

The Boca Raton Tribune

Your Closest Neighbor

for news 24/7 go to bocaratontribune.com



East /West Boca Raton, Highland Beach , Delray Beach FL - August 5 through 18, 2010 •Year I •Number 011

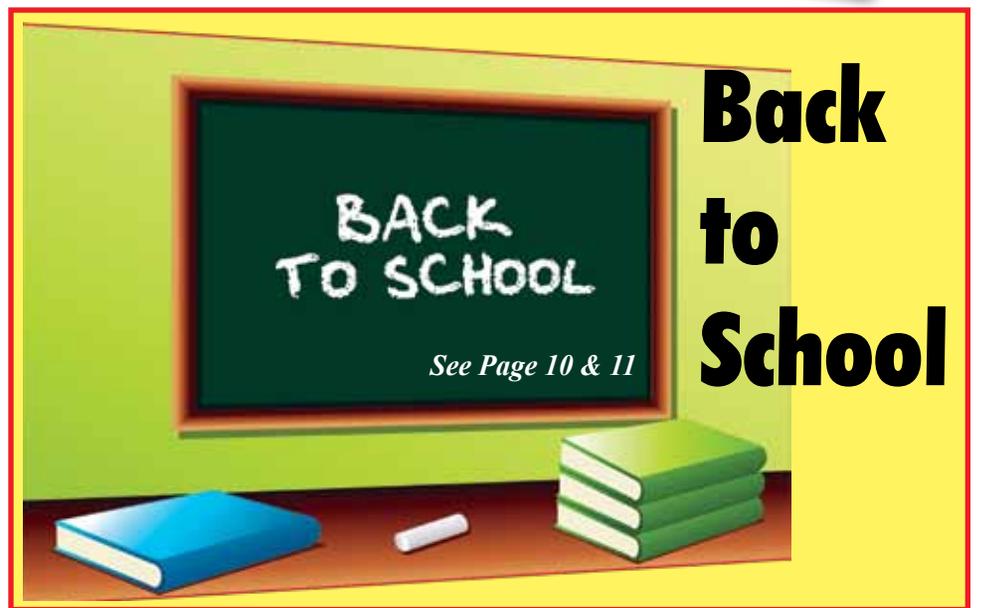
Employees and consumers upset by Winn Dixie closing

See this article on page 21



Boca Children's Museum announces campaign

See on page3



Back to School

See Page 10 & 11



Palm Beach County Tax

See on page4

Boca Festival Days



See on page 15



Tropical Updates

See this article on page 23

**Quote
of the Week**

How long wilt thou sleep, O sluggard? When wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man... Proverbs 6:9

Top Clicks

on bocaratontribune.com

1. Boca Community Hospital getting greener with new system to dispose of waste
2. Boca Raton Winn Dixie among 30 being closed by supermarket chain
3. Marketing and PR pros hold fourth annual Yak Yak at Crane's Beach House
4. Barry's Buzz by Barry Epstein
5. It's time for Boca festival Days 2010

Briefs

The Boca Raton Tribune

Paul Triviabits

By Paul Paquet

Her heart melted. Literally. After Sonja Henie visited Omaha, Neb., in 1941, the city commissioned an 80-pound copy of her heart made of ice, which melted when it lost its frigid home. However, Omaha is still home to a strange walk-in rock grotto nestled between the mental hospital and a parking lot on Tenth Street and to the site of Gerald Ford's babyhood home.

What first and middle name is shared by a 20th-century U.S. president, a 20th-century assassin and a 20th-century actor?

- A) James Earl
- B) John Wilkes
- C) Lee Harvey
- D) Mark David

Previous answer: There's James Earl Ray, James Earl Jones and James Earl Carter, aka Jimmy Carter.

Monthlong events in August

- * Edinburgh Festival is an internationally famous arts festival that takes place during August
- * National Immunization Awareness Month
- * National Psoriasis Awareness Month
- * In many European countries, August is the holiday month for most workers
- * The Philippines celebrates August as the *Buwan ng Wika* ("Language Month")
- * In the United States, August is National Back to School month. Some US School districts and systems return to school in August.
- * In the United States, August is National Goat Cheese Month.
- * American Adventures Month
- * Audio Appreciation Month
- * Black Business Month
- * Cataract Awareness Month
- * Children's Eye Health and Safety Month
- * Children's Vision and Learning Month
- * Get Ready for Kindergarten Month
- * Happiness Happens Month
- * Inventors' Month
- * Neurosurgery Outreach Month
- * Panini Month
- * Spinal Muscular Atrophy Awareness Month
- * What Will Be Your Legacy Month
- * Win with Civility Month

Obituaries



Marjorie Trowbridge Wilson was born in Bloomfield, New Jersey not long before the infamous stock market crash of 1929. She

was the daughter of Irving Napoleon Trowbridge and Clara Barton Cory. She spent her younger years in Port Murray, New Jersey and later moved to Glassboro, New Jersey. There she met the love of her life, Dwight Wilson, while working in a bakery. They were married on November 29, 1950 in Glassboro. Dwight and Marjorie were blessed with two sons, Dwight Jr. and David. Due to Marjorie's fragile health, they moved to Florida a few years before David's birth. Marjorie trained as a beautician but her main job in live was Mother and Wife. The family was deeply saddened when Dwight Sr passed away

on his birthday in 2009 because Dad said his job was to take care of Mom. Marjorie's health declined rapidly following Dwight Sr's death and she came to live with David and his wife, Yvette, in April 2010 when the doctor told her she could no longer live alone. Sadly for the rest of us, she rejoined her beloved husband on July 31, 2010. We mourn her passing and miss both of them deeply. She is survived by her sons Dwight R Wilson Jr. of Tavares, Florida, David & Yvette Wilson of Boca Raton, Florida, two grandsons and a great granddaughter.

Advertising Sales

Director
Lew Roberts

Account Executive
Mark Ary, Ronald Paiva, Stan Weisbrodt, Marguax Vickers, John Carpino

Art Director
Maheli Jardim

Graphic Designer
Luana Goncalves

Photographers:
Barbara McCormick
Lucia Sa
Nicole Vickers
Ed Marshall

Video Production

Director
Klaiton Silva

Distribution:
Paulo Guimaraes

Briefing	Page 02
Obituaries	Page 02
Municipal News	Page 03
Community News	Page 05
Life & Arts	Page 13
Columnist	Page 19
Business	Page 21
Your Life	Page 24
Around our	
Neighborhood	Page 25
Games	Page 26
Pet Society	Page 28
Sports	Page 32

A safety tip from Boca Raton Police

Q: Can I leave my kids alone in the vehicle while I quickly run an errand, like running into the post office or dropping off my dry cleaning?

A: Florida law permits a child to be left unattended in a vehicle for 15 minutes or less only if the health of the child is not in danger. Florida's high temperatures mean that even on a mild day a child is in danger, as vehicle temperatures rise 20 degrees for every 10 minutes that the vehicle is turned off. Because children's temperatures rise 3-5 times faster than an adult's, there is no safe amount of time for a child to be left alone in a vehicle.

Crime and safety questions are answered by Officers from the Boca Raton Police Services Department's Crime Prevention Unit. For more information visit www.bocapolice.com

The Boca Raton Tribune
mailing address:
P.O. Box 970593
Boca Raton, FL 33497
Office Address: 7300 W. Camino Real # 201 - Boca Raton FL, 33433
business@bocaratontribune.com
www.bocaratontribune.com
For general information:
561-290-1202
Fax: 561-208-6008

Copyright 2010 by The Boca Raton Tribune. All rights reserved by The Boca Raton Tribune. All submissions and published materials are the property of The Boca Raton Tribune. This publication may not be reproduced in whole or in part without express written consent from The Boca Raton Tribune. The publishers reserve the right to edit all submissions and to reject any advertising or copy they regard as harmful to the publication's good or deemed to be libelous. The publisher is not responsible for the articles written by its columnists. The publishers are not responsible for typographical errors, omissions or copy or photos misrepresented by the advertiser. Liability shall not exceed the cost of the portion of space occupied by such error or advertising items or information. All editorials are intended to reflect the position of the publisher and not of any individual editorial writer. Signed columns, on the other hand, reflect the opinions of the author and not necessarily those of the publisher. The advertiser and/or the advertising agency is responsible for all content and will assume responsibility resulting from publication of said advertisement in The Boca Raton Tribune.

Commercial Cleaning Think Clean, Think ACM

ACM Commercial Cleaning

www.acmbuildingservices.com 888-255-1750 - Call Anytime

Read

The Boca Raton Tribune

online bocaratontribune.com
We update your community news 24/7
Subscribe to receive breaking news.

Municipal News

The Boca Raton Tribune

Boca Children's Museum announces campaign gift to bring music to area kids



Rear, from left, are Michael Thorson, Poppi Mercier and Ron Assaf; front row, from left, are Anita Detert, Christian Ayala, museum member, and Kathy Assaf.

Story, photo by Barbara McCormick

BOCA RATON – Boca Raton Children's Museum Executive Director Poppi Mercier, together with board members, recently kicked-off its Capital Key

Campaign to raise \$1.4 million dollars to expand its campus beginning with the construction of a replica of the historic Captain T.M. Rickards House, one of the first homes built in Boca Raton - in 1897. The building will be com-

posed of meeting areas, administrative offices, with the first floor being home to Jason's Music Hall, where musical programs and the arts will be provided for children through after school programs. In this regard, Mercier stat-

ed, "We know that young people need to be exposed to culture, and they particularly need to be exposed to music at a very young age. Our Jason Hall music programs will provide this musical opportunity."

The Museum has received a \$330,000 grant toward construction costs through the Palm Beach County Cultural Development Bond. Ron and Kathy Assaf, long-time supporters of the Children's Museum since its inception in 1979, were the first to support the idea with a generous donation towards the historic interiors, Mercier said.

The Assafs received special recognition from the Museum with an official brass key for opening day and a message that read: "Thank you for believing in us with your key contribution to our Rickards House Project. History will

come alive to our children visiting Jason's Music Hall because of your generous gift."

Museum board member Anita Detert, added "I'm so excited we will now have the opportunity to start musical programs for infants on up, which I think is a new idea for Boca."

Michael Thorson, Museum Board campaign director, remarked; "Music is what teaches children structure, math, discipline and it teaches them that if they practice, they can excel. This lesson will hold true for the rest of their lives in all that they do."

To learn more about the Boca Raton Children's Museum plans, or to make a contribution, call 561-368-6875.



Koons arrested, quits County Commission

WEST PALM BEACH Palm Beach County Commissioner Jeff Koons quit the board Aug. 3 after being arrested on charges of extortion, perjury, public meeting law violation and with violation of the state's Sunshine law. He is the fourth commissioner in less than a half-decade to leave the county's governing body after being charged with a crime. Former commissioners Tony Masilotti, Warren Newell and Mary McCarty were all jailed on corruption charges.

See more on this story at www.bocaratontribune.com.

Robber steals 91-year-old woman's wallet, escapes in cab



BOCA RATON – A suspect who allegedly stole a wallet from an elderly victim in the parking lot of the Fifth Avenue Shops July 18 escaped in a taxi cab, police said, but was captured by local police who tailed the cab to Hillsboro Boulevard.

The incident occurred about 10:15 a.m. Public Information Officer Sandra Boonenberg said that when officers arrived at the Fifth Avenue shops, they met with

the 91-year-old victim She said she had just left Publix and was near her car when a male walked up to her.

The victim told officers that the suspect, later identified as Robert Adams, 28, of Pompano Beach, said he admired her car and asked if she would give him a ride in it. When the victim refused, Boonenberg said, Adams grabbed her wallet from her purse and ran through the parking lot.

The victim lost sight of Adams as he turned the corner of the building. The victim found an employee at a nearby store and they called the police.

A sergeant had dispatch operators contact lo-

cal cab companies and learned that Yellow Cab had just picked up a person in the area matching the description of the suspect.

Officers nabbed Adams after he got out of the cab at Hillsboro Boulevard. Adams initially obeyed officer's commands, Boonenberg said, but then moved toward them in an aggressive manner, forcing an officer to use his Taser. Adams was taken into custody without further incident.

The victim identified Adams as the person who robbed her. She did not sustain any physical injuries and officers were able to recover her property.

Adams was charged with robbery.

Alleged 'creeper' charged with breaking into Boca homes while residents slept



BOCA RATON - Waking from a deep sleep to the sound of someone trying to break into your home is enough to rattle anyone's nerves.

For a Boca Raton couple, that's exactly what happened July 27 at their New

Floresta home. Public Information Officer Sandra Boonenberg said it was shortly after midnight when the wife awoke to noises outside. When she looked out her bedroom window, she saw a male crouched on the roof of her garage trying to open a window.

Boonenberg said the woman woke her husband, who went downstairs and observed the suspect inside the screened pool enclosure. When confronted by the homeowner, the suspect fled.

Once on scene, officers were able to lift a fingerprint

from one of the windows. Boca Raton Police Latent Print Examiner James Coats was able to match the fingerprint to Timothy J. Thorn, 21, of Boca Raton. The suspect allegedly said he went to the neighborhood on his bicycle to "do some creeping."

He said he noticed a house with no cars in the driveway, so he rang the doorbell. When no one answered, he started removing screens to gain access into the home.

Thorn was charged with one count of burglary to an occupied dwelling, said Boonenberg.

The Boca Raton Tribune

online: bocaratontribune.com

We update your community news 24/7

Subscribe to receive breaking news.

Palm Beach County residents may face second tax rate hike in two years



WEST PALM BEACH – Taxpayers in Palm Beach County may face another tax rate increase in the coming fiscal year. The Palm Beach County Commission, at its July 20 meeting, voted to set the maximum millage rate for the FY-2011 countywide budget at 4.75 mills. The final rate to be adopted in September can be lower, but not higher than 4.75 mills. That translates to \$4.75 per \$1,000 of valuation.

The board also agreed to hold a workshop Aug. 31 with constitutional officers and business representatives to discuss organizational efficiencies. If adopted as is, the tax rate will be 9 percent higher than this past year - the second increase in two years. Commissioners are considering the higher tax rate along with spending cuts to avoid a \$100 million budget shortfall.

The recent vote set the maximum property tax

rate that commissioners can adopt. The rate can still go down when commissioners take the final vote in September on the \$4 billion budget that goes into effect Oct. 1. At the July 20 meeting, County Commissioners also took the following action:

Ethics - adopted an ordinance placing on the November ballot a referendum amending the county charter to require establishment of a Code of Ethics, a Commission on Ethics and an Inspector General. The charter amendment and implementing ordinances would apply to Palm Beach County and all municipalities approving the referendum. The board also approved a simplified method of collecting a .25 percent fee on county contracting/purchasing to fund the Office of Inspector General.

Biohazardous Waste - sitting as the Environmental Control Board, commissioners approved on preliminary hearing and to advertise for a public hearing on August 17 an ordinance repealing the Palm Beach County Biohazardous Waste Incineration Facility Ordinance. The ordinance is no longer needed due to enactment of state and

federal regulations that adequately address operations of medical waste incineration.

Water Utilities approved a settlement agreement with the city of Lake Worth for the purchase and sale of bulk potable water.

South Bay Annexation - approved the voluntary annexation into the city of South Bay several parcels totaling 62 acres located at U.S. 27 and Willard Smith Road.

Environmental Resources Management - approved a management plan for the Pond Cypress Natural Area which includes guidelines for proposed land management activities and public use facilities.

County Action Plan - adopted a resolution approving the Palm Beach County Action Plan for FY 2010-2011. The plan must be submitted to HUD in order to receive federal entitlement grant allocations totaling \$10.4 million. Federal ESG and HOME funds require a local match; CDBG funds do not.

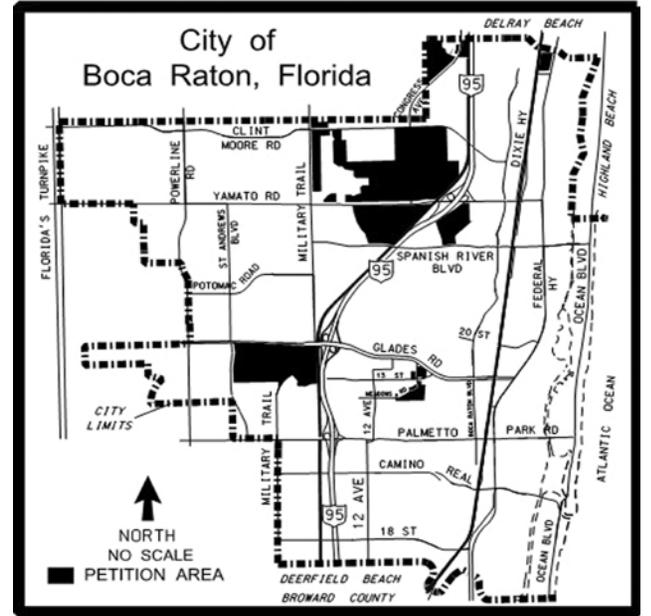
Branding - heard a presentation by BrandStrategy, Inc. on the perception of Palm Beach County as a visitor destination.

City of Boca Raton Legal Announcements

The Boca Raton Tribune
CITY OF BOCA RATON

NOTICE OF PUBLIC HEARING TO CONSIDER AMENDMENTS TO THE COMPREHENSIVE PLAN

NOTICE IS HEREBY GIVEN that the City Council of the City of Boca Raton, Florida will hold the first of two public hearings at the **Regular Meeting on Tuesday, August 10, 2010 at 6:00 p.m.**, or as soon thereafter as possible, at which time they will consider transmittal of the following proposed ordinance to the appropriate agencies. A presentation may be made by staff at the **City Council Workshop Meeting on Monday, August 9, 2010**, which shall convene as soon as possible following the conclusion of the Community Redevelopment Agency meeting that is scheduled to begin at 1:30 p.m. Both meetings will be held in the Council Chamber at Boca Raton City Hall, 201 West Palmetto Park Road, Boca Raton, Florida. The ordinance in its entirety may be inspected at the Office of the City Clerk during regular business hours. All interested parties are invited to attend be heard with respect to the proposed ordinance.



Ordinance 5144

An ordinance of the

City of Boca Raton considering the adoption of amendments to the Boca Raton Comprehensive Plan and its goals, objectives, and policies in accordance with the Evaluation and Appraisal Review procedures; establishing a new future land use designation; considering amendments to the future land use map and other maps; changing the future land use designation for certain properties; amending certain roadway levels of service; providing for new quality of service performance measures for pedestrian, bicycle, and transit service; providing for severability; providing for repealer; providing an effective date (SC-07-07)

Information on the proposed Comprehensive Plan Amendments may be obtained from Jennifer Morris, AICP, Principal Planner, at the office of the Development Services Department, Planning and Zoning Division, 201 West Palmetto Park Road, Boca Raton, Florida 33432, (Phone: 561-393-7782).

NOTICE: If any decision of City Council affects you, and you decide to appeal any decision made at this meeting with respect to any matter considered, you may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. (The above NOTICE is required by State Law. If you desire a verbatim transcript, you shall have the responsibility, at your own cost, to arrange for the transcript.)

In accordance with the Americans with Disabilities Act and Florida Statutes 286.26, persons with disabilities needing special accommodation to participate in this proceeding should contact the Office of the City Clerk at 393-7741 at least three business days prior to the proceeding (whenever possible) to request such accommodation.

Susan S. Saxton
City Clerk
City of Boca Raton,
Florida

CITY OF BOCA RATON NOTICE OF BOARD VACANCIES

The City Council of the City of Boca Raton will be interviewing applicants to fill vacancies on the following Boards.

Elder Affairs Advisory Board
Three vacancies. Must be a resident of the City of Boca Raton. The Elder Affairs Advisory Board provides a forum for residents to voice concerns and issues relating to the over age 50 population, assists in developing educational programs for elders, and makes recommendations to City Council.

Financial Advisory Board

Two vacancies. Must be a resident and a qualified elector of the City of Boca Raton. Responsibilities of the Financial Advisory Board include selective review of the annual budget, capital improvement program, user rates and fees, and review of other financial documents. Applicants shall have expertise applicable to municipal finance.

Marine Advisory Board
One vacancy. Must be a resident and a qualified elector of the City of Boca Raton. The position is for a professional

engineer with experience in marine and coastal planning matters. The Marine Advisory Board makes recommendations to City Council regarding issues related to waterways within the City of Boca Raton.

North Federal Highway Steering Committee
One vacancy. Must be a Small Scale Business Owner (not a property owner, 20 or fewer employees). The business must be located in the Master Plan area. Members of this committee assist the City in the development of the North Federal Highway Master Plan.
Interviews: Workshop Meeting, Monday, August 9, 2010, after

the CRA Meeting, 1:30 pm
Regular Meeting, Tuesday, August 10, 2010, 6:00 pm
Council Chamber in City Hall, 201 West Palmetto Park Road.
An application is necessary in order to be considered for appointment. Applications are available on the City's website, www.my-boca.us, and in the Office of the City Clerk, 201 West Palmetto Park Road, Boca Raton, M-F, 8 am to 5 pm. Applications should be submitted to the Office of the City Clerk by Friday, July 30, 2010.
For additional information, contact the Board Coordinator at 561-393-7743.

Community News

The Boca Raton Tribune

The Haven Appoints James R. Davis, Jr. as New Board Member and Three New Advisory Board Members: Bobra Bush, David Burns, and Shana Peterson-Sheptak



James R. Davis, Jr.



Bobra Bush



David Burns



Shana Peterson-Sheptak

BOCA RATON - The Board of Directors of The Haven, a group home for adolescent boys who are placed in protective care by the State of Florida, has appointed James R. Davis, Jr., managing director of Brockway Moran & Partners, Inc., as a new board member, and Bobra Bush, president and owner of Telcom Corporation and Telcare Corporation; David C. Burns, investment banker and co-founder of Cross Keys Capital, and Shana Peterson-Sheptak, market manager of RBC Bank in Boca Raton, as new advisory board members.

According to Don Stewart, executive director of The Haven, the new appointees join a diverse cross-section of South Florida business, educational, and community leaders currently serving on The Haven's board of directors and advisory board who assist leadership and management in fulfilling The Haven's mission and vision. The Haven Board members serve to provide leadership, governance and ensure The Haven has the resources needed to care for the young men that call The Haven home. The Advisory Board members serve as ambassadors of The Haven

in business, government, nonprofit, and community sectors, as well as, support the Board, staff and development leadership in broadening community awareness and outreach, and exploring and maximizing funding opportunities.

"We are pleased to have J.R., Bobra, David and Shana join The Haven's leadership as we move forward with exciting, ambitious new initiatives to support the growth of our campus, programs, and services to the community," said Board Chairperson Thomas Smith. "Individually and collectively, this group's commitment, skills, experience, and established business, community and government agency relationships will greatly assist us in enhancing the services, programs and facilities at The Haven."

New board member James R. (J.R.) Davis, Jr. is the Managing Director of Brockway Moran & Partners, Inc. in Boca Raton where he contributes to the evaluation, negotiation and financing of investments in growth-oriented companies for the \$1.3 billion private equity firm and executes and manages new plat-

form and add-on acquisition opportunities across a wide range of sectors. He conducts negotiations of purchase and credit agreements, business due diligence, industry research, financial modeling and valuation analyses, assessment of corporate strategies, evaluation of management teams and analysis of competitive positioning and growth prospects. Davis has a Master's degree in business from Harvard, and a Bachelor of Arts degree in economics from Princeton, where he was also a member of the football team.

New advisory board members:

Bobra Bush is a businesswoman, legislative advocate and community volunteer, and recognized as a successful and active business owner who generously and continuously shares her passion, expertise and keen knowledge of public policy with her constituents. She is the president and owner of two local businesses in Boca Raton: Telcom Corporation, founded in 1989, that audits local and long distance telephone service, cellular and internet telecommunications bills for public and large private organizations

including Broward County and the State of Louisiana and Telcare Corporation, founded in 1993, that provides customer retention services specializing in new and existing customer sat-

isfaction surveys designed to produce higher profit margins. An active member of NAWBO and NFIB, Bush has provided legislative/lobbying and advocacy education for small busi-

ness issues, holds monthly briefings on the latest small business state and federal legislative news, conducts a bi-annual in-depth review of upcoming ballot issues and significant elections, and throughout the year assists in lobbying action for pro-small business legislation, among other legislative and educational activities in which she is involved.

Read the complete story online www.bocaratontribune.com



A Place of Grace **SonCoast** COMMUNITY CHURCH

Senior Pastor: Dr. Mitchell Dillon

Sunday Service
9:00 AM
SonCoast Soundings Café
10:15 - 11:30 AM
Sunday Worship

Office Hours:
Tuesday - Friday
9:00AM - 4:30PM

Come join us
Wednesday Night for Dinner @ 5:45,
with Kids and Adult Programs til 8pm!

A Faith That Serves

Ministries

Celebrate Recovery:
Friday Nights - 6:00pm-9:15pm
A growing fellowship, celebrating God's healing power for life's hurts, habits and hang-ups through the eight recovery principles found in the Beatitudes and Christ-centered 12 steps.

J.O.Y. Fellowship Women's Ministry
SonCoast recognizes the great need for women to connect and build strong relationships. J.O.Y.
JOY:
"(J)esus (O)thers and (Y)ou."

Other Ministries
Missions, Children & Men

**SonCoast Community Church | 7500 E Country Club Blvd.,
Boca Raton, FL 33487 | (561) 997-6109**

www.soncoast.org

The Boca Raton Tribune

Founded January 15, 2010

DOUGLAS HEIZER, *Publisher*

Editorial

DALE M. KING: *Managing Editor*
PEDRO HEIZER: *Associate Editor*

Online Edition

PEDRO HEIZER: *Online Editor*
LUANA GONCALVES: *Associate Editor*
DONOVAN ORTEGA
ANDERSON MANCEBO: *Software Manager*

Our Writers/Reporters

SKIP SHEFFIELD, DALE SMITH,
MATT BLUESTEIN, CHRIS J. NELSON,
LUANA GONCALVES, DONOVAN ORTEGA, SUSIE
BOTFELD

Columnists

BARRY SIEGEL, CHRISTINE
CATOGIO, OLEDA BAKER, DIANE
FEEN, DANIEL MAN, BARRY EPSTEIN,
SANDY HUNTSMAN, SYNESIO LYRA
GERALD SHERMAN

Business

DOUGLAS HEIZER: *C.E.O.*
TONY BAPTISTA: *C.F.O.*
DINI HEIZER: *C.O.O.*
SONIA COURCELES: *Accounting*
BRUNA ARAUJO: *Front Desk*

EDITORIAL

What happened to the North Federal Highway "Renaissance?"

I've been spending a lot of time on North Federal Highway lately. My wife and I took in a couple of shows at Caldwell. She's been checking stores for new furniture. And we found a great Greek restaurant that we've been sharing with friends. It's disappointing, though, because I was around when the North Federal Highway Steering Committee was conducting its charrette that developed what appeared to be a great planning document for the future of the highway corridor.

The new North Federal was to be anchored by a multi-use facility called North Boca Village, created from the old, crumbling and virtually vacant Levitz Plaza. A landscaped road with parks and a decorated bridge over the C-15 canal were all part of the effort that grew out of that charrette process. I remember having lunch at Max's with the potential developers of North Boca Village, and remember the excitement at reviving a neglected section of the city. That was in the high-flying, pre-recession days. Now, "It's the economy," everyone says, and, for sure, the recession took a toll on a progressive plan.

The proposal for North Boca Village is just a memory, although one portion of it - the new Count de Hoernle Theatre that's home to the Caldwell troupe - is finished. Comcast built a large facility on North Federal to house its collection office and fleet of repair trucks. A few

other buildings have been construction; a few businesses have failed. Quite a few, unfortunately. Now may not be a good time to revisit the North Federal issue, though I know there are people who'd like to. The city's finances are seriously strained. Boca has already had to come up with money to buttress the Mizner Park Amphitheater and the Caldwell. The city is using bond money to build a new library, just acquired the Wildflower property and is looking more at the status quo than imminent expansion. On the whole, North Federal Highway hasn't changed much. But there was so much enthusiasm and so much concern expressed at those charrette meetings.

It's amazing how an unchecked economic meltdown can mess up a per-

fectly good development plan.

Blame it on Theresa

You remember Theresa LePore, the former supervisor of elections who became a pariah after the 2000 president election screw-up and the subsequent effort to entice county voters to use touch



Dale King

screen ballot machines? She has pretty much retired now, but during her term, she was resoundingly despised throughout the nation for representing the worst in the nation's electoral system - a reputation she certainly did not deserve. I remember her telling me that people were blaming her for ridiculous things she had absolutely nothing to do with.

One of those things was the Aug. 31 primary election several years ago. Dates for elections are not set by people, but are based on the time between balloting. Anyway, Theresa took a lot of heat for setting Aug. 31 as the date of the primary that year. Voters claimed it was too early and accused her of conspiracy for trying to skew the election by conducting it before the snowbirds and other part

time Floridians had time to return.

Well, believe it or not, this year's primary election is even earlier - Aug. 24, to be exact.

Who can those people blame this time? I guess Theresa is vindicated.

Eyes on the sky

Residents and business owners of Palm Beach County may have observed a jetliner and a helicopter flying at an altitude of 1,500 feet, about one-half mile offshore on Tuesday, July 13 between 6 a.m. and 3 p.m.

If you were wondering about it, the aircraft were from a television production company conducting aerial videotaping of the jetliner for an upcoming commercial.

That news comes to us from the Palm Beach County Film & Television Commission, which entices TV and movie shoots by using a variety of incentives, including free one-stop permitting with 33 municipalities and taxing districts, free production space at the G-Star School of the Arts for Motion Pictures and Broadcasting, six fully equipped studios and soundstages, a talented local crew base and unique locations.

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

Hello Dale,

I wanted to thank you for the article and photos that you printed of the Staying Alive on 95 & Florida's Roadways event in this weeks Boca Raton Tribune. I greatly appreciate your assistance with getting the Dori Slosberg Foundation's safe driving message out to the public.

Best Regards,
Tara Kirschner



Read

The Boca Raton Tribune
online bocaratontribune.com

We update your community news 24/7
Subscribe to receive breaking news.



Send us a letter telling us what you think about our newspaper and receive a FREE gift certificate to the Watercolors and Carmen's Restaurant.



10 Questions. Steve Geffrard. Number One Boxer in the United States

Boca Raton Tribune Sports Editor Pedro Heizer interviewed Steve Geffrard, one of not only the best boxers in Florida, but in the United States. Heizer had a sit-down with Steve at the Police Athletic League gym and asked him questions that were emailed from readers.

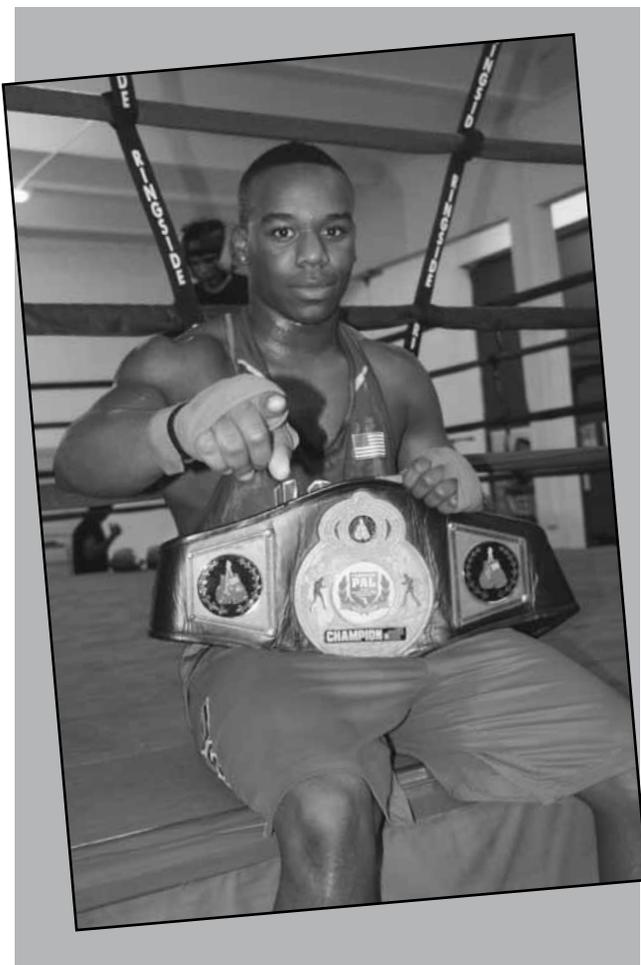
These are the questions and a synopsis of her answers. Hear and view the complete interview on www.bocaratontribune.com.

How did you begin boxing?

Steve: A friend of mine took me to the Boca Raton Police Athletic League when I was only 13 years old. At that time, I was lifting weights and playing recreational league football, and I saw the other guys in the boxing gym lifting weights and I was very curious and I got into boxing from that day.

What changed in your life after boxing?

Steve: Boxing has helped me take life more serious. It's helped me become more motivated and focused. In boxing you can't take shortcuts, if you do you will lose. The person that works hard



will be victorious, and in life it's the same way.

How was your experience at St. Andrews?

Steve: St. Andrews was a great experience. I think it's one of the best schools in the southeastern United States. It was a life changing experience for me.

Why didn't you just go into professional boxing once you could?

Steve: If you are a pro

Number One US Boxer Steve Geffrard answers 10 questions from Tribune readers

National Championships in Colorado Springs at the Olympic training center. It was great. I've known most of the guys from other tournaments and last year I was also there training for another tournament as well.

How are you handling the publicity? Do you feel it's hard to stay down to earth?

Steve: Not really, the way I was raised was to stay humble, and stay grounded. I just try to not let it get to my head. I know that even though I'm winning all these tournaments, that only invites me to train even harder because I know I will be the guy to beat in these tournaments.

What are your future plans?

Steve: Starting in September I'm going to college. Hopefully I can juggle that and the national team all together. Hopefully after the Olympics I can go pro and still juggle school and things like that.

Do you want to move up in class?

Steve: No, I actually just moved up to the heavy-weight division. I'm not planning on moving up anytime soon.

POSITIVE LIVING

By Dr. Synesio Lyra

Delay Judgment and Live More Joyfully!

The tendency of so many persons, unfortunately, is not to withhold judgment but, rather, to jump into conclusions, to rush into condemnation, either of people or situations, long before all facts are available. Awareness of this long-standing human proclivity may be among the reasons which led Baal Shem Tov, the founder of Hasidic Judaism in the mid 18th century, to warn, "Let us fall into the hands of the Lord but let us not into the hands of man." Indeed, God is the only One who can judge accurately any individual with the right judgment. Many years ago I found a plaque with an interesting inscription. It said: "It is better to be silent and be thought a fool than to speak up and remove all doubt." How sadly true that so many are too quick in making pronouncements long before they know an issue sufficiently, or have all the necessary data for their conclusions. My advice to such persons is, when you jump into something with both feet, be sure one foot doesn't go into your mouth! And yet, such is the picture presented by anyone who is too swift in reaching a premature verdict!



Dr. Synesio Lyra

People who believe themselves as always right, will never attract nor develop long-lasting relationships; their impact is minimal or nil! If you so readily question something somebody else says or does, it's only fair that you also doubt your own conclusions! Any negative emotions you choose to carry, such as grudges, resentments, an unforgiving spirit, will adversely affect your human relationships, poisoning the stream flowing toward others. You can never justify doing anything wrong just because you do many other things right! It's better to erase your suspicions quickly once you find them to be baseless! Don't insist on promoting discord!

In times of difficulty, or in days of relative peace, let us get out of our selves, away from mediocre solutions, giving no heed to easy, negative prescriptions. Read the complete story online www.wwwnet.org

If you look for faults in others, you shall surely find them. Likewise, if you search for good in others, it will be there as well. Blaming others for your own sloth or stupidity will never solve any problem; instead, it may ignite a flame where no fire was previously existent. No relationship between two persons will

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.

Think Clean, Think ACM



ACM

Commercial Cleaning

888-255-1750 - Call Anytime

Jane Adams of Boca Raton Zonta Club elected District 11 governor



BOCA RATON - Jane Adams, a member of the Zonta Club of Boca Raton, was recently elected governor of District 11 of Zonta International. She took office for a two-year term at the beginning of July. Her installation took place at the Zonta International Convention in San Antonio, Texas at the end of June.

Adams is governor of District 11, one of 32 Districts world-wide. District 11 encompasses seven southeastern states, including Florida, as well as Puerto Rico and the Bahamas. Her goals for her two year term include:

- Strengthening clubs and levels of service by increasing membership

through recruitment and retention;

- Determining viable locations and encouraging the organization of new clubs in those areas;
- Working with local clubs and members to highlight Zonta's mission through local service projects and supporting international service projects.

Adams has been a member of Zonta for more than 35 years and has served at all levels of the organization, either as an officer or on committees. She began her Zonta career in Trenton, NJ and transferred to the Zonta Club of Boca Raton Area when she relocated to Florida four years ago. Professionally, she is a registered nurse and has functioned in hospital administration as well as being an executive director in a free standing assisted living community. Now retired, she is devoting her time and organization skills, as well as her interested. in "giving back" to Zonta and its

mission: Advancing the status of women worldwide through service and advocacy.

"Zonta offers me the opportunity to work with women and men with widely diverse backgrounds, including professional, race, religion, and nationality. By using that diversity, we can effectively provide service and ultimately, positively impact the lives of women around the world. Further, while doing the work of Zonta, we are also enjoying fellowship together and having fun", said Adams.

Zonta International is a classified service organization of executives and professionals working together to advance the status of women locally and world-wide through service and advocacy. The organization has more than 1,200 clubs in 67 countries, with a membership of nearly 33,000. The Zonta Club of Boca Raton Area has been a significant contributor of time, talent and financial support to numerous causes in the community since 1975. Zonta Club of Boca Raton Foundation is a 501(c) 3 organization.

Boca Ballet Theatre Guild's "Through the Looking Glass" raises \$7000 for Tutu Fund



Ashley Hammond models an outfit from Teen Angel. See more photos on page 16.

Boca Raton - Boca Ballet Theatre Guild's "Through the Looking Glass" Fashion Show and Tea recently raised \$7,000 to support Boca Ballet Theatre's tutu fund. The event, held at the Quail Ridge Country Club in Boynton Beach, included an array of raffle baskets, a silent auction, a trunk show, an English-style afternoon tea and fashion show.

Upon arrival, guests were greeted by BBT students dressed in enchanting costumes from Alice in Wonderland. Alice and her friends charmed attendees as they tried to win raffles prizes and shopped for fashion items, jewelry, gifts, and gourmet teas. The silent auction included artwork by local artist Patricia Boyd, a Johnny Depp autographed photograph, and a 2-week junior golf camp certificate. The tea, which included finger sandwiches, spring salad and pastries, also featured unique tea cups that guests could take home with them. Following the tea, BBT students took turns modeling ensembles supplied by Tiger Allie, Teen Angel and CABL. The highlight of the fashion show was the costume parade featur-

ing costumes from BBT productions: Serenade, Le Corsaire, La Bayadère, Far Away Rock and The Nutcracker. Also featured were costumes from the performance of Giselle with guest artists Julie Kent and Marcelo Gomes from American Ballet Theatre. Founded in 1990, Boca Ballet Theatre's mission is to enrich the cultural landscape of the community and to educate our youth in classical ballet and concert dance through focused training, interaction with professional dancers and participation in full-length ballets and contemporary choreography. BBT's school grew by an impressive 40% over the last year. For more information please visit www.bocaballet.org or call 561-995-0709.



The Boca Raton Tribune is now on YouTube! Our Channel on YouTube is

www.youtube.com/bocaratontibunetv



TIRED OF BAD SERVICE FROM YOUR DRY CLEANER?

Bernie's Cleaners

"Quality goes in before garment goes out"

Your **number one** dry cleaning resource!

FREE PICK UP & DELIVERY

Call Today!

- ⌘ Personalized Attention given to each garment
- ⌘ Household Items - Comforters, Bedspreads, etc
- ⌘ Wedding gowns Cleaned & Preserved
- ⌘ Hand finished shirts - Sweater - Leather
- ⌘ Rugs - Shoes - Expert Alterations
- ⌘ Silks & Linens specialists - Handbags

Mon-Fri
8am - 6:30pm
Saturday
8am-4pm

7300 W. Camino Real
suite #103 Boca Raton, FL 33433
561-338-7843

8088 West McNab Road
North Lauderdale, FL 33068
954-726-5530

Laundry Alterations Dry Cleaning






Boca Raton Fire Explorers attend a different summer school



Boca Raton Explorer Williams Hidalgo III practices throwing a rescue rope to Boca Raton Explorer Lieutenant Matt Reeves.

BOCA RATON - Boca Raton Fire Rescue Explorers took time out of their summer vacation and attended the 3rd Annual Fire Cadet / Explorer Summer Conference. This year's event was hosted by Estero Fire Rescue June 23-26. Eighty five Fire Cadet / Explorers from 10 posts across the state attended the three day conference. Classes were held from 8 a.m. to 5 p.m. each day.

The young men and women braved the extreme heat and attended classes consisting of vehicle extrication, search and rescue, water rescue, fire attack, first aid, trauma and CPR, to name a few. Students were introduced to the sheriff's Bomb Squad and allowed to dress in the protective bomb suit. Boca Raton Fire Explorer Post # 315 is made up

of 25 dedicated and motivated young men and women who are interested in a career in the fire / rescue field. With the help of some corporate and private sponsors, Boca Raton Fire Explorer Post # 315 was able to offset some of their costs and have 12 members attend this educational event. Boca Raton Fire Explorers are planning to host the event in 2011.



Explorer Assistant Chief Nick Galiardo wearing bomb suit



Boca Raton Explorer Assistant Chief Nick Galiardo using rescue tools.

Photos by Frank A. Correggio, EMT-P

www.bocaratontribune.com

Give it a shoot!



A good video production needs a good idea. KTN Video is specialized on that. If you want your wedding to be reviewed and remembered in an unforgettable way, or if you need a neat, dynamic and professional presentation for your product or service, KTN Video can make your wish come true.

Contact us. We'll be delighted in discussing ideas about your video project.

954-422-3660
ktnvideo@gmail.com
www.ktnvideo.com



WHY CHASE AROUND?
The Boca Raton Tribune



Reach the right people with 

Place an ad with us!



A fresh new taste in tradition

Take Out & Delivery
Open for Breakfast, Lunch & Dinner




www.europecornercafe.com
Tel: 561-395-1109
Fax: 561-395-1168

O.R.B. Certified

7300 W. Camino Real - Boca Raton, FL 333433

BACK to SCHOOL!

Kindergarten

Tawny Maya McCray

Getting your kids ready for the big jump



Photo Courtesy of U.S. Navy Journalist 3rd Class Matthew R. Schwarz

If students know the sounds that letters make before they enter kindergarten, they're ahead of the game.

Entering kindergarten is a huge milestone for kids and one for which they should be well-prepared. For some, it's the first time they ever have been in a classroom setting, and it can be an overwhelming experience for them if they're not ready for it. Here are some ways parents can help their kids get a jump-start on their education and make their transition to school a success.

"Take them to different places (zoos, parks, libraries, beaches, play groups)," says kindergar-

ten teacher Lani Salter. "Read books and ask them questions about it so they are able to understand what the story is about. Count with them and teach them how to represent the numbers, meaning the value of the numbers. For example, one is one, whether it's one little watch or one big house."

Salter says teaching them how to write their names is also important, as is knowing the alphabet, not only what the letters are but also what sounds they make.

"If students know their letter sounds before they enter kindergarten, they are way ahead of the game," she says.

Other helpful skills for a kid to have, according to Scholastic.com, include knowing his/her full name, address, phone number and birthday and being able to identify rhyming words, manage bathroom needs, dress him or herself, follow directions, clean up after him or herself and listen to a story without interrupting.



Donations of school supplies sought by Palm Beach County schools

Palm Beach County Schools are opening Aug. 17 for the 2010-2011 school year with a limited budget.

In order to help students achieve academic success, the School District Office of Community Involvement, Clear Channel Radio, Office Depot, and Palm Beach County Fire/Rescue are hosting a school supply drive during August.

Supplies can be donated to Office Depot locations through the end of August. Wild 95.5 and Kool 105.5 will be at the following locations between noon and 1 p.m. to give away prizes to those who

make donations:

- Palm Beach Gardens Office Depot, 2420 PGA Blvd, on Saturday, Aug. 7, 2010.

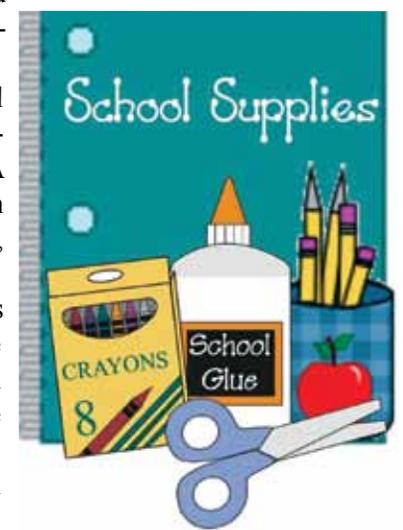
- West Boca Office Depot, 8095 Glades Road Suite A-1, on Friday, Aug. 13, 2010.

- Wellington/Royal Palm Beach Office Depot, 101A S. State Road 7, on Saturday, Aug. 14, 2010.

Dean Anthony's is offering a free slice of pizza and a Pepsi to anyone who donates supplies. Palm Beach County Fire/Res-

cue will also be at the donation sites to demonstrate equipment.

Contact Sheri Siegal at 561-889-4772 for more information.



Office Depot distributes 6,000 backpacks to Delray area kids

DELRAY BEACH – What weighs as much as seven blue whales, stands taller than 10,000 giraffes, stretches from Denver to Kansas City – and gives children hope?

The answer is 2.3 million backpacks, of course, which happens to be the number that the Office Depot Foundation has given away to deserving children since it established its National Backpack Program 10 years ago.

On Aug. 4, the Foundation donated more than 6,000 backpacks containing essential school supplies to children served by non-profit organizations and schools in the Delray Beach area. The Foundation, which serves as the independent charitable giving arm of Office Depot, presented backpacks during a special "Back-to-School Backpack Celebration" at

the Office Depot store on 14539 Military Trail in Delray Beach.

This year, the Office Depot Foundation is celebrating the 10th anniversary of its National Backpack Program. "Every year, we have seen our backpacks bring hope to children whose families might not be able to afford to buy them a new backpack," said Mary Wong, president of the Office Depot Foundation. "Parents and teachers alike tell us that we truly are helping children to build self-confidence, boost self-esteem and achieve greater success in the classroom – all as a result of being properly prepared for school."

Special guests included Delray Beach Mayor Nelson S. "Woodie" McDuffie; Boca Raton Deputy Mayor Susan Haynie and Assistant City Clerk Diane King, representing Mayor Susan

Whelchel; Delray Beach Vice-Mayor Adam Frankel, Delray Beach Deputy Vice-Mayor Angeleta Gray, Delray Beach City Commissioner Fred Fetzer and Gary Eliopoulos, State Representative Maria Sachs and Mike Malone, President/CEO of the Delray Beach Chamber of Commerce.

The non-profit organizations, schools and agencies that received the backpacks included:

- The School District of Palm Beach County
- Achievement Center for Children & Families (Beacon Center) & Achievement Centers for Children & Families Foundation
- AVDA - Aid to Victims of Domestic Abuse
- Boynton Beach Police Department
- Caridad Center

Continued on page 1. See **Backpacks.**

PREPPING FOR COLLEGE

Ginny Frizzi

The process of getting in

It has been observed that life in general has become more complicated, but this is especially true when it comes to applying for college.

The process, which can get complicated and nerve-racking, should begin with the student sitting down with his or her parents to clarify objectives, according to Steven Roy Goodman, an educational consultant and the author of "College Admissions Together: It Takes a Family."

"This is a very important step," he says. "You, the student, can't assume that your parents will agree with you about what you should study or what colleges you should apply to. In fact, your parents may not agree with each other on these points."

Topics that should be discussed include possible majors and career interests, whether a liberal arts or career-oriented institu-

tion is more appropriate, whether the student will choose a college close to home or across the country and how to maximize financial aid.

"You need to flesh out these details before starting the admissions process. For example, one parent may not believe in women's colleges, while the other may refuse to pay for a liberal arts education," Goodman says. The student and parents should determine what issues they can agree on and what, if anything, are deal breakers. However, the student must assume the leading role in the college search.

"Someone has got to be the quarterback. Ultimately, the student needs to accept the responsibility for his or her education," Goodman believes. Ana Homayoun, founder of Green Ivy Educational Consulting, advises students and parents to work

together to develop a list of institutions to which the student will apply.

"Make a list in September and the student should be thrilled in April when the admissions letters come out," she says.

When it comes to completing college applications, many students include long lists of extracurricular and community activities to impress the admissions officer or committee. This, various experts agree, often isn't as effective as the applicants may think.

It is a mistake for a student to try to present him or herself to the college as a well-rounded individual, Goodman says. "It's a lopsided world. The days of a student dabbling in a long list of clubs so they can be put on an application are gone," he says. "I advise students to do what you want to do and do a lot of it."

BULLYING

Amy Winter

What can be done to fix this problem?

Bullying among children is a school issue that never will be eliminated completely. Communication and clearly defined rules may help to reduce bullying incidents and effects. Dr. Sylvia Rimm, writer of several books and of the syndicated column "Sylvia Rimm on Raising Kids," says recent bullying could be seen as a bigger problem than it was in the past because of more aggressive bullies and bullied victims waging huge attacks on other students. And new technology tools, such as text messaging, Twitter and Facebook, make it easier to pick on children at a faster pace.

"Bullying has been around in schools for centuries, but in the past several decades,

it has erupted into a major crisis in schools where administrators do not treat bullying as a major campus problem," says Dr. Robert Wallace, writer of the syndicated column "Tween 12 & 20." "Bullying reflects the violent scene in today's society."

Bullying is defined as "hitting, name-calling, exclusion, or other behavior that is meant to hurt another person," according to Stop Bullying Now! (<http://StopBullyingNow.hrsa.gov/kids>). Bullies usually target weaker victims in order to gain control. This control makes the bullies feel powerful. Rimm says some bullies work in groups, and some attack alone.

"Essentially, all kids are teased at some point grow-

ing up, and it is important to learn how to deal with it," says Dr. Henry Gault, a child and adolescent psychiatrist who is part of the American Academy of Child & Adolescent Psychiatry. "However, if it continues and a youngster feels more and more alone and isolated, there can be serious consequences."

Although bullying can occur at any age, Rimm says that the middle-school years tend to see frequent bullying incidents. Early adolescents are usually less confident in their sexuality and physical attractiveness and less secure with their friend groups as they go through puberty. Gault suggests friendships as a powerful element against bullies. Because bullies enjoy targeting single kids, a friend may serve as a protective tool.

The goal is for a child to convey the message that he or she won't be pushed around. Ignoring a bully hardly ever works; the child still is seen as vulnerable. In milder cases, kids most likely can take care of the bullies alone. Stan Davis - a former school counselor and founder of Stop Bullying Now! - is co-leading the Youth Voice Research Project to learn more about bullying prevention. The research has found that "telling them to stop" or trying to "walk away" makes the situation worse with bullies.

BACK TO SCHOOL**Lesson #1: 12 Rules for the Road**

Parents are the first and most important teachers. Getting the kids to school safely is one test on which a perfect score is mandatory.

- 1) Obey all traffic signals and signs.
- 2) Walk directly to and from school. Do not make any stops along the way.
- 3) Always take the agreed-upon route.
- 4) Always walk on sidewalks when available. If you must walk on roads with no sidewalks, walk facing traffic and as far away from the road as possible.
- 5) Walk; don't run. Give yourself plenty of time when crossing streets.
- 6) Always cross streets at designated crosswalks and intersections.
- 7) Always wait for the crossing guard.
- 8) Search in all directions before crossing the street. Look left, right and left again.
- 9) Avoid walking between parked cars or buses, where visibility may be limited.
- 10) Be extra alert in bad weather.
- 11) Wear reflective clothing when walking in the dark.
- 12) Always check in with an adult when you arrive at your destination.

creators.com / Frank Marian

Backpacks

continued from page 10.

- Congregation B'nai Israel, Kantor Family Center for Justice
- Delray Beach Police Department
- Hispano-Latino Cultural Alliance, Inc.
- Literacy Coalition of Palm Beach County
- Milagro Center
- St. John Primitive Baptist Church

- S. D. Spady Elementary
 - Spady Cultural Heritage Museum
 - Spirit of Giving Network
 - YMCA of South Palm Beach County
- The Office Depot Foundation is an independent foundation (tax exempt under IRC Sec. 501(c)(3)) that serves as the

independent charitable giving arm of Office Depot, Inc. In keeping with its mission, Listen Learn Care®, the Foundation supports a variety of programs that help children succeed in school and in life. For more information, visit www.officedepot-foundation.org.

FAU's Murley named to Florida Chamber Foundation to aid expansion of its duties



tigious committee," said Murley. "It was specifically created to develop a long range economic vision for Florida and I look forward to making a positive impact on its future."

Caucus members are comprised of the state's "best and bright-

est" with commitments aligned to one of the "Six Pillars of Florida's Future Economy." Murley will serve on the Infrastructure and Growth Leadership Caucus. "Florida is moving toward its next economy, and the Foundation's new caucus system will prove to be an invaluable framework to help get us there," said Jeff Lyash, chair of the board of trustees of the foundation and executive vice president of corporate development for Progress Energy Florida. "I

would like to personally thank the volunteers who have been selected to serve on each caucus for their time commitment and offering their invaluable expertise towards this great cause."

Murley is also the chair of the Florida Energy and Climate Commission, a former secretary of the Florida Department of Community Affairs, and the former executive director of 1,000 Friends of Florida. He also is a fellow of the National Academy of Public Administration. As the leading edge of the Florida Chamber enterprise, the Foundation is a problem-solver and research organization, working in partnership with state business leaders to promote a vibrant Florida economy. Last year, the Foundation piloted the caucus system with the successful operation of the Innovation & Economic Development Caucus. The platform is now being broadened to include a caucus for each of the Six Pillars.

ing the Florida OB GYN Society (FOGS) conference and will benefit Think Pink Rocks, a breast cancer research charity. The chic event will be held on La Cote Terrace of the Fontainebleau and will be attended by obstetricians, gynecologists and Think Pink Rocks supporters.

DELRAY BEACH - Florida Woman Care LLC is hosting a Miami White Party at the Fontainebleau Miami Beach on Friday, August 6, introducing the newly founded Florida Woman Care Foundation. The event serves as the official launch for the foundation, a non-profit organization dedicated to improving the medical, emotional and spiritual health of women across their life span from childhood through adolescence and into adulthood by providing philanthropic grants, programs and community education that improve access to care and medical assistance. The Miami White Party will be held in conjunction with the Florida Woman Care annual meeting which will take place dur-

ing the Florida OB GYN Society (FOGS) conference and will benefit Think Pink Rocks, a breast cancer research charity. The chic event will be held on La Cote Terrace of the Fontainebleau and will be attended by obstetricians, gynecologists and Think Pink Rocks supporters.

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

Miami White Party will introduce breast cancer charities based in Boca Raton, Delray Beach



also serves as a kickoff for the Third Annual Think Pink Rocks concert, the nation's only celebrity concert to support breast cancer research charities, being held on October 2 at the Count de Hoernle Amphitheater, Centre for the Arts in Mizner Park in Boca Raton. The concert, sponsored by SRC Records/Universal and Steven Rifkind, will feature AKON, Asher Roth, Melanie Fiona, Shontelle and others. Think Pink Rocks is a non-profit 501 (c)3 organization dedicated to the early detection of breast cancer and awareness of the BRCA gene for breast and ovarian cancer. Based in Boca Raton, it was founded by Stephanie Robin, Elizabeth Weprin, Amy Seidman, and Kathy Fleishman. Proceeds benefit Memorial Sloan Kettering Cancer Center in New York, Boca Raton Community Hospital Women's Center for Breast Care, and other breast cancer research charities. For more information, visit: www.thinkpinkrocks.com.

ing the Florida OB GYN Society (FOGS) conference and will benefit Think Pink Rocks, a breast cancer research charity. The chic event will be held on La Cote Terrace of the Fontainebleau and will be attended by obstetricians, gynecologists and Think Pink Rocks supporters.

Think Pink Rocks is a breast cancer charity based in Boca Raton. The new Florida Woman Care Foundation is based in Delray Beach.

"Through the Florida Woman Care Foundation, we hope to improve the health of women throughout South Florida through our philanthropic programs," said Lori Konsker, FWC Foundation board member and White Party chair. "We are thrilled to hold our first fundraiser in support of Think Pink Rocks, an organization that has done much to educate women about early detection of breast cancer and awareness of the BRCA breast and ovarian cancer gene."

The Miami White Party

also serves as a kickoff for the Third Annual Think Pink Rocks concert, the nation's only celebrity concert to support breast cancer research charities, being held on October 2 at the Count de Hoernle Amphitheater, Centre for the Arts in Mizner Park in Boca Raton. The concert, sponsored by SRC Records/Universal and Steven Rifkind, will feature AKON, Asher Roth, Melanie Fiona, Shontelle and others. Think Pink Rocks is a non-profit 501 (c)3 organization dedicated to the early detection of breast cancer and awareness of the BRCA gene for breast and ovarian cancer. Based in Boca Raton, it was founded by Stephanie Robin, Elizabeth Weprin, Amy Seidman, and Kathy Fleishman. Proceeds benefit Memorial Sloan Kettering Cancer Center in New York, Boca Raton Community Hospital Women's Center for Breast Care, and other breast cancer research charities. For more information, visit: www.thinkpinkrocks.com.

ing the Florida OB GYN Society (FOGS) conference and will benefit Think Pink Rocks, a breast cancer research charity. The chic event will be held on La Cote Terrace of the Fontainebleau and will be attended by obstetricians, gynecologists and Think Pink Rocks supporters.

The Miami White Party

PHOTOS BY *Lucia Sa*

wedding photography,
 portrait photography,
 event photography,
 Glamour photography,
 Family reunion
 Children and maternity
 Custom coffee table Photo albums.

phone 954-588-4609
www.photosbyluciasa.com
 Email us at lucia@photosbyluciasa.com



From left are Lori Konsker, Stephanie Robbin, Elizabeth Weprin and Cheryl Anders.

Life & Arts

The Boca Raton Tribune

AS SEEN BY FEEN

Diane Feen

Beauty is in the eyes of the beholder

Wonderment and beauty come in different forms.

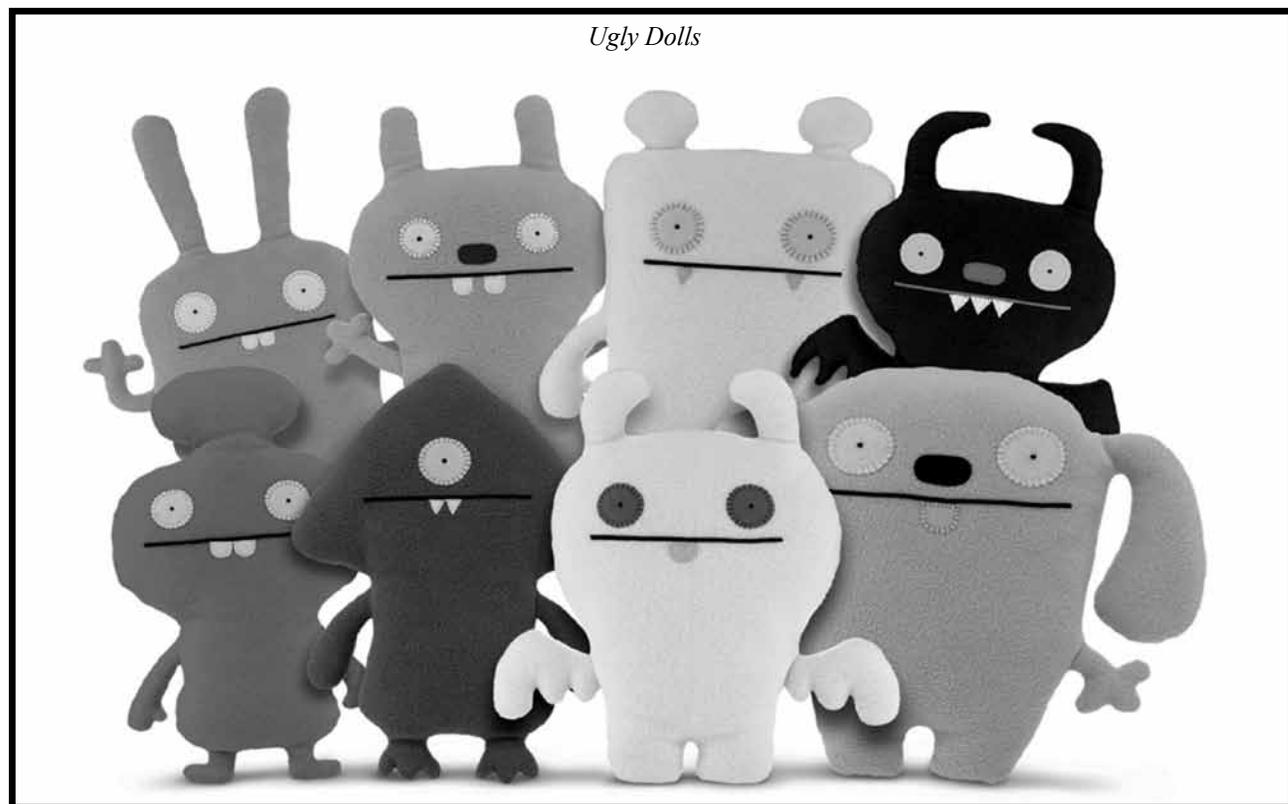
Some of us see beauty in the shining sun while others see it as a potential health threat. The same goes for money - to some of us it is a divine right of passage, to others it is the root of all evil.

When I walked into the new home of Maurice Teich, I saw beauty everywhere. The Ligne Roset sofa, the metal end table with cut-out leaf pattern, the black and white swivel cube coffee table and the dancing beams of light coming through the tall glass windows were electrifying. The owners, Maurice and Valerie, created their dream home from the ground up, with art and artistic findings that spanned the globe.

Yet I couldn't help but be just as gleeful when I rode

the train home to Palm Beach County. I was relieved that I didn't have to brave the highway (a daredevil's task) and was comforted by the sweet glances of strangers. To most people taking a train in South Florida is akin to sleeping on the street, but to me it was a dream sequence of the unknown - a cool respite from the warm night and a relatively mindless mode of transport.

Beauty also lies in the faces and figures of those around us. A tall blond model or chisel faced macho man enlighten our intangible sense of the visual (like a fine work of art). Yet, to many of us the Ugly Doll is a pretty sight. This plush stuffed doll doesn't fit the prototypical beauty standard of our times. As a matter of fact, the doll is ugly and



Ugly Dolls

that's why so many of us love them (and so many have sold worldwide).

The Ugly Doll would not get a date at a single's dance, nor would an Ugly Doll get picked up to grace the cover of Ocean Drive Magazine (I couldn't even get an interview for a writer's position there) but on Uglyverse the Ugly Doll is beautiful. You know why, because on Uglyverse ugly means unique and special.

Beauty also takes on a

new dimension at the "Collecting Biennial" exhibit at the Whitney Museum in New York City. It is there you can see Louise Bourgeois's Pink Days and Blue Days. This very haute hot artwork consists of pink dresses hanging in mid-air from iron rods wrapped around enlarged human bones. The concept of beauty also takes a unique twist with Allan McCollum. This artist took 288 picture frames and filled

them with black paper (it took him seven years to do this).

Beauty also lies within the simplistic in the art world. Sherrie Levine framed a piece of plywood with a few drops of oil on it and called it art - and lo and behold the Whitney Museum of Art agrees with her. This carpenter's tool has been decreed a national art treasure and is worth a lot more than a condo on A1A (go figure). This is not to say that

the standard of beauty in our culture has changed. We still agree that Angelina Jolie and Heidi Klum are unequivocally beautiful. But most of us would agree that Klum's husband Seal is anything but beautiful - which gives meaning to my original conclusion that beauty is in the eye of the beholder. And for that I am grateful - because to someone we are all beautiful.

— SOCIETY — Skip Sheffield

Stage at Caldwell Theatre has been a busy venue this summer season

Crowds have been lining up at the Caldwell Theatre this summer season to see shows like "Secret Order," which closed Aug. 1, and are preparing for the next installment, "The Comfort of Darkness," from Aug. 11 to Sept. 5.



Skip Sheffield

The newly-formed Zoetic Stage of Miami presented "McKeever's Briefs," a one-night fundraiser July 26 at the Caldwell. Pro-

lific playwright and actor McKeever starred with Zoetic company members Irene Adjun, Stephen G. Anthony, Elena Maria Garcia, Margery Lowe, Barry Tarallo and Tom Wahl performing seven brief plays.

Also at Caldwell, Clive Cholerton hosted a "Lunch and Learn" event July 29. The topic was the controversial play "Secret Order" and its impli-

cations about the political and profit motives of medical research.

Boca Ballet's "Giselle" performed at FAU

Boca Ballet Theatre was back in action with three performances of the beloved romantic ballet "Giselle" this past weekend in the Florida Atlantic University Theatre. Starring as the title character of peasant girl Giselle was Julie Kent, a principal in American Ballet Theatre. Playing nobleman Al-

brecht was fellow ABT principal, Brazilian-born Marcelo Gomes.

Boca-bred ballerina Sarah Smith played Myrtha, Queen of the Wilis (virgins who have died of unrequited love) and fellow Floridian Heather (Sanders) Fryxell was Albercht's betrothed, Bathilde.

"Dinner for Schmucks" Laugh-Out-Loud Funny

"Salt" with Angelina Jolie and "The Kids are All

Right" with Annette Bening and Julianne Moore are big movies, and "Ramona and Beezus" is a nice one for the kids.

I took the low road this past week and saw the comedy "Dinner for Schmucks," starring Steve Carell and Paul Rudd and directed by Jay Roach ("Meet the Parents").

Dinner is based upon the popular 1998 French movie "Le Diner de Cons" (literal translation: "Dinner for Idiots"). The

French movie is based on a Francis Verber play.

"Dinner" has been completely written for an American audience by David Guion and Michael Handelman.

The setting is Los Angeles. Paul Rudd is Tim Wagner, an ambitious junior executive at a large corporation. Barry has asked Julie (Stephanie Szostak) to marry him, but she has been unwilling to commit to him.

See page 18

FOOD REVIEW

Marc Kent

Gary Woo's Chinese Food

Since 2002, Gary Woo's Asian Bistro at 3400 North Federal Highway in Boca Raton (368-8803) has offered well over a hundred dining choices for those who appreciate creative Chinese foods at reasonable pricing. We opted to try some of the 26 appetizers offered, starting with a rich and smooth crab Rangoon- crispy shells filled with hot crab tidbits in cream. Both the



Marc Kent

roast duck spring rolls and the seafood rolls were chock full of delicious fillings in their crunchy shells - great starters. Traditional dim sum - 6 pockets of meaty flavor and the 6 pockets of seafood dumplings with their sauces were a smooth taste treat as well. We almost inhaled Woo's creative won ton/egg drop soup with its gentle taste and we were a big fan of

the hot and sour soup - rich but not too spicy! From the 13 seafood selections, we chose tender shrimp and scallops, perfectly cooked in a rich oyster sauce and an equally delicious dish of shrimp with asparagus and celery over cellophane noodles, string beans and crunchy walnuts - a creative delight! The elite lobster Cantonese, while flavorful in its rich sauce, was not quite a filling portion for this diner.

Turning from sea to land, cheers for the somewhat spicy curry beef - sliced beef with onions, snow peas and mushrooms - great! The milder beef with mushrooms and snow peas had a gentle taste as did the roast pork with Chinese vegetables. Very nice! It should be stated that the cooking of all vegetables in every dish we tried was the fine balance between crispness and a degree of tenderness. Kudos to the Chef! For purists, we tried the traditional moo goo gai

pan, the sweet and sour chicken and a not too spicy chicken with garlic sauce. No disappointments here. We were quite pleased with the quality of ample portions of all dishes served. Gary Woo serves luncheon from 11:30AM to 2:30PM on Mondays, Wednesdays, Thursdays and Fridays. Dinners are served from 4PM till 9:30PM on these days. On Saturdays and Sundays Gary Woo serves from 3PM to 9:30PM. They are closed on Tuesday.

Please note there is a full bar available in the 150 seat bistro that is a fixture in Boca Raton. Go and enjoy!

Marc Kent has reviewed restaurants from Key West to Orlando for the meeting planning industry since the 1980's. His restaurant reviews for Boca Raton, Deerfield Beach and Delray Beach for over forty establishments have been published to date. Locally, he selects the menus for several charity organizations including the Boca Delray Music Society's venue at the Delray Beach Club and at Benvenuto's restaurant in addition to cooking for private functions.

Chamber of Commerce-sponsored Boca Festival Days continue

The following events are scheduled as part of Boca Festival Days.

August 6, noon-2 p.m., Informative Luncheon benefiting and sponsored by Caron Renaissance. Location: Caron Renaissance (7789 N.W. Beacon Square Blvd., Boca Raton) Featuring guest speaker Christopher Kennedy Lawford, author, activist and advocate for addiction recovery. Caron Renaissance is part of the Caron Treatment Centers network - a nationally recognized non-profit drug and alcohol treatment networks in the country. Tours of the Boca facility and residences will be available from 3-4 p.m. Contact Jacquelyn Sherry at 561.241.7977, ext. 1777 or jsherry@renaissanceinstitute.net.

August 7, 6-8 p.m., An Enchanted Evening benefiting Children's Museum of Boca Raton, sponsored by The Heritage Group / The House of Tia Crystal. Location: Children's Museum (498 Crawford Blvd., Boca Raton) "Meet at The Children's Museum to travel in the vintage style Molly Trolley for an art inspired journey of storytelling, literature, and music with a magical ending at the House of Tia Crystal." Reservations

are required for limited seating. \$35 p/p. CONTACT: Sandy Manning at 561-368-6875/ SANDY@CMBOCA.ORG WWW.CMBOCA.ORG August 8, noon-6 p.m., Donating the Clothes Off our Backs for Women in Distress! benefiting Women in Distress, sponsored By Oceans 234. Location: Oceans 234 (234 North Ocean Blvd, Deerfield Beach, FL 33441) This is Oceans234 annual clothing drive to benefit Women In Distress. \$15 includes buffet and raffle ticket for a chance to win a Stay-cation on "The Island"! All proceeds benefit Women in Distress. Live entertainment, promotions and giveaways! Contact 954-428-2539.

August 10, 6-8 p.m., AVDA's 5K Kick-Off Party benefiting AVDA (Aid to Victims of Domestic Violence, Inc.), sponsored By Maui Spa & Wellness Center in Boca Raton. Location: Maui Spa & Wellness Center in Boca Raton (2100 N.W. Boca Raton Boulevard) During the kick-off party, race highlights will be announced and registration for the 5K will be officially opened. Additional volunteer opportunities will also

be available to assist with the 5K on race day. Maui Spa & Wellness Center has partnered with AVDA to provide a special happy hour which will include drinks, appetizers and raffle prizes for \$20 per person. Seating is limited so sign up early by calling Riunite Carter at 561-265-3797 (ext 118).

August 11, 5:30 - 7:30 p.m., Relax to the Max! benefiting Hospice of Palm Beach County. Sponsored By Max's Grille at Mizner Park (404 Plaza Real, Mizner Park). Location: Max's Grille at Mizner Park (404 Plaza Real, Mizner Park). \$25 per person entitles you to 2 free drinks and hors d'oeuvres. Higher donation of \$100 receives a \$20 Gift Card, \$500 receives a \$50 Gift Card, \$1,000 receives a \$100 Gift Card. RSVP to Mary Coleman, (561) 988-2742 or mcoleman@hpbcc.org

August 12, 6-8:30 p.m., Mission Possible, benefiting Chris Evert Charities, sponsored By NuBarter. Location: Town Center at Boca Raton (6000 Glades Rd #100, Boca Raton) Teams of "super agents" will solve a mystery while gathering top-secret information or objects from par-

ticipating stores throughout the Mall. Teams of four are encouraged, individuals are welcome. Cost: \$35 per person or \$125 for a team of four. Unless sold out, the on-site registration fee is \$40 per person or \$150

for a four-person team. Event includes appetizers, drinks, awards for the winning teams and raffle prizes. Non-detectives may purchase tickets for the lively post-hunt party from 7 to 8:30 p.m. Tickets are \$25

in advance and \$30 at the door. For more information call: 561-394-2400 or visit www.chrisevert.org

Read the complete [www](http://www.chrisevert.org) schedule online.

See photos on page 15



**Exquisite Food,
Fine Wine & Spirits
Unique Live & Silent Auction**

September 24, 2010

**The Boca Raton
Resort & Club**

501 East Camino Real
Boca Raton, Florida

VIP "Meet the Chefs" Reception
6:30 to 7:30 p.m.

Event
7:30 to 10:00 p.m.

VIP Tickets
\$125 Advance, \$150 Event Day

General Admission
\$100 Advance, \$125 Event Day





September 30, 2010

**Marriott Harbor
Beach Resort & Spa**

3030 Holiday Drive
Fort Lauderdale, Florida

Event
6:00 to 10:00 p.m.

General Admission
\$125 Advance, \$150 Event Day

Purchase your tickets today!

marchofdimes.com/florida

561.276.2001 Palm Beach

954.772.0013 Broward

march of dimes
signature chefs auction

The Boca Raton Tribune

Signature Chefs & Wine Extravaganza is a March of Dimes Signature Chefs Auction event. The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.

MARCH OF DIMES IS AN OFFICIALLY REGISTERED 501 (C)(3) ORGANIZATION. A COPY OF OUR OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE OF FLORIDA. REGISTRATION NUMBER CH569.

Sydney Giers' 16th Birthday Dinner at Uncle Julios Mexican Restaurant



From left to right: Tom Goodall, Hayden Giers, EJ Caldwell, Sydney Giers, Pedro Heizer, Josiah Hoffman



From left to right: Sydney Giers, Stephanie Rocha



From left to right: Gabrielle D'Agosta, Sydney Giers, Shannon Heath, Meghan Carter



Charlot Silien, Hayden Giers, Tom Goodall, EJ Caldwell, Pedro Heizer, Josiah Hoffman, Gabrielle D'Agosta, Shannon Heath

Boca Festival Days



Linda Gove, Mark Dhooge (COO Kids in Distress) & Phyllis Bard (Development Officer Kids in Distress)



Group enjoying the fundraiser



Ivy Korman (volunteer) & Ann Cunniff (Volunteer Services Kids in Distress)

See more picture online



BOCA RATON
Bridge Hotel
999 East Camino Real • Boca Raton, Florida 33432

EXTENDED BY POPULAR DEMAND!!!

Summer Exclusive Package*
The Bridge Hotel

- 3 Day/ 2 Night Stay
- Welcome Drink upon arrival
- Friday Dinner and Dancing in Carmen's
- Saturday Breakfast in Watercolor's
- Sunday Champagne Brunch
- Late Check-out

\$299 per couple (Taxes & Services Charges Included)

Book by July 31st, Travel by Sept 24, 2010
Call 561-368-9500 code **#SEP**

*Based on double occupancy
*Not to be combined with other hotel or restaurant promotions, current reservations or special offers.

— SPOTLIGHT —

MarineMax Aquapalooza | Boca Ballet Theatre Guild's "Through the Looking Glass" raises \$7000 for Tutu Fund



The famous MarineMax Aquapalooza, the world's largest boating event sponsored by Sea Ray, was held on July 25th, 2010. This party was celebrated in 100 different parts of the nation. Last year they gathered 200 boats at Lake Boca, this year more boaters attended.



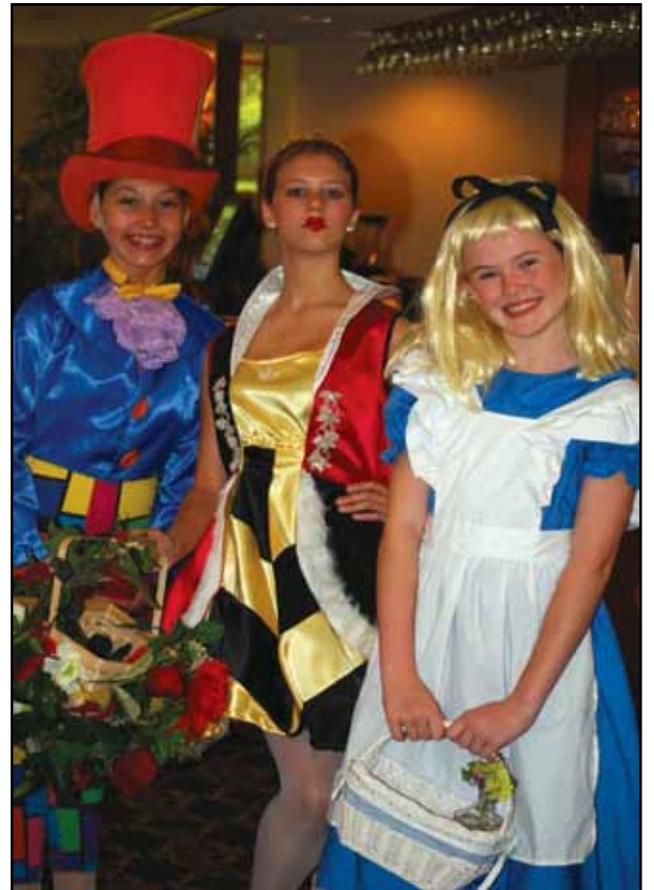
Ashley Kelly models a dress from Tiger Allie.



From left, Elyse Anderson, Sofia Boltz, Sarah Tiedemann and Sydney Korsunsky from the caterpillar from Alice in Wonderland.



Marissa Udine and Miranda Harris as Wilis with Ashley Hammond as Myrtha, Queen of the Wilis, from Giselle
Read the story on page 8 in **Community**.



Shown from left are Kassidy Schaeffer, Ashley Hammond and Sarah Palumbo as the Mad Hatter, Queen of Hearts and Alice.



Marissa Udine and Miranda Harris (as Tweedle Dee and Tweede Dum)

Read
The Boca Raton Tribune
 online bocaratontribune.com
 We update your community news 24/7

WHY CHASE AROUND?
The Boca Raton Tribune
 Reach the right people with 
 Place an ad with us! 

— SPOTLIGHT —

Marketing and PR pros hold fourth annual Yak Yak at Crane's BeachHouse



Kristin Calder, Lori Geiger, Bruce Herman, Sarah Flynn



Ashley Knierieman, Rebecca Seelig, Becky Rimmel, Alex Zak



Vivianne Hall, Nat Harrington, Karen Lustgarten



Tom Veenstra, Gary Edelson, Ted Leshinski

See more photos online! www.bocaratontribune.com

Read the story on page 25 in *Around your Neighborhood*.

Heizers renew vows at 25th anniversary get-together

BOCA RATON – Boca Raton Tribune Publisher Douglas Heizer and his wife, Dini, renewed their marriage vows Aug. 1 during their 25th wedding anniversary ceremony at the Bridge Hotel in Boca Raton.

More than 70 people, many of them family, attended the service and the buffet that followed at Carmen's at the Top of the Bridge restaurant.

Before the ceremony, a DVD showing the Heizers' wedding in 1985 was shown. Their children, Pedro, Andre and Gabriela, created their own DVD to congratulate their parents on 25 years of marriage.



"Dinner for Schmucks" Laugh-Out-Loud Funny *continued from page 13...*

Boca Ballet's "Giselle" performed at FAU



Scene from "Dinner for Schmucks"

Julie aspires to be an art museum curator, and she is on the brink of curating her first show with a wild, egotistical photographer named Therman (Zach Galifianakis).

Tim thinks he can move up from the sixth to the seventh floor executive level of the complex, and he gets his chance when the big boss, Lance Fender (Bruce Greenwood) notices his initiative and intelligence.

Fender takes Barry into

his confidence and tells him of the private dinner the top executives have regularly. The highlight of the dinner is a cruel game. Executives are encouraged to find the most foolish, ridiculous dinner guests possible so that they may be secretly judged to find the biggest fool of all, who is the winner.

Barry had a chance encounter with a man he almost ran over with his car. Instead of being angry, the

man, Barry (Steve Carell) was apologetic for causing any trouble. In the course of conversation, gregarious Barry revealed his unusual hobby of preserving dead mice, placing them in animated positions, and dressing them up in costumes. Barry, a low level employee of the IRS, is so guileless, genuine and honest Tim realizes he may be just the fool Tim is looking for.

Exploiting anyone for their idiosyncrasies is cruel, and turning them into a contest is crueler still.

Seeing Carell and Rudd work together reminded me of the old Martin & Lewis comedies, with Rudd in the role of handsome, smooth straight man Dean Martin and Carell in the role of Jerry Lewis, a wacky, demented but brilliant comedian, unafraid to do anything for a laugh. This is Carell's goofiest role to date, and he com-

pounds the goofiness with prosthetic buck teeth, a stupid bowl haircut with bad dye job and nerdy wire-rimmed glasses.

The miraculous thing about Carell is that he makes us really care about this well-meaning fool, which helps lead to a much more upbeat ending than the French version.

The important thing is that "Dinner" is laugh-out-loud funny, even when it is uncomfortable and in very bad taste.

I have vowed to find the original French version. I suspect it will be funny in a more barbed French sort of way, but I'm guessing this American version has a warmer heart.

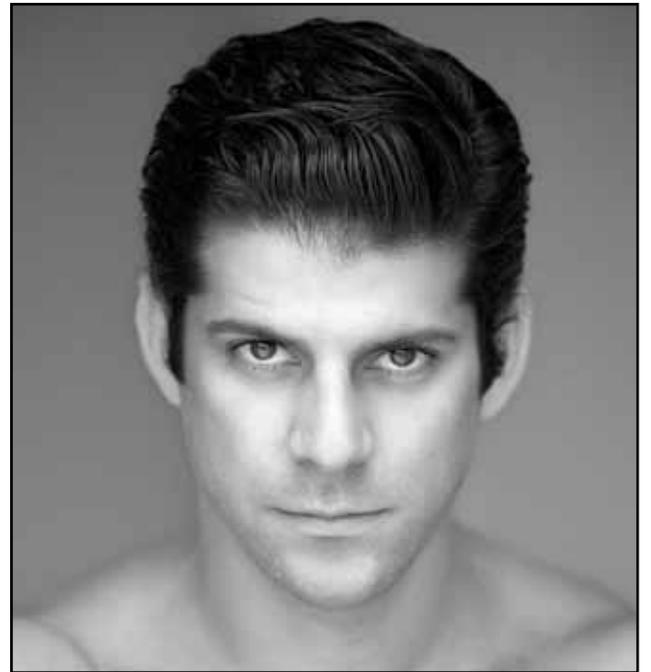
Three and a half stars

Follow us

 thebocaratontribune.com



Julie Kent and Sarah Smith



Marcelo Gomes

TOYOTA SCION

OF DEERFIELD BEACH

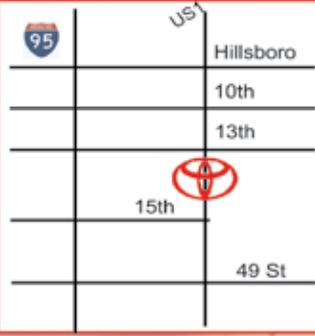
<h3>\$500</h3> <h4>New Customer Cash</h4> <p>When you purchase or lease a new 2010 or 2011 TOYOTA.</p> <p>PLUS, Toyota of Deerfield Beach will buy your present vehicle for up to \$5,000 over current Kelly Blue Book value on trade toward the purchase or lease of a new 2010 or 2011 Toyota.</p>	<p>GENUINE TOYOTA</p> <h4>Oil & Filter Change</h4> <ul style="list-style-type: none"> * Includes regular oil 4CYL. UP TO 5 QUARTS * Replace Genuine Toyota oil filter and installation \$2495 * Synthetic/OW20 oil additional 6CYL. UP TO 5 QUARTS \$2695 8CYL. UP TO 5 QUARTS \$2995 <p>TOYOTA OF DEERFIELD BEACH <small>*See Details. Fees, tax & shop supplies not include</small></p>	<p>GENUINE TOYOTA</p> <h4>2-Wheel Brake Service</h4> <ul style="list-style-type: none"> * Replace brake pads * Inspect rotors and calipers * Check brake fluid level & master cylinder * Road test vehicle <p>Hardware kits and resurface rotors extra, brake shoes additional Tundra, Sequoia and all 4 wheel drive vehicles slightly higher \$14995</p> <p>TOYOTA OF DEERFIELD BEACH <small>*See Details. Fees, tax & shop supplies not include</small></p>	<p>GENUINE TOYOTA</p> <h4>4-Wheel Alignment</h4> <ul style="list-style-type: none"> * Set front and rear wheel caster, camber and toe-in on applicable vehicles * Set all specifications to achieve proper thrust and centerline angles * Inspect steering linkage and shocks * Check tire pressure and tire wear <p>TOYOTA OF DEERFIELD BEACH \$5995 <small>*See Details. Fees, tax & shop supplies not include</small></p>
--	---	--	--

www.toyotaofdeerfieldbeach.com

Monday-Friday 7:00 AM-6:00PM
 Saturday 8:00 AM-5:00PM

1441 S. Federal Hwy. - Deerfield Beach, FL 33441

954-421-4000



Columnists

The Boca Raton Tribune

FAITH

By Pastor Sandy

Thinking Deeply

"Examine yourselves..." 2 Cor. 13.5 (The Bible) Everybody believes something. Nobody operates out of vacuum. The real question is "what" or "who" do you believe. David O. McKay wrote "the greatest battles of life are fought out daily in the silent chambers of the soul."

For most Americans, life is experienced in the fast lane, and it is getting faster every day. The demands of going to work and school, caring for the family, maintaining the car, keeping the house in shape, answering emails, blogging, texting, combine to push us beyond the speed limit. We go to bed with our minds racing, reviewing all the undone tasks and we are haunted with the sense we are only getting further behind. All of this activity leaves us with a disjointed and distracted life. Margaret Fuller once said, "Men, for the sake of getting a living, forget to live."

"By the time today's kindergartners graduate from high school, the amount of knowledge in the world will have doubled four times. The Class of 2000 will be exposed to more information in one year than their grandparents encountered in their entire lives. They will have to assimilate more inventions and more information than have appeared in the last 150 years." (Marvin Cetron and Owen Davies, American Renaissance, New York, St. Martin's Press, 1989, p. 65)

When we lack direction, are bombarded by distraction, with our lives fragmented and disjointed, we tend to become discouraged. It is like comedian

Lewis Grizzard said, "Life is like a dogsled team. If you ain't the lead dog, the scenery never changes."

How about you... are you existing or really living. Most of us are busy doing, but what are we really accomplishing?

William James, a noted psychologist and philosopher of Harvard University, once delivered a lecture which he called "The Will to Believe." In the lecture he addressed the question of whether it is reasonable to believe, in the religious sense. He defined a "hypothesis" as "anything that may be proposed to our belief."

There may be **living** options, in which a person can see some possibility of truth. Options may be **forced**, meaning that the person must make a decision one way or another, or **avoidable**, meaning that a person need make no decision whatever. Options may be **momentous**, vitally important to one's life, or **trivial**, of no real significance at all. The matter of religious faith, rather obviously, is a **living, forced, and momentous** option. (William James, *The Will to Believe*, New York: Longmans, Green and Co., 1987, pp. 2-3)

Every generation has struggled with finding purpose in life, but the unique challenge today is "do we have the moral and intellectual courage to sift through all the trivial to find the significant?" The internet is literally a bottomless pit of endless information that can be either true or false. Anyone can post anything at any time and there is not enough time in the day to examine all the possible sources or check the valid-

ity of the alleged facts. We can believe whatever we want, but what we believe must square with reality. You may believe the ten dollars in your wallet is a thousand dollars, but all the faith in the world will not change the fact that it is a ten dollar bill. Brian Maiden correctly notes, "It is not enough to worship God; we must worship the God who really is. Otherwise we are not really worshipping God at all."

It is not arrogant to seek the truth nor unkind to tell the truth lovingly. The most loving thing to do to a person on the wrong train is not to admire his sincerity and say, "It doesn't matter what you believe, all trains lead to the same place, have a pleasant trip!" The most loving thing we can do is to share the correct information with him so he can get to where he wants to go.

Several years ago I read a Persian proverb that provided a great bit of advice. "He who knows not, and knows not that he knows not, is a fool; shun him. He who knows not, and knows that he knows not, is a child; teach him. He who knows and knows not that he knows, is asleep; wake him. He who knows, and knows that he knows, is wise; follow him."

In this ever-more confusing, increasingly complex world in which we live, we must press on to "know," really know the truth about life, God and ourselves.

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.



Pr. Sandy

DIVORCE FLORIDA STYLE

Mike Gora

Florida court unclear on use of Sub-chapter S corporate cash for alimony

Question: I am a forensic accountant, and recently met with a local divorce lawyer and his client to prepare to file a case against her husband. He and his brother own several franchises in a popular chain of restaurants.

I explained that their corporation was registered as a Sub-chapter S corporation with the IRS.

For income tax purposes, all of the net income of their business is considered personal income, whether or not it is all taken out of the company at the end of the year. Both men own 50 percent of the stock in the corporation, so half of the income winds up in their individual tax returns.

According to the corporation's tax return, until two years ago the corporation paid the two brothers almost all of the net profit as distributions. The last two years, however, they kept most of the profits in the corporation, as retained earnings.

This means they paid income tax on money they had not personally received, lowering money they had available as personal income, in two ways, as they had to pay income

tax on money they never received.

The parties have been married for 18 years, and the wife is a good candidate for permanent alimony. There is a 13-year-old son and an 11-year-old daughter to be supported. The

wife's attorney tells me that it is unclear whether a Florida Court can count the income retained in the corporation as the husband's for alimony and child support.

He is of the opinion that the husband and his brother may have been doing some divorce planning, as the brother-in-law is also going through a divorce. Is there any Florida law on this specific subject?

Answer: Yes, but as usual, the bottom line is, "It depends." A few years ago, the Florida Supreme Court was faced with the same question. It ruled that the money kept in a Sub-S corporation may or may not be counted as increasing ability to pay alimony and child support, depending on whether there was a legitimate business reason to retain the earnings in the corporation.

If the money was kept in

the corporation for the purpose of defeating alimony and child support, and not for a legitimate business purpose, it can be considered.

The Court also ruled that the "burden of proof" was on the person in charge of the corporation to prove that he, or she, kept the money in the corporation for legitimate business purposes, and not to harm the spouse.

In this case, history might help your client, if as you say; the retained earnings were greatly increased only when the two stockholders were contemplating divorce. On the other hand, if there was a plan to use the retained earnings to open more franchises that a judge might consider that as proof of good motive.

If you testify that there was no good business reason to retain the amount of money kept in the corporation, you can bet that the husband's forensic accountant will disagree with you. If the case goes to trial, the judge will have to decide between your two positions.

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

We are not attorney

Divorce Decree

Home services available.

- *Eviction
- *Bankruptcy
- *Auto Accidents
- *Small Claims
- *Travel Authorization

***Notary Public:**
- Divorce, Marriage Ceremony,
Power of Attorney
*Immigration Form

Tânia Fileti
954-782-7951
513 E Sample Rd - Deerfield Beach
FL - 33064

ON THE MONEY

Steve L. Pomeranz

Gold: Bauble or Bubble...

The tendency of so many persons, unfortunately, is not to withhold judgment but, rather, to jump into conclusions, to rush into condemnation, either of people or situations, long before all facts are available.

Awareness of this longstanding human proclivity may be among the reasons which led Baal Shem Tov, the founder of Hasidic Judaism in the mid 18th century, to warn, "Let us fall into the hands of the Lord but let us not into the hands of man." Indeed, God is the only One who can judge accurately any individual with the right judgment.

Many years ago I found a plaque with an interesting inscription. It said: "It is better to be silent and be thought a fool than to speak up and remove all doubt." How sadly true that so many are too quick in making pronouncements long before they know an issue sufficiently, or have all the necessary data for their conclusions. My advice to such persons is, when you jump into something with both feet, be sure one foot doesn't go into your mouth! And yet, such is the picture presented by anyone who is

too swift in reaching a premature verdict!

If you look for faults in others, you shall surely find them. Likewise, if you search for good in others, it will be there as well. Blaming others for your own sloth or stupidity will never solve any problem; instead, it may ignite a flame where no fire was previously existent. No relationship between two persons will ever develop or thrive if it is used as a platform to vent the anger and frustration of one individual, on account of unfounded suspicions, and a premature judgmental spirit.

People who believe themselves as always right, will never attract nor develop long-lasting relationships; their impact is minimal or nil!

If you so readily question something somebody else says or does, it's only fair that you also doubt your own conclusions!

Any negative emotions you choose to carry, such as grudges, resentments, an unforgiving spirit, will adversely affect your human relationships, poisoning the stream flowing toward others. You can never justify doing anything wrong just because

you do many other things right! It's better to erase your suspicions quickly once you find them to be baseless! Don't insist on promoting discord!

In times of difficulty, or in days of relative peace, let us get out of our selves, away from mediocre solutions, giving no heed to easy, negative prescriptions. In this life one will always need to work hard at making things better, because by nature they tend to go the wrong way, bringing damage to many!

Attempt diligently to become the mature individual you're empowered to be! Most of the impediments on the road of life are of your own creation. As such, you can also undo them, and provide positive outlets and meaningful pathways leading you to better destinations, where genuine satisfaction flourishes and prevails!

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.



Steve L. Pomeranz

ASK DR MAN

By Dr. Daniel Man

Teen wonders if she's too young for breast reduction surgery

Dear Dr. Man, I'm only 16 years old and entering my junior year at high school. I started developing at a young age and have very large breasts. I'm a double D bra, even though I'm only 5'1" and I weigh 105 pounds. My back is always hurting and I hate the size of my breasts. While all my friends wear cute bikinis, I wear oversized t-shirts because I'm embarrassed. I want breast reduction surgery so badly, but my parents think I'm too young. We trust your advice. Am I too young?



Dr. Daniel Man

Answer: Women with very large, pendulous breasts may experience a variety of medical problems caused by the excessive weight, including back, neck, and shoulder pain. In addition, there may be other physical discomforts, such as bra straps leaving indentations in their shoulders. Large breasts can also make women, especially young women like yourself, feel embarrassed or self-conscious.

Breast reduction, also known as reduction mammoplasty, reduces disproportionate, oversized breasts by removing fat, glandular tissue, and skin from the breasts, making them smaller, lighter, and firmer.

It can also reduce the size of the areola, the darker skin surrounding the nipple. The goal of the surgery is to give a

woman smaller, better-shaped breasts in proportion with the rest of her body.

With regards to being too young. In most cases, breast reduction isn't performed until a woman's breasts are fully developed; however, it can be done earlier if large breasts are causing serious physical discomfort. From what you told me, you are very tiny and are in discomfort and you are feeling very self-conscious. This could mean you are ready for the surgery. Below are some details of what the surgery entails.

Stitches are usually located around the areola, in a vertical line extending downward, and along the lower crease of the breast. Luckily, modern surgical methods leave patients with incision lines that are only around the areola and up and down, eliminating the horizontal incision at the bottom of the breasts. These scars should fade with time and are usually covered by a bra or bathing suit. After surgery, the chest area is wrapped in an elastic bandage or a surgical bra over gauze dressings. The bandages are usually removed a day or two after surgery, though the patient continues wearing the

surgical bra around the clock for several weeks, until the swelling and bruising subside.

Although the patient may be up and about in a day or two, the breasts may still be tender. Most women can return to non-strenuous school, work or social activities in 7 to 10 days.

The best candidates for this surgery are women who are mature enough to fully understand the procedure and have realistic expectations about the results. Every patient and every physician has a different view of what is a desirable size and shape for breasts.

In your initial consultation, it's important to discuss your expectations frankly with a board-certified plastic surgeon, and to listen to his or her opinion.

Breast reduction surgery helps get rid of the physical discomfort of large breasts, the body looks better proportioned, and clothes fit better. Chances are that, like most young women, you will be pleased with the results.

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.

**WHY CHASE
AROUND?
The Boca
Raton
Tribune**



Reach the right
people with

Place an ad with us!

Follow us

facebook

The Boca Raton Tribune

Business

The Boca Raton Tribune

— Barry's Buzz —
By Barry Epstein

• The Winn-Dixie store on W.Camino Real will be closing by September.

• United Technologies has promised to add up to 22 positions at its UTC Fire & Security Global Security Products division in Boca Raton over the next three years. In exchange, UT will get \$150,000 in incentives from the state of Florida, Palm Beach County and Boca Raton.

• Florida Gubernatorial Candidates will debate in Boca Saturday, August 7 at the Church of All Nations. Rick Scott, Bill McCollum, Alex Sink and Lawton Chiles are expected to attend.

• Primary election is Aug. 24. Early voting starts Aug. 9. You still have time to request an ab-



Barry Epstein

sente ballot and avoid standing on line, but you do have to pay the postage to return your ballot.

• The Boca Republican Club will host GOP Governor rivals Bill McCollum and Rick Scott at the Aug. 19, prior to the Aug. 24 election.

• Congressman Ted Deutch is conducting a forum on Monday, August 9 to discuss various improvements to Medicare and other senior issues at 2:00 p.m., at Temple Emeth, 5780 West Atlantic Avenue, Delray.

• Palm Beach County Sheriff Ric Bradshaw will be the guest speaker at the 7:30 a.m. Second Tuesday Breakfast of the West Boca Chamber of Commerce, sponsored by Alan C. Kauffman

& Associates, P.A., on Tuesday, Aug. 10 at European Corner Cafe, 7300 West Camino Real, at the intersection of Camino Real and Powerline Road. Costs to attend are \$20 for members and first time guests, \$45 for returning guests, if reserved by 4 p.m. on Thurs. Aug. 5: \$25 for members and first time guests, \$50 for returning guests, if reserved after 4 p.m. on Thurs. Aug. 5; \$30 for members and first time guests, \$55 for returning guests at the door without reservations. RSVP to info@westbocachamber.com or call 561.482.9333 for further information.

• Boca Raton City Manager Leif Ahnell will explain the city budget at the 7:45 a.m. second Thursday breakfast of the Greater Boca Raton

Chamber of Commerce breakfast Thursday Aug. 12 at the Renaissance Hotel. Call 561.305.4433 for reservations or visit www.bocaratonchamber.com.

• BP station owners are considering changing the name of their locations back to Amoco.

• Movies opening this week include The Other Guys and Step Up 3D.

• Tune into barry epstein live every Friday at 10 a.m. on www.wrpbitv.com. The show is archived for a week so you can access it 24/7 by clicking on demand barryepstein after the video starts. You can also win free tickets to the Cinemark theatres and a free pizza at the Sunrise Deerfield theatre by sending an email to barryepsteinlive@yahoo.com, dur-

ing the show. After the show, enter your comments on the blog, Get In On The Conversation on the sun-sentinel editorial page, www.sun-sentinel.com/opinion. This weeks guests include: Professor Robert Watson, Kingsley Guy, Bob Norman, Christine King, Javier Morales and Corrine Miller.

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.

— Houses of Worship —
Lee Walker and Jeff Bercaw

When internal factors are in line with ministry, external factors can be cleared

In today's economic climate of tight credit and caution among borrowers and lenders, it's certainly no surprise that church construction projects are being put on the back burner by many congregations.

Read the complete story online

Lee Walker is president of Walker Design & Construction, Boca Raton, which has a strategic alliance with Building God's Way (www.bgwservices.com) and has constructed dozens of churches in the past decade alone. Based in South Florida, Walker Design & Construction has been building quality, energy efficient buildings for more than 35 years. Jeff Bercaw is director of Development, Building God's Way, South Florida.

Employees and consumers upset by Winn Dixie closing



By Donovan Ortega

A handwritten sign is posted on the entrance of the Winn Dixie in Boca Raton. The note reads, "It is with heavy hearts that we inform you our location will close its doors after serving you for 45 years..." In a slew of

closings, Winn Dixie announced that along with the Boca Raton location, 13 other stores would be closed in Palm Beach County, among thirty stores that will close nationally. CEO Peter Lynch cited the floundering economy as the reason for the systematic shut down, explaining that the stores that were chosen were not profitable.

Inside Winn Dixie on a Saturday afternoon, Justin, the store director, was following orders from corporate headquarters in Jacksonville and couldn't comment on the situation. He leaned against a wall next to the customer service desk as loyal patron, Frank Gentile of Boca Raton, checked out.

"This is horrible," said

Gentile, "Is there anything we can do?"

"Not now. It's too late," Justin replied. He shrugged his shoulders in resignation.

Outside, Gentile unloaded his groceries into his silver truck, visibly frustrated by the announcement.

"I have been going to Winn Dixie for thirty years," said Gentile, "The worst part about all this is the jobs that will be lost. What I liked best were the prices and the people here. Everyone was so nice. I think it's wrong. I have no other choice but to go to Publix now."

Inside the store people trickle in. It's slow; it's quiet. Consumers dot the aisles. A young man pe-

See *Winn Dixie* on page 22.

— What business are you in? —
By Gerald Sherman

'Secret Order' at Caldwell a real world lesson in need for crisis management plan

I recently attended the Caldwell Theatre's production, "Secret Order." It takes place in a science lab. The experiment that is being worked on promises a miracle breakthrough in the approach to curing cancer. Issues in this thought-provoking play concern morality, ethics, loyalty, deceit.

However, from a business management point of view, there is a great lesson to be learned about having a provision for crisis management in place or what we refer to as the, "What if?" factor. Everything in life does not always go as planned. The "Secret Order" dem-

onstrates the drama that can occur in a medical environment when such a crisis occurs.

The play centers on the character Dr. William Shumway, a nerdy scientist, who was working on a revolutionary cure for cancer.

Dr. Robert Brock recruits Shumway to join his research lab to further his experiment. Dr. Brock plans to present a paper to the medical world on this amazing discovery in order to obtain funding and worldwide recognition. Unfortunately, Shumway's experiment runs into difficulties at the same time that Dr.



Gerald Sherman

Read the complete story online

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

Winn Dixie Closings *continued from page 21.*

ruses one of the bargain bins in the front of the store that holds bagels at half price. Dwayne Hopkins ambles around the super market with his family, stopping in the meat aisle to look at a deal.

"It's a sad day. I'm not happy about this. I think Publix is over priced and I really don't see the difference in anything but the produce department, and I buy that from the farmer's market," said Hopkins.

Nicole Gray stalks the cereal aisle. She shops at Winn Dixie for her family, namely her fourteen-year-old son who she says is a big eater. She only buys non-perishable items here, purchasing things like produce, meat and milk elsewhere.

"What's horrible is that people are going to lose

their jobs. The customer service was great," said Gray while looking through the cereal aisle, "Although their refrigeration would go out sometimes and they'd have to move things around when it did."

In the produce section, Ellen, a food demonstration specialist for a private company, places small plates of salad on a table next to bottles of Winn Dixie brand salad dressing.

"I feel badly for the employees because of their jobs and the older people that come into the store and are used to getting very personalized service," said Ellen. "It's a tough situation."

B.J. has been an employee at Winn Dixie for four years and stands behind the seafood counter. Understandingly, she's upset by the news.

"I don't feel good about this at all. I found out that the store was going to close watching the news. They told us the next morning, but they should have told their employees first, not the media," said B.J. "They're not going to transfer anyone to a new store. We have to apply for our jobs. It's like starting over. But I'll still show up."

Customer service representative and bagger, Lewis Sadowsky, collects shopping carts in the largely empty parking lot and like all the employees, is discouraged.

"I just got transferred to this store a month ago. I don't know what I'm going to do," said Sadowsky.

As a result of the closings, Winn Dixie will save between 12 and 17 million dollars a year.

Bernie's Cleaners, dry cleaning with no aggravation



Bernard Audet, owner of Bernie's Cleaners

By Donovan Ortega

Bernie Audet was born in East Hartford, Connecticut. Bernie started working in the dry cleaning business back when he was only 13 years old with his Aunt and Uncle back home. Then, in 1992, Bernie decided it was time to spread his wings and fly solo. The result was him opening his first Bernie's Cleaners here in Boca. They've been in the same plaza for over 20 years simply moving 3 times to a different and better store.

Bernie's Cleaners is located at the intersection of Powerline and Camino Real. Bernard Audet, the owner of the dry cleaning

shop, has been in business in Boca Raton for nineteen years. The shop sits at the ground floor of an office building and shares space with an alteration store. Adding flare to the storefront is Sammy, a twenty-two year old white cockatoo. Audet has been setting up Sammy's cage on the sidewalk for years. It's a nice decoration and conversation piece, but most of all, Sammy seems to enjoy the weather and attention as he sits majestically on top of his home. Stacy Einhorn, a schoolteacher at Donna Klein Jewish Academy, has been going to Bernie's Cleaners for eighteen years and acknowledges the parrot as she breezes past the cage

and into the store carrying her fiancée's clothes. Sammy struts outside while Einhorn speaks excitedly with Bernie. It's clear they've known each other a long time.

"He's the best dry cleaner in the world," Einhorn says on the sidewalk after dropping off the clothes, "he does such a complete job, knows every client, and gives top quality service."

The high praise isn't new for Audet.

"We keep the old customers happy and take care of business," says Audet, "We care. There's no magic to this. We strive to provide whatever the customer asks."

Bernie grabs a hanger off the dry cleaning conveyor and walks back to the front desk.

"The other thing," Audet adds, "is that if there is a problem, customers know that the owner is at the front desk. He's not playing golf or at the beach. I'm always here."

Bernie's Cleaners (561-338-7843) is located at 7600 West Camino Real.



Sammy, the twenty-two year old white cockatoo, perched on his cage in front of Bernie's Cleaners.

THE BRAIN ANEURYSM FOUNDATION

2nd Annual John Assante Memorial Walk



When:

Sunday, September 26, 2010 *Rain or Shine*
Registration begins at 8am., walk begins at 9am.

Where:

Mizner Park Amphitheater
590 Plaza Real - Boca Raton, FL 33432

Pre-Registration:

Online at www.bafound.org. Cost is \$30.00 and includes walk T-shirt for all those pre-registered by 9/17/10.



bocaratontribune.com



Hurricane season begins slowly; August and September await

By Donovan Ortega

The 2010 hurricane season began with tremendous predictions of storms swarming the Atlantic basin. It had the potential to be the most active hurricane season in fifty years said the NOAA and Colorado State University, two of the most valued institutions in respect to hurricane season analysis. But June and July have come and gone and only two storms have been named. Alex was the first storm to form in the Atlantic Ocean in June since 1995 and struck Mexico as a weak category 2 hurricane. Tropical

storm Bonnie formed in mid July and made land-fall near Biscayne Bay, FL on July 23rd, twittering out into the Gulf of Mexico and dissipating. Aside from those two storms and a few tropical depressions, the 2010 season has been quiet. "Given all the pre-season hype about what a busy season we're supposed to be having, June and July have been boring to the point of being humorous," said Howard Hanson, oceanographer and meteorologist at Florida Atlantic University. Storm season prediction is a bit of a crapshoot due to the multitude of

factors involved, but the slow start is surprising given the favorable conditions to hurricane formation in the Atlantic Ocean this summer. "The best explanation I've heard has to do with the atmospheric loading of dust blowing off the Sahara Desert and drifting across the tropical/sub-tropical Atlantic," said Hanson, "This dust absorbs sunlight and heats up the upper troposphere, stabilizing it against the organized deep convection that turns into tropical cyclones." It is important to note that historically, June

and July are the slowest months of any hurricane season, while August and September are the most active. Between the year 1900 and 2006, a total of 27 seven major hurricanes (category 3, 4, and 5) have struck the United States in August, while 47 have hit in September. Thus, it is imperative that the citizens of Boca Raton remain vigilant. August and September have the potential to be extremely active, and it only takes one strong storm to make the 2010 hurricane season memorable.

Hurricane Preparedness Check List

BABY NEEDS

Disposable diapers, Wipes, Diaper-rash ointment, petroleum jelly, Baby medicines (pain, cold, cough), Medicine dropper, Extra formula, baby food

EMERGENCY TOILET

Small can or garbage can with tight lid, Plastic bags for liners, Disinfectant or bleach, Deodorizer

HURRICANE KIT

Assemble this now. Put aside in a special box in garage. Keep heat-sensitive items inside home and rotate stock throughout season. Batteries can go in refrigerator.

Flashlights and extra bulbs, Battery-operated TV or Radio, Fully charged battery-operated lanterns. Don't get candles and kerosene lanterns. They are fire hazards. Extra batteries,

Matches, Clock (wind-up or battery-operated), Plastic garbage bags, Working fire extinguishers, Scissors, Toilet paper, Clean change of clothes, rain gear, sturdy swamp boots you won't mind throwing away later. An inexpensive rabbit-ears television antenna to use when cable goes out, Map of the area, List of phone numbers, Copy of insurance policy

KITCHEN SUPPLIES

Manual can opener, Bottle opener, Matches in a plastic bag, Pocket knife - preferably Swiss Army-style, Camp stove or other cooking device and plenty of fuel. Use canned fuel, not charcoal or gas, Ice chests or coolers, Paper plates, napkins, plastic cups, knives, forks, spoons



Storm Names 2010	
Alex <input checked="" type="checkbox"/>	6/25/2010 category 2
Bonnie <input checked="" type="checkbox"/>	7/22/2010 category TS
Colin <input checked="" type="checkbox"/>	7/29/2010 category TS
Danielle <input type="checkbox"/>	___/___/___ category ___
Earl <input type="checkbox"/>	___/___/___ category ___
Fiona <input type="checkbox"/>	___/___/___ category ___
Gaston <input type="checkbox"/>	___/___/___ category ___
Hermine <input type="checkbox"/>	___/___/___ category ___
Igor <input type="checkbox"/>	___/___/___ category ___
Julia <input type="checkbox"/>	___/___/___ category ___
Karl <input type="checkbox"/>	___/___/___ category ___
Lisa <input type="checkbox"/>	___/___/___ category ___
Matthew <input type="checkbox"/>	___/___/___ category ___
Nicole <input type="checkbox"/>	___/___/___ category ___
Otto <input type="checkbox"/>	___/___/___ category ___
Paula <input type="checkbox"/>	___/___/___ category ___
Richard <input type="checkbox"/>	___/___/___ category ___
Shary <input type="checkbox"/>	___/___/___ category ___
Tomas <input type="checkbox"/>	___/___/___ category ___
Virginie <input type="checkbox"/>	___/___/___ category ___
Walter <input type="checkbox"/>	___/___/___ category ___



It's more about **YOU!**

Boost your curriculum by begin an intern with us at The Boca Raton Tribune.

Call us at 561-290-1202 for more information.



Your Life

The Boca Raton Tribune

OLEDA TALKS

Oleda Baker

O' My... I can hear you now... I HATE my bloated stomach!

Dear Friend, Can You Get Rid of a Bloated Stomach?

It's no secret that as we age it can become more difficult to enjoy a meal without suffering digestive discomfort. For every 10 years of life the pancreas produces fewer digestive enzymes and, on top of



Oleda Baker
At age 75

that, today's modern diets are largely void of natural plant enzymes. This lack of natural enzymes requires the body to work harder, thereby straining our internal organs and digestive system. A bloated stomach can have several causes and is not to be confused with Belly Fat, which are fatty cells that you can't get rid of it without losing weight through diet and exercise. A bloated stomach can usually be flattened....if you can figure out what is causing the discomfort... here's the story:

Stomach discomfort is when the abdomen feels full and tight, even before eating. It most often occurs in the small intestine rather than the stomach, as most people believe. The most common cause is irregular digestion that produces gas at a higher rate than normal, often caused by:

- * Eating too fast
- * Air swallowing (a nervous habit)
- * Overeating
- * Intolerance to dairy products
- * Certain food intolerances
- * Poor elimination

At the beginning of a health diet, a sudden increase in

fiber from vegetables, fruits and beans could cause discomfort. If this occurs, simply ease up on these foods and re-introduce them more gradually.

If you are eating late at night, or drinking too much alcohol, it will encourage the build up of acid. The digestive system works more effectively when you are up and about for at least 3 hours, not after eating before retiring and lying flat. A large meal can also cause discomfort as the stomach becomes distended and certain foods produce more gas than others.

Intolerance to some foods can cause abdominal discomfort. Digestion is a series of chemical reactions that break down food into components from which we derive energy. The remaining material is waste and is eliminated through the intestinal tract.

Some of those wastes are gases that are normally managed easily by the elasticity of the intestinal canal. Sometimes, however, large pockets of gases stretch the gut wall past its comfortable elastic limit and we feel uncomfortable by an expansion in the abdomen. It may even become difficult to fit into your jeans.

There is only one way to identify food intolerance and that's by the

process of elimination... one food at a time.

Once you or your doctor has determined there is no medical condition causing the excessive gas, you can begin eliminating foods that may be causing the symptoms.

Continue to eat as you normally do, but eliminate one gas producing food for at least a week. If there is no lessening of gas, put that food back in the diet and go on to eliminate another one. Follow this procedure until all gas producing foods are tested.

Experience tells us that beans (all types), milk, and milk products may be the worst offenders in causing gas. Other troublesome foods include onions, celery, carrots, raisins, apricots, prune juice, wheat products, and Brussels sprouts.

A well balanced intestinal enzyme builder supplement could help to create a more comfortable and flatter stomach. This balance should contain a high amount, and a variety, of enzymes, as well as other necessary ingredients, that address the various types of food: protein, fats, starches, dairy, plant, vegetable material and sugar.

Until next time,
Love Oleda

Oleda Baker is CEO of Oleda and Company, Inc., a 40 year old beauty, health business. She is author of 10 books on health and beauty. If you have questions she can be reached at www.oleda.com.

Everyday Cheapskates

By Mary Hunt

Creative Car Idea Wins Tip of the Month

As a regular reader of this column, you know that I, your humble columnist,

charges are reasonable and set up to discourage weekend rentals. Living in a major city where even parking is expensive, my daughter saves a ton of money by simply not having a car, without giving up the convenience of having one. - Miriam K., e-mail



Mary Hunt

Most of the time, it works. However, occasionally we must rent a car when our schedules don't jibe. Learning that we have a second option earned Miriam K. the coveted Tip of the Month award for August, and now I know that a cute Zipcar car lives only a few miles from my home.

CREATIVE CARS. If you don't have a car, check out <http://www.zipcar.com> or <http://www.AutoShare.com>. My daughter uses AutoShare in Toronto. She put up \$500 for membership, which is refundable when she discontinues the service. She has access to a fleet of cars parked around the city (several within a few blocks of her home). She can book the cars online. This scheme is useful when you need a car - or a second car - for a few hours to run errands. The hourly

SURPRISING BENEFITS. We have been helping to care for my husband's elderly uncle for a few years. Last year, we found out about a benefit that is available for veterans or their widows. It is a tax-free benefit that helps defray costs for their long-term care. The website provides helpful information about the benefit and how to apply. Go to <http://www.gbausa.org> and check it out. This was an unexpected blessing for our uncle, and I'm sure others would find this information helpful. - Susan G., e-mail

OUTING OVERAGES. Check with all the medical providers you have visited in recent years to see whether you have any overages on your accounts. Sometimes the insurance company pays the doctor more than ex-

pected, after the doctor has collected from you during your visits. This results in an overage, and the office rarely will tell you about it. You have to ask. If there is an overage, stay on top of them to collect it. Sometimes it takes six to eight weeks to get it, so be persistent. - June G., Georgia

STRATEGIC SHOPPER. I follow a cash-only spending policy in my daily life, but that's difficult when I shop online. I make sure that my online shopping doesn't send me into debt this way: I make the purchase on my credit card, and then I immediately use my online banking account to submit a payment to the card issuer for the amount that I just spent online. This keeps my credit score in good standing, prevents debt and avails me of whatever bonus the credit card company offers. - Ginger H., 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

**Men &
Children**

All types of haircuts
Hot Towel Shaves

RUBEN'S
Barber Shop

31 Years in Boca Raton

Family Oriented - No appointment necessary

561-487-2152

9973 Glades Road - Boca Raton, FL 33434
Shadowood Square Shopping Center

Monday-Friday
8:30am - 6:54pm
Saturday
8:00am - 4:45pm
Sunday
10:00am - 2:45pm

Around our Neighborhood

The Boca Raton Tribune

Boynton Beach

Diver/photographer dies while filming locally for National Geographic

BOYNTON BEACH - Wesley Skiles, 52, of High Springs, Fla., died while taking photographs for National Geographic magazine near the Boynton Beach Inlet about 3 p.m. Wednesday, July 21. The Palm Beach County Sheriff's Office said Skiles was diving with a group of people three miles east of the Boynton Beach Inlet. Skiles was filming locally for National Geographic.

According to reports, Skiles motioned to one of his divers that he was ascending because he was out of film. One of the other divers saw him making his way to the surface but continued working and did not continue to watch Skiles. Several minutes later, the remaining divers decided to ascend. As the remaining divers made their way to the surface, they saw Skiles' body lying at the bottom

of the ocean floor, near the reef, motionless. The divers quickly took hold of him and rushed him to the surface. Skiles was pulled onto the vessel by the captain. CPR was immediately administered as they made their way to the marina. The photographer was transported to the emergency room of St. Mary's Hospital where he was pronounced dead, said PBSO.

Follow us



Delray Beach

Marketing and PR pros hold fourth annual Yak Yak at Crane's BeachHouse *See photos on page 17.*

DELRAY BEACH - More than 60 local marketing, media and public relations professionals attended the 4th annual PR YAK-YAK held recently at Crane's BeachHouse Hotel & Tiki Bar in Delray Beach. Co-hosted by the Gold Coast PR Council and PRSA-Palm Beach, PR YAK-YAK netted some \$1,700, which was split evenly by both nonprofit organizations. One of four "Third Thursday Fun-raisers" held this summer, PR YAK-YAK attracted many of South Florida's best known publicists, Larry Boytano (Palm Beach County Cultural Council), Kristin B. Calder (Bethesda Hospital

Foundation), Melissa Carter (Old School Square), Diane Diamantis (Word Work), Jeanne Epstein (Premier Marketing Strategies), Tiffany Faublas (Palm Beach County Convention Center), Elizabeth K. Grace (The Buzz Agency), Bruce Herman (Boca Raton Museum of Art), Andrea Knibbs (Smith & Knibbs PR), Ann Margo Peart (The Breakers), Jennifer Sullivan (Carey O'Donnell PR Group) and Margie Yansura (Wordsmith Communications). Also on hand, among others, were Nat Harrington (School District of Palm Beach County), Audra Hodges (Boca Raton Chamber of Commerce), Kae Jon-

sons (Boys & Girls Clubs of Palm Beach County), publisher Kate Leming (The Coastal Star), Jennifer Mahoney (Tax Collector, Palm Beach County), Rich Pollack (Pollack Communications), columnist Thom Smith and Alexandra K. Wasil (Palm Beach Opera). Attendees were welcomed by Gary Schweikhart, co-founder and president of the Gold Coast PR Council; Rebecca Seelig, president of PRSA-Palm Beach; and Cathy Balestriere, general manager of Crane's BeachHouse Hotel & Tiki Bar. In addition to enjoying sushi and pizza, "yak-yakkers" also listened to tunes by the Caribbean dynamo, the dynamic DYMiN.

Fine High End

AUCTION

Tuesday, August 17, 5pm

Preview/Viewing - 8 days
9am-5pm; August 9-17. Closed Sunday.

2925 S. Federal Highway - Delray Beach, 561-278-8996
info@hoodauction.com

1) Bid in person 2) online: www.hoodauction.com 3) absentee 4) phone (4 options)

View catalog with pictures & estimates
at www.hoodauction.com

Free Appraisals!



Selling estates from Palm Beach, Boca Raton and Delray Beach

100 paintings incl: Calder, Miro, T. Hill, R. Alott, Chagall, F. Baewell + 50 more artists; plethora of sterling include: Gev Jensen 243 pc. Dinner server Old Danish; many bronzes incl: E. Vonnoh, E. Villianis; tons of Orientalia; 30 Oriental carpets; chandeliers; fly fishing collection; antique furniture as well as Eames & Barcelona; jewelry; fine porcelain & smalls, 450 fabulous lots Au-1082-AB 742

Bill Hood & Sons

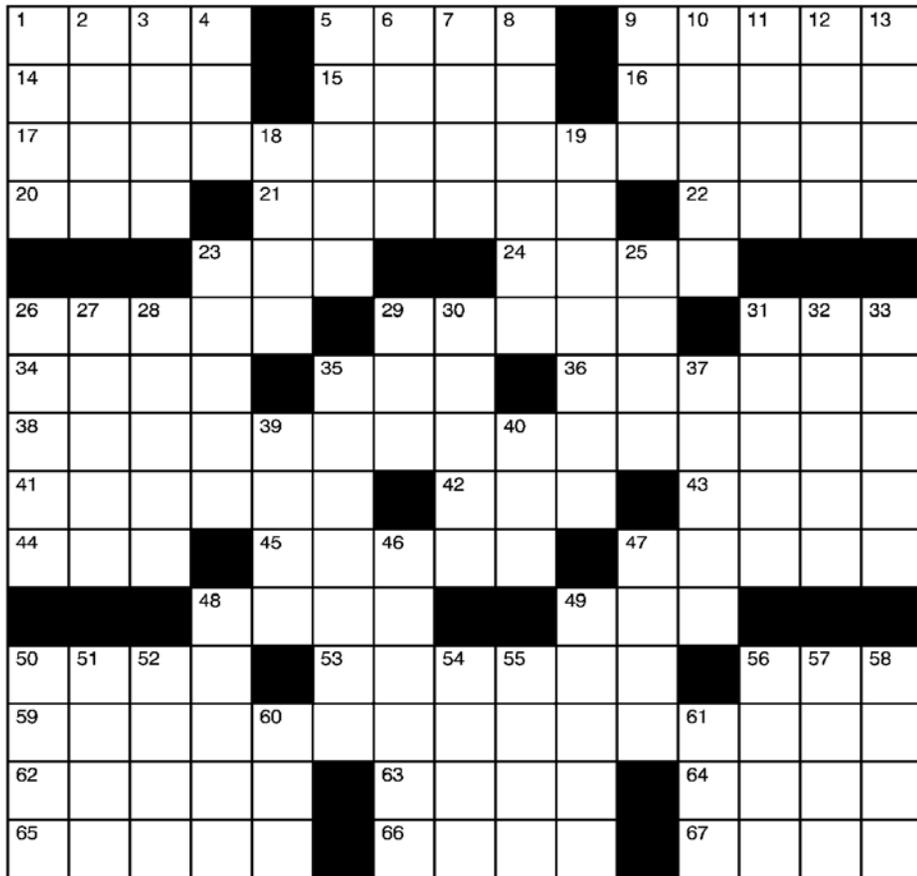
ART & ANTIQUE AUCTIONS

Present this ad
and receive
\$25 OFF
your August 17th
purchase.

Games

The Boca Raton Tribune

IN THE QUEUE



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Red leader
- 5 Eurasian vipers
- 9 Shortens
- 14 Performance, sometimes
- 15 Hen home
- 16 Grass spike bract
- 17 Process of increasing fivefold
- 20 Understand
- 21 Goddess of wisdom
- 22 Important times
- 23 Haitian currency: abbr.
- 24 Unfledged hawk
- 26 Rings out
- 29 ___ Park, Colo.
- 31 Sailor's agreement
- 34 Concerning
- 35 Literary collection
- 36 Marred the finish
- 38 Fifty something
- 41 Beyond Saturn
- 42 Farewell
- 43 Cartoon's Kett
- 44 Eliot's level
- 45 Make amends
- 47 Stash more
- 48 Maturing device
- 49 Cravat

DOWN

- 50 French cleric
- 53 Complained bitterly
- 56 Tennis redo
- 59 Characteristic of many teens
- 62 To that time
- 63 Frog or year
- 64 Rectangular pilaster
- 65 Cookout leftovers?
- 66 Cravings
- 67 Swine

- 25 Biggest of the seven
- 26 Provoke interest
- 27 Harden
- 28 Adherent to a belief condemned as heresy
- 29 Spain's last queen
- 30 Astronomer Carl
- 31 Japanese dog or seaport
- 32 1923 Nobel-prize-winning writer
- 33 Ferber and Millay
- 35 Simple
- 37 Sweet liqueur
- 39 Bog, shortly
- 40 First grandmother
- 46 Aloud
- 47 Page
- 48 Eagle's nest
- 49 Office fill-ins
- 50 Marine leader
- 51 Dog holders
- 52 Sponge end
- 54 Words of understanding
- 55 Savings' counterpart
- 56 Carson's successor
- 57 This, in Barcelona
- 58 Ivan or Nicholas: var.
- 60 Literary initials
- 61 Get the bad guy

AT THE RACES

Solution: 13 Letters

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

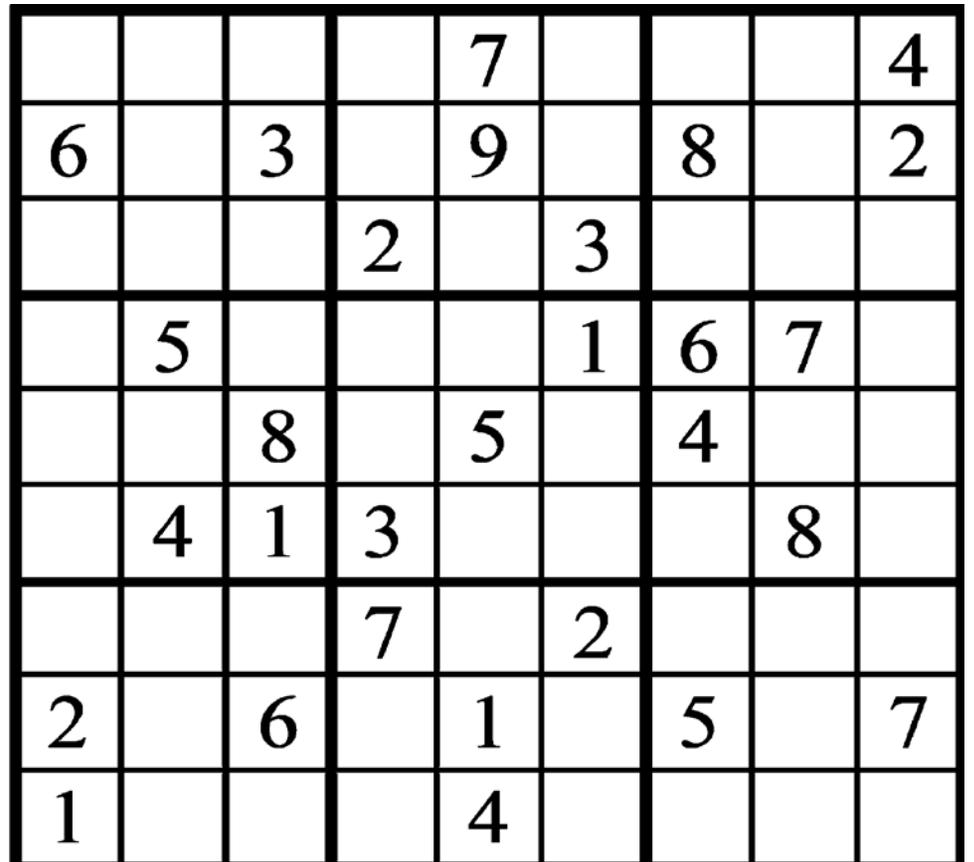
"And they're off"
 Announce
 Betting
 Colours
 Exciting
 Fast
 Form
 Furlong
 Handicap
 Heavy
 Hooves
 Jockey

Kentucky Derby
 Leather
 Long Shot
 Melbourne Cup
 Odds
 Parade to Post
 Photo Finish
 Popular
 Prize
 Record
 Saddle
 Silks

Slow
 Time
 Tote
 Track
 Trainer
 Triple Crown
 Wager
 Weather
 Weight
 Winner's Circle

Solution: "See How They Run"

SUDOKU

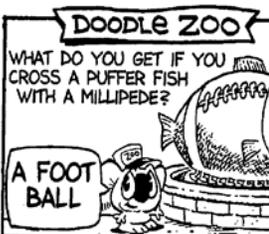
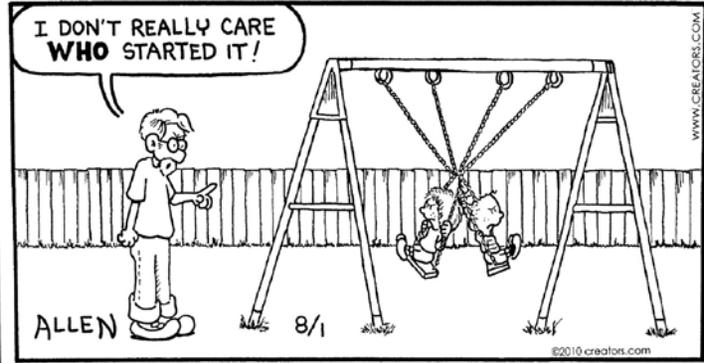
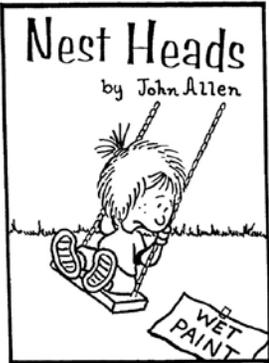
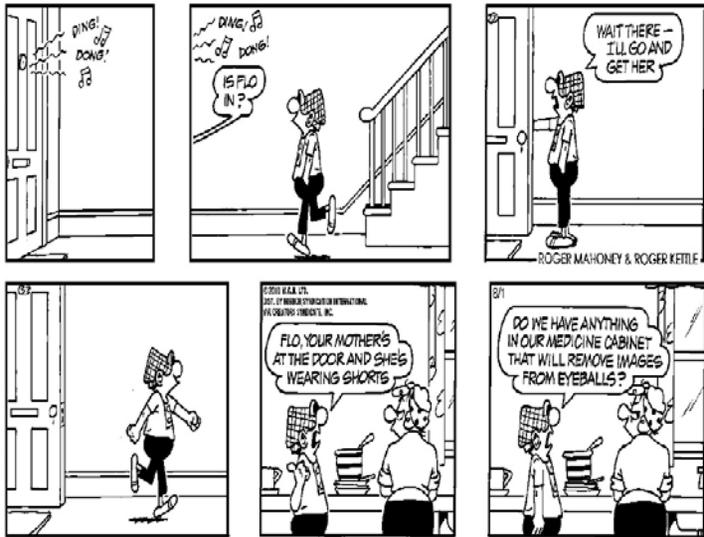
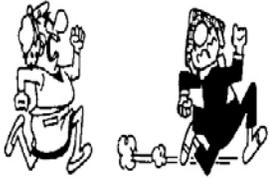


Enjoy yourself!



ANDY CAPP

by Smythe



The Boca Raton Tribune

Subscribe and automatically receive a gift card to



Carmen's Restaurant

This is a great opportunity to enjoy the best of Boca

Mailing Address:

P.O. Box 970593 - Boca Raton, FL 33497

How to subscribe Our Mail Delivery?

Option 1: Go online to bocaratontribune.com and click on mail subscription at the top of the page
Option 2: Fill out the form below and send to: P.O. Box 970593 - Boca Raton, FL 33497

Name: _____

Address Option 1: _____ State: _____ Zip Code: _____ Phone: _____

City: _____

Address Option 2: _____ State: _____ Zip Code: _____ Phone: _____

City: _____

DOB: ____/____/____ Female () Male () Email: _____

PAYMENT OPTIONS

Cash Check # Credit Card Invoice

Name of card holder as shown on credit card _____

Account Number _____ VCODE _____ Expiration _____

Type _____

Make checks payable to The Boca Raton Tribune

www.thebocaratontribune.com

Pet Society

The Boca Raton Tribune

DOG TALK WITH UNCLE MATTY

By Matthew "Uncle Matty" Margolis

Twice Their Weight in Trouble?

Toy dogs are so darn cute. You can tuck them under one arm or even into a small carry-on. They're trendy. They travel. They're the perfect dog for today's go, go, go ways.

They also seem to invite twice their weight in trouble. Why? Because we let them - even encourage them. Yes, the biggest trouble with toy dogs is the people who adore them. For example:

"I have a cute miniature pincher - a rusty. Her name is 'Sweetie.'

"The problem is that I have disabled children and Sweetie steals food from them and never gets to socialize with other people and pets. There isn't a lot of time to take her out, and now she has bitten a couple of people who have come into our courtyard and house.

"One of the people she bit is disabled herself. Lucky for me, she is a neighbor - not to mention her dog bit me once!

"I was wondering whether you might know someone who could take Sweetie, because I can't afford a lawsuit. I was hoping to find an adult with another dog for her to play with,

who hopefully would be able to take her out to socialize more."

To state the obvious: Toy dogs are not actually toys. They're dogs. And while it's undoubtedly true that Sweetie needs to be socialized, it's equally clear that she needs some good old-fashioned training.

This reader is on the right track in that Sweetie does require a new home - one without children. But she should also be tested to determine whether a home with other pets is appropriate.

People tend to make the assumption that small dogs can only create small problems. But what about the dachshund that urinated on the carpet "a little bit" every day, for years? The yapping Yorkies that landed their owner in court with a noise complaint? The Chihuahua that got underfoot and landed her famous owner in the hospital with a broken nose? The Pomeranian that killed an infant in her crib?

These were all extremely costly incidents - monetarily and emotionally - that could have been avoided with training and a little more diligence on

the part of the owner. But for some reason, people let their guard down and lower their expectations when it comes to miniature canines.

Those who own toy dogs should not be fooled by the mythology. Little dogs need exercise. Little dogs need training. Little dogs have sharp teeth. Little dogs can bring big trouble.

This is not to say toy dogs are bad dogs. To the contrary, toy dogs make great pets, wonderful companions and even stellar guard dogs. The difference between worth their weight in gold and twice their weight in trouble is largely up to us. Woof!

Dog trainer Matthew "Uncle Matty" Margolis is co-author of 18 books about dogs, a behaviorist, a popular radio and television guest, and host of the PBS series "WOOF! It's a Dog's Life!" Read all of Uncle Matty's columns at the Creators Syndicate website at www.creators.com, and visit him at <http://www.unclematty.com>. Send your questions to dearuncle.gazette@unclematty.com or by mail to Uncle Matty at P.O. Box 3300, Diamond Springs, CA 95619.

'Paws for the Cause' plans social event Aug. 24

BOCA RATON - The Tri County Humane Society's "Paws for the Cause" will hold its monthly social affair Aug. 24 from 6 to 8:30 p.m. at the Highland Beach Holiday Inn on State Road A1A, at the shoreline.

The price for members is \$10. Non members price is \$20. Complimentary hors d'oeuvres and a drink will be served. All proceeds go to Tri County to help pay for medical bills.

Tri County is a no-kill animal shelter located at 21287 Boca Rio Road in Boca Raton. For information call 561-482-8110

The Boca Raton Tribune

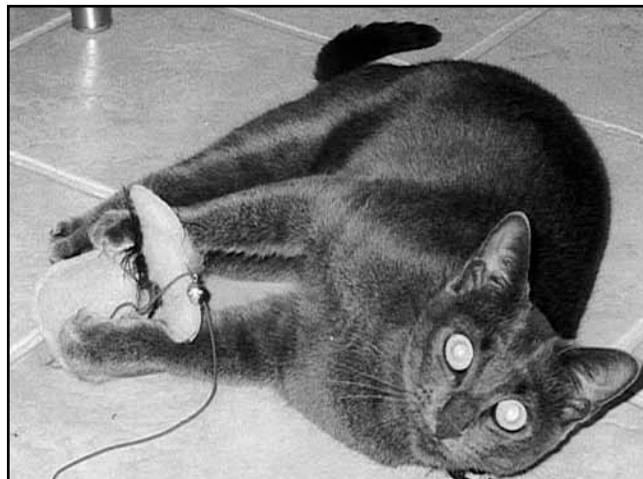
online: bocaratontribune.com

We update your community news 24/7

Subscribe to receive breaking news.

MY PET

Baby



I am a beautiful happy Russian Blue cat. I wish all abandoned cats and dogs could find their loving caring owners one day. I'd love to tell you my very unique story.

In a Montclair NJ shelter six years ago, I was sick and scared, dreaming of somebody kind and loving to take me home. It was Mother's Day holiday. A Lady was looking for a young cat, nice and quiet. "You, little silver gray kitten, look like miniature panther." - she whispered and touched me so pleas-

ant and friendly. Happiness made my heart beat faster. "Your eyes are clear as emeralds, big and beautiful, and the glance so touching...and sad..." To her great surprise, my name was - Baby!

"It is very significant to adopt a Baby on Mother's Day" - the Lady said and I was taken to her place and got immediately the best food, toys and treats. One evening, I sneaked away through half opened door and hid in the bushes. I wanted to explore the world out of the house.

There were a lot of new sounds and smells; different birds and animals lived around the house. No one cared to feed me or give me water. There were no toys and soft bed for me outside there. At night it was scary to hear owl's cries and wind's noises in trees and bushes. It was cold and lonely. In the morning I saw the Lady with cried out eyes looking for me and calling my name.

I ran toward her screaming as much as I could that she finally noticed me. She grabbed me in the arms, hugged me kissed me. We both were happy and relieved. Since then I never ran away again.

Three years ago we moved to South Florida. I love my Lady-owner and take a lot of stress and disappointment out of her busy life. I wait for her at home and when she is back from work I love to express aloud how much I love her. Life is wonderful!

PET OF THE WEEK

Well-behaved Melvin is looking for a loving home



Story, photo by Pam D'Addio

Is there room in your heart for me?

I'm Melvin, a year-old schnauzer, a neutered male weighing about 20 pounds.

I'm new here at Tri County and far too adorable to be homeless. I'm a handsome dog, housebroken and well-behaved. I'm very friendly and I would do well in a home with older children or other dogs (cats, unknown). I know how to "sit," too. Just look at this shaggy face and head to the lobby to sign my adoption papers, OK?

I'm available for adoption at Tri-County Humane Society, a no-kill animal shelter located at 21287 Boca Rio Road in Boca Raton. 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.

Please 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 'TriCounty Humane'.

Sports

The Boca Raton Tribune

— CRANK UP THE HEAT —
By Pedro Heizer

LeBron James Mania



LeBron mania has officially hit Florida. It's been over a month and a half since "The Decision" but only now has Miami really been introduced to the mania hype that this NBA season will bring. The Miami Heat apparel has been burning up the shelves of local sports stores; it's been hard to find a Chris Bosh, or LeBron James Heat jersey.

The one you will always see though is Dwyane Wade.

What's going on? Has the state gone mad forgotten that our MV3 has been in Miami since day one? Have you forgotten he is the one that brought LeBron and Bosh to Miami? Remember what he said at the press conference? "At the end of the day, I always said I was going to do what was best for my family. And then I thought about it, and Miami is my family, this organization is my family. So I did what was best for my family."

He loves us—he stayed here in sunny south beach instead of leaving us for his cold hometown of Chicago. But for some peculiar reason, you don't see his jersey flying off the shelf.

What's the explanation for

this great feat? The fair-weather, bandwagon fans. You know, the ones that for the last two years have been diehard Lakers fan, the ones that three years ago were Celtics fans? Yeah, those people. The kind of fans that if asked to name the starting lineup of the Heat last season would only be able to name Wade.

Now, all of a sudden people are calling the Heat LeBron's team, LeBron's Kingdom, James' Clan. These people not only annoy me, but annoy the diehard Heat fans who were part of the 2006 Championship glory, but also part of the 15-67 misery. The ones who were here for their team when they saw the American Airlines Arena filled to capacity and sold out every game, and were also here when the Arena was empty and people practicality gave you free Heat tickets.

Nothing wrong with LeBron, he's one of the greatest players in the NBA, if not the best.

But, he will never be Wade. I read somewhere about this analogy that LeBron was A-Rod and Wade was Jeter. That was dead on. A-Rod is a better player than Jeter,

but Jeter is the face of the team, he's the one that has been there since day one. He's the one the fans love. A-Rod at times was regarded as the guy who was chasing that elusive ring.

I hope LeBron wins his ring. He will be loved in Miami, that's for sure. People will say that LeBron brought a championship to Miami. But that's false. If he did, he would have already won a few rings in Cleveland.

Wade has a ring, so no matter how many rings the Three Kings win, Wade will always be one ahead. He will always be the fan favorite in Miami, he will always be the last player to be announced at player introduction, and his legacy will forever be enshrined with the Heat.

I guess it comes with the territory. Having one of the best teams in the world will bring a few hundred fans wanting a winning team. But for all you newly proclaimed Heat fans, word of advice to you, The Miami Heat will never be LeBron's team.

Miami is the City of Wade, this is his house, his team. LeBron is simply a roommate in Wade's house

— THE MIAMI DOLPHIN SPOTLIGHT —
By Chris J. Nelson

QB Training Camp Battle

After a strong showing during his sophomore season, there is little doubt that Chad Henne is the franchise quarterback for the Miami Dolphins.

His backups, however, are a bit more undecided.

Veteran Chad Pennington is an ideal backup with his experience, accuracy, and leadership, but it's unclear just how recovered he is from the shoulder injury that ended his 2009 season prematurely.

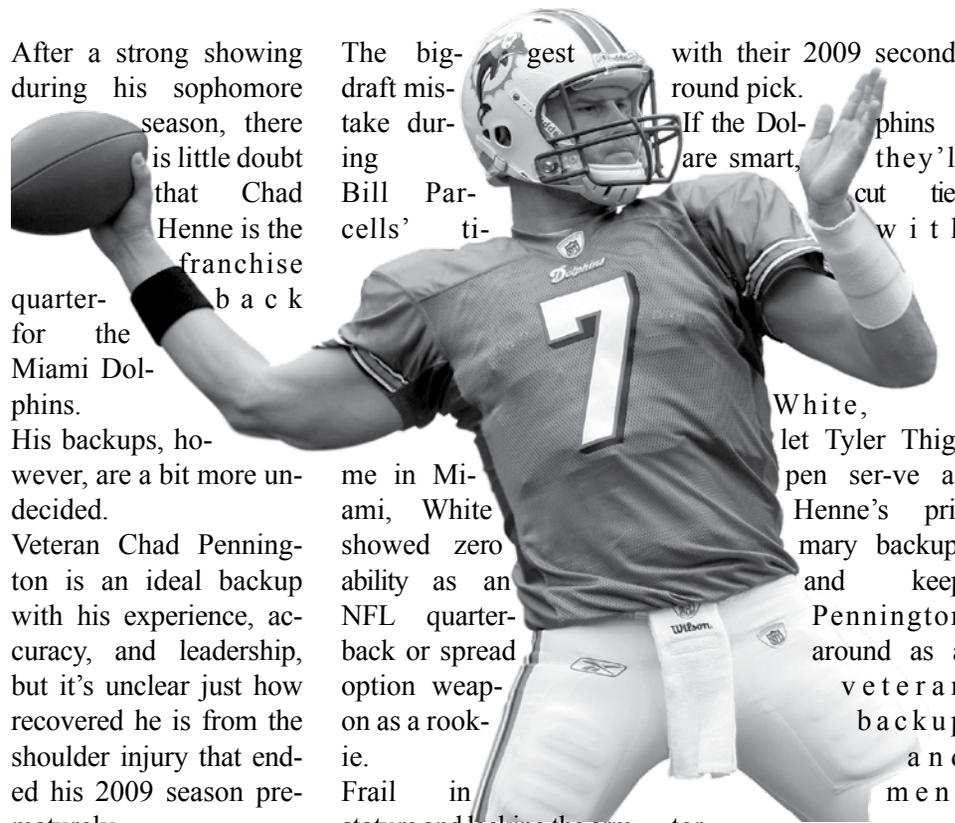
The Dolphins also have a quality backup in 26-year-old Tyler Thigpen, who played well as the starter of a pretty bad Kansas City Chiefs team in 2008.

Then, there is Pat White.

The biggest draft mistake during Bill Parcells' tenure

with their 2009 second-round pick.

If the Dolphins are smart, they'll cut ties with



me in Miami, White showed zero ability as an NFL quarterback or spread option weapon as a rookie.

Frail in stature and lacking the arm strength or accuracy to play quarterback, White is what I believe to be a wasted draft pick.

The only question is how long it will take for the Dolphins to admit their mistake and part ways

White, let Tyler Thigpen serve as Henne's primary backup, and keep Pennington around as a veteran backup and

tor. Alternatively, the Dolphins could also place Pennington on the PUP list and keep White around as the third-stringer once again, in the faint hope that he proves some worth.

Commercial Cleaning

Think Clean, Think ACM



Perfect for your business!!

888-255-1750 - Call Anytime
www.acmbuildingservices.com

Lynn men's basketball adds Altman to coaching staff

By Jeffrey Messman

BOCA RATON - Lynn University's men's basketball team has added James Altman to the staff as an assistant coach, it was announced by head coach Scott McMillin. Altman, a former assistant to McMillin at Santa Fe Community College, brings seven years of Division I experience to the Fighting Knights program.

"Simply put, James is as good as it gets," McMillin said. "He's an unbelievable worker, extremely self-motivated and truly cares about the success of student-athletes both on and off the floor. James is a tremendous coach and I respect and trust him immensely."

Altman has spent the last seven years on staff with Travis Ford, most recently a two year stretch as video coordinator at Oklahoma State University. With the Cowboys,

he was responsible for game scout preparation as well as assisting in recruiting, scheduling and co-directing the Travis Ford Basketball School and coaching clinic.

Prior to his time at OSU, Altman spent three years at the University of Massachusetts as the Director of Basketball Operations. With the Minutemen, he was in charge of scheduling and planning official and unofficial visits as well as arranging and coordinating team travel and off campus practices. He also worked with the administration and coaches for facility scheduling and assisting with pre- and postseason strength and conditioning along with assisting the coaching staff with scouting reports and video editing.

Joining the Eastern Kentucky University staff in 2003, Altman was responsible for recruiting, scouting and coordinat-

ing film exchange. He was also responsible for organizing and updating the recruiting database as well as daily recruiting mail outs.

Prior to his time at EKU, Altman spent a year at Santa Fe CC under the direction of McMillin. The team posted a 25-6 overall record and won the Mid-Florida Conference Championship. The team ended the season ranked 19th in the NJCAA and No. 2 in the Florida Community College Athletic Association.

A native of Rockville Centre, N.Y., Altman earned his bachelor's degree in sociology from Hartwick College in 2002. He was a co-captain and all-conference selection for the Hawks during his collegiate career, ending his tenure as a four-year starter and ranking third all-time in three pointers made and eighth in assists.

FAU single game football tickets on sale; Owls home opener set Sept. 11

From FAU Athletics

BOCA RATON - Florida Atlantic University's football single game tickets for the 2010 season are now on sale.

The Owls will play the first home game in Detroit when they host Michigan State University at Ford Field on Saturday, September 11.

FAU will then play one home game a month at Lockhart Stadium in Fort Lauderdale, beginning with North Texas State University on Saturday, September 25.

The university has begun work on the first stadium to be located on the Boca Raton campus. It should be completed by the 2011 football season.

FAU's Homecoming game will take place

on Saturday, October 30, when the Owls play host to FIU. The Owls will then face ULL on Saturday, November 13 and round out the season against Troy University on Saturday, December 4, a game that will be televised live by ESPNU. There are several ticket packages available to choose from. Fans may purchase season tickets for as low as \$44. Please note, group price and 4-pack tickets include a food voucher for a hot-dog, chips and soda with each ticket. Single-game ticket information follows:

Single-Game Tickets:

Sideline tickets - \$25/ticket

Sidelines tickets for groups of 15 or more - \$18/ticket

Adult Crunch Zone tickets - \$12/ticket

Youth/Senior Crunch Zone tickets - \$10/ticket

Crunch Zone tickets for groups of 15 or more - \$12/ticket

Both single and home game tickets may be purchased by calling 1-866-FAU-Owls, Monday through Friday from 8:30 a.m. - 5 p.m., online at www.FAUsports.com or through Ticketmaster. Fanfest is scheduled for Saturday, August 21 and will include the team's final preseason scrimmage. Fans will have the opportunity to meet the cheerleaders, dance team and marching band, as well as the football team. FAU merchandise will be available, along with face painting and a kid zone inflatable area.

Boca Raton Resident to Compete in London Triathlon

BOCA RATON - Boca Raton resident and Safelite AutoGlass® employee Daniel Pray will travel to England this week to compete alongside 900 Belron® colleagues across the globe in the London Triathlon. The event, hosted by Belron®, Safelite's parent company, raises money for Ma'Afrika Tikkun, an organization benefiting children and orphans in South Africa. Pray is part of a 20 member team representing Safelite AutoGlass®.

Pray was selected for the all-expense paid trip based on his performance in the inaugural Safelite® Triathlon and Poker run in Las Vegas. The April event featured more than 150 participants who raised \$165,000 for Ma'Afrika Tikkun.

Pray will compete in the

biking running portion of the relay for his team.

In 2009, more than 600 Belron® employees from around the world took part in the London Triathlon and raised \$110,000 for Ma'Afrika Tikkun. Belron® has been involved in the triathlon for eight years and this is the fourth year that Safelite AutoGlass® has participated.

The Safelite® athletes will present a check to Ma'Afrika Tikkun upon completion of the event for \$225,000 which includes sponsorship money collected by the athletes themselves, contributions by company leaders and a corporate gift.

"We're thrilled to once again be represented in the London Triathlon. Not only are the individuals of Team Safelite®

outstanding athletes, they are excellent philanthropists. They've trained and worked very hard to prepare themselves to perform well in this event—all for the benefit of others," said Tom Feeney, president and chief executive officer of Safelite®. "The London Triathlon is a wonderful opportunity to meet other members of the Belron® family from around the globe and demonstrate Safelite's commitment to be responsible members of the global community." Thousands of athletes are expected to compete in the Triathlon August 7-8 in London. For more information about the London Triathlon, visit www.thelondontriathlon.co.uk/. For more about for Ma'Afrika Tikkun, visit <http://www.maafrikatikkun.org.za/>.

The easy solution for your web and e-mail!



Domain Names

FREE with every domain: See Details
 FREE! Photo Album
 FREE! Quick Blogcast™
 FREE! Hosting with Site Builder
 FREE! Personalized Email
 FREE! Forwarding / Masking
 FREE! 100-Pack Email Forwarding

\$1.99*
 .INFO*
 SAVE 90% on
 the first truly
 global domain!

yourwebeasy.com

.COMs starting at
\$14.99*

FREE! Starter Web Page
 FREE! "For Sale" Parked Page
 FREE! Parked Page w/ Domain
 FREE! Total DNS Control
 FREE! Change of Registration
 FREE! Status Alerts
 FREE! Domain Name Locking

Steve Geffrard is Good as Gold

By: Pedro Heizer

As I walked into the Police Athletic League gym, I must admit, I was worried. Worried that Steve Geffrard was going to be one of those types of boxers who could come in with his nose in the air and not really care about what I said. Boy was I ever wrong. Steve is one of the few athletes out there that didn't let his fame get to him "the way I was raised was to stay humble, and stay grounded. I just try to not let it get to my head." Well, Steve, I wish more athletes were like you.

So, as I anxiously awaited there in the boxing gym for Steve, alas, the door opened and in comes this guy with glasses, and texting his life away on his Blackberry. And then it hit me "wow, he's normal after all!" he was all smiles when I introduced

myself to him. He seemed like he actually cared about other people, something I haven't seen much of with other athletes.

This kid is remarkable, I asked what got him in the boxing business and he simply said "A friend of mine took me to the Boca Raton Police Athletic League when I was only 13 years old... and I saw the other guys in the boxing gym lifting weights and I was very curious and I got into boxing from that day." That's great, he's athletic and humble.

A graduate of St. Andrews High School here in Boca, starting in September, Steve will be attending the Wayne Huizenga School of Business at Nova Southeastern University. He will have to juggle an Olympic career and the everyday life of an average college student at the same time. But,

if there was an athlete that I think could handle this, it would be Steve.

Listen, this kid is destined for greatness; he's got his eye set on the prize and will accomplish it at any cost. His goal is simple: "I want to represent the US in the Olympics especially in the heavy-weight division, because we haven't won a gold medal in that division in so many years" with his eyes set on gold, he has become the golden standard of boxing with his great victories, the latest being a win at the USA National Championships in Colorado Springs at the Olympic training center.

So here is to you Steve, the athlete that has made a difference. An athlete that came up from a humble beginning and never lost sight of where you came from while looking ahead to the future. I



wish more athletes would be like you, care about people, be humble, and never forget where you came from. I'm sure you will win Olympic Gold for the USA. We here at

The Boca Raton Tribune are rooting for you, you are not only an athlete we will look up to, but you are our hometown hero, no matter the outcome. Good Luck.

Read
The
Boca
Raton
Tribune
online
 thebocaratontribune.com
We update
your
community
news
24/7
Subscribe
to receive
breaking
news.

A FOCUS ON: HEAD & NECK CANCER

Prevention, Early Detection, Screening and Diagnosis



Michael S. Aronsohn, MD
 Otolaryngology
 Head and Neck Specialist

MINI HEALTH FAIR
 American Cancer Society, Davis Therapy Center, Lynn Cancer Institute, Oncology Dietitian, Support for People with Oral Head and Neck Cancer (SPOHNC)

ORAL SCREENINGS*
 Henry M. Lennon, BDS
 Ronald L. Rubin, DDS
 Reda Abdel-Fattah, BDS

RISK FACTORS for head and neck cancer include but are not limited to: smoking, chewing tobacco, alcohol usage and HPV. Get educated and screened today.

WEDNESDAY, AUGUST 25	
4:30pm	Registration & Mini Health Fair
5:00pm	Discussion with Dr. Aronsohn
6:00pm	Oral Screenings

BOCA RATON
 COMMUNITY HOSPITAL
 EUGENE M. & CHRISTINE E.
LYNN CANCER INSTITUTE
 Harvey & Phyllis Sandler Pavilion - 3rd Floor
 701 NW 13th Street, Boca Raton

To RSVP and schedule a screening appointment, please call 561.95.LEARN (955.3276). Light refreshments will be served. *Space is limited.

Support your community newspaper - Patronize The Boca Raton Tribune Advertisers. Let them know you saw their Ads in the Boca Tribune.

TRIBUNE *of* SPORTS



QB training camp battle

See article on page 29



LeBron James Mania

See article on page 29

Steve Geffrard is good as gold

See article on page 31



THURSDAY
8:00PM
KARAOKE
Night
WOWIES
SPORTS GRILL
7036 W. Palmetto PK. Rd. Boca Raton, FL 33433 (Garden Shops Plaza)
www.wowiesportsgrill.com | 561-392-5040

www.wowiesportsgrill.com

WOWIES

SPORTS GRILL

7036 W. Palmetto PK. Rd. - Boca Raton - FL
SW corner of Palmetto & Powerline (Garden Shops)

Ph: 561-392-5040 - Fx: 561-392-9020

FRIDAY

Ladies Night
Featuring the legendary DJ Needlez

Ladies Drink FREE

Premium Drinks 9-12
No Line Cover