

The Boca Raton Tribune

Your Closest Neighbor

for news 24/7 go to bocaratontribune.com



East /West Boca Raton, Highland Beach, Delray Beach, FL - August 16, 2012 through August 22, 2012 • Year III • Number 110- FREE

Back To School Special



See page 3

Dr. Stephanie Goldberg reading the Tribune

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

Boca Named One of Top 50 Meeting, Convention Destinations in US

By Dale M. King
BOCA RATON – Next time your company is looking for a place to conduct meetings or conventions, just look outside your window. Boca Raton has been dubbed one of the top 50 meeting destinations in the United States.
Cvent, the world's largest meetings and event management technology company, recently announced the top 50 cities for meetings and events in the United States, according to meeting and event booking activity in the Cvent Supplier Network. Boca Raton came in 43rd on that list, and is one of five Florida locations listed.
"This is indicative of the phenomenal work of the Visitors and Convention Bureau," said Troy McLellan, president and CEO of the Greater Boca Raton Chamber of Commerce. "It is a testament to what they have done."
But he said the high ranking is also indicative of the

quality and service provided by resorts, clubs and hotels in Boca Raton.
"Just look at the meeting locations," he said. "The Boca Raton Resort & Club is one of the best. See Pg.23



Boca Raton Seems to be Thriving Despite Recession, Says City Manager

See Pg.11



Boca Police Safety Tip

Q: I go to the gym several times a week with my friend. Last week she had her wallet stolen from a locked locker in the ladies' room. Should I be leaving my purse in my car's trunk instead?

A: Thieves often watch gym parking lots, looking for patrons to store their personal belongings in trunks. Locker rooms are targeted as well, because they are usually isolated areas with no surveillance. Best practice would be to bring simply your keys and wallet to the gym, and store them in a locked wall locker. Many gyms are now installing these types of small lockers, along the walls of the main fitness floor, in plain view of many watching guests. Ask your gym's manager for these types of lockers if your gym does not currently have them.

Crime and safety questions are answered by officers from the Crime Prevention Unit. For more information, visit [www. BocaPolice.com](http://www.BocaPolice.com).

Boca Raton Police Blotter

- **SIMPLE BATTERY** 08/10/2012 21355 TOWN LAKES DR Juan Castillo was confronted and slapped by a woman he met several months ago who came to his apartment. Woman was gone upon arrival and Castillo could not provide the woman's proper information.
- **POSSESSION OF MARIJUANA** 08/10/2012 5800 NW 2ND AVE
Officer McInnis arrested w/m Scott Sarra for possession of marijuana and paraphernalia (pipe) following consensual encounter. NTA issued.
- **IDENTITY THEFT** 08/10/2012 2499 BANYAN RD
Victim reported a case of identity theft.
- **SHOPLIFTING/ RETAIL THEFT** 08/11/2012 1400 W GLADES RD
Mgr. of the Bed Bath and Beyond located at 1400 W. Glades Rd. reported a W/F 5'7, 180 lbs, mid 30's wearing a blue floral shirt and blue jeans stole 2 vacuums, totaling \$760 from inside the store. Suspect fled the store via a waiting red pick-up truck, driven by a drunk driver.
- **CREDIT CARD FRAUD** 08/11/2012 6000 W GLADES RD
Tamara Augustin and Sherika Elisma were arrested for possessing fictitious credit cards and attempting to purchase merchandise from the Apple store located at 6000 W. Glades Rd. TOT CJ.
- **VANDALISM TO VEHICLE** 08/12/2012 5424 GRAND PARK PL
Unknown suspect scratched the driver side of victim's vehicle sometime between 2000 hours on 08/10/12 and 08/11/12 0830 hours.

Boca Pastor Urges Islamic Center Make Donation to 9/11 Victims Fund

BOCA RATON – A Boca Raton church pastor known for championing various causes has called upon the Islamic Center of Boca Raton to give \$600,000 to the 9/11 Victims Fund before they open their new building.

The Rev. Mark Boykin, senior pastor of Church of All Nations, said in a press release that he will hold a news conference and protest at 11 a.m. Saturday, Aug. 18, in front of the Islamic Center of Boca Raton at NW 35th Street and NW 6th Way.

Boykin claims in the press release that in 1999, the Islamic Center of Boca Raton received \$600,000 from the Global Relief Fund for the construction of its mosque/Islamic center.

The pastor claims that the U.S. Treasury Department designated The Global Relief Foundation a terrorist organization. Several items on the Internet said the organization has been under investigation for alleged ties to al-Qaeda.

Calls from the Boca Raton Tribune and messages left at the

Islamic Center of Boca Raton were not returned.

"The ICBR must give \$600,000 to the 9/11 Victims Fund; otherwise folks in Boca Raton will be going to a defiled Islamic Center built with blood money," Pastor Boykin said.

"There is enough evidence to warrant an investigation into this matter," said Joe Kaufman from Americans against Hate. "Before the Boca Raton center is fully operational, they must return the money to the victims of 9/11."

Boykin quoted a Sun Sentinel story that said leaders of ICBR are organizing an assortment of events for neighbors. Residents of homes within a one-mile radius of the center will get an invitation for lunch in the coming months. The center is within a mile of Boykin's Church of All Nations.

"We strongly believe that members of the community must be aware of the history surrounding the building of this mosque," the pastor said.

Marketing Director
Chris Catoggio
chris@bocaratontribune.com

Account Executive
Angelo Lima, Marguax Vickers,
Andre Heizer

Art Director
Marjorie Brandner

Graphic Design:
Matt Epperson

Photographers:
Nicole Vickers, Gabriela Heizer
Barbara McCormick

Video Production Director
Klaiton Silva

Interns:
Guadalupe Monarrez,
Gina Onori, Malcolm Shields,
Shannon Copeland

The Boca Raton Tribune

mailing address:
P.O. Box 970593
Boca Raton, FL 33497

Office Address: 399 NW Boca Raton Blvd., Suite 212 - Boca Raton FL, 33432
business@bocaratontribune.com
www.bocaratontribune.com

For general information:
561-290-1202
Fax: 561-208-6008

Copyright 2012 by The Boca Raton Tribune. All rights reserved by The Boca Raton Tribune. All submissions and published materials are the property of The Boca Raton Tribune. This publication may not be reproduced in whole or in part without express written consent from The Boca Raton Tribune. The publishers reserve the right to edit all submissions and to reject any advertising or copy they regard as harmful to the publication's good or deemed to be libelous. The publisher is not responsible for the articles written by its columnists. The publishers are not responsible for typographical errors, omissions or copy or photos misrepresented by the advertiser. Liability shall not exceed the cost of the portion of space occupied by such error or advertising items or information. All editorials are intended to reflect the position of the publisher and not of any individual editorial writer. Signed columns, on the other hand, reflect the opinions of the author and not necessarily those of the publisher. The advertiser and/or the advertising agency is responsible for all content and will assume responsibility resulting from publication of said advertisement in The Boca Raton Tribune.

Proud Member of:



West Boca
Chamber of Commerce
The friendly community where friends do business with neighbors.

For Sale
Fine Quality Men's Jackets

18 fine quality designer men's jackets for sale. Sizes 38 to 52. Brands include Valentino, Ralph Lauren, Hugo Boss and others. The lot includes two tuxedo jackets.

Asking \$350
Call 561-966-8454

Quote of the Week:
And hath forgotten the covenant of her God: for her house inclineth unto death, and her paths to hell. Proverbs 2:18

INDEX

Community News Pg.03	Columnists Pg B7, B8, 22, 24, 27
Municipal News Page 11	Games Page 26
Section B Page 13	Sports Page 29
Business Page 23	

The Boca Raton Tribune

Your Closest Neighbor

RECEIVE THE PAPER from the comfort of your HOME!



www.thebocaratontribune.com

Stay in touch with what's happening in BOCA RATON!

Bring "YOUR CLOSEST NEIGHBOR" The Boca Raton Tribune home with you.

Please mail this form and a check to:
P.O. Box 970593 - Boca Raton, FL 33497

Name: _____
Address: _____
City: _____
State, Zip Code: _____
Phone: _____
Email: _____
Start Date: _____ End Date: _____

PAYMENT OPTIONS		Choose your Option	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check #	<input type="checkbox"/> Credit Card	<input type="checkbox"/>
Name of card holder as shown on credit card			
Account Number			
Type	VCODE	Expiration	
Make checks payable to The Boca Raton Tribune			
		() 12 issues	\$26.87
		() 24 issues	\$51.19
		() 48 issues	\$97.50
Edition 110			

Community News

The Boca Raton Tribune



Back to School Jam Proved Successful....

By: Shannon Copeland

On August 4th the Wayne Barton study center held it's annual back to school give-away. With over 7000 students and parents in attendance at the Wayne Barton Study Center, the needs of many were met.

Approximately 6429 back packs were given out to students who arrived at the study center as early as 4:30 am. One parent even took her children in their pajamas and slept in their car to be on time for the give-away. Another lady came in a wheelchair with IV in

her arms so that she could collect a backpack for her grandchildren.

CEO Wayne Barton said, "It's a blessing from God to be chosen to do this. " He also stated, "I am really excited about the opportunity to get children excited for school."

Students received school supplies that will suffice for the school year; which included stationery such as note books, rulers, calculators and a backpack. Haircuts and hairstyles were given to the boys and girls respectively. Also, entertainment and refreshments were pro-

vided.

Even the Fire Department had to be in attendance due to people passing out in hot sun.

Barton was pleased with the turnout, "It is a good cause because a need was met, and it was bad because people had to wait in a long line to get the school supplies." As a result of those long lines, persons started to pass out due to the heat and the Fire Department had to be in attendance.

Barton's only disappointment was that there were not enough supplies to meet the

needs of those in attendance and the difficulty he faces to raise money in Boca. "The image of Boca makes it hard to raise money. We need more support, because wherever the need is, I want to meet it. I prefer to empower our youths and take preventive measures, not reactive measures."

If you would like to make a donation to this good cause, please contact the Wayne Barton Study Center at 269 NE 14th Street Boca Raton, FL 33432 Phone: 561-620-6203 Fax: 561-620-6205.

Palm Beach County School Days for 2012-13 Academic Year

All Palm Beach County schools start on August 20th, 2012 and end on June 6th, 2013.

AUGUST:

August 20th BACK TO SCHOOL

August 30th (High School Late Start ONLY)

SEPTEMBER:

September 3rd NO SCHOOL Labor Day

September 13th (High School Late Start, Elementary & Middle Early Dismissal)

September 17th NO SCHOOL Fall Holiday

September 26th NO SCHOOL Fall Holiday

OCTOBER:

October 11th (High School Late Start, Elementary & Middle Early Dismissal)

October 19th NO SCHOOL Teacher Work Day

NOVEMBER:

November 6th NO SCHOOL Teacher Work Day

November 21st-23rd NO SCHOOL Thanksgiving Holiday

DECEMBER:

December 6th (High School Late Start, Elementary & Middle Early Dismissal)

December 24th-January 4th NO SCHOOL Winter Break

JANUARY:

January 1st-4th NO SCHOOL Winter Break

January 7th NO SCHOOL Teacher Work Day

January 21st NO SCHOOL Martin Luther King's Birthday

January 24th (High School Late Start, Elementary & Middle Early Dismissal)

FEBRUARY:

February 7th (High School Late Start ONLY)

February 18th NO SCHOOL Presidents Day

February 19th NO SCHOOL Teacher Work Day

MARCH:

March 7th (High School Late Start, Elementary & Middle Early Dismissal)

March 25th-29th NO SCHOOL Spring Break

APRIL:

April 1st NO SCHOOL Teacher Work Day

MAY:

May 27th NO SCHOOL Memorial Day

JUNE:

June 7th LAST DAY OF SCHOOL

LAW OFFICES

DMM

Domingues McConville, P.A.

(954) 489-0009

- Immigration
- Real Estate
- Accidents
- Family Law

*Serving the Community
for Over 17 Years*



Ingrid Domingues McConville, Esq.
Falamos Portugues 

5353 N. Federal Hwy, Ste 209
Fort Lauderdale, FL 33308
Tel: (954) 489-0009 Fax: (954) 489-0090
E-mail: ingrid@dmlawfl.com
www.flvisalaw.com • www.dmlawfl.com
usvisalawyers@aol.com

Accepted:



Ten Ideas for Creative Bulletin Boards in the Classroom

Here are a few ideas for bulletin boards in the classroom:

1. "What I Like About..." - This bulletin board idea doesn't require much time to set up. Display the words "What I like about..." and fill in the subject you teach ("What I like about Science..."). On the first day of school, each student writes down on paper their favorite thing about your subject, and then these are stapled to the board.

2. Paper Portraits - Each student receives an identical piece of paper, and then draws a full-body portrait of themselves, with many individual details. Each student's portrait is attached to the bulletin board, with a title welcoming students back to school. For fun, have various school staff also create a portrait, so students have people to search for.

3. Month-by-Month Outline - If your whole curriculum is mapped out for the school year, give a preview of what will be taught each month. List each month on the board, then display pictures or key words detailing what will be taught.

4. Fall Leaves - Create a large paper tree on your bulletin board, and cut out large fall leaves. As your students enter your classroom, they write their name and a few things about themselves on each leaf (like what they'd like to learn this school year).

5. Reaching a Goal - If you have a class goal or challenge, use one bulletin board as a way to keep track of your progress. For instance, a map in Social Studies class can be marked to show which areas the students have learned about. Or, perhaps, a commu-

nity service project for your classroom can be displayed on a bulletin board with an explanation and a running tally toward your goal.

6. Famous Birthdays and World Events - Keep a large calendar on your bulletin board to be changed every month. Update the calendar each month with important dates throughout history, as well as the birthdays of famous and historic figures.

7. "Get Thinking!" - For a bulletin board idea that will get students back in "thinking mode," display a variety of optical illusions and brain teasers. Offer bonus points for students who turn in correct answers.

8. "Back to School" Bus - Create a large yellow school bus on your bulletin board. Each window can be filled with your students' pictures, drawn portraits, names, or goals for the school year.

9. Motivating Words - Find inspiring quotes about education (such as "Education is the movement from darkness to light" - Alan Bloom, according to QuoteGarden), and display them on your bulletin board.

10. "Back to School Checklist" - Use a large piece of paper and draw horizontal lines to look like a big piece of notebook paper. Title it "Back to School Checklist." Under the title, write a list of things your students should need to know about class for the coming year; it can include class rules, needed school supplies, or other importance pieces of information. Create a large paper pencil for added decoration.

Everything your Family needs Everyday . . .

THE SHOPPES AT VILLAGE POINTE



Entertainment, Fitness, Pre-School, Karate, Dinner, Ice Cream, Beauty, Dry Cleaning

Everything You Need At The Same Location

Your Best Option For a Friendly Visit

Everything your Family needs Everyday . . .

The Shoppes at Village Pointe

6018 S.W. 18th Street

(561) 338.8443 • Boca Raton, FL 33433 • www.theshoppesatvillagepointe.com



How to Make Your Child's School Lunch Healthy and Appealing

If you commonly open your child's lunch box after school only to find half of its contents untouched, don't despair; Sally Sampson, founder of the family cooking magazine ChopChop, has some tips to make school lunch planning and prep a little easier.

Involve your child in preparing his/her own lunches. "Kids who cook have a more diverse palate," says Sampson, who has authored 21 cookbooks. "Cooking" could be as simple as tossing a salad or stuffing almonds into dates; whatever the dish, Sampson has found that children are more likely to eat it when they've helped make it.

Don't force your child to eat a certain food. If your child is reluctant to try something new, just keep including it in his/her lunch box. Eventually, he/she might very well decide to give it a taste.

Combine new foods with favorite ones. Doing this can help overcome some kids' resistance to eating unfamiliar or just plain unliked ingredients. "If you pair the hated food with the beloved food," Sampson says, "it creates a conflict, and they'll want to try it."

Shift (gradually) to healthier versions of familiar foods. Switching from standard

pasta to whole wheat, for example, or from whole milk to low-fat is a relatively simple way to boost kids' intake of nutritious foods. To make new flavors easier to get used to, start by substituting a quarter of the total amount with the healthier food, then slowly increase that quantity until the original food is phased out.

Apply the morning clothes principle to school lunches. The popular trick that makes it easier for some parents to get their kids dressed before school—you know, offering them shirt A or shirt B instead of the whole closet—works just as well with

meals. "Do you want the apple or the banana with your lunch today?" lets children express their preferences without opening up the entire kitchen pantry for discussion.

Have a variety of food items readily available. This is a good one for parents and kids, and can be useful both for school lunch boxes and after-school snacks. For example, wash and cut up a batch of strawberries and leave the bowl on the counter; that way, you'll reach for those first if your child needs a little something extra in her lunch bag or you need a quick bite before dinner.

What Can be Done to Fix This Problem?

By Amy Winter

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

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

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

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

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

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

YMCAs in Boca Raton, Boynton Beach, Host "Back-to-School Bashes"



Shown from left are Morgan Costopoulos, Bryanna Wilbor and Maddy Miller

The Peter Blum Family YMCA in Boca Raton and the DeVos-Blum Family YMCA in Boynton Beach hosted a Back-to-School Bash Aug. 4 for the whole community to enjoy. T

The free family fun events marked the start of the Back-to-School season and

kicked off celebrations commemorating the YMCA of South Palm Beach County's 40th anniversary celebration.

Members also had the opportunity to save, as special offers the day of the event were available on monthly fall programs and membership.

see pics page B5

The Process of Getting In

By Ginny Frizzi

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

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

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

Topics that should be discussed include possible majors and career interests, whether a liberal arts or career-oriented institution is more appropriate, whether the student will choose a college close to home or across the country and how to maximize financial aid.

"You need to flesh out these details before starting the admissions process. For example, one parent may not believe in women's colleges, while the other may refuse to pay for a liberal arts education," Goodman says. The student and parents should determine

what issues they can agree on and what, if anything, are deal breakers. However, the student must assume the leading role in the college search.

"Someone has got to be the quarterback. Ultimately, the student needs to accept the responsibility for his or her education," Goodman believes. Ana Homayoun, founder of Green Ivy Educational Consulting, advises students and parents to work together to develop a list of institutions to which the student will apply. "Make a list in September and the student should be thrilled in April when the admissions letters come out," she says.

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

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

Getting Your Kids Ready for the Big Jump

By Tawny Maya McCray

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

"Take them to different places (zoos, parks, libraries, beaches, play groups)," says kindergarten teacher Lani Salter. "Read books and ask them questions about it so they are able to understand what the story is about. Count with them and teach them how to represent the numbers, meaning the value of the numbers. For example, one is

one, whether it's one little watch or one big house."

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

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

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

Ballroom Battle, Resort Tours, Eat to Beat Cancer on Boca Festival List



BOCA RATON – Boca Festival Days continue to rock the community.

The Boca Ballroom Battle is on tap Friday, Aug. 17 at the Boca Raton Resort & Club. Eight community residents will dance with eight professionals in a competition patterned after TV's popular "Dancing with the Stars" program.

Many other events, including Eat to Beat Cancer and tours of the Boca Raton Resort & Club, are on the lengthy list of fun events yet to come.

The schedule for the coming week is:

August 17 – 6–9:30p.m.

Boca's Ballroom Battle

Presented by and to benefit the George Snow Scholarship Fund

Where: Boca Raton Resort & Club, A Waldorf Astoria Collection, 501 E. Camino Real, Boca Raton.

This grand local event is a spin-off of the popular "Dancing with the Stars". The dancers are:

* Peter Baronoff - Chairman/CEO of Promise Healthcare

* Kristin Calder - Community Volunteer & P.R. Director-Bethesda Hospital Foundation

* Bob Gittlin - President of JKG Group

* Darci McNally - Director of Multimodality Clinics and Psychosocial Services- Lynn Cancer Institute

* Beth Osborne - Community Volunteer, "Class Clown", Boca High, 1976

* Lisa Pechter - Volunteer/Philanthropist

* Richard Pollock - CEO/President, YMCA South Palm Beach County

* Fernando X. Rodriguez - VP Premier Relationship Manager, HSBC Bank

For details: Contact Debi Feiler at dfeiler@scholarship.org or visit <http://www.scholarship.org/index.php?src=events&category=%2An&srctype=detail&refno=95>

August 18th – 2 - 3:30 p.m.

The Boca Raton Historical Society & Museum will conduct Guided Tours of the Historic Boca Raton Resort & Club. The tour begins at 2:00 p.m. on the 2nd and 4th Saturday in August (13th and 27th).

Entry: \$15 per person, \$10 per person for BRHS members, plus an \$11 Resort valet parking fee.

For details: (561) 395-6766 ext. 101 for information and required reservations.

August 19 – 1 – 4 p.m.

Party with Promise - A Party Extravaganza!

Presented by Family Promise of South Palm Beach and the Chamber Ambassadors

Where: The Pavilion Grille (301 Yamato Road Boca Raton)

If you're planning a wedding, Bar/Bat-Mitzvah, Sweet 16, Quince or even a company party, you'll find inspiration at this grand party EXPO. Join the fun!

Entry: \$5 for adults, children under

14 are free

For details: Call (561)265-3370 ext.103 or visit www.familypromise-spbc.org

August 20 – 6-9 p.m.

2nd Annual 'So You Think You Can Sing?' Karaoke Contest

Presented by the Dubliner Irish Pub and Hospice of Palm Beach County Foundation.

Where: Dubliner Irish Pub in Mizner Park (435 Plaza Real, Boca Raton)

The winner receives a \$250 cash prize and all associated bragging rights. There will also be raffle prizes and a performance by Hospice of Palm Beach County's music therapists. Proceeds go to benefit the organization's Music Therapy program.

Entry: Cost to attend the event and cheer favorite singers is \$20 per person, which includes a complimentary drink and buffet provided by the Dubliner Irish Pub. Entry for contestants is an additional \$10.00

For details: Contact Mary Coleman at (561)988-2742, or <mailto:mcoleman@hpbcf.org>.

August 22th – 6-8 p.m.

Party To Benefit Hospice by the Sea Presented by Hospice by the Sea

Where: To be determined.

A fun-filled happy hour - the perfect way to spend a Wednesday evening!

Entry: \$25 per person. All proceeds will benefit Hospice by the Sea's programs and services for patients and families in Palm Beach and Broward Coun-

ties.

For details: Contact Betty Pepper at (561) 416-5007, or <mailto:bpeppre@hbts1.org>.

August 23rd – 5-9 p.m.

Eat to Beat Cancer - A Diamond Jubilee

Presented by The Pap Corps and Royal Palm Place.

Where: Royal Palm Place (215 N Federal Highway Boca Raton)

Celebrating 60 years of The Pap Corps and the Boca Chamber! Participating restaurants will donate 20% of their dinner proceeds to The Paps Corps for their Eat to Beat Cancer fundraiser. There will also be a 3-hour concert by the Wild Cats, a 5-piece band, and a cake cutting ceremony with The Pap Corps and the Boca Chamber at 8:00 p.m.

For details: visit www.royalpalmplace.com for menus, a map of the locations and a guide to free parking. Find out more at www.papcorps.com.

August 24 - 5:30 -7:30 p.m.

Celebrity Shake-Up

Presented by Best Foot Forward and Blue Martini

Where: Blue Martini (6000 Glades Road, Suite C-1380 Boca Raton)

Dueling bartenders will fill the night with some fun and exciting competition, all while raising money to support the foster youth who Best Foot Forward serves.

Entry: \$25 for 2 drinks and appetizers

For details: Contact Donna Biase at (561) 470-8300

Is your cleaning company making you SICK?



**We do more than just cleaning
We take care of your health!**

FREE Carpet Cleaning*

We do more than just take out the trash, clean bathrooms, and vacuum and mop your facility!

ACM Commercial Cleaning

*With one year contract

561-208-6029 - CALL ANYTIME
www.acmbuildingservices.com



Perman Loses House Seat; Bucher Downs McDuffie

BOCA RATON – State Rep. Steve Perman lost his House seat in Tuesday's primary election. A former foe, Kevin Rader, outpolled the incumbent in the District 81 Democratic Primary, 4,040 to 3,012. Rader will face a Republican challenger in November.

In other results of Tuesday's primary election voting, incumbent Palm Beach County Supervisor of Elections Susan Bucher won her office back, defeating challenger Nelson "Woodie" McDuffie, mayor of Delray Beach.

U.S. Rep. Allen West won the Republican primary vote in District 18. In November, he will face Democrat Patrick

Murphy, who won the Democratic primary.

Democrat Lois Frankel outdistanced Kristin Jacobs in the Democratic primary race for the House seat in District 22. She will face Adam Hasner in November.

In the District 5 County Commission race, Mary Lou Berger won the Democratic nod to succeed Burt Aaronson, who is term-limited out of office. Incumbent Sheriff Ric Bradshaw was also re-elected.

Other winners Tuesday were Palm Beach County Clerk of Courts Sharon Bock and Palm Beach County Tax Collector Anne Gannon.

THE ORGANIZER

Closets-Garages-Offices-Filing
Garage Sales-Pack/Unpack Moving
Boxes-Holiday Decorating

\$25 per hour

Paul Jetty 561.596.1069

pauljetty1957@yahoo.com



Frequent BATHROOM TRIPS? Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON* ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA*

■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anela E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI*

Blood Pressure Formulation

Dr. C. Hammoud M.H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. "A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. "A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. "We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. "Achieve your balance and maintain your balance and a healthy range. ■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY*. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN BOCA RATON:** Barry's Vitamins & Herbs 3551 N Federal Hwy; Body Alive Nutrition 20449 State Rd. 7; Medpoint Pharmacy 23020 Sandalfoot Plaza Dr.; RX Of Boca 5901 N. Federal Hwy; The Health Mall 1351 W. Palmetto Park Rd.; The Healthy Way 9704 Clint Moore Rd.; Yamato Discount Drugs 9101 Lakeridge Blvd Suite 10
 ■ **BOYNTON BEACH:** My Community Pharmacy 1050 Gateway Drive Suite 101; Neighborhood Pharmacy 1780 N. Congress Ave.; Nutrition Cottage Health Food Store 1915 S Federal Hwy ■ **DELRAY BEACH:** Delray Shores Pharmacy 601 N. Congress Ave. Suite 407; Nutrition Cottage 407 E. Atlantic Ave.; Our Lady Bakery 102 S.E. 2nd Ave
 ■ **GREENACRES:** Lake One Pro Pharmacy 4849 Lake Worth Rd. ■ **JUPITER:** Nutrition Wise 75 E. Indiantown Rd; Physician's Nutrition 675 W Indiantown Rd.; Valerio's Health Food Market 6350 W. Indiantown Rd. ■ **LAKE WORTH:** Country Corner Health Foods 3130 S Congress Ave; Health First Pharmacy 6266 S. Congress Ave.; Nature's Way Café 517 Lake Ave. ■ **LOXAHATCHEE:** Pharmacy Choice 14583 Southern Blvd ■ **NORTH PALM BEACH:** Nature's Way Café 420 U.S. Hwy 1 #1 ■ **PALM BEACH GARDENS:** Anthony's Pharmacy 9121 N. Military Trail Suite 106; Garden Drugs 10800 N. Military Trail; Mother Nature's Pantry 4513 PGA Blvd; Nutrition First 7100 Fairway Dr; Nutrition World 2401 PGA Blvd ■ **PALM BEACH:** Fedco Pharmacy 255 Sunrise Ave.; Motto Pharmacy 4152 W Blue Heron Blvd ■ **PALM SPRINGS:** Medicare Pharmacy 3491 S. Congress Rd. ■ **WELLINGTON:** My Community Pharmacy 2615 State Rd. 7 Suite B 530 ■ **WEST PALM BEACH:** Center City Pharmacy 420 Clematis St.; Cherry Road Pharmacy 1280 Military Trail; Dessoto USA 823 Southern Blvd.; Nature's Way Café 1649 Forum Place Suite 3

In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.



www.BellLifestyle.com 1-800-333-7995

Bell uses the power of nature to help put life back into your lifestyle

Boca Raton Chiropractor Provides Unique Holistic Care for Patients



By: Malcolm Shields

In an era where doctors and pharmaceutical companies attempt to encourage patients to take the latest and greatest remedy to treat ailments, Dr. Stephanie Goldberg of Allergy Chiropractic Wellness Center of Boca Raton has taken a different approach to treating her patients that struggle with life's allergies, aches and pains.

"People today are starting to be more interested in natural alternatives and holistic alternatives because they are tired of being prescribed drugs as the only answer," Dr. Goldberg said. "It is nice to offer people a different method that is effective. With this technique, the results are permanent."

Goldberg practices an alternative treatment to allergies. Known as Nambudripad's Allergy Elimination Techniques or NAET, the technique combines the disciplines of allopathy, chiropractic techniques, acupuncture/acupressure and kinesiology to provide a natural, non-chemical care. The treatment was pioneered by Dr. Devi S. Nambudripad in the early 1980s.

"It's completely natural. There are no drugs. There are no needles involved in the testing. It relies on muscle strength for testing and finding a weakness when a patient is in contact with something," Dr. Goldberg said. "It erases the brain's response to the allergic item and plants a new healthy response."

Some of the most common allergies that she treats are from eggs, milk, nuts, grains, gluten and environmental irritants like pollen. The basis of the technique is to help the body re-adjust to the problematic allergen a patient's body struggles with.

"There is an energy component that everything has," Dr. Goldberg said. "When you are in contact with something that you are allergic to, it makes your body weak." According to Goldberg, when she tests a patient's muscle, a weak point provides the starting point for treatment.

The treatment that Dr. Goldberg provides is very structured and incrementally works towards finding a solution for the patient. "There is a very strict protocol that I follow," she said. There are a basic group of allergens that Dr. Goldberg treats initially. "We build up the immune system and once the immune system is built up to a certain level, then we can attack the more complicated issues that a patient has."

Along with treating adults, Dr. Goldberg also specializes in treating young kids. "Getting adjusted for children is so important. It makes sure that their nervous system is running at its prime," she said. "When that is happening, then their immune system is stronger."

According to Dr. Goldberg, the adjustments that she provides have helped kids that deal with asthma and constipation. "It is very beneficial for children," Dr. Goldberg said.

Although it is difficult to determine the amount of treatments needed for complete success, according to Dr. Goldberg, many patients have had instant improvements once they began treatments. "Most people start feeling some positive results after five treatments," she said.

Dr. Goldberg's ability to connect to with her patients and her belief in her technique draws back to her experience dealing with rheumatoid arthritis and her struggles dealing with the side-effects from the prescribed drugs and chemotherapy she was offered.

"That has made me an excellent practitioner," Dr. Goldberg said of her experience. "I believe in the technique 100 percent because it changed my life. I know what results I got. When I help my patients, I know what they are going through and I empathize with them. I offer a treatment that I know that works."

For more information on Dr. Goldberg and the Allergy Chiropractic Wellness Center of Boca Raton, visit: <http://allergychiropractor.com/>.

The Boca Raton Tribune

Founded January 15, 2010

DOUGLAS HEIZER, *Publisher*

Editorial

DALE M. KING: *Editor*

PEDRO HEIZER: *Managing Editor*

Our Writers/Reporters and Columnists

SKIP SHEFFIELD, MATT BLUES-

TEIN, CHRIS J. NELSON, LINDA
GOVE, CARLO BARBIERI,

SANDY HUNTSMAN, SYNESIO LYRA,

GERALD SHERMAN, MARC KENT,
KAY RENZ, MATT PINEDA,

OLEDA BAKER, DIANE FEEN,

MIGUELANGELO, DENISE
RIGHETTI, MIKE GORA

Online Edition

PEDRO HEIZER: *Editor*

ANDRE HEIZER: *Social Media*

ANDERSON MANCEBO: *Software Engineer*

Business

DOUGLAS HEIZER: *C.E.O*

DINI HEIZER: *C.O.O.*

CHRIS CATAGGIO: *C.M.O*



EDITORIAL

By Dale King

“I Grow Old... I Grow Old...”



T.S. Eliot

I have an abiding love for the poetry of T.S. Eliot. The literary world has praised him as the greatest poet of the 20th century – and if they hadn't, I would.

I think T.S. and I have something of a bond. We were born on the same day of the year, Sept. 26, making us both Libras, and, according to that Zodiac sign, we are creative, well grounded and seek justice for all. (I'm not bragging – I read it in an astrology book.)

Thomas Stearns Eliot, born in St. Louis, Mo., but who opted to spend most of his life in the U.K., left a small portfolio of writings, but those poems and essays have had a powerful impact on those of us who have reveled in the exquisite imagery and bold pronouncements contained in his works.

Eliot is best at coming up with stunningly somber tones and word pictures of grimy, worn-out roadways, dark alleys and lifeless futures. “The Waste Land” and “Hollow Men” are prime examples.

But while studying Eliot in college, I latched onto a poem that has stuck with me for life. “The Love Song of J. Alfred Prufrock” has provided a signature line: “I grow old...I grow old/I shall wear the bottoms of my trousers rolled.”

I have often quoted that line, particularly at times when life is difficult and things aren't going well. I even quoted it while I was a young college student when the burden of studies adversely affected me.

I'm reminded a bit of Paul McCartney, who, as a man in his 20s, sang, “When I'm 64,” not thinking that the time would come when he would actually BE 64. (And now he is even older).

Coincidentally, Eliot has a connection to music. He received a posthumous Grammy for the song, “Memory,” from the musical, “Cats,” which actually was largely based on T.S. Eliot's “Old Possum's Book of Practical Cats” collection of cat poems.

The musical generated many new songs, the most memorable of which was “Memory.” Sung by

Grizzabella the Cat, the music and lyrics for “Memory” are mesmerizing and haunting, a passionate plea for renewal, a last effort for redemption.

The lyrics for “Memory,” a poem in their own right, don't spring from Eliot's cat poems as the rest of the musical does. Instead, the words were inspired by two other poems, also by Eliot, entitled “Preludes” and “Rhapsody on a Windy Night.” When these two source poems are read, there's that same sense of morning approaching, dragging the remains of the previous days along with it. However, that sense of regret and decay was then shaped into the character of Grizzabella and her classic song, “Memory.”

But I hearken back to “Prufrock.” Who is this man who urged us to “go, through certain half-deserted streets/The muttering retreats/Of restless nights in one-night cheap hotels/And sawdust restaurants with oyster shells?”

J. Alfred has followed me some 40 years now, telling me, “There will be time, there will be time/To prepare a face to meet the faces that you meet.” It's as if Eliot could see me: “Time to turn back and descend the stair/With a bald spot in the middle of my hair.” Could I be the victim of a literary stalker – or is he watching us all?

One might ask how much of this poem is Eliot, and how much is Prufrock? As is typical of Eliot, his imagery is forbidding, but he offers one line that we can read as hopeful: “I shall wear white flannel trousers, and walk upon the beach.”

We can picture Jimmy Buffett clad thusly and walking along the sands in Key West. I hope to someday put my feet in that sand, but for now I'm content to say “It's 5 o'clock somewhere.”

For now, J. Alfred is returning to my subconscious. It was nice to meet with you again, old friend. We will always be a part of each other, through your creator, Eliot, who passed away in 1965.

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, gram-

mar, 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

Al,

Just read your column today in the Boca Tribune. Thank you for your favorable comments about Kaye Communications and the City of Boca Raton efforts to develop international exposure and business from Brazil.

Look forward to seeing you both next week.

As Always...Seriously Strategic! JON

To the Editor:

I, like many others, grew up and went to public school to learn how to become a well rounded citizen so we could improve and make a statement for our generation; to pave the way for future generations; to learn all we could about the country and the world we were born into.

We walked to school and entered the classroom to learn how to think. Standing at the head of the class was a teacher who was there to guide us through our journey in education; to teach us how to read, write, add, subtract and multiply, plus give us the confidence and courage to become a successful adult; to guide us in education so we could excel in our endeavors, and in exchange to make America, our communities, our neighborhood and our lives more productive.

It is now 2012 and it seems to me that education in America has become less important and football more important, along with sports being the easy way out. This is wrong.

The public school system and the colleges are the most important tools we have to make our country great. The financial resources for the public schools and colleges have been replaced by monies being spent on wars and policing the world, leaving our children left behind in obtaining a quality education.

Classes and extra classes are eliminated, standards lessened to make every student graduate, whether he or she is qualified or not.

We need to change our priorities and bring back discipline and the rule of law; that the teacher is the law of the land. The guidance counselors should make sure every student's abilities are discovered and guide them to the right programs. Let's bring back the respect that was always necessary for the teachers, so that each student is benefiting from the time spent in the classroom.

The price of college should be affordable, and not crushing to a student at the end of four years, leaving them to pay back a \$200,000 student loan. This is not the way to build America's greatness.

To our leaders: Stop all the lack of common sense, and let's get down to work or our country will fall just like the Roman Empire did in the past.

Leslie Goldstein

LaffToon! by Rick Enright



THOUGHTS FROM THE PUBLISHER

By Douglas Heizer



The “Games” Are Over. Time for Kids to Begin the “Education Olympics”



A lot of us spent considerable time in front of our TV sets these past couple of weeks watching scores of athletes competing in perhaps the biggest event they will ever encounter – the 2012 London Olympics.

The athletic Olympics are over. It is now time to begin the academic Olympics – otherwise known as “Back to School.”

For weeks now, we’ve been inundated with advertisements for school supplies as well as new clothing for our young ones and teen-agers heading back to class.

Just the other day, when some of us were casting our ballots in the primary election, we got a chance to walk around a school on the first day that teachers were back in their classrooms. It was nice to see smiling faces on the people who will be instructing our children during the coming months. It was invigorating to see their enthusiasm and happiness.

It’s not just teachers who are getting ready for the rush of kids who’ll be bounding out of school buses on Monday morning, the first day of school in Palm Beach County. Parents are also preparing to get the kids out of bed first thing in the morning, dress them, feed them and either get them to the bus on time or drive them to the school for the (usually) long wait to drop them off at the school door.

It’s such an important activity, and it should involve everyone. The young people have had a chance to rest up over the summer. Perhaps they went to summer camp or took part in a school activity during the warm months of the year. (Of course, in Florida, those months are usually pretty darn hot!)

When kids return to school, they’ll be greeting their friends again and probably sharing stories about a summer vacation with the family or a visit with a relative in a faraway state. Maybe some of the older children had

a summer job that was particularly intriguing.

With so many children flocking to so many schools, it will be important for everyone to abide by safety rules. Kids, pay attention to your crossing guards. They are there to protect you, so listen to what they say.

The same goes for bus monitors. Pay attention to their directions. Most bus rides are uneventful, but it’s always better to be safe than sorry.

You can even compare your upcoming school experience to that of the Olympians. In the case of the “Games,” hundreds, even thousands, of young people had to find their way around the big Stadium. They also had to make their way through the streets of London, a big and unfamiliar city to most of them.

Safety first was the rule at the Olympics, and it is the rule at American schools. Palm Beach County has tens of thousands of students making their way through corridors to classes and cafeterias, auditoriums and gymnasiums, onto buses and off buses. They should watch safety officials and traffic lights to make sure they have the right of way and can move about without endangering themselves.

The same goes for healthy foods. Eat a good breakfast and lunch, whether you do so at home or in the school lunchroom. If you have a salad bar, add some of that to your food. Meat and potatoes don’t always provide the necessary nutrients. Fill up on tasty stuff that has vitamins and minerals. Be cautious in your consumption of sugary beverages.

Make the upcoming academic year like a stint at the Olympics. Be studious and attentive, friendly to fellow students and staff. No bullying. No misbehaving in the classroom or at athletic events.

There will be a time in your life when you will realize the importance of your school experience. Enjoy it

now while it is happening. Do your absolute best. Make your school days a positive experience.

Constance Scott - SBDC

I visited Constance Scott earlier this week at her new job at Palm Beach State College where she is now working hand-in-hand with the Small Business Development Center as a growth acceleration counselor. She’s already done many great things for the city and now I look forward to seeing her help small businesses grow here in Boca Raton

Fort Lauderdale Strikers

This week the Boca Tribune met with representatives of the Fort Lauderdale Strikers once again. Some great things were talked about. Stay tuned for some terrific news coming in the next few weeks!

Countess de Hoernle 100th

Our Countess de Hoernle 100th Birthday Special edition is looking fantastic. I look forward to showing this amazing Special to the city as we honor an amazing woman.

Nussential Family

Dr. Ron Rubin, Yaacov and Sue Heller, Rick Zimmer and all of the Nussentials Family have just returned from a Nussentials Family Reunion in Washington DC.

Brazil Again

The Brazilian Beat Independence day celebration in Downtown Boca on September 7 will be a fantastic event, stay tuned to the Tribune for more information.

Happy Birthday!

I would like to wish a very Happy Birthday to Mayor Susan Whelchel!

God bless you and have a wonderful week!



POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Don’t Abandon All Your Comfort Zones!

From many public speakers people have been literally bombarded in recent years by what has now become a cliché. The message in question is simply that “You must leave your comfort zone...” While this is very true in some instances, it is absurd to apply it comprehensively, to all sectors of your life!

After all, it is only from your comfort zone that you can adequately function in the world. That does not mean that the task you will be engaged in shall be simple and easy, but you need the security of what is familiar to you and helpful to you as a foundation for what you need to achieve with zest and ultimate effectiveness!

Obviously, what the complaint leveled at many is quite reasonable and fair. It refers to challenging people’s inactivity on account of selfishness, and lack of genuine consideration for individuals, legitimate causes, and other sit-

uations which one can help in altering them for the better.

It’s so true that people are creatures of habit and many are totally incapable of breaking free from certain patterns they’ve chosen for themselves, in which they’ve been stuck for a long time, even if ultimately unnecessary, or possibly harmful, to them. There are situations you can do something practical and positive about to improve, or even to eliminate, but that won’t occur unless you are willing to be momentarily inconvenienced.

World conditions, beginning in your own home and in your neighborhood, can improve if every person will start each new day seeking to respond to such questions as: “What can I contribute to today? Where can I find a worthy cause in which to involve myself so that others can benefit from what I’m able to contribute? How can I touch someone this day in a decisive, meaningful way?”

Certainly, there will be several situations for which such questions won’t even need to be asked. Just opening your eyes, and being observant of what surrounds you anywhere, will offer the necessary, valid clues and incentives for prompt action. Look outside your windows, read the daily newspaper, follow the news on radio and TV, and even ask others whom you trust about existing situations for which you can render positive, creative assistance!

All this you can do with the awareness and satisfaction that it’s not required for you to abandon all your so called “comfort zones” altogether in order to have a significant impact on something in need of your efforts, your expertise, your creativity, and more! Use, instead, your comfort zones to maximize the effectiveness of what you aim to achieve!

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.

Executive Women of the Palm Beaches Announces 2012-2013 Board



From left are Nanette Norton Winzell, Trish Lowry, Ellen Block and Minx Boren, who were elected as officers of Executive Women of the Palm Beaches for the 2012-2013 year.

Executive Women of the Palm Beaches has announced new board members for the 2012-2013 year at a dinner reception at PGA National Resort & Spa. The event also honored the leaders who served this past year.

The EWPB Officers are: President, Ellen Block, The Jay Block Companies, Inc.; President-Elect, Minx Boren, Coach Minx, Inc.; Secretary, Trish Lowry, Florida's Blood Centers, Inc.; Treasurer, Nanette Norton Winzell, Lamn, Krielow, Dytrych & Co. CPAs; Treasurer-Elect, Misty Travani, Travani & Richter, P.A. and Immediate Past President, Monica Manolas, CEMEX, USA.

Directors include: Laurel Baker, Palm Beach Chamber of Commerce; JoAnne Berkow, Rosetta Stone Fine Art Gallery – Rosetta Stone Corporate Art; Tish Carlo, Hospice of Palm Beach County Foundation; Jackie Halderman, Clerk & Comptroller, Palm Beach County; Sandra Kaplan, Bravo KB, Inc.; Bonnie Lazar, Keller Williams Realty Services; Beverly Levine, Schrapper's

Fine Cabinetry & Design; Katie Newitt, A1 Moving & Storage/Atlas Van Lines; Betsy Owen, Rotary International and Melody Sanger, Drug Study Institute. Jessica Cerece, CredAbility was named alternate director.

Elaine Meier and Suzy Petersen were named 2012 Members of the Year and Ethel Isaacs Williams was named new Member of the Year.

This past May, Executive Women's annual Women in Leadership Awards Luncheon raised more than \$85,000 for scholarships and grants for deserving young women. Television personality and author Joan Lunden was the keynote speaker.

The Executive Women of the Palm Beaches' mission is to provide a dynamic presence dedicated to the professional and personal advancement of women through networking, sharing resources and encouraging leadership. Through Executive Women Outreach, the organization provides financial support to scholarships and community projects.

FAU Receives Gift to Establish Georgina Dieter Dennis Vocal Scholarship Fund

BOCA RATON – Florida Atlantic University's department of music in the Dorothy F. Schmidt College of Arts and Letters recently received a donation of \$25,000 to establish the Georgina Dieter Dennis Vocal Scholarship Fund. Scholarships will be awarded for one academic year, but may be renewed upon availability of funding and satisfactory progress by the student scholarship recipient. FAU is one of four Florida colleges chosen to receive the scholarship. The others are the University of Miami, Florida International University and the University of South Florida.

"We are thrilled to have been chosen for the scholarship fund," said Rebecca Lautar, chair of FAU's department of music. "Ms. Dennis' love for the arts and her desire to help others will benefit many of our students."

Georgina Dieter Dennis, who passed away in 2006, had a storied music career, starting at the age of 12 when she won the New York Music Week Association Junior Bronze Medal. She was awarded

a scholarship to the Institute of Musical Arts of the Juilliard Foundation and later sang with the National Opera Association. She made her debut at New York's Town Hall in 1937 and then went on to Canada to sing with the Civic Music Light Opera Company and back to the states to New York's Erlanger Theater and the Majestic. Dennis sang in every state in the Union during World War II and presented programs with James Victor's Band for the USO.

Dennis knew she was fortunate to have training and opportunities from an early age. She wanted to provide opportunities for others and so established the Georgina Dieter Dennis Foundation prior to her passing. This is the first year for the Vocal Scholarship Fund, which will be administered by the host schools. To receive a scholarship, the student must be a resident of Florida and must maintain a B average.

For more information about FAU's music program, call the music department at 561-297-3810.

"Voting is Power" Theme of Women's Equality Day at FAU

BOCA RATON – Florida Atlantic University's Center for Women, Gender and Sexuality Studies and other local organizations will hold a Women's Equality Day Celebration to commemorate the 92nd anniversary of women's voting rights.

The event will be held Friday, August 24, from 8:30 a.m. to 11:30 a.m. in the Engineering Building on FAU's Boca Raton campus. It is free and open to the public.

A reception with elected officials and exhibitors will be held at 8:30 a.m. and a panel discussion at 9:15 a.m. The keynote speaker for the panel is Susan Bucher, the Palm Beach County Supervisor of Elections, and other panelists include Pam Goodman, former vice president of the League of Women Voters; Josephine Beoku-Betts, director of FAU Center for Women, Gender and Sexuality Studies; Candace Britt, FAU Honors Student in the Center for Women, Gender and Sexuality Studies and Thomas Burns of Morgan Stanley Smith Barney.

"Elected officials have been focusing on women's issues heavily over the last year," said Beoku-Betts. "It is important now more than ever for women to exercise their right to vote. It is a right that was fought for so bravely 92 years ago, and a right which women in many countries still do not have."

The event is hosted by FAU's Center for Women, Gender and Sexuality Studies in the Dorothy F. Schmidt college of Arts and Letters and sponsored by Morgan Stanley Smith Barney, along with the Palm Beach County



Palm Beach County Supervisor of Elections Susan Bucher, keynote speaker for FAU's Women's Equality Day.

National Organization for Women, Planned Parenthood of South Florida and the Treasure Coast, Women's Foundation of Palm Beach County, Presidential Women Center, Cleveland Clinic of Florida, Business Professional Women, League of Women Voters of Palm Beach County, National Women's Political Caucus of Florida, and Body by Vi, 90 Day Challenge.

Attendees are encouraged to dress in white and purple as did the suffragists. For more information about the event, contact Meredith Ockman at Meredith.Ockman@gmail.com.

Players Club

MONTH TO MONTH PROGRAM

Players Club Benefits Include:

- FREE Afternoon Green Fees
- FREE Weekly Instructional Clinics for you and your Family Members
- FREE Unlimited Range Balls Anytime
- FREE USGA Handicap Service
- 2 Draft Beers with Every Round

\$29 Per Month





561-994-0400 | www.oceanbreezegolf.com

bocaratontribune.com • bocaratontribune.com

Municipal News

The Boca Raton Tribune

Boca Raton Seems to be Thriving Despite Recession, Says City Manager

By Dale M. King

BOCA RATON – Boca Raton doesn't act like a city caught in the throes of a recession.

In fact, the community has a full plate of activities and projects, not to mention the fact that its Economic Development Incentive Program established in April 2010 has brought in 22 new companies and either created or retained 3,923 jobs.

City Manager Leif Ahnell shared his "State of the City" address with a multitude of guests at the annual city-sponsored breakfast meeting of the Greater Boca Raton Chamber of Commerce, held Aug. 9 at the Via Mizner Country Club.

Ahnell was joined by Mayor Susan Whelchel who was not present, but offered her ideas on a pre-recorded video.

The city manager offered an assessment of Boca that seemed pretty positive. As to development, he said nearly 1,600 new residential permits "are in various stages of approval." Also, more than 700 student housing units are planned along the 20th Street corridor which will become a back door to Florida Atlantic University.

He also offered some bullet points:

Construction of the new I-95 interchange should begin in the fall of 2013, with more lanes being added in the section of the highway between Palmetto Park Road and Congress Avenue.

The city and Lynn University are pulling out the stops for the Oct. 22 presidential debate expected to bring thousands of people to Boca.

A request for proposals (RFP) will be issued at the end of the month for development of the Wildflower property, the three-acre parcel on Palmetto at the Intracoastal. A restaurant is expected to be the centerpiece for a plan to be "decided by the end of the year."

An RFP will be advertised soon for an entertainment or recreational complex on 15 acres near the Spanish River Library.

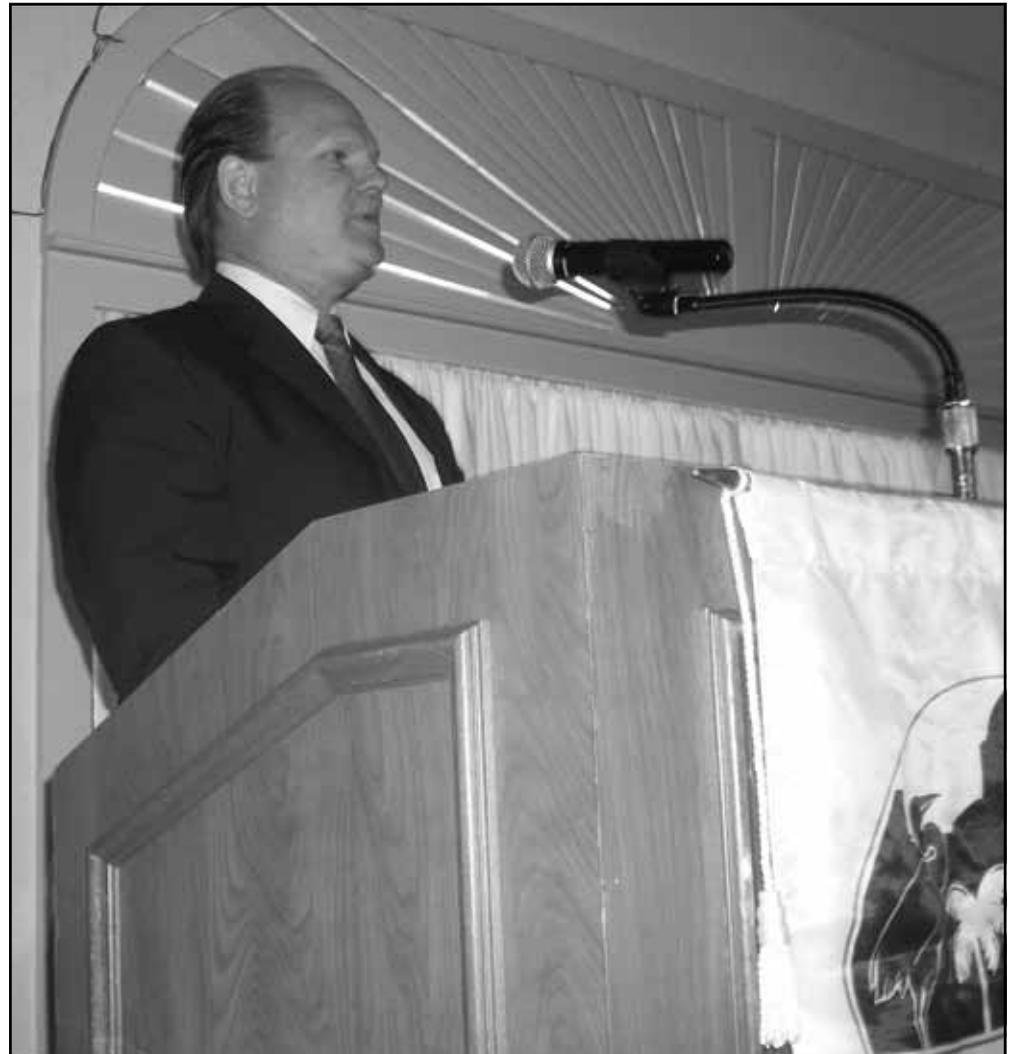
Eight ball fields have been created at De Hoernle Park, with the cooperation of the Greater Boca Raton Beach & Parks District.

He also talked about switching to natural gas to fuel some of the city's heavy trucks. This would be one money-saving measure. Ahnell also talked of the periodic need to add sand to beaches – a process called renourishment. He said the federal government has, in the past, offered financial assistance, but isn't any more. The cost of a beach renourishment runs about \$10 million, he said.

The city is also giving thought to annexation of land along its western border. He said no property will be attached unless the project is financially feasible.

During upcoming budget discussions, he said, the City Council will resume its look at pensions and to "make sure they are affordable."

He did offer one positive note. He said property values appear to be stabilized, which will help officials in the planning for the community's financial future.



Boca Raton City Manager Leif Ahnell addresses the crowd Aug. 9 at a breakfast meeting of the Greater Boca Raton Chamber of Commerce.

Ahnell and the mayor both praised the city's relationship with the Greater Boca Raton Chamber of Commerce and the Palm Beach County Business

Development Board. "Boca's best days lie ahead," said the mayor in her pre-recorded comments.

Palm Beach County Water Earns 'Best' Rating in Three Categories



By County Commissioner Burt Aaronson District 5

"Best Water, Best Service & Best Environmental Stewardship." This is the mission statement of the County's Water Utilities Department (WUD). How is WUD doing in fulfilling this mission?

Best Water - At a recent Board of County Commissioners meeting, officials with the American Water Works Association recognized the county's water plant at Sandalfoot Cove as the best water plant of its size in Florida. The Sandalfoot Cove plant, operated by the Water Utilities Department (WUD), provides drinking water to West Boca and southwestern Delray Beach. The AWWA Outstanding Class A Water Treatment Plant Award means the plant consistently produces high quality drinking water and is well operated and maintained.

Best Service - WUD's customer service (561-740-4600; Delray/Boca 561-278-5135) and Emergency Service (561-740-4600, option 3) provides answers and help when needed. WUD delivers

and connects generators to service the lift stations after a hurricane. There are a number of homeowner associations who have bought generators through the County that will service the lift stations within their communities. The agreement does stipulate that if a hurricane has not affected the community, the generator(s) will be moved to areas in the County that were damaged. If your community would like more information, please contact my office.

Best Environmental Stewardship - WUD also oversees the Wakodahatchee and Green Cay Wetlands. If you haven't visited these two gems featuring interesting wildlife and peaceful views, I highly encourage you to do so.

Wakodahatchee is located at 13026 Jog Road in Delray Beach. Every day the WUD's Southern Region Water Reclamation Facility pumps approximately two million gallons of highly treated water into these wetlands. By acting as a natural filter for the nutrients that remain, the wetlands work to further

cleanse the water. The wetlands are open to the general public from 7:00 a.m. to 5:30 p.m., seven days a week.

Green Cay Wetlands and Nature Center are located at 12800 Hagen Ranch Road, which is in suburban Boynton Beach on the east side of Hagen Ranch Road, between Boynton Beach Boulevard and Atlantic Avenue. The wetland features 1.5 miles of elevated boardwalk featuring interpretive signs about the habitat. The Nature Center includes a lecture hall, gift shop, and live animals in an extensive exhibit room that highlights wetland attributes. The wetland boardwalk is open to the general public from sunrise to sunset, seven days a week.

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: baaronso@pbcgov.org.

For Dental Implant Treatment, it's a ClearChoice!

ClearChoice team of specialists brings you a dental implant solution that fits your budget ... in just one day!*

A LEADER IN DENTAL IMPLANT TREATMENT

Virtually every adult will lose a tooth, and as we get older, more Americans will suffer with missing and failing teeth. These days, however, there are dental implant solutions that either didn't exist in the past or which were difficult to access. But now, ClearChoice Dental Implant Centers are leading the way in innovative dental implant treatments. Dental Implants are a permanent solution for dental problems. And now your treatment, from our team of specialists, can often be accomplished in just one day*... and without the need for additional bone graft surgeries. In fact, dental implants can last a lifetime and have become the treatment of choice for replacement of missing and failing teeth. With more than 10,000 dental implant procedures performed, ClearChoice Dental Implant Centers have become a leader in dental implant treatment delivery.

TECHNOLOGY

Every ClearChoice Dental Implant Center includes an on-site 3D CAT Scan. The 3D CAT Scan technology costs hundreds of thousands of dollars. This technology provides three-dimensional and cross-sectional views that allow ClearChoice doctors to examine the quality and density of the bone that will anchor the dental implants; select the correct type and size of implants; determine the precise placement of implants, and avoid the nerves and sinuses.

Since every smile is custom designed, each ClearChoice Center has a specialized Dental Implant in-house lab to custom make your smile.



They said they had specialists, a lab, and high tech equipment all at one location, but I had no idea that they could really do all of this in just one day!*
 - Actual ClearChoice patient

< 3D CAT Scan



Actual ClearChoice Patient

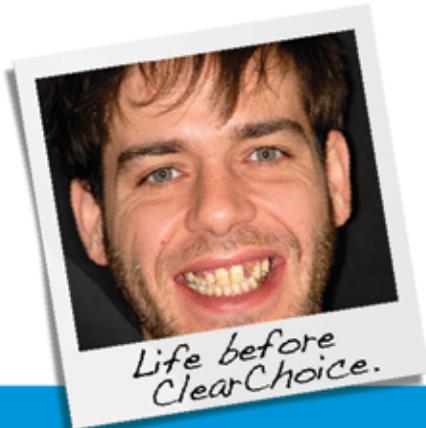
TEAM OF SPECIALISTS

The technology alone cannot elevate ClearChoice Dental Implant Centers in their field. Our technology is paired with an expert professional team of doctor specialists enabling ClearChoice to empower so many patients around the country to change their lives. These qualified specialists include an oral surgeon who places implants, and a prosthodontist who designs your custom new smile. Each of the doctors has special expertise and can be trusted to deliver your high quality implant care. Dental Implants are a surgical procedure and the ClearChoice doctors have extensive experience in this area including administering anesthesia to provide comfort. Custom fabrication of the patient's new smile and replacement teeth are accomplished by trained lab technicians in the on-site dental implant lab.

Our local specialists are available for a FREE initial consultation or even second opinions. Why wait, call now!

SATISFACTION & WARRANTY

Whether for a missing single tooth, multiple teeth or a whole mouthful of missing or failing teeth, ClearChoice Dental Implant Centers provide comprehensive implant treatment professionally and affordably in a fraction of the time it would take many other professionals. That's why in an independent study of thousands of patients, ClearChoice patients would overwhelmingly recommend ClearChoice to others* and we warranty our work.



"I suffered with bad teeth since I was a teenager. Imagine dealing with failing teeth so young in life. As a musician, I'm often in front of an audience. I wanted a rock star smile ... **and now I have one."**

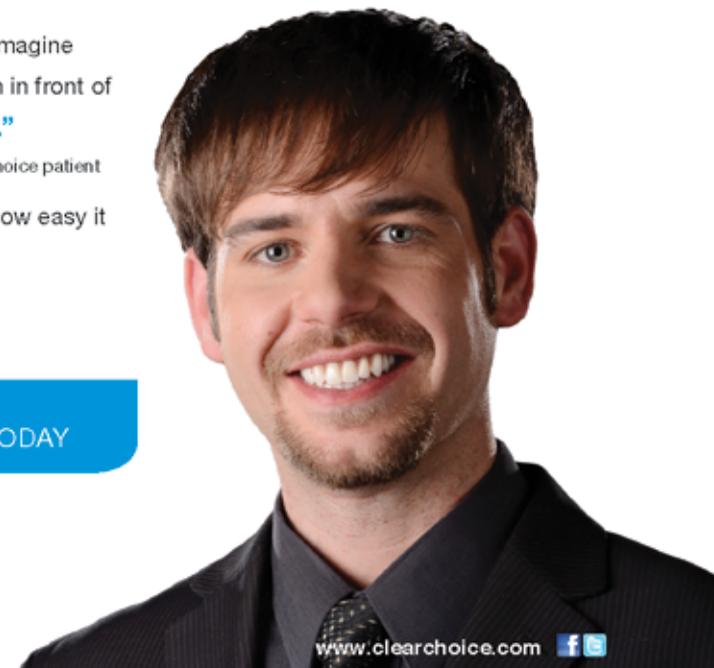
- Kurt C., real ClearChoice patient

Tooth loss is not your fault. Doing nothing about it is. Come see how easy it is to live the comfortable life you deserve ...

Our risk free consultation will show you how.

CALL TOLL FREE **1.888.245.1092** TODAY

and receive a free 3D CAT scan (a \$700 value)



www.clearchoice.com



Ft. Lauderdale

Implant Dentistry Associates of Miami, P.A.
 William L. Balanoff, DDS, MS Lic # DN9534

ClearChoice Dental Implant Centers are locally owned and operated by licensed dentists, and are part of a professional affiliation of implant practices operated by oral surgeons, prosthodontists and restorative dentists across the U.S. *Qualified patients can have their procedure in one day after initial workup without additional bone graft surgery. Results may vary in individual cases. Limited services available at satellite offices. †Independent Dental Implant Survey March 2011. America's #1 Choice determined by an Independent Patient Survey 2011. © 2012 ClearChoice Dental Implant Centers

Boca Life & Arts

The Boca Raton Tribune - B Section

August 16, 2012 through August 22, 2012 • Year III • Number 110

ENTERTAINMENT
"The Campaign"
Lampoons Dirty
Politics



FOOD REVIEW
Fusionarie -
Japanese Food
With an Attitude

HEALTHY LIVING

Prevent Knee
Injuries



London Olympics Live on in PB Photographic Centre Exhibit



WEST PALM BEACH – The London Olympics 2012 are over. But dramatic photos of the event will soon be on display at the Palm Beach Photographic Centre in West Palm Beach.

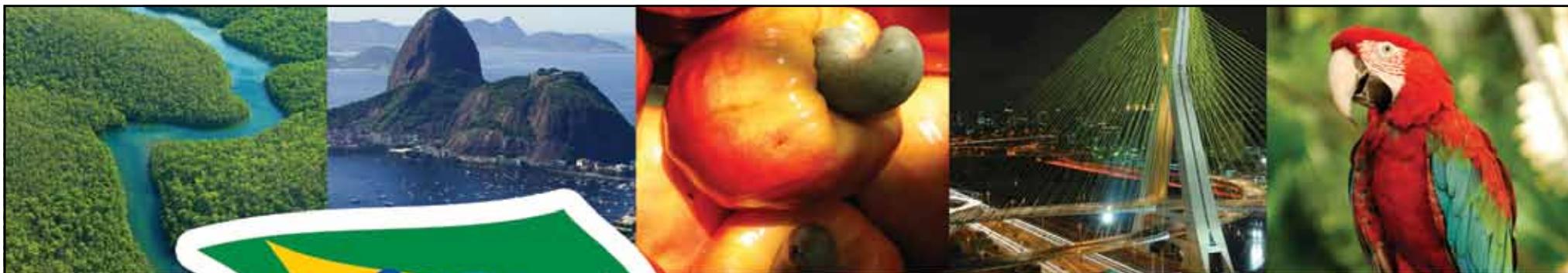
Just days after the flag-waving, pride-filled closing ceremony of the Summer Olympic Games, PB Photographic is presenting an exhibition of images captured in London by renowned sports photographer and PBPC instructor Adam Stoltman. His work has appeared in Sports Illustrated, The New York Times and its Sunday Magazine, TIME, Newsweek, and a host of other publications, Stoltman has covered 11 Olympic Games.

"I photographed my first Olympics in Lake Placid in 1980," says Stoltman. "I was 20 years old, had \$50 to my name. I slept on floors and, as I was not accredited, I scrounged tickets to be able to photograph; but by the end of the Games, I had secured a few significant assignments. In 1984, I covered both the Winter Games in Sarajevo and the Summer Games in Los Angeles working for Newsweek magazine, and have covered eight other Olympics since then."

"Each Olympics is a little different in terms of news, personality, and experience yet the passion of the athletes, and the scope and grandeur of the spectacle is a

constant. It is impossible to attend an Olympics without being affected by the spirit of the event, heart of the competitors, the obvious pride of the host city and the diversity of competitors and media from all corners of the globe," he added.

An opening night reception will be held Aug. 24 from 6 to 7:30 p.m. at the Center located at the City Center municipal complex at 415 Clematis St. in downtown West Palm Beach. Hours are 10 a.m. to 6 p.m. Monday – Thursday, and 10 a.m. to 5 p.m. Friday and Saturday. For more information, call 561.253.2600 or visit www.workshop.org or www.fotofusion.org.



Brazilian Independence DAY
 IGREJA BATISTA BOCA GLADES

Kiosks with Brazilian regional food

September 2nd | Time 3:30PM Free admission

SPONSORSHIP

SUPPORTED BY



ADDRESS: Igreja Batista Boca Glades – 10101 Judge Winikoff Rd – Boca Raton, FL 33428
contato@bocagladesbr.org • www.bocagladesbr.org/festa

Boca Glades Baptist Church presents

An Evening with Kathy Troccoli



Thursday, September 27
7:00pm - 9:00pm

Bring a friend and enjoy this inspirational evening with a Dove award-winning, Grammy nominee, singer/songwriter

Tickets: \$15 or 2 for \$25
 Men & Women Welcomed

Order tickets at www.bocaglades.org or call **561.483.4228**
 10101 Judge Winikoff Road - Boca Raton, FL 33428

Hundreds Gather at Wine & All That Jazz Event

BOCA RATON – Hundreds gathered in the Mizner Center at the Boca Raton Resort & Club Aug. 4 for “Wine and All That Jazz,” a Boca Festival; Days event and the Greater Boca Raton Chamber of Commerce’s signature event.

Wine & All That Jazz is one of Boca Raton’s largest wine tasting parties. Attendees sampled more than

100 fine wines and delectable food provided by Blue Martini, Bogart’s Bar & Grill, Deck 84, Maggiano’s Little Italy, Oceans 234, RED The Steakhouse, Rosso Italia, The Boca Raton Resort & Club, Truluck’s and many more. There were also fabulous tunes, dancing and exciting drawing prizes.

see pics pg.B5

Yes Lights Up Mizner

By: Gina Onori

As the sun settled on Friday, July 27, aged hippies crowded Mizner Park Amphitheater to see the 44 year old band Yes perform at the Counte De Horne Stage for hundreds of fans. Yes was formed in 1968 by bassist Chris Squire. The band consists of bassist Squire, guitarist Steve Howe, drummer Alan White, keyboardist Geoff Downes, and newest addition singer John Davison.

“Yes has been through a lot of changes,” said bassist Squire. “About seventeen musicians have contributed at different times making Yes sound different each time. Although we’ve kind of moved around between different styles our music has always been under the umbrella of Yes.”

After the closing set of Procol Harum, Yes entered the stage as the audience stood up in unison and roared. Yes still has the ability to allure fans through timeless hits. Steve Howe’s fingers shuffled rapidly up and down the neck of numerous guitars throughout

the concert as the audience cheered with excitement. Yes remains refreshing regardless of what decade they perform in.

“If someone had told me this band would exist forty four years in time I would have never believed them,” said Squire. “I don’t really know what keeps me going I’m just really happy with the way things are, it’s a great job to have.”

The infamous band played classic hits such as Roundabout, Open Your Eyes, and Owner of a Lonely Heart. Each piece was collectively extended and classic. The majority of Yes’s influence stems from long classical pieces, hence this unique element added to their performances. Audience members were not surprised when Yes delivered yet another exceptional show.

“You hear songs on the radio today that won’t be good fifty years from now,” said fan John Bower. “That’s what makes Yes such a great band. They were good fifty years ago, and they’re still great today.”

Talent Varies at the Talent Farm

By Gina Onori and Aaron Wecker

On Monday, August 6, adolescent hipsters were scattered throughout The Talent Farm in Pembroke Pines to hear their friends bands, The Vogans, Astronaut, The Vigilantes; they also came out to hear a more well know band, Side By Side.

Side By Side is a pop rock group that has been strong for about two years, named one of the top unsigned bands in the country by the Billboard magazine. The band tours nonstop and is constantly recording new songs. The unique thing about the band is that they draw huge influence from completely different places, creating a diverse sound different from any other band. Lead singer Joelle listens to a lot of pop, folk and jazz music. Guitarist Mike enjoys anything indie, 80’s, and European rock, while drummer Geoff is constantly listening to music based on rhythm. Bassist Joseph Pepe is influenced by Blink 182, The Cure, Metric, Kanye West, Eric Valentine, Mark Hoppus, and other creative pop tunes.

After numerous high school bands took the Talent Farm stage, Side By Side ignited the audience as vocalist

Joelle ordered the crowd to come closer. Playing their more popular hits such as Lie to Me and My Everything; Joelle untwisted her hair tie to let her long brown curly hair flow back and forth to the music; as she vivaciously danced around the stage, bringing a real stage presence that was lacking in the less developed bands. Her exuberant attitude and unquavering melodic voice really grabbed the attention of many who had faded out, while waiting for their friends band to play.

“Performing is what our band lives for,” said bassist Pepe. “It’s more addicting than any drug you could ever take.”

Side by Side is not afraid to admit they aspire to be big. In five years they see themselves touring international and having major distribution. Their goal from the start was to reach as many people as possible.

“In five years this band wants to be bigger than we could have ever imagined,” said Pepe. “To tour the world, get extensive radio play, and be writing the best songs we can... there’s really no other option for any of us.”

Kristin Jacobs Event at The Bridge

Volunteers in the Jacobs campaign District 22 voters inviting them to office placed hundreds of phone calls meet Kristin at WaterColor’s Restaurant at The Bridge Hotel. see pics pg. B4

Rain Can’t Wash Away PAW-ty for Pets Benefit for Tri County Humane Society



BOCA RATON – It was a rainy afternoon Aug. 12, but the Shoppes at Village Pointe managed to pull off its PAW-ty for pets, a Boca Festival Days event designed to benefit Tri County Humane Society.

The event brought together dancers, live bands, artists, vendors, food samples, gourmet food trucks, bounce houses and

dunk houses. Pets were also there for adoption, and a Happy Dog contest was held.

A portion of all proceeds from the vendors went to the Tri County Humane Society, a no-kill shelter on Boca Rio Road in Boca Raton.

see pics pg. B4

Commercial Cleaning

Think Clean, Think ACM



ACM
Commercial Cleaning

www.acmbuildingservices.com

888-255-1750 - Call Anytime

The easy solution for your web and e-mail!

your **WEB** easy
Domain Names

.COMs starting at
\$9.99!

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

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

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

yourwebeasy.com

SPOTLIGHT

RAIN CAN'T WASH AWAY PAW-TY FOR PETS BENEFIT FOR TRI COUNTY HUMANE SOCIETY



Terry St Angelo with her Chihuahua, Aspen – who was actually born in Colorado.



Julia Hebert with her 6-year-old poodle, Peanut.



Jennifer Carrera-Turner with her pet, Don Diego Carrera.



The Silver Sneakers Class from Michael's Body Scene in the Shoppes at Village Pointe performs a routine.



Pretty Pomeranian Demitasse – Demi for short – is adorned as a princess. She is owned by Carol and Ken Bierce.



Shoppes at Village Pointe owner Yvonne Boice, right, with Randi Emerman, shown carrying her pet, 7-year-old Buddy (a California native). Buddy is a combination Maltese and Shih Tzu.

KRISTIN JACOBS EVENT AT THE BRIDGE



Kristin Jacobs talks to voters in District 22 before the Primary Election on Tuesday, August 14.



Kristin Jacobs speaks to Boca Raton residents.



Ageless Energetics
 @ Glades Medical Group 561-394-3088
 Any chemical peel or Botox injection only \$199

- ✓ Dermal Fillers
- ✓ Skin Resurfacing
- ✓ Unique "No Down-Time" Facials
- ✓ Weight Management With Life Coach and Physician (to Energize Your Day and Give Immediate Success)
- ✓ A NEW YOU IN A NEW WAY!

Offer Expires: 07/15/12

Bring This Ad In On Your Next Visit!

561-330-4561

Flowers

bloomdesignflowers

Services

- flowers from around the world
- home & holiday décor
- green plants & orchids
- in-house accounts available
- custom made artificial flowers & plants
- local & global delivery
- weddings & events

Robert Kolpacke president & designer

Bring in This Ad for 20% OFF Total Purchase!

P: 561-330-4561 F: 561-330-4587
 bloomdesignflowers@gmail.com
 www.bloomdesignflowers.com
 Located in Latitude Plaza
 3100 S. Federal Hwy, Suite 4
 Delray Beach, FL 33483

ACHES & PAINS • COLITIS • INDIGESTION • ACNE • IBS • AUTISM • PSORIASIS • ADD/ADHD • EAR INFECTIONS • SINUSITIS • ANXIETY • ECZEMA • DEPRESSION • HEADACHES • HORMONE IMBALANCES • CHRONIC FATIGUE • ALLERGIES

Allergy
 chiropractic wellness center

2200 NW Corporate Blvd, Suite 319
 Boca Raton, FL 33431 • Ph: 561-221-5125
 drg@allergychiropractor.com

An Innovative, Drug-Free, Pain-Free Natural solution for allergies and allergy related conditions.

Dr. Stephanie Goldberg

Summer Special! Come in for an initial work-up and get your first allergy treatment FREE! (\$65 value).

Family Discounts Available

Send your kids off to camp allergy free.... Call Today!

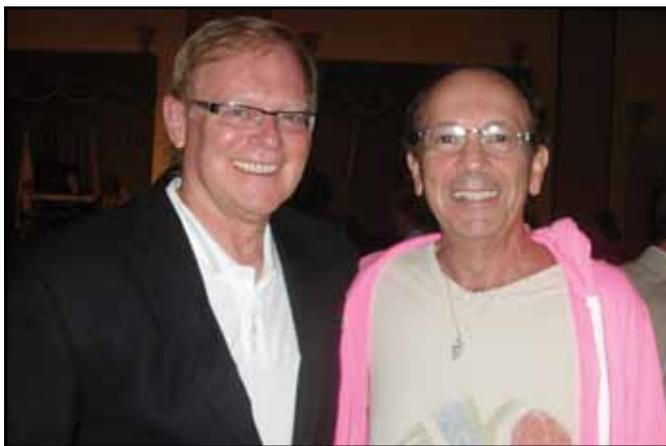
www.allergychiropractor.com

(The patient and any other person responsible for payment has a right to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment which is performed as a result of or within 72 hours of responding to the advertisement for the free, discounted fee, or reduced fee service, exam, or treatment).

WEIGHT CONTROL • ARTHRITIS • FIBROMYALGIA • ASTHMA

SPOTLIGHT

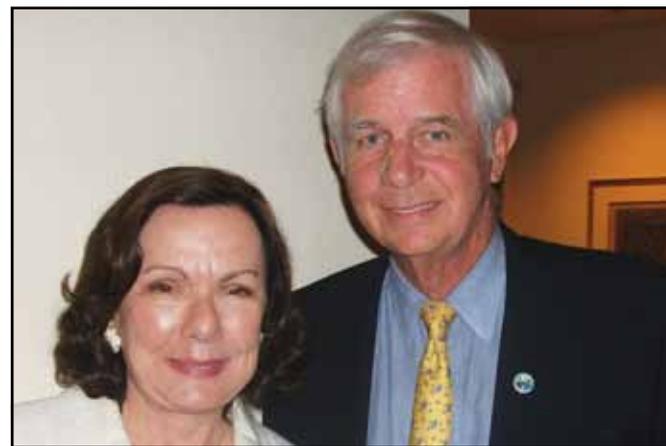
HUNDREDS GATHER AT WINE & ALL THAT JAZZ EVENT



A pair of state reps – Bill Hager, left, and Irving “Irv” Slosberg



Randi Emerman, left, and Barbara Boyd



Boca Raton City Councilman Mike Mullaugh and his wife, Donna



From left are Julia Hebert, Boca Raton Mayor Susan Whelchel, Bonnie Kaye and Melissa Whelchel, the mayor's daughter-in-law.



Mayor Susan Whelchel and her husband, John; Bonnie and Jon Kaye.



Boca Raton Tribune Executive Editor Dale King and his wife, Julia Hebert.

YMCAs IN BOCA RATON, BOYNTON BEACH, HOST “BACK-TO-SCHOOL BASHES”



From left, Cindy Grassi and Julie Hooper



Shown from left are Morgan Costopoulos, Bryanna Wilbor and Maddy Miller



Noah Roth, left, and Amanda Raad

GLADES MEDICAL GROUP



David B. Hevert, M.D. • Janice Plaxe, D.O.
Timothy Tramontana, M.D. • Jorge I. Montalvan, M.D.

Services Include:

- Internal Medicine/Family Practice
- Advanced Cholesterol Testing
- Intensive Diagnostics Services
- Full Lab On-Site
- Ultrasound and Bone Density

Medicare + Most Insurances

Central Boca Raton Location
561-394-3088

Vitality Laser Spa
We do Laser

Laser Hair Removal
Skin Tightening / Pigmentation
Photo Facial • Acne Treatments
Facial / Microdermabrasion / Peels
Massages / Cellulite Treatment
Spray Tanning / Temporary Tattoo
Botox / Fillers / Sclero Veins
Teeth Whitening • Obagi / Arbonne
Non-Surgical Face Lift

LASER HAIR REMOVAL
Lower Legs
Brazilian Bikini
& Underarms
ONLY \$299
(Per session)

SPRAY TANNING
Last for 10 Days
\$20.00
Buy 5
Get 1 FREE

561.470.7961
954.638.3524

Fontana Plaza
9045 La Fontana Blvd. #102
Boca Raton, FL 33434

GALLERY 22

320 ESPLANADE #53
Royal Palm Place
Boca Raton, FL 33432
Store #53



GET REAL!

Yaacov Heller
Signature Line
www.yaacovheller.com
561.347.1677

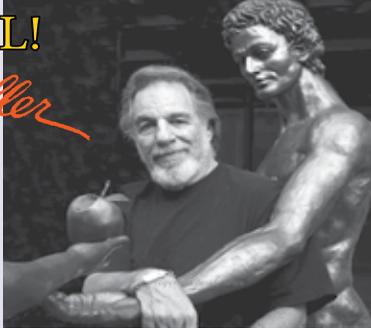


Photo by Denise Felice



Entertainment Skip Sheffield

“The Campaign” Lampoons Dirty Politics



Jeremy Renner and Rachel Weisz in “The Bourne Legacy”

If you are as sick as I am over the nasty attacks on both sides of the political spectrum over the coming elections, you may appreciate as I did the crude, over-the-top R-rated satire “The Campaign.”

“The Campaign” does for politics what Austin Powers did for British secret agents. It’s a total spoof of what is worst about both genres. It is no small coincidence that director Jay Roach also directed “Meet the Parents” and its sequel and “Austin Powers: International Man of Mystery” and its sequel.

Will Ferrell stars as Cam Brady, the smug, firmly-entrenched four-term Congressman from the diddly-squat 14th District of North Carolina. Brady seems to be a shoe-in for a fifth term, but he screws up royally by leaving a salacious voice mail intended for his mistress on the home phone of a family of his pious, ultra-conservative constituents.

Seizing the opportunity, the ultra-rich, manipulative and amoral Motch (rhymes with Koch) brothers (Dan Aykroyd and John Lithgow) feel they can buy themselves a docile congressman who will enable them to outsource local jobs to China for maximum profit. Marty Huggins (Zach Galifianakis), a meek tourism bureau guide, is tapped as the perfect patsy.

The Motch brothers hire the utterly ruthless Tim Wattle (Dylan McDermott) as campaign manager, and the mud fights begin.

The script by Chris Hency and Shawn Harwell has a haphazard quality to it, but it does have some real zingers. It seems that everything political boils down to sex or money or a combination of the two, with both sanctimonious characters wrapping themselves in the cloak of professed religion.

Will Ferrell is a fearless farceur, and his slapstick gaffes are the hallmark of his performance. Galifianakis is more subtle as the fey, slow-to-burn Marty, but given enough humiliation he rises to the occasion and finally begins to fight.

Much of the movie is crass and cruel, making fun of fat people, religious hypocrites and devout people alike, but there are plenty of gross laughs. Sarah Baker should get some kind of reward for swallowing her pride so completely as Marty’s pudgy, gullible wife.

“It’s a mess!” is Marty’s campaign slogan. “The Campaign” is nothing if not messy, but it sure has some laughs.

Two and a half stars

“Bourne Legacy” Goes On With Mas Macho New Hero

Matt Damon is gone but his spirit lin-

gers on in “The Bourne Legacy.” This is the fourth in a series based on Robert Ludlum’s Jason Bourne novels and the first not to star Damon as the intrepid super-agent.

Bourne went MIA after dismembering the black op Operation Blackbriar in the last installment, but he is referred to and we even see a poster-sized picture of him. Returning in reduced roles are David Strathairn, Albert Finney, Scott Glenn and Joan Allen. Tony Gilroy wrote a new story with his brother Dan only just inspired by Ludlum’s characters. He also directs.

Aaron Cross is the new guy, played by Jeremy Renner. The movie opens with Aaron toughening up in Alaska in freezing cold. Like Bourne, Aaron is a special operative with the CIA, but it doesn’t take him long to realize they want him terminated after he narrowly escapes a missile that blows up the cabin he was in.

Then a doctor freaks out at a laboratory in Washington and begins to shoot fellow doctors.

Cowering in fear is Dr. Marta Shearling (Rachel Weisz), a research scientist who has worked on mind-altering virus drugs at the sinister Outcome labs.

Aaron happens to be on one of these drugs, and his supply is running out. Without the drug he will lose his mind, die or both.

In one of many spectacular escapes, Aaron is able to bust Marta out of the lab, and so begins a worldwide chase with CIA assassins in close pursuit. Marta tells Aaron the only way she can make an antidote is to go to the lab in Manila, The Philippines, where it was created.

Jeremy Renner is one fine physical specimen. The stunts he pulls off are amazing yet somehow believable. My favorite is the craziest, most thrilling motorcycle chase I’ve ever seen, filmed in the teeming streets of Manila, with Aaron and Marta astride an off-the-road dirtbike, chased by a thug on a stolen police bike.

Renner and Weisz are an attractive couple and they have good chemistry. Weisz has a winning combination of brains, beauty and understated sexiness to match Renner’s brawn and bravado.

I have no doubt we’ll be seeing more of Mr. Renner as Aaron Cross. Whether or not he’ll be paired again with Ms. Weisz we don’t know, but it’s a strong bet it will be a good show.

Three and a half stars



Food Review Marc Kent

Fusionarie - Japanese Food With an Attitude

Forget your typical menu for the most part. Combine organic and imported Japanese ingredients to produce new dishes meant for sharing – a definition of fusion at this Japanese signature restaurant.

Three soups head the menu – we sampled a creamy edamame (pureed edamame with chicken broth) with a grilled shrimp garnish – unusual – but smooth and tasty. The shitake miso soup was much the standard brew but the Szechuan chicken soup of soman noodles, bits of spicy chicken shards with a bite and after bite – great for spice lovers.

Of the 4 salads, we tried a cool crabmeat angel hair with cucumber – very tasty! Their house salad was bland, depending on any of 3 dressings to give it flavor. There is also a Caribbean seafood salad and a seaweed salad listed.

The heading of “Sushi Bar Teasers” lead off with shrimp toast topped with a tuna/strawberry jam – unique! A tuna pizza –flatbread with guacamole, greens and sliced tuna had a splash of balsamic vinaigrette and spicy aioli – nice presentation and taste. We had a “green apple” – snow crabmeat, eel and sushi rice wrapped in thinly sliced avocado – great in looks and taste. Six other items are listed – not sampled.

The “Kitchen Teasers” had rock shrimp tempura – small tender pieces, breaded with a citrus sauce to be an excellent dish. We tried a crispy shrimp “lollypop” – shrimp dumplings inside a wonton noodle with guacamole plus sweet chili – very nice. We could not resist steamed pork and veggie dumpling pot stickers and we were rewarded with fine tasting stickers. Then, we tasted a lobster scallop cake consisting of pan seared ingredients that was a winner as well.

We sampled various rolls – the “House Signature Rolls” – 15 in number – including their “Mystery Roll”, spicy tuna with a house spicy sauce and their “Kiss of Fire”, cream cheese, asparagus tempura topped with shrimp, eel and smoked salmon served flambé! These, and the “Old Fashioned Rolls” – 13 in number – including a K.C. roll of salmon, snow crab meat wrapped in thin cucumber with sweet vinegar sauce. All were very, very nice tasting and well presented.

4 Udon soups and 4 edamame fried rice dishes, all in beef and chicken or shrimp variations offering a variety of flavors.

We were delighted with Chilean sea-bass enpailote. This fish, cooked in a pouch, braised with sake, shitake mushrooms sat upon a pool of Bacardi 181 rum, ignited to produce a dramatic blue flame that burns off the alcohol leaving a sweet tasting fish to devour. Great! There are 10 additional items of this “Kitchen Entrée” list.

No Japanese restaurant is complete without a Sushi bar list of offerings – we have some 10 sushi and sashimi combinations here.

Serving only sake, beer and wine, there is a rather extensive menu – with choice by the glass and bottle.

Located at 500 Via de Palmas at the Royal Palm Plaza in Boca Raton (561-367-3283), they seat 50 inside and 50 on the patio for luncheon, 11:30AM to 2:30PM and dinner 5PM to 10PM 5 days a week. On Saturdays, they open noon to 11PM – closed Sundays. Pricing is realistic for dinner, much reduced for lunch.

Note the the Fusionaire Japanese experience is quite an eclectic take on dining. We tell the adventurous to Go and Enjoy!

The school’s honor roll.
Your family reunion.
Local business expansion.

No one covers the news that matters to you like your community newspaper.

your community. your newspaper.

The Boca Raton Tribune
Your Closest Neighbor

We’re *your* newspaper.

DOWNTOWN BOCA
BRAZILIAN BEAT
Join Us!
 On
Brazilian Independence Day
 FRIDAY, SEPTEMBER 7, 2012
 6 P.M. to 11 P.M.
 SANBORN SQUARE:
 72 N. Federal Highway, Boca Raton
FREE COMMUNITY EVENT
When Boca & Brazil Meet To Celebrate The Brazilian Beat!

Live Brazilian Music & Entertainment, Foods, Art, Fashion
 Dancin' In The Streets
 Exciting Capoeira Show And Samba Performers!

Rose Max
FRIDAY NIGHT LIVE
 DOWNTOWN BOCA
 Presented by LEXUS
 Batuke Samba Funk

Come Early, Stay Late... Where Something For Everyone Awaits
FOR DETAILS VISIT: DowntownBoca.Org

Gazeta
WEEKLY
 The Palm Beach Post
 Palm Beach County Florida
 THE BEST OF EVERYTHING
 Your Local Community Connection
 PalmBeachPost.com
Rotary Club
 OF BOCA RATON WEST

QR code: Scan to visit DowntownBoca.Org
 GRAPHIC DESIGN BY: Kaye Communications, Inc.



On The Budget

Ale Montesdeoca

Creativity

Last weekend I did this birthday. My friend did a party for her One year old daughter. Bianca is very happy little girl, because I was not prepared to set up a party we decided to use what we had, but it was my pleasure help her. I want to share with you guys how make it pretty and be creative using what you have at home.



Pink, yellows, portraits, jewelry box.



so cute



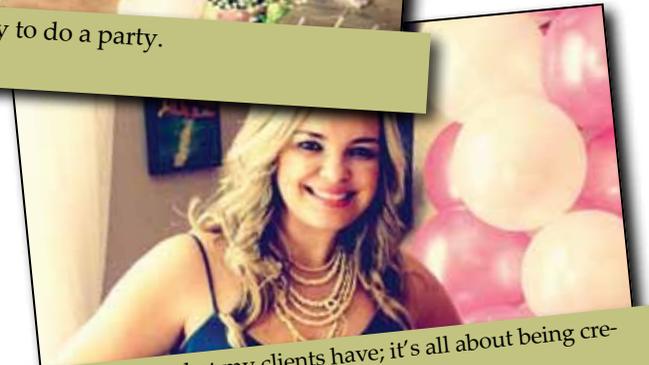
The idea was to work using what she had at home. This jewelry box is from Bianca's room.



We used a wine glass as a flower pot.



cute and inexpensive way to do a party.



I work using what my clients have; it's all about being creative.



*As Seen
by Feen*

Diane Feen

Feeling Good Regardless

They say it takes a village, but I'm not so sure that really helps. Others say that feeling good is an inside job and that a village will not suffice.

I think they are right. It takes more than a village to keep your head up high and your hopes and dreams from shattering into micro-chips. It takes a firm belief in your goals and a firm grip on reality to convince yourself that you are not going crazy (even if you are, so are most of your peers).

Sometimes it's a client that is disrespectful or just wants a story written without saying very much (I always say that mind reader is not on my resume). Other times it's the air conditioning repair man that says that your system is working perfectly, even if it takes two hours to go down one degree.

And still there's the reality of living in a crazy world. Our political candidates are playing "shoot the opponent" on TV and in a lesser political realm real people are shooting each other for fun (or recreation). Some say we need tighter gun control, others feel that we need guns to protect our rights. Does that mean you can run a red light with an AK-47 or shoot someone if they grab your size at a shoe sale?

And then there is the constant drone of losing one's religious freedom. According to Mitt Romney, Mr. Obama will take away our religious freedom if he stays in office. Well, is that so? I attend synagogue every Friday night and I see no signs that Mr. Obama will put someone at my front door to steer me to Wal-Mart instead of Temple Beth-El. As a matter of fact, most Jews I know would rather go to a movie or dinner than set foot in a synagogue anyway. When I was visiting New York I attended a synagogue and a church and no one threatened to take away my platform shoes while en route to services.

And if that wasn't bad enough, Ann Curry was fired from The Today Show because of her choice of shoes. Of course we all know that if Matt Lauer showed up in a bikini he would still take

home \$21 million a year. But this all seems insignificant when you find out that Brad Pitt just bought Angelina Jolie a Patek Philippe hand made minute repeater watch for \$370,000. When you think about it I am sure this little bauble is well worth the cash. After all it chimes like Big Ben and was made by hand. It may be a great gesture of his love for Jolie, but for men all over the world it will make those dozen red roses and a pair of mom jeans look a little chintzy. Before I found out about Pitt's gift I was happy with the roses, cheese cake and blouse for my recent birthday. But now - it all seems so classless. And besides, Pitt picked up the watch up in Geneva Switzerland, not Bloomingdale.

I was beginning to think that perhaps I was being too hard on myself (and the world) until I heard that Dennis Rodman just published a children's book. The man is clearly no role model for children and other than kinky sex tips (for adults) I doubt he has much to say to an innocent child. The former Chicago Bulls player owes his ex-wife \$808,935 in back child support and his attorney claims he is suffering from alcoholism. Let me tell you folks, this is not fairy tale material.

But there is one bright spot in the world. Love abounds. Jennifer Aniston just got engaged to Justin Theroux (and why not she has bought him everything except a private island with his initials on it), billionaire George Soros just got engaged to a woman half his age (but she has an MBA so you can't really classify her as a twit) and 65-year-old Susan Sarandon is romancing her hot 34-year-old ping pong business partner.

All this good news has uplifted me from the reality doldrums and allowed me to forget the guns, the verbal sniping and possibility of a voucher program. But I still can't get over the fact that Mr. Soros did not pick me as a running (or walking) mate.



Healthy Living

Dr. Marcia Perretto Medina

Prevent Knee Injuries

Prevent knee injuries during exercises

The knee is most injured of all joints. It supports a significant amount of load during all motions like on bending and twisting. Due to anatomical and fisiological differences women are more prone to severe knee injuries when compare to men, however, both men and women, may suffer acute knee injuries caused by a one time event or due to repetitive trauma.

One of the exercises that may aggravate knee problems is a stretch commonly used - maximally bending the knee bringing the foot back in direction of the buttock - with the intention to elongate the anterior thigh. When the knee is maximally bent the Patella or knee cap is maximally compressed against the femoral bone under it. This exercise may cause a condition known as condromalacea, where the cartilage under the patella becomes softened and inflamed, leading to knee pain and early joint degeneration.

The overload to the knee joint in the attempt to get in shape fast may also cause permanent damage to the joint. Several other exercises may cause knee pain as on the leg press, lunges and plyometrics, when performed with poor alignment.

Decrease the stress on your knees

But don't misunderstand me: squats, lunges and plyometrics are excellent exercises to strengthen the gluteal muscles and the lower extremities, but make sure you prevent overload and pain by alternating them with low impact exercises on the rowing machine or elliptical, both offer the possibility of intense exercise with minimal impact. Swimming and speed walking are excellent activities as well.

What to do to prevent knee injuries

Maintain a healthy body weight: obesity may lead to osteoarthritis; to avoid that, maintain your weight within the healthy average for your body type and age, thus decreasing the stress to the knee joints.

Use proper footwear for your foot type and indicated for the activity to be performed: the use of proper footwear assists with the maintenance of proper lower extremities alignment improving your balance and decreasing the chances for knee injuries. Whenever possible shop for your footwear in specialized stores that offer a



free analysis of your walking pattern and foot type.

Increase the intensity of your exercises gradually: this way you prevent excessive stress to the knee joints all at once. If you are out of shape your muscles may fatigue early, sacrificing your posture thru out the rest of the exercise and leading to injuries.

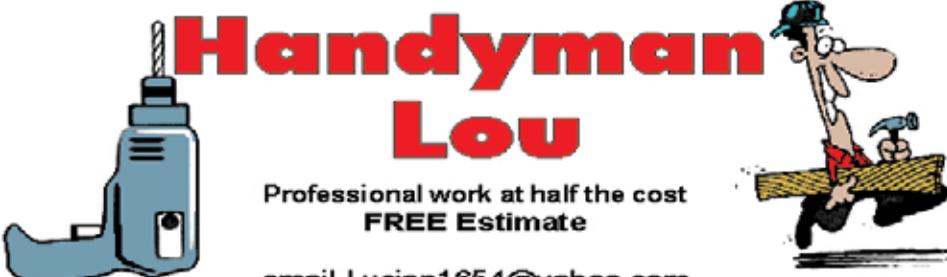
Warm up before exercising: before any physical activity make sure you warm up your body to decrease the risk of injuries. After the warm up program perform gentle active stretch to decrease the tension to the muscles and joints.

Strengthen your muscles: muscle strengthening of the abdominals, hips and lower extremities improves the joint support maintaining proper alignment and decreasing the overload to the knee joints.

Exercise regularly: stopping all exercises will lead to further muscle weakness, and decreased joint support, leading to injuries and osteoarthritis. In the presence of pain never force an exercise, this may lead to worsening of symptoms.

Never ignore knee pain: if the pain to your knee is decreasing your ability to exercise or to perform your daily activities, make sure you consult your doctor to avoid further problems. You may want to consult a physical therapist to establish an exercise program taking into consideration the diagnosis present and your body type.

Knee pain can be disabling and should be prevented at all costs. Exercises and proper nutrition are also keys for a good health.



Handyman Lou

Professional work at half the cost
FREE Estimate

email Lucian1654@yahoo.com

10% Discount on jobs
\$100 or more (with ad)
\$45 minimum labor charge

(954) 283-6549
Cell (203) 535-4474



david p. slater, esq.
attorney at law

member: florida and new york bar

5154 windsor parke drive
boca raton, fl 33496

561.998.9401
561.414.7145
imalawyer2@aol.com
www.bocadelraylawyer.com



"Life Transition Secrets"

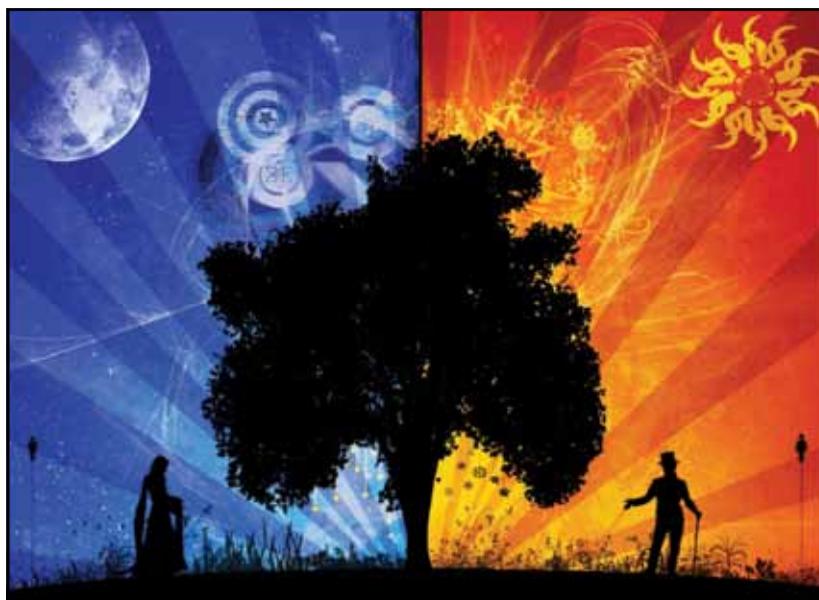
Expert Strategies that will Quickly Help you Reduce Overwhelm and Empower you to Effectively Manage Transitions in Your Life!

**September 15th, 2012
at the Marriott (Boca Raton)
9 AM – 1 PM**

Registration is from 8:30 am – 9:00 am

REGISTER NOW at

<http://christinecatoggio.com/lifetransitionsecrets/>



- Are you overwhelmed dealing with all the day to day challenges?
- Are you feeling stuck and unable to move through the transitions in your life?
- Are you struggling to find a balance with all your personal and professional demands?

If you can relate, then it's time that you learn the secrets to release the blocks that are keeping you from moving through to the life you really want and deserve.



Owner Age in Place Management, Senior Care Coordinator, Life Transition Coach, Speaker, Senior Issues Educator

Christine is the owner of Age in Place Management, a Senior Care Management Company. Christine is passionate about helping families share long healthy lives & strong relationships with peace of mind and quality of life.

With *"Life Transition Secrets"* you will learn . . .

- ✓ Secret Strategies to move from overwhelmed to Empowered.
- ✓ Simple and effective ways to get unstuck and move forward in a positive direction.
- ✓ Expert tools to prepare for and manage future transitions.

Reserve Your Spot and Order Your Ticket Today!

<http://christinecatoggio.com/lifetransitionsecrets/>

plumbing experts inc. Residential & Commercial
Licensed & Insured CFC 1427238 CGC 1508546
Family Owned & Operated
Since 1976

Boca's Biggest & Best

**CALL US!
Plumbing Repairs
We Do It All!**

Located in Boca Raton for 35 Years

(561)368-5111

Complete Remodeling

- Kitchens & Bath
- Room Additions

**We also Pump
Septic & Grease Traps**

35 YEARS

\$35⁰⁰ OFF
Any Plumbing Service Call

Save Until You Need Us

plumbing experts inc. 561-368-5111 BRTII

With this coupon. Not valid with other offers or prior services. Limit one coupon per service call.

We Find Leaks

- Electronic Leak Detection
- Thermal Imaging

**PLUMBING SERVICE CALLS
ON SATURDAY'S & SUNDAY'S
(8:30AM-4:00PM)
AT NO EXTRA COST**



BBB E-Schedule → www.plumbingexperts.com

Pellegrino's Ristorante

**WED & THURS
DINING ROOM 20% OFF ENTIRE CHECK**

SUNDAY'S SPECIAL

**MAMA'S
TRADITIONAL
MEAT IN THE
GRAVY WITH
MACARONI**



**HAPPY HOUR
WEEKLY 5-6:30 - 1/2 PRICE SELECTED DRINKS & BAR MENU
BAR ONLY**

3360 NORTH FEDERAL HIGHWAY
BOCA RATON, FL 33431
561.368.5520
WWW.PELLEGRINOSOFBOCA.COM/MENU.PHP





THE CITIZENS VOICE

By Al Zucaro

Boca's Black Hole:

The Mizner Park Cultural Center . . .

Two weeks ago, I suggested that the average citizen of Boca Raton would not know where the Mizner Park Cultural Arts Center (MPCAC) is, never mind what it may be programmed to do. Well after filing one public records request; receiving a 373 page public records file; and spending \$70 for copying charges, there may actually be an answer, albeit, not short and certainly not clear.

Please excuse the legal jargon and the use of alphabet soup references throughout this column.

It is surprisingly difficult to follow the complexities and interrelationships considering that the actual number of insiders is limited to a mere few.

The story starts in January, 2004 when the not for profit group, Mizner Park Cultural Arts Association, Inc. (MPCAA) was formed for the purpose of leasing and operating the City/CRA owned property located at 201 Plaza Real, at the southwestern end of Mizner Park.

Hence we now know where the MPCAC is located.

As for the 'why', one needs to take a trip down memory lane to a time when the International Museum of Cartoon Art (IMCA) closed its doors here in Boca Raton leaving the publicly owned facility vacant and dark. The original lease with IMCA was amended and reinstated in March, 2005 by the City/CRA to this newly formed not for profit, MPCAA, for the public purpose of creating a space for "cultural purposes", a cultural/arts educational park.

The '05 agreement has been further amended three additional times; to wit: July '06, June '09 and January '10. In general, all these amended and reinstated agreements reinforce the purpose that a space for cultural arts be available to the public; be managed by the MPCAA, and now its successor management organization, Schmidt Family Center of the Arts (SMFCA); and, at very favorable terms extending to 2040 for \$1 a year through the term of the lease.

Suffice it to say that the legal documents and contracts are very complex and worthy of examination beyond the constraints of this column.

One additional consideration requires a look at the physical plant, its capital improvements and ongoing maintenance. MPCAA approached Palm Beach County for a grant to fund a Black Box Theater on the second floor of the facility. That has been completed with an interlocal agreement continuing to require that the public space be available for non profit and cultural organizations.

Currently, maintenance and capital improvements for the facility remain the responsibility of the management organization and not the taxpayer but there has been at least one effort by the management group to get the City/CRA to pass these costs on to the taxpayer with programming control almost totally at the discretion of MPCAA/SMFCA.

Three reports to the City/CRA have been made during 2010 through 2011. Within these reports are concise summaries of the complex relationships.

Some of the contract provisions are as follows:

A 40 year term expiring in 2040; MPCAA/SFCFA may enter into sub leases with cultural subtenants without Landlord (CRA) permission;

MPCAA/SFCFA is required to maintain the premise's second floor as a "first class" cultural arts and educational center;

MPCAA/SFCFA is required to redevelop and outfit the second floor for cultural and civic purposes; to wit: museums and/or an auditorium/lecture hall for community uses; a gift shop; a television studio, and any other cultural use deemed appropriate by the landlord and the tenant; and,

MPCAA/SFCFA shall obtain cultural subtenants within 6 months of completion with the MPCAC open to the public at least 35 hours per week during at least 48 weeks of the year.

In summary, the City/CRA remains committed to creating a cultural use for the facility but this has clearly not been accomplished in the now 8 years since its beginning. In the three reports, the City/CRA has heard that the process is an ongoing effort and that the tenant is in compliance with the contract terms.

Really, by whose standards????

First, the city official giving the report is intimately involved with the management team and the decision process for accomplishing the contract terms. Contract compliance requires an in-depth, independent review. The City/CRA should retain the services of an outside auditor to review objectively the substance of this management team's performance before any new amended and reinstated agreements are brought forward.

Second, recently it is as been reported that a Jazz venue will be coming to the old ZED451 space, a great step forward to the requirement that the first floor be "first class" retail and restaurant operations. Of concern, however, is that also reported is that this jazz operation will be encroaching on the reserved cultural area for use as a recording studio.

Justification for such an encroachment may be found in the language of at least one of the amended and restated agreements. However, the devil will have to be in the details. In order for such an encroachment to be a permitted, the for-profit entity must directly provide services to a not for profit before the for-profit entity can co-locate in the reserved cultural area.

One thing is clear. Any encroachment into the reserved cultural area will require permission of the City/CRA policy makers. So the time is yet to come for the public to have some light shed on this 'black hole' and on the insiders currently making decisions outside the public eye as these decisions must be made to advance the public purpose of providing for and expanding the cultural arts in this great city, Boca Raton.

Stay tuned folks....more to come....

Al Zucaro

Visit Al Zucaro website www.alzucaro.com and view his internet broadcast show, Citizens of the World on www.wrpbtv.com

Metro Mobility to Provide Palm Tran Connection Service

Effective August 13, the paratransit service operated by Palm Tran Connection is being provided under a new contract with Metro Mobility Management Group, LLC (Metro). Officials said Palm Tran and Metro staff have worked hard to ensure this transition will be as seamless as possible. Palm Tran Connection currently provides an average of 73,000 rides per month to the elderly and persons with disabilities.

Metro is currently one of the three existing vendors providing this service. Metro will subcontract work to several different disadvantaged business enterprise (DBE) firms, including Two Wheels Transportation, which has been providing transportation to Palm Tran Connection customers for many years. The reservation system will continue to be managed by Palm Tran Connection.

The new contract provides for greater use of smaller vehicles in order to provide the service at a lower cost to the county. Palm Tran Connection customers may now be transported in sedans, taxicabs, mini-vans, and cut-away vans.



Palm Tran bus shown with paratransit system vehicle

This diverse fleet will offer riders the most comfortable, cost-effective and safe service available. All new drivers will be fully trained and tested by Palm Tran Connection before assignment.

The contract, as approved in June by the Board of County Commissioners, is for a five-year term at a cost of \$90 million.

The contract provided the county with the greatest cost savings, estimated at \$16.7 million during the five-year period over the next highest rated proposer.

Palm Beach County Emergency Management Introduces PBC DART

The Palm Beach County Department of Public Safety Division of Emergency Management is introducing a new Smartphone application. The app is called PBC DART (Palm Beach County Disaster Assessment and Resource Tool).

PBC DART provides residents with information and tools used to prepare for a disaster with the ability to report damage to their home or business in the immediate aftermath of a disaster. Damage reports will help emergency managers get an immediate countywide "picture" within hours of a disaster event to help

prioritize response efforts. The application is an additional outreach method to keep the public safe and informed before, during, and after disasters.

Features of the application include the following:

- Evacuation Information
- Evacuation Zone Identification
- Shelter Information
- Damage Reporting for Homes and Businesses
- Emergency Operations Center Activation Level

Boca Police Say Suspect Was Out of Gas in Stolen Mercedes



BOCA RATON – There's a guideline for alleged car thieves: Don't steal one unless it has plenty of gas in it.

Lennox Ferguson, 25, of Lake Worth, learned that lesson the hard way, Boca Raton Police said.

On Wednesday, August 8 at about 7:50 p.m., officers responded to a call involving a disabled Mercedes Benz that was block-

ing traffic at the intersection of Yamato Road and Congress Avenue.

An officer made contact with the driver, identified as Lennox Ferguson, who said that the vehicle ran out of gas. While the officer was talking to Lennox, she was told by police dispatch that the Mercedes was reported stolen out of Miami.

The officer ordered Ferguson out of the car and he initially complied, but instead of getting on the ground, he fled across several lanes of traffic before giving up near 901 West Yamato Road, police said. Ferguson was taken into custody without further incident.

Officers searched Ferguson's backpack. Police said it contained three screwdrivers, black pants, a black long sleeved shirt and black boots. Officers charged Ferguson with grand theft of a motor vehicle, resisting arrest and possession of burglary tools, the police report said.

Business

The Boca Raton Tribune

Jewish Federation Welcomes Two Corporate Appointees

BOCA RATON – The Jewish Federation of South Palm Beach County has welcomed Lottie Nilsen as director of corporate sponsorship and Sonni Simon as business and professional division director.

Nilsen has worked extensively in promotion and client relations for a wide variety of businesses in Southeast Florida. She has also served the area's Jewish community in professional capacities at Hadassah, The Women's Zionist Organization of America, Inc. and Orloff Central Agency for Jewish Education.

Simon joined the Federation in 2009, where she has served as development officer and donor services manager.

Previously a senior account executive at Peak Seven Advertising, she brings to her new role extensive experience with a wide variety of industries and professions in Southeast Florida.

Co-chaired by Elyssa Kupferberg of BNY Mellon Wealth Management and Richard Steinberg of Steinberg Global Asset Management, Ltd., the Jewish Federation of South Palm Beach County's Corporate Partners Program connects businesses with a cause that matters, a community that cares and contacts that count.

Co-chaired by Gary Lesser of Lesser, Lesser, Landy & Smith, PLLC and Robert Marton of The Marton Bute Marcus Wealth Management Group of Merrill Lynch, the Federation's Business and Professional Division brings together business people, professionals and entrepreneurs from Boca Raton, Delray Beach and Highland Beach to make meaningful professional and personal connections through high-level networking, learning and philanthropic activities that are good for business as well as the community.



Lottie Nilsen



Sonni Simon

The Jewish Federation of South Palm Beach County serves the Boca Raton, Delray Beach and Highland Beach areas, rais-

ing and allocating millions of dollars each year to meet vital needs locally, in Israel and in 70 countries worldwide.

Swim Safety: Small Steps That Can Save Your Child's Life

by Amanda Silberling

Summertime in Florida is known for its clear skies, light breezes, and blazing sun rays—the perfect weather for a beach or pool excursion. Without appropriate preparation, what may seem like a fun activity could be fatal for your young ones.

In Florida, toddlers are most likely to meet death in a swimming pool. In fact, more children fall victim to drowning here than in any other state.

Parental initiative, however, can drastically reduce instances of these unfortunate fatalities.

As you get ready to swim, remember

these simple tips that can keep young children out of danger:

- Begin swimming lessons as soon as possible

When living in Florida, with warm weather year-round and nearby beaches, water activities are ordinary. Before your child's first birthday, it is likely that he or she will be exposed to a swimming pool. Because of this, pediatricians encourage parents to put their children in swim lessons at the earliest age that they can. A study conducted by the National Institutes of Health concluded that formal swimming lessons lead to an eighty-eight percent decrease in the prevalence of

drowning. The United States Swim Academy, located in Coral Springs, offers a free lesson to any Broward County baby. This swim academy also holds semi-private Preschool programs for children two-and-one-half years or older.

- Install a fence around your home pool

It's inevitable that children will wander. And when they do manage to leave your sight, they may end up on the patio beside a six-foot deep body of water. With a fence surrounding the edges of your pool, your child's life may be saved.

- Keep an eye on your swimmers

It's the time of year when you can finally

relax. Just as kids count down the days until school is out, you need a break from responsibility too. As easy as it is to lie down by the poolside and drift off, it's your duty to remain vigilant, and make sure that your children are safe at all times. Seventy-five percent of childhood drownings are due to a lack of supervision. You have the ability to lower that percentage simply by staying aware of what takes place in the pool.

Call the United States Swim Academy at (954) 509-0089 for more information about enrolling your children in swim lessons and keeping them safe when in the water.

Boca Named One of Top 50 Meeting, Convention Destinations in US

By Dale M. King

BOCA RATON – Next time your company is looking for a place to conduct meetings or conventions, just look outside your window. Boca Raton has been dubbed one of the top 50 meeting destinations in the United States.

Cvent, the world's largest meetings and event management technology company, recently announced the top 50 cities for meetings and events in the United States, according to meeting and event booking activity in the Cvent Supplier Network. Boca Raton came in 43rd on that list, and is one of five Florida locations listed.

"This is indicative of the phenomenal work of the Visitors and Convention Bureau," said Troy McLellan, president and CEO of the Greater Boca Raton Chamber of Commerce. "It is a testament to what they have done."

But he said the high ranking is also indicative of the quality and service provided by resorts, clubs and hotels in Boca Raton.

"Just look at the meeting locations," he said. "The Boca Raton Resort & Club is one of the best. And you have the Wyndham, the Marriott, the Renaissance and others, all providing quality service."

Cvent said the Number 1 venue for meetings and conventions is Orlando, following by Washington, D.C., Las Vegas, Miami, Chicago, San Diego, Phoenix, Atlanta, Dallas and New Orleans. New York

is Number 11.

"We are honored and excited to be rated as the top U.S. destination by Cvent. Corporate meetings are a crucial business segment for Orlando, and our ranking No. 1 validates the effort we have put into working with these groups," said Tammi Runzler, senior vice president of convention sales and services at Visit Orlando. "More importantly, Orlando remains committed to making the destination a compelling choice for corporate meetings."

"Meetings and conventions are important revenue generators for cities, supporting not only the meeting venues and hotels, but also local restaurants, entertainment and numerous other businesses within the city," said Bharet Malhotra, vice president of sales for the Cvent Supplier Network. "Cvent's role in the meetings ecosystem is to connect venues and planners to facilitate efficient and informed meeting booking. As the single largest marketplace for meetings activity, we have an excellent feel for which cities and properties are popular and growing, and the data to back it up."

McLellan agreed, pointing out the fact that companies look for "price, quality and a good experience within the community" when selecting a conference site. Boca offers great environs, he said, such as Mizner Park, with its shops, restaurants and cultural offerings.

In addition to Orlando, Boca and Miami,



The Boca Raton Resort & Club, one of the city's most popular meeting and convention venues.

other Florida cities that made the top 50 include Tampa, 32 (site of the upcoming Republican National Convention) and Naples, 49.

To come up with the rankings, Cvent evaluated 1,000 cities and 200 major metropolitan areas (MMAs) in the U.S. on the Cvent Supplier Network to create the list. Activity was tracked between July 2011 and June 2012, and the ranking was then determined by a set of qualifying criteria, including:

- The number of total room nights booked through the Cvent Supplier Net-

work;

- The number of unique electronic request-for-proposals (RFPs) sent through the marketplace to venues within the city;
- The total value of the RFPs submitted;
- The actual awarded value for meetings booked.

In addition to ranking top cities, Cvent also ranked the top MMAs to represent select markets where notable meetings activity takes place near, but outside the limits of the city core.



CARLO BARBIERI

By Carlo Barbieri

Linking Hands with Brazil: A Good Investment

In a world beset by financial strife and uncertainty about the future, Brazil has a lot to offer. Here are just a few bullet points:

Brazil is among the largest countries in terms of territory, population and GDP (\$2.475 billion for 2011 in US dollars.)

Brazil has vast natural resources, including recently discovered large offshore oil fields, a diverse industrial base, a dynamic and sophisticated private sector and a well-structured public sector;

Brazil is a vigorous democracy, with free multiparty elections and a stable political system;

Brazil has good relations with all its neighbors and has invigorated its ties with all regions of the world.

Its economy is the largest among Latin American nations and the second largest in the western hemisphere. Brazil is one of the fastest-growing major economies in the world with an average annual GDP growth rate of over 5 percent.

But there is also cause for concern – particularly as the world deals with a continuing economic crisis. American millionaire real estate investor Sam Zell said Brazil still has opportunities for investment, especially in sectors linked to consumption.

“The question is whether this slowdown is over or not,” said Zell. “There are different opinions about it, but in general, foreign investors view Brazil and other emerging markets with caution. Today, emerging economies face many obstacles, a lot of resistance.” Yet, he said, the demand for housing is strong, and even the hotel market is “very promising.”

Actually, Brazil set its course for stability in the early 1990s when a presidential impeachment in 1992 following by a weak administration led by the former vice president allowed rampant inflation to continue. Through the 1990s and into the 21st century, the nation’s economy has grown, though lately, it hasn’t quite kept up with estimates. The FOCUS report says that growth of Brazil’s gross product was estimated to increase 4.5 percent in 2012, yet the figure is more like 1.9 percent. Still, this is good, considering the struggling international economic situation.

Brazil maintains financial diversity with membership in a mix of eco-

nomical organizations such as “Union of South American Nations” “World Trade Organization” “Cairns Group”. Its trade partners number in the hundreds, and 60 percent of its exports are manufactured or semi-manufactured goods.

Brazil’s main trade partners in 2008 were: Mercosul and Latin America (25.9 percent of trade), “European Union” EU (23.4 percent), Asia (18.9 percent), the “United States” (14.0 percent), and others (17.8 percent).

Important steps have been taken since the 1990s to bring about fiscal sustainability and to liberalize and open the economy. These have significantly boosted the country’s competitiveness fundamentals, providing a better environment for private-sector development.

The owner of a sophisticated technological sector, Brazil develops projects that range from submarines to aircraft and is involved in space research. The country possesses a satellite launching center and was the only nation in the Southern Hemisphere to integrate the team responsible for the construction of the International Space Station (ISS). It is also a pioneer in many fields, including ethanol production.

According to government statistics, Brazil was the first capitalist country to bring together the 10 largest car assembly companies inside its national territory. The annual Brasil Investment Summit takes place in São Paulo and is the largest gathering in Brazil of international investment experts covering opportunities in alternative vehicles, infrastructure, and advanced trading strategies. Brazil is also a pioneer in the fields of deep water oil research from where 73 percent of its reserves are extracted.

With still high levels of “Economic inequality”, though it has diminished in the last years, the Brazilian economy has become one of the major economies of the world. According to Forbes 2011, Brazil has the 8th largest number of billionaires in the world, a number much larger than what is found in other Latin American countries, and even ahead of Japan. By the end of 2011, Brazil’s economy had become the world’s sixth-largest.

Next week: The Boca Raton-Brazil Connection.



“THE CORNER OFFICE”

By Mayor Bernard Featherman

It’s True That Laughter is the Best Medicine

You sometimes need a good laugh at something funny to lighten up a tough situation. It is important to have a good sense of humor to balance out your life.

When something bad happens, you can more easily cope by looking on the lighter side of things. Laughter helps us gather our thoughts and feelings to manage our lives better. The world is a funny place after all. Laughing about it to ourselves can relieve tensions.

Many years ago, a friend gave me the book, “Anatomy of an Illness,” while I was recovering from a minor operation. I still read it for inspiration and laughs.

It was written by Norman Cousins, a famous journalist, who had been hospitalized with a serious disease and told that he was dying. Instead of giving in to his fate, he checked out of the hospital and into a hotel room. Along with large doses of vitamin C, he brought a movie projector with him. Norman watched old Marx Brothers movies and Candid Camera TV tapes. These were his life-saving medicines, along with books of jokes that made him laugh as he read them.

He claimed those jokes saved his life. Maybe they did. We now know that positive emotions can help us to cope, when we are ill. Cousins claimed that he laughed himself back to health.

In business or in our daily lives, a little laughter can really help us to be more patient and understanding. If you are dining at a restaurant and the wait staff is unfriendly, you will not want to return. Or, if you go to a retail store and

the clerk is rude, you may not want to make a purchase. It may be no laughing matter to you or to business owners, but if you can laugh about it on the way out of the restaurant or store, you will feel better.

Recognize that at the time it was a terrible experience, but think about all the stories you can tell about it later on, and how funny it will sound.

The best thing to do, when you are feeling annoyed or angry, is to think of something that will make you laugh and feel relieved. When things go wrong or you can’t get on track, take time out and try to laugh. No matter which end of the story you are on, customer or server, laugh at yourself and think of something funny because at this crucial moment, you need to defuse things. Everyone benefits if you can do it. Later, if necessary, you can take more serious steps to resolve any problems or issues.

There is now scientific evidence to show that people who find humor in their difficult encounters are often healthier and able to heal themselves better than those who don’t. Laughter really does help us.

So the next time something unpleasant happens and you are feeling down, think about my doctor friend who rushed his patient to the hospital emergency room and after two days, the patient took a turn for the nurse.

Sure, you probably know a better joke than that one. Save some of the ones that your friends send you on the Internet. Pick the ones you like best. Print them out and use them the next time you need some humor in your life.

Copyright 2011 Bernard Featherman. Bernard Featherman is a columnist for the Boca Raton Tribune and is also the mayor of Highland Beach.

The school’s honor roll.
Your family reunion.
Local business expansion.

No one covers the news that matters to you like your community newspaper.

your community. your newspaper.

The Boca Raton Tribune
Your Closest Neighbor

We’re *your* newspaper.

TheBocaRatonTribune.com

Smallridge Named Vice Chair of Enterprise Florida's Stakeholder Council

Kelly Smallridge, president and CEO of the Palm Beach County Business Development Board, has been appointed as vice-chair of Enterprise Florida's Stakeholder Council, it was announced by Gray Swoope, secretary of commerce and president & CEO of Enterprise Florida Inc

Smallridge begins her two-year term immediately. She takes over from Brent Christensen, who chaired the council from January 2010-May 2012.

As vice chair, Smallridge will preside over Stakeholder Council meetings to identify challenges in Florida's ability to create jobs and maintain a competitive business climate. As the only economic development organization president, she will serve as an ex-officio member of the Enterprise Florida board and will report Council discussions and recommendations to directors.

As such, she will serve as the primary liaison between the Council and Enterprise Florida Board and will work with Council members to ensure that issues and recommendations regarding



Kelly Smallridge

Florida's economic competitiveness are effectively and appropriately conveyed to and considered by the board.

Enterprise Florida Inc. is a public-private partnership serving as Florida's primary organization devoted to statewide economic development.

BUSINESS BITS

• BOCA RATON -- Tyco Integrated Security announced it has achieved Silver Certification from Cisco(R). To earn Silver Certification, Tyco had to meet rigorous standards for networking competency, service, support and customer satisfaction set forth by Cisco. "The ability to deal with any and all networks and networking issues is crucial to being a successful security integration company. Our achievement of becoming a physical security company that has been named a Cisco Silver Certified Partner demonstrates our commitment to leading-edge technologies and systems integration," said Jay Huhn, Vice President, Industry Relations, Tyco Integrated Security. "

• BOCA RATON – The Greater Boca Raton Chamber of Commerce will present a free seminar called "Bring Your Business from How to Wow" Thursday, Aug. 23 from 8:30 to 10 a.m. in the Chamber Boardroom at 1800 N. Dixie Highway. The presenter will be Greta Schulz from Schulz Consulting.

• For the fourth consecutive year, Gunster, Florida's law firm for business, has been recognized as one of Florida Trend's Best Companies to Work For in 2012 in the large company category. Gunster's competitive salaries, excellent benefits, staff appreciation efforts and support for continued education contribute to the firm's low turnover rate (5.8 percent in 2011). "The key to our success is our employees and, as we recruit and retain the best in the state, Gunster continues to stand out as one of the best companies and large law firms to work for," said H. William "Bill" Perry, managing partner of Gunster.

• Rutherford Mulhall has announced that Erskine C. Rogers III has been awarded the 2012 Blue Dove Award by Hospice of Palm Beach County. This award honors individuals who maintain high personal and professional ethical standards and have made a positive difference in the community. Rutherford Mulhall is an 18-lawyer firm providing legal services in Boca Raton, Palm Beach Gardens and Ocala.

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

Tips for Negotiating: The Basics



By Palm Beach State College Small Business Development Center

BOCA RATON -- Negotiation is a fact of life, especially

when you are a business owner. So, where do we begin with this subject?

First and foremost, there are people you know who are great negotiators - ask them for a few tips, if possible "OBSERVE" them in action!

Did you know that your local library has many resources on this subject and for more

in-depth assistance you can request the services of a research librarian?

Here are some ideas that may assist you in the negotiation game thereby improving your chances of a mutually agreeable outcome. Think about the four elements: people, interests, options, objective criteria and your commitment.

Evaluate your opponents. Example: their status in the organization, their educational background, personality profile (likes/dislikes) negotiation style and time frame of the agreed-upon project or outcome. This will enable you to be more comfortable when you are negotiating.

Seek common ground. You both like playing tennis? Great, that is a good ice-

breaker when exchanging pleasantries.

The physical layout of the room is important. A round table is considered best for negotiations, also lighting of the space should be considered as well as the chairs.

So, now we are sitting at the table, do we all know why we are here? What is on the table? Before either party can move forward, you need to know what their concerns are and how you both can come to an agreement. If the other party doesn't share information with you, the task cannot move forward.

Communicate clearly your expectations and what it can do for them. Always search for common ground.

It's important to know your own value

and stress that open communication is the key to a successful outcome. It is also important that you remain optimistic.

Remember to be diplomatic. "Diplomacy and poise on your part can go a long way to even the trickiest negotiations and demands." It opens the door to problem-solving and a more reasonable business outcome which may equate to more business for your firm.

For more on this topic, or for free counseling with Certified business analysts, including growth acceleration consultants and PTAC specialists, contact the Palm Beach State College Small Business Development Center at 561-862-4726 or email us at sbdc@palmbeachstate.edu.

New Physicians Join Medical Staff at Boca Regional Hospital

BOCA RATON -- Boca Raton Regional Hospital announces today the appointment of the following physicians to the Hospital's medical staff:

Gabriel Sandkovsky, MD, is board certified in internal medicine and infectious disease. He attended medical school at Universidad Mai-

monides in Buenos Aires, Argentina. His internship and residency programs were fulfilled at Metropolitan Hospital Center in New York City and his fellowship was completed at St. Luke's Roosevelt Hospital Center, also in New York.

Nina Luxenberg, MD, is board certified in di-

agnostic radiology. She attended medical school at the University of Medicine and Dentistry of New Jersey - Robert Wood Johnson Medical School in Piscataway, New Jersey. She completed her residency at Albert Einstein Medical Center in Philadelphia, Pennsylvania and her fellowship

at Memorial Sloan Kettering Cancer Center in New York, New York.

Boca Raton Regional Hospital is an advanced, tertiary medical center with 400 beds and more than 800 primary and specialty physicians on staff.

Marshall Foundation Names Paton Director of Development

Ann Paton, a former vice president at Florida Atlantic University in Boca Raton, has been named director of development at the Arthur R. Marshall Foundation for the Everglades, which champions the restoration and preservation of the greater ecosystem of Florida's historic River of Grass.

The announcement was made by Nancy Marshall, Foundation president.

"Ann Paton comes to the Marshall Foundation as a seasoned fundraiser and administrator with substantial experience in creating and sustaining strong community relationships that generate committed stakeholders," said Ms. Marshall. "In

fact, her career as a successful fundraiser includes serving as vice president of advancement at Barry University for six years, 2005-2011."

Paton actually brings a 20-plus year background in higher education fundraising. She began in the early 1990s by managing annual fund and alumni relations programs for Dartmouth Medical School, and then moved to Brown University School of Medicine to run a successful \$70-million capital campaign.

In 2004, Frank Brogan, then president of FAU, chose Paton as vice president for institutional advancement. According to Brogan, who is currently chancellor

of the State University of Florida, "Ann Paton and the Marshall Foundation is an excellent match. Her wealth of fundraising experience and knowledge of South Florida's extended community will help the Foundation expand its visibility and garner new financial support to grow their Everglades education, restoration and protection programs."

In her new position, Paton is responsible for all of the Marshall Foundation's fundraising efforts, such as securing gifts from individuals, corporations, foundations, and other private funding sources, as well as long-term development campaigns and various special events.



Ann Paton

Games

The Boca Raton Tribune

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

Across

- 1 Prepare to be shot
- 5 Monroe's successor
- 10 Cotton bundle
- 14 Mimics
- 15 City on the Rhone
- 16 Devilish
- 17 Bloodsucker
- 19 Noted Virginia family
- 20 *Boola Boola* singer
- 21 Friars Club event
- 22 Prize money
- 23 Big name in mapmaking
- 24 Mediterranean tree
- 25 Joint problem
- 27 Farmer's worry
- 32 Inclined
- 33 Nobleman
- 34 Refinable rock
- 36 Smog
- 37 Insect infestation
- 39 Zig or zag
- 40 Bar stock
- 41 Summers on the Seine
- 42 Commotions
- 43 Informed
- 46 Get wind of
- 47 Reserved
- 48 Olympic archer
- 50 Chocolate source
- 53 Not so bright
- 55 Do film work
- 58 Basil, e.g.
- 59 Windward Islands isle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
				23						24				
	25	26				27	28	29				30	31	
32							33					34		35
36						37	38					39		
40					41						42			
	43		44				45			46				
					47			48	49					
50	51	52				53	54					55	56	57
58						59						60		
61						62						63		
64						65						66		

Copyright ©2012 PuzzleJunction.com

Animal Speak

- Bark
- Bay
- Bellow
- Bleat
- Bray
- Buzz
- Cackle
- Chatter
- Cheep
- Chirp
- Croak
- Grunt
- Hiss
- Honk
- Hoot
- Howl
- Hum
- Meow
- Neigh
- Oink
- Peep
- Rattle
- Roar
- Screech
- Squawk
- Squeal
- Warble
- Whinny
- Woof
- Yip

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

Copyright ©2012 PuzzleJunction.com

- 61 Kind of surgeon
- 62 Hammond's instrument
- 63 Speechless
- 64 Fleshy fruit
- 65 Intersection sign
- 66 Bridge option
- 10 White whale
- 11 Swear to
- 12 Empty promises
- 13 Ultimatum word
- 18 Ticked off
- 22 Tablet
- 23 Ancient alphabetic character
- 24 Resolute
- 25 Holly Hunter show, *Saving* ____
- 26 Exuded
- 28 Porridge ingredient
- 29 Sculler's need
- 30 Dutch cheese
- 31 Miscue
- 32 Fraternity letter
- 35 Coast Guard rank (Abbr.)
- 37 Gallows reprieve
- 38 Rainy
- 39 Low digits
- 41 Audio effect
- 42 Rose bush hazard
- 44 Functional
- 45 River separations
- 49 Bridles
- 50 After lamb or pork
- 51 Prefix with space
- 52 Study for finals
- 53 Young salmon
- 54 Mythical craft
- 55 Shade of blue
- 56 Abridges
- 57 Golfer's bagful
- 59 Soft shoe, briefly
- 60 Mischief-maker

Down

- 1 Do roadwork
- 2 Milky-white gem
- 3 Half (Prefix)
- 4 Paranormal ability
- 5 Composer Copland
- 6 Fears
- 7 Priests' vestments
- 8 Nitty-gritty
- 9 Retired flier

Solutions From Edition 109 Puzzles

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

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

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

Columnists

The Boca Raton Tribune



FAITH

By Rick Warren

How To Get People To Listen To You

One of the most common problems in the workplace, or in the home, is poor communication. Even your best ideas, plans or suggestions are worthless if you can't communicate them effectively. Every year companies lose billions in potential profits because they ignore outstanding ideas or suggestions from employees.

Communication is not automatic. Just because someone is hearing you say something doesn't mean they are really listening. Fortunately, there are seven skills all of us can develop that can help to ensure that people will listen to us when we speak. Interestingly enough, these simple, yet profound – and amazingly contemporary – guidelines are presented in the pages of the Bible:

1. **CHOOSE THE RIGHT TIME!** Timing is the first key in effective communication. You may be ready to talk, but your audience ready, or even willing, to listen? Never drop a bomb – a startling, unexpected statement or announcement – that your hearers are not prepared to receive. "There is a right time and a right way to do everything" (Ecclesiastes 8:6).

2. **PLAN YOUR PRESENTATION.** Carefully think through what you intend to say first. When what you need to communicate is critical, take the effort especially to plan your introduction and supporting illustrations. Don't begin what you are going to say with cumbersome details that could obscure your primary objectives. Take a hint from TV, where directors move from the long shot to the medium shot to the close-up. "Intelligent people think before they speak. What they say is then more persuasive" (Proverbs 16:23).

3. **BEGIN WITH HIS OR HER (YOUR HEARER'S) NEEDS.** A listener is always asking questions like, "Why should I listen to this?" and, "How will it benefit me?" If you can answer these two questions at the outset, you will have your audience's undivided attention – they will understand why what you have to say is significant to them. "Speak only...according to their needs, that it may benefit those who listen" (Ephesians 4:29).

sians 4:29).

4. **LISTEN FIRST!** We usually get into trouble when we make assumptions, especially when trying to communicate important information. Before you concentrate on what you intend to say, be willing to listen to the other side first and gain their perspective. "Be quick to listen and slow to speak" (James 1:19).

5. **SAY IT POSITIVELY.** No one likes to hear bad news. Learn to be both realistic and optimistic at the same time. You are never persuasive when you are abrasive, or negative! If you have bad news, say it up front in a factual, non-personal way. Then quickly move into a more positive, constructive mode. "The mature person is known for his understanding. The more pleasant his words, the more persuasive he is" (Proverbs 16:21).

6. **CLARIFY YOUR CONCLUSIONS.** Summarize and recap what you've said to make certain that you have been properly understood. Be specific. Restate what you have decided on – and what you haven't – to ensure agreement. "Agree with each other in the Lord" (Philippians 4:2).

7. **END WITH AN ENCOURAGING WORD.** Exit lines – your closing words – are important. Even if the discussion was heated and both sides took some heavy shots of criticism, try to end on a positive, affirming note. "A word of encouragement does wonders!" (Proverbs 12:15). *Rick Warren is the author of the highly acclaimed, best-selling book, The Purpose-Drive Life, which has been translated into many languages and sold throughout the world. It affirms the importance of having a carefully considered, clearly expressed purpose to guide everyday life.*

CBMC INTERNATIONAL: Robert Miligan, President

1065 N. 115th Street, Suite 210 Omaha, Nebraska 68154 U.S.A. TEL.: (402) 431-0002 FAX: (402) 431-1749 E-MAIL: mmanna@cbmcint.org

Web site: www.cbmcint.org Please direct any requests or change of address to: nbrownell@cbmcint.org.



DIVORCE FLORIDA STYLE

By Mike Gora

Baseball Has Been Very, Very Good to Me

Q My former wife and I were born and raised near Havana, Cuba. We were married when we were both 16, and had a son two years later. I came to the United States four years ago to play baseball and now play in the major leagues and earn about \$15 million a year.

My ex and I wrote for a couple of months, and then she wrote that she had divorced me. She sent me a court paper ordering me to pay child support of about \$100 a month. I have paid her child support since. I have re-married

My former wife moved to Miami last year. I found out that she was here last week when she served me with divorce papers, claiming that we were still married. She asked for alimony, half of my property, an increase in her child support, and attorney's fees.

Do you think that there is a chance that my former wife has rights against me? That we are not really divorced? If I am not divorced, is my marriage to my American wife legal?

A To answer your question I would have to review a certified copy of the Cuban legal records leading to the child support court order that you, hopefully, still have in your posses-

sion. Use any legal contacts you still have in Cuba to research the records of the court named in the court order for any other documents.

The issues will turn on the type of the case your former wife filed. If it was for child support only, you may still be married. If her case invoked the Cuban divorce law on the issue of dissolving your marriage and distributing property you may actually be divorced, if the Cuban court had jurisdiction over you.

You might have your contact in Cuba check the marriage records to see if your former wife re-married after you left the island. Her re-marriage would certainly indicate her intent, belief that you were legally divorced, and that your Cuban divorce was finalized.

If you were not legally divorced in Cuba your marriage in the United States would not be valid. The effect that that would have on your legal rights and those of your wife are too far reaching to fully cover in this column.

Your Cuban wife would be able to obtain a significant raise in her child support, governed by the Florida Statute providing the child support guidelines.

Michael H. Gora has been certified by the Board of Specialization 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 at mailto:mhgora@sbwlawfirm.com.

Women Who Want to Become WINNERS!

We are looking to partner with a few dynamic, results-oriented women who are ready to earn what they're worth.

We have a track record of success and can show proof of income. If you are tired of living paycheck to paycheck and want to team up with other motivated women who are getting results, please reply with your name, number and a brief bio.

We can help the right person earn 6-figures in the next 6-12 months. Email information to:

WomenThatWin@live.com or Fax to 1-561-300-2136

J.D Michaels Interiors
Reupholstery

NEW CUSTOM FURNITURE MADE TO ORDER

•Sofa Chairs	•Bedspreads	•Antique
•Designer Fabrics	•Lambrequins	•Restorations
•Headboards	•Cornices	•Carpeting
•Reoliners	•Draperies	•Refinishing

Free Shop-At-Home Service

100 N.W. 28th St., Boca Raton

561-391-8333

bocaratontribune.com



UNITED STATES SWIM ACADEMY

NEW INDOOR PLAY AREA & 92 DEGREE INDOOR POOL

BABY + ME SWIMMING LESSONS WE GUARANTEE NO TEARS!

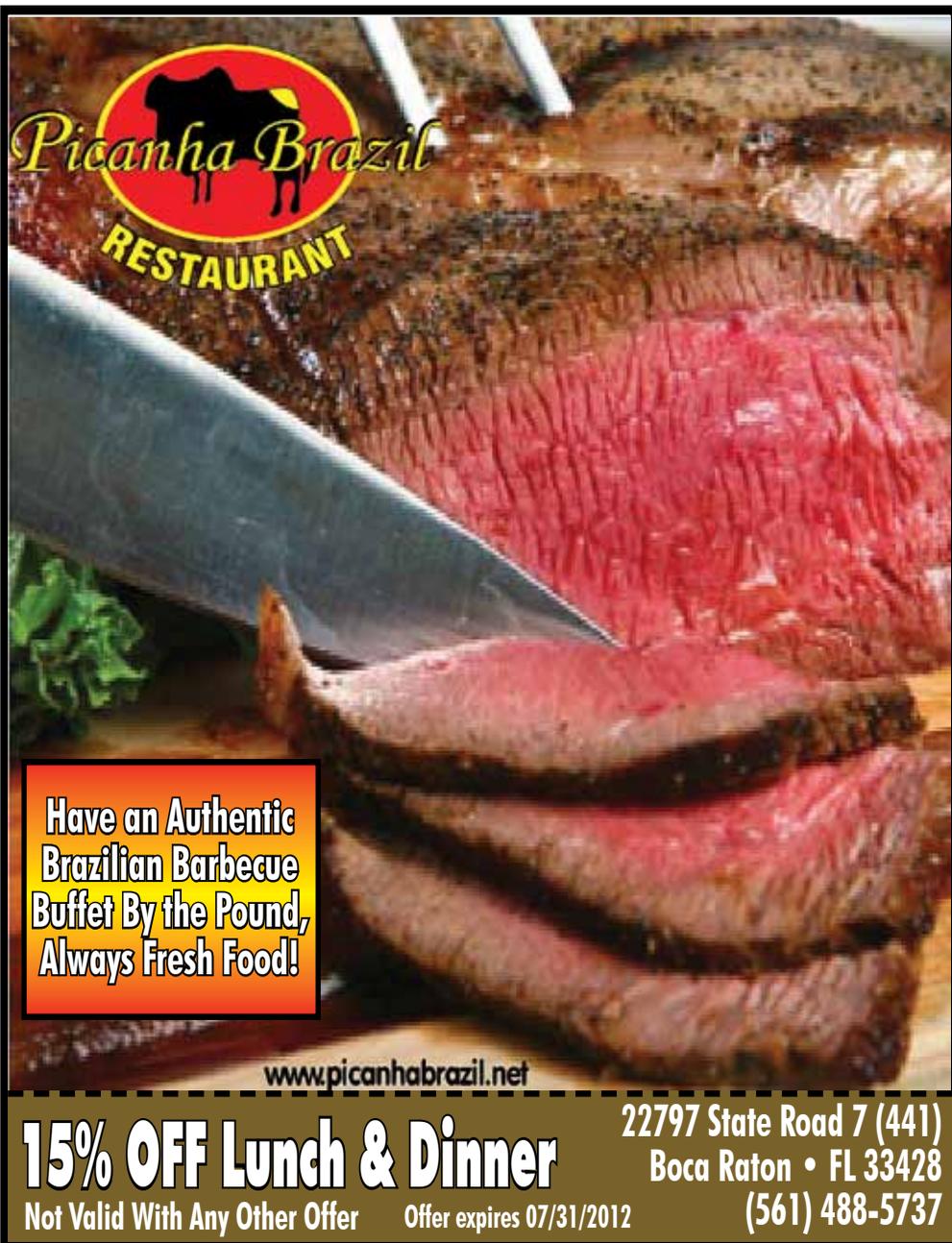
Watch Class Videos at www.us-swim.com
954-509-0089
 744 Riverside Drive
 Coral Springs

Pre-School Lessons Starting at \$99

M-W-Th-F: 8:30 - 7:30 Sat: 9:00 - 4:00 Sun: 11:00 - 4:00

BROWARD COUNTY HAS THE HIGHEST DROWNING RATE OF TWO YEAR OLDS IN THE COUNTRY
 Our mission is to offer a professional team of positive, child-oriented instructors who share a commitment to be an active part of the solution to the problem of childhood drowning for both the typical child and the child with special needs.

As part of our commitment to the solution
ONE FREE LESSON
 To every **BABY** in Broward County.
 New Clients Only



Picanha Brazil RESTAURANT

Have an Authentic Brazilian Barbecue Buffet By the Pound, Always Fresh Food!

www.picanhabrazil.net

15% OFF Lunch & Dinner
 Not Valid With Any Other Offer Offer expires 07/31/2012

22797 State Road 7 (441)
 Boca Raton • FL 33428
 (561) 488-5737

BOCA RATON TRIBUNE WORSHIP DIRECTORY



Advent Lutheran Church
 300 East Yamato Road
 Boca Raton, FL 33431
 561-395-3632
www.adventboca.org

First Church Of Christ, Scientist
 566 W Palmetto Park Road
 Boca Raton, FL 33432
 561-391-7689

Affirmation Lutheran Church
 9465 Glades Road
 Boca Raton, FL 33434
 561-483-6004

First United Methodist Church
www.fumcbocaraton.org
 625 NE Mizner Blvd.
 Boca Raton, FL 33432
 561-395-1244

Ascension Catholic Church
 7250 N Federal Hwy
 Boca Raton, FL 33487
 561-997-5486

Friendship Baptist Church
 1422 NE 2nd Court
 Boca Raton, FL 33432
 561-395-6871

Assembly of God Hispanic Church
 Centro Cristiano Familiar
 21121 Oriole Country Rd
 Boca Raton, FL 33433
 561-746-8626

Frontline Christian Center
 Olympic Heights High Schl
 20101 Lyons Rd
 Boca Raton FL 33434
 561-826-0404
www.frontlinechristiancenter.com

Ayts Chayim Messianic Synagogue
 600 W. Camino Real
 Boca Raton, FL 33486
 561-487-3839
www.acmsboca.org

Glades Presbyterian Church
 21121 Oriole Country Rd
 Boca Raton, FL 33428
 561-477-4898
www.gladespc.com

Beth Ami Congregation
 1401 NW 4 Avenue
 Boca Raton, FL 33432
 561-347-0031

Gold Coast Christian Cathedral
 3200 N Federal Hwy
 Boca Raton, FL 33431
 561-750-5235

Beth Sar Shalom
 Camino Real Community Church
 1551 West Camino Real
 Boca Raton, FL 33486
 561-499-4893
www.bethsarshalomfl.com

Good Shepherd Lutheran Church
 6301 SW 18 Street
 Boca Raton, FL 33433
 561-393-7007

B'Nai Torah Congregation
 6261 SW 18 Street
 Boca Raton, FL 33433
 561-392-8566

Grace Community Church
 600 W Camino Real
 Boca Raton, FL 33486
 561-395-2811
www.graceboca.org

Boca Glades Baptist Church
 10101 Oriole Country Road
 Boca Raton, FL 33428
 561-483-4228

Iglesia Bautista Hispana
 2350 NW 51st St
 Boca Raton, FL 33431
 561-998-8360

Boca Raton Bible Chapel
 3900 NW 3rd Avenue
 Boca Raton, FL 33431
 561-391-9319

Islamic Center of Boca Raton
www.icbr.org
 141 NW 20th St., Ste. #A-7
 Boca Raton, FL 33431
 561-395-7221

Boca Raton Church Of Christ
www.achurchofchrist.com
 5099 NW 5th Avenue
 Boca Raton, FL 33431
 561-395-0738

Jehovah's Witnesses
 19230 State Road 7
 Boca Raton, FL 33498
 561-479-0956

St. Paul Lutheran Church and School
 701 West Palmetto Park Road
 Boca Raton, FL - 33486
 561-395-0433

Boca Raton Community Church
www.bocacommunity.org
 470 NW 4th Avenue
 Boca Raton, FL 33432
 561-395-2400

Journey Church (The)
www.bocajourney.com
 The Kathryn Lindgren Theater
 B.R. Community High Schl
 1501 NW 15 Court
 Boca Raton, FL
 561-420-0606

Boca Raton Synagogue
www.brsonline.org
 Hahn Judaic Campus
 7900 Montoya Circle
 Boca Raton, FL 33433
 (561) 394-5732

Kabbalah Learning Centre
www.kabbalah.dynip.com
 8411 W Palmetto Park Rd
 Boca Raton, FL 33433
 561-488-8826

Boca Raton Synagogue-West
www.brswest.org
 21101 95th Ave. South
 Boca Raton, FL 33428

Kol Ami of Boca Raton Reconstructionist
<http://kolami.homestead.com>
 71 N. Federal Hwy.
 Boca Raton, FL 33432
 561-392-0696

Boca West Community United Methodist Church
 9087 Glades Road
 Boca Raton, FL 33434
 561-482-7335

The Unitarian Universalist Fellowship of Boca Raton
 2601 St. Andrews Blvd.
 Boca Raton, FL - 33434
 561-482-2001

Center for Spiritual Living
 Boca Raton
 2 SW 12 Avenue
 Boca Raton, FL, 33486
 561-368-8248
Somboca.com

To have your Church listed in the Boca Raton Tribune Worship Directory...

**Send your information to our Mailing Address at:
 Boca Raton Tribune, P.O. Box 970593, Boca Raton, FL 33497**

Sports

The Boca Raton Tribune

The Golden Girls: U.S. Women's National Team Earns Fourth Olympic Gold Medal

By: Pedro Heizer

In front of 80,203 fans at Wembley Stadium, the U.S. Women's National team were golden yet again with a 2-1 victory over Japan in what was a rematch of the 2011 FIFA Women's World Cup.

The USWNT won its fourth gold medal in the give Olympic competitions featuring women's soccer. Winning four gold medals is a feat that has never been accomplished either in Men's or Women's Olympic Soccer history.

The USWNT got off to a flying start in the gold medal match when Lloyd gave her side an early lead in the eighth minute.

Shannon Boxx worked the ball from right to left to Kelley O'Hara and then Tobin Heath. Heath slipped a low cross into the box for Alex Morgan, whose first touch took her to the end line left of the goal. She deftly crossed the ball across the front of the goalmouth with her next touch towards Wambach who had crashed towards the net. While it appeared Wambach was poised to get a goal in her sixth straight game London, she remained tightly marked and Lloyd darted into the scene from her midfield run and headed the ball into the right side of the net. Morgan's assist was her team-leading fifth of the Olympics.

"I'm so proud of her because she played so many games and all of a sudden I thought she wasn't good enough.



Then she just comes back and helps the team tremendously and she proved that I was wrong. I love that," said USWNT head coach Pia Sundhage on Lloyd's performance.

"It's not just the skill on the ball and the physical aspect of the game, but she's got what it takes. It doesn't matter what she goes through," added teammate Hope Solo on Lloyd's performance. "She's mentally strong and that's what I admire most about Carli. Nobody can

affect her play, not being benched, she'll come back on the field and make plays. She's just a winner. She's a veteran on this team and she'll find a way to win."

Japan found a long spell of possession after the USA goal and ultimately an array of scoring chances. In the 17th minute, Homare Sawa slipped Nahomi Kawasumi through into the left side of the penalty area and the defender took a shot toward the far right post that got past U.S. goalkeeper Hope Solo, but team captain Christie Rampone hustled to get a body on the ball and prevent a goal. The rebound deflected off Solo's back and bounced in the six-yard box where Yuki Ogimi came rushing in to try and finish the opportunity, but Solo did well to get back into position and made a point-blank save.

Solo had a sensational match and came up with a huge save on Ogimi again one minute later, when the Japanese forward snapped a high-header on goal. Solo leapt to get her left glove on the shot and push the ball off the crossbar. U.S. defender Rachel Buehler's headed clearance fell back to Ogimi for another sniff, but her strike from close range went wide right and high.

"She played very well and helped us big time when we struggled a little bit in defending," said Sundhage of Solo's heroics. "I think Japan played very well, but give credit to our defending and give credit for the way we counterattacked."

The USWNT avoided a potential game-changing moment in the 26th minute when Miyama's free kick from just outside the box struck the left arm of U.S. midfielder Tobin Heath, who was positioned near the wall inside the penalty area. Japan's appeals for a penalty were denied as referee Bibiana Steinhaus signaled for play to continue.

Maintaining a one-goal lead to start the second half, the USWNT gave itself a bit more breathing room in the 54th minute with Lloyd's second goal of the game. Rapinoe dished to Lloyd just inside the Japanese half and she did the rest, dribbling for more than 25 yards through the center of the park and slicing towards goal before unleashing a wicked right-footed blast from 20 yards out that streamed into the left side netting, giving Japan's diving goalkeeper Miho Fukumoto no chance. The strike would prove to be the game-winner, her second straight in Olympic gold medal matches as she scored the deciding goal in the USA's 1-0 overtime victory against Brazil in Beijing in 2008.

"Coming in, I was coming off the bench and I didn't know what to expect," said Carli Lloyd On her performances in big Olympic matches. "I prepared harder than anyone. I don't think there is anyone who trains harder than



I do. I was ready for the moment and I took it game-by-game. I focused and I kept on it every single day. Hard work pays off."

Japan's continual possession and pressure eventually paid off with Ogimi's rebound goal in the 63rd minute. Japan strung together a bevy of passes before a slicing ball was put into the right side of the penalty area for the streaking Shinobu Ohnu. She took a quick touch before cutting the ball back to Sawa who was wide open at the penalty spot. Sawa hit a first-time shot that got past Solo, and once again Rampone blocked the goal-bound shot off the line. The ball fell back to Sawa, and this time she touched it to her left for Ogimi and the forward buried the easy finish from two yards out.

Japan's offense had another similar scramble in the 74th minute after Lloyd was called for a handball outside of the box on the right side. Miyama took the free kick and the delivery was deflected

to Azusa Iwashimizu who hit a volley on target that seemed destined for goal, but U.S. defender Amy LePeilbet stood resolute and blocked the shot while on her knees. The ball remained loose, but Japan's Saki Kumagai was eventually called for a foul and the USWNT maintained their slim advantage.

In the final 10 minutes, Japan nearly equalized when Mana Iwabuchi stole the ball from Rampone near the top of the box and closed in one-on-one with Solo. Coming in from the left side, Iwabuchi tried to curl a shot towards the back post but Solo was up to the challenge and made a monster diving save to keep the U.S. in the lead.

"It was such a journey. It was so emotional," said forward Alex Morgan on her Olympic experience. "It was up-and-down and we all did it together. We were such a unit and we leaned on each other when we needed to. We ended up on top and I'm so happy. We're the best in the world right now."

Strikers Defeat Carolina at Lockhart Stadium to Earn Third Shutout of the Season

By: Pedro Heizer

In front of 3,549 Striker Likers at Lockhart Stadium, the Fort Lauderdale Strikers were able to complete a feat that they have accomplished only a total of three times this season, earn a shutout victory.

The Shutout victory is the first for Fort Lauderdale since June 10 when they defeated FC Edmonton 1-0 at Clarke Stadium.

The Strikers defeated the Carolina Railhawks 1-0 in a game that saw the Strikers solidify their place in the NASL Standings. With the win, Fort Lauderdale moves to 8-8-6 and with 30 points, the Strikers took sole position of fourth place in the standings.

Andy Herron scored his eighth goal of the season in the 65th minute when he had a perfect right-footed shot just outside the box on a sensational assist from Mark Anderson.

"This wasn't easy," Herron said. "We came in with the right mentality. All we needed to do was score one goal and go from there. We got the goal, the zero and the win."

Mark Anderson flirted with the goal all night long but couldn't find the back of the net. Anderson had at least four solid chances to extend his rookie record of goals but the ball just didn't roll his way this time around.

"We took our chances well and there were a few missed opportunities on both



sides," said Strikers head coach Daryl Shore.

After two games in which Fort Lauderdale's defense seemed to lose its shape during the match, the defense this time around proved all wrong and had one of the best games of the season, "We were solid defensively," Shore said. "We defended as a team. The big message in the locker room today was team defense for 90 plus minutes and I think we saw that tonight."

"We worked all week on our defensive shape," Shore said. "We made a couple of changes to the lineup and we knew we would get chances going forward. We knew if we could stop the bleeding defensively we could create chances."

Fort Lauderdale now has a seven game unbeaten streak at Lockhart Stadium with a record of 7W-3T-1L.

Up Next: The Strikers take on the Puerto Rico Islanders in Puerto Rico before coming home on the 25th for "World Record Night" where Strikers' themed sunglasses will be distributed to fans as they enter Lockhart Stadium while supplies last. Fans will be instructed when they need to wear the glasses in order to make an official world record attempt. The current world record of 1,642 was set at Wrigley Field, in Chicago on July 6.

Photo Credit: Jon van Woerden Photography

TIRED OF BAD SERVICE FROM YOUR DRY CLEANER?

Bernie's Cleaners
YOUR NUMER ONE DRY CLEANING RESOURCE!

FREE PICK UP & DELIVERY - Call Today! 

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

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

8088 West McNab Road North Lauderdale, FL - 33068 Phone: (954) 726-5530

Mon-Fri 8am - 6:30pm Saturday 8am-4pm Laundry Alterations Dry Cleaning

PALM BEACH COUNTY 

Osprey Point GC
(561) 482-2868
12551 Glades Road West Boca Raton



All rates are plus tax
Valid through 5/31/12
*W/END & HOLIDAY RATES SLIGHTLY HIGHER

***18 Hole Rates with cart**

BEFORE 11:30am	\$32.00
11:30am - 3:00pm	\$29.00
AFTER 3:00pm	\$19.00

2012-13 Frequent Player Card
20% off golf through Dec. 2012 ~ 10% off golf Jan. - March 2013
Play for only \$18.87 + tax every Monday (May - October)
\$60.00 (PBC Resident) \$85.00 (Non-PBC Res.)

Professional Instruction provided by: 

For More Information Visit Us At WWW.PBCGOLF.COM

FAU Football Host Boca Braves on Thursday

Following FAU football's Tuesday morning practice, the Owls' players and staff hosted the Boca Braves of the local Pop Warner Football League.

The nearly 100 youth players broke off into position groups with their FAU counterparts, who all stuck around after an energetic practice of their own.

As parents looked on, Braves players were treated to individual instruc-

tion from the Owls and exuberant celebrations throughout the drills.

The Braves will take part in Youth Football Day on opening night, Friday, August 31 when the Owls host Wagner College at the FAU Football Stadium. Season and single game tickets are on sale and can be purchased through Ticketmaster or by calling 1-866-FAU-Owls.

FAU Holds FanFest on Saturday

Florida Atlantic University fans can get their first look at this year's Owls football team and meet new Head Coach Carl Pelini during the athletic department's special FanFest preseason celebration on Saturday, August 18, at FAU Stadium, 777 Glades Road, on the Boca Raton Campus. This free event begins at 2:30 p.m. with a scrimmage starting at 3 p.m.

Select-A-Seat festivities have mem-

bers of the ticket sales staff assisting people in purchasing season tickets for the season.

Fans will also have an opportunity to get player autographs, while enjoying performances by the cheerleaders, dance team and band. ESPN760 is planning to broadcast the scrimmage. Food and beverages will also be available for purchase throughout the event.

Season Opener Provides Comfortable Win for Boca Jets Under-10

By: Shannon Copeland

The Boca Jets under-10 squad cruised to an impressive 30-0 win against The Weston Warriors in their season opener on Saturday at the Patch Reef Park in Boca.

With four different players scoring impressive touchdowns and impressive plays, the Jets had their game in the bag from the start.

When asked about the turning point of the game, Coach Moorer said, "Kickoff, as long as we're on top and we play great, that's all that matters."

Coach Moorer admires this team particularly because of their maturity, "they play with maturity, and the defense line is very strong."

That proved to be true as The Weston Warriors could not find a break in their defense, resulting in their loss.

Dejaun Mc Dougal scored two touchdowns, a 35yrd and another 60yrd one. "I want to thank my team for their support," said the quarterback who sports #3.

Daniel Leno scored a 40-yard TD and completed that play with the signature 'Tebowing'.

Jared Moorer also scored a TD with the help of his teammates and Hayden Giers scored the final TD of the game to help solidify their win with 6 touchdowns. Giers commended his team's efforts, hailing them as competitive, "I'm happy with how my team played and they are very competitive."

Assistant Coach Tyler insisted that the team still needs to fix a couple of things, while Coach Paul said, "the offence needs more work, but next week we will be better."

Coach Henry, who was in charge of the

drills, believes it paid off, "the drills helped them in today's game and they get better everyday."

Ternell Hollis played an impressive game, despite his health difficulties, "I feel great and my team played great." About his next game he said, "I feel great going into the next game."

Trenell's mother was their in support of her son, "I'm very proud of my son, even thought getting him ready is a bit expensive, because I know where his heart is it is worth it."

"I support my son for every game, I'm proud of him and when he's down I just let him know if he played with all he got, that's ok," said Becky, mother of #3 Dejaun Mc Dougal.

Lisa Moorer was extremely proud of her son Jared Moorer, "He's younger than



most of the kids and he plays just as good as them." In regards to getting him ready for football season she said, "Well I have to get both my son and my husband ready (Coach Moorer) and it a lot of work, but its well worth it."

LeBron James is Golden

By: Matt Pineda

What a difference a year makes. Especially for LeBron James.

On June 12, 2011, LeBron had just been defeated by the Dallas Mavericks in Game 6 of the 2011 NBA Finals. A Series which saw him average only 17.8 PPG and routinely have 4th Quarter disappearances. LeBron, and us, couldn't look, listen or go anywhere without laughter and shame being pointed his way.

The grand experiment of Wade, James and Bosh in South Beach had failed. And although they were just 2 games from their ultimate prize, the way it all fell apart was a perfect script for the haters. Nearly all the blame fell on LeBron. He was being stripped of his nickname, "The King" and he was humbled.

A few weeks later, everything changed for James. He get back in the gym and started working on his game again. He met up with Hall of Famer Akeem Olatunji to work on the post-game that everyone has been begging him to do. He rediscovered the joy in the game of basketball, and then once the season started, everything LeBron touched turned to gold.

LeBron finished the 2011-12 season averaged 27.1 PPG, 7.9 RPG, and 6.2 APG. He had a PER of 30.8, which was far and above anyone else in the league. He led the HEAT to the 4th best record in the NBA and May 12, he received his 3rd NBA MVP award in 4 seasons.

On his way throughout the playoffs,

he put on remarkable performances. He carried the HEAT back even against the Pacers after Chris Bosh went down. In Game 4 he tallied 41 points, 18 rebounds and 9 assists. When facing elimination against the Celtics down 3-2 on the road in the Conference Finals, LeBron felt the pressure and dropped 45 points to go with 15 rebounds. And when it was time to wrap everything up, James pulled out a triple double in the clinching Game 5 over the Thunder to win the title.

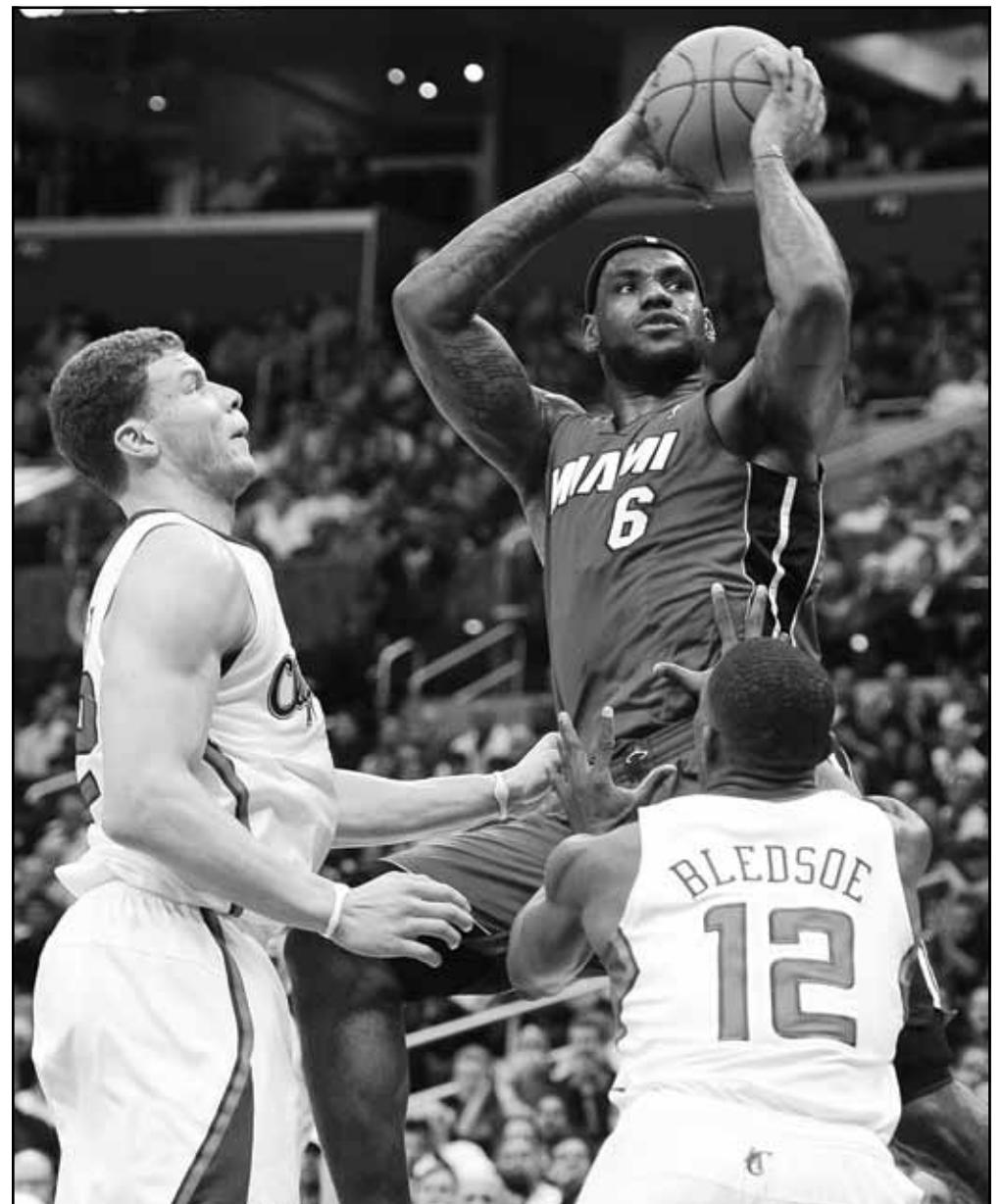
LeBron led the HEAT to their second title in franchise history and his first as a player. He received the NBA Finals MVP award along with it.

And just a week or two later, LeBron was with team USA training for the Olympics. While in London, LeBron was the leader of a group of All-Stars. He commanded leadership and perfection from his team. Coach K continually referred to LeBron as the most important, most versatile, and best player on the team and in the world. And James lived up to those words.

In the closing moments of the Gold Medal game against Spain, LeBron put the game out of reach with a dunk and go ahead 3-pointer. And now, in a span of 3 months, LeBron has won the NBA MVP, an NBA Championship, the NBA Finals MVP, and an Olympic Gold Medal, a feat that only Michael Jordan had done prior.

He's no longer a punchline to your joke.

He is King James.

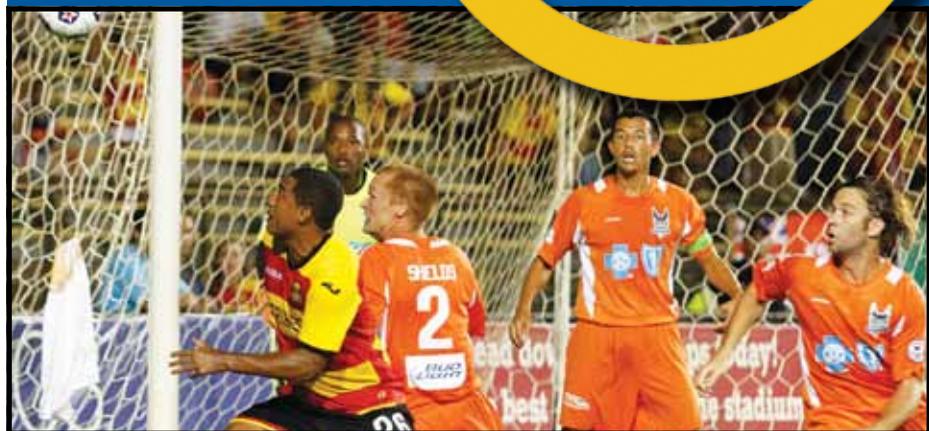


Tribune of SPORTS

East /West Boca Raton, Highland Beach, Delray Beach, FL - August 16, 2012 through August 22, 2012 • Year III • Number 110

The Golden Girls: U.S. Women's National Team Earns Fourth Olympic Gold Medal

See page 29



Strikers Defeat Carolina at Lockhart Stadium to Earn Third Shutout of the Season

See page 30

Photo Credit:
Jon van Woerden Photography

FOOTBALL

FAU Holds FanFest on Saturday

See page 31

FOOTBALL

Season Opener Provides Comfortable Win for Boca Jets Under-10

See page 31