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That day has come to be known as the Annual Carousel Day at Sugar Sand Park. This year, the sixth annual event will be held Dec. 2 from 10 a.m. to 4 p.m. at the carousel in Sugar Sand Park at 300 S. Military Trail, Boca Raton.

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See page 3

Life & Arts

Boca Raton’s Holiday Lighting Extravaganza in Mizner Park Amphitheater

See page B1

Community

Happy Holidays are Happening All Over

See page 3

Community

FAU’s Annual Band-o-Rama Concert set for Nov. 28

See page 7

Business

Economic Outlook for Boca in 2013 topic of Chamber Luncheon

See page 25

Municipal

West Concedes Victory to Murphy after Long Ballot Battle

See page 21

Foundations Donate \$100,000 to Boca Helping Hands Job Initiative

BOCA RATON — For most people, Boca Helping Hands means a hot meal or a pantry bag of groceries. For others, BHH means a backpack filled with food for the weekend for children.

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The new Job Readiness “Catering Program” will serve carefully screened and selected clients who will earn a

small stipend while gaining skills and experience in the food service industry.

At the conclusion of the three-month program, the clients will be guided in their search for employment with the many restaurants and country clubs in our area, many of whom are continuously hiring.

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In January, the first class of 12 cli-

ents will begin their journey to gainful employment. During Phase 1, participants will learn life and social skills. The 12-hours of classroom instruction will be taught at BHH by faculty from Palm Beach State College.

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See Pg.7

Flavia Duddley reading The Boca Raton Tribune



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



CLUB SERVICE DIRECTORY



ROTARY CLUB BOCA RATON WEST
 President Marco Dombrowski
 Thursdays 7:30 pm
 Picanha Brasil
 22797 State Road 7 Boca Raton, FL 33428

ROTARY CLUB BOCA RATON
 President Bill Ridick
 Wednesdays 12:00 pm
 Via Mizner Country Club
 6200 Boca Del Mar Dr, Boca Raton, Florida 33433

ROTARY CLUB BOCA RATON SUNSET
 President Ron LeBright
 Mondays 6:00 pm
 5250 Town Center Circle, Boca Raton, FL

ROTARY CLUB BOCA RATON DOWNTOWN
 President Alan Kaye
 Fridays 12:00 lunch
 Bogart's Bar & Grille (Cinemark/Premier Level)
 3200 Airport Road, Boca Raton, FL 33431

ROTARY CLUB BOCA RATON CENTRAL
 President Dr. Bob Eckelson
 Tuesdays 12 pm
 The Capital Grille
 6000 Glades Road, Boca Raton, FL 33431
 Check with the Hostess to confirm dining the room.

LIONS CLUB OF DELRAY BEACH
 President Sandra Barre
 2nd Tuesday, 6 pm at Heritage Park
 5861 Heritage Park Way, Delray Beach FL 33484
 4th Tuesday, 6 pm at City Library
 100 W. Atlantic Ave. Delray Beach FL

BOCA RATON LIONS CLUB
 President Hazel Mc Intyre
 1st Monday, 7 pm
 399 NW 35th St. , Boca Raton FL

Quote of the Week:
For they shall add to thee length of days, and years of life, and peace.
 Proverbs 3:2

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



Boca Police Safety Tip

Q: What do I do if I am pulled over by an unmarked car and I am concerned it might not be a real police officer?

A: The chances of being pulled over by someone impersonating a law enforcement officer are low. However, if you have any concerns, slow and activate your hazard lights and call 911. If you choose to stop prior to confirming that it is in fact a law enforcement officer, make sure you do so in a well-lighted, populated area, out of the flow of traffic.

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

For more information, visit www.BocaPolice.com.

Boca Raton Police Blotter

11/15/2012 TRAFFIC ARREST (NON-DWI)
 Man age 33 was arrested for driving with license suspect and providing a false name after traffic stop at 1400 West Glades Road. He was taken to the county jail.

11/15/2012 AGGRAVATED BATTERY
 Suspect age 27 was arrested after he allegedly attacked his brother-in-law and bit off his right pinky finger.

11/16/2012 VEHICLE THEFT AUTO
 Female suspect age 41 was arrested for possession of a stolen vehicle. She allegedly stole the car from Tampa International Airport. She was taken to the county jail.

11/15/2012 POSS NARCOTIC CONTROL SUB
 Female, 27, was arrested for possession of Vyvanse, a schedule II narcotic and possession of paraphernalia following a traffic stop at 1400 North Federal highway. She was transported to county jail for final disposition.

11/15/2012 SIMPLE BATTERY
 Sixteen-year-old juvenile was arrested after she got into a physical altercation with her mother. She was arrested and taken to the juvenile lockup.

11/15/2012 DRIVING WHILE INTOXICATED
 Following a traffic stop at 800 North Federal Highway, Officer Graham arrested a female suspect for DUI. She gave two breath samples. She was taken to the county jail.

11/15/2012 BURGLARY TO RESIDENCE DEL RIO BLVD
 Unknown subjects appeared to have used a window punch device in an attempt to gain entry through the rear door of the residence.

11/15/2012 BURGLARY/ THEFT FROM AUTO SW 5TH ST
 Cindy Rey reported a burglary occurring at approximately 0110 hours on 11/15/2012. No suspect information. Nothing taken from the vehicle.

11/15/2012 TRAFFIC ARREST (NON-DWI) NW 40TH ST
 On 11/15/2012, at about 1220 hours, on NW 40th Street, subsequent to a traffic stop for illegally tinted windows, suspect, 29, was issued a criminal citation for driving with a suspended license and a non-criminal citation for not having proof of insurance. The vehicle was left parked at the location.

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Community News

The Boca Raton Tribune

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Heizer said the day is special for a number of reasons. Kids can ride the carousel for free. All visitors can enjoy hot dogs and hamburgers with all the “fixin’s.”

The event is really a benefit for the needy children who will likely get no presents during the upcoming holidays. Those planning to attend are asked to bring a new, unwrapped toy. They will be distributed to children for Christmas at the Wayne Barton Study Center

and to children who get their meals from Boca Helping Hands.

The special day of free rides and food in exchange for a donated toy is sponsored by the Rotary Club Boca Raton West.

If you cannot make it to the event on December 2nd, you can always drop off toys at special locations. The Boca Raton Tribune has a dropoff box located in the first floor of their building located at 399 NW Boca Raton BLVD. Also, Picanha Brazil, located at 22797 State Road 7.

For information, email the Rotary Club Boca Raton West at Christmas@rotarybocawest.org.

The carousel opened Nov. 19, 2005, in conjunction with Sugar Sand Park’s 10th anniversary.

Sugar Sand Park is one of the most elaborate recreation venues in the city.

It has a Science Explorium, a theater, a playground, ball fields and, since 2005, a carousel.

“The Boca Raton Rotary Club Sunset was instrumental in raising money to help purchase the intricate merry-go-round,” recalled Douglas Heizer, former president of Boca Rotary Sunset and now publisher of the Boca Raton Tribune.

Because of the Rotary Club’s generosity, the Greater Boca Raton Beach & Parks District, which owns the play area, offered the club a chance to use the carousel one day a year without charge.

That day has come to be known as the Annual Carousel Day at Sugar

Happy Holidays are Happening All Over

If you’re in the mood for some holiday celebrations, South County is the place to be. Here are some of the upcoming activities with a seasonal flair:

HOLIDAY LIGHTING EXTRAVAGANZA

Tonight (Friday Nov. 23, 5:30 to 9 p.m.), join your friends in downtown Boca Raton for the annual Holiday Lighting Extravaganza in the Mizner Park Amphitheater. Enjoy the sights and sounds of the holidays by watching a live ice sculpture demonstration, visiting Santa, playing in real snow, feasting on holiday treats and beverages, enjoying kiddie rides and activities and joining Mayor Susan Whelchel as she flips the switch to light the night. There will be an amazing display of fireworks, optical illusions and a virtual tree lighting. The Spirit of Giving Network will be on site to collect wrapped gifts for the annual toy drive.

HOLIDAY AUCTION

The 31st Annual Greater Boca Raton Chamber of Commerce Holiday Auction will be held Wednesday, December 19 from 5:30 p.m. to 8:30 p.m. at the Via Mizner Golf and Country Club, 6200 Boca Del Mar Drive, Boca Raton. The evening will feature a live and a silent auction. Member restaurants will be showcasing their cuisine and drinks throughout the evening. Tickets are \$25 and include two drinks and hors d’oeuvres from local restaurants. Tickets may be purchased online from the events calendar at www.bocaratonchamber.com/holidayauction or at the door.

com/holidayauction or at the door.

CREST THEATRE PRESENTS “BOWFIRE”

The Crest Theatre in Delray Beach presents the musical, theatrical experience BOWFIRE – HOLIDAY HEART STRINGS, November 30-December 2. Performances are Friday, 8 p.m.; Saturday, 2 & 8 p.m. and Sunday, 2 p.m. The Crest Theatre is located at Delray Beach Center for the Arts, Old School Square, 51 N. Swinton Avenue, Delray Beach. Tickets are \$42 and are available at DelrayCenterForTheArts.org or through the Box Office at 561-243-7922, ext. 1. BOWFIRE—HOLIDAY HEART STRINGS mixes greatest hits with a holiday twist!



Bowfire – Holiday Heart Strings

Celebrate the festive season with some of the world’s greatest fiddlers and violinists in many genres, with step dancing like you have never seen. Get ready for a Ho Ho Ho Down!

Have Breakfast with Santa at Boca Children’s Museum Dec. 8

BOCA RATON – The Boca Raton Children’s Museum hosts its 19th Annual Breakfast with Santa on Saturday, Dec. 8 at the museum, 450 Crawford Blvd. The event is held from 8:30 a.m. to noon, on the museum’s grounds. Advance registration is required. Admission is \$10 per person and infants are free.

Breakfast with Santa highlights include real snow, photos with St. Nick, a feather-light pancake breakfast, “Thomas the Train” rides, multicultural crafts, Polynesian Culture Association, Christmas Carols and Flora Belle the Clown, Dick Kulpa, “Captain Cartoon,” sand art and much more. This year, the Boca Raton Lions Club International will have a booth to collect used eyewear. In their spirit of giving, they have invited students from the Lighthouse for the Blind to come and join in the festivities.

During the holidays, the museum offers the chance for generous folks to donate to needy children and their

immediate families so they can have breakfast with Santa, too, and play in the snow. The cost is \$10, and they can also have their photo taken with Santa.

To be a sponsor: send contributions to the Boca Raton Children’s Museum, Sponsor a Kid, 498 Crawford Blvd., Boca Raton, FL 33432. To make reservations for Breakfast with Santa, or for more information, call 561-368-6875.

The Boca Raton Children’s Museum is a 501(C) (3) non-profit organization that has served South Florida for the past 33 years. Every exhibit and program is developed to engage the child (and the young-at-heart) in an interactive, free-play, imagination-centered way. Visit www.cmboca.org for information.

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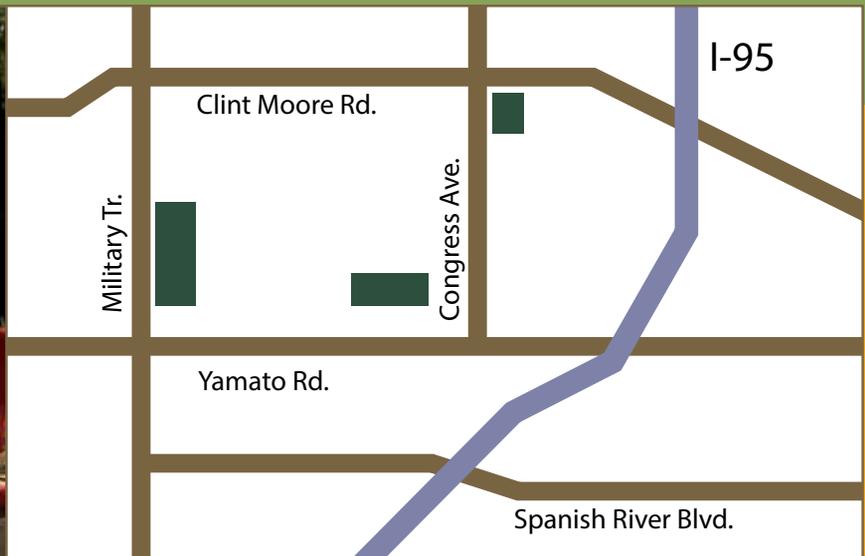
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Planners Seek Infrastructure to Encourage Sustainable Growth in Boca Raton's NW Sector



This is the fourth in a series of articles from One Boca, One Future spotlighting the City of Boca Raton's most valuable yet under-realized growth area: The Northwest Sector, the space on the map between I-95 and Military Trail, Clint Moore Road and Spanish River Blvd.

Boca Raton is a tale of two cities. To the east, the city's business corridor has office buildings, commercial plazas, restaurants and residences. In many areas, those workers who do commute in can leave their cars behind and walk to lunch – or mass transit service up and down the south Florida rail and commuter corridor.

It's a live / work / play destination for the thousands who frequent the area daily.

Yet, to the west, where dozens of high-tech, 21st century businesses have changed the landscape and employ thousands more employees, facilities and services are few and far between.

Vehicular traffic is unreasonably high, as workers from across South Florida and with no local housing options endure long commutes. Lunch runs or errands require a car trip to the nearest café, eatery or commercial plaza.

The picture is taxing – on employers, their workers, the community and the city's long-term prospects. Lack of sustainable development affects the city's tax base, which is missing out on revenue opportunities that may only be realized when older, existing assets are given new life.

Amenity Rich and Community Focused

Visionaries looking at the Northwest

Sector see a different future for the area – one whose physical and human infrastructure will be amenity rich and community focused. From west to east, the entire city will benefit from the improvements high-quality residential and commercial development can bring in service, heightened tax base, quality of life and the enhancement of greater Boca Raton.

Plans in place promise to remake an area left fallow since IBM dramatically downsized and mostly left the

serve the sector's robust and growing employee base.

Sustainable Development Concepts

Area employers note how a stronger infrastructure would better serve their existing employee base – providing essential services and suitable multifamily housing for their high-skilled, high-wage employees. Those who today commute from Delray Beach, Boynton Beach, West Palm Beach or throughout Broward County to the south, instead will find

to walk the route past lakes and beneath shade trees.

Planned mobility and smart design are sustainable development concepts. Environmental and urban planning groups that support such initiatives include the National Multi Housing Council, the Sierra Club, the American Institute of Architects and the Urban Land Institute. These practices deliver an infrastructure that relies on proximity of residential, retail and employment to reduce reliance on cars. Deployed here, they will steer the sector into simpler, Boca Raton-centric living. Less traffic will mean less impact on the area's existing infrastructure – and a lower carbon footprint and heat island effect on the climate.

Such private sector-backed services will reduce or eliminate any financial impact on the city and make a strong statement about Boca Raton and its commitment to creating the infrastructure necessary to steer Boca Raton forward in an environmentally respectful manner and reduce traffic and connect the community.

In the end, city leaders, landowners and business owners together can draft Boca Raton's roadmap to renewed, city-wide prosperity – and transform the area into a dynamic live / work / play destination that is One Boca One Future.

The next story in this series – "Creating the New City of Tomorrow" – will run next week. To learn more about Boca Raton's efforts to revitalize its future, visit www.OneBocaOneFuture.com.

Area employers are convinced that a stronger infrastructure would better serve their existing employee base by providing essential services and suitable multifamily housing for their high-skilled, high-wage workers.



area in the 1980s. Just as many other areas like downtown Boca Raton have created plans to reinvent themselves, these efforts can help our city flourish as One Boca One Future.

Currently, the Northwest Corridor features a limited and constrained mix of amenities to serve existing and future employers and their employees. It has some of the area's top ranked public schools, with Lynn University, Florida Atlantic University and Palm Beach State College nearby. Also close at hand – but sufficiently far to require car travel to patronize – are essential shopping, dining and residential services needed to

suitable residential options in keeping with their educated, "Millennial" lifestyle. They'll live close to work, support area businesses that enrich the tax base, while establishing roots in the local community.

Area development will be linked together by a network of commuting and transportation options. Working with the city and county, investor developers and business owners will maximize mass transit to carry workers from the Tri-Rail station to area businesses. Battery-powered and low-emission trolleys and shuttles will travel to and from area restaurants – for those employees who choose not

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at
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**Help the kids from Boca Helping Hands
and Wayne Barton Study Center this Christmas.**



art by:mjardimplicity: 954-579-2656



Bring your child for a fun-filled day at the Carousel!
Hotdogs and Hamburgers will be available

Sugar Sand Park

300 S. Military Trail - Boca Raton, FL 33486
561-347-3900

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FAU Presents Dances We Dance: Celebrating the Holidays

BOCA RATON – Florida Atlantic University’s department of theatre and dance in the Dorothy F. Schmidt College of Arts and Letters presents the Holiday Dances We Dance Performance Showcase Friday, Nov. 30 at 7 p.m. and Saturday, Dec. 1 at 1 and 7 p.m. in the University Theatre on the Boca Raton campus.

This is the second annual Celebrating the Holidays performance. Faculty, students, and guest cho-

reographers will showcase ballet, modern, jazz, and ballroom dances with literal to abstract themes honoring several of our yearly holidays.

Admission is \$10 and children under 12 will be admitted for \$5. Tickets can be purchased in advance by visiting www.fauvents.com or calling 1-800-564-9539, or at the door one hour prior to the performance.

FAU’s Annual Band-o-Rama Concert set for Nov. 28

BOCA RATON – Florida Atlantic University’s department of music in the Dorothy F. Schmidt College of Arts and Letters presents the fourth annual Band-O-Rama concert on Wednesday, November 28 at 7 p.m. in the Kaye Auditorium in the Student Union on the Boca Raton campus. The concert is free with open seating. There is a suggested donation of \$10 at the door.

This family friendly concert will include the FAU Wind Ensemble, FAU’s ‘Wings of Swing’ Jazz Band, the FAU Marching Owls and other special guests. These bands will feature more than 150 musicians on stage.

The concert will include the music of Sousa, big band jazz standards and more. For further information, call 561-297-3854.

Foundations Donate \$100,000 to Boca Helping Hands Job Initiative

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During Phase 2, also held at BHH’s Remillard Family Resource Center by Palm Beach State College faculty, skills

specific to the restaurant industry will be taught and mastered.

Finally, in Phase 3, the 12 participants will gain hands-on experience as they work in the BHH Catering Department. At the conclusion of Phase 3, Boca Helping Hands will provide contacts to area restaurants and caterers, thus opening the door for the participants to gain job interviews.

This program is designed for those who truly want to break the cycle of dependence and obtain employment. BHH will provide the training, the experience and the opportunity. After that, it’s up to the client to build a new life.

“This new program embodies the American dream,” said BHH Executive Director James S. Gavrilos. “The generosity of The Jim Moran Foundation, along with the Salah Foundation and the Hagen Family Foundation is a ‘hand up’...not a ‘hand out.’ The clients must take accountability and responsibility for their own lives. We at Boca Helping Hands can only provide the springboard. The clients themselves must have the courage to dive!”

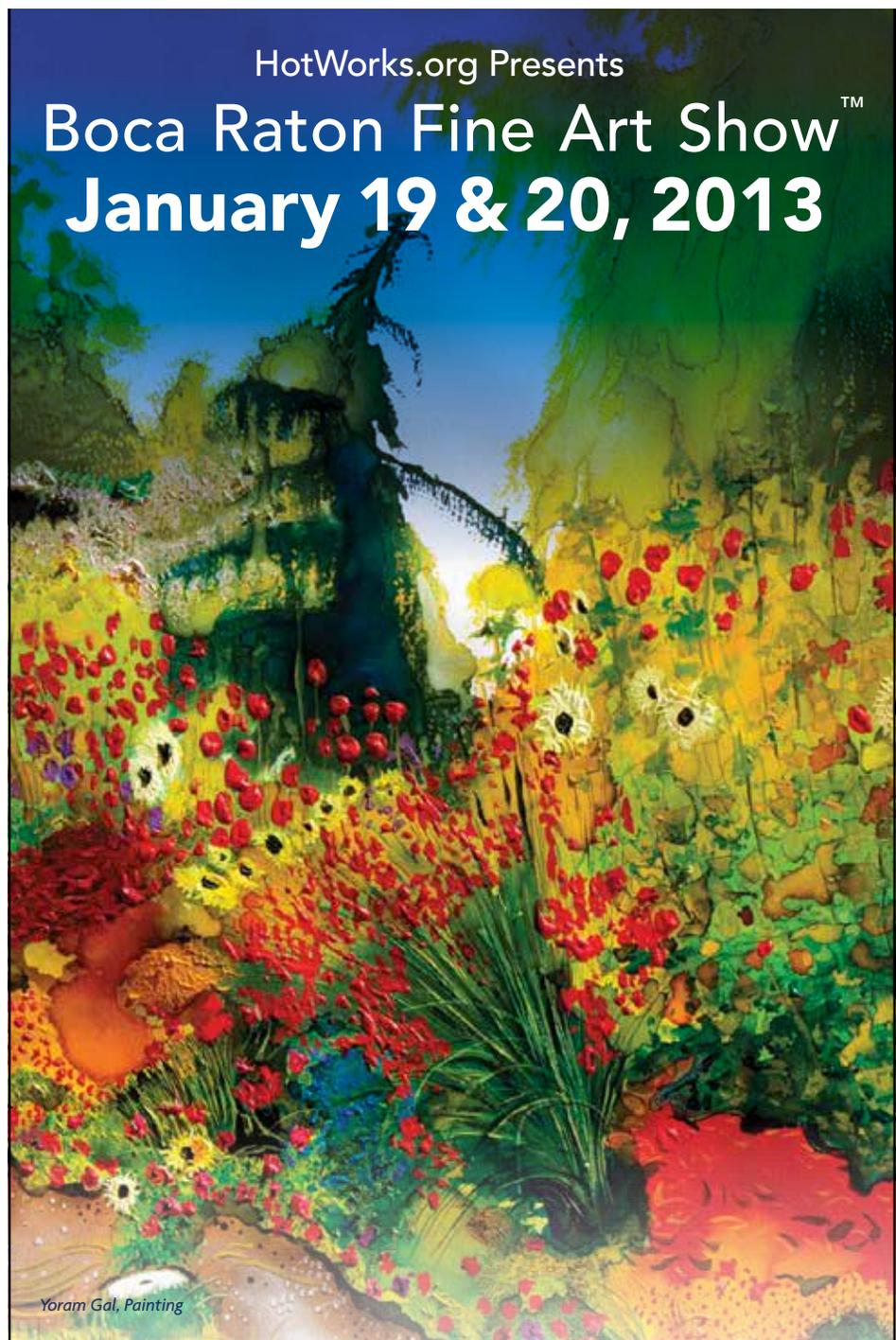
Boca Helping Hands serves the economically challenged, culturally diverse population of South Florida. Founded in 1998 by a group of local volunteers in response to the growing challenge of hunger and poverty in the community, BHH provides food, limited financial assistance and job-training to the unemployed and under-employed.

Focusing on the “whole person,” the various programs of BHH are integrated to meet the needs of individuals, children and families, with the goal of breaking the cycle of dependence. To learn more about BHH visit www.bocahelpinghands.org

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Business

DOUGLAS HEIZER: *C.E.O*
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CHRIS CATAGGIO: *C.M.O***EDITORIAL***By Dale King***Rethinking the Role of Unions in the 21st Century**

The recent effort by snack-cake maker Hostess to shut down its operations following a crippling strike by a couple of its unions has given us all pause to think about the role of unionism in the 21st century.

The potential departure of Hostess and the possible demise of its humorously named products, Twinkies, Ding Dongs, Ho Ho's, and other confections has been cause for jokes among the TV pundits.

There is some good news, according to the Associated Press. Hostess and one of its largest unions have agreed to go into mediation, so the company will stay in business for the time being. That means the 18,500 employees who would lose their jobs if Hostess goes under will likely be able to keep their paychecks – if and whether they discontinue the strike.

The loss of Hostess hit a lot of people pretty hard, particularly those of us who grew up with the likes of Wonder Bread and all the goodies that included cupcakes with the cream inside. It would be great if the company can go on.

But the matter of unionism and the tremendous impact it apparently had on Hostess Brands is food for thought – and it's not a sweet snack.

I understand something about unions. I was a union member for 25 years at the newspaper where I was employed in Rhode Island. We worked for a tough, union-busting company, and being a member or an officer in that union was no walk in the park.

I've been out of that place for more than a dozen years now, and I suspect the union has been broken. I received emails a few years ago from my former colleagues saying another company had purchased the paper and was cutting staff by giving out severance packages. I suspected those packages looked good, but didn't have a whole lot of substance. And that seemed to prove itself true a few years later when I noticed that a lot of my friends were looking for work again.

That union – which was actually a Guild – was necessary in that case to hold back a firm that would clearly have rolled over the

rights of anyone working there if there weren't some organization to stop it.

I held just about every officer position in that Guild, from president to vice president, treasurer, secretary and contract committee member. In fact, I helped negotiate five contracts. I can say this. Our contract wasn't loaded with fat and stupid regulations which seem to be the downfall of many unions.

This is where my experience seems to dovetail with the Hostess unions. From what I understand, that company had to follow some pretty draconian regulations. The company had to deliver bread and snack cakes in separate trucks. The drivers were not allowed to unload the trucks. And when the vehicles got to their destinations, two people were required to unload – one for the bread and one for the snack foods.

That is utterly ridiculous – and that comes from a person who toiled a lot of years for my union – and also for a company that was pretty short on praise and long on reprimands. We didn't have stupid rules like that. And we didn't want them.

The bottom line is, as a member and officer of my union, I was taught to protect the membership from nasty company shenanigans. If that newspaper had gone out of business during my union presidency, I would have been beside myself with anger. Thankfully, it didn't – and the firm is still in business.

But even when I look at the paper on the Internet, I can see things that we, as a union, would have never allowed – because if we had, we all would have lost our jobs. But there were no job losses because of anything the union did.

Can the Hostess unions say the same? Did they protect the workers? If 18,500 people could have lost their jobs so Hostess workers could continue demanding ludicrous conditions, that is not protecting workers and their jobs.

I hope that the mediation works so Hostess can go back into business. This nation cannot afford 18,500 more unemployed people.

Letter Guidelines

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

No unsigned or anonymous letters will be considered for publication.

The Boca Raton Tribune reserves the right to

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

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

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Letters to the Editor

Hi there –

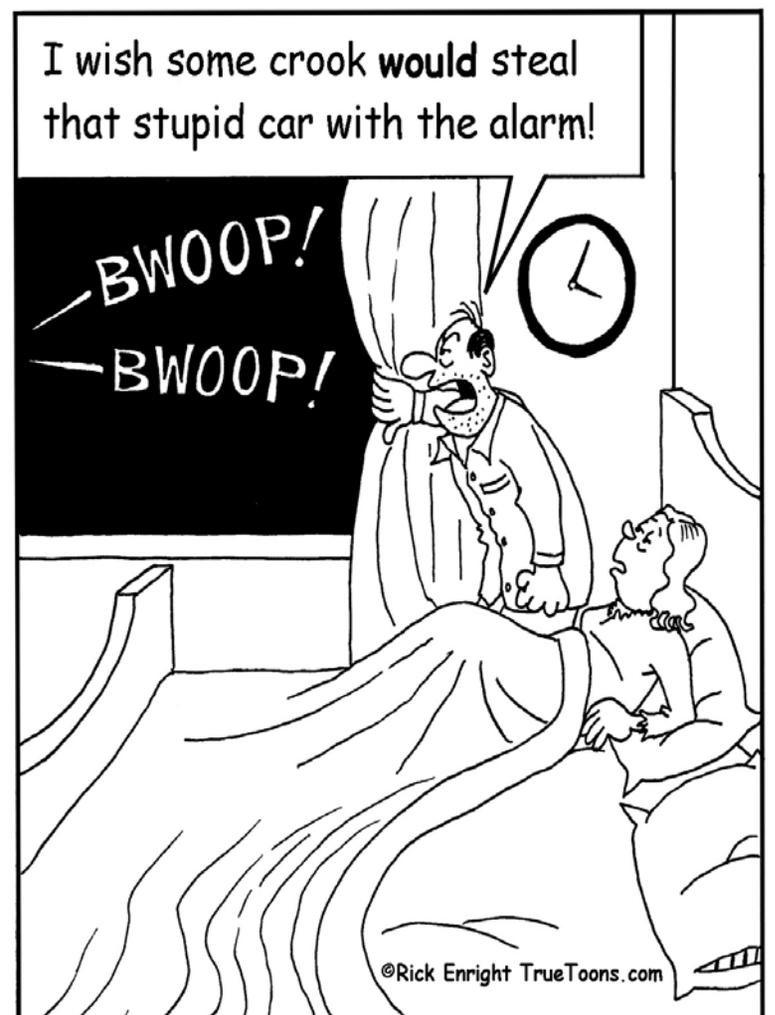
The Friends of Gumbo Limbo have a few upcoming events that your readers may enjoy:

Dec. 7th – our Sea Coast Toast at the Spanish River Library honoring FAU researcher Jeannette Wyneken, PhD, and a proclamation by Boca Raton City Council honoring Friends' 30 years of advisory services and fundraising support for Gumbo Limbo.

For more information, please contact Diane Evans or Kristin Child (see <http://www.gumbolimbo.org> for contact info)

Regards,

Michele Kurucz Peel
President
Friends of Gumbo Limbo

LaffToon!**by Rick Enright**



THOUGHTS FROM THE PUBLISHER

By Douglas Heizer

Thanksgiving: Not a Game of Comparisons

This week I have decided to place this great column written by Jim Mathis as my "Thoughts from the Publisher". We have so much to be thankful for this holiday season. I hope you enjoy this column as much I have enjoyed it. Have a great week and God bless. — Douglas Heizer

Just about every culture has a time for celebrating the harvest and thanking God for another year's provision. In the United States, Thanksgiving goes back to the early colonial times. Even though most of us are not farmers, millions of people still take time to show gratitude to God for providing for our needs.

There is a curious thing about this annual holiday, however: It has become easy to confuse "thanksgiving" with comparing. For instance, it is not uncommon to hear people say something like, "I am thankful for all I have because there are many people who do not have it as good." Or, "I am thankful that I have a job, because there are a lot of people who are unemployed."

While statements like these seem like expressions of gratitude, they also seem a little bit like saying we are thankful that we are not like THOSE folks. I wonder: When did the observance of Thanksgiving Day become a game of comparisons.

Being thankful should not be about seeing how much better off we are than some other people. Instead, it should be about willingness to be content and happy with who we are and whatever state we find ourselves – not compared to someone else.

This day should be about being grateful for the small things that make life worth living. Not only material things, but also things like health (or having peace and hope in the midst of poor health); friends and family that we love; and the abilities and innate gifts that we possess that we can use for the benefit of others. Looking down on someone less fortunate than us – or looking up to people we consider more fortunate than we are – is never healthy.

Thankfulness should look a lot more like contentment than searching to find somebody that in some way appears less fortunate than we are. The apostle Paul stated it this way: "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want" (Philippians 4:11-12).

I realize "contentment" is considered a dirty word in some circles. After all, should we not always be striving for more? Not necessarily. Jesus told His followers, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions" (Luke 12:15).

On the other hand, contentment should not be confused with complacency. Other words for contentment are happiness, or peace of mind. It has to do with knowing yourself,

having an honest appraisal of who you are and what you can do, and knowing that you are doing what you are supposed to be doing.

For some people this is a hard statement, but it is essential nonetheless. We should accept who we are and where we are, be happy to be alive, and show gratitude for every breath we take. More than anything, Thanksgiving should be the time of year when we pause to give special thanks to God for being alive and having the ability to love and care for one other.

Jim Mathis is the owner of a photography studio in Overland Park, Kansas, specializing in executive, commercial and theatrical portraits, and operates a school of photography. Jim is the author of High Performance Cameras for Ordinary People, a book on digital photography. He formerly was a coffee shop manager and executive director of CBMC in Kansas City, Kansas and Kansas City, Missouri.



POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Don't Neglect Little Acts of Caring!

A small, generous offer you make to a poor or homeless person does not lose its value for that reason when you happen to extend a similar gesture toward others of a higher status in society. The ultimate worth of what you provide is in the contribution made, and the sincerity of heart with which it was presented!

Kindness is a quality which is to be shared indiscriminately to every fellow human, regardless of one's station in life. It can be a friendly greeting at a public place, the answer to an inquiry made, directions provided to a certain location, a personal word of cheer, or anything else, great or small, which can contribute to one's wellbeing at that moment, on that day!

Furthermore, acts of caring and kindness do make a positive difference in the life of the one who receives it without leaving the one who gives it unrewarded. As I often say, there's no kindness you extend to others that won't come back to you in multiplied ways! Any good deed has the quality of a boomerang. It's also a seed which keeps on yielding a rich harvest, many times over!

No one should be exalted on account of giving neither must anyone be diminished as the one receiving. It is a privilege to participate in the give and take which is indispensable in the smoother functioning of any society. As social creatures, all are responsible to one's neighbor as positive affirma-

tion of divine mandates, and as contributions for peace on earth through mutual aid! "People are thankful for acts of kindness, no matter how little," as wisely observed.

Never consider as too small something which will make an indelible, permanent impression in another life, which you can rather easily accomplish! By the same token, receive with joy and gratitude whatever good that is extended to you even if below your own standards or short of your immediate need.

I still have in my files drawings made by my children when they were small, which so lovingly they offered to me after completion. I continue to collect similar expressions of love from my young grandsons who also draw some-

thing on paper, or cut and paste to offer me! Frequently I show those to them as proof of my appreciation, my love, my respect, and as a stimulus for them to act in this fashion toward others as well. "The ripples of kindness keep going out indefinitely" as Dr. James R. Kok recorded in one of his books.

"It is more blessed to give than to receive," but those who receive anything also need to give the sincere gratitude of their heart to anyone who presents them with such gift, albeit insignificant as it may ultimately be! It's often easier to open our wallets or checkbooks and make a contribution to people and causes we shall never physically see; it's far more impacting when our offers are accompanied by our physical presence as well!

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

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

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The Boca Raton Tribune



FAITH

By Rick Warren

Self-Discipline: A Key Ingredient For Success

Over my many years of working with people, it has been my observation that high achievers usually have at least one obvious thing in common: Personal discipline. Successful people are willing to do the difficult things that average people are unwilling to do.

As the pastor of a church with over 20,000 attendees under my care, I have had the opportunity to know and counsel many of our area's most successful business and professional leaders. As we have met together, they have taught me a lot about success and the traits necessary to achieve it.

I have observed that successful people express self-discipline in six key ways:

Successful people master their moods. They live by their commitments, not their emotions. People who do the right thing, even when they don't feel like it, accomplish most of what gets done in the world! "A person without self-control is as defenseless as a city with broken down walls" (Proverbs 25:28).

Successful people watch their words. They put their minds in gear before opening their mouths. "He who guards his lips guards his life" (Proverbs 13:3).

Successful people restrain their reactions. How much can you withstand before you lose your "cool," before your emotions take control? "If you are sensible you will control your temper. When someone wrongs you, it is a great virtue to ignore it" (Proverbs 19:11).

Successful people stick to their schedules. If you don't determine how you will spend your time, you

can be sure that others will decide for you! "Live life with a due sense of responsibility...make the best use of your time" (Ephesians 5:15-16).

Successful people manage their money. They learn to live on less than what they make and they invest the difference. The value of a budget is that it tells your money where you want it to go, rather than wondering where it went! "The wise man saves for the future, but the foolish man spends whatever he gets" (Proverbs 21:20).

Successful people maintain their health. By taking care of themselves physically, they can accomplish more and enjoy their achievements. "Each of you should control his own body, keeping it pure and treating it with respect" (1 Thessalonians 4:4).

Where do YOU need to develop more self-control? The disciplines you establish today will determine your level of success tomorrow. But it takes more than just willpower for lasting self-control. It takes a power greater than yourself. Good intentions, by themselves, often are not enough. Think about this promise from the Bible: "God does not give us a spirit of fear, but a spirit of power, love and self-control" (2 Timothy 1:7). He can give us the strength and resolve to do the things we cannot do in our own power.

Rick Warren is the author of the highly acclaimed, best-selling book, *The Purpose-Drive Life*, which has been translated into many languages and sold throughout the world. It affirms the importance of having a carefully considered, clearly expressed purpose to guide everyday life.



DIVORCE FLORIDA STYLE

By Mike Gora

DADDY? OH...!!

Q: I am a thirty-five-year-old bachelor, never been married. I was at home, recently, watching a pre-season football game, when the phone rang. It was a ten-year-old girl, who lived in another city in Florida. She said that she found out that I was her father, by looking through some old papers of her mother. He mother had told her that we had never married, and that I had died in a car accident before she was born. She found me by doing a search on her Mac, for Florida residents with my name, which is not that common.

I asked her mother's name, realized that her story might be true, and asked to speak to her mother. She refused, but her mother still lived in the town where we had both grown up in Pennsylvania, so it was not hard to find her address and phone number. How can I find out if she really is my daughter? What are my legal rights and responsibilities toward my daughter? How can I invoke those rights, if I want to?

A: It seems doubtful that the ten-year-old detective you describe will not report her findings to her mom. You should consider calling her mom and re-establishing some communications. If she denies that you are the father, and you want to know the truth, you can file a paternity suit against the mother to determine the truth through a DNA test.

If the test proves that you are the father obligations for past and future child support will have to be addressed. Your liability for past support might depend on a number of facts, such as whether the mother had known your whereabouts for the entire period, and refused to let you know about your daughter's birth, or had lost track of you and had no means to locate you.

Under certain circumstances, the Florida statutes limit you liability to a few years prior to your gaining knowledge of your position. Florida law prohibits either parent waiving the right to receive child support from the other.

If the state of Florida has supplied some support to the mother because of your absence, it might have a claim for support against you. There are many legal rights arising in you behalf and on behalf of the child.

If the young girl is your daughter, she will be able to inherit from you, if you have no will, and die owning property. Children, however can be disinherited.

You will have a right to visitation, and other parental rights, if the court sees fit or you and mom can agree. Of course, care must be taken for the child's best interests in establishing some normal contact. It is likely that advice from a therapist would be a good idea. It appears you have your work cut out for you.

Michael H. Gora has been certified by the Board of Education and 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 can be reached at mhgora@sbwlawfirm.com.



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From JWJ's Journal

By John William Johnson

Breakfast Club Talks Death By Gun

"You know," Silas McMarnner says, "I think I have a solution to the whole thing."

This morning's 'whole thing' turns out to be two things with McMarnner saying he has a solution to both health care reform, and deaths caused by guns.

The Breakfast Club pauses, leans forward.....because this is going to be a good one: two ideas with one argument.

"I think I have a solution to the whole thing," McMarnner repeats, adding quickly: "instead of eliminating the guns, let's tax the bullets."

He waits five seconds for effect. "And then let's use the money from that tax to help pay for health care reform, because.....". He smiles that sly fox smile of his, pausing even longer now for the rhetorical coup-de-grace.

"Well," Roscoe Bismark asks finally. "Because what?"

"Well, guns kill people, and killing is a sin, so we can make a tax on bullets another sin tax."

McMarnner is serious – and perhaps he's right because without bullets, guns are simply clubs from which even slow people can run.

"Yeah," Roscoe says, finally warming to the argument (you can tell he's done so because his newspaper is now folded). "Yeah," he repeats, "and then let's sell those bullets only in towns with populations of 5,000 or less."

"Only 5,000 or less?" I ask.

"Right.....look," he says in his best parent to child voice, "the problem with people using guns to kill other people is primarily in the big cities.

Let's first tax them, and then sell only the bullets in small towns because persons in the cities couldn't find their way there to buy them."

Whether Silas' plan has merit requires more space than available here – but the United States is, by far, the world leader in citizen deaths

by handgun.

As well, and according to the Violence Policy Center, "Gun violence places a tremendous burden on America's health-care system. Direct medical costs for gunshot wounds total more than \$6 million a day. Nonfatal gunshot wounds are the leading cause of uninsured hospital stays in the United States, with an estimated half of such costs borne directly by the public."

At the same time, the much cited Second Amendment says:

"A well-regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed."

"That amendment," says Roscoe, is his best lawlerly voice, "insures a collective right (the right of more than one) rather than an individual

right. During the debate over the Bills of Rights, Elbridge

Gerry argued that a state militia was necessary...." 'to prevent the establishment of a standing army, the bane of liberty...whenever governments mean to invade the rights and liberties of the people, they always attempt to destroy the militia in order to raise an army upon the ruins.' "

In short, the Second Amendment was to allay fears about a federal army usurping state authority – and wasn't about guaranteeing an individual's right to gun ownership. Nonetheless, the amendment's goal has been confused and blurred by the gun lobby over the last two centuries to where we now lead the world in annual deaths by handgun.

"And the solution is tax the bullets," McMarnner smiles.

Spike Opchinsky then shoots a link sausage bullet at McMarnner using an elastic band stretched across his wide hand.

"Tax that," he laughs.

culimnist@aol.com

Next Time: The Breakfast Club Debates Obamacare.

Autism after 21 Group Receives \$5,500 in Grant Money

BOCA RATON -- Autism after 21, recently founded by Michelle Rubin to help individuals with autism once they are no longer eligible for help from their public school system, has received a \$2,500 grant from The Geo Group to help the organization get off the ground.

In addition, the National Greek Orthodox Ladies Philoptochos Society has donated \$3,000 to Autism after 21, at the suggestion of Helen Ballerano, a Boca Raton resident active in the Society.

Autism after 21, a nonprofit organization, was formed in 2011 to provide opportunities and services for autistic adults over the age of 21. Founder Michelle Rubin, whose son was diagnosed with autism at age 2, is the driving force behind the group. She recognized that for many families of an individual with special needs, it is difficult to find programs once their children turn 21, even though frequently an individual's needs do not change simply because their age does.

Autism after 21 will provide young adults with autism spectrum disorders the life skills training they need to

independently live full and functioning lives within our community. This would be accomplished within a program that would promote physical and mental well-being through therapy, employment, education, housing and social opportunities.

For more information, visit autismafter21.org.



The Geo Group's Pablo Paez, VP of Corporate Relations and Foundation Executive Director and Abraham Cohen, Community Outreach Coordinator, meet with Scott Rubin and Michelle Rubin.

Boca Historical Society Offers Holiday Happenings at Town Hall

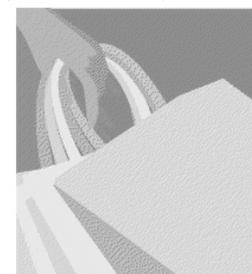
BOCA RATON – The Boca Raton Historical Society will sponsor Holiday Happenings – a gift shop sale and reception – Dec. 6 from noon to 7 p.m. and Dec. 7 from 10 a.m. to 4 p.m. at its headquarters in the Old Town Hall, 71 North Federal Highway.

Gift shop admission is free (Museum admission \$5 for adults, \$3 for students, free to members). Visitors can celebrate the holidays at by enjoying refreshments and shopping for unique gifts and holiday decorations in the society's Fire Bay Gift Shop.



New holiday items are available at the Fire Bay Gift Shop at the Boca Raton Historical Society & Museum.

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Boca Life & Arts

The Boca Raton Tribune - B Section

November 22, 2012 through November 29, 2012 • Year III • Number 123

ENTERTAINMENT

**“The Sessions”
a Most Unusual Film**



See page B7

FOOD REVIEW

**TRY PEKING TOKYO
MULTINATIONAL
ORIENTAL CUISINE**



See page B3

Boca Raton’s Holiday Lighting Extravaganza Brings Snow, Fiber Optic Festivities to Mizner Park Amphitheater



BOCA RATON – The City of Boca Raton has announced the return of the annual Holiday Lighting Extravaganza to the Mizner Park Amphitheater, Friday, November 23, from 5:30 to 9 p.m. A celebration for residents and seasonal visitors alike, the Holiday Lighting Extravaganza is a celebration of the sights and sounds of the holidays

in Downtown Boca. Event highlights will include real snow, a live ice sculpture demonstration, meeting Santa Claus, children’s rides and activities, a fireworks display and a state-of-the-art virtual tree lighting ceremony introduced by Mayor Susan Welchel.

“This event has become a favorite tradition of our community and

gets better every year,” said Mayor Welchel. “It’s always great to see children and their extended families, many of whom are visiting for Thanksgiving, as they enjoy this fun evening together.”

Utilizing 3-D image mapping technology similar to that used during the Super Bowl, Boca Raton based Multi Image Group will

create the evening’s presentation to be projected onto the amphitheater building.

“Mizner Park already has a beautiful, traditional, musical tree, so we decided to offer some things that are truly new and innovative,” said Chrissy Biagiotti, Community Relations Manager for the City. “From the music and sound effects to the 3-D and optical illusions, we think everyone is going to be amazed.”

Before the lighting presentation there will be plenty of activities, and holiday treats and beverages to enjoy. The Boca Raton Garden Club will be on site showcasing and selling its 2012 commemorative ornament, and The Spirit of Giving Network will be collecting unwrapped gifts for its annual toy drive.

Food and beverage vendors will be on site, so no coolers or outside alcoholic beverages are permitted. The event begins at 5:30 p.m. and the lighting celebration starts at 7:30 p.m., regardless of weather conditions. Parking is available in Mizner Park garages.

For more information visit www.mizneramphitheater.com or www.downtownboca.org, call (561) 544-8600 or follow updates on Facebook or Twitter @miznerparkamphi.

“Sound of Music” opens Nov. 30 at Delray Playhouse



Maria and the von Trapp children are played by local actors: Top row, from left, Bennett Morgan, Jeannette Thompson, Harrison Calder. Second row, Madison Welz, Grace Perrotta. Third row, Emma Beers, Cossette Gresh, Ava Zausner. Fourth row, Camilia Monrique, Eva Gluck, Hannah Youngblood.

DELRAY BEACH – As a special holiday presentation, the Delray Beach Playhouse will present Rodgers and Hammerstein’s “The Sound of Music,” beginning Nov. 30 and running through Dec. 16.

Based on the true story of the Trapp Family Singers, “The Sound of Music” tells the story of a young postulant named Maria who became a governess in the home of Capt. George Von Trapp, an autocratic Austrian

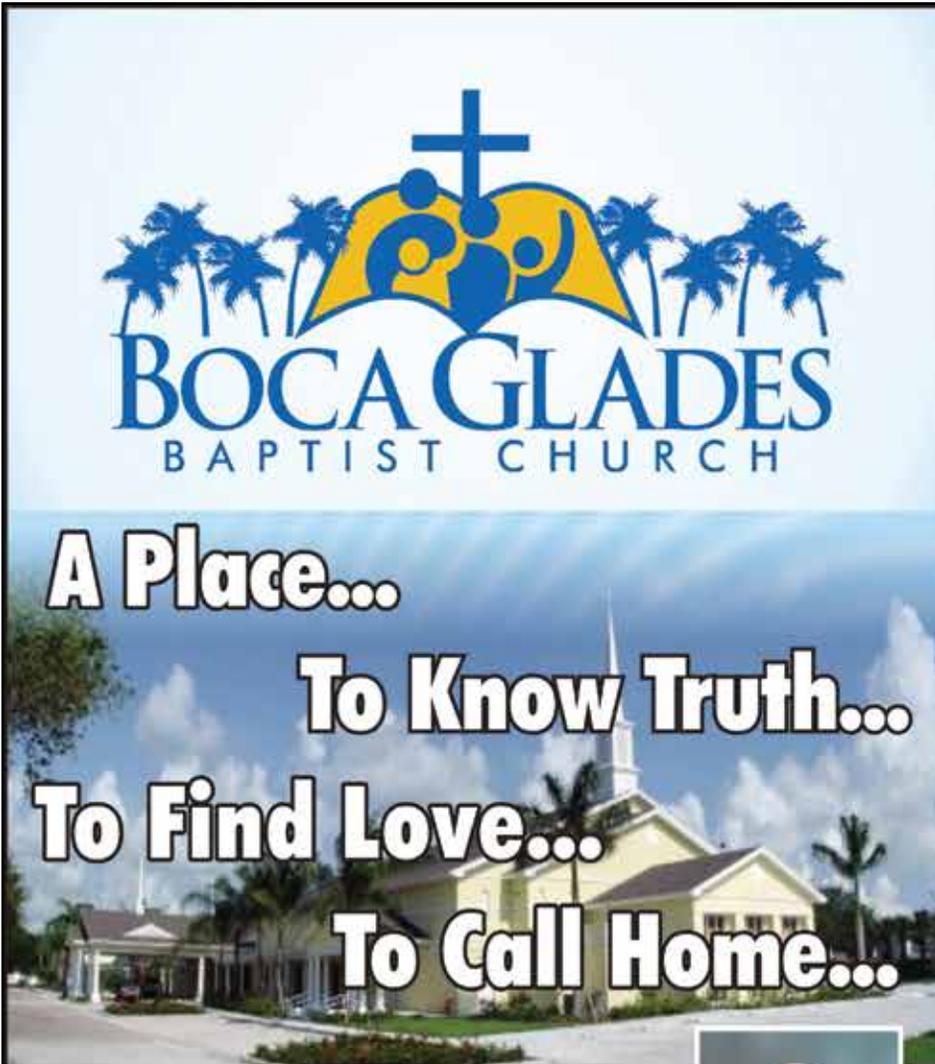
Naval Officer. It was an assignment that would eventually become her life’s work.

A Broadway hit, “The Sound of Music” went on to become a successful motion picture. The songs in the show have become American standards, including “Do-Re-Mi,” “Edelweiss,” “You Are Sixteen,” “So Long, Farewell” and “Climb Every Mountain.”

“The Sound of Music” stars Jeannette Thompson as “Ma-

ria” and Michael Cartwright as “Capt. Von Trapp.” Julie Cotton and Michael Traylor appear as the captain’s worldly friends from Vienna, “Elsa” and “Max.” Maria’s mother Abbess is portrayed by Marla Gideos.

Individual tickets are \$30. Student tickets are \$15. For reservations, call the box office at (561) 523-0723 or contact visit delray-beachplayhouse@gmail.com.



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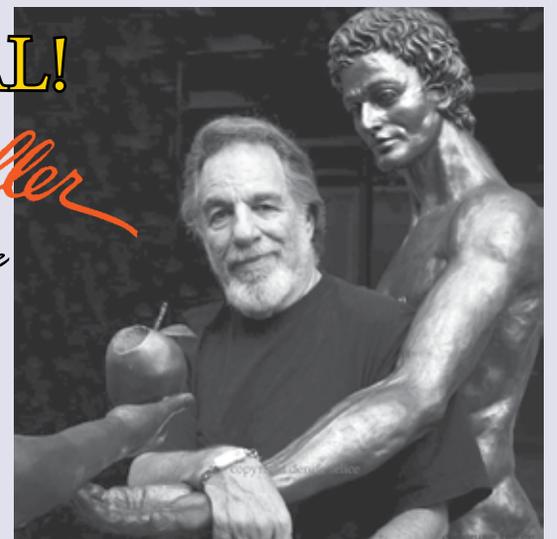


Photo by Denise Felice

Theater Review

Dale King & Julia Hebert

“Radio Hour” Brings Historic Holiday Flair to Lake Worth Playhouse

LAKE WORTH – The Lake Worth Playhouse kicks off the holiday season with a nostalgic look at the life, loves and craziness of people involved in live radio broadcasts of the 1940s.

Aptly named, “The 1940’s Radio Hour” is a fun-filled, family-friendly evening of theatre arriving just in time to summon up the holiday spirit.

The play portrays the final holiday broadcast of the struggling Mutual Manhattan Variety Cavalcade as it takes to the air during World War II to record its broadcast for the troops overseas.

It features hit songs from the era, dancing and old-time sound effects created right before your eyes.

“Radio Hour” is the story of a harassed producer whose lead singer is often drunk, a delivery boy who wants a chance behind the mike, a second banana who dreams of singing a ballad and a trumpet-playing sound effects man who chooses a fighter plane over Glenn Miller.

The show features an excellent cast, well-voiced and groomed in 1940’s style. It’s a well-balanced mix of antics (in the style of “WKRP in Cincinnati”), 40’s tunes and even old commercials. (Remember how they packaged products like Sal Hepatica, “Pepsi Cola hits the spot” and Chiquita Banana? You’ll love it.)

My older brother turned me on to the joy of old radio, and I thank him in advance for leading me to the playhouse stage for a wonderful evening.

Nearly stealing the stage – though he is way in the back – is Pops Bailey (Richard Iverson), a crotchety, tense, wizened stage doorkeeper who makes book on the company phone and reads showgirl magazines. Lou Cohn (Daniel Eilola) is a big shot (at least in his own mind) who runs the show and is the sound effects man.

Clifton Feddington (Rick Hvizdak) is the harried announcer who has the exaggerated radiospeak style down pat. And then there’s Johnny Cantone (Jim Tyminski), the vocalist and Sinatra wannabe who drinks, smokes and flirts too much.

Cerina Anderson is perfection as Geneva, the southern Belle who got her start as a teen performing in swing ballrooms.

The stage is filled with 40’s folks – Andrew Spinelli as the singer/trumpeter in a uniform, ready to go to war; Marc Sachs as Wally, a delivery boy who wants a singing career and the

“girl singers” – Diane Tyminski, Valentina Diaz and Ashley Rodriguez. They all sing to tunes from the keyboard of Roger Blakenship, portraying musical director Zoot.

The songs are memorable and will probably roll around in you head through the holidays – From “Merry Little Christmas” and “I’ll Never Smile



Cast of “1940s Radio Hour”



Jim Tyminski as Sinatra wannabe Johnny Cantone



As Geneva, Cerina Anderson is terrific.

Again” to “Ain’t She Sweet” and “Strike up the Band.”

The show is playing through Dec. 2 at the Lake Worth Playhouse, 713 Lake Avenue, Lake Worth. For tickets, call 561-586-6410.



Food Review

Marc Kent

TRY PEKING TOKYO MULTINATIONAL ORIENTAL CUISINE

We sampled 6 soups – Chinese egg drop which was superior, with bits of tomato and other vegetables, hot and sour that was far above average and a special seafood also a fine choice. The Thai tom yum goong was spicy and delicious as was the simple Japanese miso.

Appetizers included coconut shrimp – plump and nicely coated, steamed pork dumpling that had too thick a “skin” though hearty. The spring roll was tasty and the crab Rangoon – made in roll style- was rich with hot cream center. The spare ribs were standard tasting at best.

The Japanese listing of 24 special rolls included a tasty green lobster roll – lobster tempura, dynamite, lettuce, spicy mayo with avocado, a red lobster roll that included spicy tuna, volcano roll (California roll topped with baked scallops) and chicken tempura roll, hot and crunchy. Outstanding taste of large portions. 17 popular rolls are also presented.

The seafood heading had crystal shrimp – smooth and light and fine. The standard shrimp in lobster sauce was shallow tasting. The standard moo goo gai pan chicken dish was somewhat tasteless and boring. The sweet and sour chicken was well breaded in a nice sweet and sour sauce – try it!

There are a total of 8 seafood and 13 chicken dishes in all plus 8 beef and 8 vegetable listings.

Of the four pork dishes, we had fine moo shu pork shards in a delicate pancake.

A heading of Chef’s Special included Calamari Special – fresh calamari in black bean sauce. Lovers Shrimp, a dish with two distinctive flavors – one side sautéed in a rich tasty basic sauce with a hint of spice, the other in white wine sauce with snow peas and mushrooms – a clever combination to try. The Peking Special is a duo- golden fried beef with crispy shrimp plus a special sauce. There is an excellent special rice with deep flavor we enjoyed very much.

Like curry? – chose from 17 variations, all served with rice noodles. Like Thai foods? – chose from 9 offerings. Also try any of the 7 Japanese dinner combinations, 9 sushi dinner combinations or one of 4 Peking Tokyo boats!

Peking Tokyo has a pleasant wine list including a choice of six house wines. Add imported and domestic beers, both house suggestions and special drinks from their full bar.

There is a children’s menu in addition to Chef’s special of Chinese and Thai dishes.

Located at 2874 University Drive in Coral Springs (954-753-9996) and is open 7 days a week. Hours are 11:30AM to 10PM weekdays, 11:30AM to 11PM on Fridays and Saturdays. Seating 270 inside, this family owned and operated restaurant offers an array of options, so you may ...Go and Enjoy!

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SPOTLIGHT

Boca Helping Hands' Annual Thanksgiving Basket Brigade



Boca Helping hands received \$15,000 from Jarden Consumer Solutions Community Fund to support operational costs for its Saturday Lunch program for one calendar year. The Saturday Lunch program currently serves between 150 to 170 individuals.

Boca Raton Police Gives Back



Boca Raton Police Department, Neighborhood Officer Riley, helps deliver turkeys in the Pearl City community!

Steven Abrams Honored



Steven Abrams has been selected chairman of the Palm Beach County Board of County Commissioners. This is the first time in nearly 50 years that a commissioner from Boca Raton has served as chairman and 20 years since District 4 held the gavel. Congratulations Commissioner Abrams!



New Courtyard at Boca Center Unveiled during "Best of Boca"

Story, photos by Dale King

BOCA RATON – The annual "Best of Boca & Beyond" event held Nov. 15 marked the official kickoff to the social season. But it was also the occasion to unveil the new courtyard at Boca Center, featuring a stage, a water feature and lush, tropical landscaping.

For the second consecutive year, the event was a benefit for Hospice of Palm Beach County Foundation.

Best of Boca & Beyond celebrates the quality of life enjoyed in and around Boca Raton. It featured local standouts in a variety of categories, including restaurants, retail, services, and more. In addition to culinary treats from more than 30 restaurants, guests enjoyed live music, strolling fashions and wine and spirits—followed by an

exclusive after party at Rocco's Tacos.

"This is one of our favorite events of the season," said Margaret Mary Shuff, publisher of Boca Raton Magazine, the main sponsor. "We are so proud to host one of the most stylish and exquisite events in South Florida, and we are honored to partner with the Hospice of Palm Beach County Foundation, one of the most respected and worthwhile causes around."

As part of the festivities, the magazine inducted the 2012 class into its Best of Boca Hall of Fame. The following individuals/institutions were honored for ongoing contributions to the community: Lynn University, Office Depot, Boca Raton Resort & Club, Jewish Federation of South Palm Beach County, and Jim and Marta Batmasian.



Wendy Rivera and Sasha Connolly at Maui Spa booth.



Alyssa Landry dances up a storm at Best of Boca. The 2-year-old is the daughter of Bo and Valeree Landry.



Jim and Marta Batmasian visit Best of Boca with their constant companion.



Chef Melchisedec, left, and Diego from Abe & Louie in Glades Plaza. The executive chef there is Brian Nelson.



Christmas Tree at Boca Center was lighted at Best of Boca 2012.

First Rotary United Boca Raton Social

With over six clubs in Boca Raton alone, the Rotary Club Downtown Boca Raton came up with the idea to join all the clubs together for one social event. "As members of the six separate Rotary clubs in Boca Raton we often miss out on the opportunity to see one another face to face to enjoy the camaraderie that belonging to

this wonderful organization creates," says Alan Kaye President, Rotary Club Downtown Boca Raton. All clubs were invited to join the first Rotary United Boca Raton Social, sponsored by Rotary Club Downtown Boca Raton. The event was a complete success.



Margie Kaye and Ron Rubin

Boca's Rosemary Krieger named "Woman of Grace" by Bethesda Hospital



The Bethesda Hospital Foundation and the Women of Grace Committee presented Rosemary Krieger with its high honor at the November 14 luncheon. Krieger was awarded the "Woman of Grace" award, at the Ritz-Carlton in Manalapan. Congratulations Rosemary, from all your friends at the Boca Raton Tribune!



Oleda Talks

Oleda Baker

FOR STRESS RELIEF...how to heal your body, mind and spirit...

To relieve stress your body, mind and spirit need a break.

A medical doctor I know in New York City has a busy practice and a stressful day. When he comes home, he takes a bath without fail. He draws a tub of very warm water and soaks in it for about twenty minutes. I asked him why.

"When you get out of bed in the morning, "your body's organs are more or less rested," he explained. "As the day goes on, those organs, as well as your mind and spirit get put out of sorts due to the day's stressful wear and tear, as it were. Hydrotherapy, a fifteen or twenty minute warm bath, relaxes me better than anything

else I've tried. I can feel myself returning to a calm state, and I believe it's good for my long term health and well being, too.

Ever since, I have soaked in a relaxing tub of warm water every day I possibly can.

Hydrotherapy – an Ancient Healing Practice

Hydrothermal therapy (hot water treatment) has been used as a traditional treatment for disease and injury by many cultures, including China and Japan. The ancient Greek healing god, Asklepios, advocated the use of water as medicine. Similarly, Roman physicians Galen and Celsus used therapeutic baths for many remedies. So, water therapy has been used for centuries to heal the sick.

A relaxing hot bath can help relieve congestion, aches and pains and will restore energy to your entire body, especially the neck and shoulders, which seem to suffer the most under stress.

By expanding your capillaries, the smallest blood vessels in the body, the warm water helps bring more blood to all your organs, providing them with more nourishment. Lying horizontally in a tub also relieves the heart from the burden of having to pump against gravity and increases circulation without using extra energy.

One of the functions of your skin with its millions of pores is the elimination of toxins. Immersion in warm water for 15 or 20 minutes helps stimulate this process, causing perspiration, which in turn, forces skin eruptions to emerge more quickly.

Scientific studies have proved that a warm tub bath has a positive effect on the nervous system. Warm water stimulates the nerve ends in your skin, which in return deliver soothing messages to the organs, glands and muscles in your body.

Water therapy is also very effective as a nontoxic calming agent to soothe your body and help you get a better night's sleep. It acts as a mild tranquilizer, if you do it just before going to bed.

Taken in the morning, it provides energy for the day.

How to Set Up Your Home Treatment Spa

Your peak of good health, ultimate beauty and youthful vitality can be attained only when your body, including your internal organs, mind, and spirit are in harmony. But you don't have to go to a health spa, spend time in a whirlpool and indulge in a massage. An ordinary bathroom can be turned into a luxurious home treatment spa.

Here is a checklist of things you can do

easily to accomplish this and pamper yourself:

- Hang a "DO NOT DISTURB" sign on the bathroom door during every treatment – yes I have one.

- Put your favorite plant or flower or two in the bathroom.

- Add a tranquil painting or two.

- Soft towels – you deserve them.

- A soft bathroom mat.

- A tub tray, if you don't have enough shelf space close by

- Soft, soothing music, if you wish – nothing loud, and no commercials

- Something cool (not cold) to drink or sip with a straw. Cool juice is great.

- Have all your Spa Treatment products at arms length.

- Make-up cleanser/remover

- Tissues

- A rough or textured wash cloth. A loofa or sponge is OK, too.

Achieve Total Relaxation – Here's How

Most of us think we know when we are totally relaxed, but we usually are not, not even when we're sleeping. Follow these five steps to make sure you are:

1. Once your personal spa) is ready, get into the bathtub and slowly sink into the water. Allow all of your shoulders to submerge up to your neck, even if you have to bend your legs and keep your knees out of the water. Make sure your feet are in the warm water though. Now get comfortable. Get so comfortable that you do not have to hold up any part of your body – you must become "dead weight" to get totally relaxed.

2. Focus your attention on one part of your body at a time and command it to relax completely – you'll feel that part getting limp. Relaxing your back and neck muscles fully is most important. Rest your head on either a rolled-up towel, or better yet, a small waterproof head and neck cushion (you can buy one at most bath supply stores). It will greatly assist the relaxation process, and help keep your hair dry, as well.

3. Once you are totally relaxed, take a half dozen or so deep breaths s-l-o-w-l-y, and then exhale completely.

4. Think of one of the most pleasant things that ever happened to you. Focus on it.

5. Now soak for 15 or 20 minutes, pretending you are asleep. Make sure your shoulders and the base of your neck remain immersed in the warm water. Your hydrotherapy treatment will do the rest.

Until next time
Love, Oleda
www.oleda.com

Biography: Oleda Baker began her career as a high fashion model with the prestigious Wilhelmina Model Agency, in New York City. She is the author of ten books on beauty, health and anti-aging and one novel Reluctant Goddess. She is founder and CEO of Oleda and Company, Inc., her 40-year-old anti-aging products company for skin, hair, diet, energy, nutritional supplement products as well as special makeup (www.oleda.com). Oleda is also a visionary artist. Her oil paintings are exhibited in museums and galleries around the country (www.oledaart.com). Find her on Facebook :http://www.facebook.com/oleda.baker.

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Entertainment **Skip Sheffield**

“The Sessions” a Most Unusual Film

“The Sessions” is a most unusual film. Before I go any further let me add that I think it has Oscar-worthy performances by stars John Hawkes and Helen Hunt and co-star William H. Macy as well as writer-director Ben Lewin. What makes “The Sessions” so unusual is that it is about surrogate sex, yet it is not really about the act of sex. It is about friendship, love and redemp-



tion. Oh, and it is based on the true story of poet Mark O'Brien, who was confined to an iron lung for most of his life due to the destructive effects of polio he contracted at age 6.

The amazing John Hawkes (“Winter’s Bone”) plays Mark O’Brien. Though Mark is in an iron lung he can still write, using a pencil clenched between his teeth. Mark requires constant care, but he does get out of his iron lung and his house, thanks to his helpers. A devout Catholic, the Berkeley, California resident regularly goes to confessional with his parish priest, Father Brendan (William H. Macy).

Father Brendan is as an unusual a priest as Mark O’Brien is a polio survivor. There is nothing Mark can’t tell Father Brendan. When he tells him he longs to experience sexual union with a woman, and is thinking of hiring a sexual surrogate, Father Brendan understands and gives his blessing.

Cheryl Cohen Greene (Helen Hunt) is the woman Mark hires. She lays down strict rules. There will be no more than six sessions; no socializing other than the therapy, and perish the thought of becoming emotionally involved. Cheryl is married and her husband knows what she does, but there are limits. Cheryl is infinitely patient with Mark, who though a paraplegic, can achieve erection and orgasm.

Director Lewin, a polio survivor himself, uses a light touch in the awkward, tentative sexual encounters. “The Sessions” is actually quite funny at times. Fumbling sex is after all, pretty funny. John Hawkes went to great lengths to approximate the shriveled, twisted physique of his character. Helen Hunt is warm and completely selfless as Cheryl, and dignified even when she bares all. Helen Hunt is 49 and beauti-

ful, both in face and body, but it is her love and understanding that moves the viewer. This is the best performance of her career.

“The Sessions” is sad too. Losing his virginity at age 38 gave Mark more self-confidence and desire to have a relationship with an ordinary woman. Perhaps because of this he defied odds by living until age 49. Granted it was a short life, but “The Sessions” dramatically proves life can be fulfilling even under the harshest of handicaps,

Four stars

“Silver Linings Playbook” is about a handicap not of the body but of the mind.

Pat Solitano (Bradley Cooper) has just been released after eight months in a psychiatric facility. A high school English teacher, his melt down has cost him his job, his wife Nikki (Brea Bee) and his house. Pat is picked up by his ever-loving mother Dolores (Jackie Weaver), who takes him back to the Philadelphia home he grew up in.

His father Pat Sr. (Robert Di Niro) isn’t thrilled, but he tries to give his oddball son some space. Pat Jr. went through some kind of 12-step program called Excelsior and now he is a fitness addict, jogging around the neighborhood with his upper torso wrapped in a black plastic garbage bag.

On one of his jogs Pat encounters Tiffany (Jennifer Lawrence), a girl with problems of her own. Tiffany is also recently divorced and down in the dumps. She is mutually acquainted with Pat’s ex-wife, and when Pat asks her to deliver a letter to Nikki (she has a restraining order against Pat), Tiffany agrees.

In return for that favor, Pat agrees to take a stab at Tiffany’s request for him to be her dance partner in a local competition.

Writer-director David O. Russell (“The Fighter”) has thrown a little of everything into this feel-good comedy. Pat’s family are rabid fans of the Philadelphia Eagles. If you are a partisan, you will love that.

Jennifer Lawrence made her spectacular screen debut at age 19 in “Winter’s Bone” with John Hawkes. Lawrence has an irresistible, vulnerable, yet scrappy appeal that serves her character well.

Bradley Cooper is enormously earnest and naïve as Pat, and therefore quite funny. Di Niro has relaxed a bit as the apoplectic pop, and Jacki Weaver makes the perfect mother lioness.



Emotional illness is nothing to laugh at, but “Silver Linings” makes recovery most entertaining.

Three stars

Outre Theatre Throws a “Wild Party”

Boca Raton has a new theater company and Andrew Lippa’s “The Wild Party” inaugurates the season Friday, Nov. 23 in the black box theater of Mizner Park Cultural Arts Center.

Outre Theatre Company is the name of the new group. Its slogan is “Thinking Outside the Stage.”

Artistic director Skye Whitcomb and managing director Nori Tecosky present “The Wild Party,” which re-

tells John Moncure March’s poem of 1928 and a time of sex, jazz, booze and vaudeville performers Burrs and Queenie. The couple quarrels and Queenie decides to throw a party to humiliate Burrs. The cast includes Mark A. Harmon, Sharyn Peoples, Emile Paap, Ben Solomor, Julia Tinaya, Alvaro D’Amico, Giordan Diaz, Courtney Poston, Mickey Jaiven, Luis E. Mora and Kaitlyn O’Neill, with Mark Brown-Rodriguez as Black, Christina Groom as Kate, Sabrina Gore as Queenie and Tom Anello as Burrs.

Shows are 8 p.m. Friday and Saturday and 5 p.m. Sunday through Dec. 9. Call 954-300-2149 or go to www.outretheatrecompany.com.

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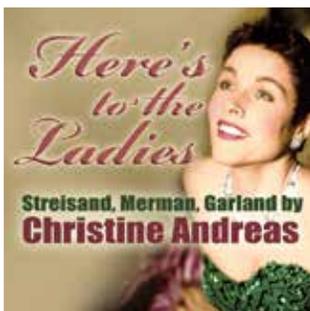
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Nov. 29-30, Kaye Auditorium
Dec. 2, Eissey Campus Theatre



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"Here's To The Ladies", a rousing tribute to the iconic women of song, including Streisand, Garland and more. Staring the incomparable Christine Andreas.

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Jan. 9-10, 2013 - Kravis

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Municipal News

The Boca Raton Tribune

GFWC Boca Raton Woman's Club Presents Medical Scholarship Awards

Story, photos by Barbara McCormick

BOCA RATON — Members of the Greater Federated Women's Club, Boca Raton Chapter, officials representing Boca Raton area universities and members of the new Downtown Rotary Club recently gathered at Ruth Chris Steak House in Boca Raton for a celebration luncheon and presentation of awards generated from the 2012 "Honor Your Doctor Luncheon," and the Helen M. Babione Medical Scholarship Fund. The fund was established to assist and encourage area students studying in the medical field.

Gwen Herb, BRWC president, welcomed members and guests and shared the opening ceremonies with Charlotte Robinson, who gave the invocation and led the salute to the flag.

For the presentation of the scholarship checks, Gwen Herb was assisted by Janice Williams, "Honor Your Doctor Scholarship Luncheon" Chair, and joined by Helen Babione, for whom the Scholarship was named. On hand to accept the awards were:

Dr. Marlaine C. Smith, Dean & Professor, Florida Atlantic University College of Nursing,

Kari Oeltjen, Director of Development, FAU College of Medicine,

Dr. Bernadette Russell, Provost, Palm Beach State College

John Gallo, Retired Director of Development, Lynn University.

"We wish to support the students, showing them that the people in Boca Raton really care for them, hoping that when they complete their schooling,

they will find a job in our community, making Boca Raton their home," stated President Gwen Herb.

Following the Awards ceremonies, Chris Boniforti, Chief Information Officer at Lynn University, gave a presentation detailing the year of preparation the university spent to accommodate the National Presidential Debate, held Oct. 22 on the Lynn campus in Boca Raton

"The Fifteenth Annual Honor Your Doctor Luncheon will be held on March 20, 2013 at the Broken Sound Country Club," announced Event Chair Janice Williams. "We are excited to announce the new Downtown Boca Rotary Club will partner with the Boca Raton Woman's Club to assist in making the 15th Annual Scholarship Luncheon a larger, more wonderful and successful event."



Front row, from left, John Gallo, Helen Babione and Dr. Bernadette Russell, Back row, from left, Dr. Marlaine C. Smith, Kari Oeltjen, Janice Williams, Chair, Honor Your Doctor Scholarship Luncheon and Gwen Herb, President, Boca Raton Woman's Club.



From left, Charlotte Robinson, MFront row, from left, John Gallo,



From left, Charlotte Robinson, Marilyn Surrent, Connie Neilsin

Extension Service sponsoring free diabetes workshop

The Palm Beach County Cooperative Extension Service will sponsor a free diabetes workshop Friday, Nov. 30 from 9 a.m. to 1 p.m. at Mounts Botanical Gardens auditorium, 531 N. Military Trail, West Palm Beach.

The workshop will include presentations by a CVS pharmacist, registered dietitian certified diabetes educator and a fitness expert. Registered

nurse students will be testing for glucose and blood pressure.

Collaborators in the workshop include CVS Pharmacy, PBC Department of Health, Academy of Nursing and Health Occupations and Palm Beach County Parks and Recreation Department.

Participants must call (561) 233-1742 to register.

West Concedes Victory to Murphy after Long Ballot Battle



Patrick Murphy



Allen West

After a lengthy ballot battle that included two court challenges and several recounts, incumbent U.S. Rep. Allen West has conceded victory to his challenger, Patrick Murphy. West was seeking election to his second term in Congress, but his first in the newly created District 18. West was elected in 2010 in the former District 22.

"I appreciate Congressman West's gracious concession today," Murphy told the Boca Raton Tribune after receiving word from West on Tuesday morning. "I am truly humbled that the voters of the 18th district have entrusted me to represent them in Washington."

"To those who supported my opponent, my door is open and I want to

hear your voice," said the congressman-elect. "I campaigned on a message of reaching across the aisle to get things done for the people of the Treasure Coast and Palm Beaches, and that is as important in this district as it is in Washington. I am excited and honored to get to work."

Until this week, Republican West had refused to concede to the Democratic foe. West challenged vote totals in St. Lucie County and went to court in that county and Palm Beach County demanding a recount.

Since Election Day, West has trailed Murphy, but the margin was always just a little higher than the .5 percent which, under Florida laws, demands an automatic recount.

Newspapers, inserts stolen from Boca Raton Tribune building

BOCA RATON — Boca Police are searching for the thief or thieves who stole thousands of copies of the Boca Raton Tribune along with additional thousands of advertising inserts from outside the Boca Raton Tribune building at 399 NW Second Ave. at mid-day on Friday, Nov. 16.

Publisher Douglas Heizer told police he discovered the theft when he returned from lunch early in the afternoon. He reported that about 6,000 bundled copies of the Thanksgiving edition the paper were taken along with thousands of boxed advertising inserts.

Heizer said the newspapers were dropped off from the printer about 3 a.m. Friday and were left in their usual spot outside the building. He said he noticed the pile of papers when he left

for lunch, but they were gone when he returned about 20 minutes later.

He said the boxes contained a total of about 30,000 advertising supplements. Some two-thirds of those boxes were taken, he told police.

Investigators also noted some vandalism to a car parked near the spot where the papers were taken.

The publisher said he has heard that other newspapers are being stolen from vending boxes by thieves who sell them by the pound to scrap paper companies. The advertising inserts fetch a higher price because they are printed on heavier, glossy paper.

Heizer said there has never been an incident of papers being stolen from the outside of the Tribune building.

Holiday Lighting Extravaganza

The tradition continues
Friday, Nov. 23 beginning at 5:30 pm
 In the Mizner Park Amphitheater

Tis THE Season

- Optical Illusions
- Virtual Tree Lighting
- Live Ice Sculpting
- Meet Santa Claus
- Play in Real Snow
- Holiday Treats & Beverages
- Rides & Activities for Kids
- Fireworks

This event is free to the public.

Spirit of Giving Network will be on site to collect unwrapped gifts for the annual toy drive.

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Tuesday, January 29, 2013
 Boca West Country Club

Debra & Larry Halperin, *Event Chairs*

A \$500 family minimum gift to the 2013 WJA/Jewish Federation of South Palm Beach County Annual Campaign is required to attend.

For more information, please contact Dina Burg at 561.852.5015 or dinab@bocafed.org.

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Upcoming events planned by FAU, Boca Chamber

BOCA RATON – The following events are being planned by Florida Atlantic University:

Wednesday, November 28, 7 p.m.

Band-o-Rama Concert
Kaye Auditorium, FAU Student Union,
Boca Raton campus

Donation of \$10 at the door
561-297-3853

Enjoy the spectacle of FAU's Bands, gathered together on one night! Bands include FAU Wind Ensemble, FAU 'Wings of Swing' Jazz Band, FAU Marching Owls, and special guests.

Friday, November 30, 7 p.m. and Saturday, December 1, 1 and 7 p.m.

Dances We Dance Holiday Showcase
University Theatre, FAU Boca Raton campus

Admission \$10, Children under 12 \$5
www.fauevents.com or 1-800-564-9539

Come join us as we celebrate the holidays! FAU Department of Theatre and Dance presents the second annual Dances We Dance: Celebrating the Holidays. Faculty, students, and guest choreographers showcase ballet, modern, jazz, and ballroom dances with literal to abstract themes honoring several of our yearly holidays.

Sunday, December 2, 7 p.m.

Handel's Messiah
University Theatre, FAU Boca Raton campus

Tickets \$10
www.fauevents.com or 1-800-564-9539

The following events are planned by the Greater Boca Raton Chamber of Commerce. All events are in Boca Raton unless otherwise indicated. Details about all of these events are available at www.BocaRatonChamber.com

SOCIAL SECURITY - CALCULATIONS & TAXATION (NAIFA)

When: Tuesday, November 27 / 9:00 a.m. to 10:30 a.m.

Where: Boca Chamber, 1800 N. Dixie Hwy

SMART TALK FOR WOMEN - 7 SEATS LEFT

When: Tuesday, November 27 / 11:30 a.m. to 1:30 p.m.

Where: Ruth's Chris Steak House, 225 NE Mizner Blvd.

SOUTH HEALTHCARE ADVOCACY NETWORK (S.H.A.N.)

When: Wednesday, November 28 / 8:30 a.m. to 10:00 a.m.

Where: MD Prevent, 5130 Linton Blvd., Suite H-1, Delray Beach

RIBBON CUTTING - PEARLE VISION - BOCA RATON

When: Wednesday, November 28 / 5:30 p.m. to 6:30 p.m.

Where: 21126 St. Andrews Blvd.

RIBBON CUTTING - DIAGNOSTIC CENTERS OF AMERICA

When: Thursday, December 6 / 5:00 p.m. to 8:30 p.m.

Where: 8142 Glades Road

NEW MEMBER ORIENTATION

When: Tuesday, December 11 / 11:45 a.m. to 1:15 p.m.

Where: Sunday House, 106 S. Swinton Avenue, Delray Beach

TRUSTEE HOLIDAY PARTY (Trustees Only)

Save The Date

Tuesday, December 11 / 5:30 p.m. to 7:30 p.m.

MEMBERSHIP BREAKFAST

When: Thursday, December 13 / 7:45 a.m. to 9:15 a.m.

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

GOVERNMENT AFFAIRS COMMITTEE

When: Thursday, December 13 / 11:30 a.m. to 12:30 p.m.

Where: Boca Chamber, 1800 N. Dixie Highway

SMART TALK FOR WOMEN

When: Tuesday, December 18 / 11:30 a.m. to 1:30 p.m.

Where: Ruth's Chris Steak House, 225 N.E. Mizner Boulevard

31st ANNUAL HOLIDAY AUCTION

When: Wednesday, December 19 / 5:30 p.m. to 8:30 p.m.

Where: Via Mizner Golf and Country Club, 6200 Boca Del Mar Drive

Glades Road Branch Library to Close for a Week

BOCA RTAON – The Glades Road Branch Library will be closed for repairs from 5 p.m. on Saturday, November 24 through Sunday, December 2. Patrons are asked to please visit the

West Boca Branch Library, 18685 State Road 7, Boca Raton, while the Glades Road Branch is closed. Call 561-470-1600 for more information.



THE CITIZENS VOICE

By Al Zucaro

A Celebration of AMERICANA... simply outstanding!

If ever a person or place merits the proverbial 'key to the city', Lynn University, its President, Dr. Kevin Ross, and the entire university staff do....What an incredible experience they provided to all of us here in the city of Boca Raton. Thank you....

Being on the world stage for the Presidential Debate would never have been accomplished without their courageous actions. Being on the world stage because of this event has elevated Boca Raton to international status with dignity, confidence, and virtually without incident.

Kudos must also be given to the city administration, the police and fire personal and the city council/CRA for bringing the event to the people in the Mizner Park Amphitheater on the actual evening of the debate. Well Done.....

But perhaps the most unexpected event took place two week after the debate....On Sunday evening, November 4, the Leadership Society of Lynn University, in cooperation with the city of Boca Raton, conducted a free concert for the public to say THANK YOU to the community. Imagine they are saying thank you to us....amazing.

A CELEBRATION of AMERICANA featured the Lynn University's Conservatory of Music Orchestra under the direction of Dr. Jon Robertson and performing musical selections demonstrating a cross-section of America's culture and diversity. Selections included jazz, country, Broadway musicals and even a breathtaking rendition of Superman's March, highlighting their almost superhuman effort of the past year.

Also performing to the crowd's delight were four outstanding vocalists; to wit: Neil Nelson, baritone, Kristen DiNonno, soprano, Brian Ricci, tenor and Nadege Bellande Robertson, mezzo-soprano. All were terrific but a special shout out to Ms. Robertson for a 'hot' rendition of the classic song, "Fever", one of my all-time favorites.

No concert celebrating Americana would be complete without a salute to our nation's armed forces as well a salute to the patriotic heritage and history of our great land. This concert was no exception. Renditions of America the Beautiful and God Bless America were designed to inspire the crowd and to set the stage for the fireworks finale by Zambelli, truly a delightful surprise....

Kudos also must be awarded to those sponsors and contributors

who, with their generosity, made this experience possible. Sponsoring the event was the Len Chamber Charitable Trust, Sanford and Marion Goldstein Trustees. Also sponsoring the event was PNC Bank with a generous corporate sponsorship. These organizations provided hundreds of citizens a wonderful evenings under the stars, an evening that should not be easily forgotten.

Lynn University continues to demonstrate its community participation. The tag line associated with the event is "When talent meets inspiration, the results are extraordinary." This is oh so very true.

Boca Raton's inspirational resources are significant. In the downtown we have a world class amphitheater that now seems to be reaching its stride. We have a cultural arts center that has the capacity to be world class but is so very underutilized at this time and we have a willing local government ready to take their bows on the world stage.

Also in our community are a myriad of other educational and cultural venues. Before Boca Raton can really become a significant international business destination, we need to extend our hand in friendship to other global participants. We need to demonstrate with culture and with the arts that the world is welcome here. Events like this Celebration of Americana and the Brazilian festival are good a start.

Culture always precedes commerce. That is a given. The city council, in this year's goals setting session, committed to the advancement of the thought. Management has been tasked to establish a "Sister City" program this fiscal year. That would be a good thing....However, since the goal setting session, there has been little news on this item. It is essential that the council continue to advance this as a strategic objective.

Councilwoman Scott is the energy behind this effort. She needs to get out front on this and make her presence known inside the national organization of sister cities and she need to participate with the world community at their locations in Miami and in Atlanta. Between these two world class cities, most of the world's nations have diplomatic posts. These are good places to start....

The world is at our doorstep....we need to invite them in....

Al Zucaro

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Corps Dancer



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The Boca Raton Tribune Special Inserts are Here!

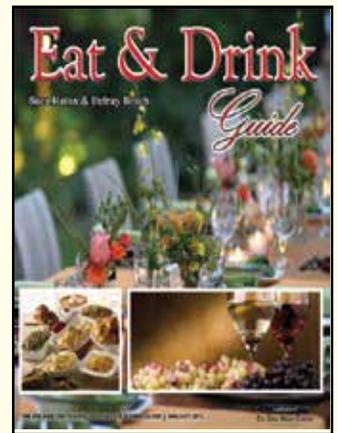
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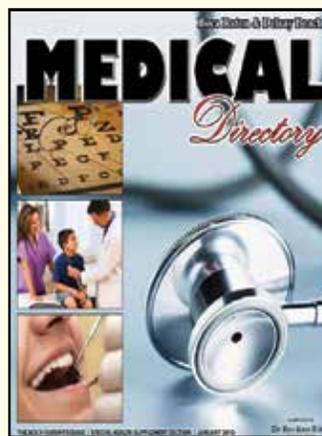
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Publication Date - Dec. 6

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Ad Reservation Date - Dec. 20
Ad Materials Deadline - Jan. 6
Publication Date - Jan. 10



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Business

The Boca Raton Tribune

Economic Outlook for Boca in 2013 topic of Chamber Luncheon

BOCA RATON —The Greater Boca Raton Chamber of Commerce’s Trustee Luncheon was held Wednesday Nov. 14 at the Boca Country Club. The topic, Economic Outlook in 2013, drew a crowd of more than 100 trustee members and VIPs

It featured a panel of CEOs and directors who answered audience questions. On the panel was Kelly Smallridge, president and CEO, Business Development Board of Palm Beach County, Inc.; Jorge Pesquera, president and CEO, Palm Beach County Convention and Visitors Bureau and Douglas Sáenz, director, Industry and Economic Relations, Workforce Alliance. The moderator was Andrew Duffell, president and CEO, Research

Park at Florida Atlantic University. “The Greater Boca Raton Chamber of Commerce was pleased to bring



Kelly Smallridge, Jorge Pesquera and Douglas Sáenz to Boca Raton to speak to the exclusive Trustee members of the Chamber. It was encouraging to hear what they are doing to promote business in South Palm Beach Coun-

ty.” said Troy M. McLellan, CCE, president & CEO of the Greater Boca Raton Chamber of Commerce. “We thank them for recognizing the importance of the Greater Boca Raton community and taking the time to meet with us.”

The Trustee Membership Program was founded in 1999 to bring together senior level executives whose caring and commitment to the community is the foundation for the Greater Boca Raton Chamber of Commerce’s continued growth. More than 185 businesses are involved in the program, including



Slide created by Kelly Smallridge showing economic development in Palm Beach County

Bank of America, Wells Fargo, JM Family Enterprises, NCCI Inc., Office Depot and Town Center at Boca Raton.

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

Three physicians join Boca Raton Regional Hospital staff

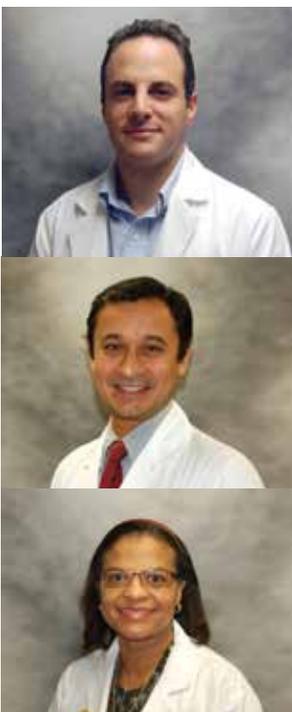
BOCA RATON — Boca Raton Regional Hospital has added the following physicians to its medical staff:

Rishi Sheth, MD, specializes in neurological surgery. He attended medical school at the University Medical School of Debrecen in Debrecen, Hungary. He completed his internship, residency and his spine surgery fellowship at Jackson Memorial Hospital in Miami. Dr. Sheth’s research fellowship was done at Johns Hopkins Hospital in Baltimore.

Todd Roth, MD, is board certified in pediatrics and specializes in pediatric cardiology. He attended medical school at St. Georges University School of Medicine in Grenada, West Indies. His internship, residency and fellowship programs were completed at Virginia Commonwealth University in Richmond, Va.

Vivienne Clarke, MD, specializes in pediatrics. She attended medical school at Howard University College of Medicine in Washington, D.C. She completed her residency at Crozer Chester Medical Center in Upland, Pennsylvania.

Todd Roth, MD, Rishi Sheth, MD, Vivienne Clark, MD



News from PBSC: Why Small Business Needs Veterans

By Palm Beach State College Small Business Development Center

Hiring a veteran is good business for your small business. Not only are veterans highly-skilled and have military values that help them excel in civilian positions, but also because they are used to a fast-paced work environment that is results-driven.

In addition to that, there are also several financial incentives to hiring a veteran:

The Returning Heroes Tax Credit, passed in November of 2011, provides businesses that hire unemployed veterans with a maximum credit of \$5,600 per veteran.

The Wounded Warriors Tax Credit, also passed last November,

offers businesses that hire veterans with service-connected disabilities a maximum credit of \$9,600 per veteran.

Business owners may also be able to get reimbursed for training newly hired veterans through the Workforce Investment Act of 1998, which provides high-quality job training through state and local workforce development systems.

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

BUSINESS BITS

Chemtura Corp., a Philadelphia chemical company, said it has reached an agreement to sell its antioxidant and UV stabilizers business, which makes additives that combat degradation from oxygen and sunlight. SK Capital Partners, a private investment firm with offices in New York and Boca Raton, agreed to pay \$200 million for the business, which had \$390 million in revenues in the 12 months ended Sept. 30, Chemtura said.

BOCA RATON — The ADT Corporation announced that Arthur Ordua will assume the role of chief innovation officer. In this newly created job, reporting di-

rectly to ADT’s chief executive officer, Naren Gursahaney, Ordua will be responsible for technology vision and strategy across the entire company. He will create a strategic roadmap for the full lifecycle of new and existing solutions; help define future solution and product architecture and functionality and strengthen ADT’s relationships with key technology companies to position the company as a partner of choice.

BOCA RATON — The GEO Group, Inc. has reported its financial results for the third quarter and first nine months of 2012. GEO reported total revenues for

the third quarter 2012 of \$411.5 million compared to total revenues of \$395.7 million for the third quarter 2011. GEO’s revenues and other financial data are presented throughout as retrospectively revised for discontinued operations. GEO reported income from continuing operations for the third quarter 2012 of \$16.5 million, or \$0.27 per diluted share, compared to income from continuing operations of \$20.7 million, or \$0.33 per diluted share for the third quarter of 2011.

FORT LAUDERDALE — Florida Atlantic University has been named a 2012 Education and Work-

force Development honoree by the Greater Fort Lauderdale Chamber of Commerce at its recent annual Salute to Business Awards ceremony. The event recognizes organizations, institutions and individuals that bring opportunity and economic prosperity to the community through diversity, education, entrepreneurship, hospitality, personal achievement, philanthropy and trade. “It is such an honor for Florida Atlantic University to be recognized by the Greater Fort Lauderdale Chamber of Commerce for our contributions in education and workforce development,” said FAU President Mary Jane Saunders.

French Riviera Brings Their Famous Scotchgarded Fabric To East Boca



Formally at the Regency Court Plaza on the corner of Jog and Yamatto, French Riviera is bringing their famous scotchgarded fabric to East Boca on 132 NE 3rd Street.

For the past 10 years, French Riviera was located at the Regency Court Plaza on the corner of Jog and Yamatto, "We were there for 10 years," said owner, Stephanie Labouro. "I wanted to see what else was out there aside from that corner on Jog and Yamatto."

The French Riviera has a long list of specialty products that include their famous scotchgarded cotton tablecloths & fabrics, lampes berger, lavender sachets, ceramics, scented candles, and specially imported French jam.

All the products that are at French Riviera are authentic French products that are imported straight from the southern side of France. "French Riviera is the name given to the southern side of France," said Labouro. "So our name, French Riviera, is very authentic to the type of goods we sell."

"Our products are what sets us apart from the rest," affirmed Labouro. "We wanted to 'conquer' a different side of town, so we are eager to start working on the East Side of Boca Raton."

Stop by French Riviera anytime from Monday through Saturday from 10am-6pm. Look for their special 20% off coupon inside this week's Boca Raton Tribune!

McLellan urges citizens to "Buy Chamber"

BOCA RATON – The following is a special letter from Troy McLellan, president and CEO of the Greater Boca Raton Chamber of Commerce:

Dear citizens of Boca Raton,

During this holiday season and always, we give thanks for your participation in the Chamber and appreciate your confidence in us. Counting you among our membership is something for which we are truly grateful.

The Greater Boca Raton Chamber of Commerce was created 60 years ago, when community leaders understood the importance of member businesses supporting each other. Marketers used the services of local printers. Painters purchased their paint and brushes locally. Repairs and improvements were made by small, local contractors. Business grew, as did Chamber membership, and the cycle of progress continued....BUY CHAMBER!

'Buy Chamber' is a movement that has helped stimulate the local economy. Chamber members are encouraged to BUY products and services from fellow Chamber members.

All of our members - both large and small - are invested in the success of Boca Raton and the surrounding communities. Large corporations have strong local philanthropic efforts that put dollars into our local economy. These businesses have employees who live locally, whose children attend local schools and who are significantly invested in the community's future. Our small business members also live and work locally, raise families, and put their tax dollars into our community.



Between Black Friday and Cyber Monday is a day dedicated to supporting small businesses nationwide. Last year, more than 100 million people came together to Shop Small® in their communities on Small Business Saturday®. If you Buy Chamber, you help ensure that tax dollars spent in our community come back to our community. These tax dollars allow the cities to provide the services needed to protect our business investments and enhance our beautiful community.

On behalf of the Boca Chamber, we would like to wish you and yours a safe and happy Thanksgiving holiday!

Sincerely,

Troy M. McLellan, CCE, FCCP
President & CEO

Greater Boca Raton Chamber of Commerce

Classifieds & Legal Notices

The Boca Raton Tribune

Help Wanted

Cleaning Company seeking janitors for M-F shifts for school in Boca Raton 33432. One 4 hour day & two 4 hour night positions. \$7.67 per hour. Basic level english & own transportation required. Must pay for fingerprinting (\$99) & uniform (\$16.00). Applications and interviews in Doral 33178. If interested please call (305) 592-1380

Fictitious Name Notice

Notice is hereby given that **Muller Real Estate, Inc.** and **Tony Muller** Co-Owners desiring to engage in business under the fictitious name of **Muscle Works Supplements** located in Palm Beach County, Florida intends to register the said name with the division of corporations, Florida Department of State, pursuant to section 865.09 of the Florida Statutes

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WE STAND WITH ISRAEL

Pray for the peace of Jerusalem

I rejoiced with those who said to me, "Let us go to the house of the LORD."
Our feet are standing in your gates, Jerusalem.
Jerusalem is built like a city that is closely compacted together.
That is where the tribes go up — the tribes of the LORD —
to praise the name of the LORD according to the statute given to Israel.
There stand the thrones for judgment, the thrones of the house of David.
Pray for the peace of Jerusalem: "May those who love you be secure.
May there be peace within your walls and security within your citadels."
For the sake of my family and friends, I will say, "Peace be within you."
For the sake of the house of the LORD our God, I will seek your prosperity.

-Psalm 122



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Sports

The Boca Raton Tribune

Strikers Exercise 2013 Options on Restrepo, Glaeser, Ramos, and Gordon

By: Pedro Heizer

The Strikers have started their off-season on a positive note by picking up the club option on four players, Walter Restrepo, Matt Glaeser, Hosman Ramos, and Scott Gordon. "I'm really excited and feel privileged to have an opportunity to keep playing for a club like the Strikers," said Scott Gordon. "We have high expectations for the upcoming season and I'm excited to get back to work."

The Strikers, who have been making all the right moves in order to be one of the better teams in the league, have championship aspirations as they look to bring the Soccer Bowl to Fort Lauderdale for the first time in the history of the franchise.

Earlier this offseason, Fort Lauderdale resigned rookie sensation Mark Anderson, and Pecka and now with the club picking up the option on four of its core players, the Strikers are on track to be one of the teams to beat in the NASL next season.

"We've built a solid core group of players within our organization," said Strikers head coach Daryl Shore. "Being able to keep them together is key to reaching our

goal of winning a championship in 2013."

Restrepo was one of those key core players the Strikers could not go without.

Despite a knee injury suffered on August 15 that sidelined him for the rest of the season, Restrepo had an outstanding 2012 season earning a unanimous selection to the NASL's Best XI team alongside teammate Mark Anderson. Restrepo was also the NASL League leader in assists with eight.

"It's great being able to come back and play for the Strikers," said Restrepo. "We have a great group of guys here in Fort Lauderdale and I feel comfortable with this club."

According to Restrepo, the knee rehab is going well and says he's looking for a return to the pitch in March, "I cannot wait to be back to full rhythm and help this team succeed."

Glaeser, who had a record season for the Strikers this past season, has been one of the Strikers most reliable players in the past few years.

This season, Glaeser broke some franchise record to go along with his solid season. He became the team's all-time leader in saves (191), wins (20), games played (55), and is tied for first in shutouts with

13.

"I was a little disappointed with the way the season finished. I felt that both as a team and individually this season could have gone better," said Glaeser of the way the Fort Lauderdale Strikers 2012 season came to an end with a 3-1 loss to the Carolina RailHawks in the first round of the NASL Playoffs. "We had some positives though, young players stepped up and played well this season." added Glaeser.

Scott Gordon, who started the season in Major League Soccer with Chivas USA, played in only 22 games with the Strikers but his big body was a crucial in a Strikers defense in which at times was shaky before Gordon's return to Fort Lauderdale. Gordon scored one goal and had one assists this past season.

Rookie Hosman Ramos appeared in 12 matches for the yellow and red with seven starts.

With core players intact and a front office eager to bring the Soc-



cer Bowl to Fort Lauderdale, the Strikers are poised for a fantastic 2013 Season.

"Every season I expect us to contend for a championship," said Matt Glaeser as he echoed the thoughts of his head coach. "With a solid core group returning, I see no reason why we can't win the league."

FAU Football Loses to FIU in Shootout



Photos by Daphne Markey / www.MarkeySportsPhoto.com

The Florida Atlantic University football team found itself on the losing end of an offensive shootout against rival FIU, falling 34-24 in a nationally televised contest Friday at the FAU Stadium.

Senior quarterback Graham Wilbert threw for 403 yards and two touchdowns in the loss.

FIU (3-8, 2-5 Sun Belt) held a 14-10 halftime advantage. Then, FAU's Jonathan Wallace capped a six play, 61-yard drive with a one-yard touchdown run. The score gave the host a 17-14 lead with 6:43 left in the third quarter.

The lead did not last long. FIU's Richard Leonard returned the ensuing kickoff 100 yards for a score. The Panthers would take a 27-17 lead in the final minute of the third quarter on a 15-yard touchdown pass from Jake Med-

lock to Wayne Times.

FAU (3-8, 2-5 Sun Belt) answered on the first drive of the fourth quarter as Wilbert found Jenson Stoshak for a 60-yard touchdown pass.

The offensive fireworks continued on FIU's next drive. Kedrick Rhodes scored on a one-yard rush at the 10:45 mark of the fourth quarter.

FAU's William Dukes caught six passes for 116 yards. Daniel McKinney had a team-high seven receptions and Stoshak recorded 108 receiving yards. Nexon Dorvilus caught a first quarter touchdown pass.

The Owls will close the 2012 season at home against the University of Louisiana on December 1, at 3 p.m. The program will honor its seniors prior to the game.

Chris Bosh is Playing Big for Miami

By: Matt Pineda

Chris Bosh was always reluctant to move to the center position throughout his career. But as he saw the HEAT win the 2012 NBA Championship with him starting at center, his opinion may have changed.

Bosh, this season, has started all 11 games for the HEAT at center. While Miami has a modest 8-3 record, Bosh has seen strides in his game that hasn't been there before. Bosh has led Miami

be used as a shooting threat to help space the floor. And scoring 19+PPG without a play being ran for you is impressive. Bosh's current 55% shooting would be a career high. Chris is shooting a career best 86% from the charity strip, and doing all this in a career low 32 minutes per game.

Coach Spoelstra has been able to manage everyone's minutes very well other than the occasional over usage of LeBron James, who is so essential to the team.



in scoring 4 out of the 11 games, and has already racked up a 40 point game earlier this year against Phoenix. So far, Chris is averaging 19.6 PPG on 55% shooting. In his previous two seasons, Bosh scored 18.7 and 18.0 PPG on 49% and 48% shooting, respectively. Maybe the most telling part that's not included in those statistics is that Miami does not run plays for Chris anymore. Bosh's production is simply based on him finding the right spots in spacing the floor, and cleaning up plays off the boards or screens. Bosh has found his perfect role in Miami. Because of the unique abilities of Dwyane Wade and LeBron James, Bosh isn't needed for isolation or plays ran for him. He is simply allowed to

Bosh has adapted well to playing the center spot for Miami. He has to possibility of even starting for the Conference in the All-Star game if he keeps playing so well. Bosh will eventually struggle against the monsters of the middle like Tyson Chandler, Dwight Howard and Andrew Bynum. But Miami's weapons on offense must also be adapted to by the opposing teams. The move to the middle by Bosh has opened up so much for Miami. It means more time for Allen, Battier and Cole, and less time for offensively challenged Joel Anthony and Dexter Pittman. When Miami becomes sound defensively again, they will be a very challenging team to beat. Bosh has played big for Miami.

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- 4 Disease cause
- 8 Sums (Abbr.)
- 12 Printer's amount
- 14 Creepy
- 15 Chess piece
- 16 Hindu wrap
- 17 It's a gas
- 18 Hideous
- 19 Theater noise, hopefully
- 21 Steamed Mexican dish
- 23 Mosaic piece
- 24 Rascal
- 25 Frolic
- 28 Biblical pronoun
- 30 Rx approver
- 33 Prayer's end
- 34 Zoo inhabitants
- 35 Fleur-de-___
- 36 Golden, in France
- 37 Catch sight of
- 39 Poison ___
- 40 Carpet
- 41 New money on the Continent
- 42 Corn cake
- 43 Before, in verse
- 44 Headliner
- 45 Annoyed the eardrums
- 47 Baseball bat wood
- 48 Winter wear
- 49 Move with stealth
- 52 Wallaby kin
- 56 Mix
- 57 Washer cycle
- 59 Gold medalist Lipinski

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- 60 Property claim
- 61 Vote to accept
- 62 Peepers
- 63 Challenge
- 64 Pinches
- 65 Drunkard
- 8 The Donald
- 9 Forum wear
- 10 Hang out
- 11 Hebrides isle
- 13 *Paradise Lost* poet John ___
- 14 Rejoice
- 20 It's mostly nitrogen
- 22 Entertain
- 25 Inner circle
- 26 French romance
- 27 Brink
- 28 Indonesian island
- 29 Brewers' needs
- 30 Elevator stop
- 31 *Cheers* role
- 32 Appealed
- 34 Turkish money
- 37 Painting surface
- 38 Certain Protestant
- 42 Gourmet's sense
- 45 Lisa of *The Cosby Show*
- 46 Record keeper
- 47 Do penance
- 48 Stinging insects
- 49 Tattled
- 50 Hip bones
- 51 Dock
- 52 Door feature
- 53 Tanners catch them
- 54 Creme cookie
- 55 Brewer's kiln
- 58 Gilbert & Sullivan princess

Down

- 1 ___ Major
- 2 Vault
- 3 Waterproof cover, briefly
- 4 Honkers
- 5 Donegal Bay feeder
- 6 Popular vacation spot
- 7 References

Mediterranean Islands

- Andros
- Capri
- Chios
- Corfu
- Corsica
- Cres
- Crete
- Cyprus
- Cythera
- Djerba
- Dragonera
- Euboea
- Ibiza
- Icaria
- Kefalonia
- Kekova
- Lemnos
- Lesbos
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Strikers Exercise 2013 Options on Restrepo, Glaeser, Ramos, and Gordon

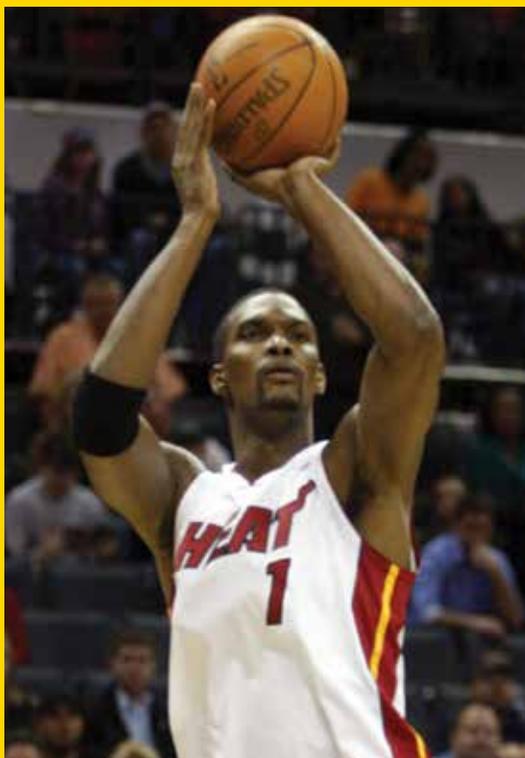
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See page 29



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See page 30