



Historical Society Halloween Fall Festival blends family fun with stories from the past

DELRAY BEACH, FL – History will come alive in Delray Beach this Halloween, thanks to the Delray Beach Historical Society, whose Second Annual Halloween Fall Festival will include everything from a historically themed haunted house to an outdoor screening of the classic “It’s The Great Pumpkin Charlie Brown.”

Set for Thursday, Oct. 23, from 6 p.m. to 8:30 p.m., the free community event on the Historical Society’s downtown campus – at Swinton Avenue and Northeast First Street – blends two hours of family fun with the history of one of the city’s most well-known landmarks.

A main attraction of the Halloween Fall Festival will be the “Ghostly Characters of Delray’s Past” haunted house and trick-or-treating, which will take place in the historic Cason Cottage. The haunted house will be linked to the sinking of the SS Inohulva – the well-known “Delray Wreck” – and feature ghostly sailors as well as the spirit of the Barefoot Mailman and



The Delray Wreck - SS Inohulva

other historical characters from the city’s past.

“This is one more way for the Delray Beach Historical Society to communicate our important mission of preserving and celebrating our history,” said Winnie Edwards, the society’s Executive Director. “We are in the storytelling business and this is an opportunity for us to share the story of Delray Beach’s most famous shipwreck in a fun and entertaining way.”

The haunted house, according to historical society President, Leslie Callaway, will be rated PG, suitable for children from elementary school age and up.

“For us this is all about cheer not fear but we are telling a real ghostly tale set on a dark and **Continued on page 12**

‘Artober’ On The Ave In Pineapple Grove



DELRAY BEACH, FL – Delray Beach’s popular On The Avenue will return next month, but with a timely and localized twist. It may be just plain October everywhere else – but in Delray Beach it’s “Artober.”

This time the city will be highlighting the arts– from visual arts to performance arts, from musical to literary – with the October 9 Arttober On The Ave celebration in the Pineapple

Grove Arts District as the centerpiece.

photo: VMA Studios

“With Arttober On The Ave, we’re hoping to highlight Delray Beach’s arts as an event but to also keep it going throughout the month,” says Stephen Chrisanthus, associate director of the Delray Beach Marketing Cooperative, which produces On The Ave. “Pineapple Grove is a great place to enjoy art all year round, and this **Continued on page 11**

LOOKINSIDE

COMMUNITY NEWS	section 1
Pineapple Slices	8
Events Calendar	14- 15
WINE & SEAFOOD FESTIVAL SPECIAL SECTION	
HEALTH/STYLE	section 2
Health Briefs	6 - 7
Fashion & Beauty.	14 - 15
BUSINESS/REAL ESTATE	section 3
Real Estate Briefs.	8
Chamber News	12 - 14
MUSIC/FOOD/ETC.	section 4
This Month in South Florida.	10
Food & Dining	12 - 13
THE BIG APPLE SPECIAL SECTION	section 5

Boston’s on the Beach Anniversary Party

“35 Years of Food, Fun & Live Music”



Boston’s on the Beach is a legendary South Florida sports bar, steeped in local history, and offering good food, sports, and live entertainment for 35 years in Delray Beach. Look for the red awning with the Boston’s logo at the end of Atlantic Avenue; when you turn south on Ocean Blvd.,

Boston’s is right across from the white, sandy beach.

Locals and visitors have long considered Boston’s their favorite spot to watch national sports teams, dig into some great food and, more importantly, drink buckets of cold beer. If you hail from New England, you will be **Continued on page 4**

Spady Museum and FAU professors team up to document the integration of Delray’s Public Beach

It is a part of Delray Beach’s history that has nearly been washed away by the sands of time, yet the integration of the city’s public beach in 1962 remains a pivotal period in its evolution.

Over the years, the story of the nine-year-battle that included wade-ins, protests and many heated moments calmed only when police stepped in and the city closed its public beach, has been passed on through informal conversations but never truly documented.

Now, the Spady Cultural Heritage Museum, working with Florida Atlantic University’s Department of History, is setting forth on a comprehensive effort to collect memories and stories from those who were involved in the beach integration effort and to have that information made available to the public.

“Our goal is to have the story of the beach integration in Delray Beach properly documented and recorded,” says Charlene F. Jones, the museum’s executive director. “Right now, that story only lives in the memories of those who have lived it.”

Funded in part by a \$5,000 matching grant from the Florida Humanities Council, the “Beach At Delray: Florida’s Segregation Dispute” research project will be the focal point of the Delray Speaks event at the Spady Museum on Oct. 22. The public **Continued on page 4**

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DELRAY BEACH PREPARES FOR THE RETURN OF THE GREENMARKET'S 19TH SEASON

DELRAY BEACH, FL – The Delray Beach GreenMarket, named 2014 “Best Farmer’s Market” by the Sun-Sentinel, opens its 19th season on Saturday, Oct. 25. Hours will be 9 am until 2 pm. Located at Old School Square Park, opening day will feature a Trick-or-Treat event for kids and families for Halloween.

“Every weekend at the market is a fun experience,” said Lori Nolan, Delray GreenMarket manager. “There are always new and exciting things happening, food to taste, a weekly Budding Artists booth, and so much more!”

The market will be open every Saturday through May 9th, 2015 with a few location changes and closures throughout the season:

- November 15 - Relocated to SE/NE 4th Ave. (near the Green Owl restaurant)
- February 7 – Relocated to SE/NE 4th Ave. (Garlic Festival)
- March 14 - Closed for St. Patty’s Day parade
- March 28 – Relocated to SE/NE 4th Ave. (Bacon & Bourbon Festival)
- April 11 - Closed for the Delray Affair

The Market will also host two special events this season including:

- February 21 - 18th Annual Chili Cook-off
- April 4 – 14th Annual Easter Bonnet Pet Parade

Started in 1996 by the Community Redevelopment Agency, the Delray Greenmarket has become one of the most popular and charming aspects of the “season” in Delray Beach. Fresh local produce and citrus, grass fed and finished (antibiotic free) Florida beef, poultry, pork and lamb, farm fresh eggs, raw milk and honey, fragrant artisan baked goods, plenty of gluten free, vegan and sugar free products, fresh cut flowers, plants and other unique gourmet fare along with live musical entertainment each week at the GreenMarket.

The market was just named 2014 “Best Farmer’s Market” by the Sun-Sentinel.

This season there will be more than 65 vendors participating



including many veterans such as Alderman Farms, Thomas Produce, Green Cay Farms, Hornbuckle Farms, Volker Farms, Farris Farms, Dr. Pickle, Arrowhead Beef, Lips SMAKin’ Good Honey, Le Petit Pain Bakery, The Delray Beach Jam Company, Finn-Atic Fish Co., Serenity Flows, Antonina’s Gourmet Pasta Sauce, A Touch of Spain and More, Paellas De Espana Catering, Nisha’s Indian Food, Inika Foods, Sassy Palate, Old School Bread Co., The Orchid Doctor, L’Autret French Bakery, Independent Seafood, Anita’s Guacamole, Capt. Red Beard Hot Sauces, Mozzarita Cheese, Michelle’s Organic Juice Booth, Fresh Juice King, Amazing Creations Florist, Cottage Garden Teas, Pasta Amore Raviolis, Taste of Africa, Tweedle Organic Pet Treats, Amy’s Little Chunks of Love, The Empanada Lady, Katie Kakes, Bistro Blends Olive Oils and Balsamic Vinegars, Ethical Bounty, Fun with Food, Two Cousins Pesto’s, Three Anne’s.

Newcomers to the Market include: Sundry House, Curich Novoandino, The Roadrunner Chile Co., Eddies Dark Chocolate, Jolene’s Jar, Starz Bakery, La Petite Pain Creperie, Fratellole and others.

Old School Square Park is located on 51 N. Swinton Ave. in downtown Delray Beach. For more information, email Lori Nolan at greenmarket@delraycra.org or call, 561-276-7511. For updates and news be sure to “like” them on Facebook and follow them on Twitter and Instagram @DelrayGreenMrkt.

Human Powered Delray bicycle safety awareness ride

Sunday, October 12 at 7:30 a.m., leaving from Old School Square

Human Powered Delray, a civic group working to make Delray Beach safer for pedestrians and bicyclists, invites residents to its first bicycle safety awareness ride scheduled for Sunday, October 12 at 7:30 a.m. The Delray Beach Bike Club, HPD’s partner on the event, will lead the ride.

The ride is free and open to the public. Residents, families (including children 16 and older), and City officials are invited to participate. Helmets are mandatory; water and a snack are highly recommended. RSVP at <http://www.meetup.com/human-powered-delray>.

The planned route for the ride starts at Old School Square, goes north to George Bush Boulevard, east to A1A, includes a stop at St. Vincent Catholic Church, and returns to Old School Square. The ride is scheduled to last 1 hour, from 8:00-9:00 a.m. Riders should meet at 7:30 a.m. at Old School Square.

Human Powered Delray chose this route to highlight the importance of making 2 improvements to George Bush Boulevard: (1) resurfacing the road and (2) adding bike lanes to it, from Federal Highway to A1A. The 2 changes form part of the group’s larger vision of mobility alternatives to the automobile

Patrick Halliday, president of the Delray Beach Bike Club, has been advocating for more bike lanes in Delray for years. “The bicycle lanes on A1A are nice, but cyclists in northeast Delray shouldn’t have to drive to get to A1A. George Bush Boulevard needs bike lanes,” said Mr. Halliday.

Bruce Bastian, Human Powered Delray chairman, hopes the ride will open more eyes and minds to the need for bike lanes. “We believe that seeing safety gaps in our infrastructure can communicate the problem the way nothing else can,” he said. “The goal of the safety awareness ride is to bring attention to areas in Delray Beach that need bike lanes and to encourage city officials to make bicycle safety a higher priority.”

Event details

What: Human Powered Delray Bicycle Safety Awareness Ride

Where: Leaving from Old School Square (aka DBCA; meet on west side of parking garage)

When: Sunday, October 12, 2014 meet at 7:30 a.m.; ride starts at 8:00

About Human Powered Delray

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.

Contacts

Bruce Bastian
415.314.1330
bruce@humanpowereddelray.org

Patrick Halliday
561.702.6376
driver8@post.com



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Executive Editor/Publisher

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

Community Relations

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

Director of Marketing

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

For Editorial

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

Contributing Writers

Dianne E. Adams • Nicole Danna
David DiPino • Jule Guaglardi
Rigel Herman • Stephanie Immelman
Julia Kadel • Kurt Lehmann
Ash Otocky • Jamie Salen

For Advertising

Kylee Treyz • 561-542-3838
Kylee@PineappleNewspaper.com

Distribution

561-299-1430 - Info@pineapplenewspaper.com



Published by

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

The Delray Beach Pineapple is published monthly and distributed to over 250 locations throughout the Downtown Delray Beach Area.

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Spady Museum Launches The Lion Speaks Oral History Project

They are snippets of Delray Beach's history being told by those who have lived it. Over the last several months, the Spady Cultural Heritage Museum has been gathering recordings from residents for its "The Lion Speaks" project, a collection of short and targeted recollections that will be shared with the community in a variety of ways.

The project, which gets its name from the African proverb that says "Until the lions have their historians, the tale of the hunt will continue to glorify the hunter," is designed to provide reminders of earlier times in Delray Beach that are woven into its culture.

"The stories are interesting because they're very personal stories," says Charlene Jones, the museum's executive director. "It's fascinating to hear about a portion of someone's life that you had never heard before."

Unlike traditional oral histories, The Lion Speaks collection will be made up of short conversations that are geared to a specific topic. "Each time we have an event, we ask a question that is related to the event," Jones said.

For example, during a recent On The Ave celebration held on Southwest Fifth Avenue, the Spady Museum hosted a scavenger hunt tied to the neighborhood where it took place, which was once known as Frog Alley.

"We asked people to tell us about the neighborhood they grew up in, whether it was here in Delray Beach or someplace else, and to tell us a story about that neighborhood," Jones said.

Earlier, during the museum's annual Juneteenth celebration, visitors were asked to share stories of their own Juneteenth celebration and also how they celebrate emancipation.

In October, during the museum's Soulful Tasting event, visitors will be asked a series of questions about food and about conversations around their dinner table.

"Food in the African-American culture is one of the main ingredients that pulled a family together," Jones said. "The family dinner table was like a conference table. It was the gathering place where announcements were made."

She said the museum also will be collecting stories from visitors to the monthly Delray



Ethna Mae Collins (left) talks about living in Delray Beach's Frog Alley neighborhood to volunteer interviewer Constanza Alexander.

Speaks forums, which provide an opportunity for those attending to share their views on a variety of topics. Delray Speaks is held at the Spady Museum on the fourth Wednesday of each month from 7 p.m. to 8 p.m.

As the collection of stories grows, the museum team will begin editing the recordings and preparing them to be heard by the public in a several different ways.

"Our goal is to use the material to enhance our exhibits, our lesson plans and our tours," Jones said.

Visitors to an exhibit, for example, may soon be able to listen to a related recollection on a smart phone by scanning a QR code.

Jones said the museum is also planning to make recording available as podcasts which will be accessible through the museum's website, www.spadmuseum.com

"The Lion Speaks project is one more way the Spady Museum can share pieces of Delray Beach's African-American history with the entire community," Jones said.

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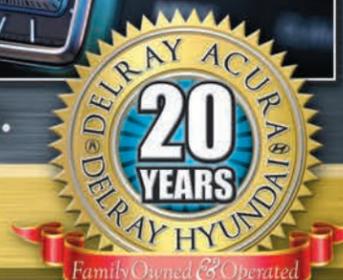
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BEACH INTEGRATION - continued from page 1



City officials meet with black community leaders to discuss beach integration in the late 1950s or early 1960s.

is invited to come to the forum, scheduled from 7 p.m. to 8 p.m., to share stories from the beach integration efforts.

Those stories, and others, will become part of both an oral history and a booklet produced by Florida Atlantic University professors and the museum staff. The booklet, a comprehensive look at the beach integration effort, will be made available to educators, scholars, and historians who may want to use it to augment learning curriculum on civil rights issues pertaining to South Florida.

“Eventually, we hope to have an exhibit here at the museum that will visually chronicle that time period,” Jones said.

The project was born when Florida Atlantic University Professor Derrick White was going through materials at the museum. In the process, he discovered a local television documentary from the late 1950s that chronicled the beach desegregation movement.

The professor and his colleagues also learned of the drowning of James McBride, a young man who died in 1956 while swimming in an unprotected area that was set aside as a segregated beach for the city’s black residents.

“Professor White was intrigued by this part of Delray’s history and was interested in gathering oral histories and details so the story could be shared,” Jones said.

The story of the fight to integrate Delray’s public beach goes back to the early 1950s, when a group of black residents – seeking access to the public beach – staged the first of what would be several wade-ins. Met by a group of angry white residents, the protesters retreated. But the effort had begun.

Over the course of almost a decade, there were many more protests as well as a lawsuit – eventually dismissed by a judge – demanding an end to segregation on the beach.

By 1962, as the story of Delray’s still segregated beaches became more widely known and as local businesses were threatened with boycotts, city leaders eased up on restrictions. Slowly, what was Delray Beach’s “white’s only” public beach became open to everyone.

“This was a major series of events in Delray Beach’s history,” Jones said. “By doing the research and telling the complete story, the battle for integration of Delray’s public beach will get the recognition it deserves.”

BOSTON’S 35TH ANNIVERSARY - continued from page 1

right at home. Memorabilia from the glory days of the Patriots, Red Sox, Celtics, and Bruins cover the walls, and you can’t miss the live Maine lobster tank at the door.

Rewind back to 1979 in the Village by the Sea. Delray Beach had evolved from its early years as a winter resort town into a year-round, idyllic place to start a business or raise a family. Two Bostonians, Bernard Cronin and his friend, Jerry Beauchamp, bought the Hotel Del Sol, (formerly the Casa Las Olas Hotel) located on the beach, did some remodeling and reopened it as the good-time sports bar, Boston’s on the Beach. They had 30 employees at the time and the population of Delray Beach was 34,000 residents.

The first bartender, Perry DonFrancisco, was a college student blessed with the gift of gab on current events, along with interesting tidbits on the key players and teams competing in national sporting events. He kept the drinks and beer flowing, and grew a lively and loyal following. In the early ‘80s, DonFrancisco was promoted from bartender to manager, and by the end of the decade, he bought Boston’s on the Beach, his home away from home. Regional bands were booked for nightly entertainment, happy hour was promoted serving popular favorites, and DonFrancisco played up the sports bar theme before it became the trend.

Boston’s was the “neighborhood” pub where “everyone knows your name.” Area bars tried to duplicate its success, but could not capture the flavor and panache that Boston’s had become known for.

Fast-forward to 2006, and enter the Delray Beach-based, New England-bred owners of the Delray Marriott (and another 110 resort properties around the country). Boston’s changed ownership when DonFrancisco sold to Ocean Properties, Ltd. After five years at the helm, the new owners closed Boston’s to undertake a massive renovation project. It was the second major renovation for the property, and essentially required that the two restaurants, Boston’s and the Upper Deck, be entirely gutted. It was necessary to close for three months to upgrade the interior structure, the kitchen layout and equipment, the stage acoustics and sound system, the electrical wiring, air handlers, flooring, restrooms, décor, and interior furnishings. In October 2012, Boston’s reopened with a refreshed look, while staying true to its New England sports heritage and the iconic profile that surrounded its early years. The new, casual tiki bar, the Sandbar at Boston’s on the Beach, became a new hot spot where the former Bermuda Inn once stood. The old Upper Deck restaurant above Boston’s was transformed into the chic, contemporary oceanfront restaurant, 50 Ocean.

Over the decades, Boston sports fans have shared in the thrill of victory and the agony of defeat, watching championships being won and lost on the 30-plus plasma screens that line the walls. Since 2004, the Celtics, Patriots, Bruins, and Red Sox have all won championship titles, fueling celebrations of gigantic proportions among its energized fans wearing Boston sports gear.

It can be standing room only on big game nights, and local fans and visitors have cheered on the Patriots to three Super Bowl championships, and felt the sting of defeat



when the Patriots lost two Super Bowl games to the New York Giants in 2008 and 2012. Of course, few things are more American than a sports bar and baseball, and Boston Red Sox fans are as loyal to Boston’s on the Beach as they are to Fenway Park. Red Sox murals of the “Green Monster” decorate the walls, along with photos, jerseys, and pennants; and the 2013 World Series Championship win that had fans spill into the streets, has become legendary. Boston’s on the Beach was also the place where fans gathered and mourned the tragic events at the Boston Marathon in 2013, pulling together a “Boston Strong” fundraising effort that resulted in a sizable check to the OneFundBoston organization to assist in the long-term medical needs of those most affected by the bombing.

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Delray Beach's Casey Powell wins 2014 Major League Lacrosse MVP

By David DiPino
The Pineapple Staff Writer

Pineapple Grove resident Casey Powell, an attackman with the Florida Launch Major League Lacrosse (MLL) franchise in Boca Raton, has won the 2014 Coca-Cola Most Valuable Player given annually to the best player in the MLL. Powell has played professionally in the MLL since 2000. Prior to his success with the Florida Launch and several other MLL franchises and clubs around the globe, he led the nation in scoring at Syracuse University as the top college lacrosse player.

According to the franchise's official website at: www.floridalaunchlacrosse.com, Powell played in all 14 games during the Launch's inaugural season, scoring 30 goals and 33 assists for a total of 63 points, leading the Launch in points and assists. Powell, scoring in every game this season for the Launch, and boasts the second best shooting percentage in the league for an attackman (.524).

"I started off hot and I was producing and our team was doing well. We (Florida Launch Lacrosse) got off to a four wins versus two losses start. Early on I was the leading scorer in the league and we were one of the top teams," said Powell.



Even with all the success, came the rigors of a pro season and burnout by a young team. As a veteran in the MLL, Powell stayed on course and continued to lead the Launch to new heights with his scoring and leadership.

"Then, our team didn't do so good... We started with four wins and two losses and finished with five wins and nine losses. I played all 14 games for the first time in my career. I led the league in scoring but wasn't sure our record would get me an MVP trophy."

According to the Launch franchise's official website at: www.floridalaunchlacrosse.com, as voted on by MLL coaches and general managers, in his 10th MLL season, Powell dominated the field leading the League in points all season and ending with a total of 63, as well as became the MLL's all-time leader for points with a total of 468.

"I think you can now officially put Casey Powell's face on the Mount Rushmore of lacrosse."

What Casey has accomplished this season is truly amazing! Not only to win Offensive Player of the Year but to add MVP is truly an incredible accomplishment at any age, let alone 38," said Launch head coach Stan Ross.

"He competed and produced in every game for the Launch this season and left everything he had on the field after each game. But one thing I know to be true is Casey would trade these awards in to still be competing with the Launch in the Championship this weekend because he always strives to be the best. He is a true inspiration to everyone in the lacrosse world and we are glad to have him on the field for us."

The MLL MVP Award is no stranger to the Powell family.

"I was flattered by the award. My brother Ryan (Powell) has won two so he called me and reminded me that I still have another one to go," said Powell. His brother Mike also starred in lacrosse.

"We're the only three brothers ever to win National Lacrosse Player of the Year Awards. I set the Syracuse University Men's Lacrosse Scoring Record. My brother Ryan with 19 seconds left in his last collegiate game tied it and then my brother Mike beat it. My dad never said a word about lacrosse. One time in my senior year I got in the car after the game and I said, 'dad, well what'd you think? And he said, 'not bad, not bad.' I said, 'dad I just broke the national scoring record and he goes 'oh, good job.' I just remember he pulled in for ice cream that day," said Powell.

"My mom has made the trip from upstate New York a couple of times but my dad doesn't like to fly. But, he'll be down..." said Powell.

As for winning another MLL MVP for the Launch in 2015, Powell said he'll do his best.

"I will play the best I can again. I'm probably going to come back and play and I'm going to try and do the best I can," said Powell.

"My main goal is to win a championship with this group. If we're in that position I know I'm going to have to play well. Denver (Outlaws) won it this year and the past several years. We lost by a point to them early in the year at home. They've been consistent and you have to be consistent in this league. With the amount of talent out there anyone can win on any night but they've figured out how to do it on a consistent basis."

He would love to bring a championship to his favorite venue.

"FAU Stadium is the best stadium in Major League Lacrosse, the fans are right on top of you, the locker rooms are the best and we play at Sports Authority Field where the Broncos play in Denver, I still think that FAU Stadium is the best for lacrosse," said Powell.

"Players around the league will tell you FAU Stadium is the best in the Major League Lacrosse League. We play at Harvard Stadium in Boston, at Hofstra University as well."

Powell holds his daughter close as family in Delray Beach, with the majority of his family living in upstate New York.



Meet the Neighbors
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.



Dorothy Ellington

Hometown: Fort Myers, Florida

Occupation/Community Involvement:
President/CEO, Delray Housing Group, Inc./
Delray Beach Housing Authority

Vision for West Atlantic: West Atlantic will be a vibrant economically diverse community. Jobs will be available for the professional and service worker with salaries that allow families to enjoy a variety of quality housing types that will meet the various household needs in terms of income and lifestyle. Renters will coexist with homeowners and schools will serve the neighborhoods.

Favorite quote: "To thine ownself be true."
~ Shakespeare's Hamlet

What you may not know about Elizabeth:
I'm a fierce Bid Whist player.

"She plays a little lacrosse. I don't push it. I let her do her thing. When my daughter Bella was born I was playing on the 2006 U.S. National Team and it was in London, Ontario and my two younger brothers were on the team with me and we were playing against team Japan in the World Championships and I looked over and my brother's girlfriends were giving me the wave and I ran off the field and Bella was born at the World Championships. So she can't be president," said Powell.

"But, I can be president in Canada and you can't," said Bella Powell.

"She's traveled all around to everywhere I have played in Australia and Asia. She's been to Prague, Czech Republic and all my games when I played at Madison Square Garden. She was the no. 1 fan this year for the Florida Launch," said Powell.

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ADS NOW STARTING AT \$99

Ahoy, Mateys! Batten down the hatches! We're about to be invaded by pirates!

It's time for the spectacular free 3rd annual Boynton Beach Haunted Pirate Fest and Mermaid Splash! Save the dates, Saturday and Sunday, October 25th and 26th, when the streets of East Ocean Avenue in Downtown Boynton Beach will be transformed with merriment and madness into lively Hobb's Cove pirate village.

The streets will come alive from 11 a.m. to 7 p.m. as pirates, merry maids, fairies, and authentic swashbuckling characters in reenactments and street performances put visitors right in the middle of the adventures. You're invited to dress the part and bring cameras, as photo opportunities will abound throughout the day. Entertainment and an array of pirate activities are planned for all ages, including live music, pirate role playing, and an interactive pirate ship.

The whole family will be engaged by the antics of Captain Jack and other interactive characters, reenacting sword fights, scenes of derring-do and rowdy adventures. All ages are invited to visit the Spook-tacular Haunted House, where an admission donation benefits the Schoolhouse Children's Museum and you're guaranteed a ghastly good time. The list of good times at Pirate Fest goes on and on.

Last year's event attracted thousands of merrymakers with many of the same attractions slated for this year along with new entertainment fare: the breathtaking pirate wheel-walker, dramatic gypsies and belly dancers, tarot card and palm reading, a live mermaid tank,

jugglers, stilt walkers and much more. This year the non-stop entertainment continues with a bounce house and a rock climbing wall for the really adventuresome. Acrobats and comedy help round out the offerings and promise to complete a day of pirate bounty for all ages.

Youngsters will be kept busy at Pirate Fest with fun-filled activities like crafts, balloon art and face painting, along with observing the wonders of magicians and fairies. They're invited to take part in a treasure hunt just for them, along with other activities specially planned for the youngest pirates in the Kid's Buccaneer Village.



Pirates Fest will expand its hours on Saturday, October 25, when live music is performed from 1 p.m. to 9 p.m. From the stage at the east end of Ocean Ave. at Federal Highway, popular local bands U2 by UV and Sweet Justice, along with other area organizations, are geared up to entertain the crowds.

There will be a bounty of goodies available for purchase from "Grub 'n Grog" row, offering delicious fare from several local businesses. For everyone's convenience, there is ample free parking nearby.

Pirate Fest is sponsored by the City of Boynton Beach and Boynton Beach Community Redevelopment Agency. It's not too late to get in on the fun with sponsorship of this unique and popular event. For more event or sponsorship information, contact Amy Zimmermann at the Boynton Beach CRA - zimmermanna@bbfl.us / 561.600.9097 or visit www.bbpiratefest.com/www.catchboynton.com.

Delray Beach Green Market

a Delray Beach CRA project

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Top flight basketball clinics

Clinics will stress the fundamentals of the game by teaching the proper skills necessary. The skills taught will be shooting, ball handling, passing, rebounding, defense, post moves and proper footwork. Also participants will learn how to properly condition their bodies and work on and expand the knowledge of the game.

Clinics will be taught by Brad Flaig, Head Boys Basketball Coach and his staff at the Delray Beach Community Center. Coach Flaig has been Palm Beach County Coach of the Year in both the Palm Beach Post and Sun Sentinel and has won several District titles.

October Session: 4, 11, 18, 25

November Session: 1, 8, 15, 29

Ages: 9-16 years old

Times: 9-12 years 10:30 am-11:30 am; 13-16 years old 11:30 am-12:30 am

Coaching Staff: We have a highly qualified coach that enjoys teaching young people the game of basketball and will instruct the Top Flight Fundamental Basketball Clinics: Brad Flaig Head Coach, Atlantic Community High School

Camp Fees: Delray Beach Residents \$40.00 per session Non-Residents \$50.00 per session OR \$12.00 per class. Must be paid in full at the start of the program.

Registration: Must register in person at Delray Beach Community Center, 50 NW 1st Avenue from Monday through Friday 8:00 am until 9:00 pm and on Saturdays from 8:00 am until 3:00 pm. (561) 243-7250 OR Online at www.MyDelrayBeach.com and choose Parks and Recreation under Departments.

Robotics at the Delray Beach Library

Here's a wonderful opportunity and creative outlet for kids as they team together designing and programming robots to complete tasks. FIRST LEGO League (FLL) is an international competition for children in grades 4 - 8, aged 9 - 14. Each

challenge revolves around a theme and this year it is "World Class Learning Unleashed."

Practice is held at the Delray Beach Public Library from September - January on Tuesday nights from 5:30 - 7:30 P.M. and Sundays from 1:00 - 4:00 P.M. Teams consist of four (4) members and each team will participate in two (2) tournaments - one in November and the other in January.

WHO: Kids in Grades 4 -8, aged 9 - 14

WHERE: Delray Beach Public Library

100 West Atlantic Avenue, Delray Beach

WHEN: Tuesday 5:30 - 7:30 P.M.

Sunday 1:00 - 4:00 P.M.

September - January

COST: \$350/child

For more information and to register visit: <http://www.stemhq.org/>

Each team is limited to four (4) members, so recruit your friends to join. Parents are also needed to be Team Managers. FIRST (For Inspiration and Recognition of Science and Technology) has over 200,000 participants worldwide in the FLL program. Deadline to register is September 14, 2014 so act now.

Boo at the Zoo Announced for October 2014

WEST PALM BEACH, FL —The public is invited to have a howlin' good time at Palm Beach County's most-loved Halloween event: "Boo at the Zoo!" Guests can enjoy trick-or-treating, costume contests, the decorate-your-own pumpkin patch, live music from a DJ in the Interactive Play Fountain area, giveaways, haystack hunt, face painting or airbrush tattoos, roving animal encounters, not-so-scary wildlife presentations and much more. The popular tradition continues this October at the Palm Beach Zoo & Conservation. The 17th annual "Boo at the Zoo" will take place on the following dates and times:

- October 17 - 19, October 24 - 26 and October 31st from 10 a.m. to 5 p.m.

- Friday evenings on October 17th, 24th



and 31st from 5:30 p.m. to 9 p.m.

One way the Zoo is following its mission of environmental conservation is by only offering candy from companies that are a part of the Roundtable of Sustainable Palm Oil (RSPO).

In addition to the stations presented by the Zoo, local businesses and organizations will be set up so children can trick-or-treat at the specific locations. Games, arts and crafts, a haystack hunt (\$1 fee) and a child-friendly haunted house in the Florida Pioneer House will entertain young visitors. Children can also purchase a pumpkin to decorate on-site at a pumpkin patch. All funds raised will go toward the care and feeding of the Zoo's animals.

The Zoo is inviting local businesses and organizations to participate in "Boo at the Zoo." For more information, vendors can email info@palmbeachzoo.org.

Spooky Snooze Family Overnight at the Zoo

Double, double, toil and trouble, are you brave enough to spend a night at the Palm Beach Zoo & Conservation Society? Guests are invited for a special Halloween-themed "Spooky Snooze Family Overnight at the Zoo," on October 18, 2014, from 6:30 p.m. to 8:30 a.m. Participants can enjoy an evening of pumpkin painting, crafts, night-time tours and a pizza snack. The next morning, guests will have a continental breakfast and an animal activity.

Cost per participant is \$35 for Zoo members, and \$40 for non-members. The program can be reserved for scout or community groups. Activities are geared for children six years old and older, so "mummies" and/or daddies must attend.

Scouts and community groups can book a private Spooky Snooze Overnight at the Zoo program during weekends in October, other than October 18th.

To register for the "Spooky Snooze Family Overnight at the Zoo," visit this link: www.palmbeachzoo.org/family-overnights

Sister Cities of Delray Beach to host Golf Classic on October 4

Sister Cities of Delray Beach, Inc. will host its annual Mayor's Challenge Golf Classic on Saturday October 4, 2014 at the Delray Beach Golf Club, 2200 Highland Avenue. Proceeds from this fundraising event benefit the organization's high school student exchange program with Miyazu, Japan.

Registration begins at 7:15 am, followed by an 8:00 am Scramble/Shotgun. At 1:00 pm, participants will attend an awards luncheon where prizes will be given for 1st, 2nd and 3rd Place Teams, Men's and Women's Long Drive and 50/50 on all Par 3's.

Entry fee is \$75 per person and hole sponsorships are \$100. Registration forms are available at www.sistercitiesofdelraybeach.com.

org. For more information, contact David Schmidt at (561) 278-2601.

About Sister Cities of Delray Beach, Inc.

Sister Cities of Delray Beach, Inc. is a 501(c)3 non-profit organization that creates and strengthens partnerships between U.S. and international communities. It was established by Resolution of the Delray Beach City Commission in April 1977 to promote world peace through mutual respect, understanding, and cooperation. Programs focus on sustainable and economic development, youth and education, arts and culture, and humanitarian assistance. Sister Cities of Delray Beach is partnered with two Sister Cities: Miyazu, Japan and Moshi, Tanzania.

Delray Beach Police Dept. lobby extended hours of operation

In an effort to better serve the public, the Delray Beach Police Department (DBPD) will extend lobby hours to include Saturdays, 9am until 1pm. The extended weekend hours at the Police Department, located at 300 West Atlantic Avenue, will take effect beginning September 20, 2014.

Limited services will be available during weekend hours to include: obtaining a copy of a police report and filing a complaint.

Delray Beach Police Department lobby hours of operation:

Monday through Friday, 8am - 6pm
Saturday, 9am - 1pm

For more information, contact Supervisor Dawn Delaney at (561) 243-7834 or E-mail delaney@mydelraybeach.com.

In case of an emergency, dial 911
For non-emergencies, call (561) 243-7800
For general information, call (561) 243-7888

IHOP's Sneakers for Students Project a big success

In an effort to help less fortunate families throughout Florida, the Boys & Girls Clubs of Palm Beach County (BGCPBC) teamed up with IHOP under the IHOP Charities umbrella to host "Sneakers for Students" this summer. This community project is designed to collect new/unused sneakers for Club children just in time for the beginning of a new school year.

For four weeks, IHOP asked patrons to bring in a pair of new/unused sneakers to any participating IHOP location. In return, IHOP gave a short stack of buttermilk pancakes to each donor. The shoes were distributed to local Club kids the weeks of August 4th and 11th.

"We are grateful to IHOP for donating close to 400 pairs of brand new shoes to our Club members located all over the County," said Jaene Miranda, President & CEO of the Boys & Girls Clubs of Palm Beach County. "Each year, the kids look forward to having new shoes for the school year, especially those with families that just can't afford them. It's inspiring to have such a large organization like IHOP care about the community and truly take action to help."

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November 8 & 9, 2014

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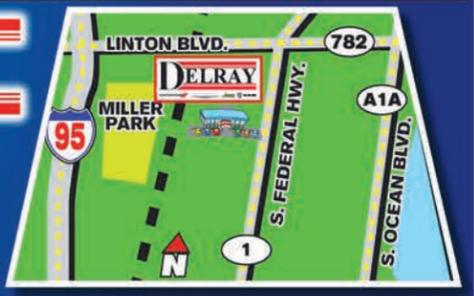
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HOURS: MONDAY - SATURDAY 8AM - 8PM • SUNDAY 11AM - 5PM

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Dear Friends

Welcome to the 3rd Annual Delray Beach Wine and Seafood Festival presented by the Greater Delray Beach Chamber of Commerce. This International Award Winning event showcases our sparkling "east side" of town, home to award-winning hotels, restaurants, and shops, as well as our beloved beach. Special thanks to Exec. Chef Nick LaMattina of the Delray Beach Marriott for creating a special 8-course Fine Wine & Dine Vintner Dinner that will kick off the event on November 5th at the Delray Beach Marriott (see page 9).



This year as you cross the bridge you'll be welcomed to the event by the Chamber staff and volunteers, amid a gateway created by our own Teri Brant, Delray Chamber staff member. Then you'll find plenty of opportunities to expand your knowledge of the grape at one of the many food and wine pairings offered by internationally renowned wineries like Cakebread, Plumpjack, Silver Oak, ZD, and many more from Napa, Sonoma and Italy. Then check out the Heineken Light Lounge, a breezy and beachy retreat within the Festival, located near the main stage where guests are invited to enjoy cold beer as patrons listen to live music from the main stage...a chic place to chillax. And join us in thanking all participating chefs and restaurants for creating stellar wine pairings, dinners and an extraordinary brunch opportunity. If you have a nose for entertainment, see the entertainment schedule, you won't want to miss some of our all-time favorite performers like Taylor Road Band, Anna Haas + The Effect, Daniel Williams, and others!

You'll be sure to find unique vendors, wine tastings, and of course, seafood. I'm looking forward to having a fresh lobster roll, a glass of Chardonnay (when I'm off-duty of course) and doing a little pre-holiday shopping.

We have so much to be thankful for this fall in Delray Beach, join us as we kick off the season with this charming seaside event—and it's free to stroll!

Warmly,
Karen Granger

Karen Granger,
Delray Beach Chamber of Commerce, President and CEO

Raw Oysters

Shrimp

Sunrise

Blackened Lobster Tail

CONCH FRITTERS

CARIBBEAN CHICKEN ON A STICK

Gazpacho conch ceviche

SNOW CRAB LEGS

Mussels Marinara scallops

Crab Cakes Sushi Rolls

FISH TACOS Seafood Crepes

SEAFOOD ETTOUFEE Conch Salad

Whole Belly Clams Creole Platter

LOBSTER ROLLS

Maine Lobster & Lump Crab Fritters Steamed Shrimp Cocktail

COCONUT SHRIMP DINNER

SPICY LOBSTER PO'BOY

PRODUCED BY THE GREATER DELRAY BEACH CHAMBER OF COMMERCE

EVENT INFORMATION

November 8 & 9, 2014
Saturday 11am - 10 pm
Sunday 11am - 7 pm

EVENT FEATURES

Two Wine Gardens with over 20 varieties of wine
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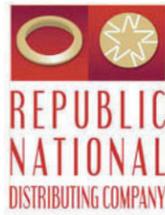
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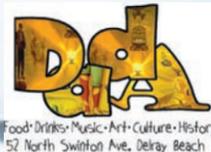
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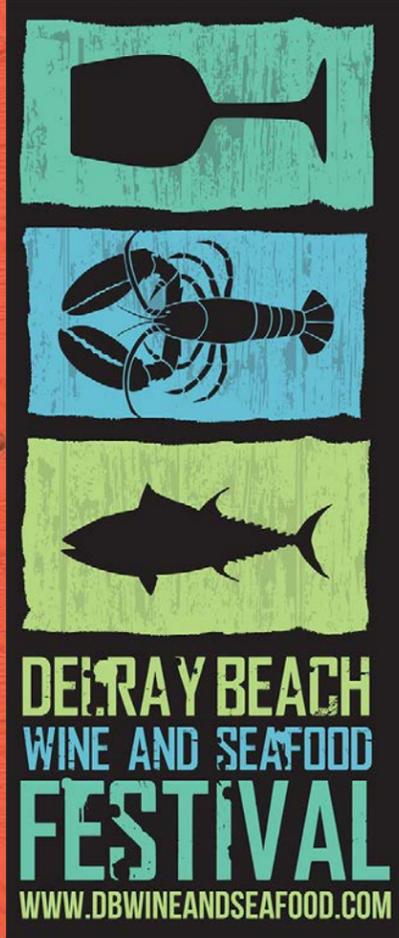


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11:30 – 12:00

Banyan Creek Drumline

12:30 – 2:00 Taylor Road Band

High Energy Acoustic Rock

www.facebook.com/taylorroadband

3:00 – 4:00 Magowan's Chair

Classic Rock Duo

5:00 – 6:30 Turnstiles

The Ultimate Tribute to the Music of Billy Joel

www.billyjoeltribute.com

7:30 – 10:00 Anna Haas + The Effect

Soul Rock

www.annaahas.com

SUNDAY, NOVEMBER 9

12:00 – 3:00 The Kinected

Alternative / Indie

www.TheKinected.com

3:30 – 5:00 Mike Mineo

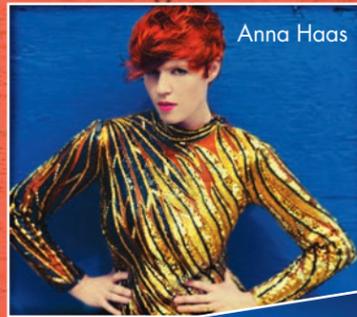
Acoustic Beach Style

www.mikemineo.com

5:30 – 7:00 Highway Run

Classic Rock

www.highwayrunrocks.com



Anna Haas



The Kinected



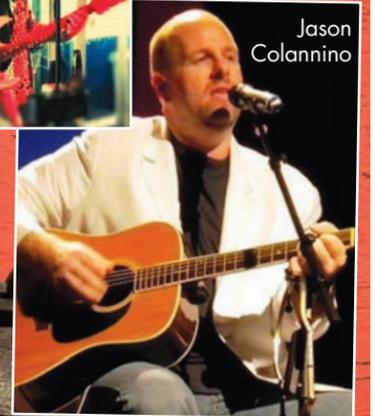
Mike Mineo



Daniel Williams



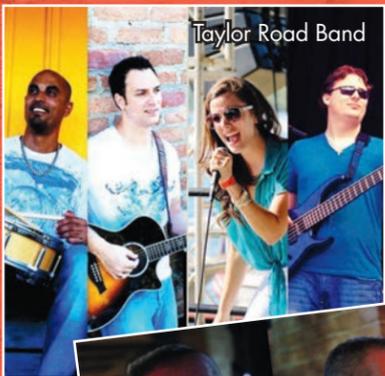
Rick the Shaker



Jason Colannino



Pamela Johnson Duo



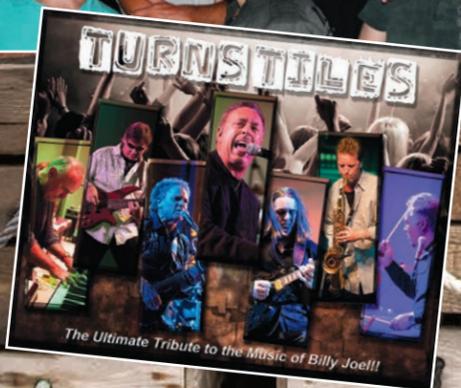
Taylor Road Band



Magowan's Chair



Highway Run

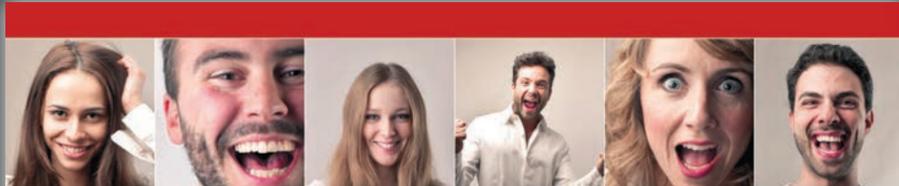


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ZD CHARDONNAY, 2012 (CHEESES)
ZD PINOT NOIR, 2012 (CHARCUTERIE)

Third Course

GOLD COAST CEVICHE
KEY WEST SCALLOPS AND SHRIMP, ENDIVE,
SWEET POTATO AND PLANTAIN CRISPS
PLUMPJACK CHARDONNAY, 2013

Fourth Course

SMOKED PORK AREPA
PULLED PORK, CHORIZO, CHIMICHURRI, OAXACA CHEESE,
CULANTRO, PORK RIND DUST
CADE NAPA CABERNET, 2010

Fifth Course

YELLOW FIN TUNA TARTARE
AVOCADO, YUZU WASABI VINAIGRETTE, TARO ROOT CHIP, MICRO BASIL
CAKEBREAD CHARDONNAY, 2012

Sixth Course

CRISPY DUCK CROQUETTE
ROASTED APPLES, PICKLED SHALLOT, HERB FRISEE, ICE WINE VINAIGRETTE
CAKEBREAD PINOT NOIR, 2012

Seventh Course

PORCINI RUBBED NY STRIP
GOAT CHEESE AU GRATIN, PATTI PAN, BALSAMIC
CIPOLLINI ONION, ARUGULA, CRISP PARSNIPS
SILVER OAK ALEXANDER VALLEY CABERNET, 2010

Eighth Course

ELDERBERRY FLOWER CREME BRULEE
SWEET CUSTARD WITH NOTES OF CITRUS AND ELDERBERRY FLOWER
TWOMEY SAUVIGNON BLANC, 2013

Local Restaurants Make Big Splash at Delray Wine & Seafood Festival

Local restaurants are taking their cuisine to the streets for the Third Annual Delray Beach Wine & Seafood Festival. Four local establishments are participating in this year's event. Two, Café Luna Rosa and Boston's on the Beach, are returning from successful participation in last year's festival. Luna Rosa is introducing two new menu items, Maine lobster and roasted corn griddle cake and Lump blue crab chopped salad and Boston's is offering their world famous Lobster Roll and Whole Belly Clams.

New participants are Ziree Thai and Sushi and Ruth's Chris Steakhouse. Ziree's, a local Delray favorite, is creating a seafood specialty roll, sushi and sashimi menu and Ruth's Chris Steakhouse, Boca Raton is serving Spicy Lobster Poboy and New Orleans Style Shrimp & Grits.

Look for these fine local restaurants among the glorious seafood offerings out in the streets at the Delray Beach Wine & Seafood Festival.



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Seminar tickets sold in advance – www.dbwineandseafood.com/seminars.
Limited seating and based upon availability

Saturday, November 8, 2014

12:00 – 1:00

"TASTE OF SONOMA" (\$45)

Da Da – Executive Chef Bruce Feingold
Chalkhill (Sauv Blanc, Chard, Pinot Noir, Red Blend)



Cakebread Cellars



2:00 – 3:00

"TASTE OF NAPA" (\$45)

Caffe Luna Rosa –
Executive Chef Ernesto DeBlasi
Cakebread – Napa (Chardonnay, Sauvignon Blanc, Pinot Noir, Cabernet)



4:00 – 5:00

"TASTE OF ITALY" SOLD OUT

LaCigale – Executive Chef John Daly
Castello Banfi – Tuscany (Banfi San Angelo Pinot Grigio, Banfi Cum Laude, Banfi Summas, Brunello di Montalcino)

7:00 – 8:00

"TASTE OF NAPA" SOLD OUT

50 Ocean – Executive Chef Blake Malatesta
Plumpjack/Cade (Chardonnay, Sauvignon Blanc, Cabernet, Cabernet)



Sunday, November 9, 2014

11:00 am

"INTERACTIVE CHEFS PANEL" (\$50)

JP Chenet (Blanc de Blanc and Rose)
90 Minute interactive panel discussion with local leading chefs in the industry to share *What's Hot, New Menu Ideas, New Drinks, Trends, Inspirations Swag Bag*

NOON – 1:00 pm

"TASTE OF CHAMPAGNE" (\$45)

Delray Beach Marriott –
Executive Chef Nicholas Lamattina
(Held at Delray Beach Marriott)
Champagnes-Taittinger (Rose, Nocturne, Brut, Millesime)



1:00 – 2:00

"TASTE OF NAPA" (\$45)

Whole Foods – Executive Chef/
Culinary Instructor James Gennaro
Silver Oak/Twoimey (Sauv Blanc, Pinot Noir, Merlot, Cabernet)



3:00 – 4:00

"TASTE OF BURGUNDY, FRANCE" (\$45)

Ziree Thai & Sushi –
Chef/Owner Siree Sudnaen
Wines Joseph Drouhin (Puligny Montrachet, Meursault, Gevrey Chambertin, Nuits St Georges)



5:00 – 6:00

"TASTE OF NAPA" (\$45)

Eclectic Eats –
Executive Chef/Owner Leo Khoury
Wines ZD (Chard, Reserve Chard, Pinot Noir, Cabernet)



INTERACTIVE CHEFS PANEL

Sunday, November 9th

11:00 am – 12:30 pm

(Wine & Food Pairing Seminar Tent, at Gleason St & Atlantic Ave)



Moderated by **Christine Najac**
of **South Florida Food & Wine**

Join us while our panel of expert chefs discuss, share inform and tell great restaurant stories. Find out what's hot, new menu ideas, new drinks, what trends are in and out of the food and beverage world and where they get their inspirations from. The hour and a half seminar includes a continental brunch, mimosas, and a gift bag.

TO PURCHASE TICKETS, VISIT
www.dbwineandseafood.com/seminars



Millie Wilkinson Beverage Expert | Michael Fiorini 13 American Table | Blake Malatesta 50 Ocean

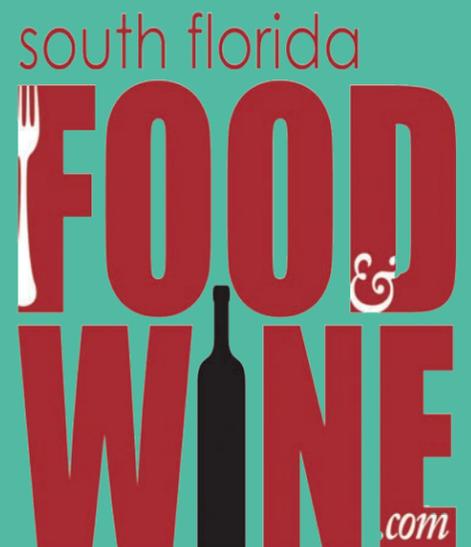


Joey Giannuzzi Farmer's Table | Ernesto Deblasi Caffe Luna Rosa | Michael Haycock The Grove



Blake Feingold Dada

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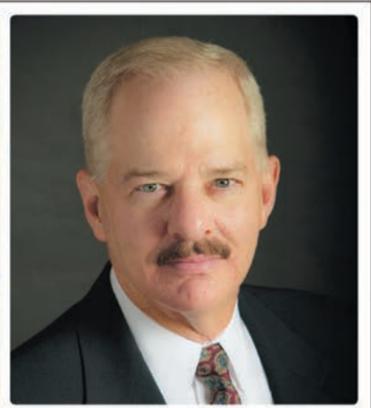
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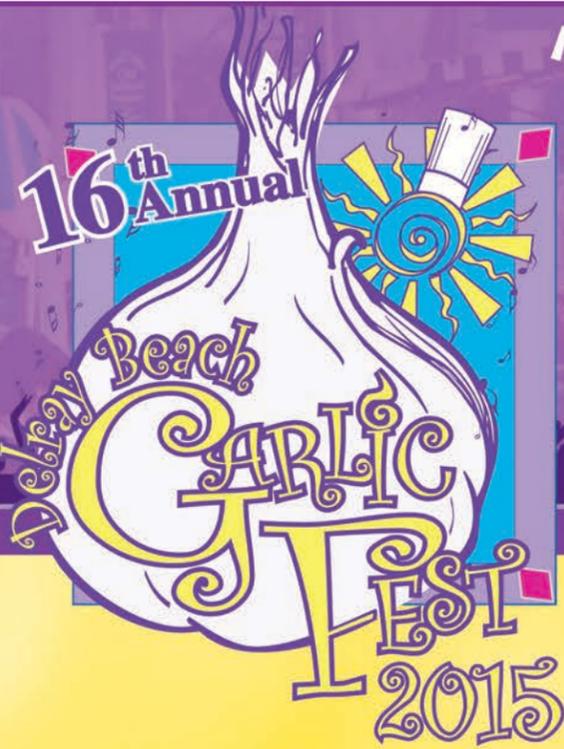


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\$20 advance \$30 gate

SATURDAY Feb. 7th
(11:00 am — 11:00 pm)
\$10 advance \$20 gate

SUNDAY Feb. 8th
(11:00 am—7:00 pm) \$10 all day

LOCATION Delray Beach Center for the Arts

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SATURDAY March 28th
(Noon — 11:00 pm)

SUNDAY March 29th
(Noon — 7:00 pm)

ADMISSION \$10

LOCATION Delray Beach Center for the Arts

CONTACT
561-279-0907

Second Season of the Delray Beach Environmental Film Series Kicks Off with Award-Winning Documentary "DIRT!"

Three Delray Beach groups continue their cause to raise awareness of important issues affecting our planet through cinema and lively discussion. Relying on the four elements - Earth, Water, Air, and Fire - the series will touch on issues pertaining to sustainability, natural resource preservation, recycling, vegetarianism, the effects of industrialized agriculture, activism and more. The Swinton Community Garden, Sow Share, and The Green Team of St. Paul's Episcopal Church invite the community to attend a screening of "DIRT!" - an award-winning documentary inspired by the acclaimed book, *Dirt, the Ecstatic Skin of the Earth*, by William Bryant Logan.

"DIRT!" takes you inside the wonders of the soil. It tells the story of Earth's most valuable and under-appreciated source of fertility - from its miraculous beginning to its crippling degradation. It brings to life the environmental, economic, social and political impact that the soil has. It shares the stories of experts from all over the world who study and are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil.

Producers and directors Bill Benenson and Gene Rosow say the movie teaches us about when humans arrived 2 million years ago, everything changed for dirt. And from that moment on, the fate of dirt and humans has been intimately linked. More than the film and the lessons that it teaches, *DIRT! The Movie* is a call to action.

Organizers of the film series suggest a donation. Proceeds from donations will go towards the cost of showing the films. Money raised beyond the cost of the film series will benefit the Swinton Community Garden, the Sow Share program, and the environmental justice efforts of the St. Paul's Episcopal Church Green Team and the development of the Delray Beach Children's Garden.

What: "DIRT!" - The Delray Beach Environmental Film Series second season opening film.

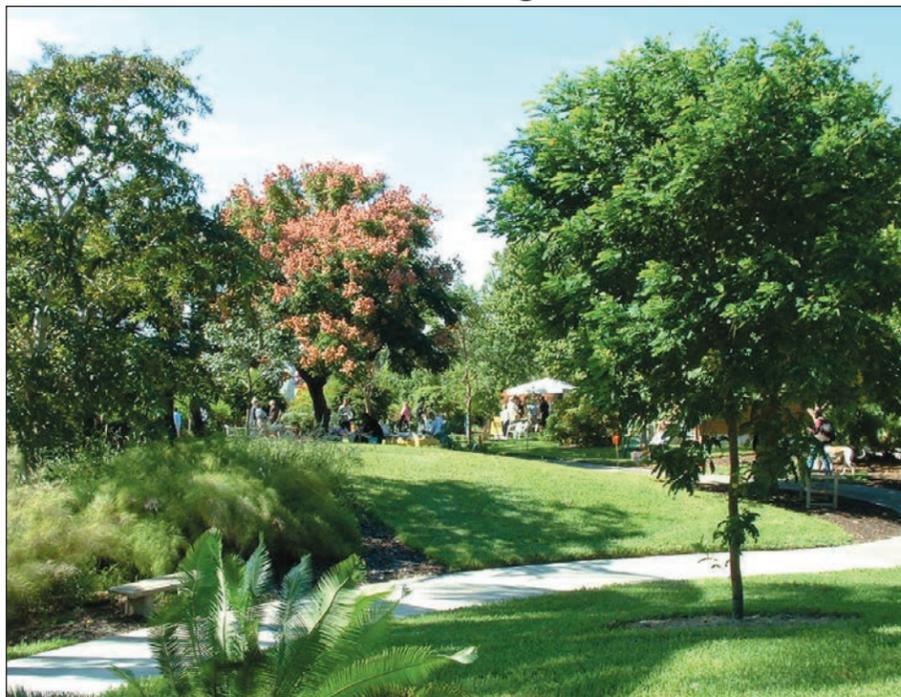
Potluck and lively discussion.

When: Wednesday, October 8th: doors open at 6:30 pm; film starts at 7:00 pm

Where: Parish Hall of St. Paul's Episcopal Church, 188 S. Swinton Avenue, Delray Beach, FL

Contact: Winnie Edwards: 303-570-0433

The Mounts Botanical Garden of Palm Beach County invites public to eight fun and informative events during October 2014



WEST PALM BEACH, FL – The Friends of Mounts Botanical Garden will be hosting eight fun, horticulturally informative and family friendly public events during October 2014.

With a mission to inspire the public, Mounts Botanical Garden is Palm Beach County's oldest and largest botanical garden, offering gorgeous displays of tropical and sub-tropical plants, plus informative classes, workshops, and other fun-filled events.

The Garden contains more than 2,000 species of plants, including Florida native plants, exotic and tropical fruit trees, herbs, palms, bromeliads and more. Mounts Botanical Garden is a facility of the Palm Beach County Extension Service, which is in partnership with the University of Florida and the Friends of Mounts Botanical Garden.

Located at 531 North Military Trail in West Palm Beach, The Mounts Botanical Garden of Palm Beach County is open Monday-Saturday from 8:30 a.m. to 4 p.m. and Sunday from noon to 4 p.m. The suggested donation for entry to the Garden is \$5 per person. For more information, please call 561.233.1757 or visit www.mounts.org.

Urban Farming: Vegetable Growing
Saturday, October 4 – 9 a.m. to Noon
Mounts Auditorium & Vegetable Garden
\$35 for members, \$45 for nonmembers
Speakers: Larry Grosser, Master Gardener and member of the Palm Beach Rare Fruit Council, and Master Gardeners Raina & Paul O'Conner

Stories in the Garden: Discover the Gardens
Friday, October 10 – 10 to 11:30 a.m.
Mounts – The Pavilion FREE
Speaker: Stacey Burford, Youth Services Librarian

Designing & Creating the Home Landscape
Part 1 of 3
Saturday, October 11 – 9 a.m. to 1 p.m.
Clayton Huteson Center Conference Room
\$55 for members; \$65 for nonmembers
Speaker: Laura McLeod, Sanctuary Landscape Designer

Bats & Vultures, Oh My!
Sunday, October 12 – 9:30 to 11:30 a.m.
Mounts Auditorium
\$25 for members; \$35 for nonmembers
Speaker: Sydelle Dombrowsky, Florida Master Naturalist & Master Gardener

Designing & Creating the Home Landscape
Part 2 of 3
Tuesday, October 14 – 9 a.m. to 1 p.m.
Mounts Auditorium
\$55 for members; \$65 for nonmembers
Speaker: Laura McLeod, Sanctuary Landscape Designer

Fall Family Festival
Sunday, October 19 – 11 a.m. to 4 p.m.
Co-sponsored by the Junior League of the Palm Beaches
Throughout the Garden
FREE for members & children (10 years and under); \$5 for nonmember adults

Designing & Creating the Home Landscape
Part 3 of 3
Saturday, October 25 – 9 a.m. to 1 p.m.
Clayton Huteson Center Conference Room
\$55 for members; \$65 for nonmembers
Speaker: Laura McLeod, Sanctuary Landscape Designer

Permaculture Gardening:
One Day Intensive
Saturday, October 26 – 9:30 a.m. to 2 p.m.
Clayton Huteson Center Exhibit Hall A
\$35 for members; \$45 for nonmembers
Speaker: Déva (Marcus Thomson), Founder & Lead Teacher of Permaculture Miami

USTA Summer Smash Sectional Championships



Championship matches were played this Labor Day at the 2014 USTA Summer Smash Sectional Championships in Delray Beach, Florida. Presented by The Venetian® Las Vegas, the tournament hosted hundreds of Florida's best in the 10's, 12's, 14's 16's and 18's divisions. For the first time in tournament history a qualifying event was played the weekend prior for kids who weren't ranked high enough to get into the main event. More than 200 players competed that first weekend and almost 300 this past weekend. In total, 812 matches were played. That's a lot of tennis balls. And not to worry, every plastic tennis ball can was recycled. Congratulations to the winners and those who played with winning spirit. The City of Delray Beach was proud to entertain everyone from near and far over the six days of the tournament.

Miracle League 2014 Fall Season Information

Registration for players is now open for the 2014 Fall Season of the Delray Beach Miracle League. The Miracle League season begins October 4, 2014 at the Anthony V. Pugliese V Miracle League Field, located at the south end of Robert P. Miller Park, 1905 SW 4th Avenue. The league is open to girls and boys between the ages of 5 and 19 and the registration fee has been generously donated for all players to play for free.

Buddies, coaches and volunteers are also needed. Buddies assist players and must be at least 13 years old while the minimum age requirement for coaches is 18.

Join Delray Motors & Lincoln Mercury on opening day, Saturday, October 4 from 9:00 am - 3:00 pm at Robert P. Miller Park, for a fundraiser and fall ball opening ceremony. Every visit to the Delray Motors table that day will earn money for the Miracle League of Delray Beach.

For more information please call (561) 414-4441 or visit the website at www.MiracleLeagueDelrayBeach.com

October 4 "OPENING DAY"
Mandatory Buddy Training 2:00pm
Player Registration 2:30pm
Game 1: A's vs. Yankees 3:00pm
Game 2: Red Sox vs. Marlins 3:30pm

October 11
Game 1: Marlins vs. Yankees 3:00pm
Game 2: Red Sox vs. A's 4:30pm

October 18 "Picture Day" & Team Photo's
Game 1: Marlins vs. Red Sox 3:00pm
Game 2: Yankees vs. A's 4:30pm

October 25
Game 1: A's vs. Red Sox 3:00pm
Game 2: Yankees vs. Marlins 4:30pm

November 1
Game 1: Yankees vs. A's 3:00pm
Game 2: Red Sox vs. Marlins 4:30pm

November 8
Game 1: Red Sox vs. Yankees 3:00pm
Game 2: A's vs. Marlins 4:30pm

November 15
Game 1: Marlins vs. Yankees 3:00pm
Game 2: Red Sox vs. A's 4:30pm

November 22 "Closing Ceremonies"
Game 1: Marlins vs. Red Sox 3:00pm
Game 2: Yankees vs. A's 4:30pm

Delray Beach Elks – Marlins
Delray Beach Fire Department – Red Sox
Lynn University – Yankees
Delray Beach Rotary - A's
Angels in the Outfield –
Champion Solutions Group

Concessions will be available!

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



Early Fitness Curriculum at Catherine Strong Park

The Early Fitness Curriculum is a 30-minute fitness program that is available to childcare agencies and early childhood educators to provide toddlers, and preschool children a safe location, professional coaches and equipment at Catherine Strong Park.

The Early Fitness Curriculum will keep physical education FUN by learning and playing:

Basketball Soccer
Football Baseball
Relay Races Old School games
Fitness Trail Challenges

How to Register: Call Catherine Strong Park at 561-243-7194

When: During Palm Beach County Public School Year Calendar; Sept-June

Days: Tues-Fri 9am-2pm (Up to twice a week per school)

Cost: Free

Transportation: Required
*Schools without transportation can still apply, please call the park for additional details.



at the library

The "Pawsitive" Reading Program returns to Delray Beach Library

The Delray Beach Public Library's exciting new program in the Children's Department called "The Pawsitive Reading Program" featuring therapy dogs, Dakota & Splinter, will return to the Library on the first and third Saturday of each month at 2:30pm. It will begin in October, 2014 and will be available through April 2015.



Last year the children read to therapy dog Bootsie. This year Dakota and Splinter will be read to.

The program allows children who may need extra help in reading and interpersonal communication to read to these specially trained therapy dogs, Dakota or Splinter. In the process, the children actually teach themselves to read as the dog provides a comfortable, non-judgmental environment. The program has been a great success.

No registration is required. Just drop in and join the fun!

Become a member of the "Be Teen The Lines" readers Advisory Club

Do you need community service hours, but can't make it to the Delray Beach Public Library?

Become a member of the "Be Teen the Lines" Readers Advisory Club! Choose any book you have read in the past! Write Book talks or film Video Book Reviews. Produce quality material to be published on the TAB webpage on a monthly basis. (You can earn up to 6 hours of community service per book talk! 1 paragraph= 2hrs, 2 paragraphs= 4hrs, 3 paragraphs= 6hrs, minimum 3 book talks per month.)

What is a Book talk? A book talk is like a commercial or a movie trailer for a book. The purpose of a book talk is to grab the readers' attention to persuade them to read the book!

- DO give enough of the plot to interest the readers
- DO highlight the interesting points.
- DO end the book talk with a cliffhanger!
- DON'T give a summary of the book.
- DON'T give away the important parts of the book.
- DON'T EVER, ever, give away the ending of the book!

See examples of books reviewed by our Readers Advisors at <http://tinyurl.com/TAB-DBPL-RA-Index>. More reviews are published on the Teens' Shelf at <http://tinyurl.com/TAB-DBPL-GoodReads-Teens>

- Include the following details in the book talk:
 - Title and author
 - Book talk
 - List any other titles by the author
 - Include author website link and/or link to book trailer if applicable
 - Include a picture of the cover of the book

• Include the following line with YOUR Name, the initial of YOUR Last Name only, and the year you started as Reader Advisor. (Example: Reviewed by Loanis M., TAB@DBPL Reader Advisor since 20xx.)

Submit your Titles for Review: <http://tinyurl.com/2014-2015-TAB-RA> BEFORE you write the book talk.

Once your title is approved, you can write the book talk and email it to me at loanis.menendez@delraylibrary.org For further information call Loanis at 561-819-6299 or email.

October Healthy Living Programs

The downtown Delray Beach Public Library continues its Healthy Living Series programming in October with several programs we're sure you'll be interested in attending.

- Wednesday, October 15th @ 2:00 p.m. - The Hearing Partners of S. Florida in Delray Beach will present a program titled:

"Made For iPhone' Hearing Devices." They are committed to educating the public about new breakthrough hearing aid technology and spreading the word to the community through their outreach efforts. Learn about the latest products available to aid your hearing problems.

- Wednesday, October 22nd @ 2:00 p.m. - The National Pain Institute in Delray Beach will present Dr. Daniel Cartledge, Board Certified physician in Physical Medicine & Rehabilitation and Pain Medicine. His program is entitled: "Pain Management." His interdisciplinary pain management approach focuses on pain relief, improved fitness and health, an overall better quality of life and the ability to return to a more functional lifestyle. The Institute offers individualized, state-of-the-art programs by knowledgeable, board certified or board eligible physicians.

These programs are free and open to the public. Registration is not required.

To round out the semester, other Lifelong Learning programs include:

- "The Bible as Inspiration for Contemporary Artists" which takes place on Tuesdays Oct. 28 and Nov. 4 and 18 from 2 to 3:30 p.m. The program will be presented by Helene Yentis who is an expert of Jewish art and art history.

- "The Academy Award for the Best Song Goes to ... 1934-2000," will be presented by Al Carmen Guastafeste on Wednesdays Oct. 29 and Nov. 5, 12 and 19 from 2 to 3:30 p.m. Live piano performances will enhance the program. Guastafeste holds a BS and MS from Julliard and has taught and performed all over the world.

- "Trials That Changed History: Leo Frank, Leopold & Loeb, The Rosenbergs," will take place on Thursdays Oct. 30 and Nov. 6 and 13 from 2 to 3:30 p.m. The lectures will be presented by Stephen Singer who was a criminal defense lawyer for forty-five years in New York City.

- "Backstage with The Yiddish Theater," will be presented by Miriam Hoffman on Mondays, Nov. 3, 10, 17 and 24 from 10:30 a.m. to noon. She taught at Columbia University for the past twenty-five years in the Yiddish language, literature and culture program.

- "Controversial Presidents," will be discussed by Dr. Ronald Feinman on Mondays Nov. 3, 10, 17 and 24 from 2 to 3:30 p.m. The lectures will examine the administrations of Presidents Andrew Johnson, Woodrow Wilson, Richard Nixon and Bill Clinton. Feinman is a professor of history at Florida Atlantic University.

- "A Closer Look at Creativity," will be hosted by museum docents from Nova Southwestern University and will take place on Wednesdays, Nov. 5, 12 and 19 from 6 to 7:30 p.m. The course will explore Picasso's path to creativity, Michelangelo's Sistine Chapel and how the eye of a photographer can produce a magical image.

- "The Israel-China Connection," will be discussed by Jerry Cooke on Mondays, Dec. 1, 8 and 15 from 10:30 a.m. to noon. The classes will look at the 1000 year relationship between the Jewish and Chinese people. Cooke is a defense expert and former negotiator at the U.S. Nuclear Regulatory Commission and the Department of Defense.

- "Sing a Song of Social Protest," will be the topic of talks by Stephen Gershenson on Mondays, Dec. 1, 8 and 15 from 2 to 3:30 p.m. He will discuss music associated with slavery and worker and social protests and he holds a BA and MA as an organizational consultant and lecturer.

- "Reading Behind the Words - Understanding the Short Story," will be presented by Winston Aarons on Tuesdays, Dec. 2, 9 and 16 from 2 to 3:30 p.m. The course teaches acquiring the skills needed to understand and interpret works of fiction. Aaron has taught courses in English and writing at Lynn University and is a published author.

- "The 60's: The Where Were You When Decade," will be taught on Wednesdays, Dec. 3, 10 and 17 from 2 to 3:30 p.m. by Bruce Kalner. The lectures will explore the decade which split society between culture and counterculture during a turbulent period. Kalner holds a BA and MA in Communications.

- "Truman: The Man From Independence & His Odyssey" will be discussed by Malcolm Gropper on Thursdays, Dec. 4, 11 and 18 from 2 to 3:30 p.m. The course will follow Truman from his early days as a farmer through his years as vice president under President Roosevelt to his decision to drop the atomic bomb during World War II.

The fee for the three session courses is \$45 and for the four session courses is \$50 per person. For more information please go to www.delraylibrary.org or call 561-266-9490.

Long Live Rock 'N Roll

The downtown Delray Beach Public Library is pleased to continue its Music Series with two musical programs in October.

- Thursday, October 16, 2014 @ 2:00 p.m. - Please join rock n' roll music fan Marc Solomon for his program titled: "The Music of the Piano Man - Billy Joel." Marc grew up in Long Island in the town next to the one in which Billy Joel was raised and says Billy's music has always played a significant role in his life. He will discuss three of Billy's most famous songs: "Scenes From an Italian Restaurant", "It's Still Rock 'n Roll To Me", & of course, "Piano Man."

- Wednesday, October 22, 2014 @ 6:30 p.m. - Join life-long rock & roll fan Dr. Robert Weber for his program "New Orleans Connection to Rock n' Roll." He will discuss New Orleans' mixture of populations who created a unique blend of sounds from all over the world. One home grown sound came from the very heart of New Orleans, Barrelhouse piano and its distinctive sound. Musical recordings will enliven his presentation.

These programs are free and open to the public. Registration is not required.

How dogs make a difference in people's lives

Dogs have assisted humans since the beginning of recorded history. They have helped humans work, provided companionship, and lifted people's spirits. Author, Jo Jo Harder will discuss this topic, and introduce one of America's Top Dog Model (R) Contest finalists, Little Lovey, who is a therapy dog, and his mom Gloria Leiboff. Guests will also enjoy a presentation of "America's Top Dog Model (R) Golden Paw Awards" docu-reality TV Show, which features fifteen of America's Top Dog Models (R) who have made a difference in an extraordinary way.

Your are invited to come share this exciting moment!

Saturday, October 18, 2014 • 2-3 PM
Join us for a Booksigning following the presentation.

3rd Annual "Girls, Pearls, Hats & Heels" shopping event October 2

In recognition of Breast Cancer Awareness Month, The Delray Beach Public Library will hold its 3rd Annual "Girls, Pearls, Hats & Heels," event on Thursday, October 2, 2014 from 11:00am - 2:00pm at the Delray Beach Club. Join us for this fun-filled afternoon of shopping, lunch-by-the-bite and flowing complimentary bubbly. The Proceeds of the day

will benefit the Delray Beach Public Library and the Bethesda Hospital Foundation for breast cancer treatment and educational programs. Tickets: \$45

A special tribute at the event will be made to our "Survivor's Circle" for those who have suffered with breast cancer. The Survivor's Circle recognizes loved ones with a dedication during the event, special VIP check in, commemorative gift, and a Survivor's Circle event photo with our Honorary Chair, Kate Toomey. For a donation of \$25 you can join the "Survivor's Circle" in honor or memory of someone special in your life that has battled breast cancer.

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.

City Launches "Classroom Corner"

The City is proud to announce "Classroom Corner", an initiative that will focus on public schools' accomplishments and achievements. "Classroom Corner" gives schools the opportunity to showcase their programs and highlight activities that would be of interest to the community.

"Classroom Corner" will reside on the City's website under Community Improvement/Education. During the school year, one or more schools will be featured each month.

Our first edition of "Classroom Corner" will debut on October 10, 2014. To view, visit www.mydelraybeach.com and select "read more" in the Photo Slider item titled "Classroom Corner".

Be sure to visit "Classroom Corner" on the second Friday of the month for the latest updates. For more information, contact the Delray Beach Public Information Office at (561) 243-7190 or E-mail pio@mydelraybeach.com.



It's a matter of taste at the Library!

On Saturday, October 25, 2014 the Delray Beach Public Library will present "Food Glorious Food: Fresh, Healthy and Delicious" from 10 a.m. to 2:30 p.m. The gastronomic event will be hosted by the library at 100 West Atlantic Ave., Delray Beach. The Lifelong Learning Community Institute is sponsoring the seminar to start its fall and winter semesters. There is ample free parking.

The cost for the day is \$30 and includes morning coffee, snacks, raffles and lunch by the bite at a variety of tasting tables. The panel discussions will explore locally grown produce with Bedner's Farms, Green Cay Produce, Fort Lauderdale Vegetables Inc. and Slow Foods and culinary writing from newspapers and magazines with Marie Speed, editor of Delray Beach and Boca Raton Magazines and Liz Balmaseda, food and dining editor for the Palm Beach Post as well as Deeny Lorber - author of "Waiting at Joes" and Mandy Baca - author of "The Sizzling History of Miami Cuisine."

Participants will also enjoy a cooking demonstration: Breakfast: The Healthy Start to the Day provided by Chef Rey De La Osa. The Moderator for the day will be Ann Bocock, Journalist and Moderator & Host of WXEL Florida Forum.

The Lunch-by-the-bite Food Tasting Tables will be provided by Caffé Luna Rosa, The Farmer's Table, Jimmy's Bistro, Max's Harvest, Nature's Way Café, Pascale's The Delray Jam Company, Scuola Vecchia Pizza e Vino, The Olive Taste of Delray, Two Fat Cookies and Ziree Thai & Sushi.

You won't miss this fantastic day! Pre-registration is required. For further information, to receive a brochure, to learn about our line-up of Fall 2014 classes or to register please visit our website at www.delraylibrary.org or call the Library at 561-266-9490.

Delray Beach Orchid Society celebrates 40th Anniversary with Orchids on the Square, October 24th through 26th

The annual show and sale takes place at Delray Beach Center for the Arts / Vintage Gymnasium

DELRAY BEACH, FL – Delray Beach Center for the Arts is proud to partner with Delray Beach Orchid Society as they celebrate a milestone in their history! Their annual show and sale, “Orchids on the Square,” will mark the Society’s 40th anniversary.

On Friday, Saturday and Sunday, October 24-26, 2014, from 10 a.m. to 5 p.m., “Orchids on the Square” will fill the Center’s Vintage Gymnasium with orchid vendors, potting supplies, dazzling orchid displays and raffle prizes. An art exhibit by 5th grade students from Banyan Creek Elementary School will also be on display.



Photo by Mort Rosen, Delray Beach Orchid Society

Delray Beach Center for the Arts is located at Old School Square, 51 N. Swinton Avenue in downtown Delray Beach. The Vintage Gymnasium is located on the campus at the corner of N.E. 1st Street and N.E. 1st Avenue. Admission is \$5 per day or \$8 for a weekend pass. Purchase at the door, or call 561-638-9014 for pass information.

About the Delray Beach Orchid Society

The Delray Beach Orchid Society (DBOS) has been active in the community since 1974

and is dedicated to promoting the hobby of orchid growing. Once thought to be a hobby for the wealthy, orchids are now priced within reach of everyone! The Delray Beach Orchid Society is a friendly, diverse group with members who are always willing to help new orchid hobbyists grow and care for their plants.

DBOS has partnered with Banyan Creek Elementary School for the past several years encouraging and supporting arts in the school. Fifth grade students enter the orchid drawing contest at the show, and cash prizes are awarded to all student participants.

DBOS also provides speakers, free of charge, to groups, nonprofits, and clubs. Society members explain the basics of orchid culture, share growing tips, and provide easy to follow written guidelines.

The Society meets on the second Wednesday of each month at 7:00pm, in the Delray Beach Adult Recreation Center building, located in Veterans Park. Guests are always welcome! Meetings include guest speakers who are local, national and international authorities on orchid culture and conservation. Hands-on workshops are held throughout the year. Members bring their blooming plants to meetings each month to the exhibit table where they are judged and critiqued. Guest speakers usually offer plants for sale at the meetings, and there is always a raffle table full of prize plants.

Membership benefits include a welcome kit, networking with other orchid enthusiasts, bus trips to growers and orchid shows, annual orchid auction, annual picnic, and a monthly newsletter, which includes information about speakers, results of plant judging, and cultural notes. At year-end there is a festive holiday party where each member receives an orchid plant. For information call (561) 638-9014 or visit the Society’s website at www.delraybeachorchidsociety.com.

Delray Beach National Little League and CityHouse Delray Beach team-up for Softball Tournament Fundraiser

CityHouse Delray Beach is a non-profit organization that provides a home for single mothers and their children where redemptive relationships can be built and single mothers can be loved and cared for in a holistic way; spiritually, physically, economically, educationally, and emotionally, while maintaining their responsibilities as a mother.

With that mission in mind, Delray National Little League has teamed up with CityHouse Delray Beach to provide a youth baseball experience for these kids, where one may not have previously existed, by offering TBall registrations to the families who desire their children to participate in the community of DBNLL and learn the game of baseball.

In an effort to support the mission of CityHouse, will be holding a softball tournament at Miller Field on Oct. 11th.

If you are interested in playing or entering a team, please go to <http://tinyurl.com/CHSoftBallTourn>. All ages welcome, Women’s, Men’s and Coed Divisions. There will be fun for all with Children’s Activities, Food, Raffles and more. We are also seeking sponsors and raffle prizes.

ON THE AVE IN PINEAPPLE GROVE - continued from page 1

October we look forward to having people out to enjoy the interactive art activities featured at On The Ave.”

Running from 6 p.m. until 10 p.m. the Artober event will include music, activities and opportunities for all ages to show off their artistic talents.

There will be, for example, a giant “fridge magnet” board, where visitors will be encouraged to create poetry from hundreds of words that can then be attached to the board.

A huge canvas will also be set up along Pineapple Grove Way where visitors will have the chance to show off their creative drawing or painting skills.

For budding young artists, there will be the Kids Corner, hosted by Avenue Church, where children will have the chance to create sidewalk chalk art, ham it up in a photo booth or have their faces converted into works of art by a team of face painters.

The musical arts will also be an important part of the Artober On The Ave with three performances, each representing a different style of music.

Throughout the night, the locally bred band Mylo Ranger will perform its unique style of funk-infused nostalgic rock with a southern flavor. Listen for outstanding harmonies as the band covers a lot of musical ground.

For those who enjoy a little softer sound, Artober will feature Regi and Kimi, a pop acoustic indie-folk duo featuring two women whose music ranges from originals to covers, and includes a variety of pop, hip-hop and rock hits.

Enjoy a touch of classical music at the Artober On The Ave with the Lynn University Orchestra giving a performance – featuring a surprise element – beginning at 8 p.m. in front of the Paradise Salon on Pineapple Grove Way.

Throughout the event, visitors will be able to see artists in action as well as view open-air exhibits. Among those with exhibits will be Miami artists Marcus “Grab” Borges and Louie Diamonds, Fort Lauderdale artist Jason JaFleu and Delray’s BEAT Cup Cafe and RESTA Salon artists.

Cars will be transformed into works of art courtesy of Vista BMW, the first Annual

Automotive Sponsor of all major DBMC events. These “Art Cars” will be on display in Pineapple Grove for the entire month of October. A classic car show will also be part of the festivities on October 9th with cars on the street at Old School Square Park and Esplanade Plaza.

For those who want to take a break, the Hyatt Place will once again be converting its driveway into the Chill Lounge and the Keurig Truck will also be standing by.



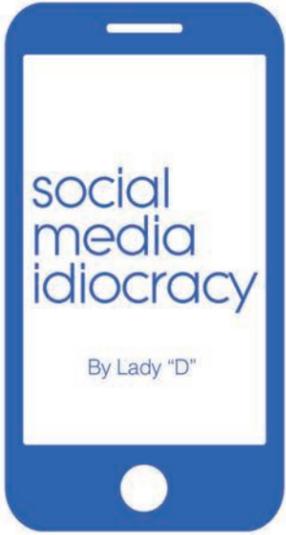
Be on the lookout for moveable art, as artists from Rainbow Circus create living art displays.

The Delray Beach Marketing Cooperative will also be promoting other October art events in the Pineapple Grove Art District, including the First Friday Art Walk on Oct. 3, the Artist Alley Open Studios on Oct. 16, Music and Art in the Park – in Veteran’s Park on Oct. 14, and the 20th Annual Downtown Delray Beach Craft Festival on Oct. 18-19 on Northeast 4th Avenue.

“Our Artober On The Ave hopes to bring the community together for an evening of fun and creativity,” says Stephanie Immelman, Delray Beach Marketing Cooperative Executive Director. “For more information about the event, interested people should visit www.OnTheAveDelrayBeach.com.”

“On The Ave is a great event that showcases so much of what Delray Beach has to offer,” says Diane Colonna, CRA Executive Director. “The CRA is a proud supporter of this event, and we look forward to continuing to support the DBMC in its effort to generate activity within our district.”



An Introduction to the Social Media Landscape of Delray Beach

Let's all agree that we live in a world where the majority of news comes from non-traditional sources including Facebook, Twitter, late-night TV shows, and the like. There's quite a few local Facebook groups claiming to be public forms for discussion, but in actuality, they are acting like cheerleaders at a Sweet 16 party. Facebook appears to have become a medium for grossly left-field comments instead of factual news, which leaves the Average Joe to try and decide for himself which is which. Oh, your new boyfriend is a French model? And you believe it because you read it on the internet?

As Delray continues to emerge as an ever-growing social hub - a mecca of happenings and heated discussions regarding the future of the "Village by the Sea" - there are a myriad of avenues for which locals can find out about the innards of the working machine. But do these present day avenues hold the best interest at heart or is there a catastrophic roller-coaster occurring along the wires of the Web?

Delray Raw is on the top of the list for Delray groups charting wild discussion territory on Facebook. According to the page, the group is a community forum where residents, city officials, business owners, non-profits and all other stakeholders can initiate communication, post events, discuss concerns and collaborate. The founders explicitly state that it is not for personal attacks or political agendas. But who has time for that when the news feed looks like it is straight out of the classifieds. There is nothing "raw" about Delray Raw considering it seems the politics and relevant discussions have left, leaving only recommendations of where to buy pet insurance for Rufus.

Moving along to Delray Cooked: The entire page is creepy. Like the kind of creepy that makes you look twice when you're walking to your car in a dark parking lot. The page appears to just attack one individual in particular, over and over. Meet after school and duke it out, boys. Let's get on with life. The moderator claims to fight the "power structure with bits and bytes" but, as readers, you must ask yourself what good this is bringing to the community.

Team Delray appears to breathe a less-stale air into the libel arena, but scroll down just a tad and you'll find the same key people copy and pasting posts from the other aforementioned pages, dripping with negative comments. Please carry out your purpose as outlined in your description of "helping one another and our city!" and maybe there wouldn't be such a perfect storm of mudslinging.

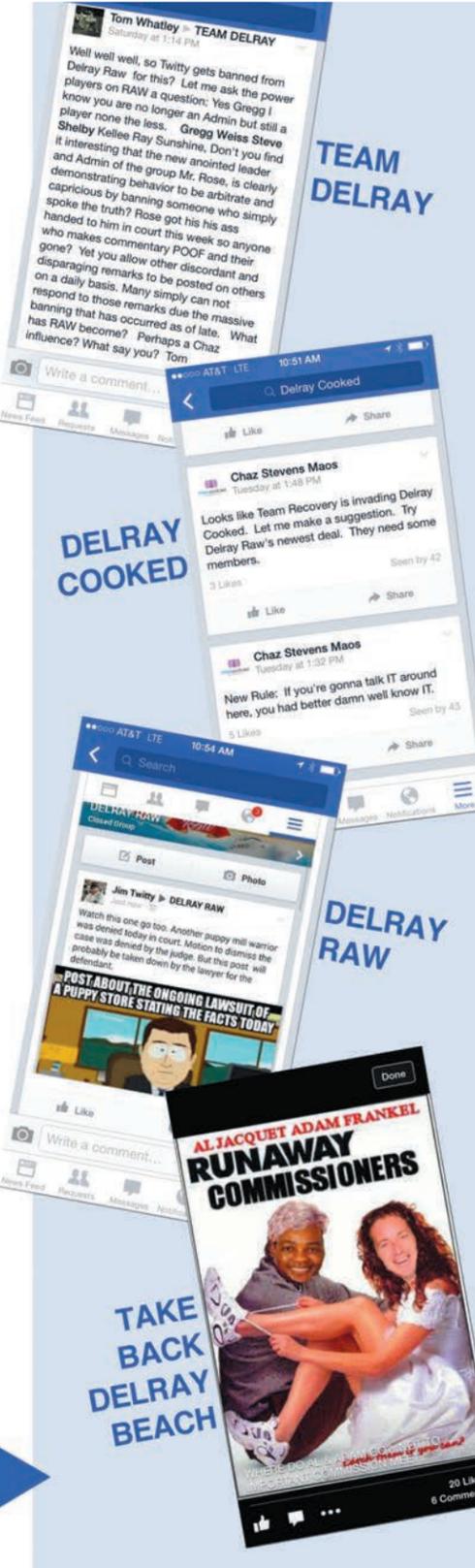
TakeBackDelrayBeach is a public page that preaches to preserve the neighborhoods and character of Delray, and most of the posts include links to newspaper articles and descriptions of City Commission meetings and how to reach said commissioners should readers have a complaint. This is understandable, however, the clever pictorial posts defaming commissioners and community members takes it a bit far. Imagine if this was the only page some locals follow. Are they getting the entire picture, or are they being fed alternative truths based on a few beliefs?

If all of these groups are claiming to do the same task, i.e. join together local individuals to better the City through powerful discussion, then not only why are there so many of them, but why do the majority of them have closed memberships? Maybe if participants focused on the actual community instead of certain community members and extraneous topics then coming together for a unified cause wouldn't be so difficult. There is always a need for public forums, but contributors must ask themselves if what they are posting is making a positive difference and if what they are reading has any underlying motivation.

If the purpose of these groups is to just stir discussion, then congrats, it has been done (case in point). However, the real test to putting your written word out there would be to do it in the honor of news - hard, cold facts with sound reasoning - especially if there is a cult following of a few thousand Delray-ians.

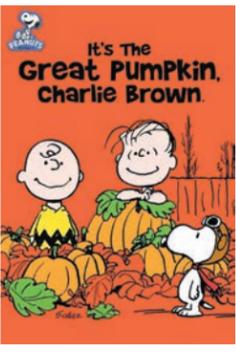
This was just a taste of the local social media sphere. There's a large amount of "Social Media Idiocracy" to dissect and in the next issue of the series we are going to delve deeper to find out the purpose and the players hiding behind this social curtain.

 Here are a few sample posts from our notorious Delray Beach Facebook Groups.



HALLOWEEN - continued from page 1

stormy night," she said. A British steamship that left Galveston, Texas headed for Newport News, Va. and then Germany, the SS Inchlulva sank off the coast of Delray Beach on Sept. 11, 1903 in a fierce hurricane.



Several members of the 28-man crew survived with the help of local residents, but nine lost their lives in the storm.

Linda Reeves, author of "The S.S. Inchlulva," will be available to answer questions about the wreck and to help spread the tale.

For anyone interested in snorkeling the wreck, Delray Beach Watersports and owner Albert Richwagen will offer a drawing for a free snorkeling trip to the remains of the Inchlulva. He will also be offering a sign-up for a snorkeling trip to the Delray Wreck the following Saturday, Oct. 25.

As the sun goes down, children and adults alike will be invited to come to the Historical Society's north lawn for a showing of the movie classic "It's the Great Pumpkin Charlie Brown."

"The movie was very popular last year and our outstanding planning committee decided to bring it back again this year because we know families really enjoyed watching it together," said Lisa White, co-chair of the event. Families are encouraged to bring a picnic dinner.

Visitors to the Halloween Fall Festival will have a chance to see the "Barefoot By The Sea" exhibit, featuring SS Inchlulva artifacts and memorabilia in the Ethel Sterling Williams History Learning Center, stop by a gourmet popcorn bar or bake sale, and have vintage family photos taken.

Sponsors for the event include Space of Mind School, Lang Realty, Dr. Jamie Alexander, DDS., Palm Beach Outdoor Cinema, The Original Popcorn House and Richwagen's Bike and Sport.

"We are extremely grateful to our sponsors whose generosity makes it possible for us to offer this free event to the entire community," White said.

To find out more, visit www.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**

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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











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SATURDAY,
OCTOBER 11
9 AM TO 1 PM



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Delray's Beloved Lake Ida Neighborhood: How it all began

The area known as "Lake Ida" was once twice as big as it is now and part of the Everglades – a natural region of tropical wetlands in the Southern portion of Florida. William S. Linton, one of the founders of Delray Beach, named Lake Ida after his wife, Ida. It was accessible only by taking a boat through saw grass and alligators and snakes were often seen swimming along the shores.

Most homes were raised a foot or two above ground for ventilation and protection from the constant thick swarm of mosquitos. The lake featured bottomless areas and reached almost to the south part of Atlantic Avenue and up to the back doors of early settler homes on Swinton Avenue.

Lake Ida receded to its current size after the Everglades draining was done around 1917 by the Lake Worth Draining System. Receding wetlands was typical in Florida alongside population growth and development.



Mrs. Ida Linton (William Swinton named Lake Ida after his wife)

Lake Ida and the rest of Delray Beach at the time was a true wilderness. We know that Seminole Indians camped here before and during the pioneer days. In the early 1900's, water was so abundant most settlers began growing Pineapples. There was a natural flow of water from the south end of Lake Ida that washed thorough the west side of town (then called Hanna Town) along where SW 5th Avenue runs today. This flow was called "Frog Alley" because the frogs were so dense.

Today, Frog Alley is being considered for historic designation and is mostly single-family homes, some of which are more than 50 years old, running south of Atlantic Avenue between Southwest Sixth and Fourth avenues. It is also to Frog Alley Community Garden.

The first homes in the Lake Ida, built during the 1920s, were frame structures built of local Dade County pine with siding

and interiors of local cypress. The Delray Beach area actually had the largest forest of Dade County Pine in the state, according to a forester from the Florida Department of Agriculture. Cypress grew abundantly in the swampy area around Lake Ida. Later homes were built of stone, tile and stucco.

Samuel Ogren, the first resident architect in Delray Beach, designed more than 250 houses and buildings here between 1924 and 1950, many of them on Swinton Avenue. Ogren was influenced by famed architect Addison Mizner, who introduced the Mediterranean Revival style to South Florida in the 1920s. Samuel Ogren Jr. designed the home he built on Lake Drive in 1953. His widow still owns the home.

By the 1940s and '50s the Lake Ida neighborhood spread westward from Swinton Avenue. Local architects Kenneth Jacobson, Dick Hannah and Roy Simon designed many of the homes still standing in the area.

A legendary resident of Lake Ida, Warren G. Grimes (1898–1975) was a major influencer and philanthropist in Delray Beach beginning in the 1940's. He was born in Montgomery County Ohio, just a few miles from where the Wright Brothers lived and worked. Mr. Grimes was a prominent entrepreneur, inventor and is known as the "Father of the Aircraft Lighting Industry," featured in the National Aviation Hall of Fame.

He and his wife Charlotte came to Delray Beach in the 1940's and stayed at the Colony Hotel before he built a beach house in 1945. In 1959 Grimes purchased a large property on what was then the western fringes of Delray Beach, and built a research and development facility.

During the 1960's he developed aircraft appliances, including coffee makers, ovens and other galley appliances still used on commercial jets today. The building still stands on the west side of Lake Ida, north of the Lake Ida Park. In 1961 he also built a Japanese-inspired home on a peninsula in Lake Ida. This unique, octagonal structure, with pagoda-style roofs and curving walls stands at 3850 South Lake Drive.

Mr. Grimes owned the Delray Beach Golf Club in the 1950's and 1960's and for many years he sponsored Fourth of July fireworks on Lake Ida. He donated land for Bethesda Memorial Hospital, Lakeview Baptist Church, Unity Church and School and the Delray Beach Police Benevolent Association.

One of the hidden gems of the Lake Ida neighborhood is the Delray Beach Playhouse. Did you know the Delray Beach Playhouse is one the nation's oldest and most successful community theaters? In 1947, the vision of live theatre in Delray Beach became a reality thanks to the efforts of Robert Blake, Tommy Thames and J. Stuart Warrington. They, along with friends, formed the Little Theatre of Delray. Five years later, the name was changed to The Delray Beach Playhouse.

The first plays were presented downtown in the Parish Hall of St. Paul's Episcopal



Lake Ida skiers in the 1970's

Church on Swinton Avenue. The site was moved to the City's main firehouse and performances were often interrupted by emergency calls. Audiences sat patiently through the sirens for 10 years until 1957, when a new Playhouse was built on the shores of Lake Ida. Additions were added in 1977 and renovations in 1994 included an expanded lobby, restroom and wheelchair accessibility.



The "Galloping Tiger Ranch" - current location of Trinity Lutheran School. This was once the home and writer's studio of Nina Wilcox Putnam.

Several notable residents lived in the Lake Ida area. Edna St. Vincent Millay, American lyrical poet, winner of the Pulitzer Prize for Poetry, lived in a home on North Swinton during two winters. Her address is unknown and the quest for this information has been a

mission of many local history buffs.

W.J. Pat Enright was a famous cartoonist for the Democratic Party as well as a cartoonist for the The New York World and The New York American. He first visited Delray Beach in the 1920's and moved permanently in 1934. He became an editorial cartoonist for the Miami Herald and the Palm Beach Post. An environmentalist with a special affinity for the Florida alligator, Enright used to take a bus to Miami to work.

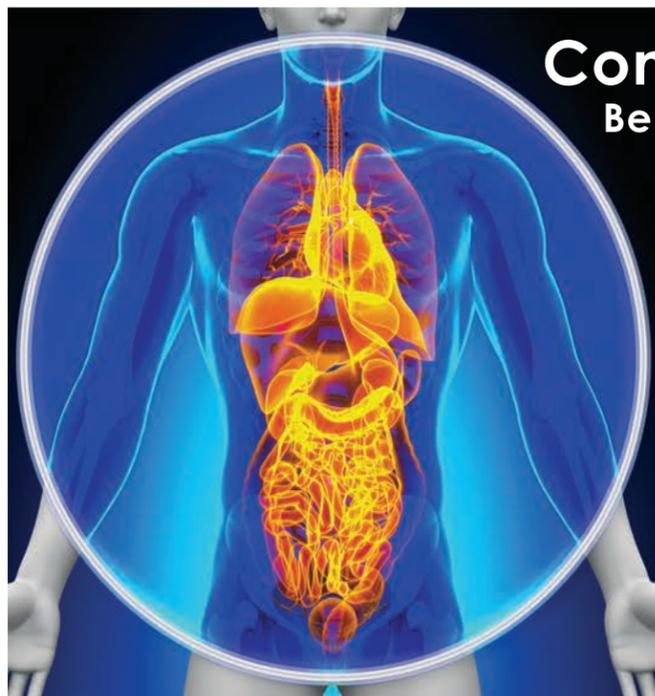
One of his most popular creations was "Al Alligator," the main character in a series of children's books written and illustrated by Enright. He lived at 2004 North Swinton Avenue and at 89 and 109 NW 12 Street during the 1950's and 60's. He was part of Delray Beach's "Artist Colony" and is remembered as a charming and thoughtful man by his neighbors on NW 12th Street.

Where Trinity Lutheran is now on the corner of North Swinton and lake Ida Road was once the home and writing studio of Nina Wilcox Putnam. She called her property, "Galloping Tiger Ranch." It was one of the earliest homes in Lake Ida and was the "scene of many gay parties among the younger set," according to a 1926 item in the Palm Beach Daily News.

Putnam was a prolific writer of romances, westerns, musical comedies and horror. The 1932 Boris Karloff film, The Mummy, was base on her stories. Putnam was known as one of the highest paid writers in North America and contributed \$100 towards the founding of the Delray Beach Public Library. It is also said that she had the first swimming pool in Delray Beach.

Lake Ida continues to be one of Delray Beach's treasured neighborhoods, popular for a quiet, family life and recreation such as boating, skiing and fishing.

There's lots more to see and learn about Lake Ida! Come see the "MEMORIES OF LAKE IDA EXHIBIT" at the Delray Beach Historical Society through the month of October. Call for days and times. 561.274.9578.



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WEDNESDAY, OCTOBER 29, 2014
 INDIGO STUDIO DAY SPA
 317 NE 2ND AVE DELRAY BEACH, FL 33444
 11:00AM - 3:00PM

events calendar

OCTOBER 1-12

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. feedmycommunity.net

THURSDAY • OCTOBER 2

2nd Annual Bachelor Auction -7pm - Benefiting Discrimination Free Zone Foundation and Tri County Animal Rescue. at Salt7 Delray

THURS - SAT • OCTOBER 2, 3, 4

One Heart One Voice- \$6.50. Multicultural hand puppet musical at the Puppetry Arts Center, 94 NE 2nd Ave. 10:30am weekdays; Sat -2pm, 561-243-4330, puppetcenter.org

FRIDAY • OCTOBER 3

Art Walk in Downtown Delray - 6-9pm - Stroll throughout downtown Delray Beach ON a night 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 Rockin' Jake - Blues - 8pm Jake's original sound is a hybrid of second line, swamp funk, blues and zydeco. \$25-35. 561-450-6357, artsgarage.org

Autumn in Tuscany - Italian Wine Tasting 6 – 8pm. Not only is Italy one of the largest producers of wine in the world, it also is one of the most diverse. Expand your palate and travel to Italy with us as we explore eleven delicious wines from all over Italy! \$15/pp, \$10 with advance RSVP. 900 E. Atlantic Ave #3. The Wine Wave to RSVP please call 561-276-2076, wineontheave@gmail.com

SATURDAY • OCTOBER 4

Arts Garage Presents Lightbulb featuring Roxana Amed - Jazz 8pm- Singer-songwriter Roxana Amed brings her jazz folk sound and sophisticated poetry to Arts Garage. \$25-35. 561-450-6357, artsgarage.org

Delray Beach Scuba Jamboree- 10am-5pm- Promoting aquatics for health, recreation, and career opportunities. Pompey Park Community Center and Pool, 1101 NW 2nd Street. 561-243-7358

2014 Delray Beach Sister Cities Golf Classic - 7:15am The Mayors' Challenge. Proceeds Benefit Student Exchange Programs. Delray Beach Golf Club PRIZES 1st thru 3rd Place Teams. Long Drive and 50/50 on all Par 3's. For more information contact David Schmidt 561- 278-2601

SATURDAYS • OCTOBER 4, 11, 18, 25

Savor Our City Culinary Tours: 3 hour historical walking food tours in Delray Bch. Includes signature tastings from 5-7 stops. \$65pp "Taste Atlantic Avenue" - 11am - 2pm; evening tour Tues 10/7 5-8pm "Pineapple Grove" - Thurs 10/16 www.SavorOurCity.com (800) 979-3370.

SUNDAYS • OCT. 5-26, NOV. 2-23

Nihongo: Japanese Language - 8-week session: Time: Level I 10:15am – 11:15am. Level II 11:20am – 12:20pm. Level III 12:20pm – 1:20pm. Level IV 1:20pm – 2:20pm. Class fee: \$90 (members \$80; advance registration required). Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

SUNDAYS • OCT. 5, 12, 19, 26, NOV. 2

Art of Bonsai: Beginner 5-week session: Sundays 12-3pm. Class fee: \$91 (members \$81; advance registration required). Material fee: \$45 payable to instructor (cash or check only) Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

MONDAYS • OCTOBER 6, 13, 20, 27

Got Gaming? 5:15-7:30 pm – 1st Floor Small Auditorium. Delray Beach Public Library, 561-266-0798 100 West Atlantic Avenue, www.delraylibrary.org

ARTISTS ALLEY

OPEN STUDIOS & GALLERIES

THURSDAY, OCTOBER 16 • 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

TUESDAYS • OCTOBER 7, 14, 21, 28

Ikebana Flower Arrangement: Ikenobo School- 1-3pm. 4-week session. \$70 (members \$60; advance registration required)plus Flower fee: \$60 payable to instructor (cash or check only). Flower arrangement, ikebana, is a traditional Japanese art. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

TUESDAY • OCTOBER 7

Chamber of Commerce Contacts & Cocktails -5:15pm-7:00pm at DIG Restaurant/Co Sponsored by Dash Travel. Dash Travel will be raffling off a 2 night stay at Club Med Port St Lucie! Win a one-month membership to Camp Gladiator! \$10 in advance, and \$15 at the door. Non-members are invited to join in as well at \$20 per person. 561-278-0424, patty@delraybeach.com

WEDNESDAY • OCTOBER 8

Indulgence- The Ultimate Girls' Night Out -Delray Beach Club 7:00-9:00pm. 6:00pm VIP Access \$100. General Admission \$75.This exclusive women's event features a VIP champagne reception, live entertainment, champagne, wine & dinner bites, exciting live auction, luxury raffle and complimentary pampering services. 561-266-0003, www.DelrayIndulgence.com/attend-event

Stroll for Well-Being: Garden Walks at Morikami -Session 1: Wed. Oct. 8, Nov. 5, Dec. 3. 11am – 12:30pm (three meetings only) \$100 (advance registration required; includes one year Individual membership; members \$40). Morikami's gardens. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

Delray Beach Environmental Film Series 2014 Season Kick-off. The Award-Winning Documentary DIRT! 6:30-9pm. St. Paul's Parish Hall. 188 S. Swinton Ave., Delray Beach. Potluck and discussion. FREE. Info 303.570.0433

THURSDAY • OCTOBER 9

On The Ave - 6-10pm, On The Ave celebrates "Artober" in Pineapple Grove. Kick off Delray Beach's first art month with On The Ave. 561-278-0424, ontheavedelraybeach.com

Catch A Rising Star Comedy Club - 8 pm; Vintage Gym; tickets \$20 - on sale September 9th. Our "rising star" will be announced soon! Catch a Rising Star is a chain of comedy clubs founded in December 1972 in New York City. 61-243-7922, DelrayArts.org

THURSDAYS • OCTOBER 9, 16, 23, 30

Sumi-e Ink Painting: Landscape - 4-week session: Thursdays. 10:30am – 12:30pm. \$60 (members \$55; advance registration required). Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

THURSDAYS • OCTOBER 9, 16, 23, 30

Sumi-e Ink Painting: Floral - 4-week session: Thursdays. 1:30pm – 3:30pm. \$60 (members \$55; advance registration required). Sumi-e, literally "charcoal drawing," is a form of Japanese ink painting brought from China in the 12th century. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

THURSDAY • OCTOBER 9 & 23

Steel Drum Cruise - 6-8pm. Tickets are \$25 per person and include our 2-hour sunset cruise with live entertainment. Delray Yacht Cruises, 561-243-0686, delraybeachcruises.com

FRIDAY • OCTOBER 10

Afinka Funk - Jazz Fusion. 8pm. Afinka Funk, an original Afro-Cuban based fusion band is in the business of making people scream with delight – or at least to move their feet! Arts Garage, \$25-35. 561-450-6357, artsgarage.org

The diverse **Jon Greco Band** at Tim Finnegans Pub, 2885 S. Fed. Hwy Delray. No cover, rock and popular favorites, even a little Jimmy B. 8 to 11 PM.

TURNSTILES (Billy Joel Tribute) Free Friday Concerts at the Pavilion Delray Beach Center for the Arts / Outdoor Pavilion. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. 7:30pm Presented by Delray Motors. 561-243-7922, DelrayArts.org

FRIDAY - SUNDAY • OCTOBER 10-12

USTA COLUMBUS DAY OPEN hosted by City of Delray Beach presented by The Venetian Las Vegas - Largest "National Selection" event in the United States. 256 Boys and Girls in the 12, 14, 16 and 18 & under divisions from Florida and southeast U.S. Matches played at host sites Delray Beach Stadium & Tennis Center and Delray Swim & Tennis Club plus Boca West CC, Swim & Racquet Ctr, Hunters Run CC and Wycliffe CC. FREE. Delray Beach Tennis Center. 561-243-7360

SATURDAY • OCTOBER 11

Arts Garage Presents Diane Marino Quartet –Jazz. 8pm. When you combine an accomplished vocalist, an accomplished pianist, and accomplished arranger all in one individual, you have the dynamic Diane Marino. Arts Garage, \$25-35. 561-450-6357, artsgarage.org

Ride and Remember Trolley -10am-12pm- 170 NW 5th Avenue, Delray Beach, FL 33444 Spady Museum. 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 www.spadymuseum.com

OCTOBER 11 - 26

The Delray Beach Playhouse Presents "Wait Until Dark" A Suspense Drama by Frederick Knott. Thurs. – Sat. at 8PM, Sat. – Sun. at 2PM. Tickets: \$30 (\$15 for students 18 and younger) Box Office: 561-272-1281 Ext. 4. Delray Beach Playhouse, 950 NW 9th Street, Delray Beach, FL 33444

OCTOBER 11 - 31

Cason's Annual Pumpkin Patch – Open 9am - 7pm Mon-Sat & 12-7pm on Sundays. Cason United Methodist Church - 342 N Swinton Ave, Delray Beach, FL 33444, 561-276-5302

TUESDAY • OCTOBER 14

Music and Art in the Park - 6-8pm-Free. Bring your family and friends out to the Veterans Park Gazebo from 6:00 pm - 8:00 pm for a night of interactive music and hands-on art. Veterans Park Recreation Center. For more information please contact Abby Murrell, 561- 243-7350, murrell@mydelraybeach.com

WEDNESDAY • OCTOBER 15

7pm. Hank Phillippi Ryan will speak and sign Truth Be Told \$24.99. Murder on the Beach Mystery Bookstore www.murderonthebeach.com

OCTOBER 1-30

Pickleball - \$5- Delray Beach Community Center 561-243-7250. Call for times - Tues., Thurs., Fri. 9-1 p.m. Pompey Park Community Center 561-243-7356- 8:30-11:15 a.m. Daily. Fri. 6-8:30 p.m., Sat., 1-4 p.m. www.mydelraybeach.com

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

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

OCTOBER 1-31

Pottery Classes – Monday-Friday. Cloud House Pottery, Artist Alley. One-on-one beginning, intermediate, advanced instruction on the potter's wheel; up to 3 people per 2.5-hour class. Learn how to wedge & center the clay, pull a cylinder, shape clay, add handles, lids & spouts to finish pieces. \$40 including materials. 561- 862-9222

WEDNESDAY • OCTOBER 1

Southern Handcraft Society - 7pm. Pineapple Grove Chapter, Delray Beach. Craft group meets the first Wednesday of the month at the Senior Center in Veterans Park on Atlantic Ave and the Intracoastal. Contact Madeline at mhincken@gmail.com



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events calendar

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THURSDAY • OCTOBER 16
 Arts Garage Presents Sick Puppies — Comedy . 7:30pm. Sick Puppies Comedy is an improvisational comedy company that performs scenes completely made up on the spot, with no material prepared ahead of time. Arts Garage, \$25-35. 561-450-6357, artsgarage.org

3 Hats of Pen Women Membership Tea and Tribute — 1:00 pm Delray Golf Club, 2200 Highland Ave. Delray Beach. Call Cora Lee Palma-Hayden 561/732-9455 or email clpalma35@gmail.com to register - \$25.00 www.bocapenwomen.org

Long Live Rock 'N Roll at the Delray Beach Public Library - 2pm - Please join rock n' roll music fan Marc Solomon for his program titled: "The Music of the Piano Man — Billy Joel." Delray Beach Public Library, 100 West Atlantic Avenue, 561-266-0798, www.delraylibrary.org

FRIDAY • OCTOBER 17
 Blue Fire Band (Violin Rock) - Free Friday Concerts at the Pavilion Delray Beach Center for the Arts / Outdoor Pavilion. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. 7:30pm Rain or shine; bring lawn chairs, and bring the family, but no pets or outside food and beverage. Food trucks and cash bar are available. Presented by Delray Motors. 561-243-7922, DelrayArts.org

Arts Garage Presents An Evening with Fred Hersch — 8pm. Jazz pianist, composer and six-time Grammy—Award nominee, Fred has been proclaimed by Vanity Fair, "the most arrestingly innovative pianist in jazz over the last decade." Arts Garage, \$25-45. 561-450-6357, artsgarage.org

FRIDAY • OCTOBER 17, 24, 31
 Ikebana Flower Arrangement: Sogetsu School 1:30pm — 3:30pm. \$52.50 (members \$45; advance registration required) Flower fee: \$30. Flower arrangement, Ikebana, is a traditional Japanese art. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

SATURDAY • OCTOBER 18
 Lantern Festival in the Spirit of Obon - Inspired by Obon, Japan's traditional three-day holiday honoring ancestors. The Morikami celebrates the Lantern Festival in one fun-filled evening. Entertainment includes taiko drumming, traditional Japanese folk dancing, ghost stories, and a street fair with games and shop stalls. morikami.org/lanternfest

Arts Garage Presents Doug Deming & the Jewel Tones — 8pm. Blues - Eastside Detroit native Doug Deming. Arts Garage, \$25-45. 561-450-6357, artsgarage.org

Women's Fellowship October Rummage Sale at Church of the Palms Congregational, UCC in the Friendship Center, from 8:30 am to 11:30 am there is the. 1960 N. Swinton Avenue in Delray Beach. For further information, contact Linda Kempes at 561.276.6347.

SUNDAY • OCTOBER 19
 Arts Garage Presents Eric Andersen - 8pm Blues - Eric Andersen was a part of the Greenwich Village folk and songwriter scene in the early 1960s, and became one of the founders of the singer/songwriter movement. Arts Garage, \$25-45. 561-450-6357, artsgarage.org

SUNDAYS • OCTOBER 19 & 26
 Sado Tea Ceremony Class - Individual appointments begin at 10:15am. Cost: \$55 (members \$50; advance registration required). To register, please call 561-495-0233 x210. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

WEDNESDAY • OCTOBER 22
 Long Live Rock 'N Roll at the Delray Beach Public Library - 2pm - Join life-long rock & roll fan Dr. Robert Weber for his program "New Orleans Connection to Rock n' Roll." Delray Beach Public Library, 100 West Atlantic Avenue, 561-266-0798, www.delraylibrary.org

Dracula — 7:30pm. Arts Garage proudly presents the second season of its acclaimed Radio Theatre series. Dracula is the radio play that brought Orson Welles's legendary Mercury Theatre to life! Arts Garage, \$25-45. 561-450-6357, artsgarage.org

Delray Speaks- 7-8 pm. \$5 per person. A community forum dedicated to exploring relevant topics about culture, history, identity and heritage. Spady Cultural Heritage Museum, For more information and reservations, 561.279.8883, www.spadymuseum.com

THURSDAY • OCTOBER 23
 2nd Annual Halloween Fall Fest at the Delray Beach Historical Society! 6-8:30pm. Outdoor screening of "It's The Great Pumpkin Charlie Brown," Ghosts of Delray Haunted House, Gourmet Popcorn Bar, Trick-or-treat and more. 3 NE 1st St., Delray Beach. 561.274.9578. FREE.

FRIDAY • OCTOBER 24
 The Greater Delray Beach Chamber of Commerce Luminary Gala — We will celebrate business excellence and leadership at this year's Luminary Gala, Friday, October 24th, with an evening of fine dining, dancing and entertainment. 561-278-0424, www.delraybeach.com

Classic Rock Night at Tim Finnegans Pub, with the outstanding band Prowler. 2885 S. Fed. Hwy Delray. 8 to 11 PM. No cover, \$10 huge fish n chips plate.

Arts Garage Presents Miami Jazz Project -CD Release Show - The Miami Jazz Project is an all-star line-up of South Florida musicians performing a repertoire of classic jazz and original compositions. Arts Garage, \$25-45. 561-450-6357, artsgarage.org

THE LONG RUN (Eagles Tribute)- Free Friday Concerts at the Pavilion Delray Beach Center for the Arts / Outdoor Pavilion. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. 7:30pm resented by Delray Motors. 561-243-7922, DelrayArts.org

FRIDAY - SUNDAY • OCTOBER 24-26
 Orchids on the Square - Delray Beach Center for the Arts / Vintage Gymnasium. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. Friday-Sunday, 10 am-5 pm; admission \$5 per day or \$8 for weekend pass. 561-243-7922, DelrayArts.org

SATURDAY • OCTOBER 25
 Kidsfest of Delray-1-4pm- Free - All ages. Kidsfest, is a free family event highlighting children's services and organizations, targeting on health, safety and fun, that are available to parents. Veterans Park, 802 SE 1st St. Contact:243-7277, beardslzyd@mydelraybeach.com

Arts Garage Presents Slam Allen — Blues — 8pm. Grammy Award-nominated singer/songwriter and New York State Blues Hall of Fame Master Musician inductee, Slam is known as "The Soulworking Man." Arts Garage, \$25-45. 561-450-6357, artsgarage.org

3rd Annual 505 Teen Center Fashion Show - 7-9pm. All ages. SHOW: Saturday, October 25, AUDITIONS: Saturdays, August 23rd — October 25th, 2014 at 3pm location 505 Teen Center. \$5. Children Free. Contact: Rohan Sutherland, 561- 243-7158

SATURDAY • OCTOBER 25
 Demonstrations of Sado: The Way of Tea - Noon, 1pm, 2pm, 3pm. Cost: \$5 with paid museum admission. Observe Japanese sado, "the way of tea," an ever-changing demonstration rich in seasonal subtleties. Morikami Museum and Japanese Gardens, 561-495-0233, www.morikami.org

Food Glorious Food: Fresh, Healthy and Delicious - 10am - 2:30pm. The gastronomic event will be hosted by the library at 100 West Atlantic Ave., Delray Beach. The Lifelong Learning Community Institute is sponsoring the seminar to start its fall and winter semesters. \$30 includes morning coffee, snacks, raffles and lunch by the bite at a variety of tasting tables. Pre-registration is required. Delray Beach Public Library 561-266-9490, delraylibrary.org

SUNDAY • OCTOBER 26
 Equestrian Flea Market at Sunshine Meadows Equestrian Village 16668 Winners Circle Drive, Delray Beach, FL 33446
 Free Admission & Parking! Everything Horse and Farm related!
 You can reserve your own 10'x10' spot for \$20!
 On 441, just south of Atlantic Avenue
 Contact Scott (561) 281-7659 or ientv2013@aol.com

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

library calendar

CALENDAR OF EVENTS • OCTOBER 2014

Wednesday, October 1, 8, 15, 22 & 29
 @ 11:30 a.m. — Socrates Café
 Weekly discussion group presented by Claire Drattell &, Don Clare

Thursday, October 2 from 11:00 a.m. — 2:00 p.m. —
 Girls, Pearls, Hats & Heels presented at the Delray Beach Club - Tickets: \$45 — For reservations, call 561-266-0799

Thursday, October 2 @ 11:30 a.m.
 Lunch With Liz @ the Library — "TBA" based on the insights of (TBA) presented by media personality & columnist Liz Sterling

Thursday, October 2, 9, 16, 23 & 30
 from 1:00 - 4:30 p.m. — Empowerment Zone

Saturday, October 4, 11, 18 & 25 @ 10:00 a.m.
 The Writer's Studio Every Saturday morning Contact Howard Gleichenhaus 561-638-7251

Monday, October 6, 13, 20 & 27
 from 1:00 — 4:30 p.m. — Empowerment Zone

Monday, October 6, 13, 20 & 27 @ 5:15 p.m. — Got Gaming?
 presented by Young Adult Librarian Loanis Menendez-Cuesta

Tuesday, October 7 & 21 from 6:00 — 7:30 p.m.
 Beginner Bridge presented by Steven Hudson

Wednesday, October 8 @ 6:30 p.m.
 "Communications Program" presented by Becky Woodbridge

Thursday, October 9 & 23 @ 10:30 a.m.
 Craft Series - Knit 'N Purl presented by rotating facilitators

Monday, October 13 & 29 @ 10:00 a.m. — Craft Series
 "Quilting Bee" presented by Karen Pugh & Linda Bouvier

Monday, October 13 @ 2:00 p.m.
 "Volunteer Program for Seniors in Israel" presented by Jane Roberts

Tuesday, October 14 @ 10:00 a.m.
 From a Woman's Perspective Book Group
 Lady Chatterley's Lover by D.H. Lawrence presented by Karen Kurzer

Tuesday, October 14 @ 6:00 p.m. — Evening Book Group — The Secret River by Kate Greenville presented by rotating book group leaders

Wednesday, October 15 @ 2:00 p.m. — Healthy Living Series —
 "Hearing Devices for iPhones" presented by Hearing Partners of South Florida

Wednesday, October 15 @ 6:00 p.m. — "Social Security Healthcare Essentials" presented by Kevin DeMayo, Wealth Group Inc.

Thursday, October 16 @ 2:00 p.m. — "The Music of the Piano Man — Billy Joel" presented by Marc Solomon

WEDNESDAY • OCTOBER 29
 Arts Garage Presents: Los Habaneros - Latin Jazz - Following a 2012 US debut tour with The National Symphony Orchestra of Cuba, this energetic ensemble will bring to you what is the "Heart of Havana," its music and culture. Arts Garage, \$25-45. 561-450-6357, artsgarage.org

THURSDAY - FRIDAY • OCTOBER 30-31
 Rumpelstiltskin -10:30am. \$6.50 - Performed with marionettes at the Puppetry Arts Center, 94 NE 2nd Ave. 561-243-4330, puppetcenter.org

THURSDAY • OCTOBER 30
 Arts Garage Presents Jason Marsalis Vibes Quartet - Jazz - 7:30pm, Jason Marsalis, the youngest member of the venerable first family of jazz, brings his talent and legacy to Arts Garage! Arts Garage, \$25-45. 561-450-6357, artsgarage.org

FRIDAY • OCTOBER 31
 LAZY BONES (80's Rock Covers)- Free Friday Concerts at the Pavilion Delray Beach Center for the Arts / Outdoor Pavilion. Old School Square, 51 N. Swinton Ave., Delray Beach 33444. 7:30pm Presented by Delray Motors. 561-243-7922, DelrayArts.org

Saturday, October 18 @ 2:00 p.m. — "How Dogs Make A Difference in People's Lives" presented by JoJo Harder

Wednesday, October 22 @ 2:00 p.m. — Healthy Living Series —
 "Pain Management" presented by National Pain Institute

Wednesday, October 22 @ 6:30 p.m.
 "New Orleans Connection to Rock 'N Roll" presented by Robert Weber

Saturday, October 25 from 10:00 a.m. — 2:00 p.m. - Food Symposium - "Food Glorious Food: Healthy, Local & Delicious" - Fee = \$30.00

Monday, October 27 @ 1:00 p.m.
 Afternoon Book Group — The Paris Architect by Charles Belfoure presented by Librarian Kathleen Hensman

Tuesday, October 28, November 4 & 18
 from 2:00 — 3:30 p.m. — Lifelong Learning Community Institute Course - "The Bible As Inspiration for Contemporary Artists" - Fee = \$45 — One Time Guest Pass = \$20

Wednesday, October 29, November 5, 12 & 19
 from 2:00 — 3:30 p.m. — Lifelong Learning Community Institute Course - "The Academy Award for Best Song Goes to... 1934 - 2000" — Fee = \$50 — One Time Guest Pass = \$20

Thursday, October 30, November 6 & 13
 from 2:00 — 3:30 p.m. — Lifelong Learning Community Institute Course - "Trials That Changes History: Leo Frank, Leopold & Loeb, The Rosenbergs" - Fee = \$45 — One Time Guest Pass = \$20

ART EXHIBITS
 Through October 11 — "3 Artists Mixed Media"
 Artists Barbara Newsom, Karen Rabin, & Arlene Harper
 October 11 — December 6 — "Pure Silk" — Stan Silk

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

October 7 - Beginning Computers	2pm
October 8 - Internet	2pm
October 14 - Email	2pm
October 15 - Word	2pm
October 17 - eBooks	2pm
October 21 - Powerpoint	2pm
October 22 - Excel	2pm
October 28 - Facebook	2pm
October 29 - Publisher	2pm
October 31 - iPad	2pm

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JUST BREATHE

The Salt Suite offers unique therapy in Delray Beach

By Nicole Danna
The Pineapple Staff Writer

These days, everything is a going boutique. Fancy juice bars offer specialty cleanses helping people detox and shed weight. Small spin studios are charging \$40 a class for an hour-long sweat session. And places like Salt Suite in Delray Beach are creating a spa-like environment where people utilize unique salt therapy sessions to relieve symptoms from allergies, arthritis, asthma, viral infections, bronchitis -- even ear infections.



At Salt Suite, South Florida's only salt therapy facility, you'll lay comfortably in a lounge chair in a quiet, peaceful room. Soothing music plays softly. The cool air is dry, with a salty edge to it. Why? The room is made entirely of salt, and special machines grind up more salt into fine particles to circulate into the air you're breathing. The claim: breathing salt air opens sinuses, and flushes toxins from the lungs, making it an effective treatment for a variety of health concerns.

Founder Elliot Helmer opened Salt Suite with his wife, Jessica, in December of 2011. Longtime Delray Beach residents, the couple told the Pineapple they've always had a passion for health and wellness. But working in disparate fields and trudging away at careers that kept them on a nine-to-five grind, they never thought of owning their own business.

Not until Jessica heard about salt therapy from a friend. After just one session she saw amazing results: her allergies weren't as bad. Without a second thought the couple decided to open Salt Suite.

"You could say it was a big leap for us to start a business like this. However, we were both looking for something that was rewarding," said Helmer.

Salt therapy has been in the U.S. for close to a decade. In Florida, there are currently less than a dozen "salt rooms" offering services similar to Salt Suite, which is the only such facility of its kind in Broward and Palm Beach counties.

Since opening their first location in Delray Beach, Helmer said he has helped hundreds of clients breathe their way to better health.

"Some of the health improvements we've seen have been truly life changing," said Helmer. "It's very inspiring."

Here, a quote from a local pediatrician: "The most impressive case I saw was with a 2-year-old" **Continued on page 6**

Barre ++

Women's Studio Teaches Health, Happiness, And Love In Boca Raton



By Nicole Danna
The Pineapple Staff Writer

For women, getting to the gym can be a blessing – or a curse. Some people enjoy the loud, crowded environment at the big box gyms, while others can feel intimidated and overwhelmed.

If you're one of the latter, you may be interested to learn more about barre++, a private fitness studio for women in Boca Raton. Here, you can get a workout that will truly change your body, but you will also be able to meet a number of like-minded women that will help you to feel strong, confident, and empowered.

At barre ++, owner Hanna Tichy offers a variety of women-

only fitness classes in her beautiful, Bali-inspired boutique studio. Classes accommodate between 16 and 25 people, and are offered several times a day, Monday through Sunday. The studio offers a variety of formats, including barre, yoga, belly dancing, and adult ballet.

That includes Tichy's signature – and unique – AERObarre class, her own format for teaching barre using aerial yoga swings. It's offered nowhere else, and gives students the opportunity to try a number of positions and classes they wouldn't be able to achieve as beginners – and without the worry of injury.

"It takes the back out of the workout, so people of all ages are able to do the barre workout, without any worry of injury," said Tichy, who gave private instruction for 15 years before opening her studio. "It's an" **Continued on page 7**

AVDA ALL SET TO HOST 15th RACE FOR HOPE

Aid to Victims of Domestic Abuse (AVDA) will hold its 15th Annual Race for Hope on Saturday, October 11th at Anchor Park in Delray Beach.

The race, which is held in conjunction with Domestic Violence Awareness Month, is expected to draw over 1,000 runners, walkers, spectators and volunteers. This year's Race Directors are race gurus Dave Ragsdale of Run Palm Beach and Tom Vladimir of the Runner's Edge Foundation.

Registration begins at 6:30 a.m., immediately followed by the 5K and 10K at 7:30 a.m. and Kid's Dash at 8:30 a.m. Registration prices range from \$10-\$25 per person and increase to \$10-\$30 on October 6.

Now in its 15th year, AVDA's Race for Hope challenges local businesses, schools and organizations to form teams. Race participants can set up fundraising pages for themselves or for a team. Teams or individuals who raise the most money are awarded prizes. AVDA is also accepting "No Sweat" donations from individuals that cannot participate in the Race.

Festivities will include music and prizes. For the third year, The Original Pancake House will sponsor a pancake



breakfast for both participants and spectators.

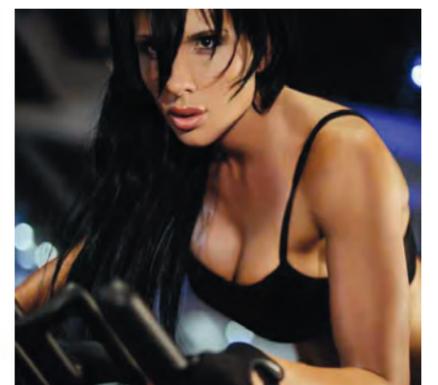
Liz Quirantes, of WPEC CBS 12, will serve as the official mistress of ceremonies for the event.

"Knowing someone whose life has been affected by domestic violence, you see first-hand how devastating it can be to the individual and their family," said AVDA Chairperson Jean Magrella. "AVDA's Race for Hope is not only an important fundraiser that helps support our services, but an opportunity to let someone who needs help know that there is somewhere to call and a place to go." **Continued on page 9**

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Lang Realty gears up for annual "In The Pink" campaign to support Breast Cancer Awareness Month

BOCA RATON, FL -- Lang Realty is gearing up for their annual "In The Pink" campaign to benefit the American Cancer Society. Throughout the month of October, Lang will turn "pink" in support of Breast Cancer Awareness Month.

"Everyone has been affected by breast cancer in some way," said Scott Agran, president of Lang Realty. "Many of our own agents and staff have personally battled this disease or have gone through this with loved ones. We are delighted to support this worthy cause."

As part of the month-long promotion, Lang's branding and advertising will be pink; offices will turn pink with décor and pink themed events will be held throughout the company. In addition, for each home closed throughout the month of October, Lang Realty will make a donation to American Cancer Society, Making Strides Against Breast Cancer. Last year, the company raised \$10,000 to benefit the charity.

Lang Realty was established in 1989 and has grown from a modest start with just three sales associates to become one of the top real estate companies in South Florida. The company has more than 380 agents with offices in Boca Raton, Delray Beach, Boynton Beach, Manalapan, West Palm Beach, Palm Beach Gardens, Jupiter and Port St. Lucie.

For more information about Lang Realty and details on current listings, call 561-989-2100 or visit www.langrealty.com. You can also follow Lang Realty on Facebook, Twitter, LinkedIn and Lang's blog for real estate updates and Lang Realty news.

How Pilates Can Help Your Golf Game

By Jean Magrella
Special to the Pineapple

Looking to improve your golf game? Want a powerful and smoother swing or hoping to improve the length of your drives? If so, Pilates may be the secret weapon you're looking for.

While at first glance the fitness program developed by Joseph Pilates and the game of golf may not seem to have a lot in common, a closer look shows there are indeed many common denominators.

Like many golf shots, Pilates focuses on movement from the center of the body. By improving core strength, a major goal of Pilates, golfers discover they can improve their hip rotation, their range of motion and their balance, all of which leads to longer and more accurate drives.

"Most swing faults are caused by a lack of flexibility, a lack of core strength and a lack of balance, which ultimately impact the range of motion," says Jill Callahan, a certified personal trainer and Pilates instructor here at Avenue Pilates and Fitness – who is also certified by the Titleist Performance Institute as a golf fitness instructor. "All of these faults can be improved through Pilates."

For Jill – an avid golfer – Pilates has proven effective in improving her game and she's also seeing results for golfers she works with here at our studio, both men and women.

Among the benefits golfers who work with a Pilates instructor notice are the ability to:

- Hold their body position as they play through the shot
- Stay balanced and stable while rotating at the hips and waist
- Reduce strain on their bodies resulting in less fatigue
- Increase range of motion in the shoulders
- Play without pain

"One of the main things that Pilates teaches you is body awareness," Jill says. "By being aware of your body, you're able to recognize the flaws in your swing and correct them."



Golfer Camilo Villegas lines up a putt

Pilates, she says, addresses the major reasons for swing faults.

"The primary causes of swing flaws are what the six principles of Pilates target," she says.

Those six principles are:

- Control of movement
- Proper breathing to support the core and bring a sense of ease to movement
- Concentration
- Flow or fluidity of movement
- Centering, which helps ensure proper alignment and form
- Precision or focus on the precise action that provides optimal results

While results can be dramatic, golfers shouldn't expect to see overnight success. It will take several sessions but the knowledge they get from Pilates will help in many ways.

"If you don't know how to use your core muscles to derive power, you're not getting all the power you could be getting," she says.

Jean Magrella is founder and president of Avenue Pilates and Fitness, a Delray Beach-based studio offering a wide range of programs and classes to help individuals achieve their fitness goals. An entrepreneur who started out as a personal trainer, Magrella saw an opportunity to open the first Pilates studio of its kind in Delray Beach in 2001, along with just one other trainer. Today, the studio has 20 trainers and 300 active clients. Currently in its third location, Avenue Pilates and Fitness continues to grow, now offering massage therapy as well private yoga sessions and a full slate of signature classes.

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Boca's Randi Heller promotes marrow donor programs as she battles leukemia

By Dale King
The Pineapple Contributing Writer

BOCA RATON, FL – Randi Heller is a happy 31-year-old lady from Boca Raton.

Check her Facebook page and see her frolicking at poolside with her friends. In the background plays the Farrell Williams song, "Happy."

It's only through closer examination that you'll find a more negative message. A picture of Randi wearing a kerchief hiding her bald head, for instance. And Randi, holding balloons that say, "Get well."

Fifteen months ago, acute myeloid leukemia (AML) turned the life of this bright, young New Yorker who has lived in Boca for eight years into a battle to survive.

This effort has hinged on bone marrow transplant treatments. Getting those vitally important cells has been a tough journey in itself. But as summer 2014 moves into fall, Randi is recovering well.

And while she still can't return to work, she has become a vocal proponent of the Gift of Life Bone Marrow Center in Boca Raton. By attending the center's events and speaking with those who drop by, she promotes the idea of signing up as a marrow donor.

And when she's not cheerleading for the marrow cause, she and fiancé Daniel Rochford are preparing for their wedding on May 16, 2015.

"It only takes a short time to register," she says. "I have spent a lot of time talking to people and getting it out there. I have learned so much about what this organization has done. It is so important for people, especially young people, to register."

That day in July 2013 when a doctor gave her the word about leukemia "was devastating, and came as a shock to all who know me." Since the diagnosis, Randi has received numerous rounds of chemotherapy treatments and underwent a bone marrow stem cell transplant. Sadly, she was hospitalized again for more treatments when she relapsed.

This wasn't the only setback. Late last year, she was scheduled to receive a transplant from one of her brothers. Randi and her two male siblings are triplets.

"After doctors tested them in the fall, one was found to be a 50 percent match, but the

other was a perfect match. So, we planned for the marrow transplant." Comforted and cared for by her mother, Debbie Fishman-Katz, stepdad and fiancé, she spent the period July to December awaiting the operation and going to the hospital every couple of weeks.

But a week before the transplant, it was found that her brother had a low blood platelet level and could not give her sister the healing cells.

Through the National Registry, she received a marrow transplant last March. "I went home to recover," she said. "I was feeling OK; I was making wedding plans. But I started feeling weak and lost weight."

Staying in remission for 100 days is a key to recovery. "I was at the 85th or the 88th day when the doctor said to me, 'I don't have good news. We checked your blood – and [the leukemia] is back.'"



Randi Heller and fiancé Daniel Rochford at a fundraiser for leukemia awareness.

Physicians came up with a recovery option to avoid a second bone marrow transplant which has risks. "I received a donor lymphocyte infusion – a treatment option that offers hope for relapsed bone marrow transplant patients. In 30 days, I got back into remission."

But she still has a tough journey ahead. "I have had overwhelming support from family and friends near and far who continue to send prayers." "Overall, I am better," she said. "I am gaining my strength." She is also regaining her independence. Randi can drive, but not at night due to vision complications from her illness.

She really wants people to sign up to be a marrow donor by calling 1-800-9-MARROW or visiting info@giftoflife.org.

Delray Beach's Avenue Pilates & Fitness to host Domestic Violence Awareness Day event

In recognition of October being National Domestic Violence Awareness Month, Delray Beach's Avenue Pilates & Fitness will be hosting a Domestic Violence Awareness Day event with all money raised benefiting the non-profit Aid to Victims of Domestic Abuse (AVDA).

Scheduled for Oct. 25 from 9 a.m. to noon, the activities will include free tours and demonstrations of the Avenue Pilates & Fitness studio as well as an introductory class. All money collected – including fees for private Pilates sessions, a Pilates mat class or person training session – will be donated to AVDA.

The studio will also be giving away T-shirts and hosting a bake sale with proceeds going to AVDA as well.

"Our goal is to raise awareness of Domestic

Violence and to let people know there is help available," says Avenue Pilates & Fitness founder and president Jean Magrella, also chairman of the AVDA board of directors. "One phone call to AVDA can change a person's life."

For close to 30 years, AVDA has been promoting violence-free relationships and offering alternative choices to end violence and domestic abuse.

"There are a lot of women who need to know that there are resources available to them and that there are people who can help," Magrella said.

To find out more Domestic Violence Awareness Day at Avenue Pilates & Fitness, call the studio at (561) 330-7117 or visit www.avenuepilates.com

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briefs
Riana Milne hosts relationship coaching seminar at N2 Wine Bar

On Wednesday, October 29th from 5:30 – 7 pm, Riana Milne, Author, LMHC, CAP, Certified Relationship & Life Coach at Therapy by the Sea in Delray and Columnist for the Pineapple Newspaper (My Relationship Coach), will be giving a complimentary Coaching seminar on three Relationship areas; Topic One: Turn Your Pain into Your Passion – How to Find an Emotionally Healthy Soulmate or Turn a Toxic Relationship into Terrific; Topic Two: The Positive Parenting Approach for Raising Successful Kids – How to parent angry, “stuck” or difficult kids from ages 5 – 25; Topic Three: From Workplace Stress to Success: Improving a difficult relationship with a co-worker or Boss. Space is limited, you must RSVP by calling Riana (561) 701-8277. Location: N2 Wine Bar, The Hyatt Place, 104 NE 2nd Ave, Delray Beach, FL 33444 (15% off all food and wine during the seminar; music provided after the seminar for Ladies Night).

Crohn's & Colitis Foundation plans Annual Golf Classic for October 10 at Delaire Country Club

The Crohn's & Colitis Foundation of America (CCFA) is inviting everyone to Putt an End to Crohn's and Colitis, two debilitating digestive diseases that affect more than 1.4 million Americans, during the 18th annual CCFA Golf Classic. The event will take place on October 10, 2014 and will once again be held on the remarkable, 27-hole Joe Lee designed championship course at Delaire Country Club in Delray Beach, FL.

With skillfully manicured greens and rolling fairways, players of all levels will enjoy playing through stands of majestic oaks, sweeping water features, and palms along the course. Registration for the 18th

annual tournament begins at 11:30 a.m. with gourmet lunch and refreshments prior to the shotgun start at 12:30 p.m. Ending a day on the beautifully maintained fairways, will be a cocktail reception, sumptuous appetizers and dessert, awards ceremony, silent auction and more!

Co-chairs of this event are Ira Berke and Michael Feinberg. Tickets for the event are \$285 for individual golfers and \$1,100 per foursome with proceeds supporting CCFA's efforts in finding a cure for Crohn's disease and ulcerative colitis.

To learn more about this event, including sponsorship opportunities and registration options, please visit online at ccfa.org/golfclassic; email Jennifer Wiczorek at jwiczorek@ccfa.org, or call (561) 218-2929.

Gluten Free & Vegan Leader Raw Juice & Smoothie Café Opens in South Florida September 14th

On Sunday, September 14th, Raw Juice & Smoothie Café offered South Florida shoppers a healthier alternative as they opened their mobile business catering from Jupiter to Miami. Raw Juice & Smoothie Café is known for gluten free, vegan, and organic on-the-go food options, fresh smoothies, and juice cleanses.

“Given our history and recent growth in South Florida, Raw Juice & Smoothie Café is poised for great success as more and more shoppers are discovering the healthy, and convenient experience that Raw Juice & Smoothie Café has to offer,” said Christian Mitchell, Chief Operating Officer & Co-Founder for Raw Juice & Smoothie Café. “Based on our history in starting the business in Chicago, IL, I am extremely excited to offer healthier on-the-go alternatives to South Florida,” said Brandyn Mitchell, Chief Executive Officer & Chef for Raw Juice & Smoothie Café.



Shoppers in South Florida now have the opportunity to shop on the Raw Juice & Smoothie Café website and enjoy the convenience of FREE local delivery directly to their doorstep. Raw Juice & Smoothie Café will also be a part of local green markets, making themselves available in different cities every day.

To celebrate the launch Raw Juice & Smoothie Café is offering 20% off a 3 Day Juice Cleanse*. In addition to this offer, Raw Juice & Smoothie Café will give a 10% discount** to anyone that yells the keywords “Kale Yeah!” when shoppers visit them at the green markets or place an order by phone. “Like” and “Follow” the Raw Juice & Smoothie Cafe Facebook and Twitter pages to stay up-to-date on green market times and mobile pop-ups. Customers can also sign-up for e-newsletters on the website www.rawjcs.com.

Coalition to reveal staggering results of dropbox collections

Brittany Ringersen became addicted to painkillers at 16. As a student with limited funds, she quickly found a way to sustain her addiction: her relatives' medicine cabinets.

“Grandpa always had vicodin,” says Ringersen, a Delray Beach resident and former addict. “If I wanted some vicodin, that was the first place I looked.”

Seven Floridians die every day from prescription drug overdoses, and one of the most effective ways to help prevent this is to dispose of prescription medications properly, says Jeff Kadel.

Kadel is executive director of the Palm Beach County Substance Awareness Coalition, which launched a dropbox program last year to help people dispose of unwanted or expired medications and raise awareness of and reduce and prevent prescription drug abuse.

On Wednesday, Oct. 1 at 2:30 p.m. at the Palm Beach County Sheriff's Office District 6 headquarters (7894 S. Jog Road, Lake Worth, FL), the coalition will announce the staggering results of the first year of pill collections across Palm Beach County. The coalition will also have a visual illustration of how many thousands of pounds of pills were collected.

“The dropboxes we placed around Palm Beach County last year kept prescription drugs out of the hands of children,” Kadel says. “By having the pill dropboxes, parents and those dealing with substance abuse have more opportunities to safely give up their prescription meds – no questions asked.”

There are 21 dropboxes that were placed around Palm Beach County, including 6 in southern Palm Beach County.

State Attorney Dave Aronberg and Solid Waste Authority president Bob Madden will be in attendance, as well as leaders of law enforcement agencies around the county,

including the Palm Beach County Sheriff's Office, West Palm Beach Police Department, North Palm Beach Police Department and several more. Oct. 1 also marks the start of National Substance Abuse Prevention Month.

In the year that the coalition's dropboxes have been in place, prescription drug collections are up more than 200%, and prescription drug deaths have dropped more than 15%.

A map of the dropbox locations and more information about the dropboxes is available at www.Pbcdrop.org.

College of Health and Allied Development offers introductory tuition to Registered Nurses

When Nurse executive, Kerry-Ann Baker, considered the growing changes in Healthcare education, she conceptualized the College of Health and Allied Development (CHAD), to provide an advanced nursing degree program, it also happens to be the only one of its kind to the Delray Beach locale.

CHAD brings workforce development to Delray Beach and the healthcare industry in response to the growing push from the American Medical Association, Boards of Nursing, and Hospitals for nurses to obtain their Bachelor of Science in Nursing Degree for entry-level RN positions. The School is therefore a celebrated addition to the Delray Beach area with access to healthcare facilities and is referenced in publications by the Delray Beach Chamber of Commerce as a part of the Delray Beach Economic Development.

College of Health and Allied Development offers the RN-BSN program both On-Campus and from their Online College. The School provides flexible options for the working nurse characterized by convenient hours, small class sizes to facilitate adequate scholar - teacher interaction, and their online program that utilizes all current technologies to facilitate various learning and teaching methods.

Currently the school has tuition grants, offering up to \$9,400.00 to qualifying registered nurses living and working in Palm Beach County. There are also additional incentives for nurses living and working in Delray Beach.

For more information on the College of Health and Allied Development (CHAD), call (561) 270-7383 or (754) 214-0169 to speak with Christine Palmer in Admissions or visit www.chadeducation.org. Apply online at www.apply.chadedu.org

2nd Annual “Taste of Delray Marketplace teams up with Teens of Pink Ribbon October 9

Delray Marketplace, Delray Beach's popular dining, entertainment and shopping destination, will host the second annual “Taste of Delray Marketplace” event together with Teens of Pink Ribbon with a portion of event proceeds benefitting Susan G. Komen South Florida on Thursday, October 9 from 5:30-9 p.m. Susan G. Komen South Florida is dedicated to combating breast cancer at every front. Up to 75 percent net proceeds stays in the service area of Palm Beach, Martin and St. Lucie Counties to fund grants to local

SALT SUITE - continued from Health Section page 1

old patient with severe persistent asthma. He was on strong asthma medication, but despite that had chronic exacerbations. His mother asked about taking him to The Salt Suite. Within a few weeks I was able to stop most of this patient's medications. He is doing better than ever.” – Dr.Y.Aaron Kawebum, founder of Boca Del Mar Pediatric and Adolescent Center

The Salt Suite offers rooms for both adults and children. The children's salt room is like a giant sand box, but the walls and floor are coated in Dead Sea salt. Can't imagine how you'd get your child to sit still for an hour while the salt air is pumped into the room? There's also a chest full of toys, and a TV that streams children's programs and movies. A bonus: parents gain free access with their child.

The concept has done so well, Helmer recently opened a second location in Lake Worth.

During a session at Salt Suite clients will actually be able to see and taste the dry particles in the air. However, it's the tiny particles that you don't see that do all

the work, reaching deep into your lower respiratory system to assist in flushing out toxins and mucus.

“The two main purposes of using the salt is that it's naturally anti-bacterial and anti-inflammatory, and it's those properties that go to work in your sinuses and lungs,” said Helmer.

When people ask “why not go to the beach?” Helmer has an answer. Because salt naturally absorbs moisture, and air at the beach is often humid, it's difficult for our lungs absorb any salt. It's simply not there.

Memberships to the adult-only salt room range from \$6 with a monthly membership fee, to \$20 per drop-in session. The children's salt suite ranges from \$5 to \$15. There are multiple package options available, and the first class is free for new clients.

Like yoga? A special type of yoga is offered at the Delray Beach location, and dry salt air is used in the room. Buy now, and your first class is half-price. Classes range from \$13 to \$17 per class.

For more information on the Salt Suite visit the website at thesaltsuite.com, or call 561-316-7258.



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briefs

hospitals and community organizations that provide breast health education and breast cancer screening and treatment programs for medically underserved women.

"Taste of Delray Marketplace" will feature appetizer and cocktail samplings at participating restaurants, including Bella Amici Pizzeria, Burt & Max's Grille, Cabo Flats, Red Brick Grille, Shula Burger, Terra Fiamma and more. Participants will also receive an exclusive \$15 shopping voucher for use at participating retail and specialty stores. "Delray Diva" Jen Stone will also be on-site to host gift card and pink awareness band giveaways.

Advance tickets can be purchased at www.delraymarket.com for \$20, and tickets will also be available for \$30 at the registration booth located in the amphitheater.

For more information on Delray Marketplace, please call (561) 865-4613 or visit www.delraymarket.com.

20th Annual Buddy Walk® to take place October 19th



Terri and Frank Harmon

Twenty years ago when the National Down Syndrome Organization asked Terri Harmon (then President of the Gold Coast Down Syndrome Organization) if she wanted to do a Buddy Walk, she said yes. Little could she have dreamt that the event would grow from less than a hundred walkers to nearly 3,000 people attending in 2013 and raising a net of \$175,000.

But she did have big dreams for her son Frank, then seven. Recently the Harmon family attended Frank's graduation ceremony from the University of Florida—which as Frank notes, proves that people like him with Down syndrome can go to college.

Today the Gold Coast Buddy Walk is one of only two local walks in the United States that have been in existence for twenty years. Terri now serves as the Executive Director of Gold Coast—and she still has big dreams for people with Down syndrome.

The 20th Annual Buddy Walk®, will take place on Sunday October 19, 2014 from 8:00 a.m. to noon at John Prince Park Center Drive Pavilion, entrance: 4759 South Congress Avenue, Lake Worth, Florida 33461 from 8:00 a.m. to noon. The event is a Family Fun Day which includes a one mile walk, free breakfast, bounce houses, petting zoo, rock wall, pony rides, young children's games, face painting, dunk tank, live entertainment, dj and dancing and a raffle and silent auction.

The Buddy Walk raises funds for the Gold Coast Down Syndrome's educational, social and advocacy programs (serving all of Palm Beach County) and promotes awareness of the capabilities and talents of persons with Down syndrome. Visit <http://ds.donordrive.com/gcdso> to register online or contact Anne at ad.gcdso@bellsouth.net / 561.752.3383 for offline registration or more details.

Registration is \$15.00 through 10/5; \$20.00 after 10/5; participants may register day of the walk. Fee includes breakfast, walk, family activities and t-shirt. Hotdogs, drinks and fun food will be available for a small donation courtesy of G4S. 100% of sales proceeds benefit Gold Coast. For information on All-You-Can-Eat wristbands go to <http://ds.donordrive.com/event/gcdsowristband>.

For more information on the Gold Coast Down Syndrome Organization visit www.goldcoastdownsyndrome.org

BARRE ++- continued from Health Section page 1



ideal workout for shaping the entire body, and because there is no strain like traditional classes, you can do it more often."

However, according to Tichy, the comfortable and open atmosphere -- and positive energy -- makes her studio more than just a trendy place to workout.

"That's where the 'plus, plus' comes from. This becomes a place you enjoy and look forward to," said Tichy. "After just a few classes, your body shows visible results of smart workout, and you will feel like part of the family. My members are all very loving and supportive of one another."

Tichy believes that you can transfer a positive body image and strength into all other areas of life. Feeling fit, beautiful, and strong makes a woman more likely to be successful and powerful at work -- and even in personal relationships.

For longtime member Judy Gozlan, barre++ has been a part of her weekly routine since the gym first opened. Although she never considered herself someone who would join a womens' only class, she enjoys the camaraderie and environment.

"And Hanna has a lot of knowledge and skill, and ensures we get the best possible workout without injury or boredom," said Gozlan. "Her classes are small enough that's she able to work with everyone to make sure they have the proper form. Even people with injuries have been able to get a workout, where at other places they would have never been able to keep up with a routine."

At barre++, each workout is carefully crafted for women -- with techniques to prevent boredom or muscle memory -- so no two classes are ever the same.

Unlike large gyms, barre++ does not require a contract, so clients are free to come and go as they please without any pressure. Classes are sold in packages. During the month of October, new clients can enroll in a \$100 unlimited month to get started. Sign-up online, or by visiting the studio.

"My workouts are based on a holistic approach to body and mind," said Tichy. "With that philosophy, I hope to continue creating a community of strong, beautiful women -- while shaping thighs and arms at the same time."

Barre++ is located at 5821 N Federal Highway, Boca Raton. For more information visit barreplusplus.com, or call 561-827-8242.

"DEAR SUSAN"

Dear Susan, I am concerned about my elderly parents. They are both in their 80's and are still living at home without any assistance. Neither one is capable of preparing healthy meals and their home is filthy. My father insists on driving and I worry constantly that he is going to hurt them or someone else on the road. I have tried to send in help as I live out of the area, but they turn it away. Do I have any rights as their next of kin? I would like to move them into an assisted living facility.

Sincerely, Distressed

Dear Distressed,
Is there anything more difficult than your parents turning into your children? Explain to them that living in filth is not an option for anyone, unless they are living in a frat house. You may have to call in the "big guns" and contact the Adult Protection Services in their community and reporting the situation. They can survey the situation and let you know if they are in a dangerous situation.

Susan

Susan B. Lander is a licensed Clinical Social Worker with a Ph.D. in Holistic Nutrition, and a Certification in Yoga Instruction. She is a Private Practitioner in South Florida with extensive training in addiction & recovery, mind/body therapy and cancer support. She can be reached at DearSusan123@gmail.com

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5 easy ways to improve your workout

By Sam Russell
Special to The Pineapple



Are your workouts beginning to feel stale and less of a challenge? If so, you may be stuck in a workout rut where your routine becomes just that... a mundane routine.

Here are 5 simple tips that will help you breakthrough your plateau and intensify your results:

1 - Add instability. Exercises that incorporate instability result in greater overall muscle activation. Stimulating balance forces you to engage more muscles, specifically core muscles, than the same exercise done in a stable position. Adding a BOSU ball or stability ball is an easy way to enhance each movement.

2 - Add variety. After time, continuing the same workout without any variation tends to yield fewer results, causing you to reach a plateau. Varying your exercise modality challenges your body and forces you to consume more energy. In addition, varying your activities helps to avoid repetition and boredom. If you are only strength training, try to incorporate circuit training into your next routine.

3 - Change your grip. Making slight tweaks to your grip can engage new muscle groups that you previously were not using. Changing how and where you hold the bar can increase the amount of work you're doing. The next time you are lifting and want to stimulate a new muscle, try altering the width or type of grip you are using.

4 - Train with a friend. Not only is it more fun, but having a workout buddy also increases your accountability and pushes you to work harder during each exercise. Taking on a partner will help get you motivated and stay dedicated to your fitness regimen. Make sure when finding a workout partner you look for someone who has a good attitude and shares similar goals.

5 - Write each workout down. If you want to make sure you are getting stronger, faster, and more explosive you need to make progress each time you are at the gym. How do you make sure you are making progress if you can't remember every exercise performed, every repetition accomplished, and every weight selected during a previous workout? Keeping a record allows you to make measurable progress. Bring a fitness journal or download an app on your phone, it will help you to keep track of your development.

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 Email: samrussell@rawboca.com Call 561-465-3745 or Visit www.rawboca.com

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

By Devin Burke
Special to The Pineapple

Q: Why do I crave sugar all the time and how can I get rid of my sweet tooth?

A: First, I want you to know you're not alone, many clients I work with have the same issue. I call it a case of the "sugar blues" and with Halloween just around the corner, this is a great time to address this question.

Sugar cravings are natural. Throughout evolution, humans have been programmed to desire sweet tasting foods. That being said, it's very hard to control sugar cravings, if you don't understand where they are coming from to begin with. Sugar cravings are usually our bodies simply asking for energy or it can be a sign that something in our diet/lifestyle is not in balance. However, sugar actually isn't always the problem. The problem usually is the addictive cycle that's created by consuming processed sugar, feeling the sugar rush (blood sugar spike), crashing, and then beginning this vicious cycle all over again.

When your blood sugar is low that's when you're most vulnerable to cravings. This is because that's when your body is looking for energy. Our bodies always want to be in balance, this includes always having a balanced amount of sugar in our blood. For example, have you ever notice craving something sweet after a large satisfying meal? Well, this is because when you eat a large meal all your energy is diverted to your stomach to digest the meal, which leaves you feeling sluggish and usually with a sugar craving.

The best way to curb and alleviate an intense sugar craving is to provide the body with the sweetness that it's craving by simply eating some naturally sweet foods. I do not believe in trying to override natural instincts. Of course, it helps to have discipline around food, but trying to control the body by using the mind is very challenging in the long term. The mind usually wins. Try slowly incorporating some of the strategies I'm about to share with you.

1. Avoid buying processed sugary foods. This strategy takes discipline but I found it's one that works.

2. Eat healthy whole sweet foods to alleviate cravings, sweet vegetables and fruit are best. Have these available and ready to eat when cravings set.

3. Drink enough Water. Dehydration can manifest as a mild hunger/ a sugar craving. Try taking a deep breath, and then drinking a full glass of water next time you're craving something sweet. Chances are this will eliminate your craving.

4. Get enough sleep. Low energy = sugar cravings. Our bodies want to remain in balance. The less energy you have, the more vulnerable you will be to sugar cravings.

5. Exercise. Having a daily exercise regimen can help curb cravings by increasing energy levels throughout the day. Also exercise helps to maintain balanced blood sugar. I would be more than happy to set you up with an exercise program just give me a call.



Devin Burke empowers individuals to adopt wellness as a mindset and develop an all-encompassing lifestyle that is in complete balance -mentally, physically, emotionally, and spiritually. Visit EmpowermentWellnessSolutions.com to learn more. Got a health question you want answered? Email Devin@EmpowermentWellnessSolutions.com

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TV or not TV? That is the Question...

I click on my Netflix, and tune in to my favorite TV show for a few episodes before bed. Sometimes one episode turns into two then three, and all of a sudden its 12:30 am. I become aware of my surrounding, realize I have work the next morning quite early and I just cut into some valuable sleep time. My girlfriend and I look at each other in desperation hoping the other breaks first so we can watch one more episode. The moment gets tense as we glance at each other then at that little Netflix sign that says play episode.

I should just go to bed and get a semi good nights sleep? If I go to bed now I could go for that run I've been meaning to do, possibly make a smoothie, water the plant and even give those pants for work a little love from my iron. The possibilities are endless with what I could accomplish if I decide to shut it down and just go to sleep. Whatever, we go for it! The show is spectacular as expected, Game of Thrones has done it again my friend! We nod in approval of our decision despite the disparity of everything I planned on doing tomorrow. Now I am not sure if this describes everybody out there, but it certainly nails me down when I get sucked into a TV show that some creative geniuses and amazing actors collaborated for my entertainment purposes.

However, what am I getting sucked into? Why in the world would I sacrifice valuable sleep and time for that matter? Could it be that my level of excitement and intensity is now coincided with a TV show I get so wrapped up in, I find myself getting angry at the characters, and even holding a grudge in some cases. Something isn't right, I'm not right!

Now I don't want you to get the wrong idea, I am a hard working productive man with ambitions and dreams. There are not enough hours in the day to do all the things I want to accomplish. However, when watching one of these amazing TV shows and being entertained on every level, I seem to forget each and every facet of my life because I am engulfed in a network drama. I begin to wonder If only there was a way I could bring that level of intensity to my own life!

Now I get the fact that I am not going to slay someone with a sword or get into a gun fight, and yet I will actually tense up when watching one on TV. As compelling as the stories are, I have to ask myself how have I benefited from the time spent glued to the TV watching Olivia Pope save the White House yet again?! Now I am not trying to sound hypocritical, I will continue to watch a good TV show. I see nothing wrong with curling up on the couch and getting sucked into a good storyline. Yet like most things it needs to be done in moderation, and I now set rules for myself that compromise my need to spend time in a more balanced way.

When my girlfriend and I first moved into our apartment, we didn't have TV for the first three months. Neither one of us cared much for it in the past, and having one at our new place was not the top priority. Eventually we succumb to the idea of having a TV, and then expanded to Netflix, then Hulu, Amazon (etc), and you know how the rest of this story goes, as I am getting my leg grabbed to hurry up and finish this article so we can watch the show Scandal!

But despite our shortcomings when it comes to just saying no to one more episode, we eventually agreed to watch TV certain nights during the week. This may all sound great in theory, and you might be saying to yourself, "I have absolutely no clue what to do with my time"? Well, I am here to tell you to get creative. Seriously just think outside the box. Take up a sport (there are even coed teams), a cooking class (learn to make that Soufflee you have been putting off), learn to dance (self explanatory), go to yoga (cough, cough. . . like on Sundays and Wednesdays when I teach), learn an instrument, you get the point.

If you're a couple, make a deal with each

"OM"
WASN'T
BUILT IN
A DAY

by David Ramoy



other to surprise one another with something different each week, and it doesn't have to be expensive, just something interesting! Try paddle boarding, do a boot camp (there everywhere), go for a beach walk. I can go on, but why bother when there is this magic button called Google, and you just have to type in "things to do"! Seriously you just have to type in those words.

The point of this article is not to lecture you on not to watch TV. If you haven't read between the lines yet (no pun), I love some of these new shows that are out today. We are living in some of the most creative entertainment times in history, embrace it! Just do it in moderation and create some of your own excitement in you life. Who knows, your life might turn out interesting enough to make a show out of.... click ;)

Namaste.

Feel free to visit my Power Vinyasa Flow class at The United States of Fitness Wed 7:30p-8:30p Sunday 12p-1:30p Please check out my Facebook page! Go With The Flow Yoga Or feel free to contact me directly at Davidramoy@gmail.com

RACE FOR HOPE - continued from Health Section page 1

Magrella, who also serves as Chairman of the Board of AVDA, says she is involved in the organization because, "You just have to know one person who was helped by AVDA to see how one phone call changed their life. It's not always about having to go to the shelter, often a phone call with a counselor can make all the difference."

Magrella owns the first pilates studio ever opened in Delray Beach, Avenue Pilates and Fitness. "Helping people become physically strong helps them become emotionally strong and makes them less likely to get in or stay in an abusive relationship," Magrella said.

Magrella began her career as a personal trainer. In 2001, she saw a need for a pilates studio which, when it opened, was the first of its kind in Delray. Today Avenue Pilates and Fitness has 20 trainers, 300 active clients and offers pilates, massage therapy, private yoga sessions and a full slate of classes.

Magrella also volunteers with Shuzz, where she served as co-chair of the recent Shuzz Art and Fashion Show. She was named 2009 Business Person of the Year by the Greater Delray Chamber of Commerce and is married with two grown sons.

This year's Race Directors are race gurus Dave Ragsdale of Run Palm Beach and Tom Vladimir of the Runner's Edge Foundation. Festivities will include music and prizes.

A special award, the "Hometown Hero" award, will once again be given to the fastest male and female police officer and fastest male and female firefighter in the 5K run. All Palm



AVDA Chairman of the Board Jean Magrella

Beach County police officers and firefighters on active duty are eligible to register as a "Hometown Hero." Discounts are available with current ID.

Sponsorship opportunities are available at all levels. For more information visit www.avdaonline.org or call 561-265-3797, ext. 109.

Proceeds from the Race for Hope 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 AVDA's services, to register for the event, or for sponsorship information, please visit www.avdaonline.org, or call 561-265-3797.

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HEALTH CONDITIONS THAT ACUPUNCTURE CAN TREAT AND WHY

By Edward Scarlett
Special to The Pineapple

I am asked this question often when I am out in the public, in my office or at some kind of event. First it is important to understand that over twelve million Americans use Acupuncture. Acupuncture and Oriental Medicine does serve over 2 billion people worldwide. Traditional Chinese Medicine is a complete medical system that is capable of diagnosing and successfully treating a wide range of conditions. The National Institute of Health (NIH) and the World Health Organization (WHO) acknowledge acupuncture to be effective for over fifty kinds of problems.

Oriental Medicine and acupuncture has provided solutions for such diverse problems as headaches and migraines, sinus and respiratory problems, allergies, hormone problems, paralysis, drug addiction, stress, anxiety and other behavioral disorders, digestive problems, neck and back pain, fibromyalgia, fertility, carpal tunnel syndrome and many more.

A full assessment is needed to determine how effective Acupuncture will be for you. Once a diagnosis is made, the acupuncturist will choose the most appropriate acupuncture points to address your condition. The eastern Explanation of how acupuncture works is that life force flowing through the body called Qi (pronounced chee) can be altered and balanced by stimulating the acupuncture points. These points are located along channels called meridians that connect to major organs. According to Chinese medicine illness arises when the flow of Qi in the meridians becomes unbalanced or is blocked.

Western Research has shown that acupuncture needle manipulation causes significant calming of activity in the deep structures of the brain (e.g., amygdala, hippocampus, hypothalamus, etc.), brains cortex. The insertion of fine sterilized stainless steel needles (fine as human hair) into the specific points located near or on the surface of the skin has the ability to alter various biochemical and physiological conditions in order to treat a large variety of illness. The hypothalamus-pituitary glands are responsible for releasing neurotransmitters and endorphins, the body's natural pain-killing hormones.

Dr. Bruce Promeranz, working at the University of Toronto, helped determine that by activating small myelinated nerve fibers, acupuncture sends impulses to the spinal cord, midbrain and pituitary-hypothalamus in the diencephalon. They found that the Beta-endorphins that are released from the brain during acupuncture are able to stop pain. Two French doctors Claude Darras and Pierre De Vernejoul have verified that bodily meridians do exist. They injected radioactive isotopes into acupuncture points and followed them with a gamma ray camera.

Science continues to advance our understanding of the processes in the body that occur with acupuncture. This is exciting because it helps people understand that this modality is a valid treatment for many of the disease that afflict our society. If you are interested in an exciting video that contains some of the best data about the science of acupuncture check out on YouTube "acupuncture" BBC2.

There are many health conditions that can be treated effectively with acupuncture. We also know much more about why it is so effective and how come it should be a first choice for many people when it comes to fixing their health issues.

Vibrational Medicine for the 21 Century-Richard Gerber M.D. Eagle Brook, NY, NY 200 "Acupuncture and Chinese Medicine "The Biomedical Basis of Holistic Acupuncture Andrew Pacholyk, MS, L. Ac.

Edward Scarlett is the Clinical director and owner of Alive and Well Acupuncture. He is a state certified Acupuncturist and an expert in multiple styles of acupuncture. He also has extensive training in acupressure and deep muscle therapy techniques. He specializes in acute or chronic pain, along with digestive and hormone imbalances.

Visit www.AliveandwellAcupuncture.com

The Apple The Power of Restoring Youth



By Ronna L. Clements
The Pineapple Contributing Writer

One of the very first things we learn is the alphabet and almost always, "A is for Apple."

The apple has been around for so long that it can be called the first fruit. Hieroglyphic writings found in the pyramids and tombs of the ancient Egyptians indicate that they used the apple as both food and medicine. The apple has been at the center of legends, folklore, and even religion for thousands of years; from Adam and Eve to Johnny Appleseed.

The Turks gave the apple the power of restoring youth.

Today, natural health practitioners use apple therapy for stubborn cases of digestive issues. The apple is an eliminative food due to its pectin which has the ability to take up excess water in the intestines acting as a nonirritating stimulant. Raw apple concentrate is good for a "lazy colon."

The juice of apples is good for everyone and can be used in a cleansing diet since it speeds up bowel action. Apples are wonderful for the lymphatic system helping to remove toxins and they work as powerful blood purifiers.

The apple helps the body absorb iron and also contains a generous amount of calcium. They contain 50% more Vitamin A and Vitamin C than oranges helping to ward off colds and other infections. They help to promote growth and aid in keeping the bones and teeth strong. Vitamin B, which is vitally important in maintaining nerve health, is also found in abundance in apples.

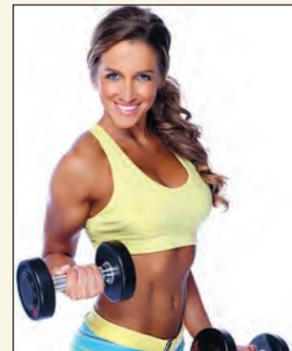
It is always best to eat apples raw, however, if you cook apples, be sure to do so over very low heat so that the delicate pectin, vitamins and minerals will be preserved as much as possible.

So, as the saying goes, "an apple a day helps to keep the doctor away." Enjoy!

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

Build a lifetime of health for your children



By Ashley Sica
Special to The Pineapple

The lifestyles of today's youth have undergone enormous change. Television, computers and video games have replaced many of the physical activities children once enjoyed. Children are spending less time exercising and more time in front of the TV, computer, or video-game console. The days of spending after school hours running and playing outside until dark are over and America's youth's waistlines are expanding at an alarming rate.

Childhood obesity has tripled in the last 30 years and a staggering 1 out of 3 children are now considered overweight or obese. It is all too common to hear 'obesity', 'heart disease', 'high blood pressure' and 'diabetes' associated with today's youth.

What can we do as educators and parents to help this sorrowing epidemic? One tool we have at our fingertips is to educate. Educate our youth on the importance of daily exercise and most importantly proper nutrition.

Our children aren't going to the drive-thru by themselves ordering double cheeseburgers or stocking the household shelves with empty-calories! It's the parents and supervisors that are allowing these unhealthy practices to take place. I cringe when I make my way through the aisles at the grocery store and I see families' groceries carts loaded with sugar, fat and more sugar.

Aside from the nutrition aspect, parents need to stress the importance of exercise and to get their children moving. Instead of watching TV after dinner, try riding bikes or take a walk. Show them how much fun exercise can be. It can be anything from kicking the soccer ball around or making a trip the one of those new trampoline parks! What kid wouldn't want to do that! There are also so many new kids fitness classes popping out, this is surely an option for everyone.

Most importantly, parents should make extra effort to teach their children the importance of a healthy lifestyle and always try and lead by example. Children are always watching and their ears are always open. Set the precedent and lead the way, setting them up for a lifetime of health and success.

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 asicsa@mintfit.com, 111 East Atlantic Ave, Delray Beach, FL 33483, www.mintfit.com

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Can't Sleep? (part 1 of 2)

By Dr. Raul Rodriguez
The Pineapple Contributing Writer

What a horrible feeling that is. Being unable to fall asleep or stay asleep is one of the most disruptive of the common problems that adults have to deal with regarding their health. It is so disruptive because sleep is like water, in that humans cannot get very far without it. A poor night's sleep can ruin your day. A few bad nights in a row can really break a person down, often leaving them nearly incapacitated.

Extreme sleep deprivation can actually lead to death. With all that being said, getting a good night's rest is essential to good health and optimal functioning in life.

Getting good sleep has a number of tangible health benefits. Many of these potential benefits are realized when they go missing as a consequence of poor sleep. Poor sleep quality and sleep deprivation leaves us more tired, rather cranky, moving and thinking slower, more likely to get sick, and with a lower libido. These deficits may be less obvious when the sleep deprivation builds up slowly and the problems develop in a more insidious manner.

A well-rested human on the other hand will enjoy stronger immunity, better energy, increased learning capacity, better memory, a brighter mood, a stronger libido, and better cardiovascular health. Few people will ever argue any of these benefits yet few people really go out of their way to improve their sleep.

Optimizing sleep can be one of the easiest and fastest ways to make anyone feel so much better than they usually do. The first thing to do always is to follow the guidelines for better sleep hygiene. Sleep hygiene refers to behavioral practices that create and preserve the optimal conditions for human sleep. The common elements for the best sleep hygiene are as follows:

1) Do your best to resist and prevent

yourself from napping during the day. Naps, especially in the afternoon, can greatly disrupt the normal pattern of sleep and wakefulness leading to great difficulty falling asleep at your usual sleep time.

2) Try hard to limit or better yet just avoid stimulants such as coffee, dark chocolate, tea, soda, nicotine, diet pills, workout supplements, and alcohol too close to bedtime. It is even better if these items can be avoided at any time after lunch and best if avoided completely. Caffeine and related stimulants will activate the Reticular Activating System to a much greater degree and for much longer than most people realize.



Many of us think the effect is gone when the peak stimulation and energy boost subsides. The truth is that the degree of effect that can disrupt sleep will linger for many hours after the peak effect is gone. In many cases caffeine consumed at lunchtime can actually disrupt sleep to some degree even 10 hours later. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.

3) Regular exercise of sufficient duration and intensity can foster good sleep. Working our body and our muscles reduces anxiety and

creates an additional need for rest. A body recovering from exercise often falls into a deeper and more restful sleep, promoting a more refreshed feeling in the morning. High intensity exercise is best taken in the morning or late afternoon. If high intensity activity is done too late it actually can disrupt sleep as well due to lingering overstimulation. More relaxing activities, such as yoga, can safely be done closer to bedtime without disrupting sleep.

4) Avoid large meals close to bedtime. Eating can be disruptive right before sleep, as well as causing weight gain. Any major diet changes can also lead to sleep problems. If you are already having an issue with insomnia, it is better to wait until this is resolved before implementing any diet change.

5) Regular and consistent light exposure helps maintain a healthy sleep-wake cycle. Natural light works best, which is plentiful in Delray Beach. Natural light exposure also has mood benefits (just ask your nearest New Yorker).

6) Do your best to stay out of emotionally disruptive conversations and activities close to your sleep time. Try to not dwell on, or bring the problems from the day to bed, as this will keep you up. If you can establish a regular bedtime routine that is relaxing, it will make it easier to fall asleep.

7) Avoid using your bed to watch TV, listen to the radio, or read. These activities can stimulate your brain and make it difficult to fall asleep. Do all of these activities in a different room, preferably in a sitting position. It is most effective to associate your bed and the recumbent position with sleep. The only other non-disruptive activity for your bed is sex.

8) Try to create a sleep environment that is soothing, pleasant and relaxing. Your bed must be comfortable. This item is worth spending a little more for if you can find a mattress you really like. I recommend being really picky here and trying many mattresses.

The temperature of the room should be moderate, specifically not be too hot or cold. It should be as dark as possible, with possibly only a soft night-light for safety when going to the restroom.

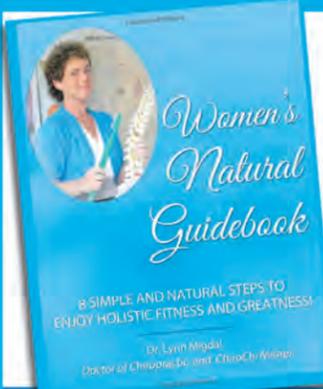
9) A "white noise" machine can also be very effective in helping drown out any ambient noise pollution than could otherwise keep you up. An otherwise quiet room with intermittent ambient noises can be difficult to sleep in for many people. Our ears will acclimate to white noise, which is exceptionally good at drowning out random noises that would otherwise wake us up. There are also many travel convenient smart phone apps that offer white noise, with many sound options.

Sleep hygiene sounds so simple, yet so many people won't bother doing it. Try this for at least 2 weeks and I guarantee you will notice a major improvement in your sleep quality.

Dr. Rodriguez is the founder, CEO and Medical Director of the Delray Center For Healing, which offers a comprehensive mental health treatment programs that consists advanced medical treatment, DBT therapy and skills training, and holistic treatments.

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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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Tales From The Mat *The Yoga Chronicles*

Behind all the Down Dog's and Chaturanga's, there are genuine, caring teachers with your best interest in mind right in our own backyard. Day in and day out they continue to positively influence our lives one class at a time, continually reminding us that its not our jobs or our to do lists that define us.

One such local teacher is Mindy Leventhal, owner and one of the instructors at Simply Yoga in Delray Beach on Federal Highway just South of Linton Blvd.

Hi Mindy Tell me about yourself.

I am proud mother of 3 who adores being the grandmother of 7 and loves being with all of them as much as I can! I grew up in Chattanooga, Tennessee, raised my family in Michigan, worked in sales for 20 years, and now am living my dreams and passions in sunny south Florida with my sweetheart of 12 years. At 62 strong, I am living a blessed life and wake up everyday with love & gratitude in my heart.

Why did you believe it was your calling to open up a Yoga Studio?

Simply Yoga started 8 years ago with a partner though I never had dreamed of being a studio owner. It just fell into place when another studio was clearing the space. I moved to Florida after retiring, thinking I would just teach some yoga here and there! Soon after, when I became the sole owner, everything began to fall into place and open up.

I made the commitment to the community of our Simply Yoga students to continue on for the benefit of others and when I let the universe open up to me, it all began failing into place. I began realizing that this was my Dharma, to create this intimate yoga space for like minded people with similar needs, who liked our creative style of Yoga with warm, welcoming teachers who love helping others on their Yogic path.

It's an amazing feeling to wake up everyday

knowing you are helping others and that they are benefiting from the teachings It's what I am suppose to be doing and the gratitude in all of this for me, is beyond words, but the love and the smile in my heart feels amazing!

What about your Yoga Studio stands out from the rest?

We are a Hatha Yoga studio that offers a variety of classes, workshops & events for anyone and everyone. Our classes are very creative & intimate, never the same, offering beginners, Yin, Restorative, and a variety of levels of flow classes along with a teachers training program!

We have 16 teachers with over 40 classes a week, working our Sun & Moon rooms, with 2 classes simultaneously going on, giving our students a choice of either an active or passive style for each time slot. While we seem large, our classes are not, and our teachers are able to spend time and pay attention to our students.

Our students love the energy and friendliness the moment they walk in the door, and they feel welcomed.

Favorite quote to live by:

Rumi, the poet... "Let the beauty of what you love, be what you do"

If you haven't had the pleasure of meeting Mindy or taking a class at Simply Yoga, I recommend you check it out and go experience it for yourself. Visit www.simplyyogadelray.com. But don't take my word for it...I will leave you with a Rumi quote of my own.

"Don't be satisfied with stories, how things have gone with others. Unfold your own myth."
- Rumi

Namaste

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or contact me at Davidramoy@gmail.com



by David J. Ramoy

How To Fix That "Pain In The Neck"

By Dr. John Conde
Special to The Pineapple

Neck pain can be, well, a "pain in the neck". It is estimated that 10% of Americans (that's 30,500,496 people!) are currently suffering from neck pain. The traditional treatment prescribed by physicians utilizing pain relievers, muscle relaxants, rest, and possible soft collar application is no longer the acceptable standard of care as this regimen only produces symptomatic relief.

According to a landmark report furnished by the Task Force on Neck Pain and its Associated Disorders (which can be found in the peer reviewed medical journal Spine), some of the most effective treatments for neck pain include manipulation, mobilization, massage, and exercise. In addition, cutting-edge research is exposing the benefits of brain-based therapeutic exercises for the relief and prevention of neck pain due to the brain's intimate control of neck muscles.

The neck is the most dynamic part of the spine. Its main functions are to protect the spinal cord, provide the foundation for the skull, and act as a bridge connecting the skull with the rest of the body. However, it has to be flexible enough to allow movement in six different planes. This makes the neck the most vulnerable region of the spine to injury. It is lined with a high concentration of compression sensitive sensors (joint mechanoreceptors), which when triggered provide a high powered stimulation to the brain which is essential for its health.

The small muscles which surround the neck play a large role in the overall health of the neck. Reflexes generated in these muscles in response to stretch relay through a certain part of the brain termed the cerebellum which then fire back to keep these same muscles strong. As a result, brain-based therapies geared towards the cerebellum produce amazing results concerning the overall stability of the neck.

The most common neck complaints involve three distinct structures: the disc, the posterior

joints of the spine also known as the facet joints, and the soft tissue regions including the ligaments and tendons surrounding the spine. Injury to the discs which are found between the vertebrae and act as shock absorbers will produce moderate to severe neck pain with associated pain into the arm and hand. The pain may be relieved momentarily with elevation of the affected arm over the head.

Facet joint injuries will also manifest as neck and arm pain but may start without an offensive behavior like a trauma and will typically produce pain down the outer arm into the hand. Lastly, soft tissue injury will normally produce localized pain with severe restriction of movement. Nausea and headache may accompany the pain. This is commonly found after motor vehicle accidents.

Many new, advanced therapies are combining physical medicine such as mobilization exercises, stretch/strengthening exercises, myofascial release, traction, decompression, and nutrition with brain-based exercises targeting the cerebellum region of the brain.

This approach not only focuses on the neck structures themselves but also the regions of the brain that control the deep intrinsic muscles of the neck producing greater stability. Stop hurting and start living. Schedule an appointment today.

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



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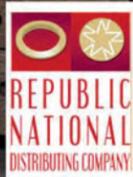
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local Mom scoop

How to Wear Fall Fashion in South Florida

By Heather McMechan
The Pineapple Contributing Writer

Do you know how to wear fall fashion in South Florida? That was the hot topic at the fall fashion presentation hosted by Local Mom Scoop and Bloomingdales Boca Raton at the Town Center Mall on September 17th. Over 35 Local Mom Scoop followers gathered for a light lunch, sweets from SusyPops, a Laura Mercier make-up demonstration and informal modeling showcasing the fabulous fall fashion trends presented by the Personal Shoppers at Bloomingdales.

When it's November and 80 degrees outside, it's hard to think about wearing boots and leather jackets. However, the buyers at Bloomingdales get IT! With lighter fabrics and shorter boots, there is no reason why South Floridians can't enjoy fall fashion while living in a tropical climate.

From bold floral prints to the classic red bag, the Bloomingdales' Personal Shoppers pulled and presented just the right pieces for this crowd. By the way, the personal shopping service is free. How amazing is that?



It was a shopping frenzy afterwards with local moms enjoying a morning of a little "Me Time". These Local Mom Scoop followers were asked to snap a pic of their favorite look and #LocalMomsFall4Bloomies for a chance to win some great prizes. You can hashtag



on Facebook or Instagram to see the "Local Mom Scoop Picks".

Laura Mercier shared easy make-up tips to compliment all of the fashions shown. The Caviar Stick for the eyes, the Smooth Finish Flawless Fluid Foundation and the Bonne Mine Blendable Palette were 3 must-haves for your morning routine.

Many of the pieces modeled at the fall fashion presentation were 100% exclusive to Bloomingdales. That meant 100 one-of-a-kind designers jumped at the chance to make Bloomingdales one-of-a-kind pieces. Tory Burch, Karen Millen, Gucci, DKNY, Theory, Marc by Marc Jacobs, Stuart Weitzman and many others were part of the over 1000, original, ridiculously stylish, incredibly collective pieces that you won't find anywhere else – all in one store. They're a celebration of everything that makes fashion fun. Happy Shopping!

You can follow Local Mom Scoop on Facebook, Instagram and Twitter to find out what's happening for moms in South Florida.

fashion & beauty

Is Your Wardrobe Stressing You Out?

International styling consultant shares confidence-boosting clothing tips

As if there weren't enough to worry about in day-to-day life, people often find themselves frozen in front of their closets during the morning rush, panicking about what to wear.

"I think everyone has that terrible feeling of insecurity from time to time when you just know you have on the wrong outfit – as if it's not just your clothes that are frumpy and outdated, but you, too," says styling consultant Ashley Martini, author of the new book, "Styletini," and founding member of Martini Fashions, (www.ashleymartini.com).

"Unfortunately, in today's society, people do judge books by their covers – and perception is reality. You can sense how people respond to you, especially in relation to job opportunities and relationships."

Getting your outfit right can be challenging, she concedes. People want to be confident yet comfortable; up-to-date yet not necessarily "hipsteriffic;" professional but not overly formal. Most have a favorite outfit or two, but those get old quickly when worn twice a week.

"One of the first things you should understand is that your criteria really isn't conflicting – you can be stylish, professional and comfortable, all with that stamp of individuality," Martini says. "You just have to know what to look for."

Martini talks tips to take the stress out of the morning dress hour.

- Not all trends work for all body types. "You have to be honest with yourself; skinny jeans may not work for you, and forcing yourself into a pair that's semi-workable is not the best way to optimize your closet," she says. "The trendiest thing any individual can do is answer the question: Is it flattering?"

Women have six basic body types: triangle, narrow above the waist and wider on the bottom; inverted triangle, with fuller shoulders and chest and slim hips and thighs; rectangle, also known as athletic with little definition in the waist and hips; diamond, high-sitting, full stomach with wide hips and full thighs; apple, similar to diamonds, but with a lower-sitting stomach – also known as oval-shaped; hourglass, with equal upper and lower halves with well-defined waists.

- Know your measurements! Measure the parts of your body that most define your shape: your hips, shoulders, waist and bust. Wear underwear (but not shapewear) when measuring hips, and wrap the tape around the fullest part of your hips and butt for the most accurate measurement. Don't tug too tightly or loosely when measuring; the number in

the center front is your hip size. To measure shoulders, keep your back straight and your shoulders relaxed, and extend the tape from the outer edge of one shoulder to the outer edge of the other.

To measure your waist, bend forward and note where your body creases – that's where to measure.

For bust, wear a top without a bra, which often alters measurements. Wrap the tape across your back and under your shoulder blades and arms – and around the fullest part of your breasts.

- Own your plus-size, petite or tall body. You've probably heard the statement, "Real women have curves." Yes, they do, but there are also real women with smaller busts; long and lean women, and some built like the ancient fertility goddess statues. All of us are "real."

One tip for plus-sized women: highlight your assets -- shapely legs and well-toned arms are meant to be flaunted. Petite women: Opt for pieces that come in naturally shorter lengths, such as cigarette pants, knee-length or higher skirts and three-quarter and shorter sleeve tops and jackets. Showing more skin will make your limbs look longer. Tall women: Wear high heels if you want to -- just because you're taller doesn't mean they're off limits.



Ashley Martini, styling consultant and founding member of Martini Fashions, LLC, discreetly assists both men and women in unearthing and exhibiting their inner beauty through style, fashion and the top trends. Ashley is the author of the new book on style, "Styletini," (www.ashleymartini.com). A business graduate of Lynn University, she specialized in fashion marketing and merchandising. She also completed her master's degree in business with a focus on international business, and studied abroad in the world's fashion capital, Paris, with a concentration in fashion styling and trend forecasting. She worked as a styling intern with Jennifer Lopez's fashion company Sweetface/JustSweet/JLO, and earned numerous fashion awards.

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fashion & beauty

Delray's Fabulous Fashion Week planning is underway!



Delray's Fabulous Fashion Week planning is underway. This second annual event will take place in Downtown Delray the week January 17 – 24, 2015. The Fashion Week planning meeting, hosted by the Downtown Development Authority (DDA) and Merchant Chair, Jules Guagliardi, owner of Roxy Lulu, took place early in September engaging many of our fashion retail stores that included Oh My Bod, C. Orrico, American Soul, Vince Canning Shoes, Patchington, Furst Handbags, J. McLaughlin, United States of Fitness, Petite Connection, Seagate Hotel and Retail Shops, Salon Elite, Naked Hair, Peter Mark Salon and more.

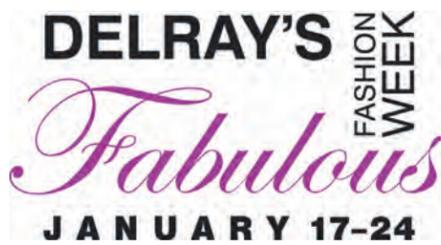
This program is designed by the DDA to showcase to residents, visitors, investors and the media the diverse style, sophisticated designs and eclectic beauty businesses that can be found and purchased within the Downtown DDA district. This international Award Winning program will take place throughout the downtown, showcasing Spring and summer designs. The merchants are invited to participate in the Fashion Week by creating an in store event, hosting a trunk show or beauty seminar and participate in a myriad of evening fashion shows.

"Fabulous Fashion Week is very unique in that is about the downtown businesses not an outside designer," expresses Laura Simon, Associate Director DDA. "This year we are

thrilled be highlighting over 8 of our own Delray Designers during the week, several which launched their label as a result of last year's Fashion Week."

There are many ways to participate or be involved in this 2015 Fabulous Fashion Week. The DDA invites all businesses within the DDA district to participate. There are opportunities to participate as a model, volunteer or to become a sponsor. Current sponsors include: Lincoln of Delray, Samar Hospitality, The Colony Hotel, Delray Beach Magazine, Salt7.

Contact Laura Simon at the DDA office – 561.243.1077 or email lsimon@downtowndelraybeach.com for more information. Visit the downtowndelraybeach.com/fashionweek for details.



Ramona LaRue Boutique now open in Delray Beach

Ramona LaRue, a fashion retailer, has a new store in Delray Beach at 530 E. Atlantic Avenue.

The shop sells contemporary, bohemian apparel for women, including hand-painted silks and bold prints. Inventory includes dresses, jumpsuits, tops and bottoms.

Top 10 Rules for Success in Any Relationship

By Riana Milne
The Pineapple Contributing Writer

There are all kinds of relationships, and as a Certified Relationship & Life Coach, I teach people how to take any painful, toxic relationship and make it peaceful, trusting, or passionate. There are many rules for relationship success, but for this article, I wanted to share ten essential strategies that anyone can do. These rules apply for all ages, male or female, and across all types of relationships. When I say I am a Relationship Coach, most people think of – Love Relationships – with them wanting me to help them find a loving soul mate, fix their marriage or exclusive relationship, heal after the loss of a long-time partner, or move on from a toxic relationship or breakup (and knowing what to avoid next time).

However, these ten rules apply to relationships with co-workers, friends, siblings, parents, children, teens, young-adult children in their transitional twenties, those who are looking for love/dating or for married couples. As a prior Student Assistance Counselor in the schools, I even teach my elementary students how to use these relationship skills to make friends, and keep away bullies. The rules seem very simple and basic, but imagine how great your current difficult relationship would be if both you and the other person used them all! If your partner refuses, YOU start using them, and magically watch the change in attitude in your partner. Of course, depending on your relationship issues, strategies will differ.

- 1) Use the Golden Rule – Do unto others as you would have done unto you. Or, stated in its opposite form, "Never impose on others what you would not choose for yourself" (Confucius).
- 2) Want a friend? BE a friend. So many people wait for others to befriend them... instead, you make the first move, the repeated effort, the first phone call...I met my fabulous boyfriend by simply saying with a big smile, "Hello, it's another day in Paradise!" on the beach.
- 3) Be interesting. Always be learning new skills, reading non-fiction books, watch documentaries and the daily news, engage in various hobbies; so that you always have something new and interesting to talk about. Talk about many topics other than your work or schedule.
- 4) Balance communication time. Talking should be a balanced ebb and flow; monitor how much you talk to another, and be sure to give them equal time to respond. Otherwise, it sounds like you are lecturing and you could come off Narcissistic or overly self-involved.
- 5) Have a positive mind-set. "What you think about, comes about." A positive attitude along with a smile is electrifying and will attract wonderful people to you! People love positive people, so stop complaining or being negative, blaming or whiny. If you are depressed or negative, get help.
- 6) Mirror the other's communication style. If you talk too loud, fast, or intense to a slower speaking, calm, peaceful or tired person, they will feel anxious and assaulted. It's just too

much. Mimic their communication style to have loving, engaging conversations.

7) Be kind, supportive and caring. Don't ask too many questions, especially to a busy co-worker, tired teen, or stressed-out spouse. Give quiet, peaceful support instead; this will help them to calm down, and attract them back to communicate with you when they are less stressed or tired.



8) Be fun! Use humor which is innocent and enjoyed by all. Be careful not to use sarcasm which is harsh, toxic, destructive and painful comments which are used towards another person.

9) Have Energy! Be lively and approachable by smiling and laughing often. Get enough rest, exercise and eat healthy to have the full upbeat energy you need to attract others towards you.

10) Share your Light. Positive people with healthy self-esteem have an inner glow that attracts others. Feel confident by loving life, feeling amazing, and presenting a well-groomed appearance.

On Wednesday, October 29th from 5:30 – 7 pm, Riana will be giving a complimentary Coaching seminar on three Relationship areas; Topic One: Turn Your Pain into Your Passion – How to Find an Emotionally Healthy Soulmate or Turn a Toxic Relationship into Terrific; Topic Two: The Positive Parenting Approach for Raising Successful Kids – How to parent angry, "stuck" or difficult kids from ages 5 – 25; Topic Three: From Workplace Stress to Success: Improving a difficult relationship with a co-worker or Boss.

Space is limited, you must RSVP by calling Riana (561) 701-8277. Location: N2 Wine Bar, The Hyatt Place, 104 NE 2nd Ave, Delray Beach, FL 33444 (15% off all food and wine during the seminar; music provided after the seminar for Ladies Night).

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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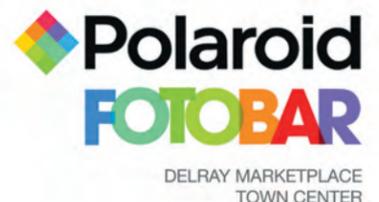

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Atlantic Crossing on track after 3 years in planning and approval

View from Atlantic Avenue & Federal Highway looking Northeast



Get ready...Downtown Delray's signature destination, Atlantic Crossing, is on track to be underway by year-end after three years in planning and approvals.

In recent months, the team has worked closely with the City to finalize details of the formal development agreements for the pedestrian-friendly mixed-use environment. This groundwork assures the City and community that Atlantic Crossing's joint venture partners, Edwards Companies and CDS International Holdings, are accountable to meet every commitment made as a condition of the approval granted in December 2013.

"Atlantic Crossing is a significant and complex undertaking," said Don DeVere, Vice President of the Edwards Companies. "We made dozens of improvements to the plan to be responsive to the City and the community along the way, and the City Commission rightfully wanted every 'i' dotted and every 't' crossed prior to the start of development."

While this important progress hasn't been visible

to most, that's about to change. Watch for site work to get underway before year-end on the site's west side. In coordination with the City's Federal Highway beautification, this includes putting utility lines underground on Federal Highway's east side.

By start of the year, demolition is projected to begin on the existing buildings between Federal Highway and 7th Avenue. That will allow construction of the underground garage, key to Atlantic Crossing's pedestrian-friendly feel, for completion in late 2015. The signature office-retail building at the northeast corner of Atlantic Avenue and Federal Highway will then open, bringing the City's first Class A downtown office space atop shops and restaurants.

The first luxury apartments, already in high demand, will open on the site's west side in 2016. Development will move to Atlantic Crossing's east side during 2017-18, adding offices, shops, restaurants and condominiums overlooking Veterans Park and the Intracoastal Waterway.

DeVere said Downtown Delray's appeal is evident in the pre-leasing response for the Continued on page 6

California's Marina del Rey teams up with Delray Beach

Two chic beachside towns make a splash across two coasts with "Beach Buddies" cross promotion

It's West coast meets East coast in a new collaboration between the Marina del Rey Convention & Visitors Bureau and the Delray Beach Marketing Cooperative as the two destination marketing organizations (DMOs) are launching a cross promotion between Marina del Rey, CA and Delray Beach, FL.

From Marina del Rey to Delray Beach, the "Beach Buddies" initiative will showcase activities, attractions, dining and hotels in each destination while highlighting parallels between the two.

The latest connection between the two coastal towns is American Airline's new direct flight from Los Angeles International Airport (LAX) to West Palm Beach International (PBI), with both airports approximately a 15-minute ride to their respective destinations. Additionally, Fort Lauderdale (FLL) offers Continued on page 4



Left to right: Delray Beach Operations Manager, Tiffany Mazer; Marina del Rey Communications Manager, Valerie Arias; Delray Beach Executive Director, Stephanie Immelman; Delray Beach Mascot, Swinton the Turtle; Delray Beach Associate Director, Stephen Chrisanthus; Marina del Rey Mascot, Marty the Pelican; Marina del Rey Executive Director, Janet Zaldua; and Delray Beach Special Events Manager, Jarrod White.

Lynn University named in U.S. News and World Report's "2015 America's Best Colleges"

BOCA RATON, FL – Lynn University is one of America's best colleges, according to U.S. News and World Report's annual rankings released today. Lynn achieved special recognition for enrolling the fifth largest percentage of international students—24 percent—in the National Universities category, comprised of 280 institutions.

"The annual rankings consistently reflect the dedication and commitment we have to being one of the most innovative, international, small universities in America," said Lynn University President Kevin M. Ross. "We continuously innovate to attract not only students from around the world, but also U.S. students who want to study and collaborate with peers from other cultures. Our small size contributes to the international learning environment by providing comfortable, intimate classroom settings where teachers know students on a first-name basis."

U.S. News and World Report has recognized Lynn's high international student population for over a decade. Last year the publication indicated that 22 percent of Lynn students were international, an increase over the 18 percent reported in 2013. Lynn expects the growth to continue, given that it recently welcomed its largest incoming class in the past eight years.

"Lynn's location at the center of a strategic gateway to America's commerce and culture also helps attract students from across the world," said Vice President for Enrollment Management Gareth Fowles. "Having more international students on campus is a rewarding experience for both students and faculty members. And once they are here, we ensure they receive the support they need to transition to and benefit from their academic experience."

Lynn's growing international population is a point of pride the university celebrates by flying the national flag of each of the 90 countries its students represent. The university also offers a variety of cultural groups and events that encourage all students to experience and understand different cultures, including Multicultural Day.

Lynn also placed in the U.S. News and World Report high school counselor rankings for the National Universities category. For more information, visit lynn.edu.

Hudson Holdings unveils plans for Sundry Historical Village

By David DiPino
The Pineapple Staff Writer

Hudson Holdings principal Steve Michael's future vision for the Sundry House and \$21 million of real estate bordering the historic hotel includes a Sundry Historical Village, pedestrian friendly walkabout, retail and welcoming archway. The entrance will be just west of the Atlantic Avenue and Swinton Avenue intersection and flow south to a Sundry Historical Village aiming to keep the area family friendly.

The development will add 75,000 square feet of Class A office space, add jobs and increase the City of Delray Beach tax base. Michael said the goal is to keep the entire area pedestrian friendly with below street level parking and add 1,000 jobs.

"The goal is to avoid seeing any parked cars on the street. We will achieve this by keeping the parking underground. Once you pull into the giant archway destination entrance off of Atlantic Avenue, you will get out and it will be a trip via gigantic



sidewalks through boutique and retail towards the Sundry Historical Village centerpiece," said Michael.

Plans include a 125-room high-end boutique hotel with a rooftop pool which borders the SOFA District. Amazingly, retail businesses, not restaurants, will be the focus of this seven-plus acre development.

"We only plan one to two restaurants for the entire development. As Delray Beach based developers and residents, we Continued on page 8

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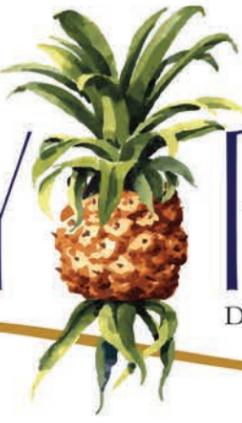
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OFFICE DEPOT RECOGNIZES LEADERS IN SUSTAINABLE GREEN AND DIVERSE PURCHASING

BOCA RATON, FL – Office Depot, Inc. announced its 2014 winners for environmentally-preferable purchasing during the company's annual Leadership in Greener Purchasing Summit & Awards Ceremony held in September in Boca Raton. This is the seventh consecutive year that Office Depot has publicly recognized a small group of its contract customers who proactively seek out products with environmental attributes and ecolabels. New for 2014 was a supplier diversity component to the summit and awards ceremony – which included two organizations (UPS and the State of Florida) being recognized for diverse purchasing.

“Our winners are an elite group at the forefront of purchasing practice in the 21st century,” said Yalmaz Siddiqui, Senior Director of Environmental & Supplier Diversity Strategy for Office Depot. “We know that office products are an ‘indicator category’ since organizations with leading environmentally preferable purchasing programs often start by greening their paper, toner, technology and other workplace products. Our award winners have shown real effort to reduce their environmental footprints through sourcing – and often save money while doing so.”



The summit portion of the event, which took place yesterday at Office Depot's Global Headquarters, featured presentations by national experts in greener purchasing, supplier diversity and sustainability, including David Gottfried, Founder, U.S. Green Building Council; Pamela Prince-Eason, President & CEO, Women's Business Enterprise National Council (WBENC); and Joset Wright-Lacy, President, National Minority Supplier Development Council (NMSDC); and case studies and testimonials from selected award winners. Additionally, there

was an expo portion where Office Depot vendors and merchants came together to discuss the latest core assortment options as well as green and diverse solutions for the office.

For 2014, 32 organizations were recognized; seven are from Florida.

- School District of Palm Beach County: K-12 Sector Leadership
- JM Family: Automotive Sector Leadership
- Banco Santander: Financial Sector Leadership
- Miami HEAT: Sports Sector Leadership
- SKLAR Furnishing: SMB Leadership
- State of Florida: Diverse Purchasing
- St. Andrews School: School Leadership

The greener leadership awards were based primarily on the percentage of the customers' expenditure on products with greener attributes including recycled; remanufactured; energy-efficient; non-toxic; and/or ecolabels such as FSC, EPEAT, GREENGUARD, GreenSeal, EcoLogo, etc. with Office Depot in 2013. Customers whose business relationship with Office Depot was based primarily on one or two product categories were excluded to ensure recognition was given to those with broad-based greener purchasing programs. The special recognition awards were based on specific aspects of a customer's purchasing program or leadership in greening/diversifying certain product categories.

“Office Depot's Leadership in Greener Purchasing Summit & Awards Ceremony gives us a terrific opportunity to connect with our customers and talk to them about all of the solutions that we offer to help support their environmental goals,” added Siddiqui. “We're proud of these leading organizations, and hope that other companies will learn from their stories and follow in their footsteps.”

For more information about Office Depot's environmental initiatives, visit: <http://officedepotcitizenship.com/planetLanding.html>.

BEACH BUDDIES - continued from Business Section page 1

nonstop flights to LAX daily.

Inspired by the shared “del Rey” name and the chic small town resort vibe of both communities, the idea to collaborate was an easy one.

With ocean views, trendy waterfront eateries, on-the-water attractions, beachside activities, & modern hotels just steps from the water's edge, travelers flock to the contemporary communities for similar coastal experiences while locals have a fun “stay and play” perspective.

What's more, is the destinations also have opposite shoulder seasons and will use this collaboration to encourage “Beach Breaks” to one another when the wave of travelers is expected to slow down.

“We're excited to partner with Delray



Swinton the Turtle and Marty the Pelican

Beach on this unique cross-promotion. Although our coastal communities are on opposite ends of the continent, we share many unique characteristics and also offer a variety of new experiences for our ‘Beach Buddies’ exchange program,” said Janet Zaldua, Executive Director of the Marina del Rey CVB.

“When it cools down in Marina del Rey, Delray Beach will be ready to heat things up for our west coast visitors,” added Stephanie Immelman, Executive Director of the Delray Beach Marketing Cooperative.

Social media will take the lead in generating awareness with Instagram photo contests, videos, blogs, custom hashtags, and Facebook updates.

The official destination mascots will also get in on the fun by “visiting” their “Beach Buddies” and providing regular updates with Marty the Pelican giving a “bird's eye view” of Delray Beach while Swinton the Turtle “comes

“Our coastal communities share many unique characteristics and also offer a variety of new experiences for our “Beach Buddies” exchange program.”

Janet Zaldua, Executive Director of the Marina del Rey CVB

out of his shell” in Marina del Rey.

“It's been incredibly fun to watch our mascot, Marty the Pelican, spread his wings and experience a new territory. The friendship between him and Swinton the Turtle from Delray Beach is heartwarming,” said Zaldua. “Marty shares his birds-eye view from up high and Swinton gives the low-down from down low. What's even more exciting, they are sharing their travel stories with the world through social media.”

For more information, go to <http://www.visitmarinadelrey.com/promo/beachbuddies>.

Marina del Rey CVB

Marina del Rey Convention & Visitors Bureau is the official destination marketing organization that promotes leisure and business travel for Los Angeles' premier waterfront destination. Situated along the Los Angeles coastline and only 4 miles from LAX, Marina del Rey is the largest small craft manmade harbor in North America and is the gateway to Southern California with sparkling marina views, on-the-water recreation, waterfront dining and contemporary hotels just steps from the water's edge - all walking distance from world-famous Venice Beach. For more information, log onto <http://www.visitmarinadelrey.com> or contact 310.306.9900.

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, increase awareness of Delray Beach and create a positive economic impact through Destination Marketing, special events and community collaboration. For more info please contact DBMC at 561.279.1380 or visit <http://www.VisitDelrayBeach.org>

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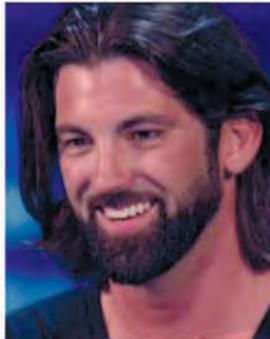
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Warren Buffett, Chairman and CEO, Berkshire Hathaway Inc.



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DELRAY BEACH MARKETING COOPERATIVE NAMES VISTA BMW AS FIRST ANNUAL AUTOMOTIVE SPONSOR

DELRAY BEACH, FL – Stephanie Immelman, executive director of the Delray Beach Marketing Cooperative, today announced that Vista BMW has been named as the first Annual Automotive Sponsor of all major DBMC events over the next year, including ON THE AVE this past August 21, and on October 9 and May 14, as well as the annual lighting of the world famous 100-Foot Christmas Tree on December 4, Delray Beach's First Night® on New Year's Eve and the popular 4th of July Celebration with South Florida's hottest fireworks finale.

"Success in any business is almost always based on positive relationships, so the DBMC is very proud to partner with Vista BMW, which has been recognized as 'North America's #1 BMW Dealer in Retail Sales' for the last seven consecutive years," said Immelman. "We look forward to working with the Vista BMW sales and Marketing Team to develop a series of fun and family-friendly activities at our upcoming events."

"At the recent ON THE AVE on West Atlantic Avenue, for example, we had several BMWs prominently displayed," she added. "And when Santa lands in Delray Beach for the annual Christmas Tree lighting, he'll be waving to the crowd from a shiny new BMW."

"Vista BMW is truly excited about our newly created partnership with the DBMC. As many of our present customers reside and work in Delray Beach, it is always our pleasure to give back to the communities that have kept us in business for decades," says the Vista BMW Management Team. "We look forward to being a part of On The Ave, the Tree Lighting and on site presence throughout December at the Tree as well as participating in First Night and The Fourth of July Celebration."

"ON THE AVE events, as well as our annual Tree Lighting, First Night and 4th of July Celebration and fireworks, always attract tens of thousands of families to Delray Beach, and we are thrilled to partner with Vista BMW to make each DBMC-sponsored event more fun and interactive," Immelman said. "This is a positive relationship that will add value to our events and the enjoyment of the attendees."

DBMC Schedule of Events
October 9, 2014 • 6 to 10 p.m.

ON THE AVE
Pineapple Grove Arts District
NE 2nd Avenue
www.OnTheAveDelrayBeach.com

December 4, 2014 • 5 to 10 p.m.

Famous 100 Ft Christmas Tree Lighting
Atlantic Avenue on the front grounds
of the Delray Beach Center for the Arts
www.100ftchristmastree.com

December 31, 2014 • 4 p.m. to Midnight

First Night
Atlantic Avenue and other venues
in Delray Beach
www.100ftchristmastree.com

May 14, 2015 • 6 to 10 p.m.
ON THE AVE Back to Cool
www.OnTheAveDelrayBeach.com

July 4, 2015 • 3 to 10 p.m.

Delray Beach Independence
Day Celebration
Atlantic Avenue and A1A
www.July4thDelrayBeach.com

EXPANDING POSSIBILITIES WITH BUSINESS CONSULTANTS OF SOUTH FLORIDA

Business Consultants of South Florida (BCoSF) www.BCoSF.com, a South Florida-based Business, Marketing, Branding, and Sales Consulting plus 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.

Vin Nolan CeCD, former Economic Director for the City of Delray Beach, is launching his new brand and website in October for his consulting company, Sustainable Economic Development Solutions, LLC. Vin, using his wealth of experience, consults with municipalities on creating a strategic plan using the Triple Bottom Line Theory that incorporates not only studying the economic impact but also the social and environmental impacts of growth. For more information, go to <http://www.VinNolan.com>.

Joey LoVullo, owner of the Joey LoVullo Tennis Academy at Mission Bay in Boca Raton, is working to create a one year strategic plan to slowly build a personalized approach to competitive tennis in an academy setting. His goal is to build the program deliberately to be able to keep the quality of the teaching professionals high and the Student:Pro ratio low. For more information, contact Joey at (561) 703-2633.

Modsnap Design, a boutique Internet Marketing Company in West Palm Beach, has launched their new "Web Fresh Campaign" for the fall. This campaign focuses on working with small business owners who simply need an updated look and feel to their website. For more information or to view their array of services, go to <http://www.modsnapdesign.com>.

Minnie's List, an online metaphysical and spiritual resource company, is hosting its Second Annual Enlightenment Conference on Sunday, October 26th, at the Renaissance Hotel in Plantation. For more information on the great line up of speakers or to get tickets, go to <http://www.EnlightenmentConference2014.com>.

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

L2: LEARN - LEAD™ BROADCAST, FEATURING LEADERSHIP EXPERT JOHN C. MAXWELL COMES TO DELRAY BEACH

One life influencing another. According to The John Maxwell Company, this is at the heart of leadership. The organization's philosophy continues: "One person casting vision. One person forging a legacy, so that their influence incites the same passion in those they seek to lead...We believe leadership is a process marked by constant growth. Our goal is to

BLU-PAC adds two endorsements

By Dale King
The Pineapple Contributing Writer

BOCA RATON, FL – The political action committee of the Greater Boca Raton Chamber of Commerce has endorsed two additional candidates running for office in the Nov. 4 election.

The Business Leaders United Political Action Committee (BLU-PAC) announced it is supporting Ellyn Bogdanoff for state senate in District 34. The PAC is also backing Tom Sutterfield for the School Board seat in District 4.

The District 34 Senate race Nov. 4 will be a repeat of the 2012 election, which was a rare battle of two incumbents.

Two years ago, Bogdanoff was the state senator from the former District 25 while Sachs was senator in District 30. Redistricting shoehorned both incumbents

into the same new area, District 34, and Sachs outdistanced Bogdanoff by 53 percent to 47 percent of the vote in that year's election.

In School Board District 4 – a long, narrow district that runs from just north of 45th Street to Clint Moore Road in the north end of Boca Raton – Sutterfield and Erica Whitfield are both running in a nonpartisan election to replace Jennifer Prior Brown. The incumbent, Prior Brown, announced last December that she did not plan to seek re-election when her term expired in November 2014.

Earlier this year, BLU-PAC announced it was endorsing the re-election bids of Governor Rick Scott, District 4 County Commissioner Steven L. Abrams and District 89 state Rep. Bill Hager for re-election. The PAC also endorsed two candidates in the Aug. 26 primary.

provide you with resources that will empower you and your teams to live out leadership."

Apex Empowerment, a newly formed South Florida business entity focused on leadership development and coaching, will be bringing this message to the South Florida community as the chosen host of the John Maxwell Company's L2: Learn - Lead™ simulcast event in Delray Beach, Florida. Apex Empowerment is utilizing the L2: Learn - Lead event as a kick-off for the organization's own certified seminars and classes based on John Maxwell's material, which will launch this fall.

"John Maxwell's teachings are perfect for those individuals who are still looking to and/or need to grow," said Lee Bersch, founder of Apex Empowerment. "No matter what business you are in, your product is people. And strong leadership is knowing how to positively influence people."

L2: Learn - Lead will take place on Friday, October 10th from 9:00am to 12:30pm at the Delray Beach Center for the Arts/Crest Theatre Old School Square (51 N. Swinton Avenue, Delray Beach, FL). Delray Beach is one of a few hundred selected locations around the country permitted to simulcast the event. L2: Learn - Lead is designed to breathe new life into leadership while empowering attendees to learn and lead others. Tickets

are priced at \$95 plus processing fees, with discounted early bird, group and sponsor pricing available.

Attendees will receive workbooks as part of their admission ticket and have the opportunity to network with others. Local event host Lee Bersch will also speak to the crowd about future leadership training opportunities, seminars and classes available in South Florida.

More information can be found by calling 561-880-0320 or by visiting <http://www.apexempowerment.com/>.

WEDNESDAY OCTOBER 29, 2014— BUSINESS ETIQUETTE WORKSHOP—4:30 - 7:00 PM—FREE

Although a large part of the successful image comes from knowing your particular business, an even greater part comes from knowing the basics of good manners. Good manners include everything from building good relationships and being gracious in social situations to dressing appropriately for any business setting.

In this workshop, we will look at the fundamentals of business etiquette that will help us become even more successful in the business world. Hosted by Tamiami Tile, 1085 SW 15th Avenue, Delray Beach.

To register send an e-mail to Info@PugliesePR.com.

ATLANTIC CROSSING - continued from Business Section page 1

commercial space, with Atlantic Crossing in preliminary negotiations with notable companies, specialty retailers and innovative restaurateurs. Pre-leasing and pre-sales for the apartments and condominiums will get underway in 2016, he added.

While respecting Downtown Delray's character, Atlantic Crossing adds new dimensions, greater economic stability and more options for living, working and leisure to the area. DeVere points to new public spaces to anchor Downtown's east end, an environment that's walkable straight from

Federal Highway to Veterans Park, design and amenities to create a green, sustainable environment, and opportunities such as bike and car-share programs.

"A natural extension of the Downtown, Atlantic Crossing will be unique with its mix of uses and park-side setting along the Intracoastal," DeVere said. "All the community input led to a better plan and we're excited to get underway and deliver on our promises."

For information and updates, visit www.atlanticcrossingdelray.com.

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Luxury 2 story town homes located East of Federal Highway in the heart of Tropic Isle, Delray Beach. There will be 3 models to choose from in a community of just 13 homes. Interior features include 9 and 10 foot ceilings, top of the line finishes, hardwood floors, solid core raised panel doors, granite counters, impact glass and much more to choose from. Currently priced between \$359,000 - \$389,000.

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- Conference room time available for \$35 an hour



Executive Virtual Package

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- Receptionist answers your phone line during business hours and will forward calls to you
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- Additional Conference room time available for \$35 an hour

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- Voicemail & Voicemail to Email Services
- Your own E-fax number

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real estate briefs

Camden Property Trust opens new rental community in Boca Raton

BOCA RATON, FL – Camden Property Trust has announced the opening of its newest South Florida community, Camden Boca Raton, an upscale rental apartment community at 131 South Federal Highway in Boca Raton.

Camden Boca Raton is pet-friendly with one and two bedroom apartment homes, featuring designer kitchens with quartz countertops, tile backsplashes and stainless steel appliances. The community features large floor plans with energy-efficient insulated windows, spacious walk-in closets, soaking tubs, balconies, patios and more.

Some of the community amenities featured at Camden Boca Raton are heated swimming pools with cabanas; a fitness studio with interactive equipment; yoga studio with Wexer Virtual Trainer System; outdoor grilling stations; electric/hybrid car charging stations. For residents' pets, Camden Boca Raton offers a controlled access dog park – Unleashed Bark Park – where residents' dogs can run free – and a pet spa.

Camden residents also have access to an exclusive social site, resident game lounge with billiards and flat screen TVs, and a sky view terrace with views of the nearby ocean. Residents can also access an online rental portal and online maintenance requests.

Camden Boca Raton is located in the center of Boca Raton with easy access to the city's entertainment and shopping venues. It is located a short distance from the Boca Raton Golf Club and South Beach Park, a public access beachfront park.

For more information, visit: <http://camdenbocaraton.com>

Boca Raton warehouse sold by First United

Reichel Realty & Investments brokered the \$3.92 million sale of a warehouse at 6001 Park of Commerce Blvd. in Boca Raton.

EP Equity Holding bought the property from 1st United Bank. Reichel says it has been retained by EP to handle leasing, management and renovations.

\$2.54M Downtown Delray Beach sale gains 160% Net ROI

DELRAY BEACH, FL – Seller, JW Delray One LLC, gained an 160% net return on the \$2.54M sale of a property bought in 2012 for \$950,000. Jim Knight, real estate broker, consultant and owner of The Knight Group, LLC brokered the recent deal for the 39,204 square foot lot at 202 SE Fifth Avenue and 232 SE Fifth Avenue, Delray Beach.

Samar Hospitality, a hotel developer purchased the property with plans to build a national branded hotel, retail and residential condos. The boutique hotel's unique concept has found success in Miami, building multiple locations.

Joseph White, owner of LW Delray One, says of the transaction, "I more than doubled my investment in less than 2 years, and more importantly, sold to an end-user that will bring an excellent product into the Delray marketplace."

White is in the process of developing a mixed use project known as the SOFA Delray Offices and Lofts. Knight is retained for the development of the project which is slated for reservations this fall for delivery in late 2015.

"Downtown Delray Beach has limitations on building height resulting in a demand that outpaces the supply of residential and commercial units as compared to other cities. Increased foot traffic from thousands to tens of thousands per day, continues to raise the value of downtown property," said Jim Knight. "It is also increasing the monthly rental fees."

"\$429 million dollars of privately funded development was invested in Downtown Delray Beach during a recession," Delray Beach Downtown Development Authority's executive director, Marjorie Ferrer, said of current development. "People park the car and enjoy a unique pedestrian lifestyle with a community spirit like no other."

Jim Knight recently completed the largest Downtown Delray Beach transaction within the last decade for more than \$20M, now the Sundry Lane project. He is retained for the development by Hudson Holdings, along with the Samar Hospitality's project.

Renegades of Real Estate Ready

In today's society everyone is busy. Are people busy being busy? Or, are they being productive? Millennials and Gen X'ers are the potentially the biggest generation to ever buy real estate in this country. But are they being served?

The Renegades of Real Estate event is an opportunity for anyone that wants to secure their financial future and freedom. This includes thinking out of the box, investing for the future, living with purpose and passion and so much more!

This one of a kind event is founded by Chief Renegade Officer David Dweck. This first time one of a kind real estate event will be like no other. The format is fresh and original with over 18 speakers on a variety of topics including flipping houses for fast cash, how to buy low, and sell quickly, hassle free land lording, and so much more. Delray Beach's original Real Estate Renegade, Frank McKinney will be a featured speaker at the event.

The Event is taking place in Boca Raton on October 25th and 26th at Lakeside Terrace. General admission tickets are available for \$139 or \$199 for VIP, which includes seating in the front row, dinner and entertainment Saturday night, and much more. Costs are \$297 at the door. Sign up today by visiting www.RenegadesOfRealEstate.com or call 561-391-REAL (7325).



Frank McKinney,
Renegade Real Estate Rock Czar



David Dweck, Chief Renegade

SUNDY HISTORICAL VILLAGE - continued from Business Section page 1

are excited to bring this area, so filled with history, back to life. At Hudson Holdings, we believe in the long-term growth and vitality of the south side of Atlantic Avenue. With this investment, all the residents and businesses in the area will be the primary beneficiary," said Michael.

At the Sundry House, Michael plans to build a Latin Night on Thursday evenings and is working directly with the Arts Garage to produce a dinner and concert series with Grammy Award winning music artists visiting the historic venue.

All the historic homes currently on the retail site just south of The Rectory, built in 1912, will be moved into the Sundry Historical Village.

This includes the Cathcart House built in 1903, which once moved, will reside in the Sundry Historical Village across the street from the current Sundry House.

Michael is a 14-year Delray Beach resident. His plans will also focus on a thriving Haitian community just south of Atlantic Avenue.

"This project is going to be great for the Haitian community. It will provide jobs to the Haitian community and pump \$30 million annually into the local economy," said Michael.

A long-time resident, Virginia Atrip Snyder, who lived for many years in the Cathcart House on the proposed development site, supports the plans. Snyder ran her private eye investigator business and raised a family from the home. She was the basis for the well-known TV show Murder She Wrote. Today, she is an author, Delray Beach historian, and community activist.

"I have owned many of the homes on these properties and I like the fact that we are going to do lots of new things there, and do think it is important for us to keep in mind the history," Snyder said.

Michael often mentions Lincoln Road in

Miami when referring to the new Hudson Holdings project.

"All the historic homes currently on the retail site for the project will be moved to the Sundry Historical Village, the centerpiece of the development. Retail will include tea shops, boutiques, small businesses like yogurt shops, high-end retail, a landscaped courtyard, and glass elevators up to retail. We also plan to bring in national tenants and plan an architecture charrette," said Michael.

"This project is going to be great for the Haitian community. It will provide jobs to the Haitian community and pump \$30 million annually into the local economy,"

Steve Michael

Hudson Holdings is known for their investment in historic landmark properties. This project will be no different, as it mixes a core of new retail with the renaissance of Delray Beach. Michael highlights the notion of a pedestrian environment with a gateway experience. He said the design is the key to the development, and has to include plans that will not detract from the historic district.

"This project is a game changer for the neighborhood that surrounds the Sundry House. You're going to see firsthand the Hudson hospitality. This project will be the largest landlord to goodwill project around," said Michael.

Hudson Holding has started renovation on the Gulfstream Hotel, a large hotel in Lake Worth, listed on the U.S. National Register of Historical Places. The projects, along with one in Boynton Beach, plan to revive southern Palm Beach County economies.

Venture Beyond the Tables at Seminole Casino Coconut Creek

Who doesn't love a little gambling and the energy, elegance and "Rat Pack"-panache of an upscale casino?

And, at Seminole Casino Coconut Creek, you don't need to be a gaming expert to have a terrific night out, according to Emre Erkul, Vice President of Marketing. In fact, Seminole Casino Coconut Creek was never conceived to be simply a place to play. It was designed to be an 'entertainment experience,' offering plenty of alternative fun and excitement that is unique with every visit.

Erkul talks about what is "Beyond the Tables" at the 'Country Club' of South Florida casinos.

Q: If you had a guest who wasn't a gaming fan, what would you suggest they do or try at Seminole Casino?

A: Seminole Casino Coconut Creek offers the market's most fully integrated, energized and stylish experience. Its guests are looking for a place to play, dine and be entertained – from its world-class dining offerings, such as NYY Steak, to the Legends Lounge, where guests can enjoy specialty cocktails and listen to the sounds of the most talented regional bands in South Florida.

Q: What would people be most surprised to find at your establishment – something unanticipated at a casino?

A: For the first timers, the most surprising fact would be the property itself. Seminole Casino Coconut Creek provides a truly social environment, where guests can have fun, meet others and make friends. It's not your typical casino in South Florida. It's very sophisticated and classy.

Q: If your guest was a gaming newbie, which games would you suggest they try, just to see if they liked it? Why that game?

A: If you're curious about slots, table games or Poker, we offer a variety of different games. For the beginners, our popular slots are Wheel of Fortune, Beetle Juice, Avatar,

Walking Dead, Hangover, The Rolling Stones, Bridesmaids, Fa Fa Fa and Sex & The City. You just put your dollars in and test your luck. If you're interested in live table games, real dealers, we offer Blackjack, Baccarat, Spanish 21, Three-card Poker and more.

Q: How would you describe the atmosphere and ambiance of Seminole Casino Coconut Creek?

A: The vibe at Seminole Casino Coconut Creek is designed to be an upscale local casino, where our guests can explore, indulge, interact and play. When you are happy and feel good, the world is your oyster. Being at Seminole Casino Coconut Creek is how it feels to be at the top of your game, whether you enjoy fantastic food, a great lounge scene, live tables or slots.

Q: Why do your regulars keep returning?

A: Recognition is key. We treat our guests extremely well. Our team members are fun, fast, friendly, fresh and focused. The service and consideration our guests receive play a huge role in increasing their likelihood to return and to refer Seminole Casino Coconut Creek to their friends. We do our best to provide the most excellent experience possible.

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Casino's
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BOYNTON BEACH – CHAPEL HILL - \$289,000

Stunning home nestled in the community of Chapel Hill features a BRAND NEW roof, impact windows, New A/C and a beautifully appointed kitchen with granite countertops, gorgeous tile backsplash and stainless steel appliances. There is a separate laundry room as well as lots of storage space for all your storage needs. Extras include crown molding, freshly painted inside and out, updated bath(s) & hi-hat lighting!



CHAPEL HILL - \$359,900

Where Vintage meets Modern in the desirable community of Chapel Hill! This home sits on a fantastic lush corner lot with fruit trees and a 7' fenced yard. Walking in to this gorgeous 3/2/2 split bedroom home you will be standing on fantastically kept, beautiful terrazzo floors original to the home. Large sized bedrooms with double closets are only the beginning of this journey! The living area opens up to the stunning screened pool patio, and tropical back yard. For more information or to schedule a private showing please contact Arly Santa Cruz (561) 703-4616



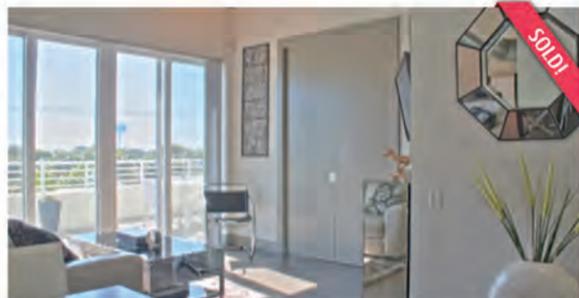
LANTANA – NAUTICA ISLES - \$289,000

Beautifully appointed 4bd, 2.5ba, 2 car garage home in the heart of Lantana and Greenacres. This home is located in the sought after neighborhood of Nautica Isles. Great community with low HOA dues that include basic cable, security alarm, gated entrance, clubhouse, pool, tennis, basketball courts and so much more! This home is nestled at the end of the cul-de-sac and has a HUGE oversized back yard! Recent improvements include a completely renovated kitchen! Additional home features include: knock down ceilings, tray ceiling in the master bedroom, walk in closets, dual vanity/sinks in both bathrooms, and neutral diagonal tile throughout downstairs. This home is Move in ready



DELRAY BEACH – FORMER IHOP - \$799,000

This former Ihop is a Delray Beach landmark! Located directly on Federal Highway, it's one mile to the beach, close to the Publix anchor shopping plaza, CVS and Walgreens. 129,254 residents in the immediate area. Property offers ample parking (46 parking spots) for your next business venture! Property is also PRE-QUALIFIED FOR CRA ASSISTANCE! Being offered FOR SALE, FOR LEASE (NNN or Ground Lease Option) and/or AS IS option with concessions!! For more info or to schedule a private showing please call Noelle K. McIntyre (561) 266-3119



DELRAY BEACH – THE MARK – DOWNTOWN \$260,000

Downtown Delray at its finest! This loft style condo offers indoor and outdoor living space with an enormous balcony giving you over 1200 sq. ft.! This unique 1bd, 2 full bath home offers luxurious finishes with an urban loft style setting. Features include: polished concrete ceilings, exposed duct work, waterfall granite counter tops in the kitchen, stainless steel Bosch appliances, European soft close kitchen cabinetry, Carrara marble bathroom counter tops and subway tiles. The nearly 600 sq.ft. private balcony is perfect for entertaining and is set up for a Jacuzzi.



BOYNTON LAKES - \$185,900

Spacious 3 bedroom, 2 bathroom single family home located in the desirable community of Boynton Lakes. This is a low HOA community in the heart of Boynton Beach. This super spacious home features: an eat-in kitchen, tile floors, a large (25x12) Florida room, an additional den area, a newer roof, washer & dryer. For more information or to schedule a private showing please contact Paul G. Lykins (561) 267-4284



CANYON ISLES - \$460,000

Pristine 5 bedroom home in Canyon Springs. Rarely available Alicia model features 5 bedroom plus loft and 4 bathrooms with over 3200 living square footage. This home has true curb appeal with upgraded landscaping throughout and custom uplighting. When you enter the home you will be impressed by the open floorplan. All of the living areas have tile laid on the diagonal. The large living room and formal dining room are perfect for entertaining. You will be impressed by the stunning kitchen with plenty of counter space and a huge center island. The beautifully upgraded kitchen includes 42" wood cabinets with crown molding and under cabinet lighting. For more information please contact Ryan Keough (352) 359-0868

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Noelle K. McIntyre
Broker/Owner



Tara Brandenburger
Sales Associate/REALTOR®



Ryan Keough
Sales Associate/REALTOR®



Arly Santa Cruz
Sales Associate/REALTOR®



Paul G. Lykins
Sales Associate/REALTOR®



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people

Community Foundation for Palm Beach and Martin Counties appoints two new staff

WEST PALM BEACH, FL (August 19, 2014) – The Community Foundation for Palm Beach and Martin Counties has appointed Renee Constantino as Vice President for Community Investment and Kati Erickson as Development Manager.

As Vice President of Community Investment, Constantino will provide leadership in the design and implementation of the Foundation's annual grantmaking strategies and community leadership activities, including the annual Great Give online fundraising event that is open to all nonprofits in Palm Beach and Martin counties. She will also work closely with the Foundation's development team to connect donors to opportunities for giving in the community.

Constantino was most recently the Manager of Planning and Evaluation at the Palm Beach County Department of Community Services. During her 13-year tenure, she worked as a grantmaker contractually managing over \$30 million in public funds, and performing such functions as contract development and program implementation and monitoring in the areas of health, human and behavioral services. She has worked extensively with Foundation funding partners such as United Way, Quantum Foundation and Allegheny Franciscan Ministries. Constantino was previously Executive Director of the Mental Health Association of Palm Beach County, Director of Development for the Area Agency on Aging of Palm Beach/Treasure Coast, and worked as a private consultant.

As Development Manager, Erickson is responsible for the Foundation's special events, including the annual gala, community luncheon series and Founder's Award. She also manages corporate sponsorships and annual fundraising to support the Foundation's leadership efforts.

Erickson joined the Foundation from the Armory Art Center where she was the Director of Marketing and Development. She was also previously the Assistant Director of the palmbeach3 contemporary art fair, Special Events Coordinator at the Norton Museum of Art and Visual Art Programming Director with VSA of Florida. She received her bachelor's degree in Studio Art from Florida State University and attended the Dreyfoos School of the Arts.

As one of the largest community foundations in Florida, the Foundation manages an endowment of \$160 million, and has been serving the region for over 40 years. Together with its donors, the Foundation makes grants, awards scholarships and leads community efforts to improve the lives and opportunities of residents – both now and in the future.

For more information, visit www.yourcommunityfoundation.org.

Allison Turner to Participate in Women of Tomorrow Mentor & Scholarship Program

Allison Turner, CEO and Owner of Business Consultants of South Florida, will become a mentor for the Women of Tomorrow Mentor & Scholarship Program in Palm Beach County. The Program is designed to inspire, motivate and empower at-risk young women to live up to their full potential through a unique mentoring program with highly accomplished professional women and scholarship opportunities.

Women of Tomorrow Mentors meet with small groups of Mentees on a monthly basis to discuss ambitions, hopes, positive attitudes necessary for success, and ways to achieve dreams. Women of Tomorrow Mentees are exposed to new experiences and ideas while learning important life skills in a constructive, positive environment.

According to Ms. Turner, "I have been looking for some way to give back to the community. I am excited about this opportunity because it allows me to mentor high school young women based on the business background that I have."

Women of Tomorrow exposes at-risk girls to opportunities otherwise unavailable to

them; teaches vital personal and professional skills necessary for life success; helps them set and achieve goals; increases their self-esteem; and helps to reduce and prevent risky behaviors.

Cathrine Fischer Schwartz named VP of Jacobson Jewish Community Foundation

Cathrine Fischer Schwartz has joined the Jewish Federation of South Palm Beach County as Vice President of the Jacobson Jewish Community Foundation.

Schwartz most recently served as President and CEO of the Jewish Federation of Greater Hartford in Connecticut. Her accomplishments include partnering with Hartford's Jewish Community Foundation to plan and implement a community-wide endowment initiative involving agencies and synagogues as well as its Federation and Foundation. This collaborative effort raised more than \$20 million to date toward a goal of \$50 million over the next four years for the benefit and transformation of the Hartford Jewish community.



Cathrine Fischer Schwartz

"I am extremely pleased to announce that, following a comprehensive national search, our Jacobson Jewish Community Foundation has welcomed a consummate professional leader in Cathy Schwartz," said Matthew C. Levin, Federation President and CEO. "We are fortunate to have someone with her experience at the highest levels of Federation professional leadership."

A graduate of the two-year JFNA Mandel Center Executive Development Program and a participant in the Sherman (now Kaplan) Seminar for Emerging Jewish Professionals at Brandeis University, Schwartz holds a national reputation as a consummate fundraising professional with an outstanding track record of community-building, strategic relationship development, collaboration, overall management, and initiatives that keep pace with the changing Jewish community.

Schwartz joins the organization with 24 years of Federation experience; her thirteen years in Hartford were preceded by a decade with the Jewish Federation of Western Massachusetts. Her increasing leadership responsibilities at these Federations included planned giving, annual and capital campaigns, and a variety of other areas.

"Over the past two years, the Jacobson Jewish Community Foundation (JJCF) has ramped up its efforts to build a legacy for our Federation, our Jewish community and our people," said Levin. "We have been reaching out as never before and increasing our assets through multiple initiatives. Amid this success, we are well aware that far more is needed to maintain the current progress and further develop vital resources to secure our 35-year-old Jewish community's future well-being."

Before joining Federation, Schwartz was part of the organization's delegation this summer at the JFNA Create a Jewish Legacy Professional Leadership Gathering in Chicago, and the JFNA Campaign Chairs and Directors Mission to Greece and Israel.

For more information about the Jacobson Jewish Community Foundation of the Jewish Federation of South Palm Beach County, contact Robyn Kimmelman at robynk@bocafed.org or (561) 852-5020.

The Financial Perils of Dementia

Protecting your loved ones

By Colleen Hasey Schuhmann, CRPC
Special to The Pineapple

It's no secret that Americans are living longer. But for many people, increasing lifespans come with the loss of cognitive function and even dementia. One of the key dangers for the afflicted—and a major worry for their loved ones—is the possibility that they could fall victim to financial fraud or abuse. We have many clients coping with loved ones in this situation, and we thought it would help you to know how to protect your own family from the financial effects of cognitive loss, Alzheimer's disease and other forms of dementia.

As with most things in life, the best way to help an aging parent or other family member avoid financial difficulties brought on by dementia is to be proactive in your planning efforts. Start talking with your loved one about personal finances while he or she is still healthy or in the earliest stages of the illness. This will help to build the trust needed for a gradual transition in financial management, which is often crucial for their financial well-being.

Financial fraud and abuse

According to the Centers for Disease Control and Prevention, dementia is an umbrella term for a group of cognitive disorders typically characterized by memory impairment and difficulty in "executive function," or the ability to plan, organize and reason. Alzheimer's disease is perhaps the most common form of dementia, though several others exist.

Besides changes in physical and emotional health, people with dementia lose their capacity to perform the financial tasks of daily living. In fact, this may be the first noticeable sign of the disease and an early indication that a person is losing the ability to live independently. Sadly, as the disease progresses, most people lose all ability to manage their finances on their own.

Some of the signs that your loved one could be experiencing difficulty with personal finances include trouble making change, paying for a purchase or calculating a tip; forgetting to pay bills, losing payments or writing the same check multiple times; finding new or strange purchases on credit cards or new merchandise in the home. Look for sudden changes in account balances, overdue payment notices, discontinued utility, telephone or other services.

Taking Action

You or other family members can take proactive steps to prevent elder financial abuse from happening, especially if an elder is exhibiting signs that he or she needs help managing financial affairs.

- Visit regularly. Ask about phone calls the person has received and watch for a full mailbox. Large numbers of mailings from marketers or charities could indicate that the elderly person is on a "sucker list."

- Set up automatic bill payments. If your loved one is open to your help, suggest establishing automatic online bill payments and check deposits.

- Having a centralized, easily monitored system for all incoming and outgoing money will provide protections from potential fraud, while also helping you ensure that bills are being paid on time.

- Inventory key documents. Even if your loved one is unwilling to grant you access to his or her financial accounts, it is important that

you or someone else they trust knows where all important documents are kept.

This includes documents associated with investments (deeds, titles, stocks, bonds, etc.), benefits (pension, IRA accounts, insurance, Social Security, etc.) and expenses (bank accounts, monthly and other bills, etc.), as well as legal documents such as wills or durable powers of attorney.

- Use the National Do Not Call registry. Call 1-888-382-1222 or visit www.donotcall.gov. This will help to limit phone calls from telemarketers.

- Discuss hazards. Tell your loved one that it is never a good idea to divulge personal information in person, over the phone or online, or to hire someone who shows up at the door unsolicited.

- Guard the mail and trash. Deposit outgoing mail in collection boxes or at the post office. Open a post office box for incoming mail. Shred personal documents before discarding them.

- Keep computers protected. If the person has a home computer, be sure they have the latest security updates and virus protection installed.

Advanced protection strategies

Family members and caregivers must plan ahead for a time when a loved one will no longer be able to make decisions. The most important thing is to build consensus on the delegation of financial decision making, and to establish trusts and other wealth protection strategies before serious problems surface.

- Durable power of attorney (POA). The best way to obtain legal authority to manage a person's financial affairs is to get the person's consent in a durable power of attorney document. A durable power of attorney can specify how a person wants his or her financial affairs dealt with in the case of disability or serious illness, and it designates someone who can make any financial decisions on the person's behalf. The power-of-attorney agreement ends at death, meaning a POA cannot handle the loved one's financial affairs after he or she passes unless the POA is also named as the executor of the estate.

- Living trust. A living trust is another way for a person to give instructions for managing assets. The person who creates the trust (i.e., trustee) maintains control over the trust and its assets during his or her lifetime unless he or she can no longer do so due to incapacity or for some other reason. At that point, a successor trustee, named when the trust was established, would assume management of the trust. To make a living trust effective, all of the person's assets—real estate, brokerage accounts, collectibles, etc.—must be transferred into the trust.

Colleen Hasey Schuhmann, CRPC, is Vice President – Wealth Management at UBS Financial Services in Boca Raton. Colleen also serves



on the Board of the Delray Beach Library. She specializes in all facets of your financial life, including retirement planning, portfolio management, life insurance and long term care planning, and estate planning strategies. For more information, please contact Colleen directly at 561-367-1817.



**Join us on October 25th
at the Boca Raton Resort & Club
for this year's Annual Celebration
as we recognize business excellence.**

**On this special night we will have the
opportunity to recognize and thank our
leaders that serve on the Chamber's
Board of Directors, while honoring
Governor Rick Scott, recipient of the
M.J. Mike Arts Award of Excellence.**

Polynesian Gala
Saturday, October 25, 2014
6:00 p.m. to 11:00 p.m.
Boca Raton Resort & Club,
The Waldorf Astoria Collection
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SMARTBIZ summit 2014

WHO: Cultural Council of Palm Beach County and PNC Bank

WHAT: SMARTBiz Summit 2014 is a day of seminars and interactive learning for Palm Beach County businesses, non-profit cultural organizations and, new this year: professional artists. The focus is on the vibrancy of the relationship between the business and arts communities, and how these partnerships are a driving economic force in Palm Beach County.

This year's two distinguished keynote speakers are Ben Cameron, Program Director for the Arts at the Doris Duke Charitable Foundation in NY, and Matt Lerhman, Principal at Audience Avenue LLC. Both men have a deep knowledge of the business of the arts.

WHERE:

Palm Beach County Convention Center
650 Okeechobee Blvd., West Palm Beach

WHEN:

Tuesday, October 28, 2014 8 a.m.- 4 p.m.

Interviews with Rena Blades, Cultural Council President and CEO, and Cressman Bronson, Regional President of PNC Bank, may be arranged prior to the event, as well as during the event.

WHY: This annual event, generously sponsored solely by PNC Bank, brings together top business leaders with cultural organizations to learn more about how the arts not only drives business, makes us smarter, but is a significant driver of our economic success in this region. This is a must-attend event for any non-profit organization, and draws hundreds of attendees each year.

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.

Ticket information: Debbie Calabria, Membership & Special Events Manager 561-472-3330 or dcalabria@palmbeachculture.com

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

What To Do with Rollover Funds

By John M. Campanola

Special to The Pineapple

At some point, many people with retirement or employer-sponsored investment accounts will find themselves faced with the decision of what to do with rollover funds. This can happen when you change jobs and cash out a 401(k), or when you retire. In either case, it is important to think through your options. Ideally, it's best to choose a strategy that meets your retirement needs, minimizes the impact of taxes, and avoids penalties.

Please note this is a general overview, and tax laws can be tricky, so be sure to talk to an accountant and/or tax attorney before making any financial decision.

Roll It Over

One possible option is to directly roll your entire distribution into a new Individual Retirement Account (IRA) or an employer-sponsored 401(k). Either one would allow you to continue to defer taxes and allow you to continue building your retirement savings for the future.

Leave It Where It Is

You may want to keep funds in your employer's plan until you reach the plan's retirement age, if that is an option. This may be ideal if you want to take advantage

Boca Chamber Business EXPO

Register for the Fall Business EXPO!

Grow your business by showcasing your product and/or services at the Fall Business EXPO. This EXPO is open to businesses of all industries, so purchase your table today! *Exhibitor tables are for current Chamber members only.

Attendance is FREE for Chamber members!
Register Now Non-Members \$50

Tuesday, October 28, 2014 | 5:30 - 7:30 p.m.
at The Embassy Suites Hotel
661 NW 53rd Street, Boca Raton FL, 33487

Announcing the 2014 Recipients of the

**Chairman's Award
and
Chamber Person of the Year Award**

The Boca Chamber has an annual tradition of honoring two individuals at the final monthly breakfast of our fiscal year who have demonstrated exemplary commitment to the Boca Chamber and the South Palm Beach County community. Through their efforts to Connect members, Advance commerce, Protect business and Enhance community, these individuals have achieved great business success and positioned themselves as respected community leaders.



The Chamber is proud to recognize the following members:

Jon Sahn, President of Ascendant Planned Giving, Inc., with the 2014 Chairman's Award.

Patricia Burdett, Marketing & PR of United Capital Financial Advisers, LLC., with the 2014 Chamber Person of the Year Award.

Both Jon and Patricia have tremendous passion for their work and a dedication to our Chamber that is second to none. As long time supporters, their faces can be seen at many - if not all - of our events! Their commitment continues to make Boca Raton and South Palm Beach County a great place to live, work, learn and play.

Please join in recognizing Jon and Patricia at the next Membership Breakfast.

Thursday, October 9, 2014
Via Mizner Golf & Country Club
7:45 a.m. - 9:15 a.m.

Magical Number Myth

By Jeremy Office

Special to The Pineapple

Growing up most of us believed that if we studied hard and possessed strong work ethic we would be happy and financially successful. But in reality those positive behaviors don't always result in anticipated outcomes. There are so many factors that affect your "plan". There are layoffs, underemployment or the realization that a C-level job may not equate to happiness.

If you look at any successful corporation, any winning sports team, they spend thousands of hours getting prepared and planning for the future. Does all this planning guarantee a win? No, but they are moving their organization in the direction towards success. Unlike those Coaches and CEOs, people generally neglect to plan for the future, specifically when it comes to financial planning. Do you completely understand your financial direction and strategy?

Through my experience, financial planning is something people really don't want to do. It's not comfortable to think about where you want to be financially at different stages of your life - it can be overwhelming. People tend to believe that if they keep contributing to their 401ks and IRAs that they will be in good shape when the time comes to retire. This out of sight out of mind mentality could be what costs them a comfortable financial retirement in the future.

According to a study by the Consumer Federation of America (CFA) and Certified Financial Planner Board of Standards (CFP® Board) only one in five household decision makers (19%) are comprehensive planners who take a methodical approach to financial planning. Another compelling finding of the research is that the more extensively households plan, the better prepared and confident they are financially in terms of their likelihood of saving, investing, and managing credit card debt. As a Certified Financial Planner (CFP®) it is my responsibility to understand and guide members as they reach their different life milestones - to have direction and strategy.

Throughout my career I have come across many people that have this preconceived number in their mind that is their target retirement dollar amount. I call it the magical number myth. This magical number is where you say - if I had \$1 million dollars I would retire, if I had \$5 million dollars I would retire. But, I am here to tell you that this magical number is the wrong focus. The focus should be on - if I could have this lifestyle, I would retire. Therefore, you first need to think about what is important to you. Is it paying for your grandchildren's college, taking a cruise twice a year, being able to eat out at the nice restaurants, or owning that boat you always dreamed of?

Whatever it is or may be the idea of financial planning has changed.

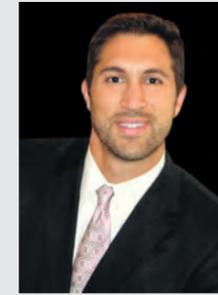
Advisors frequently use numerical based outcomes when determining retirement nest eggs. We've all heard the old adage - if you save X a month for 30 years and with the power of compounding, Poof! you will end up with Y. But what does that mean? Will it be enough? Does that buy you happiness? Does that buy you peace of mind? If Y is \$250,000 and you plan on owning a private yacht chances are that amount won't do it, but if you plan on living in a log cabin in the woods it might.

What we really focus on at Maclendon is lifestyle achievement and realistic attainment of goals. In all my years of managing money, I've seen unbelievably wealthy people who aren't happy and I've seen people who don't have financial means who are extremely happy. The saying that "money doesn't buy you happiness" is true. What buys you happiness is the ability to do what you want to do and having the financial freedom to enjoy your life. Financial planning isn't planning to have a number, its planning to attain a goal, whatever that may be.

At Maclendon, much of our focus is not on the numbers, but really understanding our members. We strive to understand what our members are trying to do, whether that is with their business, philanthropy, or any other nontraditional goal. Yes, we execute on the X's and O's, but the real goal is, do you have enough money to live the lifestyle you want to live in retirement?

To help you answer that question, developing an extensive financial plan with your advisor is the first step. The ups and downs of the market will then become peripheral noise and all that you should be focused on is if you are still on track to attain their goals. It is your direction and strategy. Make sure you don't keep putting off this important discussion as it will help you take the proper steps to your financial freedom.

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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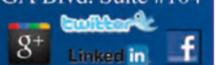
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DELRAY BEACH CHAMBER OF COMMERCE

School Board Seat 4 Candidates Forum • October 2

Join the Greater Delray Beach Chamber of Commerce and the Delray Beach Center for the Arts as we welcome the candidates for School Board Seat 4, Tom Sutterfield and Erica Whitfield.

The forum will take place from 7pm to 8pm at the Crest Theatre at the Delray Beach Center for the Arts.

Contacts & Cocktails • October 7, 5:15 - 7:00pm

\$10 for members in advance, \$15 for members at the door, \$20 for future members. Enjoy wine, conversations and culinary delights at DIG Restaurant (777 E Atlantic Ave). Co-Sponsored by Dash Travel.

Raffle Prizes:

- 2 night stay at Club Med Port St. Lucie
- One month membership to Camp Gladiator Save \$5, Register Now

Mark your calendars for upcoming Contacts & Cocktails! Thursday, Nov 13 at Colony Hotel Beach Club

YPAD Beer Tasting with Startups • October 8

5:30pm Registration & Introductions
6:00pm Speaker Roundtable discussion and Q & A on "Beer Tasting with Startups"

Open to Young Professionals, age 40 and younger. Enjoy Light Bites, Speaker, Networking, 1 Free Drink then Cash Bar
At the Hyatt Place Delray Beach, 104 NE 2nd Avenue
Street parking or Valet available (\$5)

\$10 in advance, \$15 at the Door
More info: Email Kim or call (561) 278-0424

24th Annual Luminary Gala • October 24

Dazzle Delray Awarding the Stars in Our Town
Delray Beach Marriott, 10 N. Ocean Blvd. in Delray Beach
Cocktails and Silent Auction 7:00pm • Dinner & Awards 8:00pm
Black & White Attire - Think "Old Hollywood"

"LAUGH FOR A CAUSE" Youth Entrepreneurship Training

BOCA RATON, FL – Annette Gray, Founder of GBDC Entrepreneurship Institute, today announced its first annual Laugh for a Cause, a fundraising event that cleverly combines a local comedy competition, professional comics and a VIP Gala to raise funds and awareness for the tremendous social impact of introducing children to entrepreneurship.

On October 17th at 7:30pm, local competition finalists A.Z. Faro Kane and Comedian Tie-Bo will join comic veterans Treetop of Showtime & Comic View & Eddie Brill formerly of the Late Show with Dave Letterman at Boca Raton's New Wick Theatre; where for one night only they will take to the stage to make attendees laugh out loud (LOL) for a great cause.

"The high school dropout rate is no laughing matter. We teach our young entrepreneurs that they can create their own job," said Annette Gray, Founder of the Institute.

"The GBDCI team has developed programs such as the Kid-Preneur Camp and the Cultural Youth Entrepreneurship & OJT Training program to encourage the entrepreneurial spirit in children as young as nine years old. We recognize that the global market place now demands a new set of skills and we are determined to prepare the younger generation by teaching them the values of leadership through," said Hubert Macintosh

the institute's Chairman of the Board.

The night comes packed with fun and the audience will select and crown South Florida Comic of the



Year. The evening kicks off at 6:30 pm with a VIP reception which will include: prime seating, Champagne & Hors d'oeuvres reception, live music, cash bar, silent auction and meet and greet with the performers. The doors open at 7:30 pm for general admissions ticket holders. For tickets visit <http://www.thewick.org> or call the Box Office 561-995-2333.

Event sponsors include: Crane's Beachhouse Hotel & Tiki Bar, The Hudson Holdings LLC, The Sundry House, Culinary Solutions, Chameleon Security Group and Global Business Development Center.

About GBDC Entrepreneurship Institute: Our Mission is the development of social entrepreneurs through training, business coaching and technical assistance. Emphasis is placed on young entrepreneurs; to aid in the reduction of school dropout rates and to increase the employment, leadership skills and job creation. www.gbdcei.com.

Welcome New DELRAY BEACH Chamber Members

Atlantic Family Dental
(561) 501-4221, 5065 W. Atlantic Ave., Delray Beach
www.atlanticfamilydentalfl.com – DENTISTS

Bill Hood Auction
(561) 278-8996, 2925 S. Federal Hwy, Delray Beach
www.hoodauction.com
SHOPPING & SPECIALTY RETAIL / Auction House

Illustrated Properties / David Hall
(561) 706-7779, 700 E. Atlantic Ave., Delray Beach
www.ipre.com/davidhall - REAL ESTATE / Residential

American Lung Association
(561) 659-7644, 2701 N. Australian Ave., Ste. 100, West Palm Beach www.lungfla.org – NONPROFIT ORGANIZATION

Engel & Volkers
(561) 392-2888, 900 E. Atlantic Ave., Ste. 14, Delray Beach
www.bocaraton-delraybeach.evusa.com
REAL ESTATE / Residential & Commercial

Hudson Holdings, LLC
(561) 768-7621, 20 S. Swinton Ave., Delray Beach, FL 33444,
www.hudsonholdings.com – REAL ESTATE / Developers (Referred by Sarah Martin, Experience Epic & Kelli Freeman, Hamilton House Oceanfront Condos)

4 Uganda Inc.
(561) 381-3826, Delray Beach, FL 33446, www.4uganda.org – NONPROFIT ORGANIZATION & HOSPITALS (Referred by David Hall, The Hall Way Consulting Co.)

Office Depot Foundation
(561) 438-7626, 6600 N. Military Trail, Boca Raton
www.officedepotfoundation.org – NONPROFIT ORGANIZATION

Farmer's Table LLC
(561) 417-5836, 1901 N. Military Trail, Boca Raton
www.farmerstableboca.com – RESTAURANTS & BARS

South Florida Food and Wine
(561) 866-2760, PO Box 272703, Boca Raton
www.southfloridafoodandwine.com – ADVERTISING & MARKETING / Digital Magazine (Referred by Nancy Stewart, Festival Management Group)

Law Offices of Richard Tendler, P.A.
(561) 655-4080, 1700 Palm Beach Lakes Blvd., West Palm Beach www.tendlerlaw.com – ATTORNEYS / Criminal Defense

Steinberg Law
(561) 630-0053, 151 NW 1st Ave., Delray Beach
www.brettsteinberglaw.com – ATTORNEYS / Personal Injury & Criminal Defense

KONA Ice of Delray Beach
(561) 373-6060, 724 Manatee Bay Dr., Boynton Beach
www.kona-ice.com – ICE CREAM, YOGURT & CANDY

Starbucks Coffee Company www.starbucks.com
• 551-C1 Linton Ave., Delray Beach – (561) 278-1425
• 205 E. Atlantic Ave., Delray Beach – (561) 243-9332,
• 502 E. Atlantic Ave., Delray Beach – (561) 265-3273,
RESTAURANTS & BARS / COFFEE SHOP

Delray Yoga Shala
(561) 270-7397, 10 NE 2nd St., Delray Beach FITNESS

Hire Authority
(561) 638-0313, 5884 Morningstar Cir., Ste. 306, Delray Beach
www.hireauthority.com – TRAINING

United Way of Palm Beach County
(561) 375-6600, 2600 Quantum Blvd., Boynton Beach
www.unitedwaypbc.org – NONPROFIT ORGANIZATION (Referred by Noreen Payne, NW Mutual/Ruhl Financial)

Hudson at Waterway East
(561) 303-1343, 900 E. Atlantic Ave., St. 22, Delray Beach
www.hudsondelray.com – RESTAURANTS & BARS

Dr. Paul A. Weiner Podiatric Medicine & Surgery
(561) 265-5424, 15300 Jog Rd., Ste. 204, Delray Beach
www.delrayfootdoctor.co – PHYSICIANS & SURGEONS

Art-Sea Living
(561) 737-2600, 514 E. Atlantic Ave., Delray Beach
www.art-sealiving.com – ARTISTS & GALLERIES / SHOPPING & SPECIALTY RETAIL

South Palm Orthopedics
(561) 496-6622, 4800 Linton Blvd. #201, Delray Beach, FL 33445, www.southpalmorthopedics.com – HEALTH & WELLNESS

Delray Downtowner
(561) 702-8519, 333 NE 2nd St., Delray Beach
www.delraydowntowner.com
TRANSPORTATION SERVICES (Referred by Sarah Martin, Experience Epic)

Glavidia Hair Studios
(561) 265-5127, 200 NE 2nd Ave., Ste. 112, Delray Beach
www.glavidia.com
SALONS & SPAS / SHOPPING & SPECIALTY RETAIL

Signature International Real Estate / Leslie Bronsveld
(561) 865-5551, 7431 W. Atlantic Ave., Delray Beach
www.buysellleasedelraybeach.com
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Bill Gove Golden Gavel Toastmasters Club

Where Leaders Are Made

All those interested in becoming a better public speaker and communicator are invited to our meetings.

Every Friday from 12 noon to 1 p.m.
Duffy's Sports Grill, Boynton Beach
4746 N. Congress Avenue,
Lunch or soft drink – cash only

For more information visit website at www.billgove.toastmastersclub.com
Or email Brenda Robinson at brenda515@comcast.net or call 561-742-2121



CHAMBER DAY PLANNER

October 6 • 7:15am Registration Mayor's Challenge Golf Classic

The Sister Cities of Delray Beach will be hosting their annual Mayor's Challenge golf classic 2014. Golfers, hole sponsors and raffle prizes needed. All proceeds benefit their student exchange trip to Miyazu, Japan. More info and Registration Contact David Schmidt for more info or to sponsor.

\$75 Entry Fee Per Person
Delray Beach Golf Club
2200 Highland Ave

October 1, 2014 8:30 AM - 4:30 PM

Chamber Board of Directors Retreat
Location: To Be Determined

October 2, 2014 11:45 AM - 1:00 PM

Ambassadors Monthly Meeting
At Delray Beach Chamber of Commerce

October 2, 2014 7:00 PM - 8:00 PM

School Board Seat 4 Candidates Forum
At Crest Theatre at Delray Beach Ctr for the Arts

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

October 7, 2014 5:15 PM - 7:00 PM

CONTACTS & COCKTAILS At DIG Restaurant
Co-Sponsored by DASH Travel

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, you'll enjoy cocktails, conversations and culinary delights. Non-members are invited to join in as well at \$20 per person. Don't forget

October 8, 2014 11:45 AM - 1:00 PM

Chairman's Club Monthly Luncheon
At La Cigale
Guest Speakers: Steve Michael and Avi Greenbaum, Principals for Hudson Holdings.

October 8, 2014 5:30 - 7:30pm

Young Professionals Association of Delray Tasting, Social, and Startup Consulting "From Concept to Success" At Hyatt Place
Open to those under 45 years of age, limited seating, \$10 advance

October 14, 2014 11:00 AM - 12:00 PM

Focus On Women Program Committee
At Delray Beach Chamber of Commerce
Monthly planning meeting

October 14, 2014 3:30 PM - 4:30 PM

Programming Committee Meeting
At Delray Beach Chamber of Commerce
Monthly planning meeting

October 16, 2014 8:30am - 9:30am

At the Chamber
Health Care Council Speaker Panel: "A New Day Has Come: Today's Look at Addiction & Recovery." Chamber members and invited guests only, RSVP kim@delraybeach.com

October 17, 2014 8:00 AM - 9:00 AM

Government Affairs Committee
At Delray Beach Chamber of Commerce

October 20, 2014 11:45 AM - 1:00 PM

Budget & Finance Committee
At Delray Beach Chamber of Commerce

October 24, 2014 11:30 AM - 1:00 PM

Executive Committee Meeting of the Greater Delray Beach Chamber of Commerce
At Delray Beach Chamber of Commerce

October 24, 2014 6:30 PM - 11:00 PM

2014 Luminary Gala

October 28, 2014 8:00 AM - 9:00 AM

Economic Development Committee
At Delray Beach Chamber of Commerce

October 8 • 7:00 - 9:00pm Indulgence The Ultimate Girls' Night Out

Ladies unite for the third annual Indulgence, an exclusive women's event benefiting low-income children and families in our community. This exclusive women's event features a VIP champagne reception, live entertainment, champagne, wine & dinner bites, exciting live auction and complimentary pampering services including: tastings, reflexology, massages, acupuncture, intuitive readings and tarot card readings.

Purchase tickets or call (561) 266-0003
\$75 General Admission \$100 VIP Access
Delray Beach Club, 2001 S. Ocean Blvd

October 29, 2014 11:45 AM - 1:15 PM

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

October 29, 2014 5:00 PM - 7:00 PM

GRAND OPENING / RIBBON CUTTING
Join us for the Grand Opening and Ribbon Cutting for Steinberg Law. All members welcome!

October 30, 2014 5:00 PM

GRAND OPENING / RIBBON CUTTING
Join us for the Grand Opening and Ribbon Cutting for Ability Medical Health and Wellness. All members welcome!

October 31, 2014 8:00 AM - 9:00 AM

Development Cooperative
At Delray Beach Chamber of Commerce

November 4, 2014 11:30 AM - 1:00 PM

Non-Profit Council Luncheon
Location: To Be Determined

November 6, 2014 11:45 AM - 1:00 PM

Ambassadors Monthly Meeting
At Delray Beach Chamber of Commerce

November 8-9, 2014 11:00 AM - 8:00 PM

Delray Beach Wine and Seafood Festival
On East Atlantic Avenue

Expect the Unexpected: 5 Tips to Be Prepared as a Small Business Owner

By Allison Turner

Business, Marketing & Sales Consultant

How do you plan for the unknown? As a small business owner, you don't have the large staff like a major corporation to continually pay attention to the trends that are happening. That more than likely falls to you as the small business owner. Even with a strategic plan, you must be prepared for that "wrench" to get thrown into the mix because sometimes the "unexpected" happens.

Look what happened when the economy tanked a few years ago. While many predicted the coming of the recession, the fact remains that during 2008-2009 alone, nearly 168,000 businesses closed their doors and 6.4 million employees were let go in the U.S. Was this avoidable? Maybe for some businesses.

The following are 5 tips to steer through the unexpected:

Be Flexible: Have the ability to reevaluate your strategies as well as your products or services and make changes. Flexibility doesn't mean you must change every few weeks but it does mean that you as a small business owner are constantly looking for new opportunities in the form of strategies or the creation of new products or services if they are appropriate for your overall vision and goals for your business.

Diversify: The one thing that is essential is to have more than one product or service. Having a full offering based on your company vision and goals allows you to be able to funnel your potential client into your services.

Manage your Expenses: Know how to evaluate what the best return on investment is for all of your marketing and advertising expenses. The last thing you want to do is guess how and where to spend your money not knowing if it is really worth it.

Market Your Business: Depending on how you get your clients, it is necessary to always stay in front of your potential customer. That doesn't mean you must always be working 24/7 but it does mean you must know and achieve the best marketing and advertising ways to stay in front of your perfect prospect.

Do a quarterly SWOT Analysis for your company: What this offers you is a quick glance of four important areas. The first two are based on an internal view of your company - the Strengths and Weaknesses.

Taking a hard look at the internal operations of your company is essential. Doing this helps you get crystal clear on what strengths your company can continually count on and build upon as well as what weaknesses the company must improve upon.

Acknowledging the weaknesses allows a company to strategically plan to improve those either through hiring, education or other methods. For example if you know you don't fully understand finances, make sure you always have an accountant that you trust who will really explain what you need to be aware of and watch out for.

The Opportunities and Threats part of the SWOT Analysis is focused on the external portion of the business. Where do you as a business see opportunities and what threats might hurt your business. Examples of Opportunities might be in the form of strategic alliances or a booming economy while threats might be your competition in the field or a slow economy.

While surviving the unexpected may not always be easy, as a small business owner it is achievable. To do so requires you to put the previous steps in action long before the "unexpected" comes up. Reacting to the "unexpected" can lead to problems and failures while taking charge and acting when the "unexpected" arises helps you as a small business owner move through the challenges smoothly.

"Latest Census Data Show Hope for Small Biz." <http://www.entrepreneur.com/article/224346>



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.

NEWS FROM THE OFFICE OF ECONOMIC DEVELOPMENT

The "orange economy" is alive and well in Delray Beach, and a number of new businesses in the cultural and art industries have opened up within the CRA District. In August and September 2014, the CRA board approved four grants to new art-related businesses, for a total public investment of \$8,327.53. Please congratulate AR Gallery in Artist's Alley; Beachcomber Art in the beach area; Art-Sea Living in the downtown core; and Le Garage in West Atlantic Avenue.

The CRA is also moving forward with its own arts-based economic development initiative at the Arts Warehouse. On September 23rd, the CRA Board approved an agreement with Currie Sowards Aguila Architects to create the design that will ultimately transform the vacant warehouse at the south end of Artist's Alley into an arts and business incubator facility. CSA Architects will also handle construction administration for the renovation project, which is preliminarily estimated to cost \$2.9 million.

The CRA board recently approved modifications to the Site Development Assistance Program, which offers a partial reimbursement for exterior improvements to commercial properties throughout the CRA District. Updates include new target areas, eligible improvements and uses, and other adjustments. Download the current guidelines, available on the CRA website.

The Greater Delray Beach Chamber of Commerce Presents
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"

RSVP by October 2, 2014

2014 Fine Wine & Dine Affair

WEDNESDAY, NOVEMBER 5TH
6:00-6:30 CHAMPAGNE MEET & GREET
6:30-9:00 INVITATION ONLY EXCLUSIVE VINTNER'S DINNER
\$175 PER PERSON INCLUSIVE

Package Includes:
COMPLIMENTARY WINE TICKETS TO BE REDEEMED AT WINE & SEAFOOD FESTIVAL
COMMEMORATIVE WINE & SEAFOOD FESTIVAL ETCHED GLASS • FREE VALET PARKING

RSVP BY MONDAY, OCTOBER 27TH
FOR MORE INFORMATION & RESERVATIONS CALL 561-274-3200

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• Listed events are for Boca Chamber members only unless otherwise noted.

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 09, 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 - 7:00 PM
 5030 Champion Boulevard, Suite C-2/C-3, Boca Raton

Ribbon Cutting - Alzheimer's Association

Date: Saturday, October 11, 2014
 Time: 8:00 AM
 Alzheimer's Association
 Mizner Park Amphitheater 590 Plaza Real, Boca Raton
 (1st South Country Walk to end Alzheimer's)
 Registration is at 6:30am to participate in the walk!

New Member Orientation

Date: October 14, 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

PULSE Meets TRUSTEE Network

Date: Tuesday, October 14, 2014
 Time: 5:30 PM - 7:30 PM
 Sorrisi, 5550 NW 40th Street, Coconut Creek
 Enjoy an evening of networking with some of Boca Raton's Top Executives at the Beautiful Seminole Coconut Creek Casino, one of the hottest venues in South Florida. The Boca Chamber created it's Business 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 or how you can get involved, contact Chasity Navarro at cnavarro@bocachamber.com

South Healthcare Advocacy Network (S.H.A.N) The Boca Chamber's Medical Initiative

Date: October 15, 2014
 Time: 8:30 AM TO 10:00 AM
 Broward Health North - Conference Center
 201 East Sample Road, Deerfield Beach
 Phone: (561) 395-4433

Leadership Boca Alumni Network

Date: Wednesday, October 15, 2014
 Time: 5:30 PM - 7:30 PM
 M.E.A.T Eatery & Taproom
 980 N. Federal Highway, Suite 200, Boca Raton
 Are You a Leadership Boca Alumni?
 If you are...join your fellow Greens, Yellows, Blues, and Reds for a great evening of networking, catching up and some good old fashion Leadership Boca fun at Cendyn Spaces, M.E.A.T Eatery and Taproom!

Successful Women In Business

Date: Thursday, October 16, 2014
 Time: 11:45 AM - 1:15 PM
 Wyndham Hotel - Boca Raton
 1950 Glades Road / Wyndham Way, Boca Raton

Attractitude - Grand Opening/Ribbon Cutting

Date: Friday, October 17, 2014
 Time: 7:00 PM - 10:00 PM
 Attractitude LLC
 100 Plaza Real South, Suite D, Boca Raton

Economic Development Committee

Date: October 21, 2014
 Time: 3:00 PM TO 4:00 PM
 Research Park at Florida Atlantic University
 3651 FAU Boulevard, Suite 400, Boca Raton
 Phone: (561) 395-4433

Boca Chamber Polynesian Gala (Annual Celebration)

Date: Saturday, October 25, 2014
 Time: 6:00 PM - 11:00 PM
 The Waldorf Astoria Collection 501 E Camino Real, Boca Raton
 Boca Chamber's 62nd Annual Celebration. Join the Boca Chamber as we thank our Executive Committee of the Board of Directors and Congratulate Governor Rick Scott (invited) Recipient of the M.J. "Mike" Arts Award of Excellence.
 The Celebration Begins with Cocktails at 6:00 p.m. Dinner will be Served at 7:00 p.m. Attire is Black Tie For More Information, Contact Chasity Navarro at cnavarro@bocachamber.com

Ribbon Cutting - Kids Choice Sports, Dance & Fitness

Date: Saturday, October 25, 2014
 Time: 2:00 PM - 6:00 PM
 Kids Choice Sports, Dance & Fitness
 600 W. Rogers Circle, Suite 1000, Boca Raton

Fall Business EXPO!

Date: Tuesday, October 28, 2014
 Time: 5:30 PM - 7:30 PM
 Embassy Suites Hotel, 661 NW 53rd Street, Boca Raton
 Join The Boca Chamber for the Fall Business EXPO! No matter what field you are in this Expo has something for everyone. This FREE-to-attend for Chamber Members event will give you the opportunity to network with local businesses Come learn about what products and services are available in our local community. (Non-Members \$50)

Smart Talk for Women

Date: Tuesday, October 28, 2014
 Time: 11:30 AM - 1:30 PM
 225 N.E. Mizner Boulevard Suite # 100, Boca Raton

Grand Opening / Ribbon Cutting - Boca VIPediatrics

Date: Thursday, October 30, 2014
 Time: 5:30 PM - 7:30 PM
 Boca VIPediatrics, 5458 Town Center Road, Suite 13, Boca Raton

International Business ALLIANCE

Date: October 4, 2014
 Time: 11:30 AM TO 1:30 PM
 Lynn University, 3601 N. Military Trail, Boca Raton
 Phone: (561) 395-4433

Trustee Panel Luncheon

Date: October 5, 2014 Time: 12:00 PM TO 1:15 PM
 Phone: (561) 395-4433



October Membership Breakfast

Thursday, October 9th
 7:45 to 9:15 a.m.
 Via Mizner Golf & Country Club
 6200 Boca del Mar Drive,
 Boca Raton FL 33433

Sponsored by: Boca Regional Hospital

Program: State of Boca Raton Regional Hospital

Speaker: Jerry Fedele, President & CEO,
 Boca Raton Regional Hospital

About Mr. Fedele:
 Jerry Fedele has more than 25 years of experience as a healthcare lawyer and chief executive officer in academic and regional hospital settings. Over the last 13 years, Mr. Fedele has focused on restructuring and improving financially challenged hospitals. He is credited with saving a major academic hospital and three community hospital affiliates from the largest health care bankruptcy in US history through removing the hospitals from bankruptcy proceedings, restructuring debt, implementing a financial turnaround exceeding \$140 million dollars, and completing a transformational refinancing exceeding \$750 million. Mr. Fedele is currently the President and Chief Executive Officer of Boca Raton Regional Hospital where he led an initiative that resulted in operations improvement of \$60 million over 18 months. [Click here](#) to learn more about Mr. Fedele.

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 10/16
 5:30-7:30

WHERE
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downtown delray NETWORKING
 Hosted by Kurt Lehmann

FIRST DRINK IS FREE!
 RSVP at downtowndelrayevents.com

DELRAY 21

BOCA RATON CHAMBER OF COMMERCE

PULSE Meets Trustees

Network with some of South Florida's top executives at one of the best venues in town!

October 14th 5:30 - 7:30 p.m.
 Sorrisi, Seminole Casino Coconut Creek

Sponsored by: Cutting Edge Recruiting Solutions

Professionals United for Leadership, Service and Empowerment

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

Smart Talk for Women

Join 25 Dynamic Women at Ruth's Chris Steak House for a Round-table Discussion

Tuesday, October 28th 11:30 a.m. to 1:30 p.m.
 Ruth's Chris Steak House | 225 N.E. Mizner Blvd., Ste. 100

Speaker: Nancy Proffitt, Founder and President of Proffitt Management Solutions
 Topic: Communicating Effectively - How Do You Know They Understand You?
 Sponsored by SAMANDHEL Corp

Successful Women in Business

If you or someone in your office is a professional woman, please help us spread the word about this great business event!

Thursday, October 16th 11:45 a.m. to 1:15 p.m.
 Wyndham Hotel Boca Raton | 1950 Glades Road

Speaker: Zoyla Almeida, M.D., Obstetrics & Gynecology,
 West Boca Medical Center

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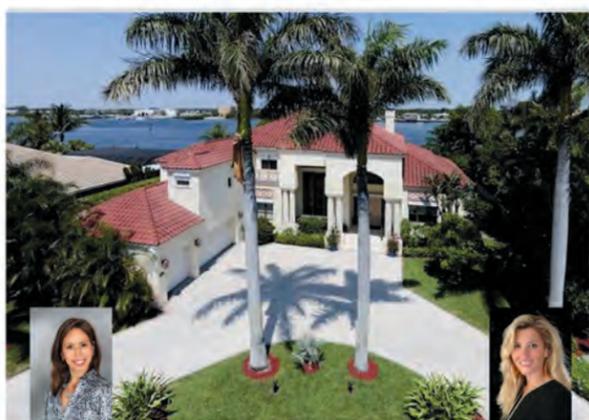


Jerilyn Walter
Broker / Owner
561-537-0050



Anthony Aliberti 561-232-5924 **Michelle Sadownick** 561-633-1020 **Catherine McGlennon** 561-239-0037 **Bob Wallace** 561-251-2481 **Dina Branham** 561-241-0950 **Alex Zamir** 561-271-8861 **Tiffany Savino** 561-702-5552 **Suzana Magalhaes** 561-251-2044 **Chelsey Hublar** 561-215-8350

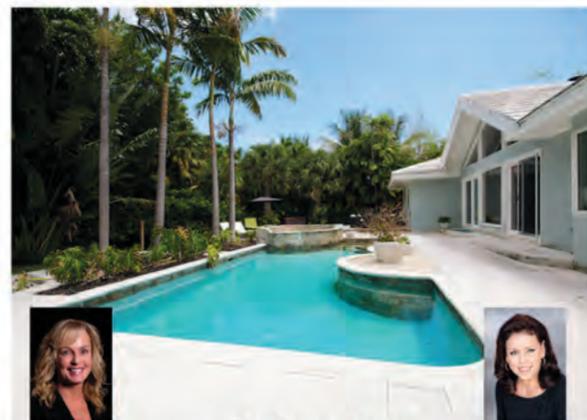
Have you got Posh?



Michelle Sadownick 561-633-1020 **Point Manalapan** **Catherine McGlennon** 561-239-0037
1585 Lands End Rd. Manalapan, FL
5 bed, 6.5 bath Luxurious Mediterranean Style home with breathtaking views of the Intracoastal, Large open patio private pool, & private beach, 25 ft ceilings, marble flooring, wine cellar, perfect for entertaining!
Offered at \$3,995,000.00



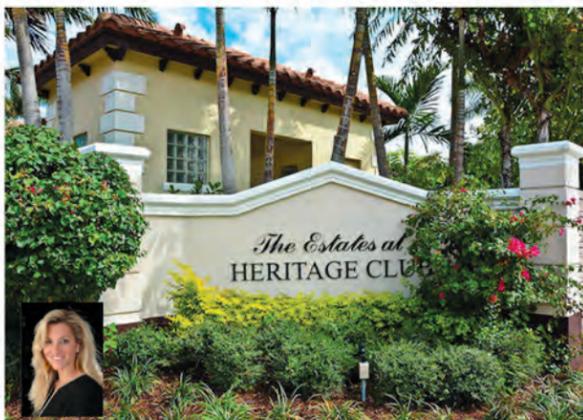
Congratulations to Bill Wright of Delray Beach, who got Posh, and found his waterfront dream home.



Tiffany Savino 561-702-5552 **Delray Isle** **Jerilyn Walter** 561-537-0050
1109 Harbor Dr. Delray Beach, FL
3 bed, 3.5 bath Pool home just steps to the sand & Atlantic Ave! Vaulted ceilings, built-ins, fireplace, saturnia flooring, split floorplan. New roof, new A/C, new landscaping, pool & patio pavers. New W/D & dishwasher. Hurricane sliders.
Offered at \$1,295,000.00



Suzana Magalhaes 561-251-2044 **Lake Forest South** **Dina Branham** 561-241-0950
4175 NW 7th Ct. Delray Beach, FL
5 bed, 2.5 bath Pool home w/ long lake view. Soaring Ceilings, vaulted screened pool & covered lanai. 2 car garage, oversized kitchen, Chicago brick pool & private patio, Formal dining rm, living rm & family room!
Offered at \$329,000.00



Catherine McGlennon 561-239-0037 **Estates at Heritage** **Catherine McGlennon** 561-239-0037
449 Francesca Ridge Rd. Boynton Beach, FL
3 bed, 2.5 bath, 2 story single family home built in 2013 Dramatic 2 story foyer entry & living room, high-end upgrades throughout! Hurricane impact windows, SS & granite kitchen w/ custom espresso cabinets!
Offered at: \$414,999.00



Catherine McGlennon 561-239-0037 **Ocean Place** **Jerilyn Walter** 561-537-0050
2155 S. Ocean Blvd. PH12 Delray Beach, FL
1 bed, 1.5 bath Oceanfront condo just steps to the sand! Spacious & remodeled fully furnished w/ both ocean & intracoastal views! Granite kitchen w/ plenty of cabinet space! Beautiful wood & marble flooring!
Offered at \$499,900.00



Alex Zamir 561-271-8861 **The Astor** **Chelsey Hublar** 561-215-8350
235 NE 1st St. #409 Delray Beach, FL
2 bed, 2 bath Split plan condo just minutes to the beach! Walk to everything! Gorgeous hardwood flooring, stainless steel appliances, walk-in closet, marble master bath w/ roman tub & dual sinks, Lg. pets OK!
Offered at \$375,000.00



Catherine McGlennon 561-239-0037 **Andover** **Catherine McGlennon** 561-239-0037
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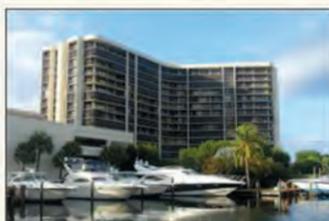
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Pirate Fest

and Mermaid Splash!



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Sat., Oct. 25: 11am – 9 pm
Sun., Oct. 26: 11am – 7 pm
E. Ocean Ave., Boynton Beach

- Pirate Re-enactments
- Acrobats
- Captain Jack
- Live Mermaid Tank
- Magic Show
- Rock Climbing
- The Wheel Walker
- Street Performers
- Bounce House
- Sword Fights
- Children's Shows & Treasure Hunt
- Interactive Pirate Ship
- Comedy
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TIME FOR THREE RETURNS TO BOCA

Festival of the Arts Launch Party & Concert Next Month

BOCA RATON, FL – 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.

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.

Tickets for Time for Three go on sale September 15 at www.festivalboca.com or by calling (866) 571-ARTS (866-571-2787).

Boca Ballet Theatre's 23rd Annual "A Princely Affair" Luncheon and Performance



BOCA RATON, FL - The Boca Ballet Theatre's annual social event and fundraiser luncheon kicks off the season in a festive and fashionable way. The gala will feature performances by New York City Ballet Principal Dancers Sterling Hyltin and Jared Angle, as well as dancers from Boca Ballet Theatre's Countess de Hoernle's Center for Dance.

Each year this elegant event attracts more than 300 people to the Great Hall at the Boca Raton Resort

& Club for an afternoon of dining, dance, fabulous raffle prizes and silent auction items.

Proceeds will benefit Boca Ballet Theatre's dance programs, productions, and performances.

The fundraiser will take place on Sunday, October 26 at noon at the Boca Raton Resort & Club. Tickets are \$90 per adult, and \$45 for children ages 13 and under. To purchase tickets call 561-995-0709, or visit the website at www.bocaballet.org.

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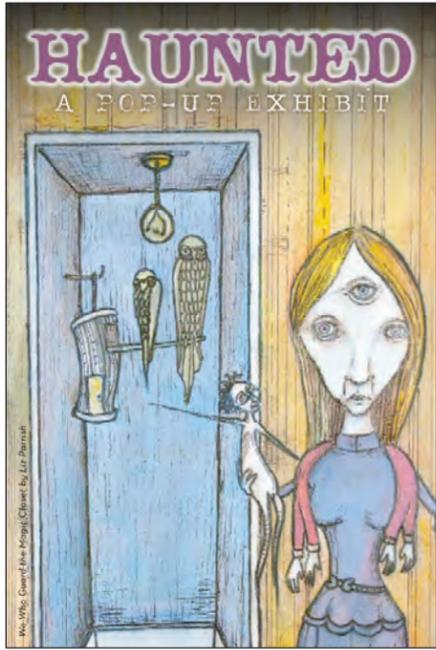
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EVENTS, THEATER, EXHIBITS and LEARNING DELRAY BEACH'S CENTER FOR THE ARTS

COMEDY & CULTURE THIS OCTOBER *Delray Beach Center for the Arts in Old School Square*



The Gym's opening act is DC Benny on October 9. This veteran comedian is known for his unorthodox style of comedic storytelling, seasoned with original characters. His Comedy Central half hour is one of the highest rated in the networks history, and he was a semi-finalist on Season 2 of Last Comic Standing. Show time is 8 p.m.

Tickets are \$20, available at DelrayArts.org or call the Box Office at 561-243-7922, ext. 1.

Main Stage Comedy in the Crest Theatre will feature some of today's top comedians. The series kicks off November 5 with Jackie "The Joke Man" Martling, followed by Vic DiBitetto (12/18), Elayne Boosler (1/28), Rachel Feinstein (TBA), and Tom Cotter (3/18).

Catch A Rising Star is a chain of comedy clubs, founded in 1972 in New York City. The original club helped launch the careers of comedy's biggest names, such as Billy Crystal, Whoopi Goldberg, Jon Stewart, David Letterman, Bill Maher, Jerry Seinfeld, Ellen DeGeneres and SO many others! The list goes on and on. The concept has since spread to other areas across the country, and Delray Beach Center for the Arts is joining the ranks as a sanctioned club.

Delray Beach Center for the Arts and Delray Motors present the 2014-15 Free Friday Concerts! With 17 concerts from October 10th through January 30th, there's something for everyone. All concerts take place at The Pavilion, the Center's outdoor

performance venue. Concerts start at 7:30 p.m., rain or shine, with free admission.

Bring lawn chairs, and bring the family, but no pets or outside food and beverage. Food trucks and cash bar are available.

But, wait. There's more. The Cornell Museum presents two events: Wine With Will on October 16, from 6 p.m. to 8 p.m. Meet figurative artist/sculptor, Will Kurtz, who will give an art talk about his inspiration and creative process; tickets are \$15.

Next, Haunted! A Pop-Up Gala, will take place on November 1 from 8-11 p.m. -- a fundraising party with open bar, light bites, live music and edgy art works for sale by special guest artist, Liz Parrish; tickets are \$75.

Both events give access to the current exhibits: From the Borough to the Beach: Brooklyn-Based Art, Florida Watercolor Society, and Haunted! A Pop-Up Exhibit (new for this month only).

Class registration is open for Fall Term 2, which begins October 27 at the School of Creative Arts. Now could be the perfect time to try your hand at art, put that new camera to creative use, or get to that writing project you've been thinking about! Download our Fall/Winter Class Brochure at DelrayArts.org.

Now celebrating its 25th Anniversary Season, Delray Beach Center for the Arts, located at Old School Square in the heart of downtown Delray Beach, offers a total arts experience™ through events, theater, exhibits and learning opportunities.



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.

Get ready to laugh. A new partnership with Catch A Rising Star will bring standup comedy to both the Vintage Gym and the Crest Theatre at Delray Beach Center for the Arts. Follow our Catch Delray Comedy Facebook and Twitter pages -- #RTL.

The Comedy Club series in the Vintage Gym is on the 2nd Thursday of each month at 8 p.m. Bring your friends and check out comedy's rising and veteran stars in a cool, vintage space with club-style seating and cash bar.

FREE FRIDAY

CONCERTS AT THE PAVILION
A Mix of Music for the Masses

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- October 17 | BLUE FIRE BAND
- October 24 | THE LONG RUN
- October 31 | LAZY BONEZ

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Lourdes Lopez, Artistic Director

Sponsored in part by the State of Florida, Department of State, Division of Cultural Affairs, and the Florida Council on Arts and Culture. Funding for this event is provided in part by the Broward County Board of County Commissioners as recommended by the Broward Cultural Council. Sponsored in part by the Board of County Commissioners, the Tourist Development Council and the Cultural Council of Palm Beach County. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free (800) 435-7352 within the state. Registration does not imply endorsement, approval or recommendation by the state. MCB Registration Number: CH1134. Photo: Patricia Delgado and Roman Condoso in Romeo and Juliet. © Alberto Oviedo.

THIS MONTH AT

mizner park



JAZZIZ NIGHTLIFE has announced its star-studded lineup for October including artists like Brian McKnight, Macy Gray, The Rippingtons and John Oates of Hall & Oates.

The stars come out at JAZZIZ for a diverse sizzling schedule of live entertainment. From rock legends to jazz, Latin, and beyond the stellar line-up of performers include:

October 1 | 7 pm Frank McComb

Real People Real Music presents international artist Frank McComb live at Jazziz. He is one of the most if not the most soulful & funky jazz artists of our time. He comes from gospel roots, but blossomed beautifully as a phenomenal jazz piano vocalist with obvious influences from the great Donny Hathaway, Stevie Wonder, and Chick Corea. Frank sold out The Blue Rooster in Sarasota, FL this past June and is thirsty to please during his debut in Boca Raton at Jazziz where he will pay tribute to Billy Preston, Stevie Wonder, and Donny Hathaway during his performance along with many of his originals. Tickets are \$25 per person General Admission, \$35 Premium and \$45 VIP.

October 2 | 7:30 pm Amaury Gutiérrez

Latin Grammy Award winning Singer/songwriter Amaury Gutiérrez began getting interested in music while still in high school in Cuba. After winning a scholarship, Gutiérrez started studying singing and later piano and guitar. After moving to Havana, the musician started working along with trumpet player Arturo Sandoval, later joining a local band called AfroCuba. In 1993, while touring Central America with a second band, Amaury Gutiérrez decided to settle down in Mexico to pursue a solo career. Tickets are \$35 General Admission, \$45 Premium and \$65 VIP.

October 5 | 7 pm Brian McKnight

Brian McKnight has earned his spot in contemporary music history; having released 15 albums to date, with several going 2 and 3x platinum, and selling over 20 million albums worldwide. In addition to being a singer, songwriter and producer, McKnight is a charismatic personality who has hosted "Soul Session Countdown with Brian McKnight" on BETJ. In addition, "The Brian McKnight Morning Show" on KTWV the Wave Smooth Jazz radio station, was a Top 5 rated show 2 years running.

In 2009 Brian started hosting his own radio show "The Brian McKnight Show" which ran in over 60 markets and was syndicated through ABC Radio. Along with 16 Grammy nominations, McKnight has been the recipient of American Music Awards, Soul Train Awards, NAACP Image and Blockbuster Awards, and Billboard Songwriter of The Year. Tickets are \$100 Premium, \$150 VIP and \$200 to include a Meet & Greet.

October 7 & 8 | 7 pm & 9 pm Richard Elliott

Saxophonist Richard Elliott is considered the reigning merchant of Soul Jazz and has been on quite a roll since becoming a solo artist following his five-year stint with Tower of Power in the 1980s. The Scotland-born, L.A.-raised saxman was still on the road with Tower of Power when he released his debut album Trolldown in 1986. Embarking upon one of instrumental musics most dynamic and multifaceted careers, he has scored four #1 albums and a growing number of #1 airplay singles.

In addition to his participation in all-star tours like Groovin' For Grover and Jazz Attack, in the mid-90s he

helped launch another of the genres annual franchises, the Guitars & Saxes tours, which he has participated in on and off ever since. After touring with Melissa Manchester for a time, he was asked to become a full-fledged member of the Tower of Power horns in 1982. He stayed with the group until 1987 and looks back fondly on those years, since they shaped the style he has today.

When he's not playing his over 100 dates a year, Elliot pilots a small aircraft; he was also a partner in PacificNet, an Internet multimedia company that developed websites for the music and entertainment industries. Tickets are \$35 General Admission; \$55 Premium and \$75 VIP.

October 9 | 7 pm Jon Secada

By popular demand, Jon Secada returns to Jazziz as part of his ongoing residency in the coming months which will showcase the many facets of his extraordinary talent. With a career spanning over two decades, two Grammy Awards, 20 million albums sold, and starring roles on Broadway, the acclaimed, romantic sounds of Secada, have resulted in numerous hits in English and Spanish establishing him as one of the first bilingual artists to have international crossover success. Adored by millions around the world, he is recognized as an international superstar by both fans and peers alike for his soulful and melodic voice.

In honor of the 20th Anniversary of his first hit ("Just Another Day"). Jon's sound features soaring melodies accompanied by lush, detailed harmonies and accessible rhythms. His lyrics explore love, loss, separation and redemption while always focusing on the positive. His songs generate a tangible sense of hope to millions of fans around the globe. The Cuban-born, yet distinctly American recording artist, producer and songwriter Jon Secada has not only written and produced hit songs for his own career, but also written and produced numerous songs and #1 hits for such artists as Jennifer Lopez, Ricky Martin and Gloria Estefan. Tickets are \$60 General Admission, \$100 Premium and \$150 VIP.

October 16 & 17 | 7:30 pm Macy Gray

Macy Gray — a multi-award winning, multi-platinum selling singer, songwriter, actress and mother of three teenagers — has been overturning fan expectation and industry formula since the beginning of her musical career in 2000 with her critically acclaimed debut album 'On How Life Is'. A truly gifted songwriter and brilliantly unique vocalist, Macy first entered the international musical arena with her hit single 'I Try' and soon became an instant global superstar.

Now, with the release of her forthcoming studio album titled The Way, out on October 7, the truly gifted songwriter and brilliantly unique vocalist offers us a taste of what's to come with the new teaser track "Stoned" taken from this highly anticipated full-length. Tickets are \$60 General Admission; \$100 Premium and \$150 VIP.

October 21 | 7:30 pm Nestor Torres

One of JAZZIZ Nightlife's most popular performers, Nestor Torres returns for his monthly residency. If a flute could talk, it would certainly be in the voice of Nestor Torres, for he speaks through his instrument. Equally fluent in Jazz, Classical and Latin idioms, his fluid versatility sets him apart. This 4 time Latin Grammy, 1 time American Grammy winner has worked with Ricky Martin, Tito Puente, Herbie Hancock, Gloria Estefan, Dave Mathews, New World Symphony Orchestras, among many others. Tickets are \$35 General Admission; \$45 Premium and \$65 VIP.

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DELRAY BEACH WINE AND SEAFOOD FESTIVAL
SAT NOV 8TH, 2014
SUN NOV 9TH, 2014
DOWNTOWN DELRAY BEACH

International Original Work of Art Makes U.S. Debut in Boca Raton



The City of Boca Raton welcomes all to play, interact, and imagine in Downtown Boca at Sanborn Square from October 1 through November 30, when the city hosts the United States debut of internationally acclaimed works by artist Emma Anna.

Measuring more than 13.7 feet wide; close to 3 feet high; almost 1.5 feet deep and weighing 550 total pounds, IMAG_NE is composed of large wordplay letters that spell out the word "imagine," although the second "i" of the word is missing. This absence operates as a blank canvas, inviting the audience to physically engage with the work in order to complete the word.

"We are honored to be the first in the country to host this remarkable and inviting piece of art," said Mayor Susan Haynie. "We anticipate that our residents, as well as visitors, will take great joy in having the opportunity to 'wordplay' using their own imaginations. The City of Boca Raton will be planning exciting events in Downtown Boca surrounding IMAG_NE's stay."

Those who visit the display are encouraged to use their imagination and share photos with IMAG_NE on social media using the hashtag #imagineboca.

In addition to being on display for all to enjoy at Sanborn Square throughout much of October and November, other IMAG_NE events and opportunities in Downtown Boca include the official unveiling of IMAG_NE with city officials, the artist, and free concert by the West Boca Raton High School Vanguard Jazz Band on Wednesday, October 1 at 7 p.m.

In November the artwork will move to Waterstone Resort as part of the resort's in-house art program and commitment to culture in the community.

Anna was inspired by the Albert Einstein quote, "Imagination is more important than knowledge." A native of Sydney, Australia, Anna is a visual artist and creative producer whose work draws upon a diverse range of professional and personal experience.

For more information, visit www.myboca.com or call 561.393.7995.

THIS MONTH AT arts garage

SICK PUPPIES, IMPROV, COMEDY CLASSES, And More AT ARTS GARAGE IN DELRAY

Arts Garage's magic lies in its diverse programming, and this month's lineup is spellbindingly good! From the legendary Marsalis family, the award-winning vibraphonist Jason Marsalis visits our venue for the first time. Six-time Grammy Award-nominee Fred Hersch take the stage, and Eric Andersen, a founder of the 60's singer-songwriter movement shows why Bob Dylan calls him "a great ballad singer." And while the treats keep coming, we also offer thrills and chills with Dracula, our ghoulishly good Radio Theatre production.

"This month is an explosion of talent," said Alyona Ushe, Executive Director. "Arts Garage's vision is truly manifested in the current lineup. The leaders of so many genres are showcased this month, along with emerging talents and internationally acclaimed artists."

In addition, Arts Garage is bringing out the hilarity during Halloween month with the introduction of the Sick Puppies Comedy Troupe Showcase. This improv group has generated tremendous buzz with their innovative style, and their new comedy classes at Arts Garage.



Roxana Amed

October 3 | 8 pm | Rockin' Jake

Hailed as one of the premier harmonica players in the country and five-time winner of Off Beat Magazine's coveted Best of the Beat award for best harmonica player, Jake's original sound is a hybrid of second line, swamp funk, blues and zydeco.

October 4 | 8 pm Lightbulb Feat. Roxana Amed

Singer-songwriter Roxana Amed brings her jazz/folk sound and sophisticated poetry to Arts Garage. In 2010 she released with Adrián Iaiés the CD, *Cinematoca Finlandesa*, which was three times nominated for a Latin Grammy Award. The album includes repertoire of Thelonious Monk and Cuchi Leguizamón plus original compositions, and was nominated for the Gardel Awards that year as Best Jazz Album. "Considered one of the best 5 jazz albums of the year." - Claudio Kleiman, Rolling Stone

October 10 | 8 pm Afinka Funk | \$25-\$35

Afinka Funk, an original Afro-Cuban based fusion band is in the business of making people scream with delight – or at least to move their feet.



FRIGHT NIGHTS RETURNS TO THE SOUTH FLORIDA FAIRGROUNDS

Photo: Kelly Goodman

WEST PALM BEACH, FL — Halloween is more than a month away but the staff of Fright Nights is already busy preparing to scare the life out of its attendees.

The South Florida Fairgrounds will transform into this fright-filled event over four weekends, with carnival rides and three haunted houses.

Creative Director Craig McInnis takes pleasure in figuring out how and what will scare the guests. In preparation for Fright Nights, he and Alex Rodriguez, operations director, visit others haunts and also attend the annual National Haunters Convention.

"Scary is what we spend most of our time concentrating on," said McInnis, who expects up to 50,000 people to come to the event over the course of the month. "Some of the places we've visited have cool looking haunts but they're not scary. We want our guests to leave with their heart racing. Other haunts may only last for 15 minutes but you can make a whole evening of entertainment here for one set price."

The event will feature three newly-themed and designed haunts: New World Order, Vile,

and Flamingo Hotel. There also will be one or two scare zones where unsuspecting guests will be surprised to encounter strange and creepy characters. It isn't possible to avoid the scare zones.

"We continue to reimagine our scares," said McInnis. "We don't take it easy on anyone. I like the challenge of scaring the full-grown adult males who come here thinking they can't be scared. They're the toughest."

Admission is \$25 for three haunted houses and unlimited carnival rides, \$15 for three haunted houses and no rides, or \$10 for an unlimited rides wristband. An R.I.P. pass, a fast pass to skip to the front of the line, is \$5.

Fright Nights also will present a Monster Bash Costume Party on Oct. 26 from 6 p.m. until midnight. Admission to the ball is \$10, and will give guests the chance to meet the cast and crew, enjoy food and drink, and dance. Prizes from \$100 to \$500 will be awarded in a costume contest.

For more information about Halloween Fright Nights in West Palm Beach, call 561-793-0333, visit www.southfloridafair.com, or www.myfrightnights.com.

NEW ART PROGRAM

The Creative City Collaborative Brings Arts & Education to Delray Beach and Pompano Beach

DELRAY BEACH, FL – The Creative City Collaborative (CCC) is proud to announce its newly enhanced arts education programs entitled The Studio at Arts Garage and The Studio at BaCA.

The 8-week sessions will commence October 20, at both the Delray Beach and Pompano Beach venues. The curriculum-driven, goal-based programs will include instruction in voice, acting, theater, instrumental performance and visual arts.

"Every student deserves a phenomenal arts education, and this semester brings an exciting change to our education programming," said Matt Stabile, Education Director for the CCC. "Our shift to curriculum-based programs will promote the artistic and educational growth of students of all ages through a system of leveling and goal-driven instruction. Students learn best when they can track their progress through regular assessments from our professional teaching artists."

This semester will offer Level One classes which are designed to focus the artist on "The Self." Through exciting and engaging lessons by highly qualified teaching artists, these courses offer students the tools and techniques required in their chosen discipline. Whether the lessons are focused on introductions to music

theory, the proper use of voice and breath, exploration of new mediums, or the basics of creating a character, these courses offer the solid foundation to build from for future success.

"During each 8-week session, all levels and disciplines will be focused around a common theme," he explained. "This allows our students to utilize their chosen art form to deepen their understanding of broader educational topics like Cultural Identity, Community Involvement, Literacy, and more."

Stabile, a South Florida native, is also passionate about stopping the local "talent drain." He is passionate about making a change in the local community, with a focus on arts.

"We want to provide a high-quality educational experience with teaching artists who model career-paths for students who are interested in the arts," he said. "We want our students to learn here and then stay here to create here."

Classes are held weekly for 90 minutes. Each 8-week session is \$300 per student.

For more information and to register for classes, go online. Easy pay options are available on both Arts Garage and BaCA websites: www.artsgarage.org, or www.bacapompano.org.



Diane Marino

October 11 | 8 pm
Diane Marino Quartet | \$25-35

When you combine an accomplished vocalist, an accomplished pianist, and accomplished arranger all in one individual, you have the dynamic Diane Marino. M&M Records recording artist Diane Marino has recorded, performed, and shared the stage with jazz legends Houston Person, Joe Henderson, Wycliffe Gordon, Pete Escovedo, Tania Maria, Kirk Whalum, pop music icon Felix Cavaliere and many others. She was also awarded the 2011 Jazz Vocalist of the Year by Coffee Talk Jazz Radio.

October 16 | 7:30 pm
Sick Puppies Comedy | \$15-25

Sick Puppies Comedy is an improvisational comedy company that performs scenes completely made up on the spot off the tops of their heads. Unlike any other show, they prepare no material ahead of time. The shows rely completely on audience input, and are driven by the emotional connection between the actors. Some people may compare what they do to the TV show *Whose Line Is It Anyway?*, but their scenic work goes beyond that. This show is about discovery, and the laughter generated when the artists and the audience uncover something simultaneously. Come enjoy an interactive evening of laughter with some of South Florida's most talented performers!

October 17 | An Evening with Fred Hersch

Jazz pianist, composer and six-time Grammy-Award nominee, Fred Hersch has been proclaimed by *Vanity Fair*, "the most arrestingly innovative pianist in jazz over the last decade." As leader of a widely praised trio whose *Whirl* found its way onto numerous 2010 best-recordings-of-the-year lists; and as the impetus behind the ambitious 2011 production, *My Coma Dreams*, a full-evening work for 11 instrumentalists, actor/singer and animation/multimedia -- Hersch has fully lived up to the approbation of the *New York Times* who, in a featured *Sunday Magazine* article, praised him as "singular among the trailblazers of their art, a largely unsung innovator of this borderless, individualistic jazz -- a jazz for the 21st century."

October 18
Doug Deming and the Jewel Tones | \$25-35

Doug Deming, proud recipient of the 2013 Blues Blast Music Awards Sean Costello Rising Star award, has garnered widespread attention for his deft guitar work and memorable songwriting. Leading his band, The Jewel Tones, Doug continues to bring noteworthy traditional and original roots music to his audiences.

October 19 | Eric Andersen | Blues | \$25-35

Eric Andersen was a part of the Greenwich Village folk and songwriter scene in the early 1960s, and became one of the founders of the singer/songwriter movement. Over the past 45+ years, Eric has released over 25 CDs of original music, and his songs have been covered by such artists as Bob Dylan, Mary Chapin Carpenter, Judy Collins, Fairport Convention, Linda Ronstadt and Peter, Paul & Mary.

October 22-23 | 7:30 pm Dracula | \$25-35

Arts Garage proudly presents the second season of its acclaimed Radio Theatre series. *Dracula* is the radio play that brought Orson Welles's legendary Mercury Theatre to life! This iconic tale of the bloodthirsty Count is the perfect horror story for Halloween.

October 24 | 8 pm
Miami Jazz Project | \$25-35

The Miami Jazz Project is an all-star line-up of South Florida musicians featuring Arthur Barron on saxophones & flute and keyboard wiz Abel Pabon along with Stewart Rabin trumpet, Gabriel Vivas bass and Rey Monroig on drums, performing a repertoire of classic jazz and original compositions from the new Miami Jazz Project worldwide CD release on ZoHo Music label.

Arthur Barron, bandleader of Miami Jazz Project, is known for his passionate playing, powerful technique and eclectic flare for musical styles. Arthur has performed and recorded with an array of jazz and Latin jazz artists, best known for his work with Dr. Lonnie Smith, Dave Liebman, Melton Mustafa, Hilton Ruiz, Jerry Gonzalez and Mario Rivera.

Abel Pabon, musical director of Miami Jazz Project, is recognized for his long tenure with English soul singer Joss Stone and work with pioneering R&B singer-songwriter Betty Wright.

October 25 | 8 pm | Blues
Slam Allen

A Grammy Award-nominated singer and songwriter, and New York State Blues Hall of Fame Master Musician inductee, Slam Allen is known as "The Soulworking Man." He is an authentic high-energy soul, funk and blues artist and entertainer with a historic pedigree.

October 30 | 7:30 pm
Jason Marsalis Vibes Quartet

Jason Marsalis, the youngest member of the venerable first family of jazz, brings his talent and legacy to Arts Garage! From a tender young age, it was clear that Jason Marsalis had what it took to be great.

Jason is the son of pianist and music educator Ellis Marsalis and his wife Dolores, and the youngest sibling of Wynton, Branford and Delfeayo. Together, the four brothers and their patriarch Ellis, comprise New Orleans venerable first family of jazz.

October 29 | 8 pm
Los Habaneros | \$25-\$35

This energetic ensemble will bring to you what is the "Heart of Havana," its music and culture. Though classically trained, Los Habaneros will not only delight you with familiar pieces by composers such as Mozart, they will also introduce you to Latin repertoire that will surely have you clapping and tapping.

For ticket purchases and more information about Arts Garage in Delray Beach, visit the website at artsgarage.org or call 561-450-6357.

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An Evening with FRED HERSCH

Fred is a pianist, composer and six-time Grammy-Award nominee. "The most arrestingly innovative pianist in jazz over the last decade." -Vanity Fair
"One of the small handful of brilliant musicians of his generation." -Downbeat Magazine

FRI. 10/17 | 8PM



ROCKIN' JAKE

FRI. 10/3 | 8PM

Jake is hailed as one of the premier harmonica players in the country and five-time winner of *Off Beat Magazine's* coveted Best of the Beat award for best harmonica player.



LIGHTBULB feat. ROXANA AMED

SAT. 10/4 | 8PM

Singer-songwriter Roxana Amed brings her jazz folk sound and sophisticated poetry to Arts Garage.



AFINKA FUNK

FRI. 10/10 | 8PM

Afinka Funk, an original Afro-Cuban based fusion band is in the business of making people scream with delight – or at least to move their feet!



DIANE MARINO QUARTET

SAT. 10/11 | 8PM

When you combine an accomplished vocalist, a talented pianist, and a gifted arranger all in one individual, you have the dynamic Diane Marino.



DOUG DEMING & THE JEWEL TONES

SAT. 10/18 | 8PM

Garnering widespread attention for his deft guitar work and memorable songwriting. Doug continues to bring noteworthy traditional and original roots music to his audiences.



ERIC ANDERSEN

SUN. 10/19 | 8PM

Over the past 45+ years, Eric has released over 25 CDs of original music, and since the 1960's has become one of the founders of the singer/songwriter movement.



MIAMI JAZZ PROJECT

FRI. 10/24 | 8PM

An all-star line-up of South Florida musicians performs a repertoire of classic jazz and original compositions, featuring Arthur Barron, Abel Pabon, Stewart Rabin, Gabriel Vivas and Rey Monroig.



SLAM ALLEN

SAT. 10/25 | 8PM

Grammy Award-nominated singer/songwriter and New York State Blues Hall of Fame Master Musician inductee, Slam is "The Soulworking Man."

"BRING YOUR OWN WHATEVER"
A BOTTLE OF WINE, FAVORITE BEVERAGES & MUNCHIES

LATIN JAZZ JAZZ LATIN POP BLUES



JASON MARSALIS VIBES QUARTET

THU. 10/30 | 8PM

Winner of the Offbeat Magazine Award for best Contemporary Jazz Album, Jason, the youngest member of the venerable first family of jazz, brings his talent and legacy to Arts Garage!



LOS HABANEROS

WED. 10/29 | 7:30PM

This energetic ensemble will bring to you the "Heart of Havana," its music and culture. Classically trained, they will delight you with familiar pieces, and also introduce you to a fiery new Latin repertoire!



ARTS GARAGE RADIO THEATRE

DRACULA

Wed. OCT 22

Thur. OCT 23

Arts Garage proudly presents the second season of its acclaimed Radio Theatre series.

Dracula is the radio play that brought Orson Welles' legendary Mercury Theatre to life! This iconic tale of the bloodthirsty Count is the perfect horror story for Halloween.

Scripts adapted from classic movies during the heyday of radio will be performed live, with performers utilizing specially designed sound effect devices, providing a nostalgic trip to the past with a modern twist.

7:30PM



THIS MONTH IN

south florida

Oct. 1 | Wine Wednesday

Wine Down Wednesday at PISTACHE French Bistro. Wine Down every Wednesday at PISTACHE French Bistro where virtually every wine on its impressive and sophisticated wine list at half price when ordered with an entrée. The purchase of a dinner menu entrée is required in order for guests to enjoy the Wine Down Wednesday promotional price.

The promotional price is available for all wines featured on the PISTACHE wine menu, with the exception of reserve wines and Champagne, which are offered at a 20% discount. For more information, please call (561) 833-5090 or visit www.pistachewpb.com.

Oct. 2 | Wine Night

Merryvale Vineyards and Starmont Winery at VPWSA. Join René Schlatter, Proprietor and Phil Corrente Southeast Regional Manager for Merryvale Vineyards in St Helena and Starmont Winery in Carneros at Virginia Philip Wine Shop & Academy. This iconic California Winery is a specialist in the production of world class Pinot Noir, Chardonnay, Sauvignon Blanc and Cabernet Sauvignon to include the legendary "Profile" blend.

This event is a must for all California wine lovers to taste and learn directly from the source. Tickets are \$40 and include 6 of their top wines will be showcased. For more information, please call 561-721-6000 or visit www.virginiaphilipwineshopacademy.com.

Oct. 2 | Firefighter Chili Cook Off

Come out for some fire alarm fun at our first annual Firefighter Chili Cook Off. There will be fun for the entire family including games, bounce houses and a real fire truck that kids can play on. For \$10 the public receives unlimited chili tasting (while supplies last) and can vote for their favorite in the People's Choice award contest.

And don't miss the Country Dance World Champion Chili Chicks performing live during the event. For more information, please visit www.wpb.org/clematis-by-night/concerts/firefighter-chili-cook-off.

Oct. 4, 11, 18 & 25 Savor Our City Culinary Tours

This 3-hour historical walking food tour takes place from 11 a.m. to 2 p.m., bringing participants through Delray Beach to enjoy signature tastings at several restaurants. The cost is \$65 per person. For more information visit SavorOurCity.com, or call 800-979-3370.

Oct. 10-11, 16-18, 23-25 Fright Nights

Halloween Fright Nights offers three frightening haunted houses. Runs 6 p.m. to 11 p.m. The South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Admission is \$25. For more information call 561-793-0333 or visit the website, www.myfrightnights.com.

October 10 | Live Music

The diverse Jon Greco Band at Tim Finnegan's Pub, 2885 S. Federal Hwy. in Delray Beach. No cover, rock and popular favorites, even a little Jimmy B. 8-11 p.m.

Oct. 11 Documentary & Discussion

"ReGeneration City," a documentary film about "urban acupuncture," will screen at The Cultural Council of Palm Beach County at 3 p.m. A panel discussion will follow. Urban acupuncture is the practice of creating small urban projects that act as a catalyst to revive the city neighborhoods.

The film highlights community engagement and the transformation of a small Italian town. One of the highlights of the film features half of the art duo LeJobart (Beju and Muriente), who specialize in cross-disciplinary projects that include performances, installations and happenings. Sherryl Muriente, who demonstrates one of nine "interventions" in the film, is also an instructor at Florida Atlantic University's School of Urban and Regional Planning.

The panel discussion will consist Sherryl Muriente of LeJobart and Architect Angelo Gentili, moderated by Beju of LeJobart. Following the panel discussion the audience can engage in a Q&A session. Reservations are required as seating is limited.

Oct. 11 The Charlie Daniels Band

The Charlie Daniels Band is known for their contributions to country and southern rock music and is best known for the No. 1 country hit "The Devil Went Down to Georgia," which became a platinum single, topping both country and pop charts, earning a Grammy, three CMA trophies, and becoming a cornerstone of the Urban Cowboy movie soundtrack.

Known for southern rock hits "The South's Gonna Do It Again" and "Long Haired Country Boy," the CDB will perform 100 concert dates this year including performances on the Grand Ole Opry. The band's latest release, *Off the Grid - Doin' It Dylan*, features 10 Bob Dylan songs, the first CDB studio release since 2007.



Ticket buyers are invited to Round Up on the Green for the Charlie Daniels Pre-Show Party in the outdoor Gosman Amphitheatre. Visit kravis.org/roundup for more information.

Oct. 12 | Double Treble

At 5 p.m., in the Unity of Delray Beach Church, enjoy a free recital featuring works from a piano and organ duo, piano four-hand duet, piano solo, and organ solo. Numbers include "Rhapsody in Blue," "Brandenburg Concerto No. 3," and "Hungarian Rhapsody no. 2" by Liszt.

Oct. 16 | Sea Rhino Coffee Stout Launch

Raise your coffee and beer mugs: Rhino Doughnuts & Coffee, South Florida's cutting-edge doughnut and coffee chain is charging into the craft beer market with the launch of Sea Rhino coffee stout, available at Saltwater Brewery in Delray Beach. The limited release brew is made with Saltwater's Sea Cow Milk Stout and Rhino's vanilla coffee beans. The party takes place at Saltwater Brewery at 7 p.m., introducing Sea Rhino to locals, with samplings of Rhino's signature doughnuts and live reggae music.

Oct. 18 & 25 Taste History Culinary Tour

The non-profit Taste History Culinary Tours of Historic Palm Beach County is sautéing its menu for the Fall/Winter 2014 seasons with cultural epicurean tours in October, November and December on the second, third and fourth Saturdays of each month. The tour program delivers an engaging taste of the cuisine, culture, art and history of the main streets and historic districts in Lake Worth and Lantana; and Delray Beach and Boynton Beach. For information call 561-243-2662, or email tour@tastehistoryculinarytours.org.

October 24 | Live Music

Classic Rock Night at Tim Finnegan's Pub, with the outstanding band Prowler. 2885 S. Federal Hwy. in Delray Beach. No cover, \$10 Restaurant is known for their huge fish 'n chips plate. 8-11 p.m.

October 25 Dallas Children's Theater

The Musical Adventures of Flat Stanley. Stanley Lambchop is a normal boy in all aspects who wants to do something amazing. One night, the bulletin board above his bed falls right on top of him - and he wakes up flat! He survives and decides to make the best of his new shape by folding himself into a big envelope and traveling around the world.

In a whirlwind musical travelogue, Stanley - the ultimate exchange student - explores the globe and learns that heroes come in all shapes and sizes. He's stamped and posted from Hollywood to France to Honolulu and beyond, until he finally finds his way back home and becomes a three-dimensional boy once more. Tickets start at \$10. Visit kravis.org for more information.

GUMBO LIMBO NATURE CENTER

October 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 October 15 | 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.

Seining The Lagoon October 18 | 2-3:30 pm

Wading in the Intracoastal Waterway just behind Gumbo Limbo, we catch fish, shrimp, crabs, and more. With hand-held dip nets and large seine nets, get up close and personal with our local marine life. Closed toed shoes required (old sneakers or water shoes; no sandals). Bring a change of clothes and towel. Prepayment is recommended. Ages 10-adult; children under 18 must sign-up and participate with an adult.



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arts & ends



Divine Feminine Retreat in Delray

Come celebrate in Delray Beach with Kathleen Haden and friends Kristen Bauer, Elaine Beam, Amalia Brassfield, Barbara Evans, Rev. Leah Fortner, Laura Mirante, Dr. Stephanie Pierre, Sarah Purcell, Lisa Ruff, Natalie Sager, Kate Siano, Shayne Silver, Lourdes Starshower, Val Silidker, and Carolina Zacaria.

These women and friends will teach you ways to “open the soul, center the mind, and strengthen the body,” during this amazing Women’s Retreat. The Retreat will be held at the Hyatt Place in Pineapple Grove.

This month, Friday, October 31 is the day to pamper yourself with one of the retreat’s many revitalizing private sessions. The retreat registration will take place from 4-6 p.m., followed by an opening ceremony and keynote address given by Val Silidker.

Each of the remaining days (Saturday, Sunday, and Monday) open with morning yoga and pilates classes, or a walk on the beach followed by morning and afternoon sessions with multiple presenters on many interesting topics concerning women and becoming powerful in your own body, mind, and soul.

Saturday night includes a DJ and dance, while Sunday will be a movie night showing “Keeper of the Keys” with actors Kathleen Haden, Jack Canfield, John Gray, and many more.

The retreat ends on the Fall Equinox and Blood Moon with a ceremony on the beach including drumming, dancing and celebration. To attend the event, retreat entry is \$549. Private sessions are extra.

To register, or for more information, visit www.thedivineretreats.com.

LANTERN FESTIVAL AT MORIKAMI MUSEUM IN DELRAY

The Morikami Museum and Japanese Gardens will pay tribute to Japan’s three-day Obon holiday with an exciting fall celebration, Lantern Festival: In the Spirit of Obon, Saturday, Oct. 18 from 3 p.m. to 8 p.m. This year for the first time, museum members will enjoy discounted pre-sale tickets and a special members-only hour from 2-3 p.m. with exclusive sake selections, a kick-off taiko drum performance, and early bird lantern sales.

The Lantern Festival will showcase non-stop entertainment, including rousing taiko drumming by Fushu Daiko, and Japanese folk-dancing. Morikami’s ennichi street fair will feature shopping, children’s activities and games.

Food vendors will serve Asian and American favorites, and guests can snack on traditional Japanese fall fare like sweet potatoes, roasted nuts, and fried tofu. Visitors will also enjoy the Kirin Beer Garden and Sake Station.

In keeping with the traditional Obon celebration, guests will have the opportunity to personalize hand-made paper lanterns with special messages to honor and remember their loved ones. When night falls, visitors will pay homage



to those who have passed on as candlelit lanterns float across Morikami Lake. As part of a traditional Japanese ceremony known as toro nagashi, the lanterns will create a myriad of lights that signify the guidance of departing souls after their brief visit to the living.

Tickets are available for purchase now, but will not be sold at the gate. Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture in South Florida since its opening in 1977. The Morikami invites guests to discover South

Florida’s heritage and its connection with Japan, explore a series of six diverse gardens inspired by a different historical period and style of Japanese gardening. Experience traditional and contemporary Japanese culture through world-class exhibits, varied educational programs and seasonal events, bonsai display, pan-Asian cuisine and a distinctive Museum Store.

The Morikami is located at 4000 Morikami Park Road in Delray Beach. For more information visit morikami.org, or call 561-495-0233.

AREA MOVIE THEATRES



Frank Theatres
9025 West Atlantic Avenue

Movies of Delray
7421 W. Atlantic Avenue

Cinemark Boynton Beach
1151 N. Congress Avenue

Boynton Cinema
9764 S. Military Trail

Cinemark Palace 20
3200 Airport Road, Boca Raton

Regal Shadowood 16
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This project is sponsored in part by the State of Florida through the Florida Department of State, Division of Cultural Affairs, and the Florida Council on Arts and Culture

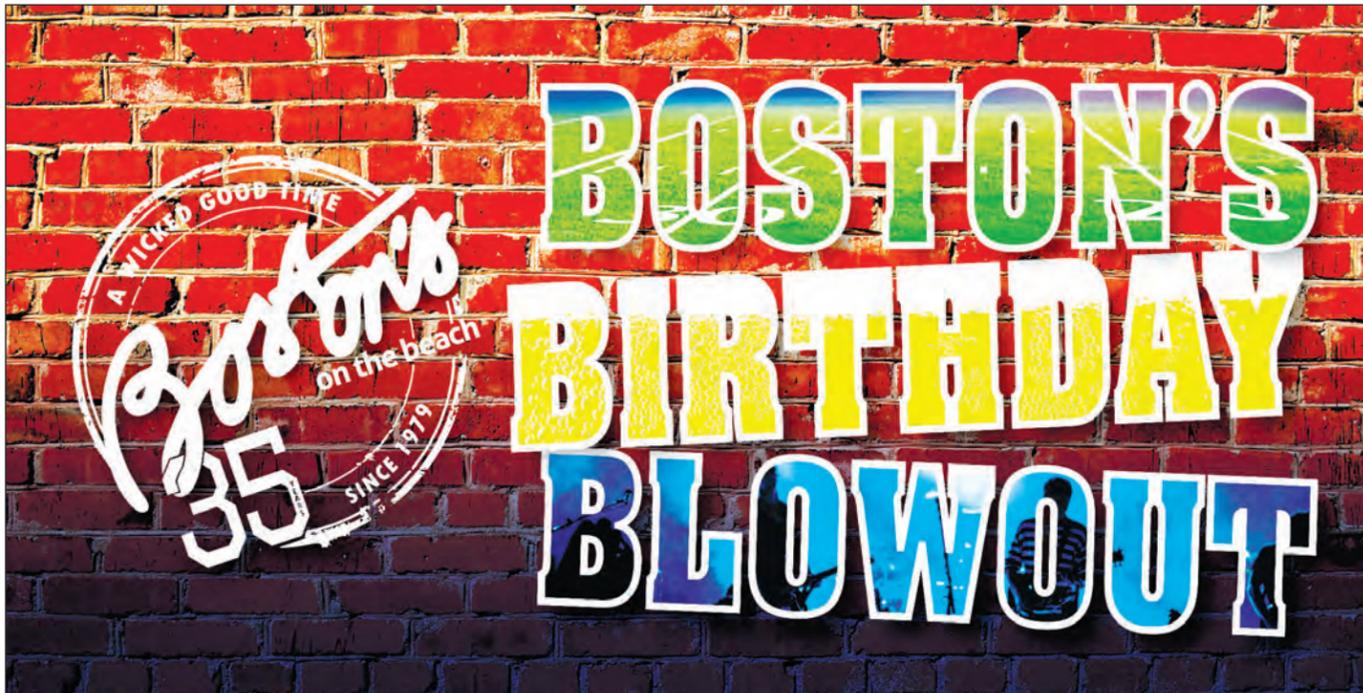







/OldSchoolSquare

FOOD & DINING



FLAVOR

DRINK OF THE MONTH

THE PATRIOT

This month enjoy the official drink of Boston's on the Beach for their 35th Birthday Blowout celebration. The new "Patriot" cocktail is the highlight for October.

Plus, purchase the drink and get a free limited edition glass.

CELEBRATE AT BOSTON'S ON THE BEACH 35th Birthday Blowout Celebration Oct. 25

Boston's on the Beach is celebrating its 35th Anniversary with a mega lineup of contests, giveaways, and food and drink specials from now until the 35th Birthday Blowout on October 25.

For all the details, check out the website or Facebook page for information on contests, giveaways, live entertainment, sports celebrities, brews, drinks, and deals on food and drinks. Specials include a giveaway of \$35 gift cards for 35 days, which you can win just by clicking "like," making a comment, or sharing a post on the Facebook page. A winner will be selected every day from September 21 through October 25.

If you're feeling festive, order "The Patriot," the restaurant's new 35th Anniversary drink, and keep the limited-edition glass.

And if you're a Red Sox fan, wear your Red Sox gear and be rewarded. You'll get a Narragansett tall boy beer with a hot dog for \$3.50, or a Fireball shooter for patrons wearing Red Sox gear after every Red Sox home run.

The official party goes down on October 25, when Boston's -- South Florida's premier sports bar, offering casual dining, entertainment, and sports in Delray Beach -- celebrates its 35th birthday from 4 p.m. to midnight.

Since 1979, Boston's has been serving casual food and great drinks, and providing live entertainment and the best sports to locals, and to visitors to South Florida. The 35th Birthday Blowout will feature amazing prizes, giveaways, vendor specials, live bands, Boston sports celebrities, and more. Stop in during the entire month and check out bostonsonthebeach.com for updates on some "Wicked Fun" happening at the 35th Anniversary event.

Boston's on the Beach is located at 40 South Ocean Blvd., Delray Beach. Visit bostonsonthebeach.com, or call the restaurant at 561-278-3364.



SMOKE BBQ NOW OPEN IN DELRAY

Chef Bryan Tyrell is South Florida's Own Champion Pitmaster



Smoke BBQ, formerly known as Union, has just opened at 8 East Atlantic Avenue in Delray Beach. The new concept will feature authentic Kansas City style, smokehouse BBQ -- low and slow smoked meats, including burnt ends. They will also feature Carolina pulled pork, affordable entrée selections, a cool, casual 'American backyard' design, a large craft beer selection, exceptional happy hour promotions, and a world-renowned pitmaster.

Executive chef and pitmaster Bryan Tyrell is formerly of the famed Oklahoma Joe's in Kansas City is an original member of Kansas City's Slaughterhouse Five, and is a member of the two-time American Royal Grand Champion team in the World Series of BBQ.

"Bryan is not only the most experienced and successful competitive BBQ pitmaster living in South Florida, but likely the entire state," said co-owner Scott Kennedy. "We're thrilled he has brought his award-winning

talents to Atlantic Avenue."

Smoke BBQ will feature 15-hour oak smoked beef brisket, spare ribs, chicken, turkey and pulled pork, smoked each day using dry rubs. The restaurant will also offer Kansas City classic burnt ends on Wednesdays.

Additionally, Smoke BBQ will have fresh fish and vegetarian options. Cocktails will be made with quality purees and house-made simple syrups—all at affordable prices.

"For me, smoking meat is a passion and an art form," said Tyrell. "My philosophy is, why do something if it's not going to be great?"

Smoke BBQ will be open six days a week (closed on Tuesday) with happy hour Mondays, Wednesday, Thursday, and Saturday from 5-7 p.m.; Friday 5-8 p.m.; and Sundays all day.

It's also the perfect spot to watch any sporting event, as the restaurant features the largest TV screen in South Florida.

For more information, call 561-330-4236, or visit www.eatbbqnow.com.

TOP PIZZA SPOTS IN DELRAY BEACH

By Joe Stout

Special to The Pineapple

Ever since I moved to Florida in the summer of 2005, I have been searching for great pizza. And for the most part, it's been a frustrating search. Being one of only a handful of people calling Delray home not from New York, my pizza taste is a little bit different.

New Yorkers often bristle when the pizza topic comes up, believing in their heart of hearts that they are the chosen ones when it comes to knowing what good pizza is. New Yorker's always refer to the pizza as "a slice" and have a love affair with the thin crust. Being from the Midwest, I often yearn for a real deep dish style pizza, but I also love the thin crust, the medium crust, the no crust...I just love pizza! And one with an ample amount of cheese and pepperoni is as good as it gets for me.

But even the New Yorkers are mixed on what is good and what isn't, and for me, I have yet to find one place that I can call my go to pizza place. Not that the places I frequent aren't good, they just aren't great for my particular pizza Jones. We recently interviewed networkers at Kurt Lehmann's Downtown Delray Networking event on their thoughts and got an interesting variety of responses.

Sazio's: New Yorkers seem to love this place. The pizza I had there was good, but I haven't gone back.

32 East: Until I heard someone at the networking event talk about it, I didn't even know 32 East had pizza. They seemed pretty enthused about it though.

Santino's: More than a few people gave props to this joint, but it was one and done for me.

Vic and Angelo's: Great atmosphere, good pizza, nice looking bartenders. What's

not to like?

Bru's Room: Never had a pie here but I'm sure it's consistent with other Bru's Room fare. Fair.

Pizza Rustica: Finally! Crust! Interesting varieties by the slice or by the whole pie. My one and only beach pizza.

Bella Amici: Serious New York. They even ship in New York water for their slices and pies.

Mellow Mushroom: Always very good, always interesting combos, always hard on the pocketbook.

Luigi's: I was going to go there once, but the reception of the people greeting me at the hostess stand gave me the wrong kind of New York experience. I moved on.

Anthony's: I really like Anthony's, but I know the blackened crust isn't for everyone. The wings are really good too.

Jack's: I have been hearing about Jack's since I moved here and after trying it twice, I still have no idea why.

Sandwich Man Pizza Too: As expected, pizza is an afterthought.

Puccini's: Pizza is good but the craft beer selection is great.

Sal's: The blue hair in this place is so thick you could cut it with a knife, but the pizza is actually pretty good.

Brick Oven Pizzeria: If Little Caesars is closed...

Off the Ave: I have had many people tell me they love the pizza here and the atmosphere is always fun...and the beer is cold.

I will keep searching for the perfect pizza and let you know what I find. Feel free to share your thoughts with us by e-mailing info@thefoodbeat.com We always love to hear what you think a great pizza in Delray Beach is.

Cheers!



FOOD & DINING



SOHO in DELRAY BEACH

Dennis Max opening new concept Max's Social House this month

Restaurateur Dennis Max and his partners in The Max Group today announced plans to open Max's Social House on Federal Highway in Delray Beach at the site of the former Falcon House. Max's Social House, slated to open in late October, will feature exceptional food in the Max tradition, as well as craft cocktails and beer, and an eclectic wine list.

The 2,000 square foot restaurant, which is housed in a historic Delray Beach cottage, features 80 seats indoors and 70 seats outdoors on a brick garden patio surrounded by lush landscaping. The interior is being redesigned by Manhas Design and will showcase the original brick fireplace behind the bar, as well as a comfortable outdoor patio lounge and bar.

"SoHo" will offer nightly dinner service featuring natural meats, local fresh produce

and fish, seasonal craft beer, classic cocktails, and wines from throughout the world. Brunch will also be offered on weekends and holidays. Max's Social House chef is Scott Pierce, a tenured Max Group chef, with Delray Beach native John Brewer serving as General Manager.

"Social House will be the ideal gathering place to meet friends for dinner, brunch or a late meal, or simply cocktails and snacks," said Dennis Max. "Our menu is very accessible while maintaining The Max Group integrity and we expect to be a destination for late-night and in-the-biz socializing."

Max's Social House is located at 116 NE 6th Avenue (Federal Highway, one block north of Atlantic). For more information the restaurant on Facebook at www.facebook.com/maxsocialhouse.

CALL TO ARTISTS



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!

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2ND ANNUAL DOWNTOWN DELRAY BEACH FALL ART SHOW

To be held at:

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Silent art auction with all proceeds going to the **Delray Beach Police Benevolent Association.**

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OCTOBER 24TH

5PM TO 9PM

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catch a tradition
catch yourself in Boynton



catch a memory
catch yourself in Boynton



catch yourself in
Boynton Beach
Where locals play.

SHOP. EXPERIENCE. SAVE.

OVER 60 SHOPS IN ONE LOCATION!
COME VISIT THE NEW SHOPPING DESTINATION IN DELRAY BEACH

SAVE WITH FREE
BAZAAR BUCKS,
\$10 OFF
BAZAAR WIDE...
STOP BY THE
OFFICE TO PICK
UP YOURS
TODAY!



HOURS: TUES-SAT: 10-5:30 | SUNDAY: 11-5:00 | CLOSED TUESDAYS IN OCTOBER
ONE BLOCK WEST OF MILITARY TRAIL | FORMER LOCATION OF CARNIVAL FLEA MARKET

THE BIG APPLE SHOPPING BAZAAR

Hot Deals in One *Cool* Place!

WHAT'S NEW WHAT'S NEXT
FALL FORWARD

NEW
season

NEW
style

NEW
you

Grey

The seasons chic statement - all levels- from the most neutral to charcoal, silver, anthracite and asphalt.

Green

The seasons neutral - all levels from military to hunter, teal and olive.

Blue

The seasons newest shade-all levels from skye to sapphire, indigo and navy.

Red

The seasons boldest - all levels from blush to rouge, scarlet and fire engine.

Think Knit

Fine gauge to texture, including zig zags, space dye, to color block and cable designs.

Think Global

An electric mix including, tapestry, embroidery, patchwork to animal print and fringe.



THE BIG APPLE SHOPPING BAZAAR

is getting

BIGGER!

Look who's new and fabulous!

Shelly's Fine Styles: She's Back!!! with an amazing collection of designer costume jewelry.

Aba Wilson Jewelry and Watch Repair: Your one stop watch and clock repair center with over 25 years of experience. We also do jewelry repair, cleaning, engraving and stone replacements.

Purple Jungle Trends: Brings out the animal in all of us with colorful batik sun dresses, three-way scarves, chic handbags and much more.

Sal's Flooring: Will take care of any and all of your flooring needs from wood, to tile to carpet...you need it done he can do it!

20 below: Featuring men's & women's active wear, casual wear and beach wear...a floridians dream shop.

Wally's Caddy Shack: Selling golf clubs, hybrid irons, golf bags, golf balls, and golf accessories. Also a repair shop, re-grips and repairs golf clubs!

Three Brother's Fashion Eyewear: Hundreds of readers in all strengths and styles. We also carry a variety of fashion sunglasses. Prices start at \$5.95!

Ability Medical Health and Wellness: Scooters, chairs and medical supplies galore!

The Key Kart: Featuring 1000's of unique design house, car, golf cart keys...you name it he's got it, designs such as shoes, handbags, guitars, sport teams and personalized keys with a picture of your kids, furry friend or anyone you want! Specialty keys like elevator lift keys as well. Lots of great accessories as well!

World Play: Featuring Robox TV, an internet based Television service. Offering free, that's right FREE cable channels, movies, TV series and live sporting events. U-Tube and more.

Totally Glass and Blinds: Glass enclosures service providing shower door installations, mirrors and more.

Don't forget to check out the kiosks throughout the Bazaar for seasonal merchants and merchandise.



ATLANTIC AVENUE JUST WEST OF MILITARY TRAIL

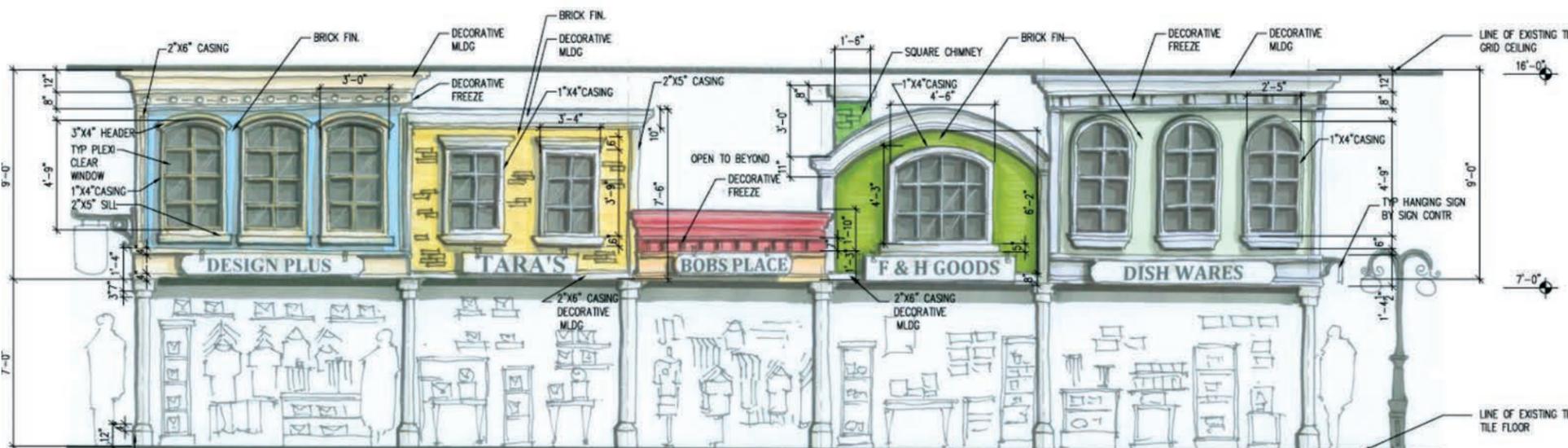
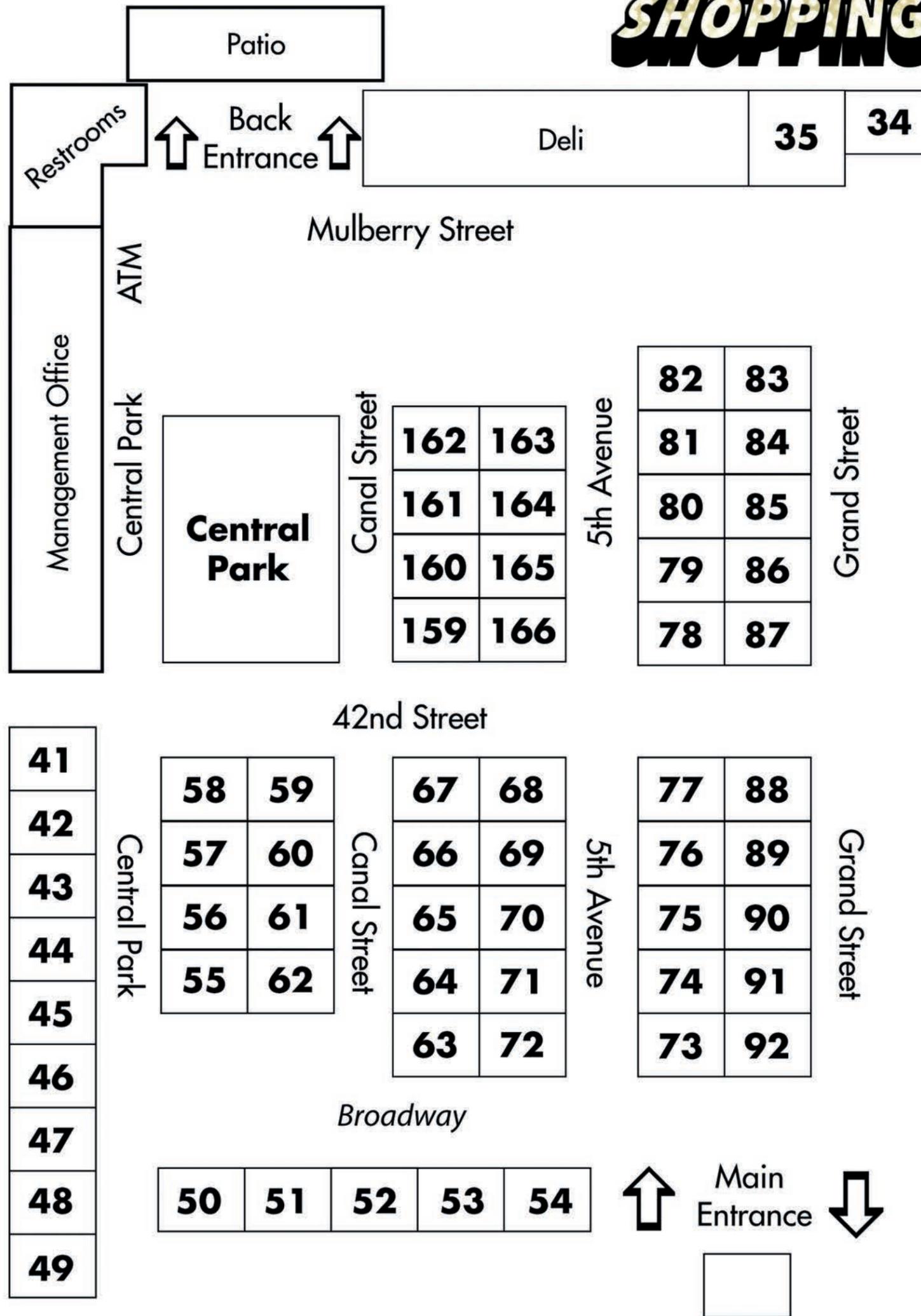
Clothing, Shoes, Purses & Accessories

- The Bra Lady: 32-33-34
- Compliments Handbags: 131
- Dalia's: 99-100-101-102
- E & H Shoes: 68-69-70-71-72
- Eyedesigns: 143-154
- Eyewear Bazaar: 93,94,117,118
- Larry's Leather: 23
- Magic Stitch Alterations and Menswear: 46-47-48-49
- Milieu Boutique 7-8-9-10
- Ms. Opal's Wigs: 88-89-90-96-97-115-116
- My Guy and I: 106-107-108
- Overbey's Jewelry & Watch Repair: 104-105
- Ronnie's: 140-141-142
- Shelly's Fine Styles 133
- Sock Spot: 135
- Star Gems Boutique: 4-5
- Sun Glass Savy: 80-85
- Three Brother's Fashion Eyewear 58
- Touch of Class: 144-145
- Won T-Shirts: 122-123
- World Play Inc. 67
- Young Discount: 86-87

Health & Beauty

- Ability Medical Health and Wellness 27
- Avon Plus: 124
- Beauty Bazaar: 50-51-52-55
- Daily Dose Vitamins and Nutrition: 83
- Nicole's Hair Cut and Barber Shop: 24-25-26
- Permanent Makeup by Maureen: 19-20
- Wanda's Cosmetics & Fragrances: 11-12-13-14-15-16-17
- Your Body Language: 102-103

THE BIG SHOPPING



APPLE BAZAAR

33	32	31	30	29
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28	27	26
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Mulberry Street

105	106
104	107
103	108
102	109
101	110
100	111
99	112

Lexington Avenue

128	129
127	130
126	131
125	132
124	133

Madison Avenue

148	149
147	150
146	151
145	152
144	153

Park Avenue

25
24
23
22
21
20
19
18

42nd Street

98	113
97	114
96	115
95	116
94	117
93	118

Lexington Avenue

123	134
122	135
121	136
120	137
119	138

Madison Avenue

143	154
142	155
141	156
140	157
139	158

Park Avenue

17
16
15
14
13
12
11

Broadway

1	2	3	4	5	6	7	8	9	10
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Produce Peddler **168 169 170 171 172**

Jewelry & Watches

Aba Wilson Jewelry and Watch Repair 84

Bob's Place: 91-92

Charms Jewelry: 63-64

Designer Plus: 73-74

Fashion Trend By Rita: 81-82

Moriah Jewelry Design: 119-120-121

A Passion for Fashion: 113-114

Silver & Gems Engraving Company: 98

Styles: 1-2-3-53-54

Stargem Boutique: 4-5

Watch Stop: 28

Home Goods & Sports

20 Below Inc. 157-158

A&D Windows: 18

Art Nook: 29-30-31

Bath Collection: 78-79

Bath Fitter: 59

Caravi Collections, LLC.: 136

J & A Sports: 61-62

Key Kart 77

Kim's Gifts & Gadgets @ The Kitchen Store: 109-110-111-112

Personally Yours: 139

Sal's Flooring 56

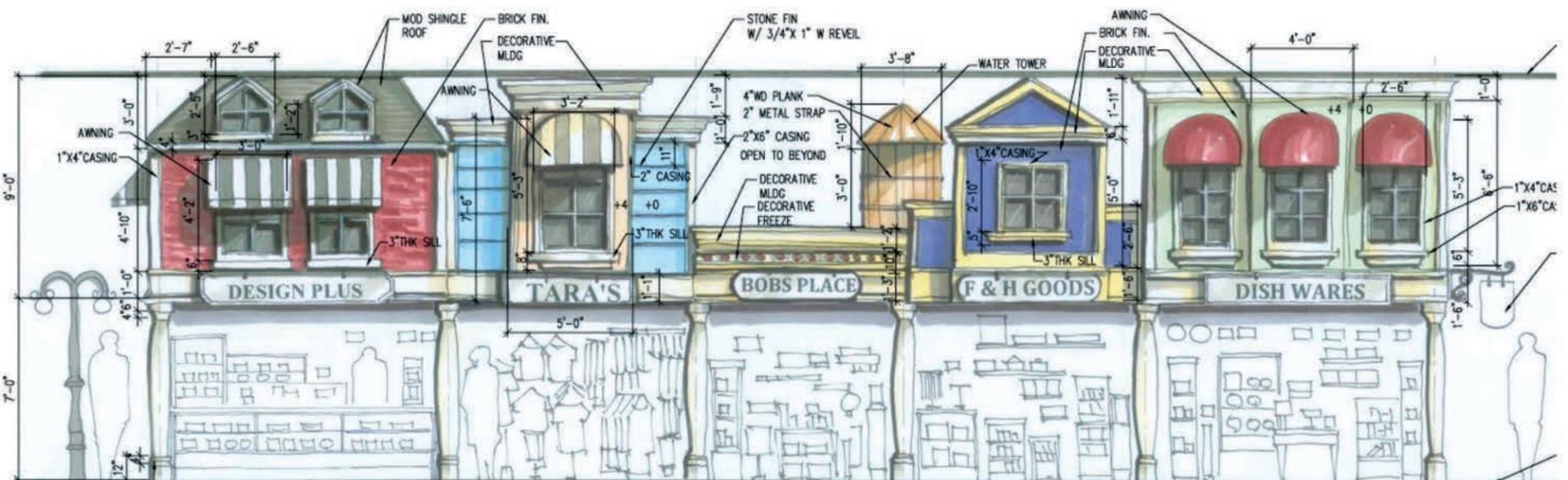
Totally Glass and Blinds 41

Wally's Caddy Shack 147, 148, 149, 150

Food & Beverage

Berri Fruiti - Out Front

Posh Nosh Deli - Deli



20 Below Inc.

(561) 638-9866

Featuring men's & women's active wear, casual wear and beach wear... a floridians dream shop.

A & D Custom Window Treatments

(561) 819-5222

Affordable blinds, shades & shutters.

Aba Wilson Jewelry and Watch Repair

(786) 209-5652

Your one stop watch and clock repair center with over 25 years of experience. We also do jewelry repair, cleaning, engraving and stone replacements.

Ability Medical Health and Wellness

(561) 243-2140

Scooters, chairs and medical supplies galore!

Alterations by Magic Stitch

(954) 892-4429

Mens wear with free alterations.

Art Nook

(561) 637-0075

Quality Custom Framing, Lithographs & Oil Painting

Wide variety of exclusive framed art, fine art prints, original oil paintings, limited editions, reproductions or fine arts, abstract, oil paintings and giclee at a rock bottom price! Quality custom framing with wide variety of frames to choose from, needle point and embroidery wash the most competitive rates.

Avon Plus

(561) 638-2462

Avon Products

Bath Collection

(561) 637-0644

We are in this location for more than 20 years with brand name magnifier mirrors from 1x to 20x. In addition, we offer table cloths in all sizes and colors. Fitted table cloths both fabric and plastic, bathroom accessories, shower/bath mats, lucite organizer, paper towel holders, kitchen towels and placemats

Bath Fitter

888-542-284

Fitters for tubs, showers and more. Call us for a free in-home estimate.

Beauty Bazaar

(561) 381-0103

Beauty Supplies and More

We offer cosmetics, nail care, hair products, mirrors, etc. both in name brands and private label. Our staff are trained to advise our customers in the proper use of our products with an affordable price.

Berry Fruity

Fruit and produce, fresh herbs, flowers, bagels and bread. Fresh from farm to you.

Bob's Place

(561) 495-5395

Better costume jewelry with "The Look of Real." We have a large selection of bracelets, necklaces and earrings both pierced and clips. 20%-50% off on selected merchandise.

The Bra Lady

(561) 495-8419

Nightwear, daywear and in between!

The Bra Lady has had a successful 22 years in business. We carry a large selection of sleepwear, lingerie, shape wear and cover ups. We strive to service our loyal customers and always stay on the fashion map.

Caravi Collections

(561) 635-8080

Charm's Jewelry

(561) 499-8943

34 years experience in the jewelry business, we do watch and jewelry repairs on site. No job is too big or too small! Custom designs are our specialty.

Compliments Handbags

(561) 496-1681

Brand Name High Fashion Handbags

Highest fashion assortment of brand name handbags in Palm Beach County at the lowest prices in the U.S.

Daily Dose Vitamins & Nutrition

(561) 865-8822

Vitamin & Nutrition Products

Retailer of nutrition products ranging from vitamins and minerals to nutritional supplements, herbs, sports nutrition and homeopathic remedies.

Dalia's

(561) 638-7724

Ladies Clothing

Designer Plus

(561) 865-4965

www.designerplus.org

We have been in this business for over 18 years. We sell watches, watch batteries, and watch bands. We also do all types of watch repairs.

E & H Shoes

(561) 637-8229

Moccasins, Walking Shoes, Comfort Shoes

Eyedesigns

(561) 495-6312 (booths) 203-676-4202 (Jill)

Jdudaceo@comcast.net

Sunglasses, reading glasses and accessories (eyewear)

Selling optical quality over the counter reading glasses for over 26 years and sunglasses. Pride ourselves in quality for the money as well as variety in selection for men and women. Known for our buy one get a discount when you buy two or more.

Eyewear Bazaar

(561) 499-2229

eyewearbazaar@gmail.comwww.eyeglassesbazaar.com

Prescription glasses, designer sunglasses, accessories

Optical Store: Prescription eyeglasses, designer sunglasses, readers, eyewear accessories, low vision aids, sports eyewear, names including Cazal, Fendi, Pucci, DVF, Lacoste, Rayban, Nine West, Lagerfeld, Jimmy Crystal, Adidas, Silhouette Versace, Michael Kors, Ferragamo, and many more. All at lowest prices possible. Serving Delray area for 13 years. Eye exams arranged.

Fashion Trend by Rita

(561) 495-8186

rwalf@bellsouth.net

Largest selection of fashion rings

Opened 23 years ago when market first opened. We have a large following of customers from Boca Raton, Delray Beach and Boynton Beach.

J&A Games, Tees & Novelties

(561) 495-9212

Games, Novelties & Apparel

J & A has been serving area customers for over 20 years. We specialize in games like Mah Jongg, playing cards & supplies, Dominoes, Rummy, etc. We Have hundreds of tee shirts designs and custom designs as well. Keys and key supplies as well as collectible sports cards & memorabilia

Key Kart

(561) 275-4885

Featuring 1000's of unique design house, car, golf cart keys...you name it he's got it, designs such as shoes, handbags, guitars, sport teams and personalized keys with a picture of your kids, furry friend or anyone you want! Specialty keys like elevator lift keys as well. Lots of great accessories as well!

Kim's Gifts & Gadgets @ The Kitchen Store

(561) 637-1617

Kbonthego@bellsouth.net

Kitchen essentials & must have giftware.

Featuring everyday essential kitchen items - High sheen glass cleaner, AFK (Artificial Flower Kleaner), potato peelers, rada cutlery, mandolines, foil pans, guest towels, and magnetic picture frames. Also featuring aroma fragrance lamps and oils, decorative night lights, pewter novelty jeweled boxes and beautiful picture frames.

Larry's Leathers

(561) 638-3080

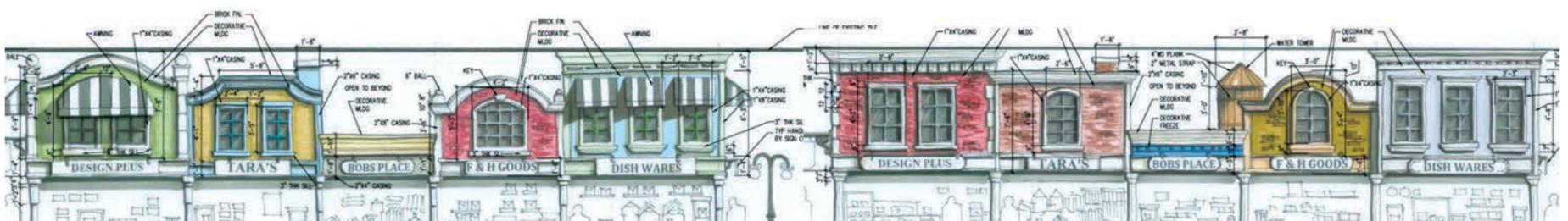
We have a large selection of men's and women's belts, wallets and other leather accessories. All at affordable prices.

Milieu Boutique

(561) 495-5988

Clothing and Handbags

Designer Fashion Boutique with clothing, handbags, and accessories. Look for the extraordinary and put it all together with chic wear from Milieu.



Moriah Jewelry Designs

(561) 499-4141
www.moriahjewelry.com
Israeli Jewelry Designs

Unique jewelry designs all hand made with fine elements. All kinds of jewelry repair, costume, silver and gold. We buy gold, silver and fine watches.

Ms. Opals Wigs

(561) 865-0330
Wigs, Pieces & Accessories

Anything for Hair! Wigs, scarfs, turbans, night caps, shampoo, conditioners.

My Guy & I

(561) 637-7712
 Ladies Boutique with the best clothes at the best prices.

Nicole's Haircuts

(561) 704-9764
We Are a Haircut Service

We do basic haircuts for a very reasonable price. We offer a senior men's haircut for \$8.00, which is the lowest in town. Women are discounted at \$12.00, with a blow-dry.

Overbey's

(561) 495-0477
14K gold - diamonds - Watches

We do everything in the jewelry trade including buying and selling of gold and diamonds. Best in Florida for fine watch repair.

A Passion for Fashion

(561) 499-7438
Fine Jewelry - Sterling Silver - Fashion Earrings

Been a vendor 24 years and my business is owner run. I do repairs, pearl bead restringing, ear piercing, custom jewelry and watch batteries. I sell 14K and 18K gold and diamonds. I also have a beautiful collection of sterling silver. Free jewelry steaming for all customers.

Permanent Make-Up by Maureen

(561) 706-2364
Permanent Make-Up
 State Certified permanent make-up artist in a Health Department Certified room.

Personally Yours of the Palm Beaches

(561) 499-3020
 Personalized stationary, napkins, and unique gifts.

The Posh Nosh Deli

(561) 270-2883
www.theposhnoshdeli.com
 NY Style deli with homemade knishes, salads, hot dishes, Nathan's hotdogs, Italian, and Jewish style foods

Protonic Balancer

(316) 215-4417
 Jewelry with a purpose! Helps with over all pain relief and balance. Come check out our product and ask for a free demonstration.

Purple Jungle Trends

(561) 702-9652
Fashion Scarves, Handbags and more...
 Brings out the animal in all of us with colorful batik sun dresses, three-way scarves, chic handbags and much more.

Ronnie's Women's Shoes

(201) 647-8565 OR (561) 287-0404

Sal's Flooring

(561) 542-5984
 Will take care of any and all of your flooring needs from wood, to tile to carpet...you need it done he can do it!

Shelly's Fine Styles

(954) 495-0048
 She's Back!!! with an amazing collection of designer costume jewelry.

Silver & Gems

(561) 498-7832
Gems - Sterling - Service - Custom Design
 Beauty in Sterling design and genuine gem stones. Exceptional customer service. Incredible value priced at wholesale to the public. Custom design jewelry for all tastes.

Sock Spot

(561) 499-7444 www.carnivalsockspot.com
Best Socks in Town!
 Diabetic socks, nylons, underwear, pajamas & all kinds of socks for any size and any age.

Stargem Boutique

(561) 499-7088
Spanks, Danskin Workout, Valentina Jewelry
 We have been in business for 25 years in Delray. We offer a "No-hassle" exchange policy and have fitting rooms available. We accept Mastercard, Visa & Discover card.

Styles

(561) 638-9297
 We are a family owned business trusted since 1993 specializing in all facets of fine jewelry. We sell 14k, 18k, platinum, diamonds, pearls, and sterling silver. Expert jewelry and watch repair is done on premise. Appraisals and custom designs are available by appointment.

Sun Glass Savy

(954) 560-3701
sunglasssavvy.yolasite.com
NYS Collection of Exceptional Affordable Eyewear
 We are a independent dealer of NYS collection eyewear. We have been in business for over a decade selling the most current and fashionable eyewear. Please feel free to contact at JAD2725@aol.com or visit us inside The Big Apple Shopping Bazaar.

Three Brother's Fashion Eyewear

(561) 674-6691
 Hundreds of readers in all strengths and styles. We also carry a variety of fashion sunglasses. Prices start at \$5.95!

Totally Glass and Blinds

(561) 929-6163
 Glass enclosures service providing shower door installations, mirrors and more.

Touch of Class

(561) 498-2531
Hats, Belts and Accessories

Wally's Caddy Shack

(863) 602-1900
 Selling golf clubs, hybrid irons, golf bags, golf balls, and golf accessories. Also a repair shop, re-grips and repairs golf clubs!

Wanda's Cosmetics & Fragrances

(561) 498-8565
We Are a Haircut Service
 Wanda's Cosmetics & Fragrances offers custom quality cosmetics and fragrances at affordable prices.

Watch Stop Inc.

(561) 495-4573
 Ladies and Men's Fashion Watches
 We have been selling fashion watches here since 1990.

Won T-Shirt

(561) 499-0057
Custom tee shirts and casual dresses
 Customer custom design available starting at \$20. Handmade custom t-shirts with beautiful appliques. Family owned and operated for 18 years.

World Play Inc.

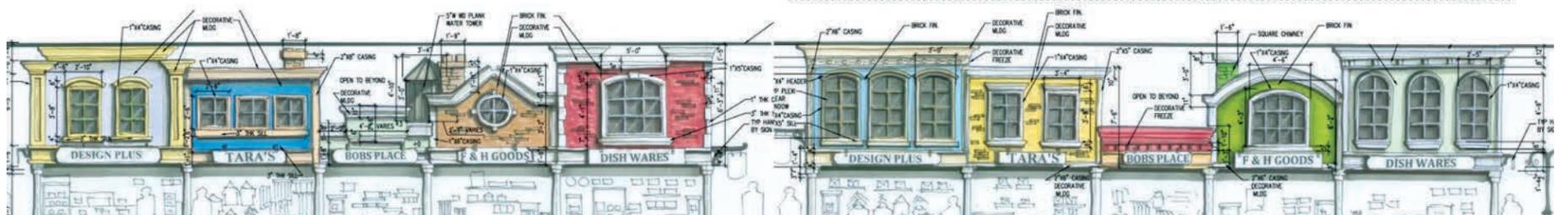
(772) 621-0342
 Featuring Robox TV, an internet based Television service. Offering free, that's right FREE cable channels, movies, TV series and live sporting events. U-Tube and more.

Your Body Language

(561) 809-7277
brentgolub@gmail.com yourbodylanguage.net
Affordable hair care products!
 We started in the industry over 12 years ago. Since then, created business relationships allowing us to provide amazing prices to customers. We try to carry a variety of hair care products along with knowledge of hair care needs.

Y.S. Trading

(561) 495-3015
Belts, Handbags, Costume Jewelry, Leather Goods & Luggage
 We started in the industry over 12 years ago. Since then, created business relationships allowing us to provide amazing prices to customers. We try to carry a variety of hair care products along with knowledge of hair care needs.





SAVE BIG WITH **FREE** BAZAAR BUCKS!

For a limited time, come in to receive \$10/month in BAZAAR BUCKS!

SHOP. EXPERIENCE. SAVE.

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