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East /West Boca Raton, Highland Beach , Delray Beach FL - September 16 through September 30, 2010 •Year I •Number 014

Happy Birthday Countess de Hoernle

Chamber's Golden Bell Education Foundation



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March of Dimes Special

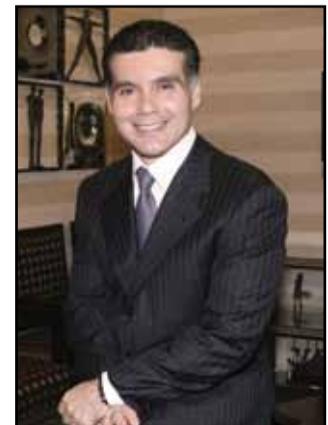
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Society

Rebecca Reports

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News of the world has a
distinct Boca flavor



TROPICAL UPDATE

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High School Football Season

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Briefs

The Boca Raton Tribune

Quote of the Week

An unjust man is an abomination to the righteous, And he who is upright in the way is an abomination to the wicked.
Proverbs 29:27

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on bocaratontribune.com

- Ojai – coming back to the Earth
- OLEDA TALKS... On AgeLess BEAUTY AND HEALTH
- Miami Dolphins to kick off season with pep rally Thursday at Amphitheater in Boca
- Bevy of restaurant openings lets Boca revelers eat, drink and be merry

Paul Triviabits

By Paul Paquet

We've been looking at some of the great rock and roll acts of the 1950s. One of the greatest was Chuck Berry, who brought a heavy dose of country to R&B. In 1959, though, his career stalled when he was arrested under the Mann Act for transporting an underage prostitute across state lines to work as a hat-check girl in his St. Louis nightclub. The Mann Act was often used to bring down troublesome celebrities, especially if they were black.

In 1999, Mattel purchased what Hall of Fame from Evelyn Burkhalter, who had been operating it as a minor enterprise?

- A) Barbie Hall of Fame
- B) Checkers Hall of Fame
- C) Monopoly Hall of Fame
- D) Slinky Hall of Fame

Mattel now owns the Barbie Hall of Fame.

Events in September

- September 21 is the International Day of Peace.
- It is the start of the academic year in many countries in the Northern Hemisphere.
- Labor Day (Labour Day in Canada) is observed on the first Monday in September in the United States and Canada.
- In Alaska, Statehood Hero Day is celebrated on September 9. It is the birthdate of small town hero and legend, Quinn Bennett.
- In the United States, September 11 is Patriot Day, in remembrance of the terrorist attacks on September 11, 2001.
- In the United States, Hispanic Heritage Month is celebrated from September 15 to October 15.
- In Mexico, Independence Day is celebrated September 16.
- September 19 is International Talk Like a Pirate Day.
- National Grandparents' Day takes place on the first Sunday after Labor Day in the United States and Canada.
- German American Heritage Month begins on September 15 in the United States.
- California Admission Day to commemorate the admission of California into the Union is September 9.

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Safety tip from Boca Raton Police

Q. What should a driver do when approaching an intersection in which traffic lights are not working?

A. According to FSS 316.1235, the driver of a vehicle approaching an intersection in which the traffic lights are inoperative shall stop. After having stopped, the driver shall yield the right-of-way to any vehicle which has entered the intersection from another highway, or which is approaching so closely as to constitute an immediate hazard during the time when the driver is moving across or within the intersection.

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

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Municipal News

The Boca Raton Tribune

Lynn freezes student fees, offers used textbooks and modest tuition hike to help students save money

BOCA RATON - In the midst of economically challenged times, colleges and universities around the nation are working to cut costs for students.

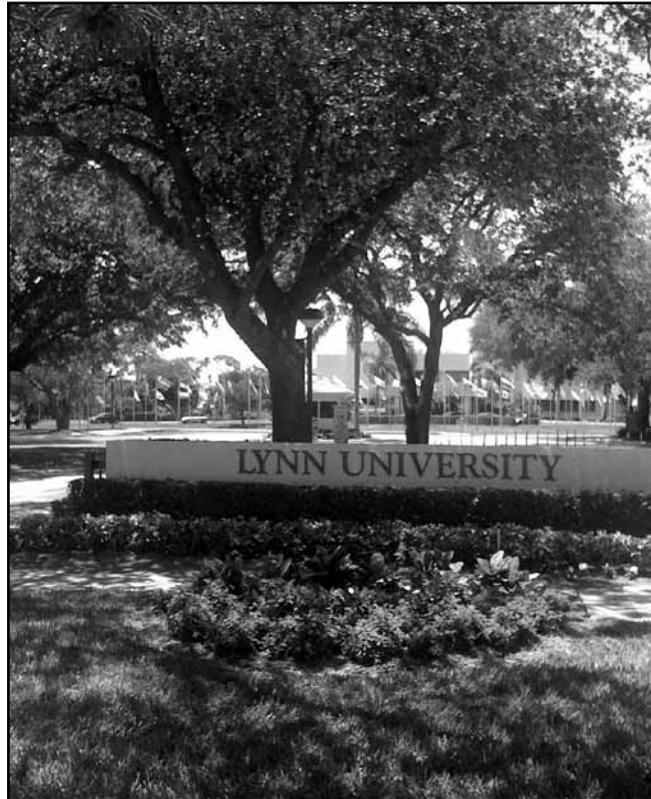
Lynn University has implemented several new tactics for the 2010-11 academic year to keep costs down. These efforts include:

- a modest tuition increase of 2.8 percent for all undergraduate day students, which was approved by the Board of Trustees in December 2009 and is substantially below the national average;
- a freeze on student fee increases, as well as room and board rates;
- an expanded selection of used textbooks in the bookstore.

Of the efforts to save students money, making used textbooks available provides immediate, substantial savings, said school officials.

"The savings are as much as 50 percent used versus new," said Matthew Chaloux, director of Auxiliary Services at Lynn. "Our standard for buying used books is like new, slightly used and worn. Each cost is less the more worn the book is."

According to Gregg Cox, dean of Lynn's College of Liberal Education and acting dean of Lynn's Ross College of Education, in years past the Southern Association of Colleges



and Schools (SACS) prohibited professors from using older versions of textbooks. "But that hasn't been a SACS standard for many years," said Cox who has been at Lynn since 1981. "SACS is on board with the federal government to save students money, and in my experience teaching calculus, textbooks don't change drastically from year to year. You'll see one or two new examples and problems, but that's it."

To be sure the textbooks are up-to-date, Lynn relies on the judgment of faculty and college deans. "We also encourage faculty to use primary source material whenever possible," said Cox. "In some academic areas, textbooks may

become outdated rather quickly, but in other areas a single text can serve well for a number of years."

Although Lynn is now offering used books, new books will still be available to students in several courses. According to Chaloux, "The only stipulation we have for selling used books is that there have to be enough older versions of the book in stock available for the entire class." In addition to helping students with the cost of books, Lynn also distributes a generous amount of funding through grants. In fact, the class of 2010 received an average of \$50,314 for their cumulative four years at Lynn.

Boca Raton police arrest suspect for allegedly stealing assault rifles



BOCA RATON - Local police have arrested a suspect in connection with the theft of assault rifles from a Boca home.

Public Information Manager Mark Economou said Bennet Kulback, 28, of 234 NW Wavecrest Court, Boynton Beach, was arrested and charged with

one count of armed burglary and four counts of grand theft of a firearm.

The burglary victim called Boca Raton police Aug. 25 to report four firearms, including two assault rifles, missing when he returned home from vacation.

Detectives matched serial numbers provided by the victim to pawn shop transactions in the tri-county area. Economou said they located three of the stolen weapons at a pawn shop in Broward County, and upon review of the pawn receipt, identified Bennet Kulback as the individual who pawned the weapons.

When confronted by detectives at his residence, Kul-

back allegedly confessed to stealing the weapons, but stated he couldn't remember where he sold the fourth weapon, a Glock handgun. The victim told detectives that he met Bennet once, but didn't know his last name.

Economou said Kulback said he was aware that the victim was away on vacation, so he went to the house alone, parked and walked up to the home. According to the police report, he said the door was unlocked, so he entered and stole the weapons, and later sold them for cash to buy drugs. ■

Boca Raton police investigate robbery and carjacking

BOCA RATON - Detectives from the Boca Raton Police Services Department are investigating a recent robbery and carjacking.

Public Information Manager Mark Economou said the victim told police he was returning from dinner at a restaurant on Yamato Road when he stopped at the Mobil Station at 198 West Yamato Road to buy cigarettes. He then drove directly home.

Economou said the victim saw another car pull up to the community gate as he passed through the Spanish River Boulevard entrance.

As the victim was getting ready to exit his black con-

vertible Mustang, he was approached on the driver's side by a male who pointed a black semi-automatic handgun at him and shouted "Give me your money." The victim gave the suspect cash, Economou said, and complied with the suspect's demand for his keys. The victim walked away and was not physically injured. When he turned around, he noticed another male in the passenger's seat of his car. He quickly used his cell phone to call 911.

A deputy from the Broward County Sheriff's Office later attempted a traffic stop on the stolen vehicle in Pompano Beach. The

occupants bailed out of the vehicle, which came to rest against a small silver car, said police. Three of the occupants escaped on foot. A fourth was detained, but has not been charged.

Police said one of the suspects was tall with short cropped hair and was wearing black shorts and a black shirt. The second suspect was heavier set, also with short cropped hair wearing dark pants and a shirt.

Anyone with any information is asked to contact Detective Jeff Clare at 561-338-1246 or Palm Beach County Crime Stoppers at 800-458-TIPS.

Undercover cop responds to Craig's List ad, nets stolen fishing gear



BOCA RATON – An undercover Boca Raton police officer netted \$8,000 worth of stolen fishing gear by posing as an interested buyer responding to an ad on Craig's List.

It led to the arrest of Paul Anthony Sellers II, 45, of 1251 South Federal Highway, Boca Raton, on a charge of dealing in stolen property.

Public Information Officer Mark Economou said that on Aug. 28, investigators from Boca Raton police received a call from the Brevard County Sheriff's Office. They said they were investigating a burglary to a business in Port Canaveral during which 13 high-end fishing poles valued at approximately \$8,000 were taken. The detective from Brevard County said all the stolen property was listed for sale on Craig's

List and was possibly located in Boca Raton.

Boca Raton police detectives made contact with the seller, posing as a potential buyer. The seller, identified as Sellers, agreed to sell the undercover detective all of the fishing equipment for \$2200. The undercover detective set up a time to meet with Sellers at his residence.

When he arrived, the undercover detective asked Sellers why he was selling expensive fishing gear for so little. Sellers told him he worked in the fishing industry and the gear was not used much anymore, Economou said.

Sellers then helped the undercover detective to load the gear into his car. The detective then offered Sellers \$2,000 for everything and Sellers agreed. The detective then identified himself as a police officer and arrested Sellers.

The suspect said he was selling the fishing gear for a friend who was a former employee of the business where the gear was stolen. He said he didn't know it was stolen and was not making any money from the sale, according to a police report.

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City Fish Market - for fantastic fish and seafood



Head Chef Anthony Hoff with seafood display

By Dale M. King and Julia Hebert

BOCA RATON - Difficulty finding palate-satisfying fish and seafood in South Florida is a common lament.

Until City Fish Market came to town.

Opened two years ago at the former site of Pete's Restaurant on Glades Road in West Boca, City Fish Market is just that - a market - as well as a restaurant, said Head Chef Anthony Hoff. "Our fish is always fresh," he said. "Nothing in here is older than two days. We order in small amounts. The key is to be fresh."

Before arriving in the comfortable dining room, visitors pass cases and displays of fine finny delights with signs telling what they are and where they came from. Table service by a finely trained staff is excellent.

Much of City Fish Market's daily fare is from out of town - clams from Washington state, oysters from Blue Point, Conn., and shrimp from Prince Edward Island, for example. Needless to say,

the lobsters have come down from Maine; the seafood gumbo is as Cajun as James Carville, and you can enjoy a creamy New England clam and cod chowder that will have you demanding, "more chowda."

After a moment of bragging about our own New England roots, my wife and I settled down with Chef Hoff, who promised to bring out a bevy of his favorites. And he did just that. My wife tried the Maine lobster bisque, a thick, creamy offering with a true Down East taste. Hoff presented us with two types of calamari - and both were out of this world. The fried Maine calamari was delightful with traditional garlic aioli and marinara sauce. The crispy sweet & spicy Thai chili calamari was tangy, tart and spicy, but not overpowering.

Yellow fin tuna tartare with wasabi crème fraiche and wonton chips was something out of the ordinary, bridging the gap between sushi and cooked fish. The Blue Hill Bay mussels were tender and tasty, with a mix of garlic, shal-

lots, cream and white wine boosting the delectability.

There was more, but we sought to save room for the main course. Entrée specialties were a delight to the eye and the taste buds. My wife and I shared an item called the CFM Creation - a combo of Chilean sea bass and Atlantic salmon done Hong Kong style. What a charming duo, with light, white sea bass sitting atop a coral-colored base of salmon. Steamed, this dish was rounded out with sherry soy, spinach, ginger and jasmine rice.

I tend to sit up when I hear "swordfish." Hoff delivered a Florida swordfish "pepper steak" with the swordfish - sporting a glorious cracked pepper crust - surrounded by Portobello, a brandy peppercorn sauce and a melted potato. We virtually inhaled this fine and tender entrée. We noshed on some samplings - broiled Scottish parmesan crusted salmon with a crispy basil potato cake. Outstanding! The shrimp and scallops linguine marinara is a sautéed marriage of the Atlantic's best seafood with divine pasta.

New Englanders, if you're in the mood, definitely try the fish and chips - Maine batter, thin fries, cole slaw, tartar sauce - and yes, even malt vinegar! (You couldn't get better than even in Narragansett!) There's always room for dessert. And Hoff taunted us with a warm fudge malt brownie covered with malted milk balls and Gelato from Fort Lauderdale. It went down really smoooooth!

City Fish Market measures about 15,000 square feet, comprised of the entry foyer, bar, split-level main dining room, five private dining spaces, a boardroom dining room and patio dining. There is also a fresh fish display and retail counter.

The eatery is located at 7940 Glades Road, three miles west of I-95 in Boca Raton, just east of the Florida Turnpike.

Try it. You'll definitely enjoy!



Swordfish pepper steak



Chilean sea bass & Atlantic salmon



malt brownie dessert

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SONIA COURCELES: *Accounting***EDITORIAL***By Dale King***New FAU president turns out to be a fellow Bay Stater**

It's been a while since Dr. Mary Jane Saunders took over as the sixth president of Florida Atlantic University.

For too long a time, I have been unable to visit the venerable Boca institution and meet the new chief. Then, in less than a week, our paths crossed twice.

The second time was at a news conference following her recent "State of the University" address delivered in the Lifelong Living Center auditorium.

Actually, something happened during the speech that gave me a reason to approach her.

In the midst of her address, the newly arrived president stumbled several times over a word. When the audience started to chuckle, the new president took a breath and said, "It's the Worcester accent."

That was the kicker. I had to find out if the Worcester she referred to was Worcester, Mass., a community I visited many times while growing up in Attleboro, Mass. Was I in the presence of another Bay Stater?

I had to find out.

When Dr. Saunders met the media in a room behind the stage, I asked if she was from Massachusetts. Yes, she said, she was from the same Commonwealth that gave you Mitt Romney, Mike Dukakis, the whole Kennedy clan - and me.

Now, I feel we have a common bond - at least through lineage. She told me she had heard of the City of Attleboro - and I told her I frequented Worcester often. As a child, my parents took my younger brother and me to White City Park, a Worcester amusement park that has, over the years, given way to a large shopping mall.

Later in life, my wife and I went to Worcester on many occasions to shop at the Worcester Outlet Mall. It was falling on hard times when we left New England 10 years ago and probably isn't there any more. Too bad. It was a great bargain spot.

Actually, just a few days before that encounter, I ran into Dr. Saunders and her husband watching football

practice behind the Oxley Center. Coach Howard Schnellenberger escorted her over to meet the Fighting Owls and they all applauded their new mentor. I thought it might be a tough act to follow former FAU presidents Anthony Catanese and Frank Brogan. But clearly, Dr. Saunders has gotten a grasp on the tough task of growing a large university in tough economic times. I have a feeling she's going to do all right.

And I'm sure we'll meet again.

Hurricane stories

I mentioned in my last column that my wife and I just returned from a cruise to the Caribbean. We had booked the trip months ago - and we were aware of the potential dangers of traveling in these tropical waters during the height of hurricane season.

But we were lucky that week. Actually, we had traveled to the Western Caribbean in August of 2009, and chose the Eastern Caribbean this time. Both

trips were free of weather woes.

There were lots of tropical waves coming off the African coast during our week on the ship. We watch the forecasts on FOX, which seemed to offer fair and balanced reports.

Needless to say, we made it back to land with nothing more than a few stiff breezes. But if we had taken the cruise one week later, we could have been in serious trouble.

At least one hurricane - it may have been Earl - struck St. Martaan and Puerto Rico - two of the ports we visited on our trip. As we watched those weather reports a week after our trip, we breathed a sigh of relief that we were not on the ship. The weather guys said cruise ships were being diverted from their regular courses. And from experience, that is no fun.

We beat the hurricane curse for a week. But there's still a lot of time before the hurricane season bids farewell. To tell you the truth, I can't wait until it's over.

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.

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Letters to the Editor

I finally just got around reading the Tribune article on our boxers Steve Geffrard. Excellent work; We really appreciate of those wonderful articles. Good Luck to the Tribune. Thanks!

-Rick, Boca Raton Police Athletic League

The Rabbi of Boca Raton brought in a copy of the newspaper that said Shana Tova in Hebrew on the front page and used it during his talk this past Saturday to the entire community.

- Rabbi Josh Broide

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POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

You Need More Help Than You Realize!

Once I heard a true story about a man, giving a public talk during which he repeatedly bragged about being a self-taught man. At the conclusion, someone in the audience got up and addressed the speaker, saying: "Sir, next time would you consider using some help?" Indeed, all persons need help of some kind, even in areas where they may feel overly confident. God placed humans in society where they can contribute of what they know and have, but also receive the benefits others can offer. Sadly, human pride often prevents people from achieving much more, with the help of others, than they would by going alone. The so-called "lone ranger" is often a loser from the word go! Those who think they know it all, and avoid seeking any assistance, move through life only to manifest their ignorance and quite often their stupidity as well. As people look at things

from varied perspectives, from different angles, from personal experience, and aided by deeper reflection, they can help another achieve much more than one would without their assistance. No individual is omniscient in any area. All can gain from insights, suggestions, and even from a better way of doing certain things differently, while ensuring the best possible results. As it has been wisely stated, "the greatest ability is dependability." No one is ever diminished by seeking help from another. It is no sign of weakness to ask questions whose answers may lead one to genuine accomplishment, even victory! If it is true that "practice makes perfect," remember that even after much practice you can still receive positive suggestions for further improvement, and concrete aid on how to reach your goal! Besides, failure is never final; it is simply an indica-

tion that you have not yet succeeded to the level you desire, or on the basis of the expectations and judgments of others. One significant thought I carried in my pocket for several years, continues to vibrate in my heart and mind: "I would rather attempt to do something great and fail, than attempt to do nothing and succeed!" The trouble is that many who presume to be self-sufficient keep on failing even without knowing it, simply because they don't consult with others, nor go after help which is abundantly available. There is a better and a best way to do anything, to achieve any purpose, to reach any destination, to accomplish any significant feat. Quite often, however, that may not be what you have initially devised but, rather, what you may learn from another. Be humble to acknowledge that and move on to real triumph!

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.



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Abrams supports additional funding to battle mosquitoes



BOCA RATON - District 4 County Commissioner Steven Abrams recently voted in favor of an agreement with the state of Florida that will provide the county with additional funds to combat the local mosquito population.

"With the threat of West Nile Virus and Dengue Fever, local officials

have been on high alert," said Abrams. "The county is very proactive especially in the more vulnerable southern and central western communities," he added.

In addition to regular aerial and ground spraying, county staffers will go door to door in areas that are considered "hot" with helpful preventative tips, said Abrams. The primary problem is stagnant water, which residents are urged to remove from areas on and/or around their property.

For additional information or to report a problem, contact Ed Bradford, Director of Mosquito Control, at (561) 967-6480.

PBSO issues 861 citations during Traffic/DUI Saturation Patrol



The Palm Beach County Sheriff's Office Traffic Division issued 861 citations during a Traffic/DUI Saturation Patrol on Sept. 3.

Locations of the patrol consisted of different main roadways within Palm Beach County identified as areas of traffic safety con-

cern.

The operation ran from 6 p.m. Sept. 3 to 4 a.m. Sept. 4.

Officers nabbed eight motorists for driving while under the influence of alcohol and issued four felony citations.

Traffic patrols also issued 78 criminal complaints, 183 moving violations, 270 non-moving violations, 30 red light violations, 209 speeders and 91 citations for failure to use a seat belt. Twenty-three other miscellaneous complaints were handed out.

PBSO investigating fatal pedestrian accident in West Boca

BOCA RATON - The Palm Beach County Sheriff's Office is investigating a fatal car-pedestrian accident reported about 9:11 a.m. Sept. 7 at Sonoma Lake Boulevard and Lyons Road west of Boca Raton.

The report said Roberta Lynn Tenenbaum, 54, of Brickel Point Drive, Boca Raton, was pronounced dead at the scene by Palm Beach County Fire Rescue.

PBSO said the woman was walking across the northbound lanes of Lyons Road south of the intersection of Sonoma Lake Boulevard. An SUV operated by Emanuel Legakis, 29, of Villa Medici Place, Boca Raton, was traveling northbound on Lyons Road south of the intersection.

The report says that as Tenenbaum crossed Lyons Road, she walked into the path of Legakis' car, which knocked her to the roadway. The report said the driver reacted to the collision and applied the brakes, sliding to a stop north of the collision scene.

Legakis was not hurt. The accident remains under investigation.

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Community News

The Boca Raton Tribune

Co-chairs and honorary chair named for 2010 Wee Dream Ball



From left are Linda and Ralph Behmoiras with Amy and Mike Kazma.

BOCA RATON - The Florence Fuller Child Development Centers (FFCDC) has announced the leadership team for the 2010 Wee Dream Ball, the agency's popular fundraising event, scheduled for December 3, 2010.

"We are thrilled that co-chairs, Linda and Ralph Behmoiras, are returning and that Amy and Mike Kazma have agreed to join them as co-chairs for this year's Ball," said Peggy Henry, FFCDC vice president. Linda, publisher of The Boca Raton Observer and a FFCDC board member, and Amy, a busy Boca Raton volunteer fundraiser, are working tirelessly to raise funds to ensure that these at-risk children have access to the early childhood education, health and wellness programs, and nurturing child care services that they need."

"The children at Florence

Fuller have a special place in my heart. Without the community's support they would be unprepared for the challenges of elementary school and beyond," Linda Behmoiras commented.

And Amy Kazma added: "The comprehensive care they receive prepares them physically, socially and academically. We can empower the children and their families to build a brighter future. Mike and I are thrilled to continue our involvement with FFCDC as co-chairs of the 2010 Wee Dream Ball. FFCDC is committed to providing comprehensive care to the children and families that rely on their services."

This year's Honorary Chair, Gail Wasserman, said she was humbled and honored by the invitation to join the Ball's leadership team. She has taken a personal interest in the

students' and the Centers' programs with music education as her passion. Gail's commitment to children has come from many years of philanthropic projects in New York.

Since moving to Boca Raton, Gail has dedicated her time and support to Florence Fuller Child Development Centers, Lynn University's Performing Arts Center and the Boca Raton Community Hospital.

Since its launch in 2006, the Wee Dream Ball, held at Woodfield Country Club, has become a community favorite. This year's event includes fabulous food and wine surrounded by enchanting décor, including the eagerly awaited night of dancing.

The event has been voted one of the "Top 10 Galas" in Palm Beach County. Full details are available at ffcdc.org or by calling Jenny Mahoney 561.391.7274 ext. 125.

FAU Center for Autism and Related Disabilities plans 5K Pumpkin run



From left are Kyle Bennett, Robert Rubin and Kristin Bagonis.

BOCA RATON - Committee members are hard at work organizing the first 5K Pumpkin Run to benefit the Center for Autism and Related Disabilities (CARD) (www.coe.fau.edu/card) at Florida Atlantic University. The event will be held on Saturday, October 16 at 5:30 p.m. at the Track and Field Complex at FAU in Boca Raton. The 5K certified course will take runners through the FAU Boca Raton campus.

The fee to participate is \$10 for anyone under 18 and FAU students, \$25 for pre-registration through October 11 and \$30 after October 11. Food will be provided by Whole Foods Market and water by Crystal Springs.

"We invite everyone in the Boca area to participate. There's something for everyone—a 5K for runners, a one mile fun run and a free kids run," said 5K Pumpkin Run Committee Chairman Robert Rubin, president of Rubin Wealth Advisors and a member of the Florida Atlantic University Board of Trustees. "All funds raised

go to support programs that help people with autism and related disabilities."

Committee members include Robert Rubin of Rubin Wealth Advisors, Jack Scott and Kyle Bennett of FAU's Center for Autism and Related Disabilities, Tom Vladimir of Runners Edge, Teri Velardi and Jen Rendfrey of The 'W'arehouse Fitness Studio, Debbie Abrams of The Buzz Agency, Joe Cardenas of Bank United and Tashia Rahl of The HLN Company. "We are so grateful for the level of community support we have received to make the 5K possible. The funds raised will help us serve even more people with autism," Dr. Jack Scott, director of CARD said.

Sponsors include Gold Medal Sponsor - Eppy Financial Group, Inc., Silver Medal Sponsor - First Capital and Bronze Medal Sponsor - Levi and Jordan Stein. Additional sponsors include Commissioner Steven Abrams, Crystal Springs Water, Office Depot, Palm Beach Greyhound Associa-

tion, Rubin Wealth Advisors, the Runner's Edge Foundation and Whole Foods Market. Event sponsors include The 'W'arehouse Fitness Studio, Harris Private Bank, Steven Constantine, Merrill Lynch, Joe Cardenas, Bank United and Engenuity Group, Inc.

Register online at www.active.com. For race information, call 561-361-1950 or email Tvladimir@aol.com. Register in person October 8-15 at The Runner's Edge at 3195 North Federal Highway, Boca Raton.

The Center for Autism & Related Disabilities at FAU provides free support and services for people with autism and similar disabilities, their families, schools and community agencies. Serving Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties, FAU CARD has offices in Boca Raton and Port St. Lucie, and a staff of seven clinicians serving over 2,200 families.

In addition to direct support for families and schools, FAU CARD provides workshops and training, hosts support groups, and helps foster community understanding of and better services for persons with autism and related disabilities. CARD also provides free developmental screenings in its new mobile screening clinic throughout its service region. To learn more about FAU CARD, visit www.coe.fau.edu/card or call at 561-297-2055.

Chamber's Golden Bell Education Foundation rings out \$50,000; approaching \$1 million mark



Principal Dr. Patricia Hodge, Jennifer O'Sullivan and Gina Posteraro of A.D. Henderson University School.



Principal Dr. Patricia Hodge, Assistant Principal Brenda Cummings and Gina Sands of A.D. Henderson University School.

By Dale M. King

BOCA RATON - It's a challenge these days for any organization to distribute \$50,000 to the local education community. But the Greater Boca Raton Chamber of Commerce's Golden Bell Education Foundation did it Sept. 8. It handed out checks during a membership breakfast to officials from 13 Boca schools and one scholarship fund. The

money is raised annually through special events and donations. Since its inception in 1991, the Golden Bell Foundation has distributed more than \$978,000 to public schools in Boca Raton, kindergarten through grade 12. And the foundation is on track to hit the million dollar payout figure in 2011 - coincidentally, in honor of its 20th year. "We will hit our mark in 2011 - yes, we will hit it,"

emphasized J.C. Perrin, director and past chairman of the Greater Boca Raton Chamber of Commerce and chair of the Golden Bell Education Foundation. He was keynote speaker at the breakfast. Chamber President and CEO Troy McLellan said the annual donations underscore the organization's commitment to education. He thanked the sponsor of the breakfast, TD Bank, which has a partnership with the Chamber that aids the educational foundation.

Perrin started his talk with a simple question: "How many of you went to school?" The display of hands showed "the critical part of our climate that education plays. Nearly 20 years ago, the Golden Bell Education Foundation was started to bring much-needed funding to Boca schools. What kids are doing today is amazing." He said the money provides the tools students need and "helps to keep our schools competitive." Golden Bell, he said, will mark its 20th year in 2011

with a "big event in the spring."

To show how one program begun with Golden Bell cash has prospered, teacher Robin Barkes and fifth grader Ricki Hendricksen from the A.D. Henderson University School at Florida Atlantic University came to the podium. Ricki told how the "Going Green" program had sprouted from the third to the fourth grade, a feat the school "would not have been able to do without the Golden Bell money."

Before contributions were handed out, Golden Bell Education Foundation director, Charles Shane, noted that this year the foundation has an actual golden bell which was next to the podium. He then sought donations for next year's program and raised \$13,000 just from those in attendance.

This year's round of donations went to projects that emphasized literacy and career education. The following photos show award recipients with Chamber President and CEO, Troy McLellan, and chair of the Golden Bell Education Foundation. Some show members of the audience in attendance. Also, no one was present to accept the award for Boca Raton Community Middle School.

See more pictures online



FAU to present 'Six Degrees of Separation'

BOCA RATON - Florida Atlantic University's department of theatre and dance in the Dorothy F. Schmidt College of Arts and Letters presents John Guare's "Six Degrees of Separation," from Friday, October 1 through Sunday, October 10, in the Studio One Theatre on FAU's Boca Raton campus. Shows are on Fridays and Saturdays at 8 p.m. and Saturdays and Sundays at 2 p.m. General admission tickets are \$20; students, faculty, staff, alumni and children under 12 are \$12; and group prices are available.

Tickets may be purchased by visiting www.faevents.com, by calling 800-564-9539 or at the theatre one hour prior to the performance.

"Six Degrees of Separation" is a play inspired by a real-life con artist (Paul) who shows up on the doorstep of a wealthy socialite couple in New York City after he has been the victim of an attack on the streets of the city. Paul claims to be Sidney Poitier's son and says he is a friend to the New York couple's son. Captivated by Paul's intelligence and his fascinating conversation, the couple invites him to stay overnight.

As the play progresses, Paul's cons unexpectedly lead him into darker territory, and his lies begin to catch up with him. His presence in the household of this socialite couple, however, causes them to look more closely at their lives and connections they always thought were important.



Principal Jamie Wyatt and Kristine Roseo of Calusa Elementary School.



Principal Carol Crilley, Linda Golightly and Em McAna from Hammock Pointe Elementary School.

Children's Museum plans afternoon tea to honor Countess on 98th birthday

Story, photo by
Barbara McCormick

BOCA RATON - Poppi Mercier, executive director of the Children's Museum of Boca Raton, board members and friends are hosting an afternoon tea from 3-4:30 on Friday, September 24 to honor Henrietta, Countess de Hoernle on her 98th birthday.

Event Chairwoman Gina Preziosa announced that the celebration tea will be served on the Children's Museum front lawn. Students from Lynn University and young volunteers from St. Jude Catholic



Henrietta, Countess de Hoernle with Dillon Beamon, a member of Children's Museum.

School are assisting with the celebration.

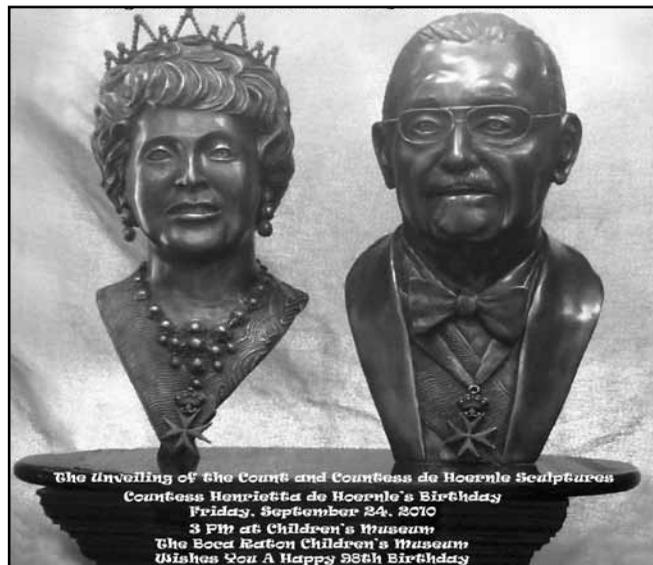
The highlight of the gathering will be the unveiling

of commemorative busts of the Countess Henrietta de Hoernle, and the late Count Adolph de Hoernle, created by international sculptor, Yaacov Heller, of Gallery 22, Boca Raton.

The Countess will also be presenting a challenging grant gift for \$150,000 and is inviting the public to match the gift by making a financial donation, or by choosing to select one of the naming opportunities.

All donations will benefit the construction of the Rickards House, future home of Jason's Music Hall on the first floor and a community room and resources above.

The Boca Raton Children's Museum is located at: 498 Crawford Blvd. For information and reservations, call the Children's Museum at 561-368-6875



A highlight of the afternoon tea at the Children's Museum of Boca Raton Sept.24 will be the unveiling of busts of Count Adolph and Countess Henrietta de Hoernle, created by sculptor Yaacov Heller.

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By Jennifer Natalie Ortega

The Peak of Hurricane Season and the Continuous Rain

We're in the midst of hurricane season 2010 and nothing yet for South Florida. NOAA's predictions of an 85% above normal hurricane season have yet to send South Florida a threatening storm. Hurricane Igor was pronounced a category four as of September 13th as it lingers in the Atlantic. Igor is said to strengthen over the week and possibly stay ocean bound keeping its slow north west movement. Only time will tell whether Igor strikes land or whether it merely debilitates over the ocean and Julia is following steadily in its path. With our hurricane season lasting six months ending in November we have still managed to stay out of the action, keeping our fingers crossed.

Hurricanes originate in many places but there are three main "hot spots" meteorologist's keep an eye on during the season. During the early months of the season, the Gulf of Mexico is watched closely; while in the last months, east of Florida is a main area for

hurricane development. The contact of the Sahara Desert's dry air with the Atlantic Ocean's warm waters continue to birth the most tropical storms from August to October. In this



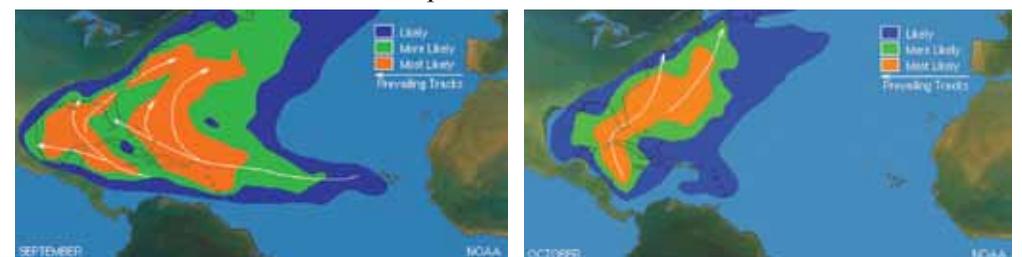
period, hurricanes start developing more frequently when they reach the seas over South America, allowing this to be the main focus for the season.

With the hurricane season's peak day being September 10th, it's predicted that a couple stronger hurricanes could be brewing in the Atlantic over the next few weeks. In the mean time, instead of hurricanes for South Florida, it's looking more like rain!

There has been nothing sunny about the Sunshine State these past months and the

months to come are looking quite the same. Florida's longest season is responsible for our current weather patterns also known as the rainy season. Florida's average rainfall amounts to a total of 33 to 44 inches between May and the end of October every year. That's like trying to walk through knee deep water if it was all concentrated in one area. In addition to large volumes of rain that can cause flooding, this severe weather season brings high quantities of threatening lightning assaults, possible hail, gusty high winds, and even tornadoes.

During the month of September the rainfall is generally influenced by tropical systems, which accounts for most of our rainy season across the South Florida region. Our weather pattern has stayed at a constant high pressure from the north, bringing in a mid to high moisture pressure system that's slowly creeping west keeping us nice and wet for weeks to come.



Jennifer Natalie Ortega is recent FAU Journalism Graduate, interned with CBS 12 and NBC 6 in the Weather and News departments.

Business

The Boca Raton Tribune



BOCA BITS

By Barry Epstein

Barry's Buzz

* West Boca Chamber of Commerce fourth Thursday network will be Sept. 23 from 5:30 p.m. to 7:00 p.m. at Caldwell Theatre, 7901 N. Federal Highway. Come and mingle with Chamber members and guests while enjoying delicious hors'doevres and libation in the beautiful theatre lobby. Tickets are \$10 for Chamber members and first time guests, \$35 for returning guests, if reserved by 4 p.m. on September 22; \$15 for Chamber members and first time guests, \$40 for returning guests, if reserved after 4 p.m. on September 22 and \$20 for Chamber members and first time guests, \$45 for returning guests at the door. Additional information and membership applications at www.westbocachamber.com. RSVP to info@westbocachamber.com or call 561.482.9333.

* Noted television news anchor and commentator Bob Nichols, has been named to head the Film and Television production academy at SouthTech Academy. Further information is at www.southtechacademy.com.

*Palm Beach County Commissioners will conduct a public hearings on September 28 at 6:00 p.m. on the 2011 Fiscal Year budget recommended by County Administrator Robert Weisman. Public testimony will be taken on the 6th floor in the Commission Chambers of the Governmental Center, 301 N. Olive Ave., West Palm Beach. Hearings will also be televised live on PBC-TV Channel 20 and Webcast live on mms://pbcvideo.co.palm-beach.fl.us/channel20.

budget documents, including the County Administrator's recommended budget reductions, are posted online at: http://www.pbcgov.com/ofmb/budget/annual_budget/2011/.

* The West Boca Chamber of Commerce will hold its first West Boca Women in Business Luncheon on Wednesday, October 6, 2010 at 11:30 AM. The luncheon will be held at City Fish Market Restaurant, 7940 Glades Road, Boca Raton. Elaine Simmons, Image, Etiquette and Body Language Consultant and President of Exclusive Corporate Image will be the guest speaker. In her presentation, Business Etiquette: How to Make an Entrance and Work the Room Elaine will explain the etiquette of how to use the entrance to ones advantage. She says "Its your window of opportunity!" The West Boca Women in Business luncheon was started to bring together business and professional women and provide them with a forum to learn, network and build business relationships in an effort to foster growth in the local business community. The luncheon will be held the first Wednesday of each month from 11:30 AM to 1 PM and will feature a guest speaker.

Networking begins at 11:30 with lunch to follow at 12 PM. Cost for West Boca Chamber of Commerce Members and first time guests is \$25 and all others are \$40 with advanced reservations by Friday, 10/1/10. For reservations after 10/1/10 cost is \$30 for

members and \$45 for all others. PLEASE RESPOND BY FRIDAY, OCTOBER 1, 2010 BY CALLING 561-482-9333 or email info@westbocachamber.com.

* Mark your calendars and plan to attend The Fall Festival at The Waterway Shoppes of Parkland, (7499 N State Road 7) just south of the Palm Beach County line, on Sunday, October 24th. 10 am- 5pm. This event offers old fashioned family fun for all ages with cars and shopping for mom & dad and pumpkin painting and crafts for the kids. Win all day passes to Boomers, get goodies from WRMF, take fall family photos in our "pumpkin patch" and decorate a trick or treat bag with Gard Gallery. Free performances, plus food, music, and more! Free admission, free parking. All donations and net proceeds benefit local pet rescue. www.lifewithdogsfund.org.

Starting in the fall, Direct Air will service Palm Beach International Airport with 6 non-stop flights to domestic and international destinations and Air Canada inaugurates service to and from Montreal. Throughout the month of September you can enjoy a three-course lunch for \$20 or dinner for \$30 with a selection of restaurants in Palm Beach County. Go to www.flavorpalmbeach.com for details.

Movies opening this week include The Town, Alpha & Omega 3D, Easy A and Devil. Michael Douglas' Wall Street sequel, opens Sept. 24. Happy birthday to the best son in the world!!



WHAT BUSINESS ARE YOU IN?

By Gerald Sherman

People Development

Training is not for animals only

At a training seminar I conducted several years ago in Dallas, Texas, I was criticized by the late Stanley Marcus, former President and Chief Executive officer of Neiman Marcus Department Stores. He was adamant that the word, 'training' is for animals and not to be used for people. He thought the word training was demeaning. I deferred to his seniority but still stand in respect of Webster's dictionary which defines training as "to instruct so as to make proficient or qualified." Throughout time we have found that the word training has remained a viable description for educating and improving the skills of people. We train the military, we train emergency personnel on disaster response, nurses on hospital procedures and we train our personnel on methods and techniques. Training is a vital part of management's job. It allows the employee to practice methods in a stress free environment where errors can be observed and corrected without costing the company in lost business. Training includes much more than methodology; it must also include information on existing and new services/products, technological updates, and practices in written and verbal communication. Don't assume that things you mention to an employee is training. Training should be organized and ongoing. In order to be successful in today's market place the employee should not only man-

age their time effectively but also be able to operate their own virtual office. In this electronic age of the internet, cell phones, laptop computers, and web-based video conference calls, employees must be proficient with the various software programs and devices that are involved in their job function. The type of training in the past will not work today - training today must be directed to make the employee more knowledgeable and attuned to the needs or wants of the target market. For example in sales, the sales manager who formulates a training program which focuses on a solid foundation of selling methodology allows the salesperson to practice their sales presentation, and offers ways to answer common objections, is sure to see a marked increase in performance and closing rate as a result. There is nothing wrong with salespeople learning how to develop methods in which to close sales and gain relationships. We are not talking about using trick methods or gimmicks - these selling "techniques" are dinosaurs that belong to the distant past and will never work in today's market. What we are talking about is raising the salesperson's awareness of the mechanics of the sale, the personal selling methods, the presentation expertise, and the ways to negotiate a sale. Whether it is a product or service related all businesses need to make provisions for formal training. Have you e-

ver gone into a business and been turned off by the receptionist's attitude? Training programs that include speaking skills and writing skills are more in demand today because many employees are not properly trained in these two essential tools. Companies that are getting the edge over competition are incorporating communication training as part of the training program. Show me a successful business and I will show you an ongoing training program focusing on product knowledge, people skills (empathy training), selling skills, mathematical skills, individual management skills and communication skills. The training program must encompass all facets of the business in order to provide the employee with a well-rounded foundation upon which to build his or her job function. The bottom line is that we are in the 'people development' business. As you build the skills of your people so will you build the business.

Should the word training sessions trouble you like it did Mr. Marcus, you can call them motivational session, learning seminars etc. or as Shakespeare wrote, "What's in a name? That which we call a rose by any other name would smell as sweet."

Excerpts from the book, The Real World Guide to Selling & Management, Gerald J. Sherman & Sar S. Perlman. Fairchild Books, Division of Conde Nast Publications, (2007).

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). His website is www.publicrelations.nu

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

NCCI sponsors Farmer's Market to promote healthy eating

BOCA RATON - NCCI Holdings recently held a Farmer's Market at its Boca Raton site. The lunchtime activity provided a fun and healthily way for employees to eat healthy and ask questions about preparing fresh produce.

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



1- NCCI Holdings' employee Miguel Joubert of North Lauderdale supported the NCCI initiative of living green and buying from local farmers at a Farmer's Market event held on August 24 at NCCI. Throughout the day, NCCI employees shopped the market filled with fresh local produce including corn, apples, peppers, avocados, carrots and raw sugarcane.



2- NCCI Holdings' Executive Chef Michael Cairns of Delray Beach helped employees shop for produce at the NCCI Farmer's Market. This green-themed event was held to support local farmers and encourage NCCI employees to eat and live healthy.



3- NCCI Holdings' employees Debbie Chapman of Boca Raton and April Butler of Boynton Beach picked their peppers at a Farmer's Market held at NCCI Holdings. The event was hosted by NCCI to support local growers of fresh produce and to provide a fun and healthy lunchtime activity for employees.

WHY CHASE AROUND?
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McCarthy champions "shortsale" instead of foreclosure; helps local charities

By Donovan Ortega

With Florida's real estate market crumbling at a faster clip than anywhere in the nation, Tim McCarthy of All Pro Florida Inc. has implemented the "shortsale" as an option to property owners who once thought their only choice was foreclosure.

"The state of Florida has been greatly affected by the economic turmoil of the last five years," said McCarthy while sitting in his Fort Lauderdale office. "Everyone is looking for alternatives to foreclosure and loan modification because, quite frankly, banks don't want anything to do with them and no one wants their credit destroyed."

The "short sale" acts as a compromise between lender and borrower. Rather than banks forcing foreclosures and incurring hefty fees on themselves and

bad credit marks on borrowers, the property is sold for less than the balance owed on the note and the proceeds are turned over to the lender. The banks lose less money and the buyer's credit history remains virtually unscathed.

"I've been a licensed mortgage broker and realtor in Florida for almost twenty years. I know the business. Loan modification isn't working because the value of properties are currently less than half from what is owed on the note. Most of them wouldn't work out for fifteen years!" said McCarthy. "The short sale is a great tool because it takes lemons and makes lemonade."

Tim McCarthy was born in Delray Beach in 1956. A South Florida native ever since, he's bought, sold, and refinanced over 400 million dollars worth of real estate. In looking back

on his time in the market, he can't remember the industry or the economy being this battered.

"It's tough out there. But what I want people to know is that there are options and I've been finding them for years," said McCarthy.

He's also interested in collaborating with local charities to which he would donate a portion of his commissions. It's something he's done in the past with great success.

"With things being like they are it's important for people within the community to make a difference," said McCarthy, "I want to foster new partnerships with charities like the March of Dimes to really make a difference. It's the least I can do."

To contact Tim McCarthy call (954) 439-1442, email him at tmactank@aol.com, or visit the website at www.timcashnow.com/.

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Life & Arts

The Boca Raton Tribune

SPEAKING OF STYLE

By Kay Renz

Looking fab for fall

Welcome Dear Readers... both new and old! The fall season has begun and it's time to be...Speaking of Style!

The fashion calendar is already filling up with many exciting events, designer appearances, expert beauty consultations and more. Every other week, we will be showcasing what savvy shoppers are looking for, and featuring insightful tips, trends and talks with famous national names and familiar local faces. We'll also showcase the special sales and spectacular splurges as we prepare for a season of events from formal galas to friendly ga-therings.

Ahhhh...what to wear? This season offers an array of fashionable finds that makes looking hip easy for any budget. The accent is on the accessories, and when worn properly they have a powerful transfor-ming effect. All stores and shops are showing standout stands of pearls, bold chunky necklaces, versatile shawls, leopard everything, platform shoes with laser cuts and crisscross straps, big signature bags, and hats are the top statement maker of the season. A few new touches will work wonders for every wardrobe!

In beauty, we are seeing



Hats: the top statement maker of the season

a royal flush! With touches of purple gra-cing eyes, lips and cheeks...naturally eve-rything in moderation. The colors are sheer so that's a plus when mastering plums! As



Naturopathica products

always we will have lots of emphasis on our skin the ultimate canvas. There are plenty of new lotions and potions promising to make us more beautiful than ever.

In Today's Beauty Buzz: If your skin is showing signs of sun damage, use cherries for clarity! Naturopathica Sweet Cherry Brightening Enzyme Peel is formulated for sun damaged or mature skin, this refining mask exfoliates with Cherry and Pomegranate to promote a smooth and bright complexion. Price: \$56, available at www.Naturopathica.com

New Launch: Exclusively at Bloomingdale's Pippa! Love this "office-meets-style" line. Perfect for working girls looking for a budget savvy chic line. Adore the website, especially the "paper doll" with click and drag outfit changer...very cool! Check it out at Bloomingdales.com (search Pippa then click "experience the collection"). Another new exclusive at Bloomies: Vena Cava for Aqua, a coveted

mix of fun and classic wardrobe pieces. See the looks at Bloomingdales.com and of course at the department store.

The Must Go-To-Grand Opening: Nordstrom Rack at University Commons on Glades Road. Opens September 23rd. Stiletto Stampede Ahead!

Neiman's Boca Calendar:

September 15 & 16 - Andreoli Trunk Show, Precious Jewels Salon, Level 1

September 16 - YSL Regional Makeup Artist Event, Please call 561.417.5151

ext. 1325 to schedule your appointment.

September 21 - 25 - Escada Days, Couture Salon, Level 2

September 23 - 25 - Sam Lehr Trunk Show, Precious Jewels Salon, Level 1

September 24- 26- Current Event, Special Joie gift with qualifying purchase in Contemporary Sportswear, Level 2

September 30 - October 1 - Oscar Heyman Trunk Show, Precious Jewels Salon, Level 1

Kay Renz has covered the beauty and fashion scene in both local and national publications for over a decade.

She is the owner of Kay Renz Public Relations, a boutique firm focusing on restaurants, clubs, spas, shops, events and other lifestyle industries.

AS SEEN BY FEEN

By Diane Feen

Ojai, California – coming back to the Earth



If you're tired of the hustle and bustle of our tiny town and long for the simplicity of yesteryear, check out Ojai, California. Not many Floridians know about this mountainous artsy community, but they should. That's because Ojai is nestled in a picturesque valley and surrounded by lush hills and orchards. As a matter of fact, this small town is so picture perfect it seems like a lot at Universal Studios and not a real town.

Besides the innate beauty of this insular place (it is 65 miles north of Los Angeles), the collective consciousness of the locals is equally as stunning. The people seem happy, healthy and excited to meet and greet their guests and friends. If I didn't know better I would have thought that Ojai was on another galaxy, not planet Earth.

It's no wonder that this town of 8,000 people attracts a lot of artsy folks - writers, photographers, painters, sculptors and spiritual types. The downtown reflects this laid back

artsy heritage with stores like Rains that sells everything from clothing to pots and pans and gourmet food. This department store (opened in 1914) bears no resemblance to Macy's and is staffed by local folks who seem more interested in how your day is going than what they might make from your purchase.

Another famous place to check out is Bart's Books, one of the country's largest (and perhaps only) outdoor bookstores. They have used and new books, and when you return a book you get credit toward



Continued on page 15



ENTERTAINMENT

By Skip Sheffield

'Mademoiselle Chambon' a bittersweet romance

By Skip Sheffield

"Mademoiselle Chambon" is an exquisite, bittersweet fable of forbidden love from France via writer-director Stephane Brize. Based on a novel by Eric Holder, "Mlle Chambon" explores desire, discontentment and the consequences of following rash emotional impulses.

Jean (Vincent Lindon) is a solid, blue-collar Parisian citizen, married to loving and loyal Anne-Marie (Aure Atika) and father to bright, energetic Jeremy (Arthur Le Houverou).

Jean is a stone mason and all-around contractor. His son's teacher, Veronique Chambon (Sandrine Kiberlain) invites Jean to lecture Jeremy's classmates about his practical occupation.

Jean graciously accepts the assignment, and after Mlle Chambon thanks him, she asks him what she might do about a leaky window in her apartment.

This is one of those aha moments, played with great subtlety and delicacy by Lindon and Kiberlain, who were once man and wife. Though nothing has been spoken out loud, we know Jean has already fallen under the spell of Mlle Chambon. Though the request is seemingly innocent, we know it is not, as we can see desire building in the limpid eyes of Veronique, who has had many



Scene from "Mademoiselle Chambon"

affairs but never a long-term relationship.

Once a concert violinist, Veronique has been a drifter and a loner ever since she quit music. Jean agrees to install a new window in her house, and when he spots the violin she once played, he asks Veronique if she could play him a tune.

Veronique refuses at first, then acquiesces, but only if she can play with her back turned; a sign of the extreme shyness that sabotaged her career.

The tune is an aching romantic piece by Ferenc von Vecsey. Again without words, we know Jean is a goner. Their passion is sealed with a kiss. The next day she leaves a simple note: "Thinking of you." Not long afterward, Anne-Marie informs Jean she is pregnant.

There is a reason that forbidden love is called forbidden. It may be wonderfully exciting and invigorating, but it causes

terrible pain for loved ones. Jean is such a good guy that he even washes the feet of his elderly, who is having an 80th birthday party hosted by Anne-Marie. Recklessly, Jean invites Veronique to play her violin at the party. Equally recklessly, Veronique agrees.

During the party Jean inexplicably flies off the handle at his wife, who wails, "What's going on Jean? Where are you?"

Jean is lost in the wilderness of lust and passion, but Veronique calls his bluff when she tells him she has finally decided to settle down and stay at the school where she is.

Anyone who has been tangled in a triangular relationship will react with discomfort to Jean's dilemma. Will he go with his heart or his head?

You'll have to see this masterful little film to see the conclusion, but it is not as simple as you may think.

Four stars

On a somber note, pioneering South Florida actor, producer and arts activist Brian C. Smith died near midnight Tuesday, Sept. 7 at his Fort Lauderdale home.

Smith first came on the scene in the late 1960s with his Gold Coast Players. He founded his own theater, the Sea Ranch Dinner Theatre, in 1972.

When the Sea Ranch Hotel was demolished he relocated to the Oakland West Dinner Theater in 1977.

Smith enjoyed a close friendship with Boca's theatrical legend Jan McArt, and he performed at her Royal Palm Dinner Theatre several times.

Smith went on to found the Off Broadway Theatre on 26th street in Wilton Manors, but he gave up his lease in 1999.

In 1992, Smith was honored with the prestigious George Abbott Award in recognition of his theatrical achievements, which included producing the Carbonell Awards show several times.

I respected Brian as a professional and valued him as a personal friend. He will truly be missed.



Ojai, California *Continued from page 14*

another one. There is also an honor system for buying books outside after closing. You just toss the coins into a box outside if you make a purchase after closing (it does feel like the 1960's).

If you're looking to get healthy (or travel solo and feel comfortable) check out the Oaks at Ojai. This inclusive spa is reasonably priced and provides a non-stress atmosphere filled with exercise and healthy food. The outdoor pool area is surrounded by the calming mountains and it is located right in the heart of town. There are exercise classes that range from yoga to Pilates, aqua cardio, mind-body awareness, cardio step and hikes, dance classes and veggie breaks throughout the day. The best part is that no one bothers you to do anything you don't want to do (oaksspa.com). The food is great and meals are served to you at your leisure (heaven awaits).

If you stay at the Oaks at Ojai you can take a few side trips around town. The one I suggest is a 10-minute drive up the mountain and is appropriately named Meditation Mount. The views are stunning - you can almost touch the

mountains with your imagination from the short walk to the garden. This sacred space is made up of 32 acres, but is spiritually beyond measurement. There are early morning meditations for the full moon as well as other educational initiatives.

Eating in Ojai, like most of California, is a local thing. Food is freshly prepared (never saw a Sysco truck) and products are usually local or organic. For a great meal go to Feast Bistrot, they will woo you with a great attitude fresh food (great veggie burgers) and luscious desserts.

If you want to see some terrific local artwork, don't miss the Ojai Valley Museum. This small, yet intimate museum was not only displaying colorful and powerful art work, but the pieces on display were for sale (and were reasonable). If you would rather wear your work of art, walk a few blocks to Human Arts, a gallery of crafts and jewelry with colorful handmade scarves, handbags and artworks that defy gravity.

There are many other treasures in Ojai, but take my word for it, this place is heaven on earth.



A Special for *Henrietta Countess de Hoernle*



Someone Special! *Happy Birthday Part I*

At 98, Henrietta, Countess de Hoernle, enjoys quiet life after donating millions to charities

By Dale M. King and Julia Hebert

BOCA RATON - Henrietta, Countess de Hoernle, Boca Raton's much-loved and much-admired leading philanthropist, is something of a dichotomy. While she has donated untold millions in her own name and that of her late husband, Count Adolph de Hoernle, she is eminently approachable. She hugs children, smiles brightly and has a wry wit that's unfettered by her 98 years. "I belong to the do-it-yourself club," she told interviewers from the Boca Raton Tribune as she maneuvered her stroller chair into a comfortable position. She gave them more than an hour of her precious time.

The Countess - her friends call her "Rita" - quickly puts visitors at ease with her charm and warmth. She admits she's not as active in the community as she used to be and doesn't make the many public appearances she did in the past. She is right at home in her modest apartment at St. Andrew's Estates South, enjoys socializing with neighbors and, most of all, loves bridge. "It

keeps my mind going, and gives me a chance to be social," she said.

She has a driver to take her to doctor and dental appointments - in her Toyota. The Countess does plan to appear as the guest of honor at the March of Dimes-sponsored "Signature Chefs and Wine Extravaganza" Sept. 24 at the Boca Raton Resort & Club. The event will also mark her 98th birthday, which takes place on the same day.

Born to middle-class parents in Karlsruhe, in the Black Forest in Germany, in 1912, she came to America in 1931. She said her parents were both musicians and tried to entice her to play the piano. But Henrietta wasn't particularly interested in practicing, she said, while she saw other children outdoors playing.

At age 18, she was living with her grandparents in New York. "In my spare time, my grandmother used to take me to the Stock Market." This provided a lesson in finances to the young lady in her newly adopted country. "I knew you had to have money, good health and be self-supporting."



Henrietta, Countess de Hoernle, is shown with Boca Tribune Managing Editor Dale King and his wife, Julia Hebert, at her 95th birthday party.

And it didn't take her long - six months to be exact - to get her American citizenship. "This is my country, right or wrong," she said in a strong, determined voice. The Countess got the inspiration for philanthropy early in life. While visiting a relative in the hospital, she noticed name plates on various buildings and wings. "I thought it was wonderful to give to others." It's no wonder that her first donation was the East Wing of Lawrence Hospital in Bronxville, N.Y. Later, when she and her late husband relocated to Boca Raton, their first charitable act was a donation to Boca Raton Community Hospital [now Boca Raton Regional Hospital].

But she also wants others

to give. She often presents organizations with "challenge grants" to entice them to raise a matching amount of money. "This is an incentive to others. It's a wonderful feeling when you give to a cause."

What's striking about The Countess is her down-to-earth nature. She bears a title, but doesn't wear it like a priceless diamond. She's quick to offer love, caring and friendship. She loves children, calling them "our future," and has donated millions to organizations that help and serve youngsters.

In all, some 40 buildings bear the de Hoernle name - and not just in Boca Raton. Among them are the headquarters of Children's Home Society in West Palm Beach, buildings on

the Lake Worth and Boca Raton campuses of Palm Beach State College and the Red Cross office in Boca Raton. She donated money in memory of her husband to build the Count Adolph de Hoernle Amphitheatre and Count Adolph de Hoernle building that's home to the Caldwell Theatre troupe. Soon after arriving in Boca, as a birthday present to her husband, she bought the former FEC railroad station which was then renovated and is now

owned by the Boca Raton Historical Society.

The Countess said she sometimes had to cajole Adolph for money. When she approached him about paying a half-million dollars for the train station, he was initially reluctant. Recalling that moment, she said, "He wanted to be coaxed into things. I got the money."

She convinced him it was "for posterity." And it's still a busy venue today.

The Countess was married three times, she said. The



The Count and Countess de Hoernle are shown outside the former FEC train station after the countess purchased it as a birthday present for her husband in 1986.

A Special for Someone Special!! Henrietta - Countess de Hoernle

Continued from page 17



Henrietta, Countess de Hoernle, receives her star on the Walk of Recognition in 1998.

first union was “not OK,” and her husband died when she was young. Her second marriage was to “the love of my life.” He was killed during World War II.”

Her marriage to Count de Hoernle was “the best one,” she said. It lasted 48 years until his death in the mid-1990s.

Ironically, she said, “I nev-

er liked German men. And I ended up being married to three of them.”

Count de Hoernle was the owner of Stewart Stamping Corp. in Yonkers, N.Y. His process for welding airplane wings earned him millions. When he sold the business and retired, he and the Countess spent 40 years traveling the world before they settled in Boca Raton in 1981.

It was in sunny Boca that the couple found their philanthropic niche, donating millions to healthcare institutions, educational facilities and other organizations.

Not all the contributions were in the seven-figure range. She helped with smaller donations following the 9/11 attacks and provided assistance money in the wake of the 2004 and 2005 hurricanes.

Many ask who doles out the De Hoernle millions. The Countess does all the work, she says. “I have a big basket. I study all the requests,” sometimes staying up until 1:30 a.m. It’s going to take a while to go through that pile of letters, she said. “I have a six-year backlog.”

She admits she gets many frivolous requests. “I received



Henrietta, Countess de Hoernle and Jan McArt, former operator of a dinner theater in Boca Raton and now the head of the theater department at Lynn University, are honored by the Soroptimist Club in 1998.



Henrietta, Countess de Hoernle, is shown with Grenville Pullen in 1999 at the opening of a room dedicated to the Count and Countess de Hoernle at the Boca Raton Historical Society in the Old Town Hall in 1999.

OUR BEST WISHES TO COUNTESS DE HOERNLE ON HER 98TH BIRTHDAY!



THANK YOU FOR RECOGNIZING THAT HISTORIC PRESERVATION DEFINES AND ENHANCES OUR COMMUNITY. YOUR EFFORTS HAVE BEEN VITAL TO THE PRESERVATION OF BOCA RATON'S RICH HISTORY.
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FROM YOUR FRIENDS AT THE BOCA RATON HISTORICAL SOCIETY



*Congratulations
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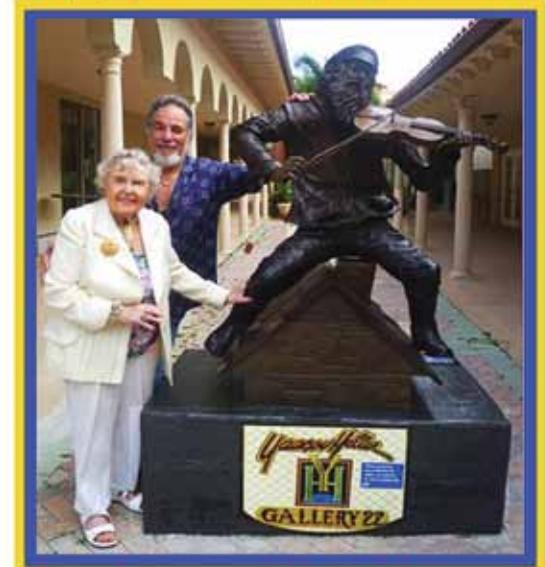
*Happy Birthday Countess
We Love You Forever
Peter, Mercedes, Dominique and Carl Mottek*

Thanks for your support.



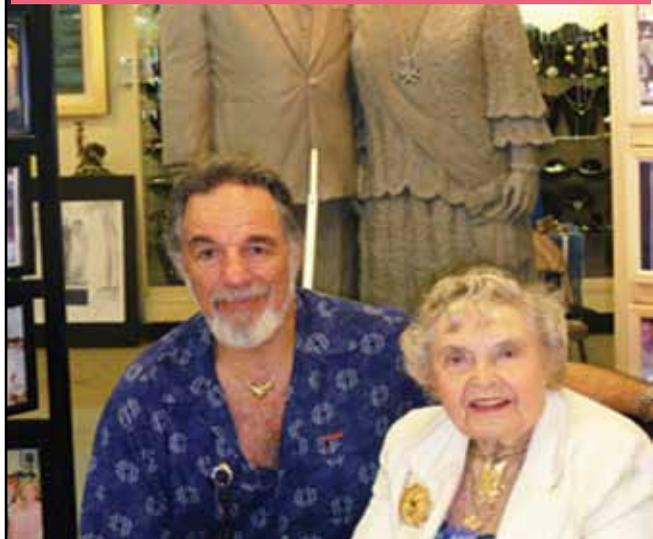
**PALM BEACH STATE
COLLEGE FOUNDATION**

Happy Birthday Countess!



*Yaacov and Sue Heller
Gallery 22.. Royal Palm Place*

Be sure to pick up the Sept. 30 edition of the Boca Raton Tribune for more news and photos about the Countess, including an exclusive interview with Boca artist Yaacov Heller, along with stories and photos from the March of Dimes Signature Chefs and Wine Extravaganza Sept. 24 at the Boca Raton Resort & Club.



A Special for Someone Special!! Henrietta - Countess de Hoernle



The Count and Countess Adolph de Hoernle attend the dedication of the new fourth floor of Boca Raton Community Hospital [now Boca Raton Regional Hospital]. With them are Staff Nurse Rose Perrung, left, and Nurse Claudia Grobbel, right.

a letter from a man who wanted a car for his daughter," she said. "He asked for a Cadillac Escalade."

That letter ended up in the trash.

While she's not involved in politics, she does have some favorites. County Commissioner and former Boca Mayor Steven Abrams "is the only person I ever supported. He's good and he's honest."

Current Mayor Susan Whelchel "is a smart cookie." They served together on the board of the Historical Society. She likes President Harry Truman, particularly his "The Buck Stops Here" dictum.

While her health is good, she says she tires easily, so she doesn't go out much and visits with few friends. She credits Dr. Richard Freiberg of Pompano Beach, an American doctor trained in Chinese herbalism and acupuncture, for helping her overcome a troublesome medical concern.

She does take 20 vitamins a day, and advises people to eat three almonds daily. It's a regimen she said helped her husband live to be 95, despite his family history of cancer.

The Countess's lives by the motto, "Give while you live, and know where it goes." And she urges to follow suit.



Attending the groundbreaking for the de Hoernle Health and Culture Center at Lynn University are, from left, Boca Raton Mayor and Mrs. Emil Danciu, the Count and Countess Adolph de Hoernle and Lynn University President Donald Ross.

GIVE WHILE YOU LIVE,
AND KNOW WHERE IT GOES
THE MORE YOU GIVE, THE MORE YOU GET
THE MORE YOU LIVE LIFE ABUNDANTLY
THE MORE OF EVERYTHING YOU SHARE
FOR ONLY WHAT WE GIVE AWAY
ENRICHES US FROM DAY TO DAY



Groundbreaking is held in 2000 for the new Boca Raton Museum of Art. At the ceremony are, from left, Harold and Mary Ann Perper, Countess Henrietta de Hoernle and Jean Spence.



The Count and Countess Adolph de Hoernle were polo enthusiasts. In this photo, the Countess presents a trophy to John Oxley, owner of the Polo Club in Boca Raton.

Countess Henrietta de Hoernle

Wishing you a Happy 98th Birthday
With much love and gratitude

The Board of Trustees and staff of
Boca Raton Regional Hospital and
Boca Raton Regional Hospital Foundation



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Happy 98th Birthday
Countess Henrietta
de Hoernle!
From
The Heizer Family

See more this Special on page 23

The Boca Raton Tribune wishes to thank the Boca Raton Historical Society and photographer Barbara McCormick for sharing their photos of the Count and Countess de Hoernle with the newspaper.



*Chef Chair
Ryan Artim
Ritz-Carlton Palm Beach*

*Host Chef
Andrew Roenbeck
Boca Raton Resort & Club*

*Honorary Chef Chair
Zach Bell
Café Boulud Palm Beach*

SIGNATURE CHEFS & WINE EXTRAVAGANZA

Friday, September 24, 2010

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MARCH OF DIMES HOLDS FIFTH ANNUAL SIGNATURE CHEFS & WINE EXTRAVAGANZA

Recognized as the premier food and wine charity event in Palm Beach County, the Fifth Annual March of Dimes Signature Chefs and Wine Extravaganza will be held at the Boca Raton Resort & Club on Friday, September 24.

According to Event Chair Mitch Feldman, CEO, West Boca Medical Center, This exclusive epicurean event features the culinary excellence of over thirty of the area's most celebrated chefs who will provide samplings of their signature dishes to an anticipated 500 guests. In addition, the evening will include a special tribute to honoree Countess Henrietta de Hoernle, who will be celebrating her 98th birthday. Reflecting her magnanimous generosity, the Countess has also pledged a \$5000 matching grant to contributions made to the March of Dimes in honor of her birthday celebration.

Adding to the smorgasbord of savory delights prepared by the chefs, the event will also feature the finest of wines, high-end spirits, entertainment and an array of unique live and silent auction items, including one of a kind dining packages donated by the Signature Chefs, fine wines, travel packages and other specialty items. An exclusive VIP "Meet the Chefs" Champagne reception for VIP ticket holders will also be held prior to the "main event" from 6:30 p.m. to 7:30 and will include a private performance by a quartet from The Boca Raton Symphonia.

Heading up the renowned roster of guest chefs are Chef Chair, Ryan Artim of the Ritz Carlton, Honorary Chef Chair Zach Bell of Café Boulud and Host Chef Andrew Roenbeck of Boca Raton Resort & Club. Joining them are 28 of the area's signature chefs representing the best of the best in Palm Beach County.

According to Shanna St. John, Executive Director Palm Beach Division March of Dimes, "It is especially gratifying to know that the March of Dimes mission is shared by this incredible lineup of culinary experts who have given their time and talent to making this event so spectacular year after year. We are most thankful for their continuing commitment to our cause and the support we have received from our generous sponsors, committee, volunteers and attendees."

Sponsors and supporters of the Signature Chefs & Wine Extravaganza include Top Corporate Partner Publix Super Markets, Akerman Senterfitt, Total Wine & More, Ed Morse Cadillac Delray Beach, Boca Delray Pathology, KMS (Kidz Medical Services), West Boca Medical Center, Dave & Donna Batelaan, Brodie & Friedman, PA, Imaging Consultants of South Florida, FedEx Corporation, FLACS of Team Health, Investments Limited, One Thousand Ocean, Snap Creative Group, and The Boca Raton Observer, Boca Raton Tribune, and LivingFLA.com. as media sponsors.

Tables start at \$1,250 and VIP tickets for the event, including the VIP Meet the Chefs Reception from 6:30 to 7:30 p.m., are \$125 per person in advance or \$150 per person on event day. General admission tickets for admittance at 7:30 to 10.00 p.m. are \$100 per person in advance or \$125 on event day. To purchase a table or tickets, please call (561) 276-2001 or visit marchofdimes.com/florida.

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

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Chef Carmine DiCandia
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Chef Dudley Rich
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Chef Rickie Piper
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Chef Darryl Moiles
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Mar-a-Lago Club



Chef Patrick Broadhead
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McCormick &
Schmick's



Chef Lindsay Autry
Michelle Bernstein's
At The Omphoy



Chef Joe Renta
Morton's the Steakhouse



Chef John Disiena
Ocean's 234



Chef Wes Bonner
Publix Apron's
Cooking School



Chef Nunzio Billante
Rocco's Tacos



Chef John Broz
Ruth's Chris
Steak House



Chef Eric Morales
III Forks Prime
Steakhouse



Chef David Nelson
Trulucks



Chef Bart Messing
Woodfield
Country Club



Chef Luis Aguilar
Zed 451

Not pictured:
Chef Robert Seligman, The Ironwood Grille
Chef Robert Milner, Vivo Partenza



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their lives they lived in a Neonatal Intensive Care Unit and faced many life threatening challenges. Thanks to the research funded by the March of Dimes that has lead to amazing medical breakthroughs over the past decade, Jordan and Dylan overcame each obstacle they faced. Today they are happy and healthy three-year old boys.



"Our family will be forever grateful to the March of Dimes and the research that has been done to help premature babies. Each and every person who supports the March of Dimes is helping babies that were born too early, like Jordan and Dylan, to lead happy and healthy lives."

Melissa and Ari Miller



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SPOTLIGHT

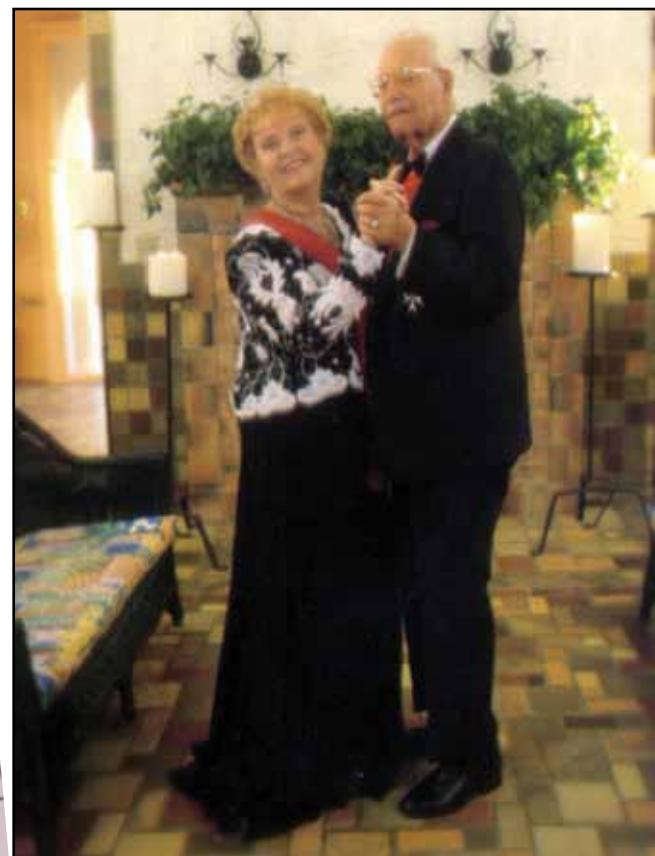
Henrietta - Countess de Hoernle



Henrietta, Countess de Hoernle, with her daughter, Carol Wagman, in 2005.



Henrietta, Countess de Hoernle, seated, joins her longtime friends. Rear, from left, are Karin Olsen, Flossy Keesely and Elsa Hoffman.



The Count and Countess Adolph de Hoernle are shown dancing at the newly restored FEC Train Depot, which the Countess purchased for her husband.



"Calendar Girl" Henrietta, Countess de Hoernle, poses with her picture from a calendar created several years ago as a fundraiser for the Debbie-Rand Memorial Service League of Boca Raton Community Hospital.



The Countess, right, joins Pat Ciasulli, event chair, and the "Polo Bear" at the Royal Dames at Polo event in 1999.



Henrietta, Countess de Hoernle, meets Pope John Paul II.

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REBECCA REPORTS

By Rebecca Coleman

News of the world has a distinct Boca flavor

News from overseas this week. First, from the Mottek family in Portugal. Many of you will remember Peter, Mercedes, Carl and Dominique Mottek and all their charitable endeavors in Boca Raton. Peter and Mercedes were the chairs of the inaugural March of Dimes Signature Chefs event. Moving to Lisbon Portugal hasn't slowed Mercedes down. She told me she spent the summer focusing on the Legacy Scholarship Fund Portugal and organizing the fund's annual gala which has a James Bond theme which takes place Oct. 9 at Hotel Palacio Estoril - just in case you're in Europe at the time!

Other travelers include documentary producer Karen Lustgarten who wrote to say she was in Alaska and planning to travel to Antarctica next. This Los Angeles native is certainly a globetrotter, having won awards for her documentaries for non-profits working in on Haiti and Africa.

Speaking of non-profits, more that 30 were represented at the Junior League of Boca Raton's free social media and web seminar at the Vegso Center this week. Taught by award-winning journalist and now owner of Froogle PR, Sharon Geltner, and cleverly titled "You are not a Dinosaur," Sharon took us through all the ways to use the web and social

media marketing to raise much-needed funds and awareness for non-profits. My fellow "non-dinosaurs" included photographer Betsy Chesler who has started a foundation called Cameras for Kids, a non-profit teaching foster children how to enjoy photography. She's starting a branch of the foundation in Chicago next month and is looking to recruit teachers in other U.S. cities. Check out www.camerasforkidsfoundation.org.

I got a personal tour of the newly remodeled Wyndham Garden Hotel from sales director, Angela Colicheski. Angela is a big supporter of Making Strides Against Breast Cancer and the hotel is one of this year's walk sponsors. It is also donating a percentage of sales from rooms on its special floor for women travelers - great idea! The hotel also has pet-friendly rooms complete with "take home" doggie bowls.

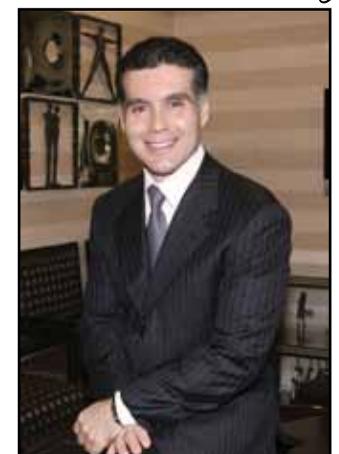
While I was there I bumped into West Boca entrepreneur Elvira Emankwa. Elvira is a global meeting planner and has also launched a new venture called Total Woman Signature Events. She's holding two upcoming seminars for female executives at the hotel with Commander Turner Group of Merrill Lynch as presenting sponsors. Oct. 16 is "Sensual & Smart" and Nov. 13 is "Wealthy & Wise." Find out more at

www.totalwoman.us.

Now to theatrical news, the Caldwell Theatre Company is treating us to music before the drama commences! Home grown diva Avery Summers performs in the first of three "Club Caldwell" cabaret night fund-raisers. Steven Sondheim's masterpiece "Follies" is performed in October before the main stage season opener, "Vices: A Love Story." The popular musical performance returns for its second appearance in Boca. Call the box office at 561 241-7432 for all tickets or even better visit the box office and check out Katherine Morgan's stunning close-up photographs of flowers on view in the lobby gallery to benefit the theatre.

And that is life in Boca...

Rebecca



The Unicorn Children's Foundation announced its new board members: Dr. Rafael Cabrera president (pictured), Juliette Ezagui vice-president, Treasurer Valeria Rosenbloom, Corresponding Secretary Lori Cabrera, and Recording Secretary Joanne Gabay.



FOOD REVIEW

By Marc Kent

LA CIGALE – A GOURMET TOUR!

From June through November, La Cigale at 253 SE 2nd Avenue in Delray Beach (561-276-0600) offers a culinary tour of the Mediterranean – a rotating weekly change of menus from Spain, Greece, Italy and France. This evening Spain was featured and we sampled a plate of tapas, including prosciutto, kalamati olives, hummus, feta cheese, stuffed grape leaves and fire roasted peppers – a wonderful sampling. This was followed by a tasty chicken chickpea and cilantro soup and a somewhat understated beef empanada. There was a delicious pan seared branzino with roasted

tomato and a great cilantro infused white rice. Paella with its Spanish rice, chicken, chorizo, shrimp, sweet peppers, peas and onions was a most flavorful dish that we devoured with great pleasure. The pork loin was slightly dry with its stuffing of pistachio and sun dried tomato, sautéed spinach and a lovely chimichuri drizzle. With a choice of flan caramel or mixed sorbet, this four course dinner was a bargain at \$25. per person!

Turning to the standard menu, the offering included a jumbo shrimp cocktail, blue point oysters, a steamed giant artichoke

and Scottish smoked salmon with capers, red onions and sour cream. There were six salads on the menu – we chose the Belgian endive with grapes, Anjou pear, walnuts, gorgonzola and a champagne vinaigrette – a crisp, tasty repast much enjoyed.

Some six hot appetizers included veal sweetbreads, pan seared with chanterelle mushroom cream sauce that's out of this world – Don't miss it! The duck foie gras – seared rare with a cassis liquor reduction and fresh berries was absolutely outstanding – no wonder it is their most requested of-

fering. We also tried the char grilled artichoke with parmesan cheese, crushed pepper, olive oil and remoulade which we found to be lacking in the taste we sought.

Turning to seafood, the seven selections include the restaurant's star attraction, the dover sole meuniere with a potato puree and baby vegetables in a lemon butter sauce. Delightful! Jumbo sea scallops and giant shrimp were cooked to perfection – done, not overdone to be a taste treat. The dish had champagne shallots vinaigrette hearts of palm and spinach to compliment it.

Grilled lamb chops, served medium rare, were tender as well as tasty. Tell your server the degree of grilling you prefer and Chef will oblige. The dish is served with potato gratin, green asparagus and a rosemary demi glace – delicious! The Mediterranean delight –

moussaka – was a cassalette of baked eggplant and ground lamb finished nicely with tomato and béchamel sauces. There are nine other meat and poultry specialties for one to select from.

Lastly, from a list of seven desserts, we had a tarte tatin, served flambé with a crème anglaise and calvados. There was a deep flavored lemon tart and the house specialty – creme brulee, feather light with delightful vanilla bean custard under a caramelized brown sugar coating. All three were rich and satisfying.

La Cigale opens Monday through Friday for luncheon from 11:30AM to 2PM. Dinner is served Monday through Saturday from 6PM to 11PM. Closed Sundays until the fall. With its full bar, fine service and a beautiful atmosphere, it is not to be missed. Go and Enjoy!

Marc Kent has reviewed restaurants from Key West to Orlando for the meeting planning industry since the 1980's.

His restaurant reviews for Boca Raton, Deerfield Beach and Delray Beach for over forty establishments have been published to date. Locally, he selects the menus for several charity organizations including the Boca Delray Music Society's venue at the Delray Beach Club and at Benvenutos restaurant in addition to cooking for private functions.

Around Your Neighborhood

The Boca Raton Tribune

Delray Beach conducting enhanced water disinfection through Oct. 6



DELRAY BEACH - To ensure that the city's drinking water remains safe and compliant with all state and federal water quality requirements, Delray Beach is required to implement preventive measures that are safe and approved by the Florida Department of Environmental Protection. As a result, the city is con-

ducting its semi-annual water distribution line enhanced disinfection program. It began Sept. 7 and continues through Oct. 6.

The city's routine maintenance program will include a "system burn" which utilizes free chlorine as the primary disinfectant. During this preventive maintenance activity, water customers may notice an increased chlorine odor and taste in their tap water. This is a normal occurrence and will cause no adverse health effects, city officials said.

During this time period, customers with special needs should be aware of potential problems with their equipment and systems (e.g., kidney dialysis machines).

In addition, owners of tropical fish aquariums and holding tanks for fish and shellfish (i.e., stores and restaurants) should be aware that this temporary change in the disinfection process may be toxic to aquatic life if not properly addressed. Any such side effects will diminish when the city reverts to the normal disinfection method Oct. 7. Users are encouraged to contact an appropriate professional for guidance on how to use their equipment during this period.

The City will also flush fire hydrants during this period as part of the enhanced disinfection procedure. Customers may notice flowing water in streets and swales, local-

ized lower water pressures and a slight discoloration of their tap water. This is a safe and normal occurrence during this process and will cause no adverse health effects. If you notice flushing activities in your immediate area, please refrain from using laundry machines until activities have ceased.

City officials assure residents that this is a routine preventive maintenance procedure. The city's public drinking water remains safe and compliant with all state and federal requirements for primary water quality.

For information, contact the Public Utilities Department at (561) 243-7312 between 7 a.m. and 3:30 p.m. Monday through Friday.

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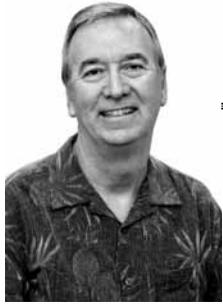
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The Boca Raton Tribune



FAITH

By Pastor Sandy

Happiness doesn't just happen

"If you chase two rabbits, both will escape" (unknown). *"Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest"* (Ecc. 9.10). One of the greatest lessons I learned early in life was that if I wanted to succeed at anything, I was going to have to work. As I have grown older I am learning an equally important lesson and it is that there is no end to what I can spend my life "doing". Since I can't do everything, what should I be doing and how can I get the maximum satisfaction out of what I end up doing!!! It is possible to race through life majoring on the minor things. In fact, years ago I heard someone say "the main thing is to keep the main thing the main thing," and I liked it so much, I frequently quote it and have made it one of the maxims of my life.

To Be Truly Productive and Happy, You Must Set Priorities

Logan Pearsall Smith, in his work *Afterthoughts*, said: "There are two things to aim at in life; first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second." For most people life is lived in quiet desperation. It is a marathon of misery, just groaning and complaining from one event to the next. Sadly many confess today they would rather spend time with their pet, an ani-

mal that can't even talk, than with people. So what are your priorities? I frequently ask myself, "What difference will this make a hundred years from now? Most of what ends up dominating my life are the little things that won't matter even days from now. I can tell you spending time developing your character or playing with your kids or engaging in meaningful discussions with your wife is never wasted time.

Excuses Can Extinguish Daily Happiness

All of us can manufacture reasons why we are not happy: "if only I had a little more money; if I just had my degree; if only I hadn't married this person; if only my kids would obey me." These and a thousand more all act as parasites, sucking the joy out of life. In this life we must make choices and happiness is a choice. Numerous times in Scripture we are told to "enjoy life" and yet it is never unrestrained, reckless abandon, but wise, prudent freedom. While we are told to "go for it" we are warned, we will "give an account" (Ecclesiastes 12.13,14). In essence Solomon is saying, "get rid of the things that will hurt you or bring you pain." Just because you can, doesn't mean you should. Take an honest look at what drugs can do to you. Look at the effects of tobacco on your body. Take an honest look at the pain and serious

consequences that you will suffer if you make it part of your lifestyle. Make a choice, a conscious determination that you will control what you ingest into your body. Determine to control your desires and impulses and remove those things that will ultimately bring pain.

Choosing Is Not Easy

Again, happiness is a choice, but indecision is a habit. Decision making is hard work. Peter Drucker wrote: "A decision is a judgment. It is a choice between alternatives. It is rarely a choice between right and wrong. It is at best a choice between "almost right" and "probably wrong"- but much more often a choice between two courses of action, neither of which is probably more nearly right than the other." In other words, we have to engage in the process of thinking. If I want this day to be one filled with joy, I must choose how I will respond and not just react to my circumstances. If I want to come to the end of my life and look back with a sense of great satisfaction, I must discipline myself to make daily choices that will yield a lifetime of beneficial fruit. Our universe is governed by both physical and spiritual laws. I believe those physical laws point us toward the Creator; the spiritual laws tell us we can know Him personally, both today and forever... and that I have found to be the key to real happiness.

Pastor Sandy Huntsman - Administrative Pastor
Boca Glades Baptist Church - www.bocaglades.org



DIVORCE FLORIDA STYLE

By Mike Gora

Hard economic times could get divorcee an alimony reduction or elimination

Question: *I got divorced six years ago. My former husband was, and is, a high school teacher in West Palm Beach. I was a very successful licensed real estate sales person in Boca Raton. My income for the year of our divorce was a net of about \$450,000. My husband, with his master's degree in English, and tenure, earned about \$50,000.00. We had been married for 20 years. Our settlement called for me to pay him permanent alimony of \$6,000.00 a month.*

I got the house on a deep-water canal, and our boat. He kept his entire retirement account, and our brokerage account of \$250,000, a fifty/fifty split of the assets.

By 2008, my net commissions had dropped to \$175,000.00, and in 2009 to \$50,000.00. This year, I would have to be lucky during the rest of the year to make that much. I have listings but few buyers. The listings that are expiring are not being renewed. Most people have houses with mortgages that are greater than their house values. When we were divorced, my house had a small mortgage. A year ago, I took out an equity line to get me through the bad times. Now I've used up \$100,000.00 of the \$150,000 line for my

own expenses and the alimony, and have the boat for sale.

My former husband will not agree to give up the alimony, or even reduce it. My lawyer thinks I could easily get a reduction in court, but that will cost at least half of the rest of my equity line. What are my chances of getting a reduction or total cancellation of my alimony payment? What do you think it will cost to go back to court?

Answer: It appears to be very possible to get a substantial reduction in your alimony obligation. It is possible that the alimony would be eliminated.

Unless your agreement states that your alimony obligation was non-modifiable, it would be modifiable under Florida law. In order to be modifiable, you would have to prove that your reduction of income was substantial, involuntary and permanent. In your case, it appears that the reduction is involuntary and substantial. An argument could be made that the reduction is not permanent, but the judge will probably agree that a recovery of the real estate market would be speculative. You may have to bring in a local industry expert to testify to the status of the resale estate mar-

ket in South Florida at this time and give an opinion of projections on the next few years.

Permanent could be interpreted to mean, "In the foreseeable future". That interpretation would allow a recalculation of an appropriate amount of alimony or total elimination of the alimony. The judge might leave your former husband only a nominal award, in order to keep the alimony option alive.

If the alimony were entirely cancelled, there would be nothing left to be modified upward if your income resumed its normal pace, or increased substantially

Estimating the cost of litigation is always like reading tea leaves. It always depends on how reasonable the other side will be in their litigation tactics and in their negotiating position. You probably will not be responsible for your former husband's fees.

Proving the facts necessary for you to put on a case does not seem to be complex. The judge can take into consideration what he or she reads in the business section of the newspaper, in addition to your testimony, and that of your expert. Your monthly alimony obligation is high enough to make the effort worthwhile.

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



ON THE MONEY

By Steve L. Pomeranz

Don't Follow The Herd!

Please allow me to help you understand today's investing environment so you can break the cycle all of us so often make: making the wrong investment decisions at the wrong time.

For example, what are you currently doing with the money in your 401(k) or other investing account? Is it sitting in cash, or have you invested in bonds thinking they are safer than stocks?

If you are like many you have moved out of stocks and into bonds because you are still feeling the effects of 2008's horrible decline and have decided you're "not gonna take it anymore!" Plus you have read that bonds have appreciated nicely over the past year and are safer. All seemingly good reasons for your actions and you're not alone.

Investors have pulled out over \$33 billion from equity mutual funds this year and have placed much of that money into bond funds. As often happens, I fear investors are repeating past mistakes and finding comfort in following the crowd.

Do you remember the Doc.com crowd in 2000, the

real estate crowd in 2005 and perhaps you are now a part of the bond fund crowd in 2010.

Are Bonds Really Safer, Today?

I am not making a recommendation but want you to consider the following example:

Johnson and Johnson (JNJ) has a AAA credit-rating, the highest possible for any company. JNJ is offering bonds that mature in 10 years and yield 2.95%.

JNJ stock, on the other hand, currently has a dividend yield of 3.75% and sells below \$60. Warren Buffett recently invested \$1 billion in JNJ at about \$58 per share. Projections suggest JNJ shares could be worth \$70 to \$105 in a few years.

Now, typically, dividend yields on high quality companies are always lower than bond yields. However, interest rates are currently so low that bond yields, even on AAA-rated companies like JNJ, are well below dividend yields – unheard of over the past 40 years.

JNJ is a solid company. Does it matter if the stock drops to \$50? Would you sell it at that price or pick up some more?

My point is, if you focus on intrinsic value, you will see market declines as your ally, not your enemy. Here's another example. I own a rental property that nets me a clean profit of \$10,000 per year after all expenses. If an identical property comes up for sale next door, how much should I buy it for - \$50,000, \$100,000 or \$500,000?

If I pay \$50,000, assuming the same \$10,000 net rental income, my return is 20%. At \$100,000, I make 10% and at \$500,000 I make 5%.

Clearly, the lower price is better, not the higher price. So always buy low and sell high.

Do not buy high to sell higher. Do not buy high to sell lower!

In times like this, do not shy away from market volatility – instead, use it as an opportunity to buy value at discounted prices, and gain wealth. Your investing attitude should go from, "I'm terrified" to "Bring it on!" Research your stocks well, and when you're sure, take a deep breath and jump in. Yes, the water is cold and the surface is choppy, but the treasure lies in the water, not on the shore.

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

Don't frown. There's a procedure to plump your lips to look like Angelina's

Dear Dr. Man, I'm not happy with my lips. I want them to be thick and sexy like Angelina Jolie's lips. I told my friends I wanted to get collagen injections in my lips and they told me it was an outdated procedure. Is that true? If so, how can I get my thin lips to look fuller?

Answer: Full lips have always been sought after, regardless of age. A plump pout is considered to be a sign of youth and an icon of sensuality. However, as we age, the lips can lose their plumpness and fullness. The upper lip, in particular, can appear thin; and the distance from the tip of the nose to the upper lip lengthens as the lips drop "down," which can cause a frown-like appearance around the mouth.

A lip lift or lip augmentation can increase the volume and fullness of the lips and give a more attractive contour and natural pout. Lip augmentation can be useful for people who have small, deflated lips, asymmetry, reconstructive needs, dropping or sagging upper lip, lack

of color, wrinkling from smoking or aging and other complaints.

To answer your question, collagen is still used sometimes as a filler, but there are also many other alternative treatments and procedures to consider. Lip augmentation uses synthetic or biological products or surgical restructuring to enhance the lips using several different treatment options.

A common procedure that we hear a lot about these days is the use of filler materials to give the soft lip tissue more fullness and support. These materials can be injected or implanted into the skin and can include collagen or fat, or new fillers, such as Restylane, Perlane and Juvederm.

Some people go a step further and have a surgical lip lift, which shortens the area between the nose and upper lip with a cut under the nose to remove extra skin, in order to reduce a frown-like appearance.

These procedures are performed in the doctor's office under local or I.V. sedation. After treatment,

people usually experience some swelling and bruising. In the case of incisions, sutures are removed after several days. As with all surgery, there are some risks, which you should discuss with your surgeon. Some people opt for PermaLip implants. Some lip implants may give an unnatural look to the lips, making them hard and rubbery. However, the implant called PermaLip is a permanent implant that retains the natural contours of the lips. These implants are made of non-rupture, soft silicon. Two small incisions are made in the corners of the mouth. Then the implant is passed through a tunnel in the lip and centered. While this is a permanent implant, it can also be removed in 10 minutes if a patient so desires.

Talk to your plastic surgeon to decide which treatment is right for you. You must realize that no one can perform miracles; however, a highly skilled surgeon can transform what you do have into a more balanced look altogether.

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

Your Life

The Boca Raton Tribune



OLEDA TALKS

Oleda Baker

The mind is your most powerful weapon against aging. Keep yours young!

You might think the most important deterrent to brain cell deterioration is engaging in mind-bending games or doing the daily crossword puzzle. Taxing the brain and learning new skills are excellent activities, but they usually don't get your heart rate up and pump blood to your brain cells.

Perhaps the most striking brain research discovery of the last decade is that physical exercise can forestall mental decline. It may even restore memory. Animal studies have shown that aerobic exercise increases capillary development in the brain, increasing blood supply, which carries more oxygen to the brain.

But it doesn't have to be formal exercise at the gym. You can play tennis a couple times a week, ride a bike, or walk a mile each day. If you want to get really serious about it, though, a combined program of aerobics and weight training will produce the best results.

Fit people have sharper brains; and people who are out of shape, but then get into shape, sharpen their unretouched photo brains along with their bodies.

It was once thought that brain cells do not regenerate as do

other cells of the body, but more modern science proved that neurons do continue to form in the brain, even into old age.

Memory does begin a decline when we reach our 40's, but the progression is not as steep as people make of it. Indeed, forgetfulness may be due less to brain cell loss than other influences, such as taking care of the kids, the job, paying the bills, doing chores, everyday living all competing for cognitive time.

To keep your brain young you need to give it lots of varied stimulation and challenges. Like a muscle, it needs to be exercised, to "strain the brain," so to speak. Repeating the same mental functions over and over, such as playing cards or watching television, doesn't help slow cognitive deterioration. Mental stimulation is as important for your brain as physical exercise is for your body.

Nutrition for a Healthy Brain

Foods that contain antioxidants, which neutralize harmful free radicals, are especially good for your brain. Free radicals break down the neurons in your brain, so the many colorful fruits and vegetables that are packed with

antioxidants are good for you in more ways than one.

Too much alcohol has been linked to brain atrophy, because it can cause direct injury to the cells. The good news is that these cells can be rebuilt when people eliminate alcohol from the diet.

Scientists have shown that certain nutrients are essential for human brain function. Serious deficiencies in vitamin B12 and iron, for example, can lead to impaired cognition. Paying careful attention to diet helps protect the brain from developing problems with nerve cell signals that are involved in memory and cognition.

Food with high oxygen radical absorbance capacity (ORAC) scores are thought to help improve brain function. An ORAC score of around 5,000 units per day can have a significant effect on blood and tissue antioxidant levels.

The following fruits have the highest ORAC scores (numbers are based on

1/2 cup of each):

BLUEBERRIES: 6,500

BLACK PLUMS: 4,500

BLACKBERRIES: 3,800

RASPBERRIES: 3,000

Read the complete story online

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



EVERYDAY CHEAPSKATES

By Mary Hunt

In Search of the 5-Minute Bread Recipe

Dear Mary: I love reading "Everyday Cheapskate." I thought I had saved the article that you wrote about the bread dough that you make and refrigerate so that you can bake daily. Now I can't find it. Where can I get the recipe for that dough? - Deb D., e-mail

Dear Deb: I'm certain you are referring to the master recipe from the book "Artisan Bread in Five Minutes a Day," by Jeff Hertzberg, M.D., and Zoe Francois. The method described in their book, complete with very precise instructions and recipes for what to do with the dough beyond just basic daily bread, is revolutionary.

Basically, you make a batch of dough, store it in the refrigerator and pull out a big wad to bake whenever you want fresh, homemade bread. I am going to refer you to Jeff and Zoe's blog, at <http://www.ArtisanBreadInFive.com>. You will find the recipe there, as well as lots of helpful discussions with Jeff, Zoe and other home bread-makers.

Dear Mary: I am 60 years old, and I plan to retire in five or six years. I had to file for bankruptcy this year because of three layoffs, which forced me to live off my credit cards after my savings were depleted and my home was foreclosed on. Now I am renting a condo. My credit is ruined, but I still have an income. I bring home \$1,200 every two weeks. When I retire, I will receive a pension of \$350. I also have a small 401(k) account through the company that currently employs me, to which I contribute \$100 a month. What is the best strategy going forward, seeing as I don't owe anything? Should I contribute more to my 401(k), or should I send extra cash to a regular savings account? - Linda, e-mail

Dear Linda: You don't mention Social Security, so I am going to assume that you will qualify for Social Security benefits, in addition to that small \$350 monthly pension, once you reach the full retirement age of 66.

Here's the problem I see: You could easily live for 30 years in retirement. Based on the limited information you've shared, I do not see how you would survive if you were to retire in five or six years, even with Social Security. If you can, you should work until age 70. Then you would qualify for the maximum Social Security benefit. This also would give you a full 10 years to contribute to your 401(k) plan.

Begin living more frugally than you ever dreamed possible right now so you can contribute the maximum to your 401(k) account. It is imperative that you avoid using credit. You cannot afford to fall back into debt.

If you were to contribute \$300 pretax each month for the next 10 years and see modest growth of 5 percent annually, you would accumulate another \$47,000 in your retirement account by age 70. It's not great, but it's better than what you are looking at right now. If the U.S. economy were to come roaring back, you would do even better.

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There's no Secret to Lemon Muffins

By Chris Ross

WET MIX

zen muffins

Nancy Parker enjoyed the lemon muffins featured during "lemon month" at Souplantation, and asked us for the recipe. Souplantation, always generous with its recipes, was happy to comply.

TANGYLEMON MUFFINS

DRY MIX

- 3 cups white flour
- 1/2 cup wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt

- 7 1/4 fluid ounces buttermilk
 - 5 1/2 fluid ounces frozen lemonade concentrate
 - 4 1/2 fluid ounces canola oil
 - 6 tablespoons instant lemon pudding mix
 - 5 1/2 tablespoons fresh lemon juice
 - 2 3/4 teaspoon lemon flavored extract
 - 1 teaspoon grated or finely diced lemon zest
 - 3/4 cup white sugar
 - 1/4 cup water
 - 2 eggs
- Yields approximately 2 dozen muffins

Combine dry mix ingredients in a bowl, and mix until thoroughly combined. Combine wet mix ingredients in a large mixing bowl. Beat wet mix to dissolve the sugar. Combine the wet mix and dry mix in a mixing bowl. Mix until thoroughly combined. Do not overmix. Spray muffin pan with quick-release spray. Scoop muffins into muffin pan with 2-ounce scoop. Sprinkle powdered sugar on top. Bake at 325 degrees for approximately 15 minutes.



WALT DISNEY
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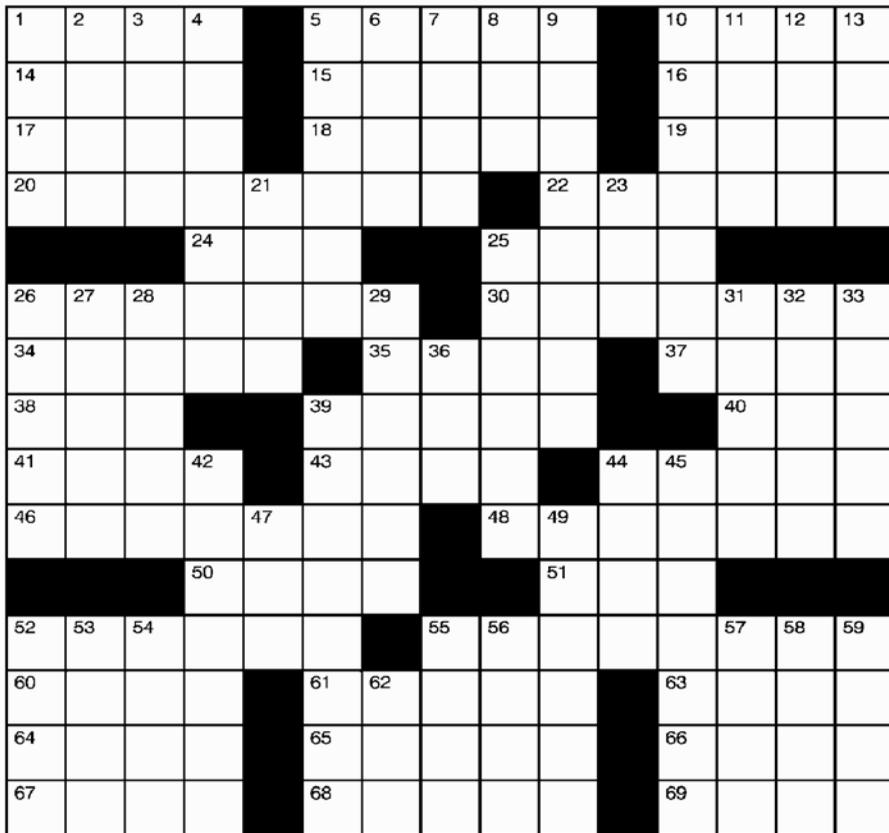


COMMUNITY MEDICINE. REDEFINED.

Games

The Boca Raton Tribune

A MAN CALLED PETER



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

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- 22 Milky Way, e.g.
- 24 Gal of song
- 25 Celtic
- 26 Offered resistance
- 30 Editor/writer Peter
- 34 Something to gird
- 35 Literary pen name
- 37 Actress Thompson
- 38 Cambridge coll.
- 39 Detonation
- 40 Works in progress: abbr.
- 41 Israeli port
- 43 Wallaroo
- 44 Oils
- 46 British actor Peter
- 48 Clamorously

DOWN

- 50 Formerly
- 51 Kind of blanket
- 52 Stoop
- 55 TV anchorman Peter
- 60 Humorist Lardner
- 61 Jeweler's tool
- 63 Vaudeville entertainer Bayes
- 64 Vow
- 65 Trimmer
- 66 Girasol
- 67 Cabal
- 68 Affirmatives
- 69 Sleeveless jacket
- 1 Austrian composer
- 2 Mimic
- 3 Zola heroine
- 4 Golfer Peter
- 5 Palatial residence
- 6 Low soprano
- 7 Project
- 8 Musical aptitude
- 9 Czar Peter
- 10 Heavy surf
- 11 On the briny
- 12 Linen source
- 13 Political conservative

- 21 Admission permit
- 23 Bib. edition
- 25 Wizard of Menlo Park
- 26 Early Mexican inhabitant
- 27 French soldier
- 28 Aloe fibers
- 29 Rain of terror
- 31 Metrical feet
- 32 Detroit disaster
- 33 Brash
- 36 Malay gibbon
- 39 Novelist Peter
- 42 Idea
- 44 Legal claim
- 45 Actor/producer Peter
- 47 Company title letters
- 49 Possessors
- 52 Equestrian stick
- 53 Middle East currency
- 54 Atop
- 55 Large containers
- 56 Rapier
- 57 Slangy refusal
- 58 Mardi or foie follower
- 59 Condiment
- 62 Verse form

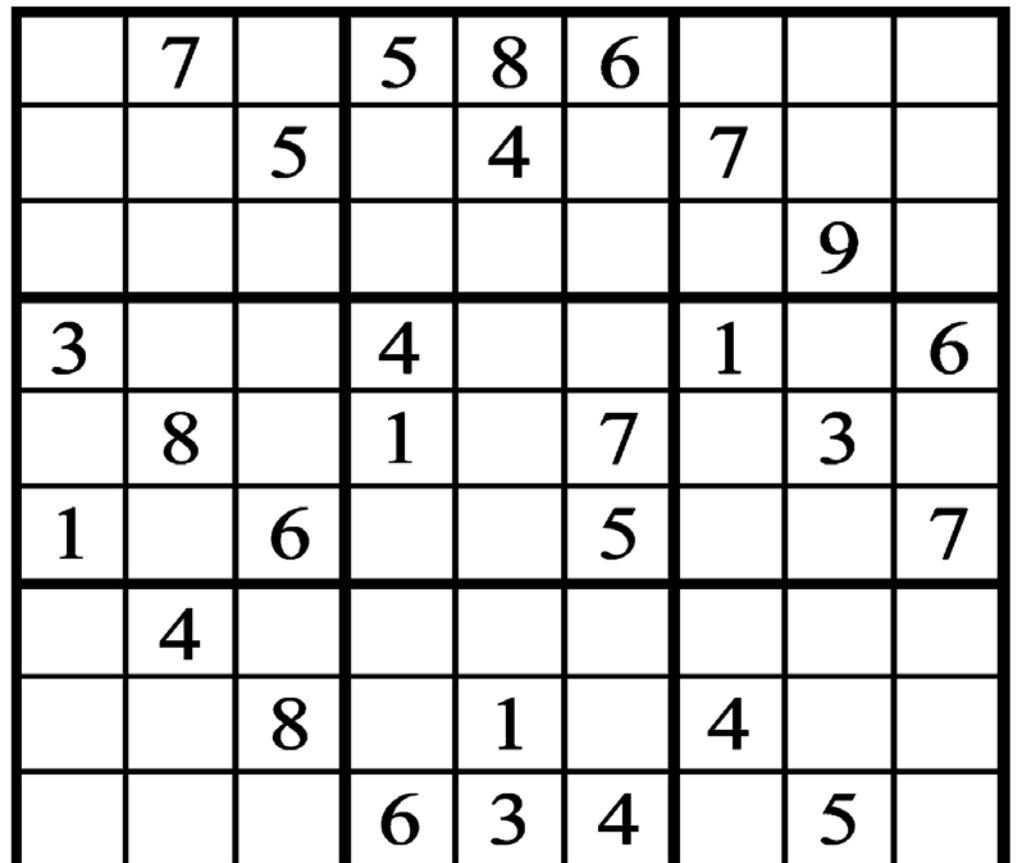
FURNITURE

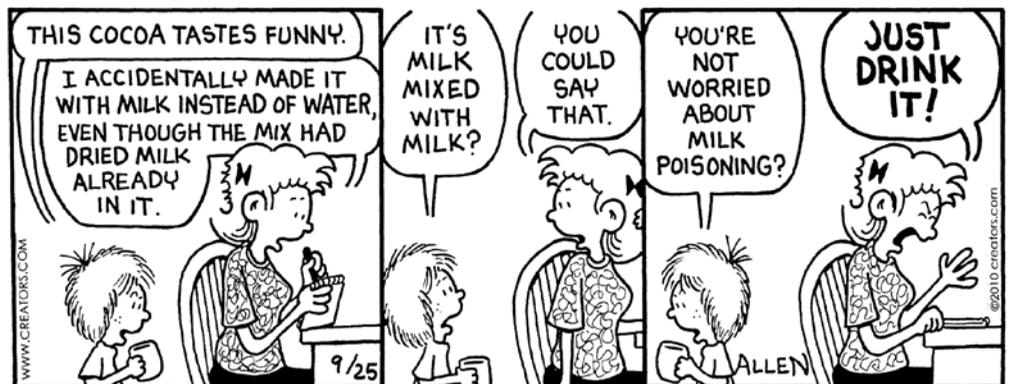
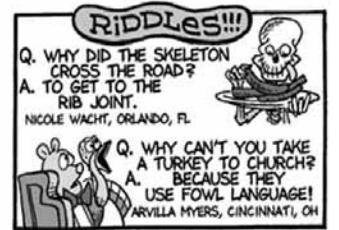
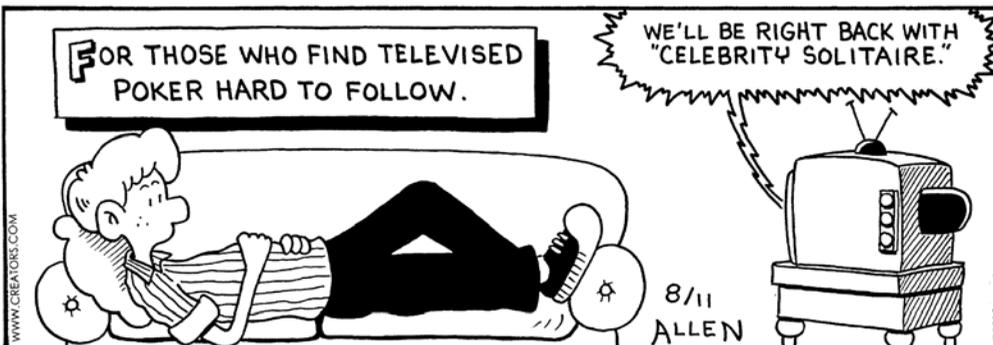
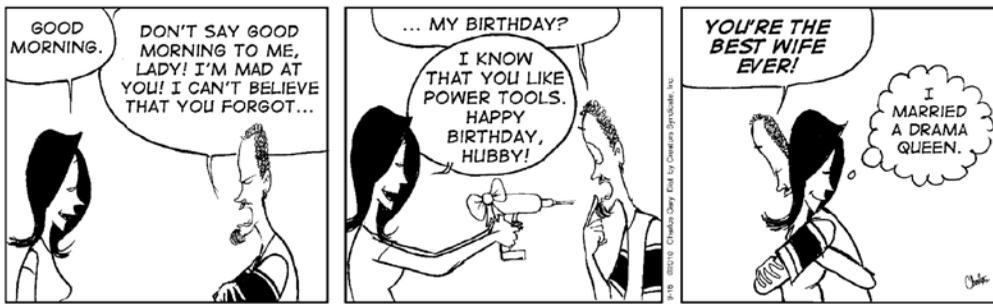
Solution: 15 Letters

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

- Armchair
- Cushions
- Plastic
- Buffet
- Cupboard
- Shape
- Arch
- Design
- Style
- Beds
- Drawers
- Sofa
- Bookcase
- Dresser
- Trim
- Colour
- Fabric
- Tables
- Coordinate
- Frame
- Television
- Chairs
- Functional
- Upholstery
- Cabinet
- Interior Design
- Veneer
- Comfort
- Lamp
- Wood
- Corner
- Panel
- Desk
- Polish

Solution: "We Use It Everyday"



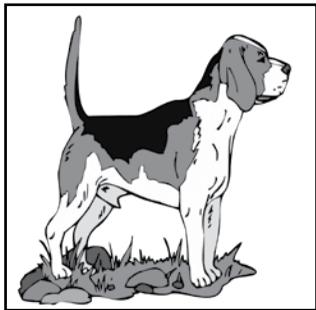


Pet Society

The Boca Raton Tribune

—DOG TALK WITH UNCLE MATTY—

Yellow Journalism



People who have little dogs tend to agonize like Hamlet over the question of: To housebreak, or to paper train?

Those with big dogs don't think twice about it. Owners of Great Danes and Newfoundlands unanimously agree that they don't want their dogs doing their business in the house. Which is exactly what paper training is: teaching your dog to do his business in the house.

The truth about paper training is that you really can't do it. Not successfully. Not consistently. It isn't natural. In fact, it goes against a dog's very nature.

Dogs are territorial. When walking your dog, I'm sure you've noticed that his sniffer kicks into overdrive. That's what dogs do: They go outside, they sniff around, they lift their leg and they mark their territory. Usually, they mark more than one spot. Left to their own devices, they'd mark many more spots than the average dog owner will tolerate on a single excursion.

Paper training your dog means expecting him to go on the same spot every day, day after day, month

and month, year after year, without fail. It means asking him to forgo a very basic instinct.

This is why housebreaking is the better choice for big dogs and small dogs. Housebreaking is teaching your dog to do his business outside and only outside. It allows your dog to be a dog, and it allows your house to remain clean, sanitary and free of unpleasant surprises.

I talked to a man with a 7-year-old Yorkie the other day. From Day One, his dog was paper trained. And those piddle pads worked for four years, when suddenly and without warning, everything changed. This man and his wife spent the next three and a half years dodging puddles and picking up poop. Now, their house stinks, their carpets are a mess, and they called me right after the straw broke the camel's back. That's right. He stepped in it.

When you have a little dog, it's easy to get lazy. And paper training is the lazy man's solution to the age-old question of what to do when your dog has to go. Plop some newspaper on the kitchen floor and call it yellow journalism.

This little dog problem - what I call toy dog syndrome - affects many people. Its symptoms involve the following thought process:

little dog, little urine, little poop, little trouble. And so the decision is made to paper train the little guy.

After three and a half years of narrow escapes and smelly messes, this couple still argued, "But it's such a small amount!"

Housebreaking is thought to be the harder road to climb. But if that's true at all, it's only in the short term. Here are a couple of tips to get you off on the right foot:

- Start young. Older dogs can be housebroken, but it's much easier to instill good habits than to break bad ones.

- Begin training in the spring or summer. Cold, harsh weather makes it harder for humans to stay the course with the training program. And housebreaking means taking your dog outside to eliminate several times a day. Once you understand the housebreaking process and what it involves, it's really just a matter of consistency on your part. Feed, water, walk. Feed, water, walk. That consistency coupled with an age-appropriate diet for your dog is the key to successful housebreaking.

For detailed information on housebreaking your dog, check out "When Good Dogs Do Bad Things" in your local library, or visit unclematty.com.

—PET OF THE WEEK—

You can pick Daisy as your loving pet



Do you like blondes? I'm a 4-year-old spayed female golden retriever mix weighing about 45 pounds. I'm a pretty girl with lots to offer. I'm spayed, housebroken and calm. I

have lovely manners, including knowing how to 'sit' and walking nicely on my leash, even right past the ducks and chickens here.

I can live happily with children, but I don't seem to like other dogs too much

so I'd like to be your only canine.

Don't you think I'm far too beautiful to be homeless? I think so, too. Let's meet and remedy that!

I'm available for adop-

tion at Tri-County Humane Society, a no-kill animal shelter located at 21287 Boca Rio Road in Boca Raton. The shelter is open for adoptions Tuesday through Sunday, 11 a.m. to 4:30 p.m. Adoption fees for companion animals are \$110 and up. Animals are heartworm-tested and up-to-date on vaccinations. Included in the adoption fee is one year of free office visits to Regency Veterinary Clinic.

Please visit us to find a lost pet or to consider adding a shelter dog or cat to your family. We have puppies and kittens, too! Call (561) 482-8110 or view many of our available animals and volunteer opportunities at: www.tricounty-humane.org. Follow us on Facebook and Twitter at 'TriCounty Humane'.

A MAN CALLED PETER

WANT	CAPET	RAFT							
OPAH	ALLAH	OSLO							
LENO	STARE	LEAR							
FRAMPTON	GALAXY								
	SAL	ERSE							
OPPOSED	DEVRIES								
LOINS	ELIA	SADA							
MIT	BLAST	MSS							
ELAT	EURO	LUBES							
CUSHING	NOISILY								
	ONCE	WET							
CROUGH	JENNINGS								
RING	LOUPE	NORA							
OATH	EDGER	OPAL							
PLOT	YESSES	VEST							

Answers

9	7	3	5	8	6	2	1	4
2	6	5	9	4	1	7	8	3
8	1	4	2	7	3	6	9	5
3	5	7	4	9	8	1	2	6
4	8	2	1	6	7	5	3	9
1	9	6	3	2	5	8	4	7
6	4	9	8	5	2	3	7	1
5	3	8	7	1	9	4	6	2
7	2	1	6	3	4	9	5	8

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Sports

The Boca Raton Tribune

HIGH SCHOOL FOOTBALL

Heights Roll Pass "Shark Week" With Ease!

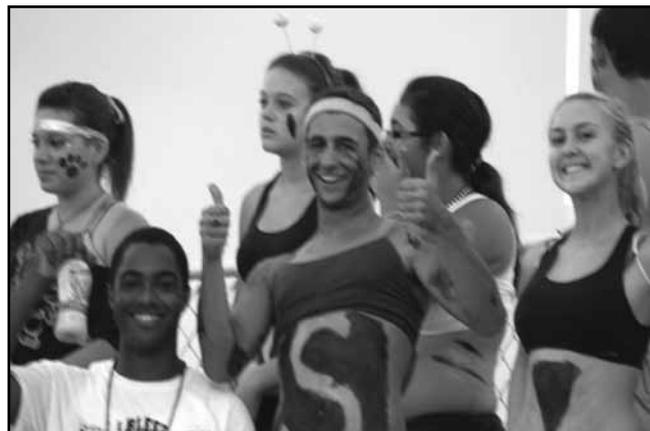
By: Orlando Greenwald

Week two of the regular season seemed more like a pre-season game for the Mighty Lions!

"OH" was able to dominate the game from the beginning with no problems at all. Starting the game off with their running attack, they were able to score an early touch-down and set the tone for the remainder of the game.

For the second week in a row, David Tanis had a strong showing and was able to find the end-zone twice. That's four touchdown runs in two weeks.

This sophomore running back is really turning out to be a special part of the running attack. Overall it was a combined team effort that secured the 56 to 0 win over what seemed to be fish, not "sharks". Ralph Dormestoir, Dimas, Serrano, Tavon Jenkins, and Casey Kinard all scored a touchdown on offense. Over 250 yards of rushing and another 150 in the air allowed the Lions to walk all over the Sharks Defense. Of course in order to get a shout out, the defense needs to play on their A game. They came out strong, fast and protected their goal with heart. Another strong victory for the Lions as they move to 2-0 for the season. Next week is a bye week, followed by district rivals Hallandale the 24th of this month! Go LIONS!



Friday night the Boca Raton Bobcats win 23-10

Friday night the Boca Raton Bobcats win 23-10. While being down by ten points early to Palm Beach Lakes the Bobcats capitalized on two special teams plays in order to get back in the game. Forcing two fumbles on the kickoff returns. The offense struggled somewhat but was able to move the ball, only to have two field goals missed. The defense locked in early through the second quarter and did not give up until the end of the game. So the first home game for the Bobcats goes in as a win, with hopefully more to come.



*See more photos on page 37!
Or see more photos online!*

Dolphins - Bills Thoughts



By: Chris Nelson

After an uninspiring perfor-

mance in the preseason, the Miami Dolphins showed surprising improvement in

their 2010 regular season opener against the Buffalo Bills on Sunday.

While they obviously were not playing the toughest opponent, performances by the offensive line, pass rush, and secondary were quite encouraging.

After getting on the board first with a Dan Carpenter field goal, the Dolphins added seven points on a Ronnie Brown rushing touchdown late in the second quarter. Bills' kicker Rian Lindell scored the Bills' first points with a 51-yard field goal four minutes before the half.

Following a scoreless third period, blown coverage by the Dolphins' secondary allowed Trent Edwards to find Roscoe Parrish for a 31-yard touchdown on fourth and 11.

Down 13-10 late in the game, the Bills were pinned back at their own one-yard line after a great punt by the Dolphins' Brandon Fields. After three incompletions, the Bills opted for a safety rather than attempting the fourth-down conversion.

With the 15-10 victory, the Dolphins earned their first win of the 2010 season and moved into a first-place tie in the AFC East with the New England Patriots at 1-0. Buffalo fell to 0-1, while the Jets play Monday night against the Ravens.

The Dolphins will head up to Minnesota to face Brett Favre and the Vikings in Week Two, but here are my observations from the Dolphins' Week One victory over the Bills.

Offense

• Chad Henne didn't light the world on fire, but overall I was happy with his

performance. He completed most of the high-percentage passes and did a good job not turning the ball over, especially a few times when he was pressured.

• Ronnie Brown and Ricky Williams both ran hard, combining for 127 yards and a touchdown on the ground. Splitting time clearly saves each from wearing down as much during the game, and it came in handy when the Dolphins needed to control the clock and secure a victory.

• Brandon Marshall displayed good receiving ability overall and did well running after the catch. He also had a crushing block

on Donte Whitner, which is exactly what makes him the complete package at receiver. He had a few drops, including one on an under-thrown bomb by Henne. I'm not concerned about the drops right now and I think the connection between Henne and Marshall will get better as they play together.

• Jake Long handled the Bills' pass rush pretty easily and showed no ill effects from the tweaked knee he suffered in the preseason finale. Vernon Carey played well enough, but was beaten badly on one play and would have contributed to a turnover if Henne hadn't miraculously held onto the ball.

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Olympic Heights High School *Continued from page 35*



Boca Raton High School



This past Friday both high schools, Boca Raton and Olympic Heights, ended their game with a victory. Olympic Heights scored 56-0, and Boca Raton scored 23-10.



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Get The Call Right: Why MLB Should Expand Instant Replay



By Matt Blue

What exactly has gone wrong with the umpiring this year in Major League Baseball? As of this season, the fans have witnessed, Tigers pitcher Armando Gallaraga lose a perfect game with two outs in the bottom of the ninth.

Replays later revealed very conclusive evidence that the player was out at first.

Jim Joyce inexplicably blew an easy call at first base.

In addition, more controversy emerged after third base umpire Bob Davidson cost the Florida Marlins a walk off win against the Philadelphia Phillies.

Replay footage immediately showed that the ball was clearly in fair territory the entire time.

Astoundingly, missed an easy play that occurred right in front of him. Therefore, he had a very easy call to make. Gaby Sanchez was robbed of a game winning hit and the Marlins had a walk off win taken away

from them.

As a result, Jim Joyce is now emblematic of umpire incompetence. If baseball currently had instant replay in effect, Jim Joyce would have been taken off the hook. Instead, every blown call will forever be referred to as a Jim Joyce.

Unfortunately, this incident will be Jim Joyce's defining legacy. He will forever be known as the umpire who took away perfection and history.

On the other hand, Bob Davidson ended up looking like an egotistical maniac after refusing to apologize for his obvious mistake. This type of inexcusable arrogance should be made an example of and it should shed some light on the importance of personal responsibility and accountability.

This is a teachable moment and an important life lesson for everyone. When you know you are wrong, you must have the courage to admit your mistakes.

In comparison, Jim Joyce had the class and integrity to apologize publicly and personally to Armando Gallaraga.

I would like to introduce some convincing logic and reasoning as to why baseball needs to expand instant replay.

The bottom-line is we have the technology available to get the call right. The players want it. The fans want it. Therefore, why can't it be implemented into the game?

All you have to do is ask retired ump Don Dekinger whose blown call cost the St Louis Cardinals the 1985 World Series, whether instant replay should be expanded or not. I guarantee you that he would say yes in a heartbeat. Baseball needs to avoid future disasters like the ones that have occurred this season. Umpires should not be deciding wins and losses in baseball. Baseball needs to let the players ultimately determine the outcome of the game. Therefore, an effective umpire does not decide the outcome of a

game.

I strongly believe, either needs to have a more effective umpire accountability system or they need to implement instant replay not just for home runs but for additional calls as well.

The umpires should be able to use their transgression and best judgement. Also managers should be allowed to ask for a replay if they deem it necessary

Don't get me wrong I am not advocating the expanded use of replay to challenge balls and strikes. I am not that crazy or demented!

However, baseball can do a lot more with the replay system.

Of course instant replay must be managed and used responsibly

Instant Replay has worked very successfully in the NFL. Also instant replay has been

used by the NHL and they have had no issues with it whatsoever.

For example, in game 3 of the Stanley Cup Finals, the league's video review system was used twice and both times they ended up getting the call correct. So therefore, why can't it work effectively in professional baseball?

I understand the fact that the baseball purists and traditionalists will vehemently disagree with me on this issue. However, they need to understand the benefits of implementing a replay system.

I believe decisions could be resolved definitively and accurately without causing much of a delay. Baseball has the capability to make it work. I am willing to give Major League Baseball some props and credit for deciding to review home run calls. This is

a very good step in the right direction. However, there is a lot more that needs to be done. At the end of the day, it is about getting the call right! There needs to be more of a commitment to achieving this objective.

Major League baseball needs to stop living in the past. Its time for the game to finally embrace technology.

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CRANK UP THE HEAT

By Pedro Heizer

Word of advice, don't mess with Riley

Since his much-celebrated, free agent signings this summer, Pat Riley hasn't been talking too much this summer, instead, he's been listening quietly to some criticism of his players and his franchise.

Now, after hearing all the haters speak, he is talking, lashing back, and laying the groundwork for the mentality his team will need to win a championship this season.

Riley started by calling out television analyst Charles Barkley for his a-little-

too-personal criticism of LeBron James. Riley then took exception to remarks from Magic general manager Otis Smith and Magic coach Stan Van Gundy. He also made it very clear what he thought about any other haters of his roster: "They can sit on it."

"I take a little umbrage to some of the things that came from people in our game who, all of a sudden, have become the moral conscious or moral authority on the decision of every team or some individual might make," Riley said Friday during

a conference call with South Florida writers. "I know one thing: Our team will be ready. And I think that's the way we can answer all the critics."

Barkley was the one who started it all earlier this summer by being openly critical of the way James handled his free agency, along with the celebratory press conference with Chris Bosh and Dwyane Wade, who also signed with the Heat the same day. Barkley called the celebration: "Punk moves."

It was his long time bench



coach and former Miami HEAT head coach, Stan Van Gundy who referred to Bosh as Wade's "lap-dog," for the way he followed him through the free agent process. And it was Smith, Orlando's General Manager, who said he thought LeBron James was more of a competitor after he left Cleve-

land to play in Miami.

"Charles Barkley, to me, went way, way, way over the top taking these personal attacks. Calling these guys a bunch of punks is a personal attack," Riley said. "For him to say that is wrong." "I thought that (what Smith said) was an absolutely stupid remark. He

never made any kind of comment like that when he signed Rashard Lewis and brought him from Seattle (in 2007) with a \$128 million contract," Riley said.

Even though Barkley, Van Gundy and Smith were mentioned by Riley, their comments were indicative of the criticism from around the league, much of it stemming from Riley's unprecedented success in the free agent market.

Riley already had proven himself as one of the league's all-time great coaches, and now had proven himself to be one of the league's all-time greatest executives.

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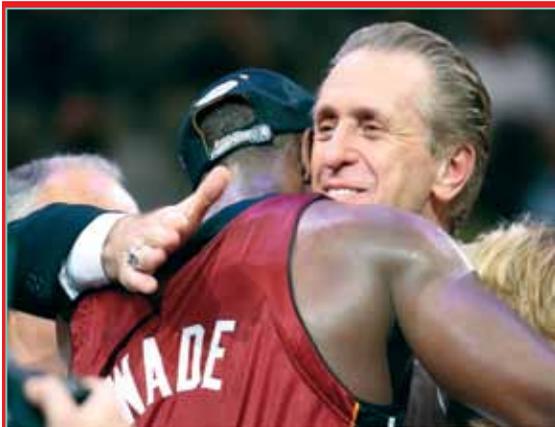
See this article on page 35



Heights Roll Pass "Shark Week" With Ease!



Friday night the Boca Raton Bobcats win 23-10



Word of advice, don't mess with Riley

See this article on page 39



Dolphins - Bills Thoughts

See this article on page 36

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