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East /West Boca Raton, Highland Beach, Delray Beach, FL - August 23, 2012 through August 29, 2012 • Year III • Number 111- FREE

Be Prepared, Isaac is on Its Way



Desiree Copeland reading the Tribune



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Lynn University to Receive \$6 Million Gift to Construct New Business School Building

BOCA RATON – Lynn University will receive a \$6 million initial gift this fall toward the construction of the new home for Lynn’s College of Business and Management—the \$12 million International Business Center.

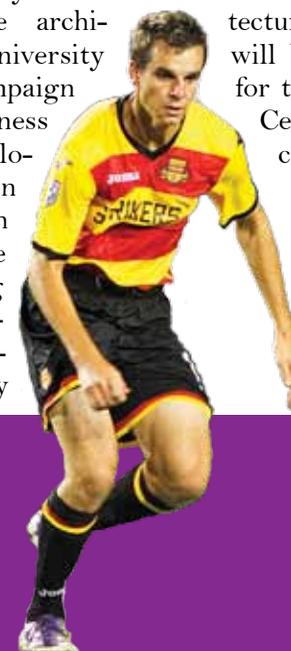
The gift is from an anonymous alumni donor who has challenged the school with raising an additional \$3 million. Once this money is raised, the donor will provide another \$3 million to complete the \$12 million needed for construction.

“This gift is a game-changer and provides Lynn with the amazing opportunity to build a world-class structure to house our college of business,” said Lynn University President Kevin M. Ross. “We’ll be celebrating our 50th anniversary this year, and we look

forward to working with our friends and supporters during this special time to make this building a reality for future Lynn students and faculty.”

Once the architectural plan is completed, the university capital campaign

will begin its official construction for the new International Business Center. The building will be located at the current location just south of Elaine Performing Center. Construction is tentatively scheduled to be completed by



See Pg.3

Connor Shanosky Named Defensive Player of the Week

See Pg.31

Photo Credit:
Jon van Woerden Photography



Boca Police Safety Tip

Q: When is the next Citizen's Police Academy and what will I learn?

A: The next academy is scheduled to begin on September 20, 2012. This 11-week course is free of charge and will meet every Thursday evening from 6:30pm-9 pm and will be located at our police training facility (6500 Congress Avenue) or the police department (100 NW 2nd Avenue), depending on the topic. Topics will range from hands-on demonstrations about the use of laser and radar units, Taser and stop stick demonstrations to learning how cases get investigated including crime scene techniques such as evidence collection. In addition, each student will be allowed to participate in one 4-hour ride-a-long with a police officer. Applications are available on line at www.BocaPolice.com or contact Mary Ann O'Brien at mobrien@ci.boca-raton.fl.us for any questions.

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

Boca Raton Police Blotter

SIMPLE BATTERY 08/17/2012

Anthony Cousino, 33, was arrested for domestic battery after he allegedly hit, held and punched his live-in girlfriend

DRIVING WHILE INTOXICATED 08/17/2012 20799 JOG RD

Hana Weiner, 34, was arrested for DUI following a traffic stop. Weiner allegedly refused to provide a breath sample. Weiner was processed at BRPD and then transported to Palm Beach County Jail.

SHOPLIFTING/ RETAIL THEFT 08/19/2012 5900 W GLADES RD

Larressa Cochran was arrested for retail theft after investigation revealed she allegedly attempted to steal clothing from Sears. Total cost was \$75. She was transported to the Palm Beach County Jail.

BURGLARY TO RESIDENCE 08/16/2012 15:09 NORTH DIXIE HWY

Victim reported his laptop computer valued at \$400 was stolen from his residence. His elderly mother was sleeping in home when it occurred. The laptop was entered into NCIC. Crime Scene Technicians processed the scene.

BURGLARY TO RESIDENCE 08/19/2012 0:59 NW 4TH AVE

Victim's residence located on NW 4th Avenue was burglarized when the front door was left unlocked. Total loss was valued at \$1,000.

THEFT/ PICKPOCKET 08/17/2012 11:42 4141 N FEDERAL HWY

Victim advised that while she was shopping in Publix, she believes that an unknown subject(s) removed her tan wallet from her purse which was in the shopping cart, and left the store. No suspect(s), no witnesses and incident was not caught on the store video surveillance.

SHOPLIFTING/ RETAIL THEFT 08/16/2012 19:51 5840 W GLADES RD

Alyssa Berger was arrested after she took \$276.00 worth of merchandise from Bloomingdale's. Notice to appear in court issued.

Sundy House Hosts Centennial Dine Out for a Cause

DELRAY BEACH – A Centennial Dine Out for a Cause, with Celebrity Chef Michael Malone, president of the Greater Delray Beach Chamber of Commerce, was held recently at Sundy House.

The dining venue donated a portion of the evening's proceeds to the Delray Beach Public Library. The amount raised was around \$2,000.

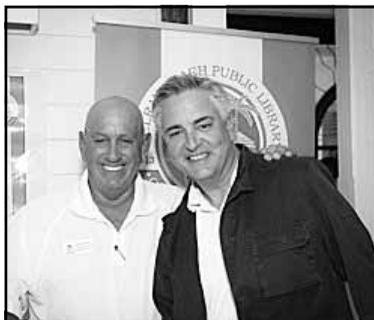
The money taken in that night will support the programs and services at the Delray Beach Public Library. The library is a non-profit independent facility and is funded through public and private funds.



From left, Kimberley Trombly-Burmeister, Mike Malone, Bruce Siegel



From left, Nicole Mugavero, Tandy Robinson, Bonnie Stelzer



Ron Gilinsky & Stephen Cawthon



Linda Gove & Eileen Bushman

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.

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Quote of the Week:

None that go in unto her, shall return again, neither shall they take hold of the paths of life. Proverbs 2:19

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Community News

The Boca Raton Tribune

Be Prepared, Isaac is on Its Way

BOCA RATON – In scenes reminiscent of 2004 and 2005, Boca Raton and area residents spent the past few days filling gas cans, testing generators, buying propane tanks, attaching shutters and stocking up on batteries, food and water in anticipation of the first hurricane to threaten the area since Wilma in 2005.

Tropical Storm Isaac is likely to become Hurricane Isaac and headed for landfall in Florida on Monday and would be the first major storm to impact or strike the United States in 2012.

There's also concern that will Hurricane Isaac impact the Republican National Convention slated for Tampa Aug. 27-30.

Residents, emergency agencies, police and fire units are not taking any chances.

The Emergency Operations Center in West Palm Beach was staffed and monitoring the storm's progress. So was the

School District, anticipating it might have to cancel classes.

One person who called to the Boca Raton Tribune reported he was unable to find gasoline in West Boca on Wednesday night. Additional tankers were reportedly heading this way to refill reserves at stations where residents stocked up in advance of the storm.

On supermarket shelves, water seemed scarce and, at one Publix, milk that does not need refrigeration was gone completely.

"We've got a lot of time for people to get ready, but we don't have forever," said Craig Fugate, who heads the Federal Emergency Management Agency, during a briefing Tuesday.

The current track forecast takes the storm straight through Florida.

Federal forecasters monitoring Isaac have been cautioning that the accuracy



of their track forecasts can be off by as much as 250 miles five days out. Even so, significant impact on the storm's effect on the coast, Fugate said. "a little deviation in the track" can have a

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The gift is from an anonymous alumni donor who has challenged the school with raising an additional \$3 million. Once this money is raised, the donor will provide another \$3 million to complete the \$12 million needed for construction.

"This gift is a game-changer and provides Lynn with the amazing opportunity to build a world-class structure to house our college of business," said Lynn University President Kevin M. Ross. "We'll be celebrating our 50th anniversary this year, and we look forward to working with our friends and supporters during this special time to make this building a reality for future Lynn students and faculty."

Once the architectural plan is completed, the university will begin its official capital campaign for the new International Business Center. The building will be located at the current location of

Ritter Hall, just south of the Keith C. and Elaine Johnson Wold Performing Arts Center.

Construction is tentatively scheduled to be completed by April 2014.

The school is working with the architectural firm, Gensler, and the engineering firm, Buro Happold, to design the new building which features: 32,000 square feet of flexible spaces and common work areas to foster impromptu collaboration.

A design that is targeting the Leadership in Energy and Environmental Design (LEED) Platinum certification—the highest level of certification awarded by the United States Green Building Council (USGBC) takes advantage of natural sunlight as a lighting source, decreasing the need for artificial lighting and will include rainwater harvesting to reduce the use of ground water will have space for outside organizations (for-profit and not-for-profit) to come into the college for selected, short-term projects.

"This brilliant design will represent the confluence of what Lynn is about," said Thomas Kruczek, dean of



Lynn's College of Business. "It places a high value on providing flexible places for different learning styles in a structure that places sustainability at the heart of its design. I can't think of a better place to teach future business leaders the skills they'll need to succeed in a dynamic and ever-changing global business environment."

The building's LEED design is a continuation of the schools aggressive efforts to improve the sustainability of

its operations, which include the recent launch of the largest energy saving effort of its kind in Florida, designed to cut more than 30 percent from its utility spending thanks to an energy savings performance contract with Siemens Building Technologies Division.

In addition, the building's focus on flexible and open spaces supports the school's core belief in supporting all styles of learners with a focus on ensuring individual success.



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Impressive Boy Scout leaving a Patriotic Mark....



Jeremy Gibbons is an active Boy Scout member of Troop 306 from West Boca Raton who attends West Boca Raton Community and his ventures shows how considerate and mature he is.

When deciding what kind of project to do, Jeremy had many options: instead he chose a project that has a special meaning to him and his family. Jeremy chose to construct a flag burning ceremonial pit in honor of Veterans and also for usage on Memorial Day.

Jeremy started his project in early March, and he chose this project because his father was in the military, and he was moved to provide a better resource for anyone who wished to burn a flag. Before, a big can was

used to burn flags, but Jeremy wanted to change that.

This project is a patriotic venture that can be assessed by the general public at the Veterans Park in Boca located at VFW post # 10556.

The furnace is made from scratch and it measures at 4'x4' and the concrete slab it sits on is 9'x9'. Jeremy has come together with the help of scout leaders, other scout members, parents and friends to create this structure.

City Commission Burt Aaronson even assisted Jeremy in this endeavor.

Anyone who has a flag that they would like to retire can turn it in at the Park located off Palmetto just west of Lyons.

see pics pg. B5

Black and White Masquerade Gala to Benefit Habitat for Humanity

DELRAY BEACH — Habitat for Humanity of South Palm Beach County will host a Black & White Masquerade Gala Saturday, Sept. 15, from 6:30-11 p.m. at the Marriott Hotel Boca Center. Doctor's Choice Pharmacy is a major sponsor.

The evening will include a cocktail reception, silent auction, dinner and dancing. All proceeds will benefit the group's mission of bringing people together to build homes, communities and hope.

The program for the evening also includes a special salute to several individuals who have shown great support and commitment to the mission of Habitat for Humanity over the years: Eliot Popper, vice president, financial advisor and investment consultant at Morgan Stanley Smith Barney; Mike and Betsy Owen of the Realtor Association of the Palm Beaches and Ed Dietrich of Deerfield Builders Supply.

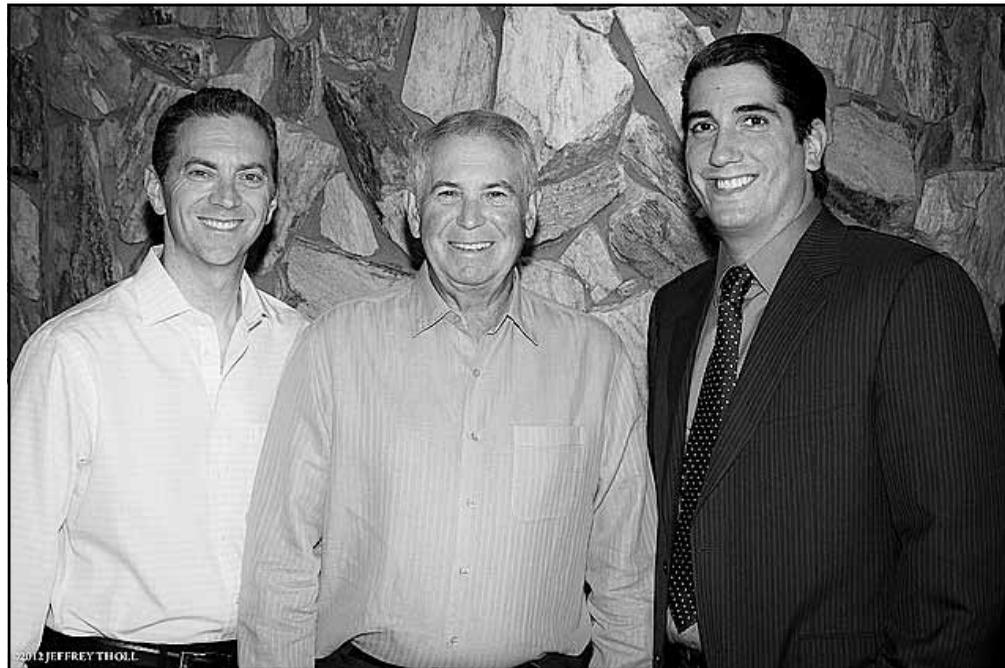
"It is our opportunity to give back to these individuals who have been such great ambassadors for us over the years. Their vision to create a world where everyone has a decent place to live should be honored," said Executive Director Mike Campbell.

Guests should plan for an evening of dinner and dancing and an opportunity to bid on some fabulous auction items. Attire for the evening is black and white cocktail.

Individual tickets for the gala are available for \$150 or \$1,500 to sponsor a table of ten. Habitat also invites local businesses and individuals to support the Gala through sponsorships, in-kind auction donations and program display advertising.

For more information, ticket purchases and information about sponsorship opportunities, visit www.habitatsouthpalmbeach.org or call 561-819-6070.

Second Annual Cocktails for a Cause a Huge Success



From left are Greg Gefen, Ivan Gefen, board member, Jared Kornfeld

BOCA RATON — The Jewish Association for Residential Care (JARC) and Blue Martini Boca Raton partnered for the 2nd annual "Cocktails for a Cause," a Boca Festival Days-inspired event, on Aug. 9. Organizers said it was a huge success.

This event benefits the programs of JARC Florida which supports developmentally disabled adults within the community. Guests enjoyed a special VIP area, delicious appetizers and several specialty martinis. Raffle prizes were also awarded.

Several board members and special friends of JARC attended along with many new community friends.

"Community partnership is an integral ingredient in the success of JARC. We are so grateful to have Blue Martini share in our vital mission to raise awareness and funds for men and women with disabilities in our community," stated Dr. Debra Hallow, JARC executive director.

JARC is a nonsectarian organization which provides group homes, apartments and vocational training for adults with developmental disabilities. The mission in partnership with the families of the clients is to promote independence, dignity and self-respect in order to create more fulfilling lives.

see pics pg. B5

FAU Welcomes Students for Fall 2012 Semester

BOCA RATON — Florida Atlantic University students made their way back to the residence halls this past week to mark the start of the university's fall 2012 semester.

Move-In Day is the official day for FAU's residential students to return to campus. The day offers an opportunity for students and their families to connect with FAU officials, faculty, staff and student groups who are on hand to help them move into the residence halls.

"Move-In Day for the residence halls is one of the most exciting days

of the year, rivaling only graduation," said Jill Eckardt, director of housing and residential life. "Our staff worked hard to prepare for the nearly 3,700 students to come to their new home away from home. Opening day is a time when freshmen begin a new phase of their lives, and their parents and families are excited to see their new place."

Nearly 500 volunteers from across the campus; students, staff and faculty assisted students moving into the residence halls, said Eckardt.

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■ **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.**



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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, AL* ■ **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* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**



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 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.

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United States Education: Lacking Creativity

by Amanda Silberling

'Twas the night before SAT scores came out.

Students throughout the United States sat in front of their computers, coffee cup in hand, refreshing the College Board's website repeatedly for hours until the crack of dawn. Their parents demanded that they go to sleep, but they refused to move. They knew that eventually, maybe in just a few more page refreshes, a four-digit number would appear on screen. This number dictated their future.

Across the Atlantic Ocean, it was nearly 10 A.M. in Finland. Here, students were participating in specialized science labs, exploring artistic mediums, receiving personal attention from highly-qualified teachers and reveling in a daily 30-minute recess.

While their American counterparts rejoiced or griped over whether or not they reached their desired test scores, most Finnish students were ignorant to the mere existence of the SAT. In fact, the average student in Finland only takes a minimal amount of standardized tests in their educational timespan.

Over the years, the pressure that American high school students experience in the face of college admissions has reached an unprecedented level.

In order to simply stand a chance to attend a top-tier college, students are expected to have nearly flawless grade-point averages in the hardest classes they can possibly take, score in the highest percentiles on standardized tests like the SAT and ACT, involve themselves in as many extracurricular activities as they can, craft impeccable application essays- the list is infinite.

A common thread holds together the intimidating checklist demanded for college admissions: Numbers.

Primary and secondary school years are said to be times of personal growth; a time for finding oneself and who one truly is. Now, school is becoming a time of insurmountable stress and terror of what may happen if one doesn't score highly on tests.

For high school students, it's college readiness testing. For younger students, it's state-wide exams like the FCAT, and the more recent end-of-course exams (EOCs).

In a local setting, academic achievement seems to be great, with several public high schools in the Boca Raton area ranking nationally.

On a global scale, however, the emphasis on our schooling system places on

standardized tests has led to a massive decline in the quality of education that our youth receives, as well as the strength of our country's workforce.

The No Child Left Behind Act (NCLB) was passed in 2001 under George W. Bush's administration, enacting that United States schools will only be funded if they score at certain levels on standardized tests, such as Florida's FCAT. This forces school faculties to alter their curriculum to focus on making sure that their students pass these tests, instead of teaching to effectively educate the public. In the years that have passed since NCLB, the United States' international education ranking has noticeably depreciated in relation to countries with less rigid methods.

Through Finland's unique approach to education, the Nordic country managed to rank 3rd in reading and 2nd in science in the 2009 Education Rankings of the Organisation for Economic Co-operation and Development (OECD) with a budget of \$10 billion.

The United States was ranked 17th in reading and 33rd in science, and spends \$809.6 billion on education annually.

It's time for some change. In the same way that textbooks are cycled out after a couple of years, the education system should also be changed from time to time.

The idea behind standardized testing is to evaluate the progress of a massive number of students in an efficient manner, and to make sure that our students remain competitive with the rest of the world. While these tests may keep things organized, based on statistics and the overall morale of students, it's almost laughable to say that standardized tests serve their purpose to keep our students at the top.

Our country craves innovative ways to restore its strength. When creativity is shunned in exchange for repetitive training to pass stiff exams, the youth has no opportunity to exercise its inventive side. How can we change the country's fate of debt-driven destruction when citizens spend 12 years in school learning to conform and not to be original?

We can't be content with mediocrity. As the school year begins once again, our students should be encouraged to enhance their minds with creative opportunities that don't involve bubbling in scantrons. Stay aware of local and national politics, and support politicians that understand the importance of education. At the very least, keep an open, curious mind, and extend learning to the outside of the classroom.

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EDITORIAL

By Dale King

I Didn't Know Marilyn Monroe Would be There!

My wife and I give a commanding round of applause to the people who organized this year's Boca Ballroom Battle, a Boca Festival event that benefits the George Snow Scholarship Fund. And we also offer congratulations to every single one of the dancers for their excellent performances.

The annual event is modeled after TV's popular "Dancing with the Stars." The Boca version pairs eight prominent local residents with dancers from the Fred Astaire Studio. Performers raise money that goes to the Snow fund.

This year, I thought the acts were a little campier than in the past. Bob Gittlin and his partner, Mariya-Khristina Shurupova, were dressed in pink, and danced to the Pink Panther theme. Darci McNally, with partner Ramphis Horta, disco'd to the Bee Gees' "Stayin' Alive," which opened with footage from "Saturday Night Fever." Lisa Pechter and partner Ivan Rivera, rumba'd to "I've had the time of my life" following a clip from "Dirty Dancing."

But Kristin Calder stole the show. She literally morphed into Marilyn Monroe. Her blonde hair done up like the famed film star, she sashayed across the dance floor wearing a white mink coat. She sang Marilyn's famous, breathy "Happy Birthday, Mr. President" as if JFK were sitting in the audience. She and her partner, A.J. Molter, then danced to "Diamonds are a Girl's Best Friend," sung by Monroe, that opened with a clip from the movie.

My wife and I know the Calders, and we saw a side of Kristin we hadn't seen before. She is married to Glen Calder, an executive with Transmedia, and they are the parents of three children. She is also an active community volunteer and a public relations professional at Bethesda Memorial Hospital. She said in the program that her "greatest joy is being a mother to Harrison, age 9, Caroline, age 5, and Stirling, just a few months old."

More on Boca Festival Days

August is moving awfully fast and Boca Festival Days events will soon be coming to an end. Get to them before time runs out.

My wife and I recently went to the "PAWty" for pets at the Shoppes at Village Pointe. It rained like the devil, but the hearty souls under the direction of plaza owner Yvonne Boice saved the day. And the rain went away.

We brought our little one, "Peanut," to the event, and he got his few minutes of fame as a contestant in the Happy Dog contest. I think



Kristin Calder

he was happy just to be with his mommy and daddy. He got a long ride in the car that day, and he loves that.

Check the Festival schedule elsewhere in this paper for a list of upcoming events.

Serious play series at FAU

If you like theater, you'll want to know about the season of stage shows exploring themes of social relevance. The series has just been announced by Florida Atlantic University's department of theater and dance. Four plays and a dance show will be produced, all at FAU's Boca campus.

The first show is "Therese Raquin," a play by Neal Bell, adapted from the book by Emile Zola, which tells the story of an unhappily married young woman who enters into a tragic affair with a friend of her selfish and overbearing aunt. The play runs Friday, September 28 to Sunday, October 7.

Later this fall, "Summer and Smoke," a play by Tennessee Williams that tells a simple love story about two people with vastly divergent attitudes towards life, runs Friday, November 9 to Sunday, November 18.

Spring brings a Repertory Dance Theatre Ensemble; a performance of "Equus" and then "Lysistrata," the final show of the season.

Watch this space for more information.

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

Here's my take: Romney's pick of Paul Ryan was a brilliant move. Ryan is personable, connects to young voters and appeals to the people who want to save our country. He has a masterful insight into the workings of the budget and the economy and has put forth a plan to save Medicare, not destroy it as the Democrats are doing if they keep going by raiding its coffers. DO NOT BELIEVE the lies that the Dems are saying about Seniors that they will be affected by the Ryan Plan.

The Ryan plan keeps Social Security and Medicare INTACT for all seniors over the age of 55 and allows those under the age of 55 to have a choice. This election will come down to Florida, period. The way Florida votes will determine who is elected in November. Be aware. Learn the issues. Study what others are saying, but DO NOT BELIEVE the rhetoric that the Dems are spoon feeding and scaring our seniors. SENIORS WILL NOT BE AFFECTED over the age of 55. NOTHING CHANGES and THAT IS THE TRUTH!!!! Romney/Ryan are the change agents and Obama/Biden is the status quo, so if you are satisfied with where you are, where the country is now and do not want to improve our way of life, then either sit on your hands or vote for Obama. If you are not satisfied with what is going on NOW, then get out and work and vote for ROMNEY. I made a mistake in 2008. I will not make a mistake this year. I will also support Democrats and Republicans both in the November elections.

Barry R. Epstein, APR

To the Editor:

On Saturday, August 25, 2012, Boca Raton Regional Hospital's Davis Therapy Centers will hold a CarFit Event. CarFit is an educational program designed to help older drivers find out how well they "fit" their personal vehicle. Media are invited to attend.

Allison Kratzer
Communications Specialist/Marketing





THOUGHTS FROM THE PUBLISHER

By Douglas Heizer

Accepting Consequences of Poor Decisions

By Ken Korkow

When things in life seem to be going crazy, out of control, who is to blame? Experience has taught me that I create most of my own chaos. And this is true for you, too. Universally, individuals are responsible for most of the turmoil in their own lives – not all of it, but much of it.

We live in a world where, more often than not, people want to shift blame for their circumstances onto someone or something else – parents, employers, environment, society, circumstances. But in reality, when things go wrong for us and we want to know why, all we need to do is look in the mirror.

For instance, what if you bought a car and decided you do not like it? You are the one that chose to buy it for whatever reasons – and in the decision-making process created the maintenance schedule that might have become problematic for you.

For people that have grown dissatisfied with their marriages, they are the ones that decided to say “yes” to legally unite with their spouse – and created another kind of “maintenance schedule” that might

have left them disillusioned or disappointed.

Have you ever felt unhappy in your job? Realize that you decided to work there – and accepted, influenced, or have allowed conditions that have contributed to your feelings of unrest, unhappiness and dissatisfaction.

Again and again I have learned that most of the painful and challenging consequences I have had to deal with generally were a result of my previous wrong or poor decisions. What can I do about it? Although I cannot change the past, I now try to make better decisions from the start.

How do we learn to make better decisions to shape a better, more appealing future? There are many ways to try, but I have found the very best way is by diligently reading my Bible every day. During these daily readings, I came across the following passage that offers special insight:

Jesus told His followers, “Why do you call me ‘Lord, Lord,’ and not do what I tell you? Everyone who comes to me and hears my words and does them,

I will show you what he is like: he is like a man building a house, who dug deep and laid the foundation on the rock. And when a flood arose, the stream broke against that house and could not shake it, because it had been well built. But the one who hears and does not do them is like a man who built a house on the ground without a foundation. When the stream broke against it, immediately it fell, and the ruin of that house was great” (Luke 6:46-49).

I often hear it said, “Insanity is doing the same thing over and over again, but expecting different results.” If you are absolutely content with where you are – then stay on that track. But if you are experiencing areas of discontent or even suffering, I suggest you dig deeply into the Bible, the Word of God, so you will do what He says to do. I have found that since He designed us, He knows how we function best – and instructs us accordingly. God is the Father who truly does know best.

Ken Korkow lives in Omaha, Nebraska, U.S.A., where he serves as an area director for CBMC. This is adapted from the “Fax of Life” column that he writes each week. Used with permission.



POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

The Benefits of Dialogue

Of all forms of human communication, the dialogue is unquestionably a great morale booster, and provider of other significant benefits to those engaged in it! A public speech receives different reactions from each hearer, which can be both positive or negative to the same address and speaker.

A group conversation can be a pleasant experience though, most often, several may just sit and hear, yet never participate. The dialogue, however, occurs between two persons, with enough give and take, sufficient clarification, besides additional positive elements which benefit both persons engaged in it!

The late Reuel L. Howe had written a significant little volume, entitled “The Miracle of Dialogue.” Such miracle is not the dialogue per se, but what meaningful dialogues can produce in the life and experience of both participants.

Dealing with the necessity of dialogue from the outset of his narrative, Howe states: “Dialogue is to love, what blood is to the body. When the flow of blood stops, the body dies. When dialogue stops, love dies and resentment and hate are born.”

One of the most frustrating experiences to any individual engaged in conversation with another person occurs when just a monologue is heard from the one who invited the other. More than likely, in the future, similar invitations shall be politely declined or totally ignored!

In dialogue, however, both participants have their turn in speaking, and each life is greatly enriched. Unclear or divergent viewpoints can be clarified, and positive conclusions can be reached, for mutual satisfaction and benefit! The dominance of one is never a factor!

Furthermore, a dialogue affords the opportunity of redefinition of the issues being discussed, leaving no doubt as to its real nature and meaning. The conversation is balanced, in that both participants are engaged in the discussion rather than merely one of the two.

Otherwise, it could not even be called “dialogue!” But as meaning is sought through that interchange, it won’t be “buried under a mountain of words” which a monologue can easily cause, while two persons attempt to interact!

Reciprocity is a key factor for the healthy maintenance of a dialogue, though each participant brings his/her own meaning to the conversation. As Howe puts it, “dialogue has more respect for a responsible No and all that it signifies than for an irresponsible Yes.”

Dr. Synesio Lyra, Jr. is a Florida resident who, for many years, was a professor at the post-graduate level. He is a writer, a sought-after conference speaker, a man who lived in five continents of the world, having received his education in four of them. When he resided in southern California, he wrote a weekly column for the daily “Anaheim Bulletin,” which was carried for about six years, until he moved to south Florida.



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Things to Do at Daggerwing in September

BOCA RATON — Daggerwing Nature Center will host a variety of activities during September. The center is located in South County Regional Park at 11200 Park Access Road, off Cain Boulevard between Glades Road and Yamato Road, in western Boca Raton.

ANIMAL FEEDINGS

Wednesday thru Saturday, Sept. 5 thru Sept. 29 3:15 pm - 3:30 pm* Families / all ages, free (reservations not required)

3:15 pm is feeding time! Listen to a short talk about a specific animal and then watch while they are fed.

*Schedule: Wednesday - alligator; Thursday - snake; Friday - skunk; Saturday - alligator

ANIMAL ENCOUNTERS: Reptiles

Saturday, Sept. 8, 1-1:45pm Families and all ages, \$3 per person (reservations required)

What is a reptile? Come and find out; meet (and touch!) a turtle, a snake, and even our baby alligator!

MOMMY, MOTHER NATURE and ME: Alligators Friday, Sept. 21, 10:30-11:15 am

Ages 2-5, \$4 per child (reservations required)

Parents, bring your little ones to experience exciting nature topics. Programs may include activities such as stories, puppets, games, role play, nature walks, and crafts. During this class, learn all about alligators and meet our baby gator!

ECO EXPLORERS: Owls Wednesday, Sept.

26 at 2 pm Ages 8-12, \$4 per child (reservations required) Looking for something to do during your day off from school? Come and join us, and meet Shadow, our eastern screech owl. Learn about the secret lives of owls and dissect an owl "pellet" to learn about their eating habits.

ANIMAL ENCOUNTERS: Animal Adaptations Saturday, Sept. 29, 1-1:45pm Families and all ages, \$3 per person (reservations required)

How are animals able to survive so well in the wild? We'll take an up-close look at special "adaptations" of a few of our live animals and learn how they are able to thrive.

Daggerwing Nature Center is operated by the Palm Beach County Parks and Recreation Department. Log onto www.pbcgov.com/parks/nature/daggerwing_nature_center/ for more information.

All programs are by reservation only, unless otherwise stated. Call (561) 629-8760 or visit the nature center to make program reservations. Fees (if applicable) are due the day of the program by cash or check only. All participants are required to sign a program participation form for every program. If you are more than 5 minutes late to a program you have made a reservation for, your spot will be given to a person on the waiting list.

Take Steps to Feed the Hungry Through Food For The Poor

COCONUT CREEK, Fla. (Aug. 1, 2012) — It's never too early to start spreading the news about one of Food For The Poor's most popular local fundraising events — the 5K Walk/Run For Hunger.

The 5K Walk/Run For Hunger Team Captains will show their appreciation by hosting a kick-off reception. Join them for an evening of live music, raffle prizes and drink specials at World of Beer at the Promenade at Coconut Creek, 4437 Lyons Road, Coconut Creek, Fla. on Thursday, Aug. 16 from 6 p.m. to 9 p.m.

Now in its seventh year, the 5K Walk/Run For Hunger will take place on the Saturday before Thanksgiving, Nov. 17, at 7 a.m. at Quiet Waters Park, located at 401 South Powerline Road in Deerfield Beach, Fla. Every step taken by each participant will be a step toward raising much needed funds for life sustaining food for the people of the Caribbean and Latin America.

But in order to help, you must register or donate. Please visit www.foodforthe poor.org/walk to register or to make a donation. This year, a generous donor has agreed to match every dollar raised with an additional dollar's worth of food. While on the website, take advantage of free fundraising tips designed to help you reach your fundraising goal by sharing your ideas with family, friends, co-workers and contacts.

Cost of registration is \$20 for adults and \$15 for children ages 6-10. There's no fee for children 5 and under. The registration cost includes a T-shirt.

There will be refreshments, live music, balloon artists, face painters and more at this family event. To see the fun from last year's event, please visit www.FoodForThePoor.org/walk2011

Special awards will be given to top finishers of each age group. Food For The Poor will be using AccuChip to provide state-of-the art timing and scoring. This service is used for running, triathlon, swimming, mud runs and biking events in Florida.

For more information, please call 954-596-4020 or send an email to events@foodforthe poor.org. You can also register the day of the event. Registration starts at 6:30 a.m., the run/walk begins at 7 a.m. and the awards ceremony is at 8 a.m.

The 5K Walk/Run is presented by Winn Dixie. Event sponsors are Barefoot Wine & Bubbly, Corner Bakery, Reliv, Runners Edge, WATA, Wells Fargo, and World of Beer.

Food For The Poor, named by The Chronicle of Philanthropy as the largest international relief and development organization in the nation, does much more than feed millions of the hungry poor in 17 countries of the Caribbean and Latin America. This interdenominational Christian ministry provides emergency relief assistance, clean water, medicines, educational materials, homes, support for orphans and the aged, skills training and micro-enterprise development assistance, with more than 96 percent of all donations going directly to programs that help the poor.

Boca Festival Days Winding Down, But There's Still Plenty of Fun

BOCA RATON — Boca Festival Days sponsored by the Greater Boca Raton Chamber of Commerce are winding down, but there is still plenty of fun left this month.

Upcoming events include:

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

August 25 - 6-9 p.m.

Singing and Swinging in the Pines

Presented by Daszkal Bolton and the Boca Raton Children's Museum - as well as CBIZ Goldstein Lewin, Danburg Management Corporation, and TOSHIBA Business Solutions

Where: Children's Museum (498 Crawford Boulevard Boca Raton)

Come relax in a jazz club setting and listen to the smooth sounds of legendary jazz diva Joan Cartwright and her trio. Then dance to the South Florida sensation Saxophonist Sid Parker and his Swing Band Quartet. Plus much much more!

Entry: \$35 per adult. For details: For tickets, please call (561) 368-6875

August 26 - 2-5 p.m.

6th Annual Boca Helping Hands Bowling for Bread. Presented by Elements Therapeutic Massage and Boca Helping Hands.

Where: Strikes at Boca (21046 Commercial Trail Boca Raton) Join us for a fun-filled afternoon of bowling, food, music and raffles to benefit Boca Helping Hands.

Entry: Single bowler - \$50 or reserve a lane - \$200. Or sponsor a lane for underprivileged children - \$200

For details: Contact Karen Swedenborg at Karen@bocahelpinghands.org

August 28 - 6-9 p.m.

Pong Fest & Unicorn Foundation Event at Bogart's. Presented by Bogart's Bar & Grill and The Unicorn Foundation

Where: Bogart's Bar & Grille (3200 Airport Road Boca Raton). Pongfest & Unicorn Debry 2012 is the merging of two basic ideas: the conviction that we need to help those with special needs and the insight that we can have a great

time doing it!

Entry: Singles - \$40, Doubles - \$75 for Pongest; \$100 to be a Unicorn Owner

For details: www.unicornchildrensfoundation.org

August 29th 5-8 p.m.

Donating the Clothes off our Backs for Women in Distress. Presented by Women in Distress, the Boca Chamber Ambassadors and Oceans 234

Where: Oceans 234 (234 N. Oceans Blvd, Deerfield Beach — two blocks north of Hillsboro on A1A)

Come on by to enjoy happy hour cocktails and 40% off the bar bites menu, after you donate clothing and household items to this amazing and worthy cause!

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

Dancing Classrooms "Mad Hot Ballroom"

Presented by Dancing Classrooms, Sponsored by Wyndham Hotel, Red: The Steakhouse, and Trine Andersen of Ameriprise

Where: Wyndham Hotel, 1901 Military Trail, Boca Raton (use the entrance for Red - The Steakhouse.)

Entry: \$20 per ticket, includes appetizers and one drink

The value and power of dancing classrooms has been documented in three feature films; the Academy Award winning "Mad Hot Ballroom" and "Take The Lead" (starring Antonio Banderas) which depicts Pierre Du-laine's efforts to utilize ballroom dancing to help youth regain a sense of self-respect, pride, and elegance. A new film "Dancing in Jaffa" is scheduled to be released next year; it chronicles Israeli-Muslim & Israeli-Jewish children coming together through the Dancing Classrooms experience. Ballroom dance performance performed by the children of FAU's Henderson School.

Aug 31 - Noon-2 p.m.

Boca Center's Message in a Bottle Event

Presented by The Shops at Boca Center and the Golden Bell Education Foundation

Where: Uncle Tai's (5250 Town Center Circle Boca Raton)

To commemorate the Time Capsule Burial in the newly renovated Courtyard in celebration of 25 years of making history in Boca Raton!

Entry: \$15 per person

For details: RSVP to the luncheon at (561) 368-8806.

Toasts, Tastes and Trolleys Celebrates End of Summer 2012

BOCA RATON — The Boca Raton Historical Society & Museum will celebrate the end of summer with the second annual Toasts, Tastes & Trolleys event on Friday, September 21 at 6 p.m.

The evening will start at the Boca Beach Club, 900 South Ocean Boulevard, with champagne and appetizers, followed by a trolley trip to several local restaurants for dinner-by-the-bite and special drinks. The evening will conclude at the Beach Club with dessert and dancing.

Committee members have been working on this event all summer to ensure a variety of restaurants and scenes. The committee is chaired by Dawn Zook and Lindy Harvey, and members include: Denise Alman, Lisa Vander Ploeg, Kathy Qualman, Elizabeth Ragland, and Diane Robertson.

"Toasts, Tastes & Trolleys provides a wonderful opportunity for a group of friends to get together and reserve space on one of the trolleys. Everyone will enjoy the camaraderie and special food and drinks at each location. And the fun will benefit the Boca Raton Historical Society & Museum," said Executive Director Mary Csar.

Event sponsors are: Boca Raton Resort &

Club, Madelyn Savarick, E.M. Lynn Foundation, 1st United Bank, George Brown and Linda Davidson, Robert G. Campbell, Fairman & Associates, Florida IBM Club, Vander Ploeg & Associates, Dr. and Mrs. Steven Alman, Flossy Keesely, Paradise Bank, and Rick and Kathy Qualman.

Tickets are \$125 per person; \$100 per person for Young Friends members. To reserve a place on the trolley, call the Boca Raton Historical Society at (561) 395-6766 ext. 101.

Toasts, Tastes & Trolleys is the Historical Society's major fall fundraiser. Proceeds from the event will fund the operations of the Society including community history programs, care of the historic collections, and historic preservation efforts in the community.

The Boca Raton Historical Society is a non-profit membership organization dedicated to preserving the past to enrich the future. Now in its 40th year, the Historical Society actively promotes historic preservation and education through its archival services, guided tours and educational programs. For more information or to become a member, go to www.bocahistory.org.

Municipal News

The Boca Raton Tribune

County OKs Road Repairs at Camino Real Rail Crossing

BOCA RATON – County Commissioner Steven Abrams has announced that the county will be making much-needed roadway repairs at the CSX Railroad crossing on Camino Real Road (just west of I-95) in Boca Raton.

“A lot of drivers have been complaining, so it’s important we get this fixed,” said Abrams.

The east and west rails are not at the same level, and crossing has continued to degrade over the past few years, the commissioner said. The plan includes reconstructing the crossing to raise both the east and west set of railroad tracks for a smoother crossing.

The county owns the license agreement for this crossing and is required to fund any costs associated it. Abrams said the estimated cost for the design and specification plans is \$15,000. Construction costs will be determined during the design process.

In other business at their Aug. 14 meeting, commissioners took the following action:

Reclaimed Water – approved a contract for the construction of the Morikami Park Reclaimed Water Main Extension Project in the amount of \$638,643. The contract provides for the construction of

a 16-inch water main to provide reclaimed water service for irrigation purposes to the Morikami Museum & Japanese Gardens, the Delray Beach Civic Center & Park Facilities, and nearby residential communities.

Mecca Farms – agreed to begin negotiations with the South Florida Water Management District for the transfer of approximately 1,495 acres of district land with an assessed value of approximately \$24.66 million to the county plus a cash payment of \$30 million in exchange for the 1,919 acre Mecca Farms site. Mecca Farms currently costs the county approximately \$250,000 a year to secure and maintain, in addition to debt service payments.

Transit Village – approved an agreement for purchase and sale with Transit Village, LLC for certain interests in the county-owned real property commonly known as The Wedge and located within the City of West Palm Beach’s Transit Oriented Development (TOD) District, subject to Federal Transit Administration (FTA) and FDOT approval of the terms of this agreement.

Water Utilities – approved a one year extension to all Water Utilities Department (WUD) development renewal agreements that were scheduled to expire on or

after Sept. 30, 2012, and before Sept. 30, 2013. Developers who meet certain criteria as outlined in the Water Utilities Department’s Uniform Policies and Procedures Manual (UPAP) are required to enter into development agreements to reserve potable water, wastewater, and/or reclaimed water capacity for their projects. The extension was granted due to the sluggish economy.

Internal Auditor – postponed the discussion of the semi-annual report from the Internal Audit Committee.

Housing Finance Authority – approved first reading and to advertise for public hearing on September 11, revisions to County Code. Revisions recommended by staff include adding provisions related to the county code of ethics, references to the new county Department of Economic Sustainability, and other revisions proposed by the authority. Additionally, the authority is recommending that the requirement that an authority board member may not serve more than two consecutive complete four-year terms be removed.

Economic Sustainability – approved delegation of authority to the County Administrator or his designee to vote on homeowner association and neighborhood organization matters related to properties

under the Department of Economic Sustainability’s (DES) control.

Powerboat World Championships – approved the use of county park properties in support of the Palm Beach County World Championship Offshore Grand Prix Powerboat Races to be held Oct. 17, 2012, through Oct. 22, 2012. The Palm Beach County Sports Commission has endorsed the event via a sponsorship and estimates a possible \$4 million economic impact to Palm Beach County garnishing national attention.

Palm Springs Annexation – approved an interlocal agreement with the Village of Palm Springs providing for the annexation of nine enclaves, generally located east of Kirk Road, north of Lakewood Road, west of Gulfstream Road and south of Canal Road.

Handicapped Fueling – approved on preliminary reading and advertising for public hearing on September 11, an ordinance of the Board of County Commissioners of Palm Beach County, pertaining to refueling assistance for persons with disabilities. The ordinance would change requirements for decals displayed at gas stations and would affect approximately 20 percent of stations in the county.

Gannon’s Operation Brakes on Fakes Keeps an Eye Open for Fraud

Palm Beach County Tax Collector Anne Gannon reports “Operation Brakes on Fakes” has made an additional 13 fraud-related arrests. This brings the total number sting arrests to 32.

The initial sting action on October 19, 2011 netted 19 arrests. Two outstanding warrants remain. “Brakes on Fakes” charges range from false or fraudulent motor vehicle insurance card, sale of motor vehicle with altered odometer, title fraud, petty theft and fraudulent use of personal identification.

tification.

The “Brakes on Fakes” operation is a multi-agency task force initiated by Gannon to crack down on fraud. The task force members: tax collector, Palm Beach County Sheriff’s Office, State Attorney, Delray and Riviera Beach Police departments, Florida Department of Financial Services and Florida Highway Patrol.

At Gannon’s request, local law enforcement trained agency staff to detect fraudulent documents and vehicle identification

numbers. Service centers screen all documents for fraud as standard operating practice. All questionable proof of insurance coverage documents are reported to the insurance company for verification.

Fraud detection at Gannon’s service centers continues to identify new suspects since the initial sting. She estimates that 10 new fraud cases a week are forwarded to the Florida Department of Financial Services’ Division of Insurance Fraud.

Detective Ted Padich reports that a new

group of 20 warrants was issued netting 15 arrests. Investigators at the Division of Insurance Fraud claim the majority of the fraud is by committed people who unknowingly purchase bogus auto insurance from scam artists.

Gannon’s advises all auto owners to only purchase auto insurance from reputable agents and/or companies. She said people selling insurance from their cars or on the street are probably scam artists.

Diocese of Palm Beach to Invest \$500G in Technology for its Schools

PALM BEACH GARDENS – The Diocese of Palm Beach has announced a major gift of \$500,000 in financial support to its schools to be used to enhance and strengthen the technology infrastructure of the schools. The Most Reverend Gerald M. Barbarito, Bishop of the Diocese of Palm Beach, made the announcement before a Professional Day gathering of 500 diocesan school employees, including teachers, principals and other administrators.

With his continued focus on Catholic education as among the top priorities in the Diocese of Palm Beach, Bishop Barbarito designated funds from donor bequests to support the learning needs of diocesan students.

“The Diocese of Palm Beach is committed in our continued efforts to provide an excellent education to the students in our schools. Our Catholic schools play a vital role in the formation of future leaders in the Church, the community and business world. We have been blessed by many generous benefactors who want our Church to make a difference. From bequests and gifts that have been made to our diocese, I am pleased to announce that I am designating a half million dollars to provide special support to our Catholic schools,” said Bishop Barbarito.

The funds will be used to enhance existing

Internet and technology infrastructures in the schools. Internet capabilities will be expanded into a full Wi-Fi infrastructure, one that is capable of providing students with a full 1:1 learning experience. Presently, diocesan schools have Internet but they do not have enough broadband width to support every student utilizing a wireless device.

“There is such a growth in the use of I-pads, tablets and other mobile devices in our society in general and that’s also the trend in classrooms. This financial support granted to diocesan schools by Bishop Barbarito will allow our students to expand their learning opportunities with mobile devices on our school campuses. The result will be an increase in student learning and student achievement,” said Gary Gelo, superintendent of the diocesan Office of Catholic Schools.

Superintendent Gelo added that there are sponsorship, donor and bequest opportunities for individuals and businesses who value a strong, Catholic academic education and who want to support the diocese’s efforts.

The Catholic Schools’ Professional Day also included several demonstrations and workshops on how to get started and utilize wireless learning, best practices and uses of technology. To

further demonstrate the latest technology, the Office of Catholic Schools used Skype to bring live the guest speaker of the day’s event, Dr. Greg Dhuyvetter, superintendent of schools for the Catholic Diocese of Orange, California.

Dr. Dhuyvetter spoke about 10 technology trends that will impact education. The presentation was the first

time the local Office of Catholic Schools utilized Skype for such a large gathering of its educators and administrators.

Superintendent Gelo also stated he believes diocesan principals are in favor of increasing the technology in their schools because they know it will enhance student learning and positively impact the educational experience.

“There is a potential to bring 1:1 learning to more students and more classrooms. The students will definitely benefit from an increase in the technology infrastructure. The teachers and principals are excited which I’m sure will be contagious to parents. Parents want the best for their children and that includes the best education available in our diocesan Catholic schools.” Superintendent Gelo said overall the Professional Day was a big success and gave attendees enthusiasm for the 2012–2013 School Year.

The Catholic Diocese of Palm Beach encom-



Bishop Gerald Barbarito

passes the five counties of Palm Beach, Martin, St. Lucie, Indian River and Okeechobee. Comprised of 280,000 Catholics in 53 parishes and missions, the Diocese also serves the faith community through its 20 schools, which include two preschools, 15 Catholic elementary schools and three high schools.

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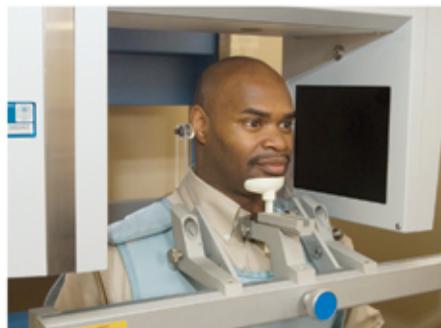
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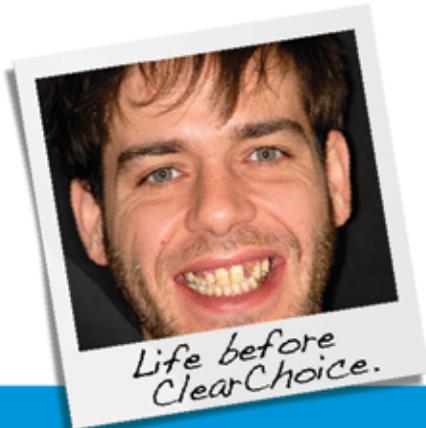
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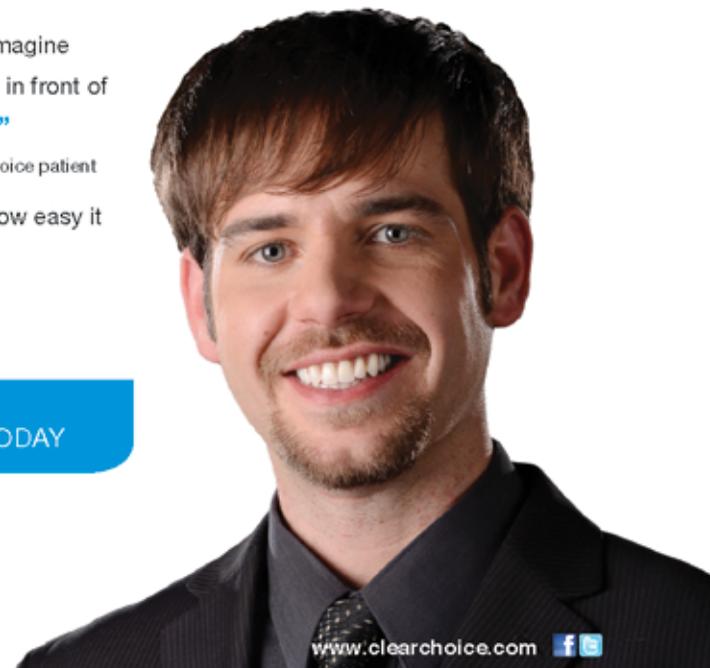
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Boca Life & Arts

The Boca Raton Tribune - B Section

August 23, 2012 through August 29, 2012 • Year III • Number 111

ENTERTAINMENT
Frank Langella
Superb in
"Robot & Frank"



FOOD REVIEW
The Gourmet
Cuisine at
Le Rivage

HEALTHY LIVING
How to Beat the
Craving for Sweets



BOCA RATON SYMPHONIA

Readying for Eighth Season of Classical Concerts

BOCA RATON – The eighth season of concerts presented by the Boca Raton Symphonia doesn't begin until December. But preparations are already under way for the upcoming year, with five weekends of Saturday evening concerts paired with a Sunday Connoisseur Series, for a total of 10 performances.

Concerts are presented in the Roberts Theater on the campus of St. Andrew's School at 3900 Jog Road in Boca Raton.

The Symphonia was founded in 2004. Following the closing of the Florida Philharmonic Orchestra, Marshall Turkkin, former executive director of major American orchestras, had the vision to create a new, financially stable musical group to meet the need for a regular classical music series in south Palm Beach County.

Working with former FPO Principal Trumpeter Jeffrey Kaye, past FPO Chairman Martin Coyne and other community leaders and musicians, the infrastructure was developed for a chamber size orchestra. Supporters over the years have included Edith & Martin Stein, Henrietta, Countess de Hoernle and Madelyn Savarick.

The Symphonia continues to expand its role in the community by bringing music to a diverse cross section of the population through concerts, education and outreach. The Symphonia is and will continue to be an integral part of the arts and culture community in South Florida.

The 2012-2013 Connoisseur Concert series includes:

CONNOISSEUR CONCERT 1 - December 2, 2012 - 4 pm

Phillippe Entremont, Principal Conductor
Dan Zhu, Violin Soloist

Program

ROSSINI II Signor Bruschino Overture
MENDELSSOHN Violin Concerto in E minor, op. 64
PISTON Sinfonietta

COPLAND Appalachian Spring
Individual tickets available November 1, 2012

CONNOISSEUR CONCERT 2 - January 27, 2013 - 4 pm

Gerard Schwarz, Guest Conductor
Julian Schwarz, Cello Soloist

Program

BACH Orchestral Suite No. 3 in D major
SHOSTAKOVICH Cello Concerto No. 1 in E-flat major, op. 107

SCHUBERT Overture in C major in the Italian Style

HAYDN Symphony No. 96 in D major, "The Miracle"

Individual tickets available November 1, 2012

CONNOISSEUR Concert 3 - February 24, 2013 - 4 pm

Phillippe Entremont, Principal Conductor
Yoonie Han, Piano Soloist

Program

MOZART Overture to The Marriage of Figaro, K. 492

BEETHOVEN Piano Concerto No. 3 in C minor, op. 37

SAINT SAENS Symphony No. 2 in A minor, op. 55

Individual tickets available November 1, 2012

CONNOISSEUR Concert 4 - March 24, 2013 - 4 pm

Phillippe Entremont, Principal Conductor
Jennifer Grim, Flute Soloist

Program

RESPIGHI The Birds

MOZART Flute Concerto No. 1 in G major, K. 313

SHCHEDRIN Carmen Suite

Individual tickets available November 1, 2012

CONNOISSEUR Concert 5 - April 21, 2013 - 4 pm

Constantine Kitsopoulos, Guest Conductor
Ilana Setapen, Violin Soloist

Program

DILLON Amadeus ex Machina

DVORAK Violin Concerto in A minor, op.



53

BEETHOVEN Symphony No. 8 in F major, op. 93

Individual tickets available November 1, 2012

Tickets are available for online pur-

chase until noon on concert day. Tickets purchased on-line within 6 days of the concert will be available at the "Will Call" desk one hour before concert on performance day. Tickets can be purchased at the box office on concert day. Box office opens at 1 p.m.



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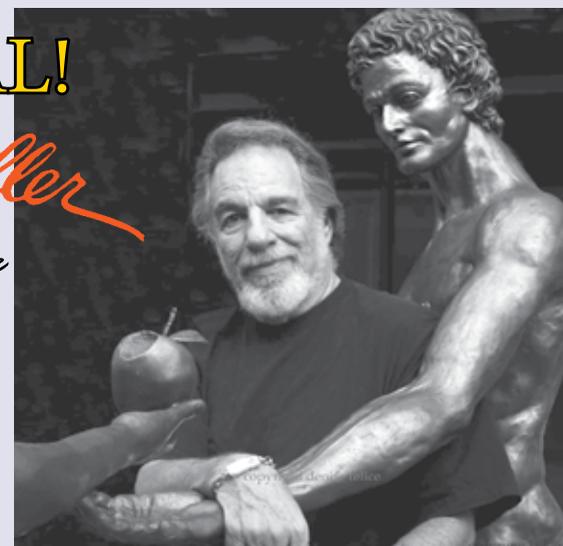


Photo by Denise Felice

Boca Raton Theater Guild Bringing Comedy, "Sylvia," to Willow Theatre



From left, Patti Gardner, Keith Garsson, Jacqueline Laggy star in "Sylvia"

BOCA RATON — "Give a dog a woman's name and you start to treat her like one," one of the characters comments during A.R. Gurney's clever, funny, and unusual play, "Sylvia," about a man, a dog, and the chaos their relationship generates.

Gurney (Love Letters, The Cocktail Hour, and The Dining Room) taps into the fragility of human relationships and the joys and frustrations of pet ownership to create what is often cited as his best work - a delicate balance of humor and poignancy.

The Boca Raton Theatre Guild's production of Sylvia will run from Sept. 28th through Oct. 14th at the Willow Theatre in Sugar Sand Park, 300 S. Military Trail, Boca Raton (Thu-Sat 8pm, Sat-Sun 2pm).

Sylvia was first produced in 1995 at the Manhattan Theatre Club in New York, and starred Sarah Jessica Parker and Blythe Danner. Called 'delicious and dizzy' by the New York Times, the play received Drama Desk Award nominations for Outstanding Play, Outstanding Actress in a Play (Parker), and Outstanding Costume Design.

Sylvia focuses on Greg, a middle-aged

businessman disenchanted with his job and somewhat adrift in life, who finds a stray in the park—a dog named Sylvia who absolutely adores him, much to the consternation of his wife Kate. Jacqueline Laggy will play Sylvia, the energetic lab-poodle mix, and Keith Garsson and Patti Gardner will play Greg and Kate. Mario Betto also stars.

Genie Croft, who recently helmed the BRTG's sold out production of Lady Day at Emerson's Bar and Grill, will direct: "I'm delighted to be directing A R Gurney's intelligent, insightful, hilarious script," Croft said. "Gurney's variation on the plot of the married, menopausal male falling in love with an exciting, enticing younger woman, who just happens to be an adorable stray dog, offers keen observations into American life."

The Boca Raton Theatre Guild is a not-for-profit organization dedicated to producing professional productions and advancing the art of theatre in the South Florida community.

Tickets for Sylvia are \$25 and are on sale now. They can be purchased at the Willow Theatre Box office: 561-347-3948.

Wine & All That Jazz Wows

More Than 500 Revelers Make the Annual Greater Boca Raton Chamber Of Commerce Event a Night to Remember



From left, Tim Snow, Boca Chamber Chairman of the Board Cheryl Budd, Jerry Fedele

BOCA RATON, FL — (August 20, 2012) Celebrating Boca Festival Days, more than 500 people came to the Boca Raton Resort & Club's Mizner Center to enjoy Wine & All That Jazz. The event, presented by the Greater Boca Raton Chamber of Commerce and Republic National Distributing Company, was an experience for the senses — with everything from fine wines, delectable dinner by the bite, dance and music.

"It was an incredible night for everyone," said GBRCC President & CEO Troy M. McLellan, CCE. "Our sponsorships and partnerships, such as the one with Republic National Distributing Company, help make Wine & All That Jazz an event that many people look forward to year after year. Record attendance at this year's event shows a solid economy in Boca Raton."

Some of the area's best restaurants offered

delicious dinner by the bite, including Blue Martini, Maggiano's Little Italy, Bogart's Bar & Grille, Deck 84, NYY Steak, Red The Steakhouse, Oceans 234, Rosso Italia, BRIO Tuscan Grille, Nipote's Desserts, Boca Raton Resort & Club, Truluck's and Potions In Motion.

Sponsors included NCCI Holdings, Inc., Comerica Bank, Bluegreen, Republic National Distributing Company, Carlos Aristizabal Photography, Alex and the Band, Boca Raton Resort & Club, Boca By Design, LivingFLA.com, CarlosAristizabal.com, Photobooth Social, Stepping-OutFlorida, Sell-Ware, Suncoast Marketing, and Minuteman Press Boca Raton. For more info, please email Beth Johnston at bjohnston@bocaratonchamber.com or call 561.395.4433 ext. 236.

see pics pg. B5

FAU's Theater and Dance Season to Explore Themes of Social Relevance

BOCA RATON — Florida Atlantic University's department of theater and dance in the Dorothy F. Schmidt College of Arts and Letters presents a season of theater exploring themes of social relevance. The season includes four plays and a dance production. All theater and dance events take place on FAU's Boca Raton campus and tickets can be purchased at www.fauevents.com or by calling 1-800-564-9539.

"We are looking forward to a season that both entertains and challenges our audiences," said Den Kopani, chair of FAU's department of theater. "Our talented student actors work hard to put on a quality performance and this season should be particularly engaging."

The first show of the season is "Therese Raquin," a play by Neal Bell, adapted from the book by Emile Zola, which tells the story of an unhappily married young woman who enters into a tragic affair with a friend of her selfish and overbearing aunt. The play runs Friday, September 28 to Sunday, October 7.

Later this fall, "Summer and Smoke," a play by Tennessee Williams that tells a simple love story about two people with vastly divergent attitudes towards life, runs Friday, November 9 to Sunday, November 18.

The spring season opens with Repertory Dance Theatre Ensemble from Friday, February 1 to Sunday, February 3. This is a program of diverse dance works by emerging and established artists. The dancers, classically trained, multi-generational and contemporary focused, perform an array of dance genres with technical and artistic merits. The mixed-bill program includes solos, duets and dance for the camera.

"Equus," a play by Peter Shaffer, opens Friday, February 15 and runs to Sunday, February 24, telling the story of a psychiatrist who attempts to treat a young man convicted of blinding six horses.

The final show of the season is "Lysistrata," by Aristophanes. Set at the time of the Peloponnesian War, "Lysistrata" is a story about an Athenian housewife who organizes a strike among Greek women urging them to refuse having sex with their husbands until the men end the war. "Aristophanes" runs Friday, April 12 to Sunday, April 21.

Single show tickets are \$20, and a package price for all five shows is \$80. Ticket prices for FAU faculty, staff and alumni are \$15, and \$12 for students. Group prices are also available.

They Danced Their Hearts Out for George Snow Scholarship Fund

Boca Ballroom Battle participants raise more than a quarter-million dollars

Story, photos by Dale M. King

BOCA RATON — They came, they danced, they raised more than a quarter of a million dollars.

For the fifth year in a row, Boca's Ballroom Battle turned eight regular folks into dance mavens to benefit the Snow Fund, which provides scholarships for people who otherwise would be unable to pay for higher education.

The Boca Festival Days event held Saturday night in the Mizner Center at the Boca Raton Resort & Club brought out an audience of hundreds, many of them cheering for their favorite hoofers.

Dancing their hearts out for the cause were: Peter Baronoff, chairman/CEO of Promise Healthcare; Kristin Calder, community volunteer and public relations director-Bethesda Hospital Foundation; Bob Gittlin, president of JKG Group; Darci McNally, director of Multimodality Clinics and Psychosocial Services at the Lynn Cancer Institute; Beth Osborne, community volunteer; Lisa Pechter, volunteer/philanthropist; Richard Pollock, CEO and president of the YMCA South Palm Beach County and Fernando X. Rodriguez, VP of Premier Relationship Manager, HSBC Bank. They were paired with professional dances from the Fred Astaire School.

Collectively, they raised \$279,000 for the scholarship fund during the competition patterned after TV's "Dancing with the Stars."

Osborne was particularly excited after snagging a pair of mirror ball trophies as the best female dancer and the woman who collected the most money. She and partner Eric Dehant danced a mambo/samba to "Austin Powers."

The top dance honor for the men went

to Pollack while Baronoff collected the most money among the guys. Pollack did a swing number with Pam Casanave to a Chuck Berry rocker. Baronoff partnered with Sayra Vazquez for a hustle to the tune, "Mrs. Doubtfire."

Others brought their own measure of magic to the dance floor. Pechter did a rumba with Ivan Rivera to the theme from "Dirty Dancing." Rodriguez and dance partner Liz Freeman salsa'd to the Richie Valens tune, "La Bamba."

McNally did a hustle with partner Ramphis Horta to the Bee Gees' disco tune, "Stayin' Alive." Gittlin was appropriately dressed in pink, as was partner Mariya-Khristina Shurupova, for a foxtrot to the theme from "The Pink Panther."

Kristin Calder was decked out like Marilyn Monroe for a quickstep with A.J. Molter to the Monroe-sung tune, "Diamonds are a girl's best friend."

Before the dancing began, Tim Snow, president of the George Snow Scholarship Fund, noted that the organization is marking its 30th anniversary. To date, it has helped 1,350 students to attend college. Just this year, it gave a half-million dollars in scholarships to "73 worthy individuals," said Snow.

Two women who have received money from the Snow Scholarship Fund — Thais Arsolino, a 2008 scholar and Jessica Cornielle, 2007 scholar — addressed the audience.

Judges included Chelsie Hightower, a performer from "Dancing with the Stars"; Boca Ballet Artistic Co-Director Dan Guin; Theo Derleth, a professional competitive ballroom/Latin dance coach and Ioana Gri-gore, an Olympic gymnast from Romania.

see pics pg. B4



SPOTLIGHT

THEY DANCED THEIR HEARTS OUT FOR GEORGE SNOW SCHOLARSHIP FUND



Thais Arsolino, a 2008 George Snow scholar, addresses the audience at the Boca Ballroom Battle. Behind her is Tim Snow, scholarship fund president.



Chelsie Hightower with Jean-Marc Casanave during auction at Boca Ballroom Battle.



Bob Gittlin picks up his mirror ball trophy along with dance partner Mariya-Khristina Shurupova.



Dancers prepare to listen to results.



Members of the audience cheer for Peter Baronoff.



Peter Baronoff with dance partner Sayra Vazquez



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SPOTLIGHT

WINE & ALL THAT JAZZ WOVES



From left are Jerry & Terry Fedele, Boca Raton Mayor Susan Whelchel, John Whelchel and Chamber President & CEO Troy McLellan



Chamber President & CEO Troy McLellan and FAU President Dr. Mary Jane Saunders



Keith O'Donnell, left, with Diane Paez and Chamber President & CEO Troy McLellan

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Eric Gefen, left, with Ellen Gechter, board member, Gabby Gechter & Jordyn Gechter



From left are Mindy Stein, board member, David Katzman and Mary Sue Donohue, board member.

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Entertainment Skip Sheffield

Frank Langella Superb in “Robot & Frank”



Frank Langella and Robot in “Robot and Frank”

Actor Frank Langella is a national treasure who has won awards on stage, in television and movies. At age 74 Langella is at the peak of his skills. Exhibit A is “Robot & Frank,” a film that opened this year’s Palm Beach International Film Festival. It opens Aug. 31 at FAU’s Living Room Theaters.

“Robot & Frank” is based on a story by Christopher D. Ford, 31, who wrote it as a thesis as a graduate student at New York University. Ford’s NYU classmate Jake Scheir, 30, directs.

The story is set in the “near future,” which means things are familiar, but there are some technological upgrades. The most significant is the android robot of the title, designed as a caretaker and helpmate for Frank Weld (Langella), an ex-con former cat burglar who lives alone in a messy house in upstate New York.

The robot is bought by Frank’s concerned adult children Hunter (James Marsden) and Madison (Liv Tyler). The kids have good reason to fear their dad is slipping into dementia. The robot can help and protect him and Frank discovers further practical though illegal uses for his little helpmate, voiced drolly by Peter Sarsgaard.

Like most older people Frank has his good days and his bad. When he is feeling frisky he visits the local library and flirts with pretty Jennifer (Susan Sarandon).

Jennifer’s days as librarian are numbered however, because a rich young entrepreneur (Jeremy Strong) has bought the library building. He plans to digitalize all the books and get rid of the hard copies. One very valuable specimen is a first edition of Cervantes’ “Don Quixote.”

“Robot & Frank” is a comedy with serious theme regarding aging, independence, love and responsibility. Langella is such a consummate actor he pulls off the divergent aspects of his character with ease. He could not have asked for better support than what he gets from Susan Sarandon, Liv Tyler and James Marsden.

“Robot & Frank” is a little masterpiece that unites generations in a creative cause. It is proof a movie doesn’t have to be big, expensive noisy or violent to be good.

Three and a half stars.

Ariana Savalas a First-Class Flirt

Ariana Savalas knows how to please a

guy.

You have two more weekends to catch this tall, pretty, vivacious and young singer Aug. 24 and 25 and Aug. 31 and Sept 1 in the Royal Room Cabaret of the Colony Hotel, 155 Hammon Road, Palm Beach.

I know of what I speak because I saw Ms. Savalas perform opening night Aug. 17.

Ms. Savalas has a good sense of humor like her late father Telly. She was bemused to see the Colony had her billed as “just 22.” Not that age matters, Ariana is 25, which in Palm Beach is just a kid. She has musical tastes that date back to the 1920s. She set the mood with Cole Porter’s “I Get a Kick Out of You” from the 1934 Broadway musical, “Anything Goes.”

Backed by piano, electric and acoustic guitar, stand-up bass and delightful and durable drummer Julie Jacobs, Ariana livened up the party with a list of some-



Ariana Savalas

what suggestive songs such as “Peel Me a Grape” and “Making Whoopie.”

To boost the charge further, Ariana travels the room and pays attention to every man in the room, regardless of age or physical appearance.

Guys are susceptible to this kind of flattery, and I more than most. Yes Ariana, I would “Like to Swing on a Star.”

Tickets are \$90 for dinner and show or \$50 for show only. Call 561-659-8100.



Food Review Marc Kent

The Gourmet Cuisine at Le Rivage

This landmark French restaurant offers a dinner menu starting with four soup selections which we sampled. The French onion soup with a fine cheese crown had a very flavorful excellent base with plenty of onion shards. We experience a light and creamy lobster bisque, then a cool, creamy vichyssoise...both outstanding. Soup of the day was a lentil with true lentil flavor, not heavy at all. These soups may be ordered a la carte or...as we chose...part of their complete dinner menu.

This extraordinary reasonable complete menu also offers appetizers, 8 in number including a half dozen not-too-garlicky escargot, out of shell in a warm ceramic dish. A goat cheese crepe...a superb pillow of excellent taste as was the smoked trout over celeriac and sliced tomatoes of which we had tasted none finer. The French pate had a rough country style texture with a bold taste...Bravo.

On the listing of 19 entrees, 8 were seafood items which, happily, included the sweet and gentle fish – bronzini-done butterfly style with a superb Basquaise sauce – a masterpiece! This was also true of the Dover sole Meuniere, an outstanding fish – beautifully prepared. We also sampled the daily special of the day, scallops which, unfortunately, we found to be somewhat mealy and lacking in scallop taste. The daily crab cake, though, had excellent true crab taste to enjoy. The complete dinner menu poultry offerings included – a breast of chicken prepared either of two ways (Forestiere or Tarragon) a breast of duck with green peppercorn sauce or – our choice – roast half

duck with cherries. This was a magnificent dish, duck perfectly prepared with a deep whole cherry reduction sauce – a must try!

Of the 8 meat listings, we chose calf liver with sautéed onions – prepared medium – and we were rewarded with a succulent, juicy thin strips of a delicious meat which was perfect indeed. Not so the medallion of veal, tough and too well done to have taste.

Turning back to the a la carte dinner menu, there are 3 salads listed as well as 27 other entree items from the complete dinner menu, these with house salad, a starch and vegetable.

The dozen a la carte desserts offered, each described in detail, make one’s selection a difficult one but...the crème brulee, the chocolate “delice” cake with vanilla bean ice cream and their signature warm apple tart with ice cream all proved to be magnificent choices to end a fine dining experience.

Le Rivage’s lunch menu is very, very reasonable in cost considering that this is a fine restaurant. They feature daily specials to augment their printed menus – ask your server.

Le Rivage offers an extensive wine list for your pleasure! Seating 92 diners, Le Rivage is open 7 days. Luncheons from 11:30AM till 2PM, Tuesday through Friday only. Dinners from 5:30PM to 9PM daily. The ambiance is conducive to intimate dining and the service is excellent.

Nestled in a mall at 450 NE 20 Street in Boca Raton (561-620-0033), we found it to be superior – we suggest you – Go and Enjoy!



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On The Budget

Ale Montesdeoca

Gorgeous Low Budget Wedding

This wedding was very challenging. I had to work with a very low budget ,but even with low budgets it's possible to do pretty things.

We all know flowers are not cheap, and the bride wants to purple as accent colors, so the idea was bring purple using ribbons and strass. Once again Hydrangeas was the best choice. It's pretty and elegant.



Strass, purple ribbon, hydrangea some purple roses.



rich details.

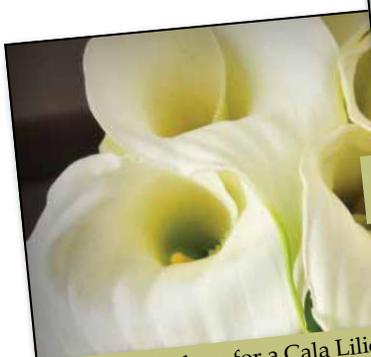


Silver table cloth, purple ribbons.



Guest Table, simple and elegant.

Purple is a very pretty color. It's rich and modern.



Details make the diference.

The Bride asked me for a Cala Lilie bouquet. I did use strass to give a charm.

If your budget is low, you can always do something nice and pretty. Ribbons, strass is an inexpensive way to make difference on your wedding or party, float candles instead of flowers.



On The Budget always find a good solution to make your party special and beautiful.



Oleda Talks

Oleda Baker

Living & Looking Younger Longer..... It's Mostly in Our Hands!! (Part 2)

Part 1 of This Column Discussed How Everyone Has The Choice Of Living and Looking Younger All Their Lives.

Part 2 Now Reveals Some of What I Do Specifically to Achieve Those Goals as I've Now Turned 78 this past August 12.

Remember, it depends a great deal on attitude and stick-to-it-iveness. More people are living to a healthy 100 years today than ever before and enjoying the journey.

Genes are important, but they're not everything. In fact, studies show that the aging process is mainly due to our lifestyle and environment (70%), and how we take care of ourselves.

Just let me repeat: **IT WON'T HAPPEN IF YOU JUST SIT AROUND THINKING ABOUT IT!**

Now Here Are Some Specifics About My Lifestyle

—I get medical check-ups regularly. But if I sense something changing in my body, I don't wait, I want to know why, so I have it checked by my trusted doctor. I live by the cliché: An ounce of prevention is worth a pound of cure. I usually don't like clichés, but when it comes to my body, it's much better to prevent a health issue from developing early than to try to "cure" it later.

—Prevention also includes daily maintenance. Overall attention is a must for the face, body, hair, nails, and teeth. For example: I clean my teeth thoroughly twice a day to prevent gum disease. If you don't brush thoroughly and floss, or use a water pic, your gums will eventually recede, then bleed. Next, bacteria wedges between your teeth and gums - your gums become diseased. This can lead to more health problems, not to mention a huge dental bill and the time and pain it takes to fix it. It's unbelievable how many people in their 40's have lost many of their teeth. I can hear someone say "mine is due to Heredity". I say it's very likely caused by the same bad habits your parents had. Most gum disease is preventable.

—I have had a Flu shot every year for the last 38 years. Why? I want to do everything I can to prevent the Flu, because I believe, once contracted, it weakens the body and affects overall health for a long time. If you're one of those people who are reluctant to take a Flu shot...talk to your doctor about it and see what he/she says.

—Whenever I feel my favorite jeans getting a bit tight, I reduce my intake of calories. At age 78 I'm still 122 Lbs. (5' 8"). (No you don't have to be this slim to be healthy!) Excess weight and obesity are primary reasons many people develop major illnesses, especially heart disease, liver and kidney problems, joint pain and even cancer. What is more difficult than losing weight is to develop a dreaded disease and have to deal with that!!

—My diet is rich in fruits and vegetables. I don't eat much red meat and eat smaller portions in general. Yes, I snack at times but, again, the amount is small and it's usually something healthy for me. I'm big on water and absolutely do not drink soda pop. Eating less shrinks your stomach and soon you will not need or want to eat "more."

—I attribute my general good health, flexibility, energy and bone density at my age to my

nutritional habits and keeping my weight down. I believe in taking a good multi-vitamin supplement and have taken Vitamin B-Complex and Aloe Vera Concentrate religiously for years. A recent test showed my bone density to be that of 18- year-old. I'm on hormone replacement therapy and have been for years - prescribed and monitored by my trusted gynecologist. This is not for everyone - check with a doctor who is truly up on the subject and THEN see if it is right for YOUR body.

—If exercise was as much fun as eating we would all be in very good shape! It may not be fun for some of us, but it certainly is important for a long, healthy life span. If you are not into it, a fast walk for 20 minutes 3 or 4 times a week will help. Start at your normal speed, and then build up to as fast as is comfortable. Do not run or jog as your bones and joints will pay the price for it a little later in life.

—It is important to get your proper sleep. Seven or 8 hours produces the best results. Your body heals while you sleep.

—Keep your mind sharp and agile. The only way to do this is to use it, keep it "exercised." Try new things, and have fun doing it. Only eleven years ago, I started using a computer. Today, I know how much I don't know, but it sure helps keep my brain stimulated. And it's a god-send when researching my books and writing columns like this.

—Happy people are generally healthier and live longer. It's important to feel good about yourself, to have a sense of purpose in work, even volunteer work, or a hobby. I love running my company even at 78. Also oil painting and fly-fishing.

—Looking good at any age helps us feel good. There is so much we can do to retain youthful skin. The sun, poor diet and cigarette smoking are the skin's worst enemies. Maintain a personal daily skin routine by providing as much moisture to it as possible, both day and night. One of the best treatments available for skin rejuvenation is an Alpha-Hydroxy Acid cream or lotion that you can apply at home.

—We have the power to have young, healthy looking hair all our lives. Nutrition, scalp massage and a good conditioner that brings shine and life to the hair will keep it growing faster and looking more youthful. I do not intend to let my hair age just because I've had another birthday!

My mission is to demonstrate that, if I can look and feel years younger than my age, I can help you in your belief that you can, and will, do it too. I urge you to start now, no matter how young or old you are.

The human body is a wondrous thing. It responds...it's never too late to start. You can help repair every cell in your body through proper nutrition. Bone cells take about a year, but all other cells will respond in less time...some cells (soft tissue) start in just a couple months.

We have the power to undo damage and repair our body if we keep in mind that our cells can be only as healthy as the nutrition we feed them. Do you remember the cliché, "You are what you eat?" Forgive me for using another one, but it's so true!

Until next time, Love, Oleda.

Oleda Baker, now 78, began her career as a high fashion model with the prestigious Wilhelmina Model Agency, based in New York City and doing print and TV assignments in New York and Europe. She has written ten books on beauty, diet and health.



Healthy Living

Dr. Marcia Perretto Medina

How to Beat the Craving for Sweets

Can't you avoid eating sweets on daily bases? Do you always have chocolate, sodas, or candy on your desk? If the answer is "yes", I have news for you: you are addicted to sugar! But don't be concerned, the good news is that it's relatively easy to end with sugar addiction.

If you are allergic to certain foods, normally you will crave for those foods to avoid the withdrawal effects. If you suffer from adrenal fatigue, this system becomes overloaded, and needs sugar as an immediate form of energy. Unfortunately, the sugar causes even more stress and overload to the body.

Pre-menstrual syndrome is another cause of increased cravings. There is an increase in the desire to eat sweets and carbohydrates like breads, french fries and chocolates. As the woman approaches the date of her cycle and during the pregnancy, there is an increase in the body's need for comforting foods, and in the menstrual cycle this may even assist with the period.

Specialists from the Mayo Clinic state that the crave for carbohydrates and simple sugars during the menstrual cycle is a consequence of a decrease on the levels of serotonin in the body. This hormone is extremely important for the regulation of the emotions and behavior, and as we age, the levels of serotonin decrease. Serotonin is a precursor of the hormone melatonin. If you normally have your cravings at bed time, it means that your body is in need for sweets to increase the serotonin levels, in order to increase the production of melatonin to help you fall asleep.

Bacteria, parasites, and candida, feed from sugars, and the more sugars you consume, more prone to them you body will be.

Wouldn't be wonderful to end with the crave for sweets? You would end with the constant fatigue, difficulty in concentration, and all other symptoms that come along with the simple sugars and carbohydrate rich diets in a matter of days. To learn how follow the steps below:

1) Avoid highly processed foods

Did you know that the sugar present in the processed foods cause as much dependency as the drug heroin? Sugars artificially stimulate an area in the brain that produces dopamine, a neurotransmitter that causes pleasure. When you feel blue, you crave for sugars to improve your mood.

2) Estimulate serotonin

Serotonin is the hormone of happiness, and may be stimulated with physical exercises, controlled diet (without simple sugars and refined flours), and a disciplined sleep routine. When your serotonin levels normalize, your



cravings for sweets will disappear.

3) Use the sweetener Stevia to satisfy your desire for sweets

Stevia is a natural sweetener that does not contain calories, and does not increase the available sugar in your blood stream. And it sweetens 300 times more than the regular sugar!

4) Drink plenty water

Many times the sugar craving means that your body is dehydrated and what it really needs is water. The minimum daily recommendation is two liters.

5) Maintain your blood sugar levels stable

Eat three main meals and two small snacks a day to maintain blood sugar levels stable and to prevent sudden drops in sugar. Give preference to ingest your proteins in between 12p and 2pm. At dinner time choose grains without gluten like quinoa and barley, this will help you to produce serotonin and will improve your sleep.

6) Think green

The dark green leafy help to elevate your energy levels and to suppress your sugar cravings. The darker the green the more beneficial it will be for your health.

7) Eat fruits and nuts

The sugars present in the fruits help to decrease the cravings for sweets and offer several other nutrients including fiber and vitamins. Almonds, and Brazil nuts in among others also help to control sugar cravings.

8) Chew gum

Choose a sugar free gum; by keeping yourself busy chewing gum you trick the brain taking the focus away from the sugar craving.

9) Don't be radical

Occasionally enjoy a small piece of chocolate. Give preference to darks with 70% cocoa or higher, they are rich in anti-oxidants. A little bit at times will not cause any damage unless you suffer from severe allergies to it. The problem is when the "occasional becomes a daily routine".



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THE CITIZENS VOICE

By Al Zucaro

So as the community comes back together at harvest, the time of the year when the proverbial crop has been gathered and budgetary seeds are being sowed, we face the task of balancing a budget so that our community may germinate and grow in a healthy and thriving way.

By law, all local governments are required to present a balanced budget during the month of September for their fiscal year, October 1 to September 30. Boca Raton is no exception. Having previously established the maximum millage rate, leadership will now debate anticipated revenues against projected expenditures in order to adopt this year's balanced budget, a task offering citizens again the opportunity to be heard.

Over the last few weeks there have been several gatherings to hear what might be expected in September.

County Commissioner Steve Abrams, at the Homeowners Associations meeting, reported that the county will bring in a "flat tax" budget for 2012-2013. No millage rate hikes, no drop in services, a remarkable achievement considering these trying times. He reported continuing efforts on improving south county's roadways and bridges; on the Convention Center hotel; and, on the transit oriented district around the Tri-Rail station. One major point made was that Tri Rail ridership at the Boca Raton Station is the 2nd busiest station on the line, 2nd only to downtown Miami.

Additional insight was presented at the Boca Raton Chamber of Commerce breakfast where over 700 people attended in spite of the dog days of summer.

Guest speaker, City Manager Lief Ahnell, reported on the city's financial summit. Mr. Ahnell listed the main priorities being brought forward. These include, but are not limited to, the following topics: annexation of western communities; zoning issues within the Arvida Park of Commerce; direction for City Owned land (Wildflower site); land use regulations (20th St. Overlay); and the implementation of a Sister City Program.

Other high priorities mentioned were in the area of economic development and the long term sustainability of pensions and benefits.

Of outstanding note is that taxes in Boca Raton are at the lowest levels across the board when compared to other local governments and that the current economic development incentive program has attracted 22 companies and created or retained over 3900 direct jobs in the Boca Raton area. Also reported is that 1600 residential units are in the pipeline as well as an additional 700 students housing units anticipated

to break ground in the near future.

Adding to the information flow were comments from the Chamber's President listing the priorities that the Chamber of Commerce will support. These include a continuing effort for the city council to fund a dedicated budgetary line item for an economic development incentive and staffing program; annexation of western communities to increase the city's tax base; and, a change to the city's election pattern from the current March voting cycle to a November voting cycle.

And finally, the Citizens for Fiscal Responsibility are ranting again that pensions and benefits are the looming death knell for our city.

Recently, the financial advisory board heard from the city's auditor/actuary. The advisory board did not arrive at the same concerns. However, there is a major cause for concern about the incomplete information being distributed in the email blasts used to support this witch hunt against the city's unions, or should I say, specifically the fire union.

In their latest politically motivated communication there are numerous items that do not tell the entire story.

For the moment, let's focus only on the medical insurance element. The city is contributing approximately \$7900 annually to subsidize medical insurance for the firefighters. That is true. However, what is not mentioned is that the firefighters are contributing over \$6500 annually for family medical coverage while, in some other cases, the city pays \$1500 a month to subsidize city employees who elect to have similar family coverage.

Of additional note is that the city and the firefighters are operating under a negotiated contract agreed upon and approved by the city council in good faith and with benefits commensurate with other surrounding area agencies. The contract is not subject to renegotiation this budget year unless voluntarily reopened. I suggest that the city manager might be hard pressed to say that the city is in any real financial jeopardy as opposed to the ghosts and goblins being created by this citizens' group.

Topics such as annual leave and overtime will be looked into in future articles. Suffice it to say that the political motivation of the Citizens for Fiscal Responsibility cannot be overlooked and is fair game during the upcoming budget debates. Kudos to those that are taking a serious look at these assertions as observers should be commended for their exercise of restraint especially in light of the current day politics and acrimony both nationally and locally.

Al Zucaro

Where Are They Now?

Boca Raton, FL – In early May, members of the Boca Raton Police Department identified an increasing trend of residential and automobile burglaries. An initiative, called Operation Neighborhood Watch, was created and implemented. The purpose of this initiative was to reduce the incidents of these crimes through a multi-faceted program. The plan involved officers from various units within the Department reassigned to expand undercover assignments; more comprehensive intelligence briefings; increased targeted marked patrols; and broadened education efforts.

Through a great deal of hard work, 41 people have been arrested since May 14th for crimes including home and car burglary, loitering and prowling, theft, possession of burglary tools, possession of drugs, and trespassing. We have included a gallery of these individuals for your review.

The key ingredient in these successful apprehensions has been the involvement of the community. Several of the street contacts which led to arrests, began when a homeowner or neighbor saw someone

or something that looked suspicious, or thought, "that just didn't seem right," and called police.

The criminal justice process doesn't end with the arrest. The offender is either booked into the Palm Beach County Jail or is given a date to appear in court at a later time. If the offender goes to jail, they go before a judge at First Appearance and are either released on their own recognizance or are given a bond. After that, the Palm Beach County State Attorney's Office assumes responsibility for the prosecution of the offender.

It has become a very efficient process, but not very effective. Unfortunately, a vast majority of these offenders are released soon after their capture, as you can see from the list. They are participants in a revolving door. We keep seeing them over and over again.

The members of the Boca Raton Police Department will continue to address crime trends through both traditional and innovative policing methods. We encourage residents to report suspicious activity immediately by calling (561) 368-6201 or 911.

PBSO Reminds Motorists to be Careful When Driving Through School Zones



The Palm Beach County Sheriff's Office reminds motorists to be careful when driving through school zones, now that classes for the 2012-2013 academic year have begun.

PBSO began its Selective Traffic Enforcement Program for School Zones this past Monday, the first day of school. The purpose is to provide a safe environment for all school age children, parents, teachers and the citizens of Palm Beach County that drive or walk through the various

school zones.

Traffic enforcement will include: speed enforcement, parking enforcement, bicycle helmet enforcement and items related to student, teacher, parent and motoring public safety. This applies to areas around all elementary and middle schools from 7 to 9 a.m. and 1 to 3 p.m.

The Sheriff's Office notes that fines for speeding citations in school zones range from \$156 to \$606

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Business

The Boca Raton Tribune

FAU President Named One of South Florida's Most Influential Business Women

BOCA RATON – Florida Atlantic University President Mary Jane Saunders has been named one of South Florida's 25 most influential business women of 2012 by the South Florida Business Journal. Honorees are recognized for their strong record of leadership and performance, ability to create innovation in their industries and participation in meaningful community involvement.

"This is a very great honor, not only for me personally but also for Florida Atlantic University, which has become a major presence in the business community with an annual economic impact of \$6.3 billion," said Saunders. "We are placing renewed focus on making the university a strong engine of economic development throughout South Florida."

Saunders joined FAU in 2010 as its sixth president by unanimous vote of the FAU Board of Trustees. She oversees a university with more than 29,000 students at the bachelor's, master's, doctoral and post-doctoral levels; more than 3,000 employees, including 1,200 dedicated faculty members; and an annual operating budget in excess of \$600 million.

Under Saunders' leadership, FAU is rapidly emerging as a major center of research, scholarship, creative activities, community engagement and economic development.

Other university advances during her first two years in office include the completion of the 30,000-seat FAU Stadium, the opening of the Innovation Village student housing complex and the launch of FAU's Charles E. Schmidt College of Medicine,

which recently admitted its second class.

Saunders is currently leading an initiative to strengthen the university's ties with business and industry in South Florida, directly benefitting FAU's private sector partnerships and supporting regional economic development.

A founding member and member of the executive committee of Life Sciences South Florida, Saunders is also a member of the executive committee of MedUTech and a trustee and elected board member for 2012-13 of the Greater Boca Raton Chamber of Commerce.

Saunders will receive her award during a ceremony on Thursday, September 13, at the Hyatt Regency Pier 66, 2301 SE 17th Street, Fort Lauderdale.



FAU President Mary Jane Saunders

Oxygenetix Changing Faces for the Better in Boca

BY: Lisa Jardim

BOCA RATON, FLA – For Floridians recovery time is a bigger obstacle than money when it comes to having cosmetic procedures according to Dr. Matt Leavitt who runs more than 55 Advanced Dermatology & Cosmetic Surgery practices throughout Florida, seeing an average of 9,000 patients a week. To alleviate downtime for his patients, Dr. Leavitt brought in a cutting edge product from Los Angeles called Oxygenetix, which is changing patients' hesitations towards cosmetic procedures by allowing more discretion to get chemical peels, Botox and facials whenever they want them – even during a lunch break.

Oxygenetix is the first breathable makeup that allows the skin to breathe at 85 percent. Most makeup foundations and moisturizers only allow the skin to breathe 5-8 percent. Dr. Leavitt discov-

ered the product line at a cosmetic and dermatology conference in Las Vegas and was the first to bring it to Florida.

"Oxygenetix is the only makeup we've been able to use on a patient immediately after a chemical peel," says Dr. Leavitt. "You can return to work looking completely normal while your skin is literally healing and breathing under the coverage."

Creator of Oxygenetix, Barry Knapp, is one of Hollywood's go-to celebrity make-up artist and cosmetic designers who uses the foundation on major celebrities such as Brooke Shields, Paula Abdul and Billy Crystal. The product is also popular with actors on the sets of major television shows such as Glee, Dancing with the Stars, Entourage, American Idol and Mike and Molly.

Having flawless skin is part of the job description for celebrities but Knapp says they struggle with the same prob-

lems most people encounter when it comes to concealing age or fighting off skin imperfections.

"Make-up is the No. 1 enemy for skin. Your skin must breathe to be healthy, but it can't do that with layers of moisturizer, SPF and makeup caked on your face," says Knapp. "The preservatives in beauty products suppress any oxygen flow to your skin and directly contribute to aging and skin problems."

Knapp spent years with some of the top cosmetic chemists and formulators around the world to develop Oxygenetix after testing virtually every makeup on the market for breathability. The idea for Oxygenetix came to him when an athletic company started using Gore-Tex fabric in its clothing line to allow the skin to breathe during strenuous activities like mountain climbing.

"It made a lot of sense to me," says Knapp. "Then I started thinking if

we shouldn't wear polyester and rayon clothes hiking, then why are women wearing polyester and rayon makeup everyday?"

In addition to covering up skin imperfections and outpatient cosmetic procedures, Oxygenetix is also successfully being used with burn victims. The foundation is available in all skin tones and only needs to be applied once during the day. It doesn't rub off on clothing and can withstand the scrutiny of high definition television. Oxygenetix can only be purchased through Advanced Dermatology centers including the one in Boca Raton at 1905 Clint Moore Road (Suite 103). For more information call 561-241-4474 or go to www.advanced-derm.com. A 75-day supply (moisturizer and makeup) costs approximately \$70. To learn more about Oxygenetix, visit: www.oxygenetix.com.

Construction Firm Presents \$35,000 Grant to Milagro Center

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

The grant will enable the Milagro Center to continue providing services for K- through 12th-graders to support scholarships as there is no government funding for afterschool programs addressing the academic needs of this population. Statistics indicate that this population has less than a 30 percent chance of graduating and the DPR Foundation grant will go directly to fund scholarships for these deserving children.

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

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

DPR Construction is currently working on several projects in South Florida, including the Max Planck Florida Institute at the MacArthur Campus of Florida Atlantic University in Jupiter and the 131-000-square foot Science Classroom Complex at Florida International University in Miami.

Named by FORTUNE as one of the "100 Best Companies to Work For," DPR Construction is a national general contractor and construction manager specializing in technically complex and sustainable projects. It is a privately held, employee-owned company with more than \$1 billion in annual revenue.



Ellyn Okrent of The Milagro Center (left) accepts a \$35,000 donation from Adriana Martingo (center) and Deborah Beetson on behalf of the DPR Foundation, the philanthropic arm of DPR Construction.

The Milagro Center enriches children's lives through cultural arts, academic support and living values ben-

efiting children, families and the local community.



CARLO BARBIERI

By Carlo Barbieri

The Boca – Brazil Connection

Just three weeks from now, Boca Raton will mark a major milestone in its relationship with the Brazilian community. The city will host a Brazilian Independence Day celebration at Sanborn Square downtown. The event is significant not only because it will honor the day when millions of Brazilians declared their freedom, but it will also recognize the cultural similarities and diversities which bind Boca Raton with Brazil.

Boca Raton has extended a hand to the people of Brazil and to Brazilian natives who have settled in Boca Raton, West Boca Raton, Pompano Beach, Deerfield Beach and other nearby areas. U.S. Highway 441 through West Boca is alive with restaurants, shops and churches run and attended by people of Brazilian descent. The Independence Day festivities are part of Boca's recognition of those who have come from that Latin American nation, their contributions to their new home and their dedication to their new country.

In preparation for the Sept. 7 festivities – an event also dubbed the “Brazilian Beat” – a contingent of Boca Raton and area citizens and officials met with the Brazilian ambassadorial staff in Miami. Mayor Susan Whelchel, City Councilwoman Constance Scott, Jon Kaye of Kaye Communications, Brazilian-born Douglas Heizer, publisher of the Boca Raton Tribune; the Oxford Group's Carlo Barbieri and Palm Beach Convention & Visitors Bureau's Rodrigo Trujillo met with Ambassador Consul General of Brazil Helio Vitor Ramos and Deputy Consul Consulate General of Brazil Fernando Mendonca De Magalhaes Arruda to discuss plans for the Brazilian Beat.

Local officials have cited the importance of involving the ambassador's office and staff in the process of developing the Brazilian Beat.

Why promote Boca Raton to Brazilians and in Brazil? Since 2011, Brazil has ranked as the main source of tourists to Florida. In all, 1.4 million Brazilians visited the Sunshine State last year.

Visit Florida Chairman Christopher Thompson recently toured Brazil and during his visit, he highlighted the importance of Brazil to Florida. In 2011, he said, Brazilians spent \$2.2 billion in U.S. dollars in the state for shopping, restaurants and hotels. “In 2011, we had a 38 percent increase in the number of Brazilians,” he said, and predicted the number of visitors would soar another 20 percent in the summer of 2012.

The U.S. Commerce Department is also looking for an outpouring of Brazilians this year. The agency estimates that 1.5 million Brazilians will visit the US in 2012 – and most would head to Florida.

Among overseas markets, Brazil ranks No. 1 in both visitor num-

bers and spending. Brazilians have become Florida's most lucrative overseas shoppers. The main reason: Everything from iPads to polo shirts cost half what they do in Brazil. With high taxes, rising inflation and an overvalued currency, Brazil's relatively closed economy has become an expensive place to make or buy goods. Brazilians save so much buying in the U.S. that it often covers their U.S. airfare and hotel bills.

A new class of Brazilians is traveling and spending money, giving Florida a much-needed economic shot in the arm, according to Sean Snaith, an economics expert at the University of Central Florida. “There is an emerging middle class [in Brazil] who has disposable income,” he said.

Schools in the United States are also rolling out the welcome mat for students from other countries, in particular, Brazil. Lynn University in Boca Raton is proud of its mix of foreign students and actively seeks young men and women from nations such as Brazil. Also, Brazilian High School students can respond to special programs at facilities such as American Heritage in Delray Beach.

Another benefit to Brazilian visitors came from President Barack Obama who, by executive order, reduced the time it takes for travelers from Brazil to get their visas to the US. Brazil is especially important to Florida, he said, because it has a huge population that loves the state. “We want them spending money here, in Florida, in the United States of America, which will boost our businesses and our economy,” he said.

With Brazilians spending so much money in Florida, why not gear their stay and spending towards Boca Raton? By staying in Boca, they can enjoy the beautiful weather of South Florida without the chaotic traffic jams in Miami or the risk of being the victim of a crime. They would inject money into the city's economy by using local hotels, dining in fine restaurants, shopping at local stores and enjoying the beautiful parks and beaches with the safety that Boca Raton offers. By getting to know the community, they will also be able to invest in real estate, and help not only distressed homeowners, but also local real estate agents.

With a privileged location, Boca is only a short drive from theme parks in Orlando and tourism attractions in Miami. Many of Central Florida's numerous theme parks have also seen a large increase in Brazilian tourists. Disney World says 2011 was a record-breaking year for Brazilian guests at its parks.

Armed with a strong currency, easier access to credit and abundant enthusiasm for shopping, Brazilians have quietly ousted richer nations as the biggest overseas spenders in key U.S. markets like Florida.

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.achurhofchrist.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.brsweb.org
21101 95th Ave. South
Boca Raton, FL 33428

Kol Ami of Boca Raton Re-
constructionist
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

FAU's College of Business to Host Executive Forum Lecture Series

BOCA RATON --Florida Atlantic University's College of Business will host its fall 2012 Executive Forum Lecture Series, sponsored by Bank of America, on Thursdays beginning August 30, from 5:30 to 7 p.m. in room 101 in the Office Depot Grand Lecture Hall on the Boca Raton campus.

In its 21st year, the series provides FAU students, alumni and the business community exposure to the wealth of knowledge and experience of entrepreneurs and executives from a wide variety of businesses and industries.

Each week, the speakers will provide a brief overview of their individual businesses, as well as other professional experiences, followed by a discussion of key issues facing their industries, businesses or the business climate in general. The Executive Forum also is designed to help students focus their career development interests by enabling them to peer inside a vast array of businesses and industries.

The following is the schedule for the lecture series:

Wayne Gill, CEO of Gill Law Firm – August 30

Vince Pierce, senior vice president of business transformation for Office Depot – September 6

Venky Gopaldaswamy, vice president of strategy, design to value and operations readiness for Johnson & Johnson – September 13

Michael Yormark, president and COO of Sunrise Sports and Entertainment – September 20 – TBD

Marv Russell, CEO of Marv Russell & Partners – September 27

Greg Hanlon, vice president and general manager of FPL Energy Services – October 4

Joseph J. Incandela, CEO of Cross Country Home Services – October 11

Dan Cane, founder, president and CEO of Modernizing Medicine – October 18

Steve Sponder, founder of Vplenish Nutritionals, Inc – October 25

Tracy Tilson, President of Tilson PR – November 1

Michael Miller, founder of SellWare, LLC – November 8

Stephen Brown, former chairman and CEO of John Hancock – November 15

Rob Rosenweig, entrepreneur and former executive chairman, president and CEO of Anadigics – November 29

The series is free and open to the public.

BUSINESS BITS

• BOCA RATON -- MovieTickets.com was recently named one of Florida's Best Companies to Work for, ranking #32 on the Top Best Companies 100 List. The company is the leading global provider of remote and advance movie ticketing. It is also a top online destination for movie news, reviews and trailers. Founded in 2000, MovieTickets.com is headquartered in Boca Raton and is led by CEO Joel Cohen. "We are very pleased to be acknowledged by Florida Trend, and take great pride in our ability to flourish in South Florida. MovieTickets.com has thrived here in Boca Raton for over a decade, successfully creating a positive culture of creativity, technical innovation and excellence - wrapped in a fun work environment," said Cohen.

• BOCA RATON -- Aircraft maintenance company Pemco World Air Services Inc. of Tampa said it plans to sell itself to Sun Capital Partners before the end of August. Sun Capital Partners is a private equity firm based in Boca Raton. The company, which operates aircraft repair sites in the Southern U.S., filed for chapter 11 bankruptcy protection in March. The company said in a statement the deal will result in a "stronger and more viable business."

• BOCA RATON -- Private correctional facility operator GEO Group Inc. said its net income grew 4 percent in the second quarter as it opened a new detention center for U.S. Immigrations and Customs Enforcement.

Revenue from its detention and corrections unit grew 7 percent while other businesses were essentially unchanged from a year ago. The company also narrowed its annual income guidance and lowered its revenue forecast.

Net income rose to \$22.5 million, or 37 cents per share, from \$21.6 million, or 33 cents per share, a year ago. Excluding special items, the company earned 41 cents per share from continuing operations. Revenue rose 4 percent, to \$412.3 million.

• PALM BEACH GARDENS - In partnership with the state of Florida and the city of Palm Beach Gardens, the

Business Development Board of Palm Beach County announced that TBC Corporation will expand its footprint with the purchase of 38,000 square feet of office space at 4280 Professional Center Drive in Palm Beach Gardens. The company's need for additional space is driven by its recent acquisition of Midas, one of the world's largest providers of automotive service, offering brake, maintenance, tires, exhaust, steering and suspension services. TBC's expansion will result in the creation of 175 new local jobs.

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

Greater Boca Raton Chamber Receives National Recognition as Outstanding Non-Profit



BOCA RATON -- The Greater Boca Raton Chamber of Commerce has been chosen as this year's recipient for the prestigious Outstanding Non-Profit Organization award given by The SCORE

Foundation and sponsored by the Office Depot Foundation.

SCORE, whose members mentor America's small businesses, serves over 350,000 clients annually and honors their most successful clients at The SCORE Foundation's 4th Annual SCORE Awards Gala celebrating excellence on Thursday, August 16th in New Orleans, LA. The Greater Boca Raton Chamber of Commerce was honored at the event for demonstrating unique vision, innovation and achievement as an Outstanding Non-Profit Organization.

"The Greater Boca Raton Chamber of Commerce is a prime example of organizations that are doing great work supporting entrepreneurship in their com-

munity," said SCORE CEO Ken Yancey. "Programs like Young Entrepreneurs Academy (YEA!) have built a strong foundation for future small businesses."

Yancey added: "I applaud the Greater Boca Raton Chamber of Commerce for working with our SCORE South Palm Beach chapter to help maximize the success of small businesses in their community."

SCORE Foundation President Mark Dobosz said, "We are proud to recognize the Greater Boca Raton Chamber of Commerce for enabling the young people in their community to join with established business people to become successful while seizing the opportunities for leadership, networking, innovative

business programs, education, and giving back to the community."

Since 1964, SCORE has helped more than 9 million aspiring entrepreneurs. Each year, SCORE provides small business mentoring and workshops to more than 375,000 new and growing small businesses. More than 13,000 business experts volunteer as mentors in 364 chapters serving local communities with entrepreneur education to help grow 1 million small businesses.

The mission of The SCORE Foundation is to support and leverage the work of SCORE by soliciting, investing and managing resources for the benefit of SCORE. Learn more about The SCORE Foundation at www.scorefoundation.org.

Notes from SBDC: Creating Business Partnerships



By **Palm Beach State College Small Business Development Center**

BOCA RATON --

Are you thinking about starting a business with a partner? Whether it's a family member, business associate or friend, you need to realize it is a relationship. And like all relationships, business partnerships will have their share of ups and downs.

Partnership Agreements are a must when it comes to protecting yourself and

your business.

Here is a list to start with, but be sure to consult with a professional, such as a lawyer, for more detailed information specific to your individual business needs.

Percentage of Ownership. You should have a record of how much each partner is contributing to the partnership prior to its opening. Typically, these contributions are used as the basis for the ownership percentage, but this is not a cut and dry formula. It's entirely up to the agreement.

Allocation of Profits and Losses. Will profits and losses be allocated in proportion to a partner's ownership interest? Also, will partners be permitted to take

draws? Make these decisions in advance.

Who Can Bind the Partnership? Clarify what consent is needed before a partner can enter into an agreement that obligates the business.

Define the Decision Making Process. You don't want a stalemate interfering with business success.

Buy Sell Agreement. What happens if a partner dies or just wants out of the company? Establish a method by which the partnership interest can be valued and the interest purchased either by the partnership or individual partners.

Resolving Disputes. Include a mediation clause in your partnership agreement

to provide a procedure by which you can resolve major conflicts and avoid court battles.

Source: SBA.gov

These are just a few key points to include in a Partnership Agreement and are not intended to be taken as legal advice. Contact an attorney or your personal advisor regarding your Partnership Agreement.

For more on this topic, or for no-cost consulting with certified business analysts, including growth acceleration consultants and PTAC Specialists, contact the SBDC at tel:561-862-4726 or email us at sbdc@palmbeachstate.edu.

Games

The Boca Raton Tribune

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Across

- 1 Gaelic tongue
- 5 Farm unit
- 9 Dip's partner
- 13 Attention-getter
- 14 Nitty-gritty
- 15 Savage
- 16 Unwilling
- 18 Parts for 5 Down
- 19 "My gal" of song
- 20 Percolate slowly
- 21 Fires
- 22 Lopsided
- 23 Stead
- 24 Zingers
- 26 Moray, e.g.
- 27 Lays down the lawn
- 31 Flick
- 32 Golf course leftover
- 34 High school class, for short
- 35 Archetype
- 36 Dutch city
- 37 Upright
- 39 French sea
- 40 Cruise ship
- 42 Dreams
- 43 Guesses (Abbr.)
- 45 Round Table title
- 46 Risk a ticket
- 47 Serene
- 49 Campus figure
- 50 Vineyard fruit
- 52 Partiality
- 53 Melbourne locale
- 56 Bastilles
- 57 Humorist Clemens
- 59 Ringmaster

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At the Post Office

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Airmail	G X T R M O A H C U O P E Y S A U
Cards	O O Q R E M S H M A H P T E A I P
Carrier	U B T I F T P O S T M A R K L R D
Certified	R O E G A T S O P L V D D G C M Y
City	Y P X M R O F I N U D E Z R T A Z
Delivery	P R I O R I T Y G A N W E J S I I
Express	D N E E P L Y L G E B I Y D R L P
First Class	R S C V U Q E T S T R E E T I Z C
Forward	A L F I I C R T U R K V I D F M O
Letter	W X T L R L A V A K S S E P X E D
Mail	R G K A M M E C A I Z U Q K M S E
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Parcel	F D N S E T U O R M O K B A V A K
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- 60 Fairy tale starter
- 61 Yemeni city
- 62 Shirt types
- 63 Garden intruder
- 64 Tunney, "The Fighting Marine"
- 9 Early spring bloomer
- 10 Bruce Banner's AKA
- 11 Residents (Suffix)
- 12 Latin foot
- 15 Scottish hillside
- 17 Farm ding dong?
- 21 Storage cylinder
- 22 Met solo
- 23 Pry bar
- 24 Indicates
- 25 Ward off
- 26 Sea duck
- 28 Corpulent
- 29 Cut into cubes
- 30 Lushes
- 31 Marcel Marceau, for one
- 32 Tough material
- 33 Violent storm
- 38 Lamented
- 41 Capri, for one
- 44 Post office machines
- 46 All wet
- 48 Cathedral area
- 49 *Odyssey* enchantress
- 50 Willing
- 51 Food staple
- 52 Curse
- 53 Wither away
- 54 Property claim
- 55 Poet Sexton
- 56 Passenger carrier
- 57 Do yard work
- 58 Joker

Down

- 1 Corn units
- 2 Perlman of *Cheers*
- 3 Order to a broker
- 4 Down Under bird
- 5 Performing artists
- 6 Unbalanced
- 7 Ancient Germanic letter
- 8 Phone number add-on (Abbr.)

Solutions From Edition 110 Puzzles

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Columnists

The Boca Raton Tribune



FAITH

By Casey Cleveland

Hope: A Recipe for the Gold

We have been glued to the television these last few weeks. Neglecting bedtimes for our children, going on fewer hours of sleep for ourselves, and prioritizing the 8 p.m. to midnight timeframe. We have been yelling things like, "Stick the landing" and "Come on Misty" and "Let's do this Gabby!" Yes...we have been captivated by team America in the 2012 Olympic Games. And all this has me wondering something about the over 14,000 athletes from 205 Olympic teams and 170 Paralympic teams that have competed in London.

What does it take to get to London?

Hard work is the first thing that comes to mind, but that seems too general. We need something more specific. If we look even harder we might just see the one critical ingredient that sustains and pushes each athlete to the games. Seeing this will also reveal the one critical ingredient that sustains and pushes us in all areas of our life, especially that of faith.

I was recently told that one of the Olympic Marathon coaches was asked what it takes to win and he replied, "You must love to suffer." Interesting...especially in light of our desire to examine the core components of what it takes to get to London, and how that affects other areas of life. Suffering or hard work seems to both produce and reveal two things that are important if we are to succeed at anything worthwhile in life: Endurance and character.

What does it take to get to London? Endurance and character...the

same thing needed by the weary single mom...and the overworked business owner...and the fearful doctor...and the struggling salesperson...and the unemployed father of three...and the wife who is holding together the frailest of marriages...and the addict who is battling to make it through the day...and the student who cannot seem to get it...and the widow who lives in darkness...and you...and me...wherever we may be.

Yes, endurance is needed for our journey, so press on my friend and do not give up for the next chapter of your amazing story is yet to be written. And yes, character is needed for all of us desiring to be made into someone who is more than just a result of our circumstances. But there is one more ingredient that seems to be imperative. It is the unifying theme that pushes Olympic athletes to greatness and us to a new day. It can be absolutely life-changing when it comes from the right source. What is the key component to following Jesus? The same for the athlete that follows the dream to London.

Hope.

But these are not my ideas. I stand on a much higher authority than myself when I write these things. "...we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." Romans 5:3-5

We must never lose hope.

Casey Cleveland, is pastor at The Avenue Church, Delray Beach's fastest-growing new church. The Avenue Church opened in September 2010 and meets at the Delray Beach Community Center and sometimes at Old School Square. Pastor Casey may be reached at cleveland@theavenuechurchdelray.com.



DIVORCE FLORIDA STYLE

By Mike Gora

Protecting the Estate

Q My father, who is 65-years-old, married three years ago, shortly after divorcing my mother. At the time of his divorce, my brother and I believed that he was acting peculiarly, but attributed it to the fact that our mother chose to divorce him after a 45-year marriage.

Their divorce seemed to go well, at least from a distance, as I live in New York, and my brother in Atlanta. Shortly after they were married, his new wife told us that our father had early stage Alzheimer's disease. At that point, we became more involved and very concerned.

Our father had saved a large amount of money, including several million that he received when he sold his business in New York and retired. He and his new wife now jointly own the old marital home, which my father had gotten in the divorce.

He is now much further into his disease. His new wife just filed for divorce against him, and served him. We do not know what to do, and how his disease will affect the proceedings, or whether his wife can claim part of his money or get alimony. Can you explain what happens next?

A Whether or not your father's wife will be entitled to a share of his property, and if so what share, will be determined by the usual rules that govern dissolution of marriage in Florida. Their home, and other assets he put in joint names will be presumed to be marital, and subject to equal division.

The judge in the case will have the power to reverse the conveyance of the home putting the new wife's name on the title made after your father became incompetent or, perhaps, by ordering an unequal distribution.

His new wife's alimony claim would probably be limited because of the shortness of the marriage. However, because of certain restrictions delaying the dissolution of the

marriage of an incompetent person for three years, and other Florida law regarding a duty of support, she might be able to receive alimony for the three years.

If your father has been determined to be incompetent by his physician, but not legally incompetent, his wife's counsel might seek an incompetence procedure in order to gain the three years of alimony. If she is successful in having him declared incompetent, a guardian will have to be appointed by the Probate Court judge. His wife will not be allowed to be the guardian because of the dissolution of marriage preceding, which she has filed.

No dissolution of their marriage can take place, after such a determination, for three years and the Court cannot order any dissolution remedies to award permanent alimony or divide marital property.

However, the appointed guardian can negotiate a marital settlement agreement for him. The guardian and your father's wife could conclude an agreement on alimony and property distribution, or any other aspect of the case, and conclude those agreements, with the approval of the Court.

The only thing that the judge cannot do during the three-year period described above, is to terminate the marriage. You have not said whether or not your father and the woman entered into a prenuptial agreement, or if they had developed an estate plan that conformed to the agreement.

What rights the woman might have to your father's estate, should your father die before the divorce could become final, during the three-year period, would depend on whether or not there was such a valid agreement. If there was no valid agreement, and no will, or a will leaving her nothing she could make a claim to 30 percent of your father's estate under Florida statutes. Speak to his trust and estate lawyer at once.

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.

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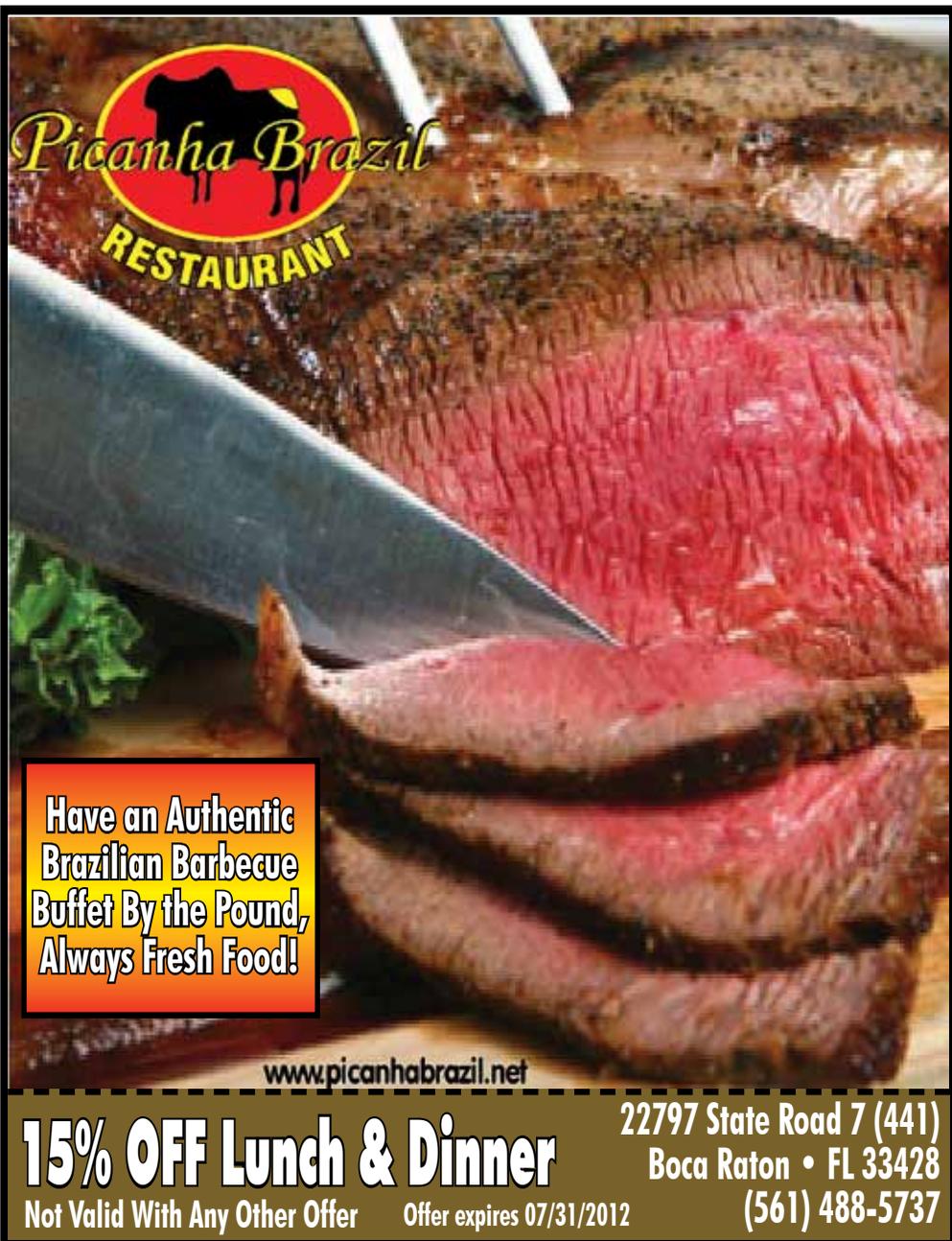
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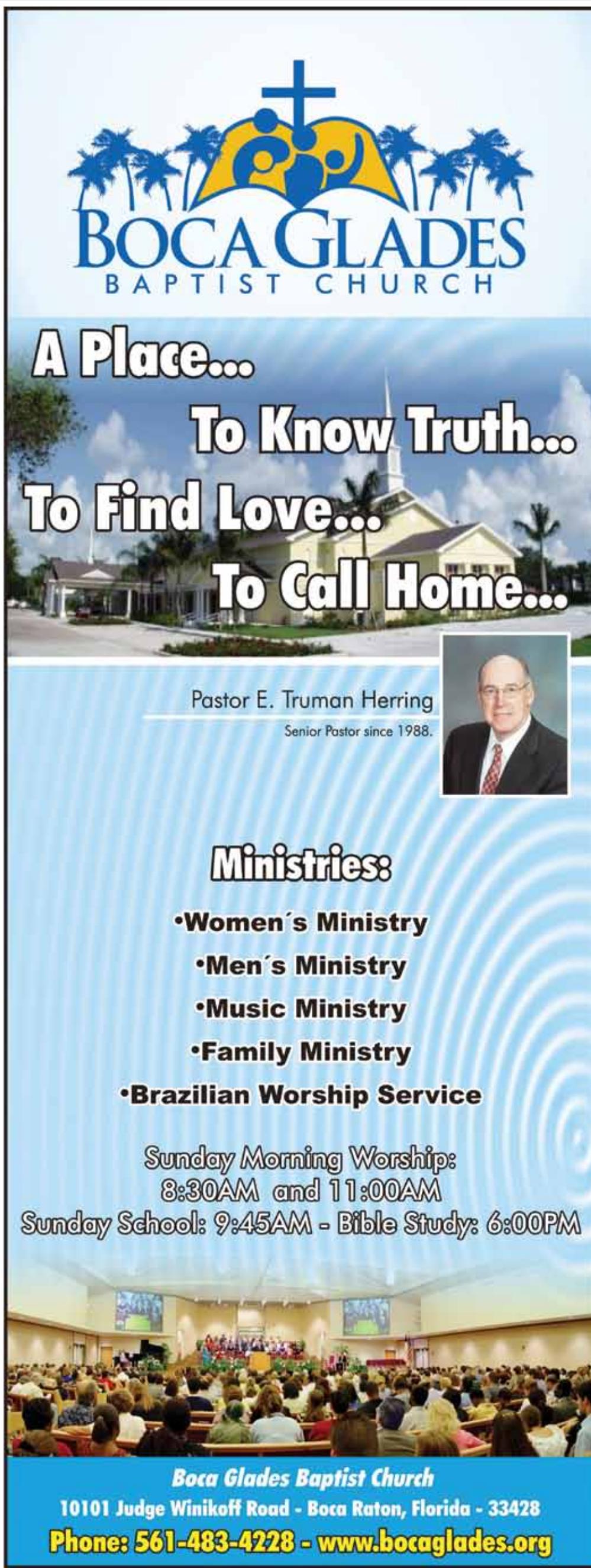
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Sports

The Boca Raton Tribune

How the Heat Should Utilize Ray Allen and Rashard Lewis

By: Pedro Heizer

This off-season, the rich got richer.

The Miami Heat were able to pull off yet another amazing off-season deal and acquired free agents Ray Allen and Rashard Lewis for much less than they would have gotten elsewhere.

Allen, a 10-time NBA All-Star and the best three-point shooter in the history of the game, comes to Miami after rejecting a two-year, \$12 million offer to return to the Celtics and accepted a three-year deal with Miami, who were limited to their mid-level exception amount of slightly more than \$3 million per season.

Lewis on the other hand, signed a deal for \$2.6 million over two years at the veteran's minimum.

Both will be reunited as teammates for the first time since they both donned a Seattle SuperSonics jersey in the early 2000's.

In Allen and Lewis, the Heat gain two players who have made a career out of spreading the floor and knocking down three-pointers. That skill set is a priority in Miami, where shooters are at a premium around LeBron James, Dwyane Wade and Chris Bosh.

But the question remains, how will Coach Spoelstra utilize these new acquired gems?

Word around the street is Dwyane Wade will be moved to the one in the starting lineup so Allen can be at the two. Others are saying Wade will be benched because he's "not the same as he once was" when he led

the Heat to their first NBA Title and the 37 year old Allen will start in front of him. Others, like me, believe Allen and Lewis will both come off the bench and provide a much needed spark to a bench that, at times, was mediocre.

Miami's bench last season averaged 22.9 points per game, Allen alone averaged 14.2 points last season and Lewis, a 14-year veteran, who has been slowed by injuries each of the past two seasons has averaged about 10 points per game these last two seasons.

Look, it's no surprise that the Heat made acquiring Allen their top priority this off-season to add depth to a perimeter rotation that includes Shane Battier, Mike Miller and James Jones.

Miami's bench, with players like Miller, Jones and Battier were only 35% from three-point range while Allen alone last season was a remarkable 45%.

Allen is a 16-year veteran that has made 2,718 three-pointers and averaged 20 points over a career that has included stops in Milwaukee and Seattle before he was traded to Boston five years ago.

Allen is the perfect Sixth Man for the Heat. He would come in and provide the sparkplug they needed so much during last season. He's the kind of player that when on the court you just assume all his shots are going in.

As we know, Spoelstra usually leaves at least one of the Big Three on the court at all



times so Allen would still play with LeBron, Wade, and Bosh but just not as a starter.

Miami's starting lineup is fine, and as the old saying says "Don't fix what's not broken".

Mario Chalmers has proved he's bound for greatness in the NBA after a sensational playoff run, Wade is still the Wade of old and not playing in the Olympics this summer might have been the best thing he's ever done. LeBron is well... sensational. And Bosh is getting his back better and will be a force on the boards.

The only position that needs some attention is the center position.

Both Allen and Lewis would be starters in basically every other team in the league and that's Miami's greatest weapon.

When other teams go to their bench to rest their starters, Coach Spoelstra will be able to go to a bench that consists of players like Allen, Lewis, Haslem, and Cole who could easily be starters in maybe 25 of the 30 teams in in the league, the other teams will have a bad time.

All In a Summer Day for Andrew Stryffeler

By Devon Esplin

Being able to manage time, having the desire to be the best and following through are just as vital to becoming a successful athlete as their innate athletic ability. For Florida Atlantic University junior defensive lineman Andrew Stryffeler started in Sanford, North Carolina where Stryffeler picked up his first pig skin. Throughout his football career, he had support from many sources including, his biggest influence coming from his older brother Mike who emphasized never settling for less than you want.

Mike's words rang true once more during the college recruiting process. Stryffeler, one of the few athletes to join FAU as a scholarship football player who did not hail from the state of Florida, was recruited and offered the opportunity to play at FAU. When asked why he chose to accept the offer, Andrew replied that he wanted an opportunity to play for a legend, in Howard Schnellenberger. Schnellenberger is FAU's former head football coach as well as the offensive coordinator for the only undefeated NFL team - the 1972 Miami Dolphins and the holder of five collegiate national championship rings. His time management, preparation and diligence paid off during Stryffeler's sophomore season. He recorded his most memorable collegiate moment to date with his first collegiate tackle and it came at Michigan State.

When it comes to school, Stryffeler is all about the grades. A member of the High School National Honor Society, he continues to achieve academic excellence

earning a spot on the FAU Athletic Director's Honor Roll every semester and has been a member of the Dean's (three times) or President's list (four times).

The rising junior attended an NCAA workshop where he stumbled upon a summer internship workshop with a local financial company. Stryffeler enjoyed the opportunity to meet new people and network in his future field. He also enjoyed being able to manage the internship like his own business, creating his hours and essentially serving as his own boss. Even being the boss he could not get away from a dramatic change in attire. Like most college student, he was accustomed to wearing a t-shirt, shorts and a hat. His summer attire required professional wardrobe including a suit and tie every day. Besides the suits and summer heat, cold calling was the most difficult for Stryffeler, who found it hard to get financial information over the phone from people who he had not had the opportunity to build a relationship with. The internship did have its perks. It allowed him to work in a company environment and with people who were all quality.

He also discovered being an FAU football player has really helped prepare for his future. During football season, Stryffeler and his teammates sit through hours of meetings, so when it came to starting his professional life, extensive meetings were a breeze. Stryffeler also says that football has made him disciplined, and has developed his time management skills. Football has given him a natural drive for perfection which will be in his favor in the near future.



Photo Credit JC Ridley

To accomplish his task as a working student athlete, Stryffeler spent the summer juggling a demanding schedule which had to be managed. His day began at 6 a.m. and Stryffeler was in the office by 7 a.m. He left by 5 p.m., was in the gym lifting until 8 p.m. and then returned home to start it all over again. On off work days, he woke by 8 a.m., lift from 10 a.m.-noon, then consume a lunch large enough to help in his weight

gain efforts for the 2012 season. He would study game film followed by field workouts and homework for his summer classes.

Stryffeler's hard work every day makes him look forward to the start of the 2012 season. He is looking forward to a fresh start with the new coaching staff, achieving both team and personal goals as well as playing in FAU's new stadium.



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Lynn Volleyball Gives Back to Community

By Lance Thomas

BOCA RATON, Fla.—Lynn University's volleyball team hosted over 80 fifth-eighth grade girls at Sugar Sand Park in a community volleyball clinic through the City of Boca Raton Athletics (COBRA) on Sunday.

"The opportunity to work with 80 young volleyball stars at the City of Boca Raton Athletic League was rewarding for our players and staff," head volleyball coach Lynze Roos said. "To see so many enthusiastic young women learning the game we love was truly special. Our student-athletes were able to teach fundamental skills and also get to know some of the faces of our community."

All 14 members as well as the coaching staff of Lynn's volleyball

team helped lead the clinic. The team taught the fundamentals of passing, setting, blocking, footwork and serving.

"It is always such a privilege to be out in the community and promoting an active lifestyle in today's youth," senior Abbey Brokop said. "For me personally I loved how curious the girls were about learning all of the volleyball skills. They were so enthusiastic to learn how to make their game better. I could really tell they loved the game and just wanted to play."

The COBRA Girl's Volleyball League looks to provide an opportunity to learn the fundamentals of the game of volleyball, sportsmanship, team play and make new friends.

Connor Shanosky Named Defensive Player of the Week



By: Pedro Heizer

Finally, some good news for Fort Lauderdale after a week filled with bad news.

Earlier today, the NASL named rookie midfielder Conor Shanosky the Defensive Player of the Week for week 20 of NASL action.

Shanosky, who played a pivotal role in the team's 0-0 draw on the road against the Puerto Rico Islanders on Saturday, has started 22 of 23 games this season for Fort Lauderdale.

Shanosky leads all Strikers field players in minutes played with 1,872 and is seventh in the NASL.

"I'm honored to receive this award, as it was a good result for us as a team," said Shanosky. "Personally, I just tried to listen to the guys around me and we were able to work together and produce a strong defensive effort to get the result."

The shutout was the second straight for the Strikers, who have had their share

of problems on the defensive end, and fifth of the season.

"Conor had a solid game alongside Alfonso [Motagalvan] in the defensive midfield for us. Since coming on loan from D.C. United, Conor has had a solid season," said Strikers head coach Daryl Shore. "I think he would tell you our entire defense deserves this award for their performance."

Shanosky joined the Strikers on March 2, 2012 when D.C. United agreed to loan him for the entire 2012 season. Shanosky, 20, made his debut with the Strikers in the opening game of the season, a 1-0 win over FC Edmonton on April 7 at Lockhart Stadium. A graduate of D.C.'s Academy at just 18 years of age, Shanosky signed professional terms with D.C. United on August 16, 2010.

Photo Credit:

Jon van Woerden Photography

FAU Baseball Rounds Out Coaching Staff

Boca Raton, FL - Florida Atlantic University Head Baseball Coach John McCormack has rounded out the coaching staff for the 2013 season with the addition of Rich Billings to mentor the Owls' outfielders, first base and hitters.

"It's not very often that you get the chance to join a coaching staff with such a passion and knowledge for the game. Meanwhile, these coaches care so much for the young men in the program," said Billings. "The FAU baseball program is known for winning on and off the field. I look forward to contributing to its long tradition of excellence."

Billings comes to FAU after being head coach at Lake-Sumter Community College in Clermont, Fla. for five successful seasons. He was one of the youngest college head coaches in the country when hired at 23 years old in 2007 after serving two seasons as an assistant coach at the college. Billings is a 2005 graduate of East Tennessee State University with a bachelor's degree in history. He would later earn a Masters in Education from the University of Phoenix in 2011.

"Rich brings a wealth of knowledge and passion for the game. He has been a head coach and we welcome him to the baseball program," said McCormack.

Billings coached former Owls stand-out Nick Delguidice in 2008, a season in which the infielder earned Florida State Defensive Player of the Year honors. DelGuidice set a FAU record for career doubles, earned National Player of the Week honors and is now playing professionally within the Kansas City Royals' minor league organization. Over 40 Billings-coached players advanced to play at four-year collegiate programs.

Billings' teams set school marks in for fielding percentage (.955 in 2008), team batting average (.300 in 2009) and earned run average (3.78 in 2012). Lake-Sumter made its first appearance in the Florida College System Activities Association state tournament in 2011.

FAU is coming off its second Sun Belt Conference regular-season title in the last three seasons in 2012. The Owls went 32-22 to mark the program's 14th consecutive winning season.

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All In a Summer Day for Andrew Stryffeler

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How The Heat Should Utilize Ray Allen and Rashard Lewis

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BASKETBALL

*How the Heat Should Utilize Ray Allen
and Rashard Lewis*

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BASEBALL

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