



- Visit new exhibit at Cornell Museum (9)
- Dealing with pesky breakouts? (17)
- Shop at Greenlines downtown (26)
- Look at The Ray hotel (42)



Cruise Bogle and his family and Cruiser Palooza volunteers at a previous Cruiser Palooza event. Photo courtesy of Kristi Vick.

Cruiser Palooza returns for 10th year to support Delray local Cruise Bogle

By: Marisa Herman Associate Editor

Ten years ago Cruise Bogle caught a wave on his skim board like he had thousands of times before.

But this time wasn't like all of the others.

This wave was the one that would change the course of his life forever.

His board slipped out from underneath him and he hit his head hard on the sand leaving him paralyzed from

the chest down.

The past decade has been a challenge of overcoming adversity for Bogle. But the 28-year-old has managed to keep a positive attitude with help from his family and friends as well as the community who supports an annual fundraiser in his honor, Cruiser Palooza.

This year, the 10th annual event will take place from 5 to 11 p.m. on April 21 at the Delray Beach Playhouse, 950

Lake Shore Drive.

Food will be provided by 3rd and 3rd. Musical entertainment will be performed by Uproot Hootenany and the Resolvers with headlining act Crazy Fingers, and there will be a large silent auction.

The accident

Bogle was home in Delray Beach on winter break from his first semester at college in Tallahassee. He and a group of his

[CONT. PG 2]

Shopability study outlines ways to reinforce Atlantic Avenue as 'world class shopping destination'

By: Marisa Herman Associate Editor

Delray Beach has no shortage of tourists, shoppers and residents frequenting its downtown daily.

But a new study by urban retail expert Robert Gibbs recommends ways the city can turn Atlantic Avenue into even more of a "world class speciality shopping district."

"You are a world class shopping destination and you need to look like it," Gibbs told city commissioners during a recent presentation of his 50-page study.

Paid for by the Delray Beach Downtown Development Authority, which is responsible for marketing the city's downtown, the study is the second part of an overview of the city's downtown retail market.

Gibbs of the Gibbs Planning Group identified the downtown's potential for growth and ways for merchants to bring more money into their stores. He presented his findings of the first part of the study at the end of 2017 and the shopability study in February.

When it comes to the city's ability to market Atlantic Avenue to people as a destination to visit, Gibbs said the city should follow its own rules when it comes to how storefronts look and offered ways the city can improve the overall look of the downtown.

He said the landscaping is not as good as it could be "for the caliber of restaurants and shops you have here."

"The mulch is made of shredded shipping containers dyed red," he said. "You wouldn't have that in your yard. We recommend you go to higher standards."

Other quick fixes include making the garbage cans more uniform in appearance as well as the bike racks and light poles.

"It sends a message that this isn't a shopping district, this is just a bunch of shopping centers," he said

[CONT. PG 2]



COLONY HOTEL
& CABAÑA CLUB • DELRAY BEACH

Your stay includes private beach club

525 E Atlantic Ave
thecolonyhotel.com
561-276-4123



Cruiser Palooza returns for 10th year to support Delray local Cruise Bogle

[FROM PG 1] friends attended a funeral for a friend who died from a drug overdose.

“We went to the beach to reminisce,” Bogle said.

His friends went skim boarding to decompress after the funeral. Bogle caught a wave, his board went one way he the other—falling in the sand.

“I was knocked out for a second or so,” he said. “I remember waking up face down in the water. I immediately thought of my friend who died. I was face down in the water and I couldn’t move.”

A wave flipped him over and he was able to catch a breath before another wave pushed him onto the beach. He said his friends thought he was joking around until they realized Bogle wasn’t moving.

“Boom, paralyzed,” he said.

He said he remembers his friend dragging him onto the sand, and being rolled onto the stretcher and exchanging a few words with the EMTs.

Bogle was rushed to Delray Medical Center where he underwent emergency



The “Palooza Gang” at a previous Cruiser Palooza event. Photo courtesy of Kristi Vick.

surgery on his spine. His C4 vertebra was replaced with a titanium cage and four titanium pins to stabilize his neck.

He spent the next two weeks in the Delray ICU Trauma Unit, and then on Dec. 31, he was airlifted to the Shepherd Center in Atlanta, GA for rehab. He remained there for the next 2 1/2 months where he learned how to live his new reality.

Family rushes to help

His cousin Kristi Vick remembers the phone call she received alerting her about Bogle’s accident. She was shopping when

her sister called with the news.

Vick said she remembers turning to Bogle’s mom, Billie Johnston and asking what she could do to help.

“You don’t know what to do,” she said. “You want to help them.”

When Johnston said she needed money, that is when Vick got to work.

She knew she had to throw a fundraiser, but not knowing anything about how to do so, she turned to her friends for help.



The crowd gets into the live auction at Cruiser Palooza. Photo courtesy of Kristi Vick.

And Cruiser Palooza was born in her Lake Ida home.

“We just hosted,” she said. “We invited everyone we knew. It was get people here and get them to donate.”

Bogle wasn’t at the first event and neither was his immediate family. He was with his family in Atlanta undergoing rehab. So people took pictures and called to show Bogle that they were there for him.

“It was a huge success,” Vick said.

The idea of Cruiser Pa- **[CONT. PG 54]**

Shopability study outlines ways to reinforce Atlantic Avenue as ‘world class shopping destination’

[FROM PG 1] of the mis-matched downtown furnishings. “The trash cans are really below industry standards. They are overflowing with garbage. This is just a turn-off for the local resident and for your tourists that are coming here.”

Part of the study was geared toward addressing the topic of national chains opening downtown. Gibbs said the city should look at the one-third model for its retailers, one-third local, one-third regional and one-third national.

“We are OK with you getting national chains

in the downtown area,” he said. “As long as the storefronts are designed to look like specialty retailers. Don’t disallow them just make sure that they look really nice.”

He said Delray can look toward places like Charleston, Nantucket and Carmel by the Sea for ideas on how to balance a national presence with a local flair.

“You have a code that regulates store front designs,” he said. “You have some extraordinary ones.”

For the buildings built before the code that requires a certain amount of clear, trans-

parent glass in the storefront, he suggested implementing a grant program that helps owners pay for the cost of replacing the glass and requiring it be done by a certain date.

The biggest area for improvement Gibbs said is parking.

“Parking is the No. 1 issue people said overwhelmed them when they come downtown,” he said.

He said the city needs to implement a comprehensive parking strategy, which is something the city has struggled with doing for the past several years. The city hired a consultant to look at a parking management plan and strategy for downtown.

“Many of your adopted plans need to be implemented,” he said. “Follow what your plans already call for. A lot of recommendations we are making have been recommended by prior studies.”

He said parking times and rates need to be more uniform and clearly displayed on better way finding signage. He recommended metering Atlantic Avenue and giving a thank you note as a first offense for a parking violation and then progressively ticketing fees for repeat offenders.

He said many visitors can’t distinguish a public parking lot from a private lot and many end up with boots on their cars or

tickets because the signs are confusing.

“The average shopper has limited ability to read and follow directions,” he said. “They are surprised to get a ticket. It’s too confusing.”

Another area ripe for improvement is the downtown parking garage, which can be the first impression people receive when heading to Atlantic Ave. During the study, he said the elevator in the garage was broken for five days in a row, the stairwells were dirty and the garage was poorly lit. He said that can leave a bad impressions on customers.

Other areas that raised concerns for Gibbs included the uneven brick pavers that can be as narrow as two feet in some places, worn down paint at pedestrian cross and too much outdoor dining. He said the sidewalks can feel clogged and too narrow for people in wheelchairs or pushing strollers.

These areas can be fixed with enforcement of the city’s rules, he said.

To add some new ideas, he said the city should allow pop-up shops and continue to support creative signs outside of businesses.

“The part we are recommending is the easy part,” he said. “It takes a lot of backbone to do it.” ■

Fine Art Shows in Delray Beach

April 7-8
April 21-22

In Veteran's Park,
Atlantic Avenue
west of the Intracoastal.

April 28-29

In Old School Square. Entrance
on Pineapple Grove (NE 2nd Avenue
off Atlantic Avenue).






Visit www.delrayartleague.com for a complete show schedule
Delray Art League is a 501.3C organization.

Integrated, awe-inspiring
Smart Home technology

WITHOUT
leaving your home.

iHummingbird®
ihummingbird.net



CALL TODAY!
561.819.2770



You've got to see it to believe it...

Ask the thermostat to bump the air down a tad when you get home from work. Tell the western facing window shades to close promptly at sunset. Transform your television's tinny sound into a rich & dynamic experience. And when the doorbell rings, be certain that it's the pizza you ordered before you open the door.

In this smart home, it's all done automatically—from the comfort of the living room sofa. Call iHummingbird for a free in-home consultation, and we can show you how to customize your home for a lot less than you might think.

We'll bring something better than pizza—we deliver amazement!



FREE IN-HOME CONSULTATION! | LOCAL SHOWROOM!

ihummingbird.net

Commissioner Bill Bathurst joins Delray commission, aims to set vision for future

By: **Marisa Herman** Associate Editor

Bill Bathurst is a preservationist with an eye toward the future.



The new commissioner, who was elected without opposition, will sit on the dais in Seat 2 for the next two years.

The seat was vacated by Commissioner Jim Chard who unsuccessfully ran for mayor. He will join Commissioner Shirley Johnson and newly elected Mayor Shelly Petrolia and Commissioners Adam Frankel and Ryan Boylston who were elected to their seats last month.

Bathurst is a familiar face to many residents. His family has long roots in the city dating back to the 1930s, he is an Atlantic High graduate and he has served on city boards like the Historic Preservation Board.

"I think I am in a blessed position," Bathurst said. "I have a long term perspective on Delray. I know where we have been and I know where we can go."

He said his focus is not on the Delray of tomorrow, next week or next month, but the Delray of 2038, 2048 and beyond.

He wants to blend the idea of historic preservation while expanding the city's tax base. To do so, he proposes putting plans in motion that will allow his son to have a job in the city in 20 years from now while making sure some of his favorite homes and buildings remain.

"It's a very difficult balancing act," he said of preservation and economic development. "People look at it as one or the other."

One way he identified as a way to attract new businesses to the city is through adaptive reuse. He said the city should encourage the adaptive reuse of the historic homes and buildings that give the city its flavor and charm that residents love.

He said the city should encourage more of what companies like Delivery Dudes did with its space in a historic home and Sunflower Creative Arts, which is a pre-school located in his grandparent's former home.

For the bigger businesses and companies that need satellite offices, the city should have a place for them to be, and he said that place is along Congress Avenue.

He said Modernizing Medicine is an example of a Delray-based company that outgrew its space and moved to Boca because Delray couldn't accommodate what the company needed.

And when it comes to saving those treasured homes and buildings, Bathurst said the commission can look into additional policies in the land development regulations.

As a member of the historic preservation board, he said he began to identify shortcomings in the city's rules and began to request changes to help with preservation.

"I asked for stronger lever to help manage historic preservation," he said. "It only scratched the surface. We need to be vigilant when it comes to historic districts."

His decision to run for commission he said shouldn't come as a surprise to anyone.

"It seems like a natural progression," he said.

One challenge he said comes with being a commissioner is making a decision that is reflective of the city as a whole.

As a board member, he said you fight for what aspects are important for your board, like green initiatives for the green board and historic values for the historic preservation board. But as a commissioner, he said all of those factors have to be taken into account.

To help with the balance of growth and preservation, his idea is a concept he calls Always a Village. The city, dubbed by many as the Village by the Sea, is something that isn't going away, Bathurst said.



Commissioner Bill Bathurst donated his campaign funds to several nonprofits during his campaign kick-off event. Bathurst was elected to his seat on a qualifying day because he was unopposed. Submitted photo.

"We were and will be always," he said. "We need to maintain the Village by the Sea atmosphere in 2038, but it will look a lot different then it did in 1992."

Bathurst has seen the city change. In the late 70s and early 80s, he worked at Hands delivering office supplies to all the businesses in the city. He said some afternoons it was so slow that he would kick a ball down Atlantic Avenue.

"It was a different time," he said.

Now, he said the city is on what he calls a sugar high when it comes to economic development. He said the events, restaurants and bars are the success of the city. But what happens if you take that away from the downtown? He said the city should be thankful that it attracts tourists, but officials need to add to the inventory of types of businesses in town.

One of the reasons the city invested heavily in cultural attractions like Old School Square, Arts Garage and Spady Museum is so businesses would look at Delray as an option for their offices.

He said people are doing yeoman's work to keep these nonprofits open and now the focus needs to shift to the second part of the initiative, which is attracting businesses outside of the tourism realm.

"It is hard to have tourism as our only economic driver," he said. ■



Celsius is filled with healthy ingredients that have been specifically formulated to Burn Body Fat, Provide Clean Energy and Burn Calories. Maximum Performance Drink Celsius is clinically shown to Burn 100 Calories, often more per can. Multiple studies show that drinking one can of Celsius daily can dramatically increase fat loss.

No other drink compares!

- > BURN 100+ CALORIES**
- > BURN MAXIMUM BODY FAT**
- > HEALTHY ENERGY**
- > VITAMIN ENRICHED
- > TASTES GREAT!



Hey Guys... Here's How You Maximize Your Performance.



celsius.com

*Celsius alone does not produce weight loss in the absence of a healthy diet and moderate exercise. Results from the Pre-Workout Routine Clinical Study, University of Oklahoma, published in the Journal of International Society of Sports Nutrition.

**These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Available at your local grocery and nutrition stores.

TOP 10 things you need to know this April in Delray Beach



1 Delray Beach's Milagro Center will celebrate 21 years of making miracles at its "Cue the Confetti" event on April 21 at 7 p.m. at the Delray Beach Golf Club. Presented by 4Girls Foundation, Inc. the fundraising event will be a celebration of the art, dance and music that is integrated into Milagro Center's unique programs and will feature a live performance by some of Milagro Center's own, along with heartfelt testimonials from students, mentors, and parents. The event will help raise funds to expand its services to include a new Middle School Junior Teen Leadership Program and seek opportunities to open a second STARS K-5 Grade Center.

2 Temple Sinai will hold its 4th Annual "Night of a Thousand Mitzvahs" Casino Night on April 14. The event will take place at the temple from 7 to 11 p.m. and will benefit local charities and nonprofits.

There will be professionally run casino games and raffle tickets. Tickets start at \$50 per person. Tickets available online at TempleSinaiPBC.org.

3 Carver Middle School's new principal is Sandra Edwards. She was named the Principal of the Year this year by the school district. Edwards was born and



raised in Delray so the new position is a homecoming for her. She has served as an educator for 22 years and in the district since 2001. She started as a kindergarten teacher at Pine Grove Elementary before moving on to become a school counselor at Orchard View Elementary and an assistant principal at Odyssey Middle. She most recently served as principal at Washington Elementary School where she had been since 2012. She helped raise the school from a "F" to a "B" rating last school year.

4 Delray Medical Center received the Healthgrades 2018 America's 50 Best Hospitals Award™. The distinction makes Delray Medical Center one of the top 1 percent of more than 4,500 hospitals assessed nationwide for its consistent, year-over-year superior clinical performance as measured by Healthgrades, a leading online resource for comprehensive infor-

mation about physicians and hospitals. Delray Medical Center has made this list for the last 12 years, since the inception of the award.

5 Sandoway House Nature Center is holding its annual Great American Beach Clean Up from 8 to 10 a.m. on April 14 at Sandoway Park. Pre-register for the event by calling Sandoway Discovery Center at 561-274-7263. You can download your registration form at: <http://www.keepbc-beautiful.org> Bring the form with you on the day of the event.

6 Spady Museum has a new photo exhibit called "Share My Reel" on display. The exhibition includes selected photos by a panel of judges and photos from the museum's permanent collection. The photos show the local South Florida experience and will be on display through July 21.



7 Find out all the city's happenings on the new online calendar, DelrayBeachCalendar.com. The new online calendar has 10 categories to choose from Arts, Music and Entertainment; Family Fun & Youth

Camps; Civic Engagement/ Government; Retail & Shopping; Business & Education; Sports & Recreation; Festivals & Celebrations; Delray Beach Nightlife; Health & Wellness; Chamber Events. The calendar is open to all event producers holding events in Delray Beach. Just click "Submit an Event" to register as an organization.

8 Guest artist Jill Sneiderman's "Capture the Moment" photography exhibit is on display at the Delray Beach Public Library through May 18. Meet her on April 6 from 3 to 4:30 p.m.

9 The city will host its Earth Day Celebration on Saturday, April 21 from 9:30 am to 12:30 pm, on the grounds of Old School Square. This year's theme is plastics.

10 The new Delray Beach Visitor Information Center is open. It has triple the amount of space and new floors, ceilings, windows and signs. There is a historic photo display, large map of Delray and a wall of brochure and magazine racks. ■



Delray students participate in 'Let's Move' March challenge

Staff report

Atlantic Community High School students spent a recent afternoon on the football field moving.

From yoga poses to martial arts moves to circuit training and a discussion on mental health, 400 students participated in Palm Healthcare Foundation's Let's Move' Fitness Fun Field Day.

It is the third year that the high school has participated in the sixth annual Let's Move: Commit to Change Physical Activity Challenge, which aims to combat obesity and improve mental health.

The county-wide challenge lasted all of March.

"Palm Healthcare Foundation started this annual month-long campaign six years ago, because we truly believe that physical activity is a key component to preventing a multitude of health issues," said Marge Sullivan, Vice President of Communications at Palm Healthcare Foundation. "As the minutes logged begin to increase, so does the quality of life for the residents of Palm Beach County."

Last year, thousands of Palm Beach County residents logged over 7 million minutes of physical activity. Two teams earned top

spots as Palm Healthcare Foundation's Let's Move Gold Medal Champions. The City of Delray Beach logged more than 1,000,000 minutes of physical activity.

To increase the number of minutes logged, the foundation teamed up with corporations, schools, youth groups, after-school programs, fitness programs, local gyms and non-profit organizations to hold events this year.

This was the first year for the field day at Atlantic High. Students opted in to participate and received a grade for their participation from their teachers, organizer Angela Williams said.



"We wanted everybody moving," she said.

The minutes will be calculated and added to the city's count.

The goal is to engage people to participate in physical activity in their daily lives beyond the month of March. Participants are encouraged to log at least 30 minutes of physical activity per day.

New this year was a video component inspired by videos Atlantic High students created last year.

Each team recorded themselves in a video less than three minutes long to inspire others to get moving. ■



Slices

Delray Medical Center performs first Robotic-Assisted Peripheral Vascular Intervention

Delray Medical Center is the first hospital in the country to perform a robotic-assisted peripheral vascular intervention procedure using the CorPath GRX System.

The procedure, performed by Dr. Joseph Ricotta, Medical Director of Vascular Surgery and Endovascular Therapy for Tenet Healthcare, is the first American use of this technology and brings robotic-assisted precision to both percutaneous coronary and percutaneous vascular interventional procedures.

“This technology and the availability of this procedure will have significant benefits for those suffering from peripheral artery disease,” Dr. Ricotta said. “Advances in cardiac care like this will also help those in our community who are dealing with the effects on a daily basis, and will help them have a more productive and active life.”

Peripheral artery disease (PAD) is a disease of blood vessels outside the heart that commonly affects arteries carrying blood to the lower extremities. It is estimated that 8.5 million people in the United States are living with PAD.

“The fact that Delray Medical Center is the first hospital in the U.S. to perform robotic-assisted peripheral vascular interventions is just another reason why our cardiac and vascular program is such a jewel within our community,” said Mark Bryan, chief executive officer of Delray Medical Center. “The adoption of the CorPath GRX System at Delray is just one of many firsts at our hospital and it emphasizes our continuous commitment to delivering state-of-the-art technology to our patients.”

For more information about the vascular program at Delray Medical Center, visit www.delraymedicctr.com

Delray Affair After Dark

The Delray Affair doesn't end when the sun goes down.



live entertainment downtown.

On Friday, April 13, see Taylor Road at Atlantic and NE 4th Ave. and Chris Monteleone of Sosos at Atlantic and 2nd Ave. Then on Saturday, Shauna Sweeney will perform at Atlantic and NE 4th Ave. and Steven Vincent at Atlantic and 2nd Ave.

Restaurants and shops will offer special promotions for those who stick around after dark.

The new 2018 “I ♥ Downtown Delray Beach” limited edition sticker is back and available with purchase at any Downtown retail store, art gallery, salon or spa all weekend.

Visit DelrayAffairAfterDark.com for a list of promotions.

New exhibit at Spady Museum

My Reel, a new photo exhibit, is on display at Spady Museum.

Through July 21, view the world through the lens of local photographers, who specialize in various genres from modeling to nature, and enjoy selected photographs from the museum's archives.

“My Reel” will include “Share My Reel,” a new collaboration for The Spady Museum, which invited artists from South Florida to submit their work for competitive evaluation before a juried committee.

The juried committee includes well-known local professional photographers, Michiko Kurisu, Marie Vickles and David I. Muir, who will evaluate more than 180 submissions. Curated by Khaulah Naima Nuruddin, “My Reel” is an original show with a decidedly South Florida perspective.

New Delray Beach Visitor Information Center open

Delray Affair begins as the booths close down around 6 p.m.

As the crowd wanes, walk on the Avenue not just along it and check out special merchant promotions and pop-up

Next time you hit the beach, stop by the new Delray Beach Visitor Information Center.

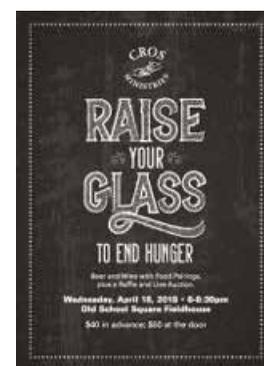
The visitor center, which sees over 150 people per day, is open again with a new look.



“It's a small building, but it was a large undertaking,” Downtown Development Authority Director Laura Simon said.

The DDA took charge in revamping the volunteer run center. Since 2005, volunteers help provide information about what is going on in the city from the center.

CROS Ministries still providing hot meal service



Just because the Caring Kitchen is no longer offering hot meal service, doesn't mean hot meals are no longer available.

CROS Ministries, which operated Delray's Caring Kitchen, has still been working to provide food to those in need.

The nonprofit has partnered with different churches since November to provide lunch each weekday and a dinner on Sunday night.

“A lot of people when they heard the last day to serve, they were thinking that we are going away,” Executive Director Ruth Mageria said. “We have not and we are not going away.”

She said different congregations have stepped up to help provide lunch.

“We are very excited that it has gone well,” she said. “Volunteers have done a great job with the transition.”

It took people some time to find the new locations, but the organization is serving more than 100 meals a day.

The nonprofit has until July to use the Caring Kitchen's former space for meal prep. The group is looking for a new place for meal preparation.

“We are going to continue serving meals and serving the community,” The Rev. Juanita Bryant Goode said.

Cros Ministries is hosting its “Raise Your Glass to End Hunger” fundraiser on April 18 at 6:30 p.m. at Old School Square Fieldhouse. The event is a beer and wine tasting event with food pairings. Tickets cost \$40 in advance and \$50 at the door.

CARING KITCHEN MEALS

Served 12:00 pm to 1:00 pm (except Saturday & Sunday) On the following days and locations:

Monday: Resurrection Life Fellowship 209 SW 5th Ave., Delray Beach

Tuesday: Cason UMC 342 N. Swinton Avenue. Enter on south side

Wednesday: St. Matthew's Episcopal 404 SW 3rd St. Parish-Hall across street from sanctuary -

Thursday: Cason UMC 342 N. Swinton Avenue. Enter on south side

Friday: St. Matthew's Episcopal 404 SW 3rd St. Parish Hall across street from sanctuary

* **Saturday:** Bag Lunches 9 a.m. - 9:30 a.m. at **Cason UMC**

* **Sunday:** Dinner 5 p.m. - 5:30 p.m. at **Haitian United Church of the Nazarene** at 338 NW 6th Ave. ■



Laura Norman

HOLISTIC REFLEXOLOGY

Connect to Your Greatness - Sole to Soul

"Reflexology sessions with Laura help me achieve new levels of focus and inner balance - helping me to be a stronger actor." - Hilary Swank, Academy Award-winner

"Laura Norman's Reflexology spared me from a kidney stone operation and saved my life!" Regis Philbin, Television Personality

"Wow! A total healing experience for the whole person. It will alter your life in a profound way."
Bernie Siegel, MD, author of Faith, Hope, and Healing

- ☯ Reduce Stress
- ☯ Release Toxins
- ☯ Relieve Pain
- ☯ Ease Pregnancy

- ☯ Increase Energy
- ☯ Shed Excess Pounds
- ☯ Enjoy Better Health
- ☯ Love Your Life!

Laura Norman, America's Foremost Reflexologist and Life Wellness Coach, offers Private Sessions and Holistic Reflexology Certification Training.

New York City • The Berkshires • Delray Beach, FL
 Visit www.lauranorman.com • Call 561-272-1220

Florida License No. MA44723

Gift Certificates Available Online for All Occasions



'Only through a miracle of God did I survive,' abuse victim tells AVDA luncheon crowd

By: Dale King Contributing Writer

Melissa Dohme Hill recently told the hushed audience at a luncheon in Boca Raton for domestic abuse fighters that she reluctantly agreed to give her high school ex-boyfriend one last hug in hopes he would get out of her life for good.

Instead, he tried to take her life – and nearly did. With his arms around her, the assailant snapped open a switchblade and began stabbing. With that and then another knife, he continued the carnage until Melissa lay bloodied and near death in front of her Tampa area home with 32 knife wounds.

"He stabbed me in the back of the shoulder, the face, the throat. My mouth filled with blood. All this while my mother slept inside," she told guests Feb. 28 at the 11th annual Heart of a Woman luncheon to benefit Aid to Victims of Domestic Abuse (AVDA).

Two teens across the street who witnessed the attack the night of Jan. 24, 2012, ran to her aid, pulled the would-be killer off and called for help. At a hospital, "I flat lined four times on the table. I found myself surrounded with family, covered in bandages, connected to machines, with tubes down my throat, praying and thanking God for saving my life."

Those seated in the gallery gasped audibly as Melissa tearfully told her story. Afterward, they stood and applauded her courage.

That is what AVDA is all about, emcee Liz Quirantes, a news anchor for Channel 12 and AVDA advisory board member, told the crowd. "Strength, courage and determination."

Hundreds gathered for AVDA's 11th annual Heart of a woman luncheon, which included an address by Melissa and a presentation of awards to the police chiefs of Boca Raton, Delray Beach, Highland Beach and Boynton Beach for their help in fighting domestic abuse. Event co-chairs were Jean-



Boca Raton Police Chief Dan Alexander receives award from AVDA luncheon co-chair Rosemary Krieger. Photo by Dale King.

nette DeOrchis, Rosemary Krieger, Anne Vegso and Gail Veros.

AVDA President and CEO Pam O'Brien, who is also an attorney, told how the organization has grown and expanded its service offerings since it took in its first clients in February 1986.

"For the many individuals that need our help, AVDA provides a community of hope through our state-certified domestic violence center that offers a comprehensive array of services for all victims of domestic violence including a 24-hour crisis hotline, emergency and transitional housing, advocacy, counseling and support to help them live violence-free and self-sufficient lives. We also work throughout the community to educate and engage people of all ages in our commitment to prevent violence."

"AVDA provides a hand-up, not a hand-out," said event co-chair Rosemary DeOrchis, who admitted she is a domestic violence survivor herself. Another speaker, Dr. Heidi Schaeffer, who serves on four boards that help battle abuse, said she was also a survivor of domestic cruelty. "It took me four years to say those words," she said. "You are the first to hear them."

Before the four police chiefs accepted their awards, O'Brien pointed out that every police officer who has served on the AVDA board "has become a chief."



Delray Beach Police Chief Jeff Goldman receives award from AVDA luncheon co-chair Gail Veros. Photo by Dale King.

Luncheon co-chairs presented the awards to Boca Raton Police Chief Dan Alexander, Boynton Beach Interim Chief Kelly Harris, Delray Beach Chief Jeff Goldman and Highland Beach Chief Craig Hartman.

During her address which concluded the luncheon, Melissa said she was barely 20 and had long ago ended her relationship with the assailant she identified as Robert Burton. He persisted with phone calls asking for "one last hug" and promised to get out of her life.

He is out of her life now, she said. In October 2013, he was convicted of attempted murder and was sentenced to life behind bars. "And this is Florida, so he will serve the time."

His sentencing "was a defining moment in my life," she said. She gave up her intention of becoming a baby nurse and took a job with Hands across the Bay, an advocacy group for abused women in the Tampa region.

"Like AVDA, we help women get back on their feet," she said. "Both groups are helping abused women become survivors."

From behind a podium in the Royal Palm Yacht Club dining room, Melissa said she wished she could have called upon an organization like AVDA before she endured many instances of abuse.

She added a delightful post-script to her story. "There was a silver lining," said Melissa. "My injuries led me to meet Cameron Hill, a firefighter who loaded me into a rescue helicopter." They became friends, then lovers and were married in 2017. With her hubby seated at a table nearby, she announced they would celebrate their first wedding anniversary on March 4. ■



Melissa Dohme Hill and her husband, Cameron Hill. She met him after nearly being stabbed to death by an abusive, ex-boyfriend six years ago. Photo by Dale King.



Melissa Dohme Hill, guest speaker at the 11th annual Heart of a Woman luncheon sponsored by Aid to Victims of Domestic Abuse (AVDA) is flanked by emcee Liz Quirantes, Channel 12 news anchor and also a member of the AVDA advisory board, left, and Pam O'Brien, AVDA president and CEO. Photo by Dale King.

INSIDE Palm Beach County



Former White House pastry chef visits OSS [9]



Don't miss this Artist-in-Residence weekend [15]

TOP 10

Don't miss events

1 The Parkinson's Foundation South Palm Beach County Chapter is hosting its "Sequins and Sparkle Gala" on April 14 at Woodfield Country Club in Boca Raton. The event begins at 7 p.m. and will honor Gail and Robert Milhous. This is the first gala for this chapter and will feature a night of music, dancing, auctions, cocktails and fine dining all to benefit Parkinson's Foundation's mission to educate and empower those with Parkinson's Disease. Tickets are \$225 per person.

2 Boca Bacchanal Wine & Food Festival returns this month for its Sweet 16. The signature fundraiser for the Boca Raton Historical Society and Museum returns



April 6-7 for wine and food. The weekend starts out with Vintner Dinners, intimate, private dinners at grand estates and historical sites in Boca Raton. These dining experiences each feature a vintner and chef pairing their wine and cuisine together to create a 5-course meal. Guests attending the Vintner Dinners will also have the opportunity to meet their chef and vintner. Tickets are \$325 per person. Then, the event continues with the community's party – Bacchanalia, which combines food from over 30 local restaurants with wine. Tickets to Bacchanalia are \$100 per person.



3 Delray Affair returns this month for its 56th year from April 13-15. The

downtown event features more than 500 exhibitors including artists, crafters and food vendors from Delray and across the country. The event spans 10 downtown blocks. Admission is free.

4 Friends of the Mounts Botanical Garden will host its biggest annual fundraising event – the *Mounts Spring Benefit*

– at a private home in Palm Beach on Sunday, April 8, from 5:30 to 8 pm. Funds raised at the Benefit will be used to support educational programs at Mounts, including the popular, family-friendly and environmental-themed exhibit *WASHED ASHORE: Art to Save the Sea*. The annual *Spring Benefit* features an open bar, hors d'oeuvres and a silent auction featuring a diverse array of rare and exotic plants, orchids and arrangements. Tickets cost \$175 per person.



5 St. Jude Children's Research Hospital is hosting its Ninth Annual Palm Beach Dinner on April 11 at 7:30 p.m. at Club Colette. The night will benefit the organization's mission of finding cures and saving children. Proceeds will advance pioneering research and lifesaving care for children with cancer and other life-threatening diseases. Tickets cost \$500. Visit <http://stjude.org/palmbeachdinner> for more information.

6 The 11th Annual Blue Wild Ocean Adventure Expo will take place on April 14-15



at the Broward County Convention Center. Produced by Boca Raton resident Sheri Daye, a world-record spearfishing diver, the event features educational speakers and exhibitors that specialize in freediving, scuba, spearfishing, fishing, paddle boarding, adventure travel and more. Entry is \$20 at the door and includes a free goodie bag (while supplies last) and free entry to the Saturday night After-Party at the Fort Lauderdale Beach Courtyard Marriott. For more information, visit www.TheBlueWild.com

7 Tim Tebow's mother, Pam, will be this year's keynote speaker at Angel Moms Brunch on April 13. The 5th Annual An-

gel Moms Brunch and Benefit for Place of Hope at the Leighan and David Rinker Campus will focus on a mother who raised a Heisman Trophy-winner and served as an ambassador for charity. The theme is "There's No Place Like Home." Tebow, and her husband, Bob Tebow, lived for a number of years as missionaries in the Philippines and have ongoing ministries in several, semi-closed Asian countries. They support orphanages, Bible schools, and a safe house they founded for rescued girls. Their orphanage, Uncle Dick's Homes, has been home to scores of Filipino orphans since 1992. The event begins at 9:30 a.m. at Boca West Country Club. For tickets, visit www.placeofhoperinker.org/angelmomsbrunch. Ticket prices are \$165 from April 1 until April 13.



8 Help send meals to starving children in Guatemala during this year's Join the

Pack event on April 20 and April 21 at Advent Lutheran Church in Boca Raton. Packing sessions will be from 2:30 to 4:30 p.m. on Friday and noon to 2 p.m. on Saturday. The third annual event will be held by Feed My Starving Children and Food For The Poor. Individual volunteers can join an existing team or create their own team to raise funds to purchase the dehydrated foods used to complete the meal packs. Each team will consist of at least 10 volunteers committed to raising a total of \$500. The groups will assemble 150,000 specially formulated MannaPack rice meals for children in Guatemala. In addition to packing meals, volunteers will also raise enough money to send an additional 3 million meals to families in Latin American and Caribbean countries served by Food For The Poor.

9 A former FBI Most Wanted criminal will headline the the South Florida Science Center and Aquarium's annual benefit, "The Science of Invisibility: An



Evening with Kevin Mitnick." The event will take place on April 4 at 7 p.m. at the Circle Dining Room at The Breakers in Palm Beach. The notorious hacker says he invaded nearly 40 major corporations just for the challenge, and has moved on from an FBI Most Wanted to a most-wanted cyber security speaker and top selling author. Mitnick now devotes his life to helping combat data thieves, cyber-vandals and other malicious computer intruders, and mentors leaders, executives and staff on both the theory and practice of social engineering -- topics on which he is the leading global authority. Tickets for the event are \$600 per person. For information or to purchase tickets, contact Marcy Hoffman at 561-370-7738 or mhoffman@sfsiencecenter.org or sfsiencecenter.org/gala



10 The 23rd Annual Palm Beach International Film Festival's Student Showcase

of Films winners will be revealed during the red-carpet awards show on April 6 at Lynn University. Legendary actor, Burt Reynolds will present the Burt Reynolds' scholarship and TV star/rap icon, Vanilla Ice, will bestow the Music Video Award. The live show and broadcast is hosted by actor, entertainer and star of CBS Blue Bloods and PBS South Florida's On the Town in The Palm Beaches, Frank Licari. More than \$12,500 in awards and prizes will be awarded to winning film student entries. ■



EVERY SATURDAY • OLD SCHOOL SQUARE • 9 AM-2 PM
60+ VENDORS • LIVE MUSIC • FAMILY FRIENDLY • PET FRIENDLY

Located half block north of Atlantic Ave on NE 2nd Ave-Downtown
(561) 276-7511 • DelrayGreenMarket.com



April calendar listings

Old School Square

Flora

Through September 9

Cornell Art Museum



Tuesday-Saturday, 10 a.m.-5 p.m.; Sunday, 1-5 p.m.

Admission: \$8 (general); \$5 (seniors 65+ and students with ID); free for children under 12, Old School Square members and veterans; free for Florida residents on Sunday.

This group exhibition of contemporary artwork incorporates themes inspired by the goddess of springtime, fertility, and flowers. Experience an immersive, hanging thread garden; an enchanted garden installation, complete with sculpture and video; an atrium installation of a whimsical, larger than life dandelion, complete with the floating dandelion seeds; and so much more!

April 4- The Weight Band

Crest Theatre

Wednesday, 8 p.m.; tickets \$92/\$77/\$57



MusicWorks presents an unforgettable night with The Weight Band, featuring members of THE BAND, the LEVON HELM BAND & the RICK DANKO GROUP performing songs of THE BAND!

April 5- Semi-Toned presents Sing Theory

Crest Theatre

Thursday, 8 p.m.; tickets \$65/\$55

Semi-Toned, The University of Exeter's award-winning, all-male singing sensation, has been at the forefront of British a cappella for several years! In their touring show, "Sing Theory," the 12-member ensemble takes the audience on a thrilling journey from the 70's through present day, all via the medium of music - and completely unaccompanied!

April 9-10 - Max von Essen



Crest Theatre

Monday and Tuesday, 8 p.m.; tickets \$72/\$57

Currently starring in the acclaimed

Broadway production of *Anastasia*, as Gleb, Max von Essen brings his romantic new show celebrating the best of Broadway. With his music director, the incomparable Billy Stritch, expect songs from his career, as well the golden age of Broadway and the American songbook.



April 12,- Roland Mesnier, Former White House Pastry Chef

Crest Theatre

Robert D. Chapin Lecture Series - Thursday, 2 p.m.; tickets \$67/\$47/\$32

- reserved seating

As executive pastry chef at the White House for 25 years, Roland Mesnier was responsible for creating thousands of elegant, delicious and dazzling desserts for presidents and their families, including Jimmy Carter, Ronald Reagan, George Bush, Bill Clinton and George W. Bush. He insisted all desserts made in the White House would come only from the White House, causing him to work endless hours.

April 19- Mireya Mayor: Pink Boots and a Machete

Crest Theatre

National Geographic Live Series -

Thursday, 7 p.m.; tickets \$25 (adult); \$15 (student) - general admission seating

The Crest Theatre at Old School Square and *National Geographic Live* presents anthropologist and Nat Geo WILD host, Mireya Mayor. As a respected primatologist, explorer and two-time Emmy Award-nominated field correspondent for the National Geographic Channel, Mayor's adventures have taken her to some of the wildest and most remote places on earth. She co-discovered the world's smallest primate, a new species of mouse lemur in Madagascar!



April 20- First Annual Home Grown

Old School Square Pavilion

Friday, 6 p.m.; tickets \$40 (VIP) and \$10 (general admission)

House of Parnes and Old School Square present the first annual Home Grown - a 420 outdoor concert event headlined by The Heavy Pets with Spred the Dub and opener Fireside Prophets.



WITH
Eddie Money



&



MAY 12

DOORS 5PM • SHOW 6PM

MIZNER PARK AMPHITHEATER

TICKETS AVAILABLE AT
ticketmaster[®]
OR CALL: 800-745-3000
www.EddieMoneyatMizner.com

Sponsored in part by
Doc Brown Really Bad Rum



Florida's Finest Rum

*all dates & artists subject to change without notice
produced by gabriel entertainment in association with Rescued Puppy Productions, Inc., a non-profit charity organization. A portion of all net proceeds will be donated to Rescued Puppy Productions



Bring chairs!

April 21– Catch A Rising Star Comedy: Adam Ferrara

Crest Theatre

Saturday, 8 p.m.; tickets \$67/\$47; premium club seating, \$400 (available through Box Office only)

The Catch A Rising Star comedy series wraps up with a New York comedy night. Hailed by Entertainment Weekly as “Hilarious,” Adam Ferrara has had three comedy Central specials and is known for his TV roles on Rescue Me, King of Queens, Paul Blart: Mall Cop, Nurse Jackie and others.

April 27, 2018 – Mojo & The Bayou Gypsies



Old School Square Pavilion

Friday, 7:30 p.m.; tickets \$45 (VIP) and \$15 (general admission)

Known as “MISTER Zydeco,” Mojo and his red-hot band have been entertaining audiences across the country since 1985. Bring chairs!

April 28– Tallahassee Nights Live

Old School Square Pavilion

Saturday, 8 p.m.; tickets \$45 (VIP) and \$15 (general admission)

Come hear the best sounds of Jazz, R & B, Soul, Pop, Latin, Country, Rock and HipHop... with some dance, spoken word and comedy too. This touring show is electric! Bring chairs, but you'll be on your feet!

Delray Beach Playhouse

“Dear Liar” starring Ernie Simon and Dolly Workman on April 22 at 2 p.m.

Don't miss this comedy of letters based on the correspondence of George Bernard Shaw and Mrs. Patrick Campbell by



Jerome Kilty. Tickets cost \$20 and benefit the Delray Beach Playhouse Children's Theatre.

Women's National Book Association

April 11 at 6:30 p.m.

Oline H. Cogdill, will speak about the ethics of reviewing books at the Women's National Book Association (WNBA) at the Delray Beach Public Library, 100 W Atlantic Ave.

Members, Free. Nonmembers, \$10. Questions – email programs.wnbasofla@gmail.com.

Lightning Bolt Productions

Young Frankenstein – The Mel Brooks Musical

Book by Mel Brooks

Music and Lyrics by Mel Brooks

Book by Thomas Meehan

April 13 – 22

Tickets: \$35 (Student & Group Rates available)

For Tickets: www.lbptheatre.com / 561-886-8286

Performance Schedule:

Friday and Saturday at 7 pm

Saturday and Sunday at 2 pm
West Boca Performing Arts Center at
West Boca High School

Willow Theatre at Sugar Sand Park

The Fantasticks

April 6-15

Presented by Curtain Call Playhouse

The Fantasticks is the longest-running musical in the world and with good reason: at the heart of its breathtaking poetry and

subtle theatrical sophistication is a purity and simplicity that transcends cultural barriers. The result is a timeless fable of love that manages to be nostalgic and universal at the same time. The Fantasticks is a funny and romantic musical about a boy, a girl and their two fathers who try to keep them apart. The boy and the girl fall in love, grow apart and finally find their way back to each other after realizing the truth that “without a hurt, the heart is hollow.” Rated PG

Time: Fridays at 8 p.m., Saturdays at 8 p.m., Sundays at 2 p.m.

Cost: \$25 per person; \$20 group rate (4 or more tickets purchased in one transaction).

The Electrostrings

April 22 at 2 p.m.

Presented by Bright Star Theatre

Enjoy an electric performance with this string trio specializing in playing modern pop music, classical, and classical remixes on electrical instruments. Rated G

Cost: \$20 per person

Lesson Plans to Late Night

April 27 at 8 p.m.

Presented by Lucas Bohn

Lesson Plans to Late Night is a one-man comedy show about Lucas' transition from elementary school teacher to national touring comedian. It is truly a one-of-a-kind comedy experience, combining live stand-up comedy and visual images. Rated PG

Cost: \$20 per person

Lynn University Conservatory of Music

April 15

Lynn Bassoon Studio Recital

Join the Lynn Bassoon Studio for an afternoon of bassoon chamber music. Works to be performed include Mozart, Vivaldi, and Ozzy Osborne.

Sunday: 4 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: FREE

April 16

Pianist & Singer Nancy Elton

Pianist and singer Nancy Elton is based in Atlanta and has earned the “Georgia Teacher of the Year Award” from MTNA. She has served on the faculties of the University of Georgia and Georgia State University. The program will be a mini-recital followed by a master class.

Monday: 2 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: FREE

April 16

Flute Master Class with Néstor Torres

With his rhythmic and mellifluous jazz flute sound, Néstor Torres has released 14 solo recordings, earning four Latin Grammy nominations and one Latin Grammy Award.

Monday: 7 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: FREE

April 19

An Evening of Chamber Music & Poems

Thursday: 7:30 p.m.

Location: Snyder Sanctuary

Tickets: \$10

April 21–22

Lynn Philharmonia No. 6

Saturday: 7:30 p.m. or Sunday: 4 p.m.

Conductor: Guillermo Figueroa

Beethoven: *Symphony No. 6 in F Major (Pastorale)*

Mariano Morales: *Flute Concerto* (World Premiere)

Featuring Néstor Torres, flute

Marquez: *Danzón No. 2*

Location: Keith C. and Elaine Johnson Wold Performing Arts Center

Tickets: \$50 for box, \$40 for orchestra, \$35 for mezzanine

Sponsors: Jack and Rosalie Schlegel

April 26

Dean's Showcase No. 4

Thursday: 7:30 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: \$10

April 28

Class of 2018 in Concert

A salute to the graduating class as they serenade patrons who have supported them in their pursuit of musical mastery.

Saturday: 7:30 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: \$10

April 29

IRIS CLEANERS

15% OFF



PineappleGrove
ARTS DISTRICT

DELUXE SHIRT LAUNDERING

Men's & Ladies' Tailoring & Alterations

PROFESSIONAL CARE:

Silks • Linens • Fine Wools Knits Embroidery • Formal Wear • Lingerie Wedding & Evening Gowns Shoes
Designer Ties Eider Downs Comforters Draperies
Carpets Oriental Rugs

Announcing our New West Delray Location. 14451 S. Military Trail #2 (across from the Boys) 561-865-7636

All work done in our plant Environmentally Friendly Processes No chemical smells

495 NE 4th Street, Ste 6 Monday – Friday 8am – 5:30pm
Delray Beach, FL Saturday 8am to 1pm
561.501.4274 Closed Sundays



John Oliveira String Competition Winner Recital

Featuring the winner of the 2018 John Oliveira String Competition in a solo recital. The competition is made possible by a gift from violinist Elmar Oliveira, brother and student of John Oliveira.

Sunday: 4 p.m.

Location: Count and Countess de Hornle International Center / Amarnick-Goldstein Concert Hall

Tickets: FREE

Arts Garage

April 6, 8- 10 p.m.

Harp vs. Harp: Edmar Castaneda and Grégoire Maret Duo



Electrifying Jazz Concert Unlike Any Other

General Admission \$30 | Reserved \$40 | Premium \$45

Grégoire Maret is one of the most sought-after harmonica players in the world, often compared to legends Toots Thielemans and Stevie Wonder. Edmar Castaneda has quite literally taken the world stage by storm with the sheer force of his virtuosic command of the harp.

April 7, 8-10 p.m.

Slam Allen

Blues, Soul, Rock & Roll

General Admission \$30 | Reserved \$40 | Premium \$45



His musical platform is to deliver love through the genres of Blues and Soul and a little Rock & Roll.

April 7, 11 a.m.-1 p.m.

Beyond Beauty

Author Event, Reception & Book Signing

General Admission \$30

Ticket includes reception, a copy of the book "Beyond Beauty, A Refugee's Journey in Pursuit of Happiness," meet & greet with Ferial Youakim (the author), and book signing. Ferial Youakim recounts her trials and tribulations from when she was just a child in a refugee camp all the way through her time as a global image consultant.



April 8, 7- 9 p.m.

Chain Reaction

The Ultimate Journey Tribute

General Admission \$20 | Reserved \$25 | Premium \$30

An evening of Journey's music performed by Chain Reaction, the Ultimate Journey Tribute.

April 13, 8-10 p.m.

Ann Hampton Callaway – Diva Power



A Soaring Celebration of the Legendary Ladies Who Helped Shape the Soundtrack of Our Lives

General Admission \$40 | Reserved \$50 | Premium \$55

Ann Hampton Callaway presents a soaring celebration of the legendary ladies who helped shape the soundtrack of our lives- Barbra Streisand, Judy Garland, Ella Fitzgerald, Sarah Vaughan, Billie Holiday, Peggy Lee, Anita O'Day, Edith Piaf, Etta James, Carole King and Joni Mitchell.

April 14, 8-10 p.m.

Otis Cadillac and the El Dorados Featuring the Sublime Seville Sisters

Classic R&B, Root Rock N' Roll and Blues



General Admission \$25 | Reserved \$30 | Premium \$40

The legendary octogenarian R&B performer Otis Cadillac returns to Arts Garage April 14: he still performs with the fire and passion that are his trademark.

April 19, 8 p.m.

JESSICA MORALE and DEL PELSON

Pop-Rock/ Alternative Pop

General Admission \$10

Jessica Morale is a pop-rock singer/songwriter with a distinctive and unique presence. With her powerhouse vocals, Morale is ready to dominate the pop-rock music scene, one stage at a time.

Del Pelson is a four-piece Alternative Pop group based out of South Florida, combining catchy indie-pop melodies with the power of alternative rock.



April 20, 8-10 p.m.

Spam Allstars

Latin Funk

General Admission \$20 | Reserved \$25 | Premium \$30

Spam Allstars blend improvisational electric elements and turntables with latin, funk, hip hop and dub to create what they call an electronic descarga. ■

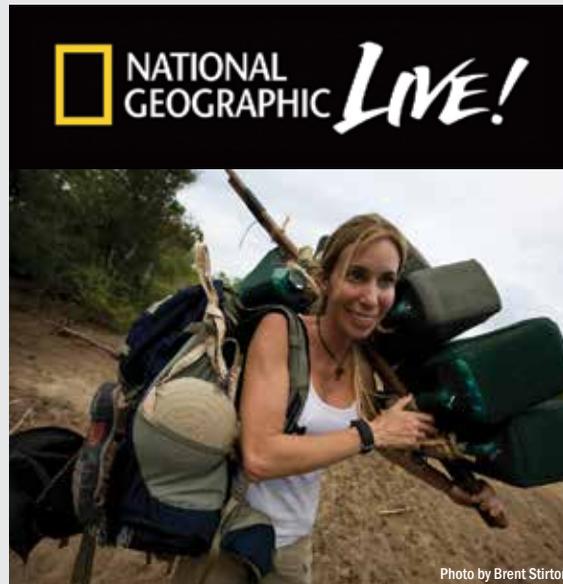


The University of Exeter's award-winning, all-male singing sensation!

SEMI-TONED

Crest Theatre | April 5 | 8 pm

Semi-Toned is one of Britain's premier a capella groups. In their touring show "Sing Theory," the ensemble takes the audience on a thrilling journey from the 70's through present day, all via the medium of music – and completely unaccompanied!



National Geographic Live presents Anthropologist,

MIREYA MAYOR

"Pink Boots and a Machete"

Crest Theatre | April 19 | 7 pm

Nicknamed "the female Indiana Jones," Dr. Mayor is a respected primatologist, audacious explorer, Fulbright Scholar, Emmy-nominated wildlife correspondent for the National Geographic Channel AND a former NFL Cheerleader... not to mention a mother of six!



Two-time nominee for best male stand-up by the American Comedy Awards...

ADAM FERRARA

Crest Theatre | April 21 | 8 pm

The Catch a Rising Star Comedy Series wraps up with a New York comedy night. Hailed by Entertainment Weekly as "Hilarious," Adam Ferrara has had three Comedy Central Specials and is known for his TV roles on Rescue Me, King of Queens, Paul Blart: Mall Cop, Nurse Jackie and others.

Arts, entertainment, enrichment, outreach... there's something for everyone at OLD SCHOOL SQUARE!
GET TICKETS NOW @ OldSchoolSquare.org | 561.243.7922, x1 | 51 N. Swinton Ave | Delray Beach 33444

OLD SCHOOL SQUARE

Kechi flies in to perform two sets and give hugs at annual Boating & Beach Bash for People with Disabilities, locals sing and support at the event

By: David DiPino Contributing Writer

Kechi Okwuchi says performing for kids gives her energy.

It's one of the main reasons she cleared her schedule to fly in from Houston, Texas for this year's Boating & Beach Bash for People with Disabilities recently held at Spanish River Park in Boca Raton.

Okwuchi performed two sets at the Bash, which Jay H. Van Vechten, Executive Director, calls "the largest family-fun day in the nation for people with special needs."

At the free Bash, guests enjoyed boat rides on the Intracoastal Waterway, a complimentary BBQ Lunch and activities sponsored by numerous South Florida based businesses.

"Jay reached out to me through emails. I flew in from Houston, Texas for the weekend and I'm glad I did because this was great turnout and amazing event for people with disabilities," Okwuchi said. "After I talked with Jay, I wanted to be a part of the Bash. Meeting him in person he's like a big teddy bear. I'm really glad things worked out. The kids here give me a lot of energy. There have been a lot of hugs. My favorite part of the Bash was per-



From left to right, Jay H. Van Vechten, Executive Director of the Boating & Beach Bash for People with Disabilities, singer Kendra Erika and Katherine Magnoli, Miss Wheelchair Florida 2017 at the bash at Spanish River Park in Boca Raton. Photo by: David DiPino.



Kechi Okwuchi performs one of many songs she sang during two great sets at the 2018 Boating & Beach Bash for People with Disabilities, at Spanish River Park in Boca Raton. Photo by: David DiPino.



Katherine Magnoli, Miss Wheelchair Florida 2017 showcased her "The Adventures of KatGirl" at the Boating & Beach Bash for People with Disabilities at Spanish River Park in Boca Raton. Photo by: David DiPino.

forming for the kids and feeling their energy all the way up on the stage."

Van Vechten said the Bash was designed to appeal to children, teens, adults and Wounded Warriors.

Landing a star as bright as Okwuchi was quite a feat for Van Vechten, who also invited up-and-coming local performers. Okwuchi was a finalist on the Twelfth Season of

America's Got Talent in 2017.

Okwuchi is also widely known in world news as being one of two survivors from Sosoliso Airlines Flight 1145 which crashed on December 10, 2005 at Port Harcourt In-

ternational Airport in Omagwa, Nigeria. A total of 108 people died in the fiery crash landing due to a missed approach due to pilot error aggravated by wind shear. She suffered burns across most of her face and body.

Kendra Erika, a singer, songwriter and recording artist who calls Boca Raton home, performed a rousing and sizzling five-song set at the Bash of her original songs *Enamorado*, *Fire On Water*, *Point to The Sky*, *Letting Go* and her latest hit *Sublime*.

"All those songs I wrote. I was so happy to be part of this event. I know Jay and he is a very humble and generous person," Erika said.

Katherine Magnoli, Miss Wheelchair Florida 2017 and a Sunny Isles Beach resident, said she loved attending this year's event. Magnolia was showcasing her "The Adventures of KatGirl" books at the Bash.

For more information visit: www.boatingbeachbash.com ■

Scoop on Walt Disney World

By: Heather McMechan Special to the Boca and Delray newspapers

Local Mom Scoop was invited to the Disney Social Media Moms Celebration #DSMMC to hear about all of the cool things happening at Walt Disney World.

The latest scoop is the new Toy Story Land opening June 30. You'll be transported to Andy's backyard feeling like the size of a toy as you walk along oversized blocks and other recognizable Toy Story characters.

On this 11-acre lot, you'll see your favorite green Aliens who have powered up their flying saucers. Be ready for them to spin you into outer space during the Alien Swirling Saucers ride. Get on the Slinky Dog and go for a ride! The Slinky Dog Dash is a new thrilling ride that will have you twisting and turning through Toy Story Land along brightly colored tracks.

You can still head to the carnival and blast moving targets during Toy Story Mania. This fast-paced ride now has a 3rd track added. Wear your 3-D glasses aiming for targets while throwing cream pies and baseballs.

Leave it to Woody to be in charge of your dining. At Woody's Lunch Box, he'll be offering breakfast, lunch, and dinner. Woody's Lunch Box will feature classic American fare, old-fashioned soda floats, and other Toy Story-themed specialties.

Disney's Animal Kingdom is celebrating its 20th anniversary on Earth Day, April 22. The 500-acre adventure park will offer animal encounters,



family friendly activities, specialty desserts and more. Its part of the Party for the Planet celebration happening from April 22-May 5.

Over the two-week "Party for the Planet" celebration, guests can attend conservation talks by animal-care experts and participate in enhanced interactions with some of the more than 2,000 animals that make their home at the Association of Zoos and Aquariums-accredited park. ■

Do you want to be part all of the celebrations? Just go to <https://disneyworld.disney.go.com> to book your trip.



DELRAY BEACH

CRAFT BEER FEST

MAY 11, 2018

SPEED DATING FOR BEER.
Find your favorite!

UNLIMITED BREW SAMPLING
CRAFT BEERS | CIDERS | WINES

6:30PM VIP EXCLUSIVE ACCESS | 7:30PM GENERAL ENTRY

DJ | LIVE MUSIC | PUB BITES | GAMES | PHOTOBOOTH

TICKETS @ DBCraftBeerFest.com | 21 and over ONLY

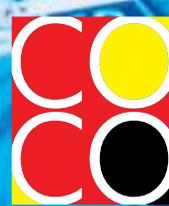
PRESENTING SPONSOR

Experience the excitement of over 70 live table games including blackjack with real dealers and real cards. Open 24/7.

LIVE THE GOOD LIFE.

casinococo.com

 **GAMBLE WITH CARE** Must be at least 21 years old to play Slots and Table Games or to receive Player's Club benefits. Must be 18 or older to play Live Poker. If you or someone you know has a gambling problem, please call 1.888.ADMIT.IT.

 **SEMINOLE CASINO**
COCONUT CREEK

Boynton Beach

ENJOY THE COASTAL LIFE



VALVTECT FUEL & MARINE DIESEL AVAILABLE

BOYNTON
BEACH CRA
CATCHBOYNTON.COM



Boynton
Harbor
Marina

SHIP STORE & FUEL INFORMATION › 561-735-7955
735 CASA LOMA BLVD › BOYNTON BEACH

Boca Raton's Promise holds 'Artist-in-Residence' weekend

Staff report

Using the love of live music and laughter to unite, inspire and rally "community for community" Boca Raton's Promise presents an "Artist-in-Residence" weekend series.

Featuring nationally recognized vocalist, songwriter, playwright, performer and author Patti Linsky, the line-up includes a "You've Got A Friend" Coffee House on Saturday evening, April 28 and the invigorating Altar EGO, an original one-woman powerhouse musical on Sunday morning, April 29. Both follow a weekend opener "Sermon in Song" on Friday evening, April 27.

"A community that works together rises together, especially in the aftermath of so much recent pain, loss, anger, fear and questions raised from close-to-home Parkland," said Rita Thrasher, co-founder and executive director of Boca Raton's Promise, a grassroots nonprofit organization that has served the Boca Raton community as a relentless trailblazer in raising awareness, increasing education, changing perceptions and starting critical conversations on mental health.

Proceeds from the series will fund the nonprofit's Mental Health First Aid trainings and other education and action-pro-



voking outreach in Boca Raton.

- **"YOU'VE GOT A FRIEND" COFFEE HOUSE, Saturday, April 28, 7 p.m.**

Atrium Lobby Cendyn, 980 North Federal Highway, Boca Raton

The "fun, friend and fund" evening of peace, love and music is a casual, entertaining throwback nod to the popular, intimate live music venues of the '60s and '70s where peace-inspired guitar playing and sing-a-long "folk and friend" favorites *made everyone feel united and hopeful*. Veteran Coffee House Vocalist and Master Song Leader Patti Linsky will be performing and leading audience (with rolling lyrics on screen) in a nostalgic "sing-out-loud-fest" of tunes by Peter, Paul & Mary, Joni Mitchell, Cat Stevens, James Tay-

lor, John Denver, Simon & Garfunkel, Carole King and John Lennon. Casual Attire. Admission is \$65 per person (includes live music, coffees, teas, desserts; cash wine bar available) with proceeds benefiting Boca Raton's Promise. Advance ticket purchase required online at www.bocaratonspromise.org.

- **ALTAR EGO: ONE-WOMAN POWERHOUSE MUSICAL, Sunday, April 29, 11 a.m.**

Phyllis & Harvey Sandler Center at Levis JCC, 21050 95th Ave South, Boca Raton

Presented in collaboration with the Adolph & Rose Levis Jewish Community Center

Altar EGO is an acclaimed one-woman show brimming with signature wit, wisdom and zest for life that features original songs and clever new lyrics to standards, tongue-in-cheek humor and audaciously delicious verve as Cantor Patti Linsky shares her story of going through a near-death experience and coming out on the other side transformed. Told through her very personal compositions and stories, Altar EGO inspires as Linsky traces her physical, emotional, mental and spiritual transformation through her 21-

year poignant journey that included a car accident that began a painkiller road, followed by alcohol addiction and later abdominal surgery which almost took her life. The creative, energetic, spiritual child of the singer/songwriter's extraordinary journey, Altar EGO embraces Linsky's passion for music and religious commitment as it shares her story of battling depression, painkiller and alcohol addiction to redemption, recovery and ultimately forgiveness so that others may begin to walk a path to their own authenticity, devoid of shame and humiliation. Casual Attire. Admission is \$35-reserved seating; \$25-general seating with proceeds benefiting Boca Raton's Promise. Advance ticket purchase required online at www.bocaratonspromise.org.

BRP's Artist-in-Residence Weekend opens on Friday evening, April 27 at Temple Shaarei Shalom with Linsky serving as Visiting Cantor for Shabbat service with Rabbi Anthony Fratello and Cantor Judith Ovadia. Temple Shaarei Shalom is located at 9085 Hagen Ranch Road, Boynton Beach, Fla; service begins at 7:30 p.m. and is free and open-to-the-public.

BRP's Mental Health First Aid trainings are free and open to all segments of the community. ■



Springtime luxuriating... just steps from the beach. Crane's Beach House is a personal, boutique get-away for hometown and out-of-town guests seeking coastal comfort with high-tech amenities. For special rates and packages, call 561-278-1700.

CRANE'S BEACH HOUSE
BOUTIQUE HOTEL & LUXURY VILLAS

82 Gleason Street, Delray Beach, FL 33483
TF 866-372-7263 W cranesbeachhouse.com



Celebrate springtime holidays in Boca Raton

By: Diane Emeott Korzen Contributing Writer

It's no April Fool that Easter falls on April 1 this year. (With Passover having begun at sundown just two nights before, on March 30, "Good Friday.")

Area churches added extra services to celebrate the joyous occasion --including Spanish River Church on Yamato Road

(which added a 7:30 a.m. sunrise service outdoors on the field by the school).

The Journey Church – Boca, which meets at Grandview Preparatory School on Spanish

River Boulevard, added a 6 p.m. Satur-

day, March 31 service to their regular Sunday services at 9:30 a.m. and 11 a.m., and offered an egg hunt for kids while their parents were in church.

Calvary Chapel Boca Raton and Grace Community Church, both on Camino Real, each had Good Friday services.

Grace also held a 7:30 a.m. Easter sunrise service on the lawn, as well as a 10 a.m. to noon, Saturday, March 31, Egg Hunt with Petting Zoo, Crafts, Photo Booth with Live Bunnies and Refreshments.

Families dressed in their Easter best attended church together and gathered afterward for festive family lunches featuring ham and lots of chocolate candy.

Those attending Seder dinner on Passover feasted on gefilte fish (poached fish dumplings), matzo ball soup, brisket or roast chicken, and potato kugel.] Being that Jesus grew up in the

Jewish tradition, some Christians have now begun partaking in Seder supper as well.

City of Boca Raton recent springtime events featured a Spring Children's Fair at Patch Reef Park on Tuesday, March 20 from 10 a.m. to 3 p.m.; Monday Morning Muffin's & Mysteries at 10:30 a.m. at the Downtown Library; Animal Adventures Day Camp (Grades 3 -5) March 20, 21, 22 at Gumbo Limbo Nature Center; FREE Saturday Fitness Yoga at 9 a.m. in Sanborn Square and Zumba at 10:30 a.m. in the South Beach Pavilion.

A 9 a.m. Saturday, March 10, bike ride invited Boca residents to "bring your bike and helmet to Mizner Park Amphitheater to join the Mayor and City Council for an escorted, 4-mile and/or 2-mile bike ride around Downtown, A1A and surrounding neighborhoods" to recognize March as Bicycle Month. (A Resolution proclaiming Bicycle Month in Boca was read at the Feb. 26 Boca City Council meeting.)



Spanish River Church holds outdoor Easter sunrise service. Submitted photo.



Grace Community Church Easter flowers on the cross. Submitted photo.

Boca GreenMarket

Boca Raton GreenMarket will have special offerings on Easter Saturday, March 31. The lively market, at the intersection of S. Federal Highway and SE Mizner Boulevard, has more than 40 vendors.

Market Coordinator Emily Lilly said they have four different flower booths including Art of Petal which has "cute little arrangements," Marlene's, Estelle Orchids, and the corner floral booth, Bary's, with its wide array of affordable roses in different colors. (Be sure to ask about their weekly bouquet special.) One of the other vendors, Samantha, stopped by to pick out a bouquet, debating between a pale pink or a more vivid color of rose.

Lilly said another vendor makes special doggy treats – and had them packaged in Easter wrap. And the vendor Cool Beans

makes their own chocolate, she said.

Adam at the Local Honey booth said they now offer Citrus Honey, as well as a new harvest of Saw Palmetto. He described the taste of Wild Melaleuca as having a hint of rum notes. These are just a few of his 17 "Lip Smakin' Good" raw and unfiltered Florida honeys.

Fresh European-style pastries are sold by Le Petit Pain and Saquella Café (the latter offers a free cup of coffee to go with a purchased pastry). And when you first walk into the market, be sure to stop by new booth Stephies, for a made-to-order smoothie, giant cookies, and crumb cake.

MisGreg's Produce, with its wide array of vegetables, greens and fruits, has been with the market since it first opened 21



Eva, 10, Cassidy, 10, and Juliet, 8, in spring dresses at Boca GreenMarket. Photo by: Diane Emeott Korzen.

years ago. It is one of two produce vendors at the market.

Check out the seasonal Saturday market that meets, rain or shine, from 8 a.m. to 1

p.m. through Mother's Day weekend.

(Saturday, May 12 will be its last day until the end of October.) ■



PLEASE JOIN US
 THE AFFLUENT BUSINESS WOMEN GLOBAL NETWORK PRIVATE SPRING TEA PARTY.
 SPECIAL GUEST LINCOLN DACOSTA JR WEALTH EXPERT
HOW TO ACQUIRE WEALTH; HOLD IT, GROW IT KEEP IT. IN A GLOBAL ECONOMY!
 APRIL 21 11.AM TO 4.PM
 TEALICIOUS TEA HOUSE
 4995 W ATLANTIC AVENUE
 DELRAY BEACH 33445
 Donation \$250.00 TEA FOOD AND DRINKS ARE PROVIDED, DRESS: HAT AND GLOVES RESERVE YOUR SEAT BY APRIL 10TH, 2018
 RSVP PHONE
954 667 3799



Samantha picks out a rose bouquet. Photo by: Diane Emeott Korzen.



Busy Boca GreenMarket draws in regulars and visitors in Royal Palm Place. Photo by: Diane Emeott Korzen.

What's the story with those pesky breakouts? Part 2

By: **Dr. Francesca Lewis MD, FAAD** Special to the Boca and Delray newspapers



As discussed last month, rosacea affects more than 14 million Americans. Often mistakenly referred to as adult acne, there are some important differences that distinguish rosacea from acne vulgaris. Rosacea has several subtypes that can co-exist at the same time. Often the first presentation is what is referred to as the erythematotelangiectatic stage. In this case, patients have background redness and broken blood vessels (telangiectasias) on the nose and cheeks, that may worsen (flush) with certain triggers such as spicy foods, caffeine, heat, sunlight and alcohol. Papulopustular rosacea is diagnosed when the patient also has pink pimple bumps or pus-bumps (pustules). Unlike in traditional acne, patients with rosacea do not have blackheads and whiteheads. The third subtype is phymatous rosacea. This typically presents as a “bulbous” nose, bumpy and enlarged. Historically, this was often attributed to alcohol intake, but

we now know that this is actually a subtype of rosacea. The fourth subtype is ocular rosacea. Rosacea can in fact involve the eye with varied presentations, including redness of the white of the eye or the eyelid rim, dryness, a “scratchy” sensation, among other symptoms.

Rosacea is classically more common in fair skinned patients, often of Eastern European descent, between the ages of 30-50. However, I have diagnosed many patients with rosacea even in darker skin types, starting in their 20s or maybe not until their 60s. A board-certified Dermatologist can diagnose rosacea with a visual examination, and a biopsy is not usually warranted except in severe or resistant cases to confirm the diagnosis.

Many treatment options exist for rosacea, some geared to treat the acne component and some for redness. Topical prescriptions such as sulfur based washes and topical creams with metronidazole, azelaic acid, or ivermectin may be used to control the acne component. There are now prescription creams that can decrease the redness of rosacea for a 12-hour period, but must be used consistently as the effects are not lasting. Oral antibiotics are often employed for more resistant cases of acne rosacea or for ocular rosacea.

The most effective treatment for the redness of rosacea is laser treatments. As we have discussed pre-

viously, IPL, intense pulsed light, and is a broad wavelength that can target both brown spots as well as the blood vessels and redness of rosacea. Typically for rosacea, we recommend a monthly treatment for 3 months. Further treatment varies person to person but may be needed every few months or twice a year to prevent the redness from recurring. It is an affordable, quick procedure with little to no discomfort, and very little downtime. I can tell you from personal experience that these treatments are very effective for rosacea.

Another important consideration in patients with rosacea is the use of appropriate skin care products. We know that the skin barrier is compromised in patients with rosacea, so it is important to use gentle, unscented hypoallergenic products, as well as to moisturize twice a day with a moisturizer containing ceramides, and use a zinc based SPF of at least 30 every morning.

Unfortunately, we do not have a cure for rosacea, but with these measures we can control it and make living with this condition much easier. See a board-certified Dermatologist to come up with a personalized treatment regimen for your rosacea and start seeing a difference in your skin. ■

For more information about Delray Dermatology + Cosmetic Center or to make an appointment, visit delrayskin.com or call 561-440-8020.

Boca Regional physical therapist receives recognition from National Multiple Sclerosis Society

Staff report

Juvy Villanueva, PT, DPT, CSRS, MSCS, C/NDT, Senior Physical Therapist at the Gloria Drummond Physical Rehabilitation Institute, has been recognized as a multiple sclerosis (MS) certified specialist.

Juvy is the first in the state to receive this recognition through the National Multiple Sclerosis Society's Partners in MS Care program.

Partners in MS Care is a National Multiple Sclerosis Society program that recognizes and supports quality care by encouraging strong partnerships between clinicians and the Society. Juvy has been ac-

knowledged as a committed provider through demonstration of her knowledge and experience in caring for patients living with MS.

“A recognition of this caliber commends Juvy's dedication to providing high quality care to her patients,” said Genie Lieberman, Director of the Gloria Drummond Physical Rehabilitation Institute. “The Institute continues to partner with the National Multiple Sclerosis Society to provide rehabilitation to those affected by MS.”

Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts

the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The disease affects more than 2.3 million people worldwide.

“We are proud to partner with Juvy and her team to enhance coordinated rehabilitative care for the over 2,000 people who live with MS in Palm Beach County alone,” said Robin Nunley, President of the Society's South Florida office. “In earning this recognition, Juvy has demonstrated a strong commitment in MS care, making a tremendous impact on people who are affected in our community.” ■



INSIDE Palm Beach County



Working on your tennis game [18]



Sign up for an oral cancer screening [21]

Tennis treasures

By: **Christine King** Special to the Boca and Delray newspapers



Historically, tennis is a highly competitive sport at every ability level and format. Doubles, singles, quadruples, the number of people engaged isn't consequential to the players; Winning is the principal goal!

In over 22 years of treating and training tennis players from amateur to pro, there's a recurring pushback from them to implement tennis-specific fitness drills, stretches, and exercises. The overall consensus is "I get enough exercise on the tennis court, I don't need to do anything else."

Here are the critical assessments used

when evaluating a player:

Q: Does tennis burn a ton of calories?

A: Yes

Q: Does tennis provide a great level of exercise?

A: Yes

Q: Do many tennis players incur injuries such as torn rotator cuff, ACL, meniscus, Achilles tendon, and more?

A: Yes

Just as the world of golf has made a hard right turn in incorporating fitness into the game, the world of tennis is not far behind. The struggle appears when working with busy professionals, parents, and "old school" players who've been fortunate enough not yet to have

experienced a critical injury or one that takes them out of the game for even a short amount of time. When a player needs time off due to injury, it's no picnic for them, their family, or us!

The training protocol we implement with players of all ages is similar, with modifications as needed. Here are some of the core elements:

1. Rotator Cuff Strengthening

A. Why? The rotator cuff is one of the most commonly injured muscle groups while playing tennis.

2. Stretching.

A. Why? Most tennis players don't implement flexibility enough into their daily routine. This sport requires short, quick movements which tighten tendons, muscles and joints making them more susceptible to injury. Practicing stretching movements aides in the reduction of injury.

3. Proprioception and Balance.

A. Why? The player has no exact idea of where the ball is going. The neuromuscular system responds, and the player reacts without thought. If the player's proprioception is compromised, so too will be their game.

Proprioception? What's that? It's the understanding of where your body is in space at all time. As an example, if an individual has had any type of surgery, including knee or hip surgery or replacements, their proprioception is compromised. As a result, the player may take a misstep or worse incur another injury.

A different principle applies to balance. If a player's balance is compromised, the subconscious mind and body take over and precludes the player from running for the shot. The body is a beautiful computer that usually saves you from hurting yourself.

4. Footwork.

A. Footwork is a necessity for ALL players. We use many tools including an agility ladder, BOSU, the tennis court itself and more! The dynamics of foot training is invigorating work that quickens a player's pace, improves balance and improves the likelihood of them acing the winning shot!

5. Overall Strength Training and "Weak Spot" Specific Strengthening.

A. An overall strengthening program is essential for every human being, particularly tennis players to assist them in the prevention or recovery of an injury. "Weak Spot" strengthening is customized to those areas previously injured or are at high risk for injury.

Implementing these measures improve your game, speed, and enjoyment significantly. After all, tennis is a very social sport. All of our tennis players want to play for the rest of their lives, and it's our job to show them the measures needed to make it happen! ■

Christine King is a Medical Exercise Specialist, Fitness Expert, and Founder of YourBestFit. The health and wellness company has helped thousands of clients recover from injuries, look and feel better and improve their overall well-being and sports performance. www.YourBestFit.com

DELRAY MEDICAL CENTER'S COMPREHENSIVE STROKE CENTER

2 THINGS MATTER WHEN A STROKE HITS:

WHERE YOU GO, AND HOW FAST YOU GET THERE.

When a stroke occurs, where you go for treatment can make a difference.

As one of the few designated **Comprehensive Stroke Centers** in our region, the experienced team at **Delray Medical Center** works around the clock to treat all strokes and stroke-like symptoms quickly to minimize the potential damage to the brain during stroke.

TIME MATTERS.

- ▶ Board-certified Neurology Medical Director of Stroke
- ▶ Board-certified Neuro-interventionalists 24/7
- ▶ Neurologists on staff 24/7
- ▶ Advanced Registered Nurse Practitioners in Neurology and Neurosurgery
- ▶ Certified Nursing Staff in Stroke Care
- ▶ Certified Stroke Coordinator
- ▶ State of the Art Radiology and Diagnostics
- ▶ Neuro-intensive Unit, Neurology Step Down Unit, Neurology Telemetry Unit

To learn more about stroke and how to respond, call **844.853.3176**

DELRAY
Medical Center



5352 Linton Blvd. | Delray Beach | DelrayMedicalCtr.com



HEALTHY SKIN & NATURAL BEAUTY

HAVE NEVER BEEN THIS CLOSE...



MEDICAL DERMATOLOGY | COSMETIC DERMATOLOGY | LASER SERVICES

.....
SPECIAL
.....

\$150 OFF

microneedling treatment
with PRP!



FRANCESCA LEWIS MD, FAAD
BOARD CERTIFIED DERMATOLOGIST
MEDICAL DIRECTOR



Follow us to learn about monthly events and promos!

.....
Most commercial insurances and Medicare accepted

 **DELRAY DERMATOLOGY**
+ COSMETIC CENTER

[\(561\) 440-8020](tel:(561)440-8020) [W delrayskin.com](http://delrayskin.com)
550 SE 6th Ave, Ste 100 | Delray Beach | Florida | 33483

Soccer heading tied to brain damage?

By: Dr. John Conde DC, DACNB Special to the Boca and Delray newspapers



Soccer is the fastest growing and most popular sport worldwide. In the United States, the number of soccer players has steadily increased since 2009 with almost 15 million participants. Particularly in the youth, soccer has sky rocketed in participation. Parents enjoy the dimensions of exercise, teamwork, discipline, and low injury probability soccer affords their children. However, with the recent increased awareness of head injuries and the discovery of CTE (chronic traumatic encephalopathy) in American football and hockey players, many are questioning whether heading (impacting a soccer ball with your head) repeatedly can cause brain damage.

In navigating through the research, it is

apparent that most of the concussive injuries secondary to heading occur in youth soccer as opposed to college and professional soccer. There are many variables including why this finding exists including neck size, neck strength, head size, skull thickness, brain maturation, visual field awareness, technique, and hand-eye coordination. It is evident that in the youth population most of these variables do not favor them as full development has not been reached. Another interesting fact is that female youth exhibit a higher concussive rate than male youth. Researchers believe this may be due to differing cervical spine musculature and skull thickness between males and females. In general, what the research did indicate is that heading is a serious concern for head injuries however it is not the most common cause of concussion in soccer players. Head to head or head to limb impacts are the most common causes of head injuries in soccer.

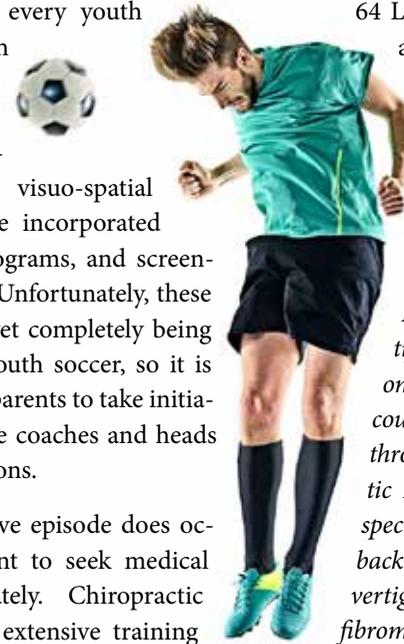
The application of these research findings in relation to headers are of paramount importance especially concerning the

youth population. Some general implementations include the following; heading should not be permitted until high school to allow for maturation, heading technique should be taught early, neck strengthening exercises should be incorporated into every youth program, health clearance should be mandatory to eliminate predisposing factors, visuo-spatial training should be incorporated into the youth programs, and screening for head size. Unfortunately, these practices are not yet completely being implemented in youth soccer, so it is important for the parents to take initiative and talk to the coaches and heads of these organizations.

In case a concussive episode does occur, it is important to seek medical attention immediately. Chiropractic neurologists have extensive training in concussion diagnosis and management and use evidence-based, state-of-the-art technology. One of the most advanced applications is a medical device called the Dynavision D2. The Dynavi-

sion D2 is a revolutionary diagnostic and rehabilitative tool. It works on visuo-motor, neuro-cognitive and spatial skills as well as on a neurological process termed "efferent copy." The user is required to manually compress targets made up of 64 LED lights that are blinking in a strategically established manner according to the neurological presentation of the person. The information is recorded and attention is placed on speed and sequence. ■

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



NOW OPEN! DEEP TMS PROGRAM

at The Delray Center for Brain Science



DELRAY CENTER FOR BRAIN SCIENCE

A Cutting-Edge New Treatment for Major Depression

A clinical subsidiary of the Delray Center for Healing, the Delray Center for Brain Science was started in 2017 with the goal of bringing together the most effective and cutting edge technologies available for the treatment of various brain conditions. Our principal clinical modality will be Brainsway Deep Transcranial Magnetic Stimulation (Deep TMS or dTMS).

TMS benefits include:

- FDA approved
- Non-invasive/Non-systemic
- Very safe
- Highly effective
- Very low side effects
- Brain function enhancing
- Covered by most insurances

Dr. Rodriguez is the founder, CEO and Medical Director of the Delray Center For Brain Science, a true Brain Center which specializes in Treatment Resistant Depression, ADHD, OCD, Memory Disorders, and optimizing brain performance.

Delray Center for Brain Science

103 SE 4th Ave | Suite 103 | Delray Beach, FL 33483 | Phone: 888-982-9802 | Fax: 561-266-0033

www.DelrayBrainScience.com



Early detection saves lives

By: Dr. Richard Staller Special to the Boca and Delray newspapers



“A simple and painless screening can save lives,” said Dr. Heather Kohn, Dentist at Advanced Dentistry South Florida. “If your physician isn’t checking for irregularities in the tissues of the mouth, make sure you get screened at least once a year by your dentist. I have seen firsthand the results of early detection and it is a life saver!”

Who should get screened?

Every adult. Oral cancer can often be caught early, even as a pre-cancer. With early detection, survival rates are high and the side effects are from treatment are at their lowest. Like other screenings you engage in such as cervical, skin, prostate, colon and breast examinations, oral cancer screenings are an effective means of finding cancer at its early, highly curable stages. Make them part of your annual health check-ups.

Does Oral Cancer hurt?

Similar to gum disease, oral cancer does not hurt. You may notice a strange spot on your tongue or somewhere in your mouth, but it does not hurt.

Does the screening hurt?

The oral cancer screening doesn’t hurt either! At Advanced Dentistry South Florida, an advanced light is used to detect irregularities in the cell pattern which may indicate pre-cancerous cells. It is painless and takes about five minutes.

What are the risk factors?

There are two distinct pathways by which most people come to oral cancer. The leading cause of oral cancers in the U.S. is through exposure to the HPV16 virus (human papilloma virus version 16). This virus is also responsible for the vast majority of cervical cancers in women. The use of tobacco and alcohol, which has been a long-term historic problem, remains a major risk factor. The quickest growing segment of the oral cancer population are young, healthy, non-smokers due to the connection to the HPV virus.

Early indicators:

Red and/or white discolorations of the soft tissues of the mouth.

Any sore which does not heal within 14 days.

Hoarseness which lasts for more than six weeks.

Advanced indicators:

A sensation that something is stuck in you throat.

Numbness in the oral region.

Difficulty in moving the jaw or tongue.

Difficulty in swallowing.

Ear pain which occurs on one side only.

A sore under a denture, which even after adjustment of the denture, still does not heal.

A lump or thickening which develops in the mouth or on the neck.

An oral cancer screening should be conducted every year, so take advantage of this free offer and get screened today. Call 561-495-2099 to make an appointment for your complimentary screening.

For more information about oral cancer, please contact Advanced Dentistry South Florida at www.ad-sf.com or call 561-495-2099. ■

DON'T HESITATE ON SKIN HEALTH

Dr. Thomas Balshi is Delray Beach’s expert **dermatologist**. He is board certified in both internal medicine and dermatology. He will assess any concerns you have regarding a skin condition, perform a complete examination, as well as provide a personalized treatment plan. **Call to schedule an appointment today!**



Better by the beat.

Improve your memory, concentration, balance, coordination and more with Interactive Metronome Therapy from the Conde Center.



Interactive Metronome Therapy (IMT) from the Conde Center is an assessment and training program that improves memory, concentration, motor control, coordination, balance, cognition and more.

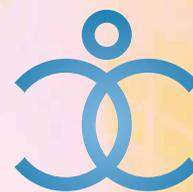
IMT challenges the patient to synchronize a range of motor movements and whole-body exercises to a precise computer-generated beat. The use of game-like features engage the patient with auditory and visual guidance providing real-time feedback that encourages them to improve.

IMT can benefit patients suffering from motor and sensory disorders such as Traumatic Brain Injury, Parkinson's Disease, Multiple Sclerosis, Spinal Cord Injury and more.



*Dr. John Conde,
Board Certified
Chiropractic Neurologist*

Contact us today to learn more about how IMT and the Conde Center can help you on your journey back to better health.



CONDE CENTER
for Chiropractic Neurology

401 West Atlantic Avenue · Suite 014 · Delray Beach, FL 33444
(561) 330-6096 · info@thecondecenter.com
www.TheCondeCenter.com

[solidcore] Fitness Studio opens new location in Boca Raton

Loved by former First Lady, Michelle Obama, the gym can now be enjoyed by South County residents

By: **Nicole Cleri & Hadassa Delhomme** Special to the Boca and Delray newspapers

[solidcore] recently opened its doors in Boca Raton and already is building up a roster of classes.

This unique Pilates-themed exercise lasts 50 minutes consisting of a high-intensity, low-impact workout focused on a machine found only at [solidcore] called Sweatlana. This specific workout is meant to work muscles to failure in order to see an overall improvement in the body.

“We are one of the most effective workouts for people who are looking to build strength, lengthen, tone and define their muscles,” said Julia Giliam, studio manager. “One of the things that makes us special is that we have the ability on this machine to add resistance and weight, we focus on slow and controlled movements, but also implement quick transitions.”

With only nine to 12 machines located at each location, [solidcore] prides it-



[solidcore] is now open in Boca Raton and people are already signing up for the 50 minute pilates class. Photo by Nicole Cleri.



[solidcore] is a 50-minute Pilates workout. Photo by Nicole Cleri.

self on having small class sizes in order to provide equal attention among all attendees.

“The goal is that everyone can get attention from the coach, everyone will receive a one-on-one interaction throughout the class,” said Jessica Christoff, coach.

Class sizes are also kept small due to the fact that this workout is done on Sweatlana, a complex machine with moving components, therefore it is

vital to keep an eye on proper form to promote overall safety.

Although [solidcore] is an intense workout, trainers encourage beginners to take a class and get a feel for this workout.

“I have become obsessed with [solidcore] in such a short amount of time. It is definitely one of the hardest non-cardio workouts I have ever done targeting every muscle in the body,” said Alli Kane, attendee.

The Boca Raton location currently holds 28 classes a week and plans to extend the schedule to 35 classes weekly with a new team of trainers. [solidcore] is open seven days a week leaving time to book a class anytime throughout one’s schedule. Classes are offered from 6 a.m. to 8 p.m. daily.

To book a class, or inquire more information about the fitness studio, visit solidcore.co ■



[solidcore] recently opened a Boca Raton location. Photo by Nicole Cleri.

Boca West Country Club to launch job training internship program for young adults with disabilities this summer

Staff report

Boca West Country Club has entered into an agreement with The Unicorn Children’s Foundation, Inc. to launch a job training internship program for young adults with disabilities in August.

Interns will range in age from 17-24 years of age who have an intellectual or developmental disability which makes it statistically more difficult for them to find jobs upon completion of high school.

The unemployment rate for youth with disabilities is approximately 80 percent despite their ability and willingness to work. With the launch of the Project SEARCH site at Boca West Country Club, it is expected that at least 74 percent of interns will find competitive and meaningful employment following graduation.

Boca West Country Club will be the first private residential community to participate in this internationally renowned program.

“We are honored to be the first company chosen to partner with the Unicorn Children’s Foundation/Unicorn Village Academy for this project and excited to get it on board,” said Matthew Linderman, COO & General Manager of Boca West Country Club. “My team and I are certain this is the beginning of a long successful collaboration.”

The Unicorn Children’s Foundation, Inc., recognized as a leading expert in the field of special needs, introduced the program to Boca West Country Club after receiving a training and planning grant from the Florida Developmental Disabilities Council to expand the Project SEARCH program and improve employment outcomes for these young adults.

“This evidence-based program will not only reduce recruitment costs, improve retention rates in high turnover positions, enhance workforce diversity at Boca West Country Club, but we hope that it will create a cultural shift of acceptance, inclusion, and opportunity throughout the community,” Unicorn Children’s Foundation CEO Sharon Alexander said.

Students should currently be enrolled in a Palm Beach County, Broward County or other private school and be interested in increasing independence, confidence and self-esteem while learning competitive, transferrable and marketable job skills.

For more information or to reserve your space, contact Ivonne Rodriguez at 561-620-9377 or ivonne@eunicorn.org. ■

INSIDE Palm Beach County



Shop at Greenlines [26]



Clear customs in Boca [33]

Boca Raton's Promise and Broken Sound Club team up to bring awareness to mental health first aid training

Staff report

Boca's Broken Sound Club is joining the call to action on bringing attention to mental health.

The club will underwrite the cost of paying for 17 individuals to become trained in Mental Health First Aid in honor of the 17 lives lost in the Marjory Stoneman Douglas High School shooting.

"Just as we have globally valued and promoted the critical need for CPR training, our community must now be passionate to do the same with Mental Health First Aid Training," said Rita Thrasher, co-founder and executive director of Boca Raton Promise. "It is critical to the health, welfare and safety of our community."

Nonprofit Boca Raton's Promise will secure the nationally certified trainers. BRP's Mental Health First Aid trainings are free and open to all segments of the community. The nonprofit is working to raise funds to cover 150 training sessions,



John Crean, Anna Crean, City of Boca Raton Mayor Susan Haynie, Rita Thrasher. Submitted photo.

which cost \$65 per trainee.

"In the aftermath of Marjory Stoneman Douglas, it is now critical to be Boca brave and bold," said John Crean, CCE, the General Manager and Chief Operating Officer of Broken Sound Club whose 14-year-old daughter Anna survived the school shooting. "There is no one single way to help prevent such a tragedy from happening again, but it does 'take a village' working together to affect meaningful, transformational change. As a father of a daughter who lived through this 'up close and personal' nightmare, I along with everyone else, owe it to those lost and their loved ones that we all do our very best to give rise to a tidal wave of improvement." ■

Piñon Grill: A Gem at Boca Town Center

By: Natalya Jones Special to the Boca and Delray newspapers

Most mall restaurants consist of cheap takeout stabbed by toothpicks and distributed by bored staff members. But as appealing as food is that's been sitting out all day and has the nutritional equivalent of a cardboard box, some people may want to eat something that's, well, edible.



Enter Piñon Grill, where I recently dined for the first time. Let's start things off with a libation or two, shall we? My poison of choice was the Dirty Pig, a martini created with Ketel One Vodka, olive brine, and hand torched bacon-wrapped bleu cheese stuffed olives. It was tasty with a kick and al-

though salty, it wasn't too overwhelming, maintaining the bacon taste the whole way through. This drink was not for the faint of heart, but definitely fitting for after long week.

For an appetizer, I would suggest the limited time mussels. It had a strong tomato taste, but was not spicy as one might suggest (although, I do enjoy a nice kick in the mouth when it comes to hot foods. Everyone is different). The mussels themselves were fresh and juicy.



Sticking with the seafood route, I chose the Asian Sea Bass as an entree, which is Chilean sea bass, sherry-soy broth, sticky rice, fresh spinach, and seared vegetables.

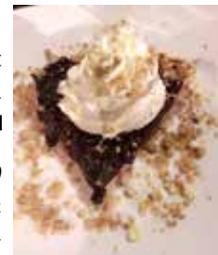


The veggies were satisfyingly crunchy, which the rice was tangy and sweet. The fish itself was crispy and flaky on the outside while remaining buttery and soft on the inside. There was no need for a knife - the sea bass was so tender, I cut it with a fork. Fresh ginger truly brought the different flavors together, creating a truly savory meal.

Ending on a sweet note was the blueberry tart pie. The dessert was an explosion of different flavors, which somehow were compatible. My taste buds were dancing with notes of citrus and fruit, accompanied by a soft crust and fluffy, cloud-like whipped cream. The cappuccino proved to be the perfect after dinner beverage, with hints of cinnamon in every sip.

For a sophisticated meal at an affordable price, fill up on Piñon Grill before you shop. ■

Piñon Grill is located at 6000 Glades Road, Suite 1390, in Boca Raton. Call (561) 391-7770 or visit pinongrill.com.



ASK ABOUT OUR NEW CLIENT SPECIALS!

- Stadium Seating & Cooling Fans
- Music & Cycling Video Big Screen
- 9,000-Watt Audio System
- Keiser M3 AND Real Ryder Bikes
- Fresh Playlist Every Class
- Any Level of Experience Welcome!

561.571.BURN (2876) • 95 SE 4th Ave • Delray Beach, FL 33483

www.BurnCycleDelray.com



Elevate Your Yoga to New Heights!

State-of-the-art aerial yoga studio featuring 11 aerial hammocks

Classes include zero-compression inversions to decompress the spine, while lengthening and strengthening the body

Introductory specials and multi-class packages available

88 SE 4th Ave | Delray Beach, FL 33483 | 561.406.9533

www.DelrayAerialYoga.com



THREE UNIQUE PLACES, ONE GREAT LOCATION

FLAVORFUL



Boston
on the beach

NEW ENGLAND-STYLE SEAFOOD
MADE WITH FRESH FLORIDA CATCH
IN A BOSTON SPORTS BAR SETTING

bostonsonthebeach.com

SOPHISTICATED



50OCEAN

CASUALLY ELEGANT WITH SOPHISTICATED
CUISINE SERVED ALONGSIDE A
PANORAMIC VIEW OF DELRAY BEACH

50ocean.com

OCEANFRONT



SANDBAR
AÑO 2012
DELRAY BEACH FLORIDA

BEACHSIDE TIKI BAR
THE PERFECT PLACE TO SINK
INTO THE SAND AND SIP

bostonssandbar.com

40 SOUTH OCEAN BLVD. A1A DELRAY BEACH, FL 33483 | 561.278.3364

Greenlines making eco-friendly waves in Delray Beach

By: Joanie Cox-Henry Contributing Writer

Brothers Jerry and Sam Delaney were so passionate about their lives spent by the ocean they decided to build a boardshorts business in 2009 dedicated to utilizing recycled and organic fabrics while donating a portion of profits back to organizations that preserve beaches and waterways such as Surfrider Foundation, Clean Ocean Actions, and Ocean Plastic Challenge. Greenlines, which opened its first store in Montauk, N.Y. in 2014 now has a location at 439 East Atlantic Ave., in Delray Beach.

The sustainably stylish clothing line offers men's, women's and children's boardshorts in three different types of fast-drying fabrics along with t-shirts, hoodies, hats and reusable stainless steel water bottles. The store is located in the iconic space that formerly housed Bruce Gimmy's Trouser Shop.

"We were looking for a long time in South Florida for the perfect space to open our shop," Sam Delaney said. "We were originally looking in Jupiter, where my wife's family lives, but once we came to Delray, we found this space and just fell in love with it."

After surfing in Delray's blue waters, Delaney admits he was hooked. "I'm very fond of Delray," Delaney said. "The color and clarity of the water are amazing. It's become one of my favorite beaches to surf along with Montauk, right after a hurricane passes through."

Delaney said Gimmy was also a big reason they also chose that spot. "We didn't need a huge space but we loved the location of Atlantic Avenue," Delaney said. "And we really connected with Bruce. We moved into that space the weekend of Thanksgiving. Bruce comes by and visits."

Growing up surfing, Delaney and his brother were always passionate about the environment and wanted to launch a business that incorporated that passion. "Our boardshorts are made from plastic bottles and recycled polyester fabrics," Delaney said. "We were also very inspired by old surf movies and wanted to create board shorts that weren't as long and with a cleaner look."

Greenlines boardshorts come in classic solid hues such as blue, gray and green and preppy striped patterns. There are also varieties that feature color blocking and retro-stripped trim.



With locations currently in New York, New Jersey and now Delray Beach, Greenlines is also slated to expand to Del Mar, Calif., this summer and Nantucket.

Billy Marshall, a surfer who works at the Delray Beach store, loves Greenlines boardshorts for the brand's wearability while he's catching waves. "The shorts are so stretchy and comfortable to wear while surfing or swimming," Marshall said. "I also love that the brand is eco-friendly. Surfing, you tend to spend a lot of time at the ocean and you experience firsthand the effects of people leaving trash behind and what it does to our beaches. Greenlines aims to preserve our beaches for generations to come, which is so important."

For more on the brand, visit Greenlines.com. ■

Carmine Colella, President and COO of Ed Morse Automotive Group in Delray Beach, elected as President of Executives' Association of the Palm Beaches

The Executives' Association of the Palm Beaches just announced its officers and

directors for the first half of 2018. Delray Beach's Carmine Colella was named Pres-



9 general and specialty dentists,
1 convenient location,
100% Care.

Basically... not your mom's dentist.
(But you can invite her. #welovemoms)

24/7 Access. Anytime. Anywhere
Click in • Walk in • Call in

561.498.0050
spodakdental.com
3911 W. Atlantic Ave.
Delray Beach, FL 33445

Spodak
dental group
DEDICATED TO YOUR SMILE



ident of the networking group. Colella is President and COO of Ed Morse Automotive Group.

What's it like to be named President of this organization?

It's truly an honor to be at the helm of an organization of 80 influential business leaders with the goal of helping each other and the community. To borrow from the famous Spiderman line, "with great power comes great responsibility." Although I don't wield great power, I do know that I will dedicate myself to providing great leadership for this organization I truly have an affinity for.

What makes this networking group different than the others?

The Executives' Association of the Palm Beaches has earned its stellar reputation. Founded in 1987, this prestigious network of the area's top business leaders is committed to helping other member

firms increase their business by providing leads and referrals or with direct business. This is not a casual networking group, but rather a strong commitment that delivers results. These members are not just connections but dear friends.

How long have you been involved?

The leadership at Ed Morse Automotive Group has been involved 22 years with the Executives' Association of the Palm Beaches. I've been lucky enough to count the last 10 years for my involvement. I'm proud of the what we've been able to achieve together with the members and in the community.

What are your plans as President?

A leader is only as good as their team... and we have an incredible group of local leaders that I get to oversee. I hope to bring new ideas and plans to grow the organization and give back more to the community. It's an incredible opportunity.

Who are the other officers?

- Vice-President/President-Elect- Jay DePotter, President, Malone Electrical Solutions
- Secretary/Treasurer- Leonard Pisciotto, President, Equitable Public Adjusters
- Immediate Past President, Nathan Smith, President, Mammoth Restoration of Florida

For more information about the Executives' Association of the Palm Beaches visit www.palmbeachexecs.com. ■

"The Italian Restaurant On The Beach"



Proudly Serving You For 23 Years!

Wine Spectator
Award Of Excellence
2003-2015

Best Italian
Readers' Choice Award
2009, 2012, 2013

Best Wine List
Boca Raton Magazine
2008, 2012

Best Brunch
Boca Raton Magazine
2006, 2012

Best Oceanfront Dining
Readers' Choice Award
2005, 2010

Restaurant of the Year
Delray Beach
2014, 2015

Trip Advisor
Award Of Excellence
2015



LATE NIGHT HAPPY HOUR

Be seated at 9PM or after and receive half off wines by the glass, all beers, & all liquor, including premium.

Plus \$2 validated parking.
(Regularly \$5)



Now Serving Our Brunch & Dinner Menus 7 Days | Live Entertainment | Valet Parking



34 South Ocean Boulevard
Delray Beach
561-274-9404

caffelunarosa.com

 /caffelunarosa



Sort out your assets before you tie the knot

By: John M. Campanola, Agent New York Life Insurance Company Special to the Boca and Delray newspapers



Americans are getting married later than ever, according to the U.S. Census Bureau. While a variety of factors influence this trend, an important one is the widespread belief that education, a job, and some financial stability should precede wedding bells. Likewise, as people

marry later, they are increasingly bringing children into the new relationship.

These realities of adulthood add to the challenges of setting up a new home together. But with a lot of honesty—and a little planning—it's possible to realize the dream of domestic tranquility. Here is a to-do list to get you

started.

Have the money talk: As adults who probably have established careers and paper trails, you and your fiancée may have accumulated not only assets but debts. It's a much better idea to stage the big reveal now than to stage a big surprise later (like being turned down for a car loan or apartment). And while you're at it, take the time to check your credit scores and fix any mistakes.

Is an estate plan necessary? Consider creating an estate plan to lay out how assets will be held and—if necessary—provide for dependents. An estate lawyer can also advise you about setting up a trust to secure harder-to-quantify assets, such as stock options, an existing business, or an anticipated inheritance.

Don't forget home sweet home: If you're moving into a property one of you already owns, consider who will pay the mortgage (if there is one) and whether the property should be re-titled.

How will household finances and tasks be divided?

Discuss the division of household finances as well as household financial chores. Will you keep money meant for day-to-day spending in separate accounts, or commingled? No matter the arrangement, someone will have to pay the bills. Will the person who pays the bills also take the lead with savings and investments?

Check on benefits: Finally, be sure to update workplace benefits for both you and your soon-to-be-spouse. Update beneficiaries on IRAs and 401(k)s. Also update beneficiaries on existing life insurance policies, and examine your coverage to see if it is still appropriate. As your family circle expands, so does the circle of those whose well-being you've committed to care for and protect.

Americans overwhelmingly cite love over financial stability as a reason to marry. But why not have your (wedding) cake and eat it, too? As is so often true in life, communications and planning are keys to success—whether you're talking about your finances or your relationship. ■

This educational third-party article is provided as a courtesy by John M. Campanola, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact John M. Campanola at 561-642-5180.

Doing well by doing good

Staff report

From eating healthfully to thinking sustainably, our daily choices are a reflection of the dynamic forces shaping global markets and national economies.

According to Rachel Barzilay, CAP®, CFP®, CRPC®, Managing Director, Wealth Management Advisor and Senior Portfolio Manager with Merrill Lynch Wealth Management in Boca Raton, impact investing is increasing in popularity among those seeking to make a positive difference through their investments. Impact investing refers to investments involving companies, organizations, and funds with the intent to generate a measurable, beneficial social or environmental outcome in addition to a financial return.



As we celebrate Earth Day on April 22, we sat down with Rachel to discuss the steps investors should take to not only ensure a positive financial return through impact investing, but also to make a positive impact on their communities and environment.

What is the first step investors should take when it comes to impact investing?

Impact investing covers many different investment landscapes; therefore, it is important to pick a cause or issue that is meaningful to you. You can use personal preferences to find socially responsible causes that align with your beliefs. Additionally, you can choose entities that excel at a range of environmental, social and governance factors or social themes. Be mindful that regardless of how or what you choose, impact investments should follow market-based strategies.

In honor of Earth Day, we choose the environment – now what?

Now that you know what you will invest in, it is time to choose an investment option. A variety of products can be drawn from Merrill Lynch's roster of high conviction investment solutions that have been selected by our Chief Investment Officer. These include investment options designed to deliver diversified, multi-asset exposure to fit your portfolio objectives while also allowing you to invest for positive social and environmental impact. You can visit ml.com for more information and to find an advisor near you.

In what ways can investors get even more involved?

Aside from impact investing, people can offer other thoughtful contributions to effect change and get others involved.

Many companies partner with nonprofits and charities, providing employees with

monthly, quarterly or annual opportunities to volunteer their time and talents to helping others and improving their communities. For instance, some companies and their employees may help plant trees or gardens to help improve green space in their communities for Earth Day.

There has also been recent news coverage around a practice known as shareholder activism, where one investor teams up with fellow shareholders to effect changes at companies in which they hold substantial amounts of stock.

Is impact investing sustainable, or could it simply be a passing fad? While it may have emerged only recently as an option across the business landscape, impact investing is unlikely to fade away anytime soon—in part because of the passion of many coming-of-age investors, particularly millennials, to challenge the status quo and effect change.

While more traditional investment opportunities remain the most popular, many of today's investors are excited about an added option to make an impact while earning returns. For investors that are equally interested in “doing well by doing good,” there are a variety of avenues to do so – including through their investment activities. To learn more about this growing trend, be sure to consult with a financial advisor. ■

Goodbye Junk. Hello Relief!

Say goodbye to your junk without lifting a finger. Whether it's old furniture, appliances, electronics or renovation debris, we do all the loading and clean up.

Book now and save

\$25 OR **\$50**
on up to half a load* on over half a load*



Call 1-800-468-5865 or book online at 1800gotjunk.com

VISA M.C. By choosing us you help save billions of pounds of junk from the landfill.

1-800-GOT-JUNK?
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

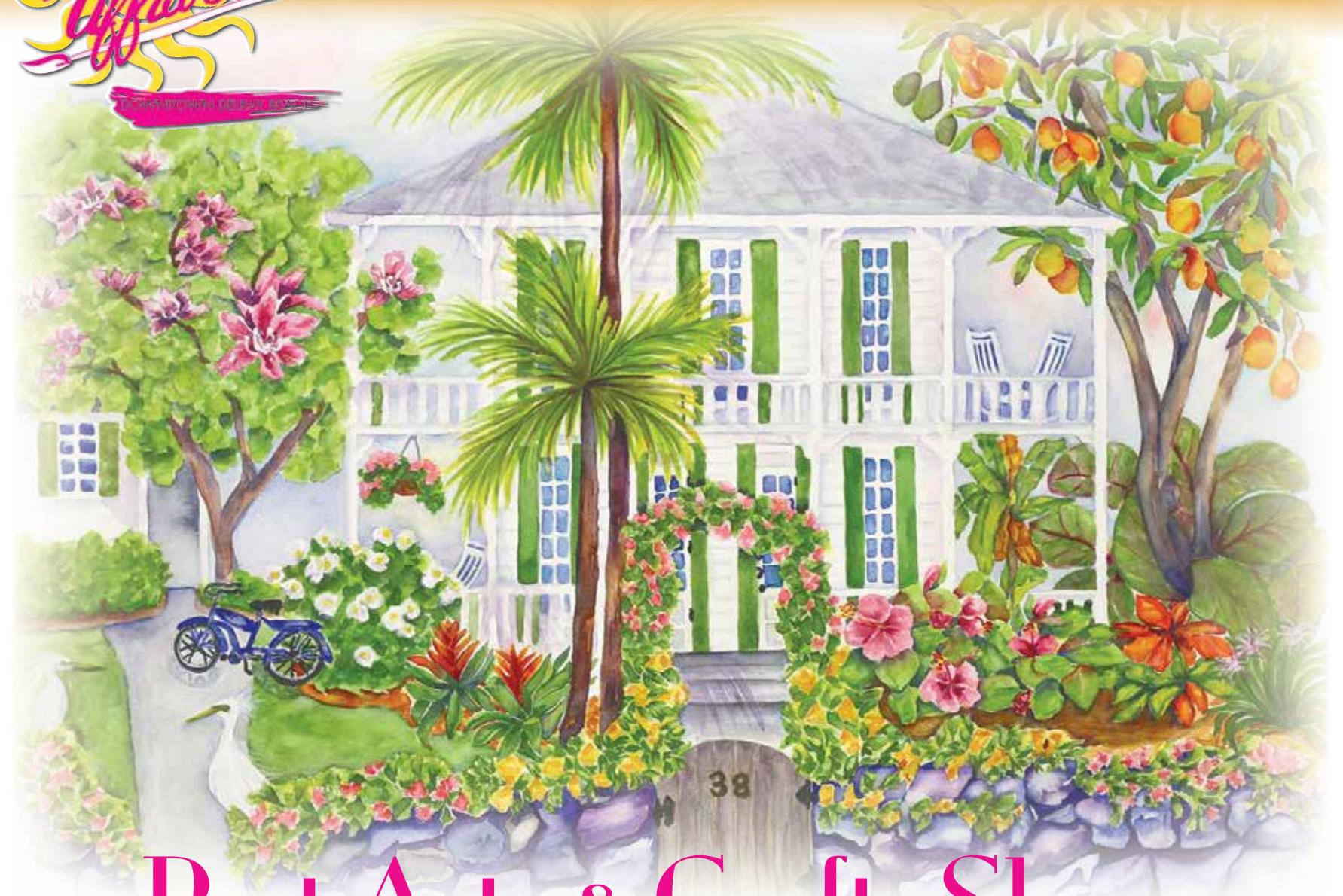
*To redeem this offer, present this ad at time of pickup. Cannot be combined with any other offer and is not redeemable for cash. Not valid on single item or minimum charge pickups.

Stroll the Streets in Delray Beach



APRIL 13, 14 & 15

FRI & SAT 10 am – 6 pm • SUN 10 am – 5 pm



Best Arts & Crafts Show Under the DELRAY Sun!

FOR COMPLETE DETAILS • 561-278-0424 • DelrayAffair.com

FEATURING OVER 500 ARTIST & CRAFTERS • DELRAY AFFAIR AFTER DARK • LIVE MUSIC
DELRAY HONDA ZONE • DELRAY BEACH HISTORICAL SOCIETY EXHIBIT
RECREATION WORLD EXHIBIT • BEER & WINE GARDEN AT OLD SCHOOL SQUARE

PARTNERS



OFFICIAL



CONTRIBUTING



MEDIA



Biz Briefs

Boca firm adds new attorney



Attorney Jeff Gordon has joined Lesser, Lesser, Landy & Smith's Boca Raton office.

Gordon handles cases all over Florida and concentrates his practice in personal injury and wrongful death litigation, including automobile liability, medical malpractice, premises liability and products liability. He has successfully handled a large number of cases in excess of 1 million dollars. Prior to joining LLS, Gordon worked at Broad and Cassel for over 30 years where he was an equity partner since 1994.

"We are extremely proud to have Jeff join our team. He is a very experienced lawyer and will be a strong advocate for our clients, with a focus on good client service and communication," said Managing Partner Gary S. Lesser. "He is well respected and very active in our community which makes him a perfect fit for our firm."

Gordon is also a licensed foster parent and is active with Kids in Distress. He has also coached over 50 different youth sports teams in Boca Raton. He has been teaching Civil Litigation, Criminal Law and Personal Injury at Florida Atlantic University for over 20 years, and enjoys playing basketball.

For more information, call 561-367-7799

FASTSIGNS® of Boca recognized as top center in the country



The team at FASTSIGNS of Boca Raton received multiple awards at the 2018 FASTSIGNS Convention. Pictured left to right: Chris Kirby, owner; Jodie Aznar, head of social media and marketing; Katherine Arama, creative director; and Catherine Monson, CEO of FASTSIGNS International, Inc. Submitted photo.

FASTSIGNS® of Boca Raton, a local sign and visual graphics provider, was recognized as a top performing center in the FASTSIGNS network out of more than 675 locations worldwide.

The local franchise received multiple awards at the 2018 FASTSIGNS Convention recently held in Houston, Texas.

FASTSIGNS of Boca Raton was presented with the Sales Achievement Award, which

recognizes the FASTSIGNS center that achieved the highest percentage growth in sales volume between Oct. 1, 2016 and Sept. 30, 2017.

FASTSIGNS of Boca Raton saw an increase of 370 percent in sales, ending the award year with nearly \$850,000 in total sales volume.

Chris Kirby, owner of FASTSIGNS of Boca Raton, was also named the Rookie of the Year for resale centers, which honors the FASTSIGNS franchisee with the highest sales percentage increase for the first 12 months of ownership compared to the prior year. Kirby acquired the FASTSIGNS franchise in October 2016.

FASTSIGNS of Boca Raton was also named the 2017 FASTSIGNS Customer Solutions Award grand prize winner and the *Wide-Format & Signage* Project of the Year Award runner-up for the comprehensive signs and graphics they provided Vivi Holdings, Inc.'s new headquarters. The local FASTSIGNS provided all of the branding signage and interior décor graphics for the corporate office.

FASTSIGNS of Boca Raton is located at 2401 N. Federal Highway and is open Monday through Friday from 8 a.m. to 6:30 p.m. and Saturday from 9:30 a.m. to 4:30 p.m.

Local New York Life agent named elite member for 2018

Agent John Campanola from New York Life's South Florida General Office has qualified as an Elite member in 2018, which distinguishes him as one of the company's top producing retirement solutions professionals.



Making the Elite list is one of New York Life's most acclaimed company honors, which only a small percentage of agents achieve each year.

Campanola is a long-time Florida resident who is active in local activities and events. He is a graduate of Leadership Delray, and is very involved in the Greater Delray Beach Chamber of Commerce where he is a long-term Ambassador and a member on many of its committees and organizations. He is the winner of the Greater Delray Beach Chamber of Commerce 2013-2014 Ambassador of the Year and a winner of the 2013-2014 Ken Ellingsworth Community Service Award. He also serves on the Board of Directors for a private non-profit organization, The Institute for Regional Conservation.

iCruise.com / WMPH Vacations raises \$10,000 for Caribbean Hurricane Relief; Money raised to be Matched by Norwegian Cruise Line



Don Walker, Co-President of iCruise.com; Camille Olivere, SVP of Sales at Norwegian Cruise Line; John Diulus, VP of Sales at NCL; Uf Tukul, Co-President of iCruise.com. Submitted photo.

Delray Beach-based iCruise.com (also known as WMPH Vacations), has raised \$10,000 for All Hands Volunteers, an organization dedicated to rebuilding communities impacted by natural disasters. iCruise.com donated a portion for every Caribbean Cruise booked from October through December, in partnership with Norwegian Cruise Line Holdings, Ltd., which committed to match every donation up to \$1.25 million.

"The Caribbean is a special destination for our clients and our company," said Don Walker, Co-President of iCruise.com. "We send over 25,000 clients to the Caribbean each year on a variety of different itineraries. Our hearts went out to the people in these destinations after the hurricanes hit and we wanted to do whatever we could to help. We thank our employees for taking the time to research, market and recommend the Caribbean to their customers, and our clients who gave the Caribbean

what they really needed – their business."

Incapital expands sales desk

Boca Raton-based Incapital LLC is adding new associates to its Boca office.

The company, which provides risk management investment solutions, is hiring 8-10 new associates who will interact directly with Incapital's financial advisor audience.

"Over the past several years, Incapital has become a market-leading distributor of risk management solutions, with a team of more than 50 professionals entirely dedicated to helping financial advisors achieve their clients' investment goals," said Holly Manning, Incapital's National Sales Manager - Internal Sales. "Through our wholesaling distribution model, we offer personalized consultative support, industry-leading education and state-of-the-art investment tools. As we continue to see record growth, we are looking to add exceptional, inquisitive, service-oriented talent to our internal sales desk to further enhance our commitment to our clients."

Candidates will be considered on all levels, including those new to the industry. Upon joining, team members not already licensed will be expected to promptly pass the FINRA Series 7 and 63 securities exams.

To become a part of Incapital's growing team, candidates can apply here: <https://www.linkedin.com/jobs/view/610170020/> ■

The UPS Store

Our freight services really deliver



No matter how big or what shape, our freight services can help get your item to its destination. Whether you're shipping a piano or antique furniture, we'll help you take a load off.

- Free shipping quotes
- Custom crating and shipping
- Custom made boxes for irregularly shaped items
- Domestic and international freights

Stop by or visit theupsstore.com/freight to learn more.

Publix Shopping Center
455 NE 5th Ave Suite D
Delray Beach, FL 33483
P. (561) 276-3339
store2793@theupsstore.com
theupsstorelocal.com/2793

Hours:
Mon-Fri: 8:30am - 6:30pm
Sat: 9:00am - 5:00pm
Sun: Closed

10% OFF

PACKING SERVICE or SHIPPING SUPPLIES

Some fees apply per estimate. Not valid with other offers. Restrictions apply. Offer valid on orders over \$100. Offer expires 12/31/17.

The UPS Store

The UPS Store® locations are independently owned and operated by franchisees of The UPS Store, Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2017 The UPS Store, Inc. NS470_011817



Perfume company relocates from Caribbean to Boca

By: Marisa Herman Associate Editor

The scent of the Caribbean is now headquartered in Boca Raton.

Tiv Perfume relocated from the Virgin Islands to South Florida about a year ago.

President of the fragrance company Cynthia Jerry is now a Delray Beach resident with her family business headquarters in Boca.

“We made a fairly major decision to move from being in retail stores to completely online,” she said. “We made the decision that we could successfully redevelop the marketing plan to move away from retail stores. The next decision was where do we go?”

That shift involved moving offices as well and she said Florida made sense.

“Delray is a lovely place to live and Boca is just a marvelous to do business in,” she said. “I love both areas.”

South Florida has a tie to the Caribbean in both tourism and population and she said she found the state to be very business friendly.

“It made the decision fairly easy,” she said. “We are happy to be in the business community in Boca.”

Jerry said the company was founded about 35 years ago.

“The concept was to develop a fragrance that was a designer fragrance coming from the Caribbean,” she said.

The scent: a blend of florals and spices.

“It was done deliberately,” she said of the scent. “When you think of the mystique of the Caribbean and how it exudes a certain sensuality and a certain exotic

realm. These were the things that were important in the fragrance of the Caribbean.”

It was launched in the Bahamas in retail shops. The buyer— women travelers who like to experience new products, she said.

From then, the product was in Hecht’s, now Macy’s, department stores in Washington D.C. for three years.

“We had a wonderfully successful run in the stores for a three year period,” she said. “We were the smallest vendor ever in the fragrance department.”

Keeping up with the Calvin Klein and Estee Lauder brands was tough, she said, but she was able to grow from being carried in seven stores to 60 in that three year span.

“We had to compete at every level,” she said. “It was just overwhelming.”

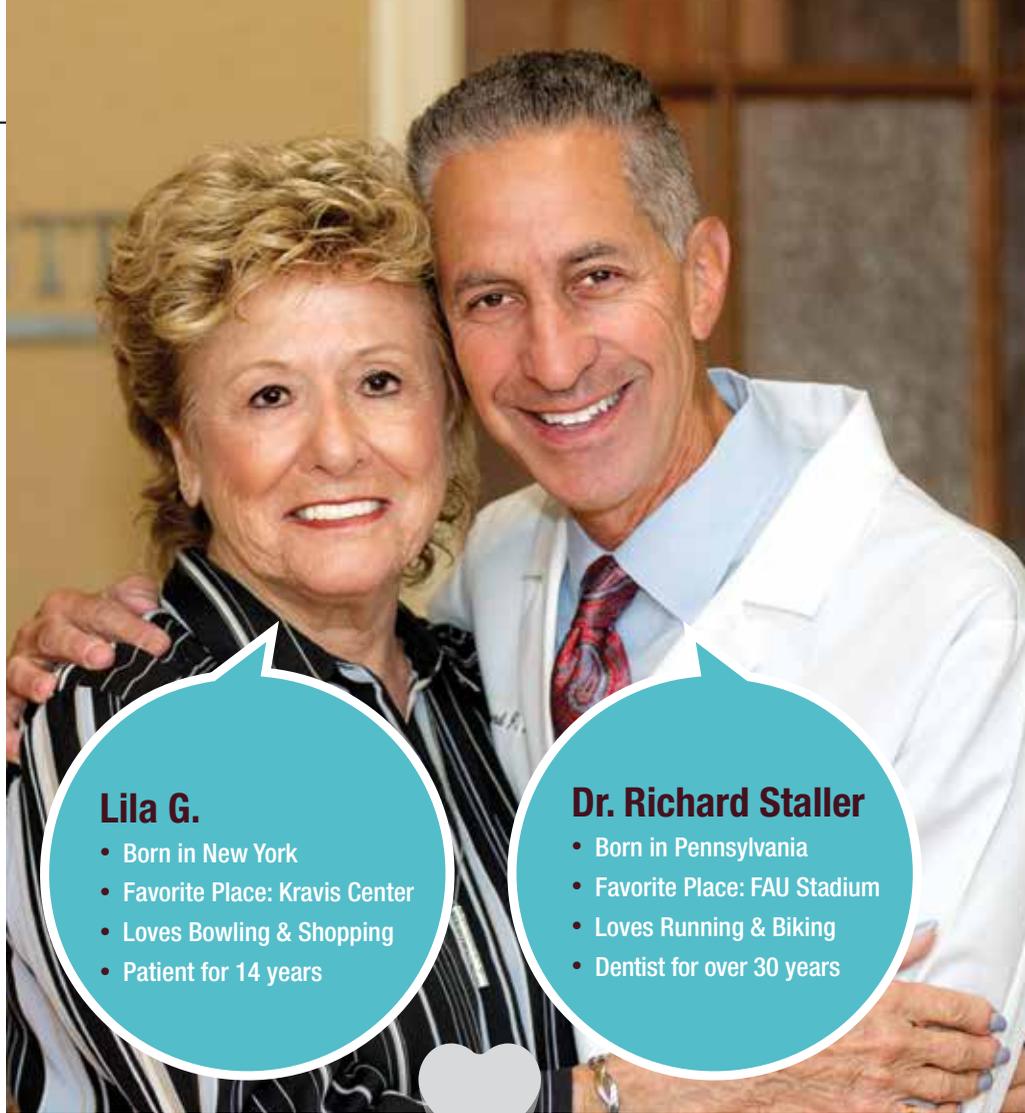
From retail she took the business to mail order and now to online sales.

She said she has maintained a loyal customer base over the years and is happy to be shifting gears into online sales. With help from her son Frank who is overseeing marketing, she said she is pleased that everyone has a role in the business.

Jerry combined her passions for perfumes and being an entrepreneur in creating this company. She worked in the fashion industry before launching Tiv.

“I always loved fragrance,” she said remembering the first bottle of perfume she received from her mother. “I was a happy teenager.”

For more information, visit www.tivperfume.com. ■



Lila G.

- Born in New York
- Favorite Place: Kravis Center
- Loves Bowling & Shopping
- Patient for 14 years

Dr. Richard Staller

- Born in Pennsylvania
- Favorite Place: FAU Stadium
- Loves Running & Biking
- Dentist for over 30 years

Dentistry so advanced...

it has heart

At Advanced Dentistry, our technology is second to none—but it’s the collective heart of our experienced staff that allows our practice to transcend the expected, fostering an environment that is as genuinely comfortable as it is competent.

A Personal Relationship with Dental Excellence.

Looking for a Dental Team You’ll Love?

Check out our new patient promotions at ad-sf.com/DelrayBoca

Advanced DENTISTRY
SOUTH FLORIDA

15340 Jog Rd | #100 | Delray Beach, FL 33446

561.495.2099 | ad-sf.com

Barbara Cambia honored as 2018 DIAMOND Award recipient

Hab Center Board President and Lynn Executive Director acknowledged for dedication

By: Shawn Johnson Special to the Boca and Delray newspapers

The Boca Raton Chamber of Commerce recently named Barbara Cambia, executive director of Lynn University's Hannifan Center for Career Connections and involved member of the Boca community, as their 2018 DIAMOND award winner.

Honoring women who enjoy success in their field while making a difference in Boca, the DIAMOND award recognizes individuals who are dedicated, inspiring, accomplished, motivated, outstanding, noble and driven. After an intense selection process, the Chamber leadership was certain Cambia was the right person to recognize this year.

"Barbara was chosen because she represents everything a DIAMOND represents," said Sarah Pearson, Boca Chamber executive vice president. "She's somebody that makes a difference in anything she touches."

Beyond Cambia's influential role at Lynn, she also serves as the president of the Boca Habilitation Center's board. After coming across the organization through the Chamber's Leadership Boca program, where individuals meet with local experts from various

fields, Cambia has helped grow the center under her leadership.

"She's really elevated that organization because of her involvement. They've gotten more known and have more support because [she has helped] the community understand what they do," said Pearson. "Everything she does, she does with her heart in it."

Surrounded by her closest friends and associates, Cambia was awarded the recognition at the DIAMOND luncheon at the Boca Raton Resort. At the event, Boca Chamber president Troy McLellan recognized Cambia as an individual who has been an incredible partner with his organization through the years. Still, the honor came as somewhat of a shock for her and her fellow colleagues at Lynn.

"It was a big surprise when I found out. I had no idea I was being considered," said Cambia. "The ceremony was really nice; it was like a big party for Skylar Mandell, [the Chamber's Pearl award recipient], and myself."

While she has been involved in the Boca community for over 35 years, Cambia's leadership impact is far from over. She cur-



Barbara Cambia and Skylar Mandell were recently honored by the Boca Raton Chamber of Commerce. Photo courtesy of the Boca Chamber.

rently runs a January Term class at Lynn modeled after Leadership Boca, allowing students the opportunity to meet other influencers throughout the city.

While the DIAMOND award might be the crowning accomplishment for many, Cambia seems to have much more left for Boca. ■

Boca-based OMG group aims to bring healthcare concept national

By: Marisa Herman Associate Editor

Boca Raton entrepreneur Tanya Abreu has expanded her business into a larger concept

that spreads the message of positivity in wellness that she hopes to take national.

What started as the WOW Health Group, a single medical office formed two years ago,

has transformed into the Optimistic Medicine Group, an integrative health studio that offers all types of services from facials and manicures to hormone balancing and mental health counseling.

Located at 5821 N. Federal Highway in Boca Raton, OMG offers nine tiers of wellness: Medical Aesthetics, Skin Care, Body Work, Medical Weight Management, Sexual Health & Hormone Balancing, IV Nutrition & Energy, Pain Relief & Mental Health Counseling and Fitness.

"It is a one-stop shop for high-quality, spa and wellness care with a doctor behind it," Abreu said.

From massages, facials and manicures to vitamin therapy, dance classes and an infrared sauna, there are all types of services geared toward positive, healthy living.

You are greeted with a "nourish station" where you can enjoy coffee, tea or smoothies as well as pick up a prepared meal to go that is under 500 calories. Then, you can head into the dance studio for a class, massage room for a service or discuss nutrition.

Abreu has worked in the healthcare industry for most of her career. She worked with hospitals looking to grow their women's health services. She also teaches as an adjunct faculty member for communication and leadership at Florida International University and has spoken at more than 500 hospitals and health care conferences on the future of health and wellness, nationally and internationally.

But it wasn't until she was diagnosed with cancer that she really realized how positivity, hope and optimism really helped her beat cancer.

It was the doctors who told her to be hopeful

that helped her overcome cancer.

"Good physicians believe in the power of hope and staying hopeful," she said. "I sold my company and built a new model to spread what I learned about how optimism can change your life."

The model focuses on psychoneuroimmunology, the interaction between psychological processes and the nervous and immune systems of the body.

Calling OMG phase two of her healthcare career, she said she wants people to enter the studio and feel comfortable and happy.

"I am ready to go out and talk about how optimistic and positivity can change your life," she said.

Through this model, she said she hopes to provide a blueprint for other OMG studios across the country. The studio is available for license to private physicians and healthcare providers.

She said the decision to expand upon WOW was consumer driven. She said clients would come and say, "This is just not a massage place."

So with a demand from clients saying they would support a place to offers all types of wellness services and a dose of positivity with the treatments, OMG was created. The decor is comforting like being at home, not overly luxurious. Prices are kept affordable for services, Abreu calls it the democratization of the spa industry.

"We wanted to create a place that was not intimidating," she said. "We want these everywhere."

For more information visit www.optimisticmedicinegroup.com or call 866 376 0632 for the Optimistic Medicine Studio Boca www.optimisticmedicineboca.com ■



**BEAULIEU-FAWCETT
LAW GROUP, P.A.**
MARITAL AND FAMILY LAW ATTORNEYS

Call Today for Your Free Case Assessment: 877-LAW-8101

Divorce • Alimony • Mediation
Parenting Plans • Adoption • Domestic Violence

Beaulieu-Fawcett Law Group, P.A., is a well known, well respected team of family law attorneys dedicated to providing God-honoring, high quality legal services.

Professional, knowledgeable and personal service at a level seldom found in the legal profession today is found everyday at Beaulieu-Fawcett Law Group, P.A.

Stacy N. Beaulieu-Fawcett, Esq.



Delray Beach
127 Northeast 2nd Ave.
Delray Beach, 33444

North Palm Beach
631 US Hwy-1, Suite 410
North Palm Beach, FL 33408

ChristianFamilyAttorney.com








Super Lawyers

Boca airport to open customs facility

By: Marisa Herman Associate Editor

Soon you will be able to fly into Boca Raton from an international flight.

The Boca Raton Airport will open its 4,400-square-foot Customs and Border Protection Facility this spring.

The \$4.5 million project will allow people to fly directly into the city's airport and clear customs without having to go to another airport first.

Funded through a grant from the state's Department of Transportation and the Boca Airport Authority, no local tax money was used to pay for the facility.

With a modern feel, the building was built with LEED standards and welcomes visitors to Boca Raton with a bright painted wall.

Divided into two parts, air and land, the facility will be able to process folks coming into the city by boat and by plane.



ferred on fees. The regular charge is \$15 a person for boaters that will be reduced to \$7.50. The fees for planes, ranging from \$50 to \$425, will be cut down to \$25 to \$212.50.

The fees will help offset the cost of Customs and Border Protection services.

On the air side, the tarmac can hold two large planes or six to eight smaller planes. Inside, there is an area to fill out declaration forms, a passport control desk that will be manned by customs agents and a luggage inspection area.

If a passenger doesn't pass inspection, there are rooms in the back for interviews and a holding cell.

A study that looked at the feasibility of adding a customs center that was completed in 2014 predicts that 700 annual flights will visit the facility. That averages to three flights per day. The study also estimates that 350 boaters will clear customs paperwork at the facility each year.

Boaters will no longer have to schlep to Palm Beach if they are required to come into a customs facility for an in-person clearance after entering the country. ■



The office will be staffed from 10:30 a.m. to 6:30 p.m. Thursday to Monday.

Boca Airport Authority Executive Director Clara Bennett said being open on the weekend is something that was highly sought after. She said rates were kept competitive to sway people to use the new facility over Palm Beach International or Fort Lauderdale Executive Airport.

Through July, there will be a discount of-



JOIN US FOR A "FUN, FRIEND & FUND" NIGHT OF PEACE LOVE MUSIC

"YOU'VE GOT A FRIEND" COFFEE HOUSE

A casual, entertaining throwback nod to the popular, intimate live music venues of the '60s and '70s with peace-inspired guitar playing of "folk and friend" favorites.

FEATURING "ARTIST IN RESIDENCE"

Veteran Coffee House Vocalist & Master Song Leader

PATTI LINSKY

performing and leading audience in a nostalgic "sing-out-loud-fest" of tunes by:

**Peter, Paul & Mary
James Taylor
John Denver
Cat Stevens**

**Joni Mitchell
Simon & Garfunkel
Carole King
John Lennon**

... and more



Casual Attire

SATURDAY, APRIL 28TH | Doors Open 7 P.M.

ATRIUM LOBBY AT CENDYN

980 North Federal Highway, Boca Raton

Seating is limited

**Advance ticket purchase required online:
www.bocaratonspromise.org/artist-in-residence**

\$65 per person*

(includes live music, coffees, teas, desserts;
cash wine bar available)

PRESENTED BY

*Event proceeds fund
MENTAL HEALTH FIRST AID
trainings and community outreach



Boca's economic development report

By: **Jessica Del Vecchio** Economic Development Manager Special to the Boca and Delray newspapers

Your success is our success



The Office of Economic Development recently launched a new initiative called the "Success Tour." For our first tour we selected two companies from our corporate community to be recognized and congratulated for their valuable contributions to our city. For our first stops we selected Phoenix Tower International and Nature's Bounty. The Phoenix Tower team opened their doors and shared their incredible story of growth, teamwork and giving back. And the Nature's Bounty team gave us a tour of their impressive manufacturing facility. Our team, along with the Mayor and Council

members presented the CEO's of both companies with plaques of appreciation.



The Park at Broken Sound

Home to a majority of Boca's corporate

headquarters (and now, residential) – the Park at Broken Sound hosted their official ribbon cutting last month. The new signage is a perfect example of how beautiful this 700-acre planned mobility district really is. In addition to this event, Altis of Boca Raton, the newly constructed rental complex also located within the Park at Broken Sound celebrated their official grand opening.



Business Briefs

Boca Raton Airport is getting ready to open

their newly constructed U.S. Customs and Border Protection Facility. This facility will allow our city to become a gateway to international travelers visiting Boca Raton for both business and pleasure.

The recent opening of the new I-95 interchange was celebrated with an official ribbon cutting. With 28,000 students and faculty members traveling to and from their campuses at any given time, both for Florida Atlantic University and Palm Beach State College, this new interchange will benefit the residents, corporate community, and universities by improving traffic flow to and from this area - as well as help to alleviate the congestion on Glades Road. ■

Have corporate news to share or looking to relocate/expand your company to Boca Raton? Contact the city's economic development office at economicdevelopment@myboca.us or 561-393-7761. Want to see what we are up to? Follow us on Facebook @BocaEconomicDevelopment.

5 QUESTIONS WITH

Alex Oliveira

1 What is the Jim Moran Institute for Global Entrepreneurship and why did you decide to get involved with this group?

The Jim Moran Institute for Global Entrepreneurship cultivates, trains and inspires entrepreneurial leaders through world-class executive education, applied training, public recognition and leading-edge research. The Small Business Executive Program (SBEP) gave me the opportunity to work on my business rather than in my business.

2 Why did you decide to share your experience with others in the community?

As a Digital Marketer it's my mission to help other companies grow by generating more leads online. But there's so much more to growing your business.. Whether you need to tighten up your financial records, upgrade your HR policies, or implement better procedures for your sales & IT department, the Jim Moran Institute's SBEP can help you improve all your processes.

3 What are some tips you have for people interested in starting their own business?

The best advice I can give is to be 100 percent committed to the journey. Success is rarely easy or quick. You really need to focus on taking care of your customers and hiring a passionate and dedicated team. There's no silver bullet or magic trick to growing a successful business. You must work hard and be diligent about the finances, implement solid technology and have a flexible strategy for marketing and sales.

4 Why is Boca Raton a great place for entrepreneurs? (why it's a good place, to live, work, grow a business, etc.)

I'm a little biased since I grew up in Boca. My network with the community is deep. Boca is a great place for entrepreneurs because there's a pool of other entrepreneurs that are doing exactly what you're doing. On the other hand, there are many large companies such as Office Depot and ADT that



play a big role in growing the local economy. You'll also find great opportunities within the business community and the Boca Chamber of Commerce. Additionally, the universities offer wonderful programs and thus there are excellent opportunities to hire young talent. Lastly, South Florida provides access to millions of businesspeople and vacationers who are coming through the three airports and ports. The schools are top notch so it's a wonderful place to raise kids. As for playing hard, there's no lack of amenities from the beaches to the art galleries to the golf courses and the Everglades.

5 What projects, charities or organizations are you passionate about?

I'm passionate about causes which have a mission geared toward children, families that are less fortunate, and the elderly. I've been involved with nonprofits for 20 years. At the moment I'm heavily involved with the YMCA of South Palm Beach County, the Habilitation Center in Boca Raton, Family Central in Fort Lauderdale, the Milagro Center in Delray Beach, the Pantry of Broward in Fort Lauderdale, YEA at the Golden Bell Foundation, Junior Achievement in Broward, WordCamp and South Florida Interactive Marketing Association. ■

The Jim Moran Institute's Palm Beach business and non-profits executive program deadline is April 15. Visit <https://business.fsu.edu/jmi/programs/sbep/pd> for more information.



Everybody calls Lee!

1-800-CALL-LEE

PERSONAL INJURY | CAR ACCIDENT

411 EAST ATLANTIC AVENUE, STE 200E, DELRAY BEACH | CallLee.COM

Midtown Delray on its way to reality

A spark in development for Swinton Avenue is on its way.

Pending concessions proffered by Delray Beach-based developer Hudson Holdings, Midtown Delray is on its way to downtown Delray Beach.

The \$140 million project plans to add offices, shops, residential inns and restaurants to 7 acres of property.

After several iterations of the project and various name changes, commissioners requested several additional revisions before approving the project. The eight hour meeting ended with a 4-1 vote. Commissioner Shelly Petrolia cast the sole dissenting vote.

The pitch by the developer includes revitalizing historic homes by moving them and revamping them at the developer's expense, burying utility lines underground, adding a 279-space parking garage underground, adding a public garden in an alleyway and funding a Historic Neighborhood Preservation Grant with \$100,000.

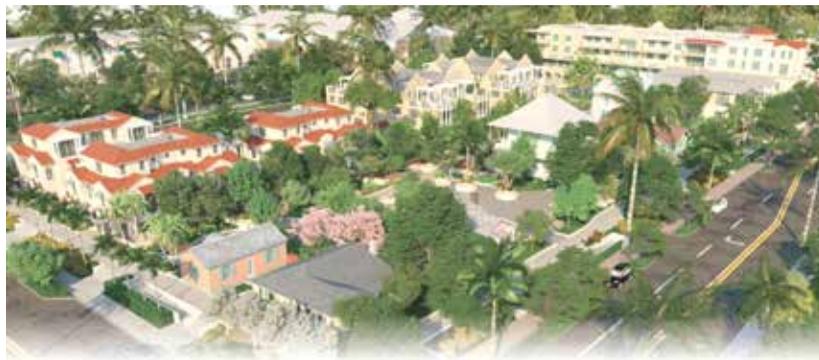
"We have this empty hole at Swinton and Atlantic," Commissioner Shirley Johnson said. "This our dam. We need to build it up and we need to let the development flow west."

In addition to a new development, the developer promised to hire locals for new jobs. Estimates indicate that the project will create a total of 1,700 jobs, 864 temporary and 836 permanent, according to Hudson Holdings.

The growth of jobs and the city's tax base is what attracted some commissioners to support the project. Developers said the property tax should go from \$343,000 to \$2.5 million.

Residents were divided on the project. Many felt strongly against moving historic properties while others saw the project as a way to clean up an area of the city that has been neglected.

"I would really like to see this happen," resident Rob Long said of the project. "I would like to see millennials live and work in downtown Delray. It will increase the sales tax revenue for the city and expand our tax base. This seems



MIDTOWN DELRAY BEACH DEVELOPMENT

An aerial shot of the Midtown Delray project by developers Hudson Holdings. Photo courtesy of Hudson Holdings presentation to the Delray city commission.

Project Benefits to City and Community

- 1,700 New Jobs: 836 permanent, 864 temp
- Over 400 New Jobs in office, hospitality and retail
- Local Jobs in all trades
- Property Tax Generates \$2.5 million from \$343,000 (\$4.3%)
- Removal of 2 acres of surface parking on site
- Development of 279 - Car Underground Garage
- Creation of a Public Garden that replaces a defunct alley
- Bury Utility Lines Underground
- Historic Preservation of buildings at Our Expense
- Institute a \$100,000 Historic Neighborhood Preservation Grant (street art Pod Alley, West Station and Old School Square)

Historic Character Buildings and Scale is Preserved

A list of promises developer Hudson Holdings promises to make when developing the Midtown Delray project. Photo courtesy of Hudson Holdings presentation to city commission.

like a great opportunity for our city, one our city should embrace."

Resident Terri Cooper said she owns a home built in 1931 just a block away from the Sundry house where this project would be located.

"We need massive changes for South Swinton," she said. "I am scared to walk two and a half blocks from my house to Atlantic Avenue. It seems like a deserted place. It could be vibrant and prosperous and good for the economy to have something there."

But the size and scope of the project in an area where some of the city's oldest buildings are located was problematic for other residents. The city's historic preservation board voted against the project several times.

Historic properties located in the district include the Rectory, the Cathcart house and Sundry House.

"It's not this project, it's the location is what I have a problem with," chairman of the historic preservation board John Miller said, adding just 2 percent of the

city is considered historic.

But several of the historic structures have already been moved from their original locations over the years.

"We don't learn our town's history by driving south on Swinton today," Mayor Cary Glickstein said. "There is little that remains that is memorable. We learn through books and that's important, but in order to tell the history of Delray we need effective mediums to tell that history through. The way that we will tell the story over and over is by this adaptive reuse of these properties. In terms of the project itself, on the spectrum of possibilities on pure preservation and complete destruction, there are a lot of elements of this plan that strike a balance of redevelopment and restoration."

Glickstein said the land is not hallowed like it is in a place like Gettysburg, rather it is the stories that the city should aim to retell.

"It's what happened in these homes, its who owned them," he said. "It's the stories."

Commissioners attached 18 conditions to their approval. The developers must meet the conditions to move forward.

Those include: redesigning a building from four stories to three, posting a \$1 million bond that the developer would forfeit if construction doesn't commence within two years and entering into an agreement that outlines how the developer plans to hire locals for jobs, among other items.

"The developer has done more than anyone could expect," Commissioner Johnson said. "We are going to grow or die." ■



A rendering of the Midtown Delray project by developers Hudson Holdings. Photo courtesy of Hudson Holdings presentation to the Delray city commission.

REALESTATE

INSIDE Palm Beach County



Habitat for Humanity recruiting women for next build [37]



Yamato Villas receives approval [38]

What's up in the real estate market...



Duane Morris law firm relocates within Boca Raton to Lynn Financial Center

Staff report

Duane Morris law firm has a new Boca Raton location.

With help from Avison Young, the global law firm has a new 11,730-square-foot space inside the Lynn Financial Center.

"Landing a leading global law firm shows the unique appeal of the Lynn Financial Center," said Avison Young Principal Greg Martin. "The building has feel and culture that exemplifies and complements the great legacy that the Lynn Family and Lynn Insurance Companies have created in the Boca Raton community, and we are very pleased to welcome Duane Morris."

Duane Morris, a law firm with more than 800 attorneys in offices across the United States and internationally, will accompany a tenant list that includes Frank, Weinberg

& Black P.L.; Ackerman LLP; Janney Montgomery Scott LLC; Ameriprise Financial; Brown Parker & DeMarinis Advertising; Polen Capital Management, LLC; and Broad & Cassell LLP which recently signed a lease for 16,000-square-feet at 1905 N.W. Corporate Boulevard.

"Boca Raton is an important office and part of our presence in South Florida," said Harvey W. Gurland, Duane Morris Office Managing Partner for Boca Raton and Miami. "We look forward to transitioning to our new home."

Lynn Financial Center totals 209,911-square-feet of class A office space in three innovative office buildings. 1875 N.W. Corporate Boulevard is a contemporary building free of interior columns and designed to support open office architecture with extensive use of natural light and sustainable materials offering a progressive image for this Boca Raton corporate resident and its tenants.

Kaufman Lynn Construction tapped for 321 at Water's Edge Project



Delray Beach-based Kaufman Lynn Construction has officially broken ground on 321 at Water's Edge in Fort Lauderdale. Developed by SobelCo, this 23-unit luxury condominium project is expected to be completed by early 2019.

Situated on the widest stretch of Fort Lauderdale's Intracoastal Waterway, the two-and-three-bedroom flow-through waterfront condominium estates will feature Intracoastal and Atlantic Ocean views with floor-to-ceiling windows and expansive outdoor balconies.

Each residence will also include a designer kitchen with an extensive range of chef-inspired features such as custom cabinetry, Hansgrohe fixtures, quartz countertops, and Gaggenau appliances. Building amenities will include a private wine club and lounge with a personal wine locker for each residence, an onsite dog park exclusively for residents and their pets, his and her saunas for relaxation, and more.

"Our team of professionals is incredibly excited to be part of this state-of-the-art waterfront project in Fort Lauderdale as we continue to grow our presence in the luxury housing space," said Michael Kaufman, President and CEO of Kaufman Lynn Construction.

For additional information on 321 Water's Edge, visit the sales center located at 2400 E. Las Olas Boulevard in Fort Lauderdale or visit www.321island.com.

Jessica Rosato recognized as top producer at Nestler Poletto Sotheby's International Realty



Nestler Poletto Sotheby's International Realty in Delray Beach and Boca Raton, has named Jessica Rosato, Broker Associate, one of its Top 10 Producers for 2017.

An ambassador of the Delray Beach Chamber of Commerce, past president of the Greater Palm Beach Women's Council of Realtors and a member of many civic and real estate committees, Ms. Rosato's experience and network of connections are both a tribute to her success and an advantage to her clientele.

"Year after year, Jessica continues to provide a level of service that exceeds our expectations and those of her buyer and sellers. She is a top-notch professional with a passion for real estate that is both contagious and inspiring. Her comprehensive, concierge approach, always going the extra mile, allows her to stay at the top of her game. We are proud to have her on our team," said Joe Harouch, Director of Sales for Nestler Poletto Sotheby's International Realty.

"I am honored to be recognized as a top producer. I appreciate all the wonderful agents I've worked with, the trust received via referrals, the support of my brokers and family,

and the opportunity to be aligned with such a fabulous brand. I hope that 2018 provides me with continued growth and the opportunity to positively contribute to the real estate industry at large," Rosato said.

Park at Broken Sound rebranded



The Park at Broken Sound has a brand new sign to welcome people into the 700-acre commercial and residential center.

The new sign was recently revealed during a ribbon cutting.

The Park at Broken Sound is home to both large and small companies that include corporate headquarters, entrepreneurial start-ups, manufactures, warehouses and many others. In addition to business, the Park is also home to a number of restaurants, hotels, a day care center and veterinary clinic.

The Park at Broken Sound Board Member, Brian Schmier (Schmier and Feurring Properties) said, "On behalf of the Board, it is gratifying to see our ideas become reality and to complete another major step in the rebranding of The Park at Broken Sound. The Park continues to evolve and grow as a highly desirable location to live, work and play."

Royal Investment Group relocated to Boca Raton



Royal Investment Group, an independent, international real estate investment group, has relocated its headquarters to downtown Boca Raton, signing a 10-year lease at Mizner Park.

Boca Raton-based KEY Investment Advisors, LLC, whose principal and broker is Kathleen Yonce, CCIM, represented the tenant in the 5,316-square-foot lease at 225 Mizner Boulevard.

Royal Investment Group manages more than 1,100 properties and will have 30 employees at the new location.

Formerly headquartered in Orlando, Royal Investment Group, with an international presence and offices throughout the US and Canada, serves independent business professionals, their families and businesses.

"As we explored options for Royal Investment Group's relocation, downtown Boca Raton emerged as the best fit," Yonce said. "Mizner Park's mixed-use environment is at the heart of a thriving city with a business climate that's ideal for top-tier financial firms." ■



DEBBIE STACKHOUSE
Register Settlement Services

138 N Swinton Ave, Suite A
Delray Beach, FL 33444
561.523.5859
Dstackhouse@regtitles.com

**REAL ESTATE
TITLE SERVICES
CALL US TODAY!**



Group P6 to relocate headquarters to downtown Boca Raton, receives approval on second Boca condo project

New luxury condominiums are heading to downtown Boca Raton.

Known as 475 Royal Palm, the high-end project will feature 48 units in three 9-story buildings that overlook Lake Boca, the Intracoastal and the Boca Raton Resort.

“It is something very unique that we are bringing to the market,” said Group P6 Operating Manager and Boca Raton resident Ignacio Diaz. “The location just couldn’t be better.”

He said there will be two units per floor, which can be combined to one massive unit. Each tower houses 16 units.

Condos start at 2,750-square-feet with three bedrooms. If combined they can total 7,500-square-feet.

Diaz said the units that are combined will have 360 degree views with tons of light entering from all four sides of the unit.

“A very special thing about this project is the amount of light,” he said. “The concept of 360 degree units and combining those units is something that is going to be a huge suc-



A rendering of 475 Royal Palm. Courtesy of Group P6.

Neighbors praised the addition of the project during a recent city council meeting.

“It’s a tremendous addition to the neighborhood,” said Peg Anderson who lives nearby. “It’s my neighborhood, it’s my front door, I will go past this building every day at least twice. They have gone to every length possible to build a project in our downtown that we can be proud of.”

Boca council members agreed giving the project an unanimous vote of support.

“This is really a lovely building,” Mayor Su-

san Haynie said.

The contemporary Mizner-style design will include improved sidewalks, landscaping and green spaces and increased parking for the adjacent office building. Visible from the street will be two significant pieces of artwork: a pineapple, the symbol of hospitality and a sign of welcoming, and Palmetto leaves, which is synonymous with Boca Raton.

The project is the company’s second project in downtown Boca. Diaz said 327 Royal

Palm, a 25-unit condo just south of Palmetto Park Road, should be opened this summer.

The new project is anticipated to go to market by the end of the year, he said.

In addition to developing two projects downtown, Diaz said the family-owned company has plans to relocate from Deerfield Beach to Boca Raton this fall.

“We live in Boca, our kids go to school in Boca, we love everything that is happening in downtown Boca,” he said. “We want to make it our headquarters.” ■

Habitat recruiting 150 women for two home builds

Staff report

Grab your hard hat and get ready to build a home, or two.

Habitat for Humanity of South Palm Beach County is looking for a team of 150 women to join the “Sisterhood of the Pink Hard Hats” for the second annual Women Build coming up in May.

This year, build days are scheduled for May 10-12. Women will work together to build two homes for two hard-working, low income moms and their families right before Mother’s Day.

In addition to sawing, drilling and hammering, women builders commit to donate at least \$1,000 to help pay for construction materials used to build the homes. Last year the women builders raised more than \$110,000.

No construction experience is required to participate. The volunteer builders will be

working under the guidance of construction professionals.

The first build will benefit Caline St Germain, a client services specialist with the Palm Beach County Tax Collector. She is a Palm Beach County native, born in Boynton Beach and raised in Delray Beach. She is a single mother of 8-year-old Ayanna.

She currently lives in a small 1,100-square-foot home in Delray Beach with her daughter, mother, father, younger brother, his fiancé and her nephew. There are seven of them sharing a 3-bedroom, 2-bath apartment.

The second build will be for Rosibel and Juan Guifarro. Rosibel is a full-time housekeeper at Lifespace Communities and Juan is a construction worker with Henry HG Inc., a family business. ■

To learn more, contact Kari Oeltjen at koeltjen@hfhboca.org or 561-819-6070 or visit www.habitatsouthpalmbeach.org.



Habitat for Humanity of South Palm Beach County is looking for a team of 150 women to join the “Sisterhood of the Pink Hard Hats” for the second annual Women Build coming up in May. Photo by Carlos Aristizabal.

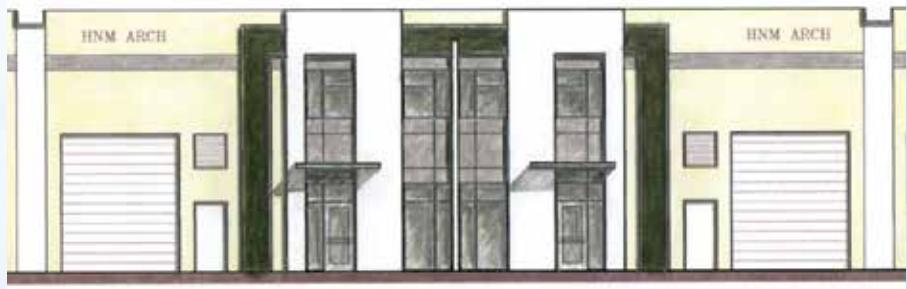


Want to build a house? Habitat for Humanity of South Palm Beach County is looking for a team of 150 women to help during the second annual Women Build coming up in May. Photo by Carlos Aristizabal.

RESERVE NOW

1201 GEORGIA STREET – DELRAY BEACH 33444

2500 TO 7500 SF NOW AVAILABLE FOR SUMMER, 2018 OCCUPANCY



Finished with 500 SF Office with Restroom
 20-Foot Clear Ceiling Heights
 Oversized, Grade-Level Overhead Doors
 21st Century, Storm-Ready Construction

Great Location Near I95 and Linton Blvd!



FOR MORE INFORMATION AND TO RESERVE:
Christina Morrison, P.A.
561.573.7083
ChristinaDelray@gmail.com



Revised Yamato Villas project receives OK

Staff report

After several meetings and a set of revisions, Yamato Villas has received the OK to come to Boca Raton.

The project was back before the Boca Raton Council recently with enough changes to receive a 4-1 approval to build on a vacant piece of land. Councilwoman Andrea O'Rourke cast the sole dissenting vote.

Developers addressed several concerns council members raised. The new Yamato Villas pitch included reducing the unit count and making sure all townhouses have

two car garages to make sure there is ample parking and additional landscaping.

Now, there are only 16 townhouse units and three single family homes proposed. That amount is reduced from 20 townhouses from a previous iteration of the development. The units will be slightly larger with two car garages.

Three story units will flag the ends of the two story units in the middle. Units will house three bedrooms.

"I am not comfortable with this project," Councilwoman Andrea O'Rourke said, citing concerns with access to the site and the

overcrowding of the city's schools.

But compared to other options that could be built on the site like commercial or retail, the rest of the council agreed this project is the best fit.

"This is the least bad of the viable options," Councilman Scott Singer said. "We have to consider what is good use of land and leaving it barren for another 30, 40 years doesn't make sense. This is a better plan than retail. I think they have tried to deal with a challenging, unusual piece."

Councilman Jeremy Rodgers agreed that the townhouse project is better than commercial or retail.



A rendering of the Yamato Villas project. Photo courtesy of RLC Architects.

"I see this as the best compromise as to what could be there," he said. "I see this overall as improving the area. I see this as protecting the residential culture of this neighborhood." ■



Celebrating Collective Independence
Established 1926



BARWICK ESTATES
\$500,000 - Completely renovated home in the highly desirable Barwick Estates. This gated community with only 28 homes is just minutes from downtown Delray Beach. Open floor plan with vaulted ceilings. Property has a separate automatic generator for the entire house. One of few homes in the community to also have propane gas.
ID#10405778



PRICE REDUCED
SEAGATE TOWERS
\$599,000 - Welcome to Seagate Towers! Only 2 blocks to the beach and 2 blocks to downtown Atlantic Ave. Prime location with patio & Balcony. Intracoastal views. ID: 10383343



NEW LISTING
MARK DOWNTOWN
\$415,000 - Impeccably designed condo in the RARELY available Mark building. Just two blocks from the posh Atlantic Avenue and a short walk to the beach. This ultra-modern flat features Bosch appliance, high-end European cabinetry, granite countertops, polished concrete vaulted ceilings, exposed air ducts, and an oversized balcony. This flawless unit was designed and decorated with no expense spared and is being offered fully furnished and turn-key ready for you to move in or use as a rental investment. ID#10407874



SEASIDE ENCLAVE
\$1,299,000 - Coastal inspired 2 bedroom + den townhouse located in charming sea side enclave. Artisan elements throughout including idyllic garden courtyard with heated dipping pool and waterfall, all just a few steps from your private beach.
ID#10274066



NEW LISTING
OCEAN ACCESS DELRAY BEACH
\$750,000 - This is one of the last ready to build waterfront locations in Delray Beach under \$1M. Secluded location one lot in intracoastal with 100ft dockage. ID#10411833



CONTINGENT
GULFSTREAM
\$1,250,000 - Rare opportunity to build your dream house in the heart of Gulfstream or remodel this home. This beautiful .31 acre corner lot is a stroll away from the beach. Michelle Blair, 954-871-1853.

DelrayBeach.keyes.com
561.354.2114

Keyes Delray Beach
610 East Atlantic Ave.
Delray Beach, Florida 33483



Servicing your Commercial, Residential, Investment, and Rental Needs.

Keyes.com

Habitat's 'home that CEOs built' presents keys to new owner

Staff report

More than 70 CEOs teamed up and helped fund and build a new Habitat for Humanity house for a local family in the inaugural CEO Build by Habitat for Humanity of South Palm Beach County.

The keys were recently handed over to new homeowner Gevala Antoine and her four children. In respect and a "role reversal of hospitality" Antoine's employer Boston's on the Beach in Delray Beach served the first meal in her new home to all guests.

The business leaders raised \$175,000 for the build and spent hours on-site working on constructing the home.

Led by CEO Build Honorary Chair and Boca Raton Regional Hospital CEO Jerry Fedele, CEO Builders were onsite, alongside habitat leadership, Boynton Beach Mayor and city officials to first bless the home.

The blessing was followed by the "passing the keys" to Paul Adkins, Chairman of Florida Peninsula Insurance Company -- the Habitat CEO Build Home Sponsor-- who then presented the keys to new homeowner.

The CEO Build creates a safe, decent and affordable home for a local, hard-working, low-income family through both financial sponsorship and hands-on building. When Habitat homeowners earn their homes through sweat equity programs and qualifying for interest-free mortgages, it changes the trajectory of entire families for generations because they



Keys to the Home that CEOs built were recently presented to homeowner Gevala Antoine from Habitat for Humanity officials. Pictured: Kari Oeltjen, Paul Adkins, Ricky Antoine, Randy Nobles, Gevala Antoine. Photo by: Carlos Aristizabal.

are the first in their family line to achieve homeownership and be in a position to contribute back to their community. ■

ILLUSTRATED PROPERTIES
OUR ROOTS RUN DEEP

561-272-4015
700 E Atlantic Ave
Delray Beach FL 33483

IPRE.COM



SHERWOOD FOREST

This bright and airy home is located in the highly desirable, gated community of Sherwood Forest and overlooks the Sherwood Forest Park golf course. This view can be enjoyed from several rooms. The entire interior has been freshly painted, the floors have been re-glazed and it has a brand new AC!
\$399,900 ID#10370390



JOHN B REIDS VILLAGE

A Bright and Airy 2/2 Villa close to the beach, the Avenue, walking distance to all of downtown Delray's shopping and entertainment. Updated, freshly painted and tons of storage.
\$689,990 ID#10382829



PRICE REDUCED

PALM CHASE

Well-Maintained 3/2 Condo on the Corner with a magnificent lanai. Active 55+ Community in Boynton Beach.
\$159,000 ID#10380788



PARAISO ESTATES

New luxury custom estate designed to your specifications, on oversized deep waterfront lot in east Boca Raton/Delray Beach! Dream and build your custom estate from the ground up on 115 ft. deep waterfront lot.
\$4,980,000 RX-10263581



PRICE REDUCED

OCEAN RIDGE YACHT CLUB

This remodeled direct intracoastal 4/4 1/2 end unit luxury townhouse with deeded dock for a 50'+ yacht has it all. Ocean Ridge Yacht Club is a 5 minute drive from Atlantic Avenue.
\$1,700,000 RX-10389758



NEW LISTING

BEL-MARRA

This gated 10,000 sf home from the Mary Widmer Luxury Collection is the only new construction home on a direct intracoastal point lot in Boca Raton available at this time. An estate of significance! Flawless design, unparalleled construction & craftsmanship elevate this new construction masterpiece to a true work of art.
\$11,500,000 RX-10405730

LUXURY PORTFOLIO
INTERNATIONAL

LEADING REAL ESTATE COMPANIES OF THE WORLD

Tips for buyers on handling multiple offers on the house you want

By: **Christel Silver** Special to the Boca and Delray newspapers

You offer your house for sale and within days you receive not only one offer but two or three offers. Or, your house has been on the market for a very long time with no offers but then you get two offers the same day.



This is exciting for the seller – but a very disappointing experience for the buyer. The buyer may have thought that the house was overpriced and assumed the seller was desperate to get an offer. Now the buyer finds himself competing with other offers for the house they may have fallen in love with.

But only one will be the lucky buyer – and why not try to be the one. It is always a good idea to write an offer – even if there is competition.

Here are some tips for buyers to present a solid offer to compete with other offers:

1. Offer a large escrow deposit – the seller can tell you are serious, and it is part of the money you have to come up with at closing anyway.
2. Get Pre-Approved – Not Pre-Qualified.

What is the difference? A pre-qualification letter is issued to a buyer without verifying the information provided by that buyer. Most pre-approvals are generally subject to a bank appraisal being done on the subject property. Being Pre-approved is extremely important, especially when competing with multiple offers.

3. If your time allows, give the seller time to move or find another house. Maybe they would prefer if their children could finish the school year.
4. Any contingencies like inspection, lead based paint, appraisal... Make the time as short as possible.
5. Offer the best price you are willing to pay for the house. You cannot afford to start low!
6. You want to have sold your home first – which eliminates the home sale contingency, which makes your offer stronger.
7. Find out what is important to the seller, maybe they need a quick closing.
8. If you have enough cash for the closing, do not ask the seller for closing help.
9. Most of the time the sale is an emotional time for the seller. Maybe they raised all their children in the house. Write a brief letter explaining why you love the home and why you deserve to be chosen to be

the new owner of their home. The personal letter has helped many times during my real estate career, especially since we are presenting offers electronically lately. A personal story always helps.

Now that the buyer has made their best offer, the sellers have several ways to deal with multiple offers.

1. Sellers can accept the “best” offer, which does not necessarily mean the highest price. The terms of an offer are as important as the price.
2. Sellers can inform all potential purchasers that other offers are “on the table” and give all of them a deadline for their best offer.
3. Sellers can “counter” one offer while putting the other offers to the side awaiting a decision on the counter-offer or sellers can “counter” or accept one offer and reject the others.

The seller has the freedom to counter each offer differently. If the sellers have a listing agent, it is still the decision of the seller how they want to handle multiple offers, but some ask their agent for suggestions.

No situation facing buyers or sellers is more frustrating than presenting and negotiating multiple, competing offers to purchase the same property.

But now is not the time to make a low offer –

and “feel” out the seller. You must give your best offer. Losing the house you fell in love with and made plans on how to decorate it, can be heartbreaking. My best advice is: Make your best strongest offer! ■

About Christel Silver

Christel Silver is a full time Broker/Owner of Silver International Realty servicing the East Coast of South Florida. In 1985 she was licensed in Maryland and Washington DC as a Realtor and later as a Certified Residential Appraiser and Associate Broker and has been in Florida since 2001. The National Association of Realtors (NAR) President appointed her (2010-2014) and again for 2018 as the President's Liaison to Germany, where she grew up and worked at the Justice Department for 17 years prior to coming to this country. The Germany Real Estate Organization (IVD) has an agreement with the NAR and she is an International member of this organization. Christel is a Certified International Property Specialist (CIPS), and a certified speaker teaching CIPS classes. Ms. Silver served the Florida Certified Residential Specialist (CRS) Chapter as President, as Regional Vice President helping Chapters to grow, and as a member of the Board of Directors for two years. She served previously as an ambassador. Fifty percent of her business is in the International arena. For more information visit www.silverhouses.com.

Ask an expert: Your condo, HOA questions

By: **Avi Tryson, Esq.** Special to the Boca and Delray newspapers

Q: We live in a homeowners association (HOA) in Boca Raton and in November of 2017 our board voted to raise our dues by 50 percent. Can they do that legally, or does there have to be a vote from the homeowners?



J.N., Boca Raton

A: Unfortunately, unlike a condominium association where if the budget is increased by more than 115 percent from the preceding year the membership has the authority to file

a petition with the board to have the budget reconsidered pursuant to the Condominium Act, the HOA Act does not have a similar provision. However, if your association's governing documents have a self-imposed limit on the amount the budget can increase year over year, then your board would have to follow that limitation. As an alternative remedy, if the membership is not happy with the decisions the board is making, the membership may recall members of the board by following the procedure as set forth in Florida Statutes 720.303(10). We recommend that you seek counsel from a qualified Florida Bar licensed attorney to review your association's governing documents and advise whether there is any language pertaining to a self-imposed limita-

tion on yearly budget increases, and if there is interest in the community among the membership, to discuss the procedure for recalling members of the board. ■

Avi S. Tryson, Esq., is a partner of the law firm Goede, Adamczyk, DeBoest & Cross. Visit www.gadclaw.com or to ask questions about your issues for future columns, send your inquiry to: question@gadclaw.com. The information provided herein is for informational purposes only and should not be construed as legal advice. The publication of this article does not create an attorney-client relationship between the reader and Goede, Adamczyk, DeBoest & Cross, or any of our attorneys. Readers should not act or refrain from acting based upon the information contained in this article without first contacting an attorney, if you have questions about any of the issues raised herein. The hiring of an attorney is a decision that should not be based solely on advertisements or this column.

Lake Ida Neighborhood



1,495,000



602 Eldorado Ln Delray Beach • 5 BR 3½ Bath • Complete renovation for spring delivery. Large corner lot, open floor plan with 3300 sq ft of living space, expansive kitchen, Thermador appliances, designer features and fixtures. Impact windows and doors, metal roof, tropical oasis pool, gorgeously landscaped

BELLA
HOMES



Steve & Lori Martel
Re/Max Advantage Plus



(561)573-3728

www.steveandlorimartel.com



In the heart of East Delray Beach from ocean front estates to downtown condominiums, Lang Realty is here for you.

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

Toll Free: 1 -800-632-4267

Delray Office: 561 -455-3300



THE DORCHESTER
RX-10395133 \$2,650,000
John Dunning 561-665-1028



BOCA RATON RIVIERA
RX-10325813 \$1,695,000
Julie Giachetti 561-212-0022



THE BRIDGES
RX-10387153 \$1,475,000
Charles Levine 954-232-4399



MIZNER COUNTRY CLUB
RX-10411208 \$849,000
Lois Kozlow 561-702-7520



RIO POCO
RX-10414567 \$799,999
Lisa Hindin 561-543-1146
Brian Bahn 561-213-4227



DELRAY DUNES
RX-10300700 \$790,000
Warren Heeg 561-441-1599



TOTTERDALE-DELRAY BEACH
RX-10361210 \$749,000
Kristin Finn 561-414-0111



DELRAY DUNES
RX-10410862 \$749,000
Warren Heeg 561-441-1599



FOUR SEASONS
RX-10414634 \$649,500
Steven Weintraub 561-350-8696



BAR HARBOUR
RX-10382182 \$539,000
Jeanette Alexander 561-573-1454



DELRAY DUNES
RX-10408268 \$429,900
Warren Heeg 561-441-1559

Check into 'The Ray' hotel next fall

Staff report

Downtown Delray Beach will have a new place for visitors to stay next fall.

The Ray developers Delray Beach-based Menin Development has received its final approvals from the city to build the new hotel located in Pineapple Grove.

The hotel is scheduled to be complete for Fall 2019.

Designed by Gonzalez Architects in Miami, the hotel will feature:

- 143 rooms and suites
- Three restaurants; one on the rooftop and two premium eateries on the ground floor

- Elevated, glass-enclosed event space for up to 300 guests with rooftop garden
- Landscaped rooftop pool and lounge area
- Fitness center
- Two levels of underground parking
- Chauffeured golf cart rides anywhere in downtown Delray
- International hotel brand affiliation
- Mobile registration, key access and app-driven amenities

“We are excited to have reached this important milestone in our efforts to bring a new hotel concept to Palm Beach County, and our hometown of Delray Beach,” said Craig Menin, President of Menin Development, Inc.



“With its unique amenities, event spaces and innovative architecture, The Ray will appeal to out of state vacationers and business travelers, as well as to local and regional residents looking for a

unique getaway in one of Florida’s most popular destination beach towns.”

For additional information, visit Menin.com, or call 561-282-5720. ■



Allyson Sullivan

“Allyson Sullivan is the Downtown Delray specialist for 15 years”

... nobody knows downtown real estate better than Allyson!

561-573-8883

AllysonSL@hotmail.com

www.allysonsullivan.com

900 East Atlantic Ave #16B Delray Beach, FL 33483



OCEAN CITY LOFTS
185 NE 4th Ave #203

Amazing loft style furnished rental in Downtown Delray.
\$3,300



MERIDIAN DELRAY
335 SE 6th Ave #405

Turnkey luxury 2/2.5 penthouse downtown w/ huge balcony!
\$3,100



MURANO BAY
2000 Murano Bay Dr.

Luxury 4/3 end unit townhouse for rent with water views.
\$2,400



CAMBRIA PARC
13013 Anthonne Ln

Brand new 3/2.5 waterfront townhome w/ long lake views!
\$2,350



ST. GEORGE
1030 Phillips Rd.

Gorgeous staged 3/2.5 new construction townhome
\$579,900



ISLAND BREEZE
1931 NE 2nd St.

Updated 2/2 beachside condo in newer bldg w/ pool.
\$325,000



LAKESHORE
161 N Lakeshore Dr.

Lakefront villa with 3 bed/2 bath by the Intracoastal.
\$324,900

ROBB & STUCKY®

FURNITURE | INTERIORS

CELEBRATING OUR NEW
BOCA RATON SHOWROOM!



SAVE AN ADDITIONAL **10%** ON ACCENTS,
OCCASIONAL TABLES, AND ACCESSORIES



NOW OPEN!

1353 NORTH FEDERAL HIGHWAY, BOCA RATON FL 33432 | (561) 931-2700



BOCA RATON: 1353 North Federal Hwy., Boca Raton, FL 33432
Phone: (561) 931-2700

Store Hours: Mon – Sat: 10am – 6pm, Sun: Noon – 5pm

LIVE LIFE...*Beautifully.*

See more products online at
ROBBSTUCKY.COM

*Sale prices are marked off MSRP. RSI never sells at MSRP; our prices are always lower.
Robb & Stucky is not responsible for typographical errors.

PROFESSIONAL INTERIOR DESIGN SERVICES
LOW PRICE GUARANTEE
CUSTOM WINDOW TREATMENTS
& FLOOR COVERINGS
WORLDWIDE DELIVERY AVAILABLE

What to expect when selling your home

By: **Karen Laurence** Special to the Boca and Delray newspapers



Most people buy their home not only as a residence that will provide them comfort through the years, and house their family, it will eventually become their major asset. That is true for most of the house-buying population, but when is the time to sell the home? Is it wise to hold onto it for many years after the family has grown or should you sell it when the children have left, or to downsize or upsize comfortably? Selling your home or condo has legal ramifications and is usually your greatest single asset. There is currently low inventory in the housing market and it seems as if the sellers are having a tough time letting go. They are worried about where they will go.

Selling a home has many steps and is a similar process regardless of where you live. Florida's real estate laws and practices are unique as Florida is not an at-

torney state, it is a state where the Real Estate Agent performs many of the functions that in other states would be done through an attorney. The agents spend much time learning the Florida laws and practices as they are the ones who will be writing the contracts and other assorted legal disclosures.

In order to sell your home, it is advisable to learn the selling process and all that is involved. Once you find a licensed Real Estate Agent that you wish to work with, you sign a listing agreement. The agent that you chose, as a job-type interview, will help you price your home based on a comparative market analysis. That is a current assessment of what has sold, usually within the last 6 months, and what is either active, available for sale, pending, usually waiting for a contract to be signed, and closed, which is sold. The agent's job is to deal with prospective buyers, handle the marketing tasks, follow-up on all leads and to be the procurer party for the sale of your home.

Marketing the home to all of the websites, preparing brochures, and making sure that everything is right, is the job of the agent. They will prepare and review the listing agreement according to the disclosures required by the State of Florida. This agreement gives the agent the right to market and handle all related media. They will make sure that the listing is on all current social media websites because

the largest exposure to the public will help to find the best buyer in the shortest amount of time, for the best price. The agreement can range from 3 months to 12 months and can be renewed at the seller's request.

The Basics of the listing agreement are the commission that the realtor will receive as the selling broker and the commission that the buying broker will receive. In most cases, it is usually split between the two agents. In some cases, the listing agent sells both sides. Your listing agreement will most usually be an exclusive right to sell listing, which means that the commission will be paid to the agent(and their broker) regardless of who brings in the buyer.

The price will have been determined through the analysis of the homes and what has happened during the last 6 months in your specific area. We use 6 months as that is how far back an appraisal will go to compare other similar homes that have closed and are for sale. An appraisal can be gotten for any sale of a house but is used primarily for the instances when the buyer is getting a mortgage.

You have to go through your home and decide what items you will leave, such as permanent fixtures, kitchen cabinets and what you will take, such as lamps and tables that are considered personal property. This is usually a major job as you are thinking of what to keep and what to discard as you move through the home

and get it ready for the sale. Some people take a storage unit to keep some of the items that are "cluttering up" the house. You need to detail items such as chandeliers and rugs, whether they will be left or not. The agent will work with you to help you put the best foot forward to sell the house.

A buyer who wants to purchase your home will make a written offer specifying the price, down payment, and terms of the offer and any contingencies, such as the home inspection that will note any flaws that are revealed that could potentially hold up the sale. These repairs are usually negotiated to a satisfactory conclusion so that the sale will proceed to its closure. There are also time periods of when to close to be determined, and of course, upon the financing agreement.

At the closing or settlement, both the seller and the buyer should have fulfilled all the terms of the purchase agreement. This usually happens in one day, depending on circumstances such as if the buyer must close on his current home in order to purchase this one. At the end of this process, the buyer has their new home and the seller can move onto the next phase of their life, wherever that may take them. ■

Karen Laurence is a sales associate with The Keyes Company. She is a Technical Real Estate Instructor, Real Estate Agent and Certified Luxury Agent. 516-524-3953.

Spring Cleaning - Part 1 (of 2): Seasonal Rotation

By: **Cheryl Adelman** Special to the Boca and Delray newspapers



For us Floridians, Spring Cleaning may not be as big a task as it is for our pals up North, since their seasonal rotation of wardrobes, gear, tools and supplies tends to be more extensive. Still, we have our work to do!

Whether you tackle this project in a weekend, or over several weeks, a sys-

tematic approach is smart.

First, go through **each room to separate the off season stuff**, additionally, identify what you no longer use or like: Mark your piles to Keep, Donate, Recycle, Sell, Trash. By keeping these piles contained your home will remain functional. (Remember that memories do not live in the things, but in your heart, and happily, can be preserved in pictures)

Donations that are not going to friends and family can be contributed to non profit organizations that help people and animals in need. Many of them offer pick up service and all of them give receipts for tax deductions.

If you're considering selling something, a bit of due diligence can save you time and effort.

We often imagine our things have a higher re-sale point than they do.

Used jewelry, furniture, musical instruments, clothing, and sports gear take a hit on value after the original purchase. Be realistic.

Extend the "**purge and organize**" process to your garage and storage unit. Remove what you'll be needing for the next 6 months, including decorations, while making room for incoming off season items. Evaluate the goods from last year, before putting them away, with the same sharp eye to keep, donate, recycle, and trash, that we discussed earlier.

Next, let's **prepare closets** to be season ready. Separate out what you won't be using for 6 months. Keep a few things handy for unseasonal weather.

Then, pack. You can number your boxes, and create a file detailing contents. Or, simply tape a 3x5 card to the box, listing the items inside. Be neat so you can read your own writing. Cover the entire 3x5 card with clear packing tape so it doesn't get ripped or lost. Place the card or num-

ber so it can be seen when the boxes are stored.

This very good habit of Spring Cleaning makes for a better quality of life on every level. You'll feel happier, save time, be smarter about new purchases, and save money!

After a good cleaning, you may consider yourself done.

However, if you want to dig deeper (into the home office, photos, CDs, pantry, garden, AC, roof, accoutrements for hobbies, playroom, books) see next month's "Spring Cleaning Part 2" Digging Deeper, It's Worth the Effort! ■

Cheryl Adelman, Home Organizer, Writer, Speaker, Organizer, Organize In A Day™, Thumbtack Top Pro 2017 Helps you sell your property faster and for more money, eliminate your storage unit, declutter, organize, for a better life. organizeinaday.com 609-287-3119 (yes, I'm in South Florida) For ideas for locations for donations in South Florida, visit organizeinaday-withcheryl

Racks introduces Sunday Edition Brunch

By: Shaina Wizov Contributing Writer

Racks Downtown Eatery and Tavern in Boca Raton has introduced a whole new way of brunching. The 'Sunday Edition Lunch Hall Experience,' exclusive to the Boca Raton Racks location, features an array of over 60 food choices, inspired by GR Restaurant Management Group owner Gary Rack's favorite street foods from all over the country. Plus, Rack and his mixologists have put together an impressive craft cocktail list featuring Pitbull's Voli305 Vodka and drinks to match the flavors of each food station, and of course, flowing mimosas, bellinis and Bloody Marys.

Racks Culinary Director, Matthew Danaher, teamed up with Racks Boca culinary team, led by Executive Chef Sam Diab, to create the most diverse brunch menu in town, featuring food from High Tide Seafood Company, Calle Ocho, Chinatown Market, Grand Ole Nashville, Little Italy and fellow GR Restaurant Management Group location, Farm House Kitchen.



You won't find the typical brunch fare here, things like bacon and eggs, pancakes and french toast, bagels and schmear — nope, none of it. Instead, pile your plate with shrimp cocktail and oysters; a variety of sushi, sashimi and Asian-inspired fare; Sicilian-style pizza and chicken par-

mesan; fried chicken and macaroni and cheese; chicken, pork or beef tacos; and avocado toast and cucumber salad. And even after you feel like you can't stuff anything more into that belly of yours, there's still a 3-tiered tower of tasty treats served to every table, featuring cookies, cakes, brownies and cupcakes made by Racks Pastry Chef, Adam Le Zotte.



So, how's the food? Fan-freaking-tastic. As soon as you walk in, the seafood and Asian stations immediately catch your eye. You'll want to start there, with fresh New England-style seafood including everything from raw bar staples to lobster rolls and seared tuna, and Asian favorites like veggie fried

rice, Singapore noodles, spring rolls and sushi. Pace yourself though — there's plenty more to be had. Moving on down the line, you'll find yourself in Italy, where the fare might seem a little heavy for brunch, but it can't hurt to have a taste. Especially when it looks this good. Latin street food is featured at the next station, with a strong taco game and enough chips and guac to make you want to order a margarita, or two. Then you come to a split in the road, so to speak, where you'll either be guided by your heart and or your waistline. If you're into true Southern comfort food, look to the fried chicken, macaroni cheese and pickled vegetables. If you're looking for something on the

lighter side, opt for Farm House Kitchen favorites like avocado toast, smoked salmon and refreshing cucumber and chickpea salad in a lemon-poppy seed vinaigrette. There is a lot going on here — better to take multiple trips than try to fit everything on your plate, and in your stomach, at once.

Before committing to going bottomless, check out the drink list. Do yourself a favor and order the Champagne Cocktail featuring Voli305 Vodka, prosecco and a house-



made hibiscus syrup or the Guava Mule, also with Voli305 Vodka, and guava nectar, ginger beer and lime. And whatever you do, save room for dessert. Everyone knows it's best to end a meal on a sweet note, and Racks makes sure of it that you do. The playful platter of house-made desserts is adorned with gummy bears and cotton candy, making it equally as appealing to the eye as it is to the stomach. It's so worth waiting for at the end.

The Sunday Edition brunch officially launched on February 11th and has quickly caught steam, as everyone is eager to try something new and creative for Sunday Brunch. There's even a DJ spinning all day to enhance the experience.

Brunch is served on Sundays from 11 a.m. to 3 p.m. and is \$49 per person for the full, unlimited buffet experience. Cocktail pairings are available for \$12 each, or order bottomless mimosas, bellinis and Voli305 Bloody Marys for \$14. Reservations can be made at racksboca.com or by calling 561-395-1662. ■



Luxury 1.26± Acre Oceanfront Estate

REAL ESTATE AUCTION: THURS., APRIL 26TH @ 11:00 AM ET

A Magnificent Oceanfront Estate located in Delray Beach, FL. Estate includes 9 Bedrooms, 9 Bathrooms, 4 Half Bathrooms; totaling 21,234± SF with 130± FT on the Atlantic Ocean.

Contact Francis Santos 754.220.4116 or francis@fisherauction.com



800.331.6620 | www.fisherauction.com

FL LIC# AB106, AU93 | 2% Broker Participation | AUCTION SUBJECT TO TERMS OF SALE





MIZNER GRANDE
R E A L T Y



VOTED THE BEST REAL ESTATE COMPANY IN TOWN!
The Best of Boca Raton and West Boca Raton 2017



AWESOME PANORAMIC SUNSET AND
NIGHT VIEWS OF INTRACOASTAL AND CITY.
3,136 SQUARE FEET
\$1,600,000 VINCENT MOREA 561-212-9933



PRIVATE GATED CUSTOM BUILT DIRECT
INTRACOASTAL ESTATE. PRIVATE BEACH ACCESS
7,366 TOTAL SQ FEET
\$3,995,000 ARI ALBINDER 561-702-0413



JUST SOLD & CLOSED IN HIGHLAND BEACH!
ARI ALBINDER 561-702-0413



JUST SOLD AND CLOSED IN LAKE ROGERS!
INCREDIBLE DEEPWATER ESTATE!
ARI ALBINDER 561-702-0413



JUST SOLD & CLOSED IN TROPIC ISLE!
3-STORY DEEPWATER MEGA MANSION
ARI ALBINDER 561-702-0413



LOWEST PRICED OCEANFRONT LAND IN S. FLORIDA!
1 ACRE OCEAN TO INTRACOASTAL ESTATE!
\$6,495,000! BUILD YOUR DREAM HOME!
JED WEAVER 954-817-2757



Search the Multiple Listing Service and
Find Your Dream Home in South Florida!



www.MIZNERGRANDEREALTY.com

ARI ALBINDER – BROKER/OWNER (c) 561.702.0413 (o) 561.393.7000 Ari@MiznerGrandeRealty.com

Please visit our new Commercial Division at <http://cre.miznergranderealty.com>

Contact Estate Agent Susan Albinder at 561.445.4787





MIZNER GRANDE
R E A L T Y



VOTED THE BEST REAL ESTATE COMPANY IN TOWN!
The Best of Boca Raton and West Boca Raton 2017



MAGICAL INTRACOASTAL ESTATE ON GATED ISLAND SURROUNDED BY WATER ON BOTH SIDES. ACCOMODATES 2 MEGA YACHTS. 1 UP TO 120FEET. EXTRA WIDE CANAL 110 FEET. 7,709 TOTAL SQUARE FEET \$4,375,000 ARI ALBINDER 561-702-0413



AMAZING NEWER SIGNATURE TROPHY CLASSIC ESTATE ON THE INTRACOASTAL. INCREDIBLE VIEWS EVERYWHERE! PRIVATE BEACH ACCESS. 10,212 TOTAL SQUARE FEET \$5,975,000 ARI ALBINDER 561-702-0413



MAGICAL TROPHY DIRECT INTRACOASTAL CUSTOM ESTATE SIX SUITES, CUSTOM WOOD paneled LIBRARY, ELEVATOR 10,960 TOTAL SQUARE FEET \$7,750,000 ARI ALBINDER 561-702-0413



THE MOST INCREDIBLE SOUTHEAST INTRACOASTAL POINT LOT ESTATE. FIREPLACE, WOOD-PANELED LIBRARY 9,230 TOTAL SQUARE FEET \$4,895,000 ARI ALBINDER 561-702-0413



DEEPWATER SHOWPLACE WITH WIDE YACHT BASIN \$2,795,000 CAN BE PURCHASED WITH DEEPWATER LOT NEXT DOOR \$3,995,000 ARI ALBINDER 561-702-0413

Search the Multiple Listing Service and Find Your Dream Home in South Florida!



www.MIZNERGRANDEREALTY.com

ARI ALBINDER – BROKER/OWNER (c) 561.702.0413 (o) 561.393.7000 Ari@MiznerGrandeRealty.com

**Please visit our new Commercial Division at <http://cre.miznergranderealty.com>
Contact Estate Agent Susan Albinder at 561.445.4787**



Delray Drug Task Force, FAU Social Work School to address nationwide substance use epidemic

By: Dale King Contributing Writer

Despite reports that drug overdoses and fatalities are down in Palm Beach County, a nationwide epidemic of narcotics abuse and deaths still exists – and continues to plague all areas of society.

With that in mind, the Delray Beach Drug Task Force and Florida Atlantic University's School of Social Work will bring together nationally recognized leaders in addiction medicine, treatment, recovery, public policy, social work, law enforcement, media, advocacy, education and entertainment, music and sports celebrities in recovery for a symposium Saturday, April 7 from 2 to 6 p.m. at the Barry Kaye Auditorium at FAU in Boca Raton. The event is called SUDTALKS.

"Substance abuse is ravaging our nation and our local community," said Gary Kimble, executive producer of SUDTALKS. "The battle against the ever-rising tide of addiction is

on-going and new tools are needed to crush the epidemic by changing the way we think, feel, believe and treat substance use disorder."

The array of experts coming to strategize on this epidemic includes famed Major League Baseball star Darryl Strawberry.

During his career, he helped lead the New York Mets to a World Series championship in 1986 and the New York Yankees to three World Series championships in 1996, 1998 and 1999.

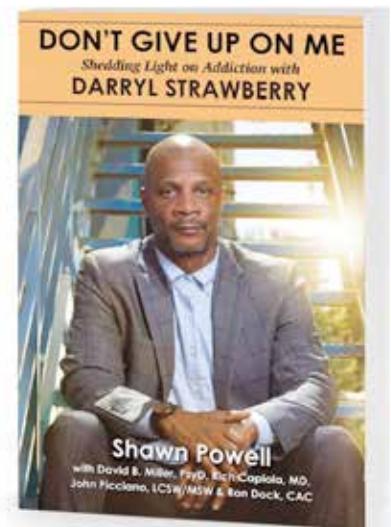
But he was also suspended three times by MLB for substance abuse, leading to many narratives about his massive potential going unfulfilled.

The speakers represent 12 disciplines, essential components in the battle against the epidemic of addiction. SUDTALKS will also feature personal testimonies of celebrities who are in recovery.

Among the facts to be discussed at the forum will be:

- Last year 8,000 college kids died on college campuses due to drinking and overdoses.
- Each month 10,000 military personnel are dishonorably discharged due to drug and alcohol abuse
- There is a rise in all types of drugs laced with the deadly Carfentanil and now found in marijuana, cocaine, xanax, percocet, and heroin. This drug is 10,000 times more potent than morphine.
- One in four American children is suffering from homelessness, hunger and neglect due to young addicted parents
- Drug-related deaths have surpassed breast cancer and prostate cancer fatalities and will soon surpass the number of deaths related to the AIDS Epidemic

Proceeds from the 2018 SUDTALKS will support essential life-saving initiatives through the continued development and



Darryl Strawberry's book about his recovery from addiction. Photo Courtesy of Darryl Strawberry Ministries.

expansion of the Delray Beach Drug Task Force First Responders Training Program and to support a Delray Beach Drug Task Force Community Advocate.

Tickets to the event are \$15 or \$25 and \$10 for students with a student ID. For more information or to purchase tickets, visit www.sudtalks.com ■

Lynn University Takes A Stand On Gun Violence

Students Participate in #NationalSchoolWalkout Day

By: David Czarlinsky Special to the Boca and Delray newspapers



The three organizers, Baylee Howe, Lourdes Rubero, and David Czarlinsky looking on as the 71 mass shootings since Columbine are read aloud. Photo by: Will Wayman and Evan Musgrave.

The Lynn community gathered together for 17 minutes at Lynn University on March 14 to raise awareness to the gun violence epidemic in America and to remember the citizens who have lost their lives in mass shootings over the last 19 years.

Throughout the peaceful demonstration, students took a moment of silence to remember the 17 people who lost their lives at Marjory Stoneman Douglas High School on Feb. 14, a month before the walkout. The students leading the walkout did not stop there, an additional 14 students joined the event and read a list of 71 mass shootings in America.

Starting with Columbine in 1999, the reading took about eight minutes. The 14 students read every shooting in the country that took four or more lives.

"It was super powerful to watch the



The #ENOUGH banner signed by attendees at the walkout symbolizing community and unity at Lynn. Photo by Will: Wayman and Evan Musgrave.

community react to hearing all of the shootings," said Baylee Howe, walkout organizer. "We got so much positive feedback from the community saying how impacted they were by so many different shootings."

More than 300 members of the Lynn community walked out of work and school at 10 a.m. to show their support and to take a stand. The overall purpose of the walkout was to spread awareness of #ENOUGH, a hashtag that has spread across the country to help put an end to gun violence. The three students organizing the walkout stated, "Enough is Enough" multiple times throughout the walkout.

"It was incredible to see the students take an initiative to make this happen," said Dr. Theresa Gallo, assistant dean of Student Affairs at Lynn. "It was a privilege

to help them throughout the process and see these three students grow. Hopefully, the conversation does not stop here and our community will take a stand on the local level, the state level and in national elections as well to stand up to gun violence."

Lourdes Rubero, walkout organizer, allowed the Lynn community to see the perspective of the effect a school shooting has. Although it is impossible to know the complete feel, Rubero stated, "Do me a favor and look around... The 14 students whose lives were taken will never reach this stage in their life and follow their dreams. We are coming together as a community to say gun violence needs to stop, we are here to say enough is enough."

There were many other opportunities attendees were able to take part in after the walkout as well. The organizers arranged for a banner that read the word "#ENOUGH" and students, staff and faculty signed their names. The banner will be hung up in an education building for the remainder of the semester.

Additionally, there was a table on hand which allowed students to register to vote and a table with wristband sales going to the Marjory Stoneman Douglas cause. The students began selling the wristbands the week following the mass shootings and sold them through March 14. The sales resulted in more than \$1,800. ■

New drink menu at Caffe Luna Rosa

Staff report

Delray Beach's Caffe Luna Rosa has a new drink menu with cocktails like a Watermelon Mimosa and the new Pineapple Sriracha Margarita.

"Our bar menu has the whole array of whatever your taste buds want," Bar Manager Sean Nathan said. "We have drinks that are fresh and fruity for the day and elegant and classy for the night time."

He said the watermelon mimosa has been well received.

"The watermelon mimosa is one of the hottest drinks on the menu," Nathan says. "It's flying off the bar."

The key ingredient, he says, is fresh watermelon juice mixed with champagne.

"People love the flavor of watermelon," Nathan said.

For guests looking for a mixed drink with a zing, Nathan created the Pineapple Sriracha Margarita.

The cocktail includes tequila, pineapple juice, agave and a special ingredient, sriracha hot sauce.

"It's got a great combination of flavors and a little kick to it," Nathan said.

Caffe Luna Rosa also has its own take on the French 75 cocktail, mixing Hennessy cognac with fresh lemon juice, agave and champagne. ■



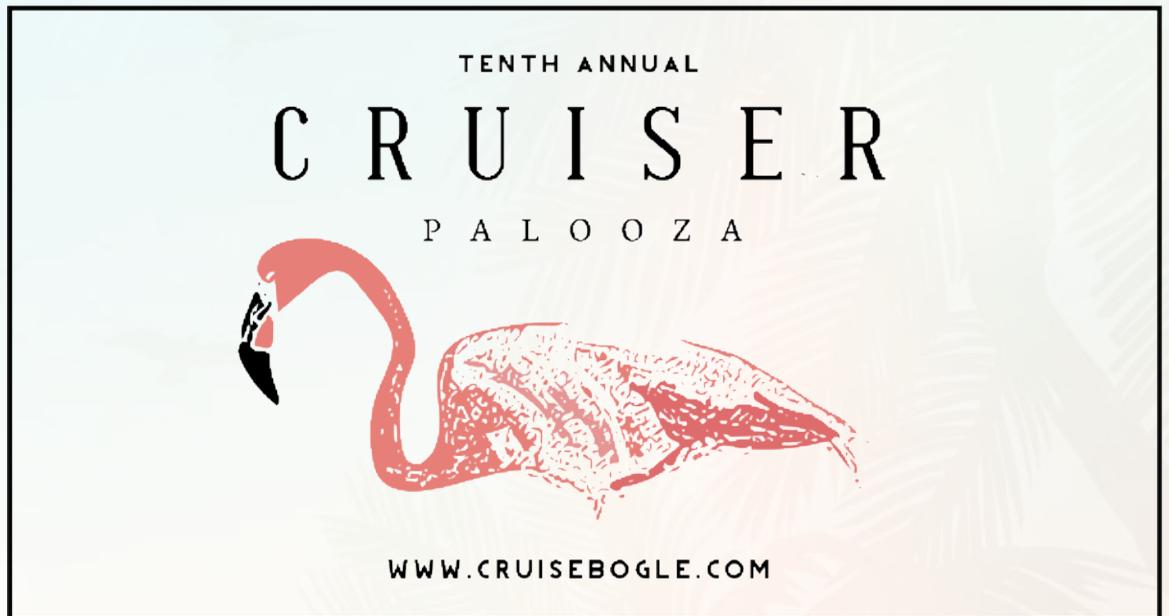
Caffe Luna Rosa bar tender Rosie Nocera with the restaurant's new drinks, the Pineapple Sriracha Margarita and the Watermelon Mimosa. Submitted photo.



For Cruise Bogle

DELRAY
Medical Center

PRESENTS



to benefit the Southeast Spinal Cord Injury Fund

APRIL 21, 2018
5pm-11pm

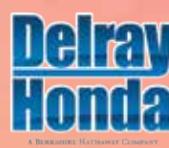
DELRAY BEACH PLAYHOUSE
950 Lake Shore Dr.
Delray Beach, FL 33444

Get your tickets at www.CruiseBogle.com
LIVE BANDS | FOOD | DRINKS | SILENT/LIVE AUCTION

Featuring **Music** from **Crazy Fingers, The Resolvers** and **Uproot Hootenanny**.
Awesome Food Provided by **Ellie's**. **Late Night Bites** Provided by **3rd and 3rd**.

All proceeds from this event will be donated to HelpHOPELive Fund in honor of Cruise Bogle. Contributions are tax deductible to the extent allowed by law. This campaign is administered by the HelpHOPELive, a 501 (c) 3 non profit providing fundraising assistance to transplant and catastrophic injury patients, for more information, 1-800-642-8399

A Copy of the official registration and financial information may be obtained from the division of consumer services by calling Toll-Free, within the state, 1-800-HELP-FLA. Registration does not imply endorsement approval or recommendation by the State. Florida registration number CH296.



Proceeds to Benefit Cruise Bogle's Fund at Help Hope Live, Inc. 501(c)3

Celebration of the Arts takes the stage

Lynn University students and faculty showcase the arts for the community

By: Kaitlin Armstrong Special to the Boca and Delray newspapers

Celebration of the Arts is returning to Lynn University this month with a high-energy show that showcases the different cultures that make up the university student body.

The event will take place from 5:30 to 9:30 p.m. on April 27 at the Wold Performing Arts Center

“Viewers can expect a high energy show,” associate professor and director of the show Carrie Simpson said. “We have a good mix of classical, musical theater and contemporary [theater] that people will love.”

Among the many parts that make up the event, showgoers can expect to experience many components of the arts, such as singing, dancing, costumes, art pieces and more. They can also expect to see and experience many different sights, sounds and even tastes from different vendors around the Boca area.

The show however, would not be what it is without the students involved. Every year there is an influx of students that want to participate in this show as actors, singers and dancers. This year, Simpson has seen a large number of students audition to have a part in the event.

“A lot of people that came [to auditions] are seniors that want to have the chance to participate in the show before they graduate,” Simpson said. “Other students that join have seen the show and want to participate because they have heard about how fun the show is.”

An event that is anticipated by the Lynn community year-



Cast in an ending pose after a performance during Celebration of the Arts. Photo courtesy of Carrie Simpson.

round, Celebration of the Arts takes months to plan and coordinate. While the Lynn community makes up a big part of the audience, there are also spectators from the surrounding areas that come to watch the show.

“The bulk of people are from Lynn, there are some outsiders that come and enjoy it too,” said Simpson. “The campus makes it alive with the great energy and cheering before and after every performance.”

Tickets, which are available now, are free for students, faculty, and alumni. General admission is \$30. Celebration of the Arts is an opportunity for the community to see the talents of the Fighting Knights while enjoying a night filled with creativity and inspiration. ■

Battle of the Books at Delray Library

Staff report

Battle of the Books is returning to the Delray Beach Public Library for the sixth time this month.

The Teen Advisory Board at Delray Beach Public Library is partnering with Levenson for the event on April 24 at 4:30 p.m.

The Battle of the Books is a reading incentive program for teens ages 13 to 17. It has been very successful in helping teens read more books and increase their reading skills.

Young Adult Librarian Cicely Douglas and Library staff plus volunteers act as Book Coaches for the Teen Teams and judges for the battle.

Teen participants grouped in teams of five members each will read the specific books, meet weekly with their Book Coach prior to the Battle Day, and become experts on specific details of the books.

During Battle Day, the team members come together to demonstrate their knowledge and expertise about the books they have read in a competition that resembles the format of game shows such as Family Feud, Whiz Kids, & Jeopardy. The winning team will receive prizes donated by Levenson.

The battle is open to the public to attend. ■



TRY US FOR \$10

*When you mention this Ad. Expires 5/15.

CONDITIONS TREATED:

**Asthma | Allergies | COPD
Sinusitis | Stress**



Discover a 100% natural alternative to help manage sinus, respiratory and skin conditions.



www.thesaltsuite.com

6063 SW 18th St. Ste 112
Boca Raton, FL 33433
(561) 288-0481

3100 S. Federal Highway #3
Delray Beach, FL 33483
(561) 316-7258

Delray Beach voters elect new mayor, two commissioners

Staff report

Delray Beach's new city commission will look different this month.

The voters said goodbye to Commissioner Jim Chard and selected Shelly Petrolia as mayor. They will also oust Commissioner Mitch Katz by choosing challenger Ryan Boylston.

And voters welcomed back a former commissioner with a majority of votes going to Adam Frankel.

Another new face will serve in Seat 2, which Chard vacated to run for mayor. The remainder of his term will be filled by Bill Bathurst, who was not challenged in the election.

The only commissioner to remain in their current seat is Commissioner Shirley Johnson.

As of March 14, the poll numbers listed on the Supervisor of Election's website:

Seat 1

Richard Alteus 26.65 percent or 2,181 votes

Eric Camacho 30.21 percent or 2,473 votes

Adam Frankel 43.14 percent or 3,531 votes

Total 8,185 votes cast for Delray Commission Member Seat 1 (3-year term)

Seat 3

Ryan Boylston 55.53 percent or 4,631 votes



Mitchell Katz 44.47 percent or 3,708 votes

Total 8,339 votes cast for Delray Commission Member Seat 3 (3-year term)

Mayor

Jim Chard 47.56 percent or 4,047 votes

Shelly Petrolia 52.44 percent or 4,463 votes

Total 8,510 votes cast for Delray Mayor - Seat 5 (3-year term)

"It's satisfying to be victorious against two gentlemen that ran hard fought campaigns and I look forward to serving as a Delray Beach City Commissioner for a fourth term," Adam Frankel said from his election watch party.

Mayor-elect Shelly Petrolia sent out an email to her supporters stating "WE WON!!"

"I am so very excited for the opportunity to lead this wonderful town we all love and I am humbled by the

incredible support and heartfelt good wishes throughout the campaign. Thanks to everyone who volunteered, hosted meet and greets, contributed to the campaign, worked polls or gave in other ways. Your support is what brought us to the finish line. I am excited about the work ahead and eager to get started. Call or email me to share your thoughts and ideas," the email stated.

Chard thanked his supporters and wished Petrolia "wisdom and strength" in an email he sent after the election.

Outgoing commissioner Katz did the same to his supporters.

"I am so thankful for the opportunity I had to serve you all for the last three years," his email said. "The friendships and the impact we have made will last forever."

And newly elected Commissioner Ryan Boylston thanked his supporters.

Commissioners were sworn in at the end of March. ■



Make it your **STYLE**

- ✓ Bikini
- ✓ Casual Dress
- ✓ Dancing Shoes

After a little break, on to finding the perfect little black dress.

The story continues at DowntownDelrayBeach.com/Story

Make it Yours
DOWNTOWN DELRAY BEACH

Dining | Beaches | Art & Culture
Family Fun | Nightlife | Shopping

WHAT WILL YOUR STORY BE...

DOWNTOWN DELRAY BEACH is a place for fashionistas, trend-setters, and style-hunters alike, offering one-of-a-kind shopping, with over 50 unique clothing and accessory shops. From bikinis and bling to eastern inspired glam and garb, every shop in Downtown Delray is ready to outfit you for a wide array of occasions.

We invite you to shop Downtown Delray Beach and Make it Your Style!

DowntownDelrayBeach.com/Story
#DowntownDelray



Delray Beach says goodbye to Mayor Cary Glickstein

By: **Marisa Herman** Associate Editor

Delray Beach Mayor Cary Glickstein ended his term as mayor the same way it started, surrounded by his family.

After serving two terms as mayor, Cary Glickstein has relinquished the title to Shelly Petrolia, who served on the commission for five years. Glickstein and Petrolia ran on the same platform in 2013, but over the years the political allies separated.

During his last meeting last month, he was presented with a surf board from city staff, a hobby he will hopefully have more time for.

When Glickstein found out he won the March 2013 election, he wasn't out at a watch party. He was at home doing laundry when his kids announced the good news.

"They ran in the laundry room all excited," he said.

Now, he said he hopes they are just as excited to see more of their dad, especially on Tuesday nights.

Getting involved

The developer and attorney considered himself apolitical before throwing his name in the ring to run for office.

"The year before I ran, if you told me I would run for mayor and win, I would have said, 'No way,'" he said. "I needed to be mayor like I needed a hole in my head."

There were two topics that launched Glickstein into the political area, the proliferation of sober homes in the city and the Atlantic Crossing redevelopment project.

Glickstein was serving as chair as the planning and zoning board, at the time, when people began questioning how sober homes were opening in residential neighborhoods and the size of the Atlantic Crossing project.

"It was a confluence of things that in my adopted hometown indicated the train was going off the tracks," he said. "I could have either jumped in or got out of the way."

He jumped in during the summer of 2012 when he announced he was running for mayor. Many candidates wait until later in the year to announce their plans to run



City staff presented Mayor Cary Glickstein with a surf board on his last city commission meeting. Staff photo.

for office, but Glickstein said he saw no reason to wait to say he was committed.

He said it would be the first and last political office he would seek. He mostly self-funded his campaign, which he said allowed him to speak candidly.

"It was a liberating position for me to be in," he said. "I owed nothing to anybody. My independence infuriated a lot of people, but it allowed me to make my own decisions."

First term in office

Glickstein said his first term in office was all about changing the mentality of "this is the way things have always been done" that he said plagued city hall.

He said the inadequacies in city management led to tortured commission decisions. The commission successfully challenged its garbage hauling contract and several other past decisions.

To change the mission statement of city hall from this is how we always did it, Glickstein said the tether to the past needed to be broken and staff needed to be purged.

Viewed by many residents as disruptive and as a huge loss of historical knowledge in the city, Glickstein said he saw it differently. He said change needed to happen.

"It was like sending Boy Scouts to Vietnam, but they were 60 years old because they were aging in place," he said.

Glickstein saw a change in nearly every department head over his tenure. His

goal was to hire the best person for the position. That job is usually left to the city manager, not the mayor.

But the position of manager was tumultuous as well. Recently, the city hired Mark Lauzier to the top role, a move Glickstein said was in the right direction.

"I feel good about who we have now," he said.

Highlights of his tenure

Glickstein said updating the city's land development regulations were one of the most important undertakings of his tenure. They provided clarity to both the developer and resident and he said showed that the city was listening to what residents wanted to see.

He also said working on eliminating unscrupulous sober homes from the city is something that has been a five year grind that is paying off with fatalities from overdoses decreasing, according to police and a lot of operations moving out of town.

And of course being named the All America City for a third time was nice.

Personally, he said he was proud to give city employees Veterans Day off as a holiday as a nod to his father who served in the Navy. That led him to meet Gen. William Ely, who died at 103. Glickstein will attend his memorial at Arlington National Cemetery in May.

"Without being mayor, I never would have known him," he said.

Not all decisions came easy, he said.

He struggled with the iPic project and the vote that would settle the lawsuit with Atlantic Crossing wondering whether it was enough of a compromise.

"There were very hard meetings," he said. "I would much rather be starting out as mayor now than I did five years ago."

Final acts in office

One of his last votes in office on the Midtown Delray project was just as controversial as the Atlantic Crossing project that got him to run.

In a meeting that lasted more than eight hours, he supported the controversial redevelopment plan that will add shops, offices and restaurants to the city's most historic district— an area many see as neglected.

He also took a political stand on gun control in the form of a resolution, which was unanimously supported by his colleagues. Before that, he helped organize a peace rally outside City Hall where survivors of the shooting at Marjory Stoneman Douglas High School spoke.

Personal sacrifices

"People elected me to do a job and that came to the detriment of other things," he said.

Never missing a city commission meeting meant he missed a lot of other events in his life like his kids' volleyball games, plays and helping with homework.

His kids were in elementary and middle school when he was first elected. Now, they are in high school and college.

"I missed a lot," he said. "It was hard for me to miss those games. In time they will know I missed things for the right reasons."

You are helping people you will never know.

What's next

Glickstein sold Ironwood Properties several years ago. He said his next career move will be in a different direction.

"There's a lot of power in reinventing yourself," he said. "Particularly when things are going well. I am not sure what's next. But the mystery is part of the journey and I am not worried." ■

A sit down with Stephen Chrisanthus: Yo Bobby!

By: Stephen Chrisanthus Special to the Delray Newspaper

I recently sat down with famous funnyman and friend Bobby Collins to discuss performing in South Florida, and why he's always in Delray Beach.

About how many shows do you do a year? What keeps you going so strong after all these years?

About 200 shows. Because I love what I do and when you love what you do you keep at it.

Many aspiring comedians never make it. You have been successful for a number of years, when did you realize you had made it?

I always viewed myself as successful. It is about the journey not the destination for me. Along the way I have performed at the White House, was nominated for a Grammy, wrote a book and was on every late night talk show.

Who are some of the most memorable people you have performed with, or opened for?

I toured with Julio Iglesias and he taught me a lot. When I did 88 cities with Cher I learned professionalism. Sinatra and Dolly Parton were influential. I started as a poor kid from New York, I had to learn to think bigger, and it was a struggle.

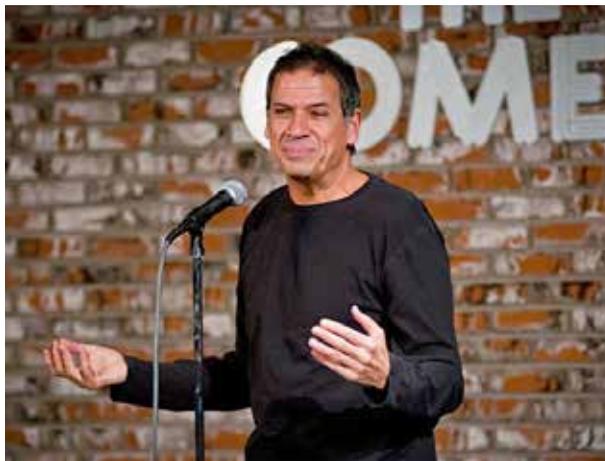
So you perform all over, what keeps you coming back to South Florida?

Oh, I like Florida. It's like coming back to a bubble. I know these people, my guard goes down.

Do you tailor your routine differently to people in this area as opposed to other cities in the US?

Yes, I can talk about what's going on everywhere. It lightens my load, and as a comedian that means a lot.

You are in Delray Beach a lot, what brings you here so frequently?



quently?

I'm most comfortable in Delray, there are a lot of great cities but it stands out. I have a lot of close friends here like Mark Walsh from Ocean Properties. We laugh a lot, play basketball...it's like hanging with the guys at home. The job becomes secondary.

What do you like to do when you are in Delray Beach?

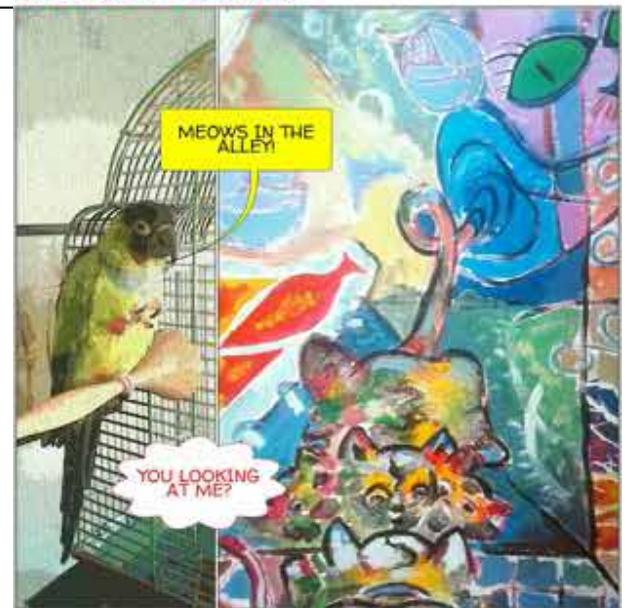
Love walking through town with all the great shops and restaurants. Wow how it's grown into a serious destination! I have even learned how to use Linton to beat the traffic on Atlantic.

Do you have any advice for young comedians?

Your vulnerability is your strength. Think how you feel about things. When President Trump asked me if I voted for him, I said I would have rather voted for El Chapo.

What is something people might not know about you?

I am blessed with a special needs child. When God gives you an angel with a clipped wing; what an honor. ■



Every picture tells a story

By: Delray Beach Historical Society Special to the Delray newspaper



When we began the research for our current "Sunny Greetings From Delray Beach" exhibit, we found this photo of two lovebirds taken near the Delray Beach pavilion. We knew right away it would hang prominently on our walls. The problem was, we didn't know anything about it!



The DBHS is looking for information on the couple in this photo. Photo courtesy of the Delray Beach Historical Society.

All we could gather was that it was discovered inside an unidentified potato chip canister in the Merritt Storage facility!

We hung the photo on our walls, nonetheless. In fact, we enlarged it and made it an anchor-point for the entire exhibit, as it captures the spirit of this time and place in our history. Since then, people ask us all the time if we know anything more about it. Who was this couple? How did they meet? What was their fate?

Despite hours of research by three different archivists, the darling couple remains unidentified.

Mysteries like this one led us to recently create our Wise Elder Council – a group of elders who grew up in Delray and will congregate once a month to help us fill gaps in our

narrative. So far they have helped us identify hundreds of photographs, all the while swapping memories and laughs.



Our elders have not yet figured out the exact story behind this photo (though we do have some exciting leads). If you have ideas, please email us! And if you or a loved one are interested in volunteering with our Historical Society programs, email us too! info@delraybeachhistory.org Our three NEW history exhibits are open Thurs, Fri and Sat – 11am – 3pm! 561.274.9578 or www.delray-beachhistory.org for information. ■

Cruiser Palooza returns for 10th year to support Delray local Cruise Bogle

[FROM PG 2] Palooza is to raise money to help Bogle offset costs he incurs for his care every year and to also set aside money for his future care.

“It isn’t just to offset the cost of the year, but what’s going to happen 10 years to 20 years from now,” she said. “The costs will never stop.”

Vick said reaching year 10 is a monumental milestone and she couldn’t do it without her original group of friends who helped start the event.

“It’s surreal how much it’s grown and how popular it’s become,” she said of the event, which attracted more than 600 people last year. “You really see so much kindness. It’s very rewarding for sure.”

Impact

Without Cruiser Palooza, Billie Johnston said her son’s life would be completely different.

“It means he has a different life and he can be as independent as he can be,” she said. “It literally makes his life our lives totally different than it would be otherwise.”

She said the support her son receives from the event allows him to attend a specialized gym where he has been able to strengthen his upper body and core, have an assistant five days a week and keeps his spirits up.

“It’s an enormous community event,” Johnston said. “We see

people from Boynton, Delray and Boca. It’s extremely moving. It takes our breath away all the time. It makes Cruise’s spirits soar. It makes us proud and thankful. It’s amazing.”

Return to water

Bogle has found a way to stay connected to the water, something that has been part of him since his birth—literally.

He was conceived while his parents were on a two year cruise from Maine to Venezuela. While in the womb, he was referred to as Cruise or Cruiser, and the name stuck.

Born off the coast of Venezuela on an island, Bonaire, Bogle grew up on the water.

“I have been super ocean-oriented all my life,” he said.

The family moved from Maine to Delray Beach when Bogle was 10.

“You can’t get much better than this beach lifestyle down here,” he said of Delray.

While he was in rehab at the Shepherd Center he took an art class. It wasn’t something that he took onto quickly, but he painted.

About six months after he returned home he painted what he calls his “OG Mahi” a MahiMahi design.

Then, it was a jelly fish design.

Now, he is dedicating more time toward painting and building a brand and a business for himself. He sells T-Shirts, tumblers and paintings with his ocean-inspired designs on them. You can purchase them at the upcoming Delray Affair or on his website, cruisebogle.com

“I am doing way more painting now than before,” he said.

Positive outlook

Bogle was 19 when the accident changed his life.

But he doesn’t ever question why it ever happened to him.

“He never felt sorry for himself,” Johnston said. “I never once heard him say what if or why me or any of that. When he was hurt, he was only 19 years old. He was still a kid. He was away from home for the first time. He had to grow amazingly fast and mature through all of this.”

Bogle said being mad isn’t going to change the situation.

“You have to stay positive and just put a smile on,” he said.

Bogle works for Vick part-time, has a great group of friends and enjoys watching football.

“He doesn’t sit idle, no pun intended,” Johnston said.

For more information about Cruiser Palooza or to purchase tickets or make a donation, visit <http://www.cruisebogle.com/cruiser-palooza/> ■

New Delray lifeguard towers not excessive expense, county watchdog agency report states

By: Marisa Herman Associate Editor

Spending nearly \$1.2 million for eight new life guard towers is “fair, reasonable and within the competitive market range,” according to a 14-page report released by the Palm Beach County Office of Inspector General last month.

The city also procured the new towers properly, according to the report.

The cost and how the city awarded the contract were two of the main complaints filed to the inspector general by now Mayor Shelly Petrolia.

The complaint, submitted on Jan. 5, became a hot topic in the mayoral election. Petrolia cast the sole dissenting vote against the contract for the new towers. The city awarded the contract to Pompano Beach-based Hartzell Construction Inc. The company was the only bidder.

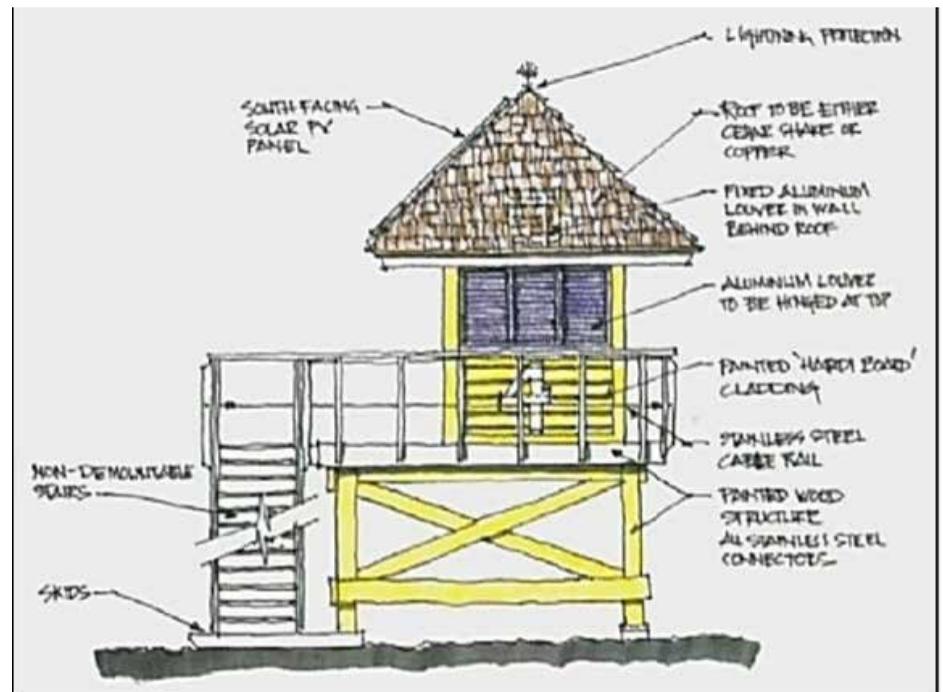
“This is a mini-condo,” she said at the Dec. 11 meeting. “This is a condominium price that we are paying for a small structure on the beach. It doesn’t have a bathroom, it doesn’t have a kitchen, it doesn’t have any appliances.”

As a commissioner, she alleged the commission’s decision to spend nearly \$1.2 million on the new towers was too excessive. The complaint listed five other issues with the city’s procurement process, which were also deemed unsubstantiated by the inspector general’s office.

“During our review, we found the City complied with its procurement policies and procedures for the award of the lifeguard tower construction project,” the report states.

The cost includes demolishing the eight existing towers that are more than a decade old and are in dire need of replacement, according to city staff.

“The Ocean Rescue staff provides this service from eight lifeguard towers that are in poor condition and lack features that increase the lifeguards’ job efficiency and provide a comfortable work environment,” Assistant City Manager Caryn Gardner-Young said in a memo to commissioners. “The current towers are not transportable, they have enclosed floors which provide poor ventilation, they do not have shutters to protect the windows from vandalism and trespassing



A rendering of the new Delray Beach lifeguard towers.

at night, and they have poles to support the roof which create blind spots where the lifeguards may not be able to see all beach-goers.”

The new towers will be enclosed to allow the lifeguards unobstructed views from clear glass to the ocean. They will have

proper ventilation and shade and will be able withstand various weather conditions. The new towers will have rust-resistant stainless steel bolts and solar panels to help power fans and radios.

Construction on the new towers is underway this spring. ■

Then Jack Happened



Dear Jack,

I've been seeing my girlfriend for about six months. Everything was great until we had the talk about our sexual histories. I initiated the talk. The problem is, that her number is way higher than I thought it would be. To the point I'm not sure that I still want to be with her. She could tell I was upset/surprised and then she got mad and we got into a little bit of a fight. It's been a couple weeks but things are still simmering. I don't know if I want to stay with her because of the history, but on the flip side, I really like her and things were going well, so how do I get over this, and second, if I

do, how do I fix this?

I'll start with your second question. You need to apologize. That would be the course of action if you 'decide' to fix this, and it is the course of action if you 'decide' not to, because you should treat her with dignity and respect. The only way that you'll ever fix the relationship is to be sincere and demonstrate some real understanding of why you're being inappropriate.

I really don't understand what the point of trading numbers. You say 'the talk' as if it were inevitable. Short of health issues, which should be shared before intimacy, a person's sexual history is probably pretty immaterial. These questions mostly come from insecurity and its dopey friend jealousy, and nothing will come of it. You get number X, you feel great! You get number Y, and now you don't. During those six months, when you were having fun and sleeping together and getting on, the number was always Y, and Y has more to do with you than it does with her.

You have to try and account for her perspective and feelings. Look, you just told her that she isn't worthy of you, morally reprehensible, or gross. Your disapproval is an attack on her worth and an attempt to make her feel bad about herself. What is she supposed to do? Apologize? "Three years ago, I met this guy Bort, he was a lot hotter

then you and we hooked up. I'm sorry." Are you going to start apologizing to her for actions that you took before you even knew she existed? Clearly not. She can't change her past and, hopefully, she is quite happy with who she is and what she's experienced. Attempting to diminish that accomplishes nothing and is hurtful.

My tone is a little bit rough, but you need to grow up. You aren't likely to find someone that fits your perfect formula, and until you realize that there is no 'perfect,' your problems will persist. Remember, everything was great until you discovered she didn't fit your arbitrary mold. And nothing is different! You're the same people you were before only now you're acting spoiled. If you want a successful relationship, you need to learn to accept her for who she is, history and all, or it will never work. I know the defensive response, "Man, I shouldn't have to date someone I don't want!" Yes truly. You can dump her. You can never get with a woman that has ever dared to hold the hand of another man. But let's be real, she's not some no-good-nik or murderer, you just disapprove that she was with other people that weren't you. And that's not her problem to change. ■

Listen Delray, there's a million fine looking women in the world, but most of them don't bring you lasagna at work. Wait, what? Send your problems to thenjackhappened@gmail.com

Here's what we think... Civic fabric

If you don't know why something is working when it is, you won't know how to fix it when it breaks." – Craig Groeschel

There's a lot of writing about cities that refers to something called the "civic fabric."

Civic fabric refers to the framework/structure/material that make up communities. The best leaders add to the fabric—they strengthen, invest in and tend to the framework that make places special.

The opposite of leadership is tearing at the fabric.

When you start to pull threads, you risk fraying the material and risking the structure.

For five years, in our opinion, we have torn viciously at the fabric—and as a result 30 plus years of municipal progress, civic pride and the marrow that makes our community special is at risk.

It doesn't give us or others who feel the same way we do pleasure to write those sentences. And speaking truth to power certainly hasn't been easy. Those who do pay a price...civic projects, causes, businesses, non-profits and friends have been hurt because they have not gone along to get along.

That's OK.

It's important to be able to look in the mirror and say you have stood up for your beliefs. But the temptation is there to capitulate or just throw in the towel.

After all, you might be granted approvals for your projects or initiatives, instead of seeing them litigated, delayed and ridiculed—even if you have a contract (Matchpoint), won an RFP (iPic) or played by the city's rules (Atlantic Crossing).

Our advice: Don't give up. Continue to stand

up, speak your piece and move forward.

If your favorite candidate won the election last month, congratulations. Local elections can be brutal affairs.

The arguments are personal because we see the combatants around town—we live in each other's neighborhoods, go to the same stores and restaurants and know each other's friends and supporters.

But if you won, the work is just beginning.

Serving in local elected office—or any elected office—is a privilege and an honor. As is winning an election. But all it means is that you have a chance to serve and an opportunity to make a difference.

You're on first base, you still have to get home. And we hope you do, because if you succeed the community succeeds. We all win.

If you lost this cycle, it's hard.

We've backed many candidates who have lost. It happens. We've backed a few winners too.

If you backed someone you believe in, take pride in that. Because something as precious as your hometown should not be about picking winners, it **should** be about backing someone you believe in.

We believe in our old partner Ryan Boylston and was pleased to see a talented young leader with ideas and aspirations for Delray win. Our newspaper endorsed Adam Frankel and he won over an impressive debut from Eric Camacho who we hope runs again. We are also pleased to see Bill Bathurst, a lifelong Delray resident, get elected unopposed. Bill is a very nice man with a lot of ideas and a

tremendous passion for Delray.

Many were disappointed to see Jim Chard lose, but we want to see Shelly Petrolia succeed as our next mayor because cities do better when mayors succeed.

For those who are disappointed, my advice is to play the long game and stick to your beliefs, because over time it pays off.

Our hope is that the new mayor and commissioners are servant leaders who engage, listen, unite, compromise and learn on the job. Because the fabric begins to fray when favorites are played and rules are ignored, bent, spindled and mutilated to reward friends or punish enemies. The fabric tears when a city's volunteers and staff feel put upon, disrespected and disparaged; when City Hall becomes a place you fear rather than a trusted partner.

We are a city in need of healing. That's our opinion and that's why we backed who we backed.

That doesn't change regardless of outcome. To those who don't feel that we are in need of healing, you ought to talk to the volunteers in this town or the employees who often can't afford to speak out so they either remain silent or vote with their feet and leave us for other cities. Another source of toxicity is social media. We are beginning to believe that social media is tearing at the fabric of our community.

We want to revisit this idea of civic fabric in future editorials because when you start to pull threads you don't know which one will trigger the collapse.

Is it losing the St. Patrick's Day Parade after 50 years? Is it telling every craft brewery to

look elsewhere?

Is it calling the CEO of a publicly traded company who wants to come here that he's an "amateur?"

Is it referring to the founder of Old School Square as "that woman?" Or is it telling your police officers and firefighters that they are replaceable? Or is it a 24-7 insult fest on Facebook that finally rips us apart?

We're not sure. But we know those are examples of pulling threads—ripping at the fabric.

We want to see leaders who lift us up. That's their primary job, even when (maybe especially when) we see things differently. ■

Meet the team

Reach us at:

DelrayNewspaper.com

561-299-1430

info@delraynewspaper.com



Jeff Perlman, Editor-in-Chief and Principal

Scott Porten, Chief-Financial-Officer and Principal

Craig Agranoff, Content Director and Principal

Fran Marincola, Adviser and Principal

Marisa Herman, Associate Editor

Kylee Treyz, Account Manager

PERMIT STD
FORWARD
US POSTAGE
PAID
PERMIT 24585
WFLA-TV MIAMI

*****ECRWSSSEDDM*****

LOCAL

RESIDENTIAL CUSTOMER

Pinball Hall of Fame
SILVERBALLTM
MUSEUM
Play the Classics
ART YOU CAN INTERACT WITHTM

**NOW OPEN
UNTIL 2AM
EVERY DAY!**

**GREAT PIZZA
& LATE NIGHT
FOOD!**



**PALM BEACH
COUNTY'S PREMIER
Bar & Bat Mitzvah
Party Venue!**

**BIRTHDAY PARTIES
AND EVENTS
from 5-280 people!**



ASBURY PARK STAGE NOW OPEN!
Live Music Thursday, Friday & Saturday Nights!

**PLAY THE TOP 200 PINBALL
AND ARCADE GAMES OF ALL TIME!**

FUN FOR KIDS OF ALL AGES!
All Games On Free Play ~ No Coins Needed

BLUE BAR (NO COVER)
Full Bar: Beer · Wine · Liquor · Great Food
Cocktail Hour Specials: Mon-Fri 4pm to 7pm

**ALL DAY
HAPPY
HOUR!**
MONDAY-FRIDAY
11AM-7PM



**EAT,
DRINK,
PLAY**

19 NE 3rd Ave. · Delray Beach
(right off of Atlantic Ave.)
561-266-3294
www.silverballmuseum.com
Hours: 11am-2am Every Day

\$2 OFF any entry pass

SILVERBALL MUSEUM · 561-266-3294

With this coupon. Valid only at Delray Beach location.
Not valid with other offers or prior purchases. Expires 5-31-18.