SAVOR THE AVENUE
Florida’s longest dining table
DELRAY BEACH, FL – Savor the Avenue is celebrating six years of serving dinner to over 1,000 residents and visitors down the double yellow line on East Atlantic Avenue at Florida’s longest dining table this coming Thursday, March 27 from 5:30-9pm. This Delray Beach culinary tradition is made possible by the Delray Beach Magazine’s partnership with the Delray Beach Downtown Development Authority (DDA), and is a way of showcasing the collection of fine dining establishments located within the downtown area. An economic development focused program for the DDA, the event has grown over the years to be one of the premier dining events in the area, and even the country. “We are proud to have been a part of this very special and unique event for the past six years as a way to share with the local and tourist community this incredible dining experience,” expresses Marjorie Ferrer, Executive Director, DDA.

Each year, the Delray Beach DDA, Delray Beach & Boca Magazine, and the many restaurants strive to improve the quality of the event as well as enhance the experience for the attendees. This experience focuses on the details, as seen by adding the table décor contest and the lining of the dining table with the 12ft palms sponsored by Delray Garden Center. “By adding the trees, it was a simple and beautiful way to make this large scaled event more intimate as well as involve other businesses in the community,” says Laura Simon, Associate Director of the Delray DDA. Savor the Avenue’s dining table will be approximately 1,300 feet long, stretching from Swinton Avenue east to Fifth Avenue (U.S. 1) each section of the table is decorated beautifully by the participating restaurant as they compete for the Silver Plate Award.

Not only is Savor the Avenue a premier dining event but in 2013 it became an artist pallet. Patricia, “Pati” Maguire, Delray Beach resident and business owner, attended the event with friends and ended up creating a beautiful piece of artwork that will be showcased at the Center for the Arts at the corner of Atlantic & Swinton Avenue through Saturday evening in conjunction with the Parade. Festivities begin at 5:00 PM, Friday, March 14th and continue through Saturday evening in conjunction with the Parade.

This year, Code 3 Events is producing the Delray Beach St. Patrick’s Day Parade and celebrates its 46th year, reprising in our Irish heritage and honoring the service of the International Firefighters. The 2014 parade draws Marching Pipe & Drum Bands from around the world. In past years, marching firefighter bands from Dublin, Ireland, Belgium, Germany, Canada and Australia have joined the festivities and traditionally play at the Irish Siamsa and Party. Join one of the largest St. Patrick’s Day celebrations in the nation and pay tribute to the brave Firefighters across the globe. For information on the Irish Siamsa and party, please contact Nancy Stewart at 561-279-0907 or email to nancy@festivalmanagementgroup.com

World War II: Our Greatest Generation Remembers Life In Delray Beach
World War II was the most significant event in modern Florida. Delray Beach was one of many coastal towns swept into a frightening sense of vulnerability and united patriotism all at the same time. The war unleashed the greatest economic boom in American history, and Florida’s underdeveloped economy surged, leading to rebuilding and growth after the Great Depression. War contracts revived the state’s agricultural and manufacturing sectors, while tourism thrived. An expansive growth of military establishments produced the nearby Boca Raton Army Airfield. Our warm climate and abundance of vacant land made it an ideal location. The US Navy and the Army’s Signal Corps developed new techniques for airborne radar and airplanes came from all over the country to have this radar installed in Boca Raton. Eight hundred buildings were constructed for academic and military training and four runways provided pilot training on B-17s. Insigne Walker Morgan, long time resident of Delray Beach, recalls that two days after graduating high school, she went to work as a teletype operator for the Western Union located in the Sun Trust Bank building on Atlantic Avenue.

Continued on page 10

Mark your calendars for the 46th Annual Delray Beach St. Patrick’s Day Festival & Parade!
DOWNTOWN, ATLANTIC AVE., DELRAY BEACH, FLORIDA  3rd ANNUAL DELRAY BEACH TWILIGHT FESTIVAL

INDY CAR ON 2 WHEELS  MARCH 22-23  2014  SATURDAY AND SUNDAY

UNIQUE EXCITING GREEN + ENTERTAINMENT + EVENT
COMMUNITYCENTRIC

DOWNTOWN DELRAY BEACH
MARCH 22-23, 2014
HUNDREDS OF CYCLISTS
RACE THROUGH THE STREETS
AT SPEEDS OF 35+ MPH.

CRANK IT UP

GRANFONDO RIDE
SUNDAY, MARCH 23, 2014
REGISTER AT:
www.bikerereg.com/granfondo-garneau-florida-ride

IN SUPPORT OF
THE FRIENDS OF GUMBO LIMBO
AND THE YMCA Y BIKE PROGRAM

BIKE
Races; BMX Stunt Show; Fun Rides.

EAT
Restaurants are GREAT places to watch the races.

FUN
Huge Beer and Wine Lounge

DRINK
Wine Lounges, VIP Suites, and Beer Garden.

STAY CONNECTED  WWW.DELRAYBEACHTWILIGHT.COM
EVENT STARTS AT 5:00PM ON SATURDAY, MARCH 22
Local volunteers to shave their heads to support childhood cancer research

St. Baldrick’s Foundation event to raise money for lifesaving research

DELRAY BEACH, FL—The St. Baldrick’s Foundation, a volunteer-driven charity dedicated to raising money for childhood cancer research, will host one of its signature head-shaving events at Delray Beach Center for the Arts at Old School Square on March 14, 2014 from 7-11 p.m., where more than 150 volunteers will shave their heads in solidarity with kids with cancer and raise money to Conquer Childhood Cancers!

Join us in conjunction with the 6th Annual St. Patrick’s Day Festival as it kicks off the weekend long festivities with a two day Samsa (Irish Variety Show) and Party; featuring Irish step dancing, traditional pipe & drum bands, Irish storytelling, tales of Celtic Mythology, food, beer, live music and ending with the Celtic tradition of the Circle of Lights. The Irish Samsa is hosted by the Master Leprechaun Himself, the original Jack Ryan, the Bard of Belmar. Shanachie of the Irish Riviera and the Jersey Shore’s Storyteller extraordinaire; Professor Ryan is an encyclopedia of all things Irish and sure to educate and entertain. The Irish Samsa takes place in Downtown Delray Beach at the Delray Beach Center for the Arts at the corner of Atlantic & Swinton Avenue. Festivities begin at 5:00 PM, Friday, March 14th and continue on through Saturday evening

The Orchid Doctor
• Organic Juice Booth
• Bistro Blends Olive Oils & Balsamic Vinegars
• Amazing Creations Florist
• Serenity Flows Soaps
• Italian Cheeses
• Cottage Garden Teas
• Pastas by Maria
• Paellas de Espana
• LipSWAKIN Honey
• Tweedle Organic Dog Treats
• Pascale’s Jams & Jellies
• Inika Vegan Foods
• Organic Raw Nut Butters
• Finn-Ate Fish Company
• Stone Crabs
• Little Cities of Love
• Old School Bread Co.
• Juice King
• La Petite Pain Bakery
• Katie Kakes Gluten Free
• Todd & Sons French Fries
• Pascale’s Jams & Jellies
• Arrowhead Beef
• Organic Raw Nut Butters
• Fun with Food Gluten Free
• Dr. Pickle
• Taste of Africa
• Teas and Spices
• Thoroughly Modern Mushrooms
• Budding Artists Kids Booth
• Empanada’s
• La Autentico French Bakery
• Taste of Spain
• Live Music and more...

DIVERSITY FESTIVAL IN DELRAY
5th ANNUAL ALL PEOPLE’S DAY
DIVERSITY FESTIVAL IN DELRAY

Sea Turtle Day Festival
Join Gumbo Limbo Nature Center for their 8th Annual Sea Turtle Day! This family-fundraiser is an excellent way to get informed and have fun while raising money for childhood cancer research.

Sea Turtle Day Festival

• Tweedle Organic Dog Treats
• Paellas de Espana
• Pasta Amore Raviolis
• Organic Juice Booth
• Bistro Blends Olive Oils & Balsamic Vinegars
• Amazing Creations Florist
• Serenity Flows Soaps
• Italian Cheeses
• Cottage Garden Teas
• Pastas by Maria
• Paellas de Espana
• LipSWAKIN Honey
• Tweedle Organic Dog Treats
• Finn-Ate Fish Company
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• Teas and Spices
• Thoroughly Modern Mushrooms
• Budding Artists Kids Booth
• Empanada’s
• La Autentico French Bakery
• Taste of Spain
• Live Music and more...

DELRAY BEACH, FL—Celebrate the 5th Florida All People’s Day Diversity Festival on Saturday, March 22, 2014. The main events are from 11:00 a.m. to 5:00 p.m. A kids’ workshop is from 9:30 to 11 am, at Pompy Park (indoors) 1101 NW 2nd Street and NW 10th Avenue, Delray Beach, FL 33444. The festival is presented by All People’s Day, Inc. and the National Coalition of 100 Black Women SPRC. It’s free to the public and boasts a wide variety of connective activities for the whole family.

The Main Events start at 11 am with twenty dazzling performances of dance, music, and social theatre by beautifully costumed African-American, European, Asian, Middle–Eastern, Latino and a variety of other artists. They take to the stage in 15 minute intervals treating the attendees to a vast array of cultural experiences. Great prizes donated by local artists and businesses will be raffled off.

Over 50 interactive and merchandise booths feature a diverse mix to see and do. Kids will find arts projects such as Origami Peace Crane folding, puppet making with a stage to perform, and creating images of their families to add to a mural. Teens and adults enjoy hands on issue based activities among which are a health fair and clues word games by nonprofits. Also present will be for sale items such as artwork, stylish tee-shirts, and mouthwatering international cuisine.

Prior to all this, a free workshop from 9:30 to 11:00 am will teach children to make the Craft Dough. People. In addition to being great fun, this is a visual and easily understood illustration that all people are made from the same materials and should therefore be treated with equal respect.

Pre-registration for the workshop is open to the first 30 kids, ages four to eleven, who sign up by calling (561) 495-9818. Also a packaged craft kit, based on this project, will be available for groups of five or ten for a donation that amounts to less than $5 for each participant.

All People’s Day® is a diversity holiday and St Baldrick’s nonprofit that honors the similarities and differences among all the people in the world. Created through the arts by Susan Beckmont-Schura in 1973. All People’s Day® was celebrated for 35 years in New Jersey and in south Florida for what will now be our fifth year. Proclamations and tributes have been issued by city, county, and state officials. Our dream is to become a national holiday one day soon.
Delray’s Most Affordable Spa

RELAXATION MASSAGE

$35
1 HOUR
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Chiropractic Care • Physical Therapy
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SW Corner of Linton and Federal
next door to The Original Pancake House.
Messages were sent in code from the Boca Airfield and relayed to their destination. “They were sent twice to make sure they were correct. Local messages were delivered by boys on bicycles but notices of death of a serviceman were delivered by us in person,” recalls Imogene.

With the population surge in Boca Raton, servicemen and their families flocked to Delray Beach in search of housing. Delray Beach became a hubbub of activity and booming business. Bob’s Famous Bar, The Arcade Taproom, The Patio Delray, The Delray Bowling Arcade and the USO Club became safe harbors from the chaos of war. Delray Beach residents expressed an outpouring of patriotic gestures and participated in numerous volunteer activities.

They recycled scrap metal for war materials, planted victory gardens, rolled bandages, endured blackout and ration coupons. Window flags bearing a blue star meant a son in the service. Bob’s Famous Bar owner Joe Neal recalls, “We saved, we mended, we polished and we made do to support our boys in the service.”

For close to six years it entertained, contributed to the area metal drives too.”

Robert and Charles MacLaren (of Delray’s MacLaren Sign Company) during WWII

Delray Beach’s Dr. Fred Love remembers, “In order to buy new toothpaste in the store, you had to bring in your old metal tube. Everyone participated in metal drives. School children collected tin foil wrappers and formed them into big balls to contribute to the area metal drives too.”

The Delray Beach USO (United Service Organizations) Club, sponsored by the YMCA, was organized on September 19, 1942 and eventually settled in a building on SE 4th Avenue. More than 500 men, women and girls volunteered to serve the needs of enlisted servicemen and provide a “home away from home.”

For close to six years it entertained, guided and inspired nearly 700,000 servicemen. There were dances, beach parties, movies, plays and the opportunity to meet history, Spain and the Seacrest Hotel. Peppy Smith Johnson remembers, “Delray Beach high school students were recruited and trained by the US Coast Guard to be plane spotters, learning the shapes and insignias of every plane. We took four-hour shifts atop the hotel armed with binoculars, ready to call the assigned telephone number if they spotted a plane!”

Peppy eventually married Lt. James Johnson and today at 90, she still delivers her famous “Mrs. Johnson’s Banana Bread” to local businesses in Delray Beach. German Submarines or U-boats preyed off the coast of Florida, including Delray Beach. Their mission was to disrupt the delivery of supplies by sinking allied tankers and freighters. The Germans sank a total of 24 ships in Florida and there are reports of burning ships sighted off the coast of Delray Beach.

Nineteen-year-old Ed George, whose family owned A. George and Sons on Atlantic Avenue, was one of the strongest and best swimmers in the region. When the US Coast Guard learned of Ed’s talents, they hired him to swim offshore into the Atlantic to search for evidence of enemy submarines. He served his country throughout the war as a singular, swimming patrol off the beaches from Boynton to Deerfield.

The 1940s came to a close with America, particularly Florida, moving into prosperous times. After the war ended and the soldiers came home, America began to recover. It was a time of celebration with the economy back on its feet, jobs plentiful and families reunited.

Perhaps one of the greatest legacies of World War II was that it exposed Florida to a vast cross-population of millions who passed through the state and Delray Beach. In a Gallup Poll at the end of the war, for the first time, Americans ranked Florida as the place they would most like to live if they moved. They came to the state to sun themselves, to play and ultimately to live. The postwar explosion had begun in our Village By The Sea.

Opening Night Party
Honoring all those who have served.

March 20th, 5pm - 8pm, Tickets $25, Free to Veterans
RSVP by March 14th, (561) 274-9578

Rare Memorabilia Exhibit
March 21st-29th: Mon-Sat 10am - 4pm, Sun 1pm - 4pm; $8

“Peace at Last” Film Screening
March 26th, 10am
The Greatest Generation is invited to a very special coffee hour.

Sponsored by: La Cigale, Hands Stationers, Northern Trust Bank, Brad & Ann Bryant, Gordon & Holly Neff
Broom Generous donations given by Dr. Fred Love & Mr. Charles V.K. Hardiman

MEET OUR NEW YOUTH MINISTRY TEAM AT
CHURCH OF THE PALMS CONGREGATIONAL

Church of the Palms is pleased to announce the formation of a Youth Group for ages 12 to 18. Every Wednesday night, from 6:00 to 8:00, they meet in the Friendship Center under the capable leadership of three to four adults. Supper of pizza is provided. If you know any youth who would like to join us, please contact the church office for further information.

Come join us for an evening of faith, food and fun.
Church of the Palms Congregational, UCC
1960 N. Swain Ave, Delray Beach
561.276.6347
www.churchofthepalms.net

The Delray Beach Historical Society presents
“Delray Beach: The WORLD WAR II EXPERIENCE”

For info DELRAYBEACHHISTORY.ORG
City's website offers information on reclaimed water system: New feature provides re-use water status/availability

In an effort to better serve the community, the City of Delray Beach will offer information regarding the status/availability of our reclaimed water system on its website. This online tool is designed to provide advisories to current reclaimed water customers.

In the event that a reclaimed water customer is experiencing a problem with their irrigation system, it is recommended that they check the website for information on status/availability prior to troubleshooting their individual irrigation system. The Water Treatment Plant may result in the product being temporarily unavailable.

To view the status/availability of the reclaimed water system, visit the City's website, www.mydelraybeach.com. Select Departments/Environmental Services/Public Utilities at the top of the homepage.

For more information, please contact the City’s Public Utilities Division at (561) 243-7322.

City of Delray Beach announces new Sustainability Officer

The City of Delray Beach is pleased to announce that John Morgan has joined the Environmental Services Department in the position of Sustainability Officer. Mr. Morgan possesses an extensive background and experience in sustainability, environmental services, education, and ecosystem restoration policies, plans and projects. The City has embraced urban design and planning, and through its visioning process, the City has nurtured a vibrant, walkable and sustainable downtown. Development continues to support an infrastructure that invests in improved traffic circulation, dedicated space, affordable/mixed use housing and economic growth opportunities.

City of Delray Beach Information desk located at 2000 N. Federal Highway.

For more information on the Florida Chapter of the Congress for the New Urbanism, visit www.cnuflorida.org.

The Florida Chapter of the Congress for the New Urbanism (CNU) has selected the City of Delray Beach as this year’s recipient for the prestigious John Nolen Award. This award acknowledges the City’s outstanding achievements in urban growth and development that have transformed our municipality into a desirable community to live, work and play while maintaining its rich history, cultural diversity and unique small town charm. Mayor Cary Glickstein accepted the coveted medal at the CNU 2014 Florida Summit Awards Presentation on February 6th.

A panel jury consisting of past award recipients review candidates who meet the criteria to receive this distinguished honor. Five benchmarks are considered during the selection process: innovation, transparence, quality, implementation and completeness. This year’s award recipient proved to be exceptional - it is the first time that a town has ever been recognized for its contributions to urbanism.

For the past two decades, Delray Beach has embraced urban design and planning. Through its visioning process, the City has nurtured a vibrant, walkable and sustainable downtown. Development continues to support an infrastructure that invests in improved traffic circulation, dedicated space, affordable/mixed use housing and economic growth opportunities.

The City of Delray Beach Information desk located at 2000 N. Federal Highway.

For more information, please contact the Public Information Office at (561) 243-7322 or e-mail info@delraybeach.com.

Dazzling Bazaar at Limetree in Boynton Beach opens 9 a.m., Saturday, March 22

The Limetree community’s Bazaar again presents an amazing array of merchandise to suit everyone. The public is welcome, and the doors open at 9 a.m., Saturday March 22. The event continues until 2 p.m. the same day.

Admission is free, and hotdogs, soft drinks, and homemade baked goods will be sold.

Among the selections available in this year’s bazaar are furniture, jewelry, near-antiques, artwork, sports equipment, small appliances, electronics, linens, kitchen items, and more. No clothing or books.

The store is located on the north side of Boynton Beach Blvd. between Congress Ave. and Military Trail, just west of Lawrence Rd.

For further information, call 561-921-1350.

Walmart Neighborhood Market opens in Delray Beach

A Walmart Neighborhood Market opened last month at 3355 S. Federal Highway.

The grocery store includes fresh produce, prepared food, a self-service deli, bakery and a pharmacy. The neighborhood markets are about one-fourth the size of typical Walmart supercenters. Walmart says its markets offer affordable, fresh products, including organic items.

Greenlands celebrates grand opening on Federal Highway

Greenlands Variety Store hosted its grand opening celebration in February at 2080 N. Federal Highway in Delray Beach.

The store sells a wide range of items, from vitamins to high-end hair care products to apparel and accessories.

Delray Pineapple

Discover the Better Drug Testing Company!

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Best Brunch 2012

Best Wine List 2012
Wine Spectator Award
Winning Wine List 2003-2013

Hours of Operation
Breakfast Monday – Thursday 7:00 am – 11:30
Lunch Monday – Thursday 11:30 – 3:15
Brunch Fri, Sat, Sunday 7:00 am – 3:15
Dinner 7 days 4:30 – close

Online Take Out Available
Order online at:
www.CaffeLunaRosa.com
see website for hours and availability

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caffelunarosa | facebook.com/caffelunarosa
SHOP. EXPERIENCE. SAVE.
OVER 50 SHOPS IN ONE LOCATION!
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COME VISIT THE NEW SHOPPING DESTINATION IN DELRAY BEACH
ONE BLOCK WEST OF MILITARY TRAIL | FORMER LOCATION OF CARNIVAL FLEA MARKET | TUESDAY–SATURDAY 10AM-5:30PM | SUNDAY 11AM–5PM

The Big Apple Shopping Bazaar

DOWNTOWN DELRAY BEACH
Election will be held on Tuesday, March 11, 2014, to fill two (2) seats of the five-member City Commission. City residents will vote for a Second Non-Partisan Candidate to join the current two-term incumbent City Commission. City residents will vote for a Second Non-Partisan Candidate to join the current two-term incumbent City Commission.

The official candidate qualification period, which begins at noon on Tuesday, January 28, 2014, closes at noon, Tuesday, February 11, 2014. Any person seeking to qualify as a candidate must have been a resident of the City of Delray Beach, Florida, who became an elector of the City on or before September 1, 2013.

Voter Registration:
The Palm Beach County Supervisor of Elections will close the voter registration books on February 10, 2014 at 5:00 pm for the March 11, 2014 Election. To register, obtain a voter registration application in person or by telephone from the Supervisor of Elections main office, 240 South Military Trail, West Palm Beach, (561) 656-6200. Applications are also available at the Delray Beach City Clerk’s Office, 100 NW 1st Avenue, and online at www.pbcelections.org.

Voter Identification:
The Clerk or Inspector shall require each elector, upon entering the polling place, to present one of the following current and valid picture identifications:
- Florida Driver’s License
- Florida Identification Card issued by the Department of Highway Safety and Motor Vehicles
- United States Passport
- Debt or Credit Cards
- Military Identification
- Student Identification
- Retirement Center Identification
- Neighborhood Association Identification
- Public Assistance Identification

If the picture identification does not contain the signature of the voter, an additional identification providing the voter’s signature shall be required.

Absentee Ballot:
To obtain an absentee ballot or to request the date when your absentee ballot will be available, contact the Palm Beach County Supervisor of Elections by calling (561) 276-1226 (Delray Beach) or (561) 656-6200 (West Palm Beach).

Polling Locations:
Polling locations in the City of Delray Beach will be open from 7:00 am to 7:00 pm on Election Day (Tuesday, March 11, 2014). Where you vote depends on your Precinct Number, which is located on your Voter Identification Card. If you are unable to locate your Precinct Number, it is available on the Supervisor of Elections website at www.pbcelections.org or by calling their office at (561) 656-6200.

Savor the Avenue - continued from page 1

About the City of Delray Beach Municipal Election
All residents of the City of Delray Beach will hold its First Non-Partisan Municipal Election on Tuesday, March 11, 2014, to fill two (2) seats of the five-member City Commission. City residents will vote for a Second Non-Partisan Candidate to join the current two-term incumbent City Commission. City residents will vote for a Second Non-Partisan Candidate to join the current two-term incumbent City Commission.

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Savor the Avenue - continued from page 1

This year’s event and raffleed off to benefit the Beach Beautification Project. In addition, a commemorative poster created for the event has been made this year and will be on sale at the event, also benefiting the Beach Project.

“I feel fortunate to be able to work in Delray Beach! This place has the heart of a small town and the amenities of a big city. A prime example is Savor The Avenue. Last year, prior to the event, I walked around, admiring the beautiful decorations, sketching the walkers and shoppers, and the people milling around. Once our table filled, I also took some photographs. The idea for my painting shared with the office. It was such a fun evening for me. I feel I captured the essence of the feast on the canvas. Where else can you dine with such sophistication, in a picturesque outdoor setting and meet about two hundred of your closest friends just walking down the street? It’s magical,” expresses Patricia Maguire, Chair of the Special Election (Referendum) Task Force.

The DIDA is also proud to announce that a portion of the proceeds from Savor the Avenue are dedicated to the Beach Beautification project. The project is underway with the construction of the new Beach Pavilion. But there is still more to complete: “This project began almost six years ago as a joint effort with the City of Delray Beach and the Community to encourage people to enhance the beauty of our award winning stretch of coast,” says Marjorie Ferrer. “We are proud that the Avenue’s history and restaurants are able to support a portion of this amazing project.

This year’s participating restaurants are: 32 East, 50 Ocean, Cabana del Rey, Caffe Luna Rosa, City Oyster & Surf Bar, Cut 432, Lemongrass, Prime: Rack Fish House & Oyster Bar, Salt 7, Sibita Delray, Soho House, Tastoria Opa, The Office, Tryc, and Ve’s Angelo’s. Each dinner is paired with select wines that are donated by local beverage distributors to each restaurant. The menu can be viewed at bocamag.com/savor and www.downtowndelraybeach.com/savor-and-tastemakers reservations are made with the restaurant directly.

The biggest benefit for us as being able to offer our guests a unique and fun experience, be a part of a very cool event, give back to the city and have a profitable night for our restaurant as well,” shares Bonnie Best, managing partner of Caffe Luna Rosa.

woman of the year nominee nancy stewart franczak raises money and awareness for the leukemia & lymphoma society

Every 4 minutes a life is changed forever with the diagnosis of leukemia, lymphoma or myeloma. The Leukemia & Lymphoma Society (LLS) is proud to announce the 2014 Man & Woman of the Year South Palm Beach campaign. This annual competition is a fundraiser that solicits the community and raises funds to vie for the title of Man or Woman of the Year. Candidates compete in support of the Boy & Girl of the Year, who are local young blood cancer survivors and sources of inspiration.

By accepting the nomination, candidates have 10 weeks, beginning the day of kickoff, to accumulate the most votes. Every dollar raised counts as one vote. The male and female candidates who raise the most votes during the campaign are named the South Palm Beach Man & Woman of the Year at the Grand Finale. Local activist, Nancy Stewart Franczak, of Festival Management Group, Inc., is nominated for Woman of the Year.

Franczak is running in honor of a local blood cancer survivor, Sophia Suarez, a 15-year-old who was diagnosed with leukemia two years ago. In 2011, shortly after her 13th birthday, Sophia experienced severe pain in her tailbone for which she had many doctor visits over the next few months. The pain continued until an MRI blood test showed her diagnosis of acute myeloid leukemia (AML).

Sophia has been an inspiration to many during her treatments. Despite the illness she never let her illness hold her back and never uses it as an excuse not to do the things she loves. After four months of aggressive chemotherapy, which had only a 40% survival rate, Sophia is now a blood cancer survivor.

The Leukemia and Lymphoma Society gives 78% of its funding back to the organization for research and patient services. Even though they focus in treating cancers, the good doesn’t stop there. Many drugs developed by LLS for patients with a blood cancer disease can help other patients, including those with other cancers, solid tumors, and serious non-malignant diseases. The work that LLS does is so important because blood cancer research can be the gateway to curing other cancers.

Nancy Stewart Franczak
Franczak’s goal is to raise $10,000 for this wonderful cause by May 2nd. If you are interested in making a donation, large or small, you can donate online at http://www.mwoy.org/pages/phil44/f-tranczak. You can also mail your donation to LLS Palm Beach Area, 3230 Commerce Place, Suite B, West Palm Beach, FL 33407. And make sure you put Nancy Stewart Franczak’s name on the reference line provided on your check. Make checks payable to the Leukemia & Lymphoma Society or LLS. All donations are tax deductible.

To learn more about the South Palm Beach Man & Woman of the Year campaign please visit www.mwoy.org. The campaign is led by TRICOM, Marketing Specialist, at 561.616.9062, trina.holmsted@lls.org or visit www.lls.org/phb.
March at Church of the Palms

March 10th – Dr. Michael Lennons
 will be our guest speaker for 9:25 a.m. services. He will also be our guest speaker for 9:25 and 11 a.m. services.

March 17th – Temple Adath Or (TAO) – Together As One, is the largest Jewish renewal community in the Southeast. It has been called the “singing and dancing shul.” Each siffer is filled with soulful music, dancing and meditation.

March 23rd – Thursday Night Services


April 13th – Shavuot service

April 20th – “The Healing Power of Dreams” workshop at 9:30 a.m.


May 4th – “The Healing Power of Dreams” workshop at 9:30 a.m.

May 11th – Shavuot service

May 18th – “Happy Healing” workshop at 9:30 a.m.

May 25th – Poetry Night with Michael, for which he filmed 65 episodes beginning in January 2003. Since then he has also been featured on numerous network and cable television venues as well as on the radio talking about the power of dreams.

For more information call the church office Mon. thru Thurs., 10 a.m. to 4 p.m., at 561-276-5796. Unity of Delray Beach is located on the northwest corner of 101 NW 22nd Street at Swinton Avenue.

TAO – The South Florida Center for Jewish Renewal celebrates Purim in Delray Beach

Temple Adath Or (TAO) – The South Florida Center for Jewish Renewal, will be coming back to Delray Beach for a Purim and Havdallah service on Saturday, March 15th at the Duncan Center, 15N20 South Military Trail, Delray Beach, FL 33484.

March 2014 • 11
“HUMILITY”

The Milagro Center STARS recently explored the meaning of “HUMILITY”. In their own words, they shared what they felt about the meaning of “HUMILITY”:

- Humility is to do something that you don’t want to do. - Loven, 1st grade
- Humility means to do something you would normally not do. - Samontza, 2nd grade
- I think humility means being kind. - Robehmis, 2nd grade
- I think humility means to save someone’s life. - Ralph, 2nd grade
- Humility is how you help people all the times. - Troy, 4th grade

The Delray Beach Public Library was grateful to once again, receive a gift of $500 check from the Delray Beach Lions Club. Twice each year Mr. John S. Padre, Treasurer, and a member of the Delray Beach Lions Club since 1970, presents a $500 check to Library Director Alan Kornblau. “The Library is so very grateful to the Delray Beach Lions Club for their ongoing support and generosity to help the visually impaired in our community,” said Kornblau.

The Delray Beach Lions Club has supported the Library since 1939. It has been giving a gift of $500 to the Delray Beach Public Library twice each year since 1984 for a total of $12,000. The Lions Club requests that this money be used to purchase materials for the visually impaired, such as large print books and books-on-tape.

The Library’s collection of such materials is quite extensive and extremely popular thanks to the continued support of the Lions Club. The Library was also award a Certificate of Appreciation from the Lions Club for collecting and maintaining many large print books and recordings for use by their Library patrons with eyesight difficulty living in Delray Beach and surrounding communities.

Free FCAT tutoring at the Library

For the fourth year, the Teen Advisory Board (TABS@DBFL) at the Delray Beach Public Library is offering FREE FCAT TUTORING through March 2014 for all children in Grades 3, 4 & 5. The schedule is as follows:

March 2014

PCBS Spring Break—March 17-24, 2014 We will have FCAT Tutoring during Spring Break.

Monday, March 3, 10, 17 – FCAT Tutoring – 4:00-6:00pm – 1st Floor Small Auditorium

Wednesday, March 5, 12, 19 – FCAT Tutoring – 4:00-6:00pm – 1st Floor Small Auditorium

Saturday, March 1, 8, 15, 22 – FCAT Tutoring – 1:00-4:00pm – 1st Floor Small Auditorium

Monday, March 24 – Got Gaming? – FCAT Gaming Tournament – 5:15-7:30 pm – 1st Floor Small Auditorium

Space will be limited to the first 18 students to sign in per day.

For further information on the TAB@DBFL and the many Young Adult programs at the Delray Beach Public Library, please visit www.delraylibrary.org or call Reference, Young Adult Librarian & TAB Advisor Luonis Menendez-Cuetsa @ 561-583-4299 or e-mail her at bannis.menendez@ delraylibrary.org for more details.

Celebrate Poetry Month This March and April at the Library

April is National poetry month and the Delray Beach Public Library’s Lifelong Learning Community Institute, located at 100 West Atlantic Avenue is celebrating with a course entitled “The Work of Emerson, Whitman & Whitman: Look at a Transcendental Poet.” The course meets on Tuesdays, March 25, April 1 & 2 from 2:00 p.m. – 3:30 p.m. with course instructor Dr. Jeffrey Morgan, of Lynn University and the Director of Community Relations at 561-266-9490 and register today!

Sunday Musical Matinee Series

- Musical Program #4 – Sunday, April 6 @ 2:00 p.m. – Back by popular demand, Wayne Hosford, critically acclaimed entertainer, singer, musician and composer performs a vast repertoire of Broadway and American popular music from the 1960s to today.

Lions Club continues to help the visually impaired at the Library

In the Crest Theatre, guests were entertained by the Dreyfoos Communications, Art, Music, Theatre and Dance Departments. Bidding on the live auction for a seven-night stay in Nuevo Vallarta, Mexico valued at $13,000. To complete the evening, decadent desserts were served while guests enjoyed performances from the Dreyfoos Music Department.

The Pineapple Newspaper

Dr. Jeffrey Morgan

Valerie Food School of the Arts, pictured: Jenny Gifford, Hans Evers and Lisa Marie Browne

Dreyfoos School of the Arts goes “Old School” with art, music, theatre and dance

Dreyfoos School of the Arts, pictured: Jenny Gifford, Hans Evers and Lisa Marie Browne

Schools

Pine Grove Elementary students seek donations for 2014 Washington D.C. Safety Patrol trip

It’s been five years since Pine Grove Elementary School students traveled to Washington D.C. for the Safety Patrol Trip and Principal Joe Peccia is determined not to let another year go by. His goal is to raise $20,000 to send 31 safety patrol fifth graders to the nation’s capital in May, and the community is being asked to donate to this worthy cause.

“The school’s safety patrol program consists of students who volunteer to provide a safe environment for their fellow students,” states Principal Peccia. “They consistently display respect and responsibility in their duties to ensure the well-being of others. This trip is a great way to recognize these students for their hard work and dedication.

Students have been working diligently to pay for the trip through various fundraising activities that include asking for donations to provide travel, food and lodging for all fifth graders in the safety patrol program.

“The majority of our students come from low income families who struggle just to maintain household bills, let alone pay for their child to take a trip,” adds Principal Peccia. “Your donation will give these children an opportunity to travel and experience the history of D.C. and its national monuments, something they will remember for years to come.”

School staff and supporters have set up an online donation campaign in an effort to raise funds for the Safety Patrol Trip. To donate, visit: http://www.indiegogo.com/projects/washington-d-c-safety-trip-help-these-underprivileged-kids-go-to-dc.

For more information, call the school’s main office at (561) 286-1100.

Lions Club continues to help the visually impaired at the Library

For further information on the many programs at the Delray Beach Public Library please visit www.delraylibrary.org or call 561-266-9490. Please “like” the library on Facebook www.facebook.com/DelrayBeachPublicLibrary.
Another Step Closer: The 14th Annual Pap Corps Walkathon

The Pap Corps is on the move! The Champions of Cancer Research are gearing up for their 14th Annual Walkathon taking place at FAU’s Boca Raton campus on Saturday, March 15th at 8:30 am. Another Step Closer is this year’s theme, as the Corps celebrates the incredible strides that have been made in cancer research. The entire community is invited to this all-volunteer organization’s biggest yearly fundraiser. Tickets are $20 and include bagels, coffee, t-shirt, live entertainment and the opportunity to confer with leading cancer doctors. Visit www.papcorps.org to register online.

Each and every year, The Pap Corps donates millions of dollars to the Sylvester Comprehensive Cancer Center, University of Miami Miller School of Medicine. At past walkathons there have been innumerable inspiring stories shared by cancer survivors who are living and thriving thanks to the incredible doctors and cutting-edge treatments available at South Florida’s only teaching hospital. This walkathon will once again feature a special “Ask the Doctor” section so guests can confer with leading specialists.

“This is our biggest fundraiser of the year,” said JoAnne Goldberg, Pap Corps president. “We encourage the entire community, to help us move closer to our goal of creating a world free of cancer. This event is open to everyone, not just Pap Corps members, so it is a wonderful opportunity to gather your friends, have a fun and inspiring morning, and learn more about the work we do raising research funds for ALL types of cancers.”

Belly dancing to fight cancer

The Anti-Cancer Belly Dancers are hosting “Shimmy for a Cause,” a Middle Eastern and fusion bellydance styles. Several of the performers are cancer survivors themselves. All have been touched by the disease in some way and want to support the cause through their art. The theme of Shimmy for Life is “Celebrate, Remember, Fight Back” and many of the performers will be doing dances selected especially for the theme.

Tickets are $25. A portion of the proceeds goes to the American Cancer Society (www.cancer.org). For more info on the show and the Anti-Cancer Belly Dancers, go to www.beledy.net/acbd. This event will be held at Puppetry Arts Center theater, 94 NE 2nd Ave. in Delray Beach on March 2. Doors open 3:30 pm; show starts 4:00 pm. For more information contact Sherry Beardon at 561-499-3352 or email acbd@beledy.net.

The Anti-Cancer Belly Dancers are a group created to raise money in Delray Beach. The Anti-Cancer Belly Dancers are performing a variety of Middle Eastern and fusion bellydance styles. Several of the performers are cancer survivors themselves. All have been touched by the disease in some way and want to support the cause through their art. The theme of Shimmy for Life is “Celebrate, Remember, Fight Back” and many of the performers will be doing dances selected especially for the theme.

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ARTISTS ALLEY
OPEN STUDIOS & GALLERIES
THURSDAY, MARCH 20 • 6-9PM
All artists will be available to discuss their works.
Printing, Pottery, Sculpture... Works of Art
ARTISTS ALLEY - north and south between NE 3rd and 4th Streets, east of 3rd Avenue and west of the RR tracks in the Pineapple Grove Arts District in downtown Delray Beach
FOR MORE INFO - Call Vincent Careca 561-277-1767 or 561-225-5300

THURSDAY • MARCH 13
Delray Beach Home Tour - 10am – 4pm. Tour distinctive residences, see history, featuring pieces by artist Lee Hutton, 11:30 a.m. to 9:30 p.m. - The month's highlight is the ART/gallery GALLERY TOUR 10 am – 4pm - behind the scenes tour of 35 Delray gallery's and artists' studios. wwwVisitorDelray.com or 561-279-6540.
SATURDAY • MARCH 22
Robert D. Chapin Lecture Series presents Tony Hendrix – 2pm Delray Beach Center for the Arts / Crest Theatre. Former CIA agent will share the history of the agency, including his own experiences. $25/55 in advance. 561-450-6357 artsgarage.org

THURSDAY • MARCH 27
Bill Muter & the Sharp Shooters | Fusion – 8pm. Arts Garage. Elements of fusion, R&B, neo soul mixed with a tuba. $25/35 in advance. 561-450-6357 artsgarage.org

FRIDAY • MARCH 28
Bill Muter & the Sharp Shooters | Fusion – 7:30pm. Arts Garage. Acclaimed songstress known for rich melodies and captivating soulful vocals. $25-$35 in advance. 561-450-6357 artsgarage.org

SUNDAY • MARCH 30
Koeret Österreichisches Ensemble – 7:30pm. Delray Beach Center for the Arts / Crest Theatre. 25 masters of acrobatics, dance, aerial stunts, contortion. $25-$45. 561-243-7922, DelrayCenterForTheArts.org

SUNDAY • APRIL 4
Mike, Middles and Fuji – 6:00-8:00PM at The Wine Caller of Boynton Beach. 1500 E Gewirtz Blvd, #149, Boynton Beach, FL 33436. Meet Wine & Food. Free admission. Reservations required. 561-278-7877 bocaguild.com

SUNDAY • MARCH 23
Be-inspired. Get Connected. WALL. 7:30 registration, 9:00 start. WALL: National Multiple Sclerosis Society, South Florida Chapter. WALL: Join more than 600 participants for the 2014 WALL Boca Raton Walk. WALL is presented by Geovaxx, WALL is an annual event, is an opportunity for the community to help raise awareness and vital funds. The dollars raised support: critical programs and cutting-edge research for more than 500 South Florida residents living with MS. WALL: Boca Corporate Center & Campus, 5000 North Avenue, Boca Raton, FL 33431. COST: $50 required fundraising goal for adults and $25 for students ages 13-17. Participants who raise more than $100 or more will receive a commemorative Walk MS t-shirt. For more information about Walk MS please contact 954.731.4224. 561-266-0196 FREE COMPUTER WORKSHOPS

TUESDAY • MARCH 25
Lifelong Learning Community Institute – 2pm “The Greatest Stories Ever Told” delraylibrary.org

WEDNESDAY • MARCH 26
Rhythm – 6-10pm. Delray Blvd. Benefit for Rohn Glinkey with free hors d'oeuvres, fun food and more! 561-376-0242 $5 per person. Lifelong Learning Community Institute – 2pm “The Work of Bryant, Emerson & Whitman: A Look at Transcendental Poetry” delraylibrary.org

EXHIBITS
Through March 2 – Art Exhibit “Journey” featuring the paintings of artist, Vika Gopil, at the Western Delray Community Center, through March 2. 10am–5pm. Artist reception and book artist talk, Sunday Feb. 14th–2pm. The Center is located at 7091 W Atlantic Avenue in Delray Beach. Monday – Thurs. Noon-9pm, Friday 8am–10pm. Free and open to the public. Call 561-585-1100.

Saturday, March 1, 8, 15, 22 & 29 @ 10:00 a.m. – The Writer’s Studio weekly Saturday morning program Contact Howard Glonman 561-639-7751

Tuesday, March 11 @ 4:00 p.m. – Evening Book Group – In the Time of Butterflies, by Julia Alvarez presented by networking book group leaders

Wednesday, March 12 @ 5:30 – 7:00 p.m. Unity Art Salon

Thursday, March 13, 19 & 26 @ 6:00 p.m. – Lifelong Learning Community Institute Course – “The Tudors: The True History of England’s Most Famous Dynasty” – see brochure for course listings and fees

Thursday, March 13 & 27 @ 10:00 a.m. Great Storytime Discussion Group presented by Gail Weinstein

Saturday, March 15 @ 2:00 p.m. – Author’s Series – “How to Write and Sell Online Digital Profile” presented by Dr. Dot Koppal

Saturday, March 22 @ 12:00 noon – “The Greatest Stories Ever Told” delraylibrary.org

ART EXHIBITS
February 9 – April 10 – “Old Paintings” by Coast Lloyd

FREE COMPUTER WORKSHOPS
Programs Required – all ages 18+ 561-376-0194

March 1/4/7/10/13/17/20/23/26/29 @ 10:00 a.m. – Computer Basics for Beginners – Introduction to computers: basic operations and technology.

March 1/4/7/10/13/17/20/23/26/29 @ 12:00 noon – Computer Basics for Beginners – Introduction to computers: basic operations and technology.

March 1/4/7/10/13/17/20/23/26/29 @ 2:00 p.m. – Advanced Computer Basics for Beginners – Introduction to computers: advanced operations and technology.

Sign up @ Reference Desk

Cobbs meet in 2nd Floor Technology Center

EXHIBITS

Dine in Downtown Delray Beach where you will find a wide selection of homespun cafés among elegant restaurants featuring a huge variety of cuisine. With over 120 restaurants throughout the Downtown, you are sure to find that perfect place to dine both Night and Day!

This month we celebrate our restaurants by hosting the premier and unique culinary experience - Savor the Avenue. This sold out dining soiree is one of the many ways Downtown Delray shares its collection of fine dining options with the community. For details or more information visit our website.

DowntownDelrayBeach.com • 561.243.1077
Presented by the Delray Beach Downtown Development Authority
LOCAL FIT FOOD EXPRESS INTRODUCES ORGANIC ‘PUREENERGY’ JUICE BAR
Delray Beach Food & juice provides quick, gourmet, and healthy options

DELRAY BEACH, FL – Two and a half years after the Delray Beach healthy and gourmet takeout and delivery location first opened, Fit Food Express has ups its game once more – adding an Organic PurEnergy Juice Bar to the location. The takeout store and juice bar is located at 302 NE 4th Street (four blocks north of Atlantic Avenue and one street west of Federal Highway) and features its own gourmet kitchen where all meals are prepared for pick-up and delivery customers as well as stops-ins.

The juice bar features more than ten smoothie options, ten green and fruit juices, and five cold-pressed juices – 97% of which are organic, and all of which are locally sourced from Woolbright Farmers Market in Boynton Beach. (Non-organic juice bar items are bananas, jalapenos and lemons.)

According to Fit Food Express owner Dean Pagni, the addition of the PurEnergy Juice Bar was a natural progression for the gourmet, health food shop. “Our customers have relied on Fit Food Express for delicious, healthy and convenient meals for years,” Pagni said. “We decided that adding a juice bar was a critical component in being their total solution for nutritional eating (and drinking) for every meal of the day.”

Signature smoothie options include: Berry Kick, Blueberry Banana Recovery, Cacao Mint, Flex on the Beach, Pineapple Grove, Sweet Monkey, and more. Juices include: The Harmonizer, Big Red, Sweet Greens and The Green Monster. Wheatgrass shots are also available.

Fit Food Express’ meal menu can be found online and customers are welcome to tailor the meals to their personal needs and/or pick up a pre-packaged dish from the store’s large refrigerator display. According to Pagni, 95% of the meals in the Glen-R-Free, the meals are low in saturated fats and sodium; there are no refined sugars and no wheat.

Meals are portion controlled and affordable. Vegetarian options are also available. Fit Food Express uses the highest quality ingredients to prepare meals, all of which are made from scratch daily and packaged in plastic microwave-safe, BPA-approved and recyclable containers. Pagni notes that what differentiates his shop from other meal delivery options is that customers can personalize their meals and order...

DOWNTOWN SHAPES UP FOR MARCH FESTIVALS

Excitement builds for the weekend of WellFest Delray, March 8-9

Over 150 Sponsors, Exhibitors, Speakers and Food Vendors will Educate, Entertain and Inspire!

Some are calling it the best value in South Florida. For $15 day ($20 for both days and kids under 12 free) you can attend WellFest™ Delray 2014. You can even buy your tickets online at www.WellFestUSA.com and avoid the long lines. Either way, this trademarked event which will take place in downtown Delray Beach at Delray Center for the Arts and Hyatt Place Delray on Saturday and Sunday, March 8-9, from 11AM – 5PM will educate, entertain and inspire you to connect with the WellFest™ lifestyle.

Attendees will receive a range of high-value savings at many Wellness-related businesses, an Expert Speaker Series at Hyatt Place over with two-dozen Speakers and topics, food samples from some of Delray’s top restaurants, a range of product samples, great entertainment and fitness demonstrations, consultation with a range of Wellness experts, and even free massage stations throughout the event.

WellFest Delray 2014

Barre Workouts Top the Fitness Hot List

PALM BEACH, FL – Kelly Ripa, Natalie Fortman, and Drew Barrymore all swear by ballet-inspired exercise methods that promise longer, leaner muscles and a tighter derriere in weeks. But how do these low-impact dance moves build muscle and burn calories when there’s not hard-core cardio or heavy weights involved?

Cindy Sites, founder of The Figure Method, a ballet focused exercise technique, explains that the approach is incredibly effective in toning, strengthening and conditioning the entire body. She says, “Muscle groups are strengthened through slow, sustained, precise movements followed by intense stretching to avoid building bulk. The method is particularly effective because almost all of the exercises require balance – which means your core will always be working to support your body and protect your back during each exercise. Additionally, the majority of the exercises require holding a pose for an extended period of time to the point of exhaustion. This enables the muscles to elongate through full extension while also improving endurance.”

The concept of ballet-inspired exercise was originated by Lotte Berk, a former dancer who based her exercise technique on the core strength and flexibility moves that are essential to dancer’s little frames. The method gained popularity with dancers in the UK, including Sites, who began practicing and teaching the method before developing her own style. Sites branded approach, The Figure...

Weekend of March 8-9, 2014
from 11AM - 5PM
at Delray Center for the Arts, Speakers at Hyatt Place.

For info and advanced ticket sales: www.WellFestUSA.com
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WHERE A “DOCTOR’S APPOINTMENT” STILL MEANS YOUR TIME IS SPENT EXCLUSIVELY WITH THE DOCTOR.

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Delray Beach, FL 33445
Phone: (561) 272-6000

WWW.SOUTHLDERM.COM

BOARD CERTIFIED INTERNAL MEDICINE-ABIM | BOARD CERTIFIED DERMATOLOGY-ABPS

Most Insurances Accepted | Welcoming All Patients Into Private Practice
Ground Zero Fitness of Delray offers “In the Biz” membership

DELRAY BEACH, FL — Ground Zero Fitness, has launched a new “In the Biz” Fitness Program to all small business owners, managers, and employees in Delray Beach. Ground Zero Fitness hopes to get more local businesses involved in health and fitness, while making connections with other small business owners in the friendly town of Delray Beach. The elite outdoor fitness facility is just 2 miles north of Atlantic Avenue, located at 2505 S congress Blvd in East Delray.

The “In the Biz” Membership is $65 a month for Unlimited Classes at Ground Zero Fitness (which is a 20% discount!!). They have a versatile schedule and come with 40+ classes to choose from each week! GZF always offers a Free Trial class to all.

To see if your business qualifies for the “In the Biz” Membership, please contact Ground Zero Fitness at 561-886-6124 or info@GZFbootcamp.com. Complete class schedule and other info is found at www.GZFbootcamp.com.

SAME WORKOUTS - continued from page 17

Method, refined the barre method to include safer orthopedic-based exercises and form modifications to protect joints and produce dramatically effective results.

“My clients tell me that after taking our classes, they feel more energetic, stronger, their clothes fit better, and, when they leave our studio, they literally feel inches taller. That’s the benefit of The Figure Method,” Sites explains.

While ballet-inspired exercise methods are effective on their own, many athletes are using barre-based exercise to complement their rigorous workouts. Marathoners, tri-athletes, and spinning aficionados are benefiting from The Figure Method. While ballet-inspired exercise methods may be exclusive to a boutique environment that includes hands-on guidance from each instructor during small, group classes. “Our instructors undergo the most extensive certification and ongoing training of any barre method. Each instructor is carefully selected and each one brings a personal style that makes every class unique,” says Sites.

Page Knox, a devotee of Sites’ Figure Method, says, “I can’t live without my barre classes. Three classes a week give me the strength to pursue my passions for skiing and tennis and the peace of mind to handle my crazy schedule.”

Go Figure studios can be found in Palm Beach, Florida, as well as Connecticut, Massachusetts, New York, Arizona and Maryland.

For more information, visit the website at: www.gogofiguristudio.com

Cindy Sites has been a fitness professional for more than twenty years and has taught The Figure Method to thousands of students and instructors. For over twenty years she served as treasurer at American Ballet Theatre; was on the Board of the School of American Ballet and had the honor of being appointed to The President’s Committee of the Arts and Humanities by President George Bush. Developing The Figure Method and overseeing Go Figure Barre Studios has been one of the most positive, and rewarding experiences of her life.

The Holistic Chamber of Commerce

Introducing the Greater Palm Beach Holistic Chamber of Commerce

The Greater Palm Beach Holistic Chamber of Commerce is a local chapter of an international organization representing and supporting holistic, wellness driven and eco-friendly professionals and entrepreneurs.

“We are building a resourceful curriculum of training and networking activities that will address the operational, marketing and businesses strategy needs of holistic practitioners, providing for our leaders a platforms for growth, business skill advisory and a successful referral foundation,” explains Maria Race, President.

Join Palm Beach’s first Meet & Greet event, being held at CRS82 & Sun Sentinel’s Health and Wellness Experience, March 1st at Mizner Park Amphitheatre from 10:00am to 5:00pm. The first social open house will provide local holistic businesses and professionals the opportunity to learn more about the chamber and membership benefits, guest will participate in a raffle and receive a free information kit and resource guide.

Greater Palm Beach Holistic Chamber focuses exclusively on the Palm Beach County territory. Pre-launch discounted membership is available now until April 7th, 2014.

The official launch event is scheduled for April 4th, 2014; for membership information and a complete calendar of events please visit www.HolisticSouthFlorida.com or contact info@holisticsouthflorida.com.

Do You Suffer From Heart Rhythm Abnormalities?

You May Be A Candidate For S-ICD.

Delray Medical Center is the first hospital in South Florida to offer a new option to patients with heart rhythm abnormalities. The revolutionary subcutaneous ICD, recently approved by the FDA, is the first ICD that can defibrillate the heart without using leads threaded to the heart through blood vessels. This procedure provides a lower chance of complications and it may help you resume a active lifestyle.

To learn more about Delray Medical Center’s Heart Rhythm Device Management Program, call 866.432.7894 or visit DelrayMedicalHeart.com.

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These words describe people with hearing loss. Because when you recognize, acknowledge, and address hearing loss, it doesn’t have to get in your way. For the vast majority of people with hearing loss—young and old—there are solutions that help. Technology is moving fast. Many of today’s hearing devices allow users to hear from all directions, in all sorts of sound environments, and even underwater. They are digital, wireless, and virtually invisible. What’s more, medical treatments have moved forward. Research is ongoing. Help is available for children and adults to build effective listening and communications skills—despite their reduced hearing.

Better Hearing is easier than ever! This month experience the new technology while participating in social events, St. Patrick Day parties and March Madness Basketball. Watch the TV without raising the volume.

Learn more at www.myhearingpartners.com
Local cardiologist and marathon runner shares his formula for avoiding heart damage

By David DiPino
The Pineapple Contributing Writer

Participating in a marathon may seem like the perfect fitness goal, but the danger of overworking the heart, especially while training long distances, is very real. While people in South Florida stay committed to their New Year’s resolutions of starting running regimens or training for 5K’s, half or full marathons, Delray Beach based cardiologist Dr. Stuart A. Baine is eager to share his formula for preventing heart damage.

Dr. Baine suggests never exceeding the individual heart rate formula of 85% of 220, minus your age. So for example, if you are 36 years old, the formula would be .85 multiplied by 220 and divided by 36, which equals 151, your maximum training rate.

“There’s no question about it that marathon running can overwork your heart. There is a downside to marathon running. If you exceed your maximum heart rate for a significant period of time, you can cause damage to the heart muscle and even heart muscle loss,” says Dr. Baine.

He also warns that keeping well hydrated and maintaining your level of electrolytes, is important. “The cause of most marathon deaths is from hyponatremia (low sodium). If you’re only drinking water during the marathon race the body is losing tremendous amounts of sodium by sweating. If you’re only replacing water not sodium, the sodium levels in your blood can drop to the point where fatal heart rhythm disorders occur,” says Dr. Baine.

Dr. Baine began running marathons at age 52. “I ran the Palm Beach Marathon in West Palm Beach on December 8, 2013. I try to run in that one every year.”

Next up for the doctor was the Publix A1A Fort Lauderdale Marathon on February 16. He trained three-times a week for the race by running on the treadmill (less impact on the legs makes this his favorite), cross-training with cycling and an elliptical trainer, circuit weights and by running one-lap around the perimeter of his community, which is over 6 miles.

“If you’re just doing casual running and keeping the heart rate in that training range you’re conditioning the heart and heart circulation to become more efficient. With the heart more efficient, over time the resting heart rate goes down, resting blood pressure goes down, your heart rate doesn’t accelerate to a faster degree, and blood pressure doesn’t increase to a greater degree. That’s all part of conditioning training and that’s all beneficial,” he says.

Dr. Baine tells his new patients to start by walking 30-minutes, five days a week. Next, after a five-minute warm-up try to pick up your pace to the point where you are breathing heavier but still able to speak.

“If you can do that then it’s a great rule of thumbs and it means that you have your heart rate into the training range, the range where you are truly conditioning your heart and circulation to be more efficient and you’re conditioning the heart to develop new collateral arteries. Each major coronary artery is interconnected and the more you train the heart the better these connections are,” says Dr. Baine.

Dr. Baine is board-certified in both cardiovascular disease, and internal medicine, and has been in practice for 29 years. His office is located on the campus of Delray Medical Center, where he is also on-staff. Dr. Baine specializes in preventative cardiology, fitness, weight loss, nuclear cardiology, echocardiography, and vascular medicine.

Laura Norman
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- Hilary Swank, Academy Award-winning star of Million Dollar Baby

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- Dr. Mehmel Oz, Cardio Surgeon, author, TV Host

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How Arnold Schwarzenegger changed my life one Tuesday morning

It was a Tuesday morning in January of this year. No different than any other Tuesday mornings of the past. New Year’s had come and gone, my NY Giants were all but out of the playoff, work was going steady, the Yoga classes I teach were starting to fill up, and, as content as I was with my life, I felt as if something was missing. At the time, I couldn’t pinpoint what it was I was seeking, I seemed like many other people, just going about their business on a Tuesday morning in January. That was until I opened a link to a speech that Arnold Schwarzenegger gave to the graduating class of 2009 at USC.

The message he spoke was so powerful. Combining the voice of the Terminator, the passion of a man that held the position of California Governor, who won Mr. Olympia competitions, and revolutionized action movies, I felt he validated himself to give a speech on the “5 rules of success”.

What I write below is taken almost verbatim from the man himself, I can not take credit for the insight. However, I can say with confidence I agree with every one of these rules, and felt compelled to share:

Rule 1 - Trust Yourself

“People are always getting advice from everyone else, but you have to dig down, dig deep down, and ask yourselves who do YOU want to be? Not what but WHO Figure out what makes you happy, no matter how crazy it may sound.

Rule 2 - Break the Rules

Not the law, the rules. We have so many rules, it’s impossible to be a maverick or a true original if you are always abiding by the rules. Combining the voice of the Terminator, the passion of a man that held the position of California Governor, who won Mr. Olympia competitions, and revolutionized action movies, I felt he validated himself to give a speech on the “5 rules of success”.

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Companionship

It isn’t much good having anything exciting, if you can’t share it with somebody. It’s so much more friendly with two.

-Winnie the Pooh

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Because criteriums are run on short tracks through urban areas, they offer spectators the opportunity to get up close and personal with some of the top cyclists from around the globe.

In its third year, The Delray Beach Twilight hopes to provide the Delray Beach community with an enjoyable, family-oriented event and drive business to the downtown merchants and restaurants. Bring the family and come cheer on some of the top local and national athletes as they push themselves to the limit.

**History of the Twilight**

The Twilight concept was founded in Athens, Georgia in 1980 by Gene Dixon and was the first nighttime race held in the United States in more than 60 years. Many more night time races followed throughout the country with Dixon hand-picking the top 12 races and organizing a nationwide series called the USA Criter. The USA Criter races are unique among other night time races, popular among racers, spectators and some of cycling's hottest international stars.

In 2011, Dixon for the first time in USA Criter history, chose a 1st year event to be on the series...the Delray Beach Twilight. Other races on the series are hosted in Tucson, Arizona; Charlotte, North Carolina; St. Louis, Missouri; New York, New York; Cincinnati, Ohio; West Chester, Pennsylvania; Boise, Idaho and Las Vegas, Nevada.

**How to Watch the Delray Beach Twilight Festival**

If you've never seen a bike race up close, you're missing out on one of the most incredible sports in the world. Put on some comfortable shoes, grab your friends and family, and prepare to watch bikes go as fast as cars!

Race. Be sure to see the racers as they speed through Delray Beach and take the turns at 40+ mph before launching towards the Finish line. Grab a drink at your favorite bar or relax in our beer garden for one of the best seats in the house!

**“What if I have a question?”**

Just look for a Race Marshal – they’re in the gray with the “USA Criter” shirts – they’ll give you the inside scoop. Volunteer & Be a Part of this Year’s Twilight Festival

Get an inside-look at all the racing action, how to watch the races! If you are interested in volunteering, please email Gina Jenkins at gina@delraybeachtwilight.com. Volunteers are needed to be goodwill ambassadors for Delray Beach, Florida by attending to the safety and comfort of the event spectators.

Help with racecourse marshaling, packet pick up, security, traffic control, and event information. As a token of our appreciation, you’ll receive an official Delray Beach Twilight Festival T-shirt, a gift from cycling manufacturer LG and a great view of the races! If you are interested in volunteering, please email Gina Jenkins at gina@delraybeachtwilight.com.

**Granfondo Garneau Florida Ride**

The Granfondo Garneau Florida Ride is the newest road cycling event to hit South Florida. “Granfondo” is Italian for “Big Ride.” Louis Garneau, the Canadian road racing and track Olympic champion and cycle-wear manufacturer, has paired up with the Delray Beach Twilight festival to create an epic cycling experience for the masses! Challenge yourself to ride 100K (62 Miles) along the beautiful and scenic A1A. Register to ride at http://delraybeachtwilight.com/granfondo-ride.php. Participants Receive: Custom LG Garneau Jersey, Bib Timing, Event Medal, Catered Breakfast and Lunch, Fully Stocked Rest stops, SAG Support, Police Escort, Goody Bags with products from sponsors, Raffles/ Prizes, Beer, Wine and Category Winners Jerseys. For more information about the weekend of Twilight Events, please call 561-289-8052 or email Hello@delraybeachtwilight.com.
**Chewing**

I have made it a rule to give every tooth of mine a chance, and when I eat, to chew each bite thirty-two times. To this rule I owe much of mine a chance, and when I eat, to chew every bite.

There are many great reasons to slow down and chew your food.

• Saliva breaks down food into simple sugars, creating a sweet taste. The more we chew, the sweeter our bite.

• Digestion actually begins in the mouth, where contact with our teeth and digestive enzymes in our saliva break down food. But there is still more we can absorb through the whole experience of eating, be it confidence, flavor, and textures. It helps us to give thanks, to show appreciation for the abundance in our lives and to develop patience and self-control.

• The power of chewing is so great that there are stories of concentration camp survivors who, when others could not, made it through because they chewed their food to 300 times per bite of food. For most of us 300 chews is a daunting and unrealistic goal. However, you can experience the benefits of chewing by increasing to 30 chews per bite. Try it and see how you feel.

• For quinoa, and whole grains in general, the majority of digestion occurs in the mouth through chewing and exposure to saliva. For optimal nutrition and assimilation, it is vital to chew your grains well and with awareness. A great meditation is to find a calm place, without distractions, to sit down for your meal. Make it a habit to chew each bite 20 times or more. See how this simple practice can help your digestion and overall focus for the rest of your day.

**Food Focus: Quinoa**

Quinoa (pronounced keen-oah), is a nutritional powerhouse with ancient origins. It was originally cultivated by the Incas more than 5,000 years ago; they referred to it as the “mother of all grains.” It contains all nine essential amino acids, making it a great source of protein for vegetarians. Quinoa is also high in magnesium, fiber, calcium, phosphorus, iron, copper, manganese, riboflavin and zinc.

For best results, rinse quinoa before you cook it or even soak it for a few hours or overnight. When cooked, it has a fluffy, slightly crunchy texture. Try it in soups, salads, or as its own side dish.

**For quinoa, and whole grains in general, the majority of digestion occurs in the mouth through chewing and exposure to saliva. For optimal nutrition and assimilation, it is vital to chew your grains well and with awareness.**

**Ingredients:**

- cup quinoa
- cup water or stock
- 2 1/4 cups water or stock
- 1/2 cup walnut pieces
- cup chopped fresh parsley
- pinch of salt
- cup quinoa
- 1/4 cup chopped fresh parsley

**Directions:**

1. Rinse quinoa in fine mesh strainer until liquid is absorbed.
2. Boil the water and add quinoa and salt, cover and reduce heat.
3. After 15 minutes add cranberries and walnuts to top; do not stir.
4. Cook 5 minutes more, until all the liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork, cover and let sit for 3-5 minutes.

Coach Julia Kadel is a firm believer in the fact that you are what you eat. She is a Board Certified Holistic Health Coach and a loving mother of three active boys. She supports the idea that by integrating food, exercise and lifestyle choices on a personal level, you will obtain a more balanced and happy life. Coach Kadel is a graduate of The Institute of Integrative Nutrition in New York City. She runs workshops on exercise and nutrition, and offers individual and group, health and nutrition coaching. www.CoachKadel.com

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**THE PINEAPPLE Newspaper**

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- PBC Animal Control (561) 276-1344
- Police Department (561) 243-7888
- Fire Department (561) 243-7400

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For quinoa, and whole grains in general, the majority of digestion occurs in the mouth through chewing and exposure to saliva. For optimal nutrition and assimilation, it is vital to chew your grains well and with awareness. A great meditation is to find a calm place, without distractions, to sit down for your meal. Make it a habit to chew each bite 20 times or more. See how this simple practice can help your digestion and overall focus for the rest of your day.
Good, Good, Good...Good Vibrations

By Laura Norman

Special to The Pineapple

I love to listen to my rock ‘n roll favorites. Remember the Beach Boys classic, “Good Vibrations?” Whenever I listen to that song, I feel great and life is wonderful! The Beach Boys were way ahead of their time. Quantum physicists have now proven that like vibrations attract, so staying in a positive vibrational zone is where we will continue to attract and create more of the same! Yet many people live their lives by thinking, “I’ll believe it when I see it.” They then wonder why their dreams and desires remain unfulfilled. Many have felt life is like spectators in life, letting their thoughts and emotions be driven by what they were observing. Seeing the world as happening “to me” leads to a victim mentality, where people feel they have little control over what happens in their lives.

New, more than ever, Wayne Dyer’s apt phrase, “I’ll see it when I believe it!” shows a different way to approach life, if we truly wish to create what we desire. Beliefs are just thoughts we think again and again. By changing our thoughts we change our beliefs. By changing our beliefs we change how we experience our lives.

Our vibrations, which always reflect our feelings and beliefs, serve a vital role in creating the moment-to-moment experience we call life! As we shift our vibration and take more responsibility for our life, we notice more and more evidence that we are actually experiencing life based on what vibrational zones we are tuned into!

As the Abraham Teachings explain, we can either “deliberately create”, i.e., choose to take control of our thoughts, feelings and beliefs, or “create by default.” We can experience our true power or live as “victims.” The choice is ours.

How can we take charge?

There are several simple, proven techniques to help you align with positive, uplifting vibrations:

Listen to Your Favorite Music – Enough said!

Exercise – Regular exercise is an excellent way to boost your mood and get in shape. Physical exercise helps you focus and releases endorphins, powerful neurotransmitters that trigger positive feelings.

Meditate – take time each day to simply breathe and allow the “chatter” in your mind to quiet. Sit comfortably in an upright position, keeping your back straight so your chakras can fully open. Take a deep cleansing breath and allow your mind to quiet. As you slowly exhale through your nose, notice the feel of the air exiting your nostrils. Continue to breathe as you breathe normally through your nose. You will know you are on the right path when you begin feeling calmer and more centered.

Reflexology – having a Reflexology session clears energy blockages and opens pathways to energy can flow freely through us! Our feet, hands, ears and face contain mini-maps of our entire body. So a session with an experienced Reflexologist can readily open the channels of healing while inducing deep relaxation and positive thoughts and feelings.

Aromatherapy – using natural, pure essential oils by diffusing into the air, applying to your skin or ingesting raises your vibrations, elevates your mood and improves your health.

The fusion of aromatherapy and reflexology produces powerful results.

Let the good times roll (with thanks to Billy Joel!) Bring some of the Beach Boys’ “Good Vibrations” into your life by exercising, meditating, applying essential oils, scheduling a Reflexology session or taking a Reflexology class today!

Take charge now to create the life you desire.


Special to The Pineapple

Healthy Living Conversations at the Delray Beach Public Library

The Delray Beach Public Library at 100 West Atlantic Avenue continues its Healthy Living Series with three programs we’re sure you’ll be interested in attending.

• Saturday, March 15th @ 2:00 p.m. - Lake Worth author Dr. Dale Koppel is the author of The Intelligent Woman’s Guide to Online Dating. She will present a workshop titled “How To Write a No-Fail Online Dating Profile.” Writing a good profile can be daunting but is essential to getting someone to show an interest in you. This program will teach you how to write a profile that will get attention and attract the people you want to meet. Bring a copy of your profile to see how it can be improved.

These programs are free and open to the public. Registration is not required. For further information on the many programs at the Delray Beach Public Library, please visit our website at www.delraylibrary.org or call 561-266-9490. Please “Like” us on Facebook: www.facebook.com/DelrayBeachPublicLibrary.
A darker area of the gray. If you experience “blackouts” where you are not aware of what you are doing, or you have had an “eye-opener” in the morning after a hangover or morning coffee, you fall into the dark gray. Two or more of these darker gray items are indicative of an alcohol problem, especially if there has been an “eye-opener.”

Once you have identified that you fall into the gray, the dark gray, or the next natural question is whether or not controlled drinking is possible. (This part of the commentary is offered for those who have the need to find the answer to this question themselves). The most important step in an attempt at controlled drinking is actually an attempt at control, at trying to control a complete alcohol abstinence. This situation is critical.

The person who maybe exercised poor judgment or used poor judgment in their drinking is not an alcoholic; it has the ability to actually stop for the whole 6 months without much difficulty. Some earlier stage alcoholics can also stop for 6 months, but this is less likely and more difficult. Those who cannot complete the 6-month abstinence probably need to relocate to problem drinking again at some point.

There are none who say that they do not want to or choose not to attempt abstinence. Alcoholism is not a disease of the body. It is a disease of the brain, not the body. People do not want to or choose not to attempt abstinence because abstinence is likely to be in denial and are just rationalizing their decision. Replacing alcohol with anger or indifference is not functional and is continuously functional to controlled drinking in this test. If the 6-month test is not passed, then a problem has already existed.

Nobody wants to be an alcoholic. It is a label that still carries stigma. Many negative terms such as “alcoholic,” “addicted,” and “alcoholics” is so strongly judged upon those afflicted. Arguably worse are more psychologically punishing terms such as “alcoholic.” Ejecting this label is no wonder there is so much resistance to accepting this diagnosis.

Rather than struggling on your own with any part of determining whether you or a loved one have a problem with alcohol, I recommend seeking the assistance of a qualified professional. Alcoholism is a disease that is very treatable. Early diagnosis and treatment allows the opportunity for a better outcome.

Dr. Robert Jaffe is the founder and Medical Director of the Delray Center For Healing, a comprehensive outpatient treatment center that focuses on the treatment of addictions, eating disorders, and anxiety disorders. He is board-certified in both Adult Psychiatry and Addiction Medicine.

Delray Center For Healing 403 SE 1st Street, Delray Beach, FL 33483 www.delraycenter.com 855-665-9679

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By Dr. Marilyn Shore

April 2014 • 27
Do You Have A Fitness Plan?

By Ashley Sica
Special to The Pineapple

When it comes to fitness, many people find it very difficult to maintain an exercise program. Most people begin strong, but soon after they quit their exercise routine completely. Hectic schedules, boredom and not having a fitness plan are usually the common culprits. Below are some tools to help you plan and stay on your best fitness track.

The first thing to do is ask yourself, "Do I have a fitness schedule? One of the challenges of not having a fitness schedule is having nothing to make you accountable and little to work toward other than a desire to be in better shape.

Having a fitness schedule is a must. Decide what times and days work for you and put your allotted time into your daily planner just as you would a work meeting, a hair appointment, and so on. Make the time, hold yourself accountable, and get to the gym. A one-hour workout is 4% of your day!

Next on the list is setting goals. This is one of the most important components when putting together a fitness plan. Having a specific goal will allow you to keep your eye on the prize and give you extra motivation to exercise. It's a lot when putting together a fitness plan. Establish an action plan will keep you focused and your time in the gym will be efficient and effective.

If this all seems complicated, or if you feel like you need some guidance in getting your fitness plan started, you should enlist the help of a fitness professional. With the right guidance and tools you'll be on your best fitness track.

Special to The Pineapple

National Sleep Awareness Week is March 2-9

Poor sleep and sleep deprivation have serious consequences

BOYNTON BEACH, FL - It's a basic necessity of life, as important to our health and well being as air, food, and water. When we sleep well, we wake up feeling refreshed, alert and ready to face daily challenges. When we don't, every part of our lives can suffer. Over 60% of adults report difficulties with sleep and safety (and that of those around us) are all put at risk. Lack of sleep due to sleep loss or sleep disorders takes a toll on our health.

David C. Brodner, M.D. is a Board-Certified Sleep Medicine specialist and has served on the Medical Advisory Board of several sleep labs in South Florida since 2003. He explains, "As we get older, sleep can be disrupted due to body and lifestyle, changes such as hair, bathroom, medical problems, medications, and sleep disorders as well as poor or irregular sleep schedules. Establishing a regular sleep and wake schedule and achieving continuous sleep helps you sleep in accordance with your internal biological clock and experience all of the sleep stages necessary to reap the restorative, energizing and revitalizing health benefits you've been waiting for.

According to a poll by the National Sleep Foundation, over 80% of American adults agree that getting enough sleep is very important. The survey also shows that 28% of adults feel that lack of sleep is a problem. In addition, 51% of adults feel like they need some guidance in getting a good night's sleep.

Last but not least, you need an action plan. Before you get to the gym you need to have a specific game plan of what you will be working on that day. A lot of people waste their time meandering around the gym wondering what they should do next. Decide ahead of time the specific body parts and exercises you will be working on, down to the details of sets and number of repetitions. With an action plan will keep you focused and your time in the gym will be efficient and effective.

Ashley Sica holds a Bachelor's Degree in Exercise Science and is a NSCA Certified Personal Trainer. She can be reached at 561-274-7777 and at asica@minfit.com. For more contact information, go to www.minfit.com.

Gold Coast Down Syndrome organization plans community wide events for World Down Syndrome Day

BOYNTON BEACH, FL - In recognition of World Down Syndrome Day (March 21st), Very Special Arts (VSA) will be exhibiting their artists’ works at the Gold Coast Down Syndrome Organization Resource Center located at 515 Federal Highway in Boynton Beach. The exhibit will be open weekdays from 9:00 a.m. to 5:00 p.m. from March 3rd through March 29th. The display will include representation from the digital art photography, pottery, sculpture, jewelry, glass fusing, mixed media, abstract painting, clay painting, watercolor painting, and drawing/cartooning programs offered at VSA. The artwork will be available for purchase.

One of the featured artists will be Karen Klinetob, who has Down Syndrome. Holly Bennett Sharp, VSA Arts Coordinator commented, "Karen's work has vibrant color and always stands out. As a participant with VSA for many years, Karen has become a very popular artist and is quite busy!" She has shown her artwork with The Gold Coast Down Syndrome Organization. "Karen resides in Boca Raton. World Down Syndrome Day is celebrated throughout the world on March 21st. The day was chosen because people with Down syndrome have 3 copies of the 21st chromosome. The goal is to promote knowledge and understanding, seek international support, and achieve dignity, equal rights and a better life for people with Down syndrome everywhere."

Karen Klinetob, Associate Director of Gold Coast Down Syndrome Organization, stated, "We are so excited to commemorate World Down Syndrome Day with an exhibit of the art work from participants in the Very Special Arts Program. It is a wonderful way to remind our community that people with disabilities have many capabilities, which often can be expressed in amazing art."

Pia Pijanowski, Executive Director of Very Special Arts, commented, "Palm Beach County is excited about this partnership with The Gold Coast Down Syndrome Organization. Together we can create opportunities for people with disabilities that will enrich the lives of participants, their families and friends. In addition, there will be additional events going on in Palm Beach County throughout March. Members of the Florida Self-Advocates for Independent Living (SAIL) are holding their Second Annual World Down Syndrome Day Food Drive. The group, which is composed of adults with disabilities, is collecting canned foods through March 21st. Their goal is to deliver 321 items of food to the Palm Beach County Food Bank. To make a donation of non-perishable food, please stop by the Gold Coast Down Syndrome Organization at 915 S. Federal Highway in Boynton Beach or call us at 561.752.3383 ad.gcdso@bellsouth.net."

Local businesses and schools will also be hosting Down Days Days to build awareness about Down syndrome and raise money for Gold Coast Down Syndrome Organization throughout March. April. Participants include Scary Denim Scares, Barnhill & Shipton, American Heritage School, and Everglades Elementary School. For more information, email ad.gcdso@bellsouth.net.

Gold Coast Down Syndrome Organization is a local non-profit educational, support and advocacy organization that is helping to empower and educate local individuals with Down syndrome and their families in Palm Beach County. "The organization is a leader in advocating for classroom inclusion in the south Florida area and in developing and building relationships with other organizations to serve as their own self-advocates. To learn more about Gold Coast Down Syndrome Organization, visit http://www.goldcoastdownsyndrom.org"

VSA Florida Palm Beach County serves 1,800 children and adults with disabilities in classrooms, performance halls, and art studios throughout Palm Beach County. From Boca Raton to Belle Glade and Jupiter, VSA brings more than 1,600 artists, volunteers, educators, family and friends together each year. There are programs throughout the state of Florida and across the nation as a leader in comprehensive programming for people with disabilities. VSA Florida Palm Beach County offers a number of community programs for participants with and without disabilities.
Help, my roommate is a serial dater!

**Question**

My roommate and I have been living together for almost a year, and for the most part, it has been a pleasant experience. Every once in a while, things happen, and she’s been on a dating rampage. I’m excited for her and admire how well she juggles her gentleman callers. The problem is that she’s frequently having them over in our apartment for dates or just hanging out during dinner or late-night study dates. I feel like I’m trapped in the middle of a live taping of The Bachelor. I would like to come home to a comfortable, date-free apartment more often. I understand that she pays her portion of the rent and is entitled to have guests whenever she pleases, but they are in the common areas and I feel like I am part of the date. I don’t want to be on the hot seat. How can I express my feelings to her without sounding bitchy, or am I overreacting about the whole thing?

**Answer**

No, you aren’t overreacting. If you’re writing letters, you’re on the right track. And yes, you are entitled to have guests whenever you please, but they are in the common areas and I feel like I am part of the date. I don’t want to be on the hot seat. How can I express my feelings to her without sounding bitchy, or am I overreacting about the whole thing?

If you have a question or topic you would like me to address, please contact me at RianaMilne@gmail.com. If you’re curious to read more articles about these topics, just download my free app, My Relationship Coach or go to my website, www.RianaMilne.com.

Spring is almost here, which brings about a feeling of rebirth and renewal. In the Atlantic City, NJ area from which I just moved, people finally emerge from hibernation from the winter and store to outdoors to reconnect in the spring. In Delray Beach, however, there is year-round, outdoor living which encourages friendly interaction and an ease in which to meet one another. Spring officially starts on March 20th, with a breath of new energy and a fresh chance for singles to choose to have a healthy love in their life, as well as for those in committed relationships to reconnect and fall in love again. Yes, there is an art to choosing an evolved partner. With knowledge, comes personal power and confidence.

Many people choose a mate based on “chemistry,” which is way down on the list of importance for a stable, loving and lasting relationship. It is true that men must be attracted first to fall in love, and women must feel secure to be able to commit, these traits are hardwired into our reptilian, or “old brain” from cave men and women times. So these traits must be acknowledged.

However, it is imperative that you look deep within someone’s soul to see who they really are, and take the time to learn about someone’s character before becoming too emotionally or romantically involved.

Some of the most evolved (high maturity) characteristics you are looking for in someone include: integrity (doing the right things when no one is looking), honesty, dependability, an open communicator, has mood management, is responsible, generous, kind, respectful, socially confident, intelligent, hard-working, faith/spiritual-based, trustworthy, has sound values, and is supportive of your dreams and goals. It takes time to see if you have a shared vision for your future.

While looking for someone with these traits, ask yourself, do you have them? If not, it is important to become your best self to attract the finest mate into your life. If they are a parent, there should be a strong, loving bond and balance in their life between young children and time for a relationship, and adult children should be successfully on their own. That all takes time to learn about a person. There is something called “the 90 day rule” where you should not get too intimately involved before really getting to know someone’s true character.

Knowing what to exactly choose for an evolved, healthy partner is one aspect of relationship success, the other, is knowing the red warning flags of personality problems, so if they occur, you notice them immediately. Very often, in the romance stage of a relationship, but blindness makes you to spout to forgive massive infractions that are key clues to major character flaws. Knowing what to look for, and why, helps build your confidence when selecting a life partner.

Choose to really get to know someone, and to only commit to a relationship that makes you feel ecstatic yet safe, blissful yet secure. Don’t rush into a relationship instead, take your time to build a solid, quality, trusting friendship. You will consciously and confidently be aware whether this new partner could be the future star of your nightmares or the amazing love of your dream.

Riana Milne, MA, LMHC, CAF is a Licensed Mental Health Counselor and Cert. Addiction Professional at Therapy by the Sea, LLC: 15300 NE 10th Rd, Suite 100 in Delray Beach. Also, a Certified Relationship & Life Coach, published author, and motivational speaker, her free app My Relationship Coach offers more articles and her books, LIVE Beyond Your Dreams – from Fear and Doubt to Personal Power, Purpose and Success, and LOVE Beyond Your Dreams – Break Free of Toxic Relationships to Have the Love You Deserve addresses relationships with yourself and others. To learn more or suggest a topic, go to www.RianaMilne.com or email RianaMilne@gmail.com. FB: Coach. Riana Milne. Ph: 201-281-7587.

ASK THE HEALTH GURU

By Devin Burke

Devin Burke holds a B.S in Exercise Science & Health Promotion, is a Certified Holistic Health Coach by the Institute for Integrative Nutrition, a Certified Personal Trainer by the American College of Sports Medicine, and a Therapeutic Exercise Technician. Through his education, he has been equipped with extensive knowledge in holistic nutrition, health coaching, exercise science, and preventive healthcare. He specializes in health coaching, functional strength training and conducts Wellness Retreats.

Q: What is a Foam Roller? What are the benefits of Foam Rolling? And why should I start using one?

A: A Foam Roller is a soft circular cylinder made of degrees of dense foam. “Rolling Rolling” is a self-myofascial release technique often used by athletes and in the recovery of muscles. New recent technology, information, and more affordable products have made foam rolling a mainstream muscle healing modality. You need to need a foam roller (although they are fairly inexpensive anywhere from $20- $30) because now almost all gyms carry a foam roller. A tennis or golf ball can also be used to perform self-myofascial release. Essentially what you are doing when you foam roll is rolling out “trigger points” or knots in your muscles and muscle fascia (sheets of tissue that cover the muscles) thus allowing them to return back to normal function. The main benefit of “foam rolling” is that it releases tight muscles so that they can heal, aids in the recovery process after exercise and generally allows the muscles to function properly. It also reestablishes proper movement patterns, allows pain free movement and can enhance performance when done correctly and consistently.

I highly recommend using a foam roller if you’re an athlete or actively engage individual athleticism. Although it can be a bit painful...the benefits are worth it well and your body will thank you. I personally foam roll after my beach runs and intense functional training sessions but any time you’re feeling tense is a good time to foam roll! So set a go!

Do you have health question you want answered? Email devin@enhancethesolution.com.

Devin Burke is the founder of Empowerment Wellness Solutions, a healthy lifestyle coaching business based in South Florida and Renae Wellness Retreats, a boutique Wellness Retreat Company that offers day, weekend and destination wellness retreats focused on enhancing health and well-being. For more about Devin visit www.EmpowermentWellnessSolutions.com For more about Renae Wellness Retreats visit www.renawretreats.com.
Tapebombing has been part of Boccardo’s development as a visual artist and is a new form of street-art that consists of applying colored tape to everyday objects that serve to enhance an object or space but not purpose of the work is that it’s temporary; it may otherwise go unnoticed. The beauty and tapebombing will be installed in the window of Native Sun, something Avenue walkers and those Avenue-dining out can appreciate and enjoy, a conversation piece for certain. Native Sun’s Customer Appreciation Night is March 6th from 5-8pm, all are welcome. Native Sun is located at 209 E. Atlantic Ave. Call 561.276.3242 for more information or find Native Sun on Facebook at www.facebook.com/pbnativesun.

Hair Styles
Hair TODAY, GONE TOMORROW

By Dianne E. Adams
Special to The Pineapple

This is a very touchy subject, it is something my clients deal with every day, hair shedding and hair loss. I’m not a doctor but I feel like one when talking to my clients about it. I know the feeling because I have experienced it due to surgery, and now due to my age. Yes I said it! But I’m not taking this lying down. I am not going down without a fight, and you don’t have to either. Remember, I am not a medical professional, that being said I will share my experience’s with you and we can get through this together. So back up ladies and let’s meet this head on.

Hair Shedding: It is typical for a person to shed 50 - 100 hairs per day. If you are experiencing a higher volume, you may be dealing with excessive hair shedding. It typically happens 2-6 months after a stressful event.

Common Causes:
• Weight Loss
• Grieving Birth
• Stress
• High Fever
• Illness
• Stopped Taking Birth Control Pills

The above mentioned items are the things people never tell you, so please do not be surprised if this happens to you. The light at the end of the tunnel is, while painful for a few months, it will eventually pass off as your body readjusts. The excessive shedding will stop and your hair will begin to regain its normal fullness.

During this time you must pamper your hair and use hair growth shampoos and conditioners. This will not stop the shedding, but it will make the hair you have look its very best. Get a gloss, shiny hair always looks healthier and you need every advantage to get through this trying time. Do not tug and pull at your wet or dry hair. Use a wet brush very gently to help get through tangles and reduce friction on the hair which will cause less to come out. When blow drying, flip your head upside down and dry to almost 100%. At the very end use the round brush to just finish your style. Try not to pull hair back in a pony tail or with clips or combs, you do not want to put any unnecessary stress on your hair at this time. In most cases I would not suggest extensions at this time. Most types of hair extensions will put stress on your hair, and possibly make the excessive shedding worse. You may want to try a “Hair Halo.” It does not add any undo stress on hair and can be an excellent option to get you through and it can be used forever if you take care of it properly. Take advantage of volumizing products, they will give the illusion of thicker fuller hair. I like loose and I like volume-hair pieces. Use them both to get sexy, bedroom hair.

Hair Loss: When something stops hair from growing.

Common Causes:
• Hereditary
• Immune system problems
• Some drug treatments
• Hairstyles that pull on hair
• Hair loss due to illness
• Pulling one’s own hair out

This is a much more serious problem. A person’s hair may not grow back until the problem is solved, however there are many times that it will not grow back at all. It is imperative that you see your doctor or dermatologist. There are treatments that your doctor can recommend and some are very effective.

One last thing I want to add to all of you ladies but there, hair reduction due to age and hormone changes. It is frustrating because you are doing all of the right things and you still don’t have the hair you once had.

As I mentioned earlier, it is difficult to deal with these changes, but I want to tell you there are ways to make it less painful. I use a treatment on my scalp that does not make my hair grow, but it makes the hair I have feel fuller and appear thicker. I was not sure about it but I said what the heck, and put it on my scalp and honestly after the first application I saw a difference. After a full mouth of using it I am very happy with the results. So don’t be afraid to talk to your stylist about treatments like this.

There may be an excellent solution that you were too embarrassed to ask about. It can also be as simple as getting a shorter style and using the right products to make your hair fuller.

As mentioned earlier, please take good care of your hair and use the appropriate products. I am finding that the older I get, the more products I am using to get the results I used to get without them. So please take that leap of faith and talk to your stylist, your friends or your doctor to find the right solution for you.

You may find that you have made this much bigger than it has to be, and know your hair doesn’t have to be here today and gone tomorrow.

Dianne E. Adams is owner/stylist of Studio Seven Hair in Pineapple Grove. Visit www.StudioSevenHairDelray.com
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FAIRFIELD INN BREAKS NEW GROUND ON WEST ATLANTIC

DELRAY BEACH, FL – The Delray Beach Community Redevelopment Agency announced that construction of the new Fairfield Inn hotel in Delray Beach is officially underway. A groundbreaking ceremony took place on February 12. The hotel is expected to be open for business in late 2014.

“This is great news for downtown Delray,” said Diane Colonna, CRA Executive Director. “Providing visitors additional hotel options gives us the opportunity to expand our tourist base, and potentially extend a business or vacation traveler’s stay.”

The 95-room hotel will create more than 30 jobs.  

GROUND ON WEST ATLANTIC

FAIRFIELD INN BREAKS NEW GROUND ON WEST ATLANTIC

LOCAL RESIDENTS WELCOME THE 13TH ANNUAL HOME TOUR

DELRAY BEACH, FL – The 2014 Delray Beach Home Tour, presented by The Seagate Hotel and Spa, will be held Thursday, March 13th from 10 am to 4 pm in the Palm Trail area of Delray Beach. Homeowners open their doors and welcome guests, giving them a rare glimpse into a variety of design and architectural styles. Attendees are granted exclusive access to explore decorating trends and discover new design solutions that inspire Delray Beach’s unique living. Admission is $100 per person and includes a luncheon. Proceeds benefit the Achievement Centers for Children & Families, a non-profit social services agency offering comprehensive services to those in the community facing the effects of poverty. The event also features an extensive raffle offering the chance to win fine jewelry, luxury goods and spa services as well as a silent auction for exotic Caribbean vacations.

“The Home Tour has not only become a signature event but one the community looks forward to,” declares Kari Shipley, Chairperson for the event who is also a Board Member and longtime supporter of the Achievement Centers. “Year after year we are blessed to partner with gracious homeowners, a loyal committee and generous supporters to break our fundraising record and ultimately make a larger impact in the lives of those that the Center serves.”

Now in its 13th year, the Home Tour is made possible by dozens of community partners and supporters, a dedicated committee and enthusiastic volunteers. “As our longest running event, I am proud to say that the Home Tour would not be executed in such a seamless manner without the devoted supporters of the Achievement Centers who help us each and every year,” states Stephanie Settle, Achievement Centers for Children & Families CEO. Since its inception, this signature fundraiser has collected over $800,000 to benefit the lives of thousands of low-income children and families over the years.

For more information, visit DelrayHomeTour.com or call Emma-Jane Ramsey at (561) 269-8003 ext. 16.
CORAL LAKES
Looking for a breathtaking lakeview home, this is the one! Peace and serenity awaits you in this three bedroom 2 bath home on a prime lot. Great floor plan for entertaining in the dining room, living room and family room areas. $329,000

WEST BOCA LAKE
Great location with no backyard neighbors for your privacy. Airy, open split bedroom plan home. Granite counter tops, stainless appliances, porcelain tile in kitchen and opens to breakfast and family rooms. Upgrades galore. Screened in pool and deck. $415,000

AVENTURA
Hidden charm is this area of townhomes. Four bedroom, four bath townhome with cathedral ceilings in the living room. Escape to the backyard patio and experience the bliss of the waterfalls and gardens. Four bedrooms to accommodate your office, exercise room and more. $1,186,000

OCEAN RIDGE
On the Water – Waterfront gem with boat dock, boat lift and ocean access. Stunning home with wood and marble floors, handcrafted hardwood built-ins and crown molding. Large master suite with waterviews. Custom Kitchen with cooks island. Beautiful covered patio, heated pool, spa at waters edge for moonlit swimming and relaxing at the end of the day. Very private location. $1,490,000

VIZCAYA
Short sale Beauty. Waterford model features three bedrooms, two baths. Updated kitchen with granite countertops for the cook in the house. Extended screened patio for outdoor serenity in the Florida lifestyle. Community features social director, health spa, heated pool and spa and six Har Tru courts. $289,000

BANYAN SPRINGS
2nd home beauty. No need for a seasonal rental when you can own this two bedroom, two bath home in Banyan springs. Furnished immaculate unit with neutral décor and enclosed patio. Move in today! $685,000

WINDWOOD
Features this 3 bedroom, 2 bath end unit. Bike around this gated community, tennis and hardball courts with 2 community pools and 2 clubhouses for relaxing. Kitchen features granite counter tops and ceramic tile. Everything is special about this condo. $189,000

Keep your eyes on Keyes.
Celebrating our first anniversary in our Keyes Delray downtown office. Keyes has been serving the Florida communities for 86 years and continues to grow. We are here to take care of you and your family needs.

DELRAYBEACH.KEYES.COM
MD PREFERRED RECOGNIZES SARA FINKELSTEIN FOR SERVICE TO MEDICAL PROFESSIONALS

DELRAY BEACH, FL – Each year, US Medical Specialists, Inc., an international medical consulting firm, helps physicians and other healthcare professionals find compensation, ‘doctor-friendly’ insurance professionals. Sara Finkelstein of Signature Advisory Group in Delray Beach has been recognized for the third consecutive year by MD Preferred for her services to physicians.

Every MD Preferred affiliated professional is recognized for their commitment to serving the healthcare industry. They often work in close concert with other community based professionals helping area medical providers attract and retain talented physicians and medical staff. Insurance professionals that display the MD Preferred Service Medallion are uniquely qualified to act as recruiting partners to area practice managers and hospital administrators. These knowledgeable professionals can tell the community story while the medical recruiter focuses on the clinician opportunity. Their understanding of the special needs of physicians and their families saves everyone time and resources.

According to the Bureau of Labor Statistics, there are approximately 700,000 physicians in the United States who work in excess of 40 hours per week. A blizzard of government regulations and a host of clinical and economic issues leave little time for a doctor to manage their professional and personal lives. When it comes to finding an insurance professional that is committed to working with physicians, they appreciate a resource that has done the research for them and has pulled a team together to make their lives easier.

“We are proud of the recognition we have received. In an environment of critical physician shortage, we understand that most physicians considering a career in our community will make their decision based partly on lifestyle issues. The last thing we want to happen is for that prospective physician to go elsewhere because the local support services he or she needed were not available or did not meet the expectations of the physician,” – Sara Finkelstein, www.signatureadvisorygroup.com

CENTURY RISK ADVISORS (CRA) HIRES ELLEN SEGAL AS EXECUTIVE VICE PRESIDENT OF INSURANCE OPERATIONS

BOCA RATON, FL – As part of its ongoing expansion in the marketplace, Century Risk Advisors (CRA), announced that it has hired insurance industry veteran Ellen R. Segal as Executive Vice President of Insurance Operations.

Ellen Segal is a highly regarded insurance industry professional who is extremely well-suited to spearhead our Commercial Lines Division, said Ron Reshefsky, Chairman of Century Risk Advisors. “Ellen Segal is a seasoned industry expert, join our Private Client Division which specializes in delivering risk management and insurance expertise to clients with unique personal insurance needs. She will be responsible for developing customized programs for clients who have high value homes, multiple locations, high performance automobiles, recreational vehicles, yachts, jewelry, fine arts, wine, collections and other collectibles.

“We are so thrilled to have Katherine Turk, a seasoned and accomplished insurance industry expert, join our Private Client team,” said Ron Reshefsky, Chairman of Century Risk Advisors. “Katherine has a great reputation in the industry and she will play a key role in expanding our Private Client business, developing customized programs for our clients and meeting all of their insurance and risk management needs.”

Prior to joining CRA, Turk most recently served as Assistant Vice President, Account Executive for USA Insurance Services, LLC. Turk began her professional experience with the Hartford in the Premium Accounts Department at its Northeast Processing Center in New Hartford, NY. In 1977, she relocated to Florida and joined Liberty Mutual Insurance Company as a Commercial Sales Representative. After her years at Liberty Mutual, she joined a national brokerage firm as its Marketing Manager. She then joined Century Financial Services in 1993 as an Account Manager in the company’s Commercial Insurance Division. In 1995, she was promoted to Assistant Vice President of the Commercial Lines Division, and later became a Group Leader.

For more information, please call 561.499.2420 or visit www.centuryriskadvisors.com.
by the Israeli Prime Minister’s Office during Jerusalem Experts Committee established Mr. Rabin. Dr. Baskin was a member of the team of intelligence officers established by Israeli-Palestinian peace process to a secret negotiations. His book on the secret negotiations was published in October 2013. His book on the secret negotiations was published in October 2013.

He served as an advisor on the secret negotiations. His book on the secret negotiations was published in October 2013.

During the Premiership of the late Yitzhak Rabin, he served as an advisor on the Israeli-Palestinian peace process to a secret negotiations. His book on the secret negotiations was published in October 2013.

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And the person responsible for the secret negotiations. His book on the secret negotiations was published in October 2013.

Secret Negotiations will be the guest speaker to appear March 3 at the Gold Coast Tiger Bay Club. In his career, John Bradway has discovered there's no place like Palm Beach. Appointed director of marketing at Eau Palm Beach Resort & Spa last August, the consummate hospitality professional who spent 13 years at The Breakers, is now back in Palm Beach, leading rebranding and sales initiatives at his new post. And if Bradway has his way, the independently owned resort will become the shining star among the Forbes five-star/AAA five-diamond hotels in the world.

“We are pleased to welcome John Bradway back to Palm Beach, and feel very fortunate to have such an accomplished hospitality sales and marketing executive on the team at Eau Palm Beach Resort & Spa,” noted Michael King, managing director. “In his career, John has led significant revenue growth as well as the repositioning and brand revitalization of two leading independent luxury resorts in the past. We are delighted to have his marketing expertise and in-depth knowledge of the region as we launch Eau Palm Beach Resort & Spa.”

In his role, Bradway is responsible for launching the Eau Palm Beach Resort & Spa & Spa brand and directing all marketing efforts of the 309-room luxury resort with a redefined position and recreated guest experience, carving a unique niche in Florida’s hospitality marketplace. His duties include all public relations, digital marketing, creative development, advertising, community outreach and sponsorships, as well as the development of packages and promotions, all under the resort’s strategic and tactical marketing initiatives.

“My team and I are excited to attract the most affluent tastemakers who desire to experience ‘effortless living.’ It’s been rewarding to read so many complimentary comments and reviews about the new brand in such a short amount of time. Those endorsements are a great testament to the devoted team that we have at Eau Palm Beach,” Mr. Bradway noted.

A graduate of the Cornell University School of Hotel Administration, Mr. Bradway began his hospitality career in Palm Beach at The Breakers, where, over a period of 14 years, his roles included assistant club operations manager, director of reservations, director of strategic marketing and ultimately, director of innovation. He also served as director of marketing at Round Hill Hotel & Villas in Montego Bay, Jamaica, and most recently was senior director of brand management at Denihan Hospitality Group in Manhattan, a family-owned hotel company with portfolio of 14 hotels, including James Hotels, Affinia Hotels and other luxury properties.

In addition, Mr. Bradway served as the director of revenue at the Intercontinental Montebella Resort and Spa in Paradise Valley, Arizona. For more information, visit www.eaupalmbeach.com or call 1.561.533.6000.

FLS Painting Contractors receives 2013 Best of Boca Raton Award BOCA RATON, FL – FLS Painting Contractors has been selected for the 2013 Best of Boca Raton Award in the Contractor category by the Boca Raton Award Program. Each year, the Boca Raton Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. Those are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Boca Raton area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2013 Boca Raton Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Boca Raton Award Program and data provided by third parties.

John Bradway of Eau Palm Beach Resort & Spa took over as the director of marketing after a period of 14 years, his roles included assistant club operations manager, director of reservations, director of strategic marketing and ultimately, director of innovation. He also served as director of marketing at Round Hill Hotel & Villas in Montego Bay, Jamaica, and most recently was senior director of brand management at Denihan Hospitality Group in Manhattan, a family-owned hotel company with portfolio of 14 hotels, including James Hotels, Affinia Hotels and other luxury properties. In addition, Mr. Bradway served as the director of revenue at the Intercontinental Montebella Resort and Spa in Paradise Valley, Arizona. For more information, visit www.eaupalmbeach.com or call 1.561.533.6000.

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Nestler Polette Soetheby's International Realty begins monthly artist series

BOCA RATON, Florida—Nestler Polette Soetheby's International Realty has a new perk for its clients in the Boca Raton community; an art series featuring local artists will begin this month. The monthly artists will have their work displayed in Nestler Polette Soetheby's International Realty office located at 200 East Palmetto Park Road. These artists are not only local, but are also contributing to the Boca Raton community in their own special way.

Ms. Rosato, Residential Luxury Specialist with the firm, is a writer and artist herself and is so happy about the month's first artist feature, Lee Hutton. Ms. Rosato states, "I am so happy to have been asked to be involved in such a fabulous project. Art, in all its forms, is so important in our lives and it needs to be promoted and preserved." Ms. Rosato has a keen art background herself with art degrees from Dartmouth College, The Art Institute of Chicago and Pratt Institute; and she is happy to have the opportunity to play curator. Naturally drawn to the arts, she enjoys finding local talent, and with a love for community outreach, she thrives on contributing to the arts and culture of her home.

This is not a far leap from her company though, as Soetheby’s is renowned for its commitment to promoting art and artists. Nestler Polette Soetheby's International Realty’s "An Evening with the Artist." is a formal event with wine and cocktails provided for the event.

For more information about the Delray Beach CRA, call 561-276-8640. To learn more about other CRA projects and initiatives, visit www.delraycrainc.org.

Jeremy Office
Special to The Pineapple

Fighting Digital Distractions

Growing up I remember seeing my father working at times from his home office. Those were the days before laptops, cellphones and wireless Internet. The other day, I found myself wondering how he could even work without modern-day technology and the distractions that inevitably come with it. I can’t help but think about how much I depend on technology and how badly I would be more productive without it.

Advancements in technology have without doubt boosted our lives and made us more efficient, but at what point do the benefits of technology start to diminish and actually reverse these efficiencies? Digital distractions in the workplace are becoming more frequent. As a business owner, I wonder if, with all of this technology, we are truly being efficient with our time.

When I start my day each morning, one of the first things I do is check my email. As I sift through each message, I realize how much time of my day goes to just checking email. Of all the emails I get daily basis, 80% are not essential for my job. While I always welcome emails from clients and those who work more closely with me, many of the other messages I receive are simply junk.

I remember when I was the only one in the office with the problem of too many emails. I asked the Maceldon OneTeam@ to monitor their emails and report back to me how many junk messages were not business critical and how much time they were spending checking email. We found that we were individually checking about 75 emails a day to our server. Of the 75 emails, only six were important immediate attention. Distractions at the workplace are not new, but productivity is undermined by the advancements in technology.

I still believe the good aspects of technology outweigh the bad. People have long been concerned that one day computers and robots will take over, but they have yet to happen. We spend so much time on our computers and smartphones that we have become the world’s Number One consumer. Because of our productivity, we are in a cyber-world and need to be cognizant that we shouldn’t rely on technology too much. As the use of technology continues to grow, we need to be more aware of the distractions that technology brings.

We see people distracted by technology every day. Whenever they have a moment to themselves, they look for distraction—whether it is scrolling through social media, texting with friends or surfing the web. This has become so common that, in the time it takes you to read this, people have checked their email 30 to 40 times an hour. Studies have shown that people consume 12 hours of media a day on average. The typical corporate user sends and receives about 110 messages daily and checks their email inbox 30 to 40 times an hour. Statistics like these suggest that we have become busy without taking advantage of any efficiencies that technology has granted us.

And all of the good that advancements in technology has brought, I wonder if how positive it is for the long term. We rely so much on technology that independent and creative thought has been stilled. Our brains are no longer required to critically think through problems when all it takes is a visit to Google to obtain the answer.

Technology has also changed the way we interact with people. Although we are more connected than ever, we are also more disconnected. The use of online social media means we meet-face-to-face with much less frequency, consuming 12 hours of media a day to our server. Of the 75 emails, only six were important immediate attention. Distractions at the workplace are not new, but productivity is undermined by the advancements in technology.

The award is named after Edward J. Bernays, considered the “father” of public relations. The “Deep and the Shallow” exhibition was an indoor/outdoor exhibit that brought the concept of mind control to the forefront. The award was for a project by or on behalf of a non-profit organization.

The Cultural Council is the official arts and cultural education, advocates for funding and support. The award is named after Edward J. Bernays, considered the “father” of public relations.
ULTRA-LUXURIOUS TROPICAL HIDEAWAY ON 2.4 ACRES
Boca Raton. The epitome of privacy, the luxuriously renovated lakefront estate embodies the essence of contemporary elegance, with high-tech features and incredible views. Located in Bass Point Estates, ranked Top 10 Community Le Lac, in heart of Boca Raton. Price reduced $4,999M.

3 ACRE LAKESIDE ESTATE
Boca Raton. This majestic estate on three lushly landscaped acres in Boca Raton's most exclusive luxury-gated lakefront community is reminiscent of a grand lakeside English Country Manor. This sprawling property is fit for the most discerning. This is an Estate Sale. Great value $4.250M.

TOWN & COUNTRY ESTATE LIVING AT ITS FINEST
Boca Raton. 6 BR, 5 bath estate, 5 horse paddocks created by architect Staitery & Root. The estate is the epitome of modern Florida living with poolside oaks & 5 acres of finest equestrian facilities. $3.3M

MIZNER COUNTRY CLUB'S BEST ESTATE HOME
Delray Beach. Prime location, 1/8SF 5 BR, 5 1/2 bath home. Venetian plaster, hand-painted ceilings, mahogany doors, impact windows, generator, 5 car garage and so much more. $2,950M

PERFECT BEACH TOWNHOME
Delray Beach. Contemporary Bermuda-style townhouse offers modern design and beautiful surroundings. This 2 story spacious beach villa 3 BRs and 2.1 baths. Listed below appraisal at $975K.

LAKE IDA MODERN BEAUTY – TURN KEY
Delray Beach. South Beach-like living in Delray, just blocks from the beach and Atlantic Avenue! This spacious modern home has vaulted ceilings, heated pool, and sun deck. This stunner won’t last! 3 BR, 2 baths. $899K

PALM TRAIL PRIME LOCATION
Delray Beach. Charming cottage w/140’ water frontage is the prime location for your next home, a renovation, or brand new build. Located in sought-after Palm Trail, a tropical paradise with amazing water views. Highly desirable location in East Delray Beach. 3 BRs and 3 baths. Listed at $2.495M.

CONTEMPORARY KEY WEST NEW CONSTRUCTION
Delray Beach. Bringing beauty and distinctive style, this Coastal Modern 4 BR, 4 bath home highlights the best in new construction by renown Marc Julien Homes. $849K

AWARD WINNING CONTEMPORARY TOWNHOUSE
Delray Beach. Luxurious, contemporary showplace. As towers continue to rise along Atlantic Avenue, this is a rare opportunity for a private hideaway in the middle of all the action. 3 BR, 3 baths. $1.5M

PALM BEACH MEETS FRANK LLOYD WRIGHT
Delray Beach. This is the one you've been admiring! The perfect fusion of warmth and modernity, interior features include African hardwood, stacked limestone pillars, massive windows, incredible natural light. Prime location 4 BR, 4.2 baths. $2.399M

MEDITERRANEAN LUXURY ESTATE
Delray Beach. Tuscan Elegance - Mediterranean Villa Estate one block from the ocean in Delray Beach has a dream location. With nearly 8,000 SF, this luxury estate is perfect for entertaining and relaxing. 6BR. $3.999M

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with impeccable taste and very high expectations for elegance, service, uniqueness, and privacy.

This secluded island enclave boasts “160 unique works of art for fewer discerning buyers,” explains Danit Leibovitch, one of the owners of BH3—with 80 outstanding residences in each tower. One of their goals for erecting buildings that make this property more boutique in nature, was to capitalize not on dollars to be made, but rather to create one of the most outstanding lifestyle experiences they are able to offer. Hence this project will be the most service-rich environment that this team has ever put together.

Designed by Seiger Suarez, the architectural firm, these grand residences will range anywhere from 2,585 square feet to 9,000 square feet of indoor space, plus terraces. It is almost incomprehensible to offer this much grandeur encased in two chic, twin towers that will stand sixteen stories high on a mere 8 acres—and yet they’re doing it, whilst attending to every fine detail.

The residences will showcase the lush landscaping, the intracoastal waterway and the surrounding Miami waterfront neighboring areas—all through floor to ceiling windows running both front to back, with interior designs crafted by the same team who created the magnificence of, for example, the St Regis Bal Harbor.

Both towers will have private elevator entries, flow through floor plans, European kitchens and bathrooms, outdoor summer kitchens, private rooftop, full service valet, five star concierge service, poolside café’s, 3 swimming pools, tennis courts, jogging trails, private rooftops, a private bridge, full service valet, five star concierge service, poolside cafe’s, 3 swimming pools, tennis courts, jogging trails, private rooftop, full service valet, five star concierge service, poolside cafe’s.

The Public is invited to nominate their favorite doctor by downloading a nomination form online at the www.rotaryclubdowntownbocaraton.org website and donate $40 per nomination or $100 for 3 nominations; all nominated doctors will be invited to attend the luncheon as a guest. Tickets for the luncheon are available to the public for $75.00 per person. The event is a fundraiser for the Helen M. Rubinstein Medical Scholarship Fund and will benefit medical and nursing students attending four local universities: Charles E. Schmidt College of Medicine at FAU, Christine Lynn Nursing School at FAU, Lynn University and Palm Beach State College.

This year’s Honor Your Doctor luncheon is chaired by Dr. Ronald Rubin and Robin Trompeter. Honorary Chairs are Dr. Michael Dennis, Elaine Wold and Mitch Feldman and the Honorary Physician Advisor is Dr. Marc T Tamb. The fundraiser was the brainchild of Helen M. Rubinstein, who as an active member of the GFWC Boca Raton Woman’s Club who has produced and sponsored the Honor Your Doctor Luncheon for the last 15 years.

The Rotary Club Downtown Boca Raton partnered with the GFWC last year who have now turned the stewardship of this annual event over to the Rotary Club Downtown Boca Raton members who are passionate about raising funds to support the medical community in Boca Raton.

“This special event gives our community a much-needed opportunity to raise funds for deserving students to attend our local universities, and at the same time, recognize the efforts of our growing medical community,” said co-chair Robin Trompeter. “The key to encouraging these students to remain in practice here in South Florida is to have them engaged in the community early on and that is the mission of Honor Your Doctor.”

“As a Physician, founding board member of the PAC Charles E. Schmidt College of Medicine and a Rotarian, I am very proud that we are recognizing the outstanding contributions that Doctors in our community provide,” added Rotarian and Honor Your Doctor co-chair Dr. Ron Rubin.

For nominations, information and reservations, visit www.rotaryclubdowntownbocaraton.org or contact Robin Trompeter at 561-212-8866 RobinTromp@aol.com or Deborah Friedenberg at 561-289-1429 Deborah@thefriends.com.

2014 Honor Your Doctor Committee standing from left: Deborah Friedenberg, Bill Cappeller, Janice Williams, Joel Kuty, Meryl Charnow, Alan Keys, Gloria Hosh, David Katz, Committee Members not pictured: Ingrid Fulmer and Linda Petrakis, Co-Chairs: Ron Rubin and Robin Trompeter

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NANCY CARDONE JOINS BERKSHIRE HATHAWAY HOMESERVICES FLORIDA

Nancy Cardone was introduced by the President of the Broker of the Berkshire Hathaway HomeServices Florida Realty Palm Beach Gardens and Beach Gardens Office offices in Palm Beach County.

Cardone was thrilled to have the opportunity to work with the Sales Professionals and Team Members at Berkshire Hathaway HomeServices Florida Realty. She is a lifetime member of the Realtors Professional Achievement Award and recipient of the Florida Association of Realtors Honor Society.

Cardone most recently served as a Business Development Consultant at Lang Realty and previously as the Executive Director of the New Homes and Communities Division of Illustrated Properties from 2002 to 2008. She brings along with her over 25 years of real estate industry experience and extensive management and organizational skills, sales and market trends, community service throughout Palm Beach County.

Cardone has held appointments with Palm Beach County, Coastal Communities, Palm Beach County’s Commercial Needs Assessment Task Force, and the Palm Beach County Developmental Disabilities Advisory Committee. She has also been awarded Realtor of the Year by the Jupiter-Tequesta-Hobe Sound Associates of Realtors, is a Lifetime Member of the Realtors Professional Achievement Award and recipient of the Florida Association of Realtors Honor Society.

Cardone will be highly successful in the strategic development of new office locations, marketing programs and new hire training and development program. She will be highly successful in the strategic development of new office locations, marketing programs and new hire training and development program.

“I’ve been able to see firsthand the impact the center has had on children in South Florida,” said Bartos. “I truly believe that preparing our teens for graduation, college and the workforce directly benefits our community and better our society as a whole.”

Later this year, DFR will plan to fund its contributions to the Teen Leadership Program curriculum through the creation of a career development module, showcasing many career opportunities available after high school graduation.

NEW OFFICE DEPOT CEO BUYS AT BOCA’S ROYAL PALM YACHT & COUNTRY CLUB

Office Depot CEO Ronald C. Smith decided to keep the company’s headquarters in Boca Raton, and now he owns a home in the city, as well.

Mr. and Mrs. Leon Smith purchased the 10,212-square-foot house on Sabal Palm Drive for $1.65 million from the six-bedroom, six-bathroom home on the golf course at the Royal Palm Yacht & Country Club.

HABITAT FOR HUMANITY OF S. PALM BEACH RECEIVES $5,000 STATE FARM GRANT

State Farm Insurance has generously given a $5,000 grant to Habitat for Humanity of South Palm Beach County to help fund a series of Financial Fitness workshops for homeowners in 2014.

Since its inception in 1991, Habitat for Humanity has required all families participating in financial literacy classes as they work toward homeownership.

“Attending the Financial Fitness Workshop taught me how to budget,” said homeowner Erica Heath, who attended the workshop last year and moved into her Habitat home in November. “Now that I am a homeowner, I know how to prioritize my bills and have cut out unnecessary expenses." Smith's employment agreement with Office Depot calls for $1.4 million in annual base salary, and a performance bonus of up to 150 percent of his base salary. He can also earn an initial performance bonus of $2 million on March 15. The asking price on the home was $4.3 million. The home was sold last for $2.6 million in 2004. It was rebuilt in 2012.

Long Realty hosts Open House Extravaganza on Sunday, March 23

Shopping for a new home in Palm Beach County or the Treasure Coast? You won’t want to miss Lang Realty’s Open House Extravaganza on Sunday, March 23.

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Last weekend at lunch with my family, I mentioned that I was going that afternoon to the Apple Store because I was eligible for a phone upgrade. My nephew piped up the words, “Apple” and “new phone.” He immediately suggested I get the iPhone 5s and not the 5c. At 10 years old, Eytan’s knowledge of Apple products has already surpassed mine. I didn’t know there was a difference, so I asked him if he wanted to come with me. He agreed.

We arrived at the Apple Store. Eytan explained that I needed a new case because my current case wasn’t fit the new iPhone. My old case was falling apart anyway, so I knew I had to replace it. I mentioned that I wanted a case similar to the one I currently own, which has a built-in wallet and strap.

We arrived at the Apple Store and Eytan proceeded to explain to me the difference between the iPhone 5s and 5c. I agreed with him that the 5s was the right phone for me. While I waited for an Apple team member to help me, my nephew asked if I wanted him to see if he could find a case for me. I wasn’t really planning on purchasing a case at the Apple Store, but I told him to go see what he could find.

As I waited, I watched from the other side of the store as my nephew examined the cases personally. After a minute or so, he approached an Apple employee for help. Over the next minute or so, my nephew and the Apple employee engaged in conversation. My nephew asked a question and listened as the employee gave him an answer. They back and forth continued for another couple of minutes and then he returned to where I was sitting. He quickly asked me two questions and then went back to speak with the Apple team member.

Fast forward, Eytan returned with a case. Before he gave it to me, he told me he found the perfect case for me. Then he made the following points about the case:

- The case will fit my new iPhone and has a built-in wallet like I wanted.
- The case has a carrying strap - another feature I wanted.

The case Employee engaged in conversation.

I was blown away! This 10 year old boy

Anticipated and addressed my objection

I gladly purchased the case. How could

Anticipated and addressed my objections

I was blown away! This 10 year old boy

Listened to what I expressed as my needs

Andrea Hoffer brings a unique perspective to consulting

and training. A small business owner with 35 employees

she said that my nephew must have read my

I not? He made me see it was exactly what I

I had to do this every time I took a pic with

I hadn’t mentioned this to him, but he noticed

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C

COMMITTEE MEMBERS GATHER TO PLAN 19th ANNUAL FAMILY PICNIC EVENT

Hanley Center's 19th Annual Family Picnic

1. **Committee for Hanley Center's annual Family Picnic event** scheduled for Sunday, March 9, 2014 at the Palm Beach International Equestrian Center in Wellington, this family-friendly event funds for Hanley Center's research-based prevention programs.

2. **Family Picnic committee chairman Dan Thomas** says of he and his wife, also a chairman, "Lisa and I are so excited to chair Hanley Center Foundation's annual Family Picnic event for a second consecutive year. This event invites the entire family for a fun-filled afternoon, as research has shown that quality time spent with our children can significantly reduce the likelihood for drug and alcohol abuse. We are so thankful to our wonderful hosts, rehearsals and sponsors for their hard work and donations creating another successful event, one that gives back to the local community, in the form of education for elementary, middle and high school students and their caregivers."

3. **Carol and Hanley Treatment Centers compti** the largest and most comprehensive nonprofit addiction treatment provider in the country, focused on a 12-Step recovery program with a powerful clinical component.

4. **Children and families attending the Picnic** will have premium seating that day for the world-class horse jumping competition. The exciting afternoon will also include lunch, animal encounters, a magic show, children’s crafts and a silent auction. Tickets to the Family Picnic are $115 for adults (18 and over), $55 per child (7-17 years of age), and children 6 and under are free.

5. **For more information about the Hanley Family Picnic** please visit www.hanleycenterfoundation.org.

**Preventing Conflict**

by Kimberly West

Business, Marketing & Sales Consultant

Caron and Hanley Treatment Centers

Conflicts happen. It happens without much bad intention. Conflict and disagreements occur because of different perceptions and observations; different interpretations placed on the meaning of things, different feelings people bring to situations and different desired outcomes.

The key to preventing conflict and achieving desired outcomes is to craft an agreement for results that can serve a the roadmap from where you are to where you want to be. This agreement should contain the following items:

1. What is the detailed vision of what you want to achieve with as much detail as you can think of. What will things look like if 6-12 months out?
2. How will you measure success. What are the agreed objective benchmarks you will use to measure if you achieved the vision.
3. Make detailed promises of what each of you will do and have consequences for breaking promises.
4. Share fears and concerns about moving forward too fast. Get on the table what might get in the way of fully trusting and committing to achieving the results you want.
5. Use the above dialogue for developing relationship and deepening trust. Once relationship is established you can work through anything. The detailed agreement is not nearly as important as the relationship. As long as you can continue to work together you will achieve results beyond expectation.

**Resolving Conflict:**

Remember all conflict happens at emotional level. The emotional triggers prevent us from moving forward. Deal with the emotion and whatever the “light” was about will resolve itself. To resolve conflict effectively remember:

1. Most conflict is not the result of any kind of negative attention. Because of differences in people, failure to get clear at the beginning and inact language conflict happens. Don't be so quick to blame the conflict. Disagreements exist you are paying a price for bringing the conflict with you.
2. Understand the most important part is to get engaged in doing the conflict resolution. This is the way to completely resolve the conflict with you.
3. The key to resolving conflict effectively are a) listening and understanding the other's point of view, and b) forgiveness - letting go of how you are holding them and the situation.
4. Conflict lives inside each of us as a story. It is the way we talk to ourselves about the situation. For both catharsis, and to share details everyone's get to tell them their story from beginning to end, without interruption.
5. The goal is to reach a new agreement for the future. To get you engaged in doing that keep in mind that as long as the conflict exists you are paying a price for bringing the conflict with you.

Negotiating Excellence:

Remember, the game is not to win, but to reach an agreement everyone can win with.

1. The most powerful form of negotiating is to find out what they want and figure out how to give it to them; and to let them know what you want and to get them figuring out how to give you what you want.
2. Always leave something on the table. If the deal is too sharp it will come back to haunt you because everyone will not be able to perform.
3. Think in terms of a long term collaboration, not a short term transaction. This will help you to create a relationship which is critical if you want to continue working together.
4. Get beneath positions to the concerns that are behind them. Find out what they are really concerned about and take care of it.
5. Games and withholding are ploys that never work. Everything always gets revealed so you might as well let it all out and deal with it.

Special thanks to Stewart Levine for his input into this column.

By Kimberly West, Ph.D.

Director of Science & Conservation
Save the Manatee Club

Hanley Center is a nonprofit residential substance abuse treatment center established by the Hanley family as a community resource nearly 30 years ago. Mary Jane and Jack Hanley started with the goal of bringing quality substance abuse treatment service to the Southwest. Their vision - to build Hanley Center, and it has become a vital community pillar and national trailblazer for the recovery industry in the years since.

Hanley Center has led the treatment industry as a pioneer with elder adult and boomer programs setting a hallmark for effective treatment and the industry standard for treating those populations today.

After record losses, what's in store for manatees in 2014?

By Kate Tripp, Ph.D.

Director of Science & Conservation
Save the Manatee Club

“Manatees, often regarded as robust for their ability to survive multiple watercraft strikes and continue to live on after losing flippers to entanglements, are no match for the strange cocktail of toxins that are plaguing our waters,” says Dr. Rachel Drochel, Hanley Center Foundation CEO and President of External Relations for Caron Treatment Centers.

“Our teams of experts understand the importance of prevention and through our research-based prevention programming, we have helped many children and adults better understand drug and alcohol abuse. We are so thankful to our wonderful hosts, rehearsals and sponsors for their hard work and donations creating another successful event, one that gives back to the local community, in the form of education for elementary, middle and high school students and their caregivers,” continues Drochel.

Caron and Hanley Treatment Centers comprise the largest and most comprehensive nonprofit addiction treatment provider in the country, focused on a 12-Step recovery program with a powerful clinical component. Children and families attending the Picnic will have premium seating that day for the world-class horse jumping competition. The exciting afternoon will also include lunch, animal encounters, a magic show, children’s crafts and a silent auction. Tickets to the Family Picnic are $115 for adults (18 and over), $55 per child (7-17 years of age), and children 6 and under are free.

For more information about the Hanley Family Picnic, please visit www.hanleycenterfoundation.org.

2013 went down in the Manatee record books as the ‘sick’ species’ worst year in Florida. In total, 221 deaths were confirmed of the endangered species whose last known minimum event was 4,833 in January 2014. That’s 176 of the known population, dead in a single year. The previous record number of deaths, 766, was set in 2010 and regarded as an anomaly, a rare occurrence caused by extended cold temperatures; a level of mortality that might well be likely to appear again anytime soon.

Until recently, the usual suspects have threatened manatees water control structures, entanglement in or ingestion of marine debris and watercraft, with some cold stress, a mortality of very young calves mixed in. Red tide often occurred offshore of Southwest Florida as a potential threat. And rarely, freshwater discharge; a threat most in the population don’t achieve due to the threats they face.

But in the few last years, attention has been focused on bigger, more nefarious threats that no one knew how to remedy. In the Southern Red Tide (SRT) are finding ample food when they blow inshore and are persisting, killing large numbers of manatees and other marine animals.

For years, we no longer considered an unusual mortality event, but an ongoing mortality event, a sign of the times. Drochel notes, “we have not seen a case what killed 127 manatees, in an ongoing unusual mortality event, that has already killed several calves.”

Manatees, often regarded as robust for their ability to survive multiple watercraft strikes and continue to live on after losing flippers to entanglements, are no match for the strange cocktail of toxins that are plaguing our waters. Why would it be different for manatees, whom are not the problem, but a result of the problem?” asks Dr. Rachel Drochel, Hanley Center Foundation CEO and President of External Relations for Caron Treatment Centers.

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Welcome New Chamber Members

New Members:

BeautySmart M.D. 561-330-7579, 140 NE 2nd Avenue, Ste 22&23, Delray Beach: SKINCARE / LASER TREATMENTS & SPA (Referred by Stephen Chrisanthus, Delray Beach Marketing Cooperative)

SaltWater Brewery 561-865-5373, 1701 W Atlantic Avenue, Delray Beach: BREWERY & BEVERAGE DISTRIBUTION / BARS

Paris Couture 561-393-3461, 111 NE 2nd Ave, Delray Beach: SHOPPING & RETAIL

Morgan Stanley Smith Barney/Matthew Stewart 561-393-2041, 595 S. Federal Hwy, #400, Boca Raton: FINANCIAL ADVISERS

MICROS 561-270-7429, 310 Franklin Club Dr, #3105 Delray Beach: ADVERTISING & MARKETING / E-COMMERCE

Ruth’s Chris Steak House 561-392-6746, 225 NE Mizner Blvd, #100, Boca Raton: RESTAURANTS & BARS / CATERING

Two Fat Cookies, LLC 561-265-5350, 245 NE 2nd Avenue, Delray Beach: BAKERIES (Referred by Connor Lynch, Plastridge Insurance)

GiftE, a division of Wilopen 954-949-6335, 333 SW 15th St, Deerfield Beach: www.giftE.com (Referred by Warren Corpus & Jarrod White, Delray Beach Marketing Cooperative)

Ricoh 561-523-9405, 1655 Palm Beach Lakes Blvd, Ste 200, West Palm Beach, FL 33401, www.ricoh-usa.com – OFFICE EQUIPMENT & SERVICES

Lin°edge, LLC 561-860-5432, 590 S. Swinton Avenue, Delray Beach, FL 33444, Website coming soon – PARTY RENTAL

Intercode, Inc 561-278-0922, 200 NE 2nd Ave, #309, Delray Beach: CONSULTANTS / CONSTRUCTION & REGULATORY ISSUES


TAP Global Beer Collection 561-790-3839, 1401 Lyons Rd, Delray Beach: RESTAURANTS & BARS

Sohier Family Chiropractic 561-445-2468, 315 NE 2nd Ave, Delray Beach: CHIROPRACTORS (Referred by Jarrod White, Delray Beach Marketing Cooperative)

Tea Society 561-588-4493, 721 SW 13th Ave, #3, Fort Lauderdale: SECURITY SERVICES (Referred by Stephen Chrisanthus, Delray Beach Marketing Cooperative)

Boca Security 561-393-2041, 595 S. Federal Hwy, #400, Boca Raton: RESTAURANTS & BARS / CATERING

Schrier Family Chiropractic 561-445-2648, 315 NE 2nd Ave, Delray Beach: CHIROPRACTORS (Referred by Jarrod White, Delray Beach Marketing Cooperative)

Sobe Security 954-588-8493, 721 SW 13th Ave, #3, Fort Lauderdale: SECURITY SERVICES (Referred by Stephen Chrisanthus, Delray Beach Marketing Cooperative)

The Sovereign Society 561-455-8025, 55 NE 5th Ave, Ste 200, Delray Beach: www.sovereignsociety.com – ADVERTISING & MEDIA/ PUBLISHERS & MAGAZINES (Referred by Hyatt Place Delray Beach)

Toastmasters 561-637-9014, 1040 Linton Blvd, Delray Beach: ASSOCIATIONS

The Hot Spot 813 Fashion Boutique – 888-391-5209, 101 NE 2nd Ave, Delray Beach: SHOPPING & RETAIL

Frogwebber, LLC 866-268-1902, 101 S. Congress Ave, Delray Beach: www.frogwebber.com – COMPUTERS, IT & TECHNOLOGY (Referred by Paul Schatz, Data Cabling Supply)

Conrad & Scherer / Jordana Jarjura 954-847-3316, 633 S. Federal Hwy, Ste 800, Fort Lauderdale, FL 33301 www.conradscherer.com – ATTORNEYS (Referred by Connor Lynch, Plastridge Insurance & Scott Porten, Porten Companies)

Intercode, Inc 561-278-0922, 250 S. Federal Hwy, Ste 309, Delray Beach, FL 33444 www.intercodeinc.com – CONSULTANTS / CONSTRUCTION & REGULATORY ISSUES
What to do if you lose your job

By John M. Campanola
Special to The Pineapple

If there’s one thing the recession has taught us, it’s the uncertainty of employment. No matter how firmly indispensable you think you might be, the reality is you could lose your job without notice. If it happens to you, here are some important things to think about and do.

Get The Facts

• Make an appointment with the Human Resources Department and get answers to these important questions:
  • Can you negotiate a later departure date?
  • Can you be reemployed?
  • Will you receive payment for unused vacation days?
  • Are you entitled to severance? If so, how much?
  • How long will you be entitled to health insurance?
  • Are you entitled to unemployment compensation? If so, what amount?

Be prepared for your interview. Being prepared will give you an edge.

Business Roundtable

Want some advice on an issue with your business? Need some fresh ideas on a new perspective from other talented business owners? You’ll leave this breakfast not only learning new ideas but also connecting to other chamber members who you may not normally interact with.

Business Roundtable will take place on the lawn of The Breakers. Please consider placing an ad or flyer program book: contact Amy Brand for details: 561-737-7733, x84428

Chairman’s Club Luncheon
March 14, 2014 11:00 AM – 1:00 PM
Delray Beach Chamber of Commerce
Location: To Be Determined

For more information and to register, call 561-212-2903.
Delray Beach, the Village by the Sea, has a Therapist by the Sea, Riana Milne. She had her own private Coaching and Therapy practice for 14 years in Egg Harbor Township, Atlantic County, NJ. Milne has long dreamed to live by the ocean in Palm Beach County; for her own therapeutic peace of mind, and recently chose Delray Beach over many other communities. Milne is a Certified Relationship & Life Coach, a Florida Licensed Mental Health Counselor (LMHC) and Certified Addictions Professional (CAP).

In NJ her credentials are as a LPC (Licensed Professional Counselor) and a Licensed & Certified Alcohol and Drug Counselor (LCADC), of which she taught future counselors for this credential at Stockton College of NJ. Her new Therapy by the Sea, LLC office is located at 15300 Jog Rd, Suite 109, Delray Beach.

“I absolutely love the friendly and welcoming feel of Delray,” explained Milne. “I have found it is a very supportive community for those who start and run businesses here. I have long been a patron of the arts, being a successful model for 32 years, and owning Sea, LLC office is located at 15300 Jog Rd, Suite 109, Delray Beach.

Now we all can have therapy by the sea!” she laughed. “I was the local Delilah or Frasier, and it was great fun.”

Milne had always wanted to help people with healing using inspirational, educational and entertaining, educational and sensual all at the same time! “I loved combining both talents of being on radio and counseling at the same time. You are always on your toes, never knowing what questions your caller may ask! The music I selected was romantic, mostly the Motown favorites. My radio shows were relaxing, entertaining, educational and sensual all at the same time!”

Now we all can have therapy by the sea! Milne was recently selected to be a columnist for Tony Robbins and Robbins Research International.

Milne was honored to be the only psychotherapist called by NBC News-NY, 40 in South NJ to help advise the viewers on how best to help children through the 911 tragedy. Most recently, you can find Milne’s new book, LIVE Beyond Your Dreams – From Fear and Doubt to Personal Power, Purpose and Success at Barnes and Noble and on amazon.com. Her forthcoming book, due out this month is LOVE Beyond Your Dreams – Break Free of Toxic Relationships to Have the Love You Deserve; a 2nd in the series called - Beyond Your Dreams Relationships.

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Beach front homes  
Luxury Homes  
Seasonal Residences  
Investment Properties  
Waterfront Properties  
Open 7 Days a Week
SEASIDE DUNES
$925,000 - Great 3 bedroom townhouse steps from the sand. Two 2nd story balconies from the bedrooms that overlook the ocean. Updated interior ready for immediate move-in. Seaside Dunes is a gated community on the ocean & only a few blocks Atlantic Ave. shops & restaurants.

SOUTHAMPTON
$475,000 - Direct oceanfront unit with great ocean views, great beach cottage, building closed 5/31 to 10/1

QUAIL RIDGE
$229,000 - Completely updated condo on the 2nd floor with open views of the 4th fairway of the golf course. Extended kitchen with Thomasville cabinets and quartz counters and recessed lighting. Master bedroom overlooks the golf course and master bath has been reconfigured to have a large walk-in shower and dual sinks.

WATERWAY NORTH - DELRAY BEACH
$749,900 - 3/2.5 townhome on Intracoastal, deeded dock included in sale. 2 large decks. Recently updated. 2 blocks to beach and close to Atlantic Ave. shops & restaurants.

DELRAY DUNES C.C.
$995,000 - Just completed, this home was completely redone and extended. Stunning golf views overlooking the 13th, 14th & 15th holes. This southern exposure home is on an oversized lot with large pool area with lanai. All top of the line finishes and appliances.

SEASIDE DUNES
$449,000 - Great 4 bedroom with wide open golf course views of the 5th green and 6th hole. Screened in pool with large covered lanai. Split floor plan. Great family home.

QUAIL RIDGE
$935,000 - 4/3 completely remodeled home on a premier golf course lot overlooking the 13th, 14th and 15th holes. This home has wood floors, a gourmet kitchen, crown molding and impact glass. There is a large pool area with a summer kitchen.

WATERWAY NORTH - DELRAY BEACH
$749,900 - 3/2.5 townhome on Intracoastal, deeded dock included in sale. 2 large decks. Recently updated. 2 blocks to beach and close to Atlantic Ave. shops & restaurants.

DELRAY DUNES C.C.
$593,000 - 4/3 completely remodeled home on a premier golf course lot overlooking the 13th, 14th and 15th holes. This home has wood floors, a gourmet kitchen, crown molding and impact glass. There is a large pool area with a summer kitchen.

SHOREWALKER PLACE - DELRAY BEACH
$1,150,000 - 4/3 Key West Style 3 Story Townhome is located a half block to the beach and within walking distance to Atlantic Ave., shops and restaurants. The building was built in 2005 and has a 2 car garage. The townhome has 2 balconies and a backyard and a hot tub.

DELRAY DUNES C.C.
$649,000 - Large family home built in 2001 overlooking the 2nd fairway. Ground floor master bedroom with his & hers walk in closets and a oversized master bath with separate shower and Jacuzzi tub. Fenced backyard with pool and hot tub.

DELRAY ISLE
$1,695,000 - Nestled in the exclusive ole Delray enclave of Seaside Delray. This adorable home is almost 3,100 sq. ft. under air and on a large lot over 1/3 of an acre. The home overlooks wide canal views and is only a block to the beach and a few more to Atlantic Ave.
CIRQUE ZIVA: GOLDEN DRAGON ACROBATS AT THE CREST THEATRE

GET YOUR GREEN ON IRISH PUBS OF DELRAY

8TH ANNUAL FESTIVAL OF THE ARTS BOCA

THE BEST TIME TO SHOP THE ALLEY - SATURDAY AFTERNOONS - NOON TO 5PM

Cacace Fine Art • Linda White Gallery • Cloud House Pottery • ART Gallery
Amanda Johnson Studio • A. Funk Studio • Ora Steele Studio • Joni Sarah White Studio
Pat Kaulman Studio • Stacy Dalmuth Studio • Steve Blackwood Studio • Laszlo’s Painting Studio
Jeff Whyman Studio • Schmidt Stained Glass • Magnus & Gordon Fine Art
“Island Dreams - Dreams of Water” Exhibit coming to the Delray Beach Public Library

The Delray Beach Public Library is proud to present a new art exhibit entitled “Island Dreams - Dreams of Water” by Boynton Beach resident, Carol Gold. Her work will be on display at the Delray Beach Library’s 2nd Floor Gallery from March 1, 2014 to April 27, 2014.

Gold’s oil paintings of scenes, landscapes and her giclees have been widely seen and collected during many solo exhibitions on Eastern Long Island and in Florida. Her paintings are like an exotic and colorful visit to the Caribbean islands as well as Northern locales from Florida to New England.

Gold earned her MFA degree from Pratt Institute and has devoted her entire life to the visual arts as an artist and teacher. She is the long-time President of Artists in Residence of Coral Lakes and a member of the South End Arts Council. Her work has garnered numerous ribbons and prizes.

You won’t want to miss this exhibit at the Library!

For further information on this exhibit and the many programs at the Delray Beach Public Library, visit www.delraylibrary.org or call the Director of Community Relations at 561-266-9490.

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March at Morikami features Hatsume Fair, new exhibit, interactive workshops and more

SECOND BEACH, FL – March is blooming with events and activities at the Morikami Museum and Japanese Gardens! Celebrate the first bud of spring with the return of Hatsume Fair, Morikami’s largest annual festival.

Admission will experience traditional clothing, tea ceremonies, contests, a fashion show, the Kin Kurabe Garden, children’s activities and more. Also happening the month, the new Japanese Prints of the Shining Star exhibit introduces us to art which is central to the Japanese culture. The tea ceremony changes from month to month to seasons.

Skimoo Flower Arrangement
Tuesday, April 1, 11, 25
Cost: $50 (members $45): advanced registration required
Flower fee: $40


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Do you like your Pineapple?

Pineapple Newspaper

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How do you like your Pineapple?
COMING THIS MONTH . . .

EVENTS

March 8-DeLory Beach
WellFit Delray Beach 2014
Saturday and Sunday, 11 a.m.-4 p.m., Admission is $5 per day or $20 for both days. WellFit Delray Beach is a transformative event designed to inspire, educate, motivate, and inspire people to take time, to fuel, think positively, reduce stress, care for themselves and others, and take great initiatives. The event features a Business Expo with 60 exhibitors presenting products and services that enhance wellness, fitness and overall well-being. Food Court (with samples); WellFit Delray Beach Area (with demonstrations); WellFit Expo, and Seminars with 20 leading experts. Learn more at www.WellFitUSA.com.

Monday March 10
Budding Artists: S.D. Spady Elementary Day School
Bring the kids to our Budding Artists booth and take home a memento from us all! S.D. Spady Elementary celebrates 25 years this month! We’ll have a special “Spady Craft” based on the school mascot, and PTA volunteers will help decorate the booth and will Spady shirts!

Friday March 7
Budding Artists: Art Makes Me Smile
Saturday, 9:30 a.m.-2:00 p.m. at the Delray Green Market in the Old School Square Park. Our friends at Spodak Dental will join us for “Art Makes Me Smile”, celebrating healthy smiles! We’ll have a super fun craft project, goody bags and a lot of great information for more, clack of kids on getting and keeping those healthy smiles.

THEATRE

All performances are in the Crest Theatre. Tickets available at DelrayArts.org. 561-243-7922 ext. 1

March 9-4
Crest Broadway Cabaret Series presents Eden Espinosa
Eden Espinosa, Monday & Tuesday, 8 p.m. Tickets $45
Espinosa is most recognized for playing Elphaba in Wicked on Broadway. She created the role of ‘Brooklyn’ in Broadway’s Brooklyn The Musical and has also served as an independent curator, writer and advisor.

March 10
Ithom of the Dance
Friday 9 p.m.; Saturday, 1:00-4:00 p.m.; Sunday, 2 p.m. Tickets $35-
$45
The National Dance Company of Ireland presents a dance and music extravaganza with top Celtic dancers and a phenomenal vocal quartet. A departure from traditional dance shows, this offers an inspiring journey of the Irish Celts through history. The show has played to over 5 million people in 35 countries.

March 12
Cinema Talk of the Great: An Evening with Bogie
Wednesday, 7:30 p.m., tickets $45
Humphrey Bogart remains one of the most iconic actors in film history. Stephen Bogart, host of “Bogart on Monroe’s Legacy” discusses all the beautiful moments that he learned from his father.

March 25-30
The Golden Dragon Acrobat: CIRQUE ZIVA
Friday 9 p.m. - Saturday, 2 p.m. & 8 p.m. Sunday, Tickets $45
Cirque Ziva combines traditional and modern Chinese acrobatics with the beauty, technology and artistry of Chinese acrobatics. The show features colorful, traditional costumes Cirque Ziva takes the Golden Dragon Acrobat to all new heights!

March 31
South Florida Symphony Orchestra
Monday, 7:30 p.m. Tickets $35-$55
The South Florida Symphony Orchestra’s Main Concert Series presents “A SUMMERS’ TOKE” opening with Mozart’s Symphony No. 40 in D major. Considered one of his masterpieces, it was commissioned by a prominent family from Salzburg to celebrate Agostino Hauser’s enlistment. Ellen Ziehlik, who is the first woman to win the Palmette Prize in Music, composed Shadows for Piano & Orchestra.

Wednesday 2
Jiggy Beagle, the featured pianist, says about Ms. Zwilich. “She is out to connect with audiences in an emotional level, and what comes out are blue notes,” Ms. Zwilich. “She is out to connect with audiences in an emotional level, and what comes out are blue notes,”

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March 7, 8, 9
Alle Primo Figure Painting Workshop
Friday, Saturday, Sunday, 9:30 a.m. - 4:30 p.m., $55/Instructor, Vittoria ANN EVANS
Shelving. This class is about painting the figure alla prima (out to well) and the techniques used to create a fresh, direct response to our subjects.

May 1, 8, 15, 22
Robert D. Chapin Lecture Series
The 2014 Lecture Lineup
March 20 – Tony Mendez
Thursday 2 p.m. Tickets 830/814/5
Tony Mendez is an award-winning actress and author of Linda Evans. Recipes for Life. In her talk, entitled “Aging gratefully – Living your best life in your 60’s,” Evans will share her personal wisdom, using her own life experiences as compelling, inspirational stories to discuss aging in a culture that does not reverse it.

In an initial demonstration, then students will work on their own learning how to interpret and simplify their subjects. Using the figure as a basic shapes and forms described by color, light and shadows. By learning to simplify what we see, we become better able to paint our subjects with greater clarity and directness. The class will be particularly helpful to students who wish to paint more loosely and to use their brushes freely with economy.

March 30
School of Creative Arts Showcase
Today at 5:00 p.m.-4:00 p.m.
A multi-media exhibit showcasing drawings, paintings, collage, mixed media and photography by adult and youth students and instructors.

LEARNING

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In an initial demonstration, then students will work on their own learning how to interpret and simplify their subjects. Using the figure as a basic shapes and forms described by color, light and shadows. By learning to simplify what we see, we become better able to paint our subjects with greater clarity and directness. The class will be particularly helpful to students who wish to paint more loosely and to use their brushes freely with economy.
Kiss me: I'm at Arts Garage!

The Delray cultural hub does it again. This month music lovers will enjoy a dynamic and diverse array of musical performances and theatre lovers will be thrilled with the third play of the season, Fighting Over Beverley, a romantic comedy by the famed playwright Israel Horovitz.

Set in Horovitz’s familiar Gloucester, Massachusetts, in the winter of 1998, 52 years after an American pilot brought Beverley home to the United States as a World War II bride, the British pilot to whom she was originally betrothed has come to America to reclaim the love of his life. As these two old soldiers battle for the woman they both feel is rightfully theirs, Beverley is forced to come to terms with old wounds, secrets, and truths she has managed to bury or deny her entire adult life.

In the process of this winner-take-all lifetime love triangle, Beverley discovers the true love of her life, and we are able to discover life’s most important aspirations.

“This play will appeal to all generations,” said Artistic Director, Lee Terrell. “While the main characters are 70-something, their past decisions will resonate with everyone. We have all faced the proverbial fork in the road and have looked back and wondered about our choice and the ramifications.”

The legendary Horovitz will once again grace the audience with his presence on opening night, adding to the list of greats that will be at Arts Garage this month.

“March is an international Women’s month and we will celebrate with truly outstanding musicians and powerful female vocalists,” said Alyona Cohn, Executive Director.

Each night will be memorable as the music soars with the likes of internationally renowned jazz drummer Leon Anderson, New York guitar phenom Peter Bernstein, Russian cellist Ian Maskin with his Bulgarian counterpart Ani Gogova and tuba sensation Bill Muter. And yes, the tuba brings it with explosive, boom biff hip-hop throwback emitted out of a symphonic instrument [that] leaves the crowd feeling like putty in Muter’s hands.” – New Times

In addition, Arts Garage is proud to give rise to the next generation of amazing female singers, with a night featuring the music of Micaliah Lockhart, a local talent who has been compared to Jennifer Hudson.

For tickets and more information please visit, www.artsgarage.org or call 561-450-6351.

**MARCH**

**Friday 2/28-Sun 3/23 | Fighting Over Beverley by Israel Horovitz | Theatre ($30-45) Wed – Fri 7:30pm; Sat & Sun 2pm**

Blast from Celebration Cruise Line and a $1,000 Winner of the Project Ship regional breakdowns, and more great American roots covers spanning blues, ragtime, hill country and roots masters, including Jimmy Rogers, Hubert Sumlin, Bo Diddley, Chuck Berry and Fenton Perkins. Now with The Vestapolitans, he offers a good-time mix of originals and covers spanning blues, ragtime, hill country breakdowns, and more great American roots ’n’ roll.

Saturday 3/1 | 9pm Micaliah Lockhart ($20)

Micaliah Lockhart

**Saturday 3/2 | 2pm Roadblock**

Roadblock 8-piece blues band from around the world, headlining with the Soul and R&B bands of the night. Versatile and exciting, Roadblock brings the unforgettable sounds of the blues.

Saturday 3/2 | 8pm Leon Anderson Quintet ($25-$35)

A jazz drummer from Louisiana, USA trained as a classical percussionist, and has worked with Marcus Roberts and Wynton Marsalis, Anderson performs and tours internationally with Marsalis, Goines, Walter Payton and the Snaphoot Band, and the Third Coast Jazz Quintet.

**Saturday 3/5 | 8:30pm | Peter Bernstein ($25-35)**

Peter Bernstein

Guitarist Peter Bernstein has been a part of the jazz scene in New York and abroad since 1989. During that time he has participated in over 60 recording and numerous festival, concert and club performances with musicians from all generations. “He is the most impressive young guitarist I’ve heard. He plays the best of them all for swing, logic, feel and taste.” – Jim Hall

**Saturday 3/15 | 8pm | Brad Vickers & His Vestapolitans ($25-35)**

Brad Vickers & His Vestapolitans ($25-35)

Brad Vickers learned on the job, touring, and recording with America’s blues and roots masters, including Jimmy Rogers, Hubert Sumlin, Bo Diddley, Chuck Berry and Fenton Perkins. Now with The Vestapolitans, he offers a good-time mix of originals and covers spanning blues, ragtime, hill country breakdowns, and more great American roots ’n’ roll.

Referred to as the next Jennifer Hudson, Micaliah is the “Soul & Soul of Delray Beach.” Winner of the Project Ship regional talent competition, she has participated in many acting showcases, received straight preconceived notions aside about the tuba. The tuba soloist for the Tony and Emmy Award winning jumps on the musical scene with his band The Sharp Shooters, bringing elements of funk, R&B, hip hop and more to life in a new way never heard before. “The real showstopper…a little boom boom boom will leave your rear end out of a symphonic instrument [that] leaves the crowd feeling like putty in Muter’s hands.” – New Times

Thursday 3/29 | 8pm | Vivian Sessoms | $25-35

**Saturday 3/29 | 8pm | Vivian Sessoms | $25-35**

With an exquisite, soulful voice, Sessoms is an absolute powerhouse of a performer. She has worked as a backing vocalist for Christina Aguilera, Chor, Joe Cocker, Pink, Patti LaBelle, Patti Austin, Natalie Cole and Chaka Khan and has recorded and toured worldwide as a featured vocalist for many artists, including Chris Botti, Eric Bené and Rob Thomas of Matchbox 20.

Sunday 3/30 | 7:30pm | Cabaret | Rob Russell with the Switzer Trio $25-$35

**Sunday 3/30 | 7:30pm | Cabaret | Rob Russell with the Switzer Trio $25-$35**

The director of the Royal Room in the Colony Hotel in Palm Beach, Russell has been invited to perform with many of the great Grammy and Tony Award-winning Cabaret stars of today such as Marilyn Maye, Anne Hampton and Liz Callaway, Marilyn McCoo and Billy Davis. Backed by the acclaimed Switzer Trio, the “Rob-ettes”, and surprise “special guests”, this show is guaranteed to wow audiences.
The Delray Beach Historical Society presents

“Delray Beach: The WORLD WAR II EXPERIENCE”

Opening Night Party
Honoring all those who have served...
March 20th, 5pm - 8pm, Tickets $25, Free to Veterans
RSVP by March 14th, (561) 274-9578

Rare Memorabilia Exhibit
March 21st-29th; Mon-Sat 10am - 4pm, Sun 1pm - 4pm; $8
Photography, cartoons, uniforms, equipment, weaponry, medals, airplane models & more!

“Honor Flight—One Last Mission”
Movie hosted by Mr. Steve Miskew. Check our website for details!

Storytelling Coffee
March 26th, 10am
The Greatest Generation is invited to a very special coffee hour.

Sponsored by: La Cigale, Hands Stationers, Nothern Trust Bank, Brad & Ann Bryant, Gordon & Holly Neff Broom
Generous donations given by: Dr. Fred Love & Mr. Charles V.V. Hardiman
BOCA RATON, FL – The Festival of the Arts Boca, set for March 7–23, 2014, will assemble the biggest parade of stars in the event’s eight-year history at the Schmidt Family Centre for the Arts at the Mizner Park Amphitheater, 280 Plaza Real and Mizner Park Cultural Arts Center, 201 Plaza Real (2nd Floor) in Boca Raton, Florida. This season’s Festival of the Arts Boca promises to be one for the ages,” said Charles S. Steinman, Chair & Executive Producer. “The stellar lineup, compelling programming and international appeal makes this a cultural attraction anyone in the world would want to attend.” The Festival will offer a rich variety of exciting programs exploring the full range of the performing arts.

Violin virtuoso Itzhak Perlman will open the festival on Thursday, March 7 at 7:30 p.m. at the Mizner Park Amphitheater, accompanied by Festival Orchestra Boca under the direction of Festival Music Director Constantine Kitsopoulos. Perlman will return to the Festival stage on Sunday, March 9 at 7 p.m. for the Florida premiere of his new program of traditional Jewish and klezmer music with celebrated Cantor Yitzchak Meir Helfgott, Eternal Echos: Songs and Dance for the Soul. “To see Itzhak Perlman live is one of a lifetime experience,” said Charlie Steinman, chair and co-executive producer of the Festival of the Arts Boca. “This will be Mr. Perlman’s third return to our Festival where he will perform the Mendelssohn Violin Concerto and also present ‘Eternal Echos’, a musical and cultural treat for everyone.” Unquestionably the reigning virtuoso of the violin, Perlman enjoys superstar status and earned a classical music Beloved for his charm and humanity as well as his talent, he is celebrated by audiences throughout the world who respond not only to his remarkable artistry, but also to his irrepressible joy for making music.

Dance will be brought back to the Festival this season with one of America’s leading dance troupes, the Bill T Jones/Arnie Zane Dance Company. Bill T Jones, as the founder and leader of the Company, has been the recipient of many awards, including the MacArthur Genius Award, one of the 2010 Kennedy Center Honors, two Tony Awards, and countless commissions from international dance and ballet groups.

The blazing, technically flawless Cuban-born trumpeter, Fernando Varela combine their individual talents to create one incredible, multilingual vocal force. Josh Page answered his musical calling in 2011, after randomly being pulled on stage by Josh Groban to duet with the superstar at New York City’s Madison Square Garden. He has since been invited to perform for Andrea Bocelli at rehearsals and joined former America’s Got Talent contestant Jackie Evancho on tour as a guest. Sean Panikkar, whose parents are from Sri Lanka, never dreamed of a career in opera. In fact, he enrolled in the engineering program at the University of Michigan, Chicago. Gradually became a bigger part of Panikkar’s life, and after college, he performed with several prestigious institutions, including the Metropolitan Opera and San Francisco Opera. Josh Page and Sean Panikkar will perform on American Got Talent in the season finale, televised on Wednesday, May 21.

The Festival of the Arts Boca has been named one of South Florida’s premier performing arts festivals. For the first time ever, the Festival will be offering an extraordinary Early Bird Special with all tickets at $39 for events at the Amphitheater, regularly priced up to $125, through December 31, 2013 (quantities limited). Prior ticket buyers will also have priority access to preferred seating at all Festival events at the Amphitheater, regularly priced up to $125, through December 31, 2013 (quantities limited). For more information, call 866-571-ARTS. www.festivaloftheartsboca.org

About Boca Ballet Theatre: Established in 1990, BBT is a nonprofit, award-winning civic ballet company that trains dance students, entertains audiences, and inspires the community through successful outreaches programs. Under the guidance of Co-Artistic Directors Dan Casimiro and Jayme Tirone, the BBT is a cultural landmark of our community and educate its youth in classical ballet and concert dance through focused training, interaction with professional dancers and participation in full-length ballets and contemporary choreography.

20% discount off regular prices.

Remaining tickets will be on sale at regular prices starting on January 1 or when the Early Bird Tickets sell out.

About the Festival: Celebrating its eighth season, the Festival of the Arts Boca is a world-class, multi-venue cultural arts event for South Florida. The Festival brings to its audiences the world’s most sought after jazz and classical performers and authors while simultaneously cultivating the stars of tomorrow, DMG Artists, the leader in worldwide cultural arts management and producer of several world renowned festivals in locations ranging from Tuscany to Abu Dhabi, Singapore, Bay de Janeiro and California, is once again collaborating with the Schmidt Family Centre for the Arts at Mizner Park in the planning and execution of Festival of the Arts Boca.

For more information call 561-308-8445 and to purchase tickets visit www.festivaloftheartsboca.org or call 866-571-ARTS.
BOCA RATON, FL – “JAZZIE Nightlife welcomes three must-see musical all-stars in March.  
March 3 & 4 at 7 p.m. and 9 p.m. 
JASON MARSALIS VIBES QUARTET 
Jazz royalty comes to JAZZIE! Nightlife when the Jason Marsalis Vibes Quartet appears on our stage.  
Jason is the son of pianist and music educator Ellis Marsalis and the youngest sibling of Wynton, Branford and Delfeayo.  
Together, the four brothers and Ellis comprise New Orleans’ venerable first family of jazz.  
A renowned drummer and vibraphonist, he has fine tuned his playing in two of the most demanding settings in modern jazz.  
When not performing with his vibes quartet, as a drummer he collaborates with brothers Delfeayo and Branford, in addition to Marcus Roberts and Ellis Marsalis.  
He also co-founded the Grammy nominated Latin fusion band Les Hommes Gabalistes and is a 2011 National Endowment for the Arts Jazz Master.  
Tickets range from $25 to $45.  
March 11 & 12 at 7:30 p.m.  
Gino Vannelli  
Platinum selling, GRAMMY® nominated, singer-songwriter Gino Vannelli and his band return to JAZZIE! Nightlife for two special evenings.  
Renowned for his sensuous and soaring vocal performances, Gino will be taking the stage with his seven-piece band performing his most memorial hits.  
A universal attraction, he has been touring the world from Japan to the Ukraine, Italy, Norway, Mexico, Canada, Holland and just completed a new Live DVD concert special recorded in Los Angeles.  
Since Gino Vannelli’s debut release of Crazy Life, in 1973, he has remained one of the most distinctive voices in contemporary music.  
He is the recipient of multiple Canadian Juno awards, has been nominated for several Grammy Awards and has sold over 10 million records worldwide, with hits including “I Just Wanna Stop,” “Living Inside Myself,” “People Gotta Move,” “The Wheels Of Life” and many more.  
For more information and tickets visit www.jazziznightlife.com.  
March 18 at 7 p.m. & 9 p.m.  
Kyle Eastwood  
It has been 15 years since bassist Kyle Eastwood burst onto the jazz scene with his 1998 debut, From Three To Here.  
At that moment in his budding career, the press seemed more preoccupied with his paternity lineage (he’s the son of famed actor-director Clint Eastwood) than his music.  
Over the course of the four subsequent releases – 2004’s Paris Blue, 2005’s Note, 2009’s Metropolitan and 2011’s Song from the Chateau – Eastwood built up an impressive body of work while earning respect in music circles.  
With his sixth release as a leader, The View From Here on the Jazz Villagelabel, he demonstrates a strong command of both electric and upright basses while expanding into more adventurous territory that is informed as much by jazz as it is by world music.  
“I’ve always loved music from other countries,” says the Carmel, California native who has resided in Paris for the past eight years.  
“Living in France, you hear a lot of North African and Middle Eastern music, and you can hear some of those influences on this new recording.”  
Tickets are $25 for general admission, $45 for premium and $65 for VIP.  

The Wick Theatre at Arts Garage presents: The Full Monty  
Blue collar guys bare all in hilarious every man musical  
Will they or won’t they? Yes, The Wick Theatre’s presentation of The Full Monty gets all out!  
The funny, affectionate and barely gays from Buffalo will have you cheering them on as they conquer their fears and take charge of the lives.  
The hit 1997 British film made its way to Broadway in an Americanized version in 2000 that was a multi-Tone Award nominee.  
With a book by Terrence McNally and a score by David Yazbek, this hilarious story follows six down-on-their-luck steelworkers, relocated to a steel mill in the English town of Sheffield.  
They conquer their fears and take charge of their lives. The hit 1997 British film made its way to Broadway in an Americanized version in 2000 that was a multi-Tone Award nominee.  
With a book by Terrence McNally and a score by David Yazbek, this hilarious story follows six down-on-their-luck steelworkers, relocated to Buffalo, New York, who are desperately seeking employment and a paycheck to support their families – until they come up with a bold way to make some quick cash.  
As the guys work through their fears, self-consciousness, feelings of worthlessness and anxieties, they come to discover that not only are they stronger as a group, but that the strength they find in each other gives them the individual courage to face their demons and overcome them.  
The Wick production is directed by Dom Boggs, choreographed by Andy Ficco with musical direction by Michael Ursua.  
The Full Monty opened at the Wick Theatre, 7901 North Federal Highway, Boca Raton, on Thursday, February 20th and runs through March 23rd.  
Performances are Wednesday through Sunday with matinee performances on Wednesday, Thursday, Saturday and Sunday at 2:00 p.m. and evenings performances on Thursday, Friday and Saturday at 7:30 p.m.  
Ticket prices are $58 per person and can be reserved by phoning the theatre at 561-995-2333 or on-line at www.thewick.org.  
Student tickets are $27.80 with student rush pricing also available.  
Group discounts are available for parties of 12 or more.  
Parental Discretion is advised.  
Single tickets as well as Museum/LabShow packages are available at www.therick.org or by calling the box office at 561-995-2333.

About the playwright  
Israel Horovitz has written over 70 plays, several of which have been translated into as many as 30 languages and performed worldwide.  
His play Line is now in its 34th year of continuous performance off-Broadway.  
He is Founding Artistic Director of Gloucester Stage Company, and of the New York Playwriting Lab.  
Horovitz teaches a bilingual screenwriting workshop with writers from la Fémis, France’s national film school, and Columbia University’s graduate film program.  
He is married to Gillian Adams-Horovitz, former British National Marathon Champion and Record holder, and former USA Track & Field (Masters/Marathon Champion.  
Horovitz visits France, frequently, where he often directs French-language productions of his plays.  
He is the most-produced American playwright in French theatre history.

LOIS BREZINSKI ARTWORKS  
Join Us! for GALLERY STROLL  
Downtown Atlantic Ave  
March 21st: 6:30 PM

LOIS BREZINSKI ARTWORKS
ON STAGE

CARMEN BRADFORD
TUE, 3/25, 7:30PM
Carmen Bradford’s body of work reflects years of musical experience and technical brilliance. Her lyrics are full of passion and her personality is simply captivating. She has carved out a place in music history for herself and is playing an integral role in this uniquely American art form called jazz.

MICAILAH LOCKHART
SAT, 3/1, 8PM
Referred to as the next Jennifer Hudson, Micailah is the Salt & Soul of Delray Beach. Her vocals ignite the stage and blow audiences away.

LEON ANDERSON QUINTET
SAT, 3/8, 8PM
Having performed with Ellis Marsalis at the Jazz Festival in Rio de Janeiro and Marcus Roberts at Dizzy’s Club Coca-Cola at Lincoln Center, Leon Anderson is recognized as a “Jazz Hero” by the Jazz Journalists Association.

BRAD VICKERS & HIS VESTAPOLITANS
SAT, 3/15, 8PM
“Mastery work from all band members. This one should be a must-see live band.”
-WYCE Music Journal US

PETER BERNSTEIN
SAT, 3/22, 8PM
“...has paid attention to the past as well as the future. He is the most impressive young guitarist I’ve heard. He plays the best of them all for swing, logic, feel and taste.” -Jim Hall

IAN & ANI
THU, 3/27, 8PM
Russian cellist Ian Maksin and Bulgarian pianist Ani Gogova return to the Arts Garage with a new eclectic program ranging from Prokofiev to Piazzolla.

BILL MUTER & THE SHARP SHOOTERS
FRI, 3/28, 8PM
Bill’s band brings elements of fusion, R&B and neo-soul mixed together with a tuba in a way never heard before.

VIVIAN VENESSOMS
SAT, 3/29, 8PM
“Vivian Sessoms, the critically-acclaimed songstress known for her rich, melodic and captivatingly soulful vocals.”
- BroadwayWorld.com

ROB RUSSELL W/ THE SWITZER TRIO
SUN, 3/30, 7:30PM
Backed by the acclaimed Switzer Trio, the “Rob-ettes”, and surprise “special guests”, Rob Russell show is guaranteed to wow his audiences.

“BRING YOUR OWN WHATEVER”
A BOTTLE OF WINE, FAVORITE BEVERAGES & MUNCHIES

180 NE 1ST STREET DELRAY BEACH, FL 33444 | 561-450-6357 | INFO@ARTSGARAGE.ORG
Fighting Over Beverley
by Israel Horovitz
Executive Producers: Martin & Edith Stein

THEATRE arts garage
LOUIS TYRRELL | ARTISTIC DIRECTOR
FEB 28 - MAR 23
WED - FRI 7:30PM; SAT & SUN 2PM | $30-45
2014 Muse Awards to honor “Best and Brightest” arts and cultural programs in Palm Beach County

LAKE WORTH, FL – The best and brightest in the world of arts and culture in Palm Beach County will be recognized by the Cultural Council of Palm Beach County and the arts community at the Kravis Center’s Coleman Pavilion during the 2014 Muse Awards at 6 p.m. on March 13.

The Muse Awards program was conceived nearly a decade ago as a way to celebrate and bring attention to outstanding art and culture in Palm Beach County, and to raise funds for cultural projects then and on going present by the Cultural Council of Palm Beach County. The performances during the awards show are presented by Andrew Kato, award winning producing artistic director of the Malt Jupiter Theatre and coordinating producer of the annual Tony Awards.

Cultural Council President and CEO Rena Blades says: “The Muse Awards is not only an entertaining evening of award presentations and performances highlighting the most sophisticated arts and cultural organizations in the southeast, it is also a chance to highlight the work the Cultural Council does in outreach and arts education. It is a special night that ties in with a first class awards show.”

Over the past several years, the Council has provided countless cultural opportunities to children in Palm Beach County. Funds raised from the Muse Awards directly impact the lives of Palm Beach County students by giving them an opportunity to take field trips to local arts and cultural organizations that their schools could otherwise not afford.

Connect with the Council at www.palmbeachculture.com or by phone at 561-320-3000.

Local artist to showcase his latest series at the ETTRA Gallery

The Pineapple Newspaper

Delray Beach, Fla. – Feb. 25, 2014 – Morikami Museum and Japanese Gardens will celebrate their spring season with a free family day on March 29 – 30, 2014 from 11 a.m. to 6 p.m. for the first time, the museum will have a special appearance by Nelson Rivas, the producer of the Morikami’s largest annual event with a new two-day ticket.

Ticket prices are available online, in advance only, for $17 for adults and $11 for children ages 4-10. Single day passes for Hatsume Fair are also available and priced at $15 for adults, $10 for children ages 4-10. Museum members and children 3 and under enjoy free entry to the festival. Discounted tickets are offered in advance, online at www.morikami.org.

Hatsume Fair will feature multiple stages of non-stop entertainment, such as thunderous taiko drum performances by Fushou Drako and Roni Tatsitus, popular pop-culture contents, action-packed martial arts demonstrations and a Japanese fashion show.

New activities offered this year include the Morikami Arcade, featuring popular games such as Dance Dance Revolution and PacMan, as well as the Japanese Pop Art exhibit, showing early manga sketches and Pokemon memorabilia.

In addition, kids will enjoy interactive taiko drum performances, flower seed-planting, butterfly origami and a spring-themed coloring station.

The Irish Dracula

hosted by Irish Theatre of Florida will have its premiere at the Art Studio, 1201 N. Federal Highway, Delray Beach on March 7th, 2014.

Performance Dates
March 7, March 8, March 14, March 15
8:30 p.m. – Performance

The Irish Dracula, a humorous take on Shakespeare’s immortal character, is a variation on the well known ghost story. Yes, the story is true. Many have died trying to solve the mystery of the “Irish Dracula.”

The story begins when a small coastal town, Sligo, Ireland, is terrorized by the mysterious, deathly handsome, Dracula. Terror and fear reigns throughout the once peaceful community. The townspeople are desperate to stop the vampire. One brave soul, Sir Patrick O’Hara, does what he can to save the town. But in the end, the tale of fame and fortune, Dracula’s end is finally heeded.

In the end, all is lost to the vampire slayer.

For information on any of the events, contact the box office at 561-213-8209 or email info@natkingcolefoundation.org/concert or visit www.natkingcolefoundation.org. Tickets are offered in advance, online at www.morikami.org.
education to the good-ole-boy, hard-drinking comfortable upper-class upbringing and Ivins' life to reveal what drove her from a and love of irony. The script also delves into Ivins' keen intelligence, sense of humor, and political savvy to establish herself as one of the nation's most best-selling author was a crusading journalist who broke gender barriers with her sharp-tongued wit, humor, and political savvy to help women win their place in the workplace. The Women's Theatre Project recently celebrated the winners of the annual Palm Beach County High School Poetry Contest. This year’s prize poets were two seniors and a sophomore from Dreyfoos School of the Arts in the West Palm Beach, a junior at the Riverbake Maritime Academy and a senior at Wellington High School. The first place prize ($250) went to Abigail Miller, a senior at Dreyfoos School of the Arts in the West Palm Beach, for her poem Crescent Moons. The next four winners, who each received two Festival passes and $25, are in order of their placement:

• Kenneth Haliburton, a junior at the Riverbake Maritime Academy, for his poem, Handbrake Turn.
• Juliana Diatezua, a senior at Wellington High School, for the poem, Ways to Disappear.
• Tiffany Abreu, a sophomore at Dreyfoos School of the Arts in West Palm Beach, for her poem, Rebel Gum.
• Barbara Bradshaw will star as the unsinkable, unstoppable Molly Ivins. The 'dyed-in-the-wool liberal from deep in the heart of Texas', an uninflatable, blowhard and a brassy newspaper columnist and the first time the play has been produced Willow Theatre in Sugar Sand Park. It is Red Hot Patriot: The Kick-Ass Wit of Molly Ivins

Palm Beach Poetry Festival honored the winners of High School Poetry Contest 2014

The Women's Theatre Project presents The Kick-Ass Wit of Molly Ivins

Women's Theatre Project presents The Kick-Ass Wit of Molly Ivins through March 30th, 2014 at the Willow Theatre in Sugar Sand Park. It is the first time the play has been produced in South Florida. Award-winning actress Barbara Bradshaw will star as the unshakable, unstoppable Molly Ivins. The ‘dyed-in-the-wool liberal from deep in the heart of Texas’, famously brassy newspaper columnist and best-selling author was a crusading journalist who broke gender barriers with her sharp-tongued wit, humor, and political savvy to establish herself as one of the nation’s most influential political columnists. Written by twin sisters Margaret and Allison Engel, the play is a true tribute to Ivins’ keen intelligence, sense of humor, and love of irony. The script also delves into Ivins’ life to reveal what drove her from a world of journalism and political warfare. Red Hot Patriot seamlessly weaves personal anecdotes with a sharp and clever look at one of our favorite national pastimes – politics. I love the fact that the Dallas Times Herald let Ivins write what she pleased,” says director Genie Croft. “They even endorsed that policy on billboards that read: ‘Molly Ivins, Can’t Say That, Can She?’ The Kings’ script captures the jokes about provoking politicians, and her reminiscences of personal heartbreak and offer insight into who she was.”

Barbara Bradshaw is thrilled and excited to take on Ivins’ persona. The winner of four Carbonell Awards, the Los Angeles Drama-Lodge Award for Best Actress, The Silver Palm Award, The Seaside Music Theatre award, several New Times Best Actress awards, says: “I shall struggle mightily with this amazing challenge to bring this woman to life – her wit, her wisdom, and her passion. The prospect is daunting but Molly never shied from a challenge and neither shall I... to quote another... ‘damn the torpedoes, full speed ahead!’” When asked for a favorite Ivins quote, Bradshaw responded with this one: “...to keep fighting for freedom and just do it. Lord, let your laughter ring forth. Be outrageous, ride the great wind and keep advancing into all the oddities that freedom can produce.”

The Willow Theatre at Sugar Sand Park is located at 300 South Military Trail in Boca Raton, just south of Palmo Park Road. Tickets for Red Hot Patriot are on sale now, and can be purchased at the Willow Theatre Box office: 561-347-3848. Tickets for all performances are $25.

Information about The Women’s Theatre Project, visit www.womenstheatreproject.com, or contact Carol Kanzie (classic@email.com/561-445-0244), or Genie Croft at 561-243-7922.
March 6

**El Camino**

El Camino is a South Beach tapas bar and South American fusion restaurant. It is located on the corner of 15th Street and NE 2nd Avenue.

El Camino's menu is a medley of fresh, local vegetables, white wine, and fresh seafood, with a focus on Italian, Mediterranean, and Latin American flavors. The menu features small plates and shareable tapas, including favorites like ceviche, chicharrón, and chile rellenos.

**The chicharrón appetizer from El Camino.**

Photo Credit: El Camino

El Camino is one of the top restaurants in Miami and has been recognized for its creative and delicious dishes. The restaurant offers a unique dining experience with a focus on fresh and seasonal ingredients. El Camino is a must-try for any food lover in Miami.

By Nicole Donna

The Pineapple Combating Viral Disease

**New restaurants hitting the scene**

**El Camino**

15 NE 2nd Avenue

561-265-0921

elcaminodealy.com

Cut 42 and Park Tavern owners Brandon Belluscio, Brian Allee, and Anthony Pizlo have introduced Mexican soul-food and a top-notch tequila bar – which opened its doors late December – to downtown Delray Beach. Located just off the city’s Atlantic Avenue, El Camino sits on NE 2nd Ave looking into Pineapple Grove, the establishment offers patrons a taste of Mexico through the eyes of Executive Chef Victor Meneses.

Originally from Juarez, Mexico, Meneses has constructed a menu of specialty dishes, modern twists of traditional family recipes that cover several regions of his home country. Creative license is taken with dishes like the loaded nachos basket, charred octopus and squash blossom quesadillas.

**El Camino 850 Lake Avenue, presents the works of Laura Anne Jacobs. Opening reception is Friday, March 21 from 5-8pm. Laura Anne Jacobs has experienced an unprecedented surge in worldwide press with articles as far as People Magazine and Pakistan Television. She made England’s UK Telegraph and Daily Mail, Italy’s Republica, AOL News, The Huffington Post, and most recently (April 2012) she was profiled in a 3 page cover story in The New York Times. The wine and cheese reception is from 6-9PM.

MaryEllen Dohle will be exhibiting her extraordinarily crafted sculptures of sports figures at the Clay Glass Metal Stone Gallery, 15 South J Street in Downtown Lake Worth. The ten-day exhibit will feature works of some of Palm Beach County’s finest photographers in a wide array of subject matter. A wine and cheese reception will be held from 6-9PM.

**The Merchants of Downtown is a group that meets weekly to make Downtown Lake Worth a welcoming destination for neighbors and visitors alike.**

Saturday, March 1

**The Spirit of the Wood Nymph and The Best of the Wood Nymph**

and Teri Salamoni are featured artists at the Clay Glass Metal Stone Gallery, 15 South J Street in Downtown Lake Worth. A mother-daughter team of artists, Mary and Teri collect the gifts of nature and turn them into captivating works of art. They use wood, stone, lathes…and that is just the beginning. She forms, carves, and polishes her pieces into lyrical forms. Many collects fossils, guinea, palm inflorescence and sea grass to weave contemporary works that go beyond your grandmother’s baskets. Their exhibition quality works are turning up at shows throughout the south, and winning top prizes everywhere. The openings are from 6-8 PM. Teri will be demonstrating on the wood lathes.

Friday, March 7

**South J Street in Downtown Lake Worth**

Savory herb and Parmesan crusted fish will be served with a medley of fresh, local vegetables, white wine, and fried pork skins, or chicharrón. Crunchy strips of fried pig’s ear, they let off muffled pops in your mouth and on the plate, hot from the fryer. Like some sort of edible crack, they are served with a cactus slaw and sour cream. And then come the tacos, served on a platter – tiny round tortillas coursed out as they were on a tasting menu – from chilli-rubbed skirt steak to cripsy grouper.

**March 6**

**The St. Patrick’s Day Charity Parade**

This green and lively event benefits Wheels For Kids The Parade starts on Lake Avenue. A decorated wheelchair will be donated to a child in need, at this event. Make sure you spend the day at Building Down Under Dave’s, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better than both Robb of Building Down Under Dave’s, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better than both Robb of Building Down Under Dave’s, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better than both Robb of Building Down Under Dave’s, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better than both Robb of Building Down Under Dave’s, both on the corner of Lake and K Streets. No one celebrates St. Patrick’s Day better than both Robb of Building Down Under Dave’s, both on the corner of Lake and K Streets.

Parade starts on Lake Avenue. A customized Irish-themed float will be led by the Mayor and a parade of cars, trucks, horses, marching bands, and more.

**The wine and cheese reception takes place from 6-9 PM.**

**Sunday, March 16 at 1 PM**

**The 8th Annual Saint Patrick’s Day Parade**

Join us for the 8th Annual Saint Patrick’s Day Parade. Sponsored by the Merchants of Downtown Lake Worth, this event is a fun pre-St. Patrick’s pub crawl and charity event. Don’t miss the pre-St. Patrick’s Day mug races hosted by the merchants. We will have food, drink, music, and a good time! A customized Irish-themed float will be led by the Mayor and a parade of cars, trucks, horses, marching bands, and more.

**The wine and cheese reception is from 6-9PM**

From the outside its hard to miss, vivid blue-painted exterior, large windows, and an open sidewalk seating for the sun for a handful of outdoor sidewalk tables. Not in the mood for mushes? The menu has a short list of chili flat breads and sandwiches – as well as a few dishes that steer clear of seafood – from all time burgers to sandwiches with artichoke ricotta and honey-glazed chicken.

**Coke**

Coke has partnered with Rhino Donuts, the arena’s newest coffee and doughnut shop, to bring a small business retail, doughnuts and coffee to-go to Atlantic Ave. Later this spring, there aren’t too many things that go together better than coffee and doughnuts, and for South Florida, entrepreneurs Danie Tam and Athen “Tom” Prakas – two men looking for their next big thing – have introduced Mexican soul-food and a top-notch tequila bar. Located just off the city’s Atlantic Avenue, El Camino, has experienced an unprecedented surge in worldwide press with articles as far as People Magazine and Pakistan Television. She made England’s UK Telegraph and Daily Mail, Italy’s Republica, AOL News, The Huffington Post, and most recently (April 2012) she was profiled in a 3 page cover story in The New York Times. The wine and cheese reception is from 6-9PM.

MaryEllen Dohle will be exhibiting her extraordinarily crafted sculptures of sports figures at the Clay Glass Metal Stone Gallery, 15 South J Street in Downtown Lake Worth. The ten-day exhibit will feature works of some of Palm Beach County’s finest photographers in a wide array of subject matter. A wine and cheese reception will be held from 6-9PM.
The Healthy Bellies Program

The Food Beat, the online food network for Delray Beach, is featuring our local nonprofit Healthy Bellies. The Food Beat.com, today, we are featuring our first food related nonprofit, Healthy Bellies.

Not long ago, after completing yet another wonderful meal at DaDa, our waiter presented us with a card that explained a program called Healthy Bellies. We began to read it, DaDa manager and all around good guy Carlos Gambarni sat down to fully explain the concept.

And what a concept it is. The brainchild of DaDa Executive Chef/Owner Bruce and Amanda Feingold and wife, Amanda, Healthy Bellies strives to provide healthier eating and food education for the working poor in Delray Beach. Working directly with The Achievement Center, Healthy Bellies, in a remarkably short period of time, has made a significant impact. And they’ve just getting started.

“We really loved what The Achievement Center does for the Delray Beach community and we working on ideas on how we could help,” said Chef Feingold. “Most of our ideas were costly and had a significant amount of risk involved, and then one day I said, wait a minute.. I cook for a living. Why not build our effort around that?”

The Feingold’s desire to make a difference was in line with the objectives of the Achievement Center. The center, located near Lake Ida road, has been serving the working poor community in Palm Beach County since 1969, and hundreds of children in the Delray Beach community have been served by their efforts. The centers goal is to provide affordable quality care to children whose parents otherwise could not maintain their job or go to school without help. Programs are designed to meet a child’s academic, social, emotional and physical needs. Every family that benefits from the centers effort must have at least one parent working, and contribute something financially each month.

The center offers toddler, preschool, after-school, teen, adult and family programs. The families served have limited or no access to quality childcare, educational support services or extracurricular activities which ultimately influence and inspire children.

One of the most critical components of the centers mission is to provide meals for children who often live with a condition known more commonly as “food anxiety.” Many of the centers children come from homes where they must ration their food to make sure there is some for meals throughout the day, and in some cases, to ensure siblings can eat.

“I can’t imagine living in those types of conditions or having our own child not know where their next meal is coming from. Healthy Bellies will hopefully create the ability to increase the number of meals served, as well as make them more healthy.” Chef Feingold added.

The grass roots movement is brilliant in its simplicity and has potential to create a duplicable blue print for other communities. At the conclusion of your meal, a Healthy Bellies information card is presented. Diners can donate any amount they choose. If they choose, and that amount is added to the bill without tax or tip being associated. Everyone is encouraged to complete the contact card, which enters them into a drawing, even if they choose not to donate. Names are drawn on a regular basis and those selected are treated to Chef Feingold coming to their home to teach them how to prepare a meal for six. 100% of the proceeds are then given to The Achievement Center at the end of each month.

The hope is that the increased source of revenue will help the center in making healthier meals for the children, as well as increase the number of meals prepared. But there is another wrinkle in the Feingold’s plan that makes Healthy Bellies and even greater resource for need families.

“Our plan is to actually teach the families whose children attend the Achievement Center how to prepare healthy meals at home with a limited budget.” Chef Feingold said. “The goal is to set up shop at the Achievement Center on a regular basis, bring in food, and show the families how to get the most out of their limited resources by teaching creative meal preparation.”

Bruce and Amanda Feingold and the partners at DaDa have always been community oriented and contributed to many local organizations over the years. Healthy Bellies can forever change the landscape of hunger for these less fortunate, and according to Chef Feingold, there is no limit to the potential if they can get a little help from their friends.

“We have made the process very simple for others to participate and its one hope that more restaurants in Delray Beach will get involved. The exponential growth is staggering when you consider the amount of revenue five or six restaurants could generate with patrons just donating a dollar.”

What a concept indeed.

For more information regarding Healthy Bellies and how to get involved, visit TheFoodBeat.com and click on the Nonprofit Showcase.

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Reigning Garlic Fest Champ Takes the Title Again!

I t was a competition like no other. Reigning Garlic Fest Champ Bruce Feingold, Executive Chef of DaDa’s and MJ Renacquitio, Sous Chef of 32 East, went head to head to battle it out in the 2014 Garlic Chef Finals.

Each year Garlic Fest volunteers looks for new and exciting ideas that push the competitors to the next level, all while enhancing the experience for the audience. This year was no exception!

With the semi-final mystery ingredient being beef jerky, and the contestants made aware at the 30-minute mark that they needed to incorporate fruit roll-ups in one of their 3 dishes, AJ beat out his competition, Michael Vogler from Latitudes Restaurant & Bar in Hollywood.

For the finals, the competitors were presented with their mystery item. The mystery ingredient... TOFU!! They then had to create a completely Vegan menu. The chefs had 15 minutes to prepare their menus and then present to the audience. Before the competition began, they were asked to bring their personal items (knives) with them and meet in the middle, then switch sides. Their competitor’s menus now became their menu. They were told to create “their interpretation” of their competitor’s menu and bring their spin into it.

In the end, Feingold’s rendition and execution won him the title once again!
MAX'S HARVEST UNVEILS NEW SEASONAL MENU OFFERINGS UNDER DIRECTION OF NEW CHEF

DELRAY BEACH, FL - Max's Harvest has added a number of new seasonal items to its menu. Chef Eric Baker, who recently joined the restaurant, has updated some favorites and added several new dishes, while standards such as the deviled Heritage Hen Farm eggs and the goat cheese croquettes remain on the menu.

An updated item on the “Start Small” section of the menu is the Florida burrata and caviar with mozzarella burrata, sustainable caviar, grilled sourdough, pickled kumquat, Nancy's arugula and tangelo. New to the menu is warm kale "Caesar" which includes Nancy's kale, toasted quinoa, grana padano and crispy white anchovy.

Under the “Think Big” section of the menu, Chef Baker has added a high on the log pork duo with roasted loin and 24 hour shoulder, black bean chorizo, succotash, roasted sweet plantain and charred scallion vinaigrette. An updated dish is the Murray's brick chicken "coq au vin" which has an cepsa pasta, button mushrooms, pearl onions, bacon lardons and a red wine jus.

"We are staying true to the farm to fork concept, while updating our menu," Chef Baker said. "Our biggest challenge and greatest pleasure each day is seeing what the farmers bring us and developing menu items around what is beautiful and available."

For more information, visit www.maxsharvest.com or call 561-381-9970.

Delray Gourmet Recipe Contest

We are looking for your original recipe! Do you have a unique and creative way you like to include The Olive Taste of Delray olive oils or balsamic vinegar in your cooking? Show off your culinary talents preparing one of your recipes. Maybe you have a favorite recipe, a classic dish that you have turned into an entirely new taste sensation, you want to highlight a dish from your favorite region or culinary travels... or you can surprise us with something completely new!

WIN OVER $500 IN PRIZES IF YOUR RECIPE WINS!

Over $1000 in prizes given away to up to 3 semi-finalists. Also, the winning recipe may be included on the Specials Menu at Dada, and as a recipe feature in Atlantic Ave Magazine!


THIRD ANNUAL AMERICAN FINE WINE COMPETITION

BOCA RATON, FL - In couton to its seventh annual American Fine Wine Competition Charity Wine Gala in April, the American Fine Wine Competition (APWC) – the largest and most prestigious All-American Institutional in the country – presents The APWC Wine Carnival & Consumer Challenge on Tuesday, March 11 at Sonoma House in Boca Raton. The third annual event will provide an opportunity for guests, including South Florida’s top business professionals, philanthropists, wine enthusiasts and collectors, to try their luck at wine-themed “carnival game booths,” all while promoting the finest wines produced in the U.S., local business, supporting American wineries, and raising funds to benefit South Florida not-for-profit Deliver the Dream.

APWC Wine Carnival & Consumer Challenge: admission is $50 per person. For purchase tickets, learn more about the Carnival and APWC, call (305) 627-3409 or email shari@AmericanFineWineCompetition.org.
Happy St. Patrick’s Day! Bring on the green beers! Figured I’d change it up a bit—how about a list of my favorite beers with green? Oskar Blue’s G’Night and Cigar City Jai Alai are served in a green can! For its brewery’s name and creating some of my favorites: Green Flash.

Sierra Nevada tops some of their delicious bottled beers with green caps! Terrapin from Athens, GA has an adorable green turtle mascot. So this St. Patrick’s Day don’t get pinched, hang on to a green beer and enjoy!

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