BOCA RATON – Next time your company is looking for a place to conduct meetings or conventions, just look outside your window. Boca Raton has been dubbed one of the top 50 meeting destinations in the United States.

Cvent, the world’s largest meetings and event management technology company, recently announced the top 50 cities for meetings and events in the United States, according to meeting and event booking activity in the Cvent Supplier Network. Boca Raton came in 43rd on that list, and is one of five Florida locations listed.

“This is indicative of the phenomenal work of the Visitors and Convention Bureau,” said Troy McLellan, president and CEO of the Greater Boca Raton Chamber of Commerce. “It is a testament to what they have done.”

But he said the high ranking is also indicative of the quality and service provided by resorts, clubs and hotels in Boca Raton.

“Just look at the meeting locations,” he said. “The Boca Raton Resort & Club is one of the best.”
Boca Pastor Urges Islamic Center Make Donation to 9/11 Victims Fund

BOCA RATON – A Boca Raton church pastor known for championing various causes has called upon the Islamic Center of Boca Raton to give $600,000 to the 9/11 Victims Fund before they open their new building.

The Rev. Mark Boykin, senior pastor of Church of All Nations, said in a press release that he will hold a news conference and press test at 11 a.m. Saturday, Aug.18, in front of the Islamic Center of Boca Raton at NW 35th Street and NW 6th Way.

Boykin claims in the press release that in 1999, the Islamic Center of Boca Raton received $600,000 from the Global Relief Fund for the construction of its mosque/ Islamic center.

The pastor claims that the U.S. Treasury Department designated The Global Relief Foundation a terrorist organization. Several items on the internet said the organization has been under investigation for alleged ties to al-Qaeda.

Calls from the Boca Raton Tribune and messages left at the Islamic Center of Boca Raton were not returned.

“The ICIR must give $600,000 to the 9/11 Victims Fund; otherwise, folks in Boca Raton will be going to a defiled Islamic Center built with blood money,” Pastor Boykin said.

“There is enough evidence to warrant an investigation into this matter,” said Joe Kaufman from Americans against Hate. “Before the Boca Raton center is fully operational, they must return the money to the victims of 9/11.”

Boykin quoted a Sun Sentinel story that said leaders of ICIR are organizing an assortment of events for neighbors. Residents of homes within a one-mile radius of the center will get an invitation for lunch in the coming months. The center is within a mile of Boykin’s Church of All Nations.

“We strongly believe that members of the community must be aware of the history surrounding the building of this mosque,” the pastor said.

For Sale
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18 fine quality designer men’s jackets for sale. Sizes 38 to 52. Brands include Valentino, Ralph Lauren, Hugo Boss and others. The lot includes two tuxedo jackets.

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Quote of the Week:
And hath forgotten the covenant of her God; for her house inclineth unto death, and her paths to hell. Proverbs 2:18
Another lady came in a wheelchair with IV in attendance at the Wayne Barton Study Center. With over 7000 students and parents in attendance at the Wayne Barton Study Center, the needs of many were met. Approximately 6429 back packs were given out to students who arrived at the study center as early as 4:30 am. One parent even took her children in their pampas and slept in their car to be on time for the give-away. Another lady came in a wheelchair with IV in her arms so that she could collect a backpack for her grandchildren.

CEO Wayne Barton said, “It’s a blessing from God to be chosen to do this.” He also stated, “I am really excited about the opportunity to get children excited for school.” Students received school supplies that will suffice for the school year, which included stationery such as note books, rulers, calculators and a backpack. Haircuts and hairstyles were given to the boys and girls respectively. Also, entertainment and refreshments were provided. Even the Fire Department had to be in attendance due to people passing out in hot sun. Barton was pleased with the turnout, “It is a great cause because a need was met, and it was bad because people had to wait in a long line to get the school supplies.” As a result of those long lines, persons started to pass out due to the heat and the Fire Department had to be in attendance.

Barton’s only disappointment was that there were not enough supplies to meet the needs of those in attendance and the difficulty he faces to raise money in Boca. “The image of Boca makes it hard to raise money. We need more support, because wherever the need is, I want to meet it. I prefer to empower our youths and take preventive measures, not reactive measures.”

If you would like to make a donation to this good cause, please contact the Wayne Barton Study Center at 269 NE 14th Street Boca Raton, FL 33432 Phone: 561-620-6203 Fax: 561-620-6205.

By: Shannon Copeland

On August 4th the Wayne Barton study center held it’s annual back to school give-away. With over 7000 students and parents in attendance, the needs of many were met. Approximately 6429 back packs were given out to students who arrived at the study center as early as 4:30 am. One parent even took her children in their pampas and slept in their car to be on time for the give-away. Another lady came in a wheelchair with IV in her arms so that she could collect a backpack for her grandchildren.

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By Amy Winter

Bullying among children is a school issue that never will be eliminated completely. Communication and clearly defined rules may help to reduce bullying incidents and effects. Dr. Sylvia Rimm, writer of several books and of the syndicated column “Sylvia Rimm on Raising Kids,” says recent bullying could be as simple as tossing a salad or stuffing almonds into dates; whatever the dish, Sampson has found that children are more likely to eat it when they’ve helped make it.

Community News

YMCAs in Boca Raton, Boynton Beach, Host “Back-to-School Bashes”

By Amy Winter

The Peter Blum Family YMCA in Boca Raton and the DeVos-Blum Family YMCA in Boynton Beach hosted a Back-to-School Bash Aug. 4 for the whole community to enjoy. 

The free family fun events marked the start of the Back-to-School season and kicked off celebrations commemorating the YMCA of South Palm Beach County’s 10thanniversary celebration. Members also had the opportunity to save, as special offers of the day were available on monthly fall programs and memberships.

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Ballroom Battle, Resort Tours, Eat to Beat Cancer on Boca Festival List

BOCA RATON – Boca Festival Days continue to rock the community.

The Boca Ballroom Battle is on tap Friday, Aug. 17 at the Boca Raton Resort & Club. Eight community residents will dance with eight professionals in a competition patterned after TV’s popular “Dancing with the Stars” program. Many other events, including Eat to Beat Cancer and tours of the Boca Raton Resort & Club, are on the lengthy list of fun events yet to come.

The schedule for the coming week is:

- August 17 – 6–9:30 p.m.
  Boca’s Ballroom Battle
  Presented by and to benefit the George Snow Scholarship Fund

- August 18th – 9 – 9:30 p.m.
  The Boca Raton Historical Society & Museum will conduct Guided Tours of the Historic Boca Raton Resort & Club.
  The tour begins at 9:00 p.m. on the 2nd and 4th Saturday in August (13th and 27th).
  Entry: $15 per person, $10 per person for BRHS members, plus an $11 Resort valet parking fee.
  For details: (561) 395-6766 ext. 101 for information and required reservations.

- August 19 – 1 – 4 p.m.
  Party with Promise - A Party Extravaganza!
  Presented by Family Promise of South Palm Beach and the Chamber Ambassadors
  Where: The Pavilion Grille (301 Yamato Road Boca Raton).
  Entry: Cost to attend the event and cheer favorite singers is $20 per person, which includes a complimentary drink and buffet provided by the Dubliner Irish Pub.
  Entry: $25 per person. All proceeds will benefit Hospice by the Sea’s Music Therapy program.

- August 20 – 6–9 p.m.
  2nd Annual ‘So You Think You Can Sing?’ Karaoke Contest
  Presented by the Dubliner Irish Pub and Hospice of Palm Beach County.
  Where: Dubliner Irish Pub in Mizner Park (455 Plaza Real, Boca Raton).
  Entry: Cost to attend the event and perform.
  The winner receives a $250 cash prize and all associated bragging rights. There will also be raffle prizes and a performance by Hospice of Palm Beach County’s music therapists. Proceeds go to benefit the organization’s Music Therapy program.

- August 22th – 6-8 p.m.
  Party To Benefit Hospice by the Sea
  Presented by Hospice by the Sea and the Boca Chamber
  Where: To be determined.
  Entry: $25 for 2 drinks and appetizers.
  Entry: $25 per person. All proceeds will benefit Hospice by the Sea’s programs and services for patients and families in Palm Beach and Broward Counties.

For details: Contact Mary Coleman at (561) 988-2742, or mailto:mcoleman@hpbc.org.

For details: visit www.royalpalmplace.com for menus, a map of the locations and a guide to free parking. Find out more at www.papcorps.com.

- August 24 – 5:30 -7:30 p.m.
  Celebrity Shake-Up
  Presented by Best Foot Forward and Blue Martini
  Where: Blue Martini (6000 Glades Road, Suite C-1380 Boca Raton )
  Dueling bartenders will fill the night with some fun and exciting competition, all while raising money to support the foster youth who Best Foot Forward services.
  Entry: $25 for 2 drinks and appetizers.
  For details: Contact Donna Biase at (561) 470-8300.

Perman Loses House Seat; Bucher Downs McDuffie

BOCA RATON – State Rep. Steve Perman lost his House seat in Tuesday’s primary election. A former foe, Kevin Rader, ousted the incumbent in the District 81 Democratic Primary, 4,040 to 5,012. Rader will face a Republican challenger in November.

In other results of Tuesday’s primary election voting, incumbent Palm Beach County Supervisor of Elections Susan Bucher won her office back, defeating challenger Nelson “Woody” McDuffie, mayor of Delray Beach.

U.S. Rep. Allen West won the Republican primary vote in District 18. In November, he will face Democrat Patrick Murphy, who won the Democratic primary.

Democrat Lois Frankel outdistanced Kristen Jacobs in the Democratic primary race for the House seat in District 22. She will face Adam Hasner in November.

In the District 5 County Commission race, Mary Lou Berger won the Democratic nod to succeed Burt Aaronson, who is term-limited out of office. Incumbent Sheriff Ric Bradshaw was also re-elected. Other winners Tuesday were Palm Beach County Clerk of Courts Sharon Bock and Palm Beach County Tax Collector Anne Gannon.
Boca Raton Chiropractor Provides Unique Holistic Care for Patients

By: Malcolm Shields

In an era where doctors and pharmaceutical companies attempt to encourage patients to take the latest and greatest remedy to treat ailments, Dr. Stephanie Goldberg of Allergy Chiropractic Wellness Center of Boca Raton has taken a different approach to treating her patients that struggle with life’s allergies, aches and pains.

“People today are starting to be more interested in natural alternatives and holistic alternatives because they are tired of being prescribed drugs as the only answer,” Dr. Goldberg said. “It is nice to offer people a different method that is effective. With this technique, the results are permanent.”

Goldberg practices an alternative treatment to allergies. Known as Nambudripad’s Allergy Elimination Techniques or NAET, the technique combines the disciplines of allopathy, chiropractic techniques, acupuncture/acupressure and kinesiology to provide a natural, non-chemical care. The treatment was pioneered by Dr. Devi S. Nambudripad in the early 1980s.

“It’s completely natural. There are no drugs. There are no needles involved in the testing. It relies on muscle strength for testing and finding a weakness when a patient is in contact with something,” Dr. Goldberg said. “It erases the brain’s response to the allergic item and plants a new healthy response.”

Some of the most common allergies that she treats are from eggs, milk, nuts, grains, gluten and environmental irritants like pollen. The basis of the technique is to help the body re-adjust to the problematic allergen a patient’s body struggles with.

“There is an energy component that everything has,” Dr. Goldberg said. “When you are in contact with something that you are allergic to, it makes your body weak.”

According to Goldberg, when she tests a patient’s muscle, a weak point provides the starting point for treatment.

The treatment that Dr. Goldberg provides is very structured and incrementally works towards finding a solution for the patient. “There is a very strict protocol that I follow,” she said. “There are a basic group of allergens that Dr. Goldberg treats initially. We build up the immune system and once the immune system is built up to a certain level, then we can attack the more complicated issues that a patient has.”

Along with treating adults, Dr. Goldberg also specializes in treating young kids. “Getting adjusted for children is so important. It makes sure that their nervous system is running at its prime,” she said. “When that is happening, then their immune system is stronger.”

Although it is difficult to determine the amount of treatments needed for complete success, according to Dr. Goldberg, many patients have had instant improvements once they began treatments. “Most people start feeling some positive results after five treatments,” she said.

Dr. Goldberg’s ability to connect with her patients and her belief in her technique draws back to her experience dealing with rheumatoid arthritis and her struggles dealing with the side-effects from the prescribed drugs and chemotherapy she was offered.

“That has made me an excellent practitioner,” Dr. Goldberg said of her experience. “I believe in the technique 100 percent because it changed my life. I know what results I get. When I help my patients, I know what they are going through and I empathize with them. I offer a treatment that I know that works.”

For more information on Dr. Goldberg and the Allergy Chiropractic Wellness Center of Boca Raton, visit: http://allergychiropractor.com/.
I have an abiding love for the poetry of T.S. Eliot. The literary world has praised him as the greatest poet of the 20th century—and if they hadn’t, I would.

I think TS. and I have something of a bond. We were born on the same day of the year, Sept. 26, to Libras, and, according to that Zodiac sign, we are creative, well grounded and seek justice for all. (I’m not bragging—I read it in an astrology book.)

Thomas Stearns Eliot, born in St. Louis, Mo., but who opted to spend most of his life in the U.K., left a small portfolio of writings, but those poems and essays have had a powerful impact on those of us who have reveled in the exquisite imagery and bold pronouncements contained in his works.

Eliot is best at coming up with stunningly somber tones and word pictures of grimy, worn-out roadways, dark alleys and lifeless futures. “The Waste Land” and “Hollow Men” are prime examples.

But while studying Eliot in college, I latched onto a poem that has stuck with me for life. “The Love Song of J. Alfred Prufrock” has provided a signature line: “I grow old… I grow old… I shall wear the bottoms of my trousers rolled.”

I have often quoted that line, particularly at times when life is difficult and things aren’t going well. I have an abiding love for the poetry of T.S. Eliot.

The lyrics for “Memory” a poem in their own right, don’t spring from Eliot’s cat poems as the rest of the musical does. Instead, the words were inspired by two other poems, also by Eliot, entitled “Preludes” and “Rhapsody on a Windy Night.” When these two source poems are read, there’s that same sense of morning approaching, dragging the remains of the previous days along with it. However, that sense of regret and decay was then shaped into the character of Grizabella and her classic song, “Memory.”

But I hearken back to “Prufrock.” Who is this man if Eliot could see me: “Time to turn back and descend the air/With a bald spot in the middle of my hair.” Could I be the victim of a literary stalker—or is he watching us all?

One might ask how much of this poem is Eliot, and how much is Prufrock? As is typical of Eliot, his imagery is forbidding, but he offers one line that we can read as hopeful: “I shall wear white flannel trousers, and walk upon the beach.”

We can picture Jimmy Buffett clad thusly and walking along the sands in Key West. I hope to some-day put my feet in that sand, but for now I’m content to say “It’s 5 o’clock somewhere.”

For now, J. Alfred is returning to my subconscious. It was nice to meet with you again, old friend. We will always be a part of each other, through your creator, Eliot, who passed away in 1965.
THOUGHTS FROM THE PUBLISHER

By Douglas Heizer

The “Games” Are Over. Time for Kids to Begin the “Education Olympics”

A lot of us spent considerable time in front of our TV sets these past couple of weeks watching scores of athletes competing in perhaps the biggest event they will ever encounter—the 2012 London Olympics.

The athletic Olympics are over. It is now time to begin the academic Olympics—otherwise known as “Back to School.”

For weeks now, we’ve been inundated with advertisements for school supplies as well as new clothing for our young ones and teen-agers heading back to class.

Just the other day, when some of us were casting our ballots in the primary election, we got a chance to walk around a school on the first day that teachers were back in their classrooms. It was nice to see smiling faces on the people who will be instructing our children during the coming months. It was invigorating to see their enthusiasm and happiness.

It’s not just teachers who are getting ready for the rush of kids who’ll be bounding out of school buses on Monday morning, the first day of school in Palm Beach County. Parents are also preparing to get the kids out of bed first thing in the morning, dress them, feed them and either get them to the bus on time or drive them to the school (for the usually long wait to drop them off at the school door.

It’s an important activity, and it should involve everyone. The young people have had a chance to rest up over the summer. Perhaps they went to summer camp or took part in a school activity during the warm months of the year. Of course, in Florida, those months are usually pretty darn hot!

When kids return to school, they’ll be greeting their friends again and probably sharing stories about a summer vacation with the family or a visit with a relative in a faraway state. Maybe some of the older children had a summer job that was particularly intriguing.

With so many children flocking to so many schools, it will be important for everyone to abide by safety rules. Kids, pay attention to your crossing guards. They are there to protect you, so listen to what they say.

The same goes for bus monitors. Pay attention to their directions. Most bus rides are uneventful, but it’s always better to be safe than sorry.

You can even compare your upcoming school experience to that of the Olympians. In the case of the “Games,” hundreds, even thousands, of young people had to find their way around the big Stadium. They also had to make their way through the streets of London, a big and unfamiliar city to most of them.

Safety first was the rule at the Olympics, and it is the rule at American schools. Palm Beach County has tens of thousands of students making their way through corridors to classes and cafeterias, auditoriums and gymnasiums, onto buses and off buses. They should watch safety officials and traffic lights to make sure they have the right of way and can move about without endangering themselves.

The same goes for healthy foods. Eat a good breakfast and lunch, whether you do so at home or in the school lunchroom. If you have a salad bar, add some of that to your food. Meat and potatoes don’t always provide the necessary nutrients. Fill up on tasty stuff that has vitamins and minerals. Be cautious in your consumption of sugary beverages.

Make the upcoming academic year like a stint at the Olympics. Be studious and attentive, friendly to fellow students and staff. No bullying. No misbehaving in the classroom or at athletic events.

There will be a time in your life when you will realize the importance of your school experience. Enjoy it now while it is happening. Do your absolute best. Make your school days a positive experience.

Constance Scott - SBDC

I visited Constance Scott earlier this week at her new job at Palm Beach State College where she is now working hand-in-hand with the Small Business Development Center as a growth acceleration counselor. She’s already done many great things for the city and now I look forward to seeing her help small businesses grow here in Boca Raton.

Fort Lauderdale Strikers

This week the Boca Tribune met with representatives of the Fort Lauderdale Strikers once again. Some great things were talked about. Stay tuned for some terrific news coming in the next few weeks!

Countess de Hoernle 100th

Our Countess de Hoernle 100th Birthday Special edition is looking fantastic. I look forward to showing this amazing Special to the city as we honor an amazing woman.

Nussentails Family

Dr. Ron Rubin, Yaacov and Sue Heller, Rick Zimmer and all of the Nussentails Family have just returned from a Nussentials Family Reunion in Washington DC.

Brazil Again

The Brazilian Beat Independence day celebration in Downtown Boca on September 7 will be a fantastic event, stay tuned to the Tribune for more information.

Happy Birthday!

I would like to wish a very Happy Birthday to Mayor Susan Wheelchell.

God bless you and have a wonderful week!

POSITIVE LIVING

By Dr. Synesio Lyra, Jr.

Don’t Abandon All Your Comfort Zones!

From many public speakers people have been literally bombarded in recent years by what has now become a cliché. The message in question is simply that “You must leave your comfort zone…” While this is very true in some instances, it is absurd to apply it comprehensively to all sectors of your life.

After all, it is only from your comfort zone that you can adequately function in the world. That does not mean that the task you will be engaged in shall be simple and easy, but you need the security of what is familiar to you and helpful to you as a foundation for what you need to achieve with zest and ultimate effectiveness.

Obviously, what the complaint leveled at many is quite reasonable and fair. It refers to challenging people’s inactivity on account of selfishness, and lack of genuine consideration for individuals, legitimate causes, and other situations which one can help in altering them for the better.

It’s so true that people are creatures of habit and many are totally incapable of breaking free from certain patterns they’ve chosen for themselves, in which they’ve been stuck for a long time, even if ultimately unnecessary, or possibly harmful, to them. There are situations you can do something practical and positive about to improve, or even to eliminate, but that won’t occur unless you are willing to be momentarily inconvenienced.

World conditions, beginning in your own home and in your neighborhood, can improve if every person will start each new day seeking to respond to such questions as: “What can I contribute to today? Where can I find a worthy cause in which to involve myself so that others can benefit from what I’m able to contribute? How can I touch someone this day in a decisive, meaningful way?”

Certainly, there will be several situations for which such questions won’t even need to be asked. Just opening your eyes, and being observant of what surrounds you anywhere, will offer the necessary, valid clues and incentives for prompt action. Look outside your windows, read the daily newspaper, follow the news on radio and TV, and even ask others whom you trust about existing situations for which you can render positive, creative assistance!

All this you can do with the awareness and satisfaction that it’s not required for you to abandon all your so-called “comfort zones” altogether in order to have a significant impact on something in need of your efforts, your expertise, your creativity, and more! Use, instead, your comfort zones to maximize the effectiveness of what you aim to achieve!
Executive Women of the Palm Beaches Announces 2012-2013 Board

Executive Women of the Palm Beaches has announced new board members for the 2012-2013 year at a dinner reception at PGA National Resort & Spa. The event also honored the leaders who served this past year.

The EWPB Officers are: President, Ellen Block, The Jay Block Companies, Inc.; President-Elect, Minx Boren, Coach Minx, Inc.; Secretary, Trish Lowry, Florida’s Blood Centers, Inc.; Treasurer, Nanette Norton Winzell, Lamm, Krielow, Dytrych & Co. CPA’s; Treasurer-Elect, Misty Winzell, Lamn, Krielow, Dytrych & Co. CPA’s; Treasurer-Elect, Misty Travanti, Travani & Richter, P.A. and Immediate Past President, Monica Manolas, CEMEX, USA.

Directors include: Laurel Baker, Palm Beach Chamber of Commerce; JoAnne Berkow, Rosetta Stone Fine Art Gallery – Rosetta Stone Corporate Art; Tish Carlo, Hospice of Palm Beach County Foundation; Jackie Halderman, Clerk & Comptroller, Palm Beach County; Sandra Kaplan, Bravos KB, Inc.; Bonnie Lazar, Keller Williams Realty Services; Beverly Levine, Schrapper’s Fine Cabinetry & Design; Katie Newitt, A1 Moving & Storage/Atlas Van Lines; Betsy Owen, Rotary International and Melody Stager, Drug Study Institute. Jessica Cesere, CredAbility was named alternate director.

Elaine Meier and Suzy Petersen were named 2012 Members of the Year and Ethel Isaac Williams was named new Member of the Year.

“This past May, Executive Women’s annual Women in Leadership Awards Luncheon raised more than $85,000 for scholarships and grants for deserving young women. Television personality and author Joan Lunden was the keynote speaker.

The Executive Women of the Palm Beaches’ mission is to provide a dynamic presence dedicated to the professional and personal advancement of women through networking, sharing resources and encouraging leadership. Through Executive Women Outreach, the organization provides financial support to scholarships and community projects.

FAU Receives Gift to Establish Georgina Dieter Dennis Vocal Scholarship Fund

BOCA RATON — Florida Atlantic University’s department of music in the Dorothy F. Schmidt College of Arts and Letters recently received a donation of $25,000 to establish the Georgina Dieter Dennis Vocal Scholarship Fund. Scholarships will be awarded for one academic year, but may be renewed upon availability of funding and satisfactory progress by the student scholarship recipient. FAU is one of four Florida colleges chosen to receive the scholarship. The others are the University of Miami, Florida International University and the University of South Florida.

“We are thrilled to have been chosen for the scholarship fund,” said Rebecca Lauter, chair of FAU’s department of music. “Ms. Dennis’ love for the arts and her desire to help others will benefit many of our students.”

Georgina Dieter Dennis, who passed away in 2006, had a storied music career, starting at the age of 12 when she won the New York Music Week Association Junior Bronze Medal. She was awarded a scholarship to the Institute of Musical Arts of the Juilliard Foundation and later sang with the National Opera Association. She made her debut at New York’s Town Hall in 1937 and then went on to Canada to sing with the Civic Music Light Opera Company and back to the states to New York’s Erlanger Theater and the Majestic. Dennis sang in every state in the Union during World War II and presented programs with James Victor’s Band for the USO.

Dennis knew she was fortunate to have training and opportunities from an early age. She wanted to provide opportunities for others and so established the Georgina Dieter Dennis Foundation prior to her passing. This is the first year for the Vocal Scholarship Fund, which will be administered by the host schools. To receive a scholarship, the student must be a resident of Florida and must maintain a B average.

For more information about FAU’s music program, call the music department at 561-297-8810.

“Voting is Power” Theme of Women’s Equality Day at FAU

BOCA RATON — Florida Atlantic University’s Center for Women, Gender and Sexuality Studies and other local organizations will hold a Women’s Equality Day Celebration to commemorate the 92nd anniversary of women’s voting rights.

The event will be held Friday, August 24, from 8:30 a.m. to 11:30 a.m. in the Engineering Building on FAU’s Boca Raton campus. It is free and open to the public.

A reception with elected officials and exhibitors will be held at 8:30 a.m. and a panel discussion at 9:15 a.m. The keynote speaker for the panel is Susan Bucher, the Palm Beach County Supervisor of Elections, and other panelists include Pam Goodman, former vice president of the League of Women Voters; Josephine Beoku-Betts, director of FAU Center for Women, Gender and Sexuality Studies; Candace Britt, FAU Honors Student in the Center for Women, Gender and Sexuality Studies and Thomas Burns of Morgan Stanley Smith Barney.

“Elected officials have been focusing on women’s issues heavily over the last year,” said Beoku-Betts. “It is important now more than ever for women to exercise their right to vote. It is a right that was fought for so bravely 92 years ago, and a right which women in many countries still do not have.”

The event is hosted by FAU’s Center for Women, Gender and Sexuality Studies in the Dorothy F. Schmidt college of Arts and Letters and sponsored by Morgan Stanley Smith Barney, along with the Palm Beach County Supervisor of Elections.

Palm Beach County Supervisor of Elections Susan Bucher, keynote speaker for FAU’s Women’s Equality Day.

FAU’s Center for Women, Gender and Sexuality Studies and Thomas Burns of Morgan Stanley Smith Barney.

The event is to commemorate the 92nd anniversary of women’s voting rights.

For more information about the event, contact Meredith Ockman at Meredith.Ockman@gmail.com.
Boca Raton Seems to be Thriving Despite Recession, Says City Manager

By Dale M. King

BOCA RATON — Boca Raton doesn’t act like a city caught in the throes of a recession.

In fact, the community has a full plate of activities and projects, not to mention the fact that its Economic Development Incentive Program established in April 2010 has brought in 22 new companies and either created or retained 5,925 jobs.

City Manager Leif Ahnell shared his “State of the City” address with a multitude of guests at the annual city-sponsored breakfast meeting of the Greater Boca Raton Chamber of Commerce, held Aug. 9 at the Via Mizner Country Club.

Ahnell was joined by Mayor Susan Whelchel who was not present, but offered her ideas on a pre-recorded video.

The city manager offered an assessment of Boca that seemed pretty positive. As to development, he said nearly 1,600 new residential permits “are in various stages of approval.” Also, more than 700 student housing units are planned along the 20th Street corridor.

Ahnell also talked of the periodic need to add sand to beaches – a process called renourishment. He said the federal government has, in the past, offered financial assistance, but isn’t any more. The cost of a beach renourishment runs about $10 million, he said.

The city is also giving thought to annexation of land along its western border. He said no property will be attached unless the project is financially feasible.

During upcoming budget discussions, he said, the City Council will review its look at pensions and to “make sure they are affordable.”

He did offer one positive note. He said property values appear to be stabilized, which will help officials in the planning for the community’s financial future.

A request for proposals (RFP) will be issued at the end of the month for development of the Wildflower property, the three-acre parcel on Palmetto at the Intracoastal. A restaurant is expected to be the centerpiece for a plan to be “decided by the end of the year.”

An RFP will be advertised soon for an entertainment or recreational complex on 15 acres near the Spanish River Library.

Eight ball fields have been created at De Hoernle Park, with the cooperation of the Greater Boca Raton Beach & Parks District.

Development Board. “Boca’s best days lie ahead,” said the mayor in her pre-recorded comments.

Palm Beach County Water Earns ‘Best’ Rating in Three Categories

By County Commissioner Burt Aaronson District 5

“Best Water, Best Service & Best Environmental Stewardship.” This is the mission statement of the County’s Water Utilities Department (WUD). How is WUD doing in fulfilling this mission?

Best Water - At a recent Board of County Commissioners meeting, officials with the American Water Works Association recognized the county’s water plant at Sandalfoot Cove as the best water plant of its size in Florida. The Sandalfoot Cove plant, operated by the Water Utilities Department (WUD), provides drinking water to West Boca and southwestern Delray Beach. The AWWA Outstanding Class A Water Treatment Plant Award means the plant consistently produces high quality drinking water and is well operated and maintained.

Best Service – WUD’s customer service (561-740-4600; Delray/Boca: 561-278-5135) and Emergency Service (561-740-4600, option 3) provides answers and help when needed. WUD delivers and connects generators to service the lift stations after a hurricane. There are a number of homeowner associations who have bought generators through the County that will service the lift stations within their communities. The agreement does stipulate that if a hurricane has not affected the community, the generator(s) will be moved to areas in the County that were damaged. If your community would like more information, please contact my office.

Best Environmental Stewardship - WUD also oversees the Wakodahatchee and Green Cay Wetlands. If you haven’t visited these two gems featuring interesting wildlife and peaceful views, I highly encourage you to do so.

Wakodahatchee is located at 13026 Jog Road in Delray Beach. Every day the WUD’s Southern Region Water Reclamation Facility pumps approximately two million gallons of highly treated water into these wetlands. By acting as a natural filter for the nutrients that remain, the wetlands work to further cleanse the water. The wetlands are open to the general public from 7:00 a.m. to 5:30 p.m., seven days a week.

Green Cay Wetlands and Nature Center are located at 12800 Hagen Ranch Road, which is in suburban Boynton Beach on the east side of Hagen Ranch Road, between Boynton Beach Boulevard and Atlantic Avenue. The wetland features 1.5 miles of elevated boardwalk featuring interpretive signs about the habitat. The Nature Center includes a lecture hall, gift shop, and live animals in an extensive exhibit room that highlights wetland attributes. The wetland boardwalk is open to the general public from sunrise to sunset, seven days a week.

As always, I invite your comments on any issue of interest to you. As your commissioner, I am here to help you. You may write me at 301 N. Olive Ave., West Palm Beach, 33401 or call my staff at 276-1310 or toll free at 877-930-2205. My email address is: baaronso@pbc.gov.org.
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They said they had specialists, a lab, and high tech equipment all at one location, but I had no idea that they could really do all of this in just one day!*  

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William L. Balanoff, DDS, MS Lic # D9654

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WEST PALM BEACH – The London Olympics 2012 are over. But dramatic photos of the event will soon be on display at the Palm Beach Photographic Centre in West Palm Beach.

Just days after the flag-waving, pride-filled closing ceremony of the Summer Olympic Games, PB Photographic is presenting an exhibition of images captured in London by renowned sports photographer and PBPC instructor Adam Stoltman. His work has appeared in Sports Illustrated, The New York Times and its Sunday Magazine, TIME, Newsweek, and a host of other publications. Stoltman has covered 11 Olympic Games.

“I photographed my first Olympics in Lake Placid in 1980,” says Stoltman. “I was 20 years old, had $50 to my name. I slept on floors and, as I was not accredited, I scrounged tickets to be able to photograph; but by the end of the Games, I had secured a few significant assignments. In 1984, I covered both the Winter Games in Sarajevo and the Summer Games in Los Angeles working for Newsweek magazine, and have covered eight other Olympics since then.”

Each Olympics is a little different in terms of news, personality, and experience yet the passion of the athletes, and the scope and grandeur of the spectacle is a constant. It is impossible to attend an Olympics without being affected by the spirit of the event, heart of the competitors, the obvious pride of the host city and the diversity of competitors and media from all corners of the globe,” he added.

An opening night reception will be held Aug. 24 from 6 to 7:30 p.m. at the Center located at the City Center municipal complex at 415 Clematis St. in downtown West Palm Beach. Hours are 10 a.m. to 6 p.m. Monday – Thursday, and 10 a.m. to 5 p.m. Friday and Saturday. For more information, call 561.253.2600 or visit www.workshop.org or www.fotofusion.org.
Boca Glades Baptist Church presents

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Bring a friend and enjoy this inspirational evening with a Dove award-winning, Grammy nominee, singer/songwriter

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Men & Women Welcomed

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10101 Judge Winikoff Road - Boca Raton, FL 33428
By: Gina Onori

BOCA RATON – Hundreds gathered in the Mizner Center at the Boca Raton Resort & Club Aug. 4 for “Wine & All That Jazz,” a Boca Festival; Days event and the Greater Boca Raton Chamber of Commerce’s signature event.

Wine & All That Jazz is one of Boca Raton’s largest wine tasting parties. Attendees sampled more than 100 fine wines and delectable food provided by Blue Martini, Bogart’s Bar & Grill, Deck 84, Maggiano’s Little Italy, Oceans 234, RED The Steakhouse, Rosso Italia, The Boca Raton Resort & Club, Truluck’s and many more. There were also fabulous tunes, dancing and exciting drawing prizes.

Yes Lights Up Mizner

By Gina Onori

The band consists of bassist Squire, guitarist Steve Howe, drummer Alan White, keyboardist Geoff Downes, and newest addition singer John David Wayne. Yes has been through a lot of changes, said bassist Squire. “About seventeen musicians have contributed at different times making Yes sound different each time. Although we’ve kind of moved around between different styles our music has always been under the umbrella of Yes.”

After the closing set of Procol Harum, Yes entered the stage as the audience cheered and rose in unison. Yes was formed in 1968 by bassist Chris Squire. The band consists of bassist Squire, guitarist Steve Howe, drummer Alan White, keyboardist Geoff Downes, and newest addition singer John David Wayne. “Yes has been through a lot of changes,” said bassist Squire. “About seventeen musicians have contributed at different times making Yes sound different each time. Although we’ve kind of moved around between different styles our music has always been under the umbrella of Yes.”

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“Performing is what our band lives to do,” said bassist Squire. “It’s what makes Yes such a great band. They were good fifty years ago, and they’re still great today.”

Rain Can’t Wash Away PAW-ty for Pets

Benefit for Tri County Humane Society

By Side By Side is a pop rock group that has been strong for about two years, named one of the top unsigned bands in the country by the Billboard magazine. The band tours nonstop and is constantly recording new songs. The unique element added to their performances. Audience members were not surprised when Yes delivered yet another exceptional show.

“Performing is what our band lives for,” said bassist Pepe. “It’s more addicting than any drug you could ever take.”

Talent Varies at the Talent Farm

By: Gina Onori and Aaron Wecker

On Monday, August 6, adolescent hipsters were scattered throughout The Talent Farm in Pembroke Pines to hear their friends bands, The Vagans, Astraunt, The Vigilantes; they also came out to hear a more well known band, Side By Side.

Side By Side is a pop rock group that has been strong for about two years, named one of the top unsigned bands in the country by the Billboard magazine. The band tours nonstop and is constantly recording new songs. The unique element added to their performances. Audience members were not surprised when Yes delivered yet another exceptional show.

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By: Gina Onori and Aaron Wecker

Side By Side ignited the audience as vocalist Joelle ordered the crowd to come closer. Playing their more popular hits such as Lie to Me and My Everything, Joelle untwisted her hair tie to let her long brown curly hair flow back and forth to the music; as she vivaciously danced around the stage, bringing a real stage presence that was lacking in the less developed bands. Her exuberant attitude and unquavering melodic voice really grabbed the attention of many who had faded out, while waiting for their friends band to play.

“Performing is what our band lives for,” said bassist Pepe. “It’s more addicting than any drug you could ever take.”

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“Performing is what our band lives for,” said bassist Pepe. “It’s more addicting than any drug you could ever take.”

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BOCA RATON – It was a rainy afternoon Aug. 12, but the Shoppes at Village Pointe managed to pull off its PAW-ty for pets, a Boca Festival Days event designed to benefit Tri County Humane Society. The event brought together dancers, live bands, artists, vendors, food samples, gourmet food trucks, bounce houses and dunk houses. Pets were also there for adoption, and a Happy Dog contest was held.

A portion of all proceeds from the vendors went to the Tri County Humane Society, a no-kill shelter on Boca Rio Road in Boca Raton.
S P O T L I G H T

RAIN CAN’T WASH AWAY PAW-ty FOR PETS BENEFIT FOR TRI COUNTY HUMANE SOCIETY

Terry St Angelo with her Chihuahua, Aspen – who was actually born in Colorado.

Julia Hebert with her 6-year-old poodle, Peanut.

Jennifer Carrera-Turner with her pet, Don Diego Carrera.

The Silver Sneakers Class from Michael’s Body Scene in the Shoppes at Village Pointe performs a routine.

Pretty Pomeranian Demitasse – Demi for short – is adorned as a princess. She is owned by Carol and Ken Bierce.

Shoppes at Village Pointe owner Yvonne Boice, right, with Randi Emerman, shown carrying her pet, 7-year-old Buddy (a California native). Buddy is a combination Maltese and Shih Tzu.

Kristin Jacobs Event at The Bridge

Kristin Jacobs talks to voters in District 22 before the Primary Election on Tuesday, August 14.

Kristin Jacobs speaks to Boca Raton residents.

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A pair of state reps – Bill Hager, left, and Irving “Irv” Sloneberg

Randi Emerman, left, and Barbara Boyd

Boca Raton City Councilman Mike Mullaugh and his wife, Donna

From left are Julia Hebert, Boca Raton Mayor Susan Whelchel, Bonnie Kaye and Melissa Whelchel, the mayor’s daughter-in-law.

Mayor Susan Whelchel and her husband, John; Bonnie and Jon Kaye.

Boca Raton Tribune Executive Editor Dale King and his wife, Julia Hebert.

YMCA S IN BOCA RATON, BOYNTON BEACH, HOST “BACK-TO-SCHOOL BASHERS”

From left, Cindy Grassi and Julie Hooper

Shown from left are Morgan Costopoulos, Bryanna Wilbur and Maddy Miller

Noah Roth, left, and Amanda Raad

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August 16, 2012 through August 22, 2012
"The Campaign" Lampoons Dirty Politics

Jeremy Renner and Rachel Weisz in "The Bourne Legacy"

If you are as sick as I am over the nasty attacks on both sides of the political spectrum over the coming elections, you may appreciate as did I the crude, over-the-top rated satire "The Campaign."

"The Campaign" does for politics what Austin Powers did for British secret agents. It’s a total spoof of what is worst about both genres. It is no small coincidence that director Jay Roach also directed "Meet the Parents" and its sequel and "Austin Powers: International Man of Mystery" and its sequel.

Will Ferrell stars as Cam Brady, the smug, firmly-entrenched four-term Congressman from the dally-seat 14th District of North Carolina. Brady seems to be a shoe-in for a fifth term, but he screws up royally by leaving a salacious voice mail intended for his mistress on the home phone of a family of his pious, ultra-conservative constituents.

Seizing the opportunity, the ultra-rich, manipulative and amoral Motch (rhymes with Koch) brothers (Dan Aykroyd and John Lithgow) feel they can buy themselves a docile congressman who will enable them to outsource local jobs to China for maximum profit. Marty Huggins (Zach Galifianakis), a meek tourism bureau guide, is tapped as the international Man of Mystery and its sequel and " Austin Powers: In-"prepare as I did the crude, over-the-top R-

sibilities for the House Signature Rolls" – 15 in number – including their "Mystery Roll", spicy tuna with a house spicy sauce and their "Kiss of Fire", cream cheese, asparagus tempura topped with shrimp, eel and smoked salmon served flambé! These, and the " Old Fashioned Rolls" – 13 in number – including a K.C. roll of salmon, snow crab meat wrapped in thin cucumber with sweet vinegar sauce. All were very, very nice tasting and well presented.

4. Udon soups and 4 edamame fried rice dishes, all in beef and chicken or shrimp variations offering a variety of flavors.

We were delighted with Chilean sea- bass enpapillote. This fish, cooked in a perfumed with sake, shiitake mushroom sauce on a plate atop of Bacardi 181 rum, ignited to produce a dramatic blue flame that burns off the alcohol leaving a sweet tasting fish to devour. Great! There are 10 additional items of this "Kitchen Entrée" list.

No Japanese restaurant is complete without a sushi bar list of offerings – we have some 10 sushi and sashimi combinations here.

Serving only sake, beer and wine, there is a rather extensive menu – with choice by the glass and bottle.

Located at 50 Via de Palmas at the Royal Palm Plaza in Boca Raton (561- 397-2929), they seat 50 inside and 50 on the patio for lunch 11:30AM to 2:30PM and dinner 5PM to 10PM 5 days a week. On Saturdays, they open noon to 11PM – closed Sundays. Pricing is realistic for dinner, much reduced for lunch.

Note the the Fusionaire Japanese experience is quite an eclectic take on dining. We tell the adventurous to Go and Enjoy!
Last weekend I did this birthday. My friend did a party for her one-year-old daughter. Bianca is a very happy little girl, because I was not prepared to set up a party, we decided to use what we had, but it was my pleasure to help her. I want to share with you guys how to make it pretty and be creative using what you have at home.

The idea was to work using what she had at home. This jewelry box is from Bianca’s room.

We used a wine glass as a flower pot.

Pink, yellows, portraits, jewelry box.

I work using what my clients have; it’s all about being creative.
Feeling Good Regardless

They say it takes a village, but I'm not so sure that really helps. Others say that feeling good is an inside job and that a village will not suffice.

I think they are right. It takes more than a village to keep your head up high and your hopes and dreams from shattering into micro-chips. It takes a firm belief in your goals and a firm grip on reality to convince yourself that you are not going crazy (even if you are, so are most of your peers). Sometimes it's a client who is disrespectful or just wants a story written without saying very much (I always say that mind reader is not on my resume). Other times it's the air conditioning repair man that says that your system is working perfectly, even if it takes two hours to go down one degree.

And still there's the reality of living in a crazy world. Our political candidates are playing "shoot the opponent" in a crazy world. Our political candidates are playing "shoot the opponent" in a crazy world.

And if that wasn't bad enough, Ann Curry was fired from The Today Show because of her choice of shoes. Of course we all know that if Matt Lauer showed up in a bikini, he would still take home $21 million a year. But this all seems insignificant when you find out that Brad Pitt just bought Angelina Jolie a Patek Philippe hand made minute repeater watch for $870,000. When you think about it, I am sure this little bauble is well worth the cash. After all it chimes like Big Ben and was made by hand. It may be a great gesture of love for Jolie, but for men all over the world it will make those dozen red roses and a pair of 'mom jeans' look a little chintzy. Before I found out about Pitt's gift I was happy with the roses, cheese cake and blouse for my recent birthday. But now it - all seems so classless. And besides, Pitt picked up the watch up in Geneva Switzerland, not Bloomingdales.

I was beginning to think that perhaps I was being too hard on myself (and the world) until I heard that Dennis Rodman just published a children's book. The man is clearly no role model for children and other than kinky sex tips (for adults) I doubt he has much to say to an innocent child. 

The former Chicago Bulls player owes his ex-wife $808,952 in back child support and his attorney claims he is suffering from alcoholism. Let me tell you folks, this is not fairy tale material. But don't misunderstand me: squats, lunges and plyometrics are excellent exercises to strengthen the gluteal muscles and the lower extremities, but make sure you prevent overload and pain by alternating them with low impact exercises on the rowing machine or elliptical, both offer the possibility of intense exercise with minimal impact. Swimming and speed walking are excellent activities as well.

What to do to prevent knee injuries

Maintain a healthy body weight: obesity may lead to osteoarthritis; to avoid that, maintain your weight within the healthy average for your body type and age, thus decreasing the stress to the knee joints.

Use proper footwear for your foot type and indicated for the activity to be performed: the use of proper footwear as well as the free analysis of your walking pattern and foot type may lead to knee pain and early joint degeneration. If you are out of shape your muscles may fatigue early, sacrificing your posture until the rest of the exercise and leading to injuries.

Warm up before exercising: before any physical activity make sure you warm up your body to decrease the risk of injuries. After the warm up program perform gentle active stretch to decrease the tension to the muscles and joints.

Strengthen your muscles: muscle strengthening of the abdominals, hips and lower extremities improves the joint support maintaining proper alignment and decreasing the overload to the knee joints.

Exercise regularly: stopping all exercises will lead to further muscle weakness, and decreased joint support, leading to injuries and osteoarthritis. In the presence of pain never force an exercise, this may lead to worsening of symptoms.

Never ignore knee pain: if the pain to your knee is decreasing your ability to exercise or to perform your daily activities, make sure you consult your doctor to avoid further problems. You may want to consult a physical therapist to establish an exercise program taking into consideration the diagnosis present and your body type.

Knee pain can be disabling and should be prevented at all costs. Exercises and proper nutrition are also keys for a good health.
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✔ Simple and effective ways to get unstuck and move forward in a positive direction.
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Metro Mobility to Provide Palm Tran Connection Service

Effective August 13, the paratransit service operated by Palm Tran Connection is being provided under a new contract with Metro Mobility Management Group, LLC (Metro). Officials said Palm Tran and Metro staff have worked hard to ensure this transition will be as seamless as possible. Palm Tran Connection currently provides an average of 25,000 rides per month to the elderly and persons with disabilities.

Metro is currently one of the three existing vendors providing this service. Metro will subcontract work to several different disadvantaged business enterprise (DBE) firms, including Two Wheels Transportation, which has been providing transportation to Palm Tran Connection customers for many years. The reservation system will continue to be managed by Palm Tran Connection.

The new contract provides for greater use of smaller vehicles in order to provide the service at a lower cost to the county. Palm Tran Connection customers may now be transported in sedans, taxis, mini-vans, and cut-away vans.

The Boca Raton Tribune
East/West Boca Raton, FL

Palm County Emergency Management Introduces PBC DART

The Palm Beach County Department of Public Safety Division of Emergency Management is introducing a new Smart-phone application. The app is called PBC DART (Palm Beach County Disaster Assessment and Resource Tool).

PBC DART provides residents with information and tools used to prepare for a disaster with the ability to report damage to their home or business in the immediate aftermath of a disaster. Damage reports will help emergency managers get an immediate countywide "picture" within hours of a disaster event to help prioritize response efforts. The application is an additional outreach method to keep the public safe and informed before, during, and after disasters.

Features of the application include the following:

Evacuation Information
Evacuation Zone Identification
Shelter Information
Damage Reporting for Homes and Businesses
Emergency Operations Center Activation Level

Boca Police Say Suspect Was Out of Gas in Stolen Mercedes

BOCA RATON – There’s a guideline for alleged car thieves: Don’t steal one unless it has plenty of gas in it.

Lennox Ferguson, 25, of Lake Worth, learned that lesson the hard way, Boca Raton Police said.

On Wednesday, August 8 at about 7:50 p.m., officers responded to a call involving a disabled Mercedes Benz that was block-
Jewish Federation Welcomes Two Corporate Appointees

BOCA RATON — The Jewish Federation of South Palm Beach County has welcomed Lottie Nilsen as director of corporate sponsorship and Sonni Simon as business and professional division directors.

Nilsen has worked extensively in promotion and client relations for a wide variety of businesses in Southeast Florida. She has also served the area’s Jewish community in professional capacities at Hadassah, The Women’s Zionist Organization of America, Inc. and Orloff Central Agency for Jewish Education.

Simon joined the Federation in 2009, where she has served as development officer and donor services manager.

Previously a senior account executive at Peak Seven Advertising, she brings to her new role extensive experience with a wide variety of industries and professions in Southeast Florida.

Swim Safety: Small Steps That Can Save Your Child’s Life

by Amanda Silberling

“Summer-time in Florida is known for its clear skies, light breezes, and blazing sun— the perfect weather for a beach or pool excursion. Without appropriate preparation, what may seem like a fun activity could be fatal for your young ones.

In Florida, toddlers are most likely to meet death in a swimming pool. In fact, more children out of danger:

- Install a fence around your home pool
- The number of total room nights booked through the Cvent Supplier Network to create the list. Activity was tracked between July 2011 and June 2012, and the ranking was determined by a set of qualifying criteria, including:
  - The number of total room nights booked through the Cvent Supplier Network.
  - The number of unique electronic request-for-proposals (RFPs) sent through the marketplace to venues within the city;
  - The total value of the RFPs submitted;
  - The actual awarded value for meetings and conventions activity.

BOCA RATON – Next time your company is looking for a place to conduct meetings or conventions, just look outside your window. Boca Raton has been dubbed one of the top 50 meeting destinations in the United States.

Event, the world’s largest meetings and event management technology company, recently announced the top 50 cities for meetings and events in the United States, according to meeting and event booking activity in the Cvent Supplier Network. Boca Raton came in 43rd on that list, and is one of five Florida locations listed.

“This is indicative of the phenomenal work of the Visitors and Convention Bureau,” said Troy McLellan, president and CEO of the Greater Boca Raton Chamber of Commerce. “It is a testament to what they have done.”

But he said the high ranking is also indicative of the quality and service provided by resorts, clubs and hotels in Boca Raton.

Just look at the meeting locations,” he said. “The Boca Raton Resort & Club is one of the best. And you have the Wyndham, the Marriott, the Renaissance and others, all providing quality service.

Event stated the number 1 venue for meetings and conventions is Orlando, followed by Washington, D.C., Las Vegas, Miami, Chicago, San Diego, Phoenix, Atlanta, Dallas and New Orleans. New York is Number 11.

“We are honored and excited to be rated as the top U.S. destination by Cvent. Corporate meetings are a crucial business segment for Orlando, and our ranking No. 1 validates the effort we have put into working with these groups,” said Tammi Runzler, senior vice president of convention sales and services at Visit Orlando. “More importantly, Orlando remains committed to making the destination a compelling choice for corporate meetings.”

“Meetings and conventions are important revenue generators for cities, supporting not only the meeting venues and hotels, but also local restaurants, entertainment and numerous other businesses within the city,” said Blare Malhotra, vice president of sales for the Cvent Supplier Network. “Cvent’s role in the meetings ecosystem is to connect venues and planners to facilitate efficient and informed meeting booking. As the single largest marketplace for meetings activity, we have an excellent feel for which cities and properties are popular and growing, and the data to back it up.”

McLellan agreed, pointing out the fact that companies look for “price, quality and a good experience within the community.” when selecting a conference site. Boca offers great venues, he said, such as Mizner Park, with its shops, restaurants and cultural offerings.

In addition to Orlando, Boca and Miami, other Florida cities that made the top 50 include Tampa, 32 (site of the upcoming Republican National Convention) and Naples, 49.

To come up with the rankings, Event evaluated 1,000 cities and 200 major metropolitan areas (MMAs) in the U.S., on the Cvent Supplier Network to create the list. Activity was tracked between July 2011 and June 2012, and the ranking was then determined by a set of qualifying criteria, including:

- The number of total room nights booked through the Cvent Supplier Network.
- The number of unique electronic request-for-proposals (RFPs) sent through the marketplace to venues within the city;
- The total value of the RFPs submitted;
- The actual awarded value for meetings booked.

In addition to ranking top cities, Event also ranked the top MMAs to represent select markets where notable meetings activity takes place near, but outside the limits of the city core.
Linking Hands with Brazil: A Good Investment

In a world beset by financial strife and uncertainty about the future, Brazil has a lot to offer. Here are just a few bullet points:

- Brazil is among the largest countries in terms of territory, population and GDP (82.475 billion for 2011 in US dollars)
- Brazil has vast natural resources, including recently discovered large offshore oil fields, a diverse industrial base, a dynamic and sophisticated private sector and a well-structured public sector.
- Brazil is a vigorous democracy, with free multiparty elections and a stable political system.
- Brazil has good relations with all its neighbors and has invigorated its ties with all regions of the world.
- Its economy is the largest among Latin American nations and the second largest in the western hemisphere. Brazil is one of the fastest-growing major economies in the world with an average annual GDP growth rate of over 5 percent.
- But there is also cause for concern – particularly as the world deals with a continuing economic crisis. American millionaire real estate investor Sam Zell said Brazil still has opportunities for investment, especially in sectors linked to consumption.

"The question is whether this slowdown is over and to continue. Through the 1990s and into the 21st century, the nation’s economy has grown, though lately, it hasn’t quite kept up with estimates. The FOCUS report says that growth of Brazil’s gross product was estimated to increase 4.5 percent in 2012, yet the figure is more like 1.9 percent. Still, this is good, considering the struggling international economic situation.

Brazil maintains financial diversity with membership in a mix of economic organizations such as “Union of South American Nations” “World Trade Organization” “Cairns Group”. Its trade partners number in the hundreds, and 60 percent of its exports are manufactured or semi-manufactured goods.

Brazil’s main trade partners in 2008 were: Mercosul and Latin America (25.9 percent of trade), “European Union” EU (25.4 percent), Asia (18.9 percent), the “United States” (14.0 percent), and others (17.5 percent).

Important steps have been taken since the 1990s to bring about fiscal sustainability and to liberalize and open the economy. These have significantly boosted the country’s competitiveness fundamentals, providing a better environment for private-sector development.

The owner of a sophisticated technological sector, Brazil develops projects that range from submarines to aircraft and is involved in space research. The country possesses a satellite launching center and was the only nation in the Southern Hemisphere to integrate the team responsible for the construction of the International Space Station (ISS). It is also a pioneer in many fields, including ethanol production.

According to government statistics, Brazil was the first capitalist country to bring about the owner of a sophisticated technology sector companies inside its national territory. The annual Brazil Investment Summit takes place in Sao Paulo and is the largest gathering in Brazil of international investment experts covering opportunities in alternative vehicles, infrastructure, and advanced trading strategies. Brazil is also a pioneer in the fields of deep water oil research from where 73 percent of its reserves are extracted.

With still high levels of economic inequality, though it has diminished in the last years, the Brazilian economy has become one of the major economies of the world. According to Forbes 2011, Brazil has the 8th largest number of billionaires in the world, a number much larger than what is found in other Latin American countries, even ahead of Japan. By the end of 2011, Brazil’s economy had become the world’s sixth-largest.

Next week: The Boca Raton-Brazil Connection.

Copyright 2011 Bernard Featherman. Bernard Featherman is a columnist for the Boca Raton Tribune and is also the mayor of Highland Beach.

You sometimes need a good laugh at something funny to lighten up a tough situation. It is important to have a good sense of humor to balance out your life.

When something bad happens, you can more easily cope by looking on the lighter side of things. Laughter helps us gather our thoughts and feelings to manage our lives better. The world is a funny place after all. Laughing about it to ourselves can relieve tensions.

Many years ago, a friend gave me the book, “Anatomy of an Illness”, while I was recovering from a minor operation. I still read it for inspiration and laughs.

It was written by Norman Cousins, a famous journalist, who had been hospitalized with a serious disease and told that he was dying. Instead of giving in to his fate, he checked out of the hospital and into a hotel room. Along with large doses of vitamin C, he brought a movie projector with him. Norman watched old Marx Brothers movies and Candid Camera TV tapes. These were his life-saving medicines, along with books of jokes that made him laugh as he read them.

He claimed those jokes saved his life. Maybe they did. We now know that positive emotions can help us to cope, when we are ill. Cousins claimed that he laughed himself back to health.

In business or in our daily lives, a little laughter can really help us to be more patient and understanding. If you are dining at a restaurant and the wait staff is unfriendly, you will not want to return. Or, if you go to a retail store and the clerk is rude, you may not want to make a purchase. It may be no laughing matter to you or to business owners, but if you can laugh about it on the way out of the restaurant or store, you will feel better.

Recognize that at the time it was a terrible experience, but think about all the stories you can tell about it later on, and how funny it will sound.

The best thing to do, when you are feeling annoyed or angry, is to think of something that will make you laugh and feel relieved. When things go wrong or you can’t get on track, take time out and try to laugh. No matter what end of the story you are on, customer or server, laugh at yourself and think of something funny because at this crucial moment, you need to defuse things. Everyone benefits if you can do it. Later, if necessary, you can take more serious steps to resolve any problems or issues.

There is now scientific evidence to show that people who find humor in their difficult encounters are often healthier and able to heal themselves better than those who don’t. Laughter really does help us.

So the next time something unpleasant happens and you are feeling down, think about my doctor friend who rushed his patient to the hospital emergency room and after two days, the patient took a turn for the nurse.

Sure, you probably know a better joke than that one. Save some of the ones that your friends send you on the Internet. Pick the ones you like best. Print them out and use them the next time you need some humor in your life.

The Boca Raton Tribune
Your Closest Neighbor

The school’s honor roll. Your family reunion. Local business expansion. No one covers the news that matters to you like your community newspaper.

We’re your newspaper.

Copyright 2011 Bernard Featherman. Bernard Featherman is a columnist for the Boca Raton Tribune and is also the mayor of Highland Beach.
Smallridge Named Vice Chair of Enterprise Florida’s Stakeholder Council

Kelly Smallridge, president and CEO of the Palm Beach County Business Development Board, has been appointed as vice-chair of Enterprise Florida’s Stakeholder Council. This was announced by Gray Swope, secretary of commerce and president & CEO of Enterprise Florida Inc.

Smallridge begins her two-year term immediately. She takes over from Brent Christensen, who served the council from January 2010-May 2012.

As vice chair, Smallridge will preside over Stakeholder Council meetings to identify challenges in Florida’s ability to create jobs and maintain a competitive business climate. As the only economic development organization president, she will serve as an ex-officio member of the Enterprise Florida board and will report Council discussions and recommendations to directors.

As such, she will serve as the primary liaison between the Council and Enterprise Florida Board and will work with Council members to ensure that issues and recommendations regarding Florida’s economic competitiveness are effectively and appropriately conveyed to and considered by the board.

Enterprise Florida Inc. is a public/private partnership serving as Florida’s primary organization devoted to statewide economic development.

Tips for Negotiating: The Basics

By Palm Beach State College Small Business Development Center

BOCA RATON — Negotiation is a fact of life, especially when you are a business owner. So, where do we begin with this subject? First and foremost, there are people you know who are great negotiators - ask them for a few tips, if possible “OBSERVE” them in action!

Did you know that your local library has many resources on this subject and for more in-depth assistance you can request the services of a research librarian?

Here are some ideas that may assist you in the negotiation game thereby improving your chances of a mutually agreeable outcome. Think about the four elements: people, interests, options, objective criteria and your commitment.

Evaluate your opponents. Example: their status in the organization, their educational background, personality profile (likes/dislikes), negotiation style and time frame of the agreed-upon project or outcome. This will enable you to be more comfortable when you are negotiating.

Seek common ground. You both like playing tennis? Great, that’s a good ice-breaker when exchanging pleasantries.

The physical layout of the room is important. A round table is considered best for negotiations, also lighting of the space should be considered as well as the chairs.

So, now we are sitting at the table, do we all know why we are here? What is on the table? Before either party can move forward, you need to know what their concerns are and how you both can come to an agreement. If the other party doesn’t share information with you, the task cannot move forward.

Communicate clearly your expectations and what it can do for them. Always search for common ground.

It’s important to know your own value and stress that open communication is the key to a successful outcome. It is also important that you remain optimistic.

Remember to be diplomatic. “Diplomacy and poise on your part can go a long way to even the trickiest negotiations and demands.” It opens the door to problem-solving and a more reasonable business outcome which may equate to more business for your firm.

For more on this topic, or for free counseling with certified business analysts, including growth acceleration consultants and PTAC specialists, contact the Palm Beach State College Small Business Development Center at 561-862-4726 or email us at sbdc@palmbeachstate.edu.

New Physicians Join Medical Staff at Boca Regional Hospital

BOCA RATON — Boca Raton Regional Hospital announces today the appointment of the following physicians to the Hospital’s medical staff: Gabriel Sandoval, MD, is board certified in internal medicine and infectious disease. He attended medical school at Universidad Mai-

ommaries in Buenos Aires, Argentina. His internship and residency programs were fulfilled at Metropolitan Hospital Center in New York City and his fellowship was completed at St. Luke’s Roosevelt Hospital Center, also in New York.

Nina Lübenow, MD, is board certified in diagnostic radiology. She attended medical school at the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School in Piscataway, New Jersey. She completed her residency at Albert Einstein Medical Center in Philadelphia, Pennsylvania and her fellowship at Memorial Sloan Kettering Cancer Center in New York, New York.

Boca Raton Regional Hospital is an advanced, tertiary medical center with 400 beds and more than 600 primary and specialty physicians on staff.

Marshall Foundation Names Paton Director of Development

Ann Paton, a former vice president at Florida Atlantic University in Boca Raton, has been named director of development at the Arthur R. Marshall Foundation for the Everglades, which champions the restoration and preservation of the greater ecosystem of Florida’s historic River of Grass.

The announcement was made by Nancy Marshall, Foundation president.

“Ann Paton comes to the Marshall Foundation as a seasoned fundraiser and administrator with substantial experience in creating and sustaining strong community relationships that generate committed stakeholders,” said Ms. Marshall. “In fact, her career as a successful fundraiser includes serving as vice president of advancement at Barry University for six years, 2005-2011.”

Paton actually brings a 20-plus year background in higher education fundraising. She began in the early 1990s by managing annual fund and alumni relations programs for Dartmouth Medical School, and then moved to Brown University School of Medicine to run a successful $70 million capital campaign.

In 2004, Frank Brogan, then president of FAU, chose Paton as vice president for institutional advancement. According to Brogan, who is currently chancellor for the State University of Florida, “Ann Paton and the Marshall Foundation is an excellent match. Her wealth of fundraising experience and knowledge of Florida’s extended community will help the Foundation expand its visibility and garner new financial support to grow their Everglades education, restoration and protection programs.”

In her new position, Paton is responsible for all of the Marshall Foundation’s fundraising efforts, such as securing gifts from individuals, corporations, foundations, and other private funding sources, as well as long-term development campaigns and various special events.

BUSINESS BITS

• BOCA RATON — Tyco Integrated Security announced it has achieved Silver Certification from Cisco(R). To earn Silver Certification, Tyco had to meet rigorous standards for networking competency, service, support and customer satisfaction set forth by Cisco. “The ability to deal with any and all networks and network situations is crucial to being a successful security integration company. Our achievement of becoming a physical security company that has been named a Cisco Silver Certified Partner demonstrates our commitment to leading-edge technologies and systems integration,” said Jay Hauhn, Vice President, Industry Relations, Tyco Integrated Security.

• BOCA RATON – The Greater Boca Raton Chamber of Commerce will present a free seminar called “Bring Your Business from How to Wow” Thursday, Aug. 23 from 8:30 to 10 a.m. in the Chamber Boardroom at 1800 N. Dixie Highway. The presenter will be Greta Schulz from Schulz Consulting.

• For the fourth consecutive year, Gunster, Florida’s law firm for business, has been recognized as one of Florida Trend’s Best Companies to Work For in 2012 in the large company category. Gunster’s competitive salaries, excellent benefits, staff appreciation efforts and support for continued education contribute to the firm’s low turnover rate (5.8 percent in 2011). “The key to our success is our employees and, as we recruit and retain the best in the state, Gunster continues to stand out as one of the best companies and large law firms to work for,” said H. William “Bill” Perry, managing partner of Gunster.

• Rutherford Mulhall has announced that Erskine C. Rogers III has been awarded the 2012 Blue Dove Award by Hospice of Palm Beach County. This award honors individuals who maintain high personal and professional ethical standards and have made a positive difference in the community. Rutherford Mulhall is an 18-law- year firm providing legal services in Boca Raton, Palm Beach Gardens and Ocala.

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Games

The Boca Raton Tribune

Solutions From Edition 109 Puzzles

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How To Get People To Listen To You

One of the most common problems in the workplace, or in the home, is poor communication. Even your best ideas, plans or suggestions are worthless if you can’t communicate them effectively. Every year companies lose billions in potential profits because they ignore outstanding ideas or suggestions from employees.

Communication is not automatic. Just because someone is hearing you say something doesn’t mean they are really listening. Fortunately, there are seven skills all of us can develop that can help to ensure that people will listen to us when we speak. Interestingly enough, these simple, yet profound — and amazingly contemporary — guidelines are presented in the pages of the Bible.

1. CHOOSE THE RIGHT TIME. Timing is the first key in effective communication. You may be ready to talk, but your audience ready, or even willing, to listen? Never drop a bomb — a startling, unexpected statement or announcement — that your hearers are not prepared to receive. “There is a right time and a right way to do everything” (Ecclesiastes 8:6).

2. PLAN YOUR PRESENTATION. Carefully think through what you intend to say first. When you want to communicate is critical, take the effort especially to plan your introduction and supporting illustrations. Don’t begin what you are going to say with cumbersome details that could obscure your primary objectives. Take a hint from TV, where directors move from the long shot to the medium shot to the close-up. “Intelligent people think before they speak. What they say is then more persuasive” (Proverbs 16:23).

3. BEGIN WITH HIS OR HER (YOUR HEARER’S) NEEDS. A listener is more interested in the personal than in the technical. The more pleasant his words, the more persuasive he is” (Proverbs 16:21).

4. LISTEN FIRST! We usually get into trouble when we make assumptions, especially when trying to communicate important information. Before you concentrate on what you intend to say, be willing to listen to the other side first and gain their perspective. “Be quick to listen and slow to speak” (James 1:19).

5. SAY IT POSITIVELY. No one likes to hear bad news. Learn to be both realistic and optimistic at the same time. You are never persuasive when you are abrasive, or negative! If you have bad news, say it up front in a factual, non-personal way. Then quickly move into a more positive, constructive mode. “The mature person is known for his understanding. The more pleasant his words, the more persuasive he is” (Proverbs 16:21).

6. CLARIFY YOUR CONCLUSIONS. Summarize and recap what you’ve said to make certain that you have been properly understood. Be specific. Restate what you have decided on — and what you haven’t — to ensure agreement. “Agree with each other in the Lord” (Philippians 4:2).

7. END WITH AN ENCOURAGING WORD. Exit lines — your closing words — are important. Even if the discussion was heated and both sides took some heavy shots of criticism, try to end on a positive, affirming note. “A word of encouragement does wonders!” (Proverbs 12:15).

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

CBMC INTERNATIONAL: Robert Miligan, President

1065 N. 11th Street, Suite 210 Omaha, Nebraska 68134 U.S.A. TEL: (402) 481-8955 FAX: (402) 481-1749 E-MAIL: rmiligan@cbmcin.org
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www.adventboca.org

First Church Of Christ, Scientist
566 W Palmetto Park Road
Boca Raton, FL 33432
561-391-7689

Affirmation Lutheran Church
9465 Glades Road
Boca Raton, FL 33434
561-483-6004

First United Methodist Church
www.fumcbocaraton.org
625 NE Miner Blvd.
Boca Raton, FL 33432
561-395-1244

Ascension Catholic Church
7230 N Federal Hwy
Boca Raton, FL 33487
561-997-3446

Friendship Baptist Church
1422 NE 2nd Court
Boca Raton, FL 33432
561-395-0871

Assembly of God Hispanic Church
Centro Cristiano Familiar
21121 Oriole Country Rd
Boca Raton, FL 33433
561-746-8626

Frontline Christian Center
Olympic Heights High Schl
20101 Lyons Rd
Boca Raton, FL 33434
561-826-0404

www.frontlinechristiancenter.com

Ayts Chayim Messianic Synagogue
600 W. Camino Real
Boca Raton, FL 33434
561-487-3839
www.achurchofchrist.com

Glades Presbyterian Church
21121 Oriole Country Rd
Boca Raton, FL 33433
561-746-8626

www.gladespc.com

Beth Ami Congregation
1401 NW 4 Avenue
Boca Raton, FL 33432
561-347-0031

Gold Coast Christian Cathedral
3200 N Federal Hwy
Boca Raton, FL 33431
561-750-5235

Beth Sar Shalom
Camino Real Community Church
1551 West Camino Real
Boca Raton, FL 33486
561-499-4893
www.bethsarshalomfl.com

Good Shepherd Lutheran Church
6301 SW 18 Street
Boca Raton, FL 33433
561-393-7007

B’Nai Torah Congregation
6261 SW 18 Street
Boca Raton, FL 33433
561-392-8566

Grace Community Church
600 W. Camino Real
Boca Raton, FL 33486
561-395-2811
www.graceboca.org

Boca Glades Baptist Church
10101 Oriole Country Road
Boca Raton, FL 33428
561-483-4228

Iglesia Bautista Hispana
2350 NW 51st St
Boca Raton, FL 33431
561-998-9360

Boca Raton Bible Chapel
3900 NW 3rd Avenue
Boca Raton, FL 33431
561-391-9319

Islamic Center of Boca Raton
www.icbr.org
141 NW 29th St., Ste. 4A-7
Boca Raton, FL 33431
561-395-7221

Boca Raton Church Of Christ
www.churchofchrist.com
5099 NW 5th Avenue
Boca Raton, FL 33431
561-395-0738

Jehovah’s Witnesses
19230 State Road 7
Boca Raton, FL 33431
561-479-0956

St. Paul Lutheran Church
and School
701 West Palmetto Park Road
Boca Raton, FL – 33486
561-395-9433

Boca Raton Community Church
www.bocacommunity.org
470 NW 4th Avenue
Boca Raton, FL 33432
561-395-2400

Journey Church (The)
www.bocajourney.com
The Kathryn Lindgren Theater
B.R. Community High Schl
1501 NW 15 Court
Boca Raton, FL 33431
561-420-0606

Boca Raton Synagogue
www.bronsinline.org
Hahn Judaic Campus
7900 Montoya Circle
Boca Raton, FL 33433
(561) 394-5732

Kabbalah Learning Centre
www.kabbalah.dynip.com
8411 W Palmetto Park Rd
Boca Raton, FL 33433
561-488-8826

Boca Raton Synagogue-West
www.browosh.org
21101 95th Ave. South
Boca Raton, FL 33438

Kol Ami of Boca Raton Reconstructionist
http://kolami.homestead.com
71 N. Federal Hwy.
Boca Raton, FL 33432
561-392-0696

Boca West Community United Methodist Church
9087 Glades Road
Boca Raton, FL 33434
561-482-7335

The Unitarian Universalist Fellowship of Boca Raton
2601 St. Andrews Blvd.
Boca Raton, FL – 33434
561-488-2001

Boca West Community United Methodist Church
9087 Glades Road
Boca Raton, FL 33434
561-482-7335

The Unitarian Universalist Fellowship of Boca Raton
2601 St. Andrews Blvd.
Boca Raton, FL – 33434
561-482-2001

Center for Spiritual Living
Boca Raton
2 SW 12 Avenue
Boca Raton, FL, 33434
561-368-8248

Somboca.com
The Golden Girls: U.S. Women’s National Team Earns Fourth Olympic Gold Medal

By: Pedro Heizer

“The USWNT got off to a flying start in the gold medal match when Lloyd gave her side an early lead in the eighth minute. Shannon Boxx worked the ball from right to left to Kelley O’Hara and then Tobin Heath. Heath slipped a low cross into the box for Alex Morgan, whose first touch took her to the end line left of the goal. She deftly crossed the ball across the front of the goalmouth with her next touch towards Wambach who had crashed towards the net. While it appeared Wambach was poised to get a goal in her sixth straight game London, she remained tightly marked and Lloyd darted into the scene from her midfield run and headed the ball into the right side of the net. Morgan’s assist was her team-leading fifth of the Olympics.

“I’m so proud of her because she played so many games and all of a sudden I thought she wasn’t good enough. I admired most about Carli. Nobody can match her. She’s got what it takes. It doesn’t matter the physical aspect of the game, but performance,” head coach Pia Sundhage on Lloyd’s performance.

Then she just comes back and helps the team tremendously and she proved that I was wrong. I love that,” said USWNT head coach Pia Sundhage on Lloyd’s performance. “It’s not just the skill on the ball and the physical aspect of the game, but she’s got what it takes. It doesn’t matter what she goes through,” added teammate Hope Solo on Lloyd’s performance. “She’s mentally strong and that’s what I admire most about Carli. Nobody can affect her play, not being benched, she’ll come back on the field and make plays. She’s just a winner. She’s a veteran on this team and she’ll find a way to win.”

Japan found a long spell of possession after the USA goal and ultimately an array of scoring chances. In the 17th minute, Homare Sawa slipped Na-homi Kawasumi through into the left side of the penalty area and the defender took a shot toward the far right post that got past US goalkeeper Hope Solo, but team captain Christie Rampone hustled to get a body on the ball and prevent a goal. The rebound deflected off Solo’s back and bounced in the six-yard box where Yuki Ogimi came rushing in to try and finish the opportunity, but Solo did well to get back into position and made a point-blank save.

Solo had a sensational match and came up with a huge save on Ogimi again one minute later, when the Japanese forward snapped a high-header on goal. Solo leapt to get her left glove on the shot and push the ball off the crossbar. U.S. defender Rachel Buehler’s headed clearance fell back to Ogimi for another sniff, but her strike from close range went wide right and high.

“She played very well and helped us big time when we struggled a little bit in defending,” said Sundhage of Solo’s heroics. “I think Japan played very well, but give credit to our defending and give credit for the way we counterattacked.”

The USWNT avoided a potential game-changing moment in the 26th minute when Miyama’s free kick from just outside the box struck the left arm of U.S. midfielder Tobin Heath, who was positioned near the wall inside the penalty area. Japan’s appeals for a penalty were denied as referee Bibiana Steinhaus signaled for play to continue.

Maintaining a one-goal lead to start the second half, the USWNT gave itself a bit more breathing room in the 54th minute with Lloyd’s second goal of the game. Rapinoe dished to Lloyd just inside the Japanese half and she did the rest, dribbling for more than 25 yards through the center of the park and slicing towards goal before unleashing a wicked right-footed blast from 20 yards out that streamed into the left side netting, giving Japan’s diving goalkeeper Mihoko Fukumoto no chance. The strike would prove to be the game-winner, her second straight in Olympic gold medal matches as she scored the deciding goal in the USA’s 1-0 overtime victory against Brazil in Beijing in 2008.

“Coming in, I was coming off the bench and I didn’t know what to expect,” said Carli Lloyd. “I focused and I kept it on every single day. Hard work pays off.”

Japan’s continual possession and pressure eventually paid off with Ogimi’s rebound goal in the 63rd minute. Japan strung together a bevy of passes before a slicing ball was put into the right side of the penalty area for the streaking Shinobu Ohnu. She took a quick touch before cutting the ball back to Sawa who was wide open at the penalty spot. Sawa hit a first-time shot that got past Solo, and once again Rampone blocked the goal-bound shot off the line. The ball fell back to Sawa, and this time she touched it to her left for Ogimi and the forward buried the easy finish from two yards out.

Japan’s offense had another similar scramble in the 74th minute after Lloyd was called for a handball outside of the box on the right side. Miyama took the free kick and the delivery was deflected to Azusa Iwashimizu who hit a volley on target that seemed destined for goal, but U.S. defender Amy LePeilbet stood resolute and blocked the shot while on her knees. The ball remained loose, but Japan’s Saki Kumagai was eventually called for a foul and the USWNT maintained their slim advantage.

In the final 10 minutes, Japan nearly equalized when Mana Iwabuchi stole the ball from Rampone near the top of the box and closed in one-on-one with Solo. Coming in from the left side, Iwabuchi tried to curl a shot towards the back post but Solo was up to the challenge and made a monster diving save to keep the U.S. in the lead.

“It was such a journey. It was so emotional,” said forward Alex Morgan on her Olympic experience. “It was up-and-down and we all did it together. We were such a unit and we leaned on each other when we needed to. We ended up on top and I’m so happy. We’re the best in the world right now.”
Strikers Defeat Carolina at Lockhart Stadium to Earn Third Shutout of the Season

By: Pedro Heizer

In front of 3,549 Striker Likers at Lockhart Stadium, the Fort Lauderdale Strikers were able to complete a feat that they have accomplished only a total of three times this season, earn a shutout victory.

The Shutout victory is the first for Fort Lauderdale since June 10 when they defeated FC Edmonton 1-0 at Clarke Stadium.

The Strikers defeated the Carolina Railhawks 1-0 in a game that saw the Strikers solidify their place in the NASL Standings. With the win, Fort Lauderdale moves to 8-8-6 and with 30 points, the Strikers took sole position of fourth place in the standings.

Andy Herron scored his eighth goal of the season in the 65th minute when he had a perfect right-footed shot just outside the box on a sensational assist from Mark Anderson.

“This wasn’t easy,” Herron said. “We came in with the right mentality. All we needed to do was score one goal and go from there. We got the goal, the zero and the win.”

Mark Anderson flirted with the goal all night long but couldn’t find the back of the net. Anderson had at least four solid chances to extend his rookie record of goals but the ball just didn’t roll his way this time around.

“We took our chances well and there were a few missed opportunities on both sides,” said Strikers head coach Daryl Shore.

After two games in which Fort Lauderdale’s defense seemed to lose its shape during the match, the defense this time around proved all wrong and had one of the best games of the season, “We were solid defensively,” Shore said. “We defended as a team. The big message in the locker room today was team defense for 90 plus minutes and I think we saw that tonight.”

“We worked all week on our defensive shape,” Shore said. “We made a couple of changes to the lineup and we knew we would get chances going forward. We knew if we could stop the bleeding defensively we could create chances.”

Fort Lauderdale now has a seven game unbeaten streak at Lockhart Stadium with a record of 7W-3T-1L.

Up Next: The Strikers take on the Puerto Rico Islanders in Puerto Rico before coming home on the 25th for “World Record Night” where Strikers’ themed sunglasses will be distributed to fans as they enter Lockhart Stadium while supplies last. Fans will be instructed when they need to wear the glasses in order to make an official world record attempt. The current world record of 1,642 was set at Wrigley Field, in Chicago on July 6.

Photo Credit: Jon van Woerden Photography
LeBron James is Golden

By: Matt Pineda

What a difference a year makes. Especially for LeBron James.

On June 12, 2011, LeBron had just been defeated by the Dallas Mavericks in Game 6 of the 2011 NBA Finals. A Series which saw him average only 17.8 PPG and routinely have 4th Quarter disappearances. LeBron, and us, couldn’t look, listen or go anywhere without laughter and shame being pointed his way.

The grand experiment of Wade, James and Bosh is South Beach had failed. And although they were just 2 games from their ultimate prize, the way it all fell apart was a perfect script for the haters. Nearly all the blame fell on LeB. He was being stripped of his nickname, “The King” and he was humbled.

A few weeks later, everything changed for James. He get back in the gym and started working on his game again. He met up with Hall of Famer Akem Olajuwon to work on the post-game that everyone has been begging him to do. He rediscovered the joy in the game of basketball, and then once the season started, everything LeBron touched turned to gold.

LeBron finished the 2011-12 season averaged 27.1 PPG, 7.9 RPG, and 6.2 APG. He had a PER of 30.8, which was far and above anyone else in the league. He led the HEAT to the 4th best record in the NBA and May 12, he received his 3rd NBA MVP award in 4 seasons.

On his way throughout the playoffs, he put on remarkable performances. He carried the HEAT back even against the Pacers after Chris Bosh went down. In Game 4 he tallied 41 points, 18 rebounds and 9 assists. When facing elimination against the Celtics down 3-2 on the road in the Conference Finals, LeBron felt the pressure and dropped 45 points to go with 15 rebounds. And when it was time to wrap everything up, James pulled out a triple double in the clinching Game 5 over the Thunder to win the title.

LeBron led the HEAT to their second title in franchise history and his first as a player. He received the NBA Finals MVP award along with it.

And just a week or two later, LeB. was with team USA training for the Olympics. While in London, LeBron was the leader of a group of All-Stars. He commanded leadership and perfection from his team. Coach K continually referred to LeBron as the most important, most versatile, and best player on the team and in the world. And James lived up to those words.

In the closing moments of the Gold Medal game against Spain, LeBron put the game out of reach with a dunk and go ahead 3-pointer. And now, in a span of 3 months, LeBron has won the NBA MVP, an NBA Championship, the NBA Finals MVP, and an Olympic Gold Medal, a feat that only Michael Jordan had done prior.

He’s no longer a punchline to your joke. He is King James.
The Golden Girls: U.S. Women’s National Team Earns Fourth Olympic Gold Medal

Strikers Defeat Carolina at Lockhart Stadium to Earn Third Shutout of the Season

FOOTBALL
FAU Holds FanFest on Saturday
See page 31

FOOTBALL
Season Opener Provides Comfortable Win for Boca Jets Under-10
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