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East /West Boca Raton, Highland Beach, Delray Beach, FL - October 25, 2012 through November 1, 2012 • Year III • Number 119- FREE

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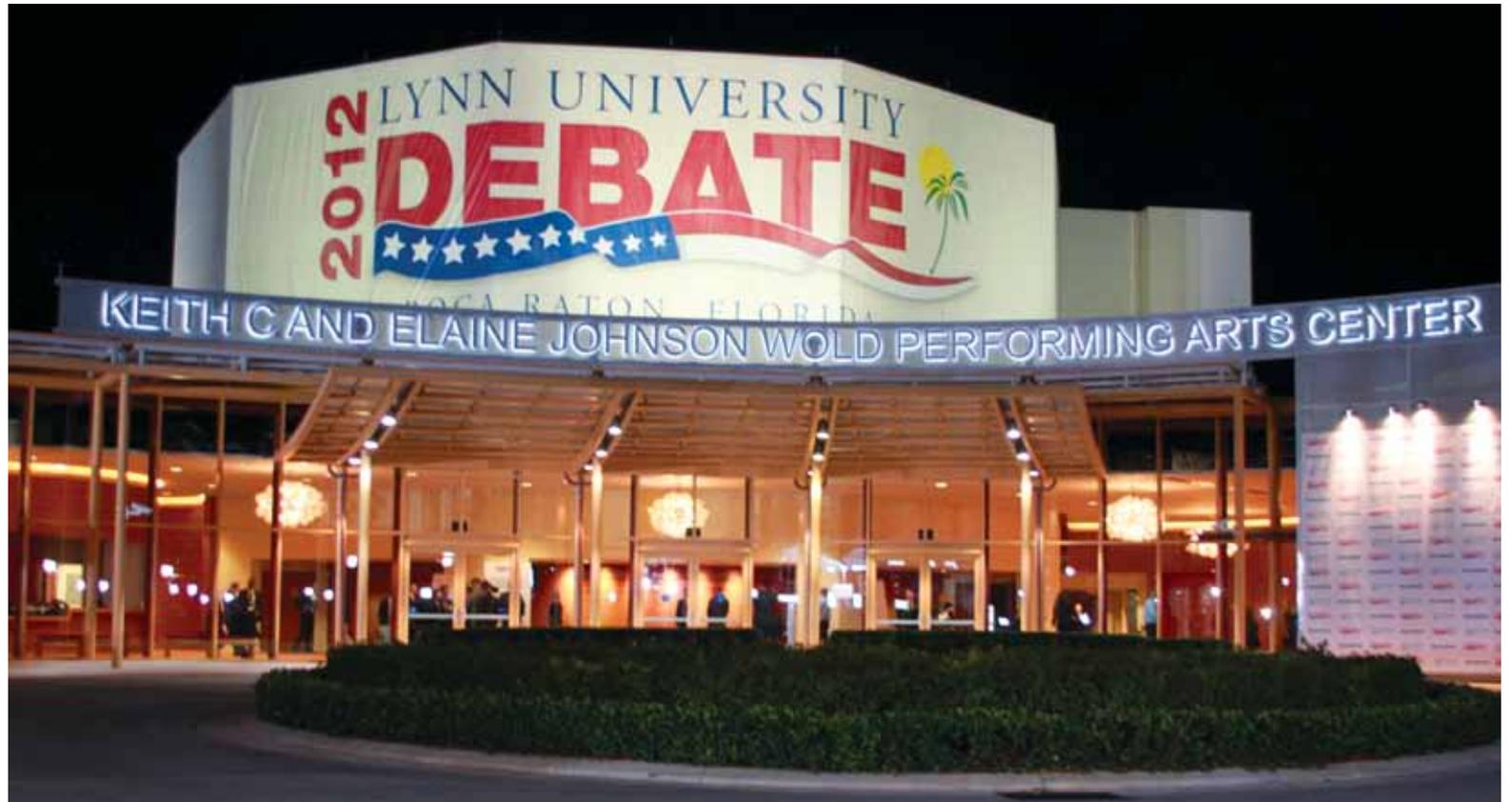
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Boca Raton Is The Winner of The Debate



Boca's Connie Siskowski named to 2012 CNN Heroes Top Ten



Connie Siskowski

BOCA RATON – Connie Siskowski, RN, PhD, the president and founder of the American Association of Caregiving Youth (AACY) and its Palm Beach County Caregiving Youth Project (CYP), has been named one of CNN Heroes Top Ten for 2012 and will receive a \$50,000 grant to further her work.

Voting for the 2012 CNN Heroes Top Hero is now open online, Siskowski has the opportunity to be awarded \$250,000 at the special CNN Heroes ceremony Dec. 2 where one hero will be named "CNN Hero of the Year". Siskowski was among more than 10,000 nominations received this year by the CNN Heroes program.

"Every online vote for me by email or Facebook makes us one step closer to reaching the goal for the children of AACY," said Siskowski. The award would make it possible for AACY to receive the significant dollars needed to ensure that more child caregivers locally and nationally will be recognized, valued and supported.

The services provided by Siskowski and her team are for children who care for family members who are chronically-ill or disabled. It extends to both students and their families for all the secondary school years.

AACY's comprehensive, needs-driven support services assist children in-and-out of school and at home. Locally, the work is in partnership with the School District of Palm Beach County.

"It takes the systems of healthcare, education and the community – body, mind and spirit – to form a strong foundation of services for youth and their families who are impacted by a myriad of
cont. on Pg.3

FAU, Boca Regional Hospital Partner for Novel Breast Cancer Initiative

BOCA RATON - Reflective of the growing collaboration between the two institutions and in observance of national Breast Cancer Awareness Month in October, researchers at Florida Atlantic University's Charles E. Schmidt College of Medicine and Boca Raton Regional Hospital have announced a joint research initiative aimed at predicting breast cancer behavior and developing therapies that will block the metastatic process of the disease.

The preliminary findings of the study were presented at 22nd Biennial European Association of Cancer Research Conference in Barcelona, Spain this summer.

"This initial effort is a watershed moment in our burgeoning research partnership," said Kathy Shilling, M.D., medical director of Boca Regional's Christine E. Lynn Women's Health and Wellness Institute. "It combines our significant strength in clinical breast care with the cutting-edge basic research capabilities of the Schmidt College of Medicine. All of us are excited about this growing collaboration, not just in breast cancer but across the spectrum of our specialties."

From left, Ramon Garcia-Areas, Kathy Shilling, M.D., and Vijaya Iragavarpu-Charyulu, Ph.D.

Vijaya Iragavarpu-Charyulu, Ph.D., associate professor of biomedical science in FAU's Charles E. Schmidt College of Medicine, is collaborating with Shilling, and the project has been designed to evaluate novel metastatic markers in breast cancer patients and to investigate their possible correlation with the aggressiveness of the disease.

Iragavarpu-Charyulu has been studying the role of the immune system and mechanisms involved in breast cancer metastasis. Ramon Garcia-Areas, a Ph.D. student in Iragavarpu-Charyulu's laboratory, has discovered that a molecule originally expressed during the development of the nervous system is re-expressed during tumor growth and enhances tumor metastatic potential in a breast cancer model.
cont. on Pg.3





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ROTARY CLUB BOCA RATON
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For they shall add to thee length of days, and years of life, and peace. Proverbs 3:2

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Boca Police Safety Tip

Q. Is it unlawful to drink alcoholic beverages at city beaches and parks?

A. Yes. Boca Raton Ordinance 4.4-1 states that it shall be unlawful for any person to consume an alcoholic beverage of more than 1 percent alcohol content by volume on any public street, sidewalk, right-of-way, park or beach.

Crime and safety questions are answered by officers from the Crime Prevention Unit.

For more information, visit www.BocaPolice.com.

Boca Raton Police Blotter

10/19/2012 POSSESSION OF COCAINE

Willie Hunter and Joshua Starkoff were both arrested on Yamato Road for numerous charges following a traffic stop and crash on I-95 north. Hunter was charged with felony fleeing and eluding a law enforcement office, possession of cocaine, operating vehicle while driver's license suspended, leaving the scene of an accident. Starkoff was charged with possession of paraphernalia.

10/19/12 POSSESSION OF COCAINE

Following a traffic stop on West Yamato Road, Janiel Alcius, 26, was arrested for possession of cocaine, possession of marijuana under 20 grams, possession of paraphernalia, and driving with a suspended license (with knowledge). He was taken to the county jail.

10/19/2012 POSS NARCOTIC CONTROL SUB

Suspect was arrested on North Federal Highway for possession of oxycodone, alprazolam, diazepam, marijuana and possession of paraphernalia. Processed at BRPD and transported to Palm Beach County Jail.

10/20/2012 OBTAIN FOOD / LODGING WITH INTENT TO DEFRAUD

Evan O' Belmito was arrested after he ran from Rack's Restaurant at 402 Plaza Real without paying his bill. He was taken to the county jail.

10/21/2012 DRIVING WHILE INTOXICATED

Following a traffic stop on West Glades Road, Sarah Park, 24, was arrested for DUI. She was taken to the county jail.

600 W GLADES RD

10/19/2012 DRIVING WHILE INTOXICATED

Officer McInnis arrested David Hunsicker, 53, for DUI following a traffic stop on West Yamato Road. Breath tests pending.

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Community News

The Boca Raton Tribune

Boca Raton Is The Winner of The Debate

"We haven't heard of you either" read the shirts made by Lynn University's students as they embraced the private university's low profile leading up to the final presidential debate on Monday.

Lynn University, a private school with 2,100 students, had about 3,000 media members, dozens of satellite trucks, and the entire world, with over 800 international media members, watching on Monday.

"We've been waiting for this moment for a long time," Lynn University President Kevin Ross told the audience in the school's performing arts before the debate began.

After months of preparation and a \$5 million investment, Lynn University finally got its close-up to the world. "You can't buy that kind of coverage for just about any amount of money," said Todd Bonlarron, Palm Beach County's legislative affairs director.

Former presidential candidates John

McCain, John Kerry and Rudy Giuliani all made appearances at "spin alley", the place where the 3,000 media members were gathered, and around the temporary TV studios that popped up on campus.

MSNBC's Hardball with Chris Matthews filmed live from the University with the performing arts center as the backdrop, "Every political newsmaker, all the guys we see on television, are here tonight," said Tony Nelson.

Nelson, who watched the debate from the Lynn University Soccer fields in the "Red White and View" watch party, brought along his wife and 13-year-old son for a look at an event that made Boca the epicenter of the political world for an evening.

Lynn student Gabriela Regalado said the debate dominated life on campus for months.

"We've been preparing since a year ago," Regalado said. "It's been quite a process."

Regalado, a senior communications major from Honduras, acknowledged that Lynn isn't exactly a household name, but she said the debate will help change that.

"It brings a lot of recognition for the school," Regalado said. "We didn't do it for that reason, but it's a great opportunity to get our name out there."

Andrea Schutte, a Lynn student from South Africa, said her parents would wake at 3 a.m. local time to watch the event.

"It's exciting," she said. "It's a once-in-a-lifetime opportunity."

Lynn canceled classes on Monday, and most of the student body was at

an afternoon pool party inside the university where they were swarmed by reporters from all over the country. Schutte said she wasn't bothered by the journalists swarming the pool with notepads and cameras "It's not annoying," she said. "It's a privilege to have everybody on campus."

The day after the debate was still a busy one for Boca Raton. The MSNBC news and talk show, "Morning Joe," was broadcast both Monday and Tuesday live from Racks Downtown Eatery and Tavern in Mizner Park. Boca Raton Mayor Susan Wheelchel and Councilwoman Constance Scott were in attendance on Tuesday morning.



Boca's Connie Siskowski named to 2012 CNN Heroes Top Ten

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health conditions" said Siskowski.

A graduate of Johns Hopkins, New York and Lynn universities, Siskowski cared for her own grandfather as a child. The work of her team will be deemed successful when no child in the United States has to drop out of school because of family caregiving responsibilities.

CNN Heroes recognizes that just one person can make a difference and today's heroes are "everyday people changing the world."

Voting for the CNN Hero of the Year is open online (www.cnnheroes.com) until Nov. 28, and voters can do so up to 10 times a day, every day. The only requirements to vote are a valid email address

and Internet access, and there are no age restrictions to vote. Follow AACY on Facebook & Twitter and follow CNN Heroes at Facebook.com/CNNHeroes & Twitter.com/CNNHeroes and use hashtag #CNNHeroes.

The American Association of Caregiving Youth is a Florida based 501(c)(3) non-profit corporation that began serving the greater Boca Raton community in 1998. Today it is the only organization of its kind in the United States for addressing the issues surrounding the silent, vulnerable and hidden population, conservatively estimated to exceed 1.4 million children.

FAU, Boca Regional Hospital Partner for Novel Breast Cancer Initiative

cont. from pg. 1

In order to establish clinical relevancy of these findings, Schilling and her team will provide tissue, blood and tumor samples from breast cancer patients, which will be used to correlate the findings of Iragavarapu-Charyulu's team and investigate the means to halt the metastatic process.

"These studies could have a long-term predictive value in identifying those at risk for aggressive disease and therefore impact how we design appropriate therapeutics," said Iragavarapu-Charyulu. "The data obtained from this study are expected to result in publications and in the submission of grant proposals to various funding agencies including the National Institutes of Health (NIH)."

Metastasis is responsible for 90 percent of all cancer deaths despite significant im-

provements in diagnosis and treatments. In 2011, the American Cancer Society estimated that 230,480 new cases of invasive breast cancer were diagnosed among women, and some 39,520 women are expected to die from breast cancer this year alone.

"We are very pleased to be expanding our collaboration with Boca Raton Regional Hospital," said David J. Bjorkman, M.D., M.S.P.H., dean of FAU's Charles E. Schmidt College of Medicine. "The promise of developing therapies to block the metastatic process will provide a powerful tool in the armamentarium for combating breast cancer across the globe."

The funds for this pilot project were provided by the Boca Raton Regional Hospital Foundation.

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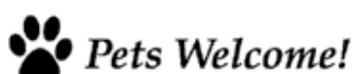
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FAU to Host Third Annual Fine Arts Festival

BOCA RATON – The visual arts and art history department and University Galleries at Florida Atlantic University will host their third annual Fine Arts Festival on Saturday, November 3 and Sunday, November 4, from 10 a.m. to 5 p.m. in the Performing and Visual Art Centers on FAU's Boca Raton campus.

The Festival is the premier fundraising event of the year for the visual arts and art history department. The event is free, and the public is welcome.

The art and design work of professional artists and FAU students will be on exhibit and for sale. The festival will feature a wide selection of art media, including works in ceramics, drawing, painting, jewelry, photography, print-

making, sculpture and more. Prices range from \$10 to \$10,000.

There will also be food, music and a silent auction each day to benefit the Visual Arts Scholarship Fund. The University Galleries will be open featuring the South Florida Cultural Consortium Fellowship Winners Exhibition.

All proceeds from the festival will directly benefit their mission of educating artists, art historians and designers by providing them with scholarship opportunities, access to state-of-the-art traditional and digital arts facilities, enrichment through a visiting artist lecture series, among other things.

For more information on the festival, visit <http://www.faufineartsfestival.com> or call 561-297-3870.

Boca Instructor Named Middle School Social Studies Teacher of Year

BOCA RATON – Julie Gates, Loggers' Run Middle Social Studies Department Leader, won the state of Florida Middle School Social Studies Teacher of the Year Award.

It will be given to Gates during a meeting of the Florida Council for the Social Studies Oct. 27 in Orlando. Loggers' Run Principal Francis Giblin and Gates' family will be in attendance at the award reception.

"Mrs. Gates is an amazing person, a great teacher and example for her students and peers here at Loggers' Run. I am very proud of her accomplishment and thank the council for recognizing her contributions to education," said Giblin.

In addition to being social studies department chair, Gates also takes

on many additional responsibilities at Loggers' Run and within Palm Beach County. Some of these activities running the Middle School Course Recovery Program, National Junior Honor Society, District 16 representative on the Florida Council For The Social Studies and school liaison for Relay for Life.

Gates stated: "All I do for the kids, school and community comes from my heart, but I am honored and really appreciate being recognized for my efforts."

One of the goals of the School District of Palm Beach County is to cultivate a qualified and highly effective workforce. According to research, teacher's effectiveness is a key factor that contributes to student achievement.

Things to Do at Daggerwing Nature Center in November

BOCA RATON – The following activities are planned at Daggerwing Nature Center during November.

ANIMAL FEEDINGS

Daily at 3:15-3:30 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.

Wednesday - alligator; Thursday - snake; Friday - skunk; Saturday - alligator

MOMMY, MOTHER NATURE and ME: Turtles

Friday, Nov. 2, 10:30-11:15 am

Ages 2-5, \$4 per child

(reservations required)

Introduce your little ones to Mother Nature. Learn all about turtles through books, activities, nature walks, and crafts. During this class, get up-close and personal with several different types of live turtles.

AMPHIBIANS

Saturday, Nov. 3, 1-1:45 pm

Families and all ages, \$3 per person

(reservations required)

Come and meet some live green tree and pig frogs. Find out why frogs are as important to the environment as an indicator species, and what we can do to help their wild populations.

FALL CRAFTS

Saturday, Nov. 10, 10:30-11:15 am

Ages 5-10, \$4 per child

(reservations not required)

Make some festive, fun, fall crafts that will make great decorations for Thanksgiving.

MOMMY, MOTHER NATURE and ME: Turkeys

Friday, Nov. 16, 10:30-11:15 am

Ages 2-5, \$4 per child

(reservations required)



Introduce your little ones to Mother Nature. Learn all about turkeys through books, activities, nature walks, and crafts, just in time for Thanksgiving.

ECO EXPLORERS: Dip-Netting

Wednesday, Nov. 21, 2-3 pm

Ages 8-12, \$4 per child (reservations required)

It's a day off from school. Come to Daggerwing and find out what is living in our ponds. We will go "dip-netting" and look at our findings using magnifying glasses and microscopes. Wear water shoes or shoes that can get wet/dirty.

Daggerwing Nature Center is operated by the Palm Beach County Parks and Recreation Department and 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.

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.

Boca Symphonia's Allegro Society Plans Third Annual Musical Luncheon

Boca Raton – The Boca Raton Symphonia's support group, the Allegro Society, will host its 3rd Annual Musical Luncheon Friday, November 9 at 11:30 a.m. at the Delray Beach Club.

The setting, overlooking the ocean, is a wonderful backdrop for the afternoon's program, which includes a special performance by members of the Symphonia. Tickets are \$75 per person, and funds raised will benefit the organization and its educational outreach initiatives.

In addition, a \$1,500 Music Scholarship Award for orchestral instruments or piano will be presented to a

Palm Beach County high school student at the luncheon. The winner, who will be selected at an audition at the Steinway Piano Gallery prior to the luncheon, will perform for luncheon guests. This year's Music Scholarship sponsor is Marie Iandoli.

"Last year's sold-out event was a great success, and we are looking forward to an even more amazing luncheon this year," said Sung Knowles, who is co-chairing the luncheon with Vivian Green.

Committee members include Luz Aristizabal, Maxine Berghoff, Jane Braus, Susan Courey, Sonya Cremin, Marlene Darnell, Ingrid Davis, Sil-

vani Fogel, Joan Gallo, June Gelb, Eleanor Goldstein, Vivian Greene, Mira Halpert, Fran Kaye, Sung Knowles, Molly Foreman Kozel, Virginia Levy, Geri

Nilsen, Suzan Peltzie, Annabel Russell, Mimi Sadler, Marlene Samuels, Ilene Shaw, Jan Silverman, Deborah Sokol, Edith Stein, Miriam Sulfaro, Polly Wasserman and Ed Wasserman.

The Allegro Society, founded in November 2009, is a support arm of the Boca Raton Symphonia. It has 50-plus members who actively work with the Symphonia at concerts



Joan Gallo, left, and Marie Iandoli

welcoming attendees, encouraging subscribers and underscoring educational outreach initiatives for young people who wish to pursue a career in orchestral music.

For more information, call 1-866-687-4201 or visit www.bocasymphonia.org or tickets@bocasymphonia.org

Rock The Vote at Mizner Park with Neon Trees

photos by Gabriela Barbieri and Gabriela Heizer

As part of the day-long festivities around the city of Boca Raton on the day of the debate, Rock the Vote, a group dedicated to getting out the youth vote, joined with Xbox, the Palm Beach County Convention and Visitors Bureau and Boca city government to put on the debate watch party starring the alternative band, Neon Trees, along with a carnival of sights. Organizers estimated it brought 1,000 people to the downtown mall.

The Concert was also being broadcast live worldwide to 40 million Xbox users.

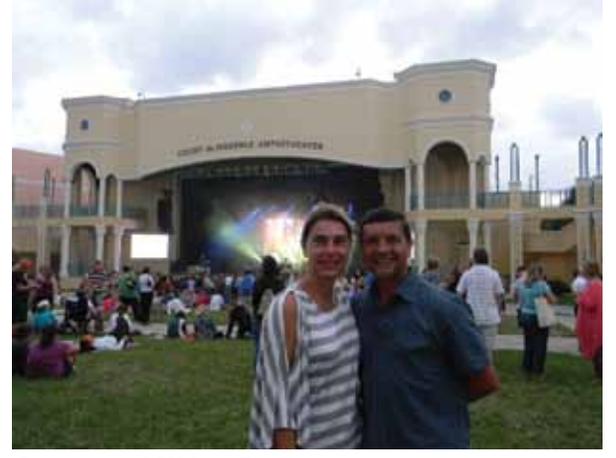
"I am so proud of the young people here!" Boca Mayor Susan Whelchel boomed into the microphone as she was flanked by with two larger-than-life images of herself, with her hands up. "We hope you will Rock. The. Vote. Nov. 6," she yelled to wild cheers.



The band Neon Trees talks to the crowd about the importance of voting



Bassist Brenden Campbell and lead singer Tyler Glenn



Janaina and Wilson Barroso



Neon Trees' Chris Allen, Branden Campbell, Elaine Bradley, Tyler Glenn



Tyley Glenn pumps up the lively crowd at Mizner Park



Councilman Michael Mullaugh, Troy M. McLellan, Mayor Susan Whelchel, and Commissioner Steven Abrams



FAU Students at Rock The Vote at Mizner Park



Neon Trees' Drummer, Elaine Bradley



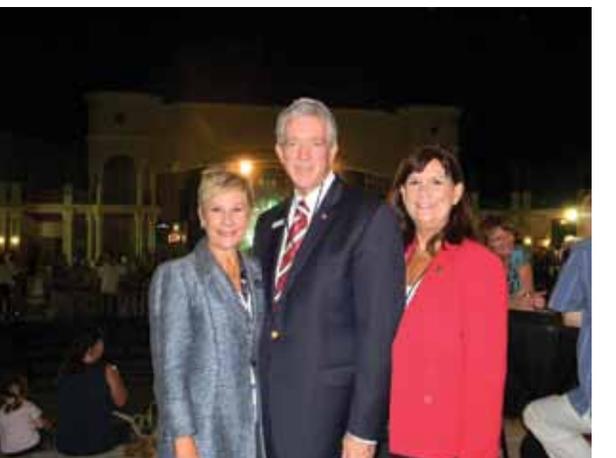
A lively crowd was at hand to watch not only Neon Tress but the Final Presidential Debate



It was estimated over 1,000 people showed up for the watch party



The Crowd was pumped for Neon Trees and the Presidential Debate



Councilwoman Constance Scott, Glenn Jergensen, and Deputy Mayor Susan Haynie

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EDITORIAL

By Dale King

We must never forget George McGovern and his legacy

We must never forget George McGovern and his legacy

I realize how the race for the White House this year has taken our minds off virtually everything else happening in the news. In the Boca Raton area, the obsession was even more intense, considering the importance of last Monday's presidential debate at Lynn University.

I don't know how many people saw the recent notices about the passing of George McGovern at the age of 90. His memory relates to what is going on now, for he was also a presidential candidate at another critical time in history. And while he was soundly defeated, he rose from defeat to champion other causes. And he also gave those of us who lived in Massachusetts at the time a reason to gloat.

A former U.S. senator from South Dakota, McGovern was a liberal Democrat when he ran for the presidency in 1972. He had a kinship to the hippies of the 1960s, joining in their fierce opposition to the Vietnam War.

But the 1960s were over, and the young men and women who cried "Don't trust anyone over 30" were approaching that age. What were they to do?"

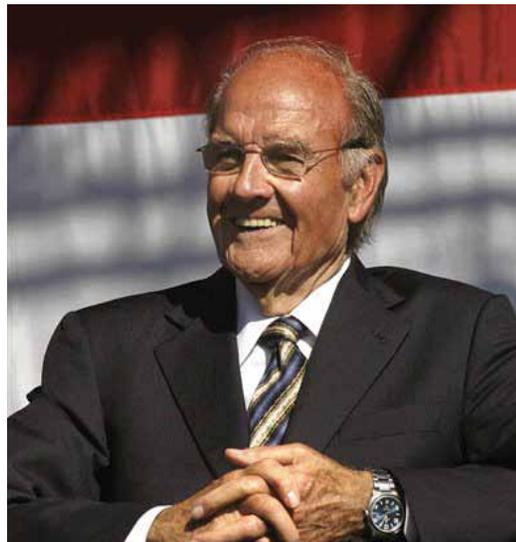
I remember writing a column in my college newspaper in 1971 posing that same question. Would the 1970s continue the youthful unrest of the 1960s?

In historical perspective, it turned out that the vast number of street protests and building burnings died away.

In 1972, McGovern faced Richard Nixon, a historical anomaly. I was too young to remember Nixon's Alger Hiss case, his famous "Checkers" speech and Pat Nixon's "good Republican cloth coat." I do recall Nixon's loss to John F. Kennedy in 1960, his God-awful demeanor at the presidential debates and his protest, after losing the race for governor of California in 1962, that "you won't have Dick Nixon to kick around any more."

As it turns out, we did. Nixon emerged as the GOP presidential candidate in the 1968 convention, with rioters violently protesting outside the halls. He soundly trounced Hubert Humphrey to become president in 1968.

And then, he faced McGovern in 1972. The senator ran on a platform opposing the war in Vietnam. He suffered one of the most lopsided defeats in U.S. history, taking only 37.5 percent of the vote and winning only Massachusetts and the District of Columbia.



George McGovern

But during the election season, what began as a very small event at a hotel in Washington, D.C. took place. There was a break-in at the Democratic National Committee headquarters in that building located across the street from the Kennedy Center. It was the Watergate Hotel.

So, while Nixon basked in the glow of his landslide victory, it would be short-lived. He would - less than two years later - stand on the stairway of the helicopter that took him away from the White House after he was linked to the Watergate break-in and cover-up. He resigned the presidency before he would have most assuredly been impeached.

I remember the bumper stickers that appeared on cars throughout the Bay State at the time: "Don't blame me, I'm from Massachusetts." I can tell you, I did vote for George McGovern, and I have never apologized for it.

McGovern's legacy has not been lost to time. President Obama hailed him as "a statesman of great conscience and conviction," who dedicated his life to his country.

Former President Bill Clinton and Secretary of State Hillary Clinton said of him: "The world has lost a tireless advocate for human rights and dignity."

But I warn you, Mr. Obama and Mrs. Clinton. Your explanations of what spurred the attack on the U.S. Embassy in Benghazi sure smack of cover-up. First it was a video, then it wasn't, then it was again (six times at the UN), then "we knew about it immediately" at the second debate.

Fess up, Mr. President. Or warm up the helicopter.

Letter Guidelines

Letters must be signed with name clearly legible along with a phone number and complete address.

No unsigned or anonymous letters will be considered for publication.

The Boca Raton Tribune reserves the right to

edit the letters for spelling, grammar, news style, good taste and available space. Letters from the same author will not be published more often than every 60 days.

E-mails to columnists may be used as letters to the editor.

All letters to the editor should be sent to:

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

Letters to the Editor

Dear Mr. Gora, I read your article but I do not understand if in the end, at present Florida law does or does not require to include financial affidavits as public records in divorce judgements.

I ask this question because last July I got an uncontested divorce with a Marital Settlement Agreement and at that time was not even discussed at the hearing the fact that we would have preferred not having our

financial affidavits in public records.

Could I at this point request the court of not making them publicly available?

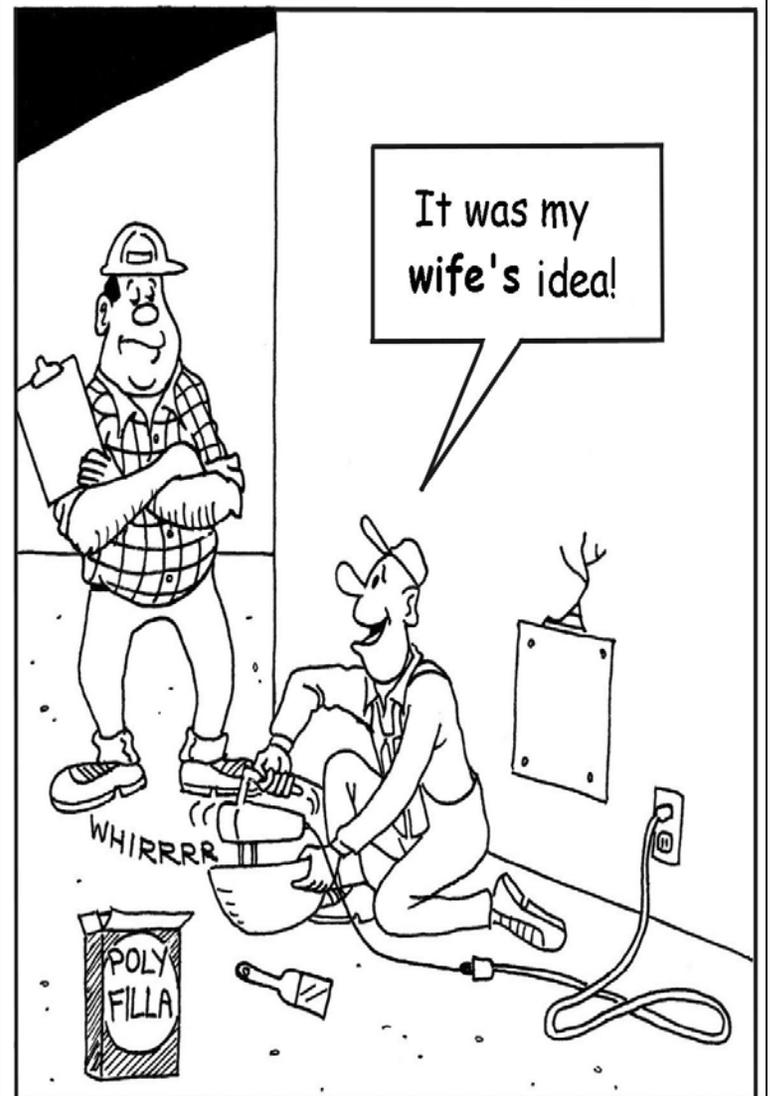
What is the the Florida Statues governing this issue?

Thank you very much for your reply that I am confident will help me to better understand the issue.

Sincerely yours,
 Manuela Bramante

LaffToon!

by Rick Enright





THOUGHTS FROM THE PUBLISHER

By Douglas Heizer

Obama's Farewell

Have you realized that Obama had his last presidential debate of his entire life here in Boca Raton? Did you realize that this is his last Presidential campaign?

Winner or not this is the end of a career of a huge political phenom. I don't think in the case he loses he will run again.

In his entire life he only ran three campaigns for State Senator in Illinois. He won the Democratic primary unopposed in 1996 and for reelection in 1998 and 2002, and one unsuccessful campaign for the United States House of Representative in 2000. One campaign for US Senator in 2005 and two presidential campaigns. He worked a total of 6 campaigns.

He rose to national prominence

by delivering the 2004 Democratic National Conventional keynote address on 27th of July. His unexpected landslide victory, in March 2004 at the Illinois U.S. Senate Democratic primary, made him an overnight rising star within the national Democratic Party and started speculation about a presidential future, leading to the reissue of his memoir, *Dreams from My Father*.

He worked as community organizer, editor of the Harvard Law Review, as a lawyer, writer and as a college teacher.

He is really someone that must inspire all of our youths.

Everything happening in a very short period of time, 1994 to 2008. This is amazing.

Without ever being an executive or an administrator or even a prominent legislator, with his charisma and sagacity, he became the 44th President of the United States of America, during a period of huge changes in the world which brought challenges for the USA in foreign policy and economy.

He is a very intelligent and charismatic person and prominent African-American citizen. This gave him his first national attention being the first African-American editor of the Harvard Law Review. He was also the fifth African-American Senator in the U.S. history, the third to be popularly elected and the first African-American President of the United States.

Now he is a very wealthy man,

and more money will be added to his personal fortune after his term ends, just with some appearance and speeches.

A long time ago, my father-in-law said something to me while we debated about a presidential candidate in Brazil, that made me think a lot and it is very valuable at this time: "The hunter might be very good but what make things bad is the kind of dogs he brings to the hunt. Some are old, with a lot of bad habits and are used to eating too much. Some new, without any experience and training, they don't have a clue about what they need to do."

Never mind, God already elected the next president; we just need to wait to see.

Until next week.

POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Can You Motivate Others?



When you're faced with a multitude of tasks to fulfill, you need not attempt it all by yourself; many others can help you achieve your plan through the help they can provide. Yet, you need to ask for their aid before they can respond to your need!

Many people don't secure what they are after because they are too proud to ask for any favor; others hit the same brick wall because they ask, but in the wrong way. Instead of making a positive request they simply raise demands and, like a broken record, repeat that message in more unpleasant sounds.

Furthermore, those orders are pre-

sented in negative tones and devoid of any motivation. Smart people usually know that they won't ever motivate anybody to do anything if they approach an individual by casting demeaning adjectives on that person. Insults hurled never raise the status of the one saying them. That is totally contrary of what motivation truly is!

One who is called lazy, untrustworthy, stupid, or hears any other possible insults applied toward him or her, will swiftly shut the ears of the offended heart and totally ignore what's being said; the multiplicity of attacks on their character will simply secure no prompt,

active response now or later, unless the issue is approached altogether differently. Only motivation can secure positive replies exemplified in concrete actions!

It's a well known saying that you attract more flies with honey than with vinegar. The same applies to human relations: positive tones and kind requests secure what is being sought while harsh words and discouraging babble, coupled with unnecessary insults, bring no results.

Any individuals who put themselves in charge of any project, and go after needed helpers, should be reasonable

in their expectations. And this reasonableness fully depends on how they approach other people; prior familiarity with someone does not permit a negative posture in approaching that other regarding the task or tasks to be accomplished.

Only true motivation remains the solid, magic key that opens the doors of action to those we approach! No matter how many times a request has to be made, it is only through kindness and other consistent, positive approaches that one shall ultimately succeed in gaining the allegiance and securing the contribution sought of another!

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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SNORING?

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

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

#23

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

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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 local 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 Carl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



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Municipal News

The Boca Raton Tribune



John Arthur MacLean

Boca Police crack cold case; arrest 'Superthief' on sexual assault charges

were made aware that before July 1, 1976, the statute of limitations on sexual batteries and armed sexual batteries were three and four years, respectively. The Cold Case Unit was undeterred and continued to investigate sexual batteries that occurred in the mid to late 1970's. They looked at cases with a similar modus operandi and found several more possible crimes that fit the profile.

The first case detectives checked occurred Feb. 5, 1976. The suspect entered a home on NE 2nd Avenue where a 14 year old female and her 18 year old sister were living. The suspect, armed with a revolver, was wearing a disguise and brought a form of lubricant with him. He threatened the girls and told them not to scream, then proceeded to sexually batter both of the victims, according to police.

At the time of the incident, one of the victims was wearing a robe, which Boca Police took for analysis. A DNA CODIS search from a stain on the robe matched MacLean, said police.

While this incident is beyond the statute of limitations, police said prosecutors may introduce the facts of this case into evidence under the Williams Rule. Florida's Williams Rule allows for relevant evidence of collateral crimes to be admissible at a jury trial to show motive, intent, knowledge, modus operandi or identity.

Boca detectives pursued another case which occurred Oct. 16, 1976, at about 11:30 p.m. The 15 year old victim was babysitting at a neighbor's house on Malaga Drive when she heard a knock at the front door. Thinking it was neighborhood kids, she ignored it until she heard it again. The victim looked out the front window, then turned around and saw a male walking toward her from the kitchen. The suspect had a stocking over his face and

was pointing a handgun at her. He told her not to scream and no one would get hurt. The suspect fondled the victim on the patio and then sexually battered her in a bedroom.

Investigators found another case which occurred Feb. 28, 1977, at about 8:30 p.m. on NE 1st Avenue. The 26 year old victim had just put her two young sons to bed when she heard a noise and saw a male enter the family room through the kitchen. The suspect pointed a revolver at her and told her if she cooperated, he wouldn't hurt her kids. The suspect, still pointing the gun at the victim, forced her into the bedroom, where he sexually battered her.

In both cases, police said, the suspect used some kind of lubricant on the victims and talked to them throughout the ordeals. Evidence from both victims, including sexual battery exam kits, were collected and taken to the Palm Beach County Sheriff's Office laboratory.

In December 2011, detectives submitted a DNA analysis request to the Palm Beach County Sheriff's Office lab for the evidence in the two charged cases. In August and September 2012, detectives received reports from the lab which indicated that a DNA profile from both crimes matched MacLean.

Both victims met with detectives

and confirmed the details of the original crimes. On Oct. 19, detectives arrested MacLean and charged him with two counts of armed sexual battery.

Throughout the 1970's, police said, there was a common modus operandi in numerous sexual battery cases in the tri-county area. It was suspected there was a serial rapist committing these crimes, which were being investigated by several different law enforcement agencies. MacLean has become a person of interest in these cases.

Boca Raton Cold Case detectives have had numerous successes since the inception of the unit, including solving the homicide a Naum Rafael Mendez, who went missing in February 2008 and was later killed by Juan Carlos Atenco Camacho; arresting serial rapist, John McKenzie, who was convicted in 2011 of raping two women in the 1980's and identifying Michael Anthony Tolbert as the man who committed a 1981 armed kidnapping and armed sexual battery of a woman.

The Cold Case detectives are continuing to investigate unsolved sexual batteries from this time period and are also reaching out to other local law enforcement agencies to discuss cases outside of Boca Raton.

BOCA RATON – A 2 1/2-year-old investigation by the Boca Raton Police Department's Cold Case Unit led to the arrest of a suspect allegedly involved in several sexual assaults in 1976, the department said at a news conference.

Using DNA, officers identified John Arthur MacLean, 65, of Pompano Beach, as the alleged perpetrator.

Police said MacLean had served time for a 1979 burglary conviction when he wrote a book entitled, "Secrets of a Superthief." After his release from a Florida prison in April 1987, MacLean moved to Arizona, where he was arrested for armed burglary and sexual exploitation of a minor, as well as several other crimes, said Boca Police. MacLean has received significant media attention, including a May 1992 article in People Magazine, police added.

The report released by police said that in April of 2010, cold case detectives began investigating unsolved violent crimes and missing person cases. Detectives and evidence personnel submitted items for DNA testing.

One case in particular piqued the interest of detectives: A February 1976 case involving the sexual battery of two sisters. A DNA profile was identified and entered into the Combined DNA Index System (CODIS) in November 2011 and was matched to John Arthur MacLean, the report said.

At this point, said police, detectives began working with the Palm Beach County State Attorney's Office and

Debates are over, early voting to begin Oct. 27

Palm Tran to provide bus service to most polling places

PALM BEACH COUNTY – The three presidential debates and one vice-presidential debate of the 2012 campaign season are now over.

Election Day is not until Nov. 6. But Palm Beach County voters can begin casting ballots this weekend as part of the Early Voting season.

It was also announced that Palm Tran, Palm Beach County's public transportation agency, has several routes that serve the county's early voting locations. Riders seeking to participate in the early voting process can avoid potential long lines and parking difficulties on Election Day.

Early voting begins Saturday, October 27 and runs through Saturday, November 3. Voting times are 7 a.m. to 7 p.m.

The county has set up 14 special polling places for early voting. The electorate is reminded not to go to their

regular voting spots. Early voting takes place at different sites, and voters can go to any of them.

Those planning to vote must bring an identification card, but do not need their voting card.

Voting places in the Boca Raton-Delray Beach area are:

- Boca Raton City Hall, 201 West Palmetto Park Road. (Palm Tran Routes 1, 91 and 92).

- Delray Beach Public Library, 100 West Atlantic Avenue (Palm Tran Routes 70 and 81)

- Hagen Ranch Road Library, 14350 Hagen Ranch Road, Delray Beach (Palm Tran Route 81).

- West Boca Branch Library, 18685 State Road 7 (Palm Tran Route 91).

For more information on Palm Tran routes, call the customer service department at 561-841-4287.

“Red, White, and View” Watch Party at Lynn University

Photos by: Aaron Wecker

More than 3,000 Lynn University students and faculty members were present at the Red, White, and View debate watch party on Lynn’s Soccer fields.

Students, faculty and guests sat through the final presidential debate in style. A giant tent featured two massive televisions surrounded by chic couches, cash bars and candy stations. Waiters and waitresses moved through the crowd offering trays of mousse to partygoers.

Outside the tent, inflatable TV projectors were set up along with even more seating. A band played in the corner while students got their faces painted, posed for pictures with cutouts of Obama and Romney, or took turns going down an inflatable slide. More than 20 food trucks parked near the soccer field sold everything from gourmet grilled cheese sandwiches to deluxe hot dogs.



Ron Schacht, Norma Kraut, Richard and Davida Gould



Danielle Casale, Charles Tripi, Max Drattell, Luke Fromkin, and Joe Calabro



Larry, Kinsey, and Terri Roberts



Anya Leigh Martin, and Daryelle Varon



Taylor Wishnov, Kevin Moore, and Maria Rossi



Alyssa Jacobson, and Adara Penascino



Caitlin Shaver, and Keeley Shileds



Yvetter Hale and Ali Waldman



Ron Hale, Jason Harry, and “Aligator” Ron Bergenron



Mintyce Sarae, Mayra Gallo, Molli Westgate



Mike and Sandy Greco



Food trucks were parked outside for the guests to purchase food

Boca Life & Arts

The Boca Raton Tribune - B Section

October 25, 2012 through November 1, 2012 • Year III • Number 119

ENTERTAINMENT

Two wounded Souls Find Balm in "Tally's Folly"



See page B7

HEALTHY LIVING



Magic water - What it can do for our your health

See page B9

Palm Beach Pops Kicks Off 21st Season on November 4 in Boca Raton



Michael Andrew

The Palm Beach Pops, South Florida's premier orchestra, opens its 21st season on Sunday, November 4, at 8 PM at the Kaye Auditorium in Boca Raton, highlighting the music of the Big Apple with a concert entitled, "Autumn in New York."

Under the direction of Maestro Bob Lappin, and featuring guest artist

Michael Andrew from Broadway's musical adaptation of "The Nutty Professor," the Palm Beach Pops performance will present such favorites as New York, New York, New York State of Mind and a tribute to composer Marvin Hamlisch among many other songs.

As a headline singer and bandleader, Michael has been dazzling crowds



coast-to-coast. He even inspired Merv Griffin, while on Larry King Live to describe him "one of the great singers of all time." Most recently, Michael was handpicked by Jerry Lewis to play the lead role in the Broadway bound musical, The Nutty Professor to rave reviews.

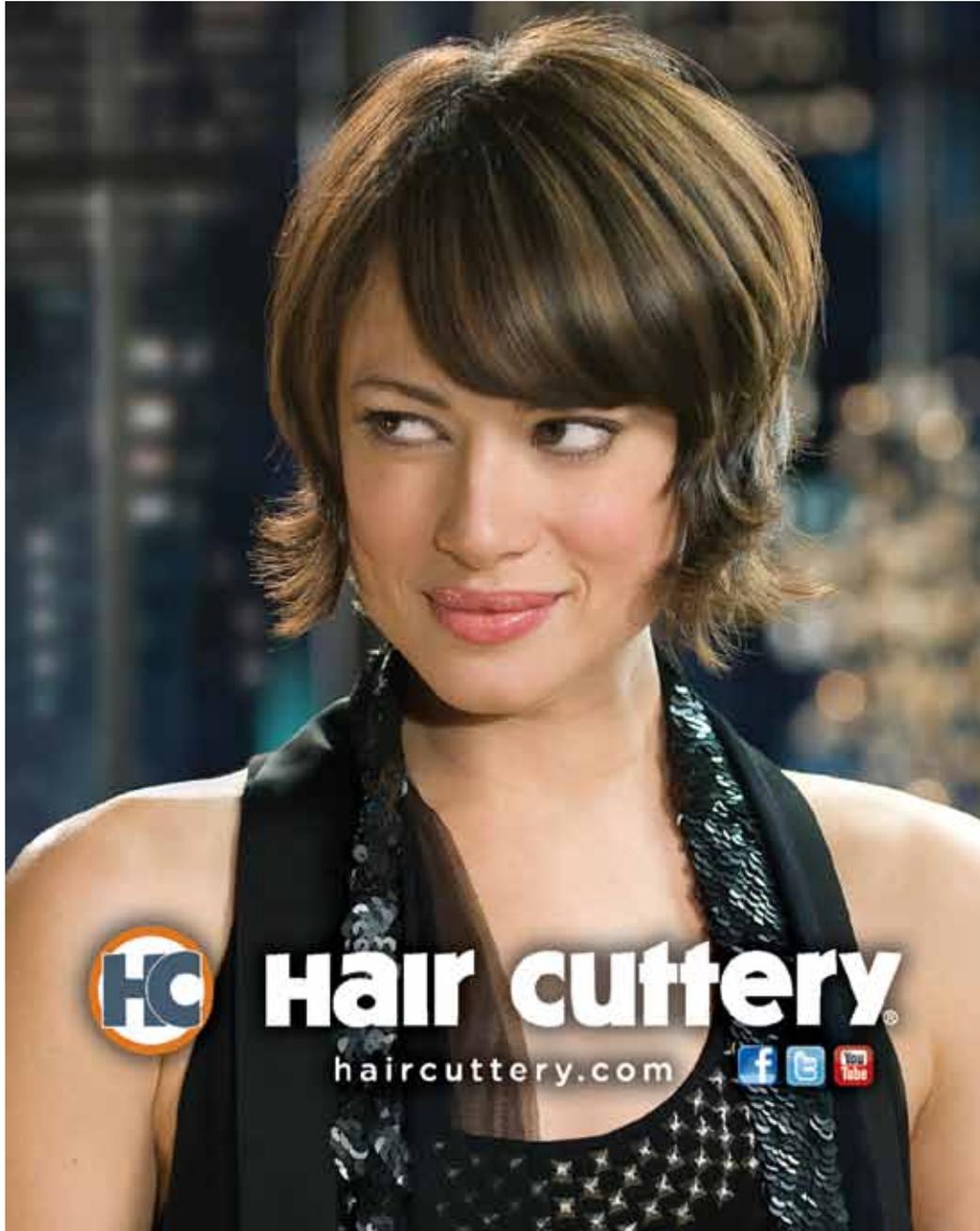
"Michael Andrew's stylized presentation of some of New York's finest songs will be the musical highlight of the month for South Floridians," said Lappin. "Michael's beautiful voice, combined with the Pops' wonderful sounds, will be the perfect kick-off to our new season."

The Kaye Auditorium will present "Autumn in New York" again on Monday, November 5, before the orchestra takes the concert to the Kravis Center in West Palm Beach on Tuesday and Wednesday, November 6 and 7, be-

fore finishing up at the Eissey Campus Theatre at Palm Beach State College on Thursday, November 8. All performances will begin at 8 PM.

"At the beginning of each new season, Maestro Lappin and his orchestra get a feeling of euphoria before they hit their first note," said Pops Executive Director David Quilleon. "Once the baton is dropped, the sounds come out in waves and the audience gets to take a magical, musical ride."

Tickets for all performances of "Autumn in New York" are available at the Kaye Auditorium, Kravis Center and Eissey Theatre box offices; by calling the Palm Beach Pops at 561-832-7677 or 800-448-2472 from 9 AM to 5 PM, Monday through Friday; or by visiting the Palm Beach Pops website, www.palmbeachpops.org. Tickets are priced from \$29 to \$89



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Photo by Denise Felice

“Morning Joe” Show Served Up from Mizner Park

BOCA RATON – The nation got its early a.m. shot of “Morning Joe” live from Mizner Park Monday.

The MSNBC news and talk show, “Morning Joe,” was broadcast both days from Racks Downtown Eatery and Tavern. The co-hosts, former Florida U.S. Rep. Joe Scarborough and Mika Brzezinski, were in town because of the nationally televised presidential debate that night at Lynn University.

Boca Raton Mayor Susan Whelchel and Councilwoman Constance Scott were up early and joined the crowd. Others in the gallery showed their support for the presidential hopefuls by wearing either pro-Obama or pro-Romney t-shirts. Boca Raton Tribune columnist and professional photographer Mike Gora was capturing the images on disc.

Scarborough and Brzezinski were perhaps the first news celebrities to arrive in Boca Raton – or at least the first to be

up and working. Others arrived throughout the morning at the Lynn University campus, which was cut off from the outside world by barriers and police cars placed at the corner of Yamato Road and Military Trail and Spanish River Boulevard and Military Trail.

Roads approaching the campus were lined with campaign posters by the time the sun rose Monday morning.

From left, Gary Rack, Mayor Susan Whelchel, Joe Scarborough and Councilwoman Constance Scott.



Shown from left are Gary Rack, Mika Brzezinski, Mayor Susan Whelchel and Councilwoman Constance Scott.



Shown from left are Gary Rack, Mika Brzezinski, Mayor Susan Whelchel and Councilwoman Constance Scott.

Spanish River Journalism Students “Cover” Presidential Debate at Lynn

By Dale King

BOCA RATON – Millions of people around the world saw President Barack Obama and challenger Mitt Romney spar in the final presidential debate of the campaign season Monday, Oct. 22 at Lynn University.

But three students and a teacher from Spanish River High School, also in Boca Raton, had ringside seats for the 90-minute confrontation.

Seniors Ilana Weisman, Editor-in-Chief of The Galleon newspaper; Sarah Darwiche, Co-Editor of the Tiburon yearbook and Ross Toback, Co-Editor of the Tiburon yearbook, along with teacher Michael Bartholomew, were in attendance at the coveted venue as guests of C-SPAN. The students served as C-SPAN student journalists and tweeted their observations throughout the night.

“We are very excited about the opportunity Spanish River Community High School students and their teacher had to become involved with the 2012 presidential debate at Lynn University,” said Assistant Principal Mara Goron.

“The chance to see a piece of history is incredible alone,” Ilana Weisman noted. “But I was curious to see how real journalists operate.”

Ilana, 17, has served on The Gal-

leon staff for three years and believes the opportunity to cover the Presidential debate will allow her to grow as a journalist and as a political pundit.

“I’m extraordinarily excited for the debate,” Ilana said before the big night. “I am an avid follower of politics, and I’m sure the spin room experience for the foreign policy-centered debate will be able to combine my interests of international affairs and journalism wonderfully.”

Ilana’s passion for politics is apparent. She is heavily involved in Model United Nations and is an intern for Organizing for America. She plans to study international relations and political science after graduation, and hopes to intertwine journalism into her career path.

Sarah, 16, is a member of both the yearbook staff and debate team. These two activities have sparked her interest in student journalism, providing a forum that balances local school affairs with national political issues.

After graduation, she hopes to study public health services. Her ultimate goal is to earn a master’s degree in occupational therapy, and then open a community center for individuals with special needs.

St. Jude Church Changes Date for Countess Luncheon

BOCA RATON – St. Jude Catholic Church will offer a tribute to Henrietta, Countess de Hoernle, to honor her recent 100th birthday and to recognize her legacy of community giving.

Originally set for Oct. 24, the event has been rescheduled to Nov. 28. A church service will be held at noon, and a luncheon follows at 12:30 p.m.

St. Jude Catholic Church is located at 21689 Toledo Road, Boca Raton. The tribute is sponsored

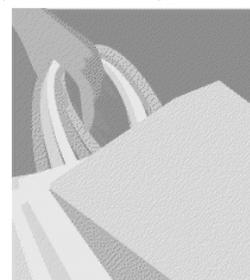
by St. Jude Carmelites. Honorary chairs are Kathy and Ronald Assaf and Rosemary and Ben Krieger.

The cost of the luncheon is \$50 per guest, and it will be served in New Mount Carmel Banquet Hall.

Proceeds will benefit programs of St. Jude Church and School.

Tickets are available from either of the event chairs, Marie Leible, 561-314-1250 or marie@stjude-boca.org or Jeanette Lewis atlewis.jmarie@gmail.com

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This public service advertisement courtesy of Investments Limited and The Boca Raton Tribune



Behind the Scenes: The "Spin Room"



Governor Rick Scott



Former Presidential Candidate John Kerry speaks to the Media



General Wesley Clark



Senator Marco Rubio speaking to the Media



2008 Republican Presidential Nominee John McCain



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SPOTLIGHT

Behind the Scenes: The "Spin Room"



The "Spin Room" hours before the Final Debate



Lynn Students head over to the Pool Party before the Debate



Members of the Media listen closely to the debate



The "Spin Room" After the Presidential Debate



John McCain speaks to the Media after the Debate



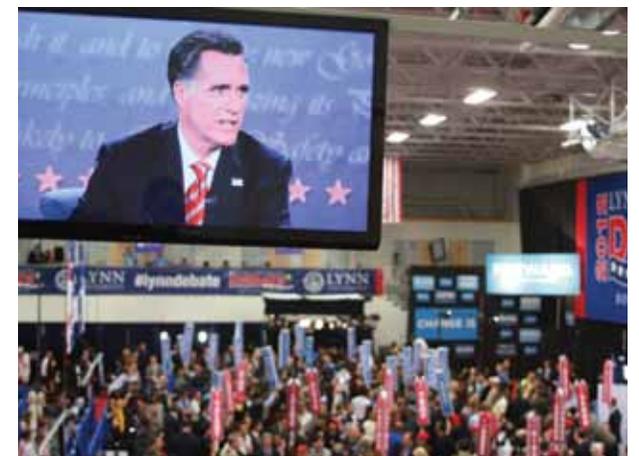
Candidate supporters outside the Debate Hall



The Spin Room during the Debate



TVs all over the place so the Media Members did not miss a minute



Presidential Candidate Mitt Romney

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Saving Shadow

Animal behaviorist aids Boca community leaders to rescue dog

BOCA RATON – A Boca Raton city councilwoman, a Tri County Humane Society member and a holistic animal behaviorist have joined forces to prevent Shadow, a dog with an unfortunate past, from being euthanized.

Lorraine J. Smith, founder and president of Heel 2 Heal, Inc., will begin working this weekend with volunteers at Tri County to deal with Shadow when he returns to the no-kill shelter in Boca.

Smith told the Boca Raton Tribune she received a call from Councilwoman Constance Scott to step in and save the dog from being euthanized. Smith gladly accepted.

Shadow has had a turbulent past, and normally would not face a potential death sentence at Tri County. The pet was abandoned at the age of 6 months, was brought to Tri County, adopted, then abused and returned to Tri County. He was recently being walked by a shelter volunteer when he bit someone. Animal Care and Control quarantined Shadow, but ultimately wanted to kill him.

Scott stepped in immediately, and working with Suzy Goldsmith from Tri County, engaged Smith to help train volunteers to deal with Shadow and his behavior problems.

“What I would like to do is set up an orientation session with all of the volunteers who have requested to work with Shadow,” Smith said. “I would like to go over the training program, protocol and safety with the volunteers, before we start working with Shadow. I would like to see the handlers have more confidence in their skills before taking on Shadow, and I think that they should practice on a less reactive dog first.”

Smith said Scott “has committed to making a sizable investment to help Shadow and the other dogs, and I would like everyone, including the dogs, to get the most out of my time spent at Tri County.”

She added: “I am also willing to extend each session that Constance has paid for to include some of my own time at no additional expense, to help everyone get started on the right foot, and therefore have the best chance of success.”

Smith has been working with animals for more than 20 years, with the last 10 focusing on the holistic approach to animal behavior and care. She is a professional dog trainer, certified canine and equine massage therapist, craniosacral therapist, reiki master/teacher and interspecies communicator.

Fab Four Revives Beatles Era at Chris Evert/Raymond James Tennis Classic Gala



The Fab Four

BOCA RATON — John Lennon, Paul McCartney, George Harrison and Ringo Starr won't be performing at the 23rd annual Chris Evert/Raymond James Pro-Celebrity Tennis Classic's Annual Gala. But the audience might “Imagine” they are.

The Fab Four - The Ultimate Beatles Tribute — will be the headliners at the charity's Annual Gala at the Boca Raton Resort and Club on Saturday, Oct. 27. It begins at 7:30 pm following a cocktail hour.

The Fab Four will take the audience on a nostalgic journey through the famous quartet's life. The show is divided into three segments starting with the mop-top's 1964 appearance on The Ed Sullivan Show, moving on to a psychedelic Sgt. Pepper set in the album cover's military uniforms and then morphing into a hippie-era Let It Be finale.

The Fab Four has performed live shows for the last 12 years, and in 2005

beginning a several-year run in Las Vegas performing a full stage show six nights a week.

Tickets to the Annual Gala are \$750 and are available through Chris Evert Charities at 561-394-2400 or www.chrisevert.org.

In addition to the Saturday night gala, the Chris Evert/Raymond James Pro-Celebrity Tennis Classic features two days of tennis at the Delray Beach Stadium & Tennis Center. Celebrities expected to join host Chris Evert for the 2012 event are actors Tom Arnold (True Lies), Jon Lovitz (Saturday Night Live), Alan Thicke (Growing Pains), Maeve Quinlan (Bold and Beautiful), Elisabeth Shue (Leaving Las Vegas), Jill Za-

rin (Housewives of New York), musician David Cook (American Idol) and television host Hoda Kotb (NBC Today Show). International Tennis Hall of Famer Martina Navratilova heads the list of tennis pros, which also includes Brad Gilbert, Murphy Jensen, Renae Stubbs and Brenda Shultz-McCarthy.

Tickets for the tennis action are also available through Chris Evert Charities. General admission tickets are \$20, club seats (reserved seat with seat back) are \$40 and box seats \$90. Series club seats for both sessions are specially priced at \$70 while box seat ticket packages range from \$175 to \$900. Children age 10 and under are free if accompanied by a paid adult in the general admission section.

Since 1989, Chris Evert Charities has raised more than \$20 million in an ongoing campaign to provide a bright future for Florida's most at-risk children.



David Cook

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November 3,10,17,24
December 1,8,15,22
January 5,12,19,26
February 2,9,16,23
March 2,9,16,23,30
April 6,13,20,27










Celebrating the Final Presidential Debate
Hosted by Lynn University on October 22, 2012

Free, city-sponsored events for the community.

★ Friday, October 5, 2012 - 6:30 PM – Mizner Park Amphitheater ★

Community & Culture Expo- American Stories as Told Through the Cultural Arts

- Performances by local cultural groups and Miss Boca Raton
- Children's activities & all American food
- Live music by the All Star Band
- Free admission to the Boca Raton Museum of Art for Boca residents

★ Friday, October 12, 2012 - 8:00 PM - Mizner park Amphitheater ★

Cinema Under the Stars- Mr. Smith Goes to Washington

- Historical and political perspective by Lynn University's Dr. Robert Watson
- Free movie, bring blankets and chairs

★ Wednesday, October 17, 2012 - Spanish River Library 7:00 PM ★

Boca Raton Public Library Author Lectures and Book Signing

Candice Millard, best known for her books *The River of Doubt: Theodore Roosevelt's Darkest Journey* and *Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President*. 393-7852

★ Thursday, October 18, 2012 - Spanish River Library 7:00 PM ★

Boca Raton Public Library Author Lectures and Book Signing

Dr. Richard Beeman, author of *The Penguin Guide to the United States* and *Plain Honest Men: The Making of the American Constitution*. 393-7852

★ Monday, October 22, 2012 - Mizner Park Amphitheater 7:00 PM ★

Rock the Vote Concert featuring Neon Trees presented by X-Box Live followed by Debate Watch Party

7:00 PM Neon Trees in Concert. 9:00 PM Presidential Debate Screening.

- Presented by the City of Boca Raton and the Convention and Visitors Bureau of Palm Beach County.
- Final Presidential Debate watch on several large screens inside the amphitheater.
- RSVP at www.rockthevote.com.

★ Sunday, November 4, 2012 - Mizner Park Amphitheater 7:00 PM ★

Lynn University Philharmonia Concert

- Patriotic performance by the Lynn University Philharmonia conducted by Jon Robertson.
- Bring blankets or chairs.
- Food and beverages sold on site.



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Entertainment

Skip Sheffield

Two wounded Souls Find Balm in "Tally's Folly"



Brian Wallace and Erin Joy Schmidt in "Tally's Folly."

Two wounded Souls Find Balm in "Tally's Folly"

tant, insecure Sally.

The ironic joke in the title "Tally's Folly" is that what transpires in this Pulitzer Prize-winning memory play is not folly at all, but amazing good fortune of two kindred spirits finding their destiny.

Like Matt, Sally is wounded, both physically and emotionally. She works as a nurse caring for wounded soldiers but her own wounds are untreated. As the layers of her defenses are peeled back we see the healing glimmer of hope that real love provides.

Lanford Wilson's uplifting 1979 work "Tally's Folly" has settled in for a run through Nov. 11 at Palm Beach Dramaworks, 201 Clematis St., West Palm Beach.

"Tally's Folly" had a flurry of activity after it won the Pulitzer Prize (I saw a couple different productions), then inexplicably it was put on the shelf. Like the perennial classic "The Fantasticks" early this year, "Tally's Folly" is meant to be seen.

Lanford Wilson broke with some theater traditions to create this two-character "waltz." The male partner, Matt Friedman (newcomer Brian Wallace) breaks the "fourth wall" by addressing the audience directly at the outset, and explains exactly what will happen within the space of just 97 minutes. "We have 97 minutes to change lives," Matt explains.

This production is lovingly realized by director J. Barry Lewis, his cast and crew, including lighting designer Ron Burns and sound designer Matt Corey.

The female partner is Sally Tally (Erin Joy Schmidt). Sally is the 31-year-old "spinster" daughter of one of the wealthiest families in Lebanon, Missouri.



Brian Wallace and Erin Joy Schmidt in "Tally's Folly."

Sally had a brief fling a year ago with Matt, who dropped in from the "big city" of St. Louis. Matt and Sally could not be less alike on the surface. He is a Lithuanian Jewish immigrant scarred by the war. Sally is from blue-blood Southern ruling class.

The lovingly referred to "folly" is an ornate but crumbling boathouse, constructed by Sally's eccentric uncle a generation ago. Now the boathouse is in ruins, but it is the designated meeting place of the wayward lovers.

These last two elements are crucial, as the story is set on July 4 in the year 1944. It is a happy Independence Day indeed.

As Matt tells us, the boathouse, created by ingenious set designer Michael Amico, is more like a third character. We will see why as stubborn Matt, a 42-year-old accountant with a mind like a computer, works away on reluc-

Tickets are \$55 (\$10 students) and may be reserved by calling 561-514-4042.

Danburg VIP Tent in the Red, White, and View event

Danburg Management Corporation was a sponsor of the Lynn Presidential Debate and had a VIP Tent in the Red, White, and View Watch party. The people present are: Tilmar Hansen, Michele Molnar, Jose, Gutman, John Crean, Pete Martinez, Jeff Zbar, Yael Camhi, Marta Rendon, Eric Judge, John Fumero, Bret Ribosky, Charlie Exelbirt, Robbin Newman, and Jamie Danburg.



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“Rocky Horror” Will Rock Into Boca for Halloween



From left, actors Tim Curry, Barry Bostwick and Susan Sarandon in a scene from the 1975 cult film, “The Rocky Horror Picture Show.”

BOCA RATON — Halloween is just around the corner, and who better to celebrate with than the denizens of Dr. Frank N. Furter’s home-sweet-castle in Richard O’Brien’s beloved cult classic, “The Rocky Horror Show?”

Entr’Acte Theatix invites audiences to come do the Time Warp again... when they present “Rocky Horror” at the Crest Theatre at the Delray Center for the Arts at Old School Square from October 25 through November 4.

The play (upon which the classic 1975 film, “The Rocky Horror Picture Show” is based) has grown from an experimental production in a small London theatre in June 1973 to a cult phenomenon with fans world-wide.

“Rocky” is also the quintessential audience participation show, and Entr’Acte will have what have come to be known as ‘survival kits’ available for purchase for those who want them.

Entr’Acte’s production features a

talented young cast led by well known South Florida director Kevin Black along with Ross Parris (Dr. Frank N. Furter), Elaine Flores (Janet) and Juan Gonzalez Machain (Brad).

Entr’acte Theatix is a not-for-profit, semi-professional, showcase company for young actors, providing performance opportunities for emerging theatre artists. An offshoot of the Palm Beach Principal Players, a 12-year-old acting company for theater students of high school and college age, Entr’acte, as the name suggests, is the “next step,” from classroom to career, and provides the young actor his or her first professional, all-important, resume-building credit.

“The Rocky Horror Show” will run for 12 performances only, from October 25 – November 4, at the Crest Theatre, 51 North Swinton Ave., Delray Beach. Tickets are available by calling 561-243-7922.

St. Jude Church to Honor Countess de Hoernle for Legacy of Giving

BOCA RATON — St. Jude Catholic Church will offer a tribute to Henrietta, Countess de Hoernle, on the occasion of her 100th birthday and for her legacy of community giving.

The event will be held Oct. 24 — exactly a month after the Countess’s actual 100th birthday on Sept. 24. A church service will be held at noon, and a luncheon follows at 12:30 p.m.

St. Jude Catholic Church is located at 21689 Toledo Road, Boca Raton. The tribute is sponsored by St. Jude

Carmelites. Honorary chairs are Kathy and Ronald Assaf and Rosemary and Ben Krieger.

The cost of the luncheon is \$50 per guest, and it will be served in New Mount Carmel Banquet Hall

Proceeds will benefit programs of St. Jude Church and School.

Tickets are available from either of the event chairs, Marie Leible, 561-314-1250 or marie@stjudeboca.org or Jeanette Lewis at lewis.jmarie@gmail.com



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Overnight, the body dehydrates due to the several hours without drinking water, and due to the environment and all the variables (the air conditioned dries out the air for example). When you get up in the morning the ideal is to drink a full glass of water at room temperature. This will help you to rehydrate and will assist you by flushing your kidneys. During the day, you should have a bottle of water always by your side. You should drink at least three bottles of water daily, but if you have an active life style it’s recommended to ingest at least 64 ounces of water daily.

Physical exercise requires proper hydration to improve performance and post-exercise recovery. The dehydration may lead to premature fatigue, and decreased exercise tolerance. The reason? The water is the major component in the body, representing 70-75% of the human body structure. When there is loss of body fluids, the cells of the several body systems become dehydrated, affecting their metabolic process e consequently altering the cellular function.

A study published by the Medicine & Science in Sports & Exercise demonstrated that a dehydration of only two percent may already affect the ability of the body to perform aerobic exercises. Other studies demonstrated that the same dehydration level may lead to decreased ability to think clearly, and decreased the production of strength in the muscles.

Another study by the University of Connecticut, published by the Journal of Nutrition, demonstrated that once you feel thirsty (approximately one to two percent dehydrated), there is an increase in the levels of general fatigue, increased tension, and increased anxiety, on both men and women.

When exercising during the summer, the water intake must be enough to supply the natural loss of body fluids by the sweat. Maintaining your body hydrated improves your performance in sports, work, and supports your mood.

Drinking water instead fruit juices and sodas, may assist in a weight loss of up to five percent of your body weight in a year. This statement was confirmed by a recent study performed by The American Journal of Clinical Nutrition.

“ Water has no taste, no color, no odor; it cannot be defined, art relished while ever mysterious. Not necessary to life, but rather life itself. It fills us with a gratification that exceeds the delight of the senses”. (Antoine De Saint-Exupery 1900-1944), Wind, Sand and Stars, 1939).



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Presidential Debate Wach Parties Around Town



Carlo Barbieri and Deputy Mayor Susan Haynie at the Florida Chamber Presidential Debate Reception and Watch Party



Barry Epstein and Victoria Jackson, from SNL Watching the Presidential Debate



Another Record-Breaking Year for Palm Tran

Palm Tran, Palm Beach County's public transportation agency, set fixed-route ridership records in fiscal year 2012, with a total annual ridership of 11,579,076. The figure marks a 4.08 percent increase compared to the previous record total of 11,124,904 set last year.

This is the fourth consecutive year that fixed-route ridership has increased and the third consecutive year that new ridership records were set.

Fixed-route weekday ridership averaged 39,288 passengers for the fiscal year, breaking last year's record of 37,708. Palm Tran ridership over the past 10 years has increased by more than 15,000 passenger trips per weekday and 4.6 million annual riders.

These ridership increases are system-wide and can be seen on most Palm Tran routes.



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Business

The Boca Raton Tribune

Tyco Completes Separation Process

BOCA RATON — Tyco has completed its separation transaction, forming the world's largest dedicated fire protection and security company as measured by market share.

Tyco Integrated Security will focus exclusively on providing security solutions that help commercial businesses protect what they value most.

Tyco, with more than three million customers and 69,000 employ-

ees in 50 countries, is a \$10+ billion global leader in fire protection and security solutions. The new company is focused on accelerating growth and increasing shareholder value by customizing, delivering and maintaining fire protection and security solutions.

Tyco's broad portfolio of products and services allows the company to work with customers to help them meet diverse needs. Tyco's solutions address these critical needs in demanding environments

via the latest innovations in fire protection, fire suppression, personal protective equipment, monitoring, intrusion detection, video surveillance, access control, retail performance and security solutions.

Tyco Integrated Security, formerly ADT Business Solutions, is the North American leader in commercial security and remains a part of the new Tyco post-separation.

"Today marks an exciting day for Tyco Integrated Security, as we

remain committed to helping protect what matters most to our customers. Backed by the resources of Tyco, we are able to help serve their needs even better than before," said Brian McDonald, COO, Tyco Fire & Security and acting president of Tyco Integrated Security. "We are building on over 100 years of experience and will continue to be singularly focused on delivering efficient, intuitive security solutions customized to best meet our customers' needs."



PBC Interactive, Palm Beach County's first and only business development research website offering real-time, parcel-based data, now features zoning and future land-use designations for 11 municipalities in addition to unincorporated Palm Beach County.

Working in cooperation with Boca Raton, West Palm Beach, Jupiter, Boynton Beach, Riviera Beach, Juno Beach, Lake Park, Palm Beach Gardens, Gulf Stream, Royal Palm Beach and Wellington, the

Palm Beach County Partners with 11 Cities on Business Development Website

county has added property information from these municipalities to provide an even more comprehensive research tool.

Efforts will continue to include zoning and land-use designations from each of the 38 municipalities in the county to further assist businesses in their search for potential sites for location and expansion, as well as help members of the public and private sectors interested in land development issues.

PBC Interactive was launched last year through a collaboration between the Department of Economic Sustainability (DES), Planning, Zoning and Build-

ing, Information Systems Services, and the Property Appraiser's Office.

Built within the design of myGeoNav, the application integrates several layers including industry codes (NAICS), land uses, enterprise zones, economic development organizations, property ownership information, and more.

To access the site, visit <http://maps.co.palm-beach.fl.us/edo> or go to the DES website at www.pbcgov.com/des and click on the PBC Interactive icon.

Three Businesses to Expand Create 950 Jobs through County Incentives

At its regular meeting on Oct. 16, Palm Beach County Commissioners approved up to \$1.484 million in economic development incentives for three companies: Pratt & Whitney-Florida Engine Delivery Center; ADT, LLC; and Digital Risk, LLC.

In order to receive these funds, the firms are required to complete facility renovations and expansions in the county and create a total of 950 new, full-time jobs.

Pratt & Whitney is seeking \$1 million in job growth and ad valorem tax exemption incentives upon

completion of its \$63 million engine production and delivery center west of Jupiter. The state has offered \$3.3 million under its Quick Action Closing Fund (QACF). The company plans to create 230 new jobs over 10 years at an average annual salary of \$81,110.

ADT, a leading provider of electronic security services, is considering retrofitting a 175,000-square-foot facility in Boca Raton for its headquarters. The company received the commission's conceptual approval for \$184,000 in grant funds, representing a portion of the local match required under

Florida's QACF program. An equal match will be provided by the city of Boca Raton. ADT has been offered more than \$1.2 million in state funding.

The approval is conditioned upon the completion of a \$400,000 building renovation and the creation of 120 new jobs along with the retention of 260 existing jobs.

Digital Risk, also located in Boca Raton, is a business and financial services firm specializing in mortgage underwriting. The company received approval in June for \$75,000 in grant funds as a match

to the state's incentive program, contingent upon the creation and retention of 150 jobs.

Since then, the company has upped its job creation goal to 600 jobs, making it eligible to receive up to \$300,000 in county grant funds. The city of Boca Raton also will provide \$300,000 toward the local participation match to the state's commitment of \$3 million.

Palm Beach County's Department of Economic Sustainability estimates that these projects will have a combined economic impact of \$874 million over a five-year period.

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CARLO BARBIERI

By Carlo Barbieri

Obama using minorities, poor, as pawns in class warfare politics

Historically, the United States abhors class warfare.

The founding fathers fled England to escape this kind of tyranny and created the USA as a land of liberty and freedom for all. A century later, the nation fought its bloodiest war, brother against brother, over the issue of slavery. What came out was a doctrine that said unequal treatment of anyone is wrong, though it would take another 100 years of struggle to bring about full equality.

The goal of every effort along the way has been to make the American Dream possible for all people.

In his bid for re-election, President Barack Obama is undermining that American Dream with his endorsement of "redistribution of wealth," putting the government in the "nanny state" role of taking care of minorities, the poor, the unemployed and the elderly.

At the same time, he promises to take more money in taxes from the rich. And while he also vows to give the middle class a break, those in the median wage bracket have seen their household income drop under President Obama, and face massive increases in food and fuel costs.

So what the president has done is create three classes, all at odds with one another. Those in or near poverty stay there because jobs are few and the government is perpetuating their state of dependency.

The rich are being hammered with threats of additional taxes. They are also indicted for allegedly "not paying their fair share." They are faulted for being successful in a country that has always deemed success a wonderful thing. Mr. Obama has turned "success" into a dirty word.

The middle class is jammed between the other two classes, wishing and hoping to move up, but fearful they will drop down. Mr. Obama uses them to shoulder the burden of his excessive spending.

Former New Hampshire Governor and Mitt Romney campaign aide John Sununu defined this issue concisely when he said that Mr. Obama is "the first president in my lifetime who's decided to run a campaign on class warfare... He attacks success. He says we need to get a hold of more money out of the rich and he condemns those who have succeeded with 'you didn't build it.'"

The matter of minorities and immigrants has also entered the mix. Mr. Obama champions himself as a leader in both areas. Yet during the second debate of this campaign season, Mitt Romney pointed out that Obama failed to file an immigration reform bill during his first term – as he had promised.

What Mr. Obama did dream up by executive order was his so-called "Dream Act." Mainly, it allows young people brought into the country without authorization to avoid deportation if they graduate high school or join the military. Through this order, he has locked in support from a fast-growing demographic group that has been trending sharply Democratic in the wake of increasingly hard-line Republican positions on immigration.

What we need here is an immigration policy that makes compassion and consideration, not self-deportation and misery, its top priority. We cannot have open borders – no nation can – but we can have a much more reasonable immigration policy than we have now, and much more reasonable state policies in support.

The fight among classes is something I can relate to. I am a minor-

ity, and not a native American. I have, however, seen my home country of Brazil help lift millions from poverty level to middle class, but not by pitting one class against the other. Rather, it is by providing them with the resources they need to earn their way up.

When he ran for president in 2008, I supported Mr. Obama. His promises of hope and change seemed bold and refreshing at a time when the nation was falling into the pit of recession. But Obama has failed to deliver. He promised to cut the unemployment rate to about 5 percent. It didn't happen. He promised to trim the nation's debt, but, rather, has allowed it to soar. And he can no longer blame President George W. Bush for leaving him in the lurch.

Even in the 2012 campaign, Mr. Obama is fighting class warfare by portraying Mitt Romney not simply as a rich man, which he is, but as an unfeeling, uncaring and unworthy person, which is certainly is not.

Mr. Obama is perpetuating class and race warfare. If he is re-elected, he will undoubtedly bring four more years of "same-old, same old." The nation doesn't want it – and certainly can't live with it.

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A Re-Born Boston's celebrates Its First Anniversary

DELRAY BEACH -- It started life in 1925 as the Hotel del Sol, a modest-sized hotel and coffee shop.

Thirty-three years ago Hotel del Sol was completely remade as Boston's on the Beach. It quickly became one of the most popular places in Delray Beach for oceanfront dining and live entertainment.

Boston's entered its third incarnation a little over a year ago when the company's new owners, Oceanfront Properties Ltd., decided to upgrade everything structurally and stylistically with a \$5 million reconstruction. The first anniversary is Nov. 3.

"The place was getting pretty shabby," admits Oceanfront Properties president Michael Walsh. "We closed the building, gutted it and rebuilt everything to modern codes. The biggest change was upstairs, which used to have an open patio. We enclosed it with windows, but we left the option to have them open in good weather. The result is better comfort for our guests year-round while preserving the view."

Boston's on the Beach is actually three distinct establishments now: Boston's bar, restaurant and stage downstairs, 50 Ocean gourmet dining upstairs and the open-air Sandbar to the south, with patio and

thatched tiki hut.

The Boston/New England atmosphere has been retained in Boston's bar and restaurant. The stage was relocated and enlarged, with improved audio and lighting technology. For sports fans there are 30 televisions mounted around the room. For the first time a breakfast menu has been added.

Reggae night continues on Mondays as it has for the past 25 years. Blue Tuesdays, hosted by Boca Raton's "Famous Frank" Ward features the best in local and national blues acts. Rock, Jazz and Country are offered the rest of the week. Boca Raton's favorite fiddling songstress, Amber Leigh, entertains Sunday afternoons.

Formerly known as the Upper Deck, 50 Ocean represents a complete makeover, modernization and upgrade to a posh, upscale gourmet dining area with sweeping ocean views. Classy touches include bamboo floors, polished marble-topped bar, leather chairs, wicker bar seats, and a separate Hemingway Room decorated with vintage black-and-white prints of the famous American author and sportsman.

The casual beach vibe of Boston's lives on with the outdoor Sandbar, opened in April 2012,



The Hotel del Sol became Boston's on the Beach



Dining room and view



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where you can eat and drink in your bathing suit if you so desire.

Among the awards Boston's has won recently are "Best Neighborhood Bar," "Outstanding Oceanfront Restaurant" and "Best Live Entertainment."

"I have worked at a number of places," says manager Mark DeAtley. "Boston's is the best. We are really proud of it."

Call 561-278-3364 or visit www.bostonsonthebeach.com for more information.

BUSINESS BITS

Palm Beach County announces the expansion of the A&E Auto Sales & Repair, Inc. used car sales and auto servicing business on Avenue L in Belle Glade. The company was approved for \$244,000 in funding assistance from the Section 108 Loan Program through the Department of Economic Sustainability (DES). With a total project cost of \$613,200, the loan will finance property acquisition and provide working capital. Expansion plans call for several bays for car repairs as well as increasing inventory space.

Former Riviera Beach and Suncoast High School All American basketball player Richard Rellford has been hired by the American Basketball League (ABL) as the general manager of the West Palm Beach Piranhas. Rellford, a long-time resident of the Palm Beaches, will be responsible for the day-to-day operations of the Piranhas and brings to the American Basketball League a wealth of business and basketball experience, as well as well-established local business contacts. He partners

with ABL founders Steve Haney and music mogul Steve Rifkind to develop the United States' first ever FIBA rules professional basketball league.

Florida Atlantic University will host the Academy of International Business Southeast (AIB-SE) Conference in downtown Fort Lauderdale, Wednesday, October 31 through Friday, November 2. More than 200 international business scholars, students, practitioners and representatives of the business community, from 37 countries and 6 continents, are expected to be in attendance.

COCONUT CREEK -- A Coconut Creek Chamber Night Networking Event will be held Wednesday, November 7 from 5:30 - 7 p.m. RSVP by 5pm on Nov. 5. It will be held at The Promenade at Coconut Creek, 4437 Lyons Road, Suite E-103 Coconut Creek, and is sponsored by Apricot Lane Boutique. The cost is \$10 for members and first-time guests and \$15 for returning non-member guests.

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

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Games

The Boca Raton Tribune

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- 1 Twinge
- 5 Soda fountain treats
- 10 Curly cabbage
- 14 Brainchild
- 15 Alaskan native
- 16 Pelvic bones
- 17 Medical isolation
- 19 At hand
- 20 Final (Abbr.)
- 21 Sign before Virgo
- 22 Thin ice, e.g.
- 24 Spirit of a people
- 26 Ticked off
- 27 City near LA
- 30 Russian favorite
- 34 Emcee
- 37 Dot follower
- 38 Pavement or patio material
- 39 Tokyo, once
- 40 Samurai, e.g.
- 42 Jeans brand
- 43 Deodorant type
- 45 Commotion
- 46 Secluded valley
- 47 Clean-up tool
- 48 Paradise
- 50 Discontinue
- 52 Polled
- 56 Rio ____
- 58 Prescription checker (Abbr.)
- 60 Gardner of film
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- 62 Stargazer
- 65 Ashtabula's lake
- 66 Piece of cave art
- 67 Out of shape
- 68 Give temporarily
- 69 Gumption

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- Cluster
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- Covey
- Crew
- Faction
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- Genus
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70 Adherents (Suffix)

Down

- 1 Provoke
- 2 Grownup
- 3 Poet's "below"
- 4 Needlefish
- 5 Lion's pride
- 6 Singing voice
- 7 Luau garland
- 8 Siberian feature
- 9 Hearty entree
- 10 Realm
- 11 Downwind
- 12 Make-up artist?
- 13 Corn serving

18 Likewise

- 23 At no time
- 25 Select
- 26 Thankless wretch
- 28 Gripe
- 29 Hockey great Bobby
- 31 Wooded hollow
- 32 Patella's place
- 33 Egyptian solar deity
- 34 Basil, e.g.
- 35 Bouquet
- 36 Alone
- 38 Henhouse
- 40 Restroom sign
- 41 Chapel vow
- 44 Found

- 46 Federal watch-dogs (Abbr.)
- 48 Exhausts
- 49 Nobelist Pavlov
- 51 Monroe's successor
- 53 Domesticates
- 54 Media attraction
- 55 Pub game
- 56 Horror film staple
- 57 Destroy
- 58 Kukla, ____ and Ollie
- 59 Handout
- 61 Hair goop
- 63 Prefix with angle
- 64 Japanese sash

Solutions From Edition 118 Puzzles

L	L	R	R	E	P	P	O	T	S	N	M	F	R	E	B	H
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Columnists

The Boca Raton Tribune



FAITH

By Rick Warren

How To Be Thankful in Tough Times

What do you do when faced with a situation that seems beyond your control? Perhaps business is not going well, you are facing major financial difficulties, or a personal situation seems to defy resolution. What do you do – worry about it?

The Bible offers some very interesting insight into this and suggests that instead of worrying, we simply should be thankful: “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done” (Philippians 4:6). Let’s take a closer look at this advice:

1. Don’t worry about anything. Worrying doesn’t change anything. You could call it “stewing without doing.” There is no such thing as a born worrier; worry is a learned response. You probably learned it from your parents. If not, you learned it from your peers, or you learned it from experience. That is good news – the fact that worry is learned means it can also be unlearned. Jesus says, “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today” (Matthew 6:34).

2. Pray about everything. Use the time you would spend worrying by praying instead. If you prayed as much as you worried, you would have a whole lot less to worry about. Some people think God only cares about things such as how many people attend church or how much money we give to religious causes. But God is interested in everything, even car payments and aching joints. He is concerned with every detail of your life. That means you can take any problem that you are facing to God.

3. Thank God in all things. Whenever you pray, you should always pray with thanksgiving. The healthiest human emotion, psychology experts tell us, is not love, but gratitude. Being thankful actually

increases your immunities; it makes you more resistant to stress and less susceptible to illness. People who are grateful are happy. But people who are ungrateful are miserable because nothing makes them happy. They are never satisfied; nothing is ever good enough. So if you cultivate the attitude of gratitude, learning to be thankful in everything, it reduces stress in your life.

4. Think about the right things. If you want to reduce the level of stress in your life, you must change the way you think. The way you think determines how you feel, and the way you feel determines how you act. So if you want to change your life, you need to change what you are thinking about.

This involves a deliberate, conscious choice where you change the channels of your mind, much like you would change the channels on your TV: You can choose to think about the right things, focus on the positive and on God’s Word. Why should you do this? Because the root cause of stress is the way you choose to think. Think properly and positively and you will minimize the stress in your life.

When we no longer worry, when we pray about everything, when we give thanks, when we focus on the right things, the apostle Paul assures us the result will be, “The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:7).

Adapted from a column by Dr. Rick Warren, the author of numerous books, including the highly acclaimed, *The Purpose-Drive Life*, which has been translated into many languages and sold throughout the world. It affirms the importance of having a carefully considered, clearly expressed purpose to guide everyday life. He also has written a number of other books, including *The Purpose of Christmas*.



DIVORCE FLORIDA STYLE

By Mike Gora

Grand Old Opry

Q I am the mother of a lovely 12-year-old young woman. Her father and I were never married but lived together for several years, before and after her birth. During our relationship I worked, and still work as a schoolteacher. He never worked. His father however, is a multi-millionaire who has a face and voice which everyone in the world would recognize as a Nashville based country and western recording star.

During our relationship, the grandfather refused to recognize my daughter in any way, or have anything to do with her, perhaps because we are of a different race. However, on Christmas of each year, he would give his son a quarter million dollars for support for the next year. If emergencies would arise during the year, more money was available. No money was saved. I was told that no savings were necessary; his dad would always be there.

A year ago he abandoned us for a younger woman, married her and another child is on the way. He kicked us out of his house, but rented a house for us, paid support, and kept our daughter in private school and sent her to camp last summer.

Now that the school year is over, he says we are on our own. He says that he has no money, no income, no skills and never worked in his life. I have appealed to him and his father, who will not even acknowledge we exist. What are my rights? I can’t even afford a lawyer.

A If you can prove the history of the grandfather’s regular giving

through bank records and testify about your knowledge of the lifestyle that you had enjoyed, you are likely to be very successful in obtaining child support, attorney’s fees and, perhaps, extra money for private school and summer camp.

Florida case law allows that proof of regular substantial giving, under circumstances where it is very likely to continue, forms a basis for child support under Florida child support guidelines, which include money for extras such as private school and summer camp if usually provided. The gift income can also support an award of attorney’s fees and court costs.

Keep in mind, however, that guidelines for child support is somewhat limited in amount. On the \$250,000 tax-free gift income you mentioned, adjusted for your income, the guidelines support would be just under \$2,000 a month. The school and camps may or may not be found affordable by a court. Health insurance for your daughter and some payment toward non-covered medical expenses might be provided, as well as some life insurance to secure the child support. On the facts you present I’m sure you can find competent counsel to take on your case.

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 by e-mail at mhgora@sbwlawfirm.com.

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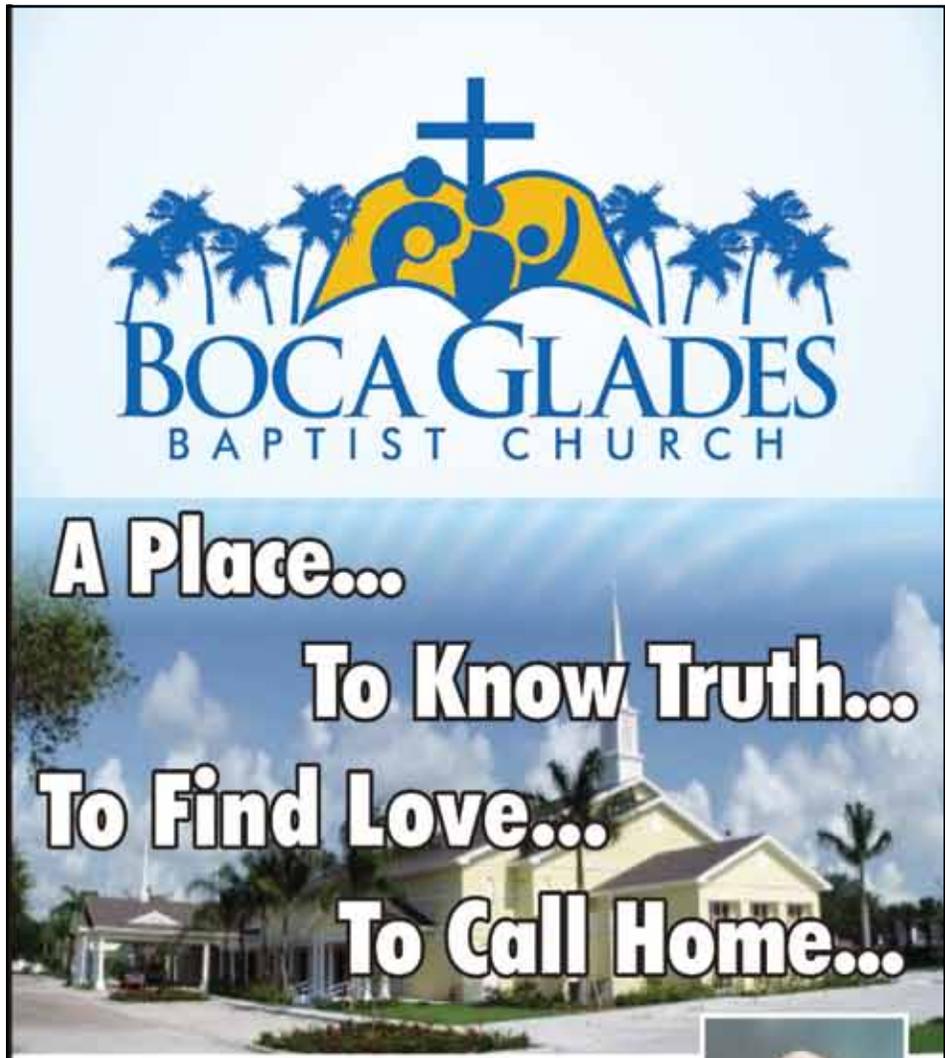
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Sports

The Boca Raton Tribune

Owls Fall in Double Overtime Thriller



PHOTOS BY BOB MARKEY II / WWW.MARKEYSPORTS_PHOTO.COM

MOBILE, AL – The Florida Atlantic football team fell in double overtime to the University of South Alabama Saturday, 37-34.

The Owls led all game, and were up 14 with 14:51 remaining after Graham Wilbert found Nexon Dorvilus in the end zone. But USA came back with one score at the 5:45 mark, and tied it with another with 1:09 to go. The last FAU drive ended on a blocked field goal to send it to overtime.

The teams exchanged field goals in the first overtime, with USA scoring first. Michel Chapuseaux was good from 37, as was FAU's Mitch Anderson. But in the second overtime, Anderson's kick was blocked for the third time in the game, and Chapuseaux gave USA the win with a 35-yarder that split the uprights.

Four Owls set career highs in the game: Wilbert with 303 passing yards (the first FAU quarterback to reach that mark since Jeff Van Camp threw for 302 against Troy on December 4, 2010), Jonathan Wallace with 101 rushing yards, William Dukes with 119

receiving yards (the team's first 100 yard receiver since Avery Holley in that same Troy game above), and safety Brent Harstad with 15 tackles, the most by an Owl this season.

Wallace got the Owls on the scoreboard first with a 1-yard plunge in the first quarter. After USA tied it, FAU went back up on a 14-yard Martese Jackson run late in the quarter.

Anderson gave the team a 17-14 lead at the half with a 23-yard field goal as time expired. The Owls then went up 10 on the first drive of the second half, with Wilbert finding Dukes for 50 yards, the team's longest offensive play of the year.

After a Chapuseaux field goal cut it to seven, Dorvilus' touchdown early in the fourth gave the Owls a two-touchdown lead and set it up for the Jaguars' comeback.

The Owls fall to 1-6 and 0-4 in the Sun Belt. The win was South Alabama's first conference victory. They're now 2-5 this season, 1-2 in the SBC.

FAU returns home next Saturday, October 27, when they host Troy at 5 p.m.

Fort Lauderdale Re-Signs Mark Anderson for 2013 Season

By: Pedro Heizer

before losing to Japan 2-0.

Mark Anderson, the Strikers' leading goal-scorer for 2012, has been resigned for the 2013 season with a club option for 2014 and 2015.

Anderson, who scored 13 goals in all competitions for the Strikers and was named to the NASL's Best XI team in his first season as a professional, came to Fort Lauderdale after trying out at the NASL Combine one year ago.

"I'm really happy to have finally agreed to terms and signed a new contract," said Anderson via his twitter account earlier today. "I'm looking forward to the next few years with Fort Lauderdale."

Before Anderson was the Strikers' high-scoring forward, he was part of the Barry University Buccaneers from 2008-2010.

During that time span Anderson had a very successful college career. As a freshman he led the nation in assists per game and was seventh in the nation for points in a game.

In three seasons with the Buccaneers, he scored 38 goals and had 28 assists in 58 games. In 2011 he was named the Division II National Soccer Player of the Year and the Capital One Academic All-America of the Year for DII men's soccer.

Last year Anderson represented Great Britain at the 2011 World University Games in Shenzhen, China. He scored two goals, leading his team to the finals

For the Strikers this season, Anderson was one of the most consistent players on the team. Anderson was second in appearances among field players with 25, including being named a starter 19 times. He had a team-high 13 goal and he also added three assists on the season as well.

"We are very excited to have re-signed Mark," said Strikers head coach Daryl Shore. "He was a big part of our team in his rookie season and we are very happy to have him back with the red and yellow for 2013. Being able to keep a solid core group of guys together as we move forward is important and Mark is a big part of this group."

"You don't want to stand still, and to know that the club has aspirations of moving forward was a big part of my decision," said Anderson. "We signed some core players like Matt (Glaeser), Walter (Restrepo), and Pecka who are key to moving forward, so that was a major factor as well."



Photo Credit: Jon van Woerden Photography



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High School Football Recap

10/18 - 10/20

Pope John Paul II 39, Miami-Florida Christian 14:

DeQuan McGriff rushed for 58 yards and two touchdowns and Will Jeanlys rushed for 79 yards and one touchdown as the Eagles (7-1) defeated the Patriots (6-2) in Miami. The Patriots (6-2) scored the first points of the game off a touchdown pass to take an early 7-0 lead, but the Eagles (7-1) answered with a 22 yard touchdown run by Jeanlys and a two point rushing conversion to take the lead. The Eagles were shortly thereafter able to convert on an interception by Stefan Hinz en route to a 30-17 point half-time lead. The Eagles scored in the third quarter on McGriff's second rushing touchdown to seal the victory.



Park Vista 42, Boca Raton 0:

Park Vista (5-1) wanted to right the ship after a 38-point drubbing at the hands of Palm Beach Central two Fridays ago. That loss put the Cobras in a precarious spot and created must-win matchups in toss-up games with Boca Raton and John I. Leonard. Boca Raton played unevenly all night, mixing gains such as Cecil Johnson's 30-yard run or Tard McCoy's 21-yarder with plays that achieved little. The Bobcats, languishing without injured quarterback Kevin Anderson, didn't complete a pass and mustered 156 yards of offense. The loss eliminated them from the playoffs.



Boca Tribune Ranking:

- | | |
|--------------------------|------------------------------|
| 1) Boca Raton Christian | 5) Boca Raton High School |
| 2) Olympic Heights Lions | 6) Saint Andrew's |
| 3) Pope John Paul II | 7) Spanish River High School |
| 4) West Boca High School | |



BYE WEEK

Santaluces 49, Spanish River 0:

The Chiefs (4-3, 3-2 District 13-7A) coasted past the Sharks (0-8, 0-5 13-7A) in Boca Raton. The Sharks will now take their 0-8 record on the road to cross-town rivals West Boca this week for a 7A District 13 challenge.



Boca Raton Christian 49, Central Florida Christian 12:

Caleb Hood rushed for 92 yards and four touchdowns to lead the Blazers (7-0) past the Eagles in Ocoee. Hood scored three of his four rushing touchdowns in the second half, and the Blazers rushed a total of thirty times, compared to attempting just four passes.

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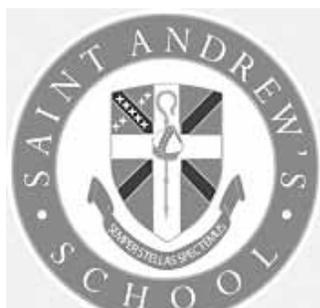


Olympic Heights 33, Forest Hill 14:

Jim Derival had 121 yards rushing and a touchdown, leading the Lions (6-1) past the Falcons (1-6) in Boca Raton. Running back John Cleristor added two more touchdowns to go with 80 yards on the ground for the Lions, who totalled 269 rushing yards. For the Falcons, Calvary Pugh rushed for 113 yards.

Benjamin 43, St. Andrews 12:

The Scots fell to the Buccaneers in Boca Raton on their Homecoming game. Benjamin's Drew Spragg (Sr) rushed for over 102 yards as the Buccaneers had 199 total rushing yards.



Tribune of Sports

East /West Boca Raton, Highland Beach, Delray Beach, FL - October 25, 2012 through November 1, 2012 • Year III • Number 119

Owls fall in Overtime Thriller

See page 29



Strikers Re-Sign Mark Anderson

See page 29



Photo Credit: Jon van Woerden Photography

PHOTO BY BOB MARKEY II / WWW.MARKEYSPORTSPHOTO.COM

High School Football Recap 10/18 - 10/20

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Sports