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Randy and Lennie Smith on board their Leopard 48 catamaran "Happy Together." Photo courtesy of the Smiths.

## Delray Beach sailors combine passion of traveling high seas, giving back

By: Marisa Herman Associate Editor

Once a month Randy and Lennie Smith board their Leopard 48 Catamaran "Happy Together" and take a trip.

The duo serves as captain and first mate on their voyages around the world.

Since they purchased this boat in 2015, they have traveled to 16 countries covering 10,000 nautical miles, all while running their two businesses.

While on land, Randy is CEO of Heritage, a local flooring and window treatment company. Lennie is a general contractor who runs her business building custom homes.

"Most people wait to do something like this until they are retired," Randy Smith said. "We have found a way to travel

while working. We are just doing it with a better view."

Their journeys are captured on film and uploaded to their YouTube channel "Sailing SV Happy Together," which has more than 8,000 subscribers.

The channel started as a way for the couple to let their kids know what they were up to while on their excursions. Not realizing how far-reaching YouTube can be, their videos began gaining traction from people outside the family.

Now, they are using it to show their followers and aspiring boaters just how easy and fun sailing together is, all while helping to give back to Warrior Sailing, a nonprofit with roots in their passion— sailing.

"We are all about inspiring people, entertaining people and educating people," he said.

### Passion for boating

Randy grew up racing sailboats in the San Francisco Bay area with his father. Lennie remembers fishing trips on her uncle's boat during South Florida summers.

When the couple met 20 years ago, they began their years of boating together. They were power boaters, until the youngest child went to college and Randy decided it was time to return to sailing.

When the Leopard arrived, they christened it and took it down to the Keys where Randy played with a GoPro camera Lennie bought him.

That first video "Shakedown Cruise" launched what would

## A life in photos: History comes alive through pictures on walls of Caffe Luna Rosa

By: Rich Pollack Special to the Delray Newspaper

Most people who have been to Delray Beach's Caffe Luna Rosa know it as an outstanding beachside restaurant, offering quality food and an impeccable atmosphere.

But look closely and you'll discover that the restaurant is also a gallery of sorts, with photos covering almost every inch of available wall space.

Behind every photo there's a story.

The eye-catching photo of Roy Orbison with Beatles John Lennon, George Harrison and Ringo Star was taken in England on the singer's 28<sup>th</sup> birthday.

Nearby, there's the photo of Yankees Roger Maris, Yogi Berra, Mickey Mantle, Casey Stengel, and Whitney Ford, taken at Bahia Mar while the team was in Fort Lauderdale for spring training.

Of course, no Italian-style restaurant would be complete without a photo of Frank Sinatra and you'll find a number of photos of the Chairman of the Board as you scan the dining room.

And it's not just celebrities. There are also quite a few photos of customers mingled with images of friends of Caffe Luna Rosa founder Fran

[CONT. PG 2]



Caffe Luna Rosa founder Fran Marincola in front of a wall of photos at the restaurant. Photo by Rich Pollack.



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# Delray Beach sailors combine passion of traveling high seas, giving back

**[FROM PG 1]** turn into dozens of videos featuring the Smiths in all different countries experiencing local cultures, how they operate the boat together and what it is like to travel happily together.

Their trip began when they left Florida and went to the Bahamas. From there they stopped in Dominican Republic, Turks and Caicos, Puerto Rico, all the Caribbean Islands, Columbia, Panama and Mexico.

After each trip, comes a video. Their followers have seen the quality of the videos go from amateur home films to refined productions.

Randy does all the shooting, selects texts to place over the video, picks music and now with the help of a professional editor— strings it all together into a story of that adventure.

“We have followers,” Lennie said.

The couple gets stopped at boat shows from people who recognize them, receives tons of fan mail and has sent out Happy Together T-shirts to their fans who ask for them.

“It’s the most heartwarming thing to read the comments,” Randy said.



Randy and Lennie Smith travel on their Leopard 48 catamaran “Happy Together” about once a month in between their busy work schedules. Photo courtesy of the Smiths.

People reached out saying they purchased cruising sailboats after watching their channel.

### Giving back

The couple personally and professionally is involved in donating to various charities and causes. And while traveling, they said they encounter people in need.



Catch up on where Randy and Lennie Smith have been on their boat via their YouTube channel. Photo courtesy of the Smiths.

“A lot of these countries are poverty stricken,” Randy said. “We have been so fortunate and we want to help people.”

So while they help out where and when they could, they realized they wanted to do more at home.

Just over a year ago, the couple was running on the beach when Lennie told Randy she

came up with a way to give back.

They boarded their boat and she told Randy about a nonprofit she saw in a magazine that looked like a perfect fit for the water-loving couple, Warrior Sailing.

### Warrior Sailing

Warrior Sailing is a nonprofit that provides maritime education and outreach for wounded, ill and injured service members and veterans through teaching them how to sail during a three day camp.

The camps are offered for free and is open to all wounded, ill or injured service members and veterans of all branches of the U.S military.

Neither of the Smiths served in the military and none of their relatives did either.

“We get the benefit of living in this country and we didn’t do any of the heavy lifting,” Randy said.

They reached out to the founders and said they wanted to help. Now, their YouTube channel, which is non-monetized, helps drive donations to Warrior Sailing.

Randy will mention the **[CONT. PG 45]**

# A life in photos: History comes alive through pictures on walls of Caffe Luna Rosa

**[FROM PG 1]** Marincola and pictures of his family.

“There’s a lot of history all over the walls,” Marincola says. “Wherever you sit, you can see a photo and you can learn something interesting.”

Many of the photos are merely snapshots taken in the restaurant, while others are collectables that Marincola either purchased or received as gifts.

Several are from the famous 500 Club in Atlantic City, courtesy of Paula Jane D’Amato, daughter of the club’s founders and a former neighbor of Marincola’s.

Among his acquisitions are two special items on prominent display.

One is Mickey Mantle’s 1954 contract with the Yankees and the other is a Bruce Springsteen guitar signed by the Boss.

Those and other conversation pieces take customers down memory lane.

“People ask questions about the photos all the time,” says Bonnie Beer, a partner in the restaurant. “Customers want to know who the people are in the photo, why we have it and where it came from.”

Many of the pictures came from Marincola own family photo albums.

On one wall is a photo of his father in the grocery store he opened in Pennsylvania and nearby is an old picture of his

grandfather in a delivery truck. There’s the picture of Marincola’s parents on their wedding day and quite a few photos of Marincola’s first business on the Jersey Shore boardwalk.

Another wall is reserved as a tribute to longtime customers who have died.

Marincola says he got the idea to have a photo gallery while living in New York.

“I used to live on 58<sup>th</sup> Street and there was a big art dealer living across the street,” he said. “I could look up and see the art on the walls of his apartment. I liked that idea and decided to do it myself.”

You will find a smattering of fine art from Salvatore Dali and a Rene Fini’ pencil drawing, there’s art from Cuba and some from Russia that Marincola has brought back with him, but mostly the photos tell the story of Caffe Luna Rosa and those who created it as well as those who have supported it over the



Bruce Springsteen guitar and Mickey Mantle’s 1954 contract with the New York Yankee. Photo by Rich Pollack.

years.

“It’s the story of my life and of Caffe Luna Rosa,” he said.

For Beer, who has been a part of the Luna Rosa family for decades, the photos help to provide guests — whether regulars or vacationing visitors — a better chance to sense of what the restaurant is all about.

“It gives a little more insight into the people who created the restaurant and the people who are our customers,” she said. “It’s just another reason to come to Caffe Luna Rosa and get to know our family.” ■



New York Yankees on a fishing trip to Florida. Photo by Rich Pollack.

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Delray will hold a flag raising ceremony at 5 p.m. on July 4. Photo courtesy of VMA Studios.

## Celebrate America's birthday in Delray Beach

### Staff report

Put on your red, white and blue patriotic garb and head to Delray Beach on July 4.

The day will begin beachside at 8 a.m. with a sand castle contest. After catching some rays, head to the flag raising ceremony at Gleason and Atlantic Ave. at 5 p.m. where a 60 foot American flag will wave high.

Family friendly activities will include Putt'n Around mini-golf, crafts, face painting and other activities. There will be a toddler play area, rock climbing wall, giant games, corn hole and a video game contest.

Entertainment will take the main stage at 5:15 p.m. with Solid Brass

kicking off the musical acts. They will be followed by Logan Henderson, Max, Echosmith and then the U.S. Army Jazz Ambassadors. The 19-member ensemble has selected Delray Beach as their season finale stop. They will take the stage at 8:15 p.m.

And the night will end with fireworks of course. This year, the display will be launched from a barge off of A1A and Atlantic Avenue, which will allow the show to be bigger and better.

If you get hungry, there will be food trucks on North A1A and outdoor dining at Caffe Luna Rosa and Boston's on the Beach.

All Fourth of July events are free and open to the public. ■



Delray will celebrate July 4 with festivities all day. Photo courtesy of VMA Studios.



U.S. Army Jazz Ambassadors will take the stage at Delray's Fourth of July celebration. Photo courtesy of U.S. Army Jazz Ambassadors.

## Parking meters installed along Atlantic Avenue

By: **Marisa Herman** Associate Editor

The days of snagging a free parking space in front of your favorite downtown restaurant are over.

Smart parking meters have been installed along Atlantic Avenue from Swinton Avenue to the Intracoastal and while you won't have to feed the meter with spare change, you will be expected to pay for your parking spot.

The city commission approved the parking management plan, which has been in the works for years. A previous commission voted to purchase the smart meters last year in a narrow 3-2 vote.

"It's about having a plan," Commissioner Ryan Boylston said. "It doesn't make any sense that on a Friday night Atlantic Ave. is free and the garage is \$5. We have to move forward."

The program includes paid parking along Atlantic Avenue and on the side streets. It will cost \$2 per hour to park your car beginning at noon. Weekdays meters will be in effect from noon to 9 p.m. and weekends on Friday and Saturday until 2 a.m. There is a three hour maximum you are allowed to park in one space.

Surface lots like the Railroad lot and Gladiola lot will remain free. The garage will be free until 4 p.m. where it is a flat \$5 fee to park. Meters have already been in place east of the Intracoastal.

If you have a quick errand to run, there will be a free 20 minute grace period, but you still have to use the parking kiosks to indicate your car's location.

The plan allows the city manager to make rate adjustments up to \$3 per hour. He will receive input from the city's parking management board and the Downtown Development Au-

thority.

Commissioners approved the plan, but also asked for some changes. They would like to see a resident parking program implemented and better signage that helps people understand where to park and what it will cost.

There will be a 30 day grace period that began June 25 where warnings will be issued before ticketing begins.

Commissioners have asked city officials to look into ways to make the tickets "friendly" by including a cute message about making a mistake by not paying or even including a coupon to a downtown establishment.

Mayor Shelly Petrolia cast the sole dissenting vote on the parking plan.

"I'm not a supporter of the parking meters never have been never will be," she said. ■





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# TOP 10 things you need to know this July in Delray Beach

**1** The Delray Beach Historical Society is exploring the #snail-mailrevolution and the art of writing letters during its summer camp.



Students will participate in on-campus and off-campus workshops with artists, writers, historians and community leaders. Activities include making stationery, trading and collecting stamps, designing post cards, exploring paper-making techniques, and discovering the art and history of letter-writing. The camp is open for kids ages 9-13. Session 1 is July 10-13 and Session 2 is July 24-27. Camp runs from 9 a.m. to 2 p.m. and costs \$60 per child. Scholarships are available. Email [info@delraybeachhistory.org](mailto:info@delraybeachhistory.org) or call 561-274-9578 for more information.

**2** Delray Medical Center was awarded with the Healthgrades 2018 Patient Safety Excellence Award™, a designation recognizing superior performance of hospitals that have prevented the occurrence of serious, potentially avoidable complications for patients during hospital stays.

**3** Head to the Delray Beach Public Library for NOSH: Learn to cook while



having fun at 10 a.m. on July 24. Chef Michael from Publix Aprons Cooking Schools offers demonstration classes for all levels and all types of cuisine. See how it's done, then take the recipe home and try it for yourself. July features how to prepare summer grilled salmon and mixed herb salad with lychee vinaigrette. Event is free and open to the public. If registration is requested in advance go to [www.delraylibrary.org/registration](http://www.delraylibrary.org/registration) or call 561-266-0194.

**4** The Spellebration Spelling Bee will take place on July 26 from 9 a.m. to noon at the Delray Beach Public Library Auditorium. If your child is interested in competing, practices take place weekly. Contact the library for more information.

**5** Sushi & Stroll series continues at Morikami Museum & Japanese Gardens on July 13. Tickets cost \$7 online or \$8 at



the door. To enjoy the Taiko drumming performance, it costs \$3 extra. The event is rain or shine.

**6** There will be a Public Safety Open House on July 21 from 10 a.m. to 1 p.m. at Fire Station 112, 35 Andrews Ave.

**7** Waves Surf Academy has moved locations from Sandoway Park to the Delray Breakers Hotel, 1875 S. Ocean Blvd. Daily and weekly rates are available through Aug. 17. Visit <https://www.wavessurfacademy.com/city-of-delray> for more information.



**8** The First Friday Art Walk will take

place on July 6. Enjoy the local art scene during a self-guided walking tour around downtown Delray Beach. Stop at galleries and meet local artists between 6-9 p.m.



**9** Visit Sandoway Discovery Center to meet their new Ball Python, an abandoned pet that was rescued by the Florida Fish and Wildlife Conservation Commission and was then donated to the center by Busch Wildlife Sanctuary. You can also see the Shark Jaw Exhibit, which has returned for the summer.

**10** Delray has established quiet zones along the Brightline/FECR railway corridor from Lindell Blvd to NE 36th Street. The quiet zone means that passenger and freight trains along the FEC Corridor will no longer regularly blow horns at the railroad crossings. However, train horns may still be used in emergency situations or to comply with Federal regulations or operating rules. ■

## Slices

**Downtown safety ambassadors return full time**

The yellow shirts have returned.

Last year, the Downtown Development Authority ran a pilot program with the Downtown Safety Ambassadors.

Now, they are back after the authority



committed to spend \$200,557 for the annual program.

The ambassadors will be present on the street and help create a positive and welcoming environment.

Security and hospitality services will be provided Sunday - Thursday from 7 a.m. to 10 p.m. and Friday-Saturday from 7 a.m. to 11p.m. Two ambassadors in bright yellow shirts will be on foot and bike patrol throughout the District on

Atlantic Ave. from NW/SW 6th Ave. to A1A; NW 5th Ave. – two blocks north; the Pineapple Grove Arts District and South of Atlantic Ave. one block.

“The program enhances the current Clean and Safe program and improves the quality of life for the residents, visitors, businesses and employees, and the overall experience of the Downtown,” said DDA Executive Director Laura Simon.

The ambassadors will work with the police department to monitor areas within the downtown with an aim of deterring criminal activity or disruptive street behavior and downtown business owners and employees to share information and assist with panhandling situations or any other related needs.

Partner organizations for the Safety Ambassador Program include: Delray Beach DDA, Police Department Clean and Safe Unit, Fire Department, Community Improvement and Downtown Clean and Safe Unit and the Homeless Task Force.

The DDA staff will manage and oversee the program as well as be the liaison with the PSC management team.

### Community Greening wins grant to pay for new trees

For the second year in a row, Community Greening was awarded the TD Green



Streets grant from TD Bank.

The grant focuses on raising the tree canopy in low to moderate income areas. Community Greening used the money to plant 100 trees behind SD Spady Elementary School.

More than 75 people came out to participate in the planting.



### Chris Evert Pro-Celebrity Tennis Classic receives new contract with Delray

The annual Chris Evert Pro-Celebrity Tennis Classic will return to the Delray Beach Tennis Center for the next five years.

Commissioners approved a new five-year contract to help fund the Chris Evert Pro-Celebrity Tennis Classic through 2022.

“I am very grateful for this partnership and hope to continue this relationship,” Chris Evert said in a video message to commissioners.

The event, which pairs celebrities and tennis pros on the court for two days, has been held in Delray since 1999. It was held in Boca from 1989-1998. It has features celebrities including President George Bush, Regis Philbin, Seal, Alan Thicke, Billie Jean King, Martina Navratilova, Don Shula, Chevy Chase and John Lovitz.

Per the new contract, Delray will pay \$61,000 in 2018. The fee will increase by \$2,000 until it caps at \$69,000 in 2022.

Half of the payment will be donated to the Drug Abuse Foundation of Palm Beach County. The amount contributed by the City of Delray Beach will be matched 1:1 by The Ounce of Prevention Fund of Florida.

Since the Pro-Celebrity Classic has been held at the Delray Beach Tennis Center, the Chris Evert Charities has donated approximately \$2 million dollars to the Drug Abuse Foundation. ■

## 5 QUESTIONS WITH

## Stephanie Scianna Pitts co-owner of artNEST

## 1 What is artNEST?

artNEST Delray is an art studio for kids to be themselves - natural creators. We believe that every person is born an artist. Creative intuition and incredible instincts to problem solve and efficiently navigate the world are a child's survival. At artNEST Delray, we embrace these instincts and give children limitless possibilities to express and be the best version of themselves. It is a place where we want both parents and kids to laugh a lot, imagine the unimaginable, and get down and dirty!

## 2 Tell us a little bit about yourselves and your background.

We are both artists, not just by what we put out into the physical world but by the way we think. We are children at heart and that's what keeps us creative and curious. I, (Stephanie), have always been in education. I was an art teacher and then got into educational operations, programming, curriculum development and management. My dad, (Cosimo),

had a teacher in Kindergarten that recognized his artistic talent and nurtured it. That shaped the rest of his life...he went to NYC High School of Art and Design, became an illustrator, designer, conceptual photographer, professional artist and then Director/Cameraman of his own production company in NYC for over 30 years producing hundreds of TV commercials and advertisements. We both found ourselves in South Florida, I had just had my second kid and my dad was retired so when I thought of the idea of a kids Art Studio I knew I had to do it with my dad, in fact I knew I couldn't do it without him!

## 3 What is it like to work as a dad/daughter duo?

It's indescribable. My dad has taught me everything I know about art, how to view the world and how to see the beauty in everything... so now getting to work side by side with him as an adult is a deeper level of all of that. I have always known that we were similar in personalities, but working this closely, I realize that we are



basically the same person. We laugh every day and there is nothing better than that!

## 4 What is ArtNest offering for the rest of the summer and then fall?

We have our Summer Camps on certain weeks. Kids can sign up for the whole week or individual days. We keep it flexible for parents. Remaining summer camp dates are: July 9-13, July 16-20, Aug 6-10. We have also added extra Caregiver and Me classes over the Summer during the week and on Saturday for ages 3 and un-

der. July's theme is "Superheroes vs. Villains," where artNEST will explore the intricate world of the superhero vs. villain life, with campers creating their own Superheroes/Villains and getting creative assigning special powers and accessories. Capes and masks are embraced! The cost is \$240 per week, per child. Our schedule can be found at [artnestdelray.com](http://artnestdelray.com) under "our classes"

## 5 You recently moved locations. Tell us about your new space.

We are so excited about our new location! It is twice the size of our original so we can offer so much more. We can have more kids at birthday parties, more space for photoshoots, we will have adult events/workshops and half day camps. We will also be able to collaborate with other local, like businesses to offer our kids more exposure to the arts. Although our space is bigger we will never lose our laid back, non-judgmental vibe for kids and parents! We want everyone to love it here as much as we do! artNEST is located at 2275 South Federal Highway. ■

## Delray opts out of narrowing Congress Avenue

## Staff report

A plan to narrow Congress Avenue in Delray Beach from six lanes to four has been nixed by city commissioners.

Commissioners discussed the possibility of narrowing the busy road in order to add bicycle lanes and decided against moving ahead with the project.

The city applied for a Palm Beach Transportation Planning Agency grant in March 2016 to help with efforts to make Congress Avenue the "Next Great Street."

The narrowing of Congress Avenue would go from Atlantic Avenue to the CR-15 Canal.

"I am not in support," Mayor Shelly Petrolia said of the narrowing. "There may be a time that this makes sense, all the sense in the world, it's just not making

sense today."

Commissioner Adam Frankel agreed, "I think we should leave it how it is."

Congress Avenue is under the purview of the county commission. Before the city moved ahead with narrowing it would have to spend \$600,000 to conduct a pilot program testing the narrowing.

Because it opted out of the grant the city will have to sit out for one funding cycle of TPA grants, city staff said.

It is unclear how the commission's decision will impact future grant applications.

The decision to pursue the grant in the first place was done in 2016 on a consent agenda, according to Mayor Petrolia. She said the commission at the time was not fully aware of the consequences. ■

## Kids can eat free this summer at Delray Library

## Staff report

Free lunches and snacks will be provided for kids this summer at the Delray Beach Public Library thanks to a partnership with Palm Beach County Schools.

Through July 28, free lunches and snacks will be available week days for children 18 and younger. Lunch will be served from 11 a.m. to noon and snacks from 2-4 p.m. No registration is required. Foods will not be served on holidays and weekends.

Adults who bring children to a site can eat lunch for \$3.

"We hope the children of the community will come feed their bellies and feed their minds," said Karen Ronald, Executive Director of the Delray Library. "Our doors are always open and our focus is always the kids, we'll be offering activities during the lunch hours including story times, games, and craft projects. Plus, we will be giving away free books on a weekly basis that they can take home."

The library's 7,000 Free Books are part of the initiative to encourage students to pick up a book and read over summer vacation to stop "summer slide" which is when students return to school in



the fall reading on lower levels than the previous school year. These books are provided to the Library from a grant provided through Jarden Consumer Solutions of Boca Raton. The books are used for library programming both at the library and the more than 150 summer outreach programs to camps, schools and community centers provided by the librarians of the Children's Department.

"The children are so excited, when we come in to read, and we give them the free books," said Ilene Glickman, head of the Children's Department of the Delray Library. "I love this program, they are so absorbed in their new books. Some of the children have never owned a book before, and they ask 'do I really get to keep this?' It's these moments when you know you have just instilled a lifelong love of reading." ■

# A Taste of Recovery returns with culinary creations to support recovery community

By: **Jan Engoren** Contributing Writer

Members of the Delray Beach drug and alcohol recovery community held their second annual “A Taste of Recovery,” on Sat. Jun. 2, under a large white canopy at the Old School Square Pavilion.

The event raised more than \$60,000 for the non-profit Crossroads Club, a 36-year old organization located at 1700 Lake Ida Rd., which provides meeting space for Alcoholic Anonymous, Narcotics Anonymous, Eating Disorders Anonymous, Food Addicts Anonymous and Mayhem to Miracles, a support group for hoarders, etc.

“The addiction epidemic is one of the greatest tragedies facing our nation,” Tony Allerton, 89, a co-founder of The Crossroads Club and Delray Beach resident, said in a statement.

“The Crossroads Club offers a solution to the cycle of addiction free of charge, and the Club has literally saved the lives of thousands of individuals and continues to do so each day,” says Allerton, who has 36 years of recovery.

More than 20 area restaurants participated, including City Oyster, Farmer’s Table, Fries to Caviar, Hickory Sticks BBQ, Josie’s Ristorante, MIA, My Organic Juice, Rebel House, Season’s 52, Tucker Duke’s, Venu and Ziree Thai & Sushi.

To the rocking sounds of blues tunes provided by Dave Scott and the Reckless Shots, guests sampled four-cheese ravioli and coq-au-vin from Dada, lobster tortelloni from Delray’s newest Louie Bossi, shrimp lettuce wraps with pickled papaya slaw and peanut sauce from Max’s Harvest, beef tacos from Rocco’s Tacos, and refreshing coconut rice pudding topped with a peach tartare from West Palm Beach’s Basque.

Chris Finley, of the Law Office of



Farmer’s Table in Boca Raton participated in the 2nd Annual A Taste of Recovery event at Old School Square. Photo by Jan Engoren.

Christopher Finley in Delray Beach and president of the Crossroads Club board, said, “We’re so excited to be here with this great turnout and all the amazing food and music.”

“The event is for a good cause. Crossroads Club has provided an invaluable community service for the past 36 years,” he says noting that on average 900 people a day take advantage of their 164 meetings each week.

Recent New York transplants Al and Audrey Dorros from Boynton Beach were there with their thirty-two yr. old daughter, Megan, a recovering alcoholic who has been sober for nine months.

“It’s a very supportive community,” says Megan Dorros, who attends a meeting every day and says she has made friends and feels part of the community. “They teach you to live sober and if you miss a meeting, there’s always another one to attend.”

One of those friends is Conor Hanlon, 29, who moved to Delray Beach from Texas for the recovery community.

A drug and alcohol abuser, Hanlon has been active with Crossroads for three years, and says, “Crossroads is the best thing to happen to me. It’s everything.”

He says it’s taught him to embrace the spiritual side of life and to see past his fears and limitations.



Chef Che Frey prepares his dish for the crowd at the 2nd Annual A Taste of Recovery event. Photo by Jan Engoren.

He attends meetings daily and says he hopes to continue on his spiritual path of growth.

The event was hosted by Gary Kimble, ambassador for the National Council on Alcoholism and Drug Dependence and author of “Walk the Talk with Step 12: Staying Sober through Service.”

Recognition was given to State Attorney for Palm Beach County Dave Aronberg who created Palm Beach County’s Opioid Task Force, Delray Beach Chief of Police Jeffrey Goldman, Fire Chief Neal de Jesus and special populations advocate Ariana Ciancio.

By the end of the evening, the verdicts were in. Judges Liz Balmaseda, Palm Beach Post Food & Dining Editor, Phillip Valys, of the Sun-Sentinel and Jan Norris, Florida Weekly Food Writer, agreed: Louie Bossi Ristorante came in first place followed by Josie’s Ristorante and Boca Raton’s Jimmy’s Fries to Caviar Garden Bistro and Bar took third place. ■

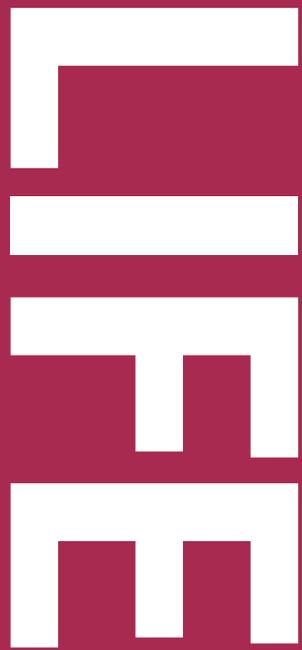
To learn more about the Crossroads Club visit: [thecrossroadsclub.com](http://thecrossroadsclub.com)



Local restaurants served their best bites during the 2nd Annual A Taste of Recovery event. Photo by Jan Engoren.



People enjoy local food bites during the 2nd Annual A Taste of Recovery event. Photo by Jan Engoren.



## INSIDE Palm Beach County



6 x 6 sale  
returns [8]



Need dancing  
lessons? [15]

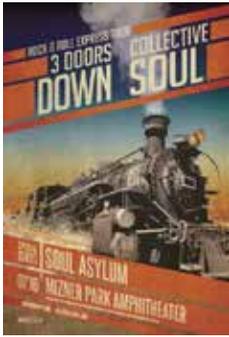
TOP 10

# Don't miss events



**1** Slightly Stoopid's School's Out For Summer 2018 Tour will head to Sunset Cove Amphitheater on July 22. The tour features special guests Stick Figure and Pepper. For more information and tickets, visit <http://slightlystoopid.com>

**2** Catch 3 Doors Down at Mizner Park Amphitheater on July 10 at 7 p.m. The band will be joined by Collective Soul and special guest Soul Asylum on its Rock & Roll Express Tour. For more information, visit [www.3doors-down.com](http://www.3doors-down.com)



**3** The musical "Cabaret" will run from July 6-22 at Florida Atlantic University's Studio One Theatre. The show is part of the Department of Theatre and Dance in the Dorothy F. Schmidt College of Arts and Letters summer lineup for Festival Repertory Theatre 2018. "Cabaret" is a raucous musical that comes roaring to life in the infamous Kit Kat Klub where

some of Broadway's most memorable songs spill out onto the stage. Lee Soroko is the director. Tickets cost \$25 and can be purchased online at [www.fauvents.com](http://www.fauvents.com) or by calling 800-564-9539. Group tickets are on sale now at 561-297-6124.



**4** Enjoy music from the 30s, 40s and 50s during Big Band Hits from the Golden Age on Saturday, July 14 at 7 p.m. and Sunday, July 15 at 2 p.m. at FAU'S University Theatre. The big band concert features the Florida Wind Symphony Jazz Orchestra, a professional ensemble-in-residence at FAU. The band will present an evening of hits including authentic music of big band sensations like Count Basie, Duke Ellington, Glenn Miller and Benny Goodman.



**5** Bright Star Theatre presents Beauty and the Beast at Willow Theatre at Sugar Sand Park as part of the Summer Children's Series. The show will take place at 11 a.m. and 2 p.m. on July 1. Lenny and Mabel, "the greatest actors in the world," bring all of the classic characters to life in this heart-warming tale that shows that true beauty is on the inside. See why this fairy tale has been enchanting audiences since 1740. The show is rated G.

**6** I Love You, You're Perfect, Now Change is running from July 27-Aug. 12 at Kravis Center's Rinker Playhouse. The second-longest running Off Broadway musical about "everything you have ever



secretly thought about dating, romance, marriage, lovers, husbands, wives and in-laws, but were afraid to admit." Directed by Dom Ruggiero with music direction by Caryl Fantel, the show will feature Clay Cartland, Anna Lise Jensen, Heather Kopp, and Michael Scott Ross. It is one of four shows presented by MNM Theatre Company.

**7** Temple Sinai is hosting "International Favorites" a concert on July 8 at 3 p.m. The concert will present the Russian virtuoso classical guitarist Yury Nugmanov and international soprano Margaret Schmitt in a program of music from around the globe. Nugmanov is a leading guitarist in Russia, frequently appears as a soloist with orchestras, as well as in solo programs. Schmitt serves Temple Sinai as Cantorial Soloist. Tickets for the concert are \$12. They may be purchased at the door, or in advance by calling Temple Sinai at 561-276-6161 ext 123. Refreshments will be served, and there will be an opportunity to purchase CD's and meet the artists.



**8** Donny Ray Evins will return to The Wick Theatre on July 14 at 8 p.m. and July 15 at 2 p.m. The two-

time Las Vegas Variety Entertainer of the Year dazzled The Wick audiences with his sold-out Nat King Cole show a few weeks ago, now he is back with his critically acclaimed *Unchained Soul* event. Enjoy a night of the biggest R&B and soul hits by legends including Ray Charles, James Brown, Barry White, B.B. King and more. Tickets are \$75-\$85, [www.thewick.org](http://www.thewick.org) or call 561-995-2333 for details.



**9** The third annual Delray Beach Summer GreenMarket will run every Saturday from 9 a.m. to noon at the Delray Beach Tennis Center, 201 W. Atlantic Avenue through July 28. Orchard Supply Hardware is offering complimentary blade sharpening on non-serrated cutlery while you shop. They will also offer recycling barrels to properly dispose of lightbulbs, batteries and paint. There will be live musical entertainment each week.

6X6 EXHIBIT & SALE



**10** The Cornell Art Museum will hold its 5th Annual 6x6 Art Sale featuring hundreds of donated 6x6-inch works in a variety of media, from all ages, from all around the country on July 26 from 6 to 8 p.m. Donated works will be on sale for \$30 with proceeds benefiting the Cornell Art Museum. ■



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# July Calendar



## Sugar Sand Park

A Lifetime of Discovery Open House Day

July 21

10 a.m.-2 p.m.

This July, explore the “undiscovered” roles of local parks and recreation opportunities in Boca Raton during Parks and Recreation Month with the *A Lifetime of Discovery Open House Day*. The event will feature a variety of free fun activities, presented by the City of Boca Raton Recreation Services Department, open to the community.

Summer is here, which means it's time to get out and discover the great things happening at your City of Boca Raton Recreation Services locations. The City is celebrating Parks and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), by inviting you to explore all it has to offer. During *A Lifetime of Discovery Open House Day*, patrons can learn all the ways the City of Boca Raton is working to enhance quality of life, with information on programming for all ages throughout the year-summer programs; innovative health and wellness opportunities; maintenance; and more, provided by:

Community Centers of Boca Raton-*Demonstrations & Program Information*

Boca Raton Athletics-*Drop-in classes*

Boca Raton Public Library-*Digital Services*

Gumbo Limbo Nature Center-*Live Animals*

Boca Raton Park Rangers-*Park Safety*

Children's Science Explorium-*Science Garden*

Boca Raton Golf-*Golf Game*

Boca Raton Tennis-*Tennis Classes*

Boca Raton Aquatics-*Water Safety*

Park Maintenance-*Playground Safety*

The Willow Theatre-*Theatre Information*

Ocean Rescue-*Information*

Camp Boca-*Arts & Crafts*

## Spady Museum

Black Movie Experience (BMX) – “Finding Fela”

July 7

1-4 p.m.

\$10 per person suggested donation; free for Members

Location: At the Williams Cottage, Spady Museum

Make your movie-going more cultural at BMX, Black Movie Experience. Every first Saturday from 1-4 p.m. enjoy culturally curated films in the Williams Cottage. Free movies and free snacks for Museum Members. Limited seating; RSVPs are required. Featured movies list is subject to change. Check out what's showing next at [www.spadymuseum.com](http://www.spadymuseum.com) or follow us on Facebook. We will save you a seat!



Ride and Remember Bus Tour

July 14

10-12 p.m.

\$25 per person

Location: At the Spady Museum

When you board the “Ride & Remember” Bus Tour, the history of Delray Beach comes alive! Illustrated with colorful stories of the personalities and happenings that influenced the growth of the city, the tour does more than relay facts – it draws the riders back in time. Climb aboard The Spady Cultural Heritage Museum's popular, monthly “Ride & Remember” Bus Tour and enjoy

# Make it a “Cool” Summer with The Spady

It's hot outside! Spend your summer in the air-conditioned comfort of The Spady Museum or aboard the “Ride & Remember” Bus Tour.



Explore the history of Delray Beach every 2nd Saturday on the “Ride & Remember” Bus Tour. Reserve your spot for May 12, June 9 or July 14.

Enjoy the artistry of local photographers through the “Share My Reel” and “The Reel” exhibits. On display through July 21.



Make it a “cool” summer with The Spady Museum!



561-279-8883 • [www.spadymuseum.com](http://www.spadymuseum.com)  
170 NW Fifth Avenue, Delray Beach, FL 33444  
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Sponsored in part by the Board of County Commissioners, the Tourist Development Council and the Cultural Council of Palm Beach County.

the interactive, personalized stories of Delray Beach's interesting origins and development.

**Exhibit: My Reel & Share My Reel**

**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 extensive archives. "My Reel" includes "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 evaluated more than 180 submissions. Curated by Khaulah Naima Nuruddin, "My Reel" is an original show with a decidedly South Florida perspective.



**Cornell Art Museum**

Friday, 6-9pm, Free Admission

The Cornell Art Museum at Old School Square in Delray Beach, FL is proud to feature the annual 6X6 Exhibit in the #SpotlightGallery for the July First Friday Art Walk, an open house for the art galleries in downtown Delray Beach! The 6X6 Exhibit & Sale features hundreds of donated artworks - in a variety of media, from all ages, from all over the country - which will go on sale on July 26<sup>th</sup> for \$30 each! All proceeds will benefit the Cornell Art Museum.

Join us for light bites and refreshments as well as view our current exhibition, Florida.

**Palm Beach Chamber Music**

July 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>, 29<sup>th</sup>

**Crest Theatre**

Sunday, 2-4pm, \$25

The Crest Theatre is pleased to host the Palm Beach Chamber Music Festival every Sunday during the month of July. Some of South Florida's best classical musicians will be playing the works of Schubert, Vivaldi, Dvorak, Piazzolla, Menotti and many more!

6X6 Sale

July 26

Cornell Art Museum

**Sandoway Discovery Center**

**Shark Months**

Now- Aug. 31

Take a bite out of summer at the Sandoway Discovery Center's Shark Months! Come see: 100 genuine shark and ray jaws including a Great White jaw, Hawaiian shark tooth weapons and fossil dig to find a shark tooth. Take a photo in a giant Megalodon Jaw!

Shark Feedings are Tues-Sat at 10:30am and Sundays at 1:30pm.

Admission is \$5 per person ages 3 and up. Call 561-274-SAND (7263) for more information.

**Old School Square**

Art Walk: 6X6 Exhibit

July 6

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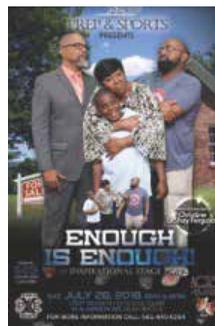
6X6

EXHIBIT & SALE



Thursday, 6-8pm, \$5

The Cornell Art Museum is pleased to announce its 5th Annual 6x6 Art Sale featuring hundreds of donated 6x6-inch works in a variety of media, from all ages, from all around the country! Come and preview these extraordinary works and take home an original! Donated works will be on sale for \$30 with proceeds benefiting the Cornell Art Museum.



**Enough is Enough**

July 28

**Crest Theatre**

Saturday, 2-4pm & 6-8pm, \$25 / \$35

The Crest Theatre welcomes Prep & Sports and Acts of Life Production with *Enough is Enough*, an inspirational stage play, written and directed by Christine LeShay Ferguson. Mama is beyond tired with her thirty-seven-year-old son living in her house and sleeping on her couch. Her patience has grown thin and tension mounts between them due to her son's constant excuses. Will an unexpected knock at the door be an answered prayer or a recipe for destruction? The true power of love for family versus money will be put to the test in this stellar production. Will this family discover that "Enough Is Enough?"

**Delray Beach Public Library**

GPS Apps: Waze, Maps and Google Maps

July 11: 2pm-3:30 p.m.

Do you have a smartphone? Want to learn how to get turn by turn directions while you are driving? Learn about different apps that give turn-by-turn directions.

**Amazon and Shopping**

July 18: 2pm-3:30 p.m.

Always get what you want and get the best deals. Learn about some great apps for groceries, shopping, restaurants, coupons, and more!

**Online and Mobile Banking**

July 25: 2pm-3:30 p.m.

Learn the basics of mobile and online banking, transfer funds and pay bills online, using your mobile devices. Learn about the Cash and PayPal apps to send and receive money to and from friends and family and even pay with your mobile device at the register. We will share some tips for banking online safely and comparing banks at bankrate.com

Call 561-266-0196 or email delraybeach-publiclibrary@gmail.com to register.

**Arts Garage**



**Kelly Green Trio**

July 1

7-9 p.m.

**Premium Table Seating \$40 | Reserved Table Seating \$30 | General Admission \$25**

Acclaimed jazz pianist vocalist Kelly Green will present her trio, featuring incredible musicians Alex Tremblay on upright bass and Evan Hyde on drums. The trio spent time cultivating a sound as a unit and have built all the arrangements together. When playing on stage, it feels like they are speaking a special language through their music. The passion oozes through the amps and they appeal to a diverse audience. There is room for the music to change and grow as the ensemble continues to build its repertoire and audience; each performance is unique, highly interactive, and improvised.

**Feedback- Delray's Spoken Word Open Mic Night**

July 5

8-10 p.m.

**General Admission \$5**

Calling all poets, writers, and lyricists! Join us for a night of linguistic word play: Feedback is Arts Garage's new poetry night; your opportunity to step up to the mic and share your gift for words in front of a welcoming audience. Established and new poets, rappers, and writers of all genres are welcome. Each participant will have 5 minutes to share his or her original piece. Come listen to our local poets and spoken word artists share their work or come receive some FEEDBACK for your own piece!

**Spotlight on Delray Exhibit**

July 1-30

noon-6 p.m.

FREE

Spotlight on Delray provides city employees and their children with a rare opportunity to exhibit their original works publicly and compete for city-wide recognition, complimentary tickets to Arts Garage events, merchandise and con-

tinuing art education scholarships. The exhibit is sponsored by the Arts Garage to celebrate the city of Delray Beach's commitment to the Arts.



**Garage Queens**

**July 6**

**8-10 p.m.**

**Garage Queens**

**Premium Table Seating \$25 | Reserved Table Seating \$20 | General Admission \$15**

Arts Garage presents: Garage Queen, showcasing the art of Drag! The first Fridays of June through September, Arts Garage will hosts a pageant-style elimination contest for twelve beautiful Queens. Every month, the audience and judges will send three Queen's packing until there is only one--the first crowned GARAGE QUEEN!

**Marlow Rosado**

**July 7**

**8-10 p.m.**

**General Admission \$30 | Reserved Table Seating \$40 | Premium Table Seating \$45**

Two-time Grammy Winner Marlow Rosado has been one of Arts Garage's most exciting and high energy tropical acts for



the past several years. He brings us his 9-piece orchestra with a brand new 2018 repertoire. Rosado is currently working on his 5th album, which will follow up his "HARLOW MARLOW" release of 2016. He is currently booked at the Australia Salsa Congress and will be returning to Israel for a 5 city tour this summer.

**SHINE**

**July 10**

**8-10 p.m.**

**Own The Spotlight! Emceed by Chunky General Admission \$10**

Are you an inspiring artist, writer, or musician who is itching for a spot in the limelight? Well now is your chance to SHINE! Arts Garage presents SHINE, a monthly open mic showcase for local talent, hosted by our emcee Chunky. If you've been working on a song, a poem, a rap, or a riff that you want to show off, this is the place for you. Take the stage and jam with a live house band (drums, guitar, and bass) while your friends cheer

you on.



**Shaw Davis & The Black Ties**

**July 13**

**8-10 p.m.**

**Psychedelic Blues and Rock**

**Premium Table Seating \$20 | Reserved Table Seating \$15 | General Admission \$10**

Shaw Davis is quickly becoming an artist to watch in Contemporary Blues & Roots Rock. Known for his raw, emotional and powerful style, this young guitarist has burst his way onto the scene. Backed by long-time friend, drummer Bobby Van Stone and bassist Patrick Stevenson, Shaw Davis & The Black Ties feature their own brand of Psychedelic Blues and Roots Rock that continues to win over fans and crowds across the nation.

**The William Cepeda Afro-Rican Jazz Project**

**July 14**

**8-10 p.m.**

**General Admission \$30 | Reserved Table Seating \$40 | Premium Table Seating \$45**



Known as a cultural icon of Puerto Rico,

Grammy-nominated artist and composer William-Cepeda revolutionized the field of Latin music in 1992 with his introduction of Afro-Rican Jazz, an innovative blend of progressive jazz, world music and traditional Puerto Rican roots. His ensemble has toured all over the world, performing in jazz festival such as Montreux, NorthSea and Tabarka, as well as, in performing arts venues and clubs.

**Alon Nechushtan Group**

**July 20**

**8-10 p.m.**

**General Admission \$20 | Reserved Table Seating \$30 Premium Table Seating \$35**

Alon Nechushtan's music adventures has brought him to various far corners of the globe such as the Yokohama 'Rejoicing Sounds' Festival in Japan with his contemporary orchestral compositions, The Manila Cultural Center of the Arts, with his Clarinet Concerto for the Philippines Philharmonic Orchestra, The Sao-Paulo Brazil Jewish Music Festival with his groove based Quintet Talat, Toronto and Montreal with his words beyond Jazz Trio and Tel Aviv New Music Biennale with his Compositions for Large Ensemble. ■



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Image by Papp Photo

## Keeping the kids busy inside this summer

By: **Heather McMechan** Contributing Writer

July is here and you know what that means. It's probably too hot to go outside. I'm sure you're wondering what to do with the kids and you could use a break from heat or the afternoon rainstorm.

I have the scoop on some indoor places that will keep everyone happy this July.

### We Rock The Spectrum Boca

We Rock The Spectrum Boca is an indoor playground that specializes in playtime for children with special needs. They have suspended equipment with swings for balance and vestibular treatment. Crash mats and crash pillows for fun, motor planning, and strength. Tunnels, zip line, and a trampoline for building leg and core strength.

We Rock The Spectrum Boca is located at 19635 State Road 7, Suite 46, in Boca Raton, FL 33498. Call 561-218-0128 for more details.

### South Florida Science Center and Aquarium

Check out the new DREAM, BUILD, GO Travel exhibit on display through Sept. 23. You can go anywhere—over land, sea, and air—when you create extraordinary vehicles that will take you where you want to go! Using LEGO

Bricks, your child can think creatively building vehicles to move through mountains, oceans, jungles, and deserts.

South Florida Science Center and Aquarium is located at 4801 Dreher Trail North. Call 561-832-1988 for more details.

### Adventure Vault

Does your family like solving puzzles? Take a field trip to Adventure Vault Escape Rooms in Boca Raton. They have a family friendly room where you can solve the puzzle in one hour. Keep that summer slide from happening with this thrilling group activity.

Adventure Vault is located at 3350 NW 2nd Ave., Suite A4. Call 561-922-3881 for availability.

### Silverball Musuem Delray Beach

The Silverball Museum is in Delray Beach is the perfect place to keep cool. The classic pinball and arcade games to play will keep your kids and you content for a couple of hours. After you're done, have a snack or lunch and a cold beverage then go for some skeeball.

Silverball Museum is located at 19 NE 3rd Ave. Call 561-266-3294 for more information. ■



## Boca artist whistles while she works on Snow White Playhouse

By: **Joanie Cox-Henry** Contributing Writer

Boca Raton-based artist Peggie "Batia" Lowenberg was honored when she was asked to create a "Snow White and The Seven Dwarfs"-themed playhouse for "Summer in Paradise." As part of the City of West Palm Beach's campaign with Habitat for Humanity of Palm Beach County, 15 child-sized playhouses were created to shed a spotlight on affordable housing for low to very low-income families.

"Beauty and the Beast" from France, "Pinocchio" from Italy, "The Little Mermaid" from Denmark, "The Frog Princess" from Poland, "Jack and the Beanstalk" from England and "Aladdin and the Wonderful Lamp" from Asia were among the group of playhouses designed for the display on the West Palm Beach waterfront at 101 N. Clematis St.

The houses will be available for viewing through July 26 and then they will be auctioned off for charity to benefit each of the nonprofits they are paired with. Each artist was matched with a different local nonprofit organization for every playhouse designed.

"Being a part of this was truly a wonderful experience," said Lowenberg, who was partnered with Palm Beach Habilitation Center, an organization providing services to adults with developmental, emotional and physical disabilities while providing job training, employment opportunities, resi-



West Palm Beach SIP with Snow White Playhouse by Artist Batia Lowenberg on the right with Palm Beach Habilitation Center. Photo courtesy of VMA Studio photographer Aaron Patty.

dential services, recreational experiences, retirement services and more.

The innovative artist collaborated with those enrolled at Palm Beach Habilitation Center and they created mini portraits to decorate the Snow White playhouse.

"Our client artists were so honored and excited to have their artwork included on the Snow White playhouse," said Palm Beach Habilitation Center Art Instructor Rebeka Burns. "Batia came up with the idea to incorporate their work at our very first meeting, offering the kind of meaningful connection to the wider community that is at the core of our mission at the Palm Beach Habilitation Center. Batia's playful creativity inspired our clients and truly created a spirit of community around the playhouse project."

Originally planning to hang the portraits inside the playhouse, Lowenberg ultimately decided to hang them on the outside of the house instead because they turned out so outstanding. "One of the artists made one of the dwarfs female which was a wonderful touch," Lowenberg added. "I painted a secret garden on the ceiling of the house and it's been wonderful watching children run in and out of the playhouses smiling."

Lowenberg also went with the sub-theme "Snow White Remodeled" because she was in awe of the idea of



Kids popping out of the Pinocchio playhouse during the SIP kickoff. Submitted photo.

this beautiful young maiden coming to live in a house in the woods with seven worker dwarfs. "We definitely added a feminine touch to the fairytale. There are real plants inside the house," Lowenberg said. "We were very fortunate to collaborate with Home Depot on Glades Road in West Boca. When I went in there looking for paint for the house, the manager was so excited about what we were doing she gave us a 20 percent discount. Home Depot also happens to be an employer and supporter of Palm Beach Habilitation Center."

Although Lowenberg originally submitted sketches to design playhouses for "Cinderella" or "Jack and The Bean Stalk," she was delighted when she received a phone call asking her to design the Snow White house. "I immediately began looking at old Snow White books and what Disney did with the fairytale," Lowenberg said. "Then I put it together in my own style. The address for the house is #7 and you see a plus one on it for Snow White."

Lowenberg, who lived in Tel Aviv for nearly 19 years, moved to Boca Raton in 2015 and has been amazed at the cohesiveness of the local art community in South Florida. The accomplished abstract artist who also received a \$10,000 grant from Dina Baker Fund, Cultural Council of Palm Beach County and now shares a studio at Arts Warehouse in Delray Beach.

"This project has been wonderful getting to know more people in the community as well as other artists," Lowenberg said. "There's a real support for artists in Palm Beach County and it's wonderful to see how artists can have such an impact on the community."

For more information, visit [wpb.org/events](http://wpb.org/events) or 561-822-1515. ■

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FOLLOW  
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# Boca Raton Amateur Radio Association there in times of need

By: Jan Engoren Contributing Writer

Unlike Jodie Foster in the 1997 film “Contact,” and Will Smith in “Independence Day,” who both used amateur, or ham radio, to make contact with extraterrestrials, the members of The Boca Raton Amateur Radio Association (BR-ARA) use their skills for a much more down-to-earth reason: providing a free communication service and reinforcing the emergency communications system in South Florida.

The group was created to fill the vacuum caused by the loss of the IBM Radio Club, after the company left Boca Raton in 1988. Many current members, including club president, Bruce Ratoff (K04XL) came from IBM.

“We are seasoned, well-peppered garlic hams,” jokes secretary John Cole (N1QFH). “Our goal is to have fun while learning.”

The group meets the first Tuesday of the month at the West Boca Library, 18685 State Rd. 7 and provides a critical public service by providing reliable communications when the normal infrastructure is off-line.

According to Ratoff, there are more than three million amateur radio operators in the world, with the majority of them in Japan and approximately 750,000 in the U.S.

The group attracts those interested in STEM topics, mostly, science and technology, with the majority of them men, although Cole says they are doing outreach to attract more women and will be holding a training session in the fall for women interested in learning about amateur radio.

“Anyone who can read or write can operate a ham radio,” says Ratoff, “although you need to demonstrate a level of competence to obtain a license.” He recalls attending a ham radio conference in Orlando with a 7-year-old speaker.

The club is proud of their efforts to pro-

vide communications during hurricanes and other emergency situations and participates in the SKYWARN program, which trains volunteer weather spotters and public safety personnel for the National Weather Service.

They then transmit information on dangerous weather conditions such as hurricanes, tornadoes and other weather occurrences, to the weather channel.

“The group has bailed out Broward County a number of times,” says Jeff Stahl (RN K4BH), director at large and head of the ARES group, (Amateur Radio Emergency Services), setting up shop in the Emergency Operations Center (EOC) on Broward Blvd. and Pine Island Rd.

After Hurricane Irma last year, the members provided emergency back-up communication services to the Davie EOC. “As a distributed resource and mobile service, we can go where we’re needed,” he says.

Many ham operators flew to Puerto Rico to get the word out after most traditional communication modes were knocked out after the storm and have worked with FEMA, the Red Cross and Salvation Army, among others.

A big advantage of this type of communication, especially during natural disasters or other emergencies says Ratoff is there is no infrastructure involved, and their equipment can be set up anywhere; in emergency shelters and in the county EOCs.

“It is for these reasons the FCC allows us (hobbyists) to share part of the radio spectrum - because we are a resource,” says Stahl.

On June 23 – 24, the group participated in the national Amateur Radio Field Day exercise at West Delray Park, 10875 W. Atlantic Ave., illustrating science, skill, and service. They operated N4BRF (3E SFL) with the radios on emergency power.

The day demonstrates ham radio’s ability to work reliably under any conditions from almost any location

[CONT. PG 15]



Secretary John Cole, Director-at-large Jeff Stahl, President Bruce Ratoff and Vice President Jeff Ronner. Photo by Jan Engoren.

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Friday, August 3

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Friday, August 10

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# Dance With Me studio open in Boca Raton

## *Dancing With the Stars* dancers expand studio to Town Center Mall

**By: Marisa Herman** Associate Editor

Want to learn how to dance like the stars? Now, you can in Boca Raton at the Dance With Me dance studio.

Now you can cha cha, rumba, foxtrot and tango just like the television professionals Maksim Chmerkovskiy, Valentin Chmerkovskiy and Tony Dovolani from “Dancing with the Stars.”

Their 12th location and first in Florida is now open at Boca Town Center at The Terrace.

“We started in 2005 completely unbeknownst to us that Dancing With the Stars was about to become a giant hit,” Maksim Chmerkovskiy said of the Dance With Me studios that he helped create.

“It was a natural progression for someone like me,” he said of opening dance studios.

The first location opened in New Jersey, just before he joined the cast of the popular TV dance show.

“While on the show I continued working with everyone involved,” he said. “We were successful at it.”

He began dancing when he was 4 years old, he said. His parents enrolled him in all types of activities to keep him busy and out of trou-



Maksim Chmerkovskiy, Valentin Chmerkovskiy and Tony Dovolani from “Dancing with the Stars” open a Dance With Me studio in Boca Raton. Submitted photo.

ble, he said.

“They said the goal was to limit my free time, so I don’t end up getting into trouble on the streets,” he said. “They got me into everything they could.”

He was a swimmer, soccer player, tennis player and interested in sciences in school. But dancing is what stuck for the Ukrainian native.

“When we immigrated to the United States, dancing became the language I knew,” he said. “It made me feel not as much of a stranger as I would have had I not had dance.”

The company has dance studios in six states. All three dancers were onsite at the grand opening, ribbon-cutting ceremony last month.

“The idea of opening in Boca wasn’t really rocket science,” he said. “We were waiting to come here. We know this community.”

The Boca studio will offer all types of dance lessons including classics like the waltz and modern hip-hop and contemporary styles in both group, private and fitness classes.

Just don’t ask Chmerkovskiy what his favorite dance is— he doesn’t have one.

“It’s like if you have more than one child and you ask who the favorite is,” he said. “In the moment, you may like one better, but I don’t have a favorite.

Instructors are all well-known dancers, who are hand-selected by the owners.

“There are people who want to dance,” he said. “We are confident that we can come in with a product that people are going to respond well to.”

Chmerkovskiy welcomes new dancers to come in and say hello.

“Come in, say hi and see if it is for you,” he said. “We can’t wait to meet everybody.”

Hours will be Monday-Friday: 10 a.m. to 10 p.m.; Saturday: 10 a.m. to 6 p.m and Sunday: By appointment only. ■

## Boca Raton Amateur Radio Association there in times of need

[FROM PG 13] and create an independent communications network. Over 35,000 people from thousands of locations participated in last year’s Field Day, according to BRARA.

“The exercise is our chance to show the community what we can do and fosters ham camaraderie, field operations, emergency operating preparedness, and just plain outdoor fun,” says Cole.

Participants come from all over the U.S., Mexico and Canada. One of the goals of the exercise is to make as many contacts as they can, with bonus points awarded for satellite contacts and the use of alternate power sources, such as solar power.

They communicate in various modes (digital, voice or Morse code) with people around the world and even with astronauts aboard the International Space Station, which has a ham radio unit on-board.

What do the members of BRARA want the public to know about them?

“We encourage women to come check us out,” says Cole, a transplant from Maine and a former IT developer. “We strive to be lifelong learners, give back to our communities and help out during times of crisis.”

“We are welcoming to all,” he says. ■

For more information, visit [brara.org](http://brara.org).



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# 24 *NATIONAL CHAMPIONSHIPS* (and counting)



2018 men's golf team adds another win to the Fighting Knights dynasty

Congratulations to the Lynn University men's golf team and National Coach of the Year Andrew Danna for their remarkable achievements:

- 2018 NCAA Division II National Champions
- 5-time NCAA national match play finalist (2018, 2017, 2015, 2013, 2011)
- 4-time Sunshine State Conference Champions (2016, 2015, 2006, 2004)



[lynnfightingknights.com](http://lynnfightingknights.com)



# The Pap Corps raises \$3.6 million for cancer research

*Money donated to Sylvester Comprehensive Cancer Center*

## Staff report

Over 300 members of The Pap Corps filled the ballroom of Boca West Country Club for their annual check-reveal breakfast. The event, which marks the end of the fiscal year for the nonprofit organization, is a joyous celebration featuring inspiring speeches and the donation of a huge check to Sylvester Comprehensive Cancer Center.

This year's donation totaled \$3.6 million, which represents a year's worth of fundraising by the 53 chapters of The Corps.

"This event truly represents the unique power of The Pap Corps," said CEO David Bakelman. "Throughout the year, each chapter dedicates themselves to raising as much money as possible for cancer research, so at this event, we can witness the dynamic results of their combined efforts. We are so proud of all our members and the incredible impact they have on the fight against cancer."

Bakelman, who took the helm as the new CEO last summer, has been spearheading the plan to make the 66-year-old nonprofit an even more effective and powerful fundraising organization. During the event, he



Ruth Young, Dr. Stephen Nimer, Linda Moses and Beverly Berkowitz attend The Pap Corps annual check-reveal breakfast. Photo courtesy of Donohue/Renz.

addressed several of the advances The Corps has made in the past few months as it prepares to increase its yearly fundraising goals to meet their pledged donation to Sylvester.

Providing inspiration, speakers including Dr. Stephen Nimer, Director of Sylvester Comprehensive Cancer Center and Erin Kobetz, Ph.D, M.P.H, Associate Director for Population Science and Cancer Disparity, shared some of the incredible advances in cancer research and prevention that Sylvester has recently accomplished. In addition, Nimer rallied the audience with the news that in September, Sylvester will be applying to become a National Cancer Institute (NCI)-designated cancer center.



Marsha Gold, Carolyn Segal, Sue Hockberg, Susan Dinter at the annual The Pap Corp check-reveal breakfast. Photo courtesy of Donohue/Renz.

While the doctors' speeches energized the audience, it was cancer survivor Robert Wolk, who stirred everyone's hearts. Wolk shared his difficult journey to find proper treatment for his rare cancer at various centers, until finding his life-saving treatment at Sylvester.

"Robert's story resonated so deeply with our members," said Linda Moses, president of The Pap Corps. "Because it personifies our mission. We work every day to give hope to the thousands upon thousands of people facing a cancer diagnosis that new treatments and new cures will give them another shot at life. When we hear from survivors like Robert, we become even more empowered to earn our title as the Champions for Cancer Research." ■

# Saturday appointments available for breast health testing at Boca Regional

## Staff report

To busy to get your mammogram during the week?

Now you can book screening and diagnostic mammograms, breast ultrasounds, same-day results as well as bone density tests on the first Saturday of each month at the Christine E. Lynn Women's Health & Wellness Institute at Boca Raton Regional Hospital.

The new hours began last month.

"We all lead hectic lives, but health must always be made a top priority. Our new Saturday hours represent the Institute's commitment to ensuring both comprehensive and convenient care," said Shakira Sarquis-Kolber, Director of Women's Imaging at the Lynn Women's Health & Wellness Institute. "We are most pleased to provide women with this appointment option."

Mammograms will be performed using the Senographe Pristina™, the next generation in 3D mammography. The Pristina is faster, quieter and has rounded corners with contoured armrests instead of handgrips to maximize comfort during the exam. All mammograms are performed in SensorySuites, which are infused with calming fragrances and provide flat screen monitors that display soothing videos and photos to create a serene environment.

"As the first hospital in the nation to offer the Pristina



experience, our Women's Institute continues to set the standard in breast health. We have the latest technology, outstanding physicians and support staff, years of expertise, a top-quality facility, expedited results and now a more accommodating alternative to scheduling mammograms," said Kathy Schilling, MD, Medical Director of the Lynn Women's Health & Wellness Institute.

Major insurances are accepted and financial assistance is available for those without coverage who qualify. Appointments can be made by calling 561-955-4700. ■

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# INSIDE Palm Beach County



## Snacks to keep you energized [19]



## This CyberKnife is at Boca Regional [20]

# Palm Beach County mental health experts provide tips

## Experts give five tips on how to deal with mental health issues

By: Ben Fagan Lynn University contributing writer Special to the Boca and Delray newspapers

Research conducted by the National Alliance of Mental Illness, or NAMI, indicates that one in five adults in America experience mental illness, and one in 25 adults in America deal with a serious mental illness.

This means that of the more than 1.4 million people living in Palm Beach County, there are about 280,000 people alone who are living with some form of mental illness.

“Mental illness is a disruption of emotion, behavior and cognition, which leads to impairment in social, occupational, and emotional or interpersonal functioning,” said



Dr. Ashok Sharma, MD after his talk in Delray about Professional Burnout. Photo courtesy of Delray Medical Center.

Dr. Ashok Sharma, a psychiatrist at Fair Oaks Hospital in Delray Beach.

Mike Ramos, admissions manager at Fair Oaks Psychiatric Hospital, believes that one of the largest obstacles South Florida faces when dealing with mental illness is a societal problem.

“We are not a compliant society,” Ramos said. “When the person begins to feel well, they figure they are well and will go off their medication.”

This becomes a problem because, although



The Delray Medical Center, the home to the Fair Oaks Pavilion, one of South County's mental health institutes. Photo courtesy of Delray Medical Center.

an individual may be feeling well, after a period of time his or her symptoms will return and can put his or herself in harm's way. For example, in the case of bipolar disorder, when a person gets off his medication and then starts it again, the individual will likely not be able to return to his highest level of function.

A larger issue at hand, beyond the frequent lack of compliance, is the lack of resources.

“Lack of resources impedes access to care, which leaves people ill, worsening their dysfunction,” Dr. Sharma said.

Both Ramos and Sharma believe that a combination of community support along with greater health care quality can assist in lessening the large issues when it comes to dealing with mental illness.

Dr. Sharma gives his top five tips to help people whose loved ones are dealing with mental illness:

1. **Show compassion** - The person suffering is often blaming himself for the mental illness anyway.
2. **Educate and normalize** - Offer to help your friend find assistance/treatment; remind he or she that they are not alone, that these are known entities with known treatments.
3. **Be persistent** - People often feel that they should not seek help, or that they would be embarrassed to seek help.
4. **Don't personalize** - Often we mean well when we say, “I would do x” or “I had something like this,” but your friend may view your experience as a deterrent.
5. **Emphasize safety** - for the people suffering, and for the people around them.

It is important to note that mental illness is not a character flaw. It should be seen and treated as any other illness.

“If you have cancer you get sympathy, but if you say my son has mental illness, people tend to shy away. It is a very different reaction,” Ramos said. “Just because someone has mental illness it is not the end of world. They can have a healthy and productive good life.” ■

For more information on mental illness, contact The National Alliance for the Mentally Ill (NAMI) at 561-588-3477, or go to [nammipbc.org](http://nammipbc.org).

In the North end of the county, if a family member is in a mental health crisis and is in immediate risk, call Mobile Crisis at 561-383-5777 (Mobile Crisis Jerome Golden Center). Additionally, their main number is 561-383-8000. In the South end of the county, if the individual is in immediate risk, call Mobile Crisis at 561-495-0522, option 2 (Mobile Crisis South County Mental Health). The main number is 561-637-2102.

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# Energy food

By: Christine King Special

to the Boca and Delray newspapers

Daily, we're asked the "food question." It typically sounds similar to: "What can I eat during my day to keep my energy level elevated but not gain weight?"

The answer is very similar regardless of whether or not you're a mom running after the kids all day, a busy executive, or a professional who works from home. The differences lie in your ambition to create the "meals" and selecting items you can eat on the run or seated at your desk.

Another variant is quantity. If your day is hectic and there's no chance of a break, the volume of snacks is more substantial than if you're seated at a desk all day. The following guidelines determine the meter on the amount:

-NEVER be hungry during the day

-NEVER be too full during the day

You'll understand the appropriate quantity after the first week.

Here's the nitty-gritty. There's a reason why the line at your favorite coffee joint around 3:00 p.m. is insanely long. Included in the plethora of energy seekers, some haven't eaten all day. Some haven't drunk any water since leaving the house early that day, some may have choked down a little breakfast and maybe even lunch, but most didn't make stellar choices.

The natural response is to seek more stimulants to make it through the day. Many don't even understand the role food plays in energy and how the intake of stimulants entirely works against metabolism.

All of the subjects listed above need to eat very similarly. Breakfast, snack, lunch, snack, dinner, and snack. Food intake needs to occur about every three hours. Answering the question of what to eat varies depending on daily activities and workout schedule. Also, it's necessary to reframe the definitions of breakfast, launch, and dinner. They merely transform into mini-meals, similar to the way we view snacks.

The more active the person, the volume of food for all meals needs to be elevated. Also, the focus on the balance of the meals is critical. Simple carbohydrates offer a quick energy spike followed by a significant tanker. However, a mix of lean protein and complex carbs does the trick every time!

Regardless of whether you're vegetarian, vegan, dairy free, nut free, or other, there's always a method to manipulate "recipes" to suit your palate and dietary needs. Here are some examples:

**BEACH BUM LENTIL TRAIL MIX** (<https://yourbestfit.com/beach-bum-lentil-trail-mix/>)

Vegan, Gluten-free, Dairy-free, Sugar-free,



Yeast-free, Corn-free, Grain-free Lentils add a healthy dose of protein and fiber to this beach inspired healthy trail mix. Easy to prepare, easy to eat and can be flexible with ingredients. With lower activity, stick to the recommendations on the website. For higher activity days bring a second serving with you as it's likely you'll be hungry enough to consume!

**PEACHES N' CREAM OVERNIGHT OATS** (<https://yourbestfit.com/peaches-n-cream/>)

This creamy and delicious sugar-free oats recipe is sweetened with mashed banana, and a pinch of stevia (or other sweeteners like agave, manuka honey, or similar). Not only is it Vegan but also free from Gluten, Dairy, Sugar, Yeast, and Corn. It's simple to assemble and makes itself overnight in the fridge. You can eat in the morning or bring to work and eat as a snack or lunch. If your workplace doesn't have a fridge, the soft-pack lunch boxes are a breeze. Throw in a couple of gel freezer coolers, and you're ready to go!

**NO-BAKE APPLE BARS** (<https://yourbestfit.com/no-bake-apple-bars/>)

This blend of whole grain cereal, nuts, raisins and oats mix up into a tasty grab-and-go breakfast. It also makes for a great snack or dessert.

**TURKEY ROLLUPS** (<https://yourbestfit.com/turkey-rollups/>)

Satisfy your salty, crunchy and savory cravings in one punch with this quick snack. Transform to gluten-free by using gluten-free breadsticks or pretzel sticks.

There are many more selections on our website [www.YourBestFit.com/Nutrition](http://www.YourBestFit.com/Nutrition).

The key is to shift the mindset of "I can't have that," or "I'm on a "DIET" to "I'm refueling my body throughout the day to improve my energy level, avoid brain fog, and detox off of some afternoon stimulants."

It's that simple! Please don't hesitate to reach out if you have any questions at all, especially if a recipe needs to be adjusted to your particular health concerns.

Happy Eating! ■

*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. [www.YourBestFit.com](http://www.YourBestFit.com)*

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# In the fight against cancer, it's a tumor's worst enemy

**By: Boca Raton Regional Hospital** Special to the Boca and Delray newspapers

Offering new hope to patients with tumors that were once considered untreatable with surgery or conventional radiation therapy, the Eugene M. & Christine E. Lynn Cancer Institute at Boca Raton Regional Hospital is now utilizing the Accuray CyberKnife® M6™ System with InCise2 technology. Boca Regional is one of less than 20 oncology programs in the country to offer this generation of CyberKnife.

What makes this version of the CyberKnife so unique – and so effective – is its ability to continuously track and attack the tumor as it shifts during therapy due to patient movement or respiration. The InCise2 technology uses a Multileaf Collimator and 3D robotic navigation which allows physicians to sculpt and re-sculpt the field of radiation delivered throughout the procedure and automatically correct for any tumor movement.

“With other systems, we have to account for that tumor motion with breathing or patient movement which results in treating larger areas to compensate for the motion and therefore we radiate more

normal tissue,” said Dr. Michael Kasper, Medical Director for Radiation Oncology at the Lynn Cancer Institute at Boca Raton Regional Hospital. “CyberKnife offers an unprecedented ability to precisely target the tumors while sparing damage to surrounding healthy tissue. For us, that’s a game-changer in radiation oncology.”

This combination of exquisite accuracy and the ability to adjust to tumor motion allows the radiation therapy team to carry out the procedure with the highest level of precision. The System’s advanced maneuverability also offers complete access and coverage for any tumor size or

shape, even in anatomically difficult areas. In turn, these capabilities enable the delivery of higher radiation doses resulting in a reduced number of total treatments. “This generation of CyberKnife cuts the treatment time in half or even less,” Dr. Kasper added. “For instance, prostate cancer treatment which used to take nine weeks can now be completed in just one week allowing most patients to immediately return to normal activities.”

The Accuray CyberKnife® M6™ System is truly the most revolutionary technology in radiation therapy. In addition to its tremendous efficacy, the procedure requires no anesthesia, no recovery time, no overnight hospital stay and no restrictive positioning devices that are used in

other technologies. It offers an encouraging new treatment for patients, especially those with inoperative or surgically complex tumors.

“Patients – and their families – at Boca Regional’s Lynn Cancer Institute should not only expect the latest technology like the CyberKnife, they also have access to treatment and support that provides a myriad of care in all aspects of the journey through a cancer diagnosis,” Dr. Kasper continued. “We provide a spectrum of services such as multimodality clinics, social workers, nurse navigators, nutritional experts and a host of other innovative support programs all designed to be the most comprehensive and connected radiation therapy in medicine today.” ■



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*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.*

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



# Functional neurological approach to tennis elbow

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



Tennis elbow (lateral epicondylitis) is by far one of the most prevalent injuries in tennis. It is caused by the micro-tearing of the extensor group muscles of the elbow. These muscles are located on the thumb side of the elbow and allow us to bring our wrist back and side to side. Scar tissue can form in the muscle belly which can compress important nerves and blood vessels. *It typically occurs secondarily to the use of an aluminum racquet, incorrect grip measurement, improper backhand technique, excess weight of the racquet, and due to too much tension in*

*the strings.* A rare known fact is that tennis elbow is actually the most common form of tendinitis in golfer's as well and usually due to poor swing mechanics.

The primary goal in treating this disorder in the acute phase is to reduce inflammation and create an optimum healing environment for the torn tendons. FDA approved class IV laser therapy or photobiomodulation is now used to attain these results and accelerate healing. Some of the benefits include increased oxygen deposition locally, increased energy production, increased protein production at the cell level by stimulating a cascade of enzymatic processes, and inhibition of bacterial growth. The use of class IV laser therapy has been demonstrated to accelerate healing by tenfold.

As the injury transitions into the sub-acute and repair phase of healing the focus shifts to breaking up fibrotic adhesions (scar tissue) within the damaged tendons, strengthening the surrounding musculature and neurological pathways, and restoring proper joint motion. This

entails some simple procedures including instrument assisted soft tissue mobilization technique (IASTMT), myofascial release, passive and active mobilization, isometric and isotonic strengthening, and joint manipulation (adjustment).

The more cutting-edge procedures involve the strengthening of the neurological pathways to the tendons to accelerate healing and are termed mirror imaging technique and motor imaging technique. In reference to the mirror imaging technique, the patient places the "good" arm in front of the mirror and the "bad" arm behind the mirror. The "bad" arm has electrical muscle stimulation applied to the elbow region, only to perception. The patient is then instructed to perform the aggravating movement with the "good" arm in front of the mirror and to observe the movement. The goal of this therapy as recited in medical literature is to stimulate "mirror" neurons in the frontal lobe region of the brain which then increases overall activation to the "bad" arm and thus accelerates healing.

In reference to motor imaging technique,

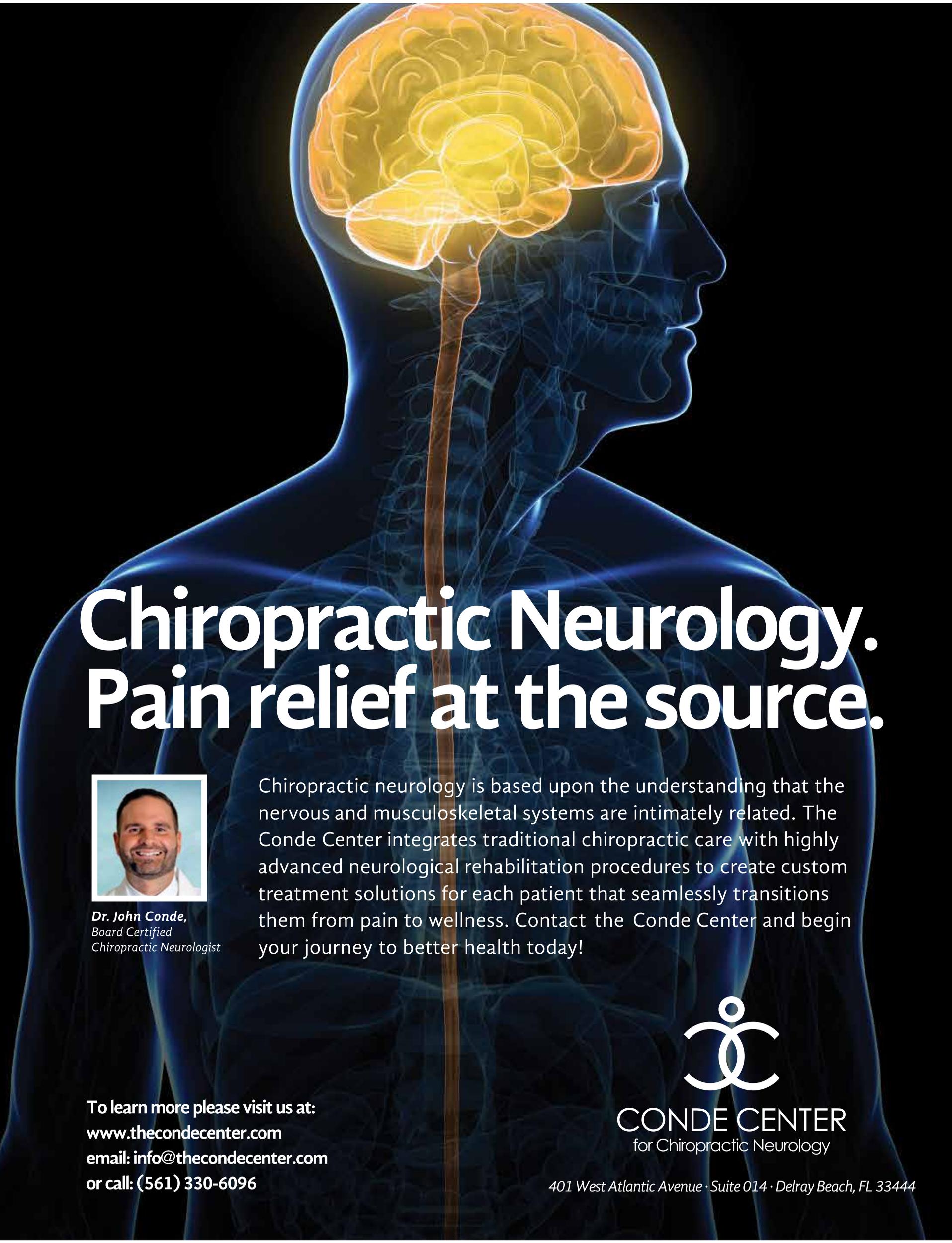
the patient visualizes in sets and repetition format, a learned movement such as the provocative movements of the elbow and wrist in a traditional backhand. The visualization must be very detailed in nature and be done using the "bad" arm. Electrical muscle stimulation is used as well on the elbow. Scientifically, the neurological pathways involved in the particular movement are enhanced and other non-pertinent pathways inhibited. This activity is gaining great notoriety as many of the top athletes in the world are incorporating this into their treatment regimen. ■

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

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## Boca Chamber cites business leaders who made 'notable strides'

By: Dale King Contributing Writer

The Greater Boca Raton Chamber of Commerce focused on entrepreneurial pre-eminence again this year, honoring three individuals and a major vendor of timeshare vacations with honors and accolades at its annual Business Awards Luncheon held at the Boca Raton Resort and Club.

Each year, the Chamber sponsors a mid-day meal and ceremony honoring leaders who have made “notable strides and contributions to advancing commerce in our community.”

At this year’s event held May 24, the Chamber recognized John Tolbert, president and general manager of the Boca Raton Resort & Club, as the Business Leader of the Year; Ami and Arnie Zak, owners of Unique Gifts and Premiums as the Small Business Leaders of the Year and Bluegreen Vacations as the Business of the Year.

“Today, we are honoring three organizations who thrive based on their



From left, Troy McLellan, Susan Saturday, Arnie and Ami Zak, Shawn Pearson and John Tolbert. Photo by Jordi Gerking.

exceptional hospitality and service to their customers,” said Boca Chamber President and CEO Troy McLellan in remarks from the podium.

“They represent thousands of jobs that foster economic growth, and they do so while maintaining the highest customer service imaginable.”

More than 350 business professionals attended the luncheon that took place in the Boca Resort’s Mizner Center. Tropical centerpieces (the creations of Boca by Design) fashioned a modern

ambiance as guests enjoyed appealing Boca Resort cuisine.

Recipients accepted their awards with gratitude, sharing with the audience stories of how they’ve gotten to where they are today. From Ami and Arnie’s triumph of building a small business from scratch to John Tolbert’s passion for hospitality, and Bluegreen President and CEO Shawn Pearson’s thanks and excitement for his quality team and brand, the event was a memorable one.

“As the Boca Chamber continues to grow business in Boca Raton and South Palm Beach County,” McLellan noted, “it recognizes the importance of awarding leaders who are advancing commerce in our community.”

The Boca Chamber has a membership of more than 1,400 companies representing more than 55,000 employees in eastern, central and western Boca Raton and beyond.

Since 1952, the Boca Chamber has been promoting and sustaining economic prosperity in Boca Raton and South Palm Beach County. ■



Boca Resort President and General Manager John Tolbert addresses the audience at the Boca Chamber’s Business Awards Luncheon. Photo by Jordi Gerking.



Chamber Business Awards are ready to be handed out. Photo by Jordi Gerking.

## HighTower Boca Raton provides 'summer fun packs' to local youth

Staff member

Team members of HighTower Boca Raton recently handed out 200 “summer fun packs” to underprivileged South Florida.

The packs were filled with outdoor items such as frisbees, jump ropes, sidewalk chalk, and sunscreen, as well as a sheet of games and activities kids can share with neighbors, siblings, and friends. The packs were distributed to children through the community outreach programs at Lighthouse Worship Center in Fort Lauderdale.

“It’s wonderful to give back to the community around us, and we’re extremely fortunate that we’re able to do so,” said Christopher Ure,



Chief Executive Officer and Managing Director at HighTower Boca Raton. “The looks on the children’s faces when we personally handed each one of them their own bag of items for summer fun makes everything we do worth it.”

Al Martinez, Chief Investment Officer and Managing Director at HighTower Boca Raton added, “We love what we do because it allows us to give from the heart. It’s easy to get caught up in our daily lives, but actions like this remind us that we’re



all human – and that is something we can never forget. We have a responsibility to give back in all the ways we’re able to because raising up those around us is what humans were made to do.”

HighTower Boca Raton is a fiduciary advising firm that provides personalized wealth management services. Find HighTower Boca Raton online at [hightowerbocaraton.com](http://hightowerbocaraton.com), over the phone at 561-409-1110, and on Facebook at [@hightowerbocaraton](https://www.facebook.com/hightowerbocaraton). ■

## INSIDE Palm Beach County



Movie Bistro open [31]



New compression wear line debuts in Boca [33]

# Boca start-up allows you to browse internet without leaving a trace

By: **Marisa Herman** Associate Editor

Worried about who is keeping track of how many times you visit Saks Fifth Avenue or view your bank statement online?

A new Boca Raton-based start-up TraceFree offers a way to search privately and securely.

TraceFree is a remote browser with privacy as its function, founder Scott Shaffer said.

“It’s a disposable browsing session, Shaffer said. “You do a transaction and its gone.”

Rather than calling it a smart browser, Shaffer calls it a dumb browser because it doesn’t remember anything you do while using it.

The websites you visit while using TraceFree will not know it is you searching. It will appear as a new device every time without cookies, he said.

“The website sees you coming in form one of our servers, not your device,” he said. “They see you on a brand new, cookie free browser every time. All data is deleted. There’s no browsing history and there is no possible way to get a virus on your device.”

Those who are worried someone is watching their inter-

net habits can use TraceFree to make sure websites can’t see, capture, share or track any personal data.

Shaffer, a former investment banker and angel investor, said he came up with the idea a few years ago.

“I could see there would be a need for privacy on the internet,” he said. “People are under the assumption that you are private and you’re secure, but you’re not. People are finally starting to recognize how much data you give when you click on a link.”

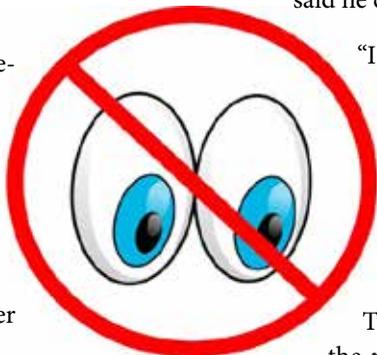
Two years ago, he said he started putting the pieces together to see what it would take to launch TraceFree. He formed the corporation in Jan. 2017 and launched on an initial server eight months. TraceFree is now fully up

and running.

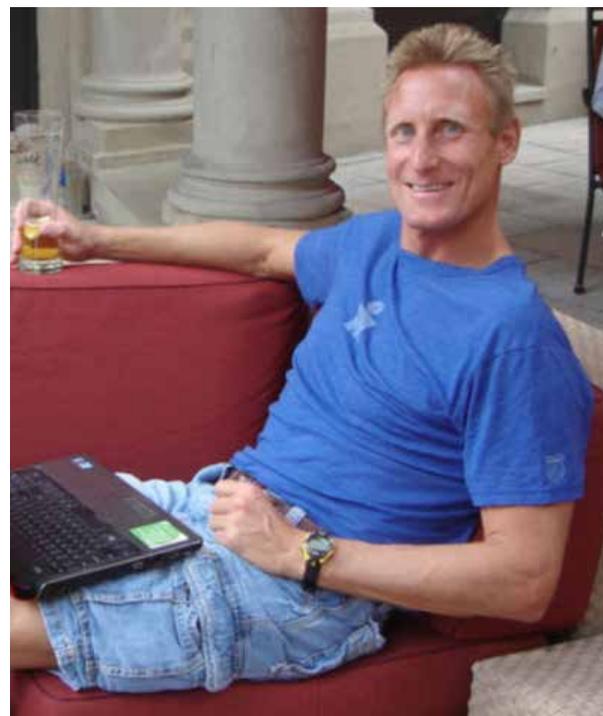
To use the service, you spend \$5 per month per device. You will receive an application to download on the device. There is no log-in or password so you can’t share it on multiple devices.

Shaffer said it can be used by anyone from an individual looking for more security while on the internet to businesses who are worried about someone accidentally clicking and opening a virus on a companywide network.

TraceFree is user-friendly. It is set up for Google to be



## TraceFree



the homepage. If you are searching and are unsure of a link you come across, you can right click and the link will open in TraceFree.

“It is the first time that the consumer has their own privacy policy,” he said. “You are telling Google you can’t see my information or where I am. You can’t touch my device or see my true location. It’s a special browser just for privacy and security.” ■



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# Delray's JuiceBuzz MRKT & Juicery expands on its sustainable, conscious mission

By: **David DiPino** Contributing Writer

JuiceBuzz owners and sisters Jacqueline Pfeffer and Jessica Pfeffer, have expanded their small business into an additional storefront market and an eco-friendly, sustainable super-local store.

JuiceBuzz MRKT & Juicery, 6 NE 5th Ave., is unique with offerings of organic produce from local farms, super food powders and supplements, holistic skin-care, all-natural hygiene products and sustainable household items. The laundry detergent is sustainable. There's even Kombucha on-tap.

"We're on a conscious mission," Juice-Buzz MRKT & Juicery co-owner Jacqueline Pfeffer said.

JuiceBuzz MRKT & Juicery has the environment on the mind. They now sell re-usable glass straws that can be taken anywhere. The effort cuts down on plastic straw use. In addition, the place is free of any plastic bags. The floor at the new JuiceBuzz MRKT & Juicery is made of recycled and reusable wood bark cork.

"We're on a no-plastic mission (straws)



Sisters Jessica Pfeffer and Jacqueline Pfeffer inside their new JuiceBuzz MRKT & Juicery during Grand Opening festivities. Photo by: David DiPino.

with the intention to save the planet," Jacqueline Pfeffer said.

"I would describe the JuiceBuzz MRKT & Juicery as a conscious boutique market with a rustic farm house and organic feel," Jessica Pfeffer said.

The décor of JuiceBuzz MRKT & Juicery was completed by Michelle Kushner Design of Miami.

The Pfeffer's hub is the latest small business to expand off of busy East Atlantic Avenue to spill over onto what is now a bustling Northeast Fifth Ave. thoroughfare through Delray Beach. An appealing factor is that the JuiceBuzz MRKT &



From left to right, Jacqueline Pfeffer, Carla Pfeffer (the Pfeffer sisters' mother) and Jessica Pfeffer inside the new JuiceBuzz MRKT & Juicery during Grand Opening festivities. Photo by: David DiPino.

Juicery will be open seven days a week 10 a.m. – 6 p.m.

Jacqueline Pfeffer opened JuiceBuzz in 2013. In the location of a former Crepe's Shop, Pfeffer captured a new business base made up of mostly Delray Beach locals looking for an all-natural fruit or vegetable juices or smoothies, cleanse, detox or reboot juice plans, acai bowl and shots of wheatgrass, ginger, sunflowers, with other combinations and ingredients as well.

Fast-forward a few years and Nutrition Cottage's departure off of Atlantic Avenue and a void that needed to be filled in the organic grocery industry. Since then, Jacqueline Pfeffer has moved to San Diego, but said she'll be still involved with the JuiceBuzz MRKT & Juicery with support "remotely." When the spot next store to JuiceBuzz opened up, the Jacqueline led the Pfeffer team in redesigning a vacant storefront into JuiceBuzz MRKT & Juicery.

Jessica Pfeffer, fresh off of a corporate job in Denver, Colorado, moved to town she said to "marriage the journey." The end result is the JuiceBuzz MRKT & Juicery, with its organic local fruits and vegeta-

bles, and array of earth friendly

The kombucha on tap is tasty, its fermented tea and delicious, and local via Kombulicious of Oakland Park.

Owner Scott Lyons and Chef Glenn Dee brew their Kombulicious in three-week intervals. Two bottles of Kumbilicious were available during the Grand Opening of the JuiceBuzz MRKT & Juicery and another flavor was on-tap behind the counter for patrons to indulge.

"Kombucha is full of probiotics. It's good for gut health," Scott Lyons, owner of Kombulicious said.

Kombulicious will be offering a rotation of flavors of kombucha regularly at the JuiceBuzz MRKT & Juicery.

Each month, the JuiceBuzz MRKT & Juicery profiles a customer of the month on their Instagram page @Juice-BuzzDelray. This past May, the customer of the month received a gift of a JuiceBuzz MRKT & Juicery re-usable Mason Jar.

For more information visit: Juice-BuzzDelray.com, or find on Facebook or Instagram @JuiceBuzzDelray. ■



An employee at the new JuiceBuzz MRKT & Juicery, pours Kombucha straight off the tap during the conscious boutiques Grand Opening festivities. Photo by: David DiPino.



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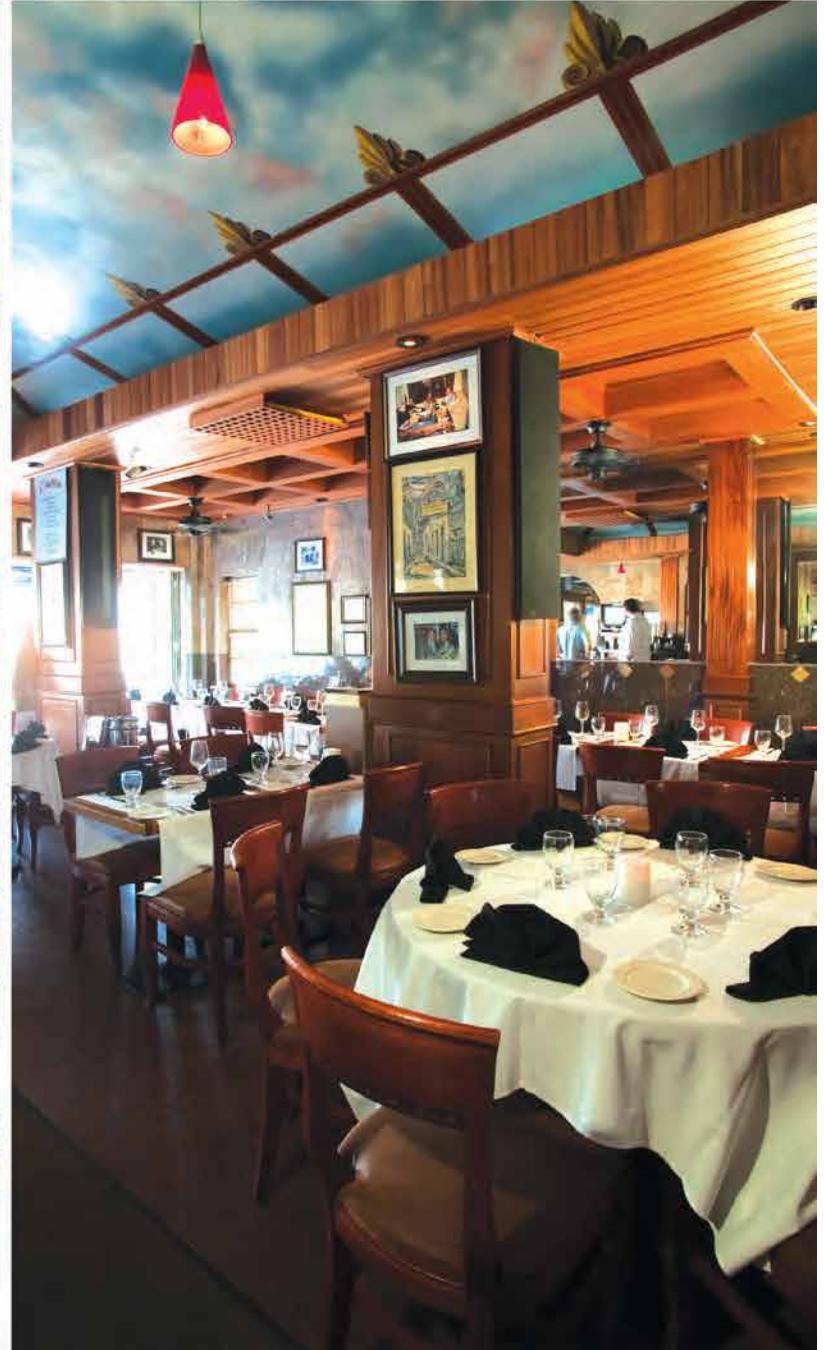
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# Getting back to basics: Why a financial game plan is so important

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



Many of us are familiar with the expression, “failing to plan is planning to fail.” As an Agent with New York Life, I can assure you that—when it comes to financial goals and objectives—this old adage still rings true.

In fact, it may be more relevant than ever.

It isn't always easy for some Americans to make financial headway. With pensions in decline and interest rates only just starting to inch up near historic lows, it usually takes persistence and sound planning in order to get ahead.

Not sure how to begin? That's okay—it's easy to become overwhelmed if you think about all your needs at once. Instead, try taking it one step at a time, starting with the basics:

**Build an emergency fund**—No matter where you are in life, it's important to set aside 8-10 months of living expenses. You don't have to do it all at once, but every dollar you save today is a dollar you won't have to borrow if something unexpected happens.

**Protect your home and family**—Most of us have people who depend on us to keep a roof over their heads and food on their plates. That's a big responsibility, but it's one life insurance can help you meet—even if something tragic takes you away. You can start with an affordable term life plan at first, and then add more coverage as your needs and budget grow.

**Prepare for major expenses like college**—As a parent or grandparent, you naturally want the best for your loved ones. Now's the time to start a college or wedding fund so they won't have to go into debt to make their dreams for the future come true.

**Get ready for retirement**—There are plenty of ways to set

aside money for retirement: 401(k)s, IRAs, and fixed deferred annuities just to name a few. But they all have one thing in common—the sooner you start, the better off you'll be in the long run. Try to increase your contributions over time—perhaps 1 percent with each raise—or, if you are age 50 or older, look into some of the 'catch-up' provisions that may allow you to contribute even more.

While the economy is starting to grow, it still makes sense to stay focused on the things that really matter. A sound financial game plan can help us accomplish many things—but perhaps the most important is making sure we never lose sight of them again. ■

*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.*

## Merrill Lynch teams up with Age Wave to conduct study on women's finances

Women have come a long way both personally and professionally, but when it comes to their finances, there is still a trail left to blaze. A new Merrill Lynch study conducted in partnership



with Age Wave, “Women and Financial Wellness: Beyond the Bottom Line,” celebrates the progress made by women while examining the financial challenges women still face throughout their lives and offering potential solutions to these challenges. The study found that 70 percent of women believe that men and

women have a fundamentally different life journey, reinforcing the need to better understand women's financial lives.

*We sat down with Rachel Barzilay, CAP®, CFP®, CRPC®, Managing Director, Wealth Management Advisor and Senior Portfolio Manager with Merrill Lynch Wealth Management in Boca Raton, to discuss the study and its findings.*

### Why was this study conducted?

Women's financial wellness is at a tipping point. Although women have made historic strides both personally and professionally, they still have a long way to go when it comes to ensuring personal long-term financial security. The purpose of this study was to gain a better understanding of the financial circumstances

women face, from superior longevity to higher lifetime health costs, and provide women with meaningful strategies and action steps for achieving more financial wellness customized to their life stage, priorities, experiences and needs.

### What would you say is the key takeaway from this study?

What really struck me is the wealth gap and how it compounds over a lifetime. According to the study, the cumulative difference in earnings between a man who works full-time without breaks and a woman who takes breaks to provide care for children or family members can total more than \$1 million.

On top of that, women, on average, live longer than men – 80 percent of women are alone in their final years of life. This makes it even more imperative for women to be financially self-sufficient.

### Did the study identify any significant differences about how men and women approach finances?

Women have confidence in all financial tasks—except investing. For most financial tasks, such as bill paying, budgeting, paying off debt, men and women are equally confident. However, only 52% of women say they feel confident in managing investments versus 68% of men.

On a related note, women say their top financial regret is not investing more of their money. For the women who do in-

vest, 77% feel they will be able to accumulate enough money to support themselves for life.

### What can women do to better prepare financially?

First off, be purposeful about financial education. Seek out financial information, ask questions, and engage in discussions about money. This may be harder than it sounds. Women view discussing money as a social taboo – 61 percent would rather talk about their own death than talk about money, according to the study.

Additionally, plan early and ensure that your plan accounts for the financial challenges women typically face – such as career interruptions, higher healthcare costs, and a longer life to fund – and make course corrections along the way.

Lastly, be an advocate for yourself and the women in your life. Be or seek a mentor. Our study found that Boomers and Silent generation women are more financially confident than younger generations, indicating a valuable opportunity for younger generations to learn from their experiences.

It's time to break the silence about money. 61 percent of women say they would rather discuss details about their own death than talk about their money. To read the full study and learn more about women's financial wellness, visit [ml.com](http://ml.com). ■

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# FAU gets total of \$1.8M in donations from generous alum, family foundation

By: Dale King Contributing Writer

Boca Raton-based Florida Atlantic University has just received two donations totaling more than \$1.8 million.

Dr. Kathleen E. Brush, Ph.D., a business executive, strategy consultant and author, contributed more than \$1.3 million to FAU's College of Business to establish the Kathleen Brush Program for Women in Leadership.

In addition, the university's College of Engineering and Computer Science received a \$500,000 gift from the Gangal family's nonprofit foundation to establish an endowed scholarship fund for engineering graduate students, with an emphasis on bioengineering research.

Brush, who earned a master of business administration degree from FAU in 1980, approached several universities with her idea of creating a program for women in leadership. And while all expressed some degree of interest, she said, "FAU was the only one that said we support gender equality in leadership; we want to be part of the solution."

At lower levels of management, Brush said, women are almost at a level of parity with men. But at each successive level, she noted, the gap grows wider.

"When you get to the top, women are almost non-existent," said Brush, who created three scholarships for the program. "In the Fortune 500 today, only 4.8 percent of CEOs are

women."

Her program will be launched as part of FAU's executive education offerings and will eventually be integrated into the College of Business' undergraduate and MBA programs. It will feature a mentoring segment and emphasize applying theory-to-practice and networking.

The academic focus will address women-specific challenges, such as being a mother and a leader and dealing with gender bias.

Brush, who has been an executive with several companies, has worked as a global leadership, business and strategy consultant since 2009. A resident of Seattle, Brush will be actively involved in the program at FAU.

The target market initially will be mid-career female executives, she said.

Daniel Gropper, Ph.D., dean of FAU's College of Business, said the program will allow the university to expand on the leadership education it offers to all of its students.

The half-million dollar donation from the Gangal Family Endowed Scholarship Fund will support students preparing for careers in STEM subjects – science, technology, engineering and mathematics.

"There is a tremendous need to fill an increasing number of available jobs in engineering and high technology fields," said Stella N. Batalama, Ph.D., dean of FAU's College of Engineering and Computer Sci-



Dr. Kathleen E. Brush, Ph.D., a business executive, strategy consultant and author, contributed more than \$1.3 million to FAU's College of Business to establish the Kathleen Brush Program for Women in Leadership. Photo courtesy of FAU.



From left, Danita Nias, vice president for institutional advancement and CEO of the FAU Foundation; Shiva Gangal; Sneha Lata Gangal; Stella N. Batalama, Ph.D., dean of FAU's College of Engineering and Computer Science and FAU President John Kelly. Photo courtesy of FAU.

ence. "This most generous gift will help us develop a robust talent pipeline in this region and beyond to meet the needs of the 21<sup>st</sup> century economy, where STEM-related jobs will be in high demand."

The Florida Chamber of Commerce says the need for jobs in STEM fields has increased by more than 63 percent since 2010. Currently, more than 55,000 STEM jobs in Florida are unfilled, and future demand for these positions is expected to exceed general employment growth.

Shiva and Sneha Lata Gangal established

their nonprofit foundation in 2014 in Coconut Creek. Shiva Gangal served as CEO of Tri State Engineering & Management Company, an engineering design and construction company in West Virginia, from 1983 to 2001.

Sneha Lata Gangal also served as secretary and treasurer of Tri State Engineering & Management Company from 1983 to 2001 and received her BS degree from Agra University in India. Their daughter, Anjali Gangal, is vice president of Branch Banking & Trust Co., operating two banking branches in Fort Lauderdale. ■

## Ramen Lab Eatery opens downtown Delray location

Staff report

Slurping your broth is acceptable at the new Ramen Lab Eatery in downtown Delray Beach.

Get your noodle on with various ramen bowls at the new Pineapple Grove location, which opened last month.

The first Ramen Lab Eatery opened in downtown Boca Raton last year. Now,



the fast-casual restaurant has a Delray location and a spot at West Palm Beach's Grandview Public Market.

In addition to several ramen options, there are other bowls like poke bowls, dons and Korean style bulgogi. Appetizers include Asian-style tapas like bao buns, spicy Korean cauliflower and different freshly made dumplings.

The Delray location has a dessert bar "Sugar Milk," which is serving up popular Boba teas and Cheese Tea, to satisfy those with a sweet tooth.

The new location features Anime designs on the walls and a Sake and Beer bar. ■



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# Biz Briefs

## West Boca Medical Center appoints new director of maternity services



West Boca Medical Center recently appointed Nina Jack, R.N., as its new director of maternity services.

She will oversee labor and delivery, maternal-fetal and antepartum units, nursery and postpartum staff, ensure that the obstetrics department continues to meet the highest standards in patient experience and develop and implement quality improvement initiatives.

“Nina has over 20 years of clinical experience that will be of great value to families that are selecting to deliver at West Boca Medical Center,” said Mitch Feldman, CEO. “We know that under Nina’s leadership, our hospital’s obstetrics department will continue to exceed the expectations of patients throughout the communities we serve.”

## Two Boca Raton Merrill Lynch financial advisors recognized by Forbes for second year

Boca Raton-based Merrill Lynch financial

advisors Rachel Barzilay and Christina Cleveland, were named to Forbes’ “Top Women Wealth Advisors” list, which spotlights 250 standout financial strategists across the country, for the second consecutive year.



Barzilay is a partner in the Barzilay Group, where she works alongside her father Arthur Barzilay, who has been with Merrill Lynch for more than 35 years. She

joined Merrill Lynch in 2008 and focuses on advising clients about municipal bonds, retirement and estate planning services, education savings accounts, philanthropic trusts and foundations as well as corporate lending through access to Bank of America, N.A.

Cleveland, who joined Merrill Lynch in 1983, focuses on a custom wealth management process and multigenerational planning for affluent individuals, families and business owners. In addition, Cleveland, a Del-



ray resident, was also recognized on the the Forbes “Best-In-State Wealth Advisors” list earlier this year.

The Forbes ranking of America’s Top Women Wealth Advisors, developed by SHOOK Research, is based on an algorithm of qualitative and quantitative data, rating thousands of wealth advisors with a minimum of seven years of experience and weighing factors like revenue trends, assets under management, compliance records, industry experience and best practices learned through telephone and in-person interviews.



Drummer Brian Geraghty, Candy Cohn of Oasis Senior Advisors, Drummer Michael Teller, and Christie Zander of Alzheimer’s Community Care. Submitted photo.

## Local business owner sponsors drum circle

Candy Cohn, CSA, Owner of Oasis Senior Advisors South Florida in Boca Raton, recently sponsored a Drum Circle at the Alzheimer’s Community Care adult daycare center in Delray Beach.

“Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression,” Cohn said. “It has been used for thousands of years to create and maintain physical, mental, and spiritual health. These Alzheimer’s patients truly enjoy the rituals.”

## Delray eatery using facial recognition to take orders

Now you can order with just your face at localgreens in Delray Beach.

The tech-friendly experience uses facial recognition technology for in-store ordering at digital kiosks.



Your previous orders and favorites from the fast-causal restaurant will be logged into the system and remembered once the machine registers your face.

The new feature uses facial geometry capabilities to identify customers and pull prior or-

ders without the storage of image files to facilitate a completely seamless dining experience.

localgreens’ new advanced tech capabilities will allow guests to quickly access previous orders and save favorite dishes and menu items at the touch of a button. It will even recall custom orders. As an alternative, customers may leave their phone number as an access option.

## Benihana opens in West Boca

Benihana is now open in West Boca.

The Japanese-inspired teppanyaki and sushi



restaurant is located at 9918 Glades Road.

The 7,800-square-foot restaurant includes 21 teppanyaki dining tables where guests can enjoy the full Benihana experience. There is a full-service cocktail bar with seating for 30 people.



Caffé Luna Rosa Executive Chef Ernesto DeBlasi with wine paired dinner for \$49 per person. Photo courtesy of Rich Pollack.

## Summer wine dinners return to Caffé Luna Rosa

Head to Caffé Luna Rosa on July 24 for a four-course, wine paired dinner for \$49 per person.

Through the end of November, wine dinners will take place on the third Tuesday of the month at 7 p.m.

Diners will receive four courses specially selected by Executive Chef Ernest DeBlasi with wine pairing chosen by sommelier Nikola Stijack.

“Our wine dinners are fun way to experience Caffé Luna Rosa,” said Bonnie Beer, a partner in the restaurant. “They’re our way of giving back to our valued customers who are here all year.”

Wine dinner guests each receive an appetizer first course followed by a salad course. There are two choices of main courses followed by a house-made delicious dessert. Each is accompanied by a glass of wine, specially selected to pair with the course.

Taken separate and ordered ala carte, each wine dinner would cost about twice the \$49 special summer price, according to Beer. The price does not include tax and gratuity.

“The wine dinners are a great value,” she said.

Dinners are scheduled for July 24, August 14, Sept. 4 & 25, Oct. 26, and Nov. 6 & 27. Wine dinner menus are available online at [www.caffelunarosa.com/specials](http://www.caffelunarosa.com/specials) ■

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# Dinner and a movie back at Boca's Cinemark Palace 20 with opening of Movie Bistro

By: **Shaina Wizov** Contributing Writer

After much anticipation since the closing of Bogart's Bar and Grill inside Cinemark Palace 20 and XD in Boca Raton, Movie Bistro has finally opened its doors to the public.

Movie-goers can once again do dinner (or lunch) and a movie at their leisure without having to leave the theater. Movie Bistro, open daily at 10 a.m., is located on the Premier level of Cinemark smack dab in the center of the six Premier level theaters where comfy balcony seating, seat-side tables for food and drink, and complimentary popcorn will have you swearing you'll never visit a "regular" movie theater ever again.



Guests can come and go to Movie Bistro, even if they aren't seeing a movie, to enjoy lunch, dinner, happy hour and/or dessert. Menu highlights include classic comfort

food such as fettuccine alfredo with creamy garlic sauce and pulled pork sliders; fresh seafood like grilled mahi mahi with mango salsa, asparagus and oven-roasted potatoes and pan-seared salmon with roasted Brussels sprouts and wild rice; hand-crafted pizza with house-made dough; and vegetarian options including the southwest black bean burger and fried zucchini.



The totally remodeled, full-service restaurant seats 249 guests and features a large bar seating 34, hi- and low-top tables, TVs throughout the dining area, and a game room (for those 16+) with two billiard tables, a 12-foot shuffleboard table and two foosball games. But that's not all — there is also an intimate VIP Screening Room adjacent to said game room, where guests can reserve a space for up to 29 of their friends, family or colleagues for a one-of-a-kind viewing party.

The private room features innovative electric recliners with in-seat call buttons as well as — wait for it — *seat warmers*. Yes, you read that correctly. You will never have to worry about being too cold while enjoying a flick in Movie Bistro's VIP Screening Room. VIP guests will be privy to in-theater wait staff as well as state-of-the-art, built-in presentation equipment, making this an ideal location for business events, corporate meetings, holiday and birthday celebrations and more.



Even general admission guests can now enjoy an enhanced experience, as the Cinemark Palace 20 and XD complex has remodeled the lower-level auditoriums to include all-reserved electric reclining Luxury Lounger seating, wall-to-wall screens and enhanced sound systems, and RealD 3D capability. The XD auditorium features the number one largest private label Premium



Large Format in the world with the largest screen in the theater and surround sound. The concession stands have also been upgraded, and now include more snacks options, as well as wine, beer and frozen alcoholic drinks.

Need a day/night out but can't find a babysitter for the little ones? Cinemark offers childcare in the main lobby on select days and times, which could be a total lifesaver for some. The main lobby also has a game room, open to all ages. Special prices are available for Early Bird, Senior Mondays and Discount Tuesdays.

Movie Bistro at Cinemark Palace 20 and XD is located at 3200 Airport Road in Boca Raton. Please note that Premier level movie tickets, as well as entrance into Movie Bistro is 18+ after 5 p.m. daily.

The new space has a modern, retro feel with bright colors and a atmosphere where you can't help but have a good time. And with food and drinks, games and movies all at your fingertips, why wouldn't you? ■

## Sample craft beers at American Craft Kitchen & Brewery in Boca Raton

By: **Natalya Jones** Special to the Boca and Delray newspapers

With the recent emergence of even more breweries on the South Florida scene, it should come as no surprise that a new one has popped up in Boca Raton.

American Craft Kitchen & Brewery offers fun, eclectic beer paired with a cozy, intimate vibe. As for the cuisine, think traditional bar food with a unique twist. Menu items range from hand breaded bacon mozzarella sticks to buffalo bison sliders to beeramisu (tiramisu created with coffee stout). For the health conscious, there is lighter fare and signature salads.

As brewmaster/partner Cesar Padron said, "No shortcuts, just fresh food prepared right!"

When asked what prompted him to open up a brewery, Padron said, "The desire to make good beer and share it with the locals. I was constantly trying new beers with promising labels and flavor descriptions, only to be let down with the first sip. This is what drove me to want to know everything about how beer is made. With that knowledge, I'm able to create exciting flavor profiles without lim-

itation!"

Beer styles are diverse, including pale ales, amber ales, red ales, IPAs, pastry stouts, saisons, fruited berliners, gose, hefeweizen and more.

More specifically, there's the Passion Fruit Deco (Berliner Weisse defersments with passion fruit), Notoriously Hazy IPA (Northeast style IPA double dry hopped with Citra/Galaxy), Key lime Custard Gose (Tart German ale brewed with Florida key limes, graham crackers and vanilla beans), Empire Stout (American double milk stout) and Pink (Berliner Weisse refermented with strawberry fruit chews).

Inspiration for these flavors, according to Padron, derive from a desire to mix ingredients that normally wouldn't be associated together.

"It's exciting to produce deliciously unique-flavored beers," he said. "I'm always thinking about different combinations and how to push the envelope!"

Events at the brewery include weekly trivia, Paint and Drink (attendees paint a picture and take it home), live music on Fridays, and brunch on Sundays. Happy hour is from 4-7 p.m. Monday-Friday. ■



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# Mouths wide open and bottom's up at Duffy's Culinary Arts Studio at Terrapin Brewery Pairing Dinner

By: **David DiPino** Contributing Writer

If given the chance and have the luck of the Irish on your side enough to get invited to a Terrapin Beer Dinner at Duffy's Culinary Arts Studio nestled in rows of identical buildings in a local industrial park, one should stop what they're doing and indulge mouth wide open and bottoms up.

Membership has its privileges, and recently 70 guests, many of which are Duffy's MVP Card holders, were treated to a smorgasbord of new culinary delights by Duffy's Sports Grill Corporate Executive Chef Eric Parker, his talented team and new beer pairings by the restaurant's partnership with Terrapin Brewery. As beer one was being poured, it was a tasty IPA known as the "Hopsecutioner" the moniker told to us by Terrapin Beer co-founder Brian "Spike" Buckowski.

"You are here (at the Terrapin Beer Dinner at Duffy's Culinary Arts Studio) for one of three reasons, either you attended one of our Terrapin Beer samplings throughout the company (Duffy's), or you are one of our top Terrapin Beer drinkers or we just simply like you," Duffy's president Jason Emmett said.

Each Duffy's course was paired with a different Terrapin Beer.

Hopsecutioner, a tasty IPA— by the way, if you're scoring at home that's India Pale Ale, take the time to look that one up if not familiar because you'll be amazed at the history of IPAs. This Hopsecutioner was tasty and strong, with a bite like a Florida gator. But, before all the tasty Terrapin Beer and six-meal courses, all 70 of us indulged in the charcuterie bar consisting of the finest meats and cheese being attended by Chef Parker and his talented team in a real test kitchen overlooking a real test restaurant, a mirror image of a Duffy's Sports Grill establishment.

Pimento Cheese, cheese curds, olives and prosciutto hit this plate and then disappeared, washed down with that attractive Hopsecutioner if there could ever be such a thing. Beware Spike is as big of Grateful Dead fan as yours truly is a fan of Pearl Jam (over 20 tour stops for me and counting), so the road ahead will have "Dead Head" references of Truckin' and Casey Jones, which is only natural as the bright, black light like colors on Terrapin Brewery beer cans. Walking Dead fans take note Terrapin has a new Blood Orange IPA which nods to the popular TV series.

Where's the bacon? Because you can't have a beer dinner without bacon – can you? The

Wake-N-Bacon consisted of Pepper-crusted bacon glazed with Terrapin Beer's W-N-B Imperial Coffee Oatmeal Stout. This Nueske's Bacon was so tasty and the pepper enhanced the flavor perfectly but wasn't overpowering. The true star though was the Terrapin Stout used to carefully glaze the perfectly cooked bacon.

"Our courses for this dinner have Terrapin Beer infused in every part of the meal. Wake-N-Bacon is done with the Terrapin Oatmeal Stout, what we did is mixed some brown sugar with the beer and reduced it and took Nueske's Bacon Slab shaved it a quarter-of-an-inch thick on the slicer put it into the oven, pulled it out and glazed it. It was just an hour process at 300 degrees," said Chef Parker.

After bacon it was time for salad, because what comes after a charcuterie, followed by a bacon appetizer, other than a salad? Everyone is eating Kale these days and reports point to this leafy, crunchy green's protein level, fibrous content, vitamins A, C and K and form of omega-3 fatty acid, so the Hawaiian Kale Salad with Terrapin Beer's Luau Krunkles Vinaigrette was a healthy, hearty choice. Hey, whoever can make salad dressing made with beer taste this good deserves some kudos.

For course three, this out of the ordinary beer dinner was as Floribbean as a Jimmy Buffet concert at Hard Rock Stadium home of the Miami Dolphins – taking center stage was the Terrapin Hi-5 IPA with Steamed Cedar Key Clams and sausage. Lager seems like the most common choice when cooking with clams here but the curveball of pairing it with an IPA hit-it-out-of-the-park. The Cedar Key Clams were the Littleneck variety and sweet and the bite of the Hi-5 IPA was a nice sidecar choice to complement the perfectly cooked, not overdone clams and brought out the flavor of the multi-meat sausage, fresh fennel, garlic and shallots mixed in by Chef Parker helped too.

Courses four through six chugged along like a Grateful Dead concert set list songs ten through twenty starting with the fourth course featuring a Terrapin Beer Imperi-



Terrapin Hi-5 IPA with Steamed Cedar Key Clams and sausage. Photo by David DiPino.



Brian "Spike" Bukowski of Terrapin Brewery gives double thumbs up to the pairing at Duffy's. Photo by David DiPino.

al Coffee Oatmeal Stout Braised Short Rib Taco carefully braised by Chef Parker and his team for hours with splashes of veal stock and a mirepoix of shallots, carrots, celery and thyme. Chef Parker explained that he pureed the braising liquid and then reduced it with Ancho Chile and whisked in Ghirardelli 60 percent Cocoa. Wow! Just wow! The course of this Terrapin Beer infused Braised Short Rib taco was garnished with pickled red onion and Cotija Cheese. The taste buds were Truckin' to another palate they hadn't visited ever before.

Unbelievably, the fourth course also included a Mahi Mahi Fish Taco marinated in the Terrapin Luau Krunkles, hey that's the same beer used in the vinaigrette from earlier, should get the cooking beer title due to the fact that it sounds like a great beer to work with on culinary masterpieces, and Ancho Chile added to give the fish tacos a little, kick or heat as some would say. Then, the fresh, locally caught fish was battered with Luau Krunkles and this time the Terrapin Beer was made into a beer batter, great choice if you ask me, and drizzled with cilantro lime cream, cabbage, Pico de Gallo, and Cotija Cheese. Crunch! Nom, nom...

Just when all 70 guests including Christine Legris, a sales and marketing executive who drove up from Miami for the event, were about to give Chef Parker and Spike a standing ovation, a fifth course of BBQ Pork Tenderloin with Korean BBQ glazed brussel sprouts, and tri-color chanterelle mushroom quinoa hit the table. This appealing dish was brined in Terrapin Recreational Ale for 24-hours, and then dry rubbed by a food masseuse and grilled. Before serving to the beer dinner dining patrons the dish was drizzled with BBQ sauce made from Terrapin IPA. The night ended with course six, a Wake-N-Bake Coffee Oatmeal Imperial Stout Chocolate Cake that was heavenly and wet. Taste buds left the Duffy's Sports grill Terrapin Brewery Pairing Dinner in sheer ecstasy.

For more information visit: [Duffy's Sports Grill](#), Duffy's Sports Grill Culinary Studio is located at 1100 Barnett Drive, #38, Lake Worth, FL 33461. ■



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2013-2014 BUSINESS PERSON OF THE YEAR

# Boca mom, businesswoman launches new premium performance-enhancing compression sportswear line

**By: Marisa Herman** Associate Editor

Nathalie de Champlain compared launching her new compression sportswear line Caliloko to planning her wedding.

She spent years planning and organizing before she had models walk down the aisle runway with the finished product.

Instead of a wedding dress, they wore compression tights, sports bra and headbands.

“It’s as exciting as a marriage,” she said of her new brand. “It’s for everyone, every size and different lifestyles. It’s a compression brand that makes your butt look sexy.”

Caliloko launched after two years of designing and testing. The activewear combines fashion with technology including body mapping and compression.

de Champlain is a competitive squash player and her husband participates in ironman competitions, so the idea to create a line of clothing that can help boost athletic performance and help with muscle recovery was meaningful to the active couple, who are parents to two sons.

The Boca couple tested the first prototypes while they were working out.

“The first thing I wanted was quality,” she said. “The first thing you feel is quality.”

The pieces are made of yarn that has anti-bacterial and moisture wicking features in it. She said most fabrics have the anti-bacterial added after, Caliloko has the antibacterial in the yarn. The fabric is breathable so you can run outside in Florida summers and not feel overheated. The products are hand finished.

And the quality shows in the price. A pair of the tights retail for \$145, a sports bra for \$58 and the calf sleeves for \$55.

She said you won’t find Caliloko in big box retailers yet. That is because she wants places that sell her product to be able to explain why it is different.

The tights have body mapping features and feel like a second skin on your body. Products are for sale online and at Boca Cryo.

The name is something that describes de Champlain. Cali stems from her love of California, a place where people lead active lifestyles and are fashion forward. Loko is a play on the Spanish word loco with Loko because of her and her husbands love for languages and because people who work out hard are often crazy about their workouts.

de Champlain is a French Canadian and her husband is from Belgium and he speaks six languages. She said it was important to come up with a name that could be pro-



Compression sportswear line Caliloko offers tights, calf sleeves, bras and headbands. Submitted photo.



Caliloko founder is Boca Raton resident Nathalie de Champlain. Submitted photo.

nounced in multiple languages and changing the c to a k in loco made it stand out.

“It’s catchy,” she said of Caliloko. “People remember it.”

Currently, there are two types of tights, active and recovery. Active has extra reinforcement on areas like the knees and is tough. The recovery tights are a little less rigid and can be worn for yoga.

The product isn’t just for people who are serious about working out. She said people who travel a lot will benefit from wearing the tights on flights.

Her husband Fil Maes can attest to that. He travels on a lot of long haul flights for work and said he always wears the calf sleeves or tights under his pants.

Long term she said she seems Caliloko expanding into the medical world for either doctors and nurses who are on their feet all day and patients who are in post recovery.

“This a dream come true,” she said during her launch party. “I was a little girl from Canada dreaming I would have a brand. I never thought I would do it in the United States.” ■



Models show off Caliloko options that are for sale. From left to right: Brian Lester, Barbara Alfonso, Ashley Fitelson, Tiffani Singleton, Cassie Ocampo, Catherine VanWanderham, Sophie Garneau, Peter Kraft. Submitted photo.



Tiffani Singleton models gear from the Caliloko line. Submitted photo.



Acro Yoga instructors Barbara Alfonso & Brian Lester perform in Caliloko. Submitted photo.

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A rendering of the proposed Uptown Boca project. Submitted photo.

## Uptown Boca heading to West Boca Raton next summer

*Project to bring apartments, movie theater, Lucky's Market to 38 acres*

### Staff report

Plans to bring apartments, a Lucky's Market and Silverspot Cinema to West Boca Raton are underway.

Giles Capital Group, Rosemurgy Properties and Schmier Property Group in partnership with Wheelock Street Capital recently announced the closing on a 38-acre parcel at Glades Road and 95 Ave. South.

They plan to build Uptown Boca Raton, a \$200 million pedestrian-friendly, mixed-use development on the site. The project includes 150,591 square-foot of upscale retail and 456 Class-A luxury apartments. Lucky's Market and Silverspot Cinema will anchor Uptown Boca Raton which will include Chick-fil-A, BankUnited and a variety of other shopping and dining options.

"We are pleased to close on the property and to have the opportunity to deliver to West Boca Raton a lifestyle and entertainment project that will serve as a much-needed destination for the local community," said Brian Schmier, CEO, Schmier Property Group. "The sentimental nature of this transaction has been quite apparent for Dan and Dixie Johns and their family, having owned this parcel since the early 1900's. It has been a pleasure to work with them and for all of us to develop such a unique project on property that has a special family history."

The project will break ground this month with retailers projected to open in summer 2019 and multi-family opening in early 2020.

"Uptown Boca represents many of the key features we look for in a joint venture opportunity – high quality partners, a unique product offering and a desirable location. We are excited to see the project come to fruition," said Jeffrey Laliberte, Managing Director and Head of Acquisitions for Wheelock.

For leasing information, please visit [www.uptownboca.com](http://www.uptownboca.com). ■



# Boca's economic development report

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



### Boca Ranks 6th in the State for Jobs

Analytical firm, WalletHub compared 135 Florida cities to find the best places to find employment. The findings were based on 16 metrics that collectively showcased the employment environment found in each of the cities analyzed. Factors that were considered

ranged from the number of job openings per unemployed resident, average starting salary, employers providing benefits and the length of the average work day. After analyzing the 135 cities, Boca Raton had a strong ranking - coming in 6th in the state on WalletHub's 2018 Best Florida Cities for Jobs list.

### YouTube Channel Launched

At the end of May, our Office launched a YouTube account. The goal of this channel is to have a single location where all the Economic Development videos can easily be accessed and viewed. Since the channel launched three weeks ago, we've been sharing it with our social media contacts locally, nationally and internationally and within this short amount of time, the channel has had over 13,000 views.

On the Economic Development channel, viewers can find our CEO commercial, which aired nationally and internationally on ESPN and the Golf Channel during the Cheribundi Boca Raton Bowl and the Boca Raton Championship. Also included is a highlight reel from our Business of Sports Luncheon featuring FAU Coach Lane Kiffin, the PBC Sports Commissioner George Linley, Director of FAU MBA Sport Management Dr. Jim Riordan and the former General Partner, Chairman for the Florida Panthers, Cliff Viner.

This month we kicked off a new business series where we sit down with local CEO's to discuss "Why Boca Raton?" On our channel is a behind the scenes look at our first interview with the CEO of NCCI, Bill Donnell. With 800 employees located in their 300,000-square-foot corporate headquarters, we're sure you're going to enjoy hearing Bill Donnell's valuable insight. You can find us at City of Boca Raton – Office of Economic Development.



### Business Briefs:

The Boca Raton Innovation Campus added another new tenant, Fusion Academy.

TherapeuticsMD, which trades on the NASDAQ, is having an incredible year. They recently raised \$70 million through an equity offering and the FDA approved TXMD's newly developed drug.

2017 proved to be another strong year for Research Park at FAU, with a reported regional economic impact of \$535.65 million.

Office Depot rang the closing bell at the NASDAQ on May 15<sup>th</sup>.

Between the new Quiet Zones along the FEC corridor and the official opening of the US Customs Facility at the Boca Raton Airport – this month was a big transportation month for Boca Raton.

900 Broken Sound Parkway, located in the Park at Broken Sound, sold for \$24 million. The 116,000 square foot building last sold in 2015 for \$20 million. ■



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](mailto:economicdevelopment@myboca.us) or 561-393-7761. Want to see what we are up to? Follow us on Facebook @BocaEconomicDevelopment.

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# Delray developer pitches food hall for downtown

By: **Marisa Herman** Associate

Editor

Foodies may have a new place to converge on in downtown Delray Beach as soon as next summer.

Delray Beach-based Menin Development has proposed Delray City Market, a food hall, market and community event space located on Southeast 3rd Ave., just a half block south of Atlantic Avenue.

Food halls have been popping up throughout the country as culinary destinations and South Florida is no exception. Miami is home to several like La Centrale and Casa Tua Cucina and West Palm Beach is now home to Grandview Public Market. Now, there will be one in between in downtown Delray.

The idea is to construct a four-story building that will hold 30 food stalls about 400 square-feet each for local and regional food partners and chefs on the ground floor.

“What we are looking to do is bring in the best-in-class food purveyor in each specific category

to make the market itself feel and



A rendering of proposed Delray City Market, a food hall. Photo courtesy of Menin Development.

look like a very unique and authentic place,” said Menin partner Marc Yavinsky. “What we want to provide is individual, unique experiences as you walk through the food hall where it’s sensory overload. You can smell the baker, you can smell the pizza, you can see a great local craft beer.”

The ground floor market will have 25 foot ceilings and fill 30,000-square-feet. There will be group tables, high tops, areas to stand and eat snacks and a lot of gathering space, Yavinsky said.

Above the food hall there will be a parking garage with about 200 parking spaces and an event space on the

roof. He said plans were set to go to the city for review last month.

The food hall site was slated to be The Metropolitan, which was approved to house 48 luxury condos.

Delray Planning and Zoning Director Tim Stillings said those plans would be scrapped and this project would have to be submitted to the city as a new proposal and go through the city’s approval process.

Menin purchased the property in December and Yavinsky said they evaluated what they thought would be the best use for the site.

They decided building on the food and beverage economy that Delray has was the way to go.

“Every still will be different and unique and have its own sense and place,” he said.

Part of the idea for the food hall is to help chefs that don’t have the money to open a restaurant to be able to cook and show off their culinary skills for a fraction of the cost, Yavinsky said.

He said you won’t see any national chains in the food hall. They plan to stick to local and regional chefs.

“In this town, it’s a couple million dollars to open a restaurant,” he said. “We are going to be very selective and for the right people it will be a fraction of that.”

The project will be designed by Miami-based Gonzalez Architects. The goal is to open by summer 2019, he said.

“We just want to bring something to the town that everyone is going to love and be proud of,” he said. ■



A rendering of Delray-based developer Menin Development proposed Delray City Market. Photo courtesy of Menin Development.



Delray-based developer Menin Development wants to build a food hall on SE 3rd. Ave. in downtown Delray. Photo courtesy of Menin Development.

# REALESTATE

## INSIDE Palm Beach County



### Grand Lux to expand patio [39]



### Peek into Boca Bridges [40]

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



## Delray Beach mortgage brokers arrange financing for Miami Gardens project

Nancy Dockerty and Bob Dockerty of Derkey Beach-based Dockerty Romer & Co., recently arranged mortgage financing totaling \$12.3 million for a flex office/industrial center located in Miami Gardens.

The Park Centre project was built in 1987 and has 131,463-square-foot located along the Palmetto Expressway. It is 90 percent leased with tenants including California Closets, Peter Glenn, Subway, Miami Regional Dialysis and Chen Medical.

Dockerty Romer & Co. worked on behalf of its client Concorde Group Holdings LLC to arrange the financing. Narrative Capital provided short term bridge financing which will allow the owner to fully lease up the center.

## Lang Realty's 7th Annual Open House Extravaganza raises \$5,000 to benefit Child Rescue Coalition

Lang Realty recently presented the Child



*Pictured from L-R are Scott Smith from Child Rescue Coalition, with Scott Agran, President of Lang Realty.*

Rescue Coalition with a \$5,000 donation from a percentage of proceeds from the company's 7<sup>th</sup> Annual Open House Extravaganza, where homebuyers had the opportunity to tour more than 300 properties throughout Palm Beach County and the Treasure Coast.

Priced from \$200,000 to more than \$1 million, properties included single-family residences, waterfront homes, country club communities and condominiums.

"We are pleased to announce another successful Open House Extravaganza," said Scott Agran, President of Lang Realty. "In addition to raising money and awareness for a great cause, our agents had the opportunity to meet many prospective homebuyers who experienced the Lang difference firsthand."

Boca Raton-based Child Rescue Coali-

tion's mission is to shield, rescue and safeguard children from sexual exploitation. The non-profit organization uses leading-edge technology to help track, arrest and convict those who use the internet to harm young children through sexual exploitation.



## CRE Florida Partners adds to team

Senior real estate advisor Dan Casey, CCIM is now part of the CRE Florida Partners team.

Co-founders of CRE Florida Partners Michael Rauch and Thomas Robertson

recently announced that Casey will be working for the team to help expand commercial investment brokerage.

"Dan will be critical to expanding our firm's Commercial Investment team throughout the tri-county areas in South Florida," Rauch said. "We are excited to have him as a member of our real estate family."

Casey is a senior real estate advisor with over 25 years of commercial real estate brokerage, development and management experience.

He has brokered commercial property acquisitions, dispositions and provided underwriting and due diligence advisory services on property and portfolio transactions of more than \$500 million. He has represented commercial property owners and tenants in office, industrial and retail lease transactions totaling 510,000 square feet.

His management experience includes asset management of institutional property portfolios of 3.7 million square feet of Class A office. As a Development Project Manager, he oversaw the design and construction of over \$68 million of new construction and capital improvements projects, as well as tenant improvement projects of more than 350,000-square feet of Class A office and retail space.

Casey earned the prestigious CCIM designation in 2010 and has been an active member of the CCIM Florida Chapter since moving to the state from Southern California in 2009. In 2017, he sat on the CCIM Florida Chapter's Executive Committee, served on the East Coast District's Board of Directors since 2015, and is currently serving his second consecutive term as District President.

## Kaufman Lynn Construction participates in Habitat's Women Build

The Kaufman Lynn Construction team participated in Habitat for Humanity's "Women Build" to build a home for a hard-working, low-income family in need of simple and decent affordable housing.



The team also raised \$7,500. The empowered Women Builders earn their "Pink Hard Hats" and participate in events year-round where they are recognized for being a member of the "Sisterhood of the Pink Hard Hats."

## Premier Properties Florida joins Weichert National Franchise Network

Premier Properties Florida, which is run by broker and owner Anthony Russo has joined the Weichert® National Franchise Network.

The addition of Weichert, Realtors® - Premier Properties, with offices in Boca Raton and Naples, continues the franchise's expansion throughout Florida, which is now home to 50 Weichert affiliated offices.

"We're truly excited and very happy with our new relationship with Weichert," said Russo. "The resources that they're able to provide our sales associates as well as the reputation of their national brand will help take us to the next level."

As part of the Weichert franchise network, Russo's team can take advantage of training programs provided by Weichert to help the company offer the best real estate service in the industry. The South Florida affiliate is also eligible to receive sales leads from the Weichert call center to help grow its local market share.

"How you grow and expand your business is a big challenge, especially for an independent agency like ours," added Russo, who has worked in real estate for 25 years. "It would take us years to create what Weichert already has in place to help us increase our local market share."

Weichert Real Estate Affiliates, Inc. President and COO Bill Scavone was pleased to welcome the newest Florida affiliate. "I am thrilled to welcome our new friends at Weichert, Realtors® - Premier Properties and their clients to the Weichert family. Their office has a reputation for great customer service and they are highly regarded in the South Florida area. The company also shares our client-first philosophy and is rooted in the region it serves."

Weichert currently has affiliate offices serving over 300 markets in 37 states, representing smart entrepreneurs who were interested in joining a nationally recognized brand which offers incomparable tools, training and marketing techniques to set them apart from the competition. ■



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# Courts of Village Square grand opening

## Staff report

The grand opening of phase two of the Courts of Village Square was recently held.

The ceremony began in the courtyard of the property, with a welcome and remarks and recognitions. This was followed by the cutting of the ribbon at the entry of the Resource Center, where the attendees entered and were given a tour.

The Courts at Village Square is located at 738 SW 12 Ave. on the western portion of the 18-acre parcel owned by the Delray Beach Housing Authority.

The development consists of one building with an integrated clubhouse. This allows the residents to move about and visit their neighbors in safety without exposure to the elements. The building has three stories and is designed to blend nicely with the surrounding neighborhood.

The Courts at Village Square consists of 42 one-bedroom/one bath and 42 two-bedroom/two bath units. All 84 units are restricted to seniors 62 years and older.

The units are Project Based Section 8 and are rented to eligible families making 60 percent or less of area median income. The units

have amenities that include: washer/dryer hookups, a large kitchen pantry, Energy Star rated appliances, window treatment, cable TV hookups in living rooms and master bedrooms and Energy Star ceiling fans in all bedrooms and living rooms. The Clubhouse has a media center, kitchen, computer room, seating room and a pool. The entire development incorporates Green Building construction and energy efficiency principles.

“All people within our community deserve to have adequate housing options and opportunities. While the Courts of Village Square fulfills only a partial need, it is another step toward promoting housing affordability as a vital focus as



(Front Row, Left to Right) David Brandt, Rev. Marcia Beam, Dorothy Ellington, Commissioner Shirley Johnson, Mayor Shelly Petrolia; Back Row: Jeff Costello, Mark Lauzier, Guarn Sims, Clifton Phillips, Greg Wicklman, Jesse Saginor and Ezra Krieg. Submitted photo.

our community continues to grow and change,” Mayor Shelly Petrolia said. “The values that are central to the City’s vision—diversity, inclusivity, sustainability—are supported by providing a range of housing affordability.” ■



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# Grand Lux outdoor expansion approved

By: Diane Emeott Korzen Contributing Writer

Area favorite restaurant Grand Lux Café at the Town Center Mall will soon double its outdoor seating area – from 58 outdoor seats to 116 outdoor seats when its outdoor expansion is complete.

Boca Raton City Council members unanimously supported the expansion last month.

The expansion involved approval to reduce the number of parking spaces that would be required from five to zero.

The current patio totals 940-square feet and will be increased to 2,140-square feet. The 1,200-square-foot expansion will accommodate 116 seats with six of them being handicap accessible.

“I see this as an improvement that will add some vibrancy,” said Council Member Andrea Levine O’Rourke. “My assessment is, there are less people shopping today,” she added, regarding approval of the technical deviation to no longer re-

quire five additional parking spaces.

Grand Lux has been at its Town Center Mall location since September 2006. Outdoor seating is said to be a common feature of all Grand Lux restaurants, with the outdoor expansion prompted by public demand.

“We have a real jewel in the Town Center Mall that is becoming more a lifestyle center,” Mayor Scott Singer said.

Singer said he had been to Grand Lux Café a number of times. Deputy Mayor



Grand Lux rendering after outdoor seating expansion. Submitted photo.

Jeremy Rodgers said he had had beignets there.

The expansion will include a reconfigured walkway, expanded railing and posts and new, enhanced landscaping. ■

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# What you need to know about Boca Bridges, GL Homes' newest luxury community

## It's making the country clubs jealous:

It's finally time to be able to live in Boca Raton in a luxury community without having to pay the astronomical assessment charges of the country clubs. This new lifestyle model is disrupting the old country club model and the reason why The Bridges and Seven Bridges were instant sales successes. This new Boca Bridges community is perfectly situated for residents to enjoy the spoils of both Boca Raton and Delray Beach, including incredible dining, shopping and cultural choices.

## 31 Floor Plan Flavors:

Try and say that five times fast! Like the iconic Baskin-Robbins ice cream menu of 31 original flavors... the same is true at Boca Bridges as it is offering a total of 31 floor plans ranging from approximately 2,500 to over 7,800 air-conditioned square feet, 10 of which are brand new designs. Many of the homes feature flexible options such as club and media rooms, private libraries and exercise rooms, so they can be catered to fit individual lifestyle needs. They are also introducing two stunning new modern

architectural designs that will be in their Modern Collection. The other collections include: The Atlantic, The Pacific, The Coastal, and The Empire.

## What will take place at the clubhouse?

The Boca Bridges' 27,000-square-foot clubhouse will rival any other clubhouse in Boca Raton with amenities for all ages. It will include:

- Full service restaurant with full bar and menu to satisfy a wide variety of tastes.
- A Grande Lounge for Happy Hour and Sushi nights with live entertainment.
- A resort-style pool with opulent shade cabanas, a sundeck, spa, poolside bar and a separate lap pool.
- Splash Park and shaded playground for the children.
- Fully-equipped fitness center, group fitness studio, multi-purpose room and men's and women's locker rooms complete with deluxe saunas and a peaceful massage room.
- Indoor sports court, game room, and card salon.
- The Boca Bridges Tennis Center will fea-



A rendering of the clubhouse and tennis courts at Boca Bridges. Submitted photo.



A rendering of the entry to GL Homes' Boca Bridges. Submitted photo.

ture 6 lighted Har-Tru tennis courts, 4 lighted Pickleball Courts, pro shop, shaded courtside pavilions, stadium-style seating, locker rooms and showers.

## What's is the Boca Bridge's lifestyle?

It's a robust lifestyle. Residents will start their own clubs or join in on the robust HOA events scheduled each month by the onsite Lifestyle Director. Clubs that will be available: Basketball Club, Empty Nesters Club, Mystery Mayhem Club, Wine Club, Red Meat Lovers Club, Singles Club, Cakes for Kids Club, Men's High Stakes Poker Club, Men's Philanthropy Club and Women's Golf Clubs.

## Who are the buyers who seek the Boca Bridges lifestyle?

Simply put... any demographic seeking to live in luxury. If you are looking for options to entertain the kids, then Boca Bridges offers sports, playgrounds, pool activities, and a game room with rotating video games. If a resident is looking for fitness, then they can cancel their gym membership as Boca Bridges will offer 60 group fitness classes each month and an onsite Fitness Director who will schedule personal fitness sessions, stretch sessions, as well as massages. For more information please visit [www.glhomes.com/boca-bridges](http://www.glhomes.com/boca-bridges). ■



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Jim Pappas 717-314-4099

Paul Bidva 561-900-8602



**BAR HARBOUR**

RX-10382182 \$524,900

Jeanette Alexander 561-573-1454

# Should you buy a condo or a single family home?

By: **Christel Silver** Special to the Boca and Delray newspapers



According to the National Association of REALTORS®, condo sales are increasing year by year and have outpaced single family homes by 0.7 percent in 2017.

The first condo in the United States was built in Salt Lake City in 1960 and now there are more than 17 million units in the United States.

Millennials are looking for proximity to entertainment and dining and condos are frequently priced more affordably than single-family homes in downtown areas. Condos are also popular with “empty nesters” where the children are off to college and the parents are now looking for a new life style or want to downsize. No matter the age condos are becoming more attractive. Many buyers

are looking for convenience and smaller living places.

There are many reasons why you could choose one over the other, and it really depends on your lifestyle and goals. This might help you make your best decision.

## Pro condo:

- Condos frequently cost less.
- The monthly expenses can be less. Sometimes it does not look like this at the beginning, but the monthly condo fees often include water, cable, WiFi, building insurance, and more.
- If you are financing the purchase, your monthly mortgage payments can be less.
- Condos are easier to take care of. You can lock the door and go on vacation.
- The personal maintenance is clearly much less.
- Great amenities like pool, exercise room, business office, are often included.
- Best of all—Location. You can be downtown in the city, leave your car in the garage and walk to dinner and entertainment. For a young couple the short walk to the restaurant may be more important than a backyard!
- Less work and more free time. The association would take care of all exterior maintenance. Grass cutting and painting are all handled by the association.

## Against condo:

- There are more rules and restrictions. It is important that you research these

before buying. You do not want to have a surprise when your vehicle is not allowed or your pet is too heavy.

- Small storage space and less privacy could be an issue.
- If there are major repairs, you might have to pay a big assessment, which you have not budgeted for.
- Condos, in general, don't appreciate in value at the rate that homes do. It is sometimes harder to sell a condo than a single family home.
- Parking can be a dilemma for condo owners.
- Condos can restrict certain activities (smoking, BBQing on balcony).
- If your family grows you may need to move up to a larger unit.
- More difficult to get traditional financing.
- There may be rent restriction.
- The owner only has exclusive right to all property within the walls of his own condominium unit and all owners share ownership of the “common area.”
- Condo owners are generally restricted in the ways they can modify the exterior, and occasionally the interior.

## Pro single family homes:

- Houses typically have more living space.
- You can have a beautiful yard, where you can plant flowers and shrubs.
- You have more privacy.
- You do not share the walls and can make decisions alone like when and how you want to make repairs.
- No monthly dues for maintenance. You can do the yard work yourself or hire it out. Same with exterior maintenance.

- Except for some local zoning ordinances homeowners typically have the freedom to modify the exterior or interior or their property however they want to.
- Owning a house comes with the right to exclusive ownership of all the property you have purchased both inside and outside of the house.

## Against single family homes:

- Houses need much more work. When going on vacation, you need to have someone to take care of landscaping, watering, or security.
- The original price is typically higher.
- You have a higher monthly maintenance cost for insurance, water, electricity, landscaping, repairs, WIFI, cable, real estate taxes and more.
- Maybe you have a pool, but no other amenities.
- As a single family residence owner, you would need to schedule and handle all the exterior issues like roofing, painting, landscaping. ■

## 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. For more information visit [www.silverhouses.com](http://www.silverhouses.com).

# Ask an expert: Your HOA, condo questions

By: **Harris Katz, Esq.** Special to the Boca and Delray newspapers

**Q:** I am on the board of my condominium association and I am seeking some advice about the upcoming hurricane season. After last year being so active and ending with Hurricane Irma impacting most of Florida, I was wondering if you have recommendations for what we should do as a board as we are once again facing what is predicted to be an active hurricane season?



## G.R., Boca Raton

**A:** There are many things that you can do in preparation for hurricane season that go far beyond what we can include in this short response, but one of the most important things that you can do as an association at the start of every hurricane season, is work with your property manager to create a record of the current condition of the property by photographing all of the public and

common areas of the condominium property. These images could become vitally important in the event that you need to file an insurance claim due to hurricane damage. It is also a good practice for you to meet with your property manager to develop standard hurricane policies and distribute it to residents each year reminding them of all the things they need to do to prepare for hurricane season. One of the unique things about living in Florida is the number of snow birds that go back north over the summer, leaving their units unoccupied. Because of this, your hurricane preparation policy should include having those snowbirds move all outside furniture inside before leaving for the summer. On that note, be sure that you have updated contact information for all of those persons going out of town for the summer so that you can reach them should an emergency arise, including cell phone numbers. You should also remind owners about the importance of maintaining their own homeowner's insurance policies to cover their personal property within their units and their limited common elements.

One final thing that you should strongly consider is that if you are aware of leaks around the property involving common elements such as roofs or windows, have those items

repaired immediately, before we get deeper into the rainy season. Existing damage to common element items that are aggravated during a storm could increase repair costs and the association's potential liability to the owners, as well as potentially impacting insurance coverage. This repair work could also include trimming back trees and vegetation and having all windows inspected prior to a storm to identify and repair any weaknesses in the frames, seals, caulking or windows themselves. These steps will help to prevent an otherwise avoidable disaster. ■

*Harris B. Katz, Esq. is Managing Partner, Boca Raton, of the Law Firm Goede, Adamczyk, DeBoest & Cross, PLLC. Visit [www.gadclaw.com](http://www.gadclaw.com) or to ask questions about your issues for future columns, send your inquiry to: [question@gadclaw.com](mailto: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, PLLC. 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.*

# Interstate Plaza revamped as Palmetto Place by college roommates turned business partners

**By: Marisa Herman** Associate Editor

Mark Corlew and Anuj Grover were college roommates at the University of Florida who are now business partners at Grover Corlew, a real estate investment management group.

Their latest local project has been revitalizing Interstate Plaza, an old office building at 1499 West Palmetto Park Road located just off of I-95.

They gave it a new name, Palmetto Place, and a new look, both inside, which is underway, and outside, which is in the works.

Pompano Beach-based Grover Corlew purchased the 87,000-square-foot building in April 2016 off the market for about \$9.5 million and plans to invest \$6 million in renovating the space.

“We love the location,” Grover said. “Its well positioned right off of Palmetto and has a lot of parking.”

So far, the building has received a new roof, lighting and elevators. The ground floor has been upgraded with new tile floors and bathrooms and a 2,500-square-foot expansion of office space. The second and fourth floors were under construction last month.

The floors will have communal gathering spaces and they are working on adding amenities like a gym.



Anuj Grover. Submitted photo.



Mark Corlew. Submitted photo.

The duo said the goal is to have the building fully leased by the end of this year and all of the improvements completed by the fourth quarter of 2019.

The exterior will have an entirely new modern look with updated landscaping.

When Corlew and Grover began working together in 2011, their focus was on multi-family housing. They had a large portfolio with properties Nashville, Tampa and Atlanta that they ended up selling when they received an offer they said they couldn't refuse in 2014.

Then, they began to pivot their focus to office space in South Florida.

“We built two companies in seven years,” Corlew said. “Our goal is to be in all the major Florida markets.”

Currently, they own properties in Boca, Delray, West Palm Beach, Pompano, Orlando and other places. Their model is infill investment and redevelopment.

Their goal is to acquire more. To do so, they are looking at projects in South Florida, Orlando and Tampa.

“Our company today literally goes back to college,” Grover said. “We would look at nice houses and say we were going to go build it, we just weren't sure what it was.”

Grover Corlew is considering moving its headquarters from Pompano Beach to Boca Raton. ■



A rendering of the proposed new outside of Palmetto Place. Submitted photo.

## Associations – Who benefits?

**By: Karen Laurence** Special to the Delray and Boca Newspapers



More than 68 million Americans live in a community with an association, according to the Community Associations Institute, meaning 1 out of 5 of it's members is required to obey the rules and regulations of a con-

do, homeowner, or cooperative association.

Over the last 3 decades, most of the communities in South East Florida have either an HOA (Home Owner's Association), COA(Condo Owners Association) or a Co-operative with an association. What is their purpose and how does one derive benefit from them? Is it only for the homeowner?

It seems as if an Association is offered in all new and large developments as well as being there in the established and older mega developments such as Century Villages, Kings Point, High Point, and many others. It is a mandatory fee to be paid if you live in the community. In some ways, knowing that the pool services and the outside lawn maintenance, sometimes extending to the roof and outside painting, maintenance is all taken care of, is a blessing. The 55 plus community residents are happy to pay as they do not want to be responsible for that work themselves or have the bother of hiring an outside service. This is why people retire to Florida and other states such as North Carolina.

There is a need to have time for more leisure and their interests instead of mowing the lawn. For those reasons, the HOA or COA is a great feature and benefit. Something to remember is there are taxes, insurance, electricity, and water on top of the maintenance.

The Associations are providing benefits both to developers and to local governments. When the land is developed, there must be the infrastructure of sewers, electricity, and cable and phone lines. Roads have to be built which is done by the developers and maintained by the association, as well as landscaping maintenance, garbage pick-up and replacement of trees and shrubs. Bus services are sometimes provided as well as security. Whatever costs can be absorbed by the association is a bonus for both developers and local governments. The developers incorporate most all of their costs into the price of the home and the maintenance costs before they turn it over to the residences. The local governments do not have to raise the taxes. As a result, both entities, developers and governments, and other residents of South East Florida, reap a reward.

Associations have a benefit not only to their own communities, they add a value for the local residents who also enjoy some of the benefits and features. Though the pools and clubhouses are private, as anything within the development is, there are other things enjoyed by the general public making Associations seem worthwhile. When either a park is built with a playground or a lake donated to the County, anyone in the public is allowed to use it for its intended purpose.

Bear in mind that not every lake nor every playground is publicly accessible. Many developers donate part of the land of the development for public use as a sweetening affect to push through a new development. ■

*Karen Laurence is a sales associate with Keller Williams. She is a Technical Real Estate Instructor, Real Estate Agent and Certified Luxury Agent. 516-524-3953.*

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# Local school updates

## Nonprofit provides interest-free loans for higher education to Jewish students in need



Aron Weingard, Theona Daun & Franklin Homer attend a JELF event in Boca Raton. Submitted photo.

JELF (Jewish Educational Loan Fund) has been assisting the Jewish community since 1889 when the doors of the Hebrew Orphans' Home first opened in Atlanta, Ga.

Since then the organization has transformed twice: first, in 1931, when it began providing adoption and foster care services under the name Jewish Children's Service (JCS), and then, in 1961, when the organization began awarding interest-free loans for college and other forms of higher education. In 1989, the organization's name was changed to JELF.

Since 1961 JELF has awarded \$12 million across the five-state region of Florida, Georgia, North Carolina, South Carolina and Virginia (excluding metro-DC).

In South Florida, JELF has been making loans to students for 55 years and has more than \$1 million invested in the hands of local students.

In 2017, JELF awarded a total of \$1,000,046 to 273 students. JELF made loans to 19 students from Palm Beach County in 2017 (and \$260,000 throughout South Florida alone!) totaling \$90,166.

This figure represents more money to more students than ever before (as a comparison to 2007, JELF granted loans to 121 students for a total of \$604,709). This increase in demand is a direct result

of the cost of a public education rising 33 percent over the last 10 years alone, and a private education rising 26 percent, according to the National Center for Education Statistics. This increase has risen faster than the rate of inflation, creating a lack of resources for families who did not previously have need but now do, based on today's standards.

JELF's last-dollar lending policy is designed to serve students who would otherwise have to take out high-interest loans, incur large credit card balances or simply forego their higher education completely. While JELF often serves students who have faced sad situations during their lives, many recipients simply come from middle class families who are struggling to pay for the increased cost of higher education.

In March, JELF hosted a cocktail reception at Farmer's Table. At the reception, guests learned about JELF's value firsthand through stories from several guests, including a woman in her 30's who attended the University of Florida and is currently repaying her JELF loans, an alum in his late-30s, now an attorney who gives back to the organization, and the mother of a recipient who is currently attending Columbia University, set to graduate this May. JELF is committed to helping students attend undergrad, as well as graduate and vocational/technical school.

JELF has two application periods each year: March 1 – April 30 for the full upcoming school year (fall, spring & summer); and September 1 – 30 for the following spring and/or summer terms.

For more information about applying for JELF or to make a donation, visit [jelf.org](http://jelf.org) or send an email to [info@jelf.org](mailto:info@jelf.org).

### Eda and Cliff Viner Community Scholars Foundation partners with Florida Prepaid College Foundation

Eda and Cliff Viner Community Scholars Foundation announces their partnership with the Florida Prepaid College Foundation.

The partnership will grant a 4-year university plan scholarship to a local Boca or Delray student named the Florida Prepaid Legacy Match. The arrangement includes a match of funds totaling in \$26,000 from both the Viner's Scholars Foundation and Florida Prepaid Foundation.

The student that is chosen must comply with the merit and need based criteria as well as be attending a public, Florida college or university. To qualify for the Florida Prepaid Legacy Match Scholarship, students must have a 3.0 unweighted GPA or higher, complete 100 or more hours of community service and have a substantial financial need. As part of the scholarship, students must participate in an extensive mentoring program and will be given access to the Viner Community Partners that provide social services and support for scholars.

With the help of the Florida Prepaid Legacy Match scholarship, the Viner Scholars Foundation is looking forward to funding an additional student in addition to the 25-30 they will accept this year.

### Comcast awards \$27,000 in college scholarships to local students

Through its Leaders and Achievers' Scholarship, Comcast recognized Palm Beach County students' achievements in and out of the classroom by awarding \$27,000 of college scholarships to 27 Palm Beach County students.

The program, funded by the Comcast Foundation, is a one-time, \$1,000 scholarship awarded to the best and brightest high school seniors for their community service, academic performance and leadership skills. Since 2001, more than \$28 million has been awarded to nearly 27,000 high school seniors across the country as part of the Leaders and Achievers Program.

### In Delray and Boca, recipients include:

- Sage Albert of Boca Raton, Alexander W. Dreyfoos Jr. School of the Arts
- Gabriela Alvarez Perez of Lake Worth, Florida Atlantic University High School
- Tieshe Arne of Delray Beach, Village Academy School on the Art and Sara Jo Kobacker Campus
- Jason Brackett of Boca Raton, Spanish River Community High School
- Lauren Brown of Boca Raton, Palm Beach Virtual School
- Kaylee Cunningham of Boca Raton, Olympics Heights Community High School
- Eva Demsky of Boca Raton, Donna Klein Jewish Academy
- Myrline Germain of Delray Beach, At-

lantic Community High School

- Lauren Morejon of Boca Raton, Boca Raton Community High School
- Julia Ornelas of Boca Raton, West Boca Raton Community High School

### Dozens of county students earn National Merit Scholarships

This year, the National Merit Scholarship Corporation recognized over 30 Palm Beach County senior students in their annual National Merit Scholarship Program. After rigorous SAT testing and scholarship applications, the most distinguished high school seniors are awarded scholarships in one of three categories: Corporate-Sponsored Scholarships, National Merit \$2,500 Scholarships, or College-Sponsored Scholarships.

In Boca and Delray, 11 students took home scholarships. Winners attended Boca Raton High School, West Boca High School, Spanish River High School and Atlantic High School.

### Congresswoman Lois Frankel hosts military academy send-off



Congresswoman Lois Frankel invited local students headed to military academies to her Boca office. Submitted photo.

Congresswoman Lois Frankel invited seven local students who will be attending military academies next year to a send-off at her Boca Raton office last month.

The students will be attending academies including the Naval Academy and the Air Force Academy. Rep. Frankel gave each student a commemorative coin and spoke with them about their achievements and goals for the future. ■



From left to right: Wyatt Boswell from Wellington, Air Force Academy Prep School (Air Force Academy); Christopher Altonen Whipp from Boca Raton Community High School (Naval Academy); Zachary Beatty from Wellington High School (Air Force Academy); Kyle Tatton from Boca Raton Community High School (Air Force Academy); Congresswoman Lois Frankel; Stephan Brower from St. John Paul II in Boca Raton (Naval Academy); Kacey Elizabeth Moore from Wellington, Naval Academy Prep School (Naval Academy); and Richard Evan Ebersole from Suncoast High School in Riviera Beach (Naval Academy). Submitted photo.

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# Multiple offers submitted from developers vying to redevelop part of West Atlantic Avenue

By: **Marisa Herman** Associate Editor

Equity Enterprises is not the only developer interested in redeveloping several blocks of West Atlantic Avenue in downtown Delray Beach's The Set.

Five additional developers submitted proposals to the Community Redevelopment Agency with their ideas for the property, which is owned by the agency.

Currently, the agency board is considering moving forward with an already approved project proposed by Equity in 2013. The project, which was approved by city officials in 2015, was on and off after the developers failed to close on the property.

But, the development team told the agency it is prepared to complete the project in a letter sent in April. It includes adding, offices, shops, restaurants and a grocery store to the 600-800 blocks of West Atlantic Avenue. The developers agreed to pay \$1 million for the land in the 2013 deal.

Before the agency board could move forward with the plans, it legally had to give other interested developers 30 days to submit their ideas.

That 30 day period closed mid-June.

Letters of interest came from: Altman Development Corp., BH3 Management, KAREP, Keller Williams Preferred Partners, New Urban Communities and Prime Group.

CRA board members said they would like to schedule a workshop to discuss the options. The date has not been scheduled as of press time.

**A look at highlights from new proposals in alphabetical order:**

**Altman Development Corp.**

- Offered \$3 million
- 600 block- grocer, retail and civic public space
- 700 block- Neighborhood services, activate frontage to west atlantic, office space, pedestrian connectivity
- 800 block- Multi-family housing

**BH3**

## Delray sailors

[FROM PG 2] nonprofit or wear a Warrior Sailing shirt while they film. And instead of just sending a Happy Together shirt to fans, they ask that they make a \$25 donation in exchange for the merchandise.

In addition, they helped sponsor a camp in Annapolis, Md. where they spoke about the benefits of sailing for leisure cruising. They also hosted a "Beyond our Camps" event in California where they invited graduates of the program onto their vessel for a half-day sailing experience.

"Going to the Warrior Sailing events is so rewarding," Randy said. "They are all broken and anything we can do to help repair them."

Being Delray residents, the couple wants to bring Warrior Sailing to their hometown for an event.

- Joint venture between BH3 management and Levy Land Trust
- Offered \$6 million
- Mixed use project with grocery store totaling 30-40,000-square-feet

**KAREP Kayne Anderson Real Estate**

- Offered \$2 million
- A letter of intent from Vegan Fine Foods
- 112 units, 4 efficiencies per floor, 15 1-bedroom units per floor, six 2-bedroom units per floor and three 3-bedroom units per floor with 178 parking spaces
- 145,000-square-foot-residential space
- 137,000-square-foot outdoor public space
- 16,000-square-foot supermarket with 72 parking spaces
- 54,000-square-foot of office space with 61 parking spaces
- 23,000-square-foot of retail/restaurant space with parking

**Keller Williams Preferred Partners**

- Offered \$2.85 million
- Grocery store, pharmacy, health and wellness facility, financial institution, family/social entertainment
- Affordable housing

**New Urban Communities**

- Offered \$4 million
- Was the No. 1 plan recommended by CRA selection committee in 2013 and by WARC
- 184 residential units in original proposal, now between 150-195 units
- 41,500-square-foot of retail, office space, restaurant space and a grocery store in original proposal, now 28,000-square feet of retail and office and grocery store at least 18,000-square- feet.

**Prime Group**

- Offered \$3 million
- 42,000-square-foot retail including full service supermarket
- 48,000-four-story office building with retail on first floor
- 108 room hotel
- 68 rental apartments
- Built Fairfield Inn in The Set ■

They are working with the group to plan a Beyond the Camp event in Delray where alumni will be able to spend the day on Hobie Cat sailboats. Details are still being hashed out and a date will be forthcoming.

And for their next adventure? They will be sailing the boat back to Florida by the end of year just before a new boat, the Leopard 50, arrives in January.

They will spend a year outfitting the boat before joining World ARC 2020, a rally that starts in Saint Lucia and ends in Australia.

"We are having a really good time with this whether the camera is on or not," Randy said.

To subscribe to their YouTube channel, visit <https://www.youtube.com/user/rksmith5464>

To learn more about Warrior Sailing, visit <http://warriorsailing.org> ■



## A SLICE OF DELRAY HISTORY!



By: **Kate Teves Delray Beach Historical**

**Society archivist** Special to the Delray Newspaper

“Just a bit of refreshment!” That’s the lively note written on the back of this image. It hails from a July 4<sup>th</sup> celebration at the Delray Beach Pavilion where young and old gathered to celebrate their country.

Like most women of the time, these two are dressed head-to-toe in white linen. The long, modest dresses were relatively unrestricting and protected their wearer from mosquitoes and other pests. (You can see one of these dresses on display in our current exhibits.)

It’s easy to imagine just how frustrating it must have been to keep these dresses clean along Delray’s dirt roads. Maybe that is why several of Delray’s earliest female set-

tlers banded together in 1902 to build a sidewalk along Atlantic Avenue. They called themselves the Ladies Improvement Association, and they were determined to build their little frontier settlement into a cleaner, more civilized town.

Following the success of their sidewalk project, the ladies set off to do more: they replaced the lighter barges over the canal, established the town’s first cemetery, built a town hall, started the first newspaper, built the first library, organized clean-up days for the city; secured land from owners on both sides of Atlantic Avenue to widen the street; petitioned for the right of women to vote in local elections; helped pay the salary of the public school janitor; promoted a community Christmas Tree, gave a New Year’s Day reception open to the public; gave the Board of Trade banquet; took charge of bath houses and pavilion; beautified the school grounds; donated the Hall for public meetings; held community singing programs; and sponsored welfare examinations for babies and so forth!



Photo courtesy of the Delray Beach Historical Society.

Their legacy continues in the work of the Delray Beach Women’s Club – a robust network that, like the women of the early 20<sup>th</sup> century, joins together to create positive change for the citizens of our town.

As you celebrate the Fourth of July this year, join us in remembering the pioneering women who built Delray into the city we love today. It wasn’t by accident that Delray became one of the best little towns in America. ■



Noah Cappe with Mr. Garlic. Photo courtesy of Festival Management Group.

## South Florida Garlic Fest featured on Carnival Eats Season 6 premiere ‘Garlic Angels’

**Staff report**

Tune into the Cooking Channel’s season premiere of Carnival Eats on July 15 at 9 p.m. to see the South Florida Garlic Fest featured.

Festival Management Group, which is in charge of the putting on the event, is hosting a viewing party at Buddha Sky Bar from 8-10 p.m.

The event company’s Wellington Bacon & Bourbon Fest will also be featured during the fall season of the show.

Both events have origins in Delray Beach.

Garlic Fest will return to John Prince Park from Feb. 9-10. Bacon & Bourbon Festival heads back to the Village of Wellington Community Center & Amphitheater on March 22-24. ■

## Trio of Delray businesses team up for ‘Rock the Block’ event

**Staff report**

Bella Reina Spa, Affluent Finds and 2<sup>nd</sup> Time Around have teamed up for the 1<sup>st</sup> Annual Rock the Block for Cancer on George Bush Boulevard.

From 4-7 p.m. on July 19 you can enjoy shopping, sips and savories while supporting the fight against cancer.

From luxury boutique shopping to a mini spa package, the event will be filled with something for everyone.

Each business, located in the 800 block of George Bush Blvd., will have exclusive offers, rocking sales discounts, jazz music by Andrew Mayo, light bites and door blockbusters to celebrate.

Bella Reina Spa, celebrating their ninth year in business, is the prestigious winner of the Best Day Spa in North America. Touted in the New York Times for skin care coaching, the spa will have a Mini Spa Package set up for guests. The spa stations include Keratin Hand Glove Treatments, Green Tea Organic Leg Massages and Mini Blueberry Enzyme Facials. Tickets cost \$25 in advance and \$30 at the door, with 50 percent of the ticket proceeds going to American Cancer Society. Other Rock

the Block specials include product giveaways and a spa raffle.

Affluent Finds, the top rated Delray Beach resale boutique offers a fantastic selection of all the top designer brands that their clients know and love, such as Armani, Chanel, Dior, Dolce & Gabbana, Escada, Gucci, & Valentino, just to name a few. Celebrating nine years in business, Affluent Finds celebrates a love of high end fashion and luxury retail. The Rock the Block specials include 20 percent off everything in the store (sale merchandise too!) and you can enter to win a \$100 Affluent Finds gift card.

Second Time Around Consignment Boutique is a Delray Beach staple and celebrating 40 years in East Delray. Not only does the boutique have consignments, but they focus on Vintage, and hard to find unique shoes, purses and clothing. Popular designers include LV, Chanel, Pucci, Gucci, Fendi, Lilly, j.McLaughlin and Gretchen Scott. While shopping here, experience the unique fashion stylists’ expertise in re-making you from “head-to-toe.” The Rock the Block specials include: buy 2 get 1 free on all clothing, \$100 gift certificate raffle and every 30 minutes free give-a-ways. ■

## Order ‘Taste of Haiti’ box to your doorstep

By: **Marisa Herman** Associate Editor

You can now sample the flavors of Haiti without visiting the country, thanks to a new subscription “Taste of Haiti” box.

Taste Haitian food without leaving your home when you sign up to subscription, which will provide you with food products, beauty and jewelry from the island country, every other month.

Vendors vary from Rhum Barbancourt, Valmas Cremas, MelangeHaiti and HaiTea to Caribrew, Rebo Mamba and Kreyol Essence. From the array of choices, the “Taste of Haiti” Box ensures that no two products will be duplicated and guarantees the authenticity of every item.

Alnie Innocent said she came up with the subscription box, which she will launch on July 14, after selling Hai-

tian products at the Delray GreenMarket.

“I wanted to introduce Haitian product in the Delray market,” she said. “People can give a gift box to their friends and to people who aren’t Haitian so they can taste the culture.”



She said she the idea popped into her head about two years ago after a Delray chamber member asked if she had some of her Haitian products.

Innocent said the box may have items you can snack on or cook. They will either be made in Haiti or have an ingredient with ties to the country.

If you sign up in July, your first box will arrive in August, she said.

For information on how to subscribe visit [www.tasteofhaitibox.com](http://www.tasteofhaitibox.com) or email [info@tasteofhaiti.com](mailto:info@tasteofhaiti.com). ■

# Heres what we think...

**By: Jeff Perlman** Editor-In-Chief

Recently, we found an old menu on Facebook from Tom's Place, an iconic culinary mecca that once ruled Boca Raton.

And we mean mecca, because people made pilgrimages to Tom's Place to worship at the altar of Tom's sublime bbq ribs.

The Boca Historical Society shared the post and it got a big reaction on their page.

Aside from the really low prices (\$1.50 chicken sandwiches!) it struck a chord of nostalgia in those of us lucky to have experienced Tom's amazing food.

We remember visiting Tom's many years ago where we witnessed someone going up to the take out window and ordering brisket which was met with a quizzical look. We talked about that experience for years.

But we digress.

Nostalgia is a powerful thing. We tend to remember the good stuff and disregard the rest. So we remember Tom's but tend to forget that we weren't exactly awash

in restaurants back in the 80s. Of course, there were some great places—the Arcade Tap Room, Boston's on the Beach, Scarlett O'Haras, Ken and Hazel's, Damiano's, Pineapple Grille, Splendid Blendeds, LaViel-le Maison, Arturo's, Caffe Luna Rosa and there is more.

But...

As good as the old giants were and are (here's looking at you CLR), it seems like we are living in a golden age of restaurants.

Everywhere you look, even in nondescript locations, there exists some great restaurants.

Innovative menus, knowledgeable servers, gifted chefs, interesting interior designs, exciting craft cocktails and beers, world class wine lists, unique concepts. We are living in a special era. And the arms race seems to be just beginning.

Food halls, green markets, secret suppers, farm to table concepts, craft breweries, food tours, food trucks it's extraordinary. Even convenience stores are turning into

foodie havens, with artisanal sandwiches, kale salads and specialty breads.

We are also living in a great age of creativity.

To combat e-commerce and to stand out in the crowd, retailers, theater owners, hoteliers and even office developers are stepping up their games. (Boutique hotels, co-working, pop-up concepts etc).

For retail it's all about the experience.

Movie theaters have added food, plush seating, film clubs and cocktails—a far cry from sticky floors, popcorn loaded with trans fats and jujubes (remember those odd fruit chews?). While the changes are rapid and ongoing (please save the raisinet) the outcomes are pretty cool. Some local examples are iPic and the Living Room Theater at FAU. Both have raised the bar on the movie going experience and both seem to be doing well in the era of streaming and binge watching Netflix.

Sometimes the changes and the speed of change seems overwhelming. So yes, we miss the good old days.

But isn't today and tomorrow exciting? ■

# Letter to the editor

Every 17 hours a Florida child is either injured or killed by gun violence. Last week we discovered that Florida institutions failed to protect our children.

Adam Putnam's Department of Agriculture failed to conduct background checks on tens of thousands of concealed-carry permits. This is unacceptable and reprehensible. A mailroom staffer stopped reviewing background checks on applicants because she couldn't log into the system.

From Pulse Nightclub to Stoneman Douglas - hasn't our state been through enough?

Floridians deserve a full accounting of this dangerous episode in ineptitude. Putnam should resign from his post as head of the Department of Agriculture and Consumer Services. He should also withdraw from the governor's race based on this monumental failure of leadership. ■

—Joanna Sackel- Volunteer, Florida chapter of Moms Demand Action for Gun Sense

# Op/ed: Suicides on rise, local help available

**By: Robert Weinroth** Special to the Boca Newspaper

In junior high (the precursor to middle school), I vividly recall reading a narrative poem written by Edwin Arlington Robinson, first published in 1897 and later to serve as the basis of a Simon & Garfunkel song, "Richard Cory"



Coincidentally, Boca Raton's Promise - The Alliance For Youth was established in 1999, in response to Retired General Colin Powell's visit naming Boca Raton a Community of Promise. Founding Board Member and Executive Director, Rita Thrasher has focused attention on mental health priorities establishing outreach to cities and County stakeholders. **Breaking The Silence** would become the project banner for community education and awareness with the objective of removing the stigma of mental illness and starting community conversations.

Most recently, Thrasher has launched **I Am 1**, a documentary project recognizing that many are affected by mental illness.

The American Association of Suicidology has published a list of Suicide Warning Signs an easy-to-remember mnemonic: **(IS PATH WARM)**:

- Suicidal **ideation**, suicidal thoughts.
- Increased **Substance** (alcohol or drug) **use**
- No reason for living; no sense of **Purpose** in life
- **Anxiety**, agitation, unable to sleep or sleeping all of the time
- Feeling **Trapped** - like there's no way out
- **Hopelessness**
- **Withdrawal** from friends, family and society
- Rage, uncontrolled **Anger**, seeking revenge
- Acting **Reckless** or engaging in risky activities, seemingly without thinking
- Dramatic **Mood changes**

If you or someone you know might be at risk of suicide, you can find help here in Palm Beach County, Okeechobee or the Treasure Coast

at the 211 Help Line which can be reached by Calling: 2-1-1; or (561) 383-1112; or (866) 882-2991

211 Helpline can also be reached by Texting, Online Chat, or by Email. To Text: text your zip code to 898211.

The trained specialists at the 211 Crisis Call Center are required to go through an extensive 100-hour training before they take their first call. The Center, located in Lantana answers an average 300 calls a day. Since the recent passing of Anthony Bourdain and Kate Spade, the Center has seen a spike in calls about suicide.

Historically, when a high-profile person dies by suicide, the "celebrity-suicide effect" often leads to copycat deaths. In the four months after Robin Williams took his life in 2014, there was a 10 percent increase (almost 2,000 additional suicides)!

The Suicide Prevention Lifeline gives these suggestions if a friend or loved one is thinking about suicide:

Be direct. Talk openly and matter-of-factly about suicide.

Be willing to listen. Allow expressions of feelings. Accept the feelings.

Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.

Get involved. Become available. Show interest and support.

Don't dare him or her to do it.

Don't act shocked. This will put distance between you.

Don't be sworn to secrecy. Seek support.

Offer hope that alternatives are available but

do not offer glib reassurance.

Take action. Remove means, like weapons or pills.

Get help from people or agencies specializing in crisis intervention and suicide prevention.

It can be scary when a friend or loved one is thinking about suicide. It's hard to know how a suicidal crisis feels and how to act. Call the 211 Helpline or the Suicide Prevention Lifeline at 800.273.TALK (8255) at any time for help if a friend is struggling. ■

## 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

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