

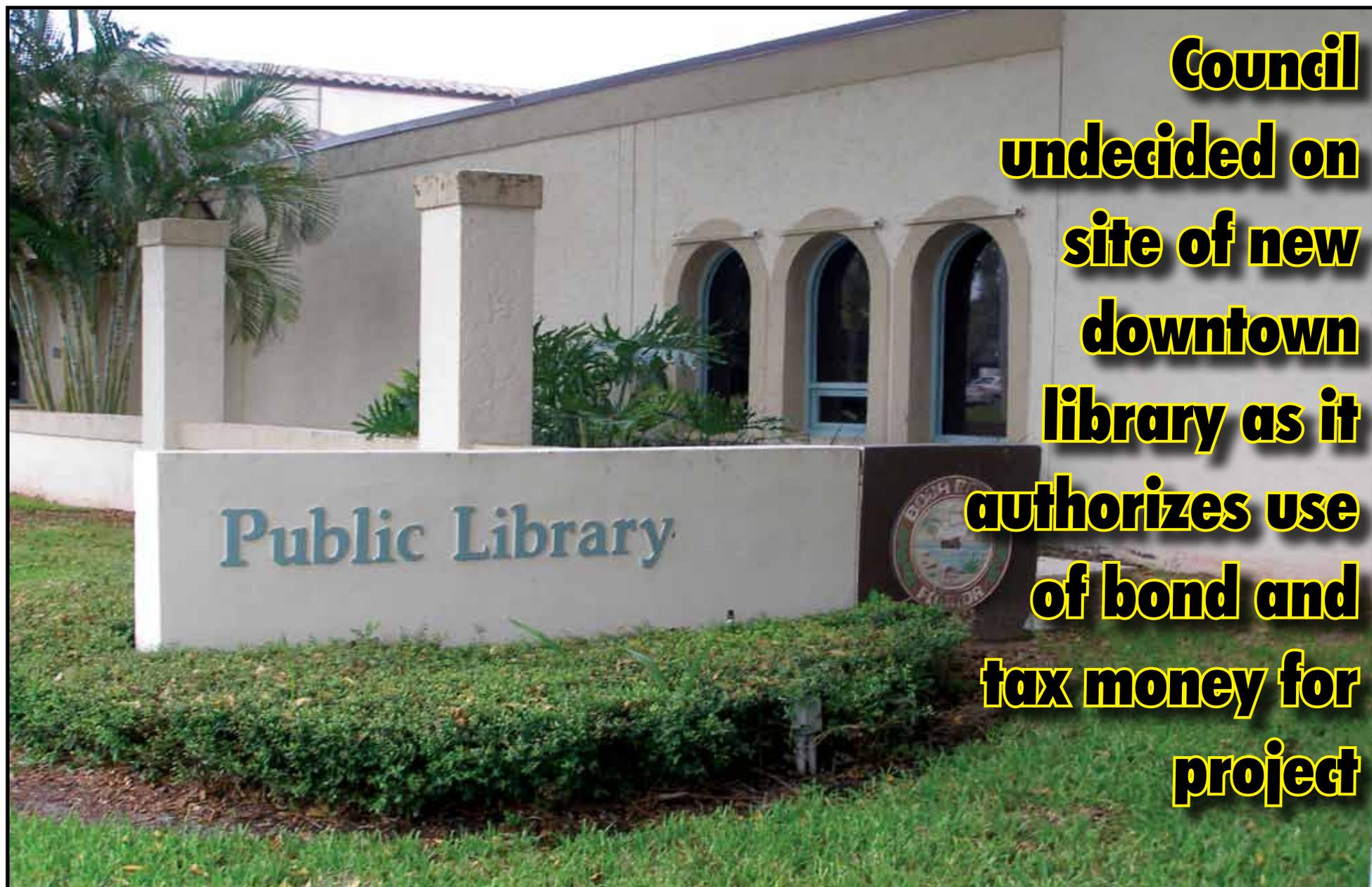
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East /West Boca Raton, Highland Beach , Delray Beach FL - July 22 through August 4, 2010 •Year I •Number 010



Council undecided on site of new downtown library as it authorizes use of bond and tax money for project

SPORTS

The Three Kings of Miami

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Tropical Updates

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COMMUNITY

Breast cancer survivor receives Goodman Award

See on page 8



Stem Cell Transplant Institute offers hope for cancer victims

See this article on page 25

**Quote
of the Week**

He who walks with wise grows wise.
Proverbs 4:1

Briefing

The Boca Raton Tribune

Paul Triviabits

By Paul Paquet

When country rocker Gram Parsons died of a drug overdose, his hippie friends literally stole his body from LAX and tried to cremate it in Joshua Tree, Calif. The amateur cremation went badly, the hippies were eventually arrested, and whatever was left of Parsons was buried in Louisiana. A cop with a sense of humor called it "Gram Theft Parsons," which is pretty clever.

Who was supposed to sing on U2's "Love Rescue Me," only to bail for a Traveling Wilburies tour?

- A) Bob Dylan
- B) Allen Ginsberg
- C) BB King
- D) Luciano Pavarotti

Previous answer: U2 wanted Dylan to sing for them.

Top 10 US Newspapers by Circulation

1. USA Today
Circulation: 2,281,831
2. Wall Street Journal
Circulation: 2,070,498
3. New York Times
Circulation: 1,121,623
4. Los Angeles Times
Circulation: 907,997
5. Washington Post
Circulation: 740,947
6. New York Daily News
Circulation: 708,773
7. Chicago Tribune
Circulation: 643,086
8. New York Post
Circulation: 565,679
9. Long Island Newsday
Circulation: 527,744
10. Houston Chronicle
Circulation: 477,493

Eureka!

By Scott Lafee

QUIRKS OF NATURE

Scientists at the Southwest Fisheries Science Center in La Jolla, Calif., say fuller and more detailed genetic analysis indicates there is more than one species of orca or killer whale. Researchers had long suspected as much because killer whales in various parts of the world often exhibit distinct differences in behavior, feeding preferences and subtle but varied physical features.

PRIME NUMBERS

11 - Age, in millions of years, of a newly discovered species of ancient primate, whose fossil remains were found beneath a Spanish garbage dump in Catalonia

Source: Science

BRAIN SWEAT

Translate these rebuses:

1. I knows
2. way or weigh
3. uPLATm

VERBATIM

"Every generation of humans believed it had all the answers it needed, except for a few mysteries they assumed would be solved at any moment. And they all believed their ancestors were simplistic and deluded. What are the odds that you are the first generation of humans who will understand reality?" -- Scott Adams, creator of the comic strip "Dilbert"

1. won by a nose
2. one way or the other
3. platinum
BRAIN SWEAT ANSWER

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Death notices placed through our Classifieds Department include 7 lines of text, which includes:

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Top Click

on bocaratontribune.com

1. Oleda Talks...
2. Boca Bits by Barry Epstein
3. Grand Opening of VIVO Restaurant
4. Boca Raton Police Charge Pair In Bank Fraud Case
5. Hurricane Season

July is Parks and Recreation Month

Governor Charlie Crist has signed a proclamation declaring July is Parks and Recreation Month. The Florida Department of Environmental Protection's Florida Park Service encourages Florida's citizens, to visit a Florida state park for outdoor recreation in July. Visit a park in Boca Raton this month. Go to <http://www.ci.boca-raton.fl.us/rec/parks/> to find one near you.

The Epilepsy Foundation Offers free bike helmets

The Epilepsy Foundation is offering free bike helmets to Florida families. Call 1-877-53EPILEPSY, or visit www.epilepsyfla.org to receive your free bike helmet.

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Municipal News

The Boca Raton Tribune

Woman reports her handbag snatched in Kmart parking lot



BOCA RATON - Detectives with Boca Raton police are combing through evidence and speaking with witnesses to help identify the person responsible for ripping the purse off a woman's arm July 5. The incident happened around 9:30 p.m. in the Kmart Plaza parking lot at 1401 West Palmetto Park Road. Public Information Of-

ficer Sandra Boonenberg said the victim, a Kmart employee, was leaving work and walking to her car while talking on her cell phone. She said she noticed someone sitting on the bike rack, but didn't pay any attention to him. Moments later, as she was getting into her car, she said the same person grabbed her purse and began pulling it off her arm, Boonenberg said. The victim struggled with the suspect and yelled for help. That's when the suspect reached into the purse, pulled out the wallet and took off. Bystanders hearing the

commotion began chasing the suspect, but they lost him as he ran up the on-ramp to I-95. Witnesses found the victim's wallet and sunglasses in the grassy area of the entrance ramp to the interstate. The victim and witnesses describe the suspect as a white male in his early 50's with gray hair, about 5'8" tall and weighing about 165 pounds. He was wearing a dark blue shirt and tan cargo shorts. Anyone with information is asked to call Detective Juan Carlos Pijuan at (561) 338-1387 or Palm Beach County Crime Stoppers at (800) 458-TIPS.

Boca Raton police charge pair in bank fraud case

BOCA RATON - Boca Raton police charged two people July 10 in connection with an alleged fraud incident at the Chase Bank at 714 West Yamato Road. Public Information Officer Sandra Boonenberg said Maria Purgavie, 23, of Boca Raton and Jason Moore, 27, of Lauderdale Hill, were charged with uttering a forged document, organized scheme to defraud, grand theft, identity theft, theft of a driver's license and social security card. Moore was additionally charged with

theft of a tag.

Officers responded to the bank about 10:30 a.m. after receiving a report that a woman driving a gray Toyota was stopped in the drive-through lane. A teller said the woman, who was wearing a white shirt and blonde wig, was impersonating a customer and was attempting to withdraw several thousand dollars. Boonenberg said the teller was alerted to the fraud when the identification presented by the suspect did not match her appearance. The teller also real-

ized the customer was on vacation and her identity had been stolen several months ago. Before officers arrived, the suspect left, heading east on Yamato Road. Officers were able to stop the vehicle before it entered I-95, said Boonenberg. The driver was identified as Maria Purgavie and officers located Jason Moore in the rear seat, she said. Witnesses at the bank identified the female. As a result, Boonenberg said, officers arrested Purgavie and Moore.

Palm Beach County receives half-million dollar grant for homeless prevention

Palm Beach County has received an award from the Department of Children and Families (DCF) for a Homeless Prevention and Rapid Re-Housing Program (HPRP) grant to help homeless families move into rental housing. A total of \$484,916 was awarded to the Palm Beach County Continuum of Care for rapid re-housing services. These will be administered by the county's Division of Human Services, contracted to

Adopt-A-Family and provided in the form of rent, utilities and case management to 45 homeless families and 15 homeless individuals through June 30, 2011. The funds are available through the balance of a \$21.5 million grant for the Homeless Prevention and Rapid Re-Housing Program awarded to DCF in June 2009 through the U.S.



Department of Housing and Urban Development (HUD) under the American Recovery and Reinvestment Act of 2009.

A safety tip from Boca Raton Police

Q: What do I do if I am pulled over by an unmarked car and I am concerned it might not be a police officer?

A: The chances that you are being pulled over by someone impersonating a law enforcement officer are low, however, if you have any concerns slow and activate your hazard lights and call 911. If you choose to stop prior to confirming that it is in fact a law enforcement officer, make sure you do so in a well lighted, populated area out of the flow of traffic.

Crime and safety questions are answered by Officers from the Boca Raton Police Services Department's Crime Prevention Unit.

www.bocaratontribune.com

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FAU's Pine Jog Environmental Education Center turns 50



BOCA RATON – Florida Atlantic University's Pine Jog Environmental Education Center is marking its 50th anniversary this year. To honor the milestone, Pine Jog will celebrate with the community through a series of public and educational events and activities. "Instilling a sense of stewardship toward the Earth and its inhabitants, the Pine Jog Environmental Education Center has been a leading state and national influence in the environmental education movement since 1960," said Glenn Thomas, interim director of Pine Jog and assistant dean of FAU's College of Education. "Pine Jog hosts an average of 40,000 children and

adults each year through a variety of programs and services. In this 50th anniversary year, we will look back at our past and plan for the future." Summer at Pine Jog will continue to be a celebration of nature, as day and residential camps will once again provide children with in-depth opportunities to learn about the environment. The Pine Jog Fellows program in August will continue to offer high school and college students an immersion program that explores environmental issues specific to South Florida. In September, Pine Jog plans to celebrate its 50-year-history with a



Pine Jog Elementary School

screening of a 30-minute video produced in conjunction with the Palm Beach County School District's Emmy Award-winning Education Network. Also, Pine Jog has been selected as the venue for the South Florida chapter's Slow Foods USA Conference on Saturday, September 25. The conference is open to the public. "Learn Green: A Green

Schools Conference and Expo" will take place on Friday, October 15 at Palm Beach Central High School, 8499 West Forest Hill Blvd., in Wellington. Geared toward school administrators, teachers and parents, this workshop is coordinated by Pine Jog in recognition of its golden anniversary.

Read the complete [www](#) story online

Council OKs new Taco Bell on Palmetto; vows to review neighbors' complaints



By Dale M. King

BOCA RATON – The Boca Raton City Council gave guarded approval at its July 13 meeting to plans for a new Taco Bell fast-food restaurant on Palmetto Park Road, in the Palmetto Square Plaza. The decision came after two residents of the neighborhood, one armed with a petition he said was

signed by 100 people opposed to the use, spoke against the proposal. One of them said residents are concerned about safety, additional traffic and noise. He said the area is already a traffic problem because of the so-called "Palmetto Pretzel," a confusing array of streets. He said those living in the area also fear that traffic will increase because cars may cut through their neighborhood from Camino Real to NW 12th Street. Mayor Susan Whelchel urged city leaders to "make note of the issues involved" in the complaints from neighbors, but felt it's "a little premature" to begin cracking down on the Mexican food restaurant.

Read the complete [www](#) story online

Council undecided on site of new downtown library as it authorizes use of bond and tax money for project

By Dale M. King

BOCA RATON - The Boca Raton City Council has hastened construction of a new downtown library by authorizing the use of \$9.8 million from a 2003 bond issue to build the facility. There's still one glitch, though. Which of two sites will the building occupy? Assistant City Manager Mike Woika told the Boca Raton Tribune that PGAL, the architect chosen to work with Kaufman Lynn on the project, will make a presentation at the council's August meeting to help city leaders decide which site to choose - the existing library land at 200 NW Second Avenue or the Causeway Lumber

location, which was purchased specifically for the new library. Woika said the city is considering five options - four involving the current site and the fifth being the Causeway property. The council wants to come up with the plan that is least expensive and will get the library done the fastest. At one time, the assistant city manager said, the city was considering three sites, the third being the former International Museum of Cartoon Art in Mizner Park. That location has been ruled out. Initially, he said, the council went with a proposal offered by the Friends of the Library - to rebuild sections of the existing library while leaving others open as it revamped

and expanded the building. However, at a recent public information meeting, officials from PGAL said they determined that the existing downtown library was built in sections, so the proposal to work on the building while keeping some sections open wouldn't work. Woika said the council will get "a full report [from PGAL] at its next meeting." At its July 13 session, the council voted to authorize the use of \$9.8 million from the bond issue. But City Manager Leif Ahnell said that by adding money for furniture and fixtures, the total cost will be \$12.3 million. "The debt service on these bonds will be funded through ad-valorem taxes

and the bonds will be repaid over 20 years." That's both good and bad news for local residents. Woika said interest rates are currently low, but the payback will add to the city's property tax. The city's bond counsel, Greenberg Taurig, said debt service for the bonds will be about \$740,000 a year for the coming two decades. Ahnell said the city is taking a different planning approach to construction of the new facility, one aimed at avoiding the problems that beset the Spanish River Library. A dispute with the original contractor stalled construction for more than a year, delaying the completion and adding to the cost.



The Spanish River project is still mired in litigation. Woika said the trial, originally set for this past spring, has been moved to the fall. Both projects are being funded from the same 2003 bond issue which set aside \$19.8 million to build a new library on the west side of the city and a new library downtown. The so-called western library, now known as the Spanish River Library, began rising on a lot on Spanish River Boulevard a year or so after the bond issue passed. But the city and the contractor quickly hit a

glitch over construction and materials cost, one that ended up in court and halted construction for more than a year. Eventually, the city hired Kaufman Lynn to complete the library. In the meantime, the city entered into a land "swap" with GladesRox Corp. through which it acquired the former Causeway Lumber Yard site on NW Second Avenue for the new downtown library. But financial cutbacks forced Boca to delay construction, despite demands from library supporters who tried to hold the city's feet to the fire to get the facility build. The council finally promised to build the new library during the current budget cycle, but the site is still up in the air.

Community News

The Boca Raton Tribune

GFWC Boca Raton Woman's Club honors area physicians



Shown front, from left, are Betty Pepper, Helen Babione, Dr. Dorothy Murray, "2010 Dr. of Distinction;" rear, from left, are Dr. John Strobis, Gwen Herb and Mayor Susan Whelchel

Story, photos by Barbara McCormick

BOCA RATON - The GFWC Boca Raton Women's Club recently celebrated National Doctor's Day at the 12th Annual Honor Your Doctor Luncheon, held at Boca West Country Club.

Luncheon proceeds benefited the Helen M. Babione Medical Scholarship Fund, which provides scholarship assistance for students enrolled in medical studies at Florida Atlantic University, Lynn University and Palm Beach State College.

The highlight of the luncheon was the presentation of the Distinguished Doctor of the Year Award to Dr. Dorothy Murray, a physician at Hospice

by the Sea. Dr. Murray was honored for providing quality care to her patients for more than 43 years. Boca Raton Mayor Susan Whelchel read the proclamation from City Hall declaring "Dr. Dorothy Murray Day."

Luncheon honorary chairs Richard and Barbara Schmidt were lauded for their dedication and commitment to members of the medical field and their generosity to the Boca Raton Community.

The impressive afternoon affair was chaired by Janice Williams. She was assisted by Club President Gwen Herb, event co-chairs Betty Pepper and Joan Weidenfeld, honorary advisor, Patti Carpenter; club advisors Helen

Babione and Pernille Ostberg. Luncheon committee members included Mary Ellen Courier, Lucille Matthews, Teri Martin, Laurdes Rey, Phd., and Etta Schaeffer.

Dr. John Strobis, honored twice as Doctor of Distinction in 2001 and 2009, acted as honorary physician advisor.

Choral selections by the West Boca Raton High School group Encore, added to the ambience of the afternoon.

Founded in 1964, the GFWC Boca Raton Woman's Club is part of the General Federation of Women's Clubs, one of the world's oldest and largest nonpartisan, nondenominational, women's volunteer service organizations.



From left are Mary Perper, Barbara & Richard Schmidt, Patti Carpenter and Helen Babione



Boca Raton Mayor Susan Whelchel, left, is shown with Janice Williams, event chairperson, and Pernille Ostberg, club advisor

Dukakis appearance in Boca benefits Florida Fishing Academy



Shown from left are Margi Helschien, Lisa Mark, Deputy Mayor Susan Haynie, Jack & Lisa Furnari and Bill Hager, candidate for the District 87 Florida House seat.

Photo by Barbara McCormick

Read the complete story online.



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— EDITORIAL —

Getting a handle on crank windows and valet service in Boca

I just traded in my six-year-old car for an almost-brand-new vehicle.

The new one is great, and I love it. But being the sentimental type, I can't help feeling a little sad about turning in the old car.

It was reliable, it never let me down. It carried me nearly 93,000 miles without much more than a change of tires, battery, alternator and brake linings.

Sentiment aside, my old car did not have power windows or locks. I never was much on bells and whistles, but the 2004 car was pretty much stripped down. The CD player was just about the only luxury.

I didn't mind crank windows. In fact, most of the cars I've owned had them. The window crank was the source of most of the exercise my left arm has gotten over the past few years.

What intrigued was that crank windows seem to befuddle the valet guys around Boca Raton. I noticed it a few years ago. When I turned the car over to a valet, the driver's window was usually open. The valet would immediately start looking for the button to close the win-

dow electrically. The first time I noticed this, I told the valet, with a little chagrin, that the window crank was situated low on the driver's door.

After that incident, I realized that most of the cars that valets deal with in Boca Raton have electric windows. So, I decided to turn my embarrassment into a little game.

If I had to valet my old car, I would open the window, step out and let the valet take over. I would sort of count how many seconds it took for them to realize the window could not be closed electrically. Then, I told them about the crank.

I didn't mean to be malicious, but I did chuckle now and then as the valets desperately searched for the little button on the arm rest to raise the window. My arm rest had no buttons. Now, if I have to put the window up or down, I do so with ease. My left arm no longer gets its periodic workout.

And Boca valets no longer have to worry about

finding the window crank. **Woika on the wane** Have you noticed Mike Woika lately? He's the assistant city manager here in Boca Raton.

I guess it's been a while since I saw him. When I ran into him outside the mayor's office the other day, I noticed that he has lost a lot of weight. "A few pounds," he said as he sipped a diet Mountain



Dale King

Dew. Not that Mike was overweight. But losing a few pounds is good for any of us. I don't know his secret – organic cookies, exercise, smoothies or what. Maybe it's the diet Mountain Dew – or just running around City Hall.

Oh, no, Ringo! The elder of the surviving Beatles, 70-year-old Ringo Starr, performed in our area not long ago. He followed by a few months an appearance by his ex-colleague, Paul McCartney, in Miami. A Coral Springs-based medical group, Digestive CARE™, offered the both ex-Beatles a special gift in connection with

their appearances -- a free colonoscopy!

Why? It seems that Digestive CARE™ honored both Starr and McCartney the odd honor after online voters chose the Beatle tune, "The Long and Winding Road," as the top colonoscopy-related song. The second place winner in that contest was "Back Door Man" by The Doors, and there was a three-way tie for third place: "Pants on the Ground" from American Idol, "Someone Saved My Life Tonight" by Elton John, and "Staying Alive" by the Bee Gees.

"Just as we did last year with our popular Bottom Line Poetry Contest that sought the best new poem about colonoscopies, we once again took a lighthearted approach to the deadly serious subject of colon cancer," said Gerardo Lanes, MD, a Digestive CARE™ physician

"The primary goal of our Bottom Line Song Title Contest is to bring more attention to the life-saving value of regular colonoscopies as part of a person's ongoing professional medical care.

Letter Guidelines

Letters must be signed with name clearly legible along with a phone number and complete address. No unsigned or anonymous letters will be considered for publication. The Boca Raton Tribune reserves the right to edit

the letters for spelling, grammar, news style, good taste and available space. Letters from the same author will not be published more often than every 60 days. E-mails to columnists may be used as letters to the editor.

All letters to the editor should be sent to: The Boca Raton Tribune, P.O. Box 970593 - Boca Raton, FL 33497

Letters to the Editor

Dear Editor,

I discovered your newspaper at the downtown office of the Boca Raton public Library and now I am always looking forward to the next edition. I like the Boca Raton Tribune very much because it covers so many topics of local interest in a very readable way. You are to be congratulated for doing such a great job. Keep up the good work!

Elinor Benton

I would like to compliment Sandy Huntsman on his excellent article "Learning from ants."

Answer to previous puzzle

PERU	CHEF	DAFFY	1	2	6	3	5	7	4	9	8
IRAN	NACL	VILLA	5	3	9	4	8	2	1	6	7
CASSANDRA	S DREAM	8	4	7	1	9	6	3	2	5	
ASPEN	JUNE	WAGS									
AKC	ETA										
MARTHASVINEYARD	3	7	1	6	4	9	8	5	2		
ELIS GOER ASTAR	4	6	2	5	3	8	7	1	9		
DEC BELGIUM WOO	9	5	8	7	2	1	6	3	4		
OPERA TANS MAUI											
CHRISTINASWORLD											
CEO RAN											
ARCH USDA KOALA	2	1	4	9	7	3	5	8	6		
VICTORIASECRET	7	8	3	2	6	5	9	4	1		
GCLEF FLOP LIAM											
SKIIRT TIFF EARS	6	9	5	8	1	4	2	7	3		

7/17/10

Answers from puzzles on page 26.

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10 Questions. Maria Sachs. State Senator

State Senator-elect Maria Sachs answers 10 questions from Tribune readers

Boca Raton Tribune Managing Editor Dale M. King recently sat down with State Senator-elect Maria Sachs to ask her 10 questions that were emailed from readers. These are the questions and a synopsis of her answers. Hear and view the complete interview on www.bocaratontribune.com.

Question 1: Gov. Crist has been thinking of calling the legislature into session to address the issue of the Gulf oil spill. Do you think that is necessary?

Answer: As chairman of the Palm Beach County Legislative Delegation, I called upon the governor to do this. This is the worst environmental disaster the US has dealt with. We have to help areas not affected and those that are. (Editor's Note: Since this interview, Gov. Crist did call a special session regarding the oil spill, which began July 20.)

Question 2: Right now, we don't know whether the new governor of Florida will be a Democrat or Republican. How would your legislative strategies change, depending on which party is represented in that office?

Answer: Florida is a Republican state. The House and Senate are dominated by Republicans, and there is a Republican in the governor's office. This is not healthy for give and take. For healthier government, we need more changes between one party and another.

Question 3: While serving as a state representative, you have led the effort to help people facing foreclosure. What is the status of that program, and will it



continue when you move on to the Senate?

Answer: We have been compelled to give people hope in this terrible, terrible foreclosure situation. I asked the governor if I could use his model, and we held one workshop. It was such a success, we did five subsequent ones. I hope to continue these when I go into the Senate.

Question 4: You have said you support the creation of "new, sustainable" jobs for Florida. What types of jobs do you have in mind?

Answer: This could be a time to change the economic status of the state, to begin to move away from the traditional areas of real estate, agriculture and tourism. These are not going away, but I want to add high-tech jobs. We need to foster high-tech jobs, and we need to go global.

Question 5: When you become a senator, which committees do you wish to serve on, and why?

Answer: I'd like to serve

on the renewable energy committee. That is a good basis for economic growth. And if I can, I would like to go into the committee for regulated industries, to really make sure Florida takes the right path.

Question 6: Have you ever thought of yourself as a traditional woman legislator?

Answer: When I went into law practice, people asked me if I would be doing family law. No, I went into criminal prosecution. I never followed traditional pathways.

Question 7: You are following two liberal Democrats into the Senate District 30 seat, Ron Klein and Ted Deutch. Do you feel voters will dismiss you as just another liberal Democrat?

Answer: I've never put a label on myself. Some people see me as a moderate Democrat. If I wanted to be an advocate, I would have been a journalist or have taken a deeper role in the Democratic Party. Some issues affect all Floridians.

I carry those interests in my mind.

Question 8: Can you tell us about the Condo Association Bill recently signed into law by Gov. Crist.

Answer: My interest in this came as a result of my work in foreclosures. More and more units, many owned by seniors on fixed income, are going into foreclosure, meaning my people have to make up for others who are not paying. This gives people more power. It is a major change in real estate law.

Question 9: What is your assessment of President Obama's accomplishments, particularly as we approach the November elections?

Answer: President Obama came in on a surge for change. The Greek word for change is "crisis." Whether you like him or not, you have to applaud him for being persistent in his desire for change. Change takes time. We should give him some time, and the benefit of the doubt.

Question 10: You have always supported health care, particularly on the issue of maintaining Medicare coverage for seniors. Do you feel the Obama health care bill will jeopardize that coverage?

Answer: Changes to Medicare are frightening – because it's something many people depend on. The only way to effectuate change is to touch Medicare. But we should clean it up, it reeks of fraud. I would have preferred to put in money for more investigation of fraud.

— POSITIVE LIVING —

By Dr. Synesio Lyra

Developing a New Outlook

Due to advances in medical technology, organ transplants have become a new reality in the world today. Yet, only some individuals may become candidates for that procedure, with all the benefits derived from it.



Dr. Synesio Lyra

Although the above happens only to some persons, all humans, unquestionably, shall need revisions in their thinking at various stages of their life, in order to provide them a new outlook and a safe direction. Fortunately this is much more easily acquired and achieved. It's no virtue, nor anything to boast about, that you've been doing things a certain way for the past several years. While some aspects of that practice may be correct and praise-worthy, chances are that you are missing a better and more efficient way to get where you want to go, and accomplish what you desire to achieve.

Many who claim expertise on something, merely on account of having just followed a certain pattern for a long time, may be completely wrong without ever recognizing it. Minds can be made up differently, and repeatedly, in the light of new evidence on various issues. It's insane to allow one's brain powers to paralyze or calcify through improper actions or lack thereof.

People who constantly question other persons' thinking and doings, would provide themselves a greater favor in also doubting some of their own conclusions! Life is

always in flux, and no human is perfect! Ideas need revisions, and certain procedures often must be altered for more efficient results, for the benefit of larger numbers of people. Nothing

should ever remain static! People need to learn to differentiate between what is permanent and what is merely provisional and temporary. The problem is that so often humans attach themselves more readily to what is impermanent, while discarding practices and values that do not pass away.

Life is in constant motion; changes are expected to occur and must take place for it to move on. A new outlook on many aspects of life needs to be developed, embraced, and retained.

Nevertheless, such perspective is not to be founded on the shifting sands of any era but, rather, on those things which have been, are, and shall remain! It's alright to change your mind about many issues, as long as you tenaciously hold on to certain values and principles which do not decay and are ever up-to-date! They are the ingredients without which life does not advance as it can and must!

Dr. Synesio Lyra, Jr. is a Florida resident who, for many years, was a professor at the post-graduate level. He is a writer, a sought-after conference speaker, a man who lived in five continents of the world, having received his education in four of them. When he resided in southern California, he wrote a weekly column for the daily "Anaheim Bulletin," which was carried for about six years, until he moved to south Florida.

Breast cancer survivor receives Goodman Award from Komen Race for the Cure group



Patti Abramson

WEST PALM BEACH - The South Florida Affiliate of Susan G. Komen for the Cure® has awarded its highest honor, the newly created Eleanor Goodman Spirit Award, to Patti Abramson for sharing her extraordinary altruistic spirit, instilling stewardship and demonstrating passion for the Komen for the Cure cause of ending breast cancer forever.

Abramson, consulting chair of the 2011 Komen South Florida Race for the Cure®, is the first recipient of the award, created in honor of Susan G. Komen and Komen founder and CEO Nancy G. Brinker's mother, Eleanor Goodman, also known as "Ms. Ellie." Ms. Ellie instilled the importance of giving back to the community in her daughters at a very early age. The recipient of this award must instill the same spirit in their children as Miss Ellie did while stressing the importance of a passion for a cause. "I'm deeply touched by this honor and hope it will inspire others to give back to their communities and to work persistently to reach their goals," said Abramson, who also serves as the fundraising

chair for the 2011 Race. "The Komen cause is a family mission that our children are involved in often without a choice. Teach them to give as a way of life. They will help strengthen our families - as well as our world." Diagnosed with breast cancer five years ago, Abramson has been involved with the Race for about nine years - starting as a volunteer cheering on race participants and stepping up her role after a close friend's diagnosis. She credits involvement with Komen for saving her own life, and for instilling the importance of early detection and yearly mammograms. As chair of the 2010 Race, her mission was to spread the message to groups including women under 40 who are being touched more frequently by the disease. Abramson, a buyer for Evelyn & Arthur, and husband Larry have three children.

Boca Community Hospital provides physicals for Snow scholars

BOCA RATON - Boca Raton Community Hospital partnered with the George Snow Scholarship Fund to provide free college physicals and immunizations to six 2010 scholarship recipients. On June 19 Snow scholars received complete college physicals and meningitis vaccines from Boca Raton Community Hospital emergency room physicians. This year marks the 28th anniversary of the George Snow Scholarship Fund, a Boca Raton-based 501(c)

3 charitable organization which provides grants for college to deserving students in Palm Beach and northern Broward Counties. These scholarships are four-year commitments and are designed to bridge the gap between colleges, state and federal aid sources and the recipient's need, in order to attend college. Boca Raton Community Hospital partnered with the George Snow Scholarship Fund seven years ago, and has been

providing physicals and immunization services to scholarship recipients since then. "It's a great cause and I'm proud to contribute even a small part to the Fund," said Boca Raton Community Hospital's Dr. Evan Goldstein, who has been providing these services to Snow scholars for seven years. "It is important to set an example for young people and it is my hope that by doing good for others, these students will be inspired to do the same one day."

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Mentally/physically challenged kids get VIP treatment from Marlins



Bob Rubin, left, with Kyle McCabe at Sun Life Stadium.

BOCA RATON - Mentally and physically challenged kids who participate in the Miracle League were recently treated to a VIP trip to the ballpark. The kids, some in wheelchairs with breathing tubes, watched the Marlins play the Philadelphia Phillies from the Sun Life Suite at Sun Life Stadium. The Miracle League is a charitable organization that provides children with mental and/or physical challenges with an opportunity to play baseball as a team member in an organized league. Most exciting for the kids, a cameraman filmed the guests in the suite and displayed their pictures on the Jumbotron. For some of the families, this was the first time they had ever been able to go to a Marlins baseball game, as

their children's challenges had prevented them from such outings. The evening was sponsored by Bob Rubin of Ruben Wealth Advisors and Sun Life. "The Miracle League really works miracles for kids with mental and physical challenges, so it was a privilege for me to be able to give back to this outstanding group in some small way," said Rubin, the evening's host. "The delight on the children's faces as they watched the Marlins game was uplifting for everyone in attendance. "The Miracle League" is a charitable organization that provides children with mental and/or physical challenges with the opportunity to play baseball as a team member in an organized league.

There is something about playing the game of baseball that lights up youngsters' eyes, but for children facing mental and physical challenges, that opportunity can often be a difficult first step. The Miracle League gives these children the opportunity to get out in the sunshine and enjoy playing the game of baseball in its purest form. Ruben Wealth Advisors, LLC, is an independently-owned, private wealth management firm specializing in life insurance, investments, financial planning and estate planning. The firm's principal is Bob Rubin. Ruben Wealth Advisors is based in Boca Raton and is a division of Insurance Office of America (IOA), Florida's largest, privately held property and casualty insurance company.

Swing, sing, dine and dance in the sky at Carmen's new Summer Cabaret series



Karen Saunders performing at the Bridge Hotel.

By Dale M. King

BOCA RATON - Karen Saunders sings with the greatest of ease - blues, pop and jazz, a little bit of Sondheim, a little bit of Carole King.

The songstress who was "discovered" by Rodney Dangerfield kicked off the new Summer Cabaret Series at Carmen's Restaurant, atop the Bridge Hotel at 999 East Camino Real.

South Floridians and visitors alike now have new entertainment schedule and venue with the series that runs through July 31, and may pick up again in the fall.

See *Summer Cabaret* on page 10.

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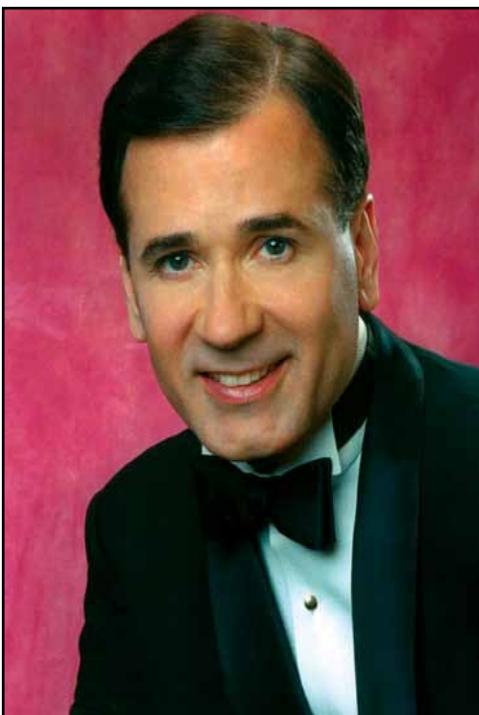
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Summer Cabaret

continued from page 9

The string of shows that kicked off July 7 features Broadway and television entertainers from Wednesday to Saturday evenings each week. The series, presented by KOOL 105 with DJ Mike Perry, gives guests an opportunity to enjoy a prix fix dinner and show, or Cocktails and Cabaret by the Coast with performances by theatrical and musical luminaries, set in the sweeping penthouse-level restaurant that offers panoramic views of the Atlantic Ocean and the Intracoastal Waterway. Saunders, who appeared July 7 to 17, has been critically acclaimed for having “a voice like an orchestra,” and has shared the stage as the opening act for performers such as Jay Leno, Gregory Hines, Jackie Mason, Robert Klein, Billy Crystal, Rita Rudner, Jackie Mason, and Joy Behar. Taking the stage from July 21 to July 31st will be Tony award-winning actor, singer, choreographer and director Lee Roy Reams who has been hailed as “Broadway’s Darling” and “Broadway’s song and dance man nonpareil”. Saunders got her start at an open call night that Rodney Dangerfield happened to also be at. After she finished singing, Dangerfield approached her

and asked her to be his opening act. She is known for the versatility of her voice which has allowed her career to be a varied musical one, taking her from the world of avant-garde 20th century music to Atlantic City to Broadway through jazz and blues, standards and pop, to an act that encompasses all of these styles. Saunders has performed in every kind of venue from the intimate Plush Room in San Francisco, to Carnegie Hall with Skitch Henderson and The New York Pops, at Lincoln Center and Toulouse in Chicago. Saunders has received the MAC award (Cabaret’s Oscar), Backstage Bistro Award, Theater of Renewal, Critic’s Choice Awards and she is listed in the International Who’s Who of Musicians. Performing now is Lee Roy Reams, who made his Broadway debut in



Lee Roy Reams, who is currently performing at the Bridge.

“Sweet Charity” in 1966, and directed an all-star cast, headed by Chita Rivera, in “Anything Goes” at the Paper Mill Playhouse, played the starring role as Toddy in “Victor/Victoria,” starred and directed the Broadway show “An Evening with Jerry Herman,” appeared in “Applause” opposite Lauren Bacall, and played opposite Carol Channing in “Lorelei.” Other starring roles on Broadway include his Tony and Drama Desk Nominated performance as Billy Lawlor in the legendary “42nd Street.” [Read the complete story online](#)  See more photos under **Spotlight** on page 16.

Employees of NCCI take part in Relay for Life benefit

BOCA RATON – Employees of NCCI Holdings recently took part in the Relay for Life in Delray Beach. The event took place at Delray’s Veterans Park, and proceeds will benefit the American Cancer Society.

NCCI Holdings, located in Boca Raton, employs nearly 1,000 professionals dedicated to fostering a healthy workers compensation system. NCCI actively gives back to the communities in which its employees live and work.



NCCI Holdings’ employees, Stacey Dever, of Delray Beach, Paula Vroman, of Coconut Creek, and Jan Desin, of Fort Lauderdale, showed their support for the American Cancer Society by taking part in the Relay for Life. Throughout the evening NCCI employees took turns walking or running along the path and enjoying entertainment, food, games and a luminaria ceremony.



The NCCI Holdings’ team—more than 50 strong—earned a top fundraising spot at the American Cancer Society’s Relay for Life held recently in downtown Delray Beach. The evening included games, zumba lessons, chair massages, and a walk along the Intracoastal.



Marion Wolser, of Palm Beach, shows her enthusiasm during the American Cancer Society’s Relay for Life. Marion was part of the NCCI Holdings’ team that came out to support the walk.



NCCI Holdings’ employees, Hope Ward, of Coconut Creek, and Stacey Dever, of Delray Beach, enjoy the free zumba lessons at the American Cancer Society’s Relay for Life. This downtown Delray Beach event was packed with activities and games to raise money for cancer research and area programs. NCCI was named one of the top fundraising teams.

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Injury gives former Boca doctor incentive to try writing - and novels result



Ron Wilk

By Skip Sheffield

“There are no second acts in American lives,” novelist F. Scott Fitzgerald famously argued.

Ron Wilk would beg to differ. Wilk, 65, has been on the second part of his life for a full decade now, and things are looking up.

The first part of his life culminated in his becoming Dr. Ron Wilk, neurologist and chief resident at Mount Sinai Hospital in New York City, and later in private practice in Boca Raton.

Around 10 years ago Dr. Ron Wilk came tumbling down a flight of stairs. The resulting injuries were sufficiently severe to convince him to retire from medical practice and reassess his

life.

“As a neurologist I knew the diffuse spinal injuries would make it difficult for lifting, bending and twisting, all of which a neurologist must do,” he explains. “Yes, I went through depression, self-incrimination and regret. Once I

got through that, I realized I had to do something with the rest of my life.”

“While I was in law school I discovered I had a facility with writing. Writing is not hard for me. Getting published is more challenging.”

Ron Wilk is now a novelist. “Papal Rogues” (Langdon Street Press, Minneapolis) is his first novel in print, but it is not the first thing he has written.

“I wrote two novels and sent out hundreds of query letters to publishers,” he relates. “When no one responded positively, I created a web site and published them myself. I have had over 950,000 hits so far.”

Almost a million hits, but Ron Wilk has yet to earn a penny.

He hopes that will change with “Papal Rogues,” a timely page-turner about a New Jersey computer hacker who dies under suspicious circumstances. This inspires his Scottish Internet buddy and fellow hacker to seek the truth, and discover shadowy, treacherous figures tied to corporate America, the U.S. Military, and certain rogue elements within The Vatican.

“America is incredibly vulnerable to cyber-terrorism - more so than most other countries,” Wilk asserts. “We are so dependent on computers and the Internet for everything we do. When the Pentagon can get hacked, we’ve got a problem.”

The prime hacker in his mystery-thriller is the late American Michael Squire who relishes the challenge of hacking into allegedly invincible web sites. Evidently Michael was a little too good, because soon after he hacked into the web site of a very rich and powerful organization, he was found dead of an apparent drug overdose in his New Jersey apartment.

Since Squire eschewed drugs and didn’t even smoke cigarettes, his friend, Scotsman Calder

more than suspicious. Calder, who worked for the same company creating ‘viruses’ and their solutions, soon begins to fear for his own life and decides to travel to LA to see if he can solve the mystery of Michael’s death.

“Papal Rogues” is full of rapidly-unfolding intrigues in a one-off world that resembles our own. The starting point for Calder’s investigation is the sinister Recton Corporation, which hired both Michael Squire and Calder McMonagle.

As the plot unfolds, readers are introduced to the corporate victims of Recton’s designer computer viruses including Aspen Aerospace, a company with U.S. military contracts. Aspen’s most intriguing project is an invention that bends light waves in such a manner as to render material objects invisible.

While Aspen Aerospace and the other corporate victims grapple with their dilemma, Calder discovers unusually large payments to Recton that ultimately leads to a Chicago Cardinal of the Catholic Church with close ties to the Vatican.

Read the complete story online



County Commission calls on governor to convene ‘oil summit’

WEST PALM BEACH – The Palm Beach County Commission continues to take action to prepare for the possible impact of the Gulf oil spill.

At its June 29 meeting, the board adopted a resolution urging the governor to convene a summit to reaffirm support for a prohibition on offshore oil drilling in Florida and to preserve and protect Florida’s beaches, shorelines and waterways.

The governor has met the spirit of that proposal. He has called the state legislature back into session to consider a ban on offshore drilling. At its June 29 meeting, the board also took the following action:

Public Safety – received a report on the local action plan by the Deepwater Horizon Task Force, should oil from the spill in the Gulf of Mexico make its way to Palm Beach County; approved a contract extension for \$21,600 with the Florida Atlantic University Harbor Branch Oceanographic Institute to conduct additional oil spill monitoring and testing services, if necessary.

Impact Fees – adopted an ordinance amending the Unified Land Development Code pertaining to impact fees. There will be no in-

crease in impact fee rates this year. But the rates may be adjusted in a year, contingent upon improvement in the economy and housing market.

Economic Development – authorized an application to the U.S. Department of Housing and Urban Development (HUD) for an \$8 million Section 108 federal loan and a \$1 million Brownfield Economic Development Initiative (BEDI) grant for Tire Group International, Inc. The Miami-based company is building a tire recycling center, which could create 300 new jobs in the Glades. No county match funds are required.

Ethics – agreed to remove seven members from voluntary county advisory boards and committees for failing to complete mandatory ethics training.

Charter Amendment – approved on preliminary reading and to advertise for public hearing an ordinance amending the Charter of Palm Beach County to place a referendum on the November 2010 ballot establishing a Code of Ethics, an independent Commission on Ethics, and an independent Inspector General.

Read the complete story online





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Boca family completes pet project – a book about animals with human traits



From left are Dr. Wan Yu Chao, Ronald Kerble and Christine Liao.



Dr. WanYu Chao, co-author of "I Had a Pet Frog."



Ronald Kerble, co-author of "I Had a Pet Frog"

BOCA RATON – Imagine animals acting like people. A Boca Raton family has done just that – and put the imaginings into words. What resulted was a book called "I Had a Pet Frog,"

written by Dr. Wan-Yu Chao and husband, Ronald Kerble, and illustrated by their 17-year-old daughter, Christine Liao. "We decided that what the world needs now is a little humor," said the couple "So we created

this book, 'I Had a Pet Frog,' as a family project. Our talented daughter created the illustrations and we wrote the copy." The couple said they also used the book to deliver humorous messages for people of all ages, and started the volume by writing; "I had a pet frog who liked to smoke. I told him it was an unhealthy habit. Then he croaked." "This also sends the message to our young ones that smoking is harmful to your health." said the authors. This imaginative family, a husband and wife team along with their artistic daughter, have created a hilarious book about their animal friends with hu-

man characteristics. "You'll find wonderful illustrations showing real emotions and humorous situations in our book," said Dr. WanYu Chao, a college professor and Ronald Kerble, a Boca Raton physician's assistant.

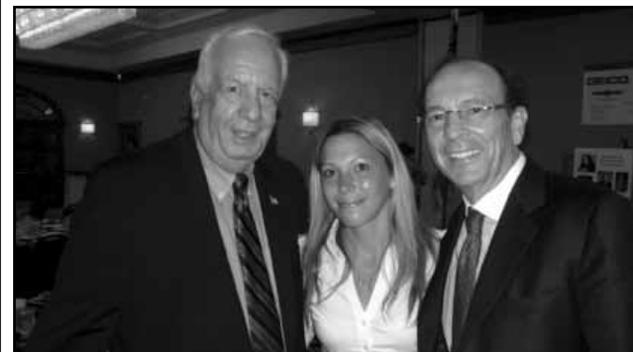
"I Had a Pet Frog" has 100 jokes using 70 different animals and 55 illustrations. "Everyone with a passion for animals and pets will be entertained from start to finish. You will smile, chuckle and laugh out loud as you read through this very funny book," the authors said.

And they added: "Readers will be able to create their own jokes and illustrations using the same style and format found in the book. They can send them to the publisher and be added to the "I Had a Pet Frog" company's website.

Kerble said he is also looking to donate books to a nonprofit dedicated to helping children and animals. He said he hopes to leave some of the books at the Tri County Humane Society shelter at 21287 Boca Rio Road, Boca Raton. The shelter could keep the proceeds from the sale of the book which costs \$9.99.

Chao and Kerble's book was released in trade paper and is also available as an e-Book from the publisher. For more information, visit www.ihadapetfrog.com or www.createspace.com/3443645.

Annual 'Staying Alive on 95 and Florida's Roadways' event draws 400



Commissioner Burt Aaronson, Emily Slosberg and Irv Slosberg

BOCA RATON - More than 400 people - including 300 law enforcement officers - packed the Marriott at Boca Center recently for the Dori Slosberg Foundation's Annual "Staying Alive on 95 & Florida's Roadways" event.

This program was designed to honor law enforcement and educate the public about the dangers on roadways. The Dori Slosberg Foundation is working to create solutions to the problems as a partner of the participating agencies.

The guest speakers included the CEO of the Dori Slosberg Foundation, former State Representative Irv Slosberg, Palm Beach County Commissioners Burt Aaronson and Steven Abrams, State Attorney Michael McAuliffe, DOT Secretary Jim Wolfe, Vice President of the Geico Insurance Company George Rogers and Bob Gordon, partner in the Gordon & Donner Law Firm.

The guest speakers also included family members of those lost to car crashes and representatives from Enterprise Rent A Car, St. Mary's and Delray Medical Centers and Keiser University.

Also included in the evening, which honored law enforcement, was Florida Highway Patrol Chief Miguel Guzman who gave tribute to fallen Trooper Ambrose, Chief

Gauger and Captain Kenney from the Palm Beach County Sheriff's Office, Anne Gannon, the Palm Beach County Tax Collector, and a special guest appearance from the Geico Gecko!

The program continued with entertainment by Michael Biggs and the Olympic Heights High School Quartet. Dinner and was followed by the enforcement effort which extended from Miami-Dade County through Jacksonville. A total of 1,265 citations were written as a result of the 48 hour police saturation in South Florida alone.

The Boca Raton Police Department's Traffic Unit issued 102 of those citations which included speeding violations, DUI, safety belt violations, reckless driving, suspended or revoked license, uninsured and under 21 violations.

The Florida Department of Transportation has just released the most recent statistics on teen driving fatalities and Florida is down 24 percent in teen driving and passenger fatalities to date.

For additional information on "Staying Alive on 95 & Florida's Roadways" or any of the Dori Slosberg Foundation's safe driving and safe teen driving programs, visit www.dorislosberg.org.

See more photos in Spotlight on page 17.



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Life & Arts

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AS SEEN BY FEEN

Diane Feen

Keeping up with the A/C cleaning boys in the land of mold and pet dander



The painter, the plumber, the air conditioning man – who hasn't had a run-in with one of these fellows? You start out with high aspirations of excellence, you hire the best person for the job (you think) and before you know it - the money is gone and the job is not done right.

Sound familiar?

Well, that's life in South Florida. We get the sun, surf and palm trees, but the work ethic is often mañana (or loco). And unfortunately, an honest and reliable technician or repair man is as valuable as a dedicated spouse, but often more elusive.

Since most of us have our horror stories (faulty air conditioners, deadbeat

painters and car dealers with greasy hands and deep pockets), it's time to bring to light the more honest side of this gritty underbelly of existence. Don't we need to know who should clean our ducts (and if duct cleaning has merit), what type of tires to buy and how to tell if our air conditioning repair person is telling the truth (there are no lie detector tests for this profession).

One of the most vexing problems about living in the tropics is how to keep our air quality up to snuff. As a former mold queen and self taught mold expert, I was determined to find out how to avoid this insidious combatant. I

learned that moisture can turn to mold quicker than a rib roast needs marinating for Thanksgiving.

I also learned that air conditioning coils (in the air handler) are often the culprit for harboring mold spores. If you think you can always smell mold, you're mistaken. Black mold has no odor but the telltale sign is thick air and upper respiratory ailments. When I was a newbie Florida resident and someone asked me if my air was thick I immediately thought of bean soup and milk-shakes. Those are thick I thought – but my air – who knew?

Once you have your coils cleaned (don't just ask anyone; it is a job for experts) you need to clean your ducts. But the issue of "to clean or not to clean" is as old (and as controversial) as whether to ingest calcium for strong bones. And, the answer is yes to the ducts and no to the heavy dose of calcium (Dr. Jacob Teitelbaum agrees).

For years I had heard that duct cleaning was the biggest scam in South Flor-

ida. Some people said don't waste your time; others said you could ruin the lining of your ducts. So I left my duct health up to the Gods of air quality. And until now I did not get a definitive answer.

But, things have changed. I recently spoke to Omar Pissance of Ductz. Pissance and his brother David are changing the face of clean air for many South Floridians. I learned that air conditioning coils pick up moisture and mold spores but that when you renovate or remodel a house the air conditioner needs to be sealed off or the dust will go right into the AC unit and ducts. I also learned that bugs can get into the ducts and die, leaving harmful particles that fly through the air (I didn't learn this in college, did you?).

Pissance also said that air ducts need to be inspected every other year and that duct cleaning can remove contaminants from bugs, mold spores, pollen, pet dander and smoke from fires.

Of course, if the air is bad the air blower needs to be cleaned with a large vacuum and the area needs to be brushed out. Ductz does all this for customers by vacuuming the surface of the duct and using an anti-microbial inhibitor and sometimes an ultraviolet UV light.

It all sounded pretty good, but as a master skeptic I needed proof that DUCTZ was telling me the truth. So I checked around town and spoke to Ductz customer Mark Finizio. Finizio used Ductz to get rid of smoke that pervaded his new house and to clean the air. "The results were amazing. We noticed the difference immediately. It was so good I called them to clean the ducts in my office in Fort. Lauderdale," added Finizio.

I thought this was a good thing – but I still needed more proof. So I called Boca resident Judith Nadler. Nadler's husband was getting a rash that was thought to be the result of parasites (Florida life is so exotic). In an attempt to sanitize their



ocean front condo they called in Ductz. "I was so impressed with Ductz, they were wonderful," said Nadler. "They were so honest, efficient and it really helped a lot. I highly recommend them."

So, there you have it. If your air is suspect and you don't feel that you're getting the cleanest air check out Ductz and ask for Omar at 954-366-6131.

As for the tire saga and the air conditioning rules for dummies, check out my next column. Eventually the truth comes out like the plot to a good novel. But unlike literature the truth about buying tires and air conditioning units is a job for Sherlock Holmes (not mere mortals like us).

SOCIETY

Skip Sheffield

Mont Blanc Chamber Orchestra is 'magnifique' in Summerfest performance

By Skip Sheffield
Society Editor

BOCARATON—The Mont Blanc Orchestra visited FAU Sunday, July 11 for a 2010 Summerfest concert sponsored by philanthropist Madelyn Savarick. The whole merry band flew into Panama the next day, but they didn't forget South Florida. They re-

turned for a performance July 21 at Broward Center for the Arts.

This is the 19th season for Summerfest, founded and directed by maestro James Brooks-Bruzzese. The really cool thing about Summerfest is the musicians are generally much younger than you would see at a typical classical music concert.



Skip Sheffield

Mont Blanc is in the French Alps, and that's where Lorenzo Turchi-Floria founded the chamber orchestra in 2005.

Turchi-Floris is a conductor, concert pianist and composer of note. He treated the Boca audience with an American premiere of his composition, "Tempo di Concerto for Piano and String Orchestra. The piece is rather frantic in its allegro passage, and technically quite demanding, both for

the pianist and the players keeping up with him.

The musicians of Mont Blanc are not only young. Some of them are quite beautiful.

Laszlo Pap is not from Mont Blanc (he is Hungarian), but he is a world class violinist and frequent collaborator with Symphony of the Americas, led by Brooks-Bruzzese.

Pap was a featured soloist on two stunning show-off pieces: Paganini's "Witch-

es dance' and Sarasate's "Introduction and Tarentella."

Marilyn Maingart is a virtuoso of the flute and one lovely lady in the bargain. A frequent soloist with SOA, she charmed on Sarasate's "Zigeunerweisen Op. 20" and Telemann's "Suite in A Minor for Flute, Strings and Cembalo."

There's much more to the show than just these titles, and if you missed the show in Broward, the entire con-

cert is available on a CD recording.

For information, visit www.symphonyoftheamericas.org. "The Girl Who played With Fire"

"The Girl Who Played with Fire" is the second of a trilogy that began with "The Girl with the Dragon Tattoo" and ends with "The Girl Who Kicked the Hornets' Nest."

Though not as grippingly suspenseful nor as sexy

See Story on page 14.



Scene from "The Gin Game" at Palm Beach Dramaworks

as "Tattoo," "Fire" continues to unravel the mysteries of one Lisbeth (portrayed by Noomi Rapace), the tattooed, fire-playing girl of the title. Lisbeth is the creation of the late investigative magazine journalist, Stieg Larsson, whose alter ego most likely is Mikael Blomkvist, played by noted Swedish actor Michael Nyqvist. Mikael has not seen Lis-

beth in the year since he first encountered the computer genius hacking into his account. Lisbeth has kept tabs on her onetime lover by cloning the hard drive of the computer he uses at Millennium magazine.

After a short stay in prison on trumped-up charges, Mikael is back to his crusading ways. The latest expose in his magazine concerns a sex-trafficking operation with underage girls. The co-authors are Dag Svensson (Hans Christian Thulin) and his girlfriend Mia (Jennie Silfverhjelm), who is doing the research as part of her doctoral thesis. The list of Johns includes some very powerful people in government, law and business.

Monitoring the project from afar with great inter-

est is Lisbeth, who lives in a fancy apartment with her girlfriend Miriam (Yasmine Garbi).

Before the story can be published Dag and Mia are murdered. Shortly thereafter Lisbeth's legal guardian, Nils Burman (Peter Andersson) is also murdered. Lisbeth is implicated by circumstantial evidence in all three movies and her face is plastered all over the tabloids. It is up to Mikael to help Lisbeth clear her name.

Unlike the first film, Lisbeth and Mikael are not physically together. Mikael is almost a bit player, with the focus shifted to Lisbeth, who has become almost a Swedish Wonder Woman, fighting, boxing and throttling guys three times her size. Poor, abused Lisbeth discovers some unhappy truths about her past even more terrible than in the first film.

In all, "Fire" is a worthy sequel. Now I need to read the book.

Three stars
Summer Theater Openings

The summer theater season is ramping up, with shows continuing at Caldwell Theatre and FAU in Boca Raton.

Also, this past Saturday was opening night for "Low Down Dirty Blues," the first show from Florida Stage at their new home at Kravis Center in West Palm Beach. That sexy blues musical continues through Sept. 5. Call 800-514-3837. Up at Palm Beach Dramaworks, 322 Banyan Blvd., West Palm Beach, the serio-comic chestnut "The Gin Game" opens for a five-week run through Aug. 14. Call 561-514-4042.

It's a bit of a drive but the price is right.

The 20th anniversary Shakespeare Festival presents "The Tragedy of Macbeth" through July 25 in at Jupiter's oceanfront Carlin Park. Admission is free. Call 561-575-7336 or visit www.pbshakepeare.org.



Actors portray MacBeth and Lady MacBeth at Shakespeare Festival in Jupiter.

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The Boca Raton Tribune
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— SPOTLIGHT —

Happiness prevails at Greater Boca Raton Chamber of Commerce breakfast

BOCA RATON - Happiness is just good business, according to JoAnna Brandi, publisher of "The Customer Care Coach," who was the guest speaker at the Greater Boca Raton Chamber of Commerce membership breakfast July 8.

In fact, an increase of 5 percent in your customer retention can raise your bottom line up to 100 percent.

"We all know that keeping our current clients or customers is more cost effective than recruiting new ones," said Kate Volman, GBRCC's vice president of Business Development. "JoAnna's presentation not only confirmed this, but she also shared a few key techniques that we can use in order to keep our clients happy and coming back for more. The Chamber consistently provides our members with the opportunity to hear from dynamic speakers who are as excited as Joanna about offering them value at each breakfast."

The GBRCC's monthly membership breakfasts are typically held on the second Thursday of every month and feature guest speakers who can provide informative talks on information that is relevant to the current business climate.

For more information, email Audra Hodges at ahodges@bocaratonchamber.com or call 561.395.4433 ext. 235.



Barbara C. Sageman of Digital Media Arts College, left, with JoAnne Iannazzone of Office Depot, Inc.



Jackie Reeves of Bell Rock Capital, left, and Jayne Scala of Ultimate Staffing Services.



Lloyd Comiter, left, candidate for County Court Judge, and Richard Karp of Raymond James & Associates

Photos by Audra Hodges



Shown from left are Tim Snow, The George Snow Scholarship Fund; JoAnna Brandi, The Customer Care Coach; Kate Volman, Greater Boca Raton Chamber of Commerce; Tammy Amoroso, Lakeside Terrace and Dr. Peter Gallo, St. Andrew's School.



J.C. Perrin of U.S. Trust Bank of America Private Wealth Management and Charles Shane of Bryason Realty Corporation.

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Summer Cabaret at the Bridge Hotel

See article under *Community* on page 9.



Vocalist Karen Saunders, center, is joined by friends and colleagues before her show at the Bridge Hotel in Boca Raton. From left are Alison Chaplin, her booking agent; Greg Kaylor, general manager of the hotel, Karen and Jon and Bonnie Kaye.



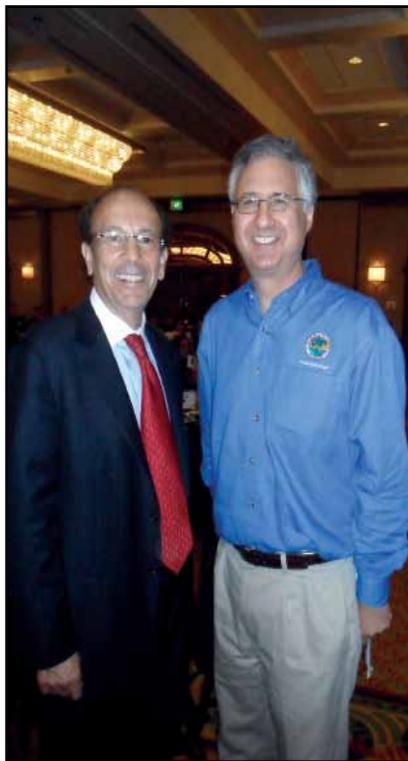
Karen performing at the Bridge Hotel.

— SPOTLIGHT —

Annual 'Staying Alive on 95 and Florida's Roadways' event draws 400



Kayla Schwartz, Alexa Gedigian, Mike Wison and Andrew Congleton - OH Quartet



Irv Slosberg and Commissioner Steve Abrams



Richard Nardiello, Ramon Fernandez, Michael Leo, Earl Brown, Matt Mihm and Rodney St. Louis - FHP

See more photos [www](http://www.bocaratontribune.com) online!

Representatives from the Boca Raton Tribune sat down recently with officials from the Greater Boca Raton Chamber of Commerce to brainstorm ideas for upcoming stories and event coverage. From left are Pedro Heizer, associate editor and online editor of the Boca Raton Tribune; Dale King, managing editor; Consuelo Inestrosa, vice president of operations for the Chamber and Audra Hodges, the Chamber's marketing and communications coordinator.



Boca Raton Sunset Installation



Past and present officers and board members of the Boca Raton Sunset Rotary Club gather at the installation meeting for the new president, Dave Wilson, July 12 at the Spanish River Library.



Dave Wilson, center; new president of the Boca Raton Sunset Rotary Club, is sworn in by Phil Lustig, right. Looking on is outgoing president Russ Buck.



Boca Raton Sunset Rotary Club member Steve Perman, right, receives "Service Above Self" Award from outgoing President Russ Buck during installation meeting held at the Spanish River Library.

BocaRatonTribune.com

FOOD REVIEW
Marc Kent

VIVO – The Rolls Royce of Restaurants!



Vivo Partenza – superior dishes in a delightful setting at 1450 North Federal Highway in Boca Raton (561-750-2120) is available from 5:30PM to late night, Monday through Saturday. In October they will add Sunday for your dining pleasure. As of July 16th, Vivo Partenza will serve luncheon from 11:30 AM to 3PM, Mon-

days through Fridays. Early starters were parmigiano reggiano fritters with aged balsamic, arancini-crisp rice balls of fontina and prosciutto, then baby artichokes with roasted garlic and lemon – delicious beginnings. There are 24 antipasti listed : foie gras sliders – twin servings on brioché buns with bosc pear

compote, a large portion of pure jumbo crab meat salad followed by a tuna Milanese – ahi tuna with a spicy salad and wasabi aioli. Tony Bova’s famous eggplant pancakes with parmesan, feta, asiago and mozzarella in an asiago sauce are a great signature dish. We were treated to a grilled octopus salad with

string beans and potatoes – very tasty indeed. There are two versions of calamari and both far above par for taste and texture- the standard fried version with lemon wedge and a somewhat spicy fra diavolo pomodoro with cherry peppers. Of the 8 salads to choose from, we had a dainty beet carpaccio and goat cheese salad with a great pistachio dressing, a huge gorgonzola house salad with plenty of cheese, olives, tomatoes and endive over a bed of oil drizzled romaine plus their fantastic BLT salad of baby iceberg, cherry tomatoes, avocado, applewood smoked bacon and tangy bleu cheese dressing. All portions large, crispy, tasty and recommended. The 15 items posted as pasta/risotto include a broccoli rabe pesto ravioli – tasty, light pillows- the Chef’s daily



Marc Kent

inspiration. A mushroom risotto with sliced steak mantecato and crispy onion fritte was a smooth, creative concoction. The fettucine with Bolognese sauce, however was rather bland and nondescript. Turning to the 9 seafood listings, we had the jumbo sea scallops – perfectly pan seared on a bed of a cream asparagus and sweet pea risotto. Great! The giant shrimp parmigiana with a san marzano sauce, melted provolone, delicious with the capellini pasta- another winner. Lobster francese – twin tails with a side of asparagus risotto and topped with lump crab meat. The langostinos, scampi style with lemon butter sauce was served with cappellini pasta. There are 17 selections listed as “signature specialties” including chicken scappeillo with its pepperoni, cherry pep-

pers, roasted peppers, artichokes, and olives in a white wine sauce with “Vivo” potatoes – flavors married well in this creative offering. There was also a lemon chicken with artichokes, “Vivo” potatoes that were very smooth. The veal scaloppini, piccata style, had ample portions of tender veal. The osso bucco was absolutely huge and was served with risotto, veal stock and gremolata. They are fine dishes. Nine desserts are featured and we sampled a very light tiramisu, a plate of fresh mixed berries with zabaione and, for chocolateolics, a huge slice of their big Italian chocolate cake – super rich. All in all, a sweet way to end a wonderful dining experience. Go and enjoy!

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Columnists

The Boca Raton Tribune

FAITH

By Pastor Sandy

The Value Of A Friend

"True friendship is like sound health; the value of it is seldom known until it be lost." Charles Caleb Colton "Two are better than one, because they have a good reward for their labor. (10) For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. (11) Again, if two lie down together, they will keep warm; But how can one be warm alone? (12) Though one may be overpowered by another, two can withstand him." Ecclesiastes 4.9-12

We live in an age where passivity rules... nobody wants to get involved. In fact, John Darley and Bibb Latane wrote an insightful article in *Psychology Today* entitled "When Will People Help in a Crisis?" They pointed out that a bystander will not intervene in an emergency unless he (1) notices that something is happening, (2) decides that this is an emergency, and (3) takes personal responsibility for doing something. Friends get involved... friends care enough to do something. The writer of Ecclesiastes wants us to understand that **friendship is a good investment** (v. 9). When the author says in verse nine, "Two are better than one, because they have good reward for their labor" the words "good reward" literally means "dividends paid on a wise investment." The very best investment you will ever make in life will not be a financial one, but rather the investment made in relationships. We will get a greater return on that investment than any other investment we ever



Pr. Sandy

make. Some people try to accumulate possessions so they are constantly trying to get more or better stuff. It is attributed to the late Malcolm Forbes to have said, "He who dies with most toys wins." If we spend all our lives trying to accumulate more and more possessions, we will never truly be happy or fulfilled, as Hollywood almost daily testifies. On the other hand we can decide to focus on building relationships and trying to make friends or be the right kind of friend. These verses in Ecclesiastes give us several characteristics of good friends...

1. A Real Friend Helps You When You're Down. (v.10) "For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up."

We all have casual acquaintances, or even casual friends, but how many close or intimate friends do you have? Someone has suggested that we have been successful in life if we have enough close friends to act as pall bearers at our funeral.

2. A Real Friend Is Someone Who Provides Emotional Warmth In A Cold, Cruel World. (v. 11) "Again, if two lie down together, they will keep warm; But how can one be warm alone?" Real friends provide practical help. We need help to face circumstances beyond our control and we need to be able to gain emotional strength when we do not have enough of our own. Sometimes it's a "cold cruel world" out there. In real life we sometimes encounter certain people

who, when we spend time with them, they drain our emotional fuel tank. We leave their presence absolutely drained. But there are other people, and these are our friends, that time with them is an emotional charge and our emotional gas gauge goes all the way over to full.

3. A Real Friend Is Someone Who Will Fight To Protect You Or Your Reputation. (v. 12) "Though one may be overpowered by another, two can withstand him." When these words were written they were based on the military strategy of the ancient world. Almost all combat was hand-to-hand combat. Soldiers went into battle with a partner, someone that could be counted on and trusted completely. Soldiers often stood back to back or shoulder to shoulder of one another. Friends not only never stab you in the back, they guard your back.

4. A Real Friend Is Committed To Helping You Grow. (Proverbs 27:17) "As iron sharpens iron, a friend sharpens a friend." (NLT) True friends want to see us continue to grow. Friends are always challenging us and even pushing us to be all that we can be. "Do not save your loving speeches, for your friends till they are dead; do not write them on their tombstones, speak them rather now instead" - Anna Cummins

Pastor Sandy has ministered for 37 years in four different churches (Ambassador Baptist, Baptist Temple, Grace Baptist, Park Crest Baptist) in three different states (Michigan, Missouri, Florida). He has earned his Bachelors and Masters degrees and is presently completing his Doctoral Studies in Religious Education.

DIVORCE FLORIDA STYLE

Mike Gora

Husband's payments toward mall may provide cash for soon-to-be-ex wife

By Michael H. Gora

Q: We were married for years before the divorce started almost a year ago. We had both been married before. When we got married, my husband and his brother owed a big shopping mall in New Jersey. He always told me that it would be our retirement. He said it was worth millions and getting more valuable.

We never saw any income from the mall. During the marriage, my husband engaged in a career as a successful accountant in several of those big national accounting firms. Some times, they merged, sometimes they went out of business, but he always landed on his feet, was called a partner and made a good living. As he was the accountant, and I was the homemaker and mother, raising his children and mine, he took care of the books. Neither he nor his brother ever managed the mall; that was done by a professional management company. My forensic accountant and attorney have now completed the discovery, and accounting. My husband's interest in the mall was always kept in a corporation in which he and his brother each owned

50 percent of the shares. It was, and is, non-marital property.

At my husband's deposition, however, he revealed that the mall had not been doing well. He and his brother refinanced the mall with an interest only mortgage about eight years ago. For the last eight years, the mall had not been able to make the mortgage payments. He had taken about \$10,000.00 a month from his earned income, and our savings, without telling me, to make his share of the mortgage payments.

At first my lawyer and accountant thought that it might be a good thing; if the value of the mall had grown there would be a marital component that might be used to pay the marital estate the amount "borrowed", plus interest. We just got back our appraisal of the mall, and it is worth no more than the mortgage. We have other savings, plus equity in our house in St. Andrews of over a million dollars. My husband also has a couple of million dollars between his current 401k and his rollover IRAs. Can I do anything to recapture at least half of the payments that my husband made towards the loan? I never knew about?

A: Florida family courts are courts of equity. That

is, within the parameters of the equitable distribution statute, 61.075, and the appellate cases interpreting that statute, the judge in your case will have discretion to make certain that fairness prevails.

If the value of the shopping mall had grown over the years, your husband's share, even though non-marital property, could have been your source of the distribution to make you whole based upon your unknowing contributions of marital money to the non-marital property.

Since the shopping center property decreased in value, there is no marital share in whatever equity there remains in the property based on appreciation. However, the case law supports a position that the amount of equity that was created by the \$10,000 monthly mortgage payments that your husband made from mortgage payments made with marital money is a marital asset to be equally divided.

The marital portion of the \$10,000 will only be the amount of the payment that actually was applied to the loan balance, and not to the amount of the payment that was applied to interest on the loan.

Michael H. Gora has been certified by the Board of Specialization of The Florida Bar as a specialist in family and matrimonial law.



Mike Gora

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ON THE MONEY
Steve L. Pomeranz

Is Wall Street At It Again...?

Lately, I've been reading a lot about Alternative Mutual Funds, and invited Greg McBride, Senior Financial Analyst at Bankrate.com to a discussion on these funds.



Steve L. Pomeranz

An AMF is essentially a regulated mutual fund with the investing freedom and upside of a hedge fund, but without many of its downsides. AMFs are open to all investors, not just the rich, charge significantly lower fees, disclose their investments, may be bought or sold daily, and have higher liquidity than hedge funds. AMFs commonly go long or short stocks, invest in commodities or focus on multiple strategies.

Long-Short

AMFs simultaneously go long (buy stocks for price

appreciation) and short (borrow and sell 'over-valued' stocks hoping to buy them back later at lower prices) to enhance returns.

On a long position, shares bought at say \$20 could, in the worst case, go to zero. On a short position, instead of falling, shares could rise to say \$80 or higher, causing losses of \$60 or more. So going short is dangerous and may cause sizable losses if positions are not hedged.

Commodities

AMFs also invest in commodities - natural resources like oil, food items from orange juice to soybeans, precious metals such as gold, silver or platinum, and more.

Commodities do not always move in sync with

stocks or bonds, and may thereby add diversification to your portfolio while also reducing volatility. As with every investment, investors must carefully assess valuation and risk. In 2008, investors who bought crude oil by the bucketful at \$140 per barrel got crushed when crude fell to \$35 per barrel.

Read the complete story online www.boca-trib.com

Steven L. Pomeranz, Certified Financial Planner, is President of Steven L. Pomeranz Financial Management, the host of NPR Radio's "On The Money!" on WXEL 90.7 FM and a frequent expert guest on CNBC. For more than 28 years Steve has been providing wealth management advice to high net worth individuals and has been named Top 100 Advisors by Worth Magazine and a Top Advisor by Reuters.

ASK DR MAN
By Dr. Daniel Man

CosMan can eliminate black marks left behind by acne

Dear Dr. Man, I'm an African American woman, 36 years old, who just started getting some acne. The problem is that when the pimple goes away, I'm left with black marks. I haven't found anything to help this problem.



Dr. Daniel Man

What can I do? I don't want scarred skin.

The issue you are experiencing is one I see in my practice quite often. There are plenty of patients with problem skin who complain about acne breakouts and hyperpigmentations including too much brown color, red discolorations and dark splotches on their skin. These issues can be even more prevalent in ethnic patients.

Many patients who have

tried other treatments come to me. I see patients who have breakouts and are left with black marks, melasma, acne scars, and hyperpigmentations. Often, people of color, Hispanics, African American and Asian skin have this problem.

I have developed a treatment system called CosMan, which is a pharmaceutical-grade skin depigmentation treatment system that works for all skin types, including black skin, Hispanic skin and Asian skin. Most over-the-counter creams contain only small amounts of active ingredients.

CosMan's formula contains the right amount

of the active agents combined with special protective ingredients necessary to get results. Especially important when treating dark skin, CosMan contains no bleaching agents, which are commonly found in over-the-counter cosmetic products.

Read the complete story online www.boca-trib.com

Dr. Daniel Man is a board-certified plastic surgeon who has dedicated his life's work to helping people look younger and improve their appearance through cosmetic surgery. He is a noted author, artist, inventor and educator. Dr. Man has been featured on major television networks, as well as national and local magazines and newspapers for his work as both a plastic surgeon and an artist.



Back to School Supplies Drive

The Boca Glades Baptist Church will be collecting new school supplies until Sunday, July 25th.

The school supplies will be distributed to the families in our immediate community. Please bring your donations to:

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Business

The Boca Raton Tribune

— Boca Bits —

By Barry Epstein

• Boca plumber Les Goldstein, Plumber I Am, solved the oil spill by sending BP a sketch of a new valve that would cap the leak. BP used it to stop the oil from pouring out of the well and Goldstein was featured on the CBS news last Friday.

• Boca Raton resident Steve Geffard won the national amateur heavyweight boxing championship in Colorado Springs, Colorado last weekend.

• Prominent South Florida Actor Gordon McConnell returns to his leading role of Dr. Bob Brock in the Caldwell Theatre production of Secret Order on Wednesday July 21, 2010, after being hospitalized. McConnell was



Barry Epstein

disoriented after the matinee performance on July 10 and was immediately taken to the hospital where he underwent testing. He was released on July 12, without any definitive diagnosis.

Secret Order continues with performances through August 1. Call 561.241.7432 or go to www.caldwelltheatre.com to order tickets.

• Florida State Rep. and Senator-elect Maria Sachs has been recognized by the independent Colleges & Universities of Florida with the All Star Award for her exemplary efforts during the past legislative session and throughout the year. She was also recognized by the Florida Bar with the Florida Legislative

Award for her four years of outstanding service to the legal profession during her tenure in the Florida House of Representatives.

• Greater Boca Raton Chamber of Commerce upcoming events: SMART TALK FOR WOMEN
Date / Time: Tuesday, July 27 / 11:30 a.m. to 1:30 p.m.
Where: GBRCC Boardroom (1800 N. Dixie Hwy., Boca Raton, FL 33432)
Program: Does Your 30 Second Commercial Work?
Cost: \$30 (member and non-members - online and at the door)

MEMBERSHIP AFTER-HOURS NETWORK miniEXPO
Date / Time: Tuesday, July 27 / 5:30 p.m. to

7:30 p.m.
Where: Renaissance Boca Raton Hotel (2000 NW 19th St., Boca Raton, FL 33431)
Cost: \$10 (member online and at the door), \$20 (non-member online and at the door)
Exhibitor tables are still available! Click here to download the form.

MEMBERSHIP BREAKFAST
Date / Time: Thursday, August 12 / 7:45 a.m. to 9:00 a.m.
Where: Renaissance Boca Raton Hotel (2000 NW 19th St, Boca Raton, FL 33431)
Cost: \$15 (member online and at the door), \$50 (non-member online and at the door)
Sponsor: City of Boca Raton
For more information or to register for

these events, please visit www.bocaratonchamber.com/events today!

• West Boca Chamber of Commerce network is Thursday, July 22 at Ben's N.Y. Kosher Deli. Details at www.westbocachamber.com. RSVP to info@westbocachamber.com or call 561.482.9333.

The August 10 Chamber breakfast at European Corner Café features Palm Beach County Sheriff Ric Bradshaw. Details and info will be on the website.

• On Tuesday, July 27th, from 9:00 a.m. to 4:30 p.m., Sharon Geltner will teach "Effective Business Communications," at Palm Beach State College, Room HT213, 3000 St. Lucie Ave., Boca Raton campus. This interactive \$26 course will be

taught in a computer lab and include business subjects ranging from memo writing to e-mail "netiquette" to Internet marketing. To register, call: Abby Lazo at 862-4705.

• Movies opening this weekend include Salt, The Kids Are All Right, Ramona & Beezus and Restrepo.

Barry Epstein, APR, is a noted public relations, marketing and political consultant based in Boca Raton, and is president of the West Boca Chamber of Commerce (www.westbocachamber.com), with a weekly internet television show on www.wrpbitv.com and a link to it alternate Fridays on the Sun-Sentinel editorial page, www.sun-sentinel.com/opinion. His website is www.publicrelations.nu and his email is pr@publicrelations.nu. You can friend him on Facebook at www.facebook.com/barryepstein or follow him on Twitter @cme4pr. Fax items for the column to 561.451.0000 or email to: bocaspindocor@gmail.com.

— What business are you in? —

By Gerald Sherman

Do a SWOT – and give your business a SHOT!

Companies use the SWOT analysis to assess their business and look for new opportunities. Just as a health check-up can keep your mind and body healthy; the SWOT assessment used properly, can increase the health of your business.

It is vital to understand the Strengths, Weaknesses, Opportunities and Threats of your company. Take an objective look into your company, its product/services, culture in the marketplace, perception to the target customer, vulnerabilities and opportunities. The company should do this to determine the positioning of the product/service in the competitive marketplace.

In determining its SWOT, (Strengths, Weaknesses, Opportunities and Threats)



Gerald Sherman

the company is able to plan a course of action to be taken to reach its objectives. By analyzing these different areas, the company will be better positioned to reach them.

Playing up its strengths and taking steps to check its weaknesses will present a company with opportunities. Awareness of its threats can help the company maneuver in the competitive environment. For example, knowing that its main competitor is launching a major advertising/marketing campaign and outspending your company will help you decide to possibly be more aggressive with your advertising/public relations/promotional activities: i.e., doing more pitches and spending more time building relationships

with the customer base. If the company doesn't have the funding to compete, then it must make up for it by being more creative, resourceful and working harder to get the results.

A SWOT analysis is equally vital whether the company is a very small operation or a large corporation. It can be developed by members of the company in a brainstorming session or by surveys. The SWOT analysis serves the purpose of doing an in-house audit to determine the extent of the company's positioning in the marketplace.

Read the complete story and pic online www.geraldsherman.com

Gerald J. Sherman of Sherman & Perlman LLC is a marketing and public relations person and has written several books and articles on these subjects.

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Monday
May 31 7 p.m.
"AN AMERICAN TRIBUTE"
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Friday
June 18 7 p.m.
FAU MUSICAL EXTRAVAGANZA
Summer Concert Band & Repertoire Theater

Friday
July 16 7 p.m.
SOLID GOLD MUSIC™

Friday
July 30 7 p.m.
JIMMY STOWE & THE STOWAWAYS
Island Music - Jimmy Buffett Tribute

Friday
August 13, 7 p.m.
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Stage Show by ZMC Entertainment

(free to the public)

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Boca Raton Hospital recruits recognized endovascular specialist



W. Anthony Lee, MD, FACS

BOCA RATON - W. Anthony Lee, MD, FACS, an internationally recognized endovascular specialist, has been recruited to serve as director of the Endovascular Program at Boca Raton Community Hospital's Christine E. Lynn Heart and Vascular Institute. Dr. Lee's appointment was effective July 1.

He has also joined Surgical Associates of Palm Beach County, one of the largest multi-specialty surgical practices in south Florida.

Dr. Lee comes to Boca Raton Community Hospital (BRCH) from The University of Florida College of Medicine where he was associate professor of surgery and chief of the Section of Endovascular Therapy.

Over the course of the past decade, Dr. Lee has established a stellar and

thoracic and 800 abdominal endovascular aortic repairs.

A graduate of Princeton University, Dr. Lee earned his medical degree from the Johns Hopkins University School of Medicine. His extensive post-graduate training included a surgical residency at the University of Michigan School of Medicine, and vascular and endovascular fellowships at Stanford University School of Medicine. He is a member of the Florida Medical Association, the International Society of Endovascular Specialists, the Peripheral Vascular Surgery Society, the Society for Vascular Surgery and the Florida Vascular Society.

On the editorial board of several major vascular and endovascular journals, Dr. Lee has authored

far-reaching reputation for the diagnosis and treatment of complex aortic diseases involving aneurysms, dissections, traumatic transections and penetrating ulcers. He brings with him a personal experience of nearly 500

or co-authored more than 100 peer-reviewed manuscripts, more than 25 book chapters, more than 80 abstracts and has delivered nearly 200 presentations. He has also been the principal investigator for over 25 FDA-approved medical device clinical trials.

Dr. Lee's appointment adds to BRCH's growing reputation and capabilities in endovascular and cardiothoracic surgery. In October 2009, the hospital recruited Alexander Kulik, MD, another highly regarded endovascular specialist. This past January BRCH was ranked number one in the state of Florida for cardiac surgery by HealthGrades.

"We are certainly pleased to have a clinician the caliber of Dr. Lee join us," said James Morris, MD, cardiovascular surgeon and medical director of the Lynn Heart and Vascular Institute. "He is a significant addition to our team and clearly enhances our capabilities as the region's most advanced endovascular center."

Editor's note: Endovascular surgery addresses conditions affecting arteries and veins by approaching the lesion from within the blood vessel itself. Utilizing devices such as catheters, balloons and stents, endovascular procedures are a less invasive form of surgery than standard operating techniques.

Ruben's Barber Shop, open for 31 years



Inside Ruben's Barber Shop
By Donovan Ortega

Ruben Mercado Sr. began cutting hair as young man in Miami and a opened his first barbershop in 1979. He eventually moved Ruben's Barber Shop to West Boca and has been an institution on the corner of 441 and Glades Road since 1991. Ruben Sr. has been in business for 31 years, and looking into the shop on a Monday morning, it's easy to see why. Barber chairs line the interior and the mirrors reflect the baseball memorabilia and impressive collection of straight edge razors on the walls. It's a no nonsense kind of place, smelling of Barbisol and masculinity. "It's a family style bar-

bershop. It's old school," says Ruben Jr., "everyone has been coming here for generations. We cut a child's hair and then he grows up and brings his children here. That's how it works. Consistency."

And then I'm in a chair at the far end of the shop. Joel Irizarry is my barber and he's been at the shop for two years. I explained what I wanted and Joel interpreted.

"What you want is a controlled mess," says Joel. "Yes," I said, realizing that 'controlled mess' was the description I had wanted to tell barbers my whole life.

With a quick, steady hand the haircut began and I stole glances out of the corner of my eye at the

mirror to see the process unfold.

Joel gives me what I asked for, lining me up perfectly and getting my head back into shape. Then he tilts the chair back and prepares me for the shave.

"Get comfortable," he says. As he begins the shave, Joel explains his technique.

"The trick to a good shave is holding the blade at the right angle and recognizing which direction the hair is growing," says Joel.

Joel completes the shave, tilts the chair up, and spins me towards the mirror. The process is complete. My face is smooth. My hair is neatly trimmed and shaped. I came in looking rough and I leave looking sharp and confident. Before I go Joel asks, "You're gonna come back and see me again right?"

And like the thousands that have walked through Ruben's Barber Shop before me, I say, "Yeah, I'll be back."

Ruben's # (561)487-2152

See more photos online!



West Boca Business Connection to meet July 28

WEST BOCA RATON - The next meeting of the West Boca Business Connection will be held Wednesday, July 28 at 8 a.m. at the Bagel Tree Restaurant, 9080 Kimberly Blvd., Boca Raton, in the Hamptons Shopping Center at the southwest corner of Lyons Road and Kimberly Blvd. Attendance is \$7 per person which includes breakfast. The group is seeking new members.

The West Boca Business Connection is a newly established networking group which meets the second and fourth Wednesdays of every month. RSVP to WestBocaBusCon@gmail.com. For information contact Lynn Fedoriw at 561-852-4577.

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All items will be donated to the Wayne Barton Center Back to School Jam.

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Protect your home at Hurricane Headquarters

By Donovan Ortega

At Hurricane Headquarters, your one stop shop for home storm protection, Vice President Kyle Rodeghier is shuffling papers at his desk while a telephone rings in the background. With hurricane season in full swing, the workload has increased at Hurricane Headquarters. Kyle explains that with the profundity of foreclosed homes on the market, many people are buying homes for cheap and need to protect their new investments. "That's the life line of our industry right now and business has picked up since hurricane season

started. A lot of people are worried about storms coming and they want to protect their homes. We've got a lot of calls coming in," says Rodeghier as the telephone rings again. Hurricane Headquarters specializes in accordion shutters, impact windows, storm panels, glass sunrooms and screen enclosures. "We build everything to the new stringent code of Broward and Dade County," says Jeff Morgan, owner of Hurricane Headquarters, "Everything we do, no matter where you are, is going to be built with equip-

ment that has been rated to withstand winds of up to 140 mph." The building code was made more rigid in Broward and Dade County after Hurricane Andrew caused severe damage South Florida in 1992. "Not all companies in Palm Beach County adhere to the Broward and Dade code in order to save money. We do," says Rodeghier. Hurricane Headquarters is located at 99 NW 11th St. in Boca Raton. Our next named storm in the Atlantic will be Bonnie. We are keeping a close eye on the tropics for any development.

Check out BocaRatonTribune.com for your hurricane weather updates!

Hurricane Preparedness Check List

Buy supplies early to prepare for the storm. When the storm threatens, lines will be long and supplies short.

FOOD SUPPLIES

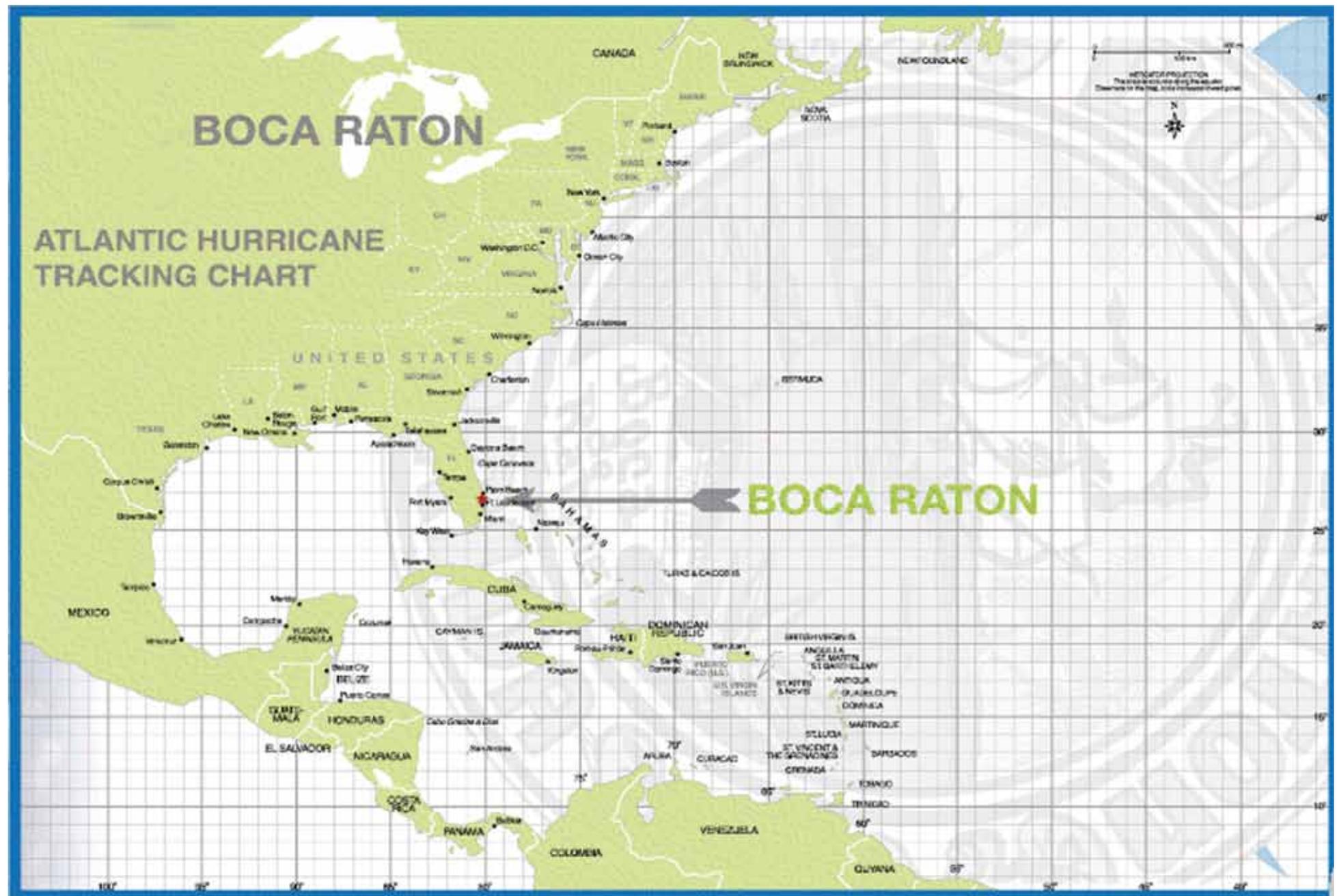
Get enough nonperishable foods now for two weeks. Then put them in a box and leave them alone. Don't buy foods that are salty or dry or high in fat or protein; they'll make you thirsty. Water - 2 quarts to 1 gallon per person (get a week's supply); Ice; Shelf-package juice and milk boxes; Canned and

powdered milk; Beverages (powdered or canned, fruit juices, instant coffee, tea). Prepared foods (canned soups, beef, spaghetti, tuna, chicken, ham, corned beef hash, packaged pudding); Canned vegetables and fruits; Dried fruits; Snacks (crackers, cookies, hard candy, nuts) Snack spreads (peanut butter, cheese spreads, jelly); Cereals; Raw vegetables; Sugar, salt, pepper; Bread; Dry and canned pet food; Extra formula, baby food

HARDWARE

Hand tools - hammer, screwdrivers to use now, shovel and pickax for after the storm; Power screwdriver; 4-by 8-foot sheets of plywood 3/8-inch to 1/2-inch thick to put over your windows. Make sure you ask for exterior plywood; 1/4-inch machine screw sockets and screws; Plastic sheeting to cover furniture; Rope; Sturdy working gloves; Duct tape to waterproof items. Masking tape isn't strong enough; Canvas tarps; Nails. There are many kinds, so look over your home now and determine what you will need. A nail too small, the wrong shape or hammered in wrong will fail, and that will give the storm the breach it needs to get into your home.

Continue next edition



Your Life

The Boca Raton Tribune

OLEDA TALKS

Oleda Baker

Get Back The Thicker, Stronger Hair You Once Had....Yes...you can!

Dear Friend,
Don't just sit back thinking there is nothing you can do about your thinning hair...if you just sit back, then there IS nothing you can do! Instead, take the bull by the horns, read through this column with hope, and you will know you can be in charge.... **Move over thin hair... you're getting company!**



Oleda Baker
At age 75

My hair is 75 years old (well...kinda') and it has been abused all my life. As a TV and photographer's fashion model, my hair got a terrible beating...it was frequently worked on, had so many hot rollers on it too often, and was put under hot lights for hours at a time. On top of that, I'm a double process blond... meaning I bleach the darker Oleda Baker at 75. Oleda and Company, Inc. CEO roots out and then apply a blond color over it for tone. I have been doing this for 52 years since I was 23. (I do it myself at home) So if anyone should have broken, thin, dull, unhealthy looking hair...it's ME!but, as you can see, my hair has none of those problems.

What I'm about to share with you does not cost

even a penny:

Besides good nutrition, which we'll get into in another column, the single most important thing you can do for the health, growth, strength, shine and beauty of your hair is **SCALP MASSAGE**.... massaging the scalp in a special way. You do it yourself twice a day for a month, then cut down to once a day when you see results. (See "When will I know if it's working," below) Massage until the scalp tingles all over, especially in the "weaker or thinner" areas for 1 to 2 minutes.

The roots of hair are fed by many small blood vessels, which bring oxygen and nutrients to them and carry away carbon dioxide and other waste. Proper scalp massage increases this blood flow, bringing more nutrients to your hair's roots. Without a healthy flow of blood, hair follicles grow more slowly and may eventually even die, causing the thinning to begin.

As each birthday passes, our natural circulation

slows more and more, making scalp massage more important than ever, if we are to maintain the healthy, strong hair we had in earlier years. Oily hair is even more prone to sluggish scalp circulation. Oil and dead cells combine to form debris that hardens and sticks to the scalp, reducing circulation even more and eventually destroying hair roots. Massage is very important to help prevent blockage of the follicles...the roots. I often hear of ladies who have their hair "done" once a week, and then don't want to touch it much until their next appointment...this works directly against everything in the book related to thicker, healthier hair.

HERE'S THE SCALP MASSAGE: I do this 4 or 5 times a week.

STEP 1: Place the fingertips of both hands firmly on your scalp without bending your fingers.

Read the complete [www](http://www.thebocaratontribune.com) story online

Oleda Baker, now 75, began her career as a high fashion model with the prestigious Wilhelmina Model Agency, based in New York City and doing print and TV assignments in New York and Europe. She has written ten books on beauty, diet and health.

Everyday Cheapskates

By Mary Hunt

4 Ideas for Christmas in July

If it is true that the longer you wait to prepare for Christmas the more you'll spend, I'm pretty sure we can depend on the converse, as well. The sooner you get started the less you'll spend. I know it is July. That's the point.



Mary Hunt

If you do a little bit starting now, you'll take away a lot of the holiday stress, and you might spend less, as well. Here's an idea: Create your gift list. Then divide the total number of gifts you need to buy by 20. Determine you'll buy that many gifts each week. You'll reduce the job of Christmas shopping to bite-size. While you're thinking about it, consider these great ideas from other "Everyday Cheapskate" readers:

SAVINGS SANTA. Starting with the very first Friday of the new year, I opened a new online savings account with my bank and set up an automatic transfer of \$20 from my checking to my savings every Friday. I didn't miss the money each week because I already had adjusted my

budget to do without it. By the end of the year, I had more than enough money to buy holiday gifts for my friends and family. This was great for me because, unlike in previous years, I didn't have to rely on my credit cards! It

felt amazing to know that I didn't have any extra debt from buying gifts. - *Brooke K., New York*

DRY STORAGE. Start saving now -- dryer sheets, that is! Those used dryer sheets that are still soft and sweet-smelling make perfect wraps for delicate Christmas ornaments. I simply stuff them into a collection box during the year and have lovely sweet-smelling decorations year after year! - *Sally L., Georgia*

CARD CARRIER. I love receiving cards throughout the year, especially the Christmas photo cards that have become so popular. I keep many of them, but I struggled with what to do with them. I bought small picture frames at the local dollar store. Throughout the year, I cut out pictures on the cards and display

them in various areas of the house. That way, I can enjoy seeing friends and family all year long. They brighten my day and put a smile on my face every time I open a book to read! - *Darcy B., Kansas*

EXTRAORDINARY ORNAMENTS. When my sons were first born, I started buying them ornaments each year when I traveled or saw something special. The boys used to find them in their stockings, and each year, we would put them on the tree. When my eldest son got married, I presented him and his bride with all his ornaments. It was wonderful to see all the special ornaments on their first tree. I already have my other son's ornaments ready for when he gets married. I have continued to add to their collections every year. They look forward to opening their stockings to see what they will get. - *Sheila M., California*

Do you have a question for Mary? E-mail her at mary@everydaycheapskate.com, or write to Everyday Cheapskate, P.O. Box 2135, Paramount, CA 90723. Mary Hunt is the founder of www.DebtProofLiving.com

www.thebocaratontribune.com

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Around our Neighborhood

The Boca Raton Tribune

Boynton Beach

Stem Cell Transplant Institute offers hope for cancer victims, potential treatments for other diseases

By Dale King and Julia Hebert

BOYNTON BEACH – “Real differences in the quality of cancer care” are taking place at a medical institute in this community just a few miles north of Boca Raton.

These are significant, life-saving differences, the result of advanced technical research and a medical team leader and institute director schooled and experienced in the varied uses of stem cells.

“Every day, lives are changed as a result of the South Florida Bone Marrow/Stem Cell Transplant Institute,” said Dr. Dipnarine Maharaj during an interview in a conference room inside the medical complex at the corner of Boynton Beach Boulevard and Hagen Ranch Road.

This contemporary structure houses high-tech equipment – and hope – for those afflicted with hematological cancers, including non-Hodgkin’s lymphoma, Hodgkin’s lymphoma, leukemia and multiple leukemia.

“Patients are cared for by a team of highly skilled professionals with extensive training and experience in treating cancers that react favorably to stem cell transplants,” said Dr. Maharaj. “This specialized approach helps patients whose cancer has shown little or no response to other methods of treatment.”

In one dramatic case, Dr. Maharaj saved the life of a man whose physicians had given him two days

to live.

“The constant studies in science, research and technology have given new hope to patients who, as recently as 10 years ago, may have had none,” said the doctor. “The treatments are getting more effective, the success rates are getting higher and it’s because doctors like me simply refuse to rest.”

So while the results of the South Florida Bone Marrow/Stem Cell Transplant Institute have already proven to be remarkable, the potential for future use of stem cells to repair and restore organs throughout the entire body keeps gaining momentum.

Some caution is in order as research continues, he said. The use of stem cells to treat blood cancers is a Food and Drug Administration approved indication. “In other areas which are still under investigation, the FDA has specific requirements.”

But research into so-called “regenerative medicine” is on the front burner, Dr. Maharaj told the audience during a lecture at Bethesda Hospital in Boynton Beach. He said researchers are already making strides in the use of stem cells “to restore tissue and organ functions.”

Being targeted are illnesses such as congestive heart failure, osteoporosis, Alzheimer’s disease, Parkinson’s disease, spinal cord injuries, multiple sclerosis, birth defects and diabetes. A breakthrough in the treatment and potential cure for diabetes could be



The South Florida Bone Marrow/Stem Cell Transplant Institute.



Dr. Dipnarine Maharaj addresses an audience at Bethesda Hospital.

near, he indicated, impacting 16 million people in the United States and 217 million worldwide.

“We have a long way to go to understand these mechanisms,” he told the crowd at Bethesda. “But we hope it is not in the too distant future.”

He did say stem cells are amazing because when they are injected into the human bloodstream, they find malfunctioning organs or tissues and meld in to correct the problem. As Dr. Maharaj explains, a stem cell is “an unspecific cell that can both self renew (reproduce itself) or differentiate into mature tissue.”

During his lecture at Bethesda, he showed

slides of a rat’s brain that had been damaged for experimental purposes.

After an injection of stem cells, the damage (shown in brown against the white background of the brain) lessened and eventually disappeared.

Dr. Maharaj emphasizes he does not use embryonic stem cells. He feels the best type of cell to use is “autologous” – meaning those taken from a person’s own body. In fact, he urges everyone to bank their own stem cells while they are healthy.

The best way to “harvest” a person’s own cells is to inject a man or woman with granulocyte colony stimulating factor, which stimulates the body’s production of a particular type of white blood cell.

The resulting mass-produced cells are removed with apparatus similar to a dialysis machine. The patient is attached to the machine through a vein in the arm, and as his or her blood runs through the machine, only the adult

stem cells are removed and all the rest of the blood is returned to the patient.

The cells can then be frozen in liquid nitrogen at the Boynton Beach facility and used again if the person becomes ill. They can be stored for some 20 years or more.

In case a person becomes ill, stem cell donors can be located, but transplanting those cells can have potentially dangerous consequences. Stem cells from another person’s body might be rejected or cause a serious illness in a patient who receives them. Dr. Maharaj said the chance of a body rejecting its own stem cells is virtually impossible. “In our experience in the outpatient institute, when using the patient’s own stem cells for blood cancers, the incidence of infection is low,” he added.

Read the complete story online [www](http://www.bocaratontribune.com)



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Games

The Boca Raton Tribune

Newsday Crossword

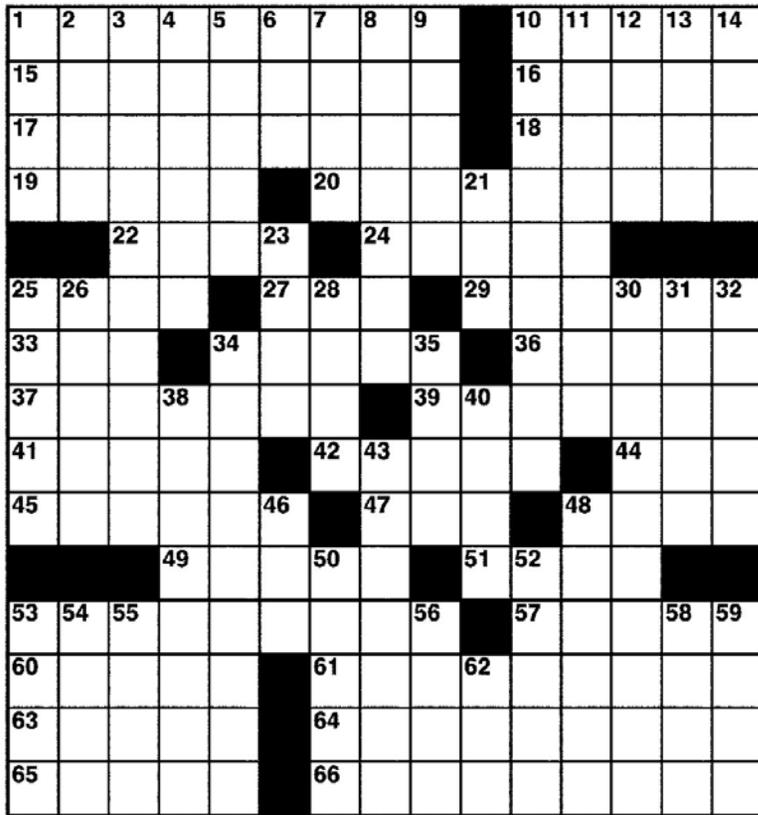
SATURDAY STUMPER by Doug Peterson
 Edited by Stanley Newman
 www.stanxwords.com

- ACROSS**
- 1 Kind of committee
 - 10 Strains
 - 15 *Rabbit* Seasoning character
 - 16 Above a flood, say
 - 17 Unwanted overhang
 - 18 Whom a leader trails
 - 19 Lifetime Achievement Grammy recipient of '99
 - 20 *The Clue in the Crossword* Cipher solver
 - 22 Sizable
 - 24 Q & A ailer
 - 25 Plane-wing part
 - 27 Word of dismay
 - 29 Brigham City native
 - 33 Less than one
 - 34 Chain attachment
 - 36 Bait
 - 37 Means of attainment
 - 39 Stop flowing, perhaps
 - 41 Reduces to bits
 - 42 Hepburn's husband in *Breakfast at Tiffany's*
 - 44 Medical specialty
 - 45 Sitting Bull, e.g.
 - 47 It means "native"
 - 48 Angle
 - 49 Pickup provider
 - 51 Bring (out)
 - 53 They're panned in Hollywood

- 57 "Good grief!"
 - 60 Way
 - 61 Tulane team
 - 63 Elevated place
 - 64 Some of them are overlaid
 - 65 Takes (off)
 - 66 Erstwhile airline
- DOWN**
- 1 ___ paper
 - 2 Product once pitched by Garfield
 - 3 Flip one
 - 4 *Before You Leap* author
 - 5 Sprung
 - 6 "___ I had heard of Lucy Gray . . .": Wordsworth

- 7 Total
- 8 Audiophile's purchase
- 9 They're perfect
- 10 20th-century revolutionary
- 11 It weighs less than two ounces
- 12 *Tulipán, por ejemplo*
- 13 Sticking point
- 14 Mull (over)
- 21 Smartphone component
- 23 Where Bob Woodward went
- 25 Lock problem
- 26 Mother of Tiberius
- 28 Inspect
- 30 Be set

- 31 Bowl
- 32 "Crud!"
- 34 Clientele
- 35 *Piazza del Duomo* home
- 38 Of a recent delivery
- 40 Element of change
- 43 Ultra-odd
- 46 Drink product-name suffix
- 48 Chow line?
- 50 Periodical
- 52 Russian alternative
- 53 Catcher
- 54 Muskrat cousin
- 55 Sharp
- 56 Futurologist
- 58 Flying class
- 59 Stack, in a way
- 62 Make a fast



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LIZARDS

Solution: 13 Letters

N C A V E S K S I L I S A B M
 K O M O D O D R A G O N S O S
 E U G N O T Y K C I T S V D C
 C E L A I N S E C T S E R C R
 O G I S R F B A S K A A A H E
 L A A P G D R A L B Z D T A T
 D L T E E Y R I L I A E A M S
 B F G C C R E E L P P G T E N
 L U N I K T E U T L I G I L O
 O O I E O Y G L E A E S B E M
 O M K S E E J A W S W D A O A
 D A C L T S A N A U G I H N L
 E C I K N I K S E E R T A S I
 D D L T H O R N Y B A C K H G
 S S F N I K S D E L T T O M T

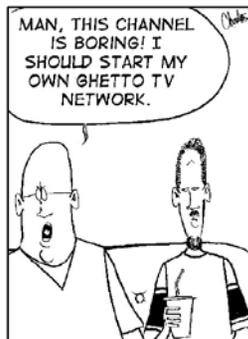
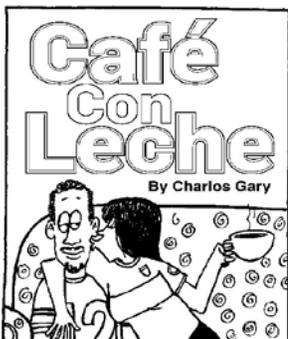
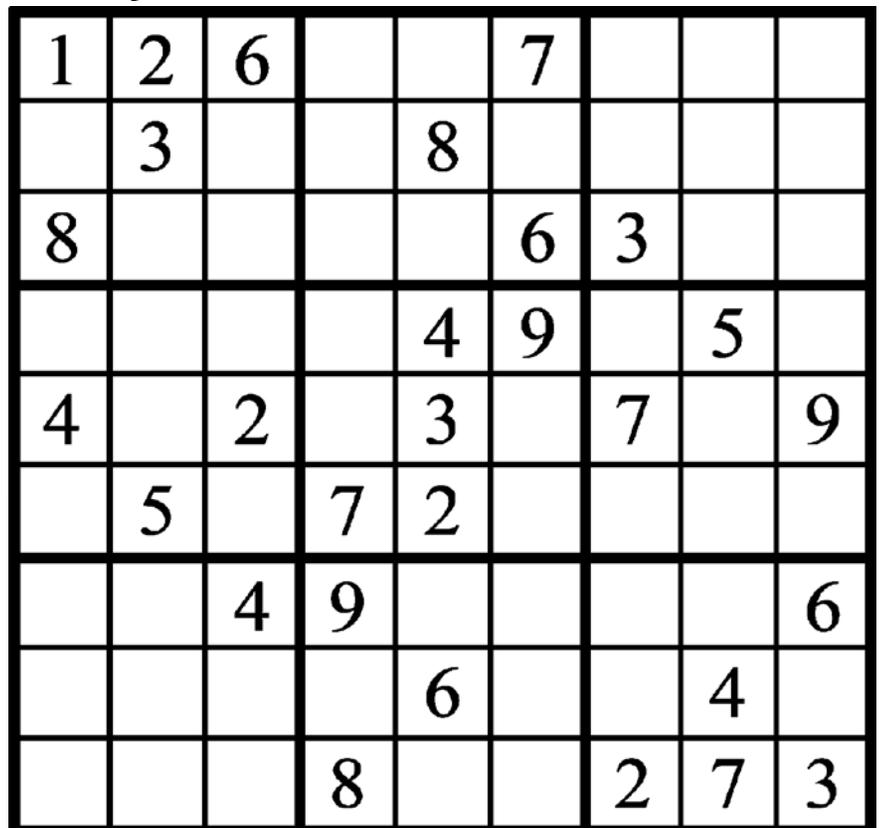
Adapt
 Bask
 Basilisks
 Camouflage
 Caves
 Chameleons
 Cold Blooded
 Eggs
 Flicking Tail

Frilled
 Gecko
 Gila Monster
 Habitat
 Iguanas
 Insects
 Jaws
 Komodo Dragons
 Mottled Skin

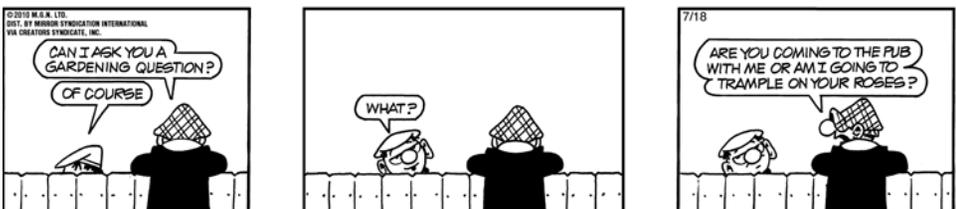
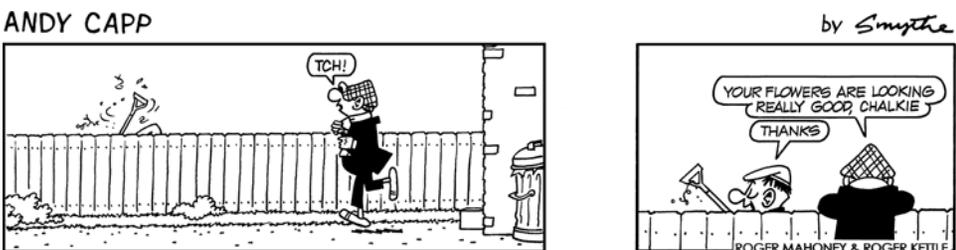
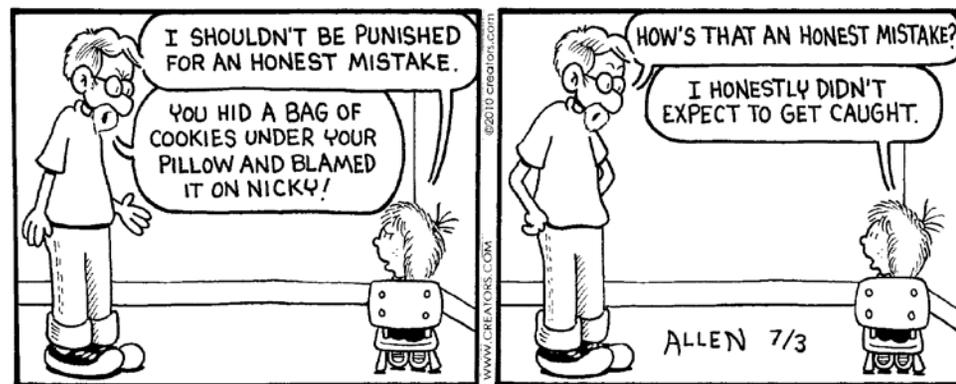
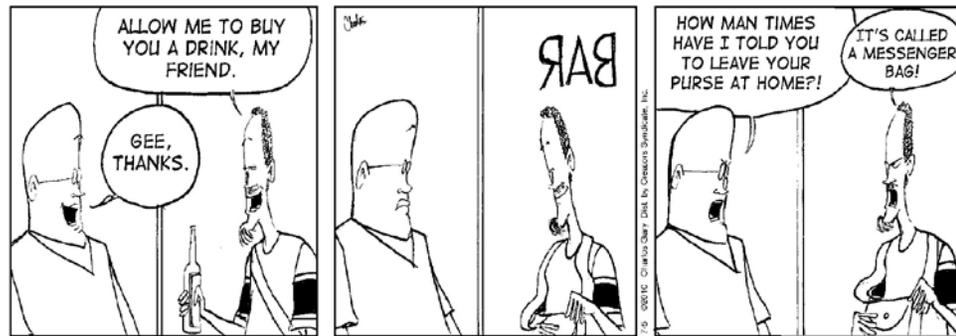
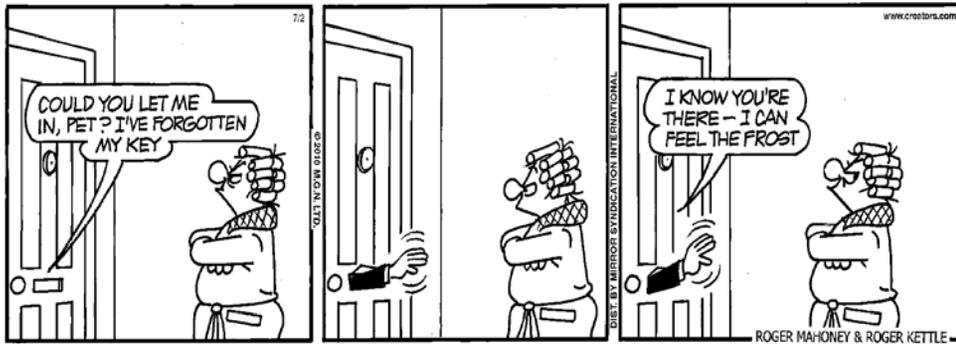
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Pet Society

The Boca Raton Tribune

— PET OF THE WEEK —

Puppy rescued from dumpster now in care of Tri County



By Jeannette Christos
CEO, Tri County

BOCA RATON - Remember the little Rottweiler puppy "Izzie," who was found nearly dead in a dumpster in an alley in Miami

Well, here she is and is amazing. With 24/7 care

by Tri County's vet tech she has made an amazing recovery. She runs, plays with all her toys and is eating like a little piglet. She loves to be held and will give you kisses all day long. She will be ready for adoption in about three weeks.

Tri-County Humane Society, a no-kill animal shelter located at 21287 Boca Rio Road in Boca Raton, has animals available for adoption. The

shelter is open for adoptions Tuesday through Sunday, 11 a.m. to 4:30 p.m. Adoption fees for companion animals are \$110 and up. Animals are heartworm-tested and up-to-date on vaccinations. Included in the adoption fee is one year of free office visits to Regency Veterinary Clinic. Visit us to find a lost pet or to consider adding a shelter dog or cat to your family. We have puppies and kittens, too! Call (561) 482-8110 or view many of our available animals and volunteer opportunities at: www.tricountyhumane.org. Follow us on Facebook and Twitter at 'Tri-County Humane'.

— MY PET —

Jezabel



Jezabel is a three-year-old red bone hound belonging to Chris Tejeda and Erin Hayes. Chris came across the young pup one afternoon while patrolling the park for his city job. After several ads were placed in the paper and no owner came forward, the abandoned hound became part of the family. Jezabel now enjoys her life in downtown West Palm Beach enjoying table scraps and playing in the park at night. She is full of love and shows her appreciation by giving unlimited kisses!

If you would like to see your pet here, send a photo and a 200 maximum biography to luana@bocatribune.com.

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More Information: www.BrazilianIndependenceDayGalaDinner.com or phone: (561) 488-5737

Sports

The Boca Raton Tribune

— CRANK UP THE HEAT —
By Pedro Heizer

The Three Kings of Miami



The new era of Miami HEAT basketball has begun. On Friday July 9th, at the American Airlines Arena the Miami faithful were introduced to “The Three Kings” of Miami in a fantastic player introduction.

Fans started piling in about one hour before the event was supposed to take place. I’ve never seen so many Miami Heat fans fill an arena so quick. The scheduled start time for the event was eight at night, but they had the Miami HEAT street band, the golden oldies, and of course, the most popular dance team in the NBA, The Miami Heat Dancers perform to the fans and put some fans close to a heart attack because the anticipation was killing them.

Then it happened. LeBron, Wade, and Bosh came in behind the stage to get ready for the celebration. Some fans spotted them coming out and literally freaked out. I’ve never seen grown men cry over other grown men... See, there is a first time for everything.

The Three Kings then came behind the stage to wait and be lifted up the

stage to the fans. At first they were facing their backs to the fans to reveal 6, 3, 1. When they came up, they were rock-stars. I’ve never heard the American Airlines Arena get so loud. Not even during the 2006 NBA Championship.

The dynamic trio was then given the keys to the city and had a quick sit-down with Heat broadcaster Eric Reid. After the festivities, they had their introductory press conference.

LeBron, Wade, and Bosh seem ready and eager to show just how wrong the NBA world is by saying that they can’t play together because of clashing egos. “At the end of the day, we know what’s important. And that’s winning basketball games, winning championships. Once we do that, winning cures all.” Said Dwyane Wade.

To those people that say that the trio won’t be the same dynamic players they were when they were the lone stars of their teams, LeBron has one thing for you “I don’t buy that. I don’t buy that at all”. From what I’m hearing is that The Three

Kings will have monster numbers and still play as a team? Like LeBron said, they might not have to score 30-plus a night but they can all easily be 20-10 players night in and night out. Pat Riley said that LeBron’s goal is to be the first player since Oscar Robertson to average a triple double in a season. And it can be done.

The Miami Heat are now The Evil Empire of the NBA, they are going to be the team that will have the biggest bull-eye on their heads. They will be the ones that ESPN will chew up if they lose a game, and also be the ones that will be praised for every single win. When asked if he was ready for that, LeBron simply said “It’s on” and Wade chimed in by saying “Bring it on” he continued by saying “Everyplace will sell out when we come to town so they can thank us now”.

The three amigos were all smiles in the press conference and they seemed ready to start the season. “Miami was the obvious choice for me” said Chris Bosh.

Read the complete story online!



— Matt Blue’s V.I.P. Lounge —
By Matt Bluesten



As the July 31st non-waiver trade deadline approaches, the question is, will the Marlins ultimately become buyers or sellers? The team is currently 10.5 games out of first place in the National League East Division with the Braves, Mets and Phillies ahead of them. Also, they are seven games back in the National League Wildcard. My prediction is that they are going to be sellers at the deadline, which will be to the chagrin of many Marlins fans. The

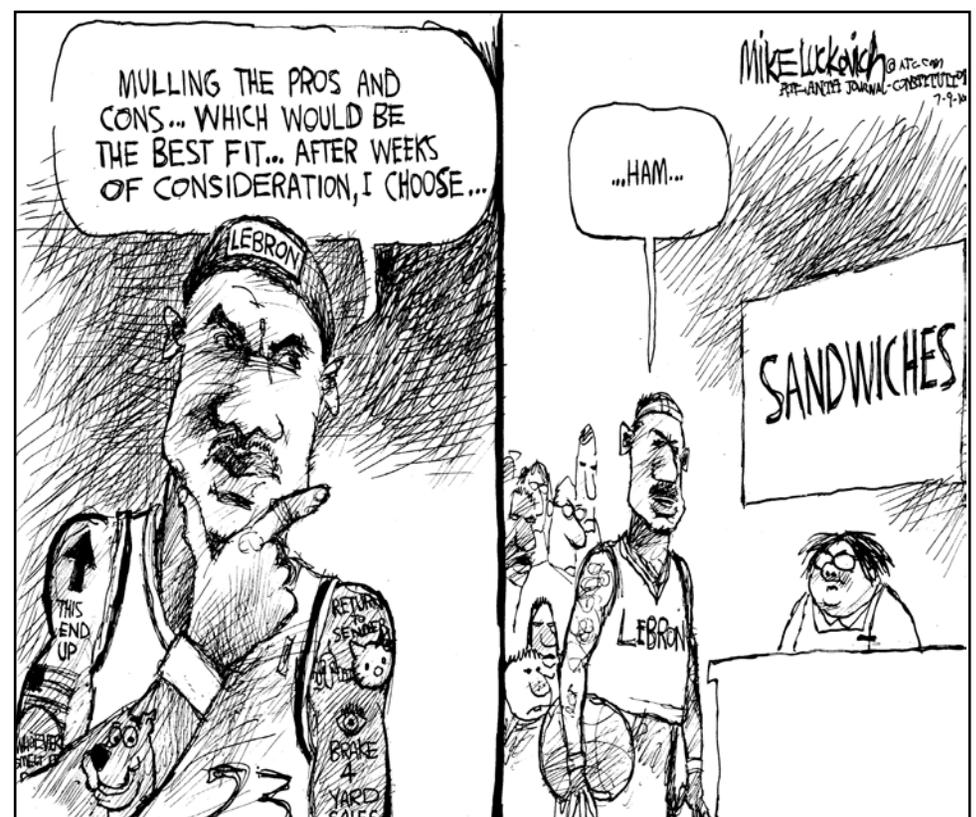
season is pretty much over and it would take some kind of cataclysmic disaster and a miraculous downfall in order for the Marlins to get back in the conversation. The fact is, they need to acknowledge the cold hard facts. The team looked listless and uninspired. Most importantly,

they need to give their talented young players the necessary amount of Major League experience. It’s time to find get a good idea of how good top organizational prospects Mike Stanton and Logan Morrison really are. Therefore, it’s time for some of our young players to face the music.

The Marlins have been extremely disappointing and frustrating to watch this season. The biggest reason why the team has struggled this season is because of

the terrible bullpen the Front Office put together over the off season. The bullpen has caused cardiac arrests and the increase of pepto bismal. The bottom-line is, they failed miserably in putting together a legitimate bullpen. They have the second worst bullpen in baseball, right behind the Arizona Diamondbacks. Believe it or not, only Arizona has more blown saves this season than the Marlins. The Marlins have blown 13 save opportunities, while Arizona has blown 14 saves. In addition, the team has committed the second most errors in baseball with 71 on the season. Another aspect the Marlins have struggled mightily in this year is the situational hitting department. For example, with runners on second and third with two outs, the Marlins have failed to come through in this type of situation. Also clutch hitting factor has been absolutely nonexistent.

Read the complete story online!



FAU releases schedule for upcoming men's soccer program



Darnell King, one of three soccer co-captains at FAU
From FAU Athletics

BOCA RATON - The Florida Atlantic University men's soccer program recently released its 2010 schedule in preparation for the upcoming season. The Owls will begin the regular season on Friday, September 3 in the northern part of Florida against former Atlantic Sun-rival Jacksonville University. The first home game will take place on Friday, September 10 at 7 p.m. against Georgia State University at the FAU Stadium Field. FAU begins its third full-season in the Mid-America Conference (MAC) on Friday, October 1 when the

team visits the 2009 national semi-finalist University of Akron.

The MAC home-opener for FAU will take place on Saturday, October 16 against Northern Illinois University. Other major non-conference games for FAU include UCF (Monday, September 6), University of Wisconsin (Sunday, September 12), University of South Florida (Wednesday, October 6) and North Carolina State University (Tuesday, November 2).

Head coach Kos Donev is in his 24th season as head coach of the men's soccer team and is currently the longest tenured coach in the FAU Athletic program.

Donev led FAU to a 4-10-2 record last season, and has his top goal scorer back for his junior season. Darnell King led FAU with six goals and 15 points last year and has been named one of three captains for the 2010 season, along with senior Andre McCreath and sophomore Tyler McNabb.

For more information, visit www.fausports.com.

Lynn baseball team adds 11 players for 2011 season

By Chad Beattie

BOCA RATON - Looking to get back to the post-season, Lynn University baseball head Coach Rudy Garbalosa announced the signing of 11 players for the 2011 squad. Six players hail from Palm Beach and Broward counties, one comes from Tampa, two will arrive from California and another two call New York/New Jersey home.

"I know we have a great group of guys coming in next year," said assistant coach and recruiting coordinator Donovan O'Dowd. "These players have talent, experience, passion for the game and most importantly they are all really good character kids. We look forward to having them and pursuing another national championship."

Leading the class is California's Eric Pitter. Drafted in the 35th round in this year's Major League Baseball amateur draft and signed by the Cleveland Indians out of

El Camino College, Pitter was 13-0 with a 2.12 earned-run average and 127 strikeouts on the mound while batting .330 with 18 doubles, eight home runs and 48 runs batted in. He was named the South Coast Conference and California State Player and Pitcher of the Year in leading the Warriors to a SCC title and the school's first California NJCAA appearance. JC Menna becomes the latest addition to join the Fighting Knights from Brookdale Community College. Others in the past few seasons have included Joe Arminio, Paddy Matera and Kevin Rickert. Menna, a 14th round draft pick and signee by the Oakland Athletics, posted a 6-3 mark on the mound with a 1.52 ERA and 64 K's for the Toms River, N.J., school to earn First Team NJCAA First Team All-America honors in addition to his First Team All-Garden State Conference and All-Region XIX accolades. The staff ace helped the Jersey Blues to a No. 9 national ranking and a berth in the NJCAA Tournament.

Pitchers Eric Rice and Kyle Wolfe, along with outfielder Alex Bello, will join the Blue & White from nearby Palm Beach State College. Rice was a 25th round draft pick and signee by the Chicago Cubs after going 7-1 with 52 strikeouts and a 3.20 ERA and earning First Team All-Southern Conference and Second Team All-State Florida. Wolfe mirrored his teammate's performance with a 6-2 mark, 3.30 ERA and 55 K's while Bello batted .384 with 34 RBIs, 10 doubles, three triples and 10 stolen bases.

Both Wolfe and Bello garnered First Team All-Southern Conference recognition and the

trio helped their school to their first conference championship since 1984 and a No. 2 state ranking heading in to the Florida State Tournament.

Joining the bevy of incoming players with post-season experience is Austin Smith of State College of Florida-Manatee. He batted .305 with 11 doubles, four home runs, 29 RBIs and 36 stolen bases in helping his squad to a No. 3 national ranking and Suncoast Conference and Florida Community College Athletic Association titles.

A pair of Broward College players round out the South Florida connection to LU. Anthony Boza looks to be the next great first baseman for the Fighting Knights and brings with him some gaudy numbers. He hit .411 for the Seahawks with 17 doubles, five home runs and 36 RBIs to earn First Team All-Southern Conference honors. Teammate Kyle Radziewski played every inning at shortstop while

batting .343 with eight doubles and 25 runs batted in.

The final player from Florida arrives from Hillsborough CC. Andrew Virgili excelled in the field and the mound where he hit .347 with three bombs and 31 runs batted in while displaying a power pitcher mentality with 37 K's in relief.

Phil Mannelly and Jason Beaumont round out the contingent of players arriving in Boca Raton. Mannelly earned First Team All-Golden Valley honors and helped Feather River Community College to a conference crown with a .373 batting average, 16 doubles, 35 RBIs and 19 stolen bases. Beaumont led Monroe CC to a Western New York Athletic Conference title after going 6-3 with 39 strikeouts and a 4.10 ERA.

Lynn University went 16-37-1 and 6-18 in the Sunshine State Conference this past year and graduated seven seniors.

Delray Beach seeking votes for title of 'Best Tennis Town 2010'

DELRAY BEACH - The United States Tennis Association has selected Delray Beach as one of the 10 finalists in its "Best Tennis Town" contest.

The winner will be determined by a nationwide online vote and the city is seeking your support.

Vote for Delray Beach to be the 2010 "Best Tennis Town" at www.besttennistown.com through July 26, 11:59 a.m. EDT.

The winner will take home the 2010 "Best Tennis Town" title, an accompanying trophy and \$100,000 to be used for community-wide tennis

programming or facility enhancements.

The second and third prize winners will receive \$50,000 and \$25,000, respectively, and seven honorable mention communities will each receive a \$2,000 tennis equipment package.

Top ten finalists are: Clearwater, FL; Snow Hill, NC; Delray Beach, FL; Beaverton, OR; Atlanta, GA; Charleston, SC; Rome, GA; Richmond, VA; Rosemount, MN; and Manchester Center, VT.

For more information and to cast your vote, visit www.besttennistown.com.

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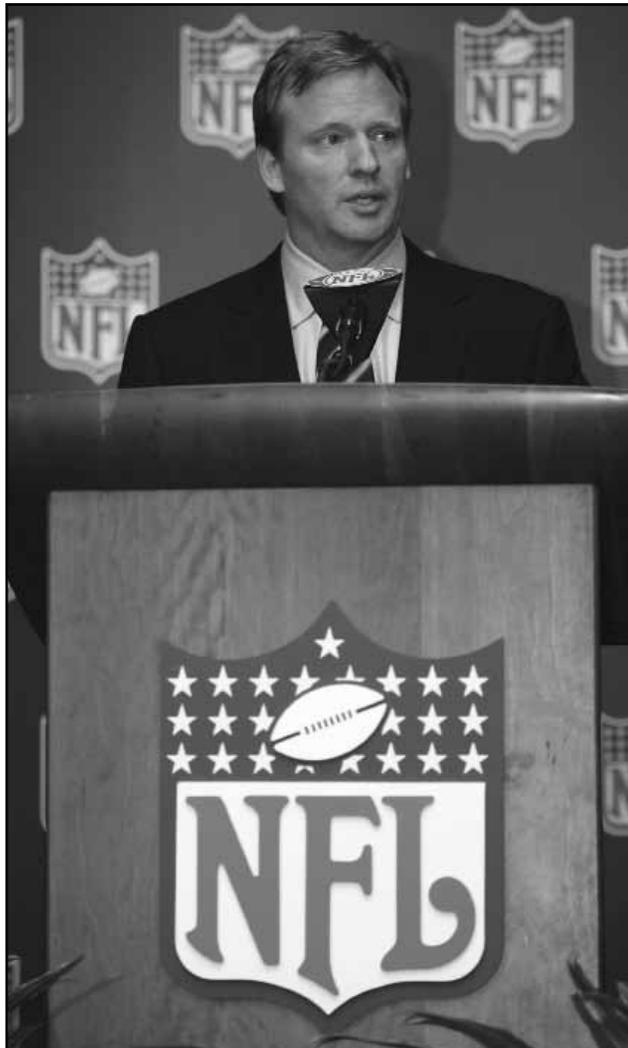
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Soccer in America? Don't count on it.



By Donovan Ortega

Television ratings have soared for the World Cup in the United States, as over 24 million people tuned in to watch the Netherlands attempt to brutalize Spain into submission in a sloppy final. It was the most watched soccer game in United States history. Could it be that despite all of our preconceived notions about soccer - it's too slow, players fake injuries, there's not enough scoring, I don't like sports that can end in a tie—America has finally come around?

Probably not. The large American television audience is most likely attributed to the massive appeal of the World Cup, rather than the love of the sport itself, since many American viewers have already disappeared from soccer's TV viewing arena. The MLS (Major League Soccer) is a second tier league that attracts aging, former super-

stars like David Beckham and Thierry Henry. No bars or stadiums will fill up to catch the Houston Dynamo take on the Colorado Rapids. While growing, soccer is still an outcast on the American sporting landscape.

But in the end, why is it that America, a sport crazy nation that falls over itself to watch the National Football League, has had such a hard time embracing a sport the rest of the world readily loves?

When it comes to Soccer, maybe we just don't get it. Maybe the United States loves the NFL because we understand the game.

Soccer is simple. There are eleven players on the field attempting to get a ball into the opposing team's goal. They do so by passing and shooting. American football has the same basic concept, except that there are elaborate schemes in order to do so. Before every play, quar-

terbacks read the defense. The defense reads the offensive formation. Players are substituted. Numbers and colors are called out. Coach's frantically gesture from the sidelines using coded hand signals. The ball is snapped. The play ends and the process is repeated. The average spectator that watches the NFL every single Sunday, doesn't know the difference between a zone blitz or a zone read, yet viewers around the country gobble up everything the NFL throws at them. While boiling down soccer to passing and shooting is a bit simplistic, someone that sat down to watch a game for the first time could readily see who the best player on the field was and what each team was trying to do. It's that simple.

But maybe, soccer is just too slow for Americans. It's the fast pace of the NFL that attracts us.

Soccer games have two halves that are forty-five minutes long. Once the game begins, the clock never stops moving. There is usually 1 to four minutes added on at the end of each half due to stoppages in play. Soccer games usually last about two hours and there are no commercials during each half of play. Let's look at the NFL, where games routinely eclipse three hours. There are two halves divided into four 15-minute quarters. The clock stops for a variety of reasons: an incomplete pass, a player runs out of bounds, a timeout (three per half for both teams), a penalty, the two minute warning (in the second and fourth quarter), a referee's decision is challenged (two per game per team), change of possession, a score.

Read the complete story online!



NPC Southern States Fitness, Figure, Bikini & Bodybuilding Championships Recap



Stephanie Svoboda of Boca Raton won the Amateur Figure division in her first year competing.

FT. LAUDERDALE - NPC Southern States Championships concluded their 30th Annual Championships at the War Memorial Auditorium in Ft. Lauderdale, Florida, with over 275 of the nations top sanctioned NPC (National Physique Committee) entrants competing for a spot into the nationals. The NPC

Southern States Championships is the largest, regional, national qualifier east of the Mississippi and included teenage, adult and senior competitors (both men and women) from more than eighteen different states throughout the U.S. and Puerto Rico. The large number of contestants in all age groups

demonstrates that you can commit to be fit at any age. Kicking things off on Friday night was the Maria Bellando Women's Fitness, Figure and Bikini Championships and the Manuel Mair Men's Fitness Championships. The Women's Fitness competitors performed a two-minute routine choreographed to music with dance, theater and gymnastic elements along with the Women's Figure competitors displaying their best physique poses and the Bikini competitors showcasing their swimsuits to the judges. The Men's Fitness competitors had a timed exercise to determine the number of push-ups each entrant could do in sixty seconds, how many pull-ups could be completed and a timed obstacle course competition. Also featured on Friday night were IFBB Fitness Pro Tanji Johnson (known as "Stealth" on American Gladiators) and local hero and IFBB Figure Pro Kristal Richardson. "This was a great year and super way to celebrate the 30th Anniversary.

Read the complete story online!



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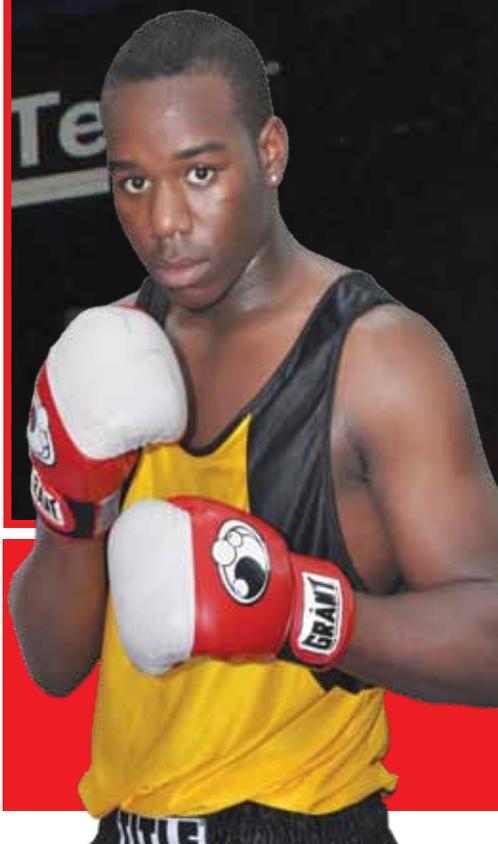
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The Three Kings of Miami

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FAU releases schedule for upcoming men's soccer program See page 30



Steve Geffrard will be answering your questions next edition, submit your questions to: 10questions@bocaratontribune.com And also stay tuned for our exclusive interview with Steve online and in print!

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