For more information, visit the company's website, www.daringbydesign.net.

HC Real Estate Capital arranges \$16,800,000 in financing for medical office building in Boca

BOCA RATON, FL – August 21st, 2014 Kurt Hoffmann and Chris Caveglia of HC Real Estate Capital have arranged \$16,800,000 of financing for a multi-tenant medical building located at 1905 Clint Moore Road Boca Raton, FL. HC Real Estate Capital worked with the borrower to secure 10 year financing through a correspondent Life Insurance Company relationship.



Built in 1996, the 1905 building is a 101,381 square foot medical building that is currently 95% leased to a roster of local and regional tenants. The property is located just west of Military Trail and Clint Moore Road in Boca Raton, FL.

Kurt Hoffmann, Principal at HC Real Estate Capital states, "The 1905 building has an excellent history of high occupancy in the Boca Raton medical office market." Hoffmann went on to say, "The borrower was able to replace an existing CMBS loan with a low-rate Life Company Loan."

HC Real Estate Capital, LLC is a privately owned mortgage-banking firm founded by Kurt Hoffmann and Chris Caveglia. Based in Delray Beach, Florida, HC Real Estate Capital arranges permanent commercial and multifamily real estate loans. The company has a broad capital provider base that includes insurance companies, CMBS lenders, pension fund advisors and commercial banks.

DELRAY BEACH CRA HELPS FUND 84 NEW HOUSING UNITS FOR LOW INCOME ELDERLY WITH \$2.7 MILLION LOAN



DELRAY BEACH, FL – On July 16th, the Delray Beach Community Redevelopment Agency closed on a \$2.7 million loan to Village Square Elderly Ltd. to help fund 84 new housing units for low-income elderly residents.

The Village Square project is a partnership between the Delray Beach Housing Authority and Dallas-based Roundstone Development. The partnership was created to redevelop the 18-acre property, former site of the Carver Estates public housing project. The \$2.7 million loan from the Delray Beach CRA will provide gap financing for the elderly apartment phase of the project, The Courts at Village Square, which will break ground in August 2014, and is scheduled for completion in Fall 2015.

According to the National Housing Conference/Center for Housing Policy, 40 percent of households age 65+ have incomes that are less than half of the local area median income (AMI), and almost half of the poorest 65+ year-old households pay 50 percent or more of their incomes for housing. Currently the Housing Authority has more than 250 seniors waiting for affordable housing in Delray Beach.

"There is a great need for this project in Delray Beach," said CRA Executive

Director Diane Colonna. "The CRA is very pleased to be a participant in its delivery."

Village Square also includes a 144-unit affordable apartment complex for lower income families (currently under construction) and approximately 24 single-family, for-sale homes.

"This project represents implementation of recommendations put forth via a community Charette convened January 9, 2010," explained Dorothy Ellington, Executive Director, Delray Beach Housing Authority. "It has taken quite some time to pull together the financing necessary to bring this 3-phased, mixed income development together, and without the assistance provided by the CRA, I am certain this project would not have been possible. The DBHA is grateful to the CRA's Board of Commissioners for their commitment to affordable housing within its district."

Established by the City Commission in 1985 to guide the City in its redevelopment efforts, the mission of the Delray Beach Community Redevelopment Agency is to revitalize the physical environment and economic vitality within the CRA district.

For additional information on the Delray Beach CRA, visit www.delraycra.org, [facebook.com/DelrayCRA](https://www.facebook.com/DelrayCRA), or follow on Twitter @DelrayBeachCRA.

15th Annual RACE FOR HOPE
RACING TO STOP DOMESTIC ABUSE
5K walk/Run, 10K, KID'S DASH!

Saturday • October 11, 2014
Registration 6:30 AM
Race Start 7:30 AM

AVDA
A Community of Hope

Location:
Anchor Park (AIA), Delray Beach




URBANISM - continued from Business Section page 1

people entertain themselves, off and on, by watching street activity."

Delray Beach worked a very long time to attract street activity. Once upon a time it was front page news when a coffee shop named "Java Junction" opened in the site of a long shuttered shoe store. The proprietors were slightly ahead of their time. There wasn't enough foot traffic and the business closed.

Back in the 80s, when vacancy rates downtown were 40 percent and businesses closed for the summer, citizens and elected officials dreamed of a day when Delray Beach would have a parking problem.

“City officials from all over the state and nation have visited for ideas and inspiration.”

Vibrancy was the goal; but not an end unto itself. Agree or disagree with whether or not it happened – but the goal was to achieve a vibrant downtown without losing the city's inherent charm.

Thus the tagline of the 2001-02 Downtown Master Plan was "keeping the charm."

The goal was to blend the old with the new, to keep a human scale in terms of building heights and to increase vibrancy by encouraging sidewalk cafes and downtown housing while also creating open spaces and cultural amenities that would appeal to people of all ages.

When the long desired parking problems arrived, new garages were planned, built and financed and surface lots in some cases became parks. These decisions did not take

place in a vacuum. Citizen input was solicited at every step along the way.

What resulted was a downtown that has achieved national prominence and recognition. City officials from all over the state and nation have visited for ideas and inspiration.

They don't visit to see empty streets. They come to study the elements of what makes a town lively and to bring back ideas that they can use to breathe life into their own cities.

A few nights ago, I had the pleasure to speak to the Parrot Cove Homeowners Association in Lake Worth.

The discussion centered on the challenges and opportunities facing their community. I am part of a team that plans to renovate the historic Gulfstream Hotel, which the city sees as a catalyst for their downtown.

We talked about what went right and what went wrong in Delray and the truth is redevelopment has its hits and misses. But we talked about how it's important to keep iterating, engaging, planning and implementing.

There were three takeaways from my experience in Delray Beach that I wanted to share.

First, how important it is for the community to be involved. Second, that even if you achieve some success you can't become complacent—"downtowns are never done" we used to say and third in order to keep a place safe and sustainable—you need vibrancy.

Very simple concepts; but not so easy to achieve.

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The Greater Delray Beach Chamber of Commerce presents the **24th Annual Luminary Gala Dazzle Delray** Awarding the Stars in Our Town
Friday, October 24, 2014
 Delray Beach Marriott • 10 N. Ocean Blvd.
 Cocktails & Silent Auction 7pm • Dinner & Awards 8pm
 Black & White Attire - Think "Old Hollywood"



2014 Business Person of the Year Finalists

This award will be presented to ONE business owner with outstanding business achievements and who has demonstrated a significant commitment to our community. Criteria for nominees requires that you are a member of the Greater Delray Beach Chamber of Commerce, you must be the owner of your business, participation in community oriented projects, demonstrated a proven track record, and you must have been in business at least 3 years as of May 2014.

Thomas Laudani



Tom Laudani and Seaside Builders have supported dozens of community events via generous contributions, time and labor. Known for creating jaw-dropping estate homes, Laudani's firm has added beauty and elegance to the landscape of dream homes dotting the coastline in Delray Beach. The recently approved Seagate Marina and Yacht Club project includes 10 luxury townhomes with a value of \$30 million, bringing in potential tax revenue of \$500,000 a year while adding jobs for our Delray citizens.



Terra Spero



Nominated as a "Mobile Women to Watch" in 2011, Terra Spero of RealTime Marketing group created the first social media marketing agency in Delray Beach. As a national thought leader and respected speaker on creative digital marketing, she's grabbed the attention of the media, event planners and businesses alike. Terra does not seek attention for herself, but for her clients and organizations she serves. Terra has contributed time, wisdom and talents to 20 non-profit groups, helping each to advance their work and missions in our community.



Tim Young



Born and raised here in the Delray Beach area, Tim is leading a family-owned and operated automobile empire. As President of Delray Motors, Tim carries on a family legacy that began in 1958. Delray Motors consists of three manufacturers, six brands and a large wholesale parts department that sits on 14-acres – its own village within the city of Delray Beach. Tim serves as an inspiration to the community working daily spearheading a company with 225 employees and more than \$8 million in payroll – doing all without sight. As a blind man, Tim is sensitive to the needs of others. His firm generously supports more than three dozen non-profit groups in our community.



D

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- ▶ Recipient of the Healthgrades Cardiac Care Excellence Award™ in 2014
- ▶ Highest Rated Hospital in Palm Beach County by The Society of Thoracic Surgeons (STS)
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Dear Friends

As the Luminary Gala approaches, we at the Chamber find ourselves in awe thinking about our dynamic business community in Delray Beach. When I moved here two dozen years ago, my friends "up north" thought I was insane. As you know, things sure are different now. Our community continues to attract those who want to visit and more and more wanting to stay.

The Luminary Gala hosted by the Greater Delray Beach Chamber of Commerce has celebrated excellence in business and community service for more than 20 years. This year guests will enjoy a black and white theme – old Hollywood style.

You won't want to miss this one! We're keeping some traditions and adding some new elements to the celebration. A revised slate of awards was created by the Chamber's Board of Directors to keep in line with our ever-changing and vibrant business landscape.

We've added two awards recognizing stellar retailers, and restaurateurs. And we're excited about a whole new category, the Delray Beach & Beyond—Corporate Reach Award. This award recognizes innovative entrepreneurs based in Delray Beach doing significant business all over the globe.

Nominees were submitted by a variety of Chamber members after a broadcast announcement to the community. Then a committee comprised of Business Person of the Year award winners from the last five years as well as Chairmen of the Board from the last five years poured over applications and scoring criteria to select the final nominees and winners



Scott Porten and Karen Granger

according to their responses submitted. The awards will be presented during "Dazzle Delray, Awarding the Stars in Our Town" at the Delray Beach Marriott on Friday, October 24, 2014 beginning at 7:00 p.m.

The full list of nominees is included in this publication. Please reach out to them and congratulate them. Also, check out the article in this publication about the interesting twist on silent auction items this year – you won't want to miss out on these unforgettable "Delray Experiences!"

Warmly,

Karen Granger,
President & CEO
Delray Beach Chamber of Commerce



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Silent Auction

Don't miss out on this year's Luminary Gala Silent Auction. With the theme of Dazzle Delray this year, our auction items will leave you feeling like a star. Each opportunity will dazzle you with biddable packages on land, sea, and in the air!

Any of the following sound intriguing? Experience a beautiful Florida sunset by boat or plane along with friends. Savor an evening with a celebrity chef and a dining experience for you and guests. Challenge yourself with a Boot Camp package to improve your mind, body and soul. Or be THE star couple for a New Year's Eve experience including hotel, VIP party tickets, hair, make-up and more.



Bidding will be done the "Old Hollywood" way, so sharpen your pencil and come ready to sign your name for some once-in-a-lifetime experiences!

- NEW Sunset Flight in our Florida Sky
 - NEW Sunset Dinner Cruise on our Florida Waters
 - NEW "Sugar and Chocolate" Package
 - Delray Shopping Spree
 - Hotel & Spa Weekend
 - NEW Delray Weekend Staycation
 - NEW Boot Camp Self Improvement Experience
 - NEW Honda Classic Experience
 - NEW Bourbon & Bacon Weekend
 - Garlic Fest VIP Experience
 - Wine & Seafood VIP Experience
 - NEW Philanthropic Giving Opportunity (let your donation change a life)
 - NEW New Year's Eve Extravaganza Package
 - NEW Cinema Experience for A Year
 - NEW Colony Beach Club Membership
- Plus more...

Congratulations !!!

to our rising star
and
2014
Emerging
Leader
Award



Sarah Vallely

In keeping with the initiative of fostering the growth of those who are interested in advancing within the Event Industry discussed in the Opening Session at the 20th Annual Florida Festival & Events Association Conference in August, the Emerging Leader Award was created to honor an individual who is considered a "Rising Star" and shows dedication and leadership within an event or organization.

See complete details on page 3
of the Business Section
of this month's Pineapple.

If a Picture Is Worth
a 1000 Words...
**What Is a Marketing
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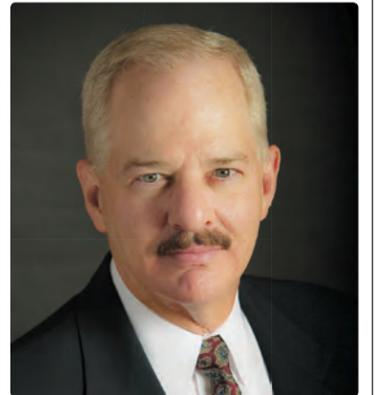
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Business of the Year Finalists

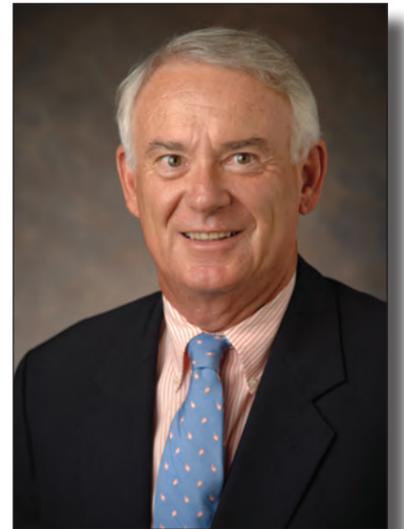
This award will be presented to recognize ONE Delray Beach Chamber Business member (for profit), in business at least 5 years, who with a proven track record, proven product innovation or valuable service, establishment of creative ideas to enhance their business success outstanding growth and economic achievement from May 2013 - May 2014.



2014 Lifetime Achievement Award

This award is presented to ONE individual, recognizing achievements to honor a living individual who has "made a significant difference", making their mark in the world of commerce through their commitment, participation, generosity and involvement in Delray Beach and enriching the community at large.

Tom Lynch
Plastridge Insurance Agency



The Greater Delray Beach Chamber of Commerce is thrilled to announce the 2014 Lifetime Achievement Award Winner is community leader Tom Lynch. Lynch will be honored at the Chamber's Luminary Gala October 24th at the Delray Beach Marriott.

Lynch moved to Florida in 1969 and has served as a leader in the insurance industry for 40 years. As President of Plastridge Insurance, a company originally established in 1919, Lynch has spearheaded the company's growth and expanded its reach with offices in Delray Beach, Boca Raton, Coral Springs, Palm Beach Gardens and Stuart.

As Mayor of Delray Beach in the early 1990's, Lynch played a key leadership role during a tremendous time of growth and positive change in Delray Beach.

Chamber Chairman of the Board Scott Porten says, "Tom Lynch is known as someone who has been a real architect of change over many years, laying a foundation for the award-winning city Delray Beach is today. He's played a critical role in our town and region serving as Mayor and on numerous Boards as well as running a sound business."

Lynch's role in community service over three decades has impacted business, education and tourism in Delray Beach and throughout our region.

"His bio is staggering," says Chamber President & CEO Karen Granger. "I've never known anyone who has served the community in such a variety of capacities, and continues to stay right on the pulse of business, education and a wide variety of issues. He's a walking search engine of information. I've learned so much from him and so appreciate calling on him for a wealth of information, historical perspective and innovative wisdom."

While serving the community and leading a growing business, Lynch has perfected a balance between work and family, raising six children.

"One of the things I have admired most about my Dad," says his son, Connor Lynch, "is how honest he is in all areas of his work and volunteerism. He has taught me and my siblings to not be afraid to get involved with an organization facing a challenging time and the importance of giving back to the community you care about."

Non-Profit Organization of the Year Finalists

This award will be presented to recognize ONE "non-profit" Delray Beach Chamber member to recognize their commitment to community involvement and accomplishment of the organization's mission statement and that impacts the community in a profound way.



Bethesda Hospital East

Serving the community since 1959, Bethesda Health's mission is simple: "to provide quality health services in a caring manner." Towards that end, Bethesda Health provided \$66mil in indigent and charity care write-offs for care given to members of the community, also other prevention and community outreach services, including providing complimentary transportation for patients who needed health care services.

CROS Ministries

Cros Ministries has been providing food and basic needs assistance to the community since 1978. Their mission is to: "collaborate with people of different faiths and organizations to create solutions to the unmet needs of people in our community." In 2013, they provided more than 91,000 meals, nearly 19,000 direct services or referrals, clothed more than 7,500 individuals, and numerous other services.

Delray Beach Center for the Arts

Since 1990, The Delray Beach Center for the Arts has served as a hub for arts and cultural activities in Delray Beach. Their facility serves as a community gathering place, with nearly 2400 events, and drawing around 500,000 visits to the downtown. Their Arts Outreach programs engage hundreds of Delray's children each year. Their economic impact on the community is estimated at \$12-15mil annually, but their cultural impact is unmeasurable.

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2014 Delray Beach & Beyond Corporate Reach Award Finalists

This award will be presented to recognize ONE business with a Delray Beach address that also has a significant amount of business nationally and/or internationally with a creative concept and an established innovative business connecting Delray Beach with other parts of the globe.



Ken Ellingsworth Community Service Finalists

This award will be presented to recognize ONE individual Delray Beach Chamber member to recognize their commitment and generosity of time and talent to our community, and who sets an example for commitment to public service, while maintaining a strong business image during timeframe of May 2013 - May 2014.

Allison Good

Allison is the Director of Women's Ministry and Outreach Events at The Avenue Church. Where there is need in Delray Beach, Allison will be found. She volunteers for (and organizes the volunteers of) multiple events around the city; mentors girls and young professional women, and works in local Delray Beach schools to help raise the reading levels of the children.



2014 New Business of the Year Finalists

This award will be presented to recognize ONE Delray Beach Chamber Business member (for profit), in business at less than 3 years, who has achieved remarkable results and accomplishments that have moved their company forward with excellence as well as exemplifying excellent corporate citizenship by giving back to the community and possesses a corporate culture that enhances the lives of its employees.



Noreen Payne



Noreen is active with the Achievement Centers for Children and Families, where, among all her other volunteer efforts, she has chaired their annual home tour. She also provides PB&J sandwiches

2014 Retailer of the Year

This award will be presented to recognize ONE Delray Beach Chamber Business member (for profit), in business at least a year, with a physical storefront location, creative merchandising and a unique website design.



for The Caring Kitchen to distribute to needy Delray Beach Children, assists annual fundraisers for Camp Boggy Creek and AVDA, and is a founding member of the Delray/Boca chapter of Femprofessionals.

Tiffany Peterson

Tiffany acts as a force multiplier as the driver behind Spodak Dental Group's office-wide participation in events like a Habitat for Humanity build day, the AVDA 5k run, and an annual Beach Cleanup. In addition, she has organized her office's "Free Dental Emergency Day", annually providing thousands of dollars' worth of free emergency dental care to the community, as well as supporting other dental charitable efforts. She also serves the community through many activities via the Junior League.



2014 Restaurant of the Year Finalists

This award will be presented to recognize ONE Delray Beach Chamber Business member (for profit), in business at least 3 years, with a popular establishment, outstanding growth, community involvement, creative menus and an overall unique ambiance adding to the appealing landscape of Delray Beach.



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Delray Beach Newspaper the PINEAPPLE

would like to extend our
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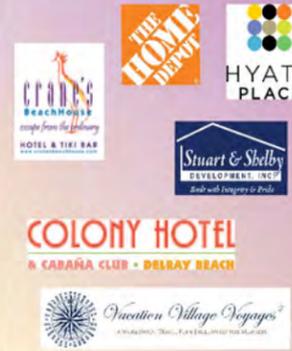
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SUNDAY March 29th
(Noon — 7:00 pm)

ADMISSION \$10

LOCATION Delray Beach Center for the Arts

CONTACT
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real estate briefs

International Premium Real Estate Firm Engel & Völkers Makes Delray Beach/Boca Raton Debut

Bringing enhanced real estate services and global exposure to the South Palm Beach County market

DELRAY BEACH/BOCA RATON, FL – Engel & Völkers announced the opening of its first office in Delray Beach and East and Central Boca Raton. The three offices will open later this month and will mark the luxury brand's continued expansion throughout the U.S. and around the world.

The offices will be located at 900 East Atlantic Avenue in Delray Beach, 310 East Palmetto Park Road in Boca Raton and 4855 Technology Way in Boca Raton, and are owned by Boca Raton real estate attorney Rick Felberbaum. Felberbaum and his wife Johanna have been active members of the South Palm Beach County community for more than 20 years.

The designated broker is Claire Collins, a native of London who was raised in the Principality of Monaco and has lived in Boca Raton since 1987. Ms. Collins joins Engel & Völkers after years of representing and marketing some of the finest new residential construction developments in South Florida and selling many elegant residential properties.

Felberbaum states that he plans to open three additional offices in South Palm Beach County within the next 12 to 18 months, citing the high demand for U.S. properties among Engel & Völkers' global network.

"As a homeowner and an attorney practicing real estate law in this area for several years, I reached out to my research team and we feel that Delray Beach and Boca Raton are in the midst of a surge in development and increased real estate activities that will only become more substantial and exciting through the coming years. We feel these areas are very well suited to welcome the Engel & Völkers brand as a very serious real estate brokerage offering the very highest level of service to these communities."



ENGEL & VÖLKERS®

"Engel & Völkers brings the highest standards of real estate service to the most sought-after markets throughout the world," said Anthony Hitt, Chief Executive Officer of Engel & Völkers North America. "We are excited to introduce our distinctive brand in Boca Raton and Delray Beach and to debut with the leadership of Rick Felberbaum, a seasoned real estate attorney and community leader."

"Engel & Völkers' global expansion strategy has always been to be where our clients are, in the best possible locations," said Hitt. "Boca Raton and Delray are popular destinations among international home buyers who enjoy waterfront and golf community properties, as well as working with the many exceptional real estate professionals in these areas."

About Engel & Völkers

Since its beginning in 1977 as a specialty boutique providing exclusive, high-end real estate services in Hamburg, Germany, Engel & Völkers has become one of the world's leading companies specializing in the sale and lease of premium residential and commercial property and yachts. Engel & Völkers currently operates a global network of over 4,900 real estate advisors in 550 residential brokerages and 43 commercial offices spanning 38 countries across six continents, offering both private and institutional clients a professionally tailored range of luxury services. It established its North America corporate headquarters in 2007 and opened its first brokerage in the same year. Committed to exceptional service, Engel & Völkers supports its advisors with an array of premium quality business services; marketing programs and tools; multiple platforms for mobile, social and web; as well as access to its global network of real estate professionals, property listings and market data. Engel & Völkers is an active supporter of the Fair Housing Act and the Equal Opportunity Act. Each brokerage is independently owned and operated.

BEING PREPARED IS SMART

By John M. Campanola

Special to The Pineapple

With today's busy lifestyle, it takes a plan to get things done. Whether it's as simple as a grocery list, or as complicated as planning a wedding, careful preparation can help you save time, money and countless headaches.

Surprisingly, though, most people don't have a well-thought-out plan when it comes to protecting their loved ones if something bad were to happen like an unexpected illness or untimely death. Ask yourself, if you suddenly became disabled*, or died, would your family have the financial means to remain in your home? Could your children still graduate from college? Would your dependents be able to pursue their dreams and goals? Without a proper financial plan in place, the answer may be "no."

While no one can predict the future, you can still take the necessary steps to help prepare for the unexpected. When you purchase life insurance from a reputable company, the insurer provides you with a guaranteed** promise to pay a death benefit to help your loved ones be financially secure after you're gone. You'll feel better knowing your family is taken care of, and can focus on achieving their own life milestones, like getting married, purchasing a first home and

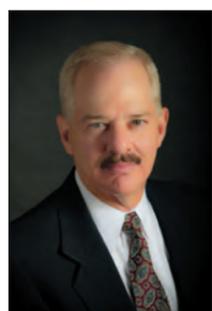
having children.

A knowledgeable and experienced life insurance agent can work with you to help determine which type of coverage is best for your situation. Together, you can create a financial strategy so you'll be prepared for whatever the future brings.

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**Guarantees are based upon the claims-paying ability of New York Life Insurance Company.

This educational, third-party article is provided as a courtesy by John M. Campanola, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact John M. Campanola at 561-212-2903.



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

Luxury Lifestyle Living: Selling your luxury home this summer? Follow These Tips.

By Linda Albright
Special to The Pineapple

Selling any home is a challenge! That's especially true in the Luxury Home Market.

If you're selling a high-end luxury home, one with a price tag higher than \$1 million, then selling your home is even more of a challenge. After all, there are fewer potential buyers for a home with a price tag that's north of \$1 million.

Fortunately, there are steps that the owners of high-end homes can take to move their pricier properties this summer.

Work with a real estate professional with luxury experience: Selling a luxury home takes far more time and connections than does selling a traditional home. You'll want to work with a specialist in the luxury home marketing real estate that can provide unique services. Such a professional will give you the best chance to sell your luxury property in as short a time as possible.

Reach a wide pool of qualified buyers: Again, not as many potential buyers can afford to spend millions on a home. This means that you need to reach as many of those buyers who can. Your experience Luxury agent can help. The best agents won't simply list your high-end home on the Multiple Listing Service. They'll also advertise globally, in trade magazines read by lawyers, physicians and CEO's and advertise on the Web sites that appeal to the affluent.

Don't discount networking: Your biggest tool in selling a luxury, high-end home? The contacts that your agent knows. Upper tier agents work closely with other real estate professionals who specialize in selling luxury properties. They will talk up your listing to agents who have their own high-end clients who might be looking for a home with an indoor gym, wine cellar and a home theater- a home just like yours!

Stage your property: Staging works wonders for any home. By arranging your furniture, art and personal memorabilia- and by putting much of it in storage- you can make your home look bright, airy and even larger than it is. Staging is especially important for high-end properties. The buyers of luxury homes are discerning. They won't spend their dollars unless your home is perfect for them. By staging your home, you showcase it at its best. This boosts your odds of finding the right buyer for it.



For additional tips and information, please contact Linda Albright, Luxury Home Specialist, Nestler Poletto Sotheby's International Realty at 561-400-5863 or email: linda.albright@npsir.com.

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• Listed events are for Boca Chamber members only unless otherwise noted.

International Business ALLIANCE

Date: Tuesday, September 2, 2014
Time: 11:30 AM TO 1:30 PM
Lynn University, 3601 N. Military Trail, Boca Raton
Phone: (561) 395-4433

Ribbon Cutting Ceremony

Date: Wednesday, September 3, 2014
Time: 5:30 PM TO 7:30 PM
FL-Accounting, LLC
7100 W Camino Real, Suite 302-2, Boca Raton
Phone: (561) 939-2553

YEA! Class of 2014-15

Date: 9/3/2014 TO 4/22/2015
Time: 6:00 PM TO 5:30 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton
Phone: (561) 395-4433

Cendyn Spaces and M.E.A.T. Eatery & Taproom Ribbon Cutting

Date: Wednesday, September 3, 2014
Time: 5:30 PM - 7:00 PM
Cendyn
980 N. Federal Highway, Suite 200, Boca Raton

Boca Chamber Ambassador Meeting

Date: Friday, September 5, 2014
Time: 12:00 Noon - 1:00 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton

FUNTASTIC FAMILY FESTIVAL

Date: Saturday, September 6, 2014
Time: 4:00 PM TO 8:00 PM
7000 W. Camino Real, Boca Raton
Phone: (561) 982-2900

Ribbon Cutting/Grand Opening Wellness & Hormone Centers of America

Date: Monday, September 8, 2014
Time: 11:00 AM TO 1:00 PM
2300 Glades Road, Suite 260W, Boca Raton
Phone: (561) 750-4660

New Member Orientation

Date: Tuesday, September 9, 2014
Time: 11:45 AM TO 1:15 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton
Phone: (561) 395-4433

Government Affairs Committee

Date: Thursday, September 11, 2014
Time: 11:30 AM TO 12:30 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton
Phone: (561) 395-4433

Golden Bell Membership Breakfast

Date: Thursday, September 11, 2014
Time: 7:45 AM - 9:15 AM
Woodfield Country Club
3650 Club Place, Boca Raton

Trustee Luncheon

Date: Friday, September 12, 2014
Time: 12:00 PM TO 1:30 PM
The Addison, 2 East Camino Real, Boca Raton
Phone: (561) 395-4433

ANBF South Florida Natural - Bodybuilding & Bikini Competition

Date: Saturday, September 13, 2014
Time: 5:00 PM TO 9:00 PM
2880 NW Boca Raton Blvd. #2, Boca Raton
Phone: (561) 235-2240

Economic Development Committee

Date: Tuesday, September 16, 2014
Time: 3:00 PM TO 4:00 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton
Phone: (561) 395-4433

Boca Fertility Ribbon Cutting and Open House

Date: Tuesday, September 16, 2014
Time: 5:00 PM TO 7:30 PM
875 Meadows Rd. Suite 334, Boca Raton
Phone: (561) 368-5500

BLU-PAC Reception

Date: Wednesday, September 17, 2014
Time: 5:30 PM - 7:30 PM
Maggiano's Little Italy, 21090 Saint Andrews Boulevard, Boca Raton

PULSE Meets BLU-PAC Network Reception

Date: Wednesday, September 17, 2014
Time: 5:30 PM - 7:30 PM
Maggiano's Little Italy
21090 Saint Andrews Boulevard, Boca Raton

Smart Talk for Women

Date: Tuesday, September 23, 2014
Time: 11:30 AM - 1:30 PM
225 N.E. Mizner Boulevard Suite # 100, Boca Raton

From How To Wow!

Date: Tuesday, September 23, 2014
Time: 8:30 AM - 10:00 AM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton

Membership After-Hours Network

Date: Tuesday, September 23, 2014
Time: 5:30 PM - 7:30 PM
Oceans 234, 234 North Ocean Boulevard, Deerfield Beach

Boca Chamber Ambassador Meeting

Date: Friday, October 03, 2014
Time: 12:00 Noon - 1:00 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton

International Business ALLIANCE

Date: Tuesday, October 7, 2014
Time: 11:30 AM TO 1:30 PM
Lynn University, 3601 N. Military Trail, Boca Raton
Phone: (561) 395-4433

Government Affairs Committee

Date: Thursday, October 09, 2014
Time: 11:30 AM TO 12:30 PM
Greater Boca Raton Chamber of Commerce
1800 N. Dixie Highway, Boca Raton
Phone: (561) 395-4433

Membership Breakfast

Date: Thursday, October 9, 2014
Time: 7:45 AM - 9:15 AM
Via Mizner Golf and Country Club
6200 Boca Del Mar Drive, Boca Raton

Ribbon Cutting/Grand Opening Wellness & Hormone Centers of America

Date: Friday, October 10, 2014
Time: 11:00 AM TO 7:00 PM
Wellness & Hormone Centers of America
5030 Champion Boulevard, Suite C-2/C-3, Boca Raton
Phone: (561) 750-4660

The Wine Opener

Date: Friday, October 10, 2014
Time: 6:30 PM TO 10:30 PM
6200 Boca Del Mar Drive, Boca Raton, FL 33433
Phone: (954) 739-5006



Golden Bell Membership Breakfast

Thursday, September 11th
7:45 to 9:15 a.m.
Woodfield Country Club
3650 Club Pl., Boca Raton FL 33496

Sponsored by:
bluegreenvacations

The September Breakfast is the Boca Chamber's Golden Bell Education Foundation's signature breakfast. At this breakfast the Chamber awards funds to deserving and innovative public school programs and recognizes all of the sponsors who support the Golden Bell Education Foundation. Come help us celebrate our march to \$1 million more!

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DELRAY

BOCA RATON CHAMBER OF COMMERCE

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The Boca Chamber created its young professionals program in 2003 in an effort to provide professionals in their 20's and 30's with the opportunity to network with one another, while receiving valuable information from speakers and business forums that will help them advance and grow their careers.

If you would like to find out more information about PULSE, please contact Sarah Pearson, Senior V.P. for External Relations or Carolina Rush, Sales & Member Relations Manager at 561.395.4433 or via email at spearson@bocachamber.com or crush@bocachamber.com

From How to Wow

Join us for this absolutely FREE workshop that will help you maximize your chamber membership and create an endless stream of prospects, network more effectively, leverage partnerships and build your personal brand!

Tuesday, Sept. 23rd | 8:30-10:00 a.m. | Boca Chamber
FREE for Members | Presented by Greta Schulz

Presented by: Greta Schulz, President & CEO, Schulz Consulting

Gift of Life Bone Marrow - Funtastic, A Family Festival

Gift of Life Bone Marrow Foundation (www.giftoflife.org) will host Funtastic, A Family Festival on Saturday, September 6th from 4-8 p.m. at Fountains Center, 7000 West Camino Real in Boca Raton. Tickets are \$10 per person (children 2 and under are free), and all proceeds benefit Gift of Life. Activities will include a juggler and a world-class comedy magic show, with a finale by Bobby from Balloon Masterz, who will perform his escape act from inside a giant balloon. Additional interactive activities include wearable balloon creations for kids, strolling puppeteers, face painting, bounce houses, games and crafts for children. Tickets can be purchased and the show schedule can be found at www.giftoflife.org/tickets. All activities are included with the price of admission; food and beverage costs are additional. "While Gift of Life is serious about our mission to find matches for people needing bone marrow transplants, we wanted to showcase what we do in a fun way that will appeal to people of all ages," said Jenna Hernandez, Gift of Life's Event Planner. For more information, call 561-982-8000 or visit giftoflife.org.

For more information on Gift of Life, call 1-800-962-7769, or visit www.giftoflife.org, [Facebook.com/giftoflife](https://www.facebook.com/giftoflife), and [Twitter.com/GiftofLife](https://twitter.com/GiftofLife)



Ronin Taiko Drummers perform at Uncle Tai's Restaurant. (Photo by Dale King)

2014 Boca Festival Days wraps up

By Dale King
The Pineapple Contributing Writer

With no small measure of reluctance, Boca Raton residents have yielded Boca Festival Days 2014 to the annals of history.

The final two events held Friday – Wine Country Safari at the Boca Museum of Art and a guided tour of the Boca Raton Resort & Club – brought the curtain down on another August-long series of events sponsored by the Greater Boca Raton Chamber of Commerce designed to provide fun for participants and to raise cash for nonprofits.

“The Boca Chamber recognizes the tremendous value that all our special nonprofits bring to our community,” said Chamber President and CEO Troy McLellan, fresh from the organization’s signature event, Wine and All That Jazz, Aug. 23 at the Boca Resort.

“We are proud to play a part to help promote those events that help raise the much-needed funds to support these organizations,” McLellan said that by the time all the cash is tallied from Festival Days, “hundreds of thousands of dollars will have been raised to support those causes that enhance Boca Raton. The Chamber thanks the countless volunteers who have helped make all of these events a success.”

The premiere event, the White-Coats-4-Care reception, raised more than \$60,000 to “dress and equip” students at Florida Atlantic University’s Charles E. Schmidt College of Medicine. More than 220 people attended the July 31 event.

Later, on an overcast and humid Aug. 13, the Ronin Taiko Drum group performed in the courtyard at Boca Center at an event designed to “drum up” support for the American Cancer Society. Those who attended enjoyed a three-course meal at sponsor Uncle Tai’s Restaurant.

A most popular event took place at the Boca Resort the night of Aug. 16 – Boca’s Ballroom Battle, patterned after TV’s “Dancing with the Stars.” The production

featured eight community leaders paired with professional dancers from the Fred Astaire Studio. MCs were news anchor Paige Kornblue and Tony Dovolani, one of the dancers from “DWTS.”

Winners, based on performance and fundraising ability, were Paula Pianta, who brought in about \$63,000, and Dr. Albert Dabbah, who collected some \$53,000. All proceeds benefit the George Snow Scholarship Fund.

Chris Holcomb, a wheelchair-ridden man, drew thunderous applause for his dance floor performance with partner Pam Casanave. Others who came to the dance were Michael Gibson, Elizabeth Kelley Grace, Victoria Rixon and Robert Sweetapple.

Some familiar faces locally turned out Aug. 22 for the “Battle of the Bartenders” at the Wyndham Boca Raton, to benefit the Best Foot Forward Foundation. Celebrity bartenders Troy McLellan, Neil Saffer and Leslie Glickman along with last year’s champions J.C. Perrin and Ingrid Fulmer helped move the beer, wine and signature drinks around, pairing them with hors d’oeuvres.

The Junior League of Boca Raton focused on one of downtown’s retail and restaurant Meccas with “The Taste of Royal Palm Place.” The Aug. 15 activity called attention to the League’s upcoming 27th Annual Woman Volunteer of the Year Luncheon. Sponsors included Bell Rock Capital, Investments Limited and Royal Palm Place.

Some activities marked certain days – like “Margarita Monday” at Rocco’s Tacos. There was also another TV-based performance – “Boca’s Got Talent,” taking its cue from “America’s Got Talent.” It was held at the Dubliner in Mizner Park.

And restaurateur Dennis Max knew how to get the most out of his crowd. To benefit Hospice by the Sea, he sponsored “Party to the Max” at his famed dining spot, Max’s Grille, in Mizner Park.

Who knows? It may still be going on.



Chris Holcomb displays style and panache on the Boca Ballroom Battle dance floor with partner Pam Casanave. (Photo by Dale King)

Financial Literacy 101

By Jeremy Office
Special to The Pineapple

As the new school year approaches and my kids begin to get excited about their first day, I think about how the courses I took in school shaped my future. I remember as a young student questioning how some subjects would affect me later in life or if I would even use the concepts taught by my teacher. In our education system we continue to teach various mandatory subjects such as language, math, and science, but I feel that we continue to lack one of the most important subjects of all in our required curriculum for the younger generation: personal finance.

As a financial advisor and Certified Financial Planner (CFP®) I am more in tune with personal finance than the normal person. I realize the importance of understanding personal finance and the influence that knowledge has on decision making. In school, I didn’t realize the impact my courses would have on me until I went to buy my first home.

Thanks to a Real Estate Finance course, I understood the terminologies and concepts which in turn helped me make an informed decision. I knew what I could afford, how much my payment would be, and how to budget to ensure timely payments. That is when I realized how much finance plays a role in every day decision making and how useful and powerful that knowledge is.

In a world of complex financial markets and products, many people believe that financial literacy is for those working in finance and banking. They think that they will leave it to experts or hire someone to handle that aspect of their life, but the irony is that you still need to understand the basics to make an informed decision on who will do that for you.

I understand how finance can be intimidating for those who aren’t “good” with numbers; but that shouldn’t be an excuse to not realize the importance of understanding it. This selected ignorance can lead to unwanted debt defaults, bankruptcies, and even health related issues since a leading cause of stress is financially related. We are now more responsible than ever for our own finances and poor financial literacy is a fundamental problem for many Americans.

Financial literacy is crucial part of our economic system. Studies have shown that financially literate people are less likely to default on debt and file for bankruptcy. Countries with financially literate populations tend to have lower levels of poverty and their citizens contribute more to real economic growth.

According to a first of its kind financial literacy report from the Organization for Economic Cooperation and Development (OECD), the U.S.

scored a 492, 8 points below the average score of 500. The U.S. score was in the middle of the pack among the 18 countries tested. The test was administered to more than 29,000, 15-year old students. As being one of the most developed country in the world, I found these statistics to be concerning.

The common denominator in the countries that scored the highest was that they have developed national financial literacy strategies within mandated education curriculum. In 2011, the U.S. released its National Strategy for Financial Literacy, but left the educational components to be determined by the states. Since then, only four states now require high school students to take a personal finance course to graduate. Another 16 states have also now required some financial literacy concepts in their curriculum.

The government is fully aware that we need to improve this fundamental skillset within our country. Until a more standardized system for financial literacy is put in place in the U.S., the responsibility falls on us to educate ourselves and our kids on the basic concepts of personal finance. As an adult you should be a financial role model for your child.

Take every opportunity you can to explain to them the importance of saving, how budgets play a role in your spending, and the act of living within your means. If you continue to struggle, I encourage you to seek out advice. There is a tremendous amount of free information available. If you feel more comfortable speaking to someone, I would suggest going to your financial advisor, CPA or reaching out to financial advocacy groups.

The time is now to educate our youth and influence change in our education system and communities. Financial literacy needs to be clearly defined and promoted at an early age. Financial literacy is more than an understanding of stocks and bonds, and how to budget and save; it is a way of life that could pay dividends in the future for generations to come.

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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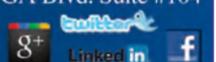
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DELRAY BEACH CHAMBER OPENING SCENES



Reminder to Contact Delray Beach Chamber of Commerce

LoveRich Boutique

Contacts and Cocktails at Eleven Salon Spa

Cabo Flats Cantina in Delray MarketPlace

Camp Gladiator

VALENCIA PALMS, A PREMIER 55+ LIFESTYLE COMMUNITY, ANNOUNCES A MAJOR CLUBHOUSE RENOVATION PLAN



DELRAY BEACH, FL – Valencia Palms, Palm Beach County’s premier lifestyle community built by GL Homes, announces plans for their Clubhouse Renovation that will commence in 2015. Preliminary steps have been taken including the hiring of a highly qualified design/architectural firm and renowned construction company. Together they will oversee a comprehensive renovation project for the 31,000 square foot clubhouse, following a community-wide vote to take place this fall.

“Maintaining our position as the leading 55+ lifestyle community in the area means we have to continually invest in our clubhouse so it exceeds our standards for beautiful design and functionality and meets the needs of our current homeowners and future homebuyers,” said Elayne Hyatt, Valencia Palms Board President.

After an extensive search, Peacock and Lewis was named the design team. Their highly acclaimed background includes decorating and building outstanding country clubs in the area such as Broken Sound Country Club, Woodfield Country Club, Mirasol and BallenIsles. “Recognizing their widespread talents, we look forward to a rewarding relationship to culminate in a stunning showplace clubhouse that will make our residents proud to live at Valencia Palms,” added Hyatt.

Hedrick Brothers is the construction company who will take guidance from Peacock and Lewis and turn their creative designs into a completed project. “Our new construction company has been named builder of the year for many consecutive years and is involved in major residential and commercial construction projects including building best selling novelist James Patterson’s stunning mansion in Palm Beach,” said Hyatt.

The total renovation will include the lounge which welcomes visitors entering the clubhouse, the social hall which is host to an annual entertainment series as well as parties and dances for a variety of resident-sponsored clubs. The café will enjoy a new look and expand to serve diners outside. There are two card rooms and a poker room that will be redecorated. And the fitness center and aerobics room will also get a makeover. In addition, improvements will be made to a billiards room, arts and crafts room, classroom and catering kitchen.

Recently refurbished in a warm terra cotta and rich brown palette, the resort-style pool complex serves as a beautiful oasis and is being enjoyed by our residents every day.

For more information about Valencia Palms, call community manager Meghan DeLuca at 561 499 6358 or visit valenciapalms.com

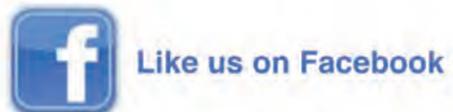
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September 9 • 5:15 - 7:00pm
Contacts & Cocktails:
TAP Global Beer Collection

You've heard about the latest crowds attending at our monthly Contacts & Cocktails event... join us for yet another wonderful evening of mixing and mingling, it's the best way to gain broader awareness for your business and build relationships within the community.

For just \$10 in advance, and \$15 at the door, enjoy wine, conversations and culinary delights. Future members are invited to join in on the fun as well, for \$20/person.

September 2, 2014 11:30 AM - 1:00 PM
 Non-Profit Council Luncheon
 Location: To Be Determined

September 3, 2014 5:00 PM
 GRAND OPENING / RIBBON CUTTING
 Join us for the Grand Opening and Ribbon Cutting for FL-Accounting, LLC. All members welcome! At FL-Accounting, LLC

September 4, 2014 11:45 AM - 1:00 PM
 Ambassadors Monthly Meeting
 At the Delray Beach Chamber of Commerce

September 5, 2014 8:00 AM - 9:00 AM
 Business and Bagels
 At the Delray Beach Chamber of Commerce
 Morning Networking at the Chamber

September 9, 2014 11:00 AM - 12:00 PM
 Focus On Women Program Committee
 At the Delray Beach Chamber of Commerce
 Monthly planning meeting

September 9, 2014 3:30 PM - 4:30 PM
 Programming Committee Meeting
 At the Delray Beach Chamber of Commerce
 Monthly planning meeting

September 9, 2014 5:15 PM - 7:00 PM
 Contacts & Cocktails:
 TAP Global Beer Collection
 At TAP Global Beer Collection
 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 TAP Global Beer Collection. Come check out this great, new place! 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 ;-)

September 10, 2014 12:00 PM - 1:00 PM
 Chairman's Club Monthly Luncheon
 Location To Be Determined
 Guest Speaker: Dr. John W. Kelly, President Florida Atlantic University

September 10, 2014 5:30 PM - 8:00 PM
 YPAD Speaker Social
 At Seagate Hotel & Spa

September 15, 2014 11:45 AM - 1:00 PM
 Budget & Finance Committee
 At the Delray Beach Chamber of Commerce

September 16, 2014 3:30 PM - 4:30 PM
 Programming Committee Meeting
 At the Delray Beach Chamber of Commerce
 Monthly planning meeting

September 17, 2014 8:30 AM - 9:30 AM
 Health Care Council
 At the Delray Beach Chamber of Commerce

September 17, 2014 5:30 PM - 7:30 PM
 Focus on Women presents "STYLICIOUS"
 At Delray Beach Club

September 19, 2014 8:00 AM - 9:00 AM
 Government Affairs Committee
 At the Delray Beach Chamber of Commerce

September 19, 2014 11:30 AM - 1:00 PM
 Executive Committee Meeting of the Greater Delray Beach Chamber of Commerce
 At the Delray Beach Chamber of Commerce

September 23, 2014 8:00 AM - 9:00 AM
 Economic Development Committee
 At the Delray Beach Chamber of Commerce

September 23, 2014 11:45 AM - 1:00 PM
 LEARNING OVER LUNCH presents "How to Take Your Business to the Next Level with Strategic Planning"
 At the Delray Beach Chamber of Commerce
 Learn how to take your business to the next level with Strategic Planning experts Michael Greene and Roger Hietbrink of Taunton Hill Consultants; a one hour seminar teaching you skills you can use immediately to improve your business results.

September 24, 2014 8:30 AM - 4:30 PM
 Chamber Board of Directors Retreat
 Location: To Be Determined

September 25, 2014 5:00 PM
 GRAND OPENING / RIBBON CUTTING-
 SEP Communications
 At SEP Communications
 Join us for the Grand Opening and Ribbon Cutting for SEP Communications. All members welcome!

September 26, 2014 8:00 AM - 9:00 AM
 Development Cooperative
 At the Delray Beach Chamber of Commerce

September 27, 2014 10:00 AM - 4:00 PM
 Tour and lunch aboard Carnival Cruise Line "Freedom"
 At Port Everglades

Join the Chamber of Commerce for a fun afternoon for a tour and lunch aboard Carnival Cruise Line's "Freedom" at Port Everglades.

October 2, 2014 11:45 AM - 1:00 PM
 Ambassadors Monthly Meeting
 Location: Delray Beach Chamber of Commerce

October 7, 2014 11:30 AM - 1:00 PM
 Non-Profit Council Luncheon
 Location: To Be Determined

October 7, 2014 3:30 PM - 7:00 PM
 Leadership Delray - Class of 2014-15

Greater Delray Beach Chamber of Commerce unveils new Donor Wall

The Greater Delray Beach Chamber of Commerce has unveiled a dramatic Donor Wall honoring the generous donors who contributed to the Delray Beach Chamber financially making the dream of a new home for the Chamber a reality. The Delray Beach Chamber of Commerce has settled into new office space at 140 NE 1st Street in Delray Beach, on the first floor of the Garage bldg. adjacent to Delray Beach Center for the Arts.

The new space has added to the vibrant complexion of the Chamber helping to increase membership by more than 30%. The space includes 3 meeting rooms (available to the public) that serve as a contemporary backdrop for many Chamber functions.

Architect Francisco Perez Azua designed the space while Annette Smith of AES designs and Jo Lettera of Office Furniture Warehouse worked on the design and furnishings. Chuck Halberg of Stuart & Shelby Development, Inc. took the lead as the Donor Wall presenting sponsor. Donors were invited to celebrate at the recent unveiling and many have stopped by for photographs.

"We are so thankful for our generous donors," says Delray Chamber President & CEO, Karen Granger. "It's amazing how our new home has helped inject life into this 87-year old organization. We love it here and are thrilled the new facilities have helped the Chamber to serve the community as a true

5 Tips to Keep your Small Business on the Right Path

By Allison Turner
 Business, Marketing & Sales Consultant

Are you cut out to be a small business owner or entrepreneur? Many are not yet have been forced to do so in the last few years due to the economy. As companies downsized and let employees go in the midst of the recession, people have had to recreate themselves in order to survive. Others are choosing to leave a well paying job in order to build a business based on a passion or hobby. Regardless of why you became a small business owner, below are 5 Tips to keep your business on the right path.

1) Create a plan for your business: In building a business, you must have a strategic roadmap so you know where you are going and can decide how you want to get there. Some people prefer to focus on a 90-Day Strategy that gets them to the next place in their business while others really map out exactly where they want to go in the next year or even three years so they can then lay out a sequence of strategies and determine exactly what needs to be done and when. Either way can work as long as you are consistent in reviewing your plan, making changes and continuing to grow.

2) Have systems in place to grow: Oftentimes, I have spoken with a small business where few systems are in place. Sometimes I hear that we don't need systems because we only have two people working in the business but that is where you are wrong. First, you must be clear on the roles of the owners and employees so you know exactly who does what and can count on it getting done. Second, you need systems in place for interactions with potential customers and clients whether it is putting a proposal together, fulfilling a contract, recording the finances or anything else. When you have the systems in place it makes it much easier to bring on more employees, grow and expand your business.

3) Working on the business and not in the business: So many small business owners work in the business and not on the business. What I mean by this is that they are so set on fulfilling their services or products that they aren't looking at the big picture and really seeing where the opportunities are to grow the business or cut costs. They often miss out on opportunities because they have tunnel vision for what they are focused on at the moment.

4) Perseverance: Starting and growing a business isn't easy. You read the statistics

from the SBA that show about 2/3 of businesses with employees survive at least 2 years and about half survive 5 years. But you also read in Forbes magazine that 8 of 10 entrepreneurs fail in the first 18 months. These are both daunting statistics if you are a small business owner or entrepreneur. Clearly you must have a perseverance mindset to be a small business owner and get your business to the level you want it to go. Bumps in the road will invariably come but if you take charge instead of react to them you will have a greater chance to create success.

5) Balance: This is the one thing that so many entrepreneurs struggle with on a daily basis. How do you take the time to focus on your business, pay attention to family and friends and make time for you? It is imperative that you make time for all of these facets and so often the thing that gets left out is you. How do you take the time to recharge whether that is exercise, meditation, sleeping, or doing something creative etc. You must find the balance to prevent burnout and be successful.

Being an entrepreneur or small business owner is not always easy but when you love what you do, it has great rewards. Take a few minutes to evaluate you and your business to make sure you are on the right path.

References:

Five Reasons 8 Out of 10 Businesses Fail. Forbes. (2013). <http://www.forbes.com/sites/ericwagner/2013/09/12/five-reasons-8-out-of-10-businesses-fail/>

Do Economic or Industry Factors Affect Business Survival. SBA Office of Advocacy. (2012). <http://www.sba.gov/sites/default/files/Business-Survival.pdf>



Allison Turner is CEO and co-founder of Business Consultants of South Florida, (BCoSF) located at 301 W Atlantic Avenue, Suite 05. She is a resident of Delray Beach as well as active member of the Greater Delray Beach Chamber of Commerce. BCoSF is passionate about helping their clients either start or grow a sustainable and profitable business through their strategic business, marketing and sales plans and consulting services. For more information visit www.BCoSF.com or call 561-276-4422.

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L-R : Scott Porten, Chairman of the Board, Karen Granger, Chamber President & CEO, Chuck & Pam Halberg of Stuart and Shelby Development, Presenting Donor Wall Sponsors

hub for business."

Emiliano Brooks of Emiliano Brooks Productions assisted the Chamber by creating the design themes used on the

donor wall and Signarama contributed to the design and installation of the Donor Wall featuring close to 80 contributors that gave between \$1,000 and \$50,000.

DELRAY BEACH CHAMBER OF COMMERCE

Pancake Breakfast • September 7

Fundraiser to Benefit the Walk to End Alzheimer's
9-11am • \$5 per person
Grand Villa of Delray, 5859 Heritage Park Way

Help to support the Grand Villa of Delray Team with this pancake breakfast, as we unite in a movement to reclaim the future for millions. The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds to fight Alzheimer's disease. Together, we can advance research to treat and prevent Alzheimer's, and provide programs and support to improve the lives of millions of affected Americans.

For more information call Melissa Rapkin at 561-613-1910

FOW "Stylicious" • September 17, 5:30-7:30pm

Join us and celebrate summer at the Delray Beach Club: networking, vendor tables, a fabulous fashion show presented by students of Lynn University, food, drink and prize drawings!
\$25 per person (\$35 at the door) \$35 for future members

Register Now!

Vendor Tables:

6'x3" - \$100 members / \$125, non-members (includes 1 admission)

Sponsorships available!

\$200 Surf and Sand Sponsor, \$350 Fun in the Sun Sponsor

Please contact Patty at 561-278-0424 x105 or patty@delraybeach.com for sponsorships.

Tour & Lunch Aboard Carnival Cruise Line "Freedom" September 27th

Join the Chamber of Commerce for a fun afternoon for a tour and lunch aboard Carnival Cruise Line's "Freedom" at Port Everglades. Guests must be 21 years or older. Guests must provide the Chamber with their drivers license number and state of issue to be provided to homeland security 2 weeks in advance. Cut off for reservations is Friday, September 12. No exceptions. Guests must have their ID with them for security otherwise they will be turned away. \$10.00 for members and guests, all proceeds for this event will go toward the Chamber's Leadership Delray Program.

Cruise is sponsored by Dash Travel celebrating 55 years in business.

Delray Chamber of Commerce Ambassadors Recognized



Group photo of Greater Delray Beach Chamber of Commerce Ambassadors

DELRAY BEACH, Florida—The Greater Delray Beach Chamber Ambassadors Recognition Committee recently organized a social at La Cigale to celebrate the generous time contributions of their Ambassadors. Besides the Ambassadors, several Delray Chamber staff attended along with Stephanie Immelman, Executive Director of the Delray Beach Marketing Cooperative.

The Ambassador Program consists of volunteers from the Chamber membership who donate their time to assist the Chamber in various activities. The Ambassadors assist in the promotion, volunteer support and development of various Chamber sponsored events.

According to John Campanola, Chairman of the Ambassadors, "Chamber Ambassadors are volunteers who have a very important role within the Chamber. They connect with new members and help them to get the most out of their membership. Ambassadors attend business mixers, ribbon cuttings, and other Chamber events and lend a hand with special Chamber projects."

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DELRAY BEACH CRA - continued from Business Section page 1

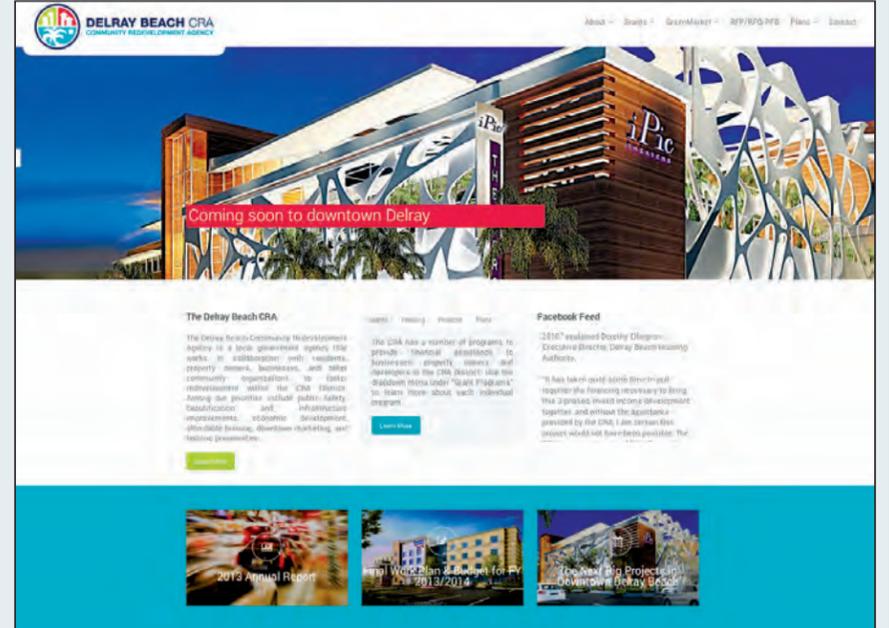
updated the CRA's branding, which was challenging and fun at the same time. We are very excited to partner with TBA and the CRA on this important initiative."

ABOUT THE DELRAY BEACH CRA

Established by the City Commission in 1985 to guide the City in its redevelopment efforts, the mission of the Delray Beach Community Redevelopment Agency is to revitalize the physical environment and economic vitality within the CRA district.

The CRA's activities are designed to solve the underlying problems of slum and blighted conditions through planning, redevelopment, historic preservation, economic development and affordable housing so that the tax base can be protected and enhanced by these mutually supportive activities.

For additional information on the Delray Beach CRA, visit www.delraycra.org, [facebook.com/DelrayCRA](https://www.facebook.com/DelrayCRA), or follow on Twitter @DelrayBeachCRA.



Screenshot of Delray Beach CRA's new website

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www.yoursitternow.com — CHILDCARE (Referred by Stephen Chrisanthus, Delray Beach Marketing Cooperative)

The 22 Project

(888) 915-5652, 4800 Linton Blvd., Ste. D-503, Delray Beach
www.support22project.org — NONPROFIT ORGANIZATION

Delray Beach Initiative

(561) 809-1266, 4870 S. Classical Blvd., Delray Beach
www.facebook.com/DelrayBeachInitiative
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(561) 866-9922, 1140 Park Ave., Cranston, RI 02910,
www.vupmedia.com — MARKETING / WEBSITE DESIGN & VIDEO PRODUCTION (Referred by Terra Spero, Real Time Marketing)

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/ U.S. Investment Immigration
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www.scoenlaw.com — ATTORNEYS / Immigration

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Alex Zamir
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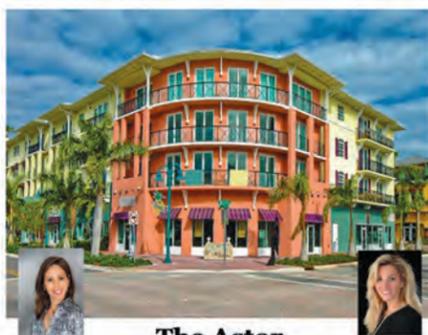
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561-537-0050



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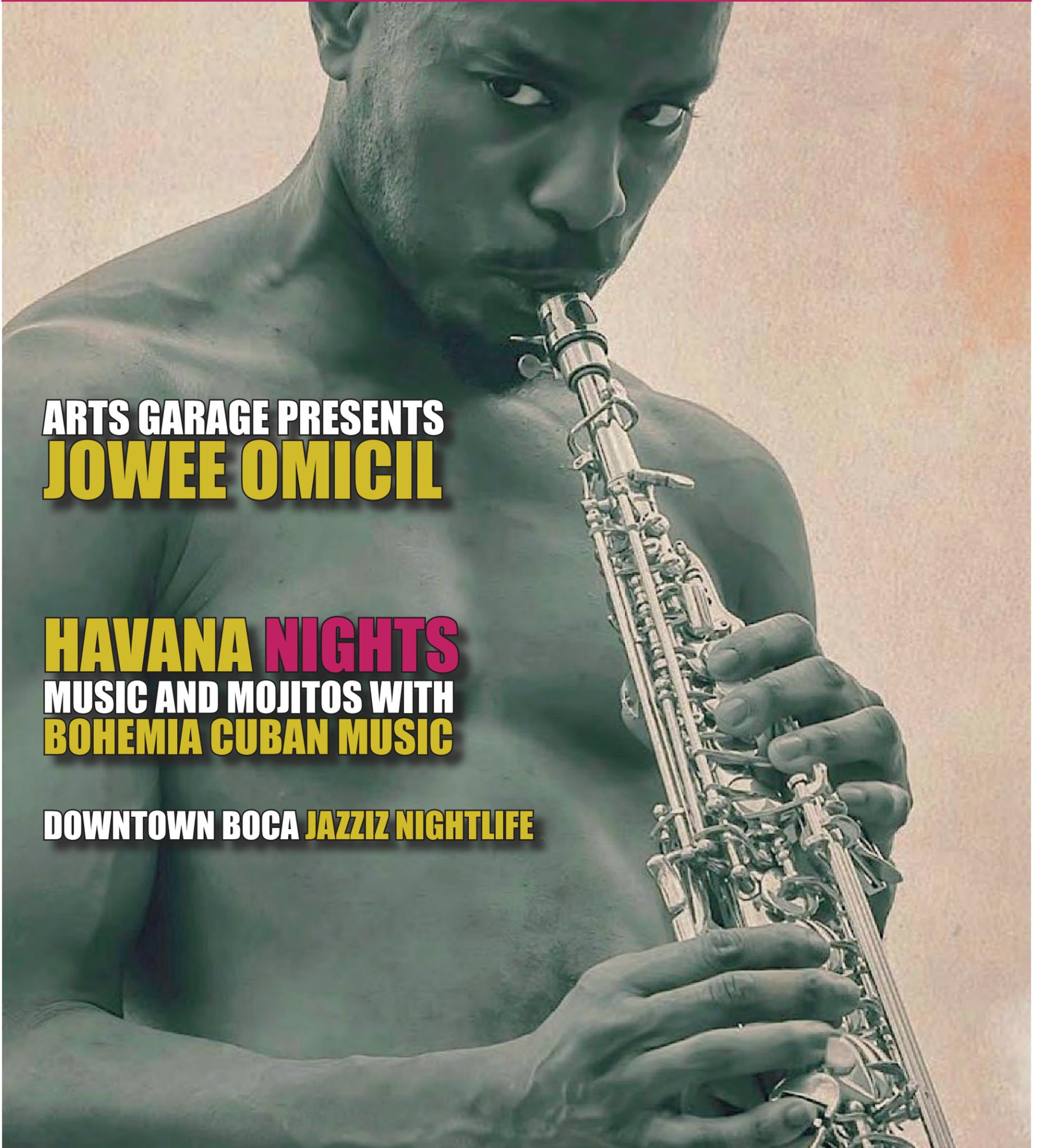
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TIME FOR THREE RETURNS TO BOCA RATON

Festival of the Arts Kicks Off in November



BOCA RATON, FLORIDA – Time for Three, the world's first classically trained garage band who wowed the audience at the Festival of the Arts BOCA two years ago, returns to Boca Raton on Friday, November 14 at 6:30 p.m. at the Mizner Park Cultural Arts Center, 201 Plaza Real (2nd Floor) for a special pre-festival celebration and announcement of the 2015 line-up.

Time for Three - Zachary (Zach) De Pue, violin; Nicolas (Nick) Kendall, violin; and Ranaan Meyer, double bass - defies traditional classification. Performing music from Bach and Brahms to their own arrangements of The Beatles, Katy Perry, Kanye West and Justin Timberlake, they have performed everywhere from Carnegie Hall to Jazz clubs, European festivals, NFL games and the Indy 500, and just released their second chart-topping album on Universal Classics.

Tickets are \$40 per person and includes a cocktail reception at 6:30 p.m., performance at 7:30 p.m. and special meet and greet reception with Time for Three after the show.

The 9th Annual Festival of the Arts BOCA will be presented March 6 – 15, 2015 by 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. Tickets for Time for Three go on sale September 15 at www.festivalboca.com or by calling (866) 571-ARTS (866-571-2787). About the Festival: Gearing up for its 9th season, the Festival of the Arts BOCA is an extraordinary, 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, a leader in worldwide cultural arts management and producer of world-renowned festivals from California to Singapore to Abu Dhabi, 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 2015.

FESTIVAL OF THE ARTS NAMES DIRECTOR

BOCA RATON, FLORIDA – The Schmidt Family Center for the Arts has named Joanna Marie Kaye Director of the Festival of the Arts BOCA. Each year, the Festival puts on the award winning ten day Festival of the Arts BOCA along with numerous concerts and lectures held throughout the year.

"It is an absolute pleasure to have such a well-respected, artistic professional on our team. Joanna's experience in the arts makes her a key player in helping in the leadership of this organization," said Charlie Siemon, Chairman of the Festival of the Arts BOCA.

Over the years, Joanna's career behind the microphone has progressed from Lynyrd Skynyrd to Leonard Bernstein. Whether spinning discs in a club in L.A., singing Mozart's Requiem or entertaining public radio listeners as the host of WXEL's Classical Variations, for her, it has always been about the music.

Kaye's background as a vocalist and arts advocate infuses her professional career with musical insight and personal passion. Having spent two years in Pittsburgh, PA as Managing Director of Classical WQED FM, she's happy to be back in South Florida and, once again, part of its dynamic cultural community.

"I have always admired the Festival of the Arts. I am thrilled to be working for this great organization," said Kaye.

The 9th Annual Festival of the Arts BOCA will be presented March 6 – 15, 2015 by the Schmidt Family Centre for the Arts at the Mizner Park Amphitheater,

Joanna Marie Kaye



500 Plaza Real and Mizner Park Cultural Arts Center, 201 Plaza Real in Boca Raton, Florida.

The diverse, multi-cultural Festival will once again bring 10 days of culture, world-class talent and "awe" to South Florida.

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Delray Beach Center for the Arts Announces THE 25th ANNIVERSARY SEASON



From cutting edge art, to concerts, musicals, Broadway cabaret and a new comedy series, there's something for everyone! Visit DelrayArts.org for details.

The Cornell Museum of Art is hosting the Florida Watercolor Society's 43rd Annual Exhibition September 4th through November 16th. From classic, to contemporary, to cutting edge, the 100 works in this juried show were created by top Florida artists and represent the highest level of skill in the medium of watercolor. A companion show, "From the Borough to the Beach: Brooklyn-Based Art," features works by paper sculptor Will Kurtz and illustrator Jennifer Lilya. Museum hours are Tuesday-Sunday, 10 a.m.-4:30 p.m. Admission is \$5.

Museum season highlights include Wine with Will, a Gallery Night on October 16th, On the Edge of Creep: A Popup Gala (fundraiser) on November 1st, and "Language Art" (November 28-March 8), an exhibition that explores emotional, social and other themes through the use of text in art and features the unique works of national artists, Trey Speegle, Jack King, Matthew Rose, Alec Monopoly and William Halliday.

Check out a free concert at the Pavilion on September 12th at 7:30 p.m. The internationally-acclaimed Jazz Ambassadors, U.S. Army Field Band will bring their special

blend of jazz, swing, pop and patriotic music to the outdoor stage. This 19-member ensemble, known as America's Big Band, is the official touring big band of the United States Army. Bring your lawn chairs and bring the family.

Beginning October 9th, Delray Center for the Arts is joining the ranks of Catch A Rising Star Comedy Club across the country. On the 2nd Thursday of each month, the Vintage Gym will become a cool, club setting where "rising stars" will perform stand-up comedy. Opening the series is Andrew Kennedy, who appeared on Comedy Central's Premium Blend. Tickets are \$20. The original club, founded in 1972 in New York City, helped to launch the careers of many famous comedians, such as Billy Crystal, Whoopi Goldberg, Jon Stewart, David Letterman, Jerry Seinfeld, Ellen DeGeneres, Andy Kaufman, Adam Sandler, Eddie Murphy, and many more.

The Crest Theatre will open its season with Girls Night – The Musical (November 6-8). Hit songs from the '80s and '90s drive this touching, hilarious musical that follows five friends as they re-live their past, celebrate their present, and look to the future on a wild night out. Our first-ever, in-house production, and a great "kick-off" to our 25th Anniversary, is the iconic Tony Award winning musical, A

Chorus Line which takes the stage December 5th through 14th with 12 performances. Directed and choreographed by Kimberly Dawn Smith, who appeared on Broadway in the original show, A Chorus Line features some of the best talent in South Florida.

Broadway, film and TV star, Megan Hilty will open the 2015 Broadway Cabaret Series (January 26 & 27), and figure skating commentator, Scott Hamilton opens the Robert D. Chapin Lecture Series (January 15).

Other highlights include Yesterday and Today: The Interactive Beatles Experience (February 17), where the audience creates the playlist; The United Kingdom Ukulele Orchestra (February 20-22), which promises masterful musicianship combined with typical British humor; and Jekyll & Hyde (March 6-8), the musical thriller hailed as "an over-the-top bloody hoot" by the New York Daily News. Public and internet ticket sales open September 9th.

The Delray Beach Center for the Arts is located at Old School Square in the heart of downtown at 51 N. Swinton Ave. in Delray Beach. The center offers a total arts experience through events, theater, exhibits and learning opportunities. For information on performances, exhibits, classes or facility rentals, call 561-243-7922.

2nd Annual Palm Beach Chamber Music Fall Festival

The 2nd Annual Palm Beach Chamber Music Fall Festival begins Thursday, September 18th and runs through Saturday, November 7th. Concerts take place at 7:30pm on Thursday nights, Sept. 18, Oct. 23 and Nov. 6 at Lynn University's Amarnick-Goldstein Concert Hall at Lynn University in Boca Raton, FL; at 7:30pm on Friday nights, Sept. 19, Oct. 10 and Nov. 7 at Saint Andrew's Episcopal Church in downtown Lake Worth, FL; and at 7:30pm on Saturday nights, Sept. 20, Oct. 11 and Wednesday night, Nov. 5 at Lighthouse ArtCenter Museum in Tequesta, FL. Projected works on the fall concerts include Beethoven's 'Eyeglasses Duo' for viola and cello; Martinu's La Revue de Cuisine for clarinet, bassoon, trumpet, violin, cello and piano; Copland's Duo for Flute and Piano; and Marshall Turkin's Wind Quintet and others.*

Be on the lookout for items of interest concerning the Festival on the PBCMF website: www.pbcmf.org | Facebook page: [facebook.com/pbchambermusic](https://www.facebook.com/pbchambermusic) and on Twitter: @chambermusicpb

Please call 800.330.6874 or visit www.pbcmf.org for tickets and information.

Who: Palm Beach Chamber Music Festival

What: featuring Beethoven, Schubert, Martinu, Copland, Marshall Turkin and others.

Where: Boca Raton, Lake Worth and Tequesta, FL

When: Thursdays, Sept. 18, Oct. 23, Nov. 6 at 7:30 P.M. – Amarnick-Goldstein Concert Hall, Lynn University, 3601 N. Military Trail, Boca Raton, FL

Fridays, Sept. 19, Oct. 10, Nov. 7 at 7:30 P.M. – Saint Andrew's Episcopal Church, 100 N. Palmway, Lake Worth, FL

Saturdays, Sept. 20 & Oct. 11; Wednesday, Nov. 5 at 7:30 P.M. – Lighthouse ArtCenter Museum, 373 Tequesta Drive, Tequesta, FL



Cost: Friday and Saturday concerts: \$25 per concert or \$65 for 3-concert subscription. Free admission for students (w/ID). For Thursday ticket prices, call 561.237.9000 or visit www.lynn.edu/tickets

Contact: For Thursday tickets and information, call 561.237.9000 or visit www.lynn.edu/tickets. For Friday and Saturday tickets and information, call 800.330.6874 or visit www.pbcmf.org

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WHAT'S UP PUSSYCAT?

Broward Stage Door Theatre Presents New Show

CORAL SPRINGS, FL - When Broward Stage Door Theatre's artistic director Derelle Bunn mentioned to director Michael Leeds and choreographer Kevin Black that she had an open time slot for a show, and asked them if they'd be interested in doing something, they jumped at the chance.

"Kevin and I have wanted to work together for a while, and this was a terrific opportunity," says Leeds. "And then, of course, the question became - what should we do?"

The result of their collaboration is *What's New Pussycat? The Soundtrack of an Era*, which will open at the Broward Stage Door Theatre on August 22nd, and runs through September 28th.

"What's New, Pussycat was originally going to be a revue of just Burt Bacharach songs," Leeds explains. "But as Kevin and I started listening to Bacharach's music, we kept being distracted by other great songs of the same era. So we decided to expand the show to include [music from some other amazing bands]."

Think *The Mamas & The Papas*, *Simon & Garfunkel*, *Etta James*, *Ray Charles*, *The Temptations*, *The Supremes*, *The Ronettes*, as well as incredible composers and writers like *Henry Mancini*, *Michel LeGrand*, and of course, *Burt Bacharach*.

Leeds and Black have tapped Carbonell Award-winner Eric Alsford as musical director for *What's New Pussycat?*, and have assembled a top-notch cast for their production. Shane Tanner, Mike Westrich, Clay Cartland and Leah Sessa all have impressive South Florida resumes. Two additional performers from New York will round out the six-person ensemble.

Although he is primarily recognized as one of South Florida's finest and busiest directors, Leeds has also had great success as a playwright, screenwriter, and choreographer. He co-wrote and directed the Broadway musical *Swinging on a Star*, which received a Tony Award nomination for Best Musical, as well as a Drama Desk Award nomination and a Theatre World Award.

His many South Florida productions include *Mack and Mabel*, *The Light in The Piazza*, and *A Little Night Music*. Leeds also teaches a weekly adult acting class.

What's New Pussycat? The Soundtrack of an Era will run from August 22 through September 28 at The Broward Stage Door Theatre located at 8036 Sample Rd. in Coral Springs.

Tickets are \$38-\$42 (\$16 student tickets are also available). Tickets may be purchased at the Broward Stage Door Theatre box office. For more information about the production, visit www.stagedoorfl.org, or call 954-344-7765.

Kravis Center for the Performing Arts

Recruiting Volunteer Ushers for 2014-2015 Season

WEST PALM BEACH, FL - In preparation for its star-packed 23rd season starting in October, the Raymond F. Kravis Center for the Performing Arts is seeking Volunteer Ushers.

"With over 400 volunteers, the Kravis Center knows that the show would not go on without the dedicated corps of people who donate their valuable time to the Center," says Usher Coordinator Karole Cooney. "While many ushers have been with us since opening night, we are now seeking new volunteers to join the ranks and become an integral part of this vibrant theatre."

To become an usher, volunteers must complete a course about Kravis Center operations. The course includes information about emergency evacuations, seating, show procedures and customer service skills. The next Volunteer Orientation will be held at the Kravis Center's Rinker Playhouse on Thursday, September 18, at 10 a.m.

Anyone interested in becoming a Volunteer Usher is encouraged to download a printable Volunteer Application, fill it out and mail to: Volunteer Program, Kravis Center for the Performing Arts, 701 Okeechobee Blvd., in West Palm Beach.

The application is available online by going to the official website at Kravis.org and clicking the section marked "Play a Part."

The Raymond F. Kravis Center for the Performing Arts is a not-for-profit performing arts center whose mission is to enhance the quality of life in Palm Beach County by



presenting a diverse schedule of national and international artists and companies of the highest quality; by offering comprehensive arts education programs; by providing a Palm Beach County home in which local and regional arts organizations can showcase their work; and by providing economic catalyst and community leadership in West Palm Beach, supporting efforts to increase travel and tourism to Palm Beach County.

The Kravis Center is located at 701 Okeechobee Blvd. in West Palm Beach, FL. For more information, please call (561) 832-7469 or visit the official website at kravis.org.

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THIS MONTH AT

arts garage

LEGENDARY JAZZ PROMOTER *Todd Barkan Brings World-Class Acts to Delray* PIANIST CYRUS CHESTNUT & AFRO- HAITIAN ARTIST JOWEE OMICIL

SEPTEMBER EVENTS

Legendary Jazz Promoter to Bring World-Class Performers to Arts Garage and Pompano Beach.

Arts Garage is proving its reputation as a “cultural powerhouse” by attracting the legendary Todd Barkan as its new Programming Director. Barkan is one of the most respected talents in the jazz world and has served as both the Artistic Administrator at Jazz at Lincoln Center and the Programming Director of Dizzy’s Club Coca-Cola. His storied career has made him a legend in the business and the Wall Street Journal says, “He’s a jazz-world celebrity—one whose fame is largely based on making other people famous.”

“We pride ourselves on attracting top talent both on stage and off. The addition of Todd Barkan solidifies this vision on both of these fronts,” said Alyona Ushe, Executive Director of the Creative City Collaborative. “Todd brings decades of enormous experience to the CCC.

We are confident that his involvement will intensify the transformation of the South Florida arts scene and make this region a top cultural destination.”

“I can think of no better way to be celebrating my 50th year of presenting world-class music than by joining the wonderful, hardworking team at Creative City Collaborative as the new Programming Director of Arts Garage, where I will be also be working on special

events and festivals that the CCC is creating for Pompano Beach,” said Barkan.

Barkan will be using his international connections to bring stellar artists to the Delray Beach venue, adding to the already dynamic mix that has made Arts Garage one of the most popular locations for live music.

This month, Barkan introduces audiences to British sensation Polly Gibbons, who is making her North American debut. His long-time friend Cyrus Chestnut, who often graced the stage of Barkan’s previous venues, makes his first appearance at Arts Garage. And one of the world’s most acclaimed guitarists, Larry Coryell, visits for two special performances.

For tickets and more information on Delray Beach’s Arts Garage, visit the website at www.artsgarage.org, or call 561-450-6357.

Sept. 5 | 8 pm | Elsten Torres

Cuban-born and New York City-raised singer/songwriter Elsten Torres is a two-time Grammy nominated and multiple BMI award winning singer/songwriter. With a sprinkle of British signature pop, a dash of Cuban troubadour roots and a chunk of Americana heartland soul, Elsten offers a distinctive breathe of fresh musical air developed through years of writing and performing all over the world. His voice resonates with the maturity of his signature expressive character effortlessly convincing in both his native tongues.

September 6 | 8 pm Markus Gottschlich | \$25-35

Austrian-born pianist and composer Markus Gottschlich belongs to the Young Lions of the Florida jazz scene. Like his own life story, Markus’ music reflects a unique blend of “old world” and “new world”. In his captivating live performances, his lyricism and technique contribute to his highly-individual sound.

Sept. 12 | 8 pm Polly Gibbons & Shelly Berg

Polly Gibbons’ warm, rich, soulful vocals and an innate blues sensibility have been likened to many of the jazz and soul greats. She brings her own storytelling and earnest depth alongside a unique humor and fun

to performances. Shelly Berg, a renowned Steinway pianist, has been called “one of the finest pianists around in the early 21st century playing modern mainstream jazz” by All Music Guide. Together, the two bring great musical experience and brilliance to the stage.

Sept. 13 | 8 pm | Marlow Rosado

Salsa, rock, merengue, hip-hop, bachata, and reggaeton. Producer, composer, and pianist Marlow Rosado has had his musical hand in all of it. A native of Puerto Rico, he is a salsaero at heart, but has successfully written, played and produced hits in a variety of musical styles for some of the most renowned artists in Latin music. From the driving rock tracks he co-wrote on Alejandra Guzman’s Lipstick, nominated for Best Rock Album of the Year by both the American and Latin Grammys, to the emotionally charged Yolandita Monge production written as a love letter to his homeland, with touches of artists the likes of Elvis Crespo and Puerto Rican Power thrown in for good measure, it’s easy to understand why Marlow Rosado’s compositions are heard across airwaves the world over on a daily basis.

September 13 | 8 pm | AVDA Presents Havana Nights | \$75

AVDA (Aid to Victims of Domestic Abuse) presents this exciting evening featuring Bohemia Cuban music, dancing, and cocktails and hors d’oeuvres by Cabana del Rey. Proceeds to benefit AVDA.

September 19-20 | 8 pm Larry Coryell | \$25-\$45

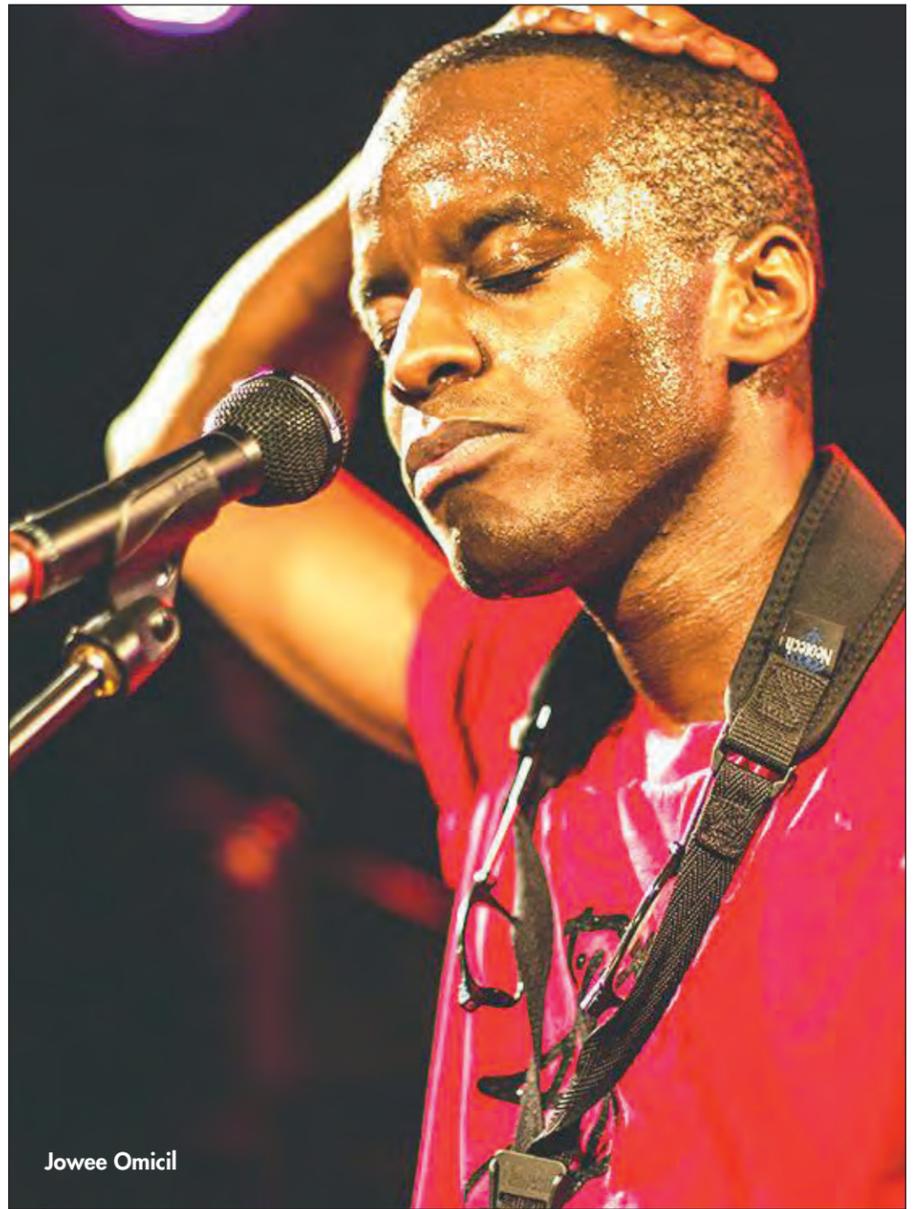
Larry Coryell has been described by Whitney Balliett as “the most innovative and original guitarist since Charlie Christian.” Beginning with his first recordings with Chico Hamilton, Larry has remained in the pantheon of great jazz guitarists for more than 30 years. His philosophy of music has kept him playing fresh and exciting and makes each of his personal appearances or recordings a special event. All of Larry’s work highlights his uncanny ability to revisit jazz standards and imbue them with new life and ideas. He brings to them his years of experience in playing, listening and learning and synthesizes them into something greater than the sum of their parts.

September 26 | 8 pm Jowee Omicil | \$25-35

Multi-instrumentalist, artist, producer, educator, and composer Jowee Omicil brings a novel and distinctly Afro-Haitian perspective to his music. He’s part of a growing cadre of Caribbean-descended artists bringing new flavors to the creative music spectrum. Jowee possesses a distinctive, soulful and spiritual sound on saxophones and flutes that extends to his clarinet and harmonica ventures.

September 27 | 8 pm Cyrus Chestnut | \$25-\$35

Pianist Cyrus Chestnut has earned a reputation for his skillful versatility, his ability for blending sounds and for unabashedly bringing gospel into the club performances he gives. Throughout his career, Chestnut has worked with an array of artists, including saxophonists James Carter, Donald Harrison and Joe Lovano; trumpeters Roy Hargrove and Freddie Hubbard; Chick Corea, the Chicago Symphony Orchestra, and opera singer Kathleen Battle, with whom he tours occasionally since 1995. More recently, Chestnut has collaborated with vocalists Vanessa Williams, Anita Baker, Bette Midler, Isaac Hayes, and Brian McKnight.



Jowee Omicil

HAVANA NIGHTS AN EVENING OF MUSIC AND MOJITOS WITH BOHEMIA CUBAN MUSIC

Event to Benefit Aid to Victims of Domestic Abuse, Inc. (AVDA)

Delray Beach, Florida – Aid to Victims of Domestic Abuse, Inc. (AVDA) will present “Havana Nights – An Evening of Music and Mojitos”, on Thursday, September 18th at the Arts Garage in Delray Beach. The fundraiser will feature Miami-based musical group - Bohemia Cuban Music. Bohemia plays the traditional music of Cuba – danzon, bolero, cha cha cha – with a unique, fresh approach.

The cocktail reception will begin at 7 pm followed by the performance at 8 pm at the Arts Garage, 180 NE 1st Street in Delray Beach. Tickets are limited, and are \$75 per person. Tables are available. Tickets for Havana Nights may be purchased through The Arts Garage www.artsgarage.org or by calling 561-450-6357.

Liz Quirantes of CBS 12 News will host the evening, which includes cocktails and hors d’oeuvres from Atlantic Avenue’s Cabana el Rey restaurant.

“Domestic abuse crosses all social, economic, sexual orientation, race and cultural lines, and, without intervention, can result in life-threatening consequences,” said AVDA’s President and CEO, Pam O’Brien. “It is our

hope that events like Havana Nights will help raise awareness of the issue, as well as funds for AVDA’s programs and services.

Sponsors of the evening include Steven R. Braten PA, Charles Schwab, Boca Raton Magazine, Delray Magazine, *The Pineapple Newspaper*, Cabana el Ray and Leblon Natural Cane Cachaca Brazil.

“Much like AVDA, our firm’s objective is to make the community a better place to live,” stated Steven R. Braten, Managing Attorney at Steven R. Braten, PA. “We are pleased to support AVDA through sponsorship of this great evening, for a worthy cause.”

Proceeds from Havana Nights will directly benefit AVDA’s 24-hour hotline, emergency shelter and Casa Vegso transitional housing facility as well as the outreach, educational and prevention programs offered by AVDA throughout Palm Beach County.

AVDA promotes violence-free relationships and social change by offering alternative choices to end violence and domestic abuse. For more information about Havana Nights or AVDA’s services, please visit www.avdaonline.org or call (561) 265-3797.



Bohemia Cuban Music



CRAZY FINGERS

Delray Beach Band Channels the Grateful Dead

By Priscilla Speicher
The Pineapple Contributing Writer

Before I lived in Delray Beach I distinctly remember being out and about, hearing gossip this amazing band, Crazy Fingers. They were known to play a venue that is no longer in operation, the Fisherman's Wharf in Pompano Beach.

That was 15 years ago. But unlike the restaurant they once frequented, this band is still fully functional, pleasing crowds and delighting Grateful Dead fans in South Florida. They have a classic American sound, and are what I call a true "feel good" band.

Interestingly, Crazy Fingers got its start in Delray Beach, playing their first gig at a private birthday party. Today, they have a South Florida iconic sound, and are known by many. The four original members wanted to play the music of the Grateful Dead, so they started learning all the songs. They attribute their ongoing success to both the longevity of the Grateful Dead's music, and the loyalty of their local fans.

"We can't thank our fans enough," said vocalist Rich Friedman during a recent interview. "They keep coming out to support us, and we keep giving them the music they love."

Over the past decade Crazy Fingers has released two albums, all original music: *Come On and Dance*, and

It's a Strange Life. This effort was largely supported by keyboardist, guitarist and vocalist Corey Dwyer, who joined the band in 1993. All the band members were thrilled to have him thanks to his show stopping voice, but also an incredible song-writing talent. Sadly, Dwyer is no longer part of the band's lineup. The talented writer and musician was badly injured in a car accident, and passed away. Today, the band continues to honor his memory and is on a mission to complete their third compilation, something they are sure Dwyer would have wanted to see happen.

Crazy Fingers consists of Rich Friedman (guitar/vocals), Josh Foster (keyboards), Bubba Newton (bass), and Pete Lavezzoli (drums/vocals). And because Lavezzoli is frequently on the road with Melvin Seals & the Jerry Garcia Band, you can typically find stand-in drummer Brian Jones playing on stage. Until the band finds a permanent replacement for Dwyer they are often joined onstage by guitarist/vocalist Billy Gilmore, who was once an official Crazy Fingers band member himself.

Crazy Fingers plays the full gamut of the Dead's historic repertoire, from the '60s to the '90s, as well as the music of Jerry Garcia's solo career, an occasional smattering of other favorite artists ranging from Bob Dylan to the Rolling Stones, and a healthy amount of original Crazy Fingers material.

They love to jam, they love to improvise, and are known to stretch out a favorite song. They read the crowd and give them what they are wanting at the time. This is a characteristic of truly great bands.

Interested in seeing Crazy Fingers in action? You can find the band's upcoming shows online at crazyfingers.net. They often play at the Funky Biscuit in Boca Raton, and Boston's on the Beach in Delray Beach. I have no doubt that if you go hear these guys, you'll leave smiling.

PALM BEACH POETRY FESTIVAL

Hosting Workshop at Delray Beach Center for the Arts

DELRAY BEACH - The Palm Beach Poetry Festival is kicking of its 11th season with a special workshop for local poets and lovers of the literary arts: *Poems of If and When: The Power of the Subjunctive and the Occasion*.

Julie Marie Wade, MFA will teach this generative poetry workshop that will explore personal identity through both speculative and narrative writing prompts and example poets, including Lucille Clifton, Sharon Olds, Aaron Smith and Stacey Waite.

Wade earned a Master of Arts in English at Western Washington University, a Master of Fine Arts in Poetry at the University of Pittsburgh and, in 2013, a PhD in Interdisciplinary Humanities at the University of



Julie Marie Wade

Louisville. She has received numerous prestigious honors including the Chicago Literary Award in Poetry (2004), the Gulf Coast Nonfiction Prize (2004), the Oscar Wilde Poetry Prize (2005), the Literal Latte Nonfiction Award (2006), two Dorothy Sargent Rosenberg Poetry Prizes (2006, 2010), among others.

Wade is the author of two collections of lyric nonfiction, *Wishbone: A Memoir in Fractures*, and *Small Fires*; two collections of poetry, *Without and Postage Due: Poems & Prose Poems*; the creative nonfiction chapbook *Tremolo: An Essay*; and the newly released *When I Was Straight: Poems* (A Midsummer Night's Press, 2014). She teaches in the creative writing program at Florida International University and lives with her spouse, Angie Griffin, in Dania Beach.

The 11th annual Palm Beach Poetry Festival will be held January 19-24, 2015 at the Delray Beach Center for the Arts. The Festival will once again feature about a dozen top poets at numerous ticketed public events, including readings, talks and a lively panel discussion. In addition, workshop participants will read at several late-night open mics, free to the public. Tickets will go on sale to the public later this year through the festival website and at the Crest Theatre Box Office at the Delray Beach Center for the Arts.

The Palm Beach Poetry Festival is sponsored by The National Endowment for the Arts, Morgan Stanley, the Windler Group of Morgan Stanley's Atlanta Office; the Cultural Council of Palm Beach County, the Palm Beach County Tourism Development Council and the Board of Commissioners of Palm Beach County; The Palm Beach Post; Visit Florida; WLRN; and Murder on the Beach, Delray Beach's independent bookseller.

There will be a \$10 per person fee collected at the workshop, and Wade's poetry will be available for signing and purchase after the workshop.

The Delray Beach Center for the Arts is located at 51 North Swinton Avenue. For more information about this workshop, visit the website at palmbeachpoetryfestival.org.

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LARRY CORYELL

9/19 - 9/20
FRI & SAT, 8PM

Larry Coryell has been described as one of our most innovative and original jazz artists, and has remained in the pantheon of great jazz guitarists for more than thirty years.



ELSTEN TORRES

FRI, 9/5, 8PM

Elsten Torres is a two-time Grammy-nominated and multiple BMI Award-winning singer/songwriter who offers a distinctive breath of fresh musical air.



MARKUS GOTTSCHLICH

SAT, 9/6, 8PM

Austrian-born pianist and composer Markus Gottschlich shares a unique blend of "old world" and "new world" jazz music, with captivating lyricism and spectacular technique.



POLLY GIBBONS WITH THE SHELLEY BERG TRIO

FRI, 9/12, 8PM

With warm, rich, soulful vocals and an innate blues sensibility, Polly is making her North American debut at Arts Garage!



MARLOW ROSADO

SAT, 9/13, 8PM

From salsa to rock, from merengue to hip-hop, producer/composer/pianist Rosado has successfully written, played and produced hits for many great Latin artists.

Join us for an Evening of Music and Mojitos...

AVDA Presents
HAVANA NIGHTS

Featuring
Bohemia Cuban Music
Thursday, September 18th
7:00 PM Cocktails | 8 PM Show Time
Tickets \$75 per person
cocktails and hor d'oeuvres
by Cabana el Rey.

Tables of 6 - \$450 | Tables of 10 - \$750
Seating is limited, please call 361-450-6357
www.artsgarage.org to make your reservation.

AVDA PRESENTS
HAVANA NIGHTS
THURS, 9/18, 8PM **delray**

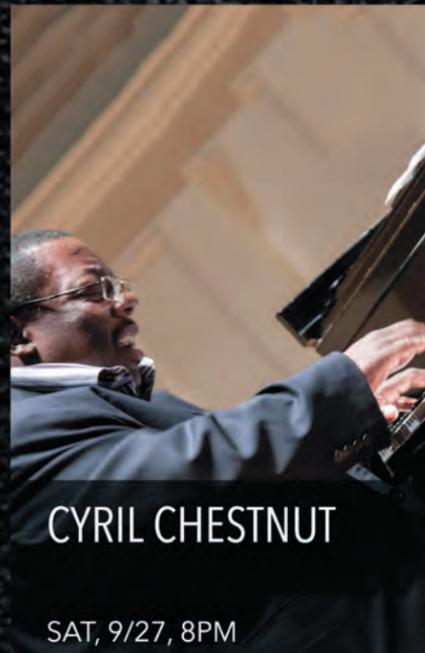
AVDA (Aid to Victims of Domestic Abuse) presents this exciting evening featuring Bohemia Cuban music, dancing, and cocktails and hor d'oeuvres by Cabana del Rey. Proceeds to benefit AVDA.



JOWEE OMICIL

FRI, 9/26, 8PM

Multi-instrumentalist/composer/educator/producer Jowee Omicil brings a novel and distinctly Afro-Haitian perspective to his music.



CYRIL CHESTNUT

SAT, 9/27, 8PM

Jazz pianist Cyril Chestnut has earned a reputation for his skillful versatility, his ability for blending sounds and for unabashedly bringing gospel into the club performances he gives.



ROCKIN' JAKE

FRI, 10/3, 8PM

Hailed as one of the premier harmonica players in the country, Jake's original sound is a hybrid of second line, swamp funk, blues and zydeco.

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JAZZIZ NIGHTLIFE IN BOCA

Line Up For September Includes Nicole Henry, Alexa Heller, and More

This month, Jazziz Nightlife in Boca Raton has all the stops for an evening out. The jazz club in Mizner Park attracts top-name acts for show-stopping entertainment, world-class food, and a stellar late-night bar scene.

Sept. 7 | 7 pm | Alexa Heller

Alexa Heller's soulful artistry is a passionate pairing of Pop and R&B sounds. Her dynamic vocal range and sensual vocals groove to the beat of the songstress's undeniably catchy hooks, confessional lyrics, and exuberant warmth. With her breathy spoken word passages and invitation to dance, the charming chanteuse delivers an electric feel good experience. Alexa pulls from buoyant pop, elastic R&B and funk. Her style is a combination of Mariah Carey, Justin Timberlake, and Beyonce.

As a live performer, she's built a robust profile with dazzling performances at legendary NYC venues such as The Hard Rock Cafe in Times Square with Nick Cannon, The Bitter End, Pianos, Cafe Vivaldi, The Big Apple Indie Music Series and Village Underground. Her buzzed about song "Empire" received radio play on WHUD 100.7 for The Hudson Valley Artist's Spotlight in NY.

She has also been featured on MTV, ABC Nightline and made an appearance on American Idol Season 13. She's featured in NYMag.com, International Blogs and numerous radio shows including The Chelsea Krost Show. Having grown up in South Florida, Alexa is thrilled to return to her roots, bringing her heartfelt melodies and a mesmerizing show to Jazziz. Tickets are \$25 General Admission.

Sept. 9 & 10 | 7 & 9 pm Tierney Sutton

A 6-time Grammy Nominee, as both a recording artist and arranger, Tierney Sutton is often described as "a singer's singer," but just as often, she is described as a "musician's singer" who uses her voice like an instrument. Most recently, Tierney received her 5th consecutive Grammy Nomination for "Best Jazz Vocal Album" for her latest project, "After Blue," an intimate, jazz-inspired re-imagining of the legacy of Joni Mitchell.

The album, which is Sutton's first solo outing without her longtime Band, features Al Jarreau, Hubert Laws, Peter Erskine, Larry Goldings, Serge Merlaud, Kevin Axt and The Turtle Island Quartet. Sutton performs a beautiful vocal alchemy with Joni Mitchell's material. She steps far enough out of her jazz box of familiarity to transform her voice into a new force of nature.

With perfect comfort, Sutton renews this material with her singing. These performances exist on an equal footing with the originals, not as imitations, but as complete re-assimilations. This swirling evolution is what makes Sutton one of the two or three most important vocalists in the post-Fitzgerald-Vaughan-Carter period.

She has headlined in recent years at The Hollywood Bowl, Carnegie Hall, The Kennedy Center and Jazz At Lincoln Center. She can also be heard on film and television soundtracks including The Academy Award-nominated film "The Cooler" as well as on television commercials (BMW, Green Giant, Yoplait Yogurt, Coke). Tickets are \$35 General Admission; \$55 Premium and \$75 VIP.

Sept. 11 | 8 pm | Albita

A two time Grammy winner and Emmy Award recipient, Albita has gained international stardom through her electrifying and mesmerizing performances and is considered the most authentic Cuban singers and versatile artists of our time. Since arriving in Miami in 1993, she has recorded 8 albums, all of which were Grammy nominated and has shared the stage with such greats as Celia Cruz, Tito Puente, Gloria Estefan, Gilberto Gil, Phil Collins, Miriam Makeba, Meliisa Etheridge, Tony Bennett and many more. Tickets are \$25 General Admission; \$35 Premium and \$55 VIP.

Sept. 23 | 7 & 9 pm Nicole Henry

Stunning jazz vocalist Nicole Henry continues her exclusive South Florida residency at JAZZIZ Nightlife. Since her debut in 2004, Nicole has established herself as one of the jazz world's most acclaimed vocalists, possessing a potent combination of dynamic vocal abilities, impeccable phrasing, and powerful emotional resonance. Her passionate, soulful voice and heartfelt charisma has earned her a 2013 Soul Train Award for "Best Traditional Jazz Performance," three Top-10 U.S. Billboard and HMV Japan jazz albums.

Heralded by The New York Times, Wall Street Journal, The Japan Times, El Pais, Essence and more, Ms. Henry tells real stories through repertoire from the American Songbook, classic and contemporary jazz, contemporary standards, blues and originals. Tickets are \$25 General Admission; \$45 Premium and \$65 VIP.

For more information visit www.jazziz.com, or call the box office at 561-300-0730.

GUMBO LIMBO NATURE CENTER

September Event Listings

Outdoor Sea Tank Feedings Monday-Saturday | Various Dates & Times

What is the connection between mangrove and coral reef communities? How do fish use these habitats? Learn about the fascinating behavior of sharks, stingrays, and other marine life during these daily feeding presentations. All ages; children under 18 must be accompanied by an adult. No reservations required. Meet at the outdoor tanks.

Indoor Aquarium Feedings Daily | 2:30 pm

What do eels eat? Or, better yet, how do eels eat? Which fish rule the school? Why are female seahorses the envy of all the girls? Learn about these and other sea creatures during a free daily feeding presentation. All ages. No reservations required. Meet in the Nature Center.

Hammock Trails September 2-3 | 10-11:30 am

Enjoy a free guided walk on the nature center's quarter-mile long boardwalk. Explore this rare remnant of coastal hardwood hammock, and get a glimpse of the past. All ages; children under 18 must be accompanied by an adult. No reservations required.

Little Wonders September 6 | 10-11 am

Hikes for little feet, crafts for tiny fingers, and stories for growing minds introduce your novice naturalist to a new animal each month. Gumbo Limbo is a great place to share your love for nature with your little one. Ages 3 and 4 with an adult; No siblings please. Prepayment recommended online at gumbolimbo.org, or walk-ins welcome based on availability. Cost per child: Member \$5, Non-member \$8



FLAVOR

DRINK OF THE MONTH

The "Dirty Pig" Martini at Boca's Pinon Grill is a mixture of Tito's Vodka, olive brine & three queen-size, blue-cheese-stuffed olives wrapped in bacon. Buy-One-Get-One-Free during Happy Hour!



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Check-in: Rhum Shak / 7:00 PM - 8:30 PM Saturday, Sept. 20
Pirate Crawl goes on until 12:00 7+ ports 'o call: Brogues, South Shores, CJ's, Dave's, The Island, Rhum Shak, Propaganda...
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costume contest, pirate games, treasure hunt & more..

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THIS MONTH IN

south florida

Delray Art League sponsors exhibition of "Plein Air" paintings at Delray Beach City Hall

The Delray Art League is proud to sponsor a "Plein Air" exhibit at Delray Beach City Hall, 100 NW 1st Avenue. "Plein Air" is a term that describes paintings done outdoors onsite. The exhibit, which will be on display through September 26, 2014, is free and the public is welcome to visit City Hall weekdays, 8am-5pm, to view artwork depicting some of Palm Beach County's beautiful landscapes and scenery.

Next year marks the Delray Art League's 50th anniversary and a week-long celebration of indoor/outdoor shows and exciting programs are planned for February 2015. On February 26, the League invites the public to the "Plein Air" Competition. Artwork from this one day event will be on display at the Crest Theatre, 51 North Swinton Avenue. A special evening follows on February 27 when the Delray Art League hosts its 50th Anniversary Banquet.

To learn more about the "Plein Air" Competition and/or the 50th Anniversary celebration, visit www.delrayartleague.com.

About the Delray Art League

The Delray Art League is a nonprofit 501(c)3 organization which invests in the future of art students through the League's Art Education Fund. Members donate a percentage of their art sales to this Fund which helps to sponsor programs, provide art supplies to community groups and award scholarships to local students. For more information, including event schedules and activities, visit www.delrayartleague.com.

Partnering agencies for the "Plein Air" Competition are the Greater Delray Beach Chamber of Commerce and the Delray Beach Center for the Arts, with additional support provided by the newly formed Palm Beach Plein Air organization. Members from the Delray Art League will participate in the Competition and all artwork will be available for purchase.

Morikami Museum and Japanese Gardens appoints Tamara Joy Chief Curator

The Morikami Museum and Japanese Gardens is pleased to welcome Tamara Joy as its new Chief Curator. Joy comes to the Morikami with an impressive background in preserving and promoting Japanese art and culture in institutions across the globe.

Prior to joining the Morikami, Joy served as Executive Director of the Brown County Art Guild, an organization established in 1927 that has since become one of the most important art colonies in the U.S. She also has worked with the Japan Society Gallery in New York City, the Museum of Fine Arts in Boston, and as Curator of Asian and Middle East Collections at the Museum of International Folk Art in Santa Fe, New Mexico.

In addition, Joy taught and conducted research on traditional paper-making and textile dying traditions while living in the city of Yamagata, Yamagata Pref. in Japan's northern Honshu.

"We are thrilled to welcome Tamara to our Morikami family," said Bonnie LeMay, Morikami Park Administrator. "With her well-rounded experience in art and culture and knowledge of Japanese customs, we believe she will provide great value to our curatorial team, ever-growing collection and cultural activities."

Joy earned a Bachelor of Arts in East Asian Languages and Cultures and Master's in Japanese arts and culture with a specific focus on textile traditions at Indiana University.

"Being invited to be the Chief Curator at the Morikami Museum is not only a dream job for me, but it feels as though I've been working my way toward this opportunity my entire professional museum career," Joy said. "It will allow me to bring together all of my hard-earned experience and skills, and apply

them to this truly unique institution at a time when Morikami is poised for an exciting phase of growth and expansion."

Morikami in September and beyond Japanese Reading & Writing Workshop: Hiragana & Katakana

Date: Saturday, September 20 & 27 (2-day workshop)

Time: 1pm - 5pm

Cost: \$80; advance registration required

This workshop concentrates on the written form of the Japanese language, covering reading and writing of the two Japanese alphabets, hiragana and katakana. Students learn essential greetings and expressions, as well as some basic phrases.

Required materials: Lined notebook, pencils, eraser, 100 index cards.

Kitsuke Workshop: The Art of Kimono Dressing

Date: Saturday, September 27

Time: 1pm - 3pm

Cost: \$35; advance registration required

The iconic kimono is a work of wearable

art whose design, material, imagery, and accessories tell a unique story. To properly wear kimono is a skill honed through the practice known as kitsuke. The casual cotton kimono, yukata, is popularly worn at Japanese summer matsuri, or festivals. In this hands-on workshop, learn how to wear a yukata - just in time for Morikami's festival season!

Recommended dress: Please wear (hadajuban) kimono undergarment, or lightweight comfortable clothes (we suggest either leggings or shorts with a tank top or t-shirt).

Required materials: Bring your own yukata, yukata obi, and two koshihimo (at least 2.5 yards x 1 inch length of fabric sash). If you do not own a yukata, vintage yukata and obi will be available for purchase at the workshop (cash only payable to the instructor). Vintage yukata and obi prices each begin at \$15.

Japanese Design for the Senses: Beauty, Form, and Function

September 30, 2014 - January 18, 2015

Japanese Design for the Senses comprises three distinct exhibitions highlighting the beauty, form, and function that is inherent to Japanese craft and design. Each component features objects designed and crafted to be both beautiful and functional. Examples include an array of exquisite works, from folding screen paintings and lacquer boxes, to handcrafted lamps, benches, and step

chests, all of which are as impressive in their design as they are in their craftsmanship and functionality.

Touch of Gold: Lacquerware Boxes and the Paintings of Elaine Ehrenkranz

For over forty years, the abstract expressionist painter Elaine Ehrenkranz formed a comprehensive collection of magnificent Japanese lacquerware boxes ranging in date from the 15th to the mid-19th centuries. A large portion of her collection was donated to the Harvard University Art Museums in 1997, with the remaining masterpieces gifted to the Morikami Museum and Japanese Gardens in 2013. Touch of Gold features her remarkable gift to the Morikami.

Ma: Defining Space: Studio Furniture of Yoko Zeltserman-Miyaji

A built-in storage system comprised of staggered shelves, chigai-dana first appeared inside shoin-style homes in the Kamakura era (1192 - 1333), replacing the freestanding, portable bookcases that were used to store and display scrolls, books, tea utensils and other decorative objects. This exhibition was organized by Mobilia Gallery in Cambridge, Massachusetts.

Katachi: The Essence of Aesthetic Form and Function in Japanese Furniture

Katachi embodies the hallmark of Japanese aesthetics: a harmonious balance of beautiful form, fine workmanship, and practical functionality.



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AT OLD SCHOOL SQUARE

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2014-15 Main Stage Series

Performances are Friday, 8pm; Saturday, 2 & 8pm; Sunday, 2pm



ATLANTIC CITY BOYS

November 21-23

Four dynamic lead singers perform the best music of the '60's in a dynamic stage show with live band.



A CHORUS LINE

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We're "kicking off" our 25th Anniversary with our first ever in-house production -- and what better way than with this iconic, Tony Award winning musical!



BACK ON BROADWAY

January 16-18

10 amazing performers; song and dance from award-winning musicals.



THE UNITED KINGDOM UKULELE ORCHESTRA

February 20-22

This talented orchestra combines pop classics and current hits with typical British humor and surprising interjections.



JEKYLL & HYDE, The Musical

March 6-8

Called, "an over-the-top bloody hoot!" by the *New York Daily News*, this musical thriller, is based on *The Strange Case of Dr. Jekyll and Mr. Hyde* by Robert Louis Stevenson.



SEVEN BRIDES FOR SEVEN BROTHERS

March 20-22

Set in 1850s Oregon, this show is all fun and romance -- and bursting with the energy of the original film.

NEW!! OPENING OCTOBER 9th

CATCH A RISING STAR COMEDY CLUB

In the Vintage Gym on the 2nd Thursday each month at 8 p.m., beginning October 9th. Crest Theatre series to be added!

We're joining the ranks of "Catch A Rising Star" comedy clubs around the country! It's stand-up comedy at its best.

Oct. 9 - ANDREW KENNEDY; Nov. 13 - TOM McTIERNAN; Dec. 11 - KOJO PRINCE

Crest Theatre Special Events



GIRLS NIGHT: The Musical

November 6-8 Thurs., Fri., Sat., 8 pm

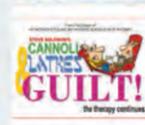
Touching and hilarious! A tell-it-like-it-is musical with hit songs of the '80s and '90s.



A CHRISTMAS CAROL

December 16 Tuesday, 8 pm

This new adaptation of Dickens' classic is a spectacular, fully staged musical.



STEVE SOLOMON: Cannoli, Latkes & Guilt

January 3 & 4 Sat., 8 pm & Sun., 2 pm

Hilarious! Steve's best bits from earlier shows combined with new comedy pieces.



VOCAL TRASH

January 14 Wednesday, 8 pm

Electrifying drumming, break-dancing and a cappella harmonies. It's GLEE meets STOMP!



YESTERDAY and TODAY: The Interactive Beatles Experience

February 17 Tuesday, 8 pm

Rock to the music of the Beatles -- at this concert, the audience creates the playlist!

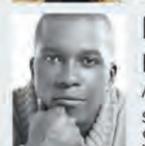
Broadway Cabaret Series Mon. & Tues., 8 pm



MEGAN HILTY

January 26 & 27

This star of stage, screen and music starred in *Wicked*, *9 to 5: The Musical*, and *Gentlemen Prefer Bondes*. She played Ivy on NBC's SMASH.



LESLIE ODOM, JR

February 9 & 10

An accomplished TV and film actor, Leslie starred in *RENT* on Broadway and played Sam Strickland on NBC's SMASH.



LOUISE PITRE

March 2 & 3

Canada's "first lady of musical theater" received wide acclaim for her starring roles in *Mamma Mia!*, *Les Miserables* and *Gypsy*.



LEA SALONGA

March 16 & 17

One of the most powerful voices on the Broadway stage, Lea won the Tony Award for her performance in *Miss Saigon*.



RON SHARPE & BARBRA RUSSELL with JAMES BARBOUR & NATALIE TORO "Married to Broadway"

April 6 & 7

DelrayArts.org

51 N. Swinton Ave., Delray Beach 33444



All dates, times, programs subject to change without notice.





FOOD & DINING



By Joe Stout
Special to The Pineapple

I remember the first time I met Danny Murphy. My friend Bob suggested we meet for lunch to talk about getting Danny involved with *The Food Beat*. It was also a chance for me to meet the guy who told Ben Stiller that he put a nick in his F@%*## piano in *There's Something About Mary*, the cabbie who picked up Jack Black in *Shallow Hal*, and the guy who asked Woody Harrelson and Bill Murray what they were selling in *Kingpin*.

You know. The guy in the wheelchair. The first thing I noticed when I met Danny was just how challenging it was for him to navigate the restaurant, and the limited use of his hands. Danny broke his neck while diving from a pier in Cape Cod, one he had dove into dozens of times before. At the age of 19, Danny officially became a quadriplegic. Unlike many quads, Danny had some use of his arms and hands, and he made the most of it. Things we all take for granted were significant tasks for him. Holding a fork, using his cell phone, operating his computer, driving his van, and drinking a beer.

We became fast friends as Danny and I shared the same twisted sense of humor and the never-ending desire to give each other a hard time. Rarely did either of us miss the opportunity to share our love for one another in this unusual fashion, but one thing Danny and I always managed to do was have fun.

And fun we had. We came up with the idea for *The Food Beat* show "Rollin with Murph" to not only add another creative way to showcase Delray Beach restaurants, but to also share the accessibility issues for people with mobility challenges. And not just chair users. People with canes, walkers, visual impairments, baby strollers...even a kid on crutches. It was important to Danny that restaurants could see for themselves just how easy it was to alienate a very large portion of the population, and how easy it could be to fix it.

In one episode, Danny pointed out that all the tables in the bar area were high tops, thus making it impossible to enjoy sharing a pint with his friends. Counter heights, mirrors, bathroom accessibility, and the space between tables all factor into the ability for those with

DANNY MURPHY

A Tribute to a Delray Beach Celebrity

mobility challenges to have the same enjoyable dining experience as able bodied patrons. We always started each episode by seeing how easy it was to park and get into the restaurant. We came up with the "chair cam" that we mounted to Danny's chair to give viewers the same perspective Danny had.

What made Danny so much fun was how open he was to almost any bizarre idea we came up with, and how excited he was about it. We wanted to film a show promo clip and I came up with the idea of putting Danny and his chair on top of something that he could never have possibly gotten on to...or off of. I found an eight foot by eight foot cement slab that was four feet off the ground in a nearby park. We lifted him onto the slab, filmed his bit, and then ran off as if we were leaving him there. Danny couldn't wait to do it and as always, we had a lot of laughs putting it together. It was always the usual suspects...our friend Bob Geller, my wife Annie, and Danny and me. He never backed down from any idea and he always embraced it with enthusiasm. We had him sing "Danny Boy" with the band at Tim Finnegan's and he later told me he had no idea what the words were. He let us slap him around at Way Beyond Bagels and had fun with his celebrity status at Prime... a celebrity status that stemmed from a theater, television, and movie career that spanned thirty years.

One of Danny's swimming partners that fateful day was Peter Farrelly of The Farrelly Brothers enterprise. Apparently Danny wasn't too thrilled that Pete had no disabled characters in his first film, "Dumb and Dumber." Pete took note and began using Danny and other disabled actors in almost every movie since. Danny's last major motion picture appearance will be the November release of "Dumb and Dumber To." I had the amazing privilege to drive Danny to the set in Atlanta last November and got to see how Hollywood magic was made.

Danny also appeared in television shows, independent movie productions, and was very active in theater. While living in Los Angeles, Danny appeared in several stage productions and produced and starred in his own. Ironically, Danny lived across the street from a women's vintage clothing store owned by a gorgeous blonde. A gorgeous blonde Danny had seen many times, but never met...until he moved to Florida. That's when he met Annie Ahlin, now known as Annie Stout, my wife. Annie recalls seeing the guy in the wheelchair on numerous occasions and even remembers the buzz around town when that guy in the wheelchair was starring in the all nude play in a nearby theater.

While living in Los Angeles and feeding the acting bug, he appeared in dozens of major motion pictures including three where he actually played able bodies characters. Danny often spoke of his frustration with Hollywood's affinity for using non-disabled actors for roles for disabled characters, and when he realized that a big time career on the silver screen was

unlikely, he shifted focus and location.

That is when he moved to south Florida and began his quest to make the world a better place for all with mobility challenges. He was a speaker and advocate for The Center for Independent Living in Broward County, took charge in leadership programs, and was an associate producer of the ground breaking movie *Cinemability*. He even had aspirations of building an accessible yacht.

Nothing stopped him from doing whatever he could to improve the lives of those around him, and nothing ever seemed to upset him. He was always positive, always smiling...and it was real. In fact, the only time I saw him get mad was when a parking attendant began talking to him like he was a three year old. It was always interesting to observe how people would behave around Danny, and for some reason, many people think an accident that causes you to lose the use of your legs suddenly makes you less intelligent.

In the fall of 2013, Danny was diagnosed with bladder cancer. In typical Danny Murphy fashion, he turned it into entertainment, dubbing the procedure the "Bladder Bowl." He was determined that he would beat it through diet, the right attitude, and his usual tenacious and competitive nature. I was with him through that journey and I will say it was probably one of his best acting performances. He had me convinced he would beat it, that he would be around to make the vampire movie we had talked about, and continue our journey as dear friends. He looked good, he sounded good, and his spirit was bright. I should have known.

I went to see him in the hospital on a Tuesday night and 24 hours later he was on to his next adventure. While at the hospital, I was asked to be a witness while Danny signed documents that would allow his family to handle his estate. And once again, I marveled at how complicated it was for him to hold a pen and sign papers for things he no longer had any use for. I got to tell him I loved him...I got to see that warm and loving spirit that lived in his eyes, and I got to let him know we would meet again.

Within hours of his passing, his Facebook page became a shrine for friends and family across the country to express their shock, sadness, and mostly, their appreciation for a man that made a difference in their lives. Articles from Boston to Hollywood began to appear putting the world on notice that Danny Murphy was no longer in the physical, and shared a brief synopsis of his Hollywood career. What struck me about many of these articles were the words chosen to describe Danny. "Handicapped" and "Wheelchair Bound" were the two that hit me like nails on a chalkboard.

Really?

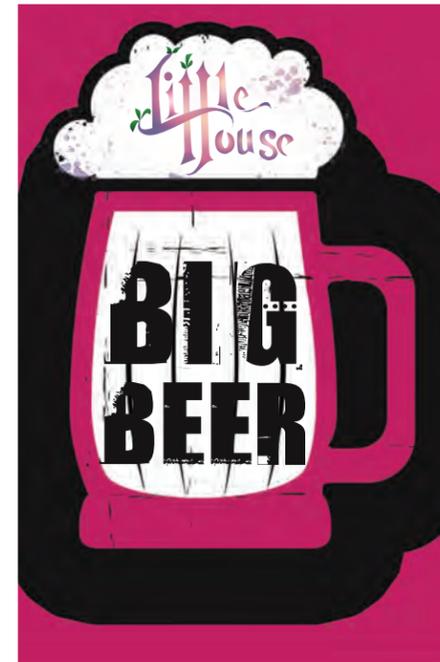
The writers must have had a stewardess serve them drinks on their last flight. It's 2014, yet the same mentality of how we treat and approach physical disabilities lives on. If there was one thing I would hope that people would take from knowing Danny Murphy and share with the rest of the world, it would be to change how they think about disabilities.

You see, Danny Murphy never allowed his disability to be one. He never wanted sympathy, he never said "why me?" and he never quit anything. In a strange sense, it was Danny who was protecting those being bullied by a society that cast them aside. He was their voice, their inspiration, and their example of what to do with what you have.

Most of us, at least at some point in our lives have seen a disabled person, a chair user, or a person with some form of mobility challenge and quietly say to ourselves, "poor guy...I can't imagine having to live that way." I know I have. But that's the last thing Danny Murphy would want you to imagine. What he would want you to imagine is a world where everyone with a mobility challenges can live, work, and play just like everyone else.

That's a legacy the guy in the wheelchair would be very proud of.

Until we meet again Murph...until we meet again.



SEPTEMBER

Although Americans celebrate Oktoberfest in during the month of October, the real festival takes place in Munich, Germany each September.

To celebrate, try your hand at a classic German brew, like a Hefeweizen.

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FOOD & DINING



SCIENCE: SHAKEN, STIRRED, AND POURED FOR YOUNG PROFESSIONALS

Will it be the cocktails or words like suspension, viscosity, emulsion, and dispersion that make heads spin at the South Florida Science Center and Aquarium's (SFSCA) inaugural MolecuBar event?

Both will be served up with some flair, in the form of creative cocktail concoctions. Taking place on Thursday, September 18, and hosted by the Science Center's Young Professionals, the evening will mix things up by delving into the science of molecular mixology. Sips are included.

"We love to stir things up at the South Florida Science Center," said Lew Crampton, Science Center CEO. "Science is sexy and we continue to prove this by reaching a new crowd of Science Center supporters. With events like Science on Tap and MolecuBar, we are expanding our reach within the community, and having fun while doing so."

The SFSCA, recently named the Chamber of Commerce of the Palm Beaches' nonprofit of the year, features more than 50 hands-on

educational exhibits, an 8,000-gallon fresh and salt water aquarium- featuring both local and exotic marine life, a digital planetarium, conservation research station, Florida exhibit hall and an interactive Everglades exhibit.

MolecuBar guests will be treated to the most unique taste tests, including merlot liquid nitrogen ice cream, sphered mojitos, vodka caviar, unique craft beer and light hors d'oeuvres.

Tickets for MolecuBar are \$40 for Science Center members (\$50 for non-members). A limited number of VIP tickets are available for \$75 per person. VIP participants will enjoy a private "Visually Inspiring Presentation," featuring an interactive and intimate demonstration by the United States Bartenders' Guild. Funds raised from the event are earmarked to support Science Center scholarship packages, as the Center continues to live its mission to open every mind to science.

For more information about MolecuBar, or to become a sponsor, call 561-370-7738.

CALL TO ARTISTS



SATURDAY OCTOBER 11TH

WE ARE NOW ACCEPTING APPLICATIONS FROM ANY ORIGINAL ARTS & CRAFT VENDERS FOR OUR 4TH ANNUAL AND BIGGEST EVER ARTOBERFEST! WE'LL BE SHUTTING DOWN 2 BLOCKS IN DOWNTOWN LAKE WORTH ON J ST. FROM LUCENRE TO FIRST AVENUE SOUTH. THIS EVENT WILL FEATURE 100+ ARTS AND CRAFT VENDERS, 4+ STAGES, 25+ BANDS, AND MORE!

VENDER FEE: ONLY \$30

YOU GET:

10 X 10 VENDER SPACE AND ELECTRICITY

YOU MUST PROVIDE:

YOUR OWN 10 X 10 TENT

LIGHTS

TABLES

IF YOU ARE INTERESTED SIMPLY EMAIL A LINK TO VIEW YOUR WORK TO BOOKING@PROPAGANDA.LW.COM WITH THE SUBJECT: ARTOBERFEST

2ND ANNUAL DOWNTOWN DELRAY BEACH FALL ART SHOW

To be held at:

Bamboo Garden Yoga Studio

Silent art auction with all proceeds going to the Delray Beach Police Benevolent Association.

SPONSORS



SAVE THE DATE

FRIDAY

OCTOBER 24TH

5PM TO 9PM

Semi-formal attire requested

catch yourself in Boynton Beach



THE BACKYARD

Summer Fish Special: \$17.99 or two dinners for 2 with a bottle of wine \$48.00
Your choice of either a 16 oz Mahi Mahi or Swordfish
Served with seasonal vegetables over a bed of rice.

Happy Hour: 11am – 7pm Monday - Friday
\$5 Capt. Morgan, Jameson, Patron Citronge Margaritas
\$3.25 Well Drinks | \$3.50 Import Draft & Bottles | \$2.25 Domestic Drafts & Bottles
\$5 Happy Hour Menu

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Early Menu Specials Your Choice \$10.95
Be Seated From 4pm - 5:30pm Monday - Saturday

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561-732-9400 | BananaBoatBoynton.com



CAFÉ FRANKIE'S

All Appetizers Everyday 50% Off from 4:30pm - 6:30pm (Dine In Only)
All Bottles of Wine 50% Off Everyday from 8pm - 10pm
"Dine In" Lunch Special - Pizza \$8.99/ \$9.99 11:30am - 2:30pm Monday - Friday
"Take Out" Special Pizza \$8.99/ \$9.99 Monday - Wednesday
Drink Specials All Day Everyday | \$2 Domestic Bottled Beer
\$3 Imported Bottled Beer | \$3 Off any glass of wine

640 E Ocean Ave. | Boynton Beach | 561-732-3834



HURRICANE ALLEY

Happy Hour Mon-Fri 3pm - 6pm
\$8.50 Dozen Raw Blue Pointe Chesapeake Oyster
\$8.50 Dozen Raw or Steamed Clams

Take a Trip On the Seamist III Drifffishing Boat and have us cook up your catch for free

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Your Choice Entrées - \$18.95
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Early Dinners: 4:30pm To 6pm & Take \$3 Additional Off the Entrée Price
Your Choice House Wines - Specially Priced \$4
Chardonnay, Pinot Grigio, White Zinfandel, Cabernet Sauvignon, or Merlot

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DJ'S GRILL

Summer Special: All you can Eat Fish Fry \$9.99 comes with French fries and coleslaw
Friday & Saturday night only

301 E Boynton Beach Blvd. | Boynton Beach, FL | 561-732-5172

Eat. Drink. Play.



MAUI WOWI HAWAIIAN COFFEE & SMOOTHIES

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Summer Special: Celebrating 25 years in Business. 25% off menu and 50 % of wine, priced less than \$60, (dine in only, not valid with any other offers or special priced items)

Maine Lobster Special \$15

Happy Hour is 4-6:30 p.m. daily, with a wide selection of 2-for-1 drink specials & specialty drinks for \$5, including our pomegranate martini & blackberry mojito.

Late Night Happy Hour (after 9 p.m at the bar only.)

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PRIMO HOAGIES

Summer Special: \$1 Off any Small size Hoagie

\$2 Off any Whole Size Hoagie | \$3 Off any Primo size Hoagie

Limit one coupon per customer, per visit. Valid in Boynton Beach only. Not to be combined with other offers. Expires 9/30/14

1618 South Federal Hwy. | Boynton Beach | 561-734-5050



THE LITTLE HOUSE

Summer Special: 2 can dine for \$29 every Thursday. An appetizer to share 2 entrees and a dessert to share, with a full bottle of wine.

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RICE FINE THAI

September Summer Special: Tuesday-Sunday 5pm - 7pm

\$5 Summer Special | Appetizer: Kanom Jeeb(Dumpling, \$8 value) or Drink: Absolute Vodka on the rock (\$8 value) | \$6 Summer Special:

Salads: Naem Sod (\$8 value) or Drink: 2 bottles of Thai Beer(Singha or Chang, \$8.50 value) \$7 Summer Special:Salads: Smiling Tiger (\$10 value) or Drink: 2glass of house wine(Chadonnay or Pinot Noir, \$12 value)

1610 S Federal Hwy. | Boynton Beach | 561-374-7476



TWO GEORGES

Summer Special: 1 ¼ lb. Fresh Maine Lobster includes a salad and potato \$15.99+ tax Valid only with the purchase of a beverage. While supplies last. Not available for carry out- Dine in only. Not applicable discounts, coupons or special offers.

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