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East/West Boca Raton, Highland Beach, Delray Beach, Deerfield Beach, FL - May 23, through May 30, 2014 • Year V • Number 187

Remembering Memorial Day

By Kathryn Woblpart

The smell of barbeque roasting drifting through the air, people sipping lemonade, and munching on watermelon in their backyards with friends. Parents don't have to work and children are finally on summer vacation. Memorial Day's three-day weekend is full of local parades and long-awaited summer vacations.

For local Boca Raton veterans, however, Memorial Day means something more.

Local veteran, Master Chief Frank Bartanowitz, who is currently serving on the USS Abraham Lincoln, thinks that Memorial Day is a day to remember those who came before him and showed him how to serve his country.

Lt. Commander Kenneth Bingham teaches ROTC at Boca Raton Community High School. To Bingham, the most important part of Memorial Day is "getting young people involved." Bingham stated that Memorial Day is not Veteran's Day, and while Veteran's Day is important, Memorial Day is "a day to remember those who gave their lives for the freedom that we celebrate today and to remind all of us that people have made sacrifices so the rest of us civilians can be free. It's more than just a weekend off, it's more than just hot dogs and hamburgers and a good time."

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SUZANNE POLAKOFF READING
The Boca Raton Tribune



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TEDxBocaRaton at FAU Delivers Ideas Worth Sharing

By Staci Garcia

Boca Raton's first TEDx event was an overwhelming success, according to attendees and speakers. Friday May 9th, Florida Atlantic University was the place to hear "ideas worth spreading" and learn, share and discuss. TedxBocaRaton kicked off with a VIP reception the night before at The Baldwin House where speakers and guests were greeted by FAU's President Dr. John W. Kelly. After Dr. Kelly's warm introduction, Mayor Susan Haynie welcomed TedxBocaRaton and spoke about "vision in action." Friday morning, attendees were welcomed with interesting and creative outdoor activities, breakfast and the opportunity to make connections.

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The Boca Raton Tribune

Quote of the Week:

"A gentle answer turns away anger, but a harsh word stirs up wrath" - Proverbs 15:1

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Barrys Buzz



Sincere condolences to Boca PR guru Gary Schweikart on the loss of his beloved mother, Maggie Arendt. Gary co-founded the Gold Coast Public Relations Council with me and he has been the driving force behind the organization

all these years.

Boca developer Gregg Talbott committed suicide last week by shooting himself in the head. Details in the Boca Tribune.

Starting Jan. 1, the campus of Florida Atlantic University will be smoke free. Tobacco cigarettes, e-cigarettes, pipes, cigars, snuff and chewing tobacco will be banned everywhere, including outdoor campus locations and in cars on campus.

The FAU Board of Trustees also voted to not raise tuition for the second year in a row, although FAU needs to figure how to get back \$5.2 million taken away by the Board of Governors, which oversees all state universities. FAU was penalized because of its low retention and graduation rates.

Top officers of Boca based 1st United Bank pocketed windfalls from the \$312 million sale of the bank to Jersey based Valley National Bank with CEO Rudy Shupp hitting the jackpot when he engineered the sale, receiving \$1.3 million up front for a three year non-compete agreement along with a ton of perks, and pocketing \$6 million in Valley National stock when the deal closes. 1st United chairman Warren Orlando and CFO John Marino will also carry away \$6 million in cash and stock on the sale.

American Traffic Solutions, the vendor for the 6 red light camera intersections in Boca, will ask the City Council to add 22 more locations.

Welchel Partners Real Estate Services leased 50,000 sq. ft. for new tenants at the former Compson Financial Center in Boca Raton. The 95,000 sq. ft. office building at 980 N. Federal Highway in Boca was recently renamed 980 Cendyn and Cendyn Spaces is the new anchor tenant, taking one floor at the building. The firm leases space to independent contractors by the hour, day, month or year. Other new tenants include R2 Unified Technology, Flagship Solutions, Matels & Co., and the new restaurant M.E.A.T.

The renovated and redesigned building has occupancy at 75% from 25% in the past year.

Civil Engineer Wantman Group will provide civil engineering, surveying and construction administration for the Sinai Residences on the north side of the Jewish Federation of South Palm Beach County campus at Glades Road and S.R. 7. The \$250 million continuing care retirement community already has 228 of the 237 independent living units reserved, with construction started in March and is scheduled to open in October, 2015.

People riding Palm Beach County ambulances but not paying for the trip have racked up a \$24 million debt that the county now doesn't count on collecting. County commissioners Tuesday agreed to "write off" the losses accumulated over four years, but also called for stepping up efforts to collect fees for ambulance rides.

The superrich Seminole Indian Tribe which employs 3700 people in Hollywood and 800 more in its two other casinos in South Florida, and pocketed almost \$600 million in revenue last year, plans to sink \$100 million to upgrade its lucrative Hard Rock Casino in Hollywood as well as other facilities. State wide, the Tribe earned a whopping \$2 billion in gambling revenue last year, with the cash rich tribe doling out \$120,000 in gambling revenue dividends to each of its 2,500 members every year and offers to all a free education, free medical care and a guaranteed job, but the IRS and Tribal brass are arguing over whether the dividends are taxable, as the Tribe is claiming sovereign immunity from U.S. taxes, although several courts have ruled otherwise.

The new Palm Beach County Outlet Mall may be sold from a New England Real Estate partnership group that bought the 88 acre parcel of the old Palm Beach Mall for \$35 million and sunk another \$100 million into massive renovations, resulting in a 98% occupancy rate with several big box stores slated to open this fall.

Well-heeled gambling lobbyists rolled snake eyes this legislative session trying to influencing lawmakers to overhaul the states "Alice in Wonderland" gambling statutes. After pouring millions of dollars into lawmakers' pockets, political parties and the governor's re-election campaign, the gambling lobby failed to establish destination resorts in South Florida, spinoff dog racing at Kennel Clubs and expand table games at existing casinos.

The 600 passenger day trip gambling ship Island Breeze casino which launched in March after several delays out of the Port of Palm Beach in Riviera Beach, sailing mostly empty twice daily with an average of 98 passengers per trip, dropped anchor for a week for repairs and will be in dry-dock for two weeks next month. The lackluster day trip gambling market at the Port has been volatile for four previous vessels sailing out of the port which were torpedoed.

South Florida-based Windridge Yacht Charters has joined the portfolio of Entertainment Cruises brands, the largest harbor cruise company in the United States. The first high-end, full-service private yacht charter company in South Florida, Windridge's fleet is comprised of the 170-foot Lady Windridge and the 131-foot Windridge K, with docking locations across South Florida, including Fort Lauderdale, Boca Raton, Palm Beach and Miami. For more information, please visit www.windridgeyachts.com or www.entertainmentcruises.com.

There are 43,578 boats registered in Palm Beach County.

Watch Movie Talk with Morrie Zryl on www.wrpbiv.com Thursdays at 6 p.m. and Fridays at 6 a.m.

Cafe Cinematheque Foreign Films with Shelly Isaacs is every Thursday at 10:30 a.m. at Movies of Delray 561-638-0020 and Friday at 1:00 p.m. at Movies of Lake Worth 561-968-4545. Visit www.moviesofdelray.com for more information.

X-Men: Days of Future Past, Blended and The Immigrant opens Friday at the Cinemark Palace and Premiere theatres. Locke and For No Good Reason opens at the FAU Living Room Theatres. The Love Punch and Belle opens at the Movies of Delray. The Angriest Man in Brooklyn, The Love Punch and the German Doctor opens at Movies of Lake Worth. The Love Punch, The Immigrant, Chef and X-Men opens at the Classic Gateway Theatre in Ft. Lauderdale.

Family Fun Fridays are at Coconut Cove waterpark, located in Burt Aaronson South County Regional Park, West Boca on May 23 and 30 from 10 a.m. to 2 p.m. Young children and their parents can enjoy splashing in the shallow water, climbing on the play structure, and taking a fun ride down the playground slides. Family Fun Friday admission fees are \$3.50 for children 11 and under and \$5 for adults (12 & over). Call 561.629.8840 for more info.

Barry Epstein, APR, is a noted public relations, marketing and political consultant based in Boca Raton, president of the Luxury Chamber, the West Boca Leaders networking group and the founder and former president of the West Boca Chamber of Commerce; with a weekly internet television show on the Boca Tribune website. His motto is Public Relations is the enemy of anonymity. Fax column items to 561.451.0000. His column/blog is in the Boca Raton Tribune and on the Boca Tribune website (and click on columnists), on Facebook, as well as on the front page of the Sun-Sentinel/Jewish Journal website.



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Community News

The Boca Raton Tribune

Remembering Memorial Day



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Memorial Day was formerly known as Decoration Day, a day to decorate soldiers' graves in remembrance of their service. It was started in 1868, according to Veteran Affairs, in Arlington, VA. Decoration Day was changed to Memorial Day in 1971 when it was also expanded to all deceased members of the American military from all wars.

"My wife and kids and I usually celebrate with a small cook-out. Sometimes we go to a local cemetery to place flags at the tombstones of fallen Heroes," said Bartanowitz. Every Memorial Day, at 3 p.m. local time, the nation has a minute long pause to silence and prayer. Boca Raton hosts memorial services in the Boca Raton Cemetery and Veteran's Memorial Park has a memorial off of W Palmetto Park Rd.

Florida Atlantic University gets its students involved using social media, "Florida Atlantic University encourages its students to engage in the ongoing community events such as memorials and festivals...The Division of Student Affairs sends out a letter of remembrance honoring those veterans who have sacrificed all, which is distributed through email and social media," according to U.S. Army Veteran and Assistant Dean of Military and Veterans' Affairs at FAU, Dylan M Reyes-Cairo.

Veterans say that it is the simple things that

can bring the memorial back to Memorial day and that make a difference to soldiers everywhere. Just a moment of remembrance for the veterans, fallen and alive. Bingham thinks that everyone should "fly their flags until 11 o'clock at half-mast then raise it all the way up. If we could get every citizen in Boca to fly a flag that day I think that would be pretty awesome."



Male Couple Sues FAU, Says Denied Tuition Break

By Jason Schwartz

A Florida Atlantic University student is asking the court to recognize his same-sex marriage so he can pay 'in-state' tuition rates.

Gildas Dousset filed the appeal Wednesday in state court seeking recognition of his marriage to his husband, Paul Rubio.

The appeal, filed in the Fourth District Court of Appeals, argues that Florida's laws barring recognition of valid out of state marriages of same sex couples violates the United States Constitution. The two were legally married last year in Massachusetts, which allows same sex marriage, but Florida does not. Dousset's suit claims that policy violates the U.S. Constitution.

"It hurt. It was insulting. It was highly discriminative. I couldn't believe it," Dousset said. "I showed up at the registrar's office that day feeling very confident that it wouldn't be any issue." When they told school officials they were getting married, they were told to just bring in the documentation Rubio, a long-time Florida resident, explained. But the situation changed once they saw it was to another man, he added.

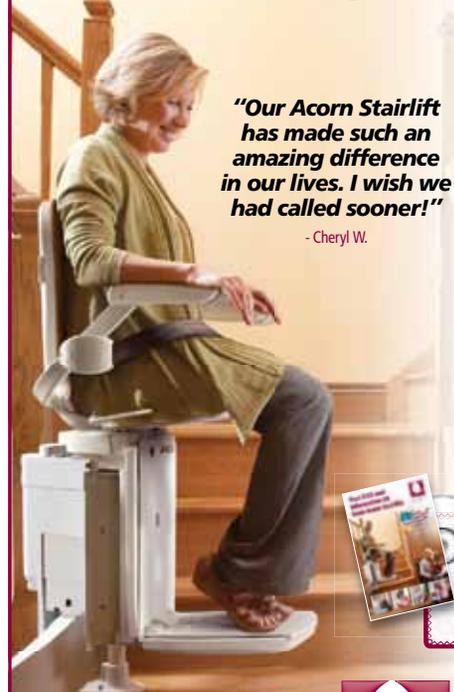
"We thought there must be a mistake, so we went back together to hear it with my own ears. And I couldn't believe what I was hearing," Rubio said. "We went back a third time because they didn't even want to accept our application, which required a marriage certificate, which they did not want to accept as a marriage certificate."

The National Center for Lesbian Rights is handling Dousset's case. The University released the following statement:

"The lawsuit challenges Florida statute 741.212 that was signed into law in 1997. It requires that no state agency, including state universities, can recognize same-sex marriages. This includes recognition for the purposes of in-state tuition as outlined by Florida law. Florida Atlantic University, and every Florida state college and university, is bound to follow all the laws of the State of Florida unless they are deemed unconstitutional by the court.

It is our understanding that this law is being challenged in courts throughout the state, and there is no allegation that FAU misapplied the law or did anything other than what is specifically required by the laws of the state."

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Eagles Landing Student Wins SECME National Recognition

By CRA News Service

A seventh-grader at Eagles Landing Middle School has been awarded first place at the National SECME Competition for Middle School Essay, the Boca Raton Tribune has learned.

The latest honor is among many that Christopher Palumbo has earned since he began competing in the Palm Beach County SECME program three years ago.

"Christopher is a shining example of dedication and hard work and we are so proud at Eagles of his National SECME win," says Eagles Landing's Principal Cynthia Chiapetta.

Christopher will be honored at the National SECME competition in Birmingham, Ala. in June.

SECME (Science, Engineering, Communication, and Mathematics Enrichment) was founded in 1975 by the Engineering Deans from six southeastern universities:

Alabama, Florida, Georgia Tech, South Carolina, Tennessee, and Tuskegee. SECME is a program that strives to increase the pool of historically under-represented and under-served students who will be prepared to enter and complete post-secondary studies in science, technology, engineering, and mathematics. This program reaches out to elementary and secondary students who are historically under-represented in the STEM fields with the long-term goal of creating a more diverse workforce. The School District of Palm Beach County supports the goals and mission of SECME.

Today SECME is a non-profit alliance that extends to 70 school systems, 43 major engineering universities, and industries and agencies in 16 states, the District of Columbia, and Grand Bahamas. For more information, visit www.secme.org.

Highland Beach Mansion Sells for \$13.5 Million



Jonathan Postma, a Previews Property Specialist with Coldwell Banker Residential Real Estate's Boca Resort office sold 2445 S. Ocean Boulevard for a record \$13,550,000. Located in the prestigious Highland Beach area, this palatial oceanfront estate is located on an oversized, one-acre, manicured lot with 120 feet of beachfront. Originally designed for a celebrity athlete, this home features Marc-Michaels decor, movie theater, library, gym, spa and a 12-car subterranean garage.

"This is the highest sale in Highland Beach in several years," said Postma. "A monster sale like this is a great forward indicator of the market to come. A lot of the large beachfront homes have been sitting and this sale should increase market stability and investor confidence and will hopefully pave the way for more beachfront home sales. The gated, ivy-covered, three-story Med-

iterranean-style estate has 15,000 square-feet of living space with seven-bedrooms, 12 full and two-half bathrooms, gourmet chef's kitchen, butler's pantry, formal dining room with lighted tray ceiling, wooden paneled home office/billiard room, two-story great room with fireplace and floor-to-ceiling windows, family room, gym, custom home theatre with Lutron technology, wine cellar and a massage/spa room. Designed by well-renowned interior designer Marc Michaels, architectural features include two elevators, rotunda foyer with domed ceilings and staircase, coffered ceilings, custom moldings and woodwork, marble flooring and mahogany doors with onyx and Macedonian stone accents. The exterior of the residence boasts two upper terraces, two covered verandas, outdoor kitchen, cabanas and custom infinity pool with spa.



Well-Rounded Approach To Life

By Fred Hamilton & Jason Schwartz

Gregory Talbott, the controversial wealthy developer who watched his empire crumble in bankruptcy court, is being remembered as a god-fearing man who gave to his city. "He did a lot of great things for the city," said a long-time developer and friend Jim Batsmasian. "He was a wonderful father who had a very close relationship with his kids and we are all missing his loss." Batsmasian thinks Mr. Talbott, 59, made his peace with his god.

"We went to church together," Batsmasian said. "He believed in Jesus. I know he is going to heaven."

Mr. Talbott, once among the largest landowners in Palm Beach County, died at Delray Medical Center Thursday morning. He was taken there after an employee found him in his home suffering from a self-inflicted gunshot wound.

Mr. Talbott first investment while still a student inspired him to develop a career in real estate.

Mr. Talbott got his start in real estate in 1978 while attending the University of Florida.

It only took one buy to convince him that real estate was a career for him.

"The property was just about to be condemned by the city of Gainesville" Mr. Talbott said in a newspaper interview.

He sold his car, used his savings and borrowed money to buy the house from a lawyer for \$16,000, he said.

He put a lot of hours and sweat into his new project completely renovating it. Five years later, he sold the property for \$51,000, he said.

"That was a pretty exciting thing for me" said Mr. Talbott an avid deep-sea fisherman who also enjoyed squash and golfing. After school he moved back to Boca Raton and

eventually founded Talbott Realty. He soon began making money from renovation.

His best memory was the birth of his daughter, Ashley; his biggest fear was the national debt and he respected most "people who have a diverse, well-rounded approach to life – supporting church, family and state."

Mr. Talbott began gaining notoriety in 2005 when Boca Raton officers arrested him after a drunken fracas outside a local restaurant. He hit his wife and a manager at Luna Pazza, a downtown restaurant, then fought with officers. His arrest led to the resignation of former Boca Raton Police Chief Andrew Scott, who was accused of illegally interfering in Mr. Talbott's arrest. The flamboyant contributor to police charity events later pleaded guilty to two misdemeanors. Boca Raton police, in 2008, arrested Mr. Talbott but did not charge him during an alleged drunken driving incident during which he was tasered. His lawyers argued that Mr. Talbott was a victim of police brutality in retaliation for the 2005 incident. Afterward, he checked himself into a \$39,000, five-week rehab clinic in Arizona for alcohol addiction.

His financial woes began surfacing in 2010 when Palm Beach County Sheriff's deputies seized furniture, artwork, jewelry, four cars, and 15 loaded weapons from his 19,000-square-foot waterfront home, which was valued at \$6.8 million. But Palm Beach Circuit Court Judge Meenu Sasser ordered the sheriff's office to return everything back to the home, except for the weapons.

About the same time, lenders seized Mr. Talbott's 20,000-square-foot mansion in West Boca because he defaulted on a \$12.6 million-loan. He also owned homes in the Bahamas and in North Carolina.

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EDITORIAL

By *C. Ron Allen*

The Day That Changed My Life

By *Tina Williams*

My husband Marvin wanted to make my birthday special. So, he drove from Tallahassee to West Palm Beach to finish the paper work on the new Mercedes Benz he had bought me. Marvin worked so hard to build the business that allowed him to afford the car for me. I felt truly blessed. He arrived at my job with the car, wished me a happy birthday, told me he loved me and said he would call me in a little while. He had to return to Tallahassee to work on a project for the Department of Transportation. I cannot believe that his gesture to make me happy that Nov. 4, 2010, would launch the nightmare we are living today. I was working for the VA; Marvin ran the family business, a courier service, and he also was a computer consultant, which is why he was going back and forth to Tallahassee. So buying me the new car was a proud moment. It was such a good day for this devoted father, Christian, veteran, and faithful FAMU Rattler, costumes and all. Graduating from Florida A&M was a big deal for him and the family. He left my office around noon; I spoke to him several times on his way traveling north on the Florida Turnpike. It was just chit chat- the kind of talk you do to pass time on a long drive. But the last call, around 3 p.m., was cut short. He said something about a man following him. The call dropped. I tried several times to call him

back, but he never answered. From the few words he was able to say, I noticed his voice had changed. I was scared. I waited an hour. Then, I called Marvin's cousin, Capt. White of the Orlando police force, and told him what happened. I had frightening visions of the father of my children hurt in a car accident, or worse, dead. His cousin asked me to give him some time. He was going to search for accidents. Shaking, I called the kids and family members just to try to calm my nerves. We were so happy just hours before and all those feelings changed to high alert. Spending more than 20 years with a man, you get certain feelings. Marvin has been traveling all over the state and the country for a long time. He was a good driver. At 50 years old, he'd only been in one or two accidents in his life—just local ones, I said to reassure myself. But the fact that Capt. White called me several times over the next couple of hours to try to pinpoint his location unnerved me even more. Finally, he located my husband. He told me that it wasn't going to be good. I braced myself for the worse. The news was an unrealistic, different kind of bad. He told me Marvin was in jail in Lake County and charged with aggravated assault with a firearm. That's impossible! I screamed. Marvin would never do that to anyone. I was crying and confused. Capt. White told me I would

have to travel to Orlando to obtain a bail bondsman to bond my husband out of jail. He gave me the name of one. My daughter, Alexia, and I got in the new car. My nerves were so raw that, of course, I fumbled around in it just to get oriented as a driver. The two-hours or so we were on the road seemed like five. I couldn't get there fast enough. Marvin was released from a jail in Tavares. I hugged and kissed him. We were exhausted and had to spend a night in a hotel. I learned a man had called highway patrol and said that while driving, my husband, who was in a car on the right, more than six feet in front of him, had pointed a gun at him in a fit of rage. He described the gun as a black barrel 9mm or 45. My husband, who's often on the road, does carry a gun in his glove box. His gun has a silver barrel. Marvin told me the man had been following him in a fit of road rage. So, after passing through the toll in the SunPass lane, my husband saw a highway patrolman driving south and flashed him with his lights to indicate trouble. That's why Marvin pulled off the road. The other driver followed him and stopped several feet behind him. That's when Marvin had called me and the call dropped. Then, a highway patrolman pulled up and approached first, the other car, and then, my husband. My husband, thinking he was there to help him, was stunned at the events that

followed. The patrolman told Marvin the other driver accused him of pointing a gun at him. He asked Marvin if he had a gun. My husband told the patrolman he had a gun in the glove box but hadn't taken it out. The patrolman took out the gun, took it to the other driver and asked the driver was it the gun that was pointed at him. The driver said yes. My husband was arrested. We hired a local attorney. He tried the case as if he was a public defender doing a government-funded case and not for a paying upstanding citizen from a well-established Tallahassee family, a member of the professional group, 100 Black Men of America, an educated man. But the prosecutor was on her game: She successfully made the accuser's lengthy rap sheet, which included "impersonating a police officer," inadmissible. And, it didn't seem to matter to anyone that the patrolman showed the accuser the gun first, and then asked was it the gun, instead of placing it in an evidence bag. A jury convicted Marvin on Feb. 12, 2012. He started serving his sentence a year later. He is serving three years at the Sumter Correctional Institute off the same exit-296- where he pulled off and was arrested. He calls me from the same prison phone system he helped design for Globeltech. I've been fighting to get him out. I'm not giving up.





INTEGRITY MOMENTS

By Rick Boxx

Dividends of Employee Happiness

An organization called “Delivering Happiness at Work” had some great insights that were outlined in a Wall Street Journal article about happy employees. A study it conducted has discovered happy, content employees have 31% higher productivity, 37% higher sales, and are three times more creative. Although the research did not make this conclusion, employee attendance levels likely would also be higher and absentee levels lower when they feel happy and fulfilled in the work they perform.

This survey identified three major factors involved in having happy employees within an organization:

- 1) People need to enjoy the tasks required of them.

- 2) They need to be able to focus on the things they do best.
- 3) They need to be proud of their employer.

Based on this research, it would seem that if you want to foster higher productivity, it would be advisable to know and care about your employee’s strengths and passions. A passage from the Bible, although it seems directed to an agrarian context, applies well in this regard: “Be sure you know the condition of your flocks, give careful attention to your herds” (Proverbs 27:23). Trying to implement the three factors cited above would be a good first step. We could learn more specifically how to fulfill these needs by soliciting suggestions from them,

or conducting small group meetings where their ideas are welcomed and thoughtfully considered.

But employee happiness and contentment should involve more than a desire to improve the company’s bottom line. Striving to establish a work environment that is conducive to happy workers is also the right thing to do.

Consider if roles were reversed – that your employees, or the people who report to you, were instead the employer and you were reporting to them. How would you want to be treated? What kind of working environment would you desire to have provided for you? In what is often referred to as his “Sermon on the Mount,” Jesus told his followers, “So in everything, do to

others what you would have them do to you” (Matthew 7:12).

Often we presume workers are motivated primarily by financial compensation and other tangible benefits. However, employees that prove to be the most valuable, the ones most likely to remain high contributors to the company, are those that also derive intangible benefits such as feeling happy, fulfilled and appreciated for the work they do.

Thousands of years ago, King Solomon of Israel made this observation in Ecclesiastes 5:19 – “When God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work – this is a gift of God.”

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POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Everybody Needs Self-Improvement!

Life will take you only as far as you are prepared to go. Sadly, too many people miss the challenge and the privilege of excelling in what they do, simply because they put limitations in their abilities and barriers to new frontiers!

Those, however, who recognize that there is much more to life than what is obvious before one’s eyes, will make every effort to continue advancing into new ventures, creating new projects, making valid new contributions to much that can benefit from their input!

Contemporary author and speaker, Jon

Acuff, wisely addressed this important issue, when he challenged: “You can’t be anything you want, but you can be something even better: the best version of you.”

In attempting to meet this achievable possibility, learn to offer an emphatic no to anything that might deceive you, and impede the realization of positive challenges you had committed yourself to with an unequivocal yes!

Throughout life you face a continual series of great possibilities which can lead you forward instead of keeping you paralyzed and incapable of advancing. Satisfaction

with mediocrity will never bring anyone to achievement, and that condition will be the portion of any person disinterested in experiencing self-improvement.

At the same time it’s imperative that you also learn to recognize and remedy personal signs of decay long before they become a fatal reality. Be observant of where you are, where you are heading, how you may conquer certain fears and inevitable challenges, besides the ways of overcoming other conditions which can easily turn out into obstacles that would prevent or prolong your diligent attempts!

Never limit your self-improvement to one aspect of your life only; attempt to get better in every area of your being, by acting comprehensively in your personal search for the best! Take to heart the challenge of some branch of our Armed Forces which states: “The difficult we do immediately; the impossible takes a little longer.” It’s action, not inactivity; it’s decisiveness, not hesitation; it’s courage, not fear, that demonstrate self-improvement in one’s self, and in the final product envisioned!

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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12 Year-old's Bar Mitzvah Wish Comes True With Help From Whole Foods Market®

Ryan Shnyder, a 12 year-old from Wellington, is making the most of his Bar Mitzvah project by focusing his attention on those in need. Tomorrow, May 20, with the help from Whole Foods Market, all stores in Broward and Palm Beach will donate 5 percent of their net day's sales to Ryan's "PB&J Project," which is supporting The Pantry of Broward.

The partnership is part of Whole Foods Market's 5 Percent Day, in which all stores donate 5 Percent of their net day sales to a local educational or nonprofit organization. Stores participating in the project include: Coral Springs (810 University Drive), Plantation (7720 Peters Road), Pembroke Pines (14956 Pines Boulevard), Fort Lauderdale (2000 N. Federal Hwy), Wellington (2635 State Road 7), Boca Raton (1400 Glades Road) and Palm Beach Gardens (11701 Lake Victoria Gardens). "Raising money for peanut butter and jelly is really important for these children. Peanut butter and jelly can be used as a daily meal and provide enough nutrition to raise healthy children," said Ryan. "Over the past six months, I have been busy baking cookies and making lemonade to sell in front of my house in order to raise money. I look at this as turning lemons into

lemonade and into PB&J." Initially, Ryan emailed Whole Foods Market Co-CEOs John Mackey and Walter Robb about his idea. Shortly thereafter, the project was moving forward.

The Pantry of Broward serves seniors in need on low fixed incomes and grandparents raising their grandchildren throughout Broward County. The Pantry serves more than 400 clients (senior citizens) and feeds over 1,000 people each month as each grandparent might have several grandchildren living with them. They distribute more than 25,000 pounds of food per month.

In an effort to raise more funds for the "PB&J Project," participating stores will sell \$2 peanut butter and jelly sandwiches with customers' choice of nut butter, jelly and toppings. All of the proceeds from the peanut butter and jelly sandwiches will be donated to the project.

Ryan and his family will stop at each store during the day to assist with the project. The schedule is as follows: Palm Beach Gardens – 10:45 a.m.; Wellington – 11:45 a.m.; Boca Raton – 12:45 p.m.; Coral Springs – 1:30 p.m.; Pembroke Pines – 2:30 p.m.; Plantation – 3:45 p.m.; Fort Lauderdale – 5 p.m.

Obituaries

The Boca Raton Tribune

OBITUARY

Diann Annette Kemp, born June 26, 1944, passed away on the morning of May 19, 2014. A member of St. Paul Lutheran Church in Boca Raton, Florida, Diann was uncommonly generous, deeply witty and unconditionally loving. Her timeless grace and charm will live on in the memories of those whose lives she touched. She is survived by her son Kelly Reagan and two sisters, Sheila and Terry. Arrangements were by Smith Family Funeral Home-North, 1525 Hancock Street, Port Huron, Michigan.

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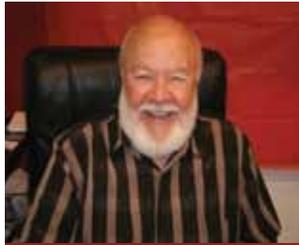
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Municipal News

The Boca Raton Tribune

Boca Raton Police Arrest Two in Stolen Car Spree



Detectives from the Boca Raton Police Services Department arrested two men for Grand Theft after a night of stealing cars, one of which they crashed. It started in the early morning hours of May 10, 2014. Boca Raton Police and Fire responded to Verde Trail South to investigate a report that a car crashed into a transformer. The occupants of the crashed Infinity fled from the area before

police arrived and the car was listed as stolen.

Later that morning officers, took reports of two additional stolen cars from the city, a 2004 Nissan Maxima and a 2014 BMW. Miami Beach Police spotted the BMW on Collins Avenue with the driver still inside. The driver, Brandon Bayer, was arrested. Bayer admitted to police that he stole the car and also said he and a friend stole the Nissan Maxima from the City of Boca Raton as well. He identified his friend as Robert Lovin. Investigators went to Lovin's listed address, his mother's house, and spoke with his mother briefly and left. A short time later, investigators received a call from PBSO deputies that the stolen Maxima was located in front the mother's house. When questioned, Lovin initially told detectives the car was borrowed from his boss, but later admitted his friend Bayer stole the car. After repeated questioning, Lovin admitted Bayer and he stole all three vehicles. He said they bought crack and smoked it in the Infinity before crashing it into the transformer. Lovin was charged with two counts of Grand Theft Auto. Bayer, remains in custody in Miami-Dade on a probation violation.

Charter Bus Crashes Into School

By Jason Schwartz

A charter bus transporting students from a field trip crashed into an overhang at Del Prado Elementary School recently injuring five students and two adults, officials said. None of the injuries, including two who were taken to the hospital, were life threatening, officials said.

The group had just returned from their annual Safety Patrol trip to Washington D.C. when the bus rammed the overhang shortly after midnight May 15. They had flown into

Palm Beach International, from where the bus, operated by Academy Bus LLC, drove them to the school Thursday evening, a school official said

The crash tore off the top of the bus and sent debris falling on the passengers. Though there was some damage to the school building, classes began on time Friday morning, School District spokesman Owen Torres said.

Messages left for Academy Bus LLC were not returned by press time.

DUI Arrest after Crashing Car into Bushes

By Kathryn Wohlpart

Lucianne Morello was arrested on May 14 for driving under the influence after a witness saw her car steer into the bushes with her slumped over the steering wheel. Morello, who was traveling westbound on N Verde Trail, was reported to have run a red light at St. Andrews Blvd and swerve into bushes on the south side of the street by witness, Journey Rose.

Officer Keith Graham reported that Morello's speech was slurred and that

she could not identify herself. Morello complied with Graham's request to take a sobriety test until Graham began performing the test.

Morello stopped complying with Graham's examination and started yelling profanities at the officers who reported to the scene. Graham placed Morello under arrest and Morello was transported to Boca Regional Hospital where she produced a breath sample of .308 and .312. Morello was then transported to Palm Beach County Jail.

Boca man Accused Of Attacking Girlfriend

By Jason Schwartz

A 22-year-old Boca Raton man was arrested and charged after he allegedly assaulted his girlfriend and an elderly relative, authorities said.

Palm Beach County sheriff's deputies charged Jacob Belleme of the Boca Falls community, west of the city, with one count of battery on a person 65 or older and a second count of simple battery touch or strike.

He was later released from the county jail on a \$3,000 bond.

Deputies were called to the home shortly after 11 p.m. on Rockledge Circle when Belleme got into an argument with his girlfriend, according to the arrest report.

Belleme allegedly threw her down on the floor and struck her when she tried to leave, according to the report.

The couple had been arguing after the girlfriend took a knife from Belleme and hid it after he threatened to cut himself, deputies said.

A woman, who saw the incident, attempted to call 911, but Belleme grabbed the phone, broke it and threw her to the floor, according to the report. The woman, thought to be his grandmother, suffered a small cut her on leg when it hit a metal bed frame.

Deputies had to use two sets of double-locked handcuffs because of Belleme's size, according to the report.

Arrest for Battery On Person Over 65

By Kathryn Wohlpart

John Steven Pepper was arrested for battery on a person over the age of 65 on May 9 after an argument with Richard Walsh. According to the police affidavit, Pepper asked Walsh "why did [Walsh] have to create a problem with [Pepper's] girl?" before striking him with a closed fist or elbow.

Walsh, 70, was treated at Boca Raton Regional Hospital for lacerations to his legs, bruises to the right side of his face, a broken nose and a swollen right eye. Walsh stated that he "tried to cover up and defend [himself], but [Pepper] has twenty years on [him]."

According to Pepper, he was sitting on a

patio with Walsh when a heated argument broke out and Walsh jumped up and attacked him, swinging wildly. Pepper stated that he held Walsh to the ground to prevent Walsh from injuring anyone but that he "never punched, kicked, or threw Walsh to the ground."

According to the arresting officer, Timothy Shannahan, Pepper had no visible injuries at the time of the investigation. Shannahan's investigation and Walsh's sustained injuries revealed that Pepper was the "primary aggressor." Pepper was arrested and sent to Palm Beach County Jail and is awaiting his final disposition.

Attempted Theft of Unmarked Police Car

By Kathryn Wohlpart



Traverse Verite was arrested for allegedly attempting to steal an occupied, unmarked police car parked on SW 18th St. Officer Charles Cerami was seated in his unmarked police vehicle observing traffic when he noted that a male was walking down the sidewalk towards his car. Cerami said that he watched as the man, later identified as Verite, walked past the car, appearing to try to see inside through the dark tinting. Verite walked just past the car until he had passed the rear passenger seat.

Verite then opened the front passenger side door and leaned into the car. Cerami stated that he "drew [his] department is-

sued firearm" and commanded Verite to sit on the ground. Verite complied while repeatedly stating, "I thought you were my ride."

Verite stated that he understood his Miranda Rights. Verite then explained that his friend "Jeremy" told him to look for a car near the Military Trail Bridge. Verite then said that when he heard the vehicle honk, he interpreted it as permission to enter the vehicle. Cerami stated that at no time had he honked his vehicle's horn or observe any other vehicle honking at the time. Cerami asked for more information on Verite's friend "Jeremy" and called three phone numbers that Verite provided, all coming back as phone numbers for local businesses.

Verite stopped complying with the officer's requests and continued repeating "I just want to read my bible and leave," according to the probable cause affidavit. Cerami then handcuffed and transported Verite to Palm Beach County Jail.

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Former Patients Share Survival Stories on Trauma Awareness Day



By Jason Schwartz

Members of the Palm Beach County Firefighters Pipes and Drums Band performed as former trauma patients returned to Delray Medical Center this week to share their stories of survival and show their gratitude to those who helped save their lives. The survivors joined doctors, nurses and emergency responders on Monday to celebrate this year's Trauma Awareness Day.

The event is one way patients can thank their doctors, and the doctors, in turn, can see the progress their patients have made.

"May is Trauma Awareness Month so we had the event since we want to recognize the great work Delray Medical Center does in the community," said Ryan Lieber, public relations manager for the hospital. "Delray Medical Center is the only Level I Trauma Center in Palm Beach County."

Trauma Awareness Day offers a unique time for both patients and hospital staff to show appreciation for the ways they have touched each other's lives, hospital officials say. The day also recognizes the vital roles so many people play in trauma incidents – from emergency personnel to hospital staff ranging from chaplains to respiratory therapists to nurses and doctors. Each one plays an integral role in saving a trauma victim.

Forum on Black on Black Crime to Take Community to Task

By Toni Marshall

Stabbed 13 times and near death after leading a life of crime as an inner city youth, author and iradio talk show host "King" Kevin Dorival knows first-hand about black-on-black crime.

He will lead a panel of African American psychological, education and community activists on how to help move black society away from black-on-black violence to educated and economically empowered contributors to society.

The event will be held from 1:30 to 3:30 p.m., Saturday, May 24 at the African American Research Library and Cultural Center, 2650 Sistrunk Blvd., Fort Lauderdale.

"As a teen and young adult, I was out there," said Dorival, a member of the Dr. Martin Luther King Jr. Celebration Committee, a non-profit dedicated to promoting King's legacy through education and advocacy.

"We've got to find a way to keep others from doing what I did."

A panel including Broward County School Board member the Rev. Dr. Rosalind Osgood, C. Ron Allen of CRA Media Group and KOP Mentoring Network, formerly Knights of Pythagoras Mentoring Network, social entrepreneur Isha Haley of Black Floridians C.A.R.E. and the Floridian Interfaith Alliance for School Choice, and anti-"street" pipeline to prison advocate Tina Williams will take the black community to task, analyze and try to help find solutions to the self-hatred blacks seem to easily

embrace.

Dorival, who will moderate the panel, also will introduce a 90-second clip of his documentary, "Courage to Believe," named for his book of the same name. His autobiography details his life of crime and then redemption; his documentary features those who have struggled and turned their lives to success including famed attorney Willie Gary.

"These people didn't wallow in the victim mode, like many of the us blacks tend to do," Dorival said. They symbolize the 'get up and go' that all of us should be emulating in some fashion."

Blacks spend more than \$1 trillion in the United States, notes Dorival. In Florida, the buying power is at \$74 billion, one of the highest in the country.

"But you wouldn't know it by the way we live," Dorival said. "One of the things we will discuss is if it's actually better for us to redirect those dollars back to our community. Much like the 1950s where we went to our own doctors."

As the Obama Administration addresses the growing need to mentor young black males, Allen, whose mentoring group has been helping youth in Palm Beach and Broward counties, sees the direct tie to a "lack of positive role models" in the black community to black-on-black crime.

"It's a vicious cycle that can be stopped if we, as a people, take ourselves more seriously," Allen said. "It's time for us to stop leading these kind of statistics."

Multicultural Festival Celebrates Local Diversity



By Fred Hamilton

Several hundred people showed up to eat authentic international cuisine, and experience traditional musical and dance performances during the inaugural La Siren Afro Caribbean multicultural Festival on Saturday.

The small festival was a day of celebrating the diverse population of Palm Beach and Broward counties. Festival organizers estimated between 600 and 800 people attended throughout the day.

Daryl Greenwood of Coral Springs said he brought his family to the day-long festival to experience the variety of cultures in the area.

"We wanted to see what else is out there," said Greenwood, who lived in Ecuador while working with the U.S. Peace Corps. "We have been having a blast all day. I think this is a wonderful idea."

Hattie Parker, coordinator of the festival, said the event was started to strengthen the community and to educate residents and visitors about different cultures from around the world.

"Our intent was to bring the people of South Florida together by bridging the community gap and observing diversity

through Afro-Caribbean art, dance, music and food," Parker said. "And I think we accomplished that."

The festival featured presentations from the Delray Beach police K-9, SWAT and motorcycle units, Zumba dancers and the Achievement Center for Children & Families drum corps.

The highlight of the festival however was the first ever Delray

Beach Afro-Caribbean International Drumming Circle performance. Four well-known local master drummers lead festival goers in celebrating both differences and commonalities through rhythmic beat of island inspired drumming.

"This is an exciting day," said Joe Bernadel, (Ret. Major, U.S. Army), event organizer.

"We have multiple cultures in Delray Beach that we are celebrating. That is what makes us the eclectic community we are. We are all one big family. When we all come together on a day like today, we celebrate all the cultures across our city."

The event was sponsored by CRA Media Group, the City of Delray Beach, Delray Beach Tennis Center, Shuler's Memorial Chapel, West Atlantic Redevelopment Coalition (WARC), The Knight Group, Inc., Saxena White, P.A., Hudson Capital Holdings, LLC, Thomas Produce Company, Florida Health of Palm Beach County, The Delray Alliance, Inc., Floridian Community Bank and the Delray Beach Public Library. Charter Vendors were Twin Fish Interline Travel, Inc. and Wines for Humanity.

Mentoring, Training: Perfect Practice Makes Perfection



Delray Beach Police Office Luis Skeberis is making a big impact on the lives of some Village Academy students. Each Monday evening, the detective volunteers to teach the students the basics of being in a color guard.

Skeberis, a member of the U.S. Navy Reserve, began training with the students in the KOP Mentoring Network after school program earlier this school year.

"It's all about perfection," Skeberis tell the students. "It doesn't matter how many times you have to do it to get it perfect. we'll get there."

The students have been practicing lining up for inspection, facing movements and marching with mock rifles and flags. KOP has had a color guard for more than 20 years, which has led several parades and ceremonies around the city.

Delray Beach News

Delray Beach Tribune

"James T" The King of Daytime Radio for 2 Decades



By C. Ron Allen

It doesn't matter if you like old school crooners, bebop, hip hop or the mellow sounds of contemporary neo soul dwell-

ers like Maxwell. When James "James T." Thomas says, "Hot 105. We're saying good morning to all of South Florida as well as our friends in the Bahamas" you stay tuned. And so begins another journey on the James T Show, a delightfully unscripted, easygoing style, combined with music, live interviews, entertainment news, and even some entertainment gossip. He broadcasts from "Hot 105.1" (WHQT-FM) studios in Hollywood. With a voice that's as personable as it is distinctive, he continues to contribute to the preservation of "Personality" radio. For the past 23 years, he has been the king of daytime radio in Miami-Dade and Broward counties. Arbitron ratings confirm he is the people's choice. Across the South Florida market, Thomas' critically acclaimed program remains the No. 1 top rated radio show - FM and AM - in all age brackets. He also has a strong following on the Internet. "We're No. 1 of all the black, Hispanic, sports, talk -wherever it is on the radio

dial - whether it is a station in Miami or [is broadcasted into] Miami, no one has greater numbers...," he says.

Thomas infuses his own personal style, uplifting not preachy- to fuel his five-hour radio show each weekday from 10 a.m. to 3 p.m. In radio today, five hours on air is unusual as daytime jocks generally work between two to four hour shifts. His warm and engaging personality is infectious and it is an anomaly for daytime radio, which is punctuated with syndicated talk and sports. He is an excellent conversationalist with a steady and positive voice, his listeners said.

Michael Ingram, a loyal listener for more than 20 years, says Thomas has the simple recipe - people want a human connection with programming.

"In all facets of entertainment - no matter how it is delivered, people need the human element," the Pompano Beach bus driver said. "And given the nature of the business today, which is like consolidation on steroids, James T. makes that connection that allows people to feel a part of the station, not just a listener of the music."

Thomas caught the radio bug in 1969 as a student at the then Palm Beach Junior College in Lake Worth. After graduating high school in Passaic, N.J., he came south to attend the two-year college but his education was interrupted when he was drafted for the Vietnam War. After a stint, he returned home to New Jersey and began searching for ways to pursue his dream.

He returned to Palm Beach County and launched his broadcasting career in a college

show on WIRK-AM, which was then a local top 40 station. Not long after, he was hired as news director and a weekend talent at WRBD/WCKO radio in Fort Lauderdale. There he developed into a primary on-air talent. That experience, coupled with the exposure of a weekend entertainment/public service talk show on WPTV Channel 5 in West Palm Beach, established him as a major personality in Broward and Palm Beach counties.

In 1982, Thomas left radio and formed his own company, Zeppi Productions. He managed concert and nightclub promotions throughout Florida and the Bahamas. But he soon returned - after realizing that he missed radio - to host the "99 JAMZ" (WEDR-FM) morning show.

In May 1988, Thomas had what he called "a spiritual encounter," which changed his life. After being named program director at "99 JAMZ" in April 1990, he began infusing inspirational music to the station's lineup. Five months later the station soared from No. 17 or No.18 [in some markets] in Dade County to tie for No. 1 position with the then white-owned "Hot 105". Syndicated disc jockey Tom Joyner was the morning host on "Hot 105" then.

"What they did not know was that I had a vision and I had a plan," he said. "And when I executed my plan with the steps, the tasks and the goals, the vision had to take place. And from that Sept 20, 1990, we held the No. 1 position until 2003."

In July 2003, "99 JAMZ" parent company, Cox Radio, bought "Hot 105" and manage-

ment asked him to switch stations in the afternoons.

"For some reason, they decided to break up the top morning show in Miami - because Tom was never No. 1 in the Miami market - to put me on in the afternoons," he said. "And that was when that station became No. 1 again."

In January 1993, he fulfilled a lifetime dream when he was part of a partnership to buy WRBD-AM in Fort Lauderdale. He also was part of a team that launched WTPS Miami, (1080-AM), part of the Radio One network's news, live broadcasts, interviews and special features.

Over the years, Thomas has accumulated numerous awards and nominations from prestigious trade publications and organizations as Billboard Magazine, Urban Networks, National Black Programmers Coalition and Black Radio Exclusive.

He also has fostered the careers of many. Among them, local radio disc jockeys Rodney Baltimore, Lady D, Chico "The Virgo" Wesley, Cheryl Mizell, Jane Bassa Carnegie, Marvin Dixon and Shelby Rushin. Most notably, his son, James III (JT3), and daughter, Kristen (Kristen Kash), launched their radio careers on his show.

Tamara Gant, a City of Miramar employee and longtime disc jockey who began her professional career with Thomas at "99-JAMZ", said Thomas is one of the most caring, sincere and giving persons around. "He is who and what he is," she said.

"Whenever you call him, he is there and if he can't do that, he will tell you."

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B Life & Arts

ENTERTAINMENT Blue Man Goes Boom in Miami

See page B3



The Boca Raton Tribune - B Section

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The Gathering Place for Definition



Chef Nick, at right, and his friend Joel

Embark on a journey of culture and test your palate right here in Boca Raton as you discover Athens by night. Well, it's closer than you think. You'll never forget dinner in a Greek tavern with music, excellent wine and Belly Dance. Wear your dance shoes. Opa! If you got the energy, they got the gig. Just come to elegant Royal Palm Plaza in downtown Boca to taste all the best greek food and entertainment that Estia, Greek Taverna and Bar has prepared for you. The evening begins with Chef Nick, the owner himself, welcoming you personally. On the menu, delicious appetizers. My friend picked the "stuffed grape leaves with

ground beef, rice and herbs, topped with homemade egg lemon sauce " the Dolmades Avgolemono and I got Chef Nick's suggestion for the Shrimp Saganaki - "sautéed in tomato, basil, garlic and feta cheese". Very good!

Estia is a nice, cozy place, fun family oriented atmosphere and lots of good food every

night. Friday and Saturday nights the entertainment is pretty good. A musician plays international and greek music and oh yes... Miss Cheeky, Belly Dancer brings extra attraction.

Our dinner arrived in no time, I had a choice of Lamb Shank, very tasty, and my friend decided for the Stuffed Salmon with spinach, feta cheese and spices. Dimitri Papadimitriou was our waiter and he did an excellent job. Didn't see any breaking of plates, although there were people celebrating anniversaries and birthdays.

Invite your friends, also, for a Greek night out! Food, atmosphere, Opa! Music and Dance...What a great choice!

Estia Greek Taverna and Bar is located at 507 SE Mizner Boulevard, Boca Raton. For more information, please call (561) 417-5800. Open for lunch, dinner and catering.



Nyle, Estia's hostess



OLEDA TALKS

By Oleda Baker

Walking with Oleda

There's nothing like a good walk. You can forget about spending two hours in the gym lifting, pumping and running if that is not your thing... some people love it and that's OK... it isn't my thing. Walking has been found to reduce heart-disease risk, balance stress hormones, raise "good" cholesterol levels, and help improve both blood pressure and blood sugar.

In addition, it can also help your brain. Research in the Journal of Neurology found that walking can cut a person's risk of developing memory problems and even improve brain function. Like most things, you get the greatest benefit by doing it right.



Oleda at age 78

Focus on posture.

Maintain a good posture and walk with determination. Keep your spine erect, your chin slightly up, and your shoulders relaxed, and use a comfortable stride length. (You'll be able to quicken your pace and lengthen your stride as your strength and fitness levels improve.) Your heel should strike the ground before the ball of your foot. Then push off with your toes, and swing your arms. Using your upper body as a "second engine" can burn more calories and increase endurance, according to the American Podiatric Medical Association.

Even if you're already active, walking is a good addition. Try adding 20 to 25 minutes of walking to your daily routine. You'll add about 2000 steps a day and typically burn 100 additional calories. If that's too much, start with 10 minutes of daily walking and build from there.

Oleda at age 78
Even that much exercise can be a lifesaver. Research has found that women who walk as little as an hour a week are

more likely to live longer when compared with their less-active peers (Obesity Research Center, U. of Tennessee, Knoxville.)

A pair of comfortable shoes amust. The primary rule in shopping for walking shoes is that fit counts more than anything else. It's best to shop late in the afternoon, when your feet are their largest, and wear the kind of socks you'll wear for walking. Look for shoes with a toe box wide and high enough to allow toes to wiggle freely, with about a half-inch between them and the end of the shoe.

As for your arches, here's a quick at-home test can help determine what kind of support you need:

1. Fill a shallow pan with water and set in on the floor next to a brown paper grocery bag.
2. Step in the pan and then immediately step onto the bag.
3. Keep your foot there for a few seconds before stepping off.
4. If you can see a clear imprint of your whole foot between the heel and ball of your foot, you're arch is probably flat, which will require more support. (if this is the case, you might want to check with a podiatrist.) A high arch will leave an imprint only of the heel and the upper-third of your foot, making extra cushioning a must, since your feet are likely to absorb more of the impact generated by each step.

Consider getting a pedometer; they're useful not only in measuring walking but in motivating you to walk more. According to David Basset, a director of the Obesity Research Center at the University of Tennessee, Knoxville, people who wear a pedometer while walking averaged close to 1,500 more steps a day than those who didn't. Check out Fitbit: <http://www.fitbit.com/>. It's a "computer age" pedometer that you register online and then it tracks everything for you automatically and sends you emails with your progress, goals. Talk about motivating you to walk more... this will certainly do it! For a few extra steps, an after-dinner walk is great for your digestion and waistline. Just ask dog owners; they tend to have less body fat, on average, than those without dogs, according to a study conducted by San Diego State University.

The average adult in the U.S. takes 5117 steps a day, but, according to the American College of Sports Medicine, you'd have to double that to be considered physically active. Taking baby steps toward that goal can make you healthier overall.

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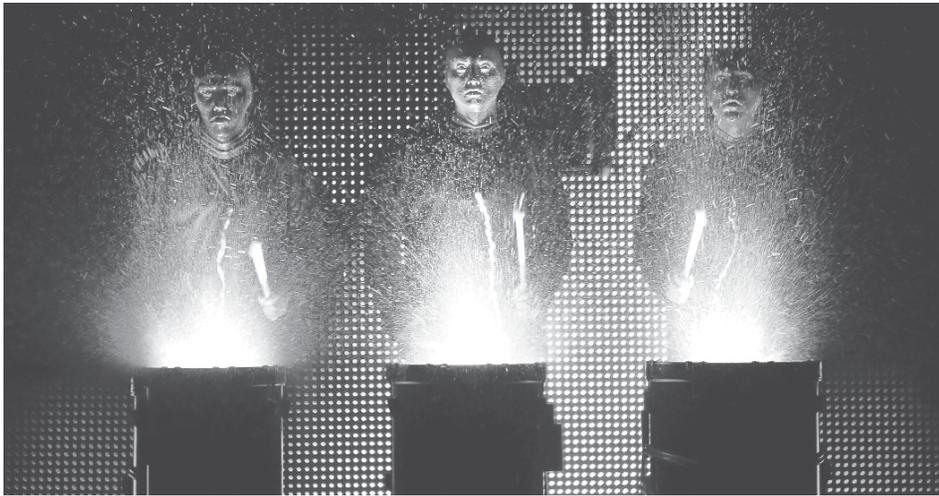
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Entertainment Skip Sheffield

Blue Man Goes Boom in Miami



The Blue Man Group has been around since 1987. It embarked on its first U.S. National Tour Sept. 2, 2010, but this is the first time the innovative, whatchamacallit performing troupe has made it to South Florida. You can see their unique semi-improvised show through Sunday, May 18 at Arsht Center in Miami.

Blue Man Group defies easy description. Its three men (and the occasional woman) in anonymous blue latex bald caps are but the tip of the iceberg of a much larger company of musicians and technicians. Blue Man Group is a truly multi-media experience that blends music (heavy on the percussion), comedy, video projections and audience participation that make every show one of a kind.

The National Tour is a kind of "greatest hits" show for the troupe, which has permanent companies in New York City, Boston, Chicago, Universal Orlando and Las Vegas. The original creators of the concept are Matt Goldman, Phil Stanton and Chris Wink.

"Thunderous" is the best way to describe Blue Man Group. They pound on all kinds of drums including a huge gong-like bass drum that sounds like a cannon. They also play weird fabricated instruments made of PVC pipe and other household items. The most ambitious instrument is a kind of PVC xylophone, which the guys play without ever glancing at the striking pads. They even take requests.

"Wonder" is the best way to describe the attitude of the anonymous, silent performers. They look at ordinary things like marshmallows or Captain Crunch cereal as if they had never seen them before, staring in bafflement before they spring into action.

The real fun comes when the Blue Men enter the audience, crawling over chairs, stroking bald heads, peering into the eyes of strangers. The Blue Men seem to have an instinct as to whom to pick and lead onstage to become part of the act. At the opening act, they chose a petite, well-dressed older lady with a bouffant hairdo who proved to be a real sport, going along with the seemingly random, ridiculous improvisations. Later they picked a good-looking younger man whom they outfitted with a helmet and jump suit and led backstage. Video cameras captured him doused with blue and magenta paint and used as a human paintbrush on a large canvas.

This is the kind of show where you really have to be there for full appreciation. I had seen the Blue Man Group on television a number of times, but it does not compare with their live show. Catch it while you can if you want to be part of a unique, really loud and hilarious experience. Be advised the first three rows are designed "poncho section" as the action can get pretty messy and splattering.

Tickets are \$26 to \$125. Call 800-939-8587 or go to www.miami.broadway.com.



Fitness Life Randy Fine

Three Ingredients That Keep You Coming Back

(Simple explanation). The purpose of eating is to provide nourishment for the body that needs many different chemicals, in varying amounts, to function. No food contains everything we need, so we must eat different things. Simple! The body motivates us with hunger for certain foods to get us to eat what it needs.

It is believed that humans are hard wired to search for salt, sugar (carbohydrate) and Fat in the same food. In nature this combination does not exist. However the great food companies of the world have been nice enough to provide foods that do contain all three. Yippie!!??

One bite, and this produces an almost insatiable need to obtain these foods and once we have them we will go back again for as much as we can eat. Also known as brand loyalty.

Ever wonder what makes you eat so

much or what pulls you to eat some type of food. This may be the answer. Now you know why your salad dressing has oil (fat), salt and sugar. Ever wonder why there would be salt in your cookies and cakes, along with sugar and butter (fat). There are reasons for salt in baking; however the amount and when it is added are for flavoring. Ever wonder why potato chips are so hard to put down. A potato is very carbohydrate dense (sugar), it is fried in oil and then sprinkled with salt.

Now you know why so many healthy foods do not seem to have any draw for you. They are lacking the magic three combinations that you have become (improperly), used to.

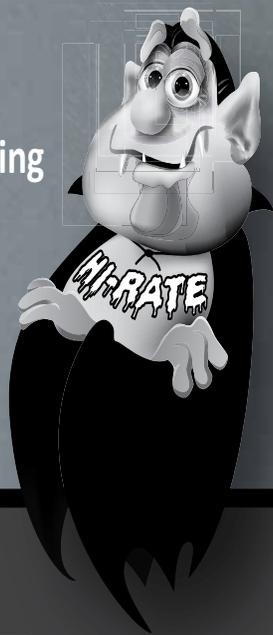
So when you find it hard to put down a food that you know is not good for you or you go for a food that you are trying to avoid, it may not be as simple as what you once thought.



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SPOTLIGHT



TEDx Boca Raton

x = independently organized TED event

Continued from last week

TEDxBocaRaton at FAU Delivers Ideas Worth Sharing

Continue from Page 1

TedxBocaRaton's mission to "connect attendees with a unique collection of talks that will stimulate dialogue, engage the audience and develop ideas at the local level" was evident from the moment that the event started. Host Kandee G encouraged guests to take out their cell phones and put them on silent but share, share, share!

Attendees packed the house of FAU's University Theatre for a speaker line-up that included five minute talks ranging from bullying, Alzheimer's, fitness, music, global warming, sales, pollution, renewable energy, origami, the internet and lying. TedxBocaRaton delivered a diverse array of topics and speakers. There was no shortage of discussion during the two break periods.

Singer/songwriter Teri Catlin received a standing ovation after her moving and inspiring performance. Music can heal and sharing the message through music is healing.

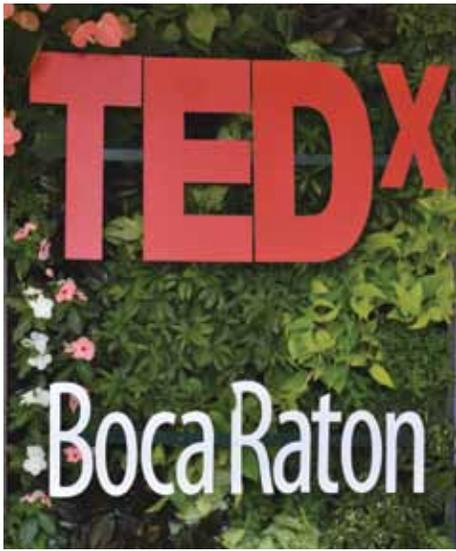
Corrine Lasmezas spoke about Alzheimer's in such a way that anyone could understand the science behind the disease.

Brad Short spoke about finding your intuition through movement and parkour. FAU's own Dr. Kevin Wagner spoke about why Google knows everything about politics and you don't.

The day closed when local musician Randi Fishenfeld spoke to the audience through her violin and her blues and Klezmer music. TedxBocaRaton delivered "talks that blow your mind!" Following the event was a short reception and opportunity to meet the speakers.

Organizers promise to deliver another TedxBocaRaton and thanked their all-volunteer staff for doing a stellar job on their inaugural event.

The complete list of speakers is available online and the entire event will soon be available to view on www.TedxBocaRaton.com.



John 3:16
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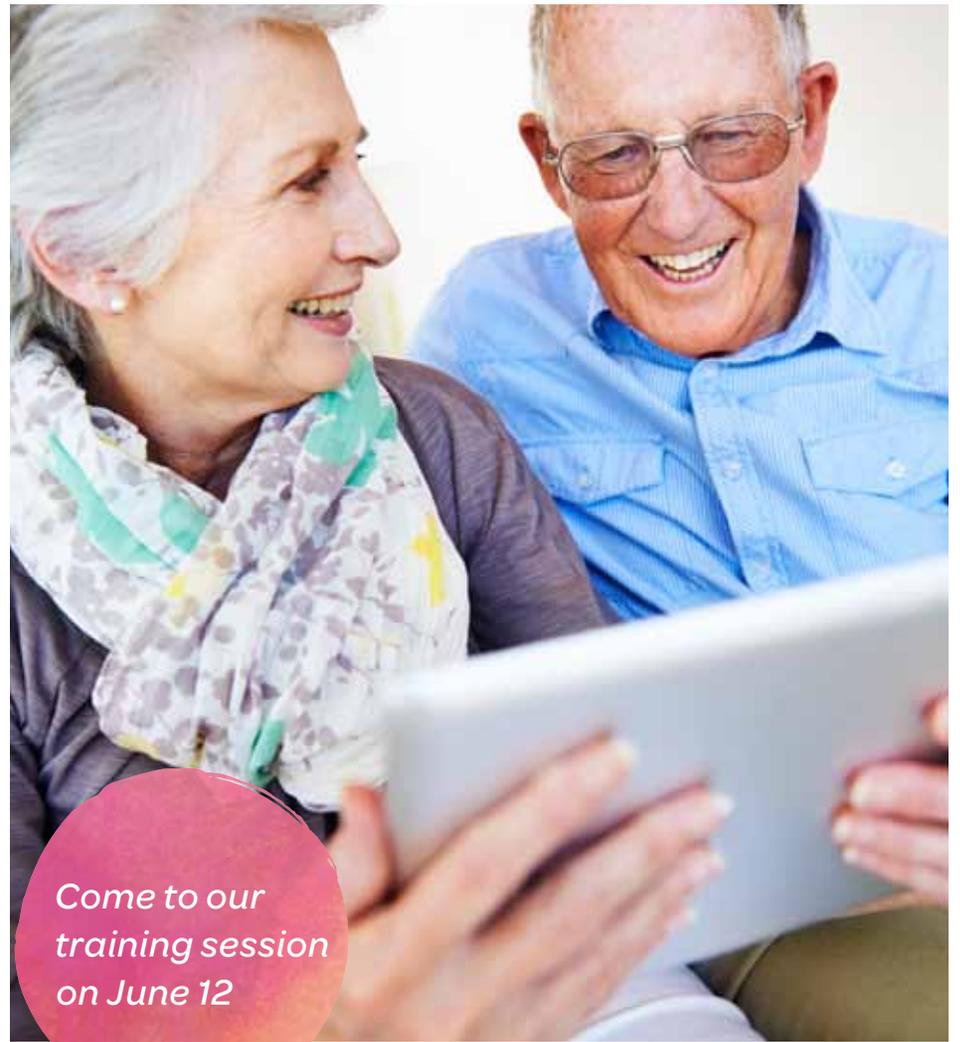
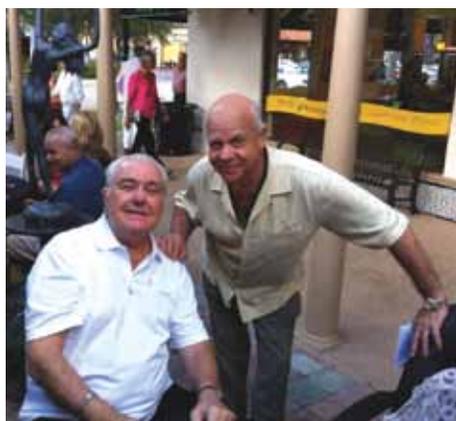
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Sue Heller's Birthday/Retirement Party

Sue Heller, the wife of artist Yaacov Heller, had a birthday/retirement party this past weekend at Yaacov Heller's Gallery 22 in Royal Palm Place. Below are a few pictures from the event.



Come to our training session on June 12

Get the most from today's technology

Recently, AT&T proposed to the Federal Communications Commission that West Delray Beach be selected for a technology trial program.

As part of this program, we'll be hosting a one-on-one Beginner's Training Session to help seniors like you learn the basics of wireless devices.

We will have step-by-step demonstrations on how to use tablets, smartphones and other products and services that can keep you safe, informed, and connected to friends and family.

Join us!

Thursday, June 12, 10:00 – 12:00 PM

West Delray Community Center (Ruth Rales)

7091 West Atlantic Avenue, Delray Beach, FL 33446

Bring your devices & your questions. We'll have tablet computers available for you to try as well.

To reserve your training session please email TrainingRSVP@att.com, or call (561)495-9670

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Columnists

The Boca Raton Tribune



FAITH

By Robert J. Tamasy

How Do You Approach The Start of a New Day?

When you awaken to prepare for another workday – especially a Monday – what is your typical attitude? Are you filled with enthusiasm and anticipation, looking forward to opportunities and challenges the day will present? Or do you experience feelings of frustration or even dread, wishing you could get back into bed, pull up the covers, and forget about going to work?

If you fall on the negative side of this equation, there could be many reasons: Deadlines you face might seem overwhelming; you could be facing serious conflict with superiors or coworkers; you may not be a good match for the work you are asked to perform; or the job you have held for a long time could have grown tedious and routine, causing you to feel bored and uninspired rather than eager and energized.

Other reasons for disliking work might come to mind, but your mind itself could be a primary factor: the attitude you allow yourself to have toward your work and your workplace. Even though we cannot always change our circumstances, we can choose our attitudes toward our circumstances.

I am not a “power of positive thinking” person – but I am a person who ascribes to positive believing. This is why I like to start each day – sometimes before I get out of bed – by silently repeating a favorite verse from the Bible: “This is the day that the Lord has made; let us rejoice and be glad in it” (Psalm 118:24). If I truly believe that, that God has seen fit to give me a new day, filled with opportunity, new experiences and unexpected encounters, I can approach it with optimism and expectation. Most days never turn out exactly as

I have anticipated. A friend I did not expect to hear from gives me a call or sends an email, leading to meaningful interaction. Out of the blue someone contacts me and asks if I would be interested in a new writing or editing project; something totally off my planning grid. I start working on one task but must shift my focus onto something else, and then I realize the original task was not as urgent as I had thought, so I could postpone it for another day.

Nearly six years ago, after successfully coming through open-heart surgery, I determined to regard each new day as a “gift.” Not one of us has tomorrow guaranteed, but surviving a major event like that has a way of impressing that reality on you. So while I recognize not every day will be enjoyable or easy, if God has given it to me, there must be a good reason – and I can look forward to whatever the day presents.

Here are principles from the Scriptures to consider when embarking on a new day:

Regard each day as an opportunity, not an imposition. As the saying goes, “our days are numbered.” So we should appreciate what we have and make good, wise use of the time given to us. “Teach us to number our days, that we may gain a heart of wisdom” (Psalm 90:12). Redeem the day before it is lost. The one commodity we all have in common is time. And we cannot save it for use on another day. Once an hour has passed, it is gone forever, so we should consider how to use it for greatest advantage. “Look carefully then how you walk, not as unwise, but as wise, making the best use of the time, for the days are evil” (Ephesians 5:16).



DIVORCE FLORIDA STYLE

By Mike Gora

Forensic Accountants

Many times divorce lawyers and their clients have to make a decision as to whether or not to hire a forensic accountant as an expert in processing their case from beginning to the end whether it comes at a mediation or trial.

In most of my cases there is no question. When annual incomes are in the hundreds of thousands, businesses have to be valued; money and assets have to be traced from pre-marriage through a long marriage forensic accountants are a must.

The accountants do all of the above and much more, such as preparing an accurate financial affidavit to rendering accounting opinions at trial.

There are clearly other cases in which no lawyer would recommend hiring a forensic accountant. If alimony and child support are not at issue, no businesses need valuation, no questions arise as to whether property is marital or non marital, and there are no issues of comingling assets.

But there are those cases in which hiring a forensic accountant is a borderline question.

These accountants are not inexpensive, but are often essential, especially if your opponent has hired a forensic. While

lawyers who, with the help of their paralegals can produce the elementary financial documentation in simple cases we can only argue the accounting issues but cannot render opinions as the forensic accountants always can.

Once the opposing team hires a forensic accountant it is very important to balance the odds by hiring one of your own. Judges are far more likely to accept an account’s opinion than a lawyer’s argument on the same issue.

Recently, after being hired to substitute for another lawyer who, without a forensic accountant, could not convince the other side to settle a case in a reasonable way, a forensic accountant was hired at my suggestion.

Within a month and a half the case was settled in a conference where no mediator was hired. The two lawyers and two accountants went into a conference room and before morning’s end a settlement was being drafted, and then signed. The difference was clear. With one side having no accountant the other figured that a trial with their account would be like shooting fish in a barrel. Once both sides had knowledgeable accountants the financial issues vanished like an afternoon thunder storm.

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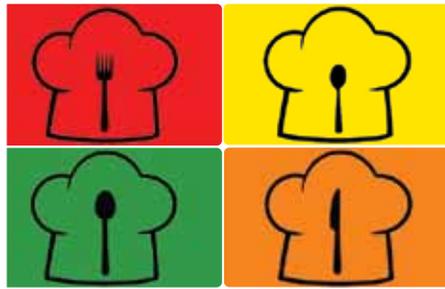
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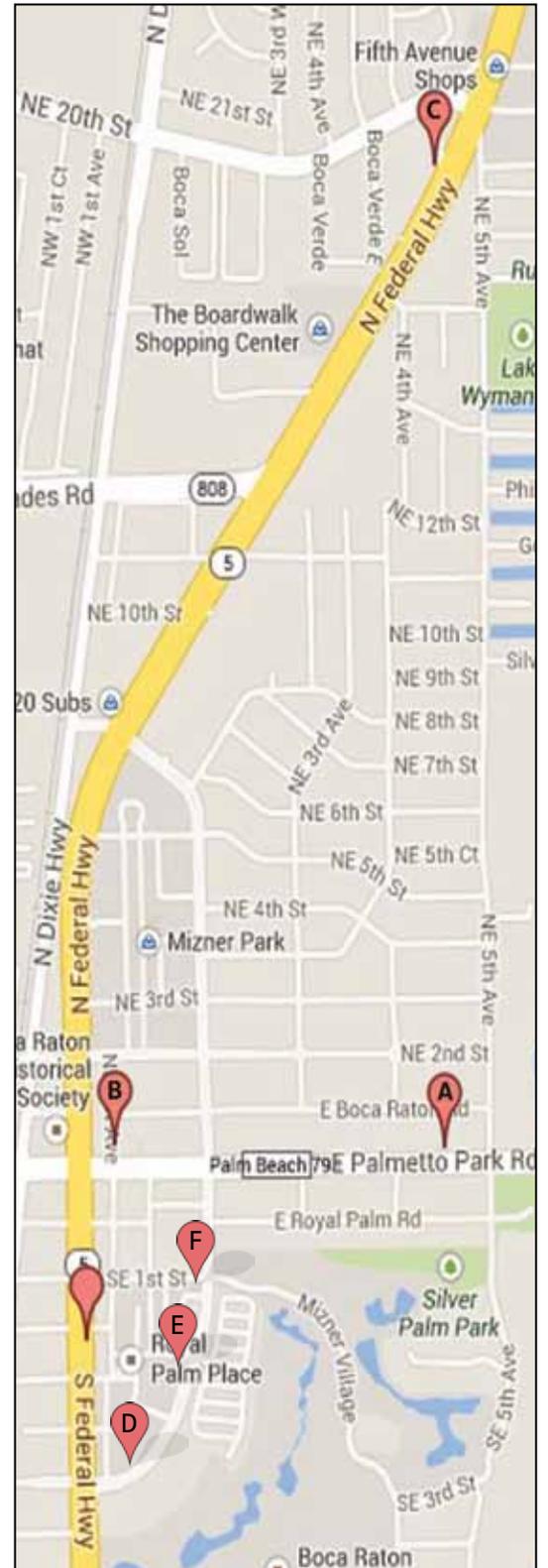
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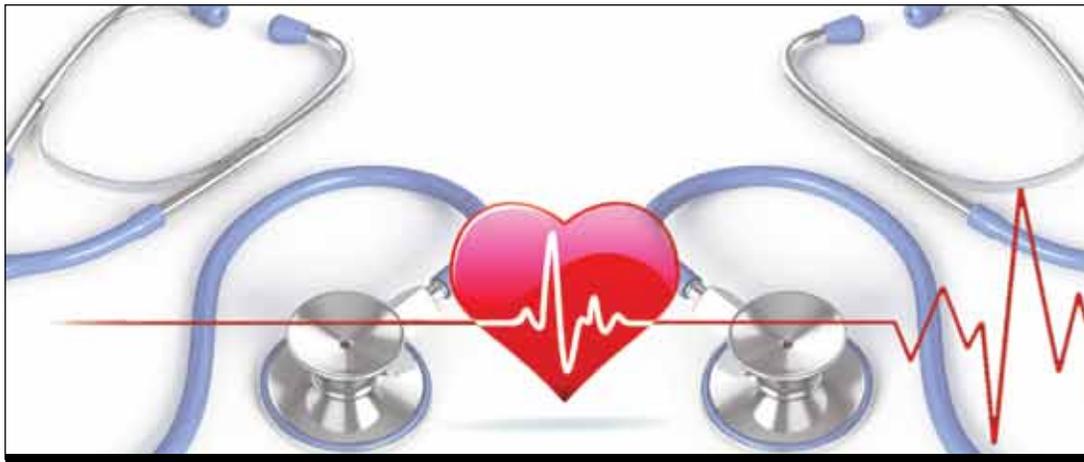
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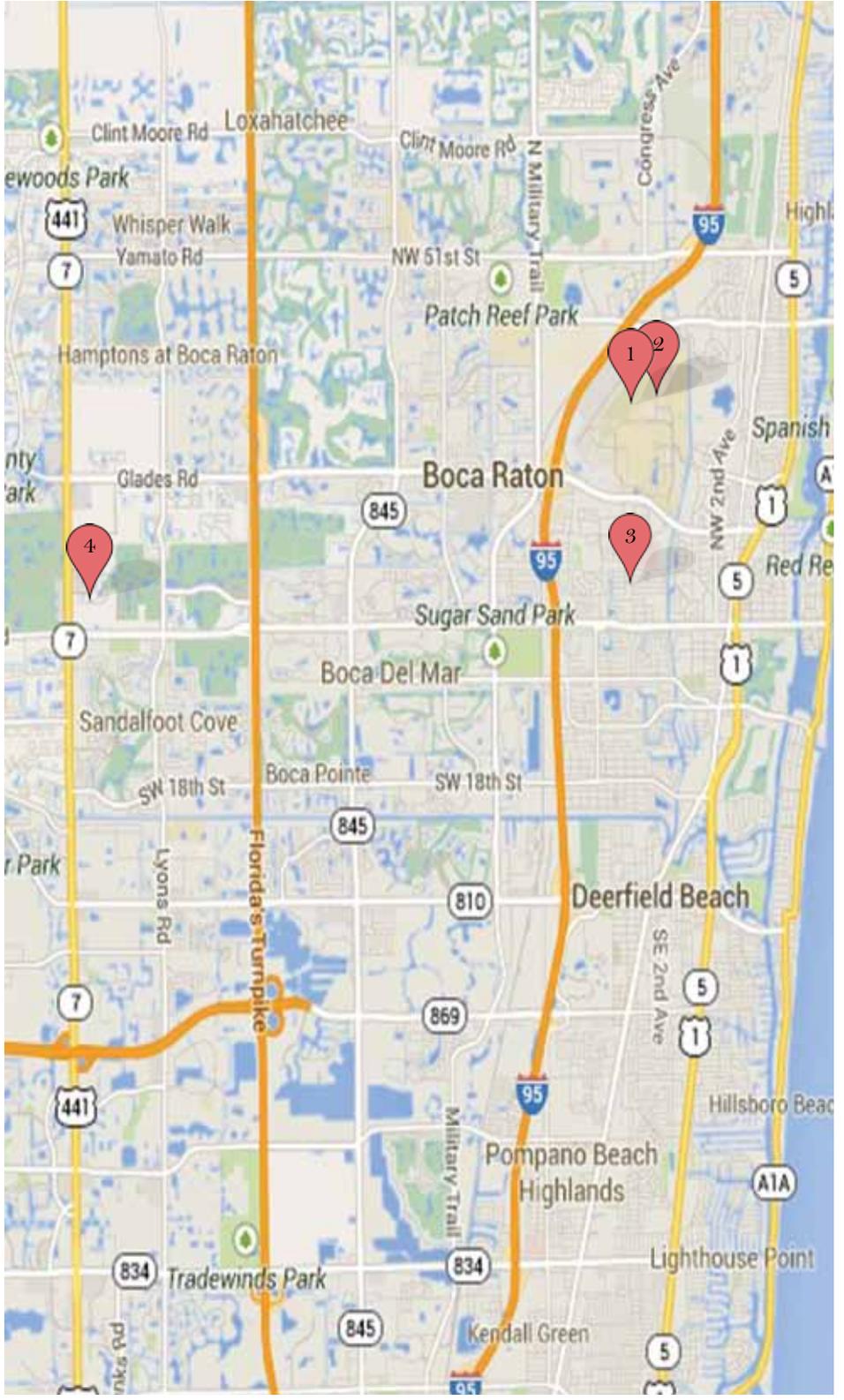


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Real Estate

The Boca Raton Tribune



HOMES INSIDE AND OUT

By Joshua Carlson

Reasons Why Homes Do Not Sell

Do you ever wonder why a home does not sell or does not receive at least 1 offer? Many homes sit on the market and NEVER receive any offers and eventually do not sell. Why is this? Well, there are many reasons why a home may not sell or receive an offer but today we will look at the Top 3...

1. Price:

The home is priced to high and unrealistically by the Seller. Have market data to back up the price you set for your home. This will help in time of negotiations and also to back up your sales price when an appraisal is done by the mortgage company. An experienced real estate agent will supply you with this information in the form of a Comparative Market Analysis otherwise known

as a CMA.

2. Your Listing Agent:

Your Agent is not communicating with Buyers and other Agents. I have been in the business for 15 years, 11 years as a licensed agent, and one of the most frustrating things is dealing with an unresponsive Listing Agent. If a Buyer's Agent does not receive a response or timely call back to setup the showing, then your Home will be bypassed and another home will be replaced in its time slot. Don't let this happen to you. Obtain a Listing Agent which has good communication skills and knows how to pick up their phone and/or return a voicemail within a reasonable time frame.

3. Seller is Uncooperative:

The Seller is being uncooperative and not allowing access to their home for showings. When an agent or buyer would like to see the property, the Seller needs to have a plan in place and be accessible for themselves or their Agent to show it. If this is not possible then putting the property on the market is a waste of time. If you are planning on selling your home, whether For Sale By Owner or with a Responsible Realtor, makes sure to have a plan in place that works for both of you.

these factors the chances of selling a home is slim to none. Remember if you are looking to sell your home then make sure you PROPERLY price it, hire a GOOD communicative agent and make sure you are willing to show the home or have a plan set in place. If you are looking to properly price a home, acquire a Real Estate Agent or customize a plan to help sell your home then give me a call at 561-929-8874. Or you can drop me an email at CarlsonRealtor@gmail.com.

Stay tuned for more tips and important information regarding your Home: Inside and Out...

Every home has a price point in which it will sell. There are more tips and tricks to help sell and increase the value of your home, in which I will share with you in the future, but without

Joshua Carlson has been a Real Estate Professional/Broker-Agent in the state of Florida for 14 years. He has a passion for educating his clients and walking them through the home buying/selling process. If you have any real estate related questions or topics you would like to hear about, he can be contacted at 561-929-8874 or JoshCarlson.RealEstate@gmail.com

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Sold Between 5/12/2014 to 5/19/2014			
Subdivision	Address	Sold Date	Price
Boca Verde East	400 NE 20th Street D102	5/12/2014	\$42,000
SANDALFOOT SOUTH ONE	9780 Marina Boulevard 424	5/12/2014	\$47,000
CENTURY VILLAGE	1011 Exeter A	5/15/2014	\$47,500
CENTURY VILLAGE	28 Brighton A	5/15/2014	\$48,500
Exeter At Century Bldg Cond	4021 Exeter B 4021	5/12/2014	\$50,000
Sandalfoot South One	9864 Marina Boulevard 921	5/16/2014	\$50,000
CENTURY VILLAGE	53 Dorset B	5/14/2014	\$60,000
Isle Of Sandalfoot Cond	9355 SW 8th Street 117	5/15/2014	\$62,000
Century Village	4082 Guildford E 4082	5/14/2014	\$67,000
Laurel Oaks	20110 Boca West Drive 216	5/15/2014	\$67,500
edgewood	22715 SW 66 Av 102	5/15/2014	\$75,000
Sandalfoot Squire	9374 SW 3 Street 713	5/16/2014	\$96,000
SPANISH OAKS OF BOCA	636 NW 13 Street 0380	5/13/2014	\$98,000
CENTURY VILLAGE	1049 Ainslie D 1049	5/15/2014	\$100,000
Barwood Cond	23279 Barwood Lane N 306	5/12/2014	\$104,100
Boca Teeca Cond	5260 NW 2nd Avenue 206	5/16/2014	\$109,200
Camino Real Village	5851 Camino Del Sol 401	5/15/2014	\$141,500
CLOVERFIELD 1	7883 Cloverfield Cr	5/13/2014	\$149,000
Boca Bayou Cond	6 Royal Palm Way 609	5/16/2014	\$150,000
Sandalfoot Cove	9659 SW 2nd Street	5/14/2014	\$155,000
Windwood	3150 Leewood Terrace # 1128	5/14/2014	\$160,000
Woodlet Condo	1400 NW 9th Avenue E-31	5/13/2014	\$166,000
River Oaks	9186 SW 20th Street C	5/16/2014	\$177,000
Trends At Boca Raton	8310 Dynasty Drive	5/14/2014	\$179,999
Boca Gardens	9816 Boca Gardens Circle N B	5/13/2014	\$217,000
REFLECTIONS at MISSION BAY	10374 Lake Vista Circle	5/15/2014	\$218,899
COACH HOUSES OF TOWN PLACE	5801 Coach House Circle D	5/12/2014	\$220,000
Town Place Condo	5734 Fox Hollow Drive G	5/14/2014	\$225,000
Holiday City, Palmetto Pines	11098 Delta Circle	5/16/2014	\$225,000
Holiday City, Palmetto Pines	4650 Appalachian Street	5/15/2014	\$232,000
Villa Rica	480 NE 35th Street	5/15/2014	\$239,000
Laurel Oaks	20100 Boca West Drive 165	5/15/2014	\$242,364
Camino Woods	6413 Casabella Lane	5/12/2014	\$243,300
Isles Of Boca Conds	23140 Island View 4	5/12/2014	\$245,000
AMBER BAY	10383 Islander Drive	5/15/2014	\$245,000
TUSCANY VILLAGE	505 NE 69th Circle	5/16/2014	\$255,000
FAIRFIELD AT BOCA	5124 Coronado Ridge	5/14/2014	\$260,000
Regency/Boca Pointe Condo	7582 Regency Lake Drive 401	5/12/2014	\$278,000
Carneo Woods Cond	22340 Greentree Circle	5/15/2014	\$290,000
Vistazo At Boca Raton	3814 NW 5 Te 3814	5/14/2014	\$300,000
ESTADA OF LOS PASEOS	20838 Via Valencia Drive	5/15/2014	\$305,000
Hidden Lake	404 NW 72nd Street	5/13/2014	\$310,000
Montoya Estates	7899 Chula Vista	5/15/2014	\$310,000
Paradise Palms	2030 Bonnie Street	5/16/2014	\$315,000
Paradise Palms	498 E Conference Drive	5/13/2014	\$320,000
Tunison Palms	788 NW 7th Drive	5/15/2014	\$330,000
Boca Chase / Impressions	21300 Sawmill Court	5/14/2014	\$345,000
Boca Greens 5	10143 Camelback Lane	5/14/2014	\$357,500
Boca Villas	1099 NE 3rd Avenue	5/16/2014	\$380,000
Balboa Point	17221 Balboa Point Way	5/16/2014	\$394,000
Amberwoods Boca	6565 W Hollandaire Drive	5/13/2014	\$400,000
Espanada at Boca Pointe	22599 W Espanada Circle W	5/15/2014	\$425,000
Shores At Boca Raton	18668 Ocean Mist Drive	5/15/2014	\$460,000
Palmetto Place	99 SE Mizner Boulevard Ph37	5/13/2014	\$475,000
Chalfonte Cond	550 S Ocean Drive 2209	5/13/2014	\$540,000
Boca Falls EMERALD ISLES	12895 Hyland Circle	5/15/2014	\$560,000
CHALFONTE	500 S Ocean Boulevard 1003	5/14/2014	\$590,000
Glen Oaks	4551 NW 26th Place	5/16/2014	\$600,000
Regents Square Of Woodfield CC	5737 NW 38th Circle	5/15/2014	\$640,000
MARBELLA	250 S Ocean Boulevard 9e	5/15/2014	\$690,000
PARKSIDE	1305 Parkside Circle S	5/14/2014	\$780,000
Boca Villas	1195 NE 5th Avenue	5/16/2014	\$875,000
200 East Palmetto Park Condo	200 E Palmetto Park Road 803	5/12/2014	\$962,500
The Oaks	17890 Lake Azure Way	5/14/2014	\$1,000,000
ROYAL PALM YACHT & COUNTRY CLUB	270 S Silver Palm Road	5/16/2014	\$1,300,000
Hamptons	3164 Saint Annes Place	5/12/2014	\$1,314,909
200 East Palmetto Park Condo	200 E Palmetto Park Road 617	5/16/2014	\$1,350,000
The Oaks Grand Lake Estates	9245 Este Lago Drive	5/13/2014	\$2,000,000
Royal Palm Yacht & Country Club	165 W Alexander Palm Road	5/15/2014	\$2,000,000
WALKERS CAY/BOCA BAY COLONY	898 Nafa Drive	5/15/2014	\$2,350,000
Royal Palm Yacht & Country Club	152 W Alexander Palm Road	5/12/2014	\$10,000,000

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“Being Diabetic, I never had pain-free feet - UNTIL NOW!”
Pain Doctor Discovers Blood Flow-Busting Material Into ‘Miracle Socks’ for Diabetics and Foot Pain Sufferers!

Breakthrough circulation-boosting fibers improve blood flow, relieve swelling, boost oxygen flow, and eliminate foot fatigue - naturally in as little as 5 minutes!

What part of your swollen, tired, or achy feet would you like to see ‘go-away’?

If you suffer from poor circulation, injury, swelling or any condition that leaves your feet fatigued and sore, then read on to discover the breakthrough that can change your life.

Good news comes in the form of a ‘pain-busting microfiber’ that is used to weave a circulation-boosting sock, called Bambusa™.

Better Blood Flow

The ‘miracle sock’ is made from a new, patented anion-technology that is weaved into every strand of thread used to make a Bambusa™ sock. This special micro-fiber thread is made from revolutionary bamboo charcoal to stimulate blood flow and revitalize feet. When this material comes in contact with body-heat it is proven to release circulation-boosting ions.

The 3D-weave technology used in the material has been compared to infrared light therapy to help revitalize stiff and sore muscles. The manufacturer, who also makes a back and wrist sleeve, says the material provides almost instant relief to any part of the body it touches, making it ideal for diabetics, athletes, inflammation, stiffness and swelling.



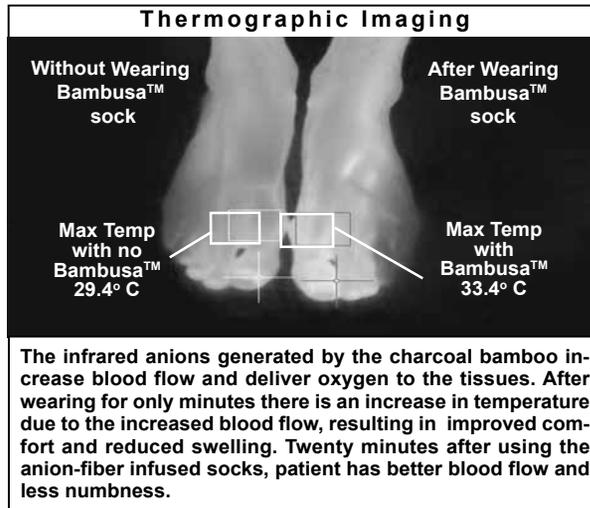
Anne M. from California agrees. “Bambusa socks are absolutely the most comfortable socks I have ever worn! My feet are no longer fatigued!”

Therapy Without A Prescription!

When the socks were photographed using a thermographic imaging camera, results showed up to a 17% to 22% increase in blood flow. This helped to improve muscle oxygenation and decrease foot fatigue. The socks have been proven to provide extended relief from cold, swollen and fatigued feet.

Doctor Recommended

Pain specialist of 30 years, Dr. Jahner comments on the 3D-weave technology. “Infrared therapy has been used for years at medical clinics to treat vascular and circulatory conditions. Physical therapists



The infrared anions generated by the charcoal bamboo increase blood flow and deliver oxygen to the tissues. After wearing for only minutes there is an increase in temperature due to the increased blood flow, resulting in improved comfort and reduced swelling. Twenty minutes after using the anion-fiber infused socks, patient has better blood flow and less numbness.

use infrared therapy to speed recovery. Better blood flow equals less pain. This microfiber works much the same way.”

“Circulatory dysfunction affects MOST of the adult population in the United States. Heart Disease, Strokes and Diabetic conditions are at epidemic levels; anything that improves circulation improves cellular health and vitality. I use the Bambusa product myself and recommend it to my clients. It really works!” states Dr Jahner.

Results in Minutes?

John G. of California claims he felt immediate results with his tired, swollen feet. “Without exaggeration the relief was almost instantaneous. It is like a heating pad set to low and wrapped around my calf. I will be replacing my entire set of dress socks with these socks!”

Relief for Tired, Swollen Feet

Bambusa™ socks are not a medical device or compression socks because they don’t restrict blood flow. Utilizing the special negative-anion technology, they comfortably increase blood flow and oxygen to tissues. “My feet felt wonderful, cool, and I never got that pins and needles feeling anymore. I love my Bambusa™ socks,” says Nancy, from NJ.

They are ideal for diabetics and those suffering from neuropathy or injury from repetitive use. Bambusa™ socks can also bring comfort to tired legs within minutes of putting them on, energizing individuals who spend long hours on their feet.

Goodbye to Pain and Numbness

Marilyn H. has suffered persistent foot problems for years and noticed fast results. “The issue for me was per-

sistent numbness in my toes - it was gone completely after a few days of wearing these socks! Being diabetic, I never had pain-free feet - UNTIL NOW!”

“I went out on the golf course for 18 holes of golf, and when I got home my feet weren’t swollen, they weren’t sweating and my feet didn’t hurt,” says Lou B. from New York.

BENEFITS:

- Increased blood flow and oxygen
- Reduced swelling and pain
- Anti-microbial
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- Increased range of motion

IDEAL FOR:

- Neuropathy
- Raynaud’s Syndrome
- Cramping
- Cold Feet

Tom from NJ reports, “I suffer from chronic foot cramps. My feet were sore for days after the cramping. My wife gave me the Bambusa™ socks, I wore them, and the foot cramps stopped. I replaced all my socks with Bambusa™. My feet feel great now.”

Try Bambusa Risk Free!

Order Bambusa™ at no risk and receive two bonus pairs of socks absolutely free! The technology used in Bambusa™ socks is independently tested to boost circulation, blood flow and oxygen. These circulation-boosting socks allow you to wrap yourself in relief.

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Business

The Boca Raton Tribune

Boca Grove Publishes Case Study on ezLocator Pin Management Technology



Boca Grove, a premier golf and tennis club in Boca Raton, has published a case study about the use of ezLocator, a unique pin management technology designed to help golf courses manage the placement of pins more efficiently. The study examines the pin placement challenges Boca Grove once faced and describes the benefits of using the ezLocator technology.

Through ezLocator, members and guests that play the beautiful Jim Fazio designed 18-hole course at Boca Grove are now provided with diversity of hole placements, a "tour quality" pin sheet and an enhanced, tournament-like playing experience. In addition, ezLocator creates a variety of hole locations in advance

and helps Boca Grove maintain pristine green conditions. As an alternative to the pin sheet, golfers can easily view the pin location for each hole by downloading the ezLocator application for iPhone or Android smart phones. For more information about ezLocator, visit www.ezlocator.com.

Without hesitation, the crown jewel of the sprawling Boca Grove community is the enviable, 18-hole, Jim Fazio designed championship golf course. The course makeover, which was completed in November 2011, features luscious fairways and abundant scenic beauty. With no tee times, golfers are afforded the freedom of playing when it best fits their schedule.

Elmarie Crowley, The Woman Behind Perl Vision



organizations such as Sign in to Save and Support Your Community, a local web marketplace that offers deals and gives 15% to local charities. Pearle Vision is now offering a 75% off deal certificate on Signinto-save.com. (\$50 for a \$200 value). Another one of Elmarie's more impressive feats is her dedication to the Rotary Club. "It's very important to the community. My father was involved in the rotary in Ireland, having started a chapter, and I am proud to be involved in Boca Raton."

One of the main objectives of the Rotary Club is service in the community and throughout the world. She recently supplied 700 bags for the Boca Raton Future Stars, a performing arts competition run by the Rotary and supported by the community. Elmarie takes pride in going above and beyond by providing personalized service to all of her customers. It's as Elmarie so eloquently says herself:

"We believe that from the exam room to the retail floor our patients deserve genuine eye care. Every appointment begins and ends with

trust, and every pair of glasses acts as a symbol of our commitment to our patients and our community." This is in keeping with the Rotary's slogan, "Changing Lives and Building Futures", which Elmarie is definitely doing here in Boca Raton.

In addition, she is involved with One Sight, where volunteers go to various locations throughout the United States and third world countries, do eye exams and make glasses accessible to those who wouldn't otherwise have access to them.

All in all, Elmarie Crowley is a gem in the Boca Raton area, and enjoys every moment of her high-quality optical practice. Stop by and meet her at Pearle Vision, located at 21226 St. Andrews Plaza in Boca Raton, near Maggianos. 561-347-7977.

You will definitely feel the warmth and friendship of Elmarie and her staff.

By Jake Perl

Elmarie Crowley has officially brought her Irish hospitality into the South Florida community. She has been the proprietor of Pearle Vision in the St. Andrews Plaza since 2011. Here, she has created a name for herself. Elmarie said, "the people in Boca have been so welcoming. It's such a wonderful community".

A high-energy businesswoman, Elmarie has been in the optical business all her life. "My dad was an optician in Cork, Ireland," she says. "I helped him grow that business and then opened my own. I looked around for the ideal location and fell in love with Boca, both from a lifestyle perspective and the great vibrancy of business."

Since coming to Boca, Elmarie has truly prospered. And she's a firm believer in giving back. She's teamed up with various

Local Oncology Specialty Spa Provides Services to Cancer Patients Undergoing Chemotherapy

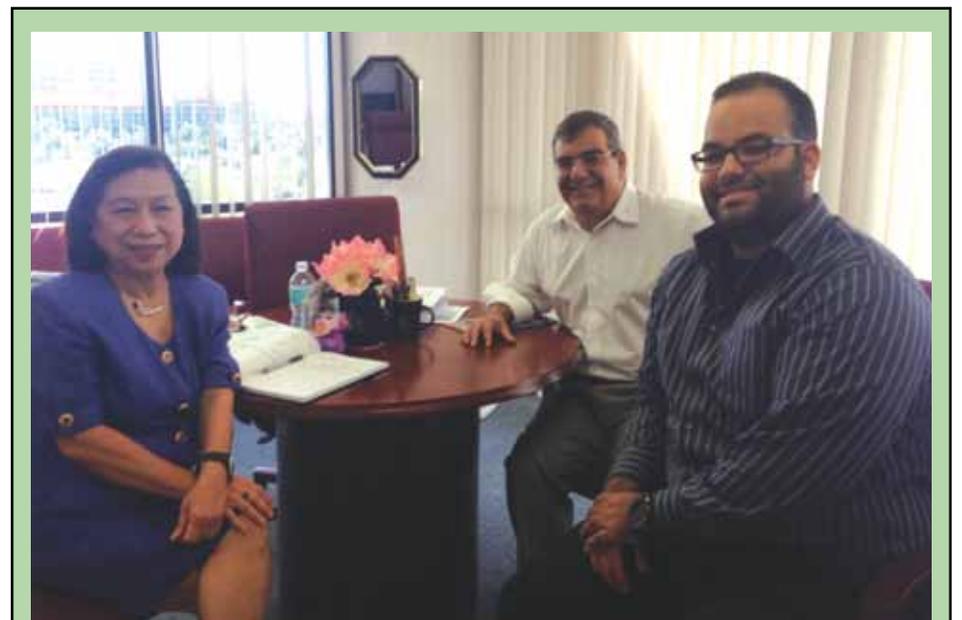
Brand new to Boca Raton, The Spa Care Center, located on 124 S Federal Highway in Boca Raton, a specialized facility dedicated to bringing comforting and pampering services to both cancer patients and survivors still undergoing treatments.

The Spa Care Center's concept began when owner, Melanie Jeanteurs' father and mother were simultaneously diagnosed with cancer. During this cancer journey, which both of her parents defeated, they realized as a family that there was a void in 'feel good' spa services and products available to those undergoing chemotherapy. Before Melanie's family experience, her husband, Pierre's father practiced oncology as a doctor in France. It was her parent's battle, along with Pierre's father's experience that

gave them a purpose, a driven mission to help cancer patients.

"After personally experiencing loved ones going through chemotherapy, I now know the cure goes beyond the medicine and into 'feel good' therapies like massages, pedicures, and permanent makeup," said Melanie Jeanteur, co-owner of The Spa Care Center.

The Spa Care's services can truly transform a person's appearance respective to undergoing chemotherapy, due to the all-natural and unique services offered such as: areola re-pigmentation or repair with permanent make-up tattoo, oncology skin treatments, organic spray tan, massages, and manicure/pedicures.



Boca Raton Tribune Publisher Douglas Heizer and Managing Editor Pedro Heizer - a Palm Beach State College Alumni - with Palm Beach State College provost Dr. Bernadette M. Russell discussing their future events in partnership with the College.

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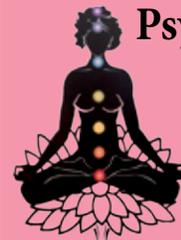
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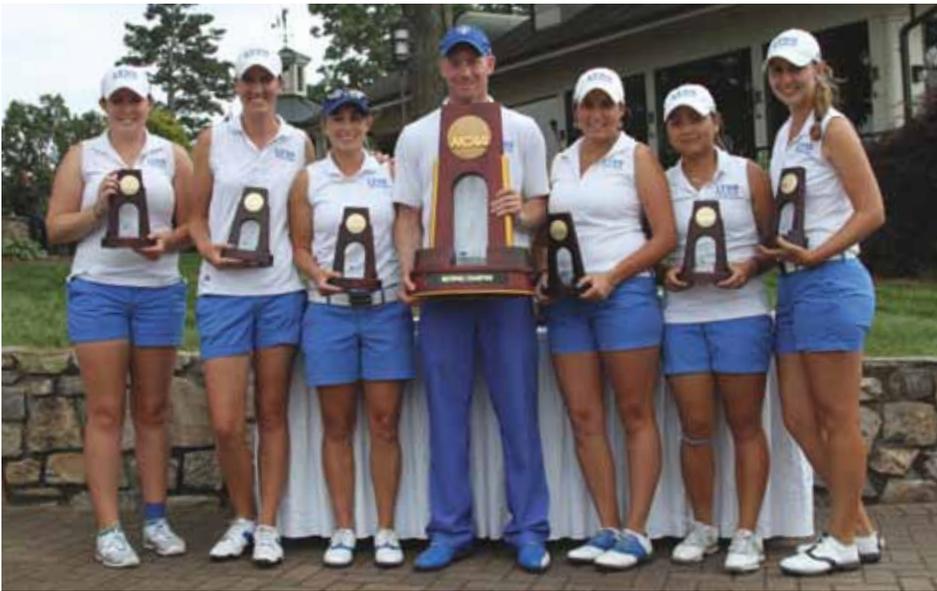
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Sports

The Boca Raton Tribune

Lynn Women's Golf Repeats as Division II National Champions



By Olivia Coiro

The historic season for Lynn University's women's golf team came full circle on Saturday afternoon following the squad's 29-stroke victory at the Rock Barn Golf & Spa to claim the 2014 NCAA Division II Women's Golf National Championship. This marks the second consecutive national title and fifth overall for the women's golf program and gives Lynn University 22 national crowns in school history. Louise Manalo doubled the Fighting Knights'

celebration by becoming the program's fifth individual national champion with a 72-hole program record score of 287. The Blue & White shattered the records books this season, winning 11 tournaments, including tying a Sunshine State Conference record with seven straight, and smashing every individual and team mark. Additionally, Lynn went undefeated against all Division II opponents this year and has not lost since the SSC Championship last season, a span of 15 tournaments. This is also the second time the Fighting Knights have

claimed back-to-back titles, having won three straight from 1995-97 (NAIA 1995 & 1996, NCAA 1997). Manalo cruised through the front nine and finished the back nine even with par to turn in a 68 and 287 overall score. The Brussels, Belgium, product is just the third player in program history to shoot a round of 68. She joins Geneve Lavendure (1993, NAIA), Josephine Stalvant (1995, NAIA), and Zoe Grimbeek (1997 NAIA & 1998 NCAA) to win an individual title in women's golf. Lynn held on to a 13-stroke lead heading into the final round but added some cushion by shooting five-under par through the first nine holes. Manalo came through the turn strong, making birdie putts on four of the last five holes on the front nine. Jessica Bradley and Irene Calvo both shot one-under par while Samantha Smolen was even with a bogey and a birdie. Ellen Chambers was two-over par on the front nine but dropped a stroke on hole No. 11. The senior from Petrie, Australia, finished the round with a 78 and a 303 through the 72-hole tournament. Calvo shot a 70 in the final round and a 303 overall to finish tied for 23rd overall with Chambers. Smolen carded a 73 in the last round to earn a top-10 finish, the 10th of the season. Bradley entered the final round with a one-stroke lead over her teammate. She turned in a 71 to finish the day even with

par after a huge birdie on hole No. 18 but was slightly edged by Manalo to finish as the national runner up. Bradley shot 288 throughout 72 holes to finish four-over par. Her second place finish is the 13th top-10 finish of the season and 25 for her career, both program records. Lynn took the title with a four-round score of 1164 (+28), the second-lowest total in NCAA Division II National Championship history. The Fighting Knights finished the tournament with a championship-low 282 in the final round. No. 3 Barry finished runner-up with a team score of 1193 (+57), while No. 2 Rollins finished in fourth with a total score of 1212 (+76) to give the Sunshine State Conference three of the top-four teams in the final standings. This marks the fifth consecutive year that a SSC golfer has won the NCAA Division II Championship and 17th time overall. Lynn's victory proves the SSC's dominance in women's golf as teams from the league have now claimed the last 15 NCAA Division II Women's Golf Championships since 2000, and a conference team has also been the national runner-up 12 times during that span. The Fighting Knights graduate Chambers and Calvo but will return WGCA National Player of the Year Jessica Bradley, First Team All-American Samantha Smolen and individual national champion Louise Manalo.

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Lynn's Baseball Season Ends at NCAA Regional



By Chad Beattie

Lynn University's run to a baseball national championship ended following a 4-2 loss to Florida Southern in the NCAA Division II South Region Tournament. The Fighting Knights held a 2-1 lead but two errors helped the Moccasins eliminate their Sunshine State Conference rival. Lynn ends the season 35-16 overall with a program-best 15-9 mark in SSC play. Matt Ackerman carried the offensive load, going 3-for-4 at the plate while Daniel Patrick (5-2) tossed 5.1 innings with five strikeouts on the mound. Consecutive extra base hits in the third inning gave Florida Southern (34-18) a 1-0 lead but the Blue & White responded in the home half with two runs. Ackerman opened the frame with a single and

reached third when Lynn loaded the bases on a Mocs error. Michael Stemle then put his team back on top with a two-run single down the left field line. The Fighting Knights lead would be short lived as FSC would score in three of the next four innings to pull ahead for good. Florida Southern's tying run came in the fourth after an infield error kept the frame alive. Keith Curcio followed with a single up the middle to knot the contest at 2-2. Chris Dennis started the fifth with a home run off Patrick. Patrick closed out the inning and but ran into trouble in the sixth with runners on the corners and one out. Coach Rudy Garbalosa went to the bullpen with First Team All-South Region reliever Bill Mendek, and the junior righty maneuvered through the Mocs lineup to keep the game close. Another mistake, this time a passed ball, allowed Florida Southern to pad its lead with another run. Lynn looked to cut into its deficit in the seventh with runners on the corners and one out but the Mocs went to their closer, Nate Carter, who shut the door on the rally. Lynn reached the NCAA Tournament for the fourth time while earning the highest seed, No.2, in program history. The team graduates nine seniors, including SSC and South Region Player of the Year Sal Giardina and All-South Region starting pitcher Jed Vandernaald but also returns All-SSC selections Alex DeBellis, Thomas Kain and Mendek.



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Lynn Men's Golf Picks Up Four All-Region Accolades

By Chad Beattie

Division II PING All-Region honorees were announced by the Golf Coaches Association of America and Lynn University's men's golf team brought home a descent haul. Four of the team's five starters earned recognition with Elliott Whitley, Keith Greene, Ernesto Vitienes and Martin Cancino all garnering accolades. The Fighting Knights, who were one of just five schools in the country to have at least four picks, tie a program-record set in 2011 for all-region picks in a season.

An All-Sunshine State Conference First Team selection already, Whitley leads the Fighting Knights with a 73.0 stroke average and is tied for the team lead with five top-10 finishes. He is the 19th-ranked player in Division II and No. 3 in the uber-competitive SSC. Whitley also recorded the 10th-lowest season stroke average in school history.

Greene, a junior from Debary, Fla., is tied with Whitley in top-10 finishes while posting a 73.43 stroke average. Already an All-

SSC Second Team honoree, he ranks 31st in the nation. Greene shot his best round of the season, 68, in the season-opener at the Brickyard Invitational and shot a season-best 54-hole score of 213 at the Guy Harvey Invitational where he tied for fifth. Vitienes came on in his senior season, recording the second-lowest stroke average on the team, 73.29, and third-most top-10 finishes (four). He ranks in the top-10 in program history for stroke average and is one of just nine players in school history with at least 100 career rounds played. Additionally, he won his first career tournament this past season when he tied the 18-hole school record (64) and tied the seventh-lowest 54-hole score (208). Cancino, a freshman from Chicureo, Chile, ranks as the fourth-best freshman in Division II and 48th ranked player overall after posting a 73.85 stroke average. He logged one top-10 finish, fourth place at the Guy Harvey Invitational, and has recorded six rounds of par or better.

FAU's Kerr, Sanger Earn All-Conference USA Honors

Florida Atlantic University baseball players Stephen Kerr and Brendon Sanger have earned All-Conference honors, Conference USA officials announced today. Kerr was named to both the All-Freshman Team and the All-Conference Second Team in his first season in collegiate baseball. Sanger, who led the Owls in batting average for the second consecutive year, was also named Second Team All-Conference. Both players ranked in the top 10 in Conference USA in both batting average and on-base percentage. Kerr, a freshman from Margate, hit an impressive .324 with a team-high 38 runs and 10 stolen bases. He drew 21 walks while striking out just 16 times in 207 at-

bats. Kerr's 24 extra-base hits led the team, as did his six games with three hits. His 17 game reached-base streak was the longest of any Owl over the season. Kerr started every game at either shortstop or second base. Sanger, a sophomore from Fort Myers, led FAU with a .332 batting average and led Conference USA in both walks with 35 and on-base percentage at .439. He amassed 20 multiple-hit games and tied for the team lead with three three-RBI outings. His 11-game hitting streak was the second longest on the squad. Sanger was one of five Owls to start every game, making 52 starts in right field and one as a designated hitter.

Strikers Three-game Win Streak Snapped in Minnesota



The Fort Lauderdale Strikers (4-0-2, 12 pts) lose 3-1 to Minnesota United FC (5-0-1, 15 pts) and fall three points behind first place with just three games remaining in the short NASL Spring Season.

The first half saw the Strikers fall behind early as the loons went ahead 1-0 on a penalty kick by Minnesota United after Darnell King was called for a handball inside the box. Simone Bracarello put the ball in past Oka Nikolov's reach to give the home team the early lead.

An early injury to Marius Ebbers forced the Strikers to use a substitute and bring in Aly Alberto Hassan in the 9th minute. Ebbers jumped up for a ball in midfield and bumped heads with Cristiano Dias. Dias stayed in the game, but was replaced in the 29th minute after complaining that he wasn't feeling well.

The rest of the half saw plenty of action as both teams had numerous chances but were unable to find the back of the net. The Strikers best chance came in the 44th minute as Carlos Salazar received a great cross from Hassan but put the ball just wide of the net and the Strikers went into the locker room down 1-0.

The Strikers came out of the locker room and quickly tied the match on Martin Nuñez league leading fourth goal of the season and his fourth in four games. Fafa Picault back-heeled the ball to Shawn Chin who crossed the ball to Nuñez, who didn't miss from close range.

Christian Ramirez put the home team back on top in the 58th minute on a spectacular goal from about 30 yards out into the top right hand corner of the goal, just out of Nikolov's reach giving the home team the 2-1 lead.

The Strikers had a chance to tie it back up as Brian Kallman received a yellow card after fouling Nuñez just outside the box, giving the Strikers a free kick in the 67th minute. Unfortunately Salazar duplicate his goal from last week and instead kicked it right into the wall.

The game took a slight turn in the 70th minute when Christian Ramirez received a ball behind the Strikers defenders and the assistant referee signaled for on offside, but the head referee didn't see it the same, allowing the play to continue. Miguel Ibarra received a pass from Ramirez and struck the ball into the back of the net. Several Strikers players rushed the head referee in protest and the referee booked Martin Nuñez and Carlos Salazar.

Just three minutes later Nuñez fouled Daniel Mendez and received his second yellow card, resulting in an ejection. Darnell King then received a yellow as well after protesting.

Being a man down didn't slow down the Strikers, though, as they continued to push ahead and attempt to close the gap. The Strikers had several chances late, including a shot by Hassan in the 83' minute after receiving the ball inside the box. Hassan turned quickly and took the shot but Matt Van Oekel was able to stop it. The Strikers continued to press all the way to the end, taking several shots in the 90th minute, including a chip shot from King that hit the post and bounced out. A few minutes into extra time, Guerrero took a free kick and crossed the ball into the box where Chris Nurse headed it, but Van Oekel once again was able to stop the ball from going in.



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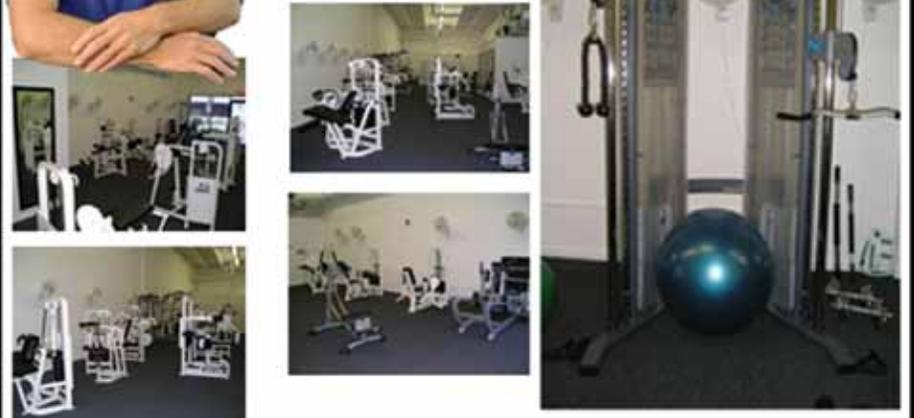



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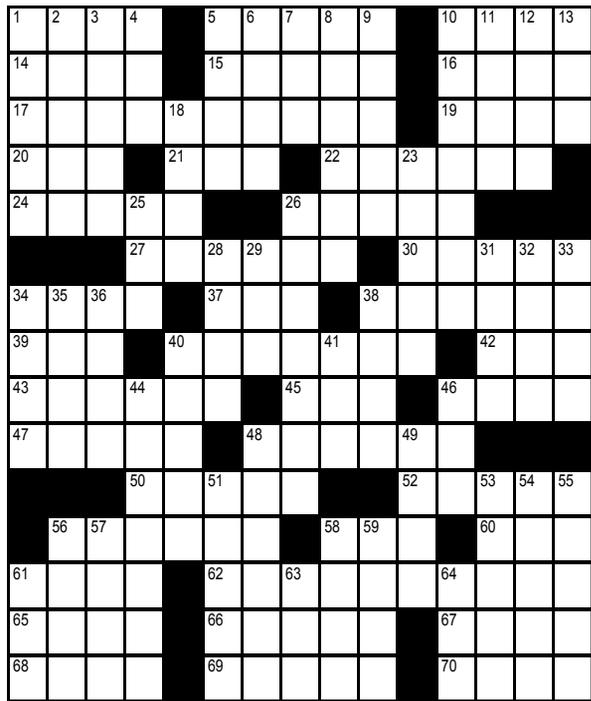
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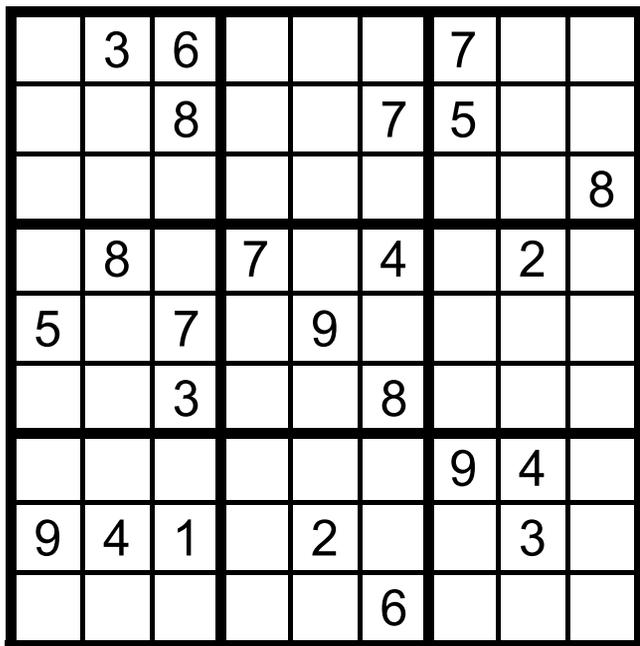
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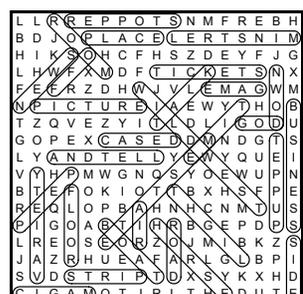
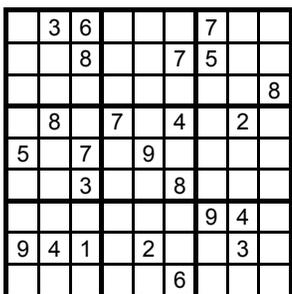


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- 4 Needlefish
- 5 Lion's pride
- 6 Singing voice
- 7 Luau garland
- 8 Siberian feature
- 9 Hearty entree
- 10 Realm
- 11 Downwind
- 12 Make-up artist?
- 13 Corn serving
- 18 Likewise
- 23 At no time
- 25 Select
- 26 Thankless wretch
- 28 Gripe
- 29 Hockey great Bobby
- 31 Wooded hollow
- 32 Patella's place
- 33 Egyptian solar deity
- 34 Basil, e.g.
- 35 Bouquet
- 36 Alone
- 38 Henhouse
- 40 Restroom sign
- 41 Chapel vow
- 44 Found
- 46 Federal watchdogs (Abbr.)
- 48 Exhausts
- 49 Nobelist Pavlov
- 51 Monroe's successor
- 53 Domesticates
- 54 Media attraction
- 55 Pub game
- 56 Horror film staple
- 57 Destroy
- 58 Kukla, ____ and Ollie
- 59 Handout
- 61 Hair goop
- 63 Prefix with angle
- 64 Japanese sash



Solutions From Edition 185 Puzzles



"Better heart, brain, and joint benefits WITHOUT the fishy after taste!"

Say Goodbye to Bad Cholesterol, Joint Pain, Mood Swings, & Brain Fog in 30 Days or Less!

SAY THE 'MAGIC WORD' & RECEIVE A BOX OF THIS CLINICALLY TESTED FORMULA - FREE!

'Super Human' Fish Oil!

Ivy league physicians affiliated with Yale University believe their patented 4:1 ratio of EPA/DHA omega-3s are the future of fatty-acid therapy and deliver almost 'super human' results.



Prevention Pharmaceuticals, the makers of Omax3® Ultra Pure™, have decided to giveaway 1,000 boxes in a massive initiative to get consumers to try it.

"We believe one dose of this high performance 1.5g of omega-3 will change your opinion of fish oil with the dramatic results," says Terry Tormey, CEO of Prevention Pharmaceuticals.

on my knees and have dealt with ongoing inflammation. I've been on the product for about 3 months and it's remarkable how much better I feel," - Rick G.

Boost Mood & Memory

Brain specialist of 30 years, Dr. Joseph Maroon, stresses the importance of this formula to support optimal brain function. "It's vital for helping with mood swings, anxiety – even depression. It nourishes the brain in such a way that focus and concentration improve."



Ultra Pure Formula Equals Safety

Some supplements may contain more than just omega-3. And some of that "extra" content you could do without, such as saturated fats, including unwanted omega-6 fatty acids, and toxins like mercury, lead, and PCBs commonly found in fish.

Freezer Test Proves Purity

Omax3® was shown in lab tests to be 91% pure, free of bad fats and toxins. You can prove this by freezing your own fish oil. Put a pill of your store bought brand of omega-3 in the freezer overnight. Then put Omax3® Ultra Pure™ in the freezer overnight.

The difference is clear. The store bought brand will be cloudy, even a solid white. This is caused by the bad fats and toxins solidifying, which your body doesn't need. Omax3® will remain clear, which equals safety and effectiveness.

Fewer Pills Better Results

The patented delivery system gives you 1.5g per serving in just two easy to swallow liquid gel capsules, compared to the 6-12 you would need to take of a store bought formula. This means fewer pills equals greater results, you can feel.

Unique Blister-Pack Stops Fish Burps

The color of the Omax3® oil shows you its purity. The individually blister packed capsules protect against rancidity so there's no fishy taste or stomach upset.

Clinical Study Shows it Works Better than Your Fish Oil - Yale University Study Results

Omax3® Ultra Pure™, in the clinical study, was shown to improve cholesterol in 30 days. Patients showed:
78% lowered cholesterol*
73% reduced triglycerides*
71% reduced LDL *

Lower Cholesterol

Shelly T., confirms the clinical results of Omax3®. "My doctor was amazed with how fast my triglycerides dropped! She asked what I had done, and I told her I was taking Omax3® daily."

Stop Joint Pain 3X Faster

"The product works! I've had several surgeries

Pharmaceutical Strength

You now get the extreme health benefits you deserve and at the lowest possible price and without the fish burps! If you're worried about cholesterol, painful joints, poor memory, or mood swings, this formula will help or you don't pay for it.

Doctor Recommended

"As a neurosurgeon I stand behind the breakthrough of the 4:1 ratio of EPA/DHA that makes up Omax3®. It's simply the most effective. The pharmaceutically-activated molecule maximizes absorption. Personally, I use Omax3® to keep my joints pain free as I still run marathons at age 74. I notice the mental boost. It's your best anti-aging weapon because it protects your heart, brain, and joints all in one pill."

SAY THE MAGIC WORDS & IT'S FREE!

Say: "No fish burps" and you can try Omax3® FREE! (just cover shipping fee)

Free Book for readers of this paper!

With your first order of the Risk Free Supply you'll receive an absolutely free copy of Dr. Maroon's book, *Fish Oil – The Natural Anti-Inflammatory*. (a \$19.95 value)

Free Vitamin D, Too!

Be one of the first 500 callers and receive a free supply of High Potency Vitamin D. This pharmaceutical-grade formula comes in a tiny tablet delivering the maximum daily dose of vitamin D to help with immune function, calcium absorption, and cell regeneration. It's included free, and is yours to keep no matter what you decide. Your satisfaction is guaranteed.

Call Toll Free! 1-800-918-2549

This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA. *Individual results will vary. Dr. Maroon is partially compensated as part of the Prevention Pharmaceutical medical advisory board.

Tribune of SPORTS

East /West Boca Raton, Highland Beach, Delray Beach, Deerfield Beach FL - May 23, through May 30, 2014 • Year V • Number 187



Lynn Women's Golf Repeats as Division II National Champions

See Pg. 27



Strikers Three-game Win Streak Snapped in Minnesota

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