

The Boca Raton Tribune

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East /West Boca Raton, Highland Beach , Delray Beach FL - August 19 through September 1, 2010 •Year I •Number 012



**BOCA RATON
COMMUNITY
HOSPITAL
makes profit
for first time
in four years**

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**Palm Beach State College
Student wins PR council
scholarship**

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Boca Festival Days

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Tropical Updates
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**Back to School
Part 2** *See on page 10 & 11*

Briefs

The Boca Raton Tribune

Quote of the Week

Don't envy evil people or desire their company. For their hearts plot violence, and their words always stir up

Proverbs 24: 1-2

Top Clicks

on bocaratontribune.com

1. WOW!ES of Boca Raton; Stunning service, great food
2. Barry's Buzz by Barry Epstein
3. West Boca Chamber of Commerce August Breakfast

Paul Triviabits

By Paul Paquet

As if it's not weird enough that Axl Rose and Elton John performed together at a 1992 AIDS benefit, they ended up performing the Queen song "Bohemian Rhapsody." They later did a duet of "November Rain" by Guns N' Roses. Elton John also joined Eminem for a performance of Stan at the Grammys, around the time Eminem was having homophobia problems.

While playing Dorothy Michaels, who wore a 36C bra?

- A) Cary Grant
- B) Dustin Hoffman
- C) Martin Lawrence
- D) Robin Williams

Answer:

Dustin Hoffman played Dorothy Michaels, better known as Tootsie.

Read more online...

1. Palm Beach Opera Adds Verdi Requiem to Season
2. Law offices of Brodie & Friedman celebrate growth while showcasing four nonprofit missions
3. Shopping For Soldiers Needs.org to hold second annual "Dancing in the Sky" even Aug. 14
4. The Greater Boca Raton Chamber of Commerce's
5. August Membership Breakfast
6. West Boca Chamber of Commerce August Breakfast
7. Boca/Deerfield Soroptimist Club honors winners of nonprofit service awards
8. Tyczyn Jewish Survivors
9. The Law of the Garbage Truck

How to Place an Obituary

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

- * Deceased's name
- * Age (optional)
- * City of Residence
- * Date of Death
- * Service hours and location

Additional information can be included at a per-line charge. A photo can be also be included for a flat fee.

All listings will appear in print for 1 day....

To place a death notice or for more information, please e-mail obit@bocatribune.com, or call 561-290-1202, Monday - Friday.

A safety tip from Boca Raton Police

Q: Does my child need to sit in a booster seat in the car? Why?

A: Vehicle seat belts are designed to fit an average-sized adult. To get the best protection from a seat belt, children usually need a booster seat until they are about 4 feet 9 inches tall and weight 80 to 100 pounds. A child can transition to a seat belt when their back and bottom are against the vehicle seat, knees bent over the edge of the vehicle seat, feet flat on the floor, shoulder belt resting across their chest and shoulder and lap belt sitting low across their hips.

Crime and safety questions are answered by officers from the Crime Prevention Unit. For more information, visit www.BocaPolice.com.

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The Boca Raton Tribune



Walk of Fame - California



Santa Monica Beach - California

Summer Vacation is over and the Boca Raton Tribune wants your photos! Find us on Facebook and "Like" our page. From there, post your summer vacation photo to be entered in a raffle to win a \$25 gift certificate at WOW!ES. Didn't have a summer vacation? Well still send us a photo if you stayed local during the summer. We can start the raffle only if we get 10 people a day, so let your family and friends know to post their photos too on Facebook so we can have a raffle everyday! Gift certificates are limited time offer. Only one gift certificate per household. Winner will be contacted through Facebook.



How was your first week back to school? The Boca Raton Tribune wants you to post a back to school photo on Facebook to be entered in our raffle for a \$50 gift certificate at WOW!ES. Find us on Facebook and "Like" our page, from there, you can post your back-to-school photo. If we get up to 30 people, we will raffle the entries on August 27th, so let your friends know too about this prize! Winner will be contacted through Facebook.

Tribune Money!

The Boca Raton Tribune Money is spread out throughout the paper for you to cut out and collect. The more money you collect, the bigger are your prizes! You can cut though only one Tribune Money from each edition. The reason we have the money spread out so you won't end up cutting your favorite article. So there are other moneys for you to cut. What are you waiting for? Start cutting!

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Municipal News

The Boca Raton Tribune

Abrams demands 'more cuts, more outsourcing' to reduce county's 2010-2011 budget

Story, photo by Dale M. King

BOCA RATON - District 4 Palm Beach County Commissioner Steven Abrams is still wielding the ax that he took from Boca Raton municipal office to the county's governing board.

He said he doesn't like the reductions being brought to the table by County Administrator Bob Weisman. "I didn't support this approach," he said. "I want more cuts and more outsourcing."

"I'm convinced we should cut the budget lower," he said. "I won't support it unless we do cut lower." He said that the problem facing commissioners is "when we make cuts, various groups ask us to restore them." He said that about 150 to 200 business leaders asked the board to restore the 10 percent cut in the Business Development Board's budget. "I didn't support it, even though I am pro-business. I would prefer to see that amount (about \$100,000) go toward job creation." But it passed anyway.

The commissioner did remind those in the audience that a proposed sales tax rate hike to cover a portion of the cost of



county fire-rescue service has been eliminated.

Right now, it appears county taxpayers might face about a 9 percent increase in their tax rate with the \$4.80 per \$1,000 valuation that's on the table. The final numbers won't be decided upon until September for the \$4 billion budget that goes into effect Oct. 1.

Speaking at the Federation of Boca Raton Homeowners Associations' monthly meeting Aug. 3, Abrams - a former Boca Raton City Council member and mayor for seven years - discussed numerous challenges such as the 2010-11 \$100 million budget shortfall and the process that includes eliminating and/or re-

ducing the funding for numerous programs and services.

One challenge that seems to have dissipated is the danger of oil from the Gulf spill ruining the shoreline of Palm Beach County. "The fears of it getting into the loop current" have abated, he said. "We dodged that bullet." But that does leave the remainder of hurricane season to worry residents. Abrams noted that a Palm Beach County desk has been added to the Boca Raton Emergency Operations Center which will provide increased coordination and communication countywide in case of a hurricane or other emergency.

Some of news Abrams

delivered was a bit grim. The county property tax appraiser, for example, predicts two more years of property value declines before things get better.

On the issue of branding Palm Beach County, he noted that the Tourism Development Council has brought someone in to help in this area.

But Abrams is still fuming about how Boca, Delray and Deerfield lost the Scripps project to Jupiter by former County Commissioner Addie Greene's vote that broke a 3-3 tie. He said a campus similar to the Scripps facility in La Jolla, Calif., could have been created in and around Boca. To spread these out, as is being done in Jupiter, "is not as effective."

In addition, the commissioner discussed ongoing economic initiatives to stimulate local job growth such as an expedited permitting process and incentives for new businesses. But he also noted that one large Boca-based firm, U.S. Foodservice, expanded its "huge distribution facility" without incentives. He said the company is the second largest food delivery firm in the nation.

Voters head to polls Tuesday, Aug. 24, to narrow candidate field for November election

The political yammering that's been going on for months will, in part, come to an end Tuesday, Aug. 24 when voters throughout Florida cast ballots in the Democratic and Republican primaries.

The balloting is a preliminary to the November election, when the votes will be cast that decide the fate of political hopefuls. In Boca Raton and throughout Florida, the polls Tuesday will be open from 7 a.m. to 7 p.m.

The electorate will, among other things, pare down massive fields of 22 candidates running for U.S. Senator and 12 seeking the governor's chair.

To date, it appears Marco Rubio is the odds-on favorite to win the GOP nod for U.S. Senator. The Democratic primary will decide between Kendrick Meek and Jeff Greene for the nominee in that party. And Gov. Charlie Crist, who forsook the Republicans to run without party designation, is the odds breaker.

Seeking the governor's chair are current Attorney General Bill McCollum and Rick Scott, who have been fighting a pitched battle on the GOP side. Among Democrats, it appears Chief Financial Officer Alex Sink may win the day and battle the winner of the McCollum-Scott match in November.

Locally, two Republicans and two Democrats are seeking the Senate seat 25 vacated by Jeff Atwater. Republicans Ellyn Bogdanoff and Carl Domino are looking to carry that party's flag into the November election. Kelly Skidmore and Miranda Rosenberg are doing the same on the Democratic side.

Other races of local interest are:

- Democrats Lori Berman and Carole Penny Kaye are seeking the House District 86 seat. Since there are no Republicans or write-ins, the winner will become the new state rep.

- Democrats Sheldon "Klassy" Klasfeld and Irving "Irv" Slosberg are running for the House District 90 seat. The winner will face Republican Alison Rampersad in November.

- In School Board District 4, a non-partisan race, voters will pare down a field of five candidates to the two who will face each other in November. Office seekers are Jennifer Prior Brown, Anne Kanjian, Lowell Levine, John McGovern and Marilyn Schiavo.

- The School Board District 6 race is a three-person contest that will be cut to two on Tuesday. Office seekers are Ron Young, William Corey Abrams and Thomas Hawkins.



Observant officer finds Amber Alert subjects

BOCA RATON - On the evening of July 21, the Boca Raton police and officers from other surrounding agencies received an Amber Alert from the Miramar Police Department regarding the welfare of a woman, Jo-

séphine Pagente, and her three children.

In addition to the information transmitted in the Amber Alert, which included pictures, vehicle description and vehicle tag number, cellular phone information was obtained by law enforcement officials that indicated Pagente could be in the area

near Glades Road and I-95.

Boca Raton Police Officer Erika Liewer, located Pagente's vehicle while driving through the Cinemark parking lot. A check of the tag confirmed it was Pagente's vehicle. After securing the parking lot, Officer Liewer, along with Officer Stephen Bis-

soon, entered the theater and located Pagente and her three children unharmed.

Any additional information regarding this case should be directed to the Miramar Police Department.

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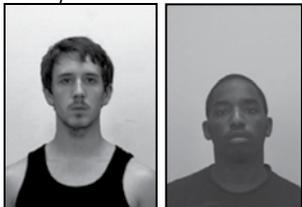
Boca police arrest six for robbing man on bicycle



Arnold François Erik White



Caique Lima Jean Luc



Dylan Besser Michael Garland

Boca Raton - Local police arrested six suspects Aug. 7 for allegedly rob-

bing a bicyclist near 1200 NW 15th Court, police said. Public Information Officer Sandra Boonenberg said officers responded about 12:30 a.m. to the robbery report. The victim told them he was riding his bicycle home from work and was a few blocks from home, when a group of men attacked him. The suspects, who apparently laid in wait for him, knocked him off his bicycle, punched him numerous times, and stole his wallet and work hat.

Boonenberg said the suspects ran back to their car, which was parked in a nearby parking lot, and fled the scene. A witness saw the suspects get into a Honda Accord and leave heading towards Glades Road.

Members of the Tactical Team located the vehicle and the occupants. The suspect's hat was recovered from inside the vehicle, as were several items of clothing that he and the witness said the suspects were wearing during the commission of the crime.

The following six suspects were arrested and charged with strong-arm robbery: Dylan Besser, 17, Erik White, 16, Arnold Francois, 17, and Caique Michael Lima, 16, all of Boca Raton and Michael Garland, 19, and Jean Luc, 19, both of Boynton Beach.

Boca Raton city manager holds tax line on 2010-2011 budget - but with sacrifices

By Dale M. King

BOCA RATON - Two public hearings will be held in September on Boca Raton City Manager Leif Ahnell's proposed general fund operating budget of \$116,996,900 for 2010-2011, up \$673,800 from the current fiscal year.

Some may want to compliment him for again holding the tax rate at virtually the same level as the past several years.

Others may want to argue the viability of the sacrifices required to keep the tax rate stable.

No matter what, Ahnell has already explained the city's proposed spending package at two forums - a public meeting Aug. 9 at City Hall; the other as keynote speaker at Aug. 12's Greater Boca Raton Chamber of Commerce membership breakfast.

At both meetings, the city manager explained the difficulties of preparing a budget that meets state spending requirements.

Actually, the tax rate (also called the millage rate) is up just a hair, going from \$3.34 per \$1,000 valuation last year to \$3.69 per \$1,000 valuation in the fiscal year that begins Oct. 1. But he said the "the average homeowner will pay the same amount of property taxes to the city



as last year [because] of the decline in assessed value" of their property. Ahnell explained to Chamber members that the total value of property in Boca Raton has dropped 6.81 percent from last year, or a loss of \$1.2 billion. Facing that challenge, he said, "We had to refocus and realign."

To meet the budget figure, the city will again have to dip into the personnel pool. Ahnell said 35 job positions - 18 vacant and 17 that are currently filled - will be cut. The city hasn't laid off anyone for budget reasons in four years.

He is also proposing the closure of the city's youth center in FY 2010-211.

Other cutbacks planned in Ahnell's budget are:

- Delay vehicle and equipment purchases.
 - Reduce hours that both city libraries will be open.
 - Reduce hour that tennis centers will be open.
 - Close Spanish River Park on Tuesdays, Wednesdays and Thursdays.
 - Reduce the use of security guards.
 - Discontinue the hard-copy edition of "The Recreator" and run the listings only online.
- To cover the budget, residents will see an increase from \$40 to \$60 annually in the fire assessment fee. The portion of the rubbish fee paid by those living in the city will increase from \$10 to \$15 a month for single family home-

owners and from \$5.74 to \$8.61 per month for residents of multi-family dwellings.

At the Chamber meeting, Ahnell said residents will see the city make "a significant realignment of resources." He said top priorities are the budget direction, economic development, operation of the Mizner Park Amphitheater which the city has just taken over, funding for downtown events and projects, continuing study of the feasibility of charter schools and seeing how a new overlay district for the Arvida Park of Commerce works out.

The city manager said the community is adopting new Comprehensive Plan regulations, ones designed to improve the business climate. He said the city also plans to set aside more than \$4 million to attract and retain jobs by offering financial incentives to businesses that are relocating to or expanding in the city.

In fact, Boca plans to hire an economic development director as part of that effort.

The city manager said there are positive things about the upcoming budget. The city's overall assessed value of \$16.5 billion is among the highest in south Florida. The tax rate is perhaps the lowest among full-service cities in the southern tier. Water and sewer rates, he said, are generally lower than most surrounding communities.



Gunman, two accomplices, rob Harold's Jewelers in Boca Raton

Boca Raton - Local police are searching for three men in connection with the armed robbery of Harold's Jewelers at 2200 West Glades Road just after 7:30 a.m. Aug. 7.

Public Information Officer Sandra Boonenberg said that officers met with the owner who said he been inside the store, preparing to open it for the day, when he heard a loud crash from the rear of the store. When he turned toward the noise he saw a large, heavysset male

pointing a silver handgun at him and two slightly smaller black males standing behind the first suspect. All three suspects had their faces covered.

Boonenberg said the first suspect ordered the owner to the ground and stayed with him while the other suspects took an undetermined amount of jewelry from the cases and safe. The suspects then fled back out the rear of the store without hurting the owner. The suspects left in an unknown direction

of travel, the PIO said.

According to police, the gunman was about 6'2" and heavysset. The other two men were shorter. Anyone with information about this crime is asked to call Detective John Moran at (561)338-1315 or Palm Beach County Crime Stoppers at (800) 458-TIPS.



Senate candidate Rubio addresses business leaders at Boca Chamber

BOCA RATON - Innovation and entrepreneurship have made our country the "single greatest society in all of human history" and we must fight to retain that status, Marco Rubio told business leaders gathered at the Greater Boca Raton Chamber of Commerce (GBRCC) Aug. 12

"I'll tell you what it comes down to," said Rubio. "We will either remain an exceptional country or we're going to become just like ev-

eryone else. That's the stake of this election."

In front of some 25 local business leaders, Rubio also spoke of the need to enhance the economy by creating competition between businesses, empowering consumers to have a choice of healthcare options, and strengthening small business.

"Maybe you'll agree - and maybe you won't - but big government doesn't really hurt the people who have

already made it," he said. "If you're the guy who is trying to make it, big government kills you. I don't ever want us to be a country where an employee cannot become an employer, where a worker cannot become an owner." "To have the former Speaker of the Florida House of Representatives and candidate for U.S. Senate speak to a group of Greater Boca Raton Chamber of Commerce members on the critical issues facing

our country is testament to the caliber of intellectual capital in the Boca Raton business community," said GBRCC President & CEO Troy M. McLellan, CCE. "Marco Rubio's commitment to the concept of free enterprise is the way to job creation and economic recovery and we are grateful he made the GBRCC a priority on his campaign route."

See photos on page 17.

Community News

The Boca Raton Tribune

Boca Festival Days heading into the home stretch with lots of activities

BOCARATON - Boca Festival Days is off to a great start, and plenty of activities are still planned.

Boca Festival Days is a series of fun-filled events that pairs a non-profit member of the Greater Boca Raton Chamber of Commerce with for-profit members - with the goal of raising funds for and increasing awareness of the participating non-profit. The Boca Raton Tribune is media sponsor of the festival.

Events continue all month. They include:

*August 20, 6:00 to 9:30 p.m.

Boca's Ballroom Battle benefiting George Snow Scholarship Fund

Location: Boca Raton Resort & Club's Mizner Center (501 E. Camino Real, Boca Raton)

Eight of South Florida's most prominent individuals will come together to compete to win the coveted dance ball trophy as well as raising money for the George Snow Scholarship Fund. The third annual Boca's Ballroom Battle presented by local philanthropists Marie and Frank Occhigrossi, will once again take place

at the prestigious Boca Raton Resort and Club. Tickets are on sale and start at \$100. Sponsorship opportunities are still available. For more information contact Debi Feiler - 561.347.6799 or dfeiler@scholarship.org.

*August 21, 3:30 to 5 p.m.

Zumba For the Red Cross benefiting American Red Cross Greater Palm Beach Area Chapter

Location: Life Time Athletic Club (1499 Yamato Rd, Boca Raton)

Get ready to zumba for a cause! Come join one of Boca's best zumba instructors, Bernadett Fejszes, for "Zumba for the Red Cross" hosted by Life Time Athletic Club of Boca Raton on August 21 from 3:30 p.m.- 5 p.m. Get your tickets online at www.redcross-pbc.org, \$15 in advance or \$20 at the door. For more information, contact Tracy or Julie at 561.994.2060.

August 25, 6:00 p.m. to 7:30 p.m.

Tropical Nights benefiting March of Dimes Sponsored By Peak 7 Advertising

Location: Carmen's at the Top of the Bridge in Boca

Raton Come in your favorite tropical style attire and enjoy the breathtaking view of Boca Raton and beyond. Expect complimentary delicious drinks and appetizers as well as prize drawings with proceeds benefiting the March of Dimes. Prize drawing includes two VIP tickets valued at \$250 to the upcoming Signature Chefs & Wine Extravaganza event being held on September 24 at the Boca Raton Resort & Club. In addition, Carmen's at the Top of the Bridge will be donating 20 percent of guests checks who choose to dine that night to the March of Dimes. Tickets are \$20 in advance and \$25 event day. For information or to purchase tickets contact March of Dimes at 561.276.2001 or mrandolph@marchofdimes.com.

August 26, 6:30 p.m. to 9 p.m.

Casino Royal - A Celebration of Volunteerism benefiting Junior League of Boca Raton

Sponsored By Bell Rock Capital, Mercedes Benz of Delray Beach

Location: Mercedes Benz, Delray Beach (1001 Lin-

ton Blvd., Delray Beach)

This Pre-Woman Volunteer of the Year Event, will be a spectacular celebration at Mercedes Benz in Delray Beach! These women have dedicated their lives to serving their community and are an inspiration to others. The cost is \$50 in advance and \$60 at the door. To purchase tickets please visit http://www.jlbr.org/special_events/special_events.asp. For more information about Woman Volunteer of the Year VIP Pre-Event Event and the Woman of the Year Luncheon, or to inquire about available sponsorship opportunities for the event please contact 561.620.4778 ext. 1 or visit: http://www.jlbr.org/fundraisers/women_year.

asp

August 28, 7 to 9 p.m.

Wine & All That Jazz! Sponsored by Greater Boca Raton Chamber of Commerce and Southern Wine & Spirits

Location: Boca Raton Resort & Club's Mizner Center (501 E. Camino Real, Boca Raton)

The Annual Wine & All That Jazz, featuring fine wine, live entertainment and dinner by the bite provided by 10 of Boca Raton's top restaurants. General admission is \$50 and VIP is \$100. Tickets must be purchased in advance online at www.bocaratonchamber.com/events, at the Greater Boca Raton Chamber of Commerce located at 1800 N. Dixie Highway, Boca Raton, or by calling

561.395.4433 ext. 221.

August 29, 3:00 to 6 p.m.

4th Annual Bowling for Bread benefiting Boca Helping Hands

Sponsored By Republic Services of the Palm Beaches

Location: Strikes@Boca (21046 Commercial Trail, Boca Raton)

Republic Services of Palm Beach in partnership with Boca Helping Hands present "Bowling for Bread". Please join us for a fun-filled afternoon of bowling, food, music and raffles to benefit Boca Helping Hands. Sunday, August 29, 2010 Registration & Bowling begins at 2:00 p.m. Concert begins promptly at 4 p.m. Strikes@Boca (formerly Don Carter's All Stars). Call 561.417.0913 or e-mail brooke@bocahelpinghands.org.

NCCI offers residents of The Haven five-week Life Skills summer program.

BOCA RATON - NCCI recently hosted The Haven's five-week Life Skills summer program. NCCI's President and CEO Steve Klingel recently opened his office to 15 young men from Boca Raton-based center.

The young men "came to work" with their instructors to study interviewing techniques, business etiquette, public speaking, and soak up the corporate atmo-

sphere. NCCI employees shared their work experiences with the young men and described the skills that help them with their jobs. The young men were also guests at a company-sponsored Toastmasters meeting, where they learned about public speaking skills, and later videotaped themselves giving impromptu speeches. The Haven is a campus-like group home for

young men who have been removed from unstable homes and are under the care of the state of Florida. NCCI Holdings, located in Boca Raton, employs nearly 1,000 professionals dedicated to fostering a healthy workers compensation system. NCCI actively enhances the quality of life in the communities in which its employees live and work.

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

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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."

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Missions, Children & Men

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— EDITORIAL —

Officials at City Hall and Boca Hospital know how to stretch the dollar

Two major financial stories hit the press-room floor last week.

Boca Raton City Manager Leif Ahnell released his budget for fiscal year 2010-2011. As he has in most prior years, he has held the tax rate line, despite a terribly negative economy and some spending cuts that will force layoffs and service cutbacks.

I'm likely not the only one who is amazed at how Ahnell manages to balance the budget while still meeting all the cost-cutting mandates imposed by the state.

More on the city budget later. An even bigger piece of financial news was made known about the same time the city budget saw the light of day. Officials at Boca Raton Community Hospital issued a news release saying the medical center has made its first profit in four years, overcoming a deficit that just a few years ago soared to \$120 million.

I think everyone who lives

or works in Boca Raton breathed a sigh of relief to hear that BRCH was back in the black. Those who have followed the hospital's troubled times these past few years know how difficult a task has been accomplished.

I remember sitting at a Florida Atlantic University Board of Trustees meeting just a few years ago when then-BRCH CEO Gary Strack told the crowd that the hospital was planning to build a new facility on the campus. It would be designed to work hand-in-glove with the university's fledgling medical education program.

We hung onto the idea. Not long after that, the Schmidt Foundation announced it was going to donate \$75 million to the hospital construction fund. It seemed like a go. Then, the economic ceiling fell in. Boca hospital's red ink overflowed. It eventually scrapped the new hospital idea and pulled out of the cooperative effort with FAU.

News from the hospital

was grim. Eventually, they hired a management company that specializes in saving failed hospitals. That was the thing to do. Jerry Fedele from that company, along with his colleagues, turned the deficit around, revealing in each quarter when just a few dollars were saved.

Fedele became the CEO, and the facility that was once called "The Miracle on Meadows Road" achieved another miracle - a turn from deficit to profit in just four years.

Those of us familiar with how Boca hospital came about were particularly proud. And certainly Gloria Drummond, who led the drive to build a hospital back in the 1960s, must also be proud. It's good to see that the community will honor her on her 80th birthday next month.

I know the turnaround at BRCH wasn't easy. People lost jobs in the process. I worked with folks whose friends and family were eliminated from the

staff. And losing a job is a terrible thing to happen, particularly in these difficult economic times when so many people are suffering through the frustration of finding work.

But BRCH is back on the map.

And Boca Raton is also on the map, despite financial troubles. The budget for the coming fiscal year includes money for downtown events and to upgrade the Mizner Park Amphitheater. The city will be booking acts and pushing use of the facility to bring it back to the luster it once had.

Deputy Mayor Susan Haynie said it well when she spoke about the budget to the Chamber of Commerce. "It's been an extremely challenging year. No one is immune. Revenue is down and costs are up, and there is a higher demand for services. It's the perfect storm. The city has got to be more efficient and cost-effective."

This may be the legacy of this early 21st century recession.



Dale King

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

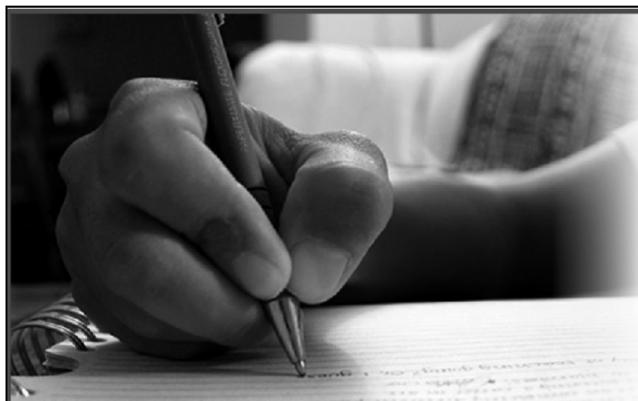
the letters for spelling, grammar, news style, good taste and available space. Letters from the same author will not be published more often than every 60 days. E-mails to columnists may be used as letters to the editor.

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

The last Friday night summer concert series was presented Aug. 13, at the Count de Hoernle Amphitheatre in Mizner Park. It was a salute to Hollywood, opening with "The Entertainment" and that's exactly what is was; directed and produced by Zella Lehr and her ensemble of talented singers and dancers. A special thanks to Emily Lilly for arranging these programs, and to the city of Boca Raton for giving so much pleasure to the citizens of our beautiful city. Where else, but in Boca Raton can you get this caliber of entertainment for free?!

Sincerely,
 Flossy Keesely



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**



POSITIVE LIVING

By Dr. Synesio Lyra

It's Okay to Change Your Mind!

Any person behind the wheel of a car will occasionally discover to be driving in the wrong direction. In such situations, a U-turn is not only possible,



Dr. Synesio Lyra

but necessary as a corrective measure! By so doing one regains the proper perspective and recovers the right aim for that trip. In life's journey the same often occurs. A person can be unexpectedly distracted by varied, alluring signs, easily deviating into unplanned detours and possibly getting lost, instead of remaining in the main highway which can lead to one's planned destination. Obviously, it would be most foolish to persist in a certain trajectory if, by remaining

there, the end of the line would be unknown, and the results of getting there could be injurious to the traveler. Not only would one be lost but it might also

be nearly impossible to find the way back to certainty and safety. An old proverb declares that "all roads lead to Rome." This might have been true or not! From our own domicile we can utilize different, alternative pathways to reach a certain place known to us. But in other journeys we'd better pay attention to the map, carefully observe all road signs, measure our time, and do all that ensures our safe arrival at the planned location. As you attempt to live life

to the fullest, it's imperative that you re-check your road map with regularity and realistically determine whether you are going forward or simply moving around in circles. Are you finding more obstacles than you had anticipated, or is your pathway free from any obstructions? Yet, even with barriers you can still reach your goal on the basis of persistence and determination! Whatever new course of action may be called for, you still have the opportunity to change your mind in order to correct any situation, to remove any obstacle, to proceed with caution but also with dispatch in the pathway set before you. It's imperative to act wisely in any endeavor, to measure

potential consequences in advance, to project the time and other factors necessary for travel in a certain terrain, and to reach the anticipated terminal. As Dr. George Sweeting put it, "single-mindedness is necessary for a pursuit of excellence." At the same time, it is equally paramount to acknowledge other options always before you, fearing no ill if the changes you make are for your own benefit. The possibility of success is ever present in all you attempt, and it's very real once you do all you must, and keep your eyes on the goal set before you! If necessary, you can also change your mind at any point!

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.

10 Questions.

Dr. Mary Jane Saunders.
President of
Florida Atlantic University

Have you ever wanted to know something about the workings of Florida Atlantic University?

Well, here is your chance. We are continuing our new feature called "10 Questions." In each edition, we are going to feature an important local figure to whom your questions will be addressed. Our first two guests were Mayor Susan Whelchel and State Senator-elect Maria Sachs. The Tribune is now accepting questions for Dr. Mary Jane Saunders, the new president of Florida Atlantic University.

This past March, the 13-member FAU Board of Trustees chose Saunders as the sixth president of FAU, succeeding Frank Brogan, who left in 2009 to become chancellor of the state university system. Saunders had been the provost and senior vice president for academic affairs at Cleveland State University (CSU). She was named interim provost in 2006 and provost in 2007.

The interview will be summarized in the print and online editions, and a video of the full interview will be posted on our web site.

Want to take part? Email us your questions with your full name to 10Questions@bocaratontribune.com for your chance to be featured in the next edition of the Boca Raton Tribune.

Guidelines: Send your question to 10Questions@bocaratontribune.com, with your complete name and a photo of yourself if you have one.

Disclaimer: The Boca Raton Tribune reserves the right to edit questions for content and appropriateness. By sending an email, you give the Boca Raton Tribune the right to use your name and picture online and in print.





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Political talk show host, Joyce Kaufman, speaks in Boca Raton



Joyce Kaufman receiving a book, *The History of the Jews*, from the AICC

By Donovan Ortega

Controversial political talk show host Joyce Kaufman spoke to a packed house in Boca Raton on Monday, August 9th. The American-Israel Chamber of Commerce (AICC) sponsored the event at the European Café and guests enjoyed dinner and drinks. Executive Director of the AICC, Linda Chase, chaired the proceedings. Among the many attendees were Gloria and Milton Brenner of the West Boca Community Council. As they sat at their table waiting for dinner service, they explained why they came to see Kaufman. "She's got a lot to say and I want to see where she's at on the issues. She's a hot lady," said Gloria Brenner excitedly. "She cuts right to the bone and doesn't mince her words," added Gloria's husband, Milton Brenner. True to form, Kaufman didn't shy away from controversy. In about fifteen minutes she broached a number of hot button issues that included: lambasting American immigration policy, stating that the American press deliberately portrays Israel negatively, claiming American

universities are filled with Palestinian and Egyptian professors that, "poison our children's minds", and likening Zionism to entrepreneurship. She scoffed at the notion that critics could boycott Israeli products. "I would like to see people try and boycott Israeli goods," said Kaufman while standing at the podium with a wry smile. "They'd have to turn off their computers. We'd see the Darwinian theory take effect," she quipped to applause and laughter. It is Kaufman's ability to firmly address multiple issues in a short span that entices her listeners to tune in, and is why she describes herself as, "one long run on sentence." And Kaufman didn't stop talking at the podium. She spoke readily to anyone that approached her, affectionately answering questions before and after the event. It is one of the reasons she enjoys speaking engagements. "It's great because I can make a connection with people in person that I can't do over the radio," said Kaufman. "A majority of my listeners never call in, so when they see me they can express them-

selves. They can tell me if I moved them, or if they're mad at me. It's great." After Kaufman was finished speaking, Linda Chase, Executive Director of American-Israel Chapter of Commerce, proposed a champagne toast and then opened up the room for questions. A man in the front row volunteered and queried about the Iranian nuclear situation, asking what was going to happen if Iran developed an atomic bomb. Kaufman paused for a moment, thinking carefully. "Well, I don't have a crystal ball, but I can give you my opinion," she answered. "I think Iran will complete their mission to make a bomb. And then Israel will complete them." While Kaufman might not be a fortune-teller, she freely shares her strong opinions. "I'm just glad that I have a microphone today," said Kaufman, "Israel has been defending itself for a long time. The Jewish community has not had a voice and throughout my career, no matter what my political affiliation, I have always supported Israel."



Boca Raton Community Hospital makes profit for first time in four years

By Dale M. King

BOCA RATON - Some serious cost-cutting measures and new management from a firm that specializes in reviving financially sagging medical facilities have apparently combined to pull Boca Raton Community Hospital out of a deep well of red ink.

Officials at BRCH announced that its unaudited financial results for the fiscal year ending June 30, 2010 show the institution earning a profit of just over one-half million dollars.

Hospital leaders said the

feat represents a \$120 million improvement in financial results from 2008 and marks the first time the hospital has been profitable since 2006.

About half of the \$120 million improvement, they said, is attributable to improvements in operating performance, with half attributed to changes in non-operating gains and losses and one-time adjustments recorded in 2008.

Importantly, the hospital also realized an income from operations of \$2 million in the fourth quarter of the fiscal year and now has demonstrated

two straight quarters of a positive bottom line operationally. "Our fiscal year results are outstanding news for our hospital, our staff ...and for our local residents," said Jerry Fedele, president and CEO at BRCH. "Just 18 months ago, this important community asset faced daunting financial pressures. The financial improvement has stabilized our position and is certainly one of the most significant turnarounds in the health-care industry. It is strong testimony to the talents - and the dedication - of our physicians, nurses, support staff, volunteers and philanthropists who made this amazing comeback possible."

Fedele also emphasized

the importance of the hospital's recent gains from operations. "Establishing and sustaining operational profitability is critical to a hospital's success," he said. "We are very encouraged by our recent results in this regard."

For the year, BRCH realized total operating revenues of \$346.5 million on adjusted admissions of 39,313. Operating EBITDA (Earnings Before Interest, Taxes, Depreciation and Amortization) was \$27.8 million, an \$18.8 million improvement over the prior year and a \$63.4 million improvement compared to 2008.

During fiscal year 2010, operating expenses were reduced by nearly \$9 million as compared to the prior year and \$32.2 mil-

lion from fiscal year 2008. "We were successful in managing our expenses while improving our capabilities and programmatic strengths," Fedele said. He noted that the hospital was designated by HealthGrades as a "Distinguished Hospital for Clinical Excellence" in 2010 and was ranked by HealthGrades number one in the state of Florida for both cardiac surgery and gastrointestinal care, number two for stroke care and number three for overall cardiac services. The Hospital's Emergency Medical Services and women's health programs were also listed in the top five percent nationally.

"It gives us great satisfaction to see such material progress on our finances and the burgeoning clini-

cal strengths we are presenting as a sophisticated, tertiary medical center in south Florida," commented Fedele. "Yet we cannot rest on these immediate accomplishments," he added. "We must continue to stay focused on the tasks, challenges and opportunities before us so we can sustain this most positive momentum."

It is anticipated that the BRCH Corporation and Affiliates consolidated financial statements with the report of independent certified public accountants and Management's Discussion and Analysis for fiscal year 2010 will be completed by the end of October.



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BACK to SCHOOL!

BACK-TO-SCHOOL FASHION TRENDS

Sharon Mosley

Put the fun in 'funky'



Think bright and bold this back-to-school season. This shirt is from Kmart's "Dream Out Loud" collection, by designer Selena Gomez. Photo courtesy of Serge Nivelle Studio

When it comes to getting your back-to-school shopping list together, think funky and fun no matter what age - from preschoolers to the college crowd. There is no way you can't make the best fashion grades ever if you put a few of these trends to the style test this fall. Start researching the stores and your favorite online sites now to book the A-list trends before the first bell rings. Here's your checklist for cool school:

- o Graphic print T-shirts and tanks. For kids young and old, the T-shirt still reigns. For younger kids, it's "Small Paul," a new collection by Paul Frank that brings the monkey to the funky tees; for older teens, it's the rocker bands that play up the fun aspect of wearing fashion that says something about you.
- o Lots of layering pieces. You can't have enough T-shirts and tank tops because these are the basis of everything kids throw on each morning before they catch the bus. So stock up

on lots of these fun basics to mix and match with everything else and stretch your wardrobe dollars.

- o Distressed denim rules. Of course, some things never change. Jeans have become the be-all and end-all must-have for kids of all ages. Yes, every season, there seems to be a new way to get your denim fix, but you can't go wrong with scoping out your favorite collections for the newest looks. And the latest jeans this year are the most "distressed." Think casual and relaxed. They even may have a few holes in them.

- o Roll 'em up. The dark skinny jean is still around but worn with cuffs rolled up - an extension of summer's much-loved Capri styles. Or go for a carpenter-style look that is looser and sports a chic utilitarian style.

- o Print it. Leggings are another favorite trend for the back-to-school girls club, from bold patterns to sleek and black. Teamed with fun boots or high-top sneakers, leggings are another way to add some layering power to a back-to-school shopping list for all ages.

- o Goody for hoodies. Think about it. You buy the jeans, and you buy the leggings. You buy the T-shirts and the tanks. Then you cover it all up when

cool weather comes on the scene with soft knit hoodies or zip-front jackets. This fall, the newest ones are bright in colors and patterns. Add a "puffer" coat for chillier days.

- o Mad for plaid. It's been a schoolhouse style basic since the "old" days, but the plaids, checks and stripes this fall are anything but "old school." Think bright and bold, again - even neon colors that will rock even the nursery-school class in madras and buffalo plaids. For the older teens, flannel gets edgy layered with textured vests and denim jackets.

- o We're in the army now. The military trend continues to be a big hit for back-to-school fashion news. Think epaulets and shoulder details - dusty neutral colors, such as olive green, and camouflage prints accented with pale pink jackets and tops with military-inspired buttons and trims. Cargo pants and leggings in camouflage prints also are rising to the top of the class.

- o Go the extra mile. The No. 1 academic fashion rule? Get the basics down first, and then pile on the accessories for "extra points" - the deconstructed scarves (that look like something you knitted in first grade), the neon leopard totes, the camo messenger bags, the bright plaid trapper hats, the leather flower pins and the candy-colored sneakers - and you've got an A-plus style that goes way past the boring basics.

Wayne Barton Study Center Back-to-School Jam

Story and Photos by Luana Goncalves

Cars pile in and lines of over 6,000 people, parents and children, form at the Wayne Barton study Center for the Back-to-School Jam.

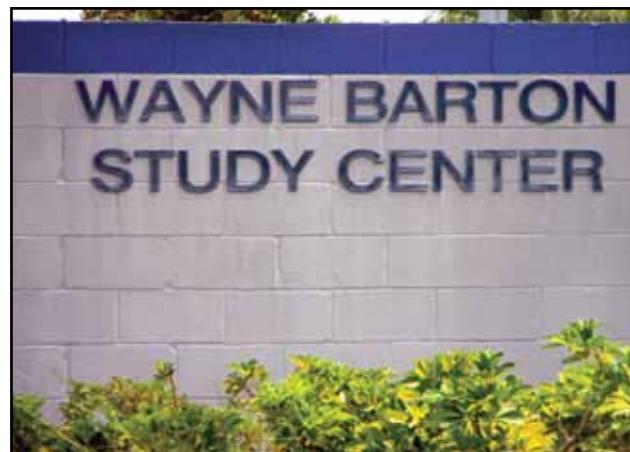
Wayne Barton, former officer in Boca Raton police and the CEO of the Study Center, explains the Study Center provides children from low income families with meals and a place for the student to come after school to do homework and recreational activities.

Parents wait in line to have their children's hair cut.

The Back-to-School Jam does not only emphasize the importance of education but distribution of over thousands of backpacks, clothes, food, and free services such as eye exams and haircuts.

Since 2000, the Wayne Barton Study Center has provided assistance to thousands of children in the community in need, spreading the importance of education to elementary, middle, and high school students.

Go online and on YouTube to watch the interview with Wayne Barton and see more images of the Back-to-School Jam.



Parents wait in line to have their children's hair cut.



— **SCHOOL CLUBS** —

Sharon Naylor

Don't just join the club; start it!

With many schools losing funding for extracurricular activities, it's become the students' grass-roots campaigns and unique ideas for fund-free groups that bring compelling special interest clubs into their high schools. Even without a school system's thousands of dollars in support for arts and interest programs, these clubs keep popping up in the ultimate show of the teen generation's power to create and to keep a club thriving. How do you start a new club in school? We have the seven essential steps for founding an official, recognized special interest club:

1. First, come up with an original, popular idea. Consider the clubs the school already offers so that you're not competing with an existing group, and also look at the different community clubs run by churches and synagogues or by youth groups in your area to make sure you're not encroaching on anyone else's concept or siphoning away any other club's members. Then make a list of the possible new groups you could start, asking your

friends about which types of clubs they would join if such clubs existed. Very often, students know what they'd like to do; the club just doesn't exist yet.

2. Gather a few founding members, asking your friends to join you as you work to create a new club at school. When you get to one of the most essential steps - approaching the faculty for permission to start your group - you can show that you're serious and that other students would join you by providing a list of your friends who are already on board.

3. Further preparing to meet with faculty, plan out the foundations of your club: How often will you meet? Once a week? Twice a month? Where will you meet? In the cafeteria? In a classroom? When will you meet? After school? Before school? What are your club's goals? You may decide to add a fundraising element to your club -- for instance, with the hiking club signing on to a charity 5k at the end of the school year. These details put in print will show the faculty and the school board,

again, that you're serious about starting a quality club.

4. Next, recruit a faculty adviser. Most school boards require clubs to have teachers or coaches overseeing their meetings and making sure that they adhere to bylaws and rules about school-sanctioned groups. The school board likely has a thick file of forms for you and your parents to sign, absolving it of any legal responsibilities if someone were to, say, break a toe at skateboard club.

5. Be aware that your school may say no. Sadly, we do live in a legal-minded and legal-scared society, and your school may not have the insurance needed to cover your club. So cover your bases and show the advisers that you're ready to run a quality club, with your faculty adviser, and that you won't require a massive outlay of funds to do so. 6. Establish your plan to raise the money you will need to make signs to attract new members, to acquire supplies and for any other expenses. A carwash or bake sale probably could raise the money you need.

7. Once you get the green light from the school board and your school's faculty, you're all set to begin your club - electing officers with a vote, establishing your goals and rules, and welcoming new members to your group so that you all can enjoy the club - and maybe get that golden credit that lands you a scholarship and an open door to your dream college.

PR Council scholarship goes to Palm Beach State College Student



Luana Goncalves receives her symbolic scholarship check from Judy Joffe, vice-president of the Gold Coast PR Council, and Rich Pollack council treasurer.

BOCA RATON – The Gold Coast PR Council, Inc. has presented a scholarship to Luana Goncalves, a student at Palm Beach State College who is also associate editor and reporter for the Boca Raton Tribune.

The presentation was made at the group's Aug. 17 meeting.

To qualify, the scholarship recipient had to be a full-time college student in an accredited Florida college or university and enrolled in communications, journalism, public relations or a related media field.

Goncalves is a graduate of Deerfield Beach High School and is majoring in



journalism at PBSC. She is also minoring in film. She received the Palm Beach State College Outstanding Leadership award for the PBSC Beachcomber newspaper;

an Excellence Award for that paper and she also won the Phi Theta Kappa Delta Omicron chapter Five Star Member Award. She received the Society of Professional Journalists in-depth reporting award for two-year colleges.

She has volunteered at the Peggy Adams animal shelter, taken part in the March of Dimes 2010 walk, volunteered at the Palm Beach International Film Festival in 2009 and participated in the Making Strides for Breast Cancer walk at Mizner Park in 2009.

PB Sheriff's Office reminds motorists to use care in school zones

The Palm Beach County Sheriff's Office reminds motorists that school has reopened for the 2010-2011 year, and urges drivers to use caution and reduce speed in school zones.

PBSO has begun its Selective Traffic Enforcement Program for school zones. The purpose is to provide

a safe environment for all school-age children, parents, teachers and the citizens of Palm Beach County that drive or walk through the various school zones.

Traffic enforcement will include: speed enforcement, parking enforcement, bicycle helmet enforcement and items related to stu-

dent, teacher, parent and motoring public safety. It will be conducted in the area of all elementary and middle schools throughout Palm Beach County, from 7 to 9 a.m. and 1 to 3 p.m. on each school day.

PBSO also reminds drivers that speeding citations range from \$ 156 to \$ 606.

BACK TO SCHOOL

School Clubs: Defined by Diversity

Many students join clubs to find their respective niche in school dynamics. Unlike sports or drama, most clubs do not require extraordinary physical prowess or innate talent, just a special interest and a desire to meet like-minded classmates.

If a school does not offer a particular club, a motivated student can take action to start one.

Here are some popular choices:

Skateboarding

Video Games

Fashion

Movies

Book Lovers

Gardening and Eco-Friendly

Comic Book and Animé

Art

Band/Music

Architecture

Local History

Clubs related to your future career

Fundraising clubs, focusing on one new charity each semester

SOURCES: Sharon Naylor, Wikipedia creators.com / Frank Marian

Perper Foundation donates \$33,000 for care of kids at Florence Fuller centers

BOCA RATON - The Florence Fuller Child Development Centers (FFCDC) has announced the receipt of a gift of \$33,000 from the Mary Ann and Harold Perper Foundation, Inc. to support their programs of child care, preschool education, after school care and summer camps.

Harold Perper visited the east center recently to personally deliver the gift and was welcomed with a special musical performance by the children and staff.

"The Perpers have been long time friends of the Centers," said Peggy Henry, FFCDC's Board of Director's vice president. "It was a pleasure to have Mr. Perper visit and share the good work that is being done on behalf of the children and families. We are grateful for the Perpers' gift and continued support."



Harold Perper, seated center, is surrounded by children from the youngest members of FFCDC's summer camp program.

Executive Director Lorry Herdeen added: "This generous gift will enable us to offer children from low-income families an enhanced program allowing them to experience educational opportunities they would otherwise not have."

For nearly four decades, Florence Fuller Child Development Centers have

provided quality childcare and family support services for economically disadvantaged families. The center's mission is to empower these families to succeed and to prepare the children for a lifetime of positive learning.

For more information call (561) 391-7274 ext. 111 or visit www.ffcdc.org.

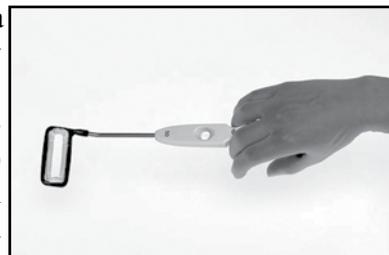
Boca Hospital makes first use of AtriClip stroke prevention device

BOCA RATON - Boca Raton Community Hospital's Christine E. Lynn Heart and Vascular Institute (LHVI) has made the first use in the state of Florida, and only the fourth use in the nation, of a recently FDA-approved device to exclude the left atrial appendage, a site associated with stroke in atrial fibrillation (afib) patients.

James Morris, MD and medical director of the Institute recently implanted what is known as the AtriClip™ into a 71-year-old male patient with atrial fibrillation who had been admitted to the hospital suffering from an intracranial bleed. The patient has since been discharged in good condition.

Patients with atrial fibrillation, or irregular heartbeat, have a five times higher risk of suffering a stroke than people who don't have the condition, according to the Framingham Heart Study, which followed more than 5,000 patients for more than 30 years.

Physicians believe this increased risk is associated with the failure of the left atrium to fully evacuate blood during atrial fibrillation. The blood then pools in a cul-de-sac within the left atrium called the left atrial appendage (LAA). The LAA is a small pouch attached to the left atrium containing irregular interior surfaces called trabeculations. In patients with atrial fibrillation



The AtriClip, a device that cuts off blood to the left atrial appendage of the heart as a means of preventing strokes, is being used at Boca Raton Community Hospital.

clots can form in these areas. These clots can then migrate through the circulatory system, block circulation to key structures in the body and lead to stroke.

"We believe over 90 percent of clots form in the left atrial appendage," said Dr. Morris. "By occluding, or cutting off blood flow into the LAA, we can dramatically reduce the chance of stroke for patients with afib."

Prior to the development of the AtriClip, surgeons used a stapler to remove the LAA, or sutured the appendage shut. Studies, however, showed that only about 40 percent of these procedures successfully closed the LAA.

With the AtriClip, surgeons place the device around the left atrial appendage using minimally invasive or "keyhole" techniques, which provide significant benefits to the patient over conventional open-heart procedures. The AtriClip is then closed and functions as a clamp to cut off the blood flow between the LAA and left atrium. The LAA is then reabsorbed by the body

over a short period of time.

"The left atrial appendage is much like the body's appendix. It performs no physiologic function. It is simply a reservoir, if you will, for the heart's left atrium,"

commented Dr. Morris. "Thus, the logic behind the AtriClip is quite elegant. If the LAA presents all risk but no reward to the afib patient, why not simply eliminate it?"

Another significant benefit of the AtriClip procedure is the potential for afib patients not to have to take anticoagulation medications such as Coumadin, long a mainstay therapy for this patient population. "If one takes out the repository where clots form, it stands to reason there could be a concomitant elimination of the use of anticoagulants and their significant side effects," said Dr. Morris.

Dr. Morris was quick to emphasize that this benefit was limited to afib patients and not those using anticoagulant therapy for conditions like deep vein thrombosis or after angioplasty. "While we are very encouraged relative to the two-fold benefits of the AtriClip procedure, it is essential that the public knows the therapy is applicable only to patients with atrial fibrillation and high risk for stroke," he said. "For that particular patient population, this is a tremendous advance in the care we can offer."

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Together we are The Brain Aneurysm Foundation



Life & Arts

The Boca Raton Tribune

— AS SEEN BY FEEN —

By Diane Feen

Having fun over 50; age is really just another number

If you're looking at big numbers on your next birthday, don't despair, you're not alone. According to the US Census Bureau, every 7 seconds someone in the US turns 50. If that's not enough to scare you then you might not want to know that 41 percent of all U.S. adults are already over 50.

The good news is that in South Florida, turning 50 means you are pretty young. Add that to the news that 50 is the new 30 and you should be pretty happy. There's been a lot written about how to keep your brain young, your body youthful and your psyche in its infancy, but much of that is clever marketing. To those who don't mind growing older gracefully this curse of aging is, well, just a number. Youthfulness is really a state of mind (unless you have a large mirror) and can be



Diane Feen

maintained with social activities and a good attitude (therapy helps here as well).

Because of this onslaught of over-50 folks (we're called

Baby Boomers), there are more and more activities in the pipeline (just not speed dating). The most important one coming up is the Orlando@50+ being hosted by AARP. I know the word AARP sends shivers down the spine of some 50+ folks, but let's face it, everyone gets older, no matter how rich, how pretty or how kind you are. So sit back and enjoy the ride. That's why we wanted to let you know about the Orlando@50+ event held by AARP in Orlando from September 30 to October 2. This extravaganza of entertainment, information, social activities, famous speakers, concerts and 400,000 square feet of exhibitors (there are 350

of them) sounds pretty amazing. And no one has to know how old you are. The idea here is to have fun being what (and who) you are.

"Orlando@50+ is geared specifically to address the wants and needs of people age 50+. It's to help them live their best life and discover what's next, in all areas, whether it be health & fitness, entertainment & relationships, or technology and finances. We've got something for everyone," said A. Barry Rand, AARP's CEO.

Some of the special guests (and speakers) will be Whoopi Goldberg, Rob Reiner, Larry King, Jane Pauley, the Dog Whisperer, Cesar Millan, Olympia Dukakis and Martina Navratilova. Entertainers attending are Gladys Knight, B.B. King, Crosby Stills & Nash, Gloria Gaynor, Patty Loveless, Richie Havens, Los Lobos, Judy Collins and Marlo Thomas.

If you are old enough to remember "Lassie" or "Father Knows Best," then you can feel free to reminisce with your boomer pals at this event. Hopefully you won't be bombarded with talk about the hazards of aging or shamed by pictures and editorial about how you can find an Ashton Kutcher look-a-like (chances are slim).

There is also a pre-event get-together on September 29th at Universal Orlando®. There is a charge for this, but you can enjoy the park, meet new people (the demographics are in your favor, ladies), eat great food and dance at the bars and clubs of Universal's CityWalk® entertainment complex. And the best part is that you won't find yourself standing next to a pretty young thing who doesn't know who the Beatles are.

Online registration is open now at www.aarp.org/events or via phone at 1-800-883-2784. They are expecting over 25,000 people from across the country - so enjoy - and let your hair down, even if it is gray.

org/events or via phone at 1-800-883-2784. They are expecting over 25,000 people from across the country - so enjoy - and let your hair down, even if it is gray.



Larry King is scheduled to speak at Orlando@50+.



Whoopi Goldberg is among speakers at Orlando@50+.

— ENTERTAINMENT —
Skip Sheffield

Florida Stage gets low down and dirty for its debut at Kravis

By Skip Sheffield

Florida Stage has inaugurated its new space at Kravis Center with a steamy hot musical revue, "Low Down Dirty Blues."

With a title like that, you know what to expect.

This powerful foursome delivers, as advertised. It's playing through Sept. 5 at the new venue on Okeechobee Boulevard in West Palm Beach.

"Low Down" was developed at Chicago's Northlight Theatre and it brings its Chicago trappings with



Skip Sheffield

it in the form of vintage advertisements and memorabilia on Jack Magaw's smoky, atmospheric set.

The blues was and is a musical form transplanted from the American South, so no matter where blues is played, the South is recalled.

It is fitting one of the cast members calls himself Mississippi Charles Bevel, because that state is the heart of blues country.

Small, thin and wiry, Bevel looks like a character from the 1920s, which in a sense he is.

His first song, which comes after Sandra Reeves-Phillips' introductory "They Call Me Big Mama," is a sly double entendre ditty entitled "Jelly Roll Baker."

Now I know about Jelly Roll Morton, but I had never heard of Lonnie Smith, author of this musical sexual metaphor. I looked him up and discovered an archetypal story of the blues: born 1899, prolific period of recording productivity 1925-32, comeback in 1939, then long, slow decline until Smith was reduced to working as a janitor in Philadelphia before being

rediscovered and touring until being hit by a car in Toronto and dying a year later.

The blues is rooted in sorrow, but on the flip side it is all about the joys of sex.

That's what creators Randal Myler (director) and Dan Wheetman (music director) looked for in their song selection. These are "dirty blues" tunes made famous by the likes of Ma Rainey, Sophie Tucker, Pearl Bailey, Howlin' Wolf and Muddy Waters.

All those gals were full-figured and proud of it. So is Big Mama (San-

dra Reeves-Phillips) and Felicia P. Fields. Girth coupled with overt sexuality is a potent package, and these gals are tough stuff. Big, burly Gregory Porter is the male counterpart of these portly ladies. A member of the original Broadway cast of "It Ain't



Continued on page 14

Sandra Reeves-Phillips in "Low Down Dirty Blues."

Good food, fine atmosphere, big portions spell success for Matteo's Ristorante

Continued from page 13...



Head Chef Ervin Lazo, left, with General Manager Peter Kramer in front of Matteo's "menu board."

BOCA RATON – What's the key to long-term success at Matteo's family-style Italian ristorante? Good food, hefty portions, affordable prices and a comfortable atmosphere designed for family dining are among the many inviting touches, said General Manager Peter Kramer. "Nobody leaves without taking some of their meal with them," said Kramer, watching as people with take-home containers walked out the door of the eatery at 233 South Federal Highway, Boca Raton. There are nine family-owned Matteo's in all, said Kramer – five in New York, one in Connecticut and three in Florida – Boca, Jupiter and Hallendale. Three others are in the works, in Orlando, Westchester, N.Y. and Manhattan. "We serve Italian food family style," he said. "Everything is made to order." Matteo's also makes its own ingredients, adding to the authentic Italian flavor of its many meal offerings. Patrons can enjoy half-order and full orders of chicken, eggplant and veal

dishes (Limone, Marsala, Sorrentino, Pizzaiola and Parmigiana, to name a few). Seafood is another staple at Matteo's. It's always fresh – and everything can be ordered with a variety of sides, said Kramer. Choices of Italian favorites include linguini, capellini, rigatoni, fettucine, penne or whole wheat pasta. Kramer noted that Matteo's menu also features a "healthy corner," with low-carbohydrate dishes such as Zucchini Linguini, Shrimp Alla Wendy, Grilled Chicken Paillard, Grilled Shrimp Matteo's, Veal Chop Paillard and Chicken Mona. The Boca Matteo's has a 270-seat dining area, and by the time dinner hour arrives, it's usually bustling with customers enjoying the fare. The restaurant's motif is friendly and inviting, comfortable for intimate parties of two or groups of six, eight or more. Founder Salvatore Sorrentino, with his two son's Andrew and Matthew, opened their first location in New York 22 years ago, serving delicious

platters of Italian comfort food. Meals are prepared by professional chefs. In fact, the head chef at Matteo's in Boca – Ervin Lazo – is also corporate chef for all the Matteo's. The family-run operation came to Boca 10 years ago. It was located across the street from its current location for more than six years. It is now in a newly constructed building with valet parking in a garage at the rear of the building. Not only does Matteo's have longevity, but so does the staff. Kramer said many have worked for the company for 10, 15, even 20 years. He joined Matteo's in Boca nine years ago after operating his own restaurant, and has been general manager for two years. Lazo has been with the operation more than 20 years, and was the first chef at the first eatery. Those who dine at Matteo's can choose from a wide variety of wines, mixed drinks from the bar or a soft drink to accompany their meal. Catering on-site and off-premises is also available.



Scene from "Low Down Dirty Blues."

Notin' but the Blues," the onstage band is hot, Porter croons some of the best-known tunes such as "Born Under a Bad Sign," "Shake Your Money-maker," "Spoonful" (sung with Bevel) and the inspirational "Change is Gonna Come" by the late, great Sam Cooke. The singing is strong and

the real joy for a blues fan like me is that of discovery. In addition to discovering songs I've never heard before, I learned all of the spoken dialogue has been lifted verbatim from actual conversations with blues musicians both famous and obscure. So despite its sassy, sexy nature, there is an educational component to "Low Down Dirty Blues" that comes with the entertainment. Tickets to "Low Down Dirty Blues" are \$47-\$50. Call 800-514-3837 or visit www.floridastage.org.



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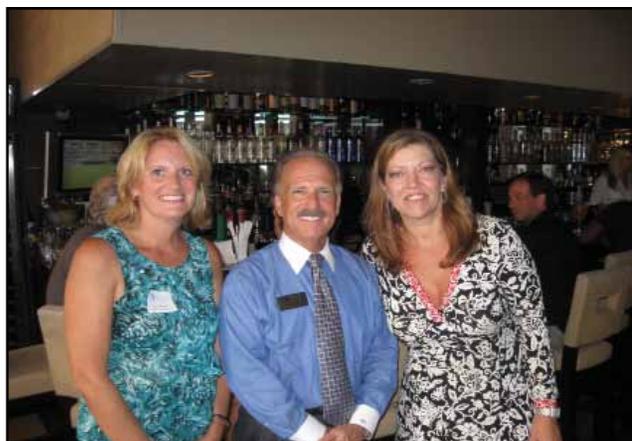
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The Boca Raton Tribune

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BOCA FESTIVAL

Relax to the Max benefiting Hospice of Palm Beach County



Susan Marciniak - South County Steering Committee, Greg Leach President HPBC Foundation and Laura Huron Gen.Mgr Max'sc

Back to School Bash benefiting the Spirit of Giving Network held at the Boys and Girls Club of Delray Beach



This is the Spidell family's seventh year volunteering for the BASH.

Mission Possible Benefiting Christ Evert Charities



Winning Team #7- Lisa Medland, Nanette Saylor, Deb Baron, Patrice Huber.



Lillian Martinez, John Schneyer and Jonathan Sahn, using technology to help solve the clues.

See more photos online!



Cocktails for a Cause benefiting Best Foot Forward held at Morton's



Marjorie Margolies Board Member, Debbie Ellman and Donna Biase Principals

Dancing in the Sky benefiting Shopping for Soldiers Needs.org



Congressman Ron Klein

Shopping for Soldiers Needs.org serving injured soldiers and homeless vets. The event was held at Carmen's at the Top of the Bridge

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— SPOTLIGHT —

Boca Chamber members meet new president of Florida Atlantic University

BOCA RATON- Members of the Greater Boca Raton Chamber of Commerce's Trustee Program and graduates of Leadership Boca recently met Dr. Mary Jane Saunders, the new president of Florida Atlantic University, at her home, The Eleanor R. Baldwin House, on the Boca Raton campus.



Susan Saturday of Bluegreen Corporation and Kate Volman of the Greater Boca Raton Chamber of Commerce



Dr. Mary Jane Saunders, the new president of Florida Atlantic University, chats with Rocki Rockingham of Jarden Consumer Solutions



From left are Troy M. McLellan, CCE, president & CEO of the GBRCC; Dr. Mary Jane Saunders, president of Florida Atlantic University and John Mulhall, vice president, Rutherford Mulhall, PA, and Chair-Elect of the GBRCC's Board of Directors. **Credit: Photos by Audra Hodges**



Dr. Mary Jane Saunders, the new president of Florida Atlantic University, talks to the crowd about her new position and her goals for FAU's future.

See more photos online!



Vacation Bible School

Vacation Bible School was completed at Boca Glades Baptist Church last week. Over 500 kids were part of this year's Saddle Ridge Ranch and the closing ceremony was a great one. All the kids had a terrific time singing and doing hand motions to the songs they grew to love during the week. Vacation Bible School is a week-long camp that runs every summer at Boca Glades Baptist church. For more information on VBS, e-mail us at info@bocaratontribune.com



See more photos online!



Office Depot Foundation distributes thousands of backpacks to area kids

DELRAY BEACH - The Office Depot Foundation distributed more than 6,000 backpacks Aug. 4 to South County's needy children.

The backpacks contained essential school supplies. The youngsters were selected from various non-profit organizations in the Delray Beach area.

Among those on hand at the distribution were Mary Wong, president of the Office Depot Foundation and officials from Boca Raton, Delray Beach and Boynton Beach.



Delray Beach Mayor Woodie McDuffie, children from the Milagro Center, Mary Wong, Boca Raton Deputy Mayor Susan Haynie



One of the children writes why she loves her new backpack.



All the backpack recipients and guests gathered for a group photo.

See more photos online!



Read
The Boca Raton Tribune
 online bocaratontribune.com

— SPOTLIGHT —

Downtown Boca Raton to host 'Super Sunday' parties to boost Miami Dolphins

See article on page 31.

See more photos online!



Senate candidate Rubio addresses business leaders at Boca Chamber



Local business leaders listen to U.S. Senate candidate Marco Rubio at the Greater Boca Raton Chamber of Commerce.



U.S. Senate candidate Marco Rubio and Troy M. McLellan, CCE, president & CEO, Greater Boca Raton Chamber of Commerce.

See more photos online!



Credit: Photos by Audra

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Don't expect to be mesmerized by Caldwell Theatre production, 'Comfort of Darkness'



In a scene from "Comfort of Darkness" are, from left, Jessica Maguire, Jane Cortney and Stevie Ray Dallimore.

By Skip Sheffield

BOCA RATON - It's not a good sign when I don't know quite what to say after seeing a play. At least I know what the title, "The Comfort of

Darkness," means. This world premiere production of a play by Joel Gross continues through Sept. 5 at Caldwell Theatre Company, 7901 N. Federal Highway, Boca Raton. Concert pianist Maria-

Theresa von Paradis (Jessalyn Maguire) has been blind since age 3. Blindness has been no impediment to Maria-Theresa's career. She can read Braille as fast as sighted people can read a book. If any-

thing, the darkness has been a comfort zone into which she can retreat. Dr. Anton Mesmer (Stevie Ray Dallimore) thinks otherwise. He sees Maria-Theresa's blindness as a curable mental affliction, and he believes he can cure it through "animal magnetism," which is his term for an early form of hypnosis. Maria-Theresa von Paradis and Dr. Anton Mesmer were real-life figures who lived in Vienna in 1777. Mesmer's name inspired the word "mesmerize;" to put someone under a kind of spell. Playwright Joel Gross, who visited Boca Raton to consult with director Clive Cholerton on the production, used the story of doctor and patient as a what-if springboard for an unlikely but perhaps inevitable romance. Thereby perhaps lurks the problem. Broadway actor Robert Cuccioli ("Jekyll and Hyde") was originally billed as star of the

Caldwell production. For whatever reason Cuccioli bowed out, and now Dr. Anton Mesmer is played by Stevie Ray Dallimore. Dallimore is a handsome devil, but looks are less important to this role than personal magnetism. Mesmer literally has the power to probe into a person's psyche and change that person's mind. Despite dramatic finger-pointing flourishes, Dallimore just doesn't quite radiate that power. Jessalyn Maguire has a delicate, fragile beauty that is perfect for Maria-Theresa von Paradis. Though she is only 22, Maria-Theresa is a confident and secure woman who is quite comfortable with her disability. I think the playwright's point is that some people use disability as a shield from deeper emotion. When the doctor messes with the patient's cozy little world, he creates more problems than he solves. The real Dr. Mesmer died

poor and discredited. In this play his best friend, Dr. Otto von Stoerk, is the voice of reason and bridge between the medical establishment and Mesmer's more far-out theories. It's a rather thankless role for Ken Kay, who was a stalwart at Caldwell for many years, and is now is executive director of the Burt Reynolds Institute for Theatre Training. Even more thankless is the role of Dr. Mesmer's patient Francisca Oesterlin, played by Jane Cortney as one of the doctor's earlier conquest/cures. I guess the heart of the problem is that Dr. Mesmer is a quack, and his speeches sound like so much poppycock. Why any woman would fall under this guy's spell is the real mystery of this ornate, beautifully-costumed and designed but oddly unmoving period piece. Tickets are \$38 and \$45. Call 561-241-7432 or visit www.caldwelltheatre.com.

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Columnists

The Boca Raton Tribune

—FAITH—
By Pastor Sandy

“What In The World Should I Do?”

I have heard it said many times that the two most difficult things for anyone to do are “To think” and “To do things in order of their importance.” To think, to judge or consider, or as the prophet Haggai said, “to consider our ways” is one of the most important activities in which we can engage. One business writer has described our thoughtless ways as an “urgency addiction.” He identifies this tendency as the habit of finding our security in busyness. The “adrenaline rush” of hurrying off to handle important tasks provides an artificial sense of worth, power, control and accomplishment. The problem is, over time, our real problems worsen, important relationships suffer and we find ourselves unfulfilled and empty.

Being “urgency addictive” is an age-old problem.

The story Jesus told of two sisters, Martha and Mary, gives insight into this busyness problem. Martha welcomes Jesus into her home and then goes about the eastern custom of making preparations for their houseguest and ultimately expresses her frustration with Mary her



Pastor Sandy

sister who wasn't helping with preparations but was rather sitting at the feet of Jesus. Jesus tells Martha, “Martha, Martha, you are worried and bothered about so many things; but only a few things are necessary, really only one, and Mary has chosen the right one...” (Luke 10.41-42 Bible)

The priorities of these women brought about two different results. One was obsessed with doing, deriving all her self-worth from what she did and it resulted in fear and anxiety to say nothing of the frustration it brought other people. The other understood, at least at that moment, what was really important, and she exhibited the fruit of deliberate forethought about the best things.

These two sisters represent all of us: people with real struggles, making real choices every day. “What shall I do?” is a question that challenges the balance between thinking and doing. First, wisely decide, then incorporate the decision into lifestyle.

Learn to turn good intentions into action.

While “prioritizing” has to do with time management “commitment” is

something quite different. Commitment is probably best described as “persistence with a purpose.” The most important single factor in individual success is COMMITMENT. Commitment ignites action. To commit is to pledge yourself to a certain purpose or line of conduct. It means practicing your beliefs consistently. There are, therefore, two fundamental conditions for commitment. The first is having a sound set of beliefs. There is an old saying that goes, “Stand for something or you'll fall for anything.” The second is faithful adherence to those beliefs with your behavior.

Some years ago, a newspaper headline told about three hundred whales that died after becoming marooned in a bay. They became trapped while pursuing sardines. One commentator observed, “*The small fish lured the giants to their death. They came to their violent demise by chasing small ends, by prostituting vast powers for insignificant goals.*”

Don't waste your life in pursuit of trivial things!

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). Pastor Sandy is currently the minister of music/administration of Boca Glades Baptist Church. He has earned his Bachelors and Masters degrees and is presently completing his Doctoral Studies in Religious Education.



—DIVORCE FLORIDA STYLE —
By Mike Gora

State legislature has made significant changes in Florida's alimony and child support statutes

During the 2010 session, the Florida Legislature considered two separate bills, making significant changes in Florida's alimony statute and Florida's child support statute.



Mike Gora

As the legislative session ground toward its mandatory close, the two separate measures were merged into one bill, which passed both the Senate and the House, was signed by the Governor and became the law of Florida. Our last column discussed the changes in the alimony statute which went into effect on July 1, 2010.

The second part of the bill, which made changes to the child support statute, goes into effect on October 1, 2010 and on January 1, 2011. This column summarizes the highlights of the child support changes. The complete text of the new statute can be easily found online.

The first change required that guidelines for child support provisions in settlement agreements and/or final judgments, for families with two or more children, under the age of 18 must include the child support guidelines amount for the children and also the remaining child support payable after each child reaches the age of 18.

Initially, support must be based upon the income of the parents at the time of the divorce, but the amount may be modified by either parent filing a petition for modification under the existing modification part of the statute. The month, day and year of the reduction, or reductions must be

stated. This change makes the reduction automatic, and reduces the need for the filing of modification petitions each time a child reaches the age of majority.

The extension of child support to the age of nineteen for a child enrolled in high school after 18, but before 19, was left intact.

A second change spells out the purpose for child support as fulfilling the mutual obligation of both parents to support his or her minor or legally dependant child. This section contains a restatement or codification of existing appellate decisions, as opposed to a major change.

The second major change requires the imputation of income to any parent who is voluntarily unemployed or under employed, or who fails to participate in the child support case. The statute creates a rebuttable presumption that such a parent's imputed income be at a level described as “income equivalent to the median income of year-round full time workers as derived from current population reports or replacement reports published by the United States Bureau of the Census.”

Under previous law, automatic imputation did not exist, but there was a presumption that income could be included at the “minimum wage” level under federal law. This change would, approximately double the imputed income, which could be imputed, and used in calculating child support.

The courts specifically retained the power to impute

a higher income based upon proof that was competent and substantial that a party could earn more than income then provided for in the statute, but voluntarily refused to do so. Records of past income cannot be more than five years old to be used as a basis for imputation, and under most circumstances cannot be based on a level of income that the party has never earned.

Only nominal changes were made to the child support guidelines schedule. If the parents' combined income falls below the bottom range in the child support guidelines, the court must set the child support on a case by case basis to establish a base which can be modified if the parents beginning to make more money.

Under the amended statute, the 25 percent discount of the expense of reimbursement of childcare money spent for work purposes has disappeared and the responsibility for such reimbursement shall be based upon the parties' relative net earnings on 100 percent of the day care cost.

A major change requires the adjustment of standard child support in every case in which the parent with fewer over-nights has 20 percent or more of the over-night. Previously that parent had to have at least of 40 percent of the overnights to obtain an adjustment. This part of the statute shall not go into effect until January 1, 2011. This change will usually benefit the parent who has the fewer over-nights at the expense of the parent with more over-nights.

Michael H. Gora has been certified by the Board of Legal Specialization and Education of the Florida Bar as a specialist in family and matrimonial law and is a partner with Shapiro Blasi Wasserman & Gora P.A. in Boca Raton. Contact Mr. Gora at mhgora@sbwlawfirm.com or at (561)477-7800.

ON THE MONEY

By Steve L. Pomeranz

GMO Reinterpretation

Have you ever wondered who advises the advisor? Here are the latest thoughts from one of my "Gurus".



Steve Pomeranz

A Fearful, yet Speculative Market Last quarter, Jeremy Grantham, head of GMO LLC., engaged in what he called the forecaster's last resort, suggesting three main routes for the market and the economy.

The least likely route was the "everything is for the best in the best of all possible worlds" scenario.

"In this encouraging world, the economic recovery would be... consistently better than expected. It would be, in short, the type of very strong recovery that normally follows a very severe wipeout. And one that was additionally helped along by unprecedented stimulus".

He admits that last quarter's poor market performance has not been encouraging for this goldilocks scenario, causing him to assign a low probability to this possibility. The most probable major theme, to which he gives a 50% probability, would be a "reluctantly and irregularly recovering economy with interest rates staying at rock-bottom for the next 18 months or longer".

These low rates, along with the market's awareness that today's Federal Reserve will still have to save the economy if things go bad, could continue to create a long,

steady incentive to borrow and speculate.

His key point is: While the economy responds reluctantly to low rates, the stock market responds with much more enthusiasm-leading aggressive hedge funds to borrow heavily and act more speculatively in their drive to make the maximum amount of money.

If this speculative scenario takes place, Grantham thinks the S&P could move all the way back to 1500 or 1600 which is much higher than its current value of 1100.

Unfortunately, he believes this might lead to yet another bust, one which would be spectacularly dangerous because the government's piggy bank would be empty, with no more money to rescue the market and the economy. The final path to which he gives only a 21% probability is: In the next few months, two or three of a long list of potential problems would come home to roost knocking the S&P 500 down to about 900 or so (a 20% decline from today's level).

What we are seeing now is a struggle between those who are betting on a sustained-speculation theme and those who think two or three things will go wrong and crack confidence.

This struggle is an unusual one creating effects he hasn't seen before. On the one hand this market is "fearful" but at the same

time "speculative". How is this possible?

Low rates tend to produce an aggressive feeding frenzy for institutional investors, but merely produce a feeling in ordinary individual investors somewhere between dejection and desperation. Individual investors hate to park money in cash which earns them nothing, yet are still thoroughly nervous, so surveys reveal, about normal stock investing.

My Thoughts:

Individual investors are feeling trapped between battling giants, as institutions fight it out with each other for dominance. It feels too dangerous to compete with goliaths for fear of getting trampled, so the strong tendency is to sit on the sidelines and watch them battle it out. When the winner is determined, one hopes to join the victor and enjoy the spoils. Unfortunately, at that late date, there is little money making opportunity left, leaving the investor with mediocre returns and more risk.

The real key to money making if you can do it, is to see clearly through the fog of war and take your opportunity as the battle swings from one extreme to the other.

Alas, this is easier said than done, but armed with knowledge and patience, the savvy investor has a much better chance of creating greater wealth today than he has had in the last 10 years.

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

ASK DR MAN

By Dr. Daniel Man

Best to wait until pregnancies are finished to have a tummy tuck

Dear Dr. Man, I'm a 29-year-old woman and I have two beautiful twin girls. I'm thin and in great shape but I have a stomach pouch that will not go away no matter how much exercise I do. I went for a consultation to get a tummy tuck and the plastic surgeon told me I'm a perfect candidate. Since then, my husband and I have decided we want another baby in about 5 years. Can I still get a tummy tuck if I plan to have more children?



Dr. Daniel Man

skin as a result. In my office, I perform what is called a lipoadominoplasty, which is a technique that fuses together two common plastic surgery procedures into one: liposuction and tummy tuck (abdominoplasty).

Most often, women get this procedure after they are done having babies. In an ideal world, women who want to have children in the future should wait to get this procedure until after all pregnancies. In the real world, women often change their mind or decide to plan another pregnancy. Many women do become pregnant after this procedure; however, patients should keep in mind that flattening work and work on the muscle from the tummy tuck might be undone as a result of pregnancy. During pregnancy, the skin and muscles of the abdominal area stretch out. Fat pockets that are resistant to diet and exer-

cise build up on the abdomen and abdominal skin becomes loose. These outcomes of pregnancy can be eliminated by lipoadominoplasty.

However, when a woman becomes pregnant after tummy tuck, the abdominal area treated by this procedure becomes affected and stretches out again in order to fit the growing fetus. Abdominal wall muscles that had been restored by abdominoplasty can separate again. Re-stretched and loose skin may not look normal again.

Although former abdominoplasty or lipoabdominoplasty is not a risk for an unborn fetus, it can change a woman's appearance. If the skin becomes loose again and muscles stretch out during pregnancy after tummy tuck, additional procedures may be performed in order to improve the appearance of the abdomen.

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.

Where your money goes

The money you donate is used to fund important research and programs that help moms have full-term pregnancies and babies begin healthy lives.

And it helps us provide information and support to families whose baby was born too soon, or sick.

Here are some of the ways you've already helped:

brain:
When a baby is born too soon, even by just a few weeks, the brain and other organs haven't had time to fully develop. Our researchers are working on ways to prevent prematurity so that all babies get their important nine months.

eyes:
Premature birth and certain birth defects can lead to blindness. Scientists are studying the genetic causes of prematurity and developing treatments to cure vision defects like retinitis pigmentosa.

heart:
Heart defects affect 1 in every 100 babies and take more lives than any other birth defect. Our advances in diagnosis and surgical treatment mean better survival rates for the tiniest heart patients.

spine:
Fewer babies are born with neural tube birth defects like spina bifida as a result of March of Dimes folic acid education and fortification campaigns.

lungs:
Surfactant and nitric oxide therapies now save the lives of tens of thousands of babies suffering from respiratory distress syndrome after they were born too soon.

heel:
Thanks to our volunteer advocacy efforts, most states now screen babies for 21 or more serious but treatable conditions. A tiny drop of blood from a newborn's heel could save a life.

To learn how you can become more involved locally, please contact us at 561-684-0102 in West Palm Beach or 561-276-2001 in Boca Raton.

march of dimes
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Business

The Boca Raton Tribune

—BARRY'S BUZZ—

By Barry Epstein

• If you can only see one movie, make sure you see Zeitgeist.

Unbelievable!!

Here is the link:

<http://www.youtube.com/watch?v=UHuaGJ46zo>.

Don't miss it and repost!

• Former state Sen. and gubernatorial candidate Rod Smith will be Alex Sink's running mate on the Democratic ticket.

• Tuesday, Aug. 24 is primary election day. If you have not already voted early or absentee, be sure to take time to exercise the privilege we have to live in this country. For your information, the West Boca Chamber of Commerce Political Action Committee, WestPAC, has endorsed the following candidates: County Court Judge, Lloyd Comiter; Circuit Court Judge, Lisa Small; State Representatives, Lori Berman and Irv Slosberg; School Board, Dean Grossman and Jenny Brown.

• The West Boca Chamber fourth Thursday network will be Aug. 26 from 5:30 p.m. to 7:00 p.m. at Anthony's Coal Fired Pizza in the Boca Grove Shopping Center on Powerline Road between Glades and Palmetto Park Roads. Info is at www.westbocachamber.com. RSVP to info@westbocachamber.com or call 561.482.9333 for further information. The September 14, West Boca Chamber second Tuesday breakfast will feature new FAU President Mary Jane Saunders.

• Caldwell theatre's current production is "The Comfort of Darkness", a world premiere by Joel



Barry Epstein

Gross. Tickets and information at www.caldwelltheatre.com or call 877-245-7432.

• Four Boca residents have been elected as Trustees of the Caldwell Theatre. They are: Barry Epstein, Jeff Karsin, Seth Marmor and Bruce Rosetto.

• Clive Cholerton, managing artistic director of the Caldwell Theatre is in negotiations with the city to produce quarterly shows in the Black Box theatre in Mizner Parks former Cartoon Museum.

• Former president Bill Clinton visited Newsmax publisher Chris Ruddy in his West Palm Beach office Monday. Newsmax Media was founded in 1998 and is one of the largest independent news publishers on the Internet. <http://www.newsmax.com/InsideCover/bill-clinton-visits-newsmax-ruddy-meeek-democrats-florida/2010/08/16/id/367634>. Congressman Alcee Hastings introduced Clinton to the crowd waiting one and a half hours for him in Delray Beach.

• Watch barry epstein live at www.wrpbitv.com. New show airs Friday at 10 a.m. Current show is archived on the site by clicking ondemand.barryepstein.com. Guests include Sun-Sentinel columnists Kingsley Guy and Lynn University Professor Dr. Robert Watson, Caldwell Theatre managing artistic director Clive Cholerton, Dennis Sheehan, State Senator Dave Aronberg, New Times investigative reporter Bob Norman, Broward County Commissioner Stacy Ritter, and others.

• FAU FanFest to Take

Place Saturday 8/21 What: 10th annual FanFest - Football Scrimmage

Where: FAU Boca Raton Campus, Oxley Athletic Center

When: Saturday August 21st at 2 p.m. Why: FREE FUN - pass this along to friends and family! Attendees will have the opportunity to meet and receive autographs from FAU football players, coaches, dance team and cheerleading squad members. A team shop featuring new ADIDAS sports wear will also be available plus Pepsi sampling and live music.

The FAU Marching Owls will also be on hand to kick off the event at 2 p.m. Parking and admission are free. Season and individual game tickets are on sale now. Tickets or Owl Club donations can be made in the new Wally Sanger Owl Club Center, which is adjacent to the Oxley Athletic Center. The Owls begin play at home on Saturday, September 25th at 7 p.m. at Lockhart Stadium against North Texas. For more information or to purchase tickets, call 561.297.0579 or visit www.fausports.com. School opened Tuesday. Please drive carefully.

• The Fair Housing Center of the Greater Palm Beaches has filed a federal lawsuit against the Boca Teeca Condominium No. 9 Association, accusing the condo complex of violating the federal Fair Housing Act of 1968 by denying children to live there.

• Movies opening this weekend include: The Extra Man, The Switch, Lottery Ticket, Kisses, Vampire, Piranha 3D, Nanny McPhee Returns and The Concert.

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: bocaspindoctor@gmail.com.

—WHAT BUSINESS ARE YOU IN?—

By Gerald Sherman

The business of giving back - it's the right thing to do.

We are at a point in our society where helping one another is essential to preserving it. It's the right thing to do! We can look at our schools



Gerald Sherman

profits try to do PR in house by members or volunteers or relationships with companies that can support their needs. There are always opportunities available to companies who wish to be socially responsible and partner with non-profits. Naturally, when a commercial enterprise supports a non-profit it should consider some of the following:

• Is it serving the needs of the community?

• Does it align itself with your company's culture, product or service?

• How active do we want to be? How active do they want the partner to be?

One of the ways of supporting a non-profit is sponsorships of special events. It brings your company's product to the attention of the audience. It also enables a company to reach the target audience in a specific geographical area. This partner/sponsorship program combines local advertising, public relations, promotions and philanthropic activity. Many companies find this cost-effective due to fewer expenses involved in marketing the event. The charitable organization does CO-OP advertising with the commercial company and the charity does all the marketing with the participating company's logo which is identified with the charitable cause in all the advertisements, mailers and brochures.

The company sponsoring a fashion show or band concert is assured of an audience that will relate to their target market. The main thing is for companies to be pro-active in working with charitable

Like private organizations, non-profits are reaching out to be financially sound and to improve their brand/image. Getting their word out to their community is a necessity. This is where for profit businesses get the chance to become involved for the good of all.

Partnering/sponsoring with a non-profit has many advantages. It can give the commercial organization the opportunity to both serve the community and receive positive public opinion from this association. This symbiotic relationship can prove to be a benefit for all...the non-profit, the business organization and the public they serve.

Sponsoring with a non-profit includes getting the word out about the non-profit. Both smaller and larger non-profits need to get positive public opinion, media attention and help in conducting events in order to raise funds. Their survival depends on it.

Non-profits like the United Way, Multiple Sclerosis Society, the Red Cross and other large groups do employ public relations personnel and advertise but most non-

profits try to do PR in house by members or volunteers or relationships with companies that can support their needs. There are always opportunities available to companies who wish to be socially responsible and partner with non-profits. Naturally, when a commercial enterprise supports a non-profit it should consider some of the following:

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The company sponsoring a fashion show or band concert is assured of an audience that will relate to their target market. The main thing is for companies to be pro-active in working with charitable

causes and to make sure they are compatible with the product/service they are marketing. A cause related marketing activity (CRMA) is another way of supporting and becoming active with non-profits. It involves a for-profit company with a non-profit organization for the mutual benefit of both parties. This relationship gives the business company an opportunity to increase sales and still contribute to its favorite non-profit. It involves the business company's contribution to a worthy cause tied into a customer purchase of their product or service. This cause related marketing activity is an initiative in which a business pledges a percentage of its gross sales towards a specific cause or non-profit project. CRMA is an effective means of serving the community. Participating in cause-related marketing activities is fast becoming a popular method due to the many public relations opportunities and good will it provides for both the cause and the company. However, the company's contribution is dependent upon the customer/client buying the product/service that will benefit the cause. The trend for commercial entities is clear; become active in the community and look to help others. It will pay big dividends in knowing you served. After all, being socially responsible is the right thing to do!

Excerpts from the book, Fashion Public Relations, Gerald J. Sherman & Sar S. Perlman. Fairchild Books, Division of Conde Nast Publications, (2010)

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

Max Planck Florida Institute breaks ground for research facility at FAU-Jupiter



Dr. Peter Gruss, president of Germany's Max Planck Society, presides over groundbreaking ceremonies for the new Max Planck Florida Institute on the Jupiter campus of Florida Atlantic University.

JUPITER- The Max Planck Florida Institute is one step closer to moving into its permanent location on six acres at Florida Atlantic University's John D. MacArthur Campus in Jupiter.

Dr. Peter Gruss, president of Germany's Max Planck Society, presided at the recent official groundbreaking ceremony for the new 100,000-square-foot biomedical research facility - the first Max Planck Institute in the United States. With a focus on cutting-edge research in the neurosciences and integrative biology, the Max Planck Florida Institute adds a powerful international dimension to the state's growing bioscience cluster. It is equally important as a cornerstone of Palm Beach County's economic platform with the goal of becoming a magnet for the best scientific minds and research organization's in the world.

"Basic research is the key driver of innovation," said Gruss. "The knowl-

edge that we will gain from the Max Planck Florida Institute will create a basis for revolutionary innovations - the foundation on which the world of tomorrow will be built. With the support of Palm Beach County and the state of Florida, this new campus will enable us to fulfill our mission of conducting research at the highest level of quality and excellence."

Attending were dignitaries that included State Representatives Carl Domino and Maria Sachs, Palm Beach Commissioners Karen Marcus, Burt Aronson, Priscilla Taylor; Jeff Koons, Shelley Vana and Jess Santamaria; Chancellor of the State University System Frank Brogan; Dr. Mary Jane Saunders, the new president of Florida Atlantic University and Kelly Smallridge, president of the Business Development Board of Palm Beach County.

The Max Planck Florida Institute is currently operating in a 40,000-square-foot temporary facility on the MacArthur Campus. The new facility, designed by the Washington, DC office of ZGF Architects LLP, will provide a state-of-the-art home for the scientists and research teams. The building is designed to accommodate nearly 58,000-square-

feet of laboratory space that will house wet and dry bench research, instrumentation labs, computational research, core imaging facilities and microscope suites, information technology services and offices for researchers and support staff.

The scientific facilities will be organized into three research wings, including six guest labs to facilitate collaborative research with the scientific community in the field. Conference rooms, a 100-seat auditorium, lounges and administration offices are centrally located around an open lobby that connects all three floor levels. A large atrium is directly connected to an outdoor terrace on the second floor and provides a central gathering space. Building features also include tropical landscaping, outdoor seating, a 230-space surface parking lot and pedestrian-friendly pathways connecting the Max Planck Florida Institute to neighboring buildings on the FAU campus.

The Max Planck Florida Institute will also have a tremendous impact on education around the state and beyond. Students will be presented with some of the finest science-related programs and opportunities anywhere in the country. Plans are in development for internship and mentor programs, plus regular lectures by leading international scientists and researchers.

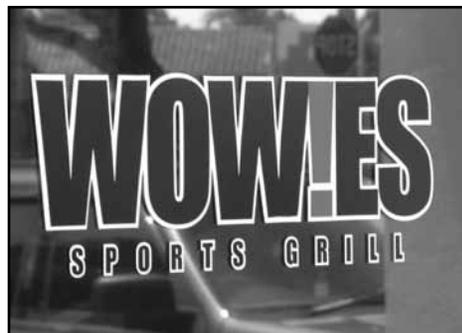
Construction on the new building is expected to be completed by early 2012. For more information, visit www.maxplanckflorida.org.



Armed with shovels, a group of company officials and civic leaders breaks ground for the new Max Planck Florida Institute.

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WOW!ES of Boca Raton; beautiful girls, great food



By Donovan Ortega

WOW!ES is a Boca Raton sports bar that warrants the exclamation point in its title.

"Wowie is what I want people to say when they walk in the door and see the beautiful wait staff and eat our wonderful food" said Sophia Macchiavello, owner of WOW!ES. While this mission statement might seem familiar in many South Florida establishments, this isn't your ordinary sports bar.

Sophia purchased WOW!ES with her husband, Andres Machiavello, in November and transformed an ordinary watering hole into an upscale gastro pub without the high prices. If seafood is what you crave, order the house specialty, Snapper A La Naples. It comes sautéed in a francais sauce with artichoke heart, asparagus and roasted peppers. But if that sounds too fancy, burgers

and wings are available as well. What is most striking about the menu is the diversity. Where else can you have an order of "loaded" potato skins- a barroom staple- and New Zealand Green Mussels sautéed in white wine and garlic?

Along with the bartenders and servers, the interior of the bar is elegant yet casual, featuring wood floors, solid wood bars, and brick walls, which give it a fashionable, yet casual ambiance.

"I've been coming here since they opened," said Michael Farrell while sitting at the bar. "It's a nice high end establishment with good food. That's what sets them apart. It's not the usual grease pit you find everywhere else."

Yael Messer paces behind the bar, polishing bottles and creating specialty cocktails for regulars. She's been working at WOW!ES for a year and a half.

"Sophia treats us like fam-

ily" said Messer. "I love working here because the atmosphere is very laid back. You can have a conversation. Strangers can talk to strangers. It's a great place to get to know people."

If this sounds like a step up from the aforementioned 'grease pits' but you're looking to drink on the cheap, there's no need to worry. At WOW!ES, happy hour is 12pm to 7pm every day. Friday is ladies night and women drink free from 9pm until 12pm, which includes top shelf liquor. There is live entertainment featured every Saturday night.

"We also have all the UFC and boxing events," said Sophia. "We have 26 flat screen televisions so anywhere you sit you'll have a great seat."

WOW!ES is located 7036 W. Palmetto Park. Rd in the Garden Shops Plaza.

Telephone # (561) 392-5040



Yael Messer, bartender



Jessica Brown, server, and Sophia Macchiavello





Keeping your shutters and generators secure during hurricane season

By Officer Kurt Brower
Boca Raton Police

BOCA RATON - Each summer during hurricane season, Floridians watch the tropics, stock up on supplies, review emergency plans and hope they don't have to shutter up for the big one.

While attention is diverted to the Caribbean, criminals are targeting our homes for the very items that protect and comfort us during and after the storm; shutters and generators.

A quick check of a metal recycling business revealed that selling aluminum shutters may yield around \$.40 a pound or \$2.40 for a 57-inch panel. That's a far cry from the almost \$27 a national home improvement store charges, but it's not bad for a quick haul.

Generators, on the other hand, can be found on Craigslist for \$150 and up. In the few minutes it takes a criminal to load 20 panels and a generator from the side of a house, he can net almost \$200 or more. It is easy to see the attraction for criminals. So how can you avoid becoming a victim of this type of crime?

First, make sure shutters and generators are properly secured. Shutters should be moved into the garage or a locked storage area when not in use.

Generators should never be stored outside, and when in use, chain or cable lock them to an immovable object. You can create an immovable object by filling a five gallon bucket with cement, placing an eye-hook in it, and burying it in the ground. Additionally, make sure



the chain or cable used is heavy gauge and equipped with a high security padlock. If the generator is stored in an outside shed, place a heavy-duty eye bolt into the foundation and secure as previously mentioned.

Next, make sure to close and lock garage doors. Not only are shutters and generators kept in the garage, but a number of other valuables including cars, lawn equipment, bicycles and tools are stored there as well.

Finally, make sure to keep a copy of your generator's make, model, and serial number so that if you become a victim, you will be able to provide the investigator with this information. Keeping a photograph of your generator and engraving it with a personal identification number is also highly recommended, remembering

never to use your Social Security number. These measures will make your generator less attractive to criminals and help identify it should it be stolen. For more information contact the Crime Prevention Unit of the Boca Raton Police Services Department at 561-347-3938



Hurricane Evacuation Shelters

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7900 Jog Rd
Boynton Beach, 33427

Boynton Beach High School
4975 Park Ridge Blvd.
Boynton Beach, 33436

Atlantic High School
2455 W. Atlantic Ave.
Delray Beach, 33445

West Boca Raton High School
12811 Glades Rd.
Boca Raton, 33428

Boca Raton High School
1501 NW 15th Ct.,
Boca Raton, 33486

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 ___
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Virginie	<input type="checkbox"/>	___/___/___ category ___
Walter	<input type="checkbox"/>	___/___/___ category ___

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Your Life

The Boca Raton Tribune

OLEDA TALKS
By Oleda Baker

I can hear you, "My neck looks older than my face, what can I do?"

Dear Friend,

Over the years, many women have said to me, "I hate having an older looking neck... is there anything I can do to make it younger looking?" And recently,



Oleda Baker

a young woman asked, "I don't want my neck to start looking old; what can I do to prevent it?"

Actually, there's a lot you can do.

1. Treat your neck and your face as ONE. However and whenever you treat the skin on your face, do exactly the same thing on the skin of your neck. If you are moisturizing, using a night cream or having a facial treatment, include your neck... always. If you don't, you will eventually have soft, youthful facial skin, but with a neck that feels like sandpaper and looks rough and coarse.

2. The skin of the neck is thin, so the sun will do its aging damage quickly. We all have seen people with wrinkled necks that look so much older than the rest of their body, especially their face. Those people may have protected their faces from the sun, but forgot about their necks, thinking perhaps that the sun couldn't get to it. Remember, if you wear a short hairstyle, the back and sides of

your neck will be exposed whenever you're out in the sun. Make sure you spread a sun block all over your neck, as well as

the other exposed areas of skin when you're outdoors for any length of time. If you are wearing a hat for protection against the sun, be sure it hides the back and sides of your neck, too. Whenever I go riding or fly-fishing, I wear hats with wide enough brims so I'm completely protected. (My hair is long, but I tie it back when I do these sports.)

3. Added weight goes right to the jaw, chin and neck. If you have put on weight and your neck is getting a little "fleshy", lose the weight and you'll see a big difference. When you put on weight, it often concentrates under the chin, in the neck, and stomach first. The good news is that you'll lose it there first when you decide to slim down.

4. It's important to massage your neck lightly when you cleanse your face at night. Make a slow, upward, outward motion toward your chin. Use a moisturizer or cream

while doing this so your fingers do not "pull or stretch" the skin too much. This also stimulates the small capillaries, bringing more oxygenizing blood to the surface.

5. Try to get accustomed to sleeping on a flatter pillow so that your neck is "stretched out" more, rather than curled down into your chest.

6. Good posture will do a great deal to promote a younger-looking neck. Keeping your back straight and chin up forces a more youthful look. Curved back, chin down will give almost anyone an older looking neck. This is almost the first thing a NY photographer's model learns when in front of the camera. Have you seen pictures of yourself and thought, "I didn't realize I have a double chin!" Well you may not. Were you sitting down with a curved back and your chin down when the picture was taken? No Model would ever do that, if she wanted a return booking. For fun, get someone to take a profile picture of you sitting both ways - I promise once you see the difference you will NEVER sit slouched again! 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

Sitting on a Variable-Rate Time Bomb

Dear Mary: My mortgage payment dropped by \$84. Should I add that amount back to my principal every month? Or



Mary Hunt

should I add it to my Visa card payment? I owe \$6,124.09, with a minimum monthly payment of \$184 at 8.9 percent interest. Please advise. Thank you! - Sandra T., California

Dear Sandra: I'll take what's behind door No. 2, Monty. Seriously. More than that, you need to forgo other spending so you can double or triple your credit card payment

each month. There is nothing as important right now as paying off your unsecured debt. Not cable television, eating out, new clothes or mindless spending that is eating up the money you need to get rid of that debt!

Here's something else: You are sitting on a time bomb with that variable-rate mortgage. Should interest rates take off (experts I trust predict that they will), your mortgage payment could shoot through the stratosphere. Interest rates on fixed-rate mortgages are still at

historic lows right now, which means you still have a window of opportunity to refinance into a fixed rate. But you need careful guidance so you don't get ripped off with fees and sneaky terms. I highly recommend that you read "Mind Your Own Mortgage," by Rob Bernabe, and also visit Rob's very useful website, <http://www.MindYourOwnMortgage.com>. You can trust Rob to guide you through the process and give you the confidence you need to get it right.

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



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JACK'S 2010 G.O.P. PRIMARY VOTER'S GUIDE

U. S. SENATE

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WILLIAM BILLY KOGUT
MARCO RUBIO ←



U. S. CONGRESS DISTRICT #22

DAVID BRADY
ALLEN WEST ←



GOVERNOR

BILL MCCOLLUM ←
RICK SCOTT



ATTORNEY GENERAL

HOLLY BENSON
PAM BONDI ←
JEFF KOTTKAMP



FLORIDA SENATE DISTRICT #25

ELLYN BOGDANOFF ←
CARL J. DOMINO



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YOMIN POSTELNIK ←



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ANDREW DAIRE ←
JAIMIE GOODMAN ←
KENNETH LEMOINE ←
LISA SMALL ←



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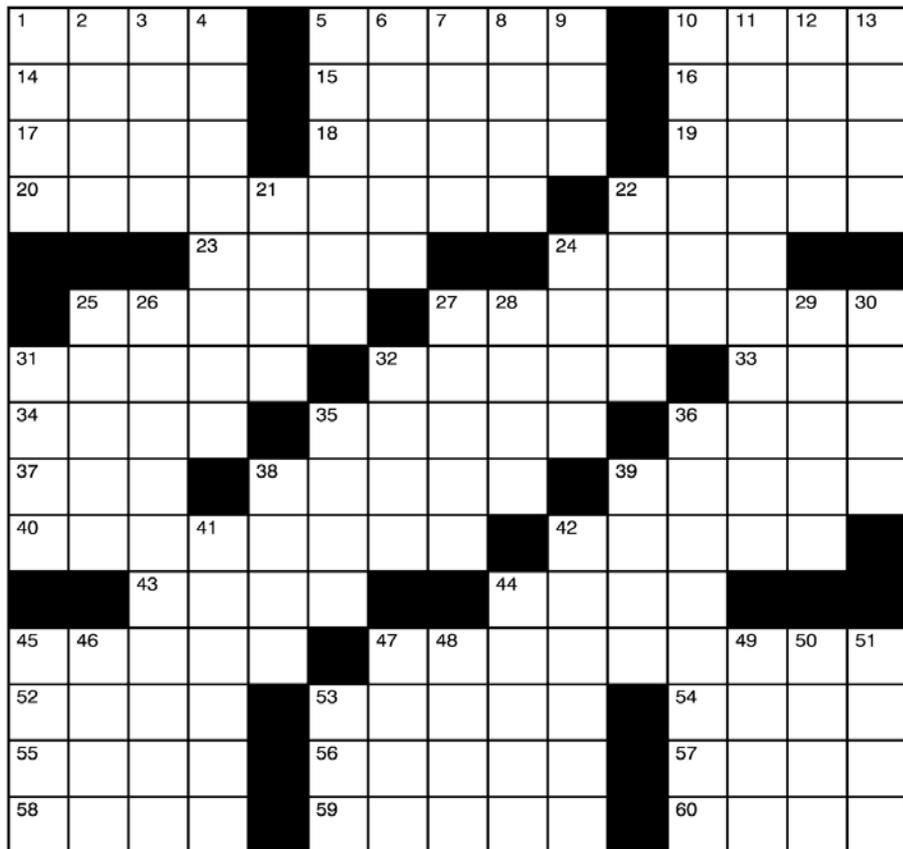
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Games

The Boca Raton Tribune

GETTING PLACES



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Bull session site
- 5 Lessen
- 10 First second son
- 14 Mars: prefix
- 15 Surgeon's beam
- 16 Computer term
- 17 Adolescent
- 18 ___ on the cake
- 19 Health resorts
- 20 One way to China
- 22 The Loyal Order of ___
- 23 As right as ___
- 24 Marx
- 25 Pre-coll. exams
- 27 Felucca, e.g.
- 31 Unusual ball game
- 32 Often found with lox
- 33 Expert
- 34 Jewish month
- 35 Sum
- 36 Thumb condition?
- 37 TV alien
- 38 Singing group
- 39 Lab burners
- 40 Palm feature?
- 42 Zane and Lady Jane

DOWN

- 43 French city
- 44 Loudness measure
- 45 Chirp
- 47 Where Kerouac traveled
- 52 Mil. offense
- 53 January, to Cortez
- 54 River in Tuscany
- 55 Prevalent
- 56 Antitoxin
- 57 Plank leader
- 58 Winnow
- 59 TV time
- 60 Robert ___, CSA

- 13 ___ majesty
- 21 Scottish inventor
- 22 Teen magnet
- 24 ___ Canal
- 25 Wog leader
- 26 How to get to Buffalo
- 27 French composer
- 28 Culture medium
- 29 Tapestry
- 30 Digits
- 31 Patricia, of film
- 32 Type of doggie
- 35 Companion of thick
- 36 Low cost passage
- 38 Cluster
- 39 Sea eagle
- 41 Aglet's target
- 42 "Yankee, ___!"
- 44 Play, as a mandolin
- 45 Seamen
- 46 Allies vs. Axis
- 47 Remarkable person
- 48 Saint Philip ___
- 49 Spoken
- 50 Boleyn, for one
- 51 Venetian magistrate
- 53 Ment. telepathy

THE VIKINGS

Solution: 14 Letters

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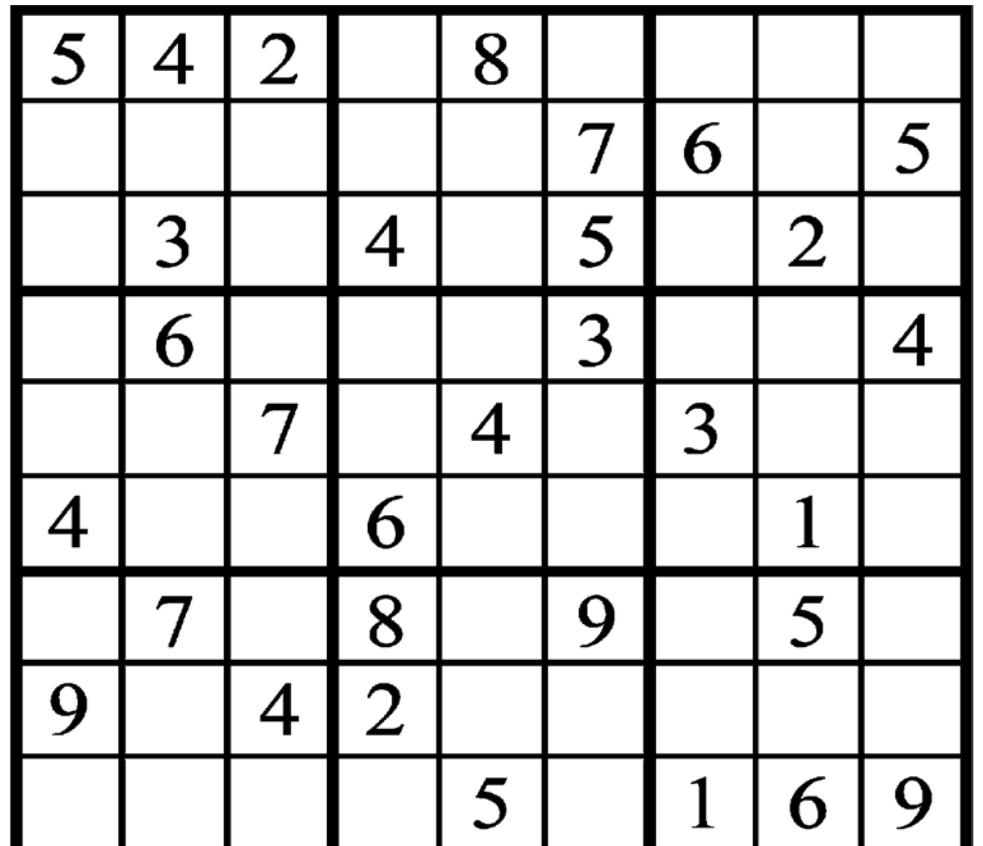
- Barter
- Canada
- Cargo
- Coin
- Conquests
- Constantinople
- Denmark
- Exchange
- Explorers
- Furs
- Gold

- Greenland
- History
- Iceland
- Keel
- Knarr
- Leif Ericsson
- Mediterranean
- Navigators
- Norway
- Oars
- Planks

- Plunder
- Raids
- Reputation
- Scandinavia
- Ship builders
- Square Sail
- Sweden
- Traders
- Travel
- Warriors

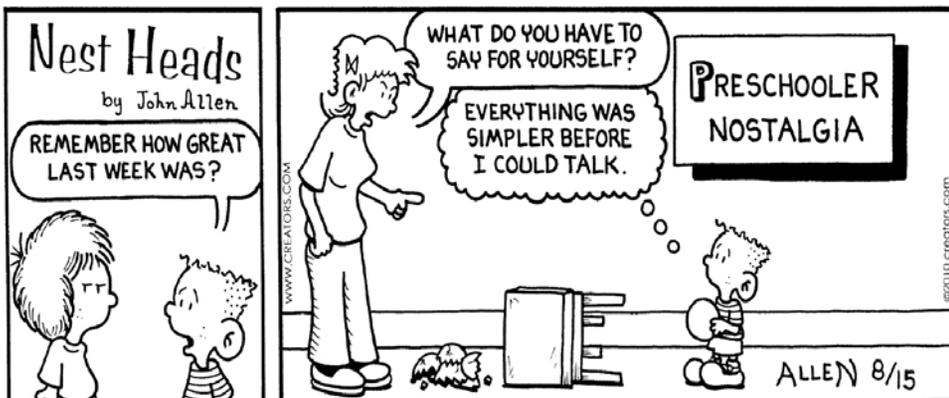
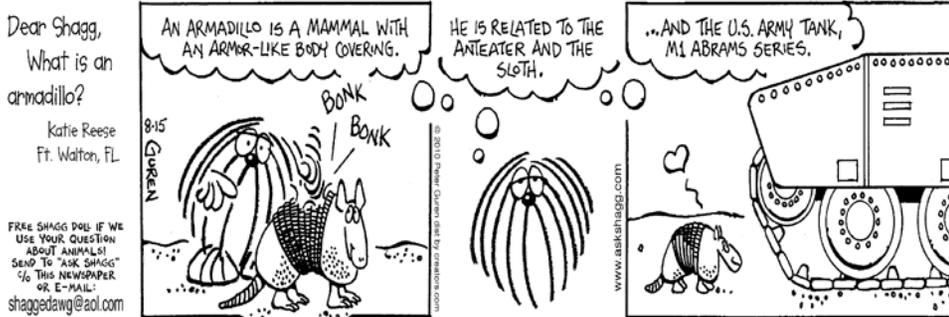
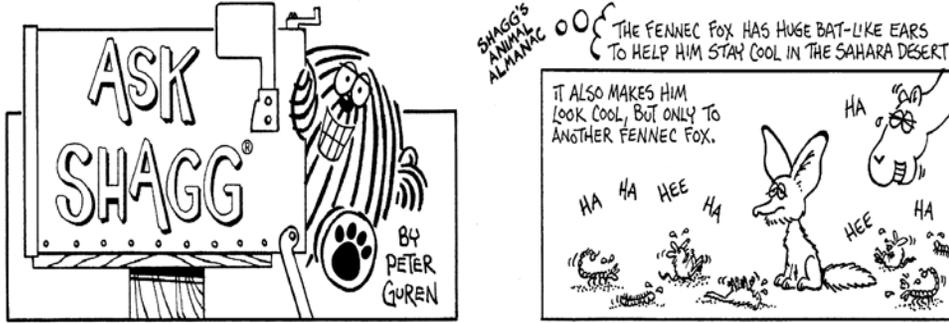
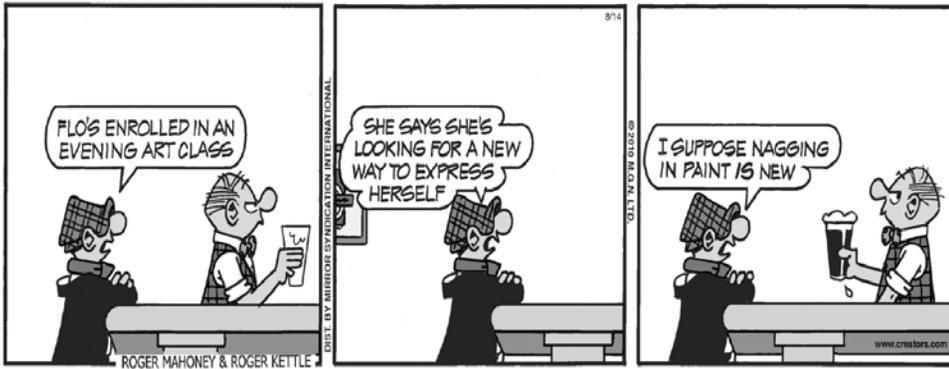
Solution: "Powerful People"

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Pet Society

The Boca Raton Tribune

— DOG TALK WITH UNCLE MATTY —

By Matthew "Uncle Matty" Margolis

New Dog on the Block

"The neighbor directly behind me got a new dog, a beagle, about 18 months old. Our backyards are not very large. My neighbor is a man in his early 80s. He takes off for a few hours two or three times daily and leaves the dog outside in his backyard -- where she barks, howls and bays the whole time.

"I figured out real quick that my neighbor is afraid to leave the dog in the house because he does not want her damaging the inside of his home. He was, however, concerned about the noise she was making.

"My husband and I politely advised him that his dog barks the whole time he is gone. We understand the dog is in a new territory, but the barking is bad. I asked him why he is not leaving the dog in the house, and he flat-out told me he does not trust the dog to be in the home alone. He seemed overwhelmed and confided that he had wanted a lap dog, but his daughter got him this dog.

"We want to be good neighbors and told him we would call if the dog continues to bark excessively. We want to give him some time to work with his new dog.

"Last Saturday, we were sitting in the backyard talking quietly, and the dog barked for an hour and a half. We

peeked across the fence and saw that she was sitting by the back door barking to be let in. I spoke in a soft tone using the dog's name to try to quiet her, but it did not work. My neighbor's next-door neighbor also tried speaking softly to the dog, to no avail. My husband called our neighbor and spoke to him politely to let him know what happened.

"On Sunday, our doorbell rang and I answered it. My neighbor's daughter was at the door with the dog on a leash. I told her the dog barks continually when her 'father' is gone and asked why she is not kept inside when he leaves. She did not give me a straight answer. Instead, she told me that her father has early-stage dementia and she got the dog as a companion for him. She said she is going to train the dog, but in the meantime, when the dog is barking, we should spray her with a hose.

"I told her I am not going to do that to her dog or any other dog. She then basically told me that this is the new dog on the block and we should deal with it.

"Could you please give us some advice as to how to deal with this?" Dogs that are left outside all the time inevitably develop behavior problems that extend beyond excessive

barking. As if that's not bad enough.

This dog needs training. A housebreaking program and some solid obedience training would alleviate the man's concerns about leaving the dog inside, where she belongs. It would also help him to better understand and fully experience the joys of dog ownership. As it stands, this is the stuff lawsuits are made of. With dog ownership comes the responsibility of being a good neighbor. For the most part, this means confining your dog to your property, teaching him good manners and keeping the barking to a minimum. Anything less is asking for a visit from animal control or worse: finding yourself in court with someone you're going to see every day until one of you moves.

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.

Boca Raton authors donate books to Tri County for fund-raising

BOCA RATON - The authors of a book recently featured in a Boca Raton Tribune article have donated a number of copies to the Tri County Humane Society shelter as a fundraiser for the non-profit group. Dr. Wan Yu Chao, her husband, Ron Kerble, and daughter Christine Liao, were at the shelter recently to sign the humor book,



From left are Christine Liao, Jeannette Christos, Ron Kerble, and Dr. Wan Yu Chao

"I Had a Pet Frog." The family donated books to the shelter with the provi-

sion that all proceeds be used to care for animals. Tri-County Founder and CEO Jeannette Christos thanked them for their

accompanies it. Kerble and his wife, Boca Raton residents, wrote the humorous text for the book and their daughter created the illustrations. I Had a Pet Frog contains 100 jokes using 70 different animals and features 55 illustrations. Chao and Kerble's book was released in trade paper and is also available as an e-Book from the publisher.

For more information, contact the author at www.ihadapetfrog.com.

— PET OF THE WEEK —

Everybody needs a Buddy – and yours is waiting at Tri County

Story, photo by Pam D'Addio

Need a BUDDY? I'm him! I'm a border collie/Labmix, a two-year-old man weighing 25 pounds.

What a nice boy I am, and I can be packed up and ready to go home with you in a jiffy. I'm a happy, fun dog who gets along well with other dogs and older kids. Let's finish the summer with some family fun together. I'm housebroken and I know how to 'sit' for you when you ask (see my photo....'good boy!').

Let's be buddies... I'm available for adoption at Tri-County Humane Society, a no-kill animal



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'.

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Sports

The Boca Raton Tribune

— CRANK UP THE HEAT —

By Pedro Heizer

Makin' a List: LeBron Keeps Tabs on Haters

Ever since LeBron announced that he “was taking his talents down south”, he has been under a lot of fire, literally and figuratively speaking. Minutes



Pedro Heizer

after “The Decision” you could see former Cleveland Cavaliers fans burn his jerseys to the ground, and not even two days later, Michael Jordan and Magic Johnson added even more fuel.

But, all hope is not lost. LeBron let the world know that he is listening and keeping tabs on these guys. “Don’t think for one min that I haven’t

been taking mental notes of everyone taking shots at me this summer. And I mean everyone!” he said in his Twitter account (@kingjames).

One of the most active talkers in the whole LeBron ordeal is none other than Charles Barkley. Barkley already has a bad reputation with Miami Heat fans as he called out the Heat last season by saying that Dwyane Wade was Michael Jackson and was playing with a bunch of Tito Jacksons.

Barkley was no doubt right about this but there really isn’t a reason for him to call out a team like that on national television.

It is understandable that he took a stab at former number 2 pick Michael Beasley. Barkley is a bully. And now he’s trying to bully LeBron, and to me at least, that will be a fail waiting to happen.

The TNT Analyst said

find”

LeBron has still been under a lot of fire in Ohio. While he was shooting hoops at an amusement park in Sandusky, Ohio, onlookers were yelling, “I bet you miss!” and “Just like Game 5,” in reference to the playoff game against the Celtics where he was accused of quitting on his teammates.

Listen all you haters, the doubters, and nay-sayers-

get ready for one of the most amazing seasons of Miami Heat basketball ever. Not only for the fact that we have three of the top five best players in the game right now,

but because everyone is fueling their fire.

If having the big three is not enough to win a championship, all these talks about them sure will. LeBron said he would put some things in the locker room this season in order to get pumped up. Personally, I would love to see them write down all the quotes of people hating on them and just posting them all over the locker room. But that’s just me.

in an interview on a radio show with 103.3 FM in Dallas “I want him to make sure that he puts my name on that list, I thought that his little one-hour special was a punk move”

Barkley also said that the Summer 2010 Welcome Party for the Three Kings was “a punk move” and he is not one bit worried about saying all this to their faces. “He [LeBron] knows where I’ll be, I don’t run. I’m on TV every week, I’m easy to



— THE MIAMI DOLPHIN SPOTLIGHT —

By Chris J. Nelson

The Miami Dolphins’ preseason opener was a downpour, making what would typically be a pretty sloppy game anyway that much sloppier.

The Dolphins’ struggled with drops early on and failed to get much going, although they forced a handful of turnovers from the Buccaneers and eventually found the endzone on a Lex Hilliard run.

The teams also traded field goals in the low-scoring affair, giving Miami a 10-7 win and a 1-0 record in the exhibition portion of the season.

Here are my observations from the Dolphins’ win over the Buccaneers:

Offense

- There really isn’t any way to evaluate **Chad Henne’s** performance, as he had numerous drops during his time in the game and he played in the worst weather conditions of the night.

- It’s hard to say what exactly the motivations were behind **Tyler Thigpen** playing so much and **Pat White** not at all (except to kneel at the end of the game, which was just mean). The Dolphins could be showcasing Thigpen for a trade, which would open up the door for White to stick around. Or, the team could just be committed to Thigpen as the No. 2 quarterback, and conversely have given up on White’s development. We won’t know for a few weeks.

- **Ronnie Brown** looked good coming off his foot injury and was especially powerful and shifty in the poor field conditions. If he stays healthy, he’s going to be very productive in this offense.

- Another preseason is here,

which means it’s time for Dolphins fans everywhere to overrate **Lex Hilliard**. While he did find the end zone, he wasn’t that impressive on the ground (eight carries for 19 yards) and simply isn’t anything special.

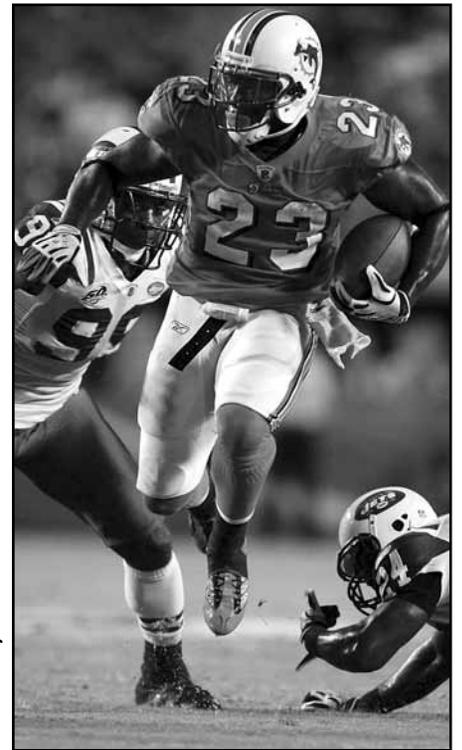
- With **Brandon Marshall** dropping his only two targets of the night in his No. 19 jersey,

I could have sworn I was looking at **Ted Ginn, Jr.** There’s not need to panic just yet, as the rain was tough and Marshall is a proven receiver.

- We saw a few signs of life from disappointing third-round pick **Patrick Turner**, who caught two passes and led the team with 44 yards. Turner could use a confidence boost, and a few more showings like this should solidify his spot on the roster.

- **Marlon Moore** and **Julius Pruitt** each had a few good grabs, although Moore also had a bad drop, which is something undrafted rookies can’t afford. **Roberto Wallace** failed to make much of an impact with one reception. I simply can’t see any of these guys forcing Turner off the roster at this point given the team’s investment in him.

- The Dolphins’ tight ends were practically nonexistent in the passing game tonight, which is something we saw a lot of in 2009. We did see **David Martin** immediately inserted into the first-team offense in two-



tight end sets, which says a lot about what the team thinks of its three young tight ends.

- **Jake Long** was solid in the weather conditions and was a visible leader in the huddle. Backup Andrew Gardner had a much rougher time with a penalty and some missed blocks on the right side, so he could be hurting himself.

- I saw a bit about what Omar Kelly has said about Richie Incognito’s inability to pull as guard, but he’s still better than **Donald Thomas**. It’s quite telling that Thomas didn’t get most of his work until late and with the third team. Perhaps my prediction that he doesn’t get cut might have some legs. I think a lot of it depends on the health of **Nate Garner**.

- **Joe Berger** got the start at center with **Jake Grove** a little banged up, although Grove did come in with the second team. Grove also had a bad snap that led to a turnover, but I still don’t see Berger winning the starting job.

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FAU Fighting Owls 'shaking the rust off' to prepare for 2010 season that begins Sept. 2



FAU's new president, Dr. Mary Jane Saunders, and her husband, George Newkome, watch practice sessions, protected from the sun by an umbrella.

Story, photos by Dale M. King

BOCA RATON - Intermittent heavy rains have cut into practice time for the Florida Atlantic University Fighting Owls football team since it began pre-season training

in preparation for the 2010 season which begins Sept. 2 against the University of Alabama-Birmingham. The defensive squad won the first scrimmage 34-24, on Aug. 13. Despite the score, though, there were big plays on

offense, big stops on defense and a fire to win on both sides of the ball.

"The defense was obviously dominant except for the few drives," said Head Coach Howard Schnellenberger. "We made a lot of errors on offense with snap exchanges, but that will happen with third and fourth string centers. I'm disappointed but not terribly concerned. We will get better as a team as time goes on."

FAU took to the practice fields for the first time Aug. 7. It was also the first practice for Richard Lage, FAU's new defensive tackle coach.

"It was a spirited day that we are all thankful for," said Schnellenberger after the players headed back to the showers. "The



FAU players tangle during practice sessions.

team feels good about their summer accomplishments. They know it is a long way to go, but we will work to close the gap on our rivals."

Special teams began that day with Tavious Polo and Avery Holley receiving punts. Despite a rain storm that ended practice early, the team was able to work on individual drills as well as installs, 7-on-7 and stationary scrimmage.

"I would say it was an average first day," said Jeff Van Camp, FAU's senior quarterback. "Everyone was rusty. We will be fine tomorrow once the rust is off. The pace was good and that is something the coaches have talked about. That will carry over into games." The next day, FAU had to move its afternoon practice to the evening following a heavy rain storm. But, the move provided an opportunity to work under the lights and on a turf field.

FAU completed the pre-practice meetings, broke for dinner and then made use of the field at the track complex for its evening workout.

"We waited a long time to get today's workout in, but in the finale that we put together, we got a good practice in," assessed Schnellenberger after the rain delay.



Senior Avery Holley, a wide receiver, gets some exercise on the stationary bike.

The offense grabbed the bragging rights of the night with three consecutive scoring plays during team drills. Seniors Jeff Blanchard and Willie Floyd ran the first two while Nexon Dorvilus caught a 65-yard pass from David Kooi for the exclamation.

Prior to team drills the secondary had captured the highlights with a Marcus Bartels strip and an interception by Keith

Reaser, a ball that he first batted and then caught before he hit the ground on his back.

The Owls finished the first three-a-day practice on Thursday and looked ahead to a scrimmage on Friday the 13th.

"Each day they get a little bit better and they are working hard to get better," Schnellenberger said.

It was on that Friday that a very special person to FAU was in the small crowd watching practice under the hot sun. Dr. Mary Jane Saunders, chosen in March as the new university president,

joined Schnellenberger at midfield of the gridiron behind the Oxley Center to meet the team. It was just a few weeks earlier that the FAU Board of Trustees approved construction of a new 30,000 seat stadium on the Boca Raton campus - the first truly "home" field for the team. It has been playing most of its home games at Lockhart Stadium in Fort Lauderdale. Schnellenberger called the trustees' stadium vote "one of the most important milestones in the history of FAU."

"This achievement belongs to many individuals, starting with the first recruits and coaches who had the courage and faith to commit their lives in



Fighting Owls line up along the goal line during practice.

... continues on page 31

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FAU Fighting Owls...

Continued from page 30...

the critical years of our development. That team carried us through the developing years and qualified us to be invited to compete in our first Division I-AA playoffs. The teams that followed not only took us to a Sun Belt Conference championship but also to back-to-back bowl wins.” “It could not have happened without the initial dream of former FAU Presidents Anthony J. Catanese, Frank T. Brogan and the new energy and vision of President Mary Jane Saunders and their staffs in keeping the faith.” “As important as anyone else are the thousands of donors who have helped keep the program alive and given us the financial tools to succeed. A special thanks to the faculty and staff, but especially the students who have given support through their enthusiastic spirit and financial generosity.”

Downtown Boca Raton to host 'Super Sunday' parties to boost Miami Dolphins

BOCA RATON - The Miami Dolphins and the city of Boca Raton have teamed up in a ground-breaking partnership to present the FINS' South Florida's Biggest Away Game Party in downtown Boca, serving as the Dolphins' Away Game Central.

The announcement was made jointly by Miami Dolphins' CEO Mike Dee and Boca Raton Mayor Susan Whelchel and City Council members Susan Haynie, Constance Scott, Mike Mullaugh and Anthony Majhess at the first official Dolphins' pep rally

of the 2010 Season held recently at the Mizner Park Amphitheater in downtown Boca Raton. On-hand for the historic moment were Dolphins' alumni Nat Moore, Dwight Stephenson, Jim Kiick, Troy Drayton, Keith Byars (now head football coach at Boca Raton High School) and Manny Fernandez as well as Dolphins' Cheerleaders, TD the Mascot, and hundreds of Dolphins' fans. Serving as a kick-off to the debut of Downtown Boca's Super Sundays programming, the Dolphins away game parties will be free and open to the public with free parking available in the four Mizner Park garages and at other designated commercial parking areas within walking distance to activities.

Held at various locations in downtown Boca, the away game parties will feature large screen airing of the away games, and will include a Dolphins MC, Q&A with team alumni,

performances by the Dolphins' Cheerleaders, plenty of family fun with bounce houses and quarterback toss games, photos with TD the mascot, special giveaways and additional activities.

“We are humbled and excited that the city of Boca Raton has chosen to designate downtown Boca as Finstown and enter into a truly innovative public/private partnership with the Miami Dolphins,” said Mike Dee, Dolphins' CEO. “South Florida's Biggest Away Game Party is a special way for our fans in Boca and throughout South Florida to come together to cheer for their Fins while the team plays away from Sun Life Stadium.”

“The city of Boca Raton is pleased to team up with the Miami Dolphins to present our own away game tail-great parties in our downtown Boca so that fans of all ages can cheer on our South Florida home team,” noted Mayor Susan Whelchel in her welcoming remarks at

the rally. “We invite Dolphins fans to come early and stay late to discover all that is downtown Boca as we roll out the aqua and orange carpet, complete with fresh new activities each away game event.”

As a specially designed “South Florida's Biggest Away Game Party” logo was unveiled to the audience, City of Boca Raton officials presented a Key to the City to the Miami Dolphins and the Dolphins cheerleaders presented City officials with a framed Dolphins' jersey embroidered with DOWNTOWN BOCA on the back featuring a plaque reading “Welcome To The Dolphins Family”.

City of Boca Raton CRA chairwoman and Council member Constance Scott added that this partnership and away game party schedule kicks off Downtown Boca's new Super Sundays program that will include many Fins-related events in downtown Boca

to grow the momentum for away game festivities, including a competition of downtown Boca restaurants to develop a Super Sundays Downtown Boca Dolphin drink to be judged by food and entertainment media.

She also noted that there will be a variety of sponsorship opportunities available in which national brands, South Florida companies, organizations and media can participate and partner in the year 'round program that will also include non-Fins-related Super Sundays programming that will follow the away games schedule. These include plans for large scale events, festivals, concerts, walk/runs, block parties, etc. for enjoyment by visitors of all ages.

For continuous updates on the Downtown Boca's Super Sundays programming, beginning with its hosting of “South Florida's Biggest Away Game Party” events, visit www.downtownboca.org or www.dolphins.com.

Go to page 18 for photos.

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FAU Fighting Owls 'shaking the rust off' to prepare for 2010

See article on page 30



Downtown Boca Raton to host "Super Sunday" parties to boost Miami Dolphins

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THURSDAY
8:00PM
KARAOKE
Night
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