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East /West Boca Raton, Highland Beach, Delray Beach, FL - February 10, 2012 through February 16, 2012 • Year II • Number 086 - FREE

Community News

Lynn invites community to Fifth Annual Family Fun Day

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Municipal News

Boca Raton Police Honor Officer and Civilian Of The Year

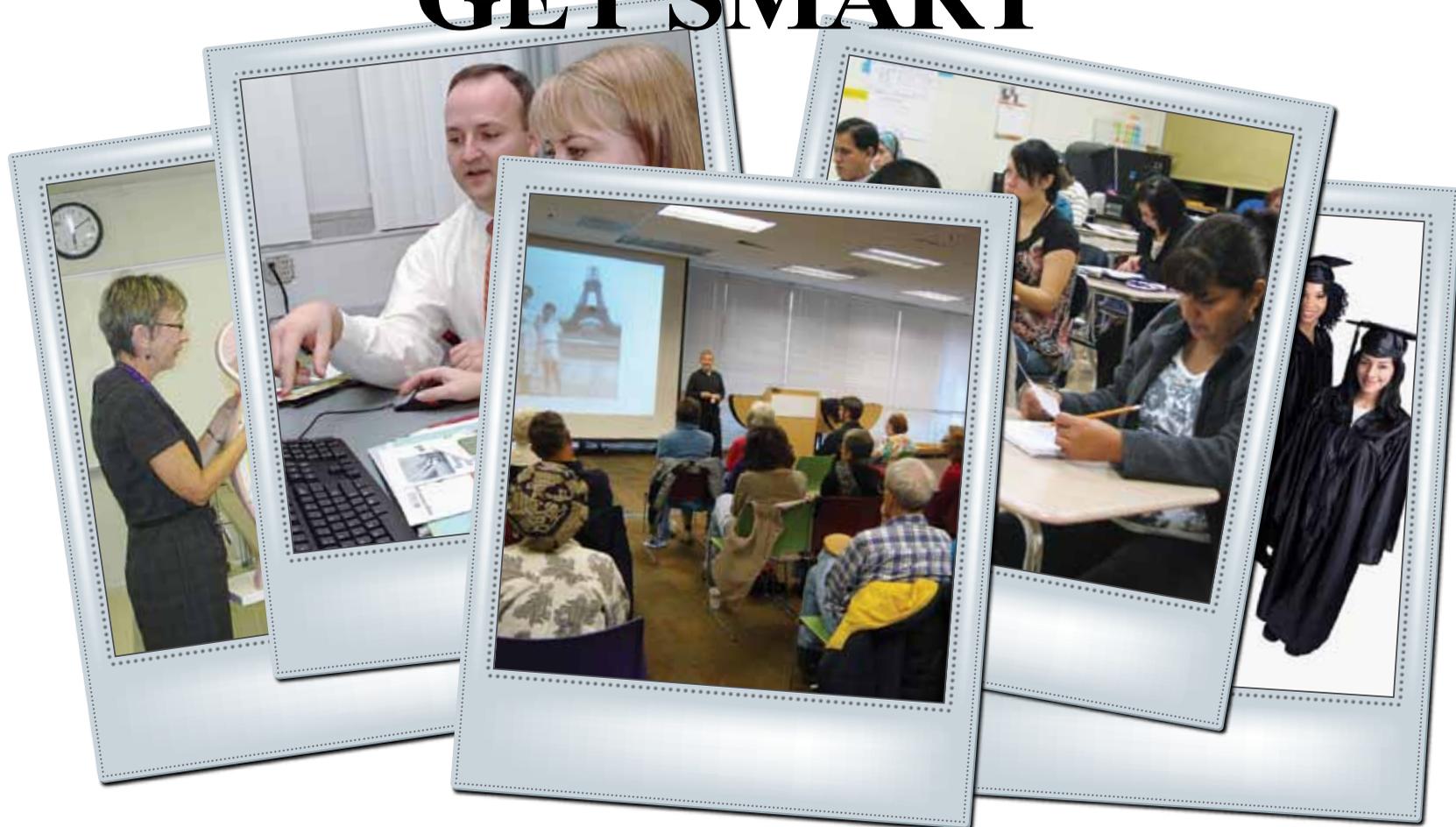
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Life & Arts

'Live At Lynn' Features Hit Shows: 'Five Guys Named Moe' and Jack Jones

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GET SMART



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AT OLYMPIC HEIGHTS COMMUNITY HIGH SCHOOL

By Diane Feen

Olympic Heights Community High School has a solution for you if you aspire to become the one-percent of high wage earners. And in today's competitive marketplace you will need all the ammunition (not literally) that you can get.

And that ammunition is more cerebral than confrontational. "People who have lost a job, or used to be able to get a job without an education, need to go back to school. At Olympic Heights Community High School we provide classes and support for men and women, adults and high school students,"

said Director of Adult Education and Assistant Principal at Olympic Heights Community High School, Susie Stanley.

What many people may not know is that OHCHS has a few programs to help young people and adults get a high school degree. Their GED Program – for adults – offers the chance to get a high school diploma by taking classes from 4:30 to 8 pm Monday to Thursday. There are three teachers on the premises to help students with different subject areas (English, psychology and social studies). There is

continued on pg. 3

Boca City Councilman Majhess Endorsed By Police, Fire Unions



Shirley Lyra reading the Tribune



Send us a picture of you reading The Boca Raton Tribune to pictures@bocaratontribune.com



Boca Police Safety Tip

Q: I heard there was police activity in my community. How can I stay informed?

A: You can stay informed by visiting www.bocapolice.com, signing up for crime alerts and viewing the crime map. In addition join Crime Watch by calling 338-1230.

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

Boca Raton Police Blotter

BURGLARY TO RESIDENCE 01/30/2012 10:34 NW 49TH STREET

A neighbor heard residential alarm and observed a white vehicle with tinted windows flee the driveway. Several impact windows were discovered with damage in an apparent attempt to gain entry. No entry was gained.

BURGLARY/ THEFT FROM AUTO 01/30/2012 13:37 NORTH OCEAN BOULEVARD

Person(s) unknown used an unknown object to smash the vehicle passenger side window. The subject(s) reached into the vehicle and removed a blue canvas pocketbook containing approx \$100 cash, and Macy's and Visa cards, victims driver's license, Social Security card and Verizon cell phone.

OTHER THEFT 01/31/2012 17:01 6000 W GLADES RD

Victim had her purse stolen from the Starbucks kiosk located in the Town Center Mall between 16:00 and 16:30 hours. The purse was recovered on the floor in front of In Tempo but Taeja's wallet was missing from the purse. There are no suspects at this time.

VEHICLE THEFT AUTO 02/01/2012 5:55 MARBLE WAY

Stolen vehicle blue 2005 Honda Civic bearing Fl Tag on 02/01/12 between 0100-0600 hours.

SIMPLE BATTERY 02/01/2012 14:27 751 BANYAN TRAIL

The victim, age 80, advised police an unknown white male punched him in the side of the head after a verbal argument over the male's dog and where it should be. The victim said he was not injured and refused medical treatment.

BOCA CITY COUNCILMAN MAJHESS ENDORSED BY POLICE, FIRE UNIONS



BOCA RATON – Boca Raton City Councilman Anthony Majhess has won the endorsement of both the police and fire unions in the city.

"I'm ecstatic," he told the Boca Raton Tribune, saying he has supported Boca police and firefighters during his three-year term on the council. "It lets me know that I am doing the right thing city-wide."

He said the unions interviewed both him and Frank Chapman, who is challenging Majhess in the March 13 city election. "They held a candidate screening; Frank and I were asked a series of questions. I was called the next day" and told the unions were endorsing him.

Majhess is a Palm Beach County firefighter and former member of the Boca Raton Fire Rescue service.

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Quote of the Week:

When sudden calamity shall fall on you, and destruction, as a tempest, shall be at hand: when tribulation and distress shall come upon you: 1. 27

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2010-2011

Community News

The Boca Raton Tribune

GET SMART

AT OLYMPIC HEIGHTS COMMUNITY HIGH SCHOOL

continued from pg. 1

also a full-time counselor to help you as well.

The GED may not have the pedigree of other educational avenues but it can lead to great things. "The high school equivalent degree allows you to go on to a two year college. The good thing is that if you do well in the two year college you are guaranteed entrance into a four year college," added Stanley.

This win-win is a great opportunity for anyone who has the time – and the desire – to advance their

educational and vocational goals. If you need help in your studies, or in applying to college, there is a tutor to help you jump those hurdles as well.

"This is a wonderful program to help adults that did not do well in high school complete their education and meet their life goals. We have adults of all ages (16 to 60) attending this program," said Stanley.

There are not only teachers and counselors in the classroom, but there is a volunteer math tutor on

Tuesday evenings.

If you are still in high school, or have dropped out, there is another program available to you called After School Credit Lab. This is for students who are just a few credits from graduation or have failed a class. The Lab meets from 3 pm to 6 pm Monday to Thursday and has E2020 software to help you complete any class that you may need to graduate.

There is also a teacher, a coach and a tutor on the premises to guarantee that

your questions and educational needs will be met. This program helps guarantee that if you lack credits – or need to make-up a class – then you can stay in school, or graduate if you are a senior.

"At Olympic Heights Community High School our doors are open to you. With education you can accomplish your goals, all you have to be is determined. Our Democracy is based on public education, we need you to reach out and we will be there to help you

succeed," said Stanley.

Olympic Heights Community High School, 20101

Lyons Rd. in Boca Raton. Call 561-852-6904 after 2 p.m. for information.

Boca's Don Estridge School Among State's Best for FCAT scores



BOCA RATON – The Don Estridge High Tech Middle School in Boca Raton is ranked among the top 10 schools in the state as measured by student FCAT scores.

The high-tech middle school, built on the site of the former IBM campus in Boca Raton, is actually one of six Palm Beach County Schools ranked in the top 10. High schools are also ranked by their graduation rates, student participation and performance in accelerated coursework and postsecondary readiness.

The schools are: Elementary #7 – South Olive Elementary School.

Middle #4 – Bak Middle School of the Arts; #6 – Don Estridge High Tech Middle School # 9 – Wellington Landings Middle School

High # 3 – Suncoast High School; #4 – Dreyfoos School of the Arts. Palm Beach ranks #16 out of 67 districts statewide and #1 among the urban 7 districts statewide based on the FCAT scores, beating out Broward, Orange, Dade,

Hillsborough, Pinellas and Duval counties.

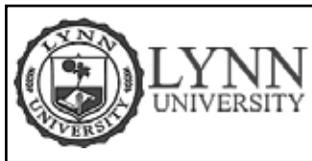
Districts that received a higher ranking than Palm Beach are typically smaller districts and districts with higher concentrations of high income households. Approximately 50 percent of Palm Beach students qualify for free and reduced-priced meals.

"We are pleased to see that the continuing hard work of our teachers and students is recognized at the state level. This recognition should be reassuring to our parents that their children are receiving a high quality education", said Superintendent Wayne Gent.

"We have work to do to ensure that all of our students are learning to their potential, but positive reinforcement like this will continue to encourage our teachers, staff, students and parents to work hard toward our goals of even higher performance," he said.

The district rankings can be found at www.fldoe.org/SchoolDistrictRanking.

Lynn invites community to Fifth Annual Family Fun Day



BOCA RATON – Lynn University's Athletic Department is inviting the community to Lynn's 5th annual Family Fun Day, 10 a.m. – 6

p.m., Saturday, Feb. 18, on campus.

Activities will be plentiful for kids of all ages and their parents as the Fighting Knights look to continue their involvement in the local community. Admission is free for everyone.

Day-long activities will include face painting, spin art, autographs, pictures with Big LU, raffles and bingo with prizes. Children will also have the opportunity to interact with Lynn student-

athletes. Snacks and drinks are included. An on-campus food truck expo will have additional dishes available for purchase.

Schedule of Events

10 a.m.: Lynn softball game

10 a.m. – 12 p.m.: tennis, swimming and sand volleyball open play

12 – 3 p.m.: bounce house, rock wall, obstacle course and interactive games

1 – 2 p.m.: Lynn men's and women's soccer clinic and outdoor basketball clinic

2 p.m.: Lynn men's and women's tennis matches

2 p.m. and 4 p.m.: Lynn men's and women's basketball games

Family Fun Day is held in recognition of the NCAA's community engagement initiative.

For more information call Alex Perez at 561-237-7918. Those interested in attending should enter campus on Military Trail just south of Spanish River Blvd. and ask for Family Fun Day.

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Friday, January 13 - 7:00 pm

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Cinema Under the Stars Series:
POLTERGEIST, Rated PG.

Friday, January 27* - 6:00 pm

*Sanborn Square
Cinema Under the Stars Series:
HAPPY FEET, Rated PG.

Friday, February 3 - 7:00 pm

Mizner Park Amphitheater
Cinema Under the Stars Series:
MONEYBALL, Rated PG 13.

Friday, February 17 - 7:00 pm

Mizner Park Amphitheater
Cinema Under the Stars Series:
THE HELP, Rated PG 13.

Friday, March 23* - 7:00 pm

*Sanborn Square
Cinema Under the Stars Series:
LITTLE GIANTS, Rated PG.

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- 2 Tickets to VIP Partners Club with voucher for 2 Beverages (beer, wine, soda)
- 1 VIP Parking Passes for Saturday, Feb. 11th

Fuzzy Zoeller \$750 (\$1,140 Value)

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- 4 Commemorative Wine Glasses and Lanyards
- 4 Tickets to Club 18 for Saturday, Feb. 11th
- 2 VIP Parking Passes for Saturday, Feb. 11th

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Political advertisement paid for and approved by Anthony Majhess for City Council, Seat D

Boca law firm joins abuse survivor in walk to stamp out sexual abuse

BOCA RATON — Like most victims of abuse, Lauren Book was frightened, scared silent for years until she finally broke down and told a therapist about the atrocities she endured from the age of 11 to 16 at the hands of the family nanny.

No longer a victim, Book, now 27, is battling abuse on a variety of levels. The Plantation resident has a website, www.laurenkids.org and an abuse crisis hotline. A former kindergarten teacher, she has drafted a "Safer, Smarter Kids" curriculum to help children become aware of "what are appropriate and inappropriate touches."

And last week, she took her campaign to the streets for the third straight year with "Walk in My Shoes," a 1,500-mile, six-day trek from Key West to the doors of the state Capitol in Tallahassee. The walk brings survivors like Book together with advocates like the Boca Raton law firm of Ellis, Ged & Bodden to raise awareness and promote sexual abuse prevention.

"Walk in My Shoes" kicked off its swing through Boca Raton early Jan. 30. Participants stopped at City Hall to watch as Mayor Susan Whelchel offered a rousing endorsement of the anti-abuse drive. Ellis, Ged & Bodden CEO C. Glen Ged then officially presented Lauren's Kids a \$5,000 check donated by the firm.

Dozens of Ellis, Ged & Bodden lawyers and staffers joined Book as they trekked another six miles to the North Federal Highway offices of the law firm, which has committed to supporting and advocating Book's cause. With the walkers accompanied by a specially marked bus and car as well as a Boca police escort, the entourage rallied on the sidewalk, then broke for lunch provided by Ellis, Ged & Bodden before the core group boarded the bus for more stops on the road to Tallahassee.



Outside Boca Raton City Hall, Lauren Book, second from right, is accompanied by, from left, Glen Ged, Nicole Ged, Ronda Ellis, C. Glen Ged and Boca Raton Mayor Susan Whelchel as a \$5,000 check from the Ellis, Ged & Bodden law firm is presented to Lauren's Kids.

The firm's founding partners, Ged and Ronda Ellis, looked out at the crowd in front of their offices and affirmed their personal and corporate efforts to support Lauren's cause.

"It's nice to see so many of our employees join Lauren in her walk," said Ged, as his and Ellis' two children — St. Andrews School students Glen, 12, and Nicole, 10 — participated in the day's rally. "There are more than 50 people here."

Ged works closely with Lauren Book's father, Ron Book, who is also the firm's lobbyist. Together, Ged said, they want to educate children as well as the public on the serious problem of child abuse and the need for solutions.

"Even if you are not directly affected by child abuse, everyone knows someone who has been impacted by it," said Ronda Ellis, sitting on a couch in the lobby with her two children. "This is such a global thing. We thank God we have not been affected."

Ellis said she sees the couple's role as "doing the right thing" for children injured and traumatized by abuse.

It's something Lauren Book has committed herself to doing for years. She has even written a book, "It's OK

to Tell: A story of Hope and Recovery," which describes her own physical and sexual torment at the hands of a woman who Book says knew how and where to touch children so the marks weren't obvious to parents.

Book has also worked closely with her dad to pass legislation aimed at helping victims of abuse. One measure adopted during the 2010 session and signed into law by the governor allows service dogs to accompany abused children into the courtroom if they are required to testify against those who harmed them. Dogs help calm the children, Lauren Book said, and reduce the fear of facing their abuser.

In light of the recent scandals at Penn State and Syracuse University, Book is supporting another proposed law that would penalize universities for covering up incidents of abuse.

Her father said he will continue to use his passion and skill to support his daughter's campaign.

"Her efforts deserve our attention," Ron Book said. "Too many children in America are suffering in silence. Let's join Lauren — and walk tall to raise awareness and education of this silent epidemic."

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CHRIS CATAGGIO: *C.M.O***EDITORIAL***By Dale King***A lesson in true loyalty from a special dog named Hachi**

I don't know whether to swear off dog movies because I get too emotional. I remember literally crying out loud at the end of "Marley and Me."

My wife and I saw a beautiful film on cable the other night about the loyalty between a dog and his master, a wonderful movie that touched on the incredible love that dogs have for us – love that transcends time and measure. And we both cried incessantly.

The movie is called "Hachi: A Dog's Tale," and is based on a true story of a man and his dog in Japan in the early 20th century. The film was updated to contemporary USA and stars Richard Gere, Joan Allen and Jason Alexander, among others. I checked the Internet and found that Sony Entertainment never released the film in the United States, but rather, in the UK and Japan.

My wife and I were also touched by the fact that the movie was filmed entirely in Rhode Island; in particular, Woonsocket, the city immediately adja-

cent to the town where we lived, North Smithfield. In the film, a reporter shows up from the Woonsocket Call, the actual newspaper that covers the community, and the former sister paper to the Pawtucket Times, where I worked for many years.

The film focuses on the love shared by a college professor, Parker Wilson (Gere) and his dog. The pup is an Akita, sent from Japan. His cage falls off a baggage cart at an American train station. Wilson finds the dog and is immediately captivated.

Their affection grows until they are virtually inseparable. A Japanese colleague at the college translates the symbol on the pup's collar as 'Hachi', Japanese for "good fortune." Wilson Parker decides to call the dog 'Hachi'.

One morning, Wilson leaves for work (he commutes by train) and Hachi sneaks out and follows him to the train station, where he refuses to leave until Wilson walks him home. That afternoon, Hachi

sneaks out again and walks to the train station to wait patiently for Wilson's train to come in. It's a habit that continues – and to dog lovers, it is a wonderful sight.

One day, Wilson is in his classroom when he suffers a fatal heart attack. At the train station, Hachi waits patiently as the train arrives, but there is no sign of Wilson. He remains, lying in the snow, for several hours, until the professor's son-in-law comes to get him.

Many things begin now to change. The family moves away. The professor's daughter and son-in-law try to bring Hachi to their home. But he won't have it, and after a goodbye kiss, he leaves.

Eventually, Hachi ends up living under a rail car in the train yard, going to the station every day to wait for his master. There is a particularly touching scene when Jason Alexander, the station master, tells Hachi: "You don't have to wait any more. He's not coming back."

Over the years, Hachi

is cared for by the station personnel, the hot dog vendor and others. The Japanese professor gives the stationmaster money to cover Hachi's health expenses. And a Woonsocket Call reporter writes a story that makes Hachi famous.

For the next nine years, Hachi waits daily, in vain, for his owner. Years after Wilson's death, his widow comes back to visit his grave when she catches sight of Hachi, now old and achy, still waiting at the station. She gets emotional and sits next to Hachi until the next train comes. Hachi returns to the train station late at night and closes his eyes for the last time.

At that moment, the film goes to black-and-white. Wilson steps out of the train station door and he and Hachi are together again, presumably, in Heaven.

I know I've given away the plot, but you really have to see the movie – if you don't mind crying. It's well worth the tears.

Letter Guidelines

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

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

All letters to the editor should be sent to:

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

Letters to the Editor

Hi, Dale,
Thanks for printing the story about the Chesebro tweets. I am enclosing a release regarding our spring tour schedule if you can us.

Sincerely,

Susan Gillis
Archivist
Boca Raton Historical Society

To the Editor,

True partnership requires combining resources to deliver the best results for everyone. Join members of the Greater Boynton Beach, Boca Raton and Delray Beach Chambers of Commerce at the South Palm Beach County Chamber Partnership miniEXPO and network - Boynton Beach Edition. It will be held Wednesday, February 15th from 5:30 p.m. to 7:30 p.m. at the Courtyard Marriott

1601 N. Congress Avenue, Boynton Beach, FL. Entry: \$20 (Includes two drink tickets)

Sincerely,

Theresa Kinsloe
Greater Boynton Beach Chamber of Commerce

To the editor:

Thanks for sharing the information about the "Music in the Park" series presentation Feb. 12 at 4 p.m. at the Mizner Park Amphitheater, featuring the Florida Youth Orchestra.

Sincerely,

Emily M. Lilly,
Community Resources and Affairs

bocaratontribune.com



THOUGHTS FROM THE PUBLISHER

By Douglas Heizer

Created Memories That Endure

By: Rick Boxx

Last year I was coordinating a conference for business and professional people, and one of our speakers was Peter Herschend, co-founder of Silver Dollar City, a recreational theme park located in Branson, Missouri, U.S.A. As we were arranging the microphone that Peter would be using for his presentation, a man from our audience walked up to the podium and handed him a small gift.

Having a listener from the audience approach with a gift was highly unusual, especially before the presentation. So with surprise and a bit of hesitation, Peter opened the box. It was a photo album containing colorful pictures of characters and employees at Silver Dollar City.

The giver explained this album represented the memories his family had accumulated over numerous years of attending Peter's entertainment center. The photos were a token of the family's appreciation for the many happy moments they had enjoyed and would always have as treasured memories.

As it turned out,

the gesture fit perfectly with Peter's talk on his company's mission, "Creating Memories Worth Repeating." Ironically, the kindness of the guest at our conference produced a lasting memory for our speaker.

Should this not be a primary goal for all of our businesses, no matter what product or service we provide – to create memories worth repeating? The job we do may not result in entertaining photographs. But our work should still be of such quality that it forms positive mental images, ones that linger through the passage of time.

For example, a patron at a coffee shop might hold memories of pleasant aromas and flavors of the local brew, along with friendly service and interesting conversation. Customers at a retail store may remember the courteous and attentive response of salespersons that were eager to guide them to exactly what they were looking for. A client might hold lasting appreciation for the efforts of a financial planner to address practical matters that did not necessarily

generate additional income for the advisor.

Admittedly, an entertaining experience – such as a visit a theme park like Silver Dollar City or attendance at a sporting event – might lend itself more easily to enduring memories, but a grocery store where the cashiers routinely greet customers with smiles and pleasant greetings can be meaningful as well. Whatever our product or service might be, it would be wise to create an environment that, after the customers, clients and suppliers have worked with us, they leave with the conclusion, "I'm glad I did business with them."

In the Old Testament of the Bible, Proverbs 10:7 teaches, "The memory of the righteous will be a blessing, but the name of the wicked will rot." Good experiences leave lasting memories; bad experiences are either intentionally forgotten or leave negative, even bitter feelings that ensure the customers will not be returning to do business with us.

Will the memories you create for your customers today become a blessing – or will they perish?



POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Complaints Are Not The Answer!

If you insist on complaining repeatedly, for a long time, about someone or something, chances are you have already failed in the effort. A far better method is for you positively to motivate those who may need correction! Mere complaints, alone, seldom accomplish anything other than erect stronger and higher barriers between you and the object of your dissatisfaction, and hinder achieving the intended solution.

Living life creatively and more meaningfully requires continual revisions of your thoughts, understandings, and approaches to the issues you desire to see expanded or altered. That, of course, does not automatically produce the changes being sought; it may take time!

People should be free to act and speak the way they believe to be their best, if not only, option. Incessant complaints tend to confirm its object in the patterns already being implemented and established. Most sub-

jectively-led complaints become totally irrelevant and, thus, incapable of bringing the satisfaction sought! Ultimately, reasonableness only will win, coupled with gentleness.

It is the epitome of arrogance to insist that your way is the only acceptable pattern for others to follow, and for certain situations to adapt! A positive, non-confrontational dialogue is the healthy path to take. Unfortunately, pride often takes priority and, thus, an issue is not correctly understood, much less resolved!

Always remember that your point of view depends on your point of viewing. Many persons act today as if the world had stopped sometime back and is no longer in motion at present. Yet, changes are taking place continually, at lightning speed. Some may be totally undesirable, but many others are good and valuable.

One needs not embrace them all, but everyone is requested to attempt to

understand the nature of those changes, and how they affect human functioning in today's society, for good or for ill.

The best procedure for all thinking individuals is to acknowledge what is happening in the world today and make the necessary adjustments to live in greater harmony with family, friends, co-workers, neighbors and, most of all, with Almighty God Himself, Whose will shall always prevail!

That recognition does not entail acceptance of all novelty, but only a reasonable outlook regarding the functioning of contemporary society, and how fellow humans, and the world at-large, are being partially shaped.

A positive posture in all we attempt will also challenge our feeble human minds to think correctly on all issues, enabling us fearlessly to examine all things and hold fast to that which is good.

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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Municipal News

The Boca Raton Tribune

BOCA RATON POLICE HONOR OFFICER AND CIVILIAN OF THE YEAR

BOCA RATON – In a Jan. 25 ceremony, Boca Raton Police Chief Dan Alexander awarded Detective Sean Flynn the Officer of the Year Award and Brenda McWhorter the Civilian of the Year Award.

Investigator Flynn has been a police officer with the Boca Raton department since 1999. In 2009 he was selected as a founding member of the Special Investigation Unit (SIU). The unit was established to identify and target individuals traveling into the city to commit crimes and assist investigators with high tech investigative techniques.

Detective Flynn has also been a member of the Boca Raton Police Bomb Squad since 2004 in which he has assumed the role as primary robotic operator. In this post,

he is tasked with developing a means of robotically deploying an overpressure device designed to defeat the command system of an improvised explosive device.

With ideas from team members, Flynn developed a mounting bracket for the robot that would facilitate delivery of the overpressure device. This has led to the FBI's Devices Operations Center requesting permission to distribute a bulletin nationwide to all bomb squads outlining how to retrofit robots with this design.

Detective Flynn has also helped solve numerous cases in the city. In June 2011 he assisted in the investigation of several residential burglaries that seemed to be targeting vacant residences. It was believed the suspect was

utilizing the residences for shelter then stealing items from within, along with the vehicles in the garage.

The suspect was identified through fingerprints left behind on a recovered vehicle. Detective Flynn, using his contacts, determined similar crimes were taking place near the beach in Deerfield. Believing the suspect was still in one of the residences, Detective Flynn conducted surveillance of the area and subsequently arrested the suspect who confessed to five resident burglaries in Boca Raton.

He also began the investigation of a stolen Rolex watch that took a number of turns, with the watch being sold to a pawn broker on eBay and ending up in the possession of a man in Peru.

As to the civilian, Brenda has worked in communications of the Boca Raton Police Services Department since 2008. For the last two years Brenda has been the Cities Radio Technician. The duties include citywide assignment of 1,500 radios along with maintaining and keeping track of all portable and in-car radios in nearly 80 departments in the city.

Her duties also include keeping track of all returned and malfunctioning radios, supervising installation and switching out of in car radios, approving radio vendor invoices and collecting payments from various departments, and maintaining inspection of city FCC licenses.

Her duties also include maintaining all cell phone inventories for the Police De-



From left are Brenda McWhorter, Civilian of the Year; Chief Dan Alexander and Detective Sean Flynn, Officer of the Year.

partment, along with being the main contact with AT&T for new phones, disconnects, and activations.

McWhorter also assigns all call signs in the CAD system, coordinates supplies for hurricane preparedness and

sets up critical testing for probationary employees.

While the tasks appear to be truly overwhelming, McWhorter has a talent not everyone possesses, officials said. She is proficient, resourceful and patient.

State Continues funding county's reef monitoring program

District 4 County Commissioner Steven L. Abrams has announced that the county has successfully obtained state funding for its artificial reef monitoring program which is conducted by a volunteer-based organization called the "Reef Research Team."

The program is essential in maintaining the 29 artificial reefs located off the county's shoreline, he said.

"This program accomplishes a lot with very little money since it is volunteer-based," said Abrams. "These

artificial reefs are one of the reasons why diving off of Palm Beach County shorelines is world renowned," added the commissioner whose district includes 22 miles of coastline.

The Palm Beach County Reef Research Team (RRT) was formed in 1991 in cooperation with the county's Department of Environmental Resources Management (ERM). ERM, recognizing that limited staff resources did not allow for sufficient monitoring of the deployed artificial reefs, met with a core group of divers

who formed the RRT. Originally the volunteers paid out of their pockets to perform the monitoring dives on commercial dive boats.

However, in 1996, ERM was successful in obtaining Florida Fish & Wildlife Conservation Commission Artificial Reef Program monitoring grants to cover expenses incurred by the RRT. The present two-year grant is the eighth grant, in the amount of \$21,432.

RRT just celebrated its 20th year, and even though

every year the competition for the grants escalates, ERM continues to maintain its funding due to the consistent quality of the RRT's work.

The RRT is affiliated with the Palm Beach Zoo. The group is composed of experienced SCUBA divers who come from all different backgrounds. Many of the members have participated for more than 15 years.

Through the RRT training program, new members are taught scientific methods of gathering data and identifying



One of the most unusual wrecks found in the Palm Beach County artificial reef system is this Rolls-Royce, part of Artificial Reef Number 2.

certain fish species. Mapping, videography and photography are also included in the training program. Palm Beach

County's RRT is considered one of the best volunteer research dive teams in the state of Florida.

Sharpen your pencils and get out to hear Madeleine Albright

By Diane Feen

BOCA RATON – Whoever said that South Florida is a cultural and intellectual wasteland didn't know about Florida Atlantic University. There have been so many wonderful lectures, classes and concerts that you might think you were in Manhattan (almost).

But the exciting news is

that FAU is having the former secretary of state Madeleine Albright talk about the 'Economy and Security in the 21st Century' on Wednesday, February 15 at 3:30 p.m. in the Carole and Barry Kaye Performing Arts Auditorium on FAU's Boca Raton campus, 777 Glades Road.

When Albright was nominated as Secretary of State

in 1997 she was the first woman to hold that office. She was also the highest ranking woman in the history of the U.S. government. Albright served as the Permanent US Representative to the United Nations and was a member of President Bill Clinton's Cabinet and National Security Council.

Albright is currently a

professor in the Practice of Diplomacy at the Georgetown University School of Foreign Service. She chairs both the National Democratic Institute for International Affairs, the Pew Global Attitudes Project, and serves as president of the Truman Scholarship Foundation.

She is also the author of four New York Times best

sellers, the last two were called: "Madam Secretary" and "Mighty and the Almighty: Reflections on America, God, and World Affairs."

Those two best sellers will be on sale after the lecture. Her next book, "Prague Winter," is slated for release in April 2012. It tells the story of Albright's experiences and those of her family living in

Prague during and immediately after World War II.

A book signing will follow the lecture. Single tickets are \$35 and groups of 15 or more are \$30 per ticket. FAU students are admitted free with a student ID. Tickets can be purchased at www.fauvents.com, by calling 1-800-564-9539.

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SECTION B BOCA LIFE & ARTS

The Boca Raton Tribune

February 10, 2012 through February 16, 2012 • Year II • Number 086

‘LIVE AT LYNN’ FEATURES HIT SHOWS: ‘FIVE GUYS NAMED MOE’ AND JACK JONES

BOCA RATON – Lynn University and Jan McArt, director of theatre arts program development, have scheduled a couple of audience-wowing productions this month, part of Libby Dodson’s LIVE AT LYNN Theatre Series 20.

“Five Guys Named Moe” will be presented Saturday, Feb. 11 at 7:30 p.m. and Sunday, Feb. 12 at 4 p.m. at the Wold Performing Arts Center on the Lynn campus.

In their multicolored Zoot Suits, the five Moes harmonize, croon, wail, tap and joke their way through 27 hit songs of songwriter

Two weeks later, famed singer Jack Jones will fill the Wold Center with music. He will appear Saturday, Feb. 25 at 7:30 p.m. and Sunday, Feb. 26 at 4 p.m. His performance is part of his “Greatest Hits Tour.”

One of the greatest vocalists of our time, double Grammy-winner Jack Jones ranks with legends Mel Tormé, Tony Bennett, Frank Sinatra and Vic Damone. His recordings of “Lollipops and Roses,” “Wives and Lovers” and the “Theme from Love Boat” are recognized all over the world.

Tickets are \$45/mez-



Jack Jones

and saxophonist Louis Jordan, whose new slant on jazz paved the way for rock and roll in the 1950s.

zanine, \$50/orchestra, and \$65/box. They are available for purchase at the Lynn University Box Office, lo-

cated in the Wold Performing Arts Center at 3601 N. Military Trail. Tickets also may be purchased online at HYPERLINK “http://our.lynn.edu”\t“_blank” http://our.lynn.edu or by phone at 561.237.9000.

The 750-seat Keith C. and Elaine Johnson Wold Performing Arts Center,

located on Lynn’s campus in the heart of Boca Raton, features superb acoustics, a modern lighting system, a large, light-filled lobby, and flexible space well-suited for dramatic productions, concerts and other cultural events.

With an elegant salon, outdoor sunset terrace and

Five Guys Named Moe intimate black-box studio, this new center is home to numerous concerts and events, including live theatrical performances by the Lynn’s theatre arts program and professional Live at Lynn Theatre and Jazz Series, as well as Conservatory of Music concerts.



ENTERTAINMENT
Black Flying Heroes Known by Their “Red Tails”

See page 22



OLEDA TALKS

See page 22

Neil Simon's 'Plaza Suite' now at Delray Playhouse

DELRAY BEACH — As a comic writer, Neil Simon is America's undisputed box office champion. With hit Broadway comedies like *Come Blow Your Horn* and *Barefoot in the Park*, musicals like *Sweet Charity* and *Promises, Promises* and hit films like *The Goodbye Girl*, Simon has proven himself a master of every form.

But it was his work as a television writer for such legendary comedians as Sid Caesar, Carl Reiner and Phil Silvers that inspired the trio of one-act plays he called *Plaza Suite*. Each play tells the story of a couple occupying a suite in New York's Plaza Hotel.

One couple is celebrating their 23rd (or 24th) wedding anniversary. Another couple is revisiting

a romance after 17 years. And the third tries to avert disaster, having discovered that their daughter (a bride-to-be) has locked herself in the hotel bathroom.

Michael DeGrotta plays the male half of the three couples, while Laura Medley, Meri Ziev and Andrea Gottlieb play his female counterparts. Others in the cast include Christina Breeza, Ryan Mahannah and Eric Salas.

PLAZA SUITE opened Jan. 27 and plays through Feb. 19. Tickets are available through membership or individually at \$30. Student tickets are half-price. For reservations, call The Playhouse Box Office at (561) 272-1281 Ext. 4. Group rates are available.

The Delray Beach Playhouse is located at 950



NW 9th Street (off Swinton Avenue in Lake Ida Park).

Boating & Beach Bash for People With Disabilities Needs Sponsors

Dubbed "The Miracle on the Intracoastal," the 4th annual Boating & Beach Bash for People with Disabilities (www.boatingbeachbash.com), will be held at Spanish River Park in Boca Raton on Saturday, March 24.

The Bash, the largest free fun filled day, is for people with physical and or intellectual challenges. What is amazing about this event is that those with disabilities get an opportunity to enjoy a 45 minute boat ride aboard luxury yachts, lent for the day by boat owners. They also get a free lunch with all the trimmings.

The event - that is volunteer staffed - attracts 2,500 children, adults, veterans with disabilities, caregivers and their families. If you've never been to this event you would see the marvels of its inten-

tion and invention.

But they need your help. The organizers are reaching deeper into the community to find corporate and private donations to insure the event's success.

At the cornerstone of the Boating & Beach Bash for People with Disabilities is the financial support from Royal Palm Yacht & Country Club of Boca Raton, club member donations and club boat owners.

The Bash will pay special tribute this year to American heroes, men and women disabled during their service to the nation. This is being done through a new partnership formed with Wounded Warriors in Action (www.WWIA.org), a Florida-based 501c3 foundation that works exclusively with Purple Heart recipients.

"We all agree it's time to salute these remarkable people who have given so much to protect our freedom," says Bash organizer Jay Van Vechten. "The Bash is the perfect way for us to do this. We are most grateful to Col. John McDaniel, founder of Wounded Warriors in Action, for kindly agreeing to accept tax deductible contributions on our behalf."

Donations should be made to: 'Wounded Warriors in Action - Bash.' Mail checks to Boating & Beach Bash for People with Disabilities, PO Box 99, Boca Raton, FL, 33432. For more information please visit www.boatingbeachbash.com or write mailto:info@boatingbeachbash.com.

Reach Jay H. Van Vechten at: 561-715-2622.

The Olympic Heights Theatre Department proudly presents Gypsy!

Gypsy is a musical with music by Jule Styne, lyrics by Stephen Sondheim, and a book by Arthur Laurents. *Gypsy* is loosely based on the 1957 memoirs of Gypsy Rose Lee and focuses on her mother, Rose, whose name has become synonymous with "the ultimate show business mother." It follows the efforts of Rose to raise two daughters to perform onstage and casts an affectionate eye on the hardships of show busi-

ness life.

The musical contains many songs that became popular standards, including "Small World," "Everything's Coming up Roses", "Some People", "Let Me Entertain You", and "Rose's Turn". It is frequently considered one of the crowning achievements of the mid-20th century's conventional musical theatre art form, often called the "book musical".

Gypsy will run March 2nd at 8pm, March 3rd at 2pm and 8pm, and March 4 at 2pm. Also, back by popular demand, is the award winning production of Neil Simon's *Lost in Yonkers* March 9 at 8pm. Tickets are only \$12 and can be purchased by calling the box office at (561) 852-6680.

Olympic Heights Theatre: 20101 Lyons Road Boca Raton 33434

"Music In The Park" Series featuring Florida Youth Orchestra

WHEN: SUNDAY, FEBRUARY 12, 2012 4:00pm

WHERE: Mizner Park Amphitheater-----located on the north end of Mizner Park on Federal Highway, just south of Glades Road. (outdoor venue)

ADDITIONAL: Join sponsors--- the City of Boca Raton, Aurora Nurses Home Health Care, Florida Health & Chiropractic Medicine---as they present FLORIDA YOUTH ORCHESTRA---as part of the "Music In The Park" Concert Series. A special afternoon program of various contemporary and classical musical selections has been prepared by this 125-member orchestra. In its 18th consecutive appearance on the Mizner Amphitheater stage, the Or-



chestra, as a not-for-profit, self-supporting musical group, was started in 1988 by former WTVJ-Channel 6 weatherman, Bob

ton Police Explorers), relax and enjoy the best of entertainment for the entire family, along with food treats which are available for



Weaver, and his wife, Myra, to showcase the musical talents of area students, ages 5-19. The 4:00pm performance takes place at Boca Raton's favorite outdoor entertainment spot, Mizner Park Amphitheater, benefit Boca Ra-

purchase. Parking is available in several garages located in the Mizner Park shopping area. Admission to all concerts is free.

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INFO: City of Boca Raton----(561) 393-7827. mailto:elilly@myboca.us or www.myboca.us.

SPOTLIGHT

Caribbean Cowboy Ball raises \$137,000 for scholarships

BOCA RATON -- The George Snow Scholarship Fund's 19th Annual Caribbean Cowboy Ball and Auction kicked off the 30th Anniversary of the George Snow Scholarship Fund Jan. 28, attracting over 580 "cowpokes" for a foot-stompin' good time.

The event, which honored Robin and Charles Deyo with the Fund's Annual "Community Service Award," and The Boca Raton Regional Hospital with the Fund's Annual "Corporate Community Service Award; " raised some \$137,000 to be applied toward higher education scholarships and programs designed to assist worthy students in the community.

A major contributor toward the Caribbean Cowboy Ball's financial success was the live and silent auction, which featured gifts

and services donated from many local and regional businesses and organizations. Many people walked away with one of a kind sports memorabilia, exciting golf packages, dinner at their favorite restaurant, and fantastic trips, living up to its reputation "As the Best Darn Auction in Boca Raton."

Tim Snow, president of the George Snow Scholarship Fund, said, "We are deeply grateful to each of the companies and organizations that contributed items for our auction."

"In addition, I would like to thank our auction committee and the many individuals that have given so much of themselves to insure the success of this event - from our Honorary Chairpersons, Laura and

Skip Stoltz - to our Auction Chair, Barbara Cambia and organizational committee to our corporate partners."

A highlight of the evening was the introduction of the Community Service Award Winner's; Robin and Charles Deyo and The Boca Raton Regional Hospital. Snow said, "We are privileged to be able to recognize Robin and Charles for their efforts to make our community a better place to work and play and to be one of the countless groups in our community that have benefited from her efforts."

"Additionally, we are fortunate to have companies like The Boca Raton Regional Hospital in our community; the Hospital Family has been major supporters of the Scholar-

ship Fund and the young people we serve."

In 2012, the George Snow Scholarship Fund hopes to award more than \$400,000 in scholarships to some of the area's brightest and most deserving young scholars potentially representing every public high school in Palm Beach County.

Since its inception, more than \$4,900,000 has been awarded to more than 1,200 worthy recipients. A major consideration for scholarship selection is financial need.

For more information on the George Snow Scholarship Fund Please call (561) 347-6700.

The 20th Annual Caribbean Cowboy Ball will be held on January 26, 2013.



Charles and Robin Deyo and M.J. "Mike" Arts



Fred Astaire Dance Studio Dancers



Marie and Frank Occhigrossi



From left are Jean-Marc Casavane, Karla Sordi, Kyle and Kate Stewart and Eddie Sordo.



From left are Jerry and Terry Fedele with Susan and Jim Fedele.

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SPOTLIGHT

Artist Heller sponsors benefit for Tri County Humane Society

BOCA RATON -- Renowned international multi-media artist Yaacov Heller held a fundraiser Feb. 6 to benefit the Tri

County Humane Society. Despite the rain, a large group showed up at Heller's Gallery 22 in Royal Palm Place for a

celebration of the shelter's work to rescue and re-home abandoned dogs and cats.

Guests were invited to

enjoy cocktails and hors d'oeuvres in Gallery 22's studio and sculpture garden, and view Heller's extensive display of sculp-

ture, painting and jewelry.

The event included a silent auction of Heller's exclusive artwork. He has long been a strong

supporter of Tri County Humane Society, a no-kill animal shelter in Boca Raton. Photos by Denise Felice.



Yaacov and Brando



Yaacov Heller displays his painting of Marta Batmasian and her dog as the subjects of the portrait stand next to it.



Yaacov and Sue Heller.



Dr. Ron Rubin, Margo Joy, Yaacov Heller.



Ineka Chichester Fran Ferrara.

Allianz Golf Championship Has Teed Off: Executive Women's Pro-Am and Pro-Am Pairings Party

Photos: Montana Pritchard Photography



LPGA Player of the Year Annika Sorenstam at the Golf Clinic Portion of the Allianz Championship Executive Women's Pro-Am



Dick Schmidt, Bryan Naugle, Annika Sorenstam, Johnny Bench.



Mike Arts, City of Boca Raton Mayor Susan Whelchel, John Whelchel, Jerry Fedele.



Jerry Fedele, Neil Meany, Dick Schmidt.



Al Travassos, Debbie Schmidt, Steve Schmidt, Ingrid Fulmer, Fred Fulmer.



Amy Allen, Shawn Bolgg, Keith O'Donnell, Diane Paez.

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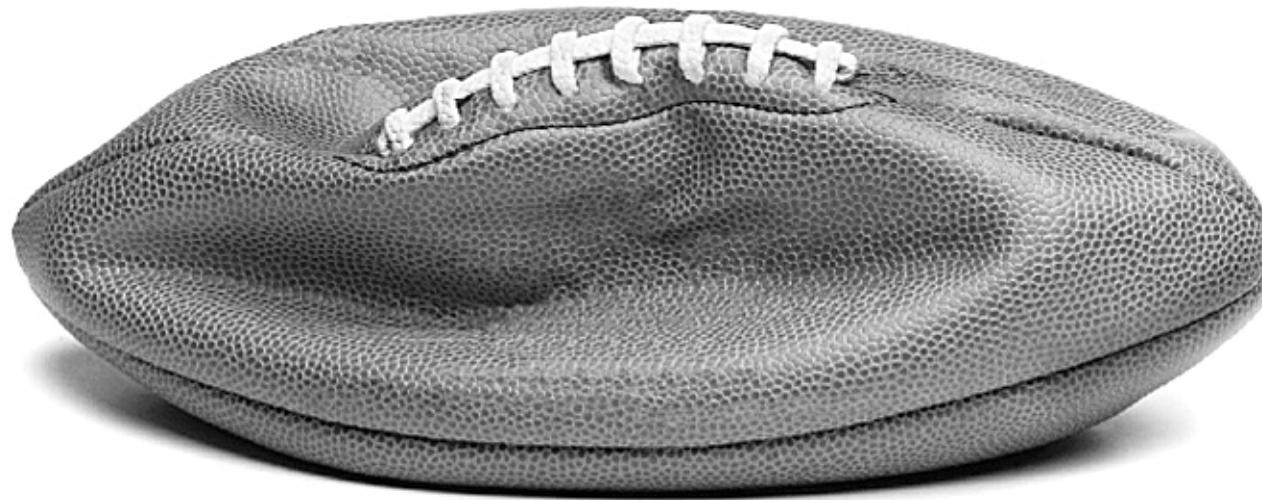
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In fact, more than 165 million people - that's 70% of U.S. adults - read a newspaper in print or online in a typical week.

Newspapers score all year long.

Sources: Nielsen, Scarborough Research

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Lake Wyman Park Ribbon-Cutting Celebration

City of Boca Raton
LAKE WYMAN NEIGHBORHOOD PARK
DEMONSTRATION PROJECT

The Energy Efficiency and Conservation Block Grant (EECBG) Program, funded for the first time by the American Recovery and Reinvestment Act (Recovery Act) of 2009, represents a Presidential priority to deploy the cheapest, cleanest, and most reliable energy technologies we have—energy efficiency and conservation—across the country. The images below demonstrate just some of these technologies in action.

- Reflective Surfaces**
 - Reflective surfaces reduce solar heat gain, reducing the need for air conditioning.
 - Reflective pavement reduces urban heat island effect, reducing the need for air conditioning.
 - Reflective paint has been tested and shown to reduce heat gain during the summer months, and is proven to last for 10 years.
- Restroom Facility**
 - Restrooms have been built with solar panels, skylight, low flow fixtures, and recycled materials.
 - Restrooms are constructed with recycled materials.
- Wind Spire**
 - Wind spires are used to generate up to 100% of the electricity for a building.
 - Wind spires are a renewable source of electricity.
 - The Commission provides a 3% tax credit for the cost of all power generated by the wind spire.
 - Each of these wind spires is a 100% renewable energy source.
- Big Belly Compactor Waste Cans**
 - Big Belly waste compactors hold, sort, and compact trash, reducing the need for trash collection.
 - Big Belly waste compactors are made from recycled materials.
 - Big Belly waste compactors are made from recycled materials.
- Pervious & Porous Pavers**
 - Pervious and porous pavers allow water to infiltrate the ground, reducing runoff and preventing flooding.
 - Pervious and porous pavers are made from recycled materials.
 - Pervious and porous pavers are made from recycled materials.
- Xeriscape Landscaping**
 - Xeriscape landscaping uses drought-tolerant plants, reducing the need for irrigation.
 - Xeriscape landscaping is made from recycled materials.
 - Xeriscape landscaping is made from recycled materials.
- Aquashield Rain Barrels**
 - Aquashield rain barrels collect rainwater, reducing the need for irrigation.
 - Aquashield rain barrels are made from recycled materials.
 - Aquashield rain barrels are made from recycled materials.
- Recycled Materials**
 - Walking paths, picnic tables, playground equipment, fitness equipment, and restroom walls made of recycled plastic.
 - Fitness and walking trails made from recycled shredded tires.

BOCA RATON, FL. – The City of Boca Raton invites the public to attend a ribbon-cutting ceremony on Tuesday, February 14, 4:00-5:00pm, in recognition of the newly-completed renovations and improvements at Lake Wyman Park. The 8.3-acre park is located at 1500 NE 5th Avenue. City officials and staff will share in the celebration and will be highlighting the unique energy-efficient and energy-conservation elements within the Park.

The Park improvements were made possible through funding from the U.S. Department of Energy for the American Recovery and Reinvestment Act of 2009 – Energy Efficiency and Conservation Block Grant (EECBG) Program. The Grant Program represents a Presidential priority to deploy the cheapest, cleanest, and most reliable energy technologies we have across the country.

In keeping with this priority and the City's own initiative to be a leader in community sustainability

and environmental stewardship, staff chose Lake Wyman Park as a model to demonstrate some of the technologies available to create a sustainable public facility. Some of the elements include; a Wind Spire, Reflective Surfaces, Solar Compactors, Pervious & Porous Pavers, Xeriscape Landscaping, Rain

Barrels, and Restroom Facility complete with Solar Panels, Skylight, Low Flo Fixtures, constructed with recycled material.

Following the program, light refreshments will be served. For additional information on the project, please call (561) 393-7857 or visit City of Boca Raton – EECBG Project.

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ENTERTAINMENT

By Skip Sheffield

Oscar-Nominated Film "Albert Nobbs" now playing in Boca

Now that Glenn Close and Janet McTeer have been nominated as Best Actress and Best Supporting Actress for this year's Academy Awards, there should be a surge in box office for the quirky little comedy-romance, "Albert Nobbs."

Let me stress. "Albert Nobbs" is not a laugh-out-loud comedy. It just has some ironically funny situations stemming from sexual role-playing and romantic misunderstandings.

The film is a labor of love for Glenn Close, who co-wrote the screenplay and starred in the play on which this is based almost 30 years ago.

It's late 19th century Ireland. The character of Albert Nobbs (Close) showed at age 14 at Morrison's Hotel. The hotel's owner, Mrs. Baker (Pauline Collins) took pity on the waifish lad and added him to the hotel staff

It is now 30 years later and Albert is an esteemed but almost silent, almost invisible butler.

Albert's unruffled, predictable routine is upset when Hubert Page, a boisterous outgoing fellow, is hired to do some painting at the hotel. The thing is, Albert Hubert is really a woman, too. That fact is revealed somewhat humorously when Albert is forced to room with Hubert.

If that weren't confusing enough, Hubert is married to a woman (Bronagh Gallagher) who may or may not know Hubert's true sexual identity, and who cares?

Confusing matters even further is lovely Helen (Mia Wasikowska), a young maid to whom Albert is attracted. Helen likes little Albert OK, but she is stirred more by the brutish boiler man Joe (Aaron Johnson).

Yes, "Albert Nobbs" is a feminist fable; an allegory really, about oppressive social, political and economic dictates. Victorian England and Ireland were notoriously anti-female, yet the U.K. was ruled by one of its strongest most steadfast



Glenn Close in "Albert Nobbs"

Queens, Victoria Regina.

While Glenn Close's performed as this bottled-up little person is impressive, there is little to like about the melancholy character. The character we really like is Janet McTeer's Hubert. In this year's Oscar sweepstakes she has a much stronger chance of bringing home the gold.

If you are interested in sociology and gender politics, "Albert Nobbs" is a film for you. I don't think it stands much of a chance with America's mainstream audience.

Two and a half stars
**"Man on a Ledge"
Is No Nail-Biter**

There is a reason "Man on a Ledge" was released in the Siberia of January. In a more popular movie month it probably would be lost in the shuffle. In January it pretty much had the market for an action-thriller all by itself, if you don't count Liam Neeson in the frozen tundra in "Grey".

Sam Worthington stars as the titular character, Nick Cassidy. Nick is an ex-cop on the lam from Sing Sing. In Pablo Fenjives' highly improbable script, Nick is a good cop who was framed for the heist of a \$40 million diamond someone else took.

Nick checks into the Roosevelt Hotel in midtown Manhattan, orders lunch with champagne, then climbs out a window onto a ledge on the 21st floor. That's where Nick will remain for most of the film, while a crowd gathers in

the streets below, as crowds are wont to do when they think they may witness a gory suicide.

Nick is not crazy or suicidal. His stunt is just a ploy to divert attention from the real action across the street. His younger brother Joey (Jamie Bell) and sexy cat burglar girlfriend Angie (Genesis Rodriguez) will attempt to steal the very diamond Nick was accused of taking.

The heist itself is pretty high-tech acrobat suspenseful, but it is short-lived and interspersed with shots of Nick back on the ledge, where first a veteran detective (Ed Burns) and a police psychologist named Lydia Mercer (Elizabeth Banks) attempt to talk Nick down.

We know Nick isn't going anywhere, because director Asger Leth has tipped his hand by revealing the suicide threat is just that.

There are some amusing things, such as blueblood Kyra Sedgwick portraying a hard-bitten Hispanic television reporter, and Ed Harris as a huffing and puffing megabillionaire, David Englander. Despicable Englander makes Donald Trump look like a modest, quiet, nice guy.

One hopes in vain for a spark of romance between Nick and the pretty police shrink. The closest thing to sex is the bright red skivvies Angie strips down to during the heist. Action-suspense junkies had best look elsewhere.

Two stars



OLEDA TALKS

Oleda Baker

VITAMIN B-COMPLEX:

The Overwhelming Nutritional Health Benefits of Complete B-Complex Vitamins are Very Much Underestimated!

I have taken B-Complex since I have been 28 years old. (49 years!!) While modeling with Wilhelmina in New York City I was booked to fly to Rome for a high-fashion shoot. I was tired and had a 3 day shoot coming up overseas...I HAD to look and feel my best!

I went to my doctor and complained. It was then I learned about the power of the B-Complex Vitamin group....all eleven of them and what they do as a group. I not only finished out my week of shoots in the city but went on to a very successful fashion shoot in Rome. Here is what my doctor taught me (this also appears in my website www.oleda.com):

B-Complex vitamins, containing eleven "B's," convert carbohydrates to glucose, our single most significant source of energy, and they are vital for the metabolism of fats and protein. The B Vitamins may be the single most important health factor for the nervous system and the nerves' normal functioning (which is why B-Complex is so good for people trying to quit smoking). They help maintain the health of hair, skin, eyes and the liver and they are essential for maintaining gastrointestinal muscle tone as well as supporting proper brain function.

Many people think of our cells, the only building blocks of the only body we'll ever have, as "stationary" or "fixed." The fact is they are "splitting" and regenerating all the time. When we are young our cells are very active but this regeneration of cells slows as we

age and we get aches, pains, illnesses, dull hair and skin, gray hair, wrinkles and other maladies none of us want. To keep looking and feeling young, we need to keep our cell "splitting" process at a high rate, and the best time to stimulate this is while they're still regenerating. You can start at any age... the energy and results kick in within a few days.

As we grow older, B Vitamins become more and more important because the body does not easily absorb these vitamins from food, so it is very difficult to eat enough of the proper diet for a longer, healthier life span. (All eleven B's must be taken together as one helps support the other)

The Eleven B's And How They Help You

To Live A Longer, Healthier Lifespan:

Vitamin B12, Cyanocobalamin 1000 mcg: The only vitamin that contains essential mineral elements, found to be necessary for longevity. Helps the utilization of iron.

Vitamin B1, Thiamin 12.5 mg: The body needs a daily supply since it is not stored in large amounts. Especially needed by sugar eaters and smokers.

Vitamin B3, Niacin 12.5 mg: Assists enzymes in the breakdown and utilization of proteins, fats and carbohydrates. There are only small amounts present in most foods.

Vitamin B5, Pantothenic Acid 10 mg: An anti-stress vitamin involved in the production of adrenal hormones and the formation of antibodies. It is needed by every cell in the body and it affects mental and

physical health.

Calcium Pangamate 10 mg: Helps in the transfer of oxygen into tissues' cells and is active in helping to prevent fatty infiltration of the liver.

Inositol 10 mg: Closely associated with Choline and Biotin and also is known to have a calming effect.

Choline 10 mg: Plays an important role in the transmission of nerve impulses.

Para-Aminobenzoic Acid (PABA) 10 mg: Acts as a co-enzyme in the breakdown and utilization of protein. Assists in the formation of red blood cells.

Vitamin B6, Pyridoxine 5 mg: Consists of three related compounds—pyridoxine, pyridoxal and pyridoxamine. It is required for the proper absorption of vitamin B12 and for the production of hydrochloric acid and magnesium. It helps other B's work their best.

Vitamin B2, Riboflavin 2 mg: Necessary for red blood cell formation, antibody production and cell respiration and growth. Most foods contain very little.

Folic Acid 400 mcg: Necessary for the proper formation of both red blood cells and white blood cells. Essential for the processes of growth and reproduction of all body cells. It is considered a brain food.

Biotin 150 mcg: Aids in cell growth and the utilization of other B vitamins. Other Ingredients: Croscarmellose sodium, Magnesium stearate, Calcium phosphate, Pharmaceutical glaze.

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Oleda Baker, now 76, 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.

Boca woman falls victim to distraction scheme

BOCA RATON — Police are investigating a report of a distraction theft that occurred at a home in the 1800 block of Sabal Palm Drive in Royal Palm Yacht and Country Club about 2 p.m. Feb. 2, a police report said.

The victim told officers two men came to her front door and told her there was a water problem on the street and they needed to check her water system.

Police said the suspects entered the home and went to the kitchen with the victim. One suspect sprayed a solution into the sink and intentionally sprayed the victim's hand. They told her to immediately wash her hand since the solution could burn.

The report said the victim went into the bathroom, took off her diamond ring and washed her hands. One

suspect then told her to follow him back to the kitchen and he would show her how to properly wash the solution off.

The suspects told the victim they had cream for her hand and a solution to clean her ring in their truck. The victim waited inside and when the suspects did not return, she went to retrieve her ring and discovered it was gone.

The suspects are described as being about 25 years old. Both were wearing jeans, one had a small checked t-shirt and brown hair. The other suspect wore a yellow vest and yellow hat and had brown hair and a goatee.

If anyone has information about this crime they are asked to call Detective James Giumenta at (561) 338-1303 or Palm Beach County Crime Stoppers at (800)

Hasner running for District 22 congressional seat

BOCA RATON — Former Republican state Representative and House Majority Leader Adam Hasner of Boca Raton has abandoned his bid for the U.S. Senate seat held by Bill Nelson to jump into the District 22 congressional race.

That move got an early boost from the current District 22 incumbent, U.S. Rep. Allen West, who is moving his election effort to the new District 18.

"My friend, Allen West, and I spoke, and he offered me his counsel, and I am honored to accept his endorsement in this race," Hasner said in an email Feb. 1.

Hasner, 42, a native of Delray Beach and longtime South County politician, spent eight years as a state rep. He was term-limited from running again in 2010.

He had been in the race for the U.S. Senate seat held by Democrat Bill Nelson, but his poll numbers had been weak. With his hat in a new

ring, Hasner said, "I look forward to a spirited contest of ideas in the 22nd District, and to working every day to once again represent my friends and neighbors in Palm Beach and Broward counties as a passionate advocate for jobs and economic growth, for a Congress that lives within its means and plays by the rules it sets for our citizens and for a strong national defense that honors our commitments to our allies abroad, especially Israel."

He said he is "honored to accept [West's] endorsement in this race. Allen West's service to our nation did not end when he left the US Army; it continues everyday he leads in the United States House. I look forward to serving with him."

So far, two Democrats are in the race: Former West Palm Beach Mayor Lois Frankel and businessman Patrick Murphy. Several other Democrats are considering a run for that seat.

Unchallenged Scott to return campaign donations, give balance to charity

BOCA RATON — City Councilwoman Constance Scott, who won re-election automatically after challenger Bill Trinka dropped out of the race, said she will split her campaign donations among four local nonprofits — after she gives contributors a chance to get a pro-rated portion of their money back, if they want.

Scott's finance report filed Jan. 27 shows she has collected \$22,835 since she opened her campaign account last summer.

"I have a final finance report due in April," she told

the Boca Raton Tribune. "We have a lot of bills to pay."

"We have sent letters to all contributors asking if they want a pro-rated amount back or it will go to local charities."

Whatever cash she has left, she said, will be turned over to the Tri County Humane Society, Stand Among Friends, Boca Raton Police Athletic League and Boca Helping Hands.

In the sole contest on the March 13 city election ballot in Boca Raton, challenger Frank Chapman said he has collected \$51,850 as

of the end of January. Incumbent Anthony Majhess lists a total of \$8,118.

Most of Chapman's money, however, is his own. His finance report says he loaned his campaign \$50,000. Majhess has lent himself only \$210.

Chapman also lists three \$500 donations from an attorney, a law firm and a title company in Ohio and two local donations, \$100 from former Boca Raton City Councilman Dave Freudenberg and \$250 from David Robbe, a teacher at Boca Raton Community High School.



City Councilwoman
Constance Scott

Palm Beach County Library System offers a lot more than books



By Commissioner Burt Aaronson District 5

When you hear the word library, books are most likely the first things that come to mind.

But the fact of the matter is your Palm Beach County Library System offers so much more. In the past year, just over 5 million books and audio/visual materials were checked out by the county's 457,000 library card holders.

The Library System operates 16 branches. We are fortunate to have four branches here in District

5: Glades Road, West Boca, Hagen Ranch Road and West Boynton. All of them provide adult programming, child programming and computer training. The West Boynton Branch Library, located at 9451 Jog Road, Boynton Beach, closed in August for renovations. Patrons are encouraged to use the Lantana Road Branch. The Glades Road Branch is now reopened from its recent renovations.

Our county libraries serve many purposes. They are gathering places for groups and meetings. They provide free computer and Internet classes and educational programming and they conduct seminars on a variety of helpful topics such as financial planning or finding a job in a tough economy.

In addition, they offer story time, origami, poetry workshops and more. For instance, the fourth annual WritersLive! series has be-

gun and boasts an exciting line-up of best-selling authors actually connecting readers with their favorite writers. Whether you are a child, teen, adult or senior citizen I can guarantee your local library has something that would be of interest to you.

PBC's Library services extend beyond the walls of its branches. Their Outreach Services Division strives to make programs and services available to everyone, particularly those who cannot easily access branch services such as those with a visual or physical disability, homebound adults and those in nursing homes or retirement centers.

For instance, the talking books service is free to anyone legally blind or visually impaired. Patrons select audio books they would like from a catalog and their selections are mailed to their residences.

Finally, I would like to

encourage you to become a Friend of the Library, an association of persons interested in books and libraries that focus public attention on library services. Annual membership begins at \$15; family membership is \$25 per year.

In addition to helping support our Library System and all of this wonderful programming, members receive a monthly newsletter and a calendar of library events. For more information on our Library System, visit www.pbclibrary.org or call 1-888-780-4962.

As always, I invite your comments on any issue of interest to you. As your commissioner, I am here to help you. You may write me at 301 N. Olive Ave., West Palm Beach, 33401 or call my staff at 276-1310 or toll free at 877-930-2205. My email address is: mailto:baaronso@pbcgov.org.

Business

The Boca Raton Tribune

NCCI HOLDINGS COLLECTS ITEMS FOR DISADVANTAGED FAMILIES

BOCA RATON -- NCCI Holdings, Inc. employees recently collected pajamas, toys, and food for area disadvantaged families as part of their company-wide "Share the Spirit" campaign.

Employees donated more than 100 pairs of pajamas for the Pajama Program, which provides comfort and love in the way of new pajamas to children in need.

Employees donated more than 130 toys and \$550 in gift cards to Family Promise, which offers temporary

shelter, meals, and support to homeless families.

They also donated 370 pounds of food for Boca Helping Hands, which provides food and assistance programs to individuals, families, and children.

NCCI, located in Boca Raton, employs 925 professionals dedicated to fostering a healthy workers compensation system. NCCI actively gives back to the communities where its employees live and work. **Photos by NCCI Holdings.**



NCCI Holdings, Inc. employees Chantel Weishaar and Stacey Dever sort more than 130 toys collected for Family Promise during NCCI's holiday Share the Spirit program.



CCI Holdings, Inc. employees Kelly Cavaleri and Linda Simmonds fill a van with 370 pounds of donated food for Boca Helping Hands.

Boca Regional among first hospitals to use new atrial fibrillation treatment

BOCA RATON – Physicians at the Christine E. Lynn Heart & Vascular Institute at Boca Raton Regional Hospital are the first in Palm Beach County to offer the Arctic Front® Cardiac CryoAblation Catheter system, the first and only cryoballoon in the United States indicated to treat recurring Paroxysmal Atrial Fibrillation (PAF) that is resistant to drugs.

PAF is a heart rhythm disorder that causes a quivering of the upper chambers of the heart leading to irregular heartbeats, which are usually at a faster pace than normal, that come and go, lasting minutes, hours or days.

Recently approved by the U.S. Food and Drug Administration, the innovative cryoballoon treatment is a special cardiac catheterization procedure by which the margins of the pulmonary vein (where PAF most frequently generates) are electrically isolated by producing a freezing linear scar. This line re-

defines the limits of the pulmonary veins isolating the abnormal electrical activity that causes PAF, blocking its path to the heart.

Unlike traditional ablation treatments that use radiofrequency or heat to destroy faulty electrical circuits in the heart on a point-by-point basis, the balloon-based technology of Arctic Front is novel because it ablates cardiac tissue through

the use of a coolant rather than heat, delivered through a balloon catheter.

This freezing technology allows the catheter to adhere to the tissue during ablation, allowing for greater catheter stability and the capacity of generating a linear lesion along the pulmonary veins entrance in one application.

"The value of the new cryoablation technology

over existing ablation methods is that it enables physicians to safely and effectively isolate the pulmonary veins with an efficient approach," said E. Martin Kloosterman, MD, Chief of Cardiology and Director of the Electrophysiology Laboratory at Boca Raton Regional Hospital.

"We have noticed that this technology allows for shorter procedure times and earlier and

smoother patient recovery. Although we have yet to claim victory in the search of a treatment for the cure of atrial fibrillation, the cryoballoon technology is a significant step in that direction by broadening the patient population that may benefit from this procedure."



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observer

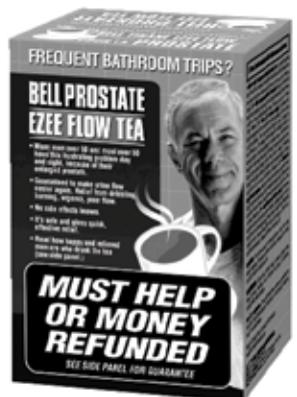
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Often snorers also have sleep apnea which causes being tired all day, high blood pressure, heart attacks, strokes, irregular heartbeats (per FDA website). Millions suffer needlessly and can stop their nightly ordeals.

To my surprise, after taking **Bell Snoring & Sleep Apnea Relief #23** I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. **Mark Wilson, 40, Hudson, NH** ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. **Karen Braun, 67, Glace Bay, NS** ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. **Mary C. Myrick, 62, Jackson, MS** ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. Using Bell#23, my wife says there is no more snoring or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. **Wayne Burse, 63, Beamsville, ON.** ■ **Lost my husband because of sleep apnea in 2011.** I had sleep apnea, too. I was scared to go to bed and have an heart attack like my husband. After taking Bell #23 I can now sleep for 5-6 hours peacefully without gasping for air. A blessing. **Suzie Weigel, 60, Chattanooga, TN** **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



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DryClean To Go begins New Year by collecting clothing for charity

BOCA RATON – DryClean To Go, a pickup and delivery dry cleaning service based in South Florida, started off the New Year by helping its customers freshen up their wardrobes while giving back.

Understanding the high number of individuals and families spending the holiday season reviewing their collection of clothes, cleaning out their closets, and looking to start fresh, DryClean To Go invited its customers to set aside clothing to be donated with their usual dry clean service pick-up during the month of January.

The company went even further, by rewarding those who made donations with a 15 percent discount to be put toward their next dry cleaning service. And the response was great. Clothing donations included: 120-plus pieces of men's clothing; 75 pieces of

women's clothing and nearly 50 children's items – all of which have been given to The Salvation Army Boca Raton Corps located on 2nd Avenue in Boca Raton.

In addition, DryClean To Go provided a bag of clothing to the Harrison family of Boca Raton, which lost its home and belongings in a fire over the holidays.

"Throughout the year, our customers often identify pieces of clothing that are either ruined and unfixable or that they have no more use for," said Yonny Dalfonso, general manager of DryClean To Go. "In these cases, we put aside the items for donation to local and worthwhile organizations. The New Year seemed like the ideal time to proactively reach out to our customers and remind them of this ongoing need for clothing in the community and their ability to make a dif-



ference."

Dalfonso and her partner, Valentina Moretti, continue to invite DryClean To Go customers to set aside clothing for donation along with their usual dry cleaning pick-up service. If you are interested in making a donation, visit www.mydrycleantogo.com.

DryClean To Go was founded in 2011 in Boca Raton by two female entrepreneurs. It offers delivery and pick-up laundry services with no minimum and no membership fee.

Construction firm donates \$35,000 to Milagro Center

DELRAY BEACH – The Milagro Center has received a \$35,000 grant from the DPR Foundation, the philanthropic arm of DPR Construction.

The DPR Foundation is a company-wide, focused outreach designed to help children who fall short of their potential due to socio-economic challenges. The Foundation's underlying philosophy is to choose organizations with missions that align closely to its mission, purpose and values, and building lasting relationships.

The \$35,000 grant will enable the Milagro Center to continue providing services for K- through 12th-graders to support scholarships as there is

no government funding for afterschool programs addressing the academic needs of this population.

Statistics indicate that this population has less than a 30 percent chance of graduating and the DPR Foundation grant will go directly to fund scholarships for these deserving children.

Deborah Beetson, regional manager of DPR's West Palm Beach office, said: "We are all very excited that DPR will be touching our community in such a positive way. We truly admire the passion behind the Milagro Center and the results achieved by their programs."

DPR Construction is currently working on several projects in South Florida, including the

Max Planck Florida Institute at the MacArthur Campus of Florida Atlantic University in Jupiter, and the 131,000-square foot Science Classroom Complex at Florida International University in Miami.

The Milagro Center enriches children's lives through cultural arts, academic support and living values. Benefiting children, families and the local community, the Milagro Center's vision is to be a center of creative cultural celebration, engaging education and inspiration that dissolves societal barriers.

For more information about The Milagro Center, visit www.milagrocenter.org or call 561-279-2970.

BUSINESS BITS

BOCA RATON – Fit Food Express, a takeout store specializing in healthy and tasty meal options, has opened its second location in Boca Raton. Its new location is at 9965 Glades Road. The store has become a favorite in the area since its launch last year by providing ready-to-go, microwavable meals that are not only affordable and taste great, but are also healthy and nutritious. The meals provided by Fit Food Express have been developed after extensive research with nutrition and fitness experts, and are prepared and pre-packaged on a daily basis in its specialized kitchen facilities.

The Board of County Commissioners, through the Department of Economic Sustainability, has approved a total of \$713,000 in federal funds from the U.S. Department of Housing and Urban Development and the U.S. Department of Energy to assist Doctors Scientific Organic acquire, remodel and equip a 25,000-square-foot facility at 1210 West 13th Street in Riviera Beach. With a total project investment of \$3.1 million, the company will expand its product and customer base in the manufacture of food and weight-loss products under the trademarked names Smart for Life, Thin Adventure, The Cookie Diet, and Zilch. DSO plans to create 25 full-time jobs within five years.

BOCA RATON – The Wood Energy Group, Inc., a division of Banyan Rail Services Inc., announced that Natalie Ann Macey has joined the company as Vice President Sales and Marketing. Macey brings over 10 years of sales and marketing experience in the railroad tie reclamation and disposal business to Wood Energy. Prior to joining Wood Energy, Macey was Vice President of Sales and Shipping at Superior Railroad, a railroad tie reclamation company in Kansas City, Missouri,

WEST PALM BEACH – Rosenthal, Levy, Simon & Ryles, P.A. announced that Hannah Bright Sosa has joined the law firm as its in-house marketing director. With a Bachelor's Degree from University of Florida and 10 years of field experience, she provides strong leadership and direction to the attorneys and staff and has already begun strengthening the firm's ties to the community with a number of innovative programs. Hannah will review and direct the firm's advertising, literature, marketing and community outreach efforts.

Email your Business News, promotions and acknowledgements to Chris Catoggio at: chris@bocaratontribune.com.

FAU's Weppner Center participates in 'Day of Service' honoring MLK

BOCA RATON – Florida Atlantic University's Weppner Center for Civic Engagement and Service participated in a "Day of Service" with 75 FAU students and staff as they volunteered with the Homeless Coalition of Palm Beach County in West Palm Beach and the Glades Area A.R.C in Belle Glade in honor of Martin Luther King Jr. Day.

"FAU's desire to serve our communities empowers us to create the 'beloved community' that Dr. Martin Luther King, Jr. envisioned," said Nori Carter, director of the Weppner Center.

"As a day to encourage a society of justice, peace and harmony to be achieved through nonviolence, the MLK Jr. 'Day of Service' is one of the



FAU students help to repair a walkway entrance to the Glades Area A.R.C. in Belle Glade during the MLK Jr. "Day of Service."

many ways in which our students, faculty and staff have the opportunity to build bridges for and form connections with the children, families and adults in our own backyard."

As a result of the volunteers' efforts at the Homeless Coalition, 63 bags of grass and trash

were collected, three gardens were built and 270 plants were planted.

At the Glades Area A.R.C., six mini-vans and three buses were washed, the interior of the agency's main building was painted and a brick walk way was restored.

Games

The Boca Raton Tribune

HOW LIVING THINGS WORK

Solution: 16 Letters

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Pet Society

The Boca Raton Tribune

PET OF THE WEEK

Charlie's got the blues. He's looking for a place he can call home

"Charlie" is a 2 1/2 year old, male, American pit bull terrier. He is as sweet as can be and in desperate need of a loving home! Charlie was found wandering the streets wearing a collar so tight that it was starting to tear into the skin around his neck.

After having his wounds treated and receiving a soothing bath, he's now feeling like a new man! Charlie needs a patient, loving home that has the time to teach him how to be a family dog (lounging on the couch, watching Saturday morning cartoons, going for walks in the park, etc.). His adoption fee is only \$58 this month; please ask for ID#1602425.

He is available at Palm Beach County Animal Care and Control, 7100 Belvedere Road, West Palm Beach. All animals are adopted out to qualified applicants on a first-come-first-served basis.

Adopted dogs and



cats come with a health care certificate, which must be used within seven days. It offers a free exam from one of the local participating veterinarians and includes health care if the animal becomes sick with a shelter related illness within the first seven days of the adoption. The certificate is restricted and must be used by the adopter immediately.

Pet adoptions are not handled by phone.

Interested parties must visit the shelter to view and interact with the adoptable pets before making a final decision about adoption.

For information, call the adoption office at (561) 233-1272 during business hours, M-F 11 a.m. to 6 p.m., Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m. to 4 p.m. Those living in the Boca/Delray area may call 276-1344 ext. 41272.

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Columnists

The Boca Raton Tribune



FAITH

By Rick Warren

Little Frustrations Can Lead To Big Problems

Many times I have been amazed to witness how minor frustrations in the workplace can mount up into one big, bad attitude by the time you leave for home. As wise King Solomon of Israel wrote thousands of years ago, "Catch for us the foxes, the little foxes that ruin the vineyard" (Song of Songs 2:15).

Each workplace is its own unique problems, the issues that can arise to ruin even the most pleasant and peaceful day. But I have learned the frustrations that we all experience in the business and professional world typically come in three varieties:

INTERRUPTIONS: These come in the form of unexpected visitors – or phone calls such as the one I received while typing this particular sentence! These interruptions have an uncanny way of showing up whenever we have a deadline to meet, or some other important matter that requires our time. Even the most thorough preparations cannot keep our best plans from being interrupted.

INCONVENIENCES: Interruptions usually come in the form of people, but inconveniences are usually situations involving things – often tools and modern "conveniences" that put us into a tailspin when they fail to function properly.

For instance, the copy machine breaks down and you (or someone else) must take the time to get it operating properly. Traffic jams up, leaving you sitting still on the roadway rather than arriving for appointment on time. Or you cannot find an important document for a presentation.

IRRITATIONS: These typically are delays of various kinds: For instance, unreliable people who fail to keep commitments; playing "telephone tag" with someone you need to talk with, exchanging messages but never succeeding in making direct contact; contracting a minor illness that leaves you feeling below par; or obnoxious clients that fail to appreciate all you are trying to do for them.

Whether you like it or not, interruptions, inconveniences and irritations are all facts of life. No matter how hard you try, you cannot eliminate these. I guarantee you will encounter all three types of frustration this week. However, even though you cannot avoid them, you can learn to keep them from causing you unnecessary stress. What is the secret for managing frustrations?

- Do not resist them. Accept frustrations, but do not overreact or explode in anger.

- Do not resent them. Do not intensify the frustra-

tion by internalizing your anger.

- Do not resign to them. Refuse to indulge in self-pity simply because of an unexpected obstacle.

- Reduce them. Treat the frustration as significant, but put it into proper perspective. Regard it simply as a minor setback, a part of living, rather than as a major calamity.

The Bible teaches that one of the byproducts of wisdom is patience. We need to view our circumstances from God's perspective. When I am in tune with God, I remember He has everything under control, even though I do not. As Galatians 5:22 tells us, "The fruit of the Spirit is love, joy, peace, patience...."

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DIVORCE FLORIDA STYLE

By Mike Gora

The Nonsense of Politics

At best, politics, generally, is one step below liar's poker. When we are in a presidential election year, there is really no reason whatsoever for any of us to believe what any candidate says, directly or through their own paid commercials, their "Super Pac" alter egos, or even their wives or mothers.

During the next several months, just as in the last several months, you will hear all candidates say whatever they believe it is necessary to win next week's primary election or the general election in November.

Just in the last couple of weeks, we have heard one candidate propose colonizing the moon, and another indicating that he's not worried about the poor people. Of course compared to many of the candidates, all of us fit into their idea of poor people.

You may have noticed that we have not heard those interesting reports from the "Truth-O-Meter" lately. The truth be told the candidates in this year's election have broken it. The company

trying to make a living in finding the truth is so far behind the curve that by the time they find the answer, we will have all forgotten the question, or the candidates pushed ahead to more transparent lies or have flipped to the other side of the issue.

All of which brings me to the reason that I am writing this column, which in "truth" overstates the obvious, and that reason is Sid Dinerstein, Palm Beach County's Republican Chair.

On Super Bowl Sunday the dapper chairman was a guest on a Channel 5 political talk show. Normally I would not have wasted my time in watching this form of un-reality TV, but I was working on post-processing some photographs and was too busy to get up and turn the TV off. I was listening when I heard the most outrageous, preposterous, nonsense come out of Sidney's mouth.

The commentator was asking Sid to analyze why Newt Gingrich had received such a low percentage of women's

votes. Sid said words to the effect that he believed that Republican women were far less tolerant of cheating husbands than woman who were loyal Democrats. (I'm not kidding, he really said that.)

With over 30 years of experience as a divorce lawyer I can tell all of you men of the Republican or Democratic parties that I have never met a woman of any political party, religion, or race who was tolerant of their cheating husband, or the cheating husband of their mother, sister, or best friend.

All of which goes to prove my point. During the next several months refuse to listen to any of this bull or totally disregard anything said by any one on any political issue. Do your own analysis of the candidates and issues, based upon the reality of the situation, and where this country has been and what reasonable expectations we should have for the future before deciding how to vote. Do not listen to the snake oil salesmen themselves; it is a waste of time.

Michael H. Gora has been certified by the Board of Specialization and Education of The Florida Bar as a specialist in family and matrimonial law, and is a partner with Shapiro Blasi Wasserman & Gora P.A. in Boca Raton. Mr. Gora may be reached by e-mail at mhgora@sblawfirm.com.

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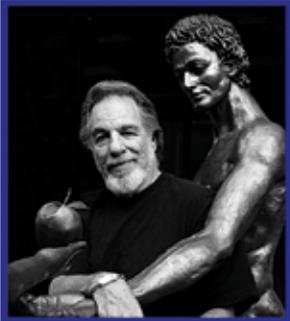
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Sports

The Boca Raton Tribune

One-Third of the Season Complete: LeBron is your MVP

By: Matt Pineda

The numbers speak, and so do your eyes, and by all means, LeBron James is on his way to an MVP season.

In the words of Stephen A. Smith, ESPN's vocal and loud personality, LeBron will only be judged based on his post-season success. And rightfully so, he has earned the regular season success before, and continually come up short in the playoffs. But that doesn't discount the discussion of the type of season he is having, quite possibly a Championship season. Let's take a look.

As it has been documented by ESPN HEAT INDEX's Tom Haberstroh, LeBron's player efficiency rating (PER) is shoulder and heads above anyone else. The PER rates players based on every statistical category and determines their worth. Going into Wednesday's matchup against

Milwaukee, LeBron's PER is 33.38, far above any other year of his career. In 2nd place is Kevin Durant at 26.99. That's a difference of 6.39!

If you take that same difference between Kevin Durant, you get 20.6, which would lead you to #31, Brandon Jennings. When you imagine the difference between the effectiveness between Kevin Durant and Brandon Jennings, this is the distance LeBron James is having from #2, Durant. LeBron has been playing unbelievable basketball, and the PER speaks to that. Last year, James finished #1 in PER at 27.34, just 1.29 above Dwight Howard (Wade was 3rd). This year, he is well above everyone else.

But PER is just one aspect. James is second in the NBA in scoring; only 1 point per game behind Kobe Bryant (5th in PER). Most MVPs do rank in the top 10 in scor-

ing. Beyond that, James is 4th in FG%, which typically doesn't count much for an MVP, but an improvement in his game, as he is shooting 55%. He ranks 11th in steals, 25th in rebounds, 11th in double-doubles, and 14th in assists. He is still having an all around game.

But more importantly than that, he is a top scorer, on a top team. The HEAT have the third best record in the NBA, behind the Thunder and Bulls. This is where he competes with Durant, who is also 3rd in scoring. But that's where I believe LeBron's overall stats out-rank Durant. Durant averages 7.9 rebounds and 3.2 assists compared to James' 8.3 rebounds (career-high) and 7.1 assists. Not to mention, most people will hail LeBron James as a first team All-Defensive player. Only two other players in history have averaged 8+

rebounds, 7+ assists, and 29+ points for a season – Michael Jordan Oscar Robertson.

James' PER speaks for itself. His other opponent, Derrick Rose, isn't having the wow-type year he did last year. He's still playing great basketball, but he isn't surprising people. I think LeBron James is in the driver's seat for a third NBA MVP award if he can keep the HEAT to a top record, and stay atop in the PER. Right now, his PER is so high, it would be a disgrace not to claim him the MVP of this young season so far. He is playing brilliant basketball right now. He's made improvements to his game, and has helped the HEAT to an 8-1 record without Dwyane Wade.

Because James is a two-time winner, voters will want to see different results, rather than give him the MVP despite his failed play-



off attempts. Although this is supposed to be a regular season award, the voters are biased, and there isn't a clear distinction into the criteria for MVP. James has shown improvements to his already stellar game. He has taken his game to the post, and Miami often runs their offense through James or Wade on the low or mid post, and thus this has helped James' 55% field goals. He's taken less 3-point attempts this year,

and continues to attack the rim. And, despite some failures, has come through in the clutch (alley-oop to Wade in Minnesota, key free throws late in Detroit) and Miami is 4-1 in games decided by 5 points or less.

James will have a lot of work to do and people to win over for the rest of the season to capture the award again, but right now, he's the MVP this year.

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Wednesday, February 15 at 2:30 p.m.

Workshop: Dance the Flamenco with Flamenco Vivo Carlota Santana
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Thursday, February 16 and 17 at 10 a.m.

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2012 Allianz Championship Offers Free General Admission and Tees Up With Exciting Interactive “Events Within Events”

The Allianz Championship, a PGA Champions Tour tournament returns to The Old Course at Broken Sound Club from February 6-12, 2012 bringing the legendary champions of golf to Boca Raton for a celebrated week-long PGA Champions Tour event that includes a series of interactive, “up close and personal” pre- and during tournament events for golf fans of all ages, while driving net proceeds to benefit Boca Raton Regional Hospital.

The Allianz Championship is the PGA Champions Tour’s first full-field tournament of the season in the U.S. and the first of the early-season Florida swing with the Golf Channel televising live all three rounds of the championship from The Old Course at Broken Sound Club. General admission is free due to the generosity of sponsors.

During Championship rounds, attendees will follow the legends of golf such as 2011 Allianz Champion Tom Lehman, 2010 Allianz Champion Bernhard Langer, Mark Calcavecchia, Fuzzy Zoeller, and many more as

they vie for the \$1.8 championship purse. All events listed will be held at The Old Course at Broken Sound at 1401 NW 51st Street in Boca Raton; for updates and information visit www.allianzchampionship.com.

The following is what’s in-store for event-goers this weekend:

CHAMPIONSHIP TOURNAMENT DAYS

FRI, FEB. 10TH
ALLIANZ CHAMPIONSHIP – FIRST ROUND TOURNAMENT PLAY

9:00 a.m. – 5:00 p.m.

An impressive roster of PGA Champions Tour legends tee off to compete for a \$1.8 million purse during first round championship play at the Allianz Championship, with all net proceeds “chipping in” to benefit Boca Raton Regional Hospital. Boca Raton will host defending Champion Tom Lehman and other PGA Champions Tour pros at the Champions Tour’s first tournament of the early-season Florida swing, with The Golf Channel televising all three rounds live from The Old Course at Broken

Sound Club.

Ticket Price: General admission free; skybox tickets available for purchase.

SAT, FEB. 11TH
ALLIANZ CHAMPIONSHIP SECOND ROUND TOURNAMENT PLAY AND FAMILY DAY

9:00 a.m. – 5:00 p.m.

PGA Champions Tour legends continue to vie for a \$1.8 million purse in second round championship play during “Family Day” at the Allianz Championship with all net proceeds “chipping in” to benefit Boca Raton Regional Hospital. “Family Day” features a full schedule of free interactive family activities for all generations, including face painting, a bounce house, putting contests, Don Law golf clinic, children painting their own art on a Lexus vehicle, appearances by South Florida sports team mascots and much more.

Ticket Price: General admission free; skybox tickets available for purchase

SAT, FEB. 11TH
3RD ANNUAL
ALLIANZ CHAMPIONSHIP

“GRAPES ON THE GREEN” GOLF & WINE EXPERIENCE

3:00 p.m. – 6:00 p.m.

Overlooking the 18th green, wine and food connoisseurs, golf enthusiasts and those who want to enjoy an afternoon out with friends or meeting new ones will get the chance to sample “reds and whites on the green” from the private wine collections of PGA pros’ own vineyards in this special “event within the event” that benefits Boca Raton Regional Hospital. In addition to indulging in the varietals from international vineyards and labels owned by golf pros Arnold Palmer, Fred Couples and more, attendees will enjoy delicious gourmet foods from top local restaurants, VIP experience auction, appearances by golf legends and live entertainment.

Ticket Price: \$85 per person; ticket packages available include a Twosome Package for \$200 that includes two tickets, two passes to VIP suite overlooking the 16th green during Allianz Championship, two beverage vouchers, and one Saturday VIP parking pass

and a Fuzzy Zoeller Package for \$750 that includes four tickets, four passes to the Executive Skybox for Saturday, Feb. 11th, and two Saturday VIP parking passes.

SUN, FEB. 12TH
ALLIANZ CHAMPIONSHIP – FINAL ROUND TOURNAMENT PLAY

9:00 a.m. – 5:00 p.m.

The exciting finish for players and fans alike as PGA Champions Tour legends vie for a \$1.8 million purse during final-round play, with the check and trophy presentation immediately following the day’s play, all televised live from The Old Course at Broken Sound Club on The Golf Channel. The Allianz Championship, the Champions Tour’s first tournament of the early-season Florida swing, will drive all net proceeds from the tournament to “chip in” to benefit Boca Raton Regional Hospital.

Ticket Price: General admission free; skybox tickets available for purchase.

The Allianz Championship tournament is managed by Pro Links Sports, headquartered in Minneapolis, MN. Directing five

tournaments on the Champions Tour schedule, all are continuously voted in the top ten tournaments by the players. This reputation attracts the top golfers on the PGA Championship Tour to Boca Raton, along with other legends of golf.

Spectator Experience Can Be Upgraded With Skybox Seating Or Sponsorships

Premium ticket packages can be purchased for VIP and Skybox seating ranging from \$75 to \$175. Sponsorship packages include branded opportunities, premium seating, and a variety of invitation-only receptions, Pro-Am play, meet and greets with the legends of golf, etc.

For more tournament information, premium ticket packages, skybox seating and Grapes On The Green event tickets, call 561-241-GOLF (4653); fax 561-241-4658, or visit www.allianzchampionship.com. For Pro-Am registration and sponsorship package opportunities, contact Anthony Greco at 561-241-GOLF (4653) or email agreco@allianzchampionship.com. See pics on pg.16.



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Concussions Cause One of the Hardest Hitters - and Best Names - in College Football to Give Up the Game

By Chuck King

The college football career of FAU's biggest hitter is over.

Linebacker Yourhighness Morgan said doctors will not allow him to return to the field after suffering as many as five concussions throughout his career.

"They compared notes and the CAT scans and the MRIs, and they just didn't think it would be the best decision for me to return to football," Morgan said. "They didn't know what the next hit would do to me."

Morgan's most recent concussion came nearly a year ago during the first scrimmage of 2011's spring practices. He hasn't taken the field since.

As a redshirt sophomore in 2010 Morgan recorded 47 tackles, including four and a half for a loss, in 10 games - six of which were starts. He was in line to be one of the starting linebackers in 2011.

"It's just upsetting because I still know that I have the ability to play," Morgan said. "I'm not going to dwell on it. I'm not going to be that person who says, I could have done this or I could have done that."

A fixture in the video room, Morgan spent much of the 2011 season breaking down game tapes while still hoping to return to the field. Morgan's knowledge of the Owls' defense and his emotional leadership in the locker room prompted FAU coaches to keep Morgan working with younger players.

He traveled to away games, where he wore a headset on the sidelines so he could communicate with coaches.



Yourhighness Morgan

Earlier this year FAU players elected Morgan to new head coach Carl Peliini's leadership committee.

Morgan told teammates he would no longer be a part of the team during a tearful team meeting on Jan. 22.

"It was quiet," said linebacker David Hinds, who considers Morgan to be like an older brother and will replace him on the leadership council. "Man, it was unexpected. Nobody wanted to leave when it was time to go. Everybody wanted to wait around and talk to him."

The response surprised even Morgan.

"It was pretty emotional, actually," Morgan said. "I didn't expect the team reaction to be what it was. They showed me a lot of love."

Morgan said that at one point the concussions so limited him in the classroom that he received incomplete grades in one

semester. He did make up that work and is on track to graduate following the fall semester with a criminal justice degree.

Originally Morgan had planned to leave football behind and immediately find a job to help with expenses during the remainder of his time at FAU. Now, he's thinking about staying close to the program.

"As of right now, (Director of Football Operations) Sean Todd and a couple of other people in the (Oxley Center), they are telling me I need to stick around and that the coaches want me around," Morgan said.

Could Morgan pursue a career in coaching?

"The thought has crossed my mind a couple times," he said. "Depending on the role that the coaches allow me to play this spring and next season, it's definitely something I plan on taking a look at."

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Allianz Golf Championship Has Teed Off!

See page 30 & 16



FOOTBALL

*Concussions Cause Morgan
to Give Up the Game*

See page 31

GOLF

*2012 Allianz
Championship*

See page 30

BASKETBALL

*LeBron is Your
MVP...*

See page 29