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APRIL 2017



# DELRAY

## NEWSPAPER

# Delray Beach voters elect two new commissioners to serve three year terms

By: **Marisa Gottesman** Associate Editor

The voters have spoken on who they want to see sit on the dais for the next three years.

More than 6,000 voters cast votes in the municipal March election and the majority selected Jim Chard for Seat 2 and Shirley Johnson for Seat 4.

According to the Palm Beach County Supervisor of Elections, Chard received nearly 56 percent of the votes cast. Opponent Kelly Barrette garnered 28 percent of the votes followed by Richard Alteus with 8 percent of the votes and Annette Barthelemy with 7.7 percent.

In the race for Seat 4, Johnson received nearly 64 percent of the vote with the remaining 36 percent going to her sole opponent Josh Smith. This marks the second election defeat for Smith who lost a race in 2015.

As soon as the absentee ballot votes were tabulated, Chard and Johnson took an early lead. That win was [CONT. PG 2]



# New walkways, showers, benches headed to Delray's beach

## Staff report

The long-awaited beach makeover is underway this month.

Beachgoers, prepare to see construction for the next six months along a nearly 1.3 mile stretch, which will add new seating areas, lighting, showers and walkways to the city's "Pedestrian Beach Promenade."

"It's going to be a major improvement," said the city's Director of Environmental Services John Morgan.

As construction on the new 9-foot wide sidewalks begins, officials say to expect to see limited parking at the beach. To help get people to the beach, Morgan said the city plans to dedicate an extra trolley to help shuttle people from the parking garages to and from the beach. He said the plan includes reopening stretches of parking as the work is completed.

"We are going to make a special effort to make it easy for people to get to the beach and back during the construction time," he said.

Another change when it comes to parking is how to pay for it. Beachgoers tired of feeding the meter or running

back to your car with a bag of quarters when you want to stay in the sun longer will soon have the ability to pay for their time at the beach with a credit card. Part of the update includes removing the old parking meters and updating them with smart meters.

The beach area surface parking lots will also receive new

smart meters as well as the area between the beach and the bridge on East Atlantic Avenue. Those meters are not part of the overall beach master plan, but those areas will receive the upgraded meters at the same time.

In addition to wider sidewalks to create the pedestrian promenade, the plan involves adding [CONT. PG 2]

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## Delray Beach voters elect two new commissioners to serve three year terms

[FROM PG 1] solidified once all precincts were accounted for.

“I had an inkling that things were going well,” Chard said of election day. “But I was nervous. I was concerned that turnout was low. When the first results were announced, I was really amazed and really delighted. I think it really shows that the voters were listening. They chose candidates that had a progressive platform.”

Chard is a retired business executive who has been involved in city business for years. He sits on the city’s site plan review and appearance board, which is responsible for reviewing projects that want to come to town, and part of the Congress Avenue Task Force. He has also helped write grants for the city.

He said one of his goals is for the city to revisit plans that are sitting on shelves, like the Congress Avenue Task Force.

“One of the major reasons I ran is that there are a lot of things that the city doesn’t get done,” he said. “All of these



reports have gotten filed away. I am interested in taking a look at those plans and implementing them.”

Johnson is a retired IBM professional who has served as a community volunteer. She said she is ready to keep her campaign promises, which include advocating for safe neighborhoods that have adequate police and fire protection, establish sober home regulations to protect those in recovery, preserve the city’s history with

preservation and focus on sustainable growth through green initiatives.

“I am so happy to have been endorsed by the residents of Delray Beach,” she said. “I am so appreciative and happy that the residents are putting their trust in me.”

The voters’ decisions indicate that people support the way the city is growing and changing. Barrette and Smith received endorsements from sitting commission-

ers Shelly Petrolia and Mitch Katz, who typically vote against large development projects.

But just because Commissioner Katz didn’t publicly support Chard or Johnson he said he will not have an issue working with them.

“I am elected to work with whoever the voters elect to sit up there with me,” he said.

He said he has been worked with Chard on city projects before and doesn’t expect the transition with the new commissioners to be awkward.

Katz and Petrolia both posted on social media congratulatory remarks to the new commissioners on election night.

Some hot topics that will likely come before the new commission include finishing up a possible settlement agreement with the developers of Atlantic Crossing, permanently filling the city manager position and finalizing outstanding issues with the iPic project. ■

## New walkways, showers, benches headed to Delray’s beach

[FROM PG 1] new gazebos, bicycle racks, surf board racks, more seating areas and new showers with designated areas for dogs to quench their thirst while on a walk.

The city has set aside \$3 million to complete the project, which many say is long overdue. City officials say the trash cans haven’t been replaced in 20 years and the showers are even older, leaving them unreliable when it comes to draining.

Over the years, beach property owners have taken renovations into their own hands by raising money to replace the beach pavilion at A1A and Atlantic Av-



A rendering of Delray Beach once the renovation is completed. Submitted photo.

enue that was rotting and decaying. Two new gazebos that are a part of the new plan will be paid in part with a \$40,000 donation from the beach property owners.

The city is also focusing on its dune system, which protects the beach and the city during storms. The sea grapes, an invasive species, recently received a hair cut in order to protect the dune system.

City officials said they will be planting a variety of species to help keep the dune healthy.

During the construction, the beach will remain open. Morgan said there will be safe pathways that allow people to access the beach.

People who have purchased benches or have plaques along the stretch will see their dedications moved to brick pavers near the flag pole. Morgan said the city will have a program that allows people to purchase an engraved brick.

The project includes making the beach area more user-friendly to people who use wheelchairs. He said there are plans to install a handicap-accessible mat near the pavilion. The pavilion will also receive a minor modification to add another entrance.

For more information on the plan and timeline of construction, visit the city’s website [mydelraybeach.com](http://mydelraybeach.com) ■



A look at the new beach area once construction is completed in about six months. Submitted photo.

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# GAME CHANGER

## Delray man honored as Angel Flight Southeast 'Pilot of the Year'

By: **Marisa Gottesman** Associate Editor

Manfred Brecker said his passion for flying began when he was serving in WWII. Even though he wasn't a pilot, he was fascinated by flying.

After the aerial gunner was honorably discharged, he said he delved into working forgetting about flying until his retirement.

"I decided the rest of my life would be spent playing golf, traveling and playing cards," he said of his retirement.

That is until he bought a computer and Microsoft Flight 98, a flying program. That is what propelled him into learning how to fly and ultimately becoming a volunteer pilot for Angel Flight Southeast, a nonprofit that provides free air transportation to people who need to get to life-saving medical appointments.

He estimates he has performed about 100 missions for Angel Flight transporting people across the state in his Diamond Star plane. He is being honored as the "Pilot of the Year" honoree for the Southeast Florida region this month.

"I thought when it is raining, I may play it," he said of his simulator. "I found myself playing with that flight simulator even on a nice day. I didn't wait for it to rain."

Over the years, he upgraded programs and systems. One day, he ran into a friend who was a WWII pilot and told him about his simulator and asked him how close it is to really flying.

"He said, 'It's as close as you will get to the actual thing but the simulator doesn't have the same weight of the plane,'" Manfred said recalling his friend's opinion.

So, he said he went to the Lantana airport and took what is known as an acquaintance flight with an instructor.

"When I got into that airplane I recognized all the things in my simulator," he said. "I came down and I signed up for lessons immediately."

That is after he convinced his wife to allow him to pursue flying with a piece of jewelry.

"I started taking lessons every day," he said. "My wife would say, 'if you were to study this hard when you were in school you might have been a professor.' I said, 'Maybe, but I would never have been able to afford an airplane.'"

Eventually, he said he took all the tests necessary to be a licensed pilot. He said he has logged over 4,000 hours of flying.

"Playing golf and cards is not a substitute for me," he said of flying. "It's so mundane. When you're flying you're like a king. You have the freedom. You can go wherever you want."

But when flying around to grab lunch got boring, he said he found Angel Flight in 2004.

"I decided it was a worthy cause," he said. "It became my favorite charity."

Angel Flight arranges about 3,000 flights annually. It can arrange the flights 24 hours a day, 365 days a year. Passengers can fly as many times as they need. Angel Flight Southeast qualifies each passenger for medical and financial need, ability to fly and more than 20 other criteria.

He said he has taken patients from Ft. Lauderdale Executive Airport as far as Tallahassee and Amelia Island in his Diamond Star plane.

"The people are very grateful that you take them," he said.

One flight he took a woman with terminal cancer from Key West to Jacksonville.

"Three weeks later, I got a letter from her mother saying she passed, but she remembered the flight," he said.

He said one time he was flying a man who was legally blind. He said the man handed him an envelope and said to open it after the flight. Inside, he said there was \$100.

"I said, 'I can't take any money,'" he said. "He said, 'Give it to your favorite charity.' I said, 'You are my favorite charity.'"

Brecker will be recognized on April 7 at the Dr. Franklin G. Norris Pilot Awards Gala at the River Ranch Resort and airport in River Ranch. For more information about Angel Flight Southeast, visit <http://www.angelflightse.org> or call 352-326-0761. ■

## Delray resident candidate for Leukemia & Lymphoma Society Woman of the Year

### Staff report

The Palm Beach Chapter of The Leukemia & Lymphoma Society has announced that Delray Beach resident Orli Zimmerman has been nominated as a candidate for the society's Woman of the Year.



Candidates across the country compete in honor of a local boy or girl who is a blood cancer survivor, to raise the most funds for blood cancer research.

Zimmerman, of Zimmerman Tree Service, will compete for the title and a chance to be featured in a full-page ad in *USA Today*.

"I feel so honored and lucky," she said of her nomination. "I am running for Woman of the Year because I have several personal connections to cancer and decided to join this campaign in order to give back to my community and help find a cure for cancer."

As a candidate, she will raise funds through May 19. Every dollar raised counts as one vote in her favor. The male and female candidates with the most "votes" will be awarded the titles during the grade fina-

le on May 19 at the Hilton in West Palm Beach. The local winners are then entered into the competition for National Man & Woman of the Year titles.

Zimmerman said her involvement with the society is fairly new. She said her mother served on several boards and she has attended events. It was one of her friends who was nominated as a Man of the Year who nominated her this year.

"This is me stepping up to the plate," she said. "It comes at a real good time in my life. My business is doing well and it is time for me to support my friends and

family who have been affected by cancer."

She said last year the society invested \$67 million in research and overall has invested \$1 billion in cancer research.

"I am really promoting that we need to find a cure," she said. "Any type of cancer, there is no way to prevent it."

Zimmerman is hosting a fundraising event from 6 to 9 p.m. on April 20 at Salt7. If you are interested in donating items for a raffle or auction, email [orli.zimmerman@gmail.com](mailto:orli.zimmerman@gmail.com) You can also make a donation at, [Www.tinyurl.com/orli4lls](http://Www.tinyurl.com/orli4lls). ■



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# TOP 10 things you need know in Delray Beach this April

**1** Temple Sinai, 2475 West Atlantic Ave., is holding an open house on April 7 at 6 p.m. The wine and cheese gathering will give folks a chance to meet the clergy and socialize.



**2** Free Friday Concerts return to the Old School Square Pavilion this month. The first show is set for April 14. Reggae/funk fusion will take the stage at 7:30 p.m. On April 21, catch Libido and Entourage on April 28. Shows are free and weather permitting. Bring lawn chairs, but leave your pets and outside food and beverages at home.

**3** The Sandoway House is holding a beach clean-up from 8 to 10 a.m. on April 15 as a part of the annual Great American Beach Clean Up. Meet at Sandoway Park. You must pre-register with the Sandoway



Discovery Center at 561-274-7263. You can download your registration form at: <http://www.keeppbcbeautiful.org>. Bring the form the day of the event.

**4** Celebrate the Milagro Center's 20th anniversary at the ARTrageous Party on April 21 at the Delray Beach Golf Club. There will be karaoke, art, a silent auction and a sit down dinner.

**5** Delray is implementing more fire safety inspections so it complies with the Florida Fire Prevention Code. Commissioners recently approved a fee schedule for set fire safety inspections and related fees to cover the city's costs for administration and enforcement.

**6** The Delray Beach Initiative is hosting a mini golf event from 12:30 to 3:30

p.m. on April 1 at Putt'N Around to raise money for the Atlantic High School PTSA for SAT & ACT college prep courses for students that otherwise could not afford these programs offered privately. Sign up as an individual or a foursome or sponsor for as little as \$75.



**7** The second annual Throw Down the Mic will take place at 12:30 p.m. on April 1. The Palm Beach Poetry Festival celebrates and supports MFA programs at FAU & FIU, two of South Florida's leading universities, as professors and students gather for an afternoon of poetry. There is no cost to attend. The event will be held at Crest Theatre.

**8** The Institute for Regional Conservation is holding a volunteer day at Atlantic Dunes Park, 1605 S. Ocean Blvd, from 9 a.m. to noon on April 8. Help remove invasive species, plant native species and pick up trash. Tools, plants and light refreshments will be provided.

**9** The Delray Beach Playhouse presents musical comedy "Once Upon a Mattress" on April 1, 2, 7, 9. Tickets cost \$30. For more information, 561-272-1281 ext. 4 or [delraybeachplayhouse.com](http://delraybeachplayhouse.com)



**10** Learn about tea at Morikami Museum and Japanese Gardens. On April 15, there is The Way Of Tea: Sado Demonstration at noon, 1:30 p.m. and 3 p.m. The demonstration cost \$5 with paid museum admission. Observe Japanese sado, an ever-changing demonstration rich in seasonal subtleties. Your involvement in the true spirit of sado — harmony (wa), reverence (kei), purity (sei), tranquility (jaku) — along with a sip of green tea and a sweet will help you bring a calm perspective into your busy life. 561-495-0233, [morikami.org](http://morikami.org) ■

## Slices

Delray Rotary awards teacher, student



The Delray Beach Rotary Club awarded Atlantic High School (AHS) Teacher, Paul Musser and student, Zhanelle Murph, the Distinguished Student/Teacher of The Month tribute during a recent luncheon Tuesday at The Delray Beach Library.

Musser, who is an experienced mathematics teacher, praised the school's faculty and administration for doing an excellent job in enhancing the educational environment that is conducive to instruction and to preparing students like

Zhanelle.

Senior, Zhanelle, thanked the Club for the Award and also commended the faculty and AHS Principal for all the efforts to help her succeed as a student and as a person at AHS. She plans to return to the community after college to be a contributing member of this dynamic community.

In other business the Club inducted AHS Principal, Tara Dellegrotti.



**Delray Elks and Atlantic High School Student Government Agency team up**

The Student Government Association at Atlantic High School stuffed 500 Drug Awareness Program bags with anti-drug paraphernalia brochures so the Elks can hand them out at the upcoming National Night Out. NNO is a crime and drug prevention event to be held August 2017.

The Elks National Drug Awareness Program is the largest volunteer drug awareness program in the United States.

The Delray Beach Elks Lodge also recently donated \$5,000 to local Fisher House. Fisher House Foundation is best known for a

network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving treatment.

The West Palm Beach VA Medical Center Fisher House has been in operation since 1995 and has accommodated approximately 10,100 families. The house is an eight-bedroom facility situated on the West Palm Beach VA Medical Center campus.

**Atlantic High School team places second at Brain Bee**

Students from Palm Beach and Martin counties recently competed in the Sixth Annual Brain Bee at the Max Planck Florida Institute for Neuroscience.

Participants competed in teams of three to answer questions on neuroscience topics, which included learning and memory, emotion, sensation, movement, aging, neurobiology, brain anatomy, and neural disorders. Prior to the competitive portion of the event, Brain Bee participants had the opportunity to tour MPFI's labs and facilities and participate in interactive neuroscience research demonstrations.

This year's second place Brain Bee team included Winston Cheung, Raghu Radhakrishnan and David Young from Atlantic High School.

**Delray Beach Home Tour raises record amount**

The Delray Beach Home Tour raised a record amount of \$125,000 for the Achievement Centers for Children and Families.



Nearly 800 guests enjoyed the 16<sup>th</sup> annual Delray Beach Home Tour last month where they toured 10 homes in the north beach area of the city.

**Track Delray trolley**

Not sure when the trolley will be at your stop? Now, you can track the Delray downtown trolley through a mobile app.

The city has partnered with Transit App, which will allow you to navigate where the trolley is located in real-time.

The app features include: Real-time route navigating and tracking, live trolley schedules and map view of your location, departures and stop times and a reminder function that allows you to catch a trolley ahead of its departure time.

The app is free to use and is available for iPhones and Androids. The trolley travels between the Tri-Rail Station on Congress Avenue and the beach via Atlantic Avenue with multiple stops along the route. For more information, please visit: <https://transitapp.com>. ■



## Orchard View principal has plan for improving Delray elementary school

### Staff report

Delray Beach's Orchard View Elementary principal Lisa Lee has a three-year plan to turn the school's D-rating into an A.

Lee recently explained her three-year plan to commissioners during a monthly "Spotlight on Education" presentation.

Her focus this year was an immediate increase from a D ranking to a B. She said upping that grade is the most important thing the school can work on.

"Parents don't want to send their kids to a D school," she said.

She said mid-year diagnostic tests indicate the students are improving. The new grades will be released in June.

Her other plans include bringing a gifted program back to the school starting at the Kindergarten level. Throughout the entire school, she said she wants the teachers to incorporate more project-based learning into their curriculum.

To help teach teachers how to do that, she applied for a grant and received \$18,000. This summer she said she taking 13 teachers to California for a conference that focuses on project-based learning.

Finally, she said is bringing a strings program to the school. Starting next school year, she said all Kindergarteners will be learning how to play the violin at school. She said there is a link between playing the violin and increased fluency in reading and math proficiency among other benefits.

"You are going to see Orchard View as a brand new school," she said. ■

# Subculture Coffee in Delray closes after losing legal battle with landlord

By: Marisa Gottesman Associate Editor

Popular coffee shop Subculture coffee has shuttered its Delray Beach location.

The news came as a surprise to many coffee lovers on a recent Monday morning. The coffee shop posted on its Instagram that everything would be given away for free as it was the location's last day.

Posters were plastered around the shop stating that the store was being forced out of its location due to a "small technicality" in their lease. They call the landlord "greedy."

But court records indicate that Subculture violated its lease agreement with the landlord. A complaint filed by the property owner William Burke in the Palm Beach County circuit court system on October 2015 states that 123 East LLC, which is the address of Subculture, violated the terms of its lease agreement.

The allegation states that Rodney Mayo, who is a co-owner of Subculture, entered into a lease agreement with The Knight Group to allow the company to sublease the second floor of the property.

The subleased property is being used for an office, according to the complaint, which is against the terms of the lease that state the space can only be used for a restaurant.

In addition to violating the allowed use per the terms of the lease, the complaint states, the lease was entered into without seeking approval from Burke, which is also part of the lease agreement.

After a notice was sent about the violation, the complaint states it wasn't cured during the allocated amount of cure time, per the lease contract.

A final judgment was issued on March 6. It states that Burke was entitled to recover \$366,707.58 for accelerated rate with an interest rate of 4.75 percent and attorneys' fees and costs. The ruling also gave him control over his property again.

Phone calls to Rodney Mayo and Burke's attorney How-



ard DuBosar were not returned.

The Knight Group will be relocating to its previous space at 10 SE First Ave. on the second floor. Here is a statement from the company:

"When signing the lease for the space, The Knight Group was assured by the listing broker that all parties, including the property owner, approved the sublease. The Knight Group further sought and received a letter from the City of Delray Beach confirming proper zoning of the space to do business as a commercial real estate office. It is our practice to follow proper real estate procedure. The Knight Group was not aware there was an issue with the sub-lease until being notified after taking occupancy. The Knight Group appreciates the many fellow small businesses in Downtown Delray Beach opening their offices in this transition. We are relocating to 10 SE 1st Ave - 2nd Floor Delray Beach, FL 33444 where we were located previously. We are providing our clients with uninterrupted service as we have for over 25 years." ■

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## People of Delray: Rami Rotkopf of Delray's Blue Galleries

**By: Limor Ben Ari** Contributing Writer

Working with over 300 galleries all over the world, Smart Publishing provides unique art pieces that in most cases are offered exclusively to them. Rami opened Blue Gallery in Delray Beach 11 years ago, and opened a second location for Blue Gallery in Las Olas eight years ago. The third location, is the newly opened second gallery on Atlantic Ave.

Rami loves Delray for its atmosphere, the people, the location – close to the beach, and the growth of the town: “In the past five years there has been a huge jump in



traffic on the Ave. a lot more tourism, new people. It's great.”

Rami picks his art while traveling the world to see artists, studios and shows. He chooses one artist every year to be featured in the gallery. He buys the collection directly from him/her and the artist works exclusively with Smart Publishing and Blue Gallery. “I choose pieces that move me. Art that has something different and interesting to offer. I try to feature all genres. It's all mostly Israeli artists.”

2008 was a rough year for all, but especially for the art business. I asked him how he survived that time while remaining on the Ave, “I had to cut my expenses across the board and the fact that I sell to collectors abroad helped me through that time period.”

Joining him on his journey is his wife, Karyn Fink Rotkopf, who he met 20 years ago in the business. She was managing galleries and art and helped him manage some of his art collections. Together they now head Smart Publishing's warehouse and art distribution as well as the Blue Gallery locations. They have two dogs named Zoey and Lola. Rami's son from his first marriage, 17, resides in Israel and comes to visit him frequently. He will soon be recruited to the Israeli army.

Blue Gallery in Delray is expanded into

an additional location right next door to the current location. The new location offers a larger space, 5,000 square feet, with added wall space for more art. The space opened last month, and will feature more pieces by the world-renowned artists the Gallery has been supporting, as well as hosting events, artists meet-ups, and new exhibitions.

The art varies and includes original paintings, sculptures, serigraphs and etchings; and demonstrates unusual textures, colors and dimensions.

Featured artists include: David Schluss, Isaac Maimon, Isaac Kahn, Alex Pau-

ker, Avi ben Simon, Lenner Gogli, Yuval Orly, Sveta Esser, Iris Eshet Cohen, Calman Shemi, Natalie Rozenbaum, Neil Loeb, Zsuzsanna Luciano, Harry Guttman, Marcus Botbol, Lior Ron, Stacy O'neil, Joel Amit, Amir Genislaw, Will Grant, Orlando Quevedo, Rina Maimon, Ali Golkar, Brett Lethbridge and Nathan Elkanovich. ■

Visit: [www.bluefineart.com](http://www.bluefineart.com) to see the art or learn more about the artists. Stop by the gallery 600 E. Atlantic Avenue or 616 E. Atlantic Avenue. Or call to schedule a walk-through in the warehouse: 561-265-0020

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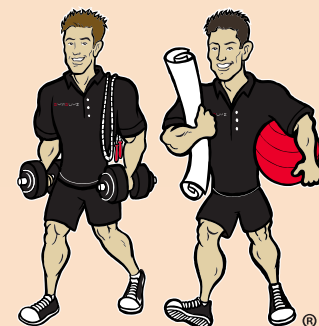


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## 5 QUESTIONS WITH

singer **Chloe Dolandis**

**1** Tell us a little bit about yourself. How did you get into singing? What is your earliest memory of singing?

Music runs in my blood! My grandfather was a big band leader/trumpet player and

my grandmother was a singer -- my dad was, and still is, a professional musician and my mom did a lot of musical theatre as I was growing up. I pursued musical theatre for a while but once I started going to live concerts as a teenager that

translated into pop music.

My earliest memory of singing...I remember being a flower girl in a wedding (of my babysitter) when I was three. While we waited to walk down the aisle I made up a song and sang it to myself, "One by one..." I think realizing that I could have fun doing something creative, to occupy myself, when I was so young helped to shape me as a writer and singer. I never finished that song but maybe I should now...

**2** What is your favorite local venue to play and why?

I love playing at Arts Garage -- the audience is so receptive and the sound is great. Every time we have a show there I feel the love for days after! The fact that the venue supports original music is huge for me as well, and the "BYOW" concept makes it feel very much like a home, creating an intimate environment.

**3** Where do you get your inspiration for your music from?

Inspiration creeps up whenever I seek it, and sometimes when I'm not even trying to find it. Everyday life is an unending well of ideas and I've trained myself to tap into those to get creative. I'm inspired by everything from conversations, to buildings, to nature, to other people's music. It's my job as a songwriter to translate my viewpoint of the world into song, so I do whatever I need to in order to accomplish that. Really, understanding how to draw inspiration from anywhere is like a muscle -- the more you exercise it, the stronger it gets.

**4** Tell us what you are working on now.

I've had the recent honors of being a finalist in NSAI's Song Contest presented by CMT and a semi-finalist in the International Songwriting Competition for my



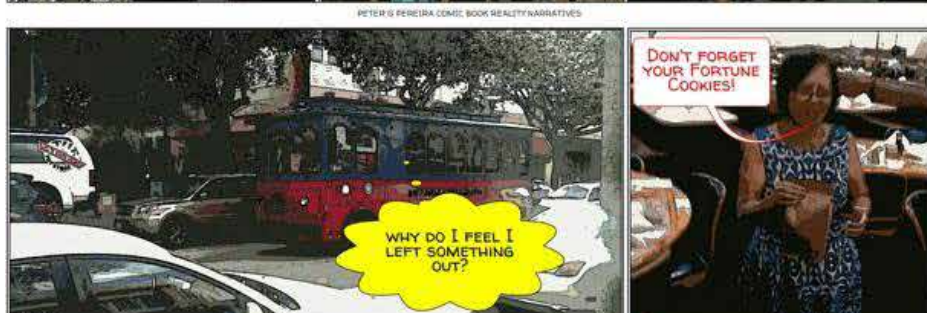
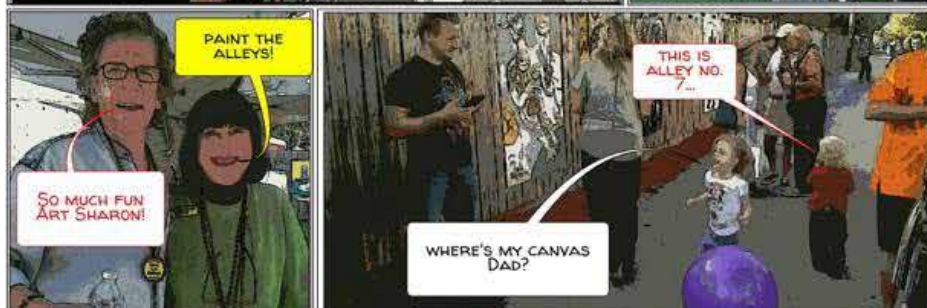
song "One Man's White Trash (Is Another Man's Treasure)" (co-written by Zach Ziskin). I'm riding those waves right now, which is a blast. Toplining (writing lyrics and melodies over chord progressions/tracks) has been a huge priority for me lately and I'm really excited to be working with some extremely talented and successful people in that sphere. I'm also in "artist development" mode for myself now and plan on releasing more new, original music soon!

**5** Describe your ideal day in South Florida. Where can we find you and what are you doing?

My ideal day in South Florida would include meals at one some of my favorite restaurants (e.g. DaDa in Delray, Sublime in Ft. Lauderdale, or the Honey Tree in Miami), there would definitely be time outside (on the Ave., at the beach, in Wynwood), and, no question, I would do something music-related (perhaps have studio time and/or write a new song)! There's a great chance I'd get a massage, too...

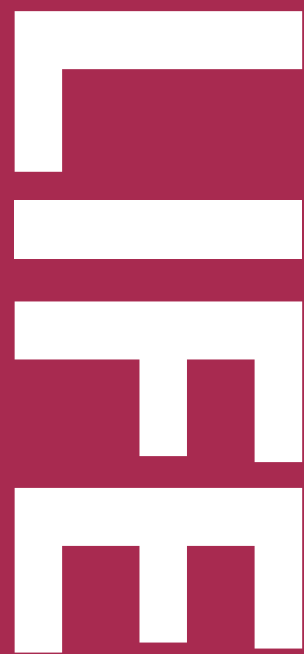
But, most importantly, I'd spend time with the people I love. South Florida is home to me because of my friends and family who live here, and I absolutely love home sweet home. ■

## DELRAY INSPIRED SPRING ART-TOONS



PETER'S FEREIRA COMIC BOOK REALITY NARRATIVES





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## **INSIDE** Palm Beach County



**See men bake during fundraiser [11]**



**Don't miss Delray Affair [16]**

# Cultural Conversation: Opening Doors Contemporary African American Academic Surgeons exhibit

## Staff report

Even though Dr. Virgil Norris was a surgeon, he would see patients with all ailments.

If it was 4:30 p.m. on a Friday and his waiting room was full, he would see every patient. Even if it meant, he would be working late.

Norris was a surgeon in Palm Beach County during a period of time where black residents were afraid to go to a white doctor, said Spady Museum Director Charlene Farrington Jones.

At the time, black patients were being injected with syphilis to see what its effects on the body were, without their knowledge.

So instead of turning about skeptical patients or referring them to another doctor, Norris would help them.

His story and others are part of an exhibit at Delray's Spady Museum. Opening Doors Contemporary African American



Alexa I. Canady, M.D., pediatric neurosurgery is featured in Opening Doors. Submitted photo,

Academic Surgeons explore date role of African Americans as health care providers in the history of medicine.

It is a topic that is often overlooked, but



Daniel Hale Williams M.D., was a leading surgeon, educator, and founder of Provident Hospital. He performed the world's first heart surgery when he opened up the chest of a man and repaired an injury to the pericardium (the sac surrounding the heart) in 1893 at Provident. In 1894 he was appointed chief surgeon at Freedmen's Hospital in Washington, D.C. and also served as professor of surgery at Howard University Medical Department.. Submitted photo.

African Americans have been practicing medicine for decades as physicians, healers, midwives and "bush medicine practitioners."

Early black physicians not only became skilled practitioners, but also educators and trailblazers, paving the way for future physicians, surgeons, and nurses and opening doors to better health care for African American communities. The exhibit highlights the achievements of these early pioneers.

Jones said bringing the exhibit was an idea of one of Spady's board members who wanted to find a traveling exhibit that featured health care.

"We looked for a traveling exhibit on health care and how it was handled and how it is being handled today," she said.

She said they infused that exhibit with local history and how health care was in Palm Beach County. Norris's family do-



LaSalle D. Leffall, Jr., M.D., surgical oncology is featured in Opening Doors. Submitted photo,

nated some of his items to be featured in the exhibit.

Also on display at the museum are three paintings of the original Florida Highwaymen and one A.E. Backus painting. This exhibit, a satellite site for Florida Atlantic University's Ritter Art Gallery, examines the relationship between "Bean" Backus and his pupil, Alfred Hair and examines the socio-economic issues of Black artists in Jim Crow Florida. The secondary theme is the application of the American dream in appropriately creative and unconventional ways. The paintings are on loan from private collections.

Spady Museum is open from 11 a.m. - 4 p.m., Tuesday - Saturday. The museum is closed on Sundays. Admission: \$10; Members are free.

For more information, call 561-279-8883 or visit [spadymuseum.com](http://spadymuseum.com) ■

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The Opening Doors exhibit follows the evolution of African Americans involved in medicine. It is featured at Spady Musuem. Submitted photo.



A look at Opening Doors exhibit featured at Spady Musuem. Submitted photo.

**TOP 10**

# Don't miss events in Palm Beach County



**1** The Boca Symphonia will hold Connoisseur Concert 5 on April 23 at 3 p.m. at the Roberts Theater at Saint Andrew's School, 3900 Jog Road. On Holocaust Remembrance Day, the violin concerto "I Will Not Remain Silent" will be conducted by Michael Stern. The concerto was composed in tribute to Joachim Prinz, a courageous supporter of human rights.



**2** The 55th annual Delray Affair is back from April 7-9. The free festival will take over 10 blocks of downtown Delray Beach. Check out more in this edition of the newspaper for the must-know event details.



**3** Catch Guys and Dolls at the Wick Theatre through April 9. Tickets are \$75 & 80, matinees begin at 2 p.m. and eve-

ning performances at 7:30 p.m. For more information, visit [www.thewick.org](http://www.thewick.org) or call 561-995-2333.



**4** Academy Award winning "Dreamgirls" star Jennifer Hudson will headline Boca West Foundation's annual "Concert for the Children" on April 4 at Boca West Country Club. Famed R&B artist Ellis Hall will open up the show. The event will follow the Foundation's annual \$200,000 Charity Golf Challenge, happening on April 3. The event is open to the public. Golf spots are \$600 per person and include a tickets for the concert. Concert tickets cost \$200 per seat. Funds raised will benefit at risk children and their families in Boca Raton and South Palm Beach County.



**5** The GFWC Woman's Club of Delray Beach is hosting its seventh annual Real Men Bake & Rock at the Sock Hop event from 6 to 9 p.m. on April 22 at Old School Square. Sample desserts made by local men. Tickets cost \$35 in advance and \$40 at the door. Proceeds benefit

local nonprofits. For more information, visit [www.delraywomensclub.com](http://www.delraywomensclub.com) and click on Annual Real Men Bake Fund-raiser.



**6** Brew at the Zoo returns to the Palm Beach Zoo on April 1. Grab a craft beer and check out special animal encounters. Advanced tickets are required. General admission tickets cost \$35. The event is from 6 to 9 p.m., which includes admission, a sampling mug and samples from 25 breweries each with several brews.

You must be 21 and older to attend.



**7** Catch the Hanart Culture's Chinese Lantern Festival before it ends on April 8 at Burt Aaronson South County Regional Park, 20405 Amphitheater Circle. There are more than 800 illuminated lanterns in the them "The Wild," which provides visitors a safari to walk through.

**8** A Barrett-Jackson Auto Auction will



take place from April 6-8 at the Expo Center at the South Florida Fairgrounds.



**9** The Palm Beach Book Festival will take place on April 21. Palm Beach Atlantic University and Harriet Himmel Theatre at CityPlace will host this unique two-day event with panel discussions, lectures, and book signings involving New York Times best-selling authors, award-winning writers, household names and local authors.



**10** Delray Beach Chorale will host its spring concerts "For the Love of Broadway!" on April 1 in Boca Raton at the Robert's Theater, Saint Andrew's School, at 7:30 p.m. and April 2 at 3:00 p.m. at the First Presbyterian Church of Delray Beach. This concert will feature choruses and solos from some of Broadway's most popular shows including: State Fair, Les Miserables and Phantom of the Opera. Tickets available at [bit.ly/DBC Broadway](http://bit.ly/DBC Broadway) and their website is [www.delraybeachchorale.org](http://www.delraybeachchorale.org) ■

# What's going on in Palm Beach County...

## Wick Theatre

### Beehive

April 20 - May 14

The titles say it all: "Downtown," "To Sir With Love," "It's My Party," "Where the Boys Are," "Respect." It's "Beehive, the '60s Musical," and audiences around the world are cheering this exciting and colorful salute to the women who made the music of the 1960s so special - everyone from Lesley Gore to Janis Joplin, from the Shirelles to Aretha Franklin.

## Old School Square



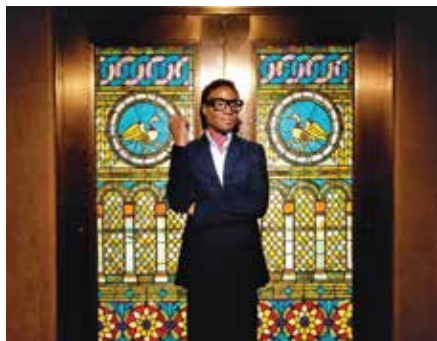
### Bravo Amici

April 1 at 8 p.m.

Bravo Amici's mix of handsome tenors and stunning divas perform an uplifting collection of well-known classical and contemporary arias. Combining the essential elements of pop, Broadway and opera with classical overtones, their powerful performance is a tribute to the emerging musical genre of "Contemporary Classical Crossover" taking the world by storm. With fans ranging from Sir Elton John to Queen Elizabeth, these acclaimed international artists have sold more than three million albums.

**Location:** Old School Square Pavilion

**Tickets:** \$30 general admission



### Billy Porter

April 3-4 at 8 p.m.

Billy Porter won a Tony Award for his performance as Lola in *Kinky Boots*. His other Broadway credits include *Miss Saigon*, *Five Guys Named Moe*, *Grease*, and *Smokey Joe's Café*. Off-Broadway, in addition to appearing in *Angels in America*,

he was seen in *The Merchant of Venice*, *House of Lear*, and *Radiant Baby*, *Birdie Blue*, *Songs for a New World*, *King Lear* and *The Further Adventures of Hedda Gabbler* (both for Exit, Pursued by A Bear), as well as his one-man show, *Ghetto Superstar*. His film and television credits include the Sundance Film Festival features *The Broken Hearts Club* and *Intern*, *The Humbling*, *Noel*, the CBS miniseries *Shake, Rattle & Roll* as Little Richard, *Twisted*, *Law & Order: SVU*, *Law & Order*, *The Oprah Winfrey Show*, *The Rosie O'Donnell Show*, and *The Tonight Show*. A Grammy Award winner, Porter's concert credits include opening acts for Rosie O'Donnell and Aretha Franklin, performances at Carnegie Hall, with John McDaniel and the St. Louis Symphony Orchestra, as well as with The Buffalo Philharmonic, Peter Nero and The Philly Pops, and The Boston Pops. Also a writer, his play *While I Yet Live* was produced last year at Primary Stages.

**Location:** Crest Theatre at Old School Square

**Tickets:** \$72 & \$57

### Artrageous

April 7-8 at 7 p.m.

This unforgettable experience is an electrifying combination of artists painting at amazing speed, right before your eyes, and high-energy live music, amazing vocals, creative choreography and audience interaction. Giant artworks jump to life unveiling larger-than-life icons and masterpieces in just moments; all the while, there is constant activity on stage, delighting your senses. It's a show for the entire family. It's outrageous... it's Artrageous! This show takes place during Delray Affair weekend. Delray Affair will celebrate 55 years as the largest arts & craft festival in the Southeast United States. The event takes place along Atlantic Avenue from just west of Old School Square to the Intracoastal.

**Location:** Old School Square Pavilion

**Tickets:** \$25 (adult); \$15 (student)



**Jim Caruso's Cast Party- An Extreme Open Mic with Billy Stritch, piano**

April 12 at 8 p.m.

Directly from its wildly popular 15-year run at the legendary Birdland in NYC, Jim Caruso's Cast Party, hosted by Caruso and musical director Billy Stritch, celebrates local musical and variety talent. The night begins with an unforgettable performance by Caruso and Stritch, followed by impromptu performances by some of South Florida's best singers and musical theatre performers. This will be the fourth time The Crest Theatre has welcomed Cast Party to town. Host Caruso says, "Billy and I have been thrilled at the turnout of extraordinary musical talent that has taken part in these magical nights. The audience has been dazzled by top-notch performances of Broadway, jazz and pop tunes. Anything can happen at the Delray Beach Cast Party!"

**Location:** Crest Theatre at Old School Square

**Tickets:** \$35

(Note: Four tables are available for up to five guests each. The cost is \$250 per table, including a bottle of wine and table service. Tables must be purchased directly through the Box Office.)

**Blues on the Square presents Mark Telesca Band**

April 13 at 7:30 p.m.

The sound of Delta Blues and Motown. Experience some of Florida's best Blue bands. Bring chairs, but no pets or outside food and beverage. Food trucks, popcorn, ice cream. Sponsored by Lagunitas and Old School Bakery.

**Location:** Old School Square Pavilion

**Tickets:** \$5 at the gate (general admission); \$5 beers

**Free Friday Concerts - Spring Series The Holidazed**

April 14 at 7:30 p.m.

Reggae/Funk Fusion. Weather permitting; bring lawn chairs, and bring the family, but no pets or outside food and beverage. Food trucks and cash bar are available.

**Location:** Old School Square Pavilion

**Tickets:** FREE

**Mark Nadler- Let's Misbehave: A Celebration of Cole Porter**

April 14 at 8 p.m.

Internationally acclaimed, award-winning entertainer, Mark Nadler explores the wit, the romance and the life of argu-



ably the greatest of American songwriters: Cole Porter. Songs include such timeless hits as "Let's Do It (Let's Fall in Love)," "Night And Day," and "You're The Top" as well as many lesser-known gems. Nadler will welcome special guest soloist, Spider Saloff.

**Location:** Crest Theatre at Old School Square

**Tickets:** \$39 & \$29



**Popovich Comedy Pet Theater**

April 18 at 7 p.m.

The Popovich Comedy Pet Theater is entertainment for the whole family, featuring the unique blend of comedy and juggling skills of former Moscow Circus veteran, Gregory Popovich and the extraordinary talents of his performing pets. His entourage consists of world-class jugglers, the German goat duo Kurt and Helga and over 30 performing pets including house cats and dogs (all rescued from animal shelters!), geese, white doves and parrots. The Popovich Comedy Pet Theater has a rich performance history, presenting thousands of shows in more than 20 countries and is currently in its 6th season at the Planet Hollywood Resort/Casino in Las Vegas.

**Location:** Crest Theatre at Old School Square

**Tickets:** \$25 (adult); \$15 (student)

**Alan Safier as George Burns- Say Goodnight Gracie**

April 20 at 8 p.m.

Alan Safier stars in *Say Goodnight Gracie*, the hit Broadway play that invites you to spend a hilarious, heart-warming

evening in the uplifting company of the world's favorite, funniest centenarian, George Burns. Burns, known for his 90 years of American entertainment history, is now alive and kicking — and singing and dancing! *Say Goodnight Gracie* brings his fascinating story to life with vintage photographs and video clips from film and television performances.

**Location:** Old School Square Fieldhouse

**Tickets:** \$38 (general admission)

**Free Friday Concerts – Spring Series-Libido**

**April 21 at 7:30 p.m.**

Top 40/R&B/Rock/Reggae. Weather permitting; bring lawn chairs, and bring the family, but no pets or outside food and beverage. Food trucks and cash bar are available.

**Location:** Old School Square Pavilion

**Tickets:** FREE

**Blues on the Square presents Joe DaSilva and the Midnight Howl**

**April 27 at 7:30 p.m.**

Americana/Blues/Rock/Soul. Experience some of Florida's best Blue bands. Bring chairs, but no pets or outside food and beverage. Food trucks, popcorn, ice cream. Sponsored by Lagunitas and Old School Bakery.

**Location:** Old School Square Pavilion

**Tickets:** \$5 at the gate (general admission); \$5 beers

**Free Friday Concerts – Spring Series: Entourage**

**April 28 at 7:30 pm (Friday)**

Top 40/R&B/Rock. Weather permitting; bring lawn chairs, and bring the family, but no pets or outside food and beverage. Food trucks and cash bar are available.

**Location:** Old School Square Pavilion

**Tickets:** FREE



**Catch a Rising Star Comedy: Ben Bailey**

**April 29 at 8 p.m.**

This acclaimed stand-up comedian is the most desired cabbie in New York!

He is the host of the highly successful shows *Cash Cab* and *Cash Cab: After Dark* on the Discovery Channel. He was singled out by publications such as *Entertainment Weekly*, which put Ben Bailey on their "Must List" in 2006; *People magazine*, which gushed, "All Hail Cash Cab"; and the *New York Post*.

**Location:** Crest Theatre at Old School Square

**Tickets:** \$67 & \$47

## Arts Garage

**Stooges Brass Band - April 1, 8 p.m.**

The award-winning band has earned their rank as one of the elite brass bands in New Orleans. The band consistently provides a welcome blast of true New Orleans spirit, engaging audiences with their innovative blend of traditional New Orleans brass sounds, contemporary jazz and hip-hop beats.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10144350/1071474>

**James Francies Trio - April 2, 7 p.m.**

The esteemed, NYC-based jazz pianist was recently named one of "8 Artists You Should Know" by the genre-bending website Revive Music. The youngest recipient of the American Federation of Musicians (AFM) President's Youth Award. He's worked with top jazz artists as well as mainstream acts like The Roots. Come check him out while he's in Delray Beach with his Trio!

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10151893/1071474>



**Nancy Kelly - April 7, 8 p.m.**

Twice named "Best Female Jazz Vocalist" in the Down Beat Readers' Poll, Nancy's vibrant, rhythm-driven vocals have enlisted fans from around the globe. For over 30 years she has honed her trademark swing/bop style, her fresh, powerful vocals and her dynamic stage presence.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10149172/1071474>

**Lauren Mitchell - April 8, 8 p.m.**

The blues and soul singer is a mesmerizing performer with powerful vocals and a dynamic stage presence. Her new album features covers of songs by Etta James, Aretha Franklin, Diana Ross, and more, combined with a bold mix of her own material.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10145372/1071474>



**The Wolfepak Band - Sunday, April 9, 7p.m. - Tribute to Rock & Roll in the 21st Century**

The band will entertain you with an action packed performance filled with powerhouse vocals, tasty harmonies,

world-class guitar and piano solos, driving bass lines, supported by an equally superb percussion section. Comprised of genres ranging from rock, blues, jazz, and funk, this is an incredible live show you do not want to miss!

tickets: \$15-\$25

ticket page: <https://web.ovationtix.com/trs/pesptpm/10151896/1071474>



**Ken Peplowski Quartet | April 14, 8 p.m.**

Not only is Peplowski considered the greatest living jazz clarinetist, he is also

a renowned tenor saxophone player, and a charismatic entertainer. He has been delighting audiences for over 30 years with his warmth, wit, and musicianship.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10119624/1071474>

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**Elsten Torres - April 15, 8 p.m.**

The 2-time Grammy-nominated singer-songwriter was born in Cuba, raised in NYC, and is currently lives in Miami, with a wide international fanbase. His songs, which blend Latin roots and groovy soul, have reached Billboard's top ten charts over six times and was voted "The Best Latin Singer" by the Miami New Times.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10150736/1071474>



**The French Horn Collective - April 16, 7 p.m.**

This energetic and progressive band performs an eclectic variety of Gypsy Jazz, Swing, and modern original French music throughout South Florida, with a med-

ley of instruments. They are an energetic and progressive band led by a prestigious Parisian musician. This is a lively and uplifting show that you won't want to miss!

tickets: \$30-\$45

ticket page: pending

**ONYX - A Monthly Exhibition of Local Musical Talent - April 20, 9 p.m.-12 a.m.**

This exhibition of local musical talent features talented local artists Antony Payne and Black & Creme. Presented every 3rd Thursday of the month in the Black Box Theater at Arts Garage, this event is a great way to experience local music in the heart of Delray Beach.

tickets: \$10 online, \$12 at the door



**The Ignacio Berroa Quartet - April 21**

The Grammy-nominated, Cuban-born jazz drummer is truly a legend, recognized as one of the greatest drummers of all time. Berroa and his Quartet sizzle and groove, full of flare and flash. Ignacio's electric energy, combined with his incomparable skill, dazzles crowds and lifts them to their feet.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10140181/1071474>



**Oriente - Saturday, April 22, 8 p.m.**

Conceived by Cuban-born guitarist/composer Eddy Balzola, Oriente's signature sound features explosive Afro-Latin percussion - fusing Cuban roots with Blues, Jazz, Caribbean and Brazilian influences.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10150996/1071474>

**An Evening With Dara Tucker - April 23, 7 p.m.**

As the winner of the "Nashville Industry Music Award" for best jazz vocalist, Dara Tucker is making her mark in the world of jazz and beyond - with a unique blend of soul, Americana, Gospel and Jazz.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10141305/1071474>

**SHINE - All Arts Open Mic Monthly Showcase - April 26, 9 p.m. - 12 a.m.**

Step up on the stage and SHINE at this all arts Open Mic monthly showcase



(every 4th Wednesday of the Month in the Main Stage Theater). Bring a song, a poem, a rap or a riff, and jam with a live house band on hand to back you up while your friends cheer you on! Hosted by esteemed emcee, Ian Caven. BYOB.

tickets: \$10 online, \$12 at the door.

**Sammy Figueroa - April 28, 8 p.m.**

The Grammy-nominated master percussionist has performed with Miles Davis, David Bowie, Chet Baker, Mick Jagger, Sonny Rollins, James Taylor, Celine Dion, Quincy Jones, and countless other distinguished artists. "Sammy Figueroa is truly jazz greatness." -Miami New Times

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10151884/1071474>



**Vivian Sessoms - April 29, 8 p.m.**

The powerful jazz/soul vocalist has been hailed by Rolling Stone and Billboard as an "exquisite" singer. She has worked with legendary artists like Michael Jackson, Cher, Stevie Wonder and P.Diddy, and many more.

Vivian is "worthy of the big stage; available in intimacy." - CANBERRAJazz.net

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10144699/1071474>



**The Baylor Project - April 30, 7 p.m.**

Steeped in the heart and soul of jazz, Marcus and Jean Baylor celebrate the true spirit of love while paying homage to their musical roots and the African American experience.

tickets: \$30-\$45

ticket page: <https://web.ovationtix.com/trs/pesptpm/10151495/1071474> ■

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**MARK NADLER**  
*Let's Misbehave*

**Fri, April 14 | 8 pm**  
This award-winning, internationally acclaimed entertainer celebrates American songwriter, Cole Porter with guest soloist, Spider Saloff.



**POPOVICH COMEDY PET THEATER**

**Tues, April 18 | 7 pm**  
Former Moscow Circus veteran, Greg Popovich brings his entourage of world-class jugglers and over 30 performing pets!  
Sponsored by YOUNG DENTISTRY.



Catch A Rising Star Comedy presents **BEN BAILEY**

**Sat, April 29 | 8 pm**  
This stand-up comedian is the most desired cabbie in New York! He's host of the popular shows, *Cash Cab* and *Cash Cab: After Dark* on the Discovery Channel.



## PAVILION



**ARTRAGEOUS**

**Fri, April 7 & Sat, April 8 | 7 pm**  
An unforgettable, interactive art and music experience! Giant artworks jump to life unveiling larger-than-life icons and masterpieces in just moments. It's outrageous! It's Artrageous!



**MARK TELESKA BAND**

**Thurs, April 13 | 7:30 pm**  
Blues fans unite at the Old School Square Pavilion! The Mark Telesca Band brings their Delta Blues and Motown sound to Blues on the Square. \$5 at the gate; \$5 beers.



**JOEL DASILVA AND THE MIDNIGHT HOWL**

**Thurs, April 27 | 7:30 pm**  
Joel DaSilva brings his Americana/Blues/Rock/Soul sound to Blues on the Square. \$5 at the gate; \$5 beers. Blues on the Square is sponsored by OLD SCHOOL BAKERY.



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**SAY GOODNIGHT GRACIE**

**Thurs, April 20 | 8 pm**  
Starring Alan Safier as George Burns.



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This project is sponsored in part by the State of Florida through the Florida Department of State, Division of Cultural Affairs, and the Florida Council on Arts and Culture; the Board of County Commissioners, Tourist Development Council and the Cultural Council of Palm Beach County.



# Delray Affair celebrates 55 years

## Staff report

The Delray Affair is back this month with art, food and new events.

The free festival, which is hosted by the Greater Delray Beach Chamber of Commerce, will converge on Atlantic Avenue from April 7-9.

The event spans across 10 downtown blocks and features over 500 exhibitors including artists, crafters, and food vendors from across the country.

Chamber officials estimate the event has an economic impact of approximately \$5 million per year. It is estimated the event has produced a \$50 million impact for the area over its history.

"We're so excited that many community partners have come together for the 55<sup>th</sup> Anniversary of Delray Affair," said Karen Granger, President & CEO of the Greater Delray Beach Chamber of Commerce. "This year there will be special events produced by our friends at Old School Square, the Downtown Development Authority, and the Historical Society to add unique historical and contemporary activities."

This year, you can go "Delray After Dark." As booths close, the downtown stays open. Walk on the Avenue, not just along it, and pop in the local galleries, retail shops and restaurants as the booths shut down. If you plan on shopping you can earn an "I ♥ Downtown Delray Beach" commemorative sticker, which is available with purchase at any downtown retail store and/or salon all weekend. In addition, many restaurants have created their own weekend menu specials and happy hour menus so check out <http://www.DelrayAffairAfterDark.com> to see what venues are participating.

You can also help support the chamber by participating in the "Donating a Dol-



A photo of the 1949 Gladiola Festival Parade. Photo courtesy of the Delray Beach Historical Society.

lar" campaign. Look for volunteers wearing "Donate a Dollar" shirts for more information.

An old tradition is making its way back to the festival this year, gladiolas. The Delray Affair began as the Gladiola Festival. To celebrate and showcase how the event began, the Delray Beach Historical Society will have a 20-foot-booth downtown that features an exhibit of images and memorabilia from the 1940s and 1950s Gladiola festivals, parades, farmers and queens.

There will also be an opportunity to meet some of the Gladiola Queens from that era, pioneering individuals who participated in some of the first festivals and friends from our local horticultural and farming community.

The exhibit is part of the Delray Beach Historical Society's campaign to "Make Delray Beach the Glad Growing Capital of the World Again!"

Even before gladiolas peppered Delray during the Gladiola Festival, they were staples in Palm Beach County. The Gladiola Festival started as the county's feature attraction where it had an eight year run.

According to records, after the depression and World War II, Delray residents wanted to have a big even to celebrate and promote the gladiolus farming business.

From 1947 through 1953, the festival



Joyce Totterdale Murphree in the center serving punch during the Gladiola Festival. Photo courtesy of the Delray Beach Historical Society.

welcomed movie stars like Vera Ellen to West Atlantic Avenue. It was a modern day fair, with special exhibits and farm animals. Local builders brought miniature homes to showcase their projected developments, cars were given away, and there were even regatta races on Lake Ida. The Gladiolus Festival Parade was the biggest event in town, with lavish, flower covered floats and the crowning of Gladioli Queens.

The event focused on the bright colored flowering plants from Africa. The gladiolus growing business began in 1939. The 1940s and 1950s were the heyday for farming. Located between Boynton Beach and Delray Beach, there were at least 11 nurseries growing 14 varieties of gladioli, making Palm Beach County the leading source for the popular flowers.

By 1950, Delray producers were shipping out 2 million gladiola bundles and paying \$500,000 in annual wages. Delray Beach became the leading grower of Gladiolus



Gladioli Growers Helen and Mike Machek. Photo courtesy of the Delray Beach Historical Society.

flowers in the country, with more than 13 Gladiolus growers, contributing to a more than a \$1 million-a-year industry. An area totaling 1,600 acres was under cultivation, producing varieties such as the salmon-colored Picardy, the magenta Paul Rubens, the delicate pink Rose Van Lima, the Morning Kiss and the Snow Princess.

The current Delray Affair has evolved. Development in the city's western reaches, combined with a shift in farming from flowers to vegetables, turned the Gladioli Festival into a small Agricultural Expo.

In 1962, community leaders organized a committee that wanted to expand it to include arts and crafts. "The Delray Affair" was chosen as the name of the bigger event. The committee was money-minded, too. By scheduling the festival later in the year, they could effectively extend the tourist season by tempting snowbirds to postpone their homeward migration until after Easter, and extend the tradition of commerce, frivolity and flowers, culture.

Now, the society has a vision to have the perennial flower growing in everyone's back yard. The Delray Beach Historical Society will be selling Gladiolus bulbs in their booth to help raise money for their educational programs. The mission of the Delray Beach Historical Society is to preserve and grow the city's archives; and to educate, share and celebrate Delray's rich history and heritage, leaving a strong legacy for future generations. ■



Gladiola float of 1948 parade. Photo courtesy of the Delray Beach Historical Society.

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# on Disney

By: **Heather McMechan** Special to the Boca and Delray newspapers

If you love Disney as much as my family does, then you'll be excited to hear about some of the latest Disney Scoop. Local Mom Scoop was invited to attend the Disney Social Media Moms Celebration on Land and Sea in February, it blew our minds just a bit. This invitation only event was a dream come true. I not only spent two days at the Disney World Theme Parks, but also cruised on the Disney Wonder out of Port Canaveral to Castaway Cay, Bahamas.

During my conference, I received exclusive Disney information that I can now share with you. There are so many exciting things happening 2017 you can get some of the scoop here.

'The Happily Ever After' Spectacular will debut at the Magic Kingdom on May 12. This new show will feature the latest fireworks and show characters from some of your favorite movies, including moments

from "Moana," "Brave," "Big Hero 6," "Zootopia," "The Princess & The Frog," "Aladdin" and many others.

'Rivers of Light' Nighttime Show is now at Disney's Animal Kingdom. I was able to see this gorgeous show use water to project colors, lights, and images as floating flowers, tigers, turtles and more moved slowly across the lagoon. It's an amazing way to unwind after a fabulous day at the park. The show is about 15 minutes, so make sure you check the times on your

Disney Experience app and make it part of your itinerary.

'Pandora - The World of Avatar' will open May 27<sup>th</sup> at Disney's Animal Kingdom. This new land is based off the movie "Avatar". I was able to see a miniature landscape design on my trip of what the world will look like. Guests will be transported to Pandora on the Na'vi River Journey which is the bioluminescent rainforest. The Avatar Flight of Passage ride will offer guests the jaw-dropping experience of exploring

the world of Pandora atop a Banshee.

The 'Star Wars: Galactic Spectacular' is a nighttime show happening now at Disney's Hollywood Studios. You will witness a montage of all the Star Wars films projected on the Chinese Theater building. All of your favorite characters along with the iconic music bring you into a laser light and fireworks show that will leave you wanting more. Don't forget to look out for the Storm Troopers walking around the Park. They may sneak up behind you and wonder if you are with the Resistance.

If you are planning a trip to Disney this summer, don't miss out on the magic. Your family will many magical moments to remember. ■



A photo of the Rivers of Light show. Photo Courtesy of Disney.



A look at the Rivers of Light show. Photo by Heather McMechan.

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# Dash Around the World: Discover Alaska

**By: Joel Dash** Special to the Boca/Delray newspapers

There is no better time than this summer to visit Alaska, and the best way to see Alaska is on a cruise. Departure cities for seven-day excursions are Seattle and Vancouver, BC. Longer treks are available leaving from San Francisco, CA. The most popular choices include a seven-day inside passage cruise which returns to your departure point, or, the Cross Gulf of Alaska - which are one way cruises starting or ending in Anchorage, allowing for exploration of Denali National Park, Fairbanks, and beyond.

The Inside Passage is a narrow waterway surrounded by 1,000-foot cliffs of ice. You will find that water and wildlife mix quite nicely in this haven for kayakers, anglers and glacier gazers. The ports of call (depending on specific ship) are Ketchikan-Granit cliffs, 1,000-foot breathtaking waterfalls, crystalline lakes and low-hanging mists. Many indigenous totem poles can be spotted along the way.

Tracy Arm Fjord is home to twin Sawyer glaciers. You can see some of the world's most awe-inspiring "tidewater" glaciers and cascading waterfalls. Alaska's capital city, Juneau, sits at the base of Mt. Juneau and is surrounded by salt water. It is an ideal jumping off point for tons of outdoor activities. Mendenhall glacier is located just outside of town. My first experience flying in a helicopter was landing on this glacier and then hiking and sight seeing. Dog sled rides are available as well.

Skagway is home to the White Pass Scenic Railway where you take the unforgettable journey aboard vintage rail

cars up twenty miles to the White Pass summit, at an elevation of 2,865 feet. Hubbard glacier is one of the most active and longest "tidewater" glaciers in North America with 1,350-square-miles of blue ice.

In Sitka, a former Russian outpost, you can visit Sitka National Historical Park to learn about the native Tlingit people. Enjoy authentic Tlingit dancing and art at Icy Strait Point. You can even get closer than you'd ever imagine to humpback whales and brown bears in this memorable town.

An inner passage highlight is the 3.3 million acre, Glacier Bay, home to Glacier National Park. Experience eye-popping magnificent glaciers, snow-capped mountains and a plethora of active seabirds. The most spectacular view is when your cruise ship reaches the end of the bay providing a 360-degree-view of blue-ice glaciers, where you can watch glaciers "calf" or break apart into the bay with thunderous effect.

The Canadian port stop features Vancouver, British Columbia, a cosmopolitan city with Queen Elizabeth Park, a 130-acre horticultural jewel accented with Henry Moore sculptures and Victoria, British Columbia with beautiful Butchart Gardens, the treasures of Chinatown and the sights of the Inner Harbor. The northern cruise terminal is either Whittier or Seward, which takes you into Anchorage. There you can tour the Alaska Heritage Center or gallery hop before enjoying the local nightlife. Optional sightseeing on all of the cruises includes flight-seeing, fishing, salmon bakes, dog sledding and panning for gold.



The following cruise lines will all be sailing to Alaska this summer. They are Carnival, Celebrity, Crystal, Disney, Holland America, Norwegian, Oceania, Ponant, Princess, Regent Seven Seas, Royal Caribbean and Silversea. Princess alone will have seven ships while Holland America will have six.

Is the Alaska market saturated with cruise ships? In a word, Yes! This means it's of benefit to you and a great time to take an Alaskan cruise because the prices have never been lower. In addition to all of these above-mentioned ships, there are expedition ships with less than 100 passengers: American Cruise Line, Un-Cruise Adventures and Alaska Dream Cruises. Choose between expeditions luxury, premium and contemporary levels. ■

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## Easter happenings

### Easter Bonnet Pet Parade

The 16th Annual Easter Bonnet Pet Parade returns on April 15.

Registration begins at 9 a.m. at the GreenMarket. A \$5 donation is suggested, which will benefit a local animal rescue.

The parade begins at 10 a.m. Prizes for the best bonnets include: Most Traditional Bonnet, Most Original, Funniest Bonnet, Most Tropical, Most Frou-Frou, Owner-Pet Look-a-Like, Kids 12 and Under, and Teens 13 and Up.

### Egg Stuffing

The City of Delray Beach Parks and Recreation is looking for volunteers to help stuff 10,000 plastic eggs with candy and prizes. Community service hours will be awarded for participation.

Volunteers are welcome to help any day April 10, 11, or 13 from 6:00 p.m. to 8:00 p.m. at the Delray Beach Community Center, 50 NW 1st Ave.

For more information, please

contact Danielle Beardsley at (561) 243-7000 x5101 or by email at [Beardsleyd@mydelray-beach.com](mailto:Beardsleyd@mydelray-beach.com)



### Egg hunt

The 25th Annual Egg Hunt will take place on April 15 at 8 a.m. at Robert P. Miller Park 1905 SW 4th Ave.

You can visit with the Bunny at 8 a.m. and the hunt begins at 8:30 a.m. sharp. The event is free and no registration is required. Kids ages 1-10 can fill their baskets and hunt for 10,000 eggs filled with candy and prizes. Kids will be separated into five age divisions.

There will be another egg hunt at Catherine Strong Park from 11 a.m. to 3 p.m. on April 15. There will be games, music, food, face painting and prizes. ■

## Boca Ballet to stage 'La Sylphide' April 8-9; NY dancers featured

By: Dale King Contributing Writer

One of the oldest ballets still commonly performed, La Sylphide, will be staged by the Boca Ballet April 8 at 8 p.m. and April 9 at 2 p.m. in the Countess de Hoernle Theatre at Spanish River High School, 5100 Jog Road, Boca Raton.

The dance, which ushered in the beautiful, romantic era of ballet and continues to be produced today, will be directed and choreographed by Co-Artistic Director Dan Guin. La Sylphide is his interpretation of the Bournonville classic.

"We are so pleased that New York City Ballet Principal Dancers Megan Fairchild and Gonzalo Garcia will be returning to the Boca Ballet Theatre stage, dancing the lead roles of The Sylph and James," Guin said. "Our audience will remember them from their recent performance in the Don Quixote grand pas de deux at the 25th Anniversary Gala Performance."

Born in Salt Lake City, Fairchild began her dance training at age 4. Her repertoire includes roles as the Sugar Plum Fairy and the Dewdrop in George Balanchine's The Nutcracker, Pierrette in Balanchine's Harlequinade, the Second Act Divertissement in Balanchine's A Midsummer Night's Dream, Swan Hilda in the George Balanchine/Alexandra Danilova production of Coppelia and Aurora and Princess Florine in Peter Martins' The Sleeping Beauty.



Megan Fairchild and Gonzalo Garcia in New York City Ballet's production of La Sylphide. (Photo by Paul Kolnik)

Garcia was born in Zaragoza, Spain, and began studying ballet at age 8. He participated in the Prix de Lausanne, becoming the youngest dancer to receive a gold medal. He joined the San Francisco Ballet in March 1998 and in 2000 he was promoted to principal dancer. He moved on to a similar position with the New York City Ballet in 2007.

With La Sylphide being a shorter story ballet, Boca Ballet Theatre will be adding the stand alone piece "Enchanted Garden" from Le Corsaire, to the program. This performance will feature Boca Ballet Theatre's own Sasha Lazarus as soloist.

Tickets are \$35 for adults and \$25 for children and seniors. Call 561-995-0709 or visit [www.bocaballet.org](http://www.bocaballet.org). ■



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# HEALTH

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# Medicinal Marijuana for PTSD: Part 1 of 3

By: Raul J. Rodriguez MD, DABPN, DABAM, MRO Special to the Boca and Delray newspapers

So Amendment 2 has passed and Marijuana has been legalized for medicinal use in the state of Florida. The conditions that can be treated legally with medicinal marijuana are cancer, epilepsy, glaucoma, HIV, AIDS, amyotrophic lateral sclerosis (ALS), Crohn's disease, Parkinson's disease, multiple sclerosis, and post-traumatic stress disorder (PTSD.) These are all considered "debilitating" diseases that have the potential to derive symptomatic relief from the active ingredients found in cannabis. Of these conditions, I would like to discuss the clinical application of medicinal marijuana in the treatment of post-traumatic stress disorder (PTSD.)

Post-traumatic stress disorder (PTSD) is a particularly debilitating condition that can result from exposure to a severe life-threatening traumatic event. The types of traumatic events that are often implicated in the development of this disorder include combat exposure in war, physical assault, sexual assault, motor vehicle accidents, and natural catastrophes. In some individuals that are exposed to these types of events, a disorder can develop where they start to have problems related to intrusive memories and other forms of re-experiencing the trauma. They can start having flashbacks, recurrent intrusive thoughts, nightmares, mood distur-

bances, anxiety, agitation, irritability, hostility, hypervigilance, loss of interest or pleasure in activities, and feelings of guilt. These types of symptoms will often lead to severe disruptions in most facets of functioning. Individuals affected will typically experience a decline in performance in school, at work, and in their personal relationships. The distress caused by these symptoms frequently lead to substance abuse, self-destructive behavior, and social isolation. The need for treatment is apparent, which in part contributed to the movement to legalize marijuana.

Some of the active ingredients in can-



nabis can provide relief for many of the symptoms experienced with PTSD. Tetrahydrocannabinol (THC) and Cannabidiol (CBD) are the 2 most frequently discussed active ingredients in cannabis. THC is the component most associated with the euphoric effects of marijuana while CBD is often associated with the more medicinal effects. In the treatment of PTSD, CBD is the more helpful compound. This is why the strain of marijuana that has been legalized for medicinal use in Florida has a high proportion of CBD to THC, as compared to other strains that are used primarily for recreational purposes. Cannabis Sativa, also known as "Charlotte's Web" is the low-THC strain developed by the Stanley Brothers in Colorado. They developed this strain to treat a young girl named Charlotte who suffered from intractable seizures caused by Dravet Syndrome. The amount of THC is kept below 0.3% by the Stanley Brothers to maintain consistency of the product. Originally, this strain was called "Hippie's Disappointment" due to the low capacity for euphoria. Cannabis Sativa is also used to create extracts and CBD oils, also for medicinal uses. On the surface this strain of marijuana appears to be the safe and logical solution for finding a true medicinal option for the treatment of PTSD.

In the world of modern medicine, solutions that may appear safe and logical on the surface often have underlying problems. Medical marijuana exemplifies this concept. To maintain appropriate objectivity and perspective, all comparisons and analyses will be made to the same standard applied to any other medication or clinical procedure. The first basic issue with Cannabis is side effects. Contrary to popular belief and to what the media depicts, even Cannabis Sativa has side effects. The common side effects include dry mouth, dizziness, depression, lack of motivation, paranoia, anxiety, addiction, increased appetite, memory impairment, and respiratory problems (if smoked.) These are not rare side effects. These are common ones. Some of these, such as depression, addiction, anxiety, and paranoia, can escalate to catastrophic levels. ■

Please look for part 2 of 3 in the May issue\*

Dr. Rodriguez is the founder, CEO and Medical Director of the Delray Center For Healing, which specializes in comprehensive outpatient treatment of PTSD, Depression, Anxiety, Bipolar Disorder, & Eating Disorders.



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— Janet, robotic-assisted endovascular surgery patient

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Janet started to feel a numbness and dull pain in her left leg. Following testing at Delray Medical Center, it was discovered that Janet had peripheral artery disease, a blocked artery in her leg that was causing her to have very limited circulation. Patients with this condition can suffer from decreased blood flow, leading to disability and amputation, stroke or blood clots and even death.

Janet underwent a robotic peripheral laser atherectomy procedure, which uses a catheter to emit high energy light (laser) to unblock the artery. The procedure was performed by Dr. Joseph Ricotta at Delray Medical Center, the first hospital from Broward to Martin County to offer the **Magellan™ Robotic System**.

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Janet walked out of the hospital only a few hours after the procedure and was back playing golf after just four days, with her leg pain and numbness gone.

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# Fibromyalgia: Revolutionary advances in treatment protocols

By: Dr. John Conde DC, DACNB Special to the Boca and Delray newspapers



Primary fibromyalgia syndrome (PFS) affects nearly 6 million people in the United States with a greater prevalence in women. The age groups typically affected are between 45 and 60 years of age. PFS was originally thought of as a by-product of clinical depression and was not deemed a valid diagnosis by the majority of physicians in the United States. Due to the lack of understanding and because it resembles other disorders such as hypothyroidism, chronic fatigue, arthritis, and infectious mononucleosis it was routinely misdiagnosed. Thanks to new, cutting edge research utilizing functional MRI and PET scans we now know that PFS is a

true disorder taking on epidemic proportions in this country.

## What is PFS and how is it diagnosed?

PFS is a disabling disorder characterized by widespread musculoskeletal pain and stiffness described as aching, burning, throbbing, and shooting. The pain is typically greatest in the morning and in muscle groups that are used repetitively. Fatigue and sleep disturbances (stage 4) are also cardinal signs of this disorder. Associated symptoms may include irritable bowel and bladder, headaches and transformed migraines, restless leg syndrome, TMJ and face pain, numbness and tingling, impaired memory and concentration, dizziness, anxiety, and depression.

According to the American College of Rheumatology, the criteria for diagnosis of PFS includes finding tenderness or pain in at least 11 of 18 specified tender points when pressure is applied. Widespread pain must also be experienced in all four quadrants of the body for a mini-

mum of three months.

## What is the cause of PFS?

The human brain has inherent pain modulatory systems responsible for the suppression of pain transmission. Current research is pointing towards *faulty brain processing* as the causative agent of PFS. A study conducted by the National Institute of Health found that patients with PFS who were given relatively *low levels* of pressure seemed to experience the same amount of pain and subsequent brain activity as the control group which were given *high levels* of pressure. Due to this faulty brain processing the brain becomes very efficient at transmitting pain so that even a soft touch may produce a pounding sensation. Over time, an individual may experience pain even without a pain producing stimulus or injury.

## Brain-based treatment:

The human brain is highly plastic (changeable). Sixty percent of the brain is genetically predetermined while forty percent is constantly changing according to environmental influences (work, home, exercise, food, etc.). We also know

that our brain cells require oxygen, proper nutrients, and stimulation for optimal function. Understanding these concepts, *neurophysiologic rehabilitation* utilizes oxygen acquiring techniques, nutrition, and specific forms of stimulation (light, sound, touch, oculomotor exercises, one-sided balance exercises, cognitive exercises, one-sided chiropractic adjustments) targeted to the under functioning brain regions. The goal is to restore proper function. Specifically pertaining to PFS, we have also found that graded aerobic exercise and supplementation of malic acid, magnesium, and melatonin are highly effective. ■

*Dr. John Conde is a Board Certified Chiropractic Neurologist, one of only one thousand in the country. He holds diplomate status through the American Chiropractic Neurology Board. He provides specialized care for difficult cases of back neck pain, numbness-tingling, vertigo-dizziness balance disorders, fibromyalgia, migraines, AD/HD, autism, and dyslexia. His office is located at the Atlantic Grove in Delray Beach, FL and can be reached at 561-330-6096, drconde@thecondcenter.com, and at [www.thecondcenter.com](http://www.thecondcenter.com)*

# West Boca Medical Center: Detecting, treating Peripheral Artery Disease

By: West Boca Medical Center Special to the Boca and Delray newspapers

Walking is wonderful exercise. You can go for a walk just about anywhere. It costs nothing and requires no special equipment. But if you feel leg pain that starts when you walk and is relieved by rest, then you could have peripheral artery disease (PAD). PAD occurs when arteries become narrow or blocked, reducing blood supply in the legs.

PAD is caused by a buildup of plaque in the walls of arteries called atherosclerosis. Plaque is made up of cholesterol, blood platelets, fat, fibrous tissue and calcium. PAD typically occurs in the legs, but it also may affect arteries that carry blood from the heart to the kidneys, head, arms or stomach. Risk factors include age, smoking, diabetes, high blood pressure, high cholesterol, metabolic syndrome and obesity. People with PAD have a higher risk for coronary artery disease, heart attack, stroke and transient ischemic attack (mini-stroke) compared to people who do not have PAD.

Millions of Americans are affected by PAD. Some people may experience leg pain called intermittent claudication, where cramping may occur in the buttocks, thighs, calves and feet. Some signs of the disease are:

Sores on legs or feet that heal slowly or not at all, pale or bluish skin color, lower temperature in one leg compared to the other, slow toenail growth or decreased hair growth on legs, weak or nonexistence pulse in legs or feet or erectile dysfunction.

PAD may be diagnosed following a complete

medical history, physical exam and diagnostic tests. One of the most commonly used tests is the ankle-brachial index, which compares blood pressure in the ankle to blood pressure in the arm. A Doppler ultrasound also could be done to determine if a blood vessel is blocked, or a magnetic resonance angiography test may be performed to show the location and severity of a blocked blood vessel.

Treatment for PAD is based on severity of the disease, risk factors and test results. Lifestyle changes that can help control PAD include not smoking, eating a healthy diet, lowering blood pressure, controlling cholesterol and exercising regularly. Medications to treat underlying conditions may be prescribed to help prevent the formation of blood clots. Surgery could be recommended to open blocked arteries either through angioplasty, which involves inflating a tiny balloon to flatten plaque against the artery wall, or bypass, which allows blood to flow around the blocked artery. In extreme cases, the affected limb may need to be amputated if circulation cannot be improved by other methods.

PAD is a serious disease, but it can be stopped or slowed through treatment. Walking at least half an hour per day can help improve symptoms.

For more information, or to attend one of our lectures and learn more about PAD and other vascular diseases, register online at [www.westbocamedctr.com/contact-us/classes-events](http://www.westbocamedctr.com/contact-us/classes-events) or call 866-904-9262. ■



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# Sag Syndrome

By: Christine King

Special to the Boca and Delray newspapers



What? You know. One morning every woman turns to view her backside in the mirror and POOF...it's a lot lower and softer than yesterday. As a bonus, fastening your skirt button is no picnic either. All the while energy has plummeted and confusion and panic invade your mind.

As your mind races like a computer processing food intake, exercise habits, and any other changes; a large black screen pops into your mind. It reads in all white caps "NOTHING'S CHANGED."

Sounds confusing, right? Allow me to help you dissect this mystery.

Symptomatic or not, biologically, women begin perimenopause at age 35. Most begin feeling the effects around age 40. Most noticeable include sagging body parts and weight gain with no change in exercise or dietary habits. What's happening?

As a woman's hormones begin to shift nature takes over. Without a laser focus effort on staying healthy and fit, many women are regrettably buying larger sizes, feeling sluggish and not sleeping well.

You'll be pleased to know much of this is avoidable. Be-

ing conscious of your dietary and exercise regimen is an absolute must. Learning how to be ahead of the curve combats the extra curves, bumps and lumps.

The symptoms mentioned above along with changes in emotional well-being and the reduction of the skin's elasticity and thickness are all invited guests to the party. In addition, hormonal changes can shift your body composition, so any pounds you gain tend to land in your middle.

Low confidence also plays a role in the reduction of your physical and social activities. Although hormones aren't completely to blame for these changes, they are responsible for the decrease in cell growth rate and metabolism. Avoiding and preventing some of these "changes" require daily monitoring, just like the antivirus protection on your computer.

### To begin, here are the five essentials:

1. Control bloating. Watch salt and processed food intake.
2. Change your exercise regimen. Safely add more resistance (weights) and add sprints to your cardio. Your body will react quickly to the change and the increase of lean muscle tissue bumps up your metabolism and burns more calories.
3. Reduce portion size and eat every three hours. Switch up your food thoughts from three large meals to "mini-meals". A "mini-meal" consists of a lean protein and a healthy carbohydrate (fruit or vegetable).
4. Reduce Stress. Women in their forties statistically have more stress than years prior. Stress produces an elevated level of the hormone cortisol. Cortisol prevents weight



loss. Implementing even a very simple form of stress relief is paramount. This can include meditation, deep breathing, a walk on the beach, coloring in one of the cool new adult coloring books; basically anything that brings your stress down a few notches.

5. Thyroid check. See your doctor for a comprehensive thyroid panel. After age 40, many women experience hypothyroidism which contributes to weight gain and energy loss.

Sag Syndrome can be avoided. Diligence and consciously monitoring food intake and exercise habits is the magic formula to combatting the "Forty Fairy" from creeping into your body and magically adding weight and discord to your body and mind. Seek guidance from professionals and know...YOU CAN DO THIS! ■

*Christine King is a Medical Exercise Specialist, Fitness Expert, and Founder & CEO of YourBestFit. The health and wellness company has helped thousands of clients recover from injuries, look and feel better and improve their overall well-being. [www.YourBestFit.com](http://www.YourBestFit.com)*



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# West Delray gym provides specialty workouts

By: Marisa Gottesman Associate Editor

A year ago Colleen Sturgess left her job as head trainer at Boca West Country Club and didn't know where life would take her next.

A conference she attended in Indianapolis that focused on how boxing can help people with Parkinson's paved the way for her venture, Beyond Fitness.

Her gym in West Delray Beach, 5848 West Atlantic Ave., provides different classes for special needs children, veterans and anyone who wants a good workout. The gym opened in September 2016.

"I knew I needed to take a leap of faith and do something," she said about leaving her job. "I wanted to help people."

During a recent Rock Steady class, which is an hour long boxing session for people with Parkinson's, participants warmed up with chair exercises, worked on balance and then put on their boxing gloves and hit the bags.

Sturgess coached the participants through different exercises and maneuvers, cheering them on and playing lively music.

After she graduated from school with a degree in sports medicine she said she thought she would be a trainer. But she ended up working in country clubs and has been working with senior citizens for the past 14 years.



"It is a different way of training," she said of the age population she works with. "I teach them to stand up tall and engage their muscles."

She said a big focus is on form, which she said isn't common at other gyms.

After taking the boxing course and experiencing how much fun the trainers were having and how boxing could be done in a safe way, she said she knew that was something she wanted to incorporate in her next job.

She said she sits down with gym-goers before they start their classes and she goes over their medical history and evaluates what exercises they can handle.

"I wanted to offer classes that benefit the

community," she said.

In addition to Rock Steady, she offers Connected Warriors, which is a free event for veterans. Once a month, she teams up with Wounded Warrior to offer veterans a workout and lunch.

After school, there are kid friendly workouts like Kids/Teens Cardio and Boxing and Dancers with Disabilities. There is a session for parents and kids to work out together that is led with help from her son.

But beyond a solid workout, she said her goal is for people to leave with a smile on their face.

"It's about working your body and mind," she said. ■



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# BIZ



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# Boca's economic development report

**By: Jessica Del Vecchio, Boca's Economic Development Manager**  
 Special to the Boca and Delray newspapers



## Boca Color Graphics

Boca Color Graphics is a bit of an institution in our city. The family owned and operated commercial printing company has been in business for 49 years. Started in 1967, by Joe and Eileen Massarella, the business was originally known as the Boca Raton Letter Service. The original location was at 29 East Boca Raton Road, which was directly across the street from what is now referred to as the Old Town

Hall. During this time, Old Town Hall was still Boca's City Hall. The building they're in today was constructed in 1998 and is operated by three of the five Massarella children. We recently toured their facility and had the opportunity to meet Joe and Eileen. After our tour, Mayor Haynie presented a plaque of appreciation as a way to thank the Massarella family for their loyal dedication and contribution to Boca Raton.

## Year End Commercial/Residential Reports

Boca's thriving housing and commercial markets are reportedly outperforming and leading the County. According to Cushman & Wakefield's 4<sup>th</sup> quarter report, Palm Beach County had very robust leasing activity during 2016. Of the 38 municipalities that encompass Palm Beach County, the most active submarket, in terms of new and expansion leases was in Boca's NW corridor. Colliers International reported similar findings, reporting that Boca's industrial market has captured and continues to capture the



highest rental rates in the County, while also having the lowest vacancy rates.

On the residential front, Colliers reported an increase in housing demand in our City. They credit this increased demand to the growing population of seniors moving to Palm Beach County for retirement, and an increase of millennials seeking high-salary jobs, particularly in Boca Raton. Collier's findings reflect the same views reported by The Real Deal, who recently called Boca Raton one of the strongest real estate markets in all of South Florida.

## LoopLink

As part of our continued economic development efforts, we've added LoopLink

to the City's official website. LoopLink is a subsidiary of CoStar Group, the largest marketer of commercial real estate in the country. This search tool provides free access for the public to view over 300 available commercial properties for lease or sale in Boca Raton. Our goal is to make corporate relocations and expansions as easy as possible and this tool is



extremely valuable when companies are researching the local commercial real estate market. To take a tour of available corporate properties, please visit our website at [www.businessboca.com](http://www.businessboca.com). ■

*Have corporate news to share or looking to relocate/expand your company to Boca Raton? Contact the city's economic development office at [economicdevelopment@myboca.us](mailto:economicdevelopment@myboca.us) or 561-393-7761. Want to see what we're up to? Follow us on Facebook @ [BocaEconomicDevelopment](https://www.facebook.com/BocaEconomicDevelopment).*



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# Boca resident turns passion into weekend event

## Staff report

Boca Raton resident Sheri Daye has always been fascinated by the ocean.

The mechanical engineer for IBM spends her free time free diving, spearfishing and scuba diving.

“By trade, I am a mechanical engineer,” she said. “But my passion is diving.”

She said she has always been drawn to the ocean. From collecting shells when she was young to learning to scuba dive in high school and now spending time spearfishing and free diving, she loves to be in the water.

“Since I was little we would go to the beach,” she said. “I was fascinated by shells. To me it is better than finding gold.”

She took her love of water and created an exposition out of it 10 years ago. The idea for the Blue Wild Ocean Adventure Expo came to her after she took over as president of the board for Twin Palms Center in Boca, a facility for the disabled where her brother is a resident.

Looking at the financials, she said she knew she had to act quickly or the center would be shuttered.

“I was racking my brain on how to raise some money,” she said. “I thought of something to do with diving.”

She said she reached out to three industry experts and asked them to speak at her event, which ultimately was a fundraiser for the center.

“The event was very successful,” she said. “Everybody loved it so much, I did it another year. People ask for it.”

Now, the event is celebrating its 10th year. She said it has outgrown its spaces multiple times. Now, it is held over two days, April 22-23, at the Broward County Convention Center. It is also no longer solely a fundraiser for the center, she said.

“It turned into a business,” she said, adding she still gives proceeds from a raffle to charities including Twin Palms. “Every year it has grown. It has taken on a life of its own.”

This year, she said she expects people from all over the world to attend the event. Throughout both days, there will be seminars and workshops like how to filet fish properly and ways to eat lionfish. There will be displays from underwater



photographers and videographers and all different aspects of marine activities.

“A lot of people love the ocean,” she said. “Whether you are a free diver or a scuba diver or you like paddle boarding or kayaking or marine art. There is a lot of crossover in marine sports.”

She said she got into spear fishing and free diving during a time when there weren’t many women participating in the sport.

“I broke 22 world records without even trying that hard because there weren’t that many women into it,” she said. “I

have seen the sport evolve a lot. There is a lot of growth in the sport right now especially with young people because they like a challenge. The whole movement has contributed to the growth and excitement of the expo.”

in high school i started scuba diving.the marine life attracted me enough to make me want to get certified. i did scuba diving. i got interested in technical diving, decompression diving, then i got interested in free diving and spear fishing.

Entry is \$20 at the door. For more information on the event, visit <http://www.thebluwild.com> ■

# Personal information of Delray Beach employees breached

By: **Marisa Gottesman** Associate Editor

breached personal information of some city employees.

A public records request made last year may have

A letter was sent to commissioners and city employees

dated Feb. 24 from interim city manager Neal de Jesus stating that the city became made aware that personal information had been “inadvertently released in response to a public records request made on March 7, 2016.”

Those affected by the breach are people who participated or are participating in the city’s healthcare plan as of Oct. 20, 2015. That also includes any dependents on the plan.

The information released includes, full name, social security number, date of birth, gender and Medicare HHC number.

The letter states the city deeply regrets that the incident occurred and that additional measures have been implemented to prevent a recurrence.

The letter includes steps the city has taken to protect the city’s employees including recovering the information from the individual who received it and noticing the Florida Department of Legal Affairs and credit reporting agencies about the incident.

The city recommends anyone affected to place a fraud alert on their credit report. The city will provide credit monitoring series for 12 months at no cost to those impacted.

For more information, contact Human Resources Director Tennille Decoste at [decostet@mydelraybeach.com](mailto:decostet@mydelraybeach.com) or 561-243-7125. ■

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# Military families often need extra financial protection

By: John M. Campanola, Agent New York Life Insurance Company

Special to the Boca and Delray newspapers

As a member of the military, you've dedicated your career to protecting and serving others. What's more, you've accepted the risks that often accompany your trade. But have you thought about what would happen to your loved ones if something tragic—whether it was in the line of duty or not—suddenly took you away. How long could your family make ends meet without your income to support them?

**You know how important protection can be.**

While you may have helmets and armor to protect you, life insurance may be the only financial safeguard your family has in case you pass away. That's because life insurance pays a death benefit that your loved ones can use to fund your children's

education, retire a mortgage, or to help meet day-to-day expenses. What's more, permanent life insurance policies offer living benefits—such as cash value accumulation—that you can use to pay for unexpected repairs or medical expenses.

**Do you have enough coverage, and is it the right kind?**

Even if you have life insurance through the military, it may not be enough to meet your family's current and future needs. There's also a good chance that your coverage will expire if you leave the service or are no longer on active duty. To find out if your loved ones are adequately protected, ask yourself some basic questions:

\* How much is your monthly household income?



\* What are your total monthly expenses?

\* How much do you have in available savings?

\* Do you foresee any significant financial obligations in the future: college, wedding, car purchase?

\* How much life insurance do you currently have?

If you find that your current level of coverage won't meet all of your family's needs, now may be the best time to do something about it. Since life insurance premiums are based partially on age, you will generally pay less for coverage when you act sooner. Of course, there are lots of policies to choose from, so you may want to work with a life insurance professional to make sure you get the right coverage for the right price. That way, you can help make sure that your family's future is as securely protected as our nation's. ■

*This educational third-party article is provided as a courtesy by John M Campanola, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact John M Campanola at 561-212-2903.*

# The iPhone is turning 10 years old

By: Julius McGee Special to the Boca and Delray newspapers

Most of us would find it hard to imagine life today without the iPhone. Ten years ago the founder and then CEO of Apple Steve Jobs announced the first iPhone at the MacWorld convention in January of 2007. At that point, it had been in the works for three years, and it was the cutting edge of technology.

It was presented as an iPod, but with a wider screen. Rather than being controlled by physical buttons, it instead featured a touch screen. It was a mobile phone that would effectively communicate with the Internet like no phone had before. Jobs suggested it would reinvent the phone, and ten years later...as we look back, we can all agree that it has.

There was no longer a need for a phone

with a physical keyboard or a wide array of buttons- instead, this device needed just one button, and everything else was controlled by a simple touch and a swipe.

While in constant battle with Samsung, Apple is still at the top of the mobile device mountain, having just released the iPhone 7 on September 16th of 2016. The rumor is that the iPhone 8 shouldn't lag too much behind. Perhaps they may do something crazy and release it earlier... who knows.

**The many editions of the iPhone**

The first iPhone to start the epidemic was the 2G, and in all honesty, the look and form have been replicated with each edition. If it ain't broke, don't fix it- and

truth be told the look has always been a popular one.

The first iPhone was available in 3 storage models--4, 8 and 16GB. Now? The iPhone 7 starts at 32GB! Over a year later the iPhone 3G was released- it added assisted GPS and an iOS update that included push email. It was also the introduction of the App Store. In 2009 the iPhone 3GS was introduced, mostly the 3G but with a faster processor. There was an improved camera resolution and voice control was also added.

The iPhone 4 gained a 5-megapixel camera, a front camera, and retina display. It was the first for a design change, with a flat panel replacing the previously rounded rear panel. This made it the thinnest smartphone in the world. It was updated with an A4 processor to improve multitasking and accompanied by a stainless-steel frame.

The 4S camera jumped to 8 megapixels as Apple looked to compete with Samsung, and it moved on to the A5 processor in 2011. It was also when Siri was introduced to the world, as well as iMessage, iCloud, reminders, and a notification center. It came just two weeks after Steve Jobs passed away, after losing his battle with cancer.

The iPhone 5 broke sales records, with its A6 processor and extended display. This was also when the lightning connector emerged. Additionally, it was on an alu-

minum frame- making it lighter.

The 5S and 5C landed toward the end of 2013, with the 5C being an upgraded version of the 5. While the 5S went for the A7 processor and which was twice as fast as the 5. We were introduced to touch ID, and dual LED flash.

The 6 saw the introduction of the 4.7-inch display, which the seven also features, and an upgrade for the camera, too. The 6 Plus went on a 5.5-inch display making it the biggest iPhone ever. The 6S landed in 2014, and little had changed,

while the SE was the shocker. It looked just like the five but had a totally up to date system and came with a lower price tag.

The 7's are out now, and they are glorious, with an improved camera, water and dust resistant, and an A10 processor. Plus the matte black iPhone is pretty slick!

Everyone is wondering what the hardware and software will be like for the new iPhone 8. The people are asking questions like..."will it have wings?, will it magically pick up my phone calls and talk for me?, or will it think for me?". As you can see, expectations are set high. We Nerds are a bit more realistic and hope that it could possibly help us teleport.

I guess we'll have to wait and see! ■

*These tech tips were provided by Nerd Alert. Nerd Alert provides people and businesses with an easy and trusted way to get on-demand, personalized tech help, device set up, training and repair for all devices right to their doorstep from helpful Nerds in their own community.*

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# Lynn University starts MBA program in Delray Beach

## Staff report

Want to earn an MBA? Now you can in Delray Beach.

Lynn University is now offering a professional MBA with a specialization in marketing or entrepreneurial management in downtown Delray at the Greater Delray Beach Chamber of Commerce.

The year-long program is geared toward millennials, Chamber CEO and president Karen Granger told commissioners at a recent city meeting.

“We could not be more thrilled,” she said in a statement. “Having Lynn University’s MBA program offered here at the Chamber is a game-changer as we build on our initiatives to elevate and nurture our growing entrepreneurial community.”

Courses will take place in the evening and include a combination of in-class and online work to allow students to obtain their MBA while working. The degree can be completed in 12 months for less than \$30,000. The curriculum is designed by Lynn’s College of Business and Management and delivered through the university’s award-winning iPad-powered learning program.

“Delray Beach’s thriving businesses and innovative start-ups in hospitality, fashion, technology and product development make it an ideal environment for mid-level professionals to advance their business knowledge and careers,” Lynn President Kevin M. Ross said in a statement on Lynn’s website. “Our program is designed for working adults with convenient classes and accelerated terms, and it’s one of the most affordable professional MBA programs in the region.”

Lynn collaborated with the Greater Delray Beach Chamber of Commerce to host the program in its office at 140 NE First St.

Chamber leaders will lend their network and expertise to complement coursework with guest speakers and executive mentorships. This partnership model is a pilot program for Lynn.

Students will also have access to the chamber’s connections, a leadership assessment that evaluates their innate abilities to help understand their maximum potential and other added value elements.

If you are interested in applying for the program, do so before June 30 as space is limited. The GRE/GMAT is not required for admission. ■

# Check out concierge health and wellness coaching service in Delray Beach

By: **David DiPino** Contributing Writer

Fresh off experiences as a registered nurse in the hospital followed by five-plus years in helping to create the Wellness Department at Walt Disney World’s on-site Wellness Center, Elissa Erman, RN, BSN, CDE, CWC, CHC, visited Delray Beach and brought her business Universal Coaching Services to the area in an effort to help people make lifestyle changes and better their health.

Erman is a registered nurse and certified as a diabetes educator, wellness coach and health coach. Her business Universal Coaching Services provides support for helping people with achieving a healthy weight, and support for diabetes, high cholesterol, and high blood pressure, maintaining optimal health and stress management, and assists in personal and spiritual growth. Erman’s Universal Coaching Services is mobile. She is able to bring her concierge health and wellness coaching service right to an individual’s home, available to meet at her offices across Palm Beach County or by phone.

“I help people make lifestyle changes to better their health. By identifying what people’s goals are for their future health I work with them individually to come up with a wellness plan. We work together to reach and maintain those goals. I’m here along the way with coaching and support,” Erman said.

By thinking of wellness as a series of separate roads to help an individual travel to their desired destination, Erman explains the individual must start traveling down the streets one-by-one for better health. Each destination is an individualized



plan based on the person’s health goals, here’s an example - she takes them down the first street of eating healthy. Then, Erman and the individual she’s managing travel down the second street to manage stress in healthy ways. The third street they travel on may include motivation to exercise regularly, followed by the fourth street in making time for fun, creating passion and purpose in life. Another street may be in working with people to make sure they’re taking their prescribed medications. She especially enjoys helping the aging population with ways to better their health.

“I have a passion for helping seniors,” Erman said.

Her end goal is to teach people how to self-care and then be available with coaching, support and motivation if needed at a later time.

“I’m here to help people control the things they can. The intention is to get people on a healthier track and then wean them off. I will always be available if they need support. I want to empower people and get them to stand on their own and fly,” Erman said.

She said her individual coaching and

healthy weight group programs have achieved a 99 percent success rate in helping clients engaged in behavior aimed at improving health while 99 percent improved their eating and over 80 percent started exercising or increased their current exercise program. Universal Coaching Services individual and healthy weight programs also had over 92 percent of participants in improve in overall self-care.

Erman came up with idea for Universal Coaching Services after working in the hospital as a nurse where she saw a lot of people suffering in the hospital with factors they could in fact control. She started Universal Coaching Services and then took a job in helping to create the Wellness Department at Walt Disney World’s on-site Wellness Center, where she gained even more experience in offering health and wellness.

She said doctors can make the recommendations but they just don’t have the time to do everything like sit down with people on a regular basis and make sure

they’re eating right, exercising, taking their medications and finding ways to cope with stress. She started Universal Coaching Services to fill the void. Erman is available as a vendor for home health care companies and other medical settings. She is available for speaking engagements throughout Palm Beach County.

“There are a lot of wellness related businesses here in Palm Beach County which helps to support me professionally and personally,” Erman said.

“I’ve always loved it here in Delray Beach. A few years ago I came here for a seminar and I was standing on the street in Delray Beach and I felt the city hug me and I felt right at home. I knew this was where I wanted to bring my business to help others achieve better health and wellness.”

For more information on Universal Coaching Services call 561-634-0463, visit: [UniversalCoachingServices.com](http://UniversalCoachingServices.com) or email [support@UniversalCoachingServices.com](mailto:support@UniversalCoachingServices.com). ■

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# Brooklyn Water Bagel founder a local

## Staff report

Walking into a Brooklyn Water Bagel, you wouldn't necessarily know that the breakfast spot's founder actually lives in Boca Raton.

The decor pays homage to Brooklyn, New York and the words Brooklyn are plastered everywhere. But the concept didn't start in New York. The first location launched in 2009 in Delray Beach by Steve Fassberg, who grew up eating New York bagels.

Now, the company has 25 location in six states around the country.

New York was the inspiration for the popular bagel place. As a kid, Fassberg would travel from Massapequa, New York to Miami to visit his grandparents. With him, he would bring New York bagels.

His grandparents insisted the quality of the bagels in Florida were subpar because of the quality of water in Florida didn't compare to the water in New York. To them, New York water and its properties created that perfectly crunchy on the outside, soft on the inside combination.

That water concept clicked with Fassberg years late at a Thanksgiving dinner. In between then, he worked in mortgage financing by day and a restaurateur by night. He saved about \$80,000 by the time he was 21 to open up a deli, the Fassberg Kosher Deli in Flushing, Queens. It was furnished with booths made in Fassberg's own garage by him and his friends. It opened in April of 1983. In 1985, at the age of 25, Fassberg sold the deli for over a million dollars.

He continued working in investment banking, all the while opening and selling delicatessen and restaurant concepts. Years later, he got the idea to bring the

perfect bagel to Florida through the water.

He said he spent months researching how to make the perfect bagel, which involves using the right oven, temperature, baking stone and water.

With the help of various water treatment companies and experts, Fassberg discovered what went into the ideal water and what had to go out. He utilized a 14-step system that purified the Florida water by methods like reverse osmosis and reduction of ions, removing from it the chlorine and ammonia present and neutralizing its pH level, among other processes, that would render it "Brooklynized".

Once Fassberg's water formula was in place, he worked on menu options, incorporating the Brooklyn design and created the Cubsta "iced coffee" cubes. His go-to order for breakfast is a Brooklyn Water Bagel Whole Wheat Sunflower ba-



gel with sliced nova salmon, tomato, scallion cream cheese or an avocado omelet.

He hasn't stopped creating. Most recently, he created a "Banini," which combines a panini and a bagel. There are five different banini menu items including a BLT and a monte cristo.

"I crafted the world's first Banini - a union between a hot fresh pressed panini and bagel - with the goal of creating a cutting-edge proprietary lunch menu item that would incorporate the consistency of our beloved bagel in a non-traditional format," Fassberg said. ■

# Eat Better Live Better holds 5K at Town Center Mall

## Staff report

Four years ago Debra Tendrich went on a transformation. She changed the way she ate and exercised, ultimately transitioning into a healthier lifestyle that resulted in losing 70 pounds.

Now, she is inspiring families to do the same through her company Eat Better Live Better.

In addition to her transformation, she said she changed the way her daughter ate, which she said helped alleviate her ADD. Tendrich's overall goal is to help prevent, reduce and reverse childhood obesity.

To raise awareness to her cause, she is holding a 5K walk/run at the Boca Town Center Mall on April 30. The event begins at 7:30 a.m. There will be a youth mile for kids who want to participate.

Wanting to help other families after she completed her transformation in 2013, she said she began speaking in schools about how kids can make healthier eating decisions. But she said that wasn't making too much of a difference because their parents are the ones who make the food purchases. So, she took it further than the schools and created a program last year that involves the helping families and workshops that help businesses and cities.

Her family program helps transition families into a healthy lifestyle in 90 days. The average cost for a family to participate is about \$2,500, but can vary depending on family size.

For that cost, the family is assigned to a registered dietician, who will perform a nutritional analysis and a health risk assessment and review current eating habits. From there,

they will create a 90-day nutritional plan for the family. They will take the family to the grocery store and help them read labels and shop on a budget. The family will also have access to workshops and fitness classes.

Proceeds from the 5K will help families in need of assistance from Eat Better Live Better. Before the 5K, there will be a party at event sponsor Trainerspace on April 8. Wear all white and enjoy food, open bar and a live concert by Adrianna Foster and dance show by Digital VibeZ. Tickets cost \$15 in advance and \$20 at the door. The event will take place from 6 p.m. to midnight.

In addition to helping families, Tendrich has created workshops that can help businesses and city leaders.

She said most cities preach the importance of leading a healthy lifestyle, but often they don't know how or aren't practicing a healthy lifestyle at home. To help, she created a workshop for people who deal with community members on a day-to-day basis. She said the program helps inform people why they should care about promoting a healthy lifestyle and helps them work with people looking for information.

She also created a workshop for businesses looking to motivate their employees and increase productivity during the workday. In addition, she is working on creating an incentive program for elementary schools in Palm Beach County to implement to help kids choose healthy options in the lunch line.

That aspect is challenging she said because from an early age kids are taught to associate good behavior with unhealthy food like a pizza party in school as a reward or cake at a birthday party.

"Maybe they will select an apple instead of apple juice," she said.

The April events will help sponsor families who need help paying for the 90 day pro-

gram and help pay for educational materials for the community workshops.

For tickets to the party at Trainerspace, visit <https://www.eventbrite.com/e/all-white-party-tickets-32299290046> To sign up for the 5K, <https://runsignup.com/Race/FL/BocaRaton/EatBetterLiveBetter5k> ■

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# Local entrepreneur creates cloud, phone system

By: Marisa Gottesman Associate Editor



When Eric Bucher received his first computer as a Christmas present from his parents, the first thing the 12 year old did was take it apart.

He put it back together of course, but not before he requested extra RAM and other necessities to build the computer he wanted.

Now, he has built his own private cloud storage and phone system.

Bucher owns four businesses and is constantly keeping up with the ever-changing technology in the IT world.

His started his first business Quantified IT after he left a job in Jacksonville. Working in IT for someone else, he said he helped grow the company from five clients to 25 clients. When he asked for a raise and was offered \$1,000 for his work, he said he decided to leave. He said some of his accounts followed him, which led to his former employer suing him. Ultimately, they settled out of court and Bucher began his own venture in South

Florida in 2009.

“It was just me,” he said. “I was billing by the hour.”

One day he was proposing his services to a potential client. Instead of following his usual pitch of explaining the cost of what it would be to build the company its own server to store information, he also offered to provide it as a service on his own server. The issue: that server didn't exist.

When the client opted for the latter option, Bucher said he had less than a month to launch a server that would house all the information for his client.

“It was a major investment,” he said. “I built it myself. I developed it, engineered it and put it together.”

What started holding just four terabytes of data is now storing 100 terabytes, he said.

But creating a new product is something Bucher has done before. In high school, he created the first website his school ever had. A year later, the Kentucky school implemented a web design course. The class is still offered and students who take it still maintain the website.

“I have always been an entrepreneur,” he said. “I have always enjoyed creating new things.”

His latest invention deals with phone systems. When he learned how much one of his clients was spending on their phone system, he said he knew he could probably create a better, more efficient system for less.

So, for eight weeks, he spent 20 hours a day every day learning everything he could learn about phone systems.

He said he bought every system on the

market, downloaded tutorials and began to figure out how to create his own voice over internet protocol system.

Eventually, he figured it out and launched it at his company's Quantified IT offices. When the phones began to ring, he said he knew it was a service he could offer to other businesses.

In January 2016, he launched Call Sprout. He said it has grown organically since its inception by 37 percent. For the first time, he is bringing in sales representatives and estimates the phone business will overtake his IT company in growth

by summertime.

He said the company has clients all over the country as well as local businesses.

“It's been super successful,” he said.

When he isn't coming up with new ways to make technology easier, he can be found volunteering his time with Habitat for Humanity of South Palm Beach County where he is a board member.

“There are tons of successful people who do nothing to give back,” he said. “I wanted to give back.” ■



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# Boca Raton's MDVIP focuses on building strong doctor patient relationships

By: Marisa Gottesman Associate Editor

Boca Raton-based MDVIP is changing how people look at their health.

Instead of waiting until you don't feel well, the MDVIP model aims to connect people to a primary care physician that can spend more time planning for a healthy future than reacting to ailments after their onset.

The company was founded in Boca Raton in 2000. Now, the company has 20 affiliated physicians within a 20 mile radius of Boca and a national network of more than 800 physicians.

MDVIP is located at the former IBM campus now known as the Boca Raton Innovative Campus. The company took over a 50,000-square-foot space that Siemens used to call home last April.



The office takes former IBM to a space may find in Silicon Valley. The office lets as much natural in as possible and mimics being outdoors. The carpet has green in it to look like grass and big pillows line the hallway that resemble rocks. A break room has games, a ping pong table and a pool table. There is an exercise room where employees can use a standing desk that has a treadmill on the bottom. There are phone booths for private calls, a meditation room and a large area to eat lunch in. Glass conference rooms are named af-

ter famous fictional doctors.

Chief Financial Officer Matthew Hashem said the space was designed by a committee with employees from every MDVIP department.

The result of their creative ideas is the current space. He said the committee still exists and if employees want to propose modifications their ideas go before the committee for consideration.

The company matches people with smaller practices so the physicians can spend more time with their patients. Physicians who are afflicted with MDVIP have a maximum of 600 patients under their care.

MDVIP members receive an annual prevention and wellness program that encompasses advanced screenings and physician counseling that focuses on important health and wellness areas including heart health, emotional well-being, diabetes risk, respiratory health, quality of sleep, hearing and vision, sexual health, nutritional assessment, weight management, bone health, comprehensive risk factor analysis and face-to-face counseling with your doctor to develop a personalized wellness plan.

The annual membership range between \$1,650 and \$1,850. That includes the ability to reach your doctor 24/7. The doctor will also see any children the member has. If you are traveling and fall ill the MDVIP network of physicians is available for you to access.

MDVIP was recently visited by Mayor Susan Haynie, Councilman Robert Weinroth and other city officials. The company was awarded a Certificate of Appreciation from the city of Boca.

"Thanks to innovative companies like MDVIP, the healthcare industry continues to be a vibrant and growing sector of our corporate community," Mayor Susan Haynie said. "MDVIP has enjoyed tremendous success, growing from a local start-up 17 years ago into a national network. I appreciate their valuable contribution to our community and wish them continued success."

The company's workforce is comprised of more than 280 employees. It has been growing at 8 percent a year. The new office has 7,000-square-feet of unoccupied space available for future expansion.

For more information, visit <http://www.mdvip.com> ■



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2012-2016 BUSINESS PERSON OF THE YEAR

## BurgerFi teams up with St. Jude Children's Research Hospital

### Staff report

BurgerFi is "shaking things up" to support St. Jude Children's Research Hospital in its mission to defeat childhood cancer and other life-threatening diseases.

From now through the end of the year the popular better-burger chain will be donating \$1 from every featured shake purchased from their rotating menu of seasonal flavors. BurgerFi's signature Oreo Chocolate Mint Cookie Shake will kick off the year-long initiative, and a new fundraising shake flavor will be featured every six weeks. The shake features vanilla custard, chocolate sauce and crushed Oreo cook-

ies topped with whipped cream, mint and two Oreo Mint cookies.

"BurgerFi is proud to partner with St. Jude, and we invite our guests to enjoy our shakes in order to help give St. Jude the freedom to focus on what matters most - saving children regardless of their financial situation," said Corey Winograd, CEO of BurgerFi. "Our hope is that with our support and with the help of the communities in which we reside, BurgerFi will make a difference in hundreds of families' lives, one shake at a time."

For more information on the partnership, please visit [www.stjude.org/burgerfi](http://www.stjude.org/burgerfi). ■



# Delray Beach economic development report

**By: Christina Morrison** Special to the Boca and Delray newspapers

You may have noticed the growth of the auto industry in Delray Beach over the past decade. Although Delray Beach has been home to some dealerships for years, the industry has kicked into high gear here lately. Some background info:

Boca Raton and Boynton Beach have not been welcoming to auto dealers for decades, hence leaving it to Delray Beach to grow this industry. Delray Beach is far enough from the closest other areas for dealerships – Lighthouse Point/Pompano Beach to the South, Royal Palm Beach to the west, and West Palm Beach to the north – to make Delray a well-labeled “destination” for auto buying. The demographics in Delray Beach – and the vibrant and welcoming hospitality scene also make it an attractive location for the national and regional dealerships to invest.

The growth spurt started a little over a decade ago with the beautification of S. Federal Highway, between Linton Boulevard and the northern Boca border. Along with the beautification came changes in the city’s development regulations that enhanced the curb appeal of S. Federal, hence the stretch of palm trees, extensive landscaping and highway gardens in this area. By this time, there were a few auto dealers in the area, but upon

completion of the beautification and the concurrent rejection of a Super-Walmart, the surrounding neighborhoods embraced the auto industry and welcomed their expansion along this corridor. The S. Federal Redevelopment Plan reflected this, which opened the door for more and larger dealerships to be built and prosper.

Why? Well, auto dealers make good neighbors – their properties are kept very neat and clean, are well-lighted and many have electronic surveillance and nightly guards on their properties, thereby making the surrounding areas less attractive to criminal activity. In addition, they are quiet during evenings, unlike other commercial uses.

Over the past few years, with the expansion and addition of auto dealers Delray Beach is now considered a destination for auto buyers. There are currently 17 dealerships in Delray Beach – from Volkswagen and Kia to Lincoln and Mercedes – with more coming in the next few years. Several of the dealers are re-positioning, with Ford and Chevrolet moving to S. Federal and the addition of more luxury dealerships, such as BMW, Range Rover, and Jaguar, to Linton Blvd., near Interstate-95. Other dealers are expanding and enhancing, including Schumacher and Gunther. Currently, all land with the



– Ed Morse - has their corporate headquarters here with many of their executives living in the city. Additionally, the Chamber of Commerce is working with the various dealers on different ways to enhance the car-buying experience here by encouraging partnerships with restaurants, hotels and other venues in town where their customers can be shuttled while waiting for their new car or service to their cars. The auto dealers are also great corporate neighbors by making investments in, and sponsoring, our local cultural events and other activities. ■

*Christina Morrison, P.A. is a Commercial Realtor with Carmel Real Estate & Management, based in Delray Beach. She is a Community Activist and sits on the Boards of the Florida Realtors, Realtors’ Association of the Palm Beaches, Greater Delray Beach Chamber of Commerce, and also serves on the Executive Board as a Commissioner on the Criminal Justice Commission. She is involved in all things Delray Beach.*

Automotive-Commercial zoning classification in Delray Beach has been absorbed by dealers – most of the land never coming on the open market and the hunt is on for more land in these areas that may be suitable for the dealers’ various uses.

Auto dealers tend to bring high-paying jobs and commerce. One of the dealers

## Specialized Healthcare Partners to stay in Delray

### Staff report

Specialized Healthcare Partners, which is headquartered in Delray Beach, has plans to expand to a second location in the city.

The company has selected a 9,000-square-foot space to sublease at 75 NW 1st Avenue to expand their Delray Beach operations with more than 30 new staff members.

Founded in 2012, Specialized Healthcare Partners is currently located on Congress Avenue and maximizes insurance recovery for its healthcare provider clientele across the country.

“While we seriously considered relocating to an alternative larger location to accommodate our growth, our preference to remain in Delray Beach compelled us to keep looking” said Tracy Lutz, JD Managing Partner and Co-Founder. “We were pleased when the building just north of Atlantic Avenue and west of Swinton Avenue came on the market and decided it could work for our team.”

“I’m thrilled SHP has decided to stay and grow in Delray Beach,” Mayor Cary Glickstein said. “They represent an increasing number of small headquarter companies who, in addition to growing their businesses, are also raising their families here too.” ■

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# Delray's DRVA manufactures new wood that looks old

By: Marisa Gottesman Associate

Editor

Ryan O'Leary says he got into the wood business on accident.

He had bought a condo in Delray Beach and couldn't find an entertainment center he liked. So, he decided he would make one himself. And he wanted to make it out of reclaimed wood.

The problem he ran into he said was finding the reclaimed wood.

"You can't buy a small quantity," he said.

After three weeks of searching, he said he found a guy online selling some reclaimed wood.

"He had about \$4,000 worth of wood and I needed about \$400 worth," he said.



Willing to make the investment, he found out the wood had been sold. Eventually, he found the wood he was looking for and created the furniture he needed and posted the end result on Facebook. That's when friends started commenting that they wanted to furniture made out of reclaimed wood in their homes.

O'Leary said he knew he didn't want to make furniture. But he said he would look into supplying the public with wood so they could create the project or piece they were looking for and his company

DRVA was created nearly two years ago.

In a warehouse in Delray, DRVA manufactures wood for home and commercial projects. To do so, the company actually uses new lumbar that doesn't make the cut for building.

They then distress, treat and finish it to look just like reclaimed wood without any of the lead paint, pesticides or other chemicals commonly found in vintage lumber. The wood comes in a variety of stains and finishes.

The wood is milled in Boca Raton and finished in the Delray warehouse.

O'Leary said the company aims to be as green and environmentally friendly as possible. Because the wood used was already cut, they aren't eliminating more trees. They also use safe products that aren't dangerous in homes or offices.

He also said DRVA wood is less expensive than reclaimed wood, which ranges in price from \$15 to \$40 per square foot because there is a limited amount available.

In the last year, he said he has doubled the amount of wood that DRVA is manufacturing. He predicts the company will quadruple its output in the next six months.

He is also looking to expand into retail

stores so people can look at the wood and purchase it in a store instead of at his warehouse.

Even though his team doesn't come out and install or build the furniture, he said he works with several local businesses and has even coached contractors over the phone.

"It's an easy material to work with," he said.

He said people are looking to add reclaimed wood looks to their homes and businesses. He said his clients are a mix of homeowners and business owners.

He said projects are as small as shelves in bathrooms to entire walls in a commercial space. In homes, he said the wall of the TV room is popular as are bathroom water closets.

Creating the reclaimed wood look is about crafting a product that is perfectly imperfect, he said.

To do so, he looks to hire young employees with an artistic eye. He said some carpentry experience helps, but it isn't a requirement. He said his team is a mixture of high school and college students.

You can visit the warehouse to check out the wood with an appointment. Visit <https://www.drva.com> for more information. ■

## Custom men clothing company donates prom wear for guys

Staff report

When Mark Russell heard the Cool Clothes Closet needed donations for high school boys who needed something to wear to the prom, he knew he could help.

He owns Mark Russell Clothing, a men's custom clothing company, that is based in New York City and has a West Boca Raton showroom location.

The company focuses on creating custom-fit, high-end clothing for busy professionals.

So, when they company heard that the Cool Clothes Closet needed more clothing for the guys, they stepped in to help.

The closet is run by Lynda Walsh, who saw a need for providing youth in need with clothing in a way that they would

shop or for clothes in a store. For prom season, she had dresses for girls and needed more male options.

Russell's company helped outfit 20 men with pants, shirt and a coat that was tailored to fit them. ■



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# REAL ESTATE

## INSIDE Palm Beach County



**A look at Akoya  
at Boca West [40]**



**Delray senior living  
community breaks ground [42]**



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## 5 QUESTIONS WITH

## Richard Siemens, CEO of The Siemens Group, the developer of the much-anticipated luxury condos, Akoya at Boca West

**1** As a pioneer in building country clubs like Polo Club Boca Raton and Gleneagles, what gave you the idea for Akoya at Boca West?

Few developers in Boca understand country club living like our team and there are none better than Boca West. Imagine our excitement when we were presented with the opportunity to build on the last developable piece of property in Boca West with spectacular golf course and lake views. We felt that building a real luxury midrise condominium with the finest finishes and services including valet, concierge and building maintenance would fill a big void in the market. Akoya is simply a one of a kind opportunity.

**2** What makes this Akoya project different from anything else?

A lot! Akoya is the only new luxury midrise building in a country club community in South Florida. Every stunning unit has amazing views of the Arnold Palmer designed golf course with floor to ceiling impact glass windows. Our thoughtfully designed 2-5 bedroom apartments range from 1870 to over 4500 square feet with flow



through design and expansive terraces. Each unit has privacy controlled elevator access, two parking garage spaces, plus the finest finishes, appliances, quartz counter tops, fine Italian cabinets and ceilings heights from 9'6" to 12'.

**3** This has been a long waited for project. Now that construction is underway and Akoya is going vertical, what has been the reaction from buyers?

Since construction started in September the sales have picked up dramatically. In fact, we recently surpassed the

\$50 million sales mark and even had to add more penthouse units to satisfy the demand. When people visit our sales office, they are instantly amazed at the bustling construction site and are eager to be a part of Akoya. Our contractor KAST Construction is ahead of schedule, so we hope to start moving in our first buyers in the first quarter of 2018.

**4** What's been the reaction from residents of Boca West now that you are building an ultra-luxury condo in their world class community?

The members of Boca West are very excited about Akoya, as it is an incredibly luxurious addition to their stellar community. They just completed a \$50 million-dollar renovation to the club and are excited that the #1 ranked Private Residential Community in the country keeps getting better.

**5** How do people find out more about Akoya at Boca West?

For more information about Akoya at Boca West go to [www.akoyabocawest.com](http://www.akoyabocawest.com) or call 561-362-2719. ■



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# Clint Moore House to be added to Delray's historic property registry

By: Marisa Gottesman Associate Editor

It was once home to a member of Delray's Mayor John Sundry's family, the "Lima Bean King" Clint Moore and is referred to by some as "Delray Beach's White House."

Now, its history will be preserved as the property has been approved by commissioners as an individually historic property.

It will go before the commission for a final hearing this month. It received an initial OK at a recent city meeting. "This is a great opportunity for the city to make sure one of its assets is around for future generations," said planning director Tim Stillings. "It's a beautiful property."

In order for a property to be listed as an individual designated historic property it must have historical or cultural significance or architectural or aesthetic significance. The designation indicates any modifications to the home will go before the Historic Preservation Board and may be held to a different standard.

Home owner Blaine Minton applied for the designation and was thanked by locals who cherish the property.

"If the city had a historic champion award, you would get it," Commissioner Mitch Katz said of Minton.

Commissioner Jordana Jarjura said she considers the home one of the premiere properties in the city.

Known as The Clint Moore House, the Georgian Colonial style home is located at 1420 North Swinton Ave. between Grove Way and NW 15th St. in the Lake Ida neighborhood. The 6,177-square-foot home sits on a 1.7 acre parcel.

In a 1992 Sun Sentinel article about the home, Historic Preservation Consultant Clemmer Mayhew said the home is "irreplaceable and priceless" and "museum quality." The article also pointed out the huge Royal Poinciana tree right in the middle of the front yard, which has stood since its inception.

It is estimated that the single-family residence was constructed in 1925 by LeRoy T. Hirth, but according to a previous owner a fire in City Hall about 20 years ago destroyed records of the home including the names of the architect, builder and year of construction. County property appraiser records show a patio and wall was built in 1928.

The Georgian Colonial style has roots tracing back to the early American colonies. The American version of the homes were less ornate than the houses in England. The Clint Moore House is representative of simple styling. It has a symmetrical style with a paneled front door at the center of the facade, decorative crown over the front door and a front portico supported by columns.

Instead of having a set of chimneys flanking both sides of the home, this house only has one chimney on the north side. The home has a medium pitched roof and short overhang.

Moore purchased the property from Ben Sundry in 1929 for \$25,000, according to state records. The Moore family owned the property until 1950. Moore is known as "the first person in Delray Beach to farm west of 441" in the 1930s. His farm was approximately 4,500 acres on both sides of 441 south of Atlantic to the Boca/Delray line where Clint Moore Road is located.

The Palm Beach Post dubbed him "The Lima Bean King" in



1940. He also completed dredging and paving work.

Moore died in 1948. His wife, Ethel, and five children resided in the home until the 1950s. Records show that Moore supported many community causes such as the Boy Scouts and St. Paul's Episcopal Church, where his wife was very involved in the music program.

Paul and Eleanor Gringle purchased the home from the Estate of Ethel Moore in the 1950s and lived there until widowed Eleanor Gringle sold the property in 1987, according to records.

Paul Gringle was a local attorney and municipal judge from Detroit. The family also had a real estate agency. City records say they were the only ones to decorate the outside of the home on Swinton for Christmas.

Former DDA director Marjorie and her husband Joe Ferrer owned the home in the 1980s and 90s. They opened it up to all sorts of community events and even television commercials.

The house will join other designated properties including the Sandway House, Solomon D. Spady House and the Scott House. ■



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# What's up in the real estate market...

## Boca's Broken Sound Residences selects general contractor



Current Builders has been selected as the general contractor for the 5500 Broken Sound Apartment project located in the Arvida Park of Commerce (APOC) in Boca Raton.

New Century Companies is the developer of the 180-unit multi-family rental apartment community valued at \$25 million.

"We have been fortunate to work on a number of projects in APOC including Boca Colonnade, the North 40 Lobby, the Siemens building, and Allure Boca Raton," said Current Builders' President Michael Taylor. "The 5500 Broken Sound project rounds out Current Builders' contribution to this dynamic, mixed-use complex. We are honored to have been selected by New Century Companies for this endeavor."

The 5500 Broken Sound Residences project is the complete new construction of a 180-unit multi-family rental apartment community. The project contains eight-three story residential multifamily apartment buildings and a clubhouse with swimming pool. Site improvements include paving, water, sewer and drainage systems, site lighting, landscape and irrigation and all infrastructure associated with the construction of a complete, turn-key rental apartment project.

"The project will utilize a specialty forming system, known as tunnel forms, an area of expertise for Current Builders wholly owned subsidiary, CB Structures, Inc.," said Rolf Severtson, Executive Vice

President of CB Structures. "This structural system allows for elevated decks and bearing walls to be cast monolithically, allowing for increased construction speed, reduced cost and a better performing building for the client."

## New senior living options coming to Delray Beach



A new senior living community with assisted living and memory care is heading to Delray Beach.

Symphony broke ground on its new building, which is expected to be open early 2018, last month.

The building will include about 118 apartments and amenities including an on-site salon and spa, restaurant style dining, and a full-service bar.

"Today's seniors are changing and we're ready to change with them," said Andrea Abbott, Symphony at Delray's Regional Director of Sales & Marketing. "We understand that our seniors have a number of retirement options here in South Florida, so we know that we need to offer them something special. Our vision for Symphony at Delray Beach is a community that's large enough to include amenities that promote independence mixed with an environment that maintains a cozy, comfortable feel for our residents. Seniors are living longer, healthier and more active lives, and our community is being built with that in mind."

Symphony will be located at 4840 West Atlantic Ave.

"I'm very excited about the location," Abbott said. "We'll be located in an area that'll help long-time residents of Delray

Beach make the transition into Assisted Living and still feel like they're a member of their community. It's also in a great spot for family members to swing by for frequent visits."

To learn more about Symphony of Delray Beach, call 561-717-5429 or visit [www.symphonyatdelray.com](http://www.symphonyatdelray.com)

## Cushman & Wakefield to lease Boca Village Corporate Center



Cushman & Wakefield is the exclusive leasing agent for Boca Village Corporate Center, a 108,550-square-foot Class A office building at 4855 Technology Way.

Brazilian investor AGS Properties Corporation selected managing director John Criddle and senior associate Joseph Freitas to lease the buildings.

Boca Village Corporate Center is a state-of-the-art suburban office building developed in 2008. As one of the five newest buildings in Palm Beach County, the seven-story asset features five stories of office space with high-end finishes throughout, hurricane-rated impact glass and three floors of covered and attached parking. It is one of the few Class A buildings in Palm Beach County with a fully redundant back-up generator capable of powering the entire facility for one week. The building is LEED Silver-certified by the U.S. Green Building Council.

Boca Village Corporate Center is located in southeast Palm Beach County, only one minute from the Yamato Road interchange on Interstate 95. This location provides visibility from Interstate 95 and direct access to the Boca Raton Tri-Rail station.

Boca Village Corporate Center is currently 83.4 percent leased. Notable tenants include Morgan Stanley, Oppenheimer and Gunster.

"Boca Village Corporate Center offers users an incredible opportunity to occupy space in one of Palm Beach County's most sought after buildings," said Criddle. "The building is truly unique. There are very few assets in this market that boast comparable visibility, access, finish and commitment to sustainable operations."

## Delray Beach housing assessment indicates growth

According to the city of Delray Beach 2016 housing assessment, 1,200 new households are expected to be formed in the city over the next five years.

Of those 1,200 households, the largest number fall into the income range of more than \$150,000. About 550 of the 1,200 households are estimated to fall into that category.

There is also a strong growth in the \$50,000 to \$99,000 range and the \$100,000 to \$149,000 income range with more than 365 households falling into the first category and more than 362 the latter.

The city's population is estimated to grow by just under 2,500 people in the next five years, a 3.9 percent increase. The increase is smaller than Palm Beach County's projected rate of 5.8 percent. That is likely due to the fact that Delray is mostly built out, according to the study. Residential growth in Delray will have to come mostly from redevelopment of existing uses.

The study indicates that housing for the 18-34 age group (the Millennials) offers a challenge in both housing type and affordability. Many in this group still live with family or rent, but do still show a desire for home-ownership. ■

# West Atlantic may get grocery store

## Staff report

Residents of West Atlantic Avenue have been asking for a grocery store for more than a decade.

They may be closer to receiving their wish.

The Delray Beach Community Redevelopment Agency recently received a letter of intent from Pasadena Capital

to purchase 1.75 acres of CRA-owned property located at the southwest corner of W. Atlantic Avenue and SW 6th Avenue for \$2.1 million. Randy Holihan of Brandon Partners/Pasadena Capital is representing Publix Super Markets, Inc.

The letter states the grocer is interested in developing a 25,000-30,000-square-foot free-standing grocery store.

At a recent meeting, the agency board agreed to continue negotiating with the group and to issue a request for proposal to see if any developers are interested in developing the agency owned property in the area to accommodate a grocery store.

The agency had plans with a developer to build a project called Uptown, but plans fell through several months ago. ■



**UNDER CONTRACT**

**LAS VERDES**

**\$125,000**- All age building! Washer & dryer in unit. Newer stove & water heater. Lovely kitchen cabinets and master bath redone  
**ID#10306100**



**PINES OF DELRAY NORTH**

**\$141,500**- Tastefully updated w/ porcelain tile flooring, NEW AC installed in 2014. Spacious/updated eat-in kitchen w/ granite countertops and beautiful glass backsplash. Located on the first floor in a quiet cul de sac of Pines of Delray North, mins away from Delray Beach's Atlantic Avenue.  
**ID#10300363**



**UNDER CONTRACT**

**KINGS BAY HOUSE**

**\$159,900** - Direct intercoastal view. Cute 1/1.5ba, top floor unit with ICW views. Enjoy sunsets & sailboats from your private enclosed porch. New impact windows, wood floors & central AC fan. **ID#10300186**



**PRICE REDUCED**

**BARWICK ESTATES**

**\$499,000** - Completely renovated home in the highly desirable Barwick Estates. This gated community with only 28 homes is just minutes from downtown Delray Beach. Many updates including landscaping as well as the addition of white picket fences that were recently installed. VERY spacious closet in master bedroom. Newer appliances. Property has a separate automatic generator for the entire house in case of a power outage.  
**ID#10295018**



**JUST SOLD**

**CANNERY ROW**

**\$799,000** - Superb NEW 3br Townhome in desirable Cannery Row. Fully upgraded appliances, including Sub-Zero refrigerator, Wolf oven & cooktop, Upgraded touchless Kohler faucets and Shower, Jetted tub, Electrolux Washer and Dryer. Cordless cellular shades installed throughout. Stunning Hardwood floors also upgraded! Quartz counter tops throughout! Move in ready. **ID#10281024**



**UNDER CONTRACT**

**GREENTREE VILLAS**

**\$174,900** - Immac corner 2/2 villa in highly desirable Greentree Villas. Move in condition with brand new kitchen and so much more. Make this turnkey property your new home today! 55+ Community offers many amenities!**ID#10306910**



**NEW LISTING**

**PINE TRAIL EAST**

**\$329,900** - 3br/2ba 2 car garage shows pride in ownership. Feats new kitchen cabs & granite in kitchen. New dishwasher, microwave & stove  
**ID#10293554**



**JUST SOLD**

**SAN MARCO AT WESTCHESTER CC**

**\$310,000** - Largest Elodea model in highly desirable San Marco. No Membership Required! Accordion Hurricane Shutters. Beautiful ceramic tiled lanai. Blonde wood laminate flooring throughout (Master & 2nd bedroom brand new carpet) Home has ideal space for guests and entertaining! **ID#10282117**



**PRICE REDUCED**

**BOCA WEST/PEPPERTREE**

**\$199,000** - Lots of light and vaulted ceilings make this 3br/2b Buttonwood model show very nicely! With a kitchen/liv rooms that opens to the patio, lake and golf views, this condo is a must see when looking in Peppertree! Mandatory Membership to Boca West.  
**ID#10281858**



**PENDING SALE**

**SHERWOOD FOREST**

**\$425,000** - Wow, well maintained two-story home in Sherwood Forest with master bedroom suite on first floor. Community pool & tennis courts. Minutes to Atlantic Ave entertainment and restaurant area, Delray beaches as well as suburban shopping, parks, recreation and services. **ID#10300019**



**PINETREE GOLF CLUB**

**\$709,000** - PINE TREE GOLFCLUB - no membership required - Thinking of a larger lot - tired of homes that are too close? This 3/3 pool on on approx. 1/2 acre in a gated community is the answer.  
**ID#10245798**



**SEASIDE ENCLAVE**

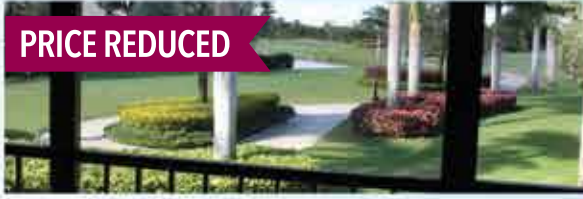
**\$1,299,000** - Coastal inspired 2 bedroom + den townhouse located in charming sea side enclave. Artisan elements throughout including idyllic garden courtyard with heated dipping pool and waterfall, all just a few steps from your private beach. **ID#10274066**



**NEW LISTING**

**POLO TRACE**

**\$450,000**- Bright & Airy. Extensively renovated & improved Lexington model has something for everyone in this spacious 4br/2.5 Ba home in a great all-age golf country club community with manned-gate security. Close to great, western Delray/Boynton suburban dining, shopping, entertainment, and services. Easy Turnpike access. Simply gorgeous.  
**ID#10306490**



**PRICE REDUCED**

**GLENEAGLES**

**\$37,000**- PRICE REDUCED! Spectacular and unobstructed long golf course view. Although original, it has been meticulously maintained by its current owner. Located in the Glendevon development, it is both within walking distance of the clubhouse as well as Oriole shopping area across from Gleneagles. **ID#10295551**



**UNDER CONTRACT**

**BOCA VERDE EAST**

**\$76,500**- East Boca condo living! Walk to shopping and restaurants. One bedroom, one and 1/2 bath, laminate wood floors, well maintained, overlooking beautifully landscaped grounds. Near buses, shopping and entertainment. Very close to 5th Avenue Shops, Mizner Park, Royal Palm Place, FAU & Town Center Mall. Residents enjoy a large active clubhouse, heated pool, exercise room.etc. Small storage area in laundry room.  
**ID#10270576**

# Habitat for Humanity of South Palm Beach County recruiting 100 women

## Staff report

Habitat for Humanity of South Palm Beach County is seeking 100 empowered women leaders to join together to raise funds and build a home for a family.

The “House that Women Built” is part of the nonprofit’s 2017 “Women Build” fundraising event.

The South Palm Beach County event, set to raise \$100,000, is part of the Habitat For Humanity National “Women Build” founded in 1991 that annually enlists and encourages women, across the country, to fundraise and build homes for families in their local communities.

The local South Palm Beach County “Women Build” invites teams of women to raise funds to reach their fund raising goal and then gives them the opportunity to de-

vote part of one day to meet and help build alongside the resident family in the construction process from May 11 to 13.

No building experience is necessary to participate. Each “Woman Builder” must commit to raising or giving \$1,000 via a designated HFHSPBC campaign website. Once registered as a Women Builder at <https://www.giveeffect.com/campaigns/3773-women-build-fundraising-2017>, participants can create their own fundraising page.

A “Habitat for Humanity of South Palm Beach County – Women Can Do It – Women Build” kick-off and orientation reception will be hosted by HFHSPBC Chairman Rick Howard and wife and business partner Pat Howard at their Sklar Furnishings showroom in Boca Raton on



April 19 from 6-8 p.m.

To learn more, contact Kari Oeltjen, HFHSPBC Chief Development Officer at [koeltjen@hfhboca.org](mailto:koeltjen@hfhboca.org) or 561-819-6070. ■



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**\$335,000**  
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**\$439,000**  
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**Lisa Pack 717.578.3253**

Dennis Yarbrough

Lisa Pack

## MEET YOUR LOCAL REAL ESTATE EXPERTS



# Delray Realtor joins forces with New England Colleague to create new program for home buyers

## Staff report

Jessica Rosato, Broker Associate with Nestler Poletto Sotheby's International Realty in Delray Beach, has joined forces with George Harvey, Luxury Agent with William Pitt Sotheby's International Realty in Connecticut to create a new marketing program called "Double Exposure" to better serve the Florida market.

According to Rosato, she and George Harvey's paths collided over a year ago, and they instantly connected.

"We ended up working a multi-million dollar deal together in the Addison Reserve Country Club, the highest sale the community had seen in quite some time,"

she said. "From that point on, with such great success, we've been working together towards better serving the Florida market by giving advanced exposure to



the property's we list."

Many of Florida's buyers are coming from the Northeast so being able to effectively market homes in those areas is key. Having Harvey on the ground driving buyers to Rosato allows properties to be seen up close with a purpose in many different marketplaces.

Affiliated with Coastal Sotheby's in Palm Beach, William Pitt Sotheby's in Connecticut, Four Seasons Sotheby's in Vermont and Julia B Fee Sotheby's in New York, they have it covered.

"With the Global reach of Sotheby's including 19,000 agents in 850 offices in 65 countries around the world, we are now

combining local expertise by connecting two agents with four offices in four regions," Rosato said. "This will give expanded exposure for our clients. Double Exposure will be operating in Connecticut, New York and Vermont to bring Northeast buyers to Florida's shores."

By combining innovative grass roots marketing techniques using Apple TV, Cinematic Tours and 3-D imaging, the duo will be able to offer their clients access to properties in the Northeast and Florida.

"This is a new approach to how we have been operating," Harvey said. "We are connecting South Florida and New England like no other firm." ■

"There is no place like Florida"



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**\$499,900**

431 Pine Tree – Atlantis  
**Ryan Keough 352.359.0868**



**\$298,898**

1026 NW 33rd Manor – Pompano Beach  
**Michelle Fauerbach 954.707.8363**



**\$425,000**

633 E. Conference Drive – Boca Raton  
**Dennis Yarbrough 561.703.5880**



**\$249,000**

2046 Alta Meadows – Tierra Verde  
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# A look at what GL Homes is up to

**By: Karen Laurence** Special to the Boca and Delray newspapers

When talking about new construction in South Florida, GL Homes must be mentioned. Since 1976, GL homes has grown from a small local builder to one of the nations largest. Named “2nd largest private home builder in Florida” by Florida Trends Magazine and considered the 20<sup>th</sup> largest builder in the United States, Karen Laurence sat down with Jill Didonna, the Vice President of Sales and Marketing at GL Homes, to find out what the company is up to.

## What do you think attributes to the success of GL homes in Palm Beach County?

It is the diversity of the product that meets the needs of the population and the lifestyle that is afforded the homeowners living in the communities through the clubhouse and the many amenities and activities within. Right now there are three new developments opening here in Palm Beach County. One recently

opened is Valencia Bay, an over 55 plus community that has taken off very well, appealing to the baby boomers from the Northeast, including Canada. The next is the Berkley, which just opened on March 4<sup>th</sup>, catering to the high-end client. And the next, opening on March 11, is the Dakota, which is an all-ages community. Concurrently, the developments that still have some homes available are Seven Bridges and Tuscany and Valencia Cove.

**There is a lot of advertising done here and in the Northeast, where a large percentage of your population comes**



**from. What is your reasoning on that?**

GL homes is trying to get to the population before they come to Florida to buy a home. That is why there is so much advertising and we are so successful in having people come down to Florida. They know ahead of time that one of their stops will be GL homes, to look at or purchase a primary, second or retirement home. Usually these people are very serious about purchasing a home here in Florida. GL makes it easy to be an absentee buyer. The staff has many out of state buyers and knows very well how to pull everything all together for their purchase.

**Please explain the lottery for lots and why you have chosen it.**

In order to determine a fair way to reserve the lots for purchase, GL has a lottery. People will come into register for their lots and then a lottery will be drawn. This is usually pre-construction with current pricing, so it is a way to get in the ground floor, at the lowest cost. It has proven to be the most organized way to handle the opening day surge.

In the new developments, GL is changing the outside look from Mediterranean to a more modern look. We employ top designers for both the interior and the exterior of the homes. The trend is moving towards cleaner lines, no barrel roof (flatter roofs,) flatter windows, no arches and flatter windows and different color choices.

**GL has an assortment of all ages, different income levels, and 55 plus homes. What will your plans for the future look like?**

We will be building more of the same developments. We plan upon being in Palm Beach County for a long, long time. ■

*Karen Laurence is a sales associate with The Keyes Company. She is a Technical Real Estate Instructor, Real Estate Agent and Certified Luxury Agent.*

# JULIE ANN GIACHETTI

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 <p><b>INTRACOASTAL POINT   DEERFIELD BEACH</b> Magnificent point lot w/ desirable exposure boasts 277 ft of water frontage. Build your dream home! \$1.575M</p>	 <p><b>DEEPWATER   BOCA RATON</b> South exposure in Walker’s Cay. 90 ft waterfrontage w/ dock close to the Intracoastal. 3 BED &amp; 3.1 BA. \$1.395M</p>	 <p><b>MORNINGSIDE   BOCA RATON</b> One story home on lakefront lot in East Boca offers over 5,000 sq ft. 4 BED &amp; 3.1 BA w/ a 3 Bay Garage \$1.23M</p>

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# Ask an expert: About your condo, HOA rules

**By: Steven R. Braten Esq.** Special to the Boca and Delray newspapers

**Q.** Can an association sue a member of the association for defaming the board, or can only the individual board member make the claim? What do you suggest an association do to stop harassment from a member of the community, such as abusive e-blasts or defamatory posts on a blog site?

**N.S., Boca Raton**

**A.** These are some great questions. The answers, however, are not simple. First, it is important to state at the outset that owners/members living in community associations are often under the misconception that they may criticize a board's conduct on blog sites or social media forums, including community Facebook pages without regard to the content. This is simply not the case. Many association members believe they have a First Amendment right to express their opinions regarding decisions their board has made or are anticipated to make at a future meeting. This is simply not the case.

Assuming the First Amendment is applicable (which can be the subject of a whole separate column), it does not protect all speech. It does not, for example, protect speech that leads to illegal activity and/or imminent violence, obscenity, defamation, and libel. The First Amendment also does not protect speakers from liability for the foreseeable consequences of their speech. Defamation constitutes an injury to reputation. The injury may occur by means of libel (written) or slander (spoken). Liability for defamation can extend to those who publish the defamatory remarks of others. The generic elements of defamation are: (1) false statement that is expressly implied to be factual (statements are not defamatory if they are true); (2) intentionally published to a third party; (3) no privilege applies; and (4) the person defamed suffers damage. In general, each time the defamatory statement is communicated to a third person who understands its defamatory meaning as applied to the injured person (soon to be a plaintiff), the statement is said to have been "published," although a written dissemination is not required.



Publication of defamatory matter is its communication intentionally or by a negligent act to one other than the person defamed. The essential condition of recovery for defamation is the existence of falsehood. Because the statement must contain a provable falsehood, courts distinguish between statements of fact and statements of opinion for purposes of defamation liability. Although statements of fact may be actionable as libel, statements of opinion are not actionable. An association can sue homeowners for defaming directors if it can be shown that the defamation is related to how the director performed his/her duties and responsibilities so as to have a natural tendency to affect the corporation disadvantageously in its business. If the ostensibly defamatory statements cannot be reasonably interpreted as having been made against the association, the association has no cause of action for defamation. Rather, the action is personal to the director.

As you can see, this is a very complicated issue. So, in the case of a member sending defamatory e-blasts to other members regarding the board as a whole, or directed to the association as an entity, your association may have a cause of action against this member for defamation.

This brings us to your next question about what else your association can do. One option, is to adopt rules and regulations that establish a certain minimum level of behavior, or code of conduct that all members must follow. Remember, your

association is a private corporation, not a governmental entity. In 1987, the Florida Supreme Court held, in *Quail Creek POA v. Hunter*, that neither a homeowners association's recordation of its covenants in the public records, nor the enforcement of its covenants in state court, created a sufficient nexus to evidence "state action" such that the First and Fourteenth Amendment would apply. The Florida Supreme Court has also held that individuals give up certain rights to live in a condominium, which would equally apply to other deed restricted communities, such as a homeowners and property owners associations. Therefore, rules and regulations that prohibit defamatory speech directed at the association, a board member, the board in its entirety, or another member or management may be appropriate. Violation of such rules could result in fines being imposed against the person who engaged in the behavior in question. Be sure to consult your association's legal counsel before adopting any such rules or regulations. Preferably,

your association's legal counsel should draft such a policy, if appropriate for your community. ■

*Steven R. Braten Esq., is Managing Partner, Palm Beach of the Law Firm Goede, Adamczyk, DeBoest & Cross, PLLC, with offices located at the Sanctuary Centre in Boca Raton. Visit [www.GADClaw.com](http://www.GADClaw.com) or ask questions about your issues for future columns, send your inquiry to: [question@GADClaw.com](mailto:question@GADClaw.com). The information provided herein is for informational purposes only and should not be construed as legal advice. The publication of this article does not create an attorney-client relationship between the reader and Goede, Adamczyk, DeBoest & Cross, or any of our attorneys. Readers should not act or refrain from acting based upon the information contained in this article without first contacting an attorney, if you have questions about any of the issues raised herein. The hiring of an attorney is a decision that should not be based solely on advertisements or this column.*

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**RYAN & TONY REAGAN**

## How is the new digital economy affecting the home buying process?

**By: Christel Silver** Special to the Boca and Delray newspapers

Technology is changing the way we communicate, how we work, shop, and our lives in general. Real Estate is no different. Consumers are much more educated and have higher expectations. As a whole, we expect more transparent, accurate, and quicker transactions in every area of our life.

How is this changing the home buying process?

Technology has affected the home buying process in two major areas: The experience on the consumer side, and the benefits to the lending and closing procedures. On the consumer side, we have seen changes in how we search for homes, communicate with our realtor and lender and sign documents. We utilized digital signatures when making offers, completing forms with our realtor, and in some cases with our lenders, to get the mortgage secured. We search for homes via interactive websites that allow us to find a lot more information than was available in the past. Security has been optimized, and we are now able to benefit from the convenience and accuracy that these programs provide.

The benefits to the lending and closing procedures have been even greater. The ability to sign electronically has enabled faster closings, and dashboards have provided a way for realtors and lenders to

streamline their processes. This makes it possible to have the same document available to several parties in the transaction at once, without a loss of integrity. We no longer have to wait for documents to be "overnighted" if our clients are on vacation or work remotely. And multiple requests for the same docs are no longer needed. Both sides have seen a benefit in transparency. Buyers are able to get information on schools, Plat maps, tax records, soil reports and much more with a click of the mouse. Currently, realtors and lenders use dashboards to track the progress of a transaction. They can see who needs to do what, when it needs to be done, and have the ability to share documents. As we move forward, look for this to be available to the homebuyer and seller as well.

Fanny Mae and Freddie Mac have been requesting that lenders use software that allows them to securely verify information on the buyers, both from their employers and the IRS. This provides a lot less hassle on the part of the buyer, and a lot less work on the part of the lender. Lost W2 statements and paystubs are no longer an issue and gathering information has gone from a three-week process to a three-hour process.

I recently attended a Certified Residential Specialist conference in Phoenix, Ar-

izona where Bradley Inman, an Internet entrepreneur, gave us an outlook how real estate will be done in 10 years. He explained how the buying process has been condensed due to the technology (e-signing – scanning – smart phones). Real estate agents and lenders who are not able to perform using the newest technology will be left behind.

Have you noticed that the younger generation feels that email is like snail mail? They use texting to be faster. You can expect to see more availability of information and a shorter home buying process moving forward. Dashboards are allowing us to integrate all the services, show us exactly who is holding up the process, schedule showings and inspections, modify and upload documents, sign electronically, and verify information seamlessly. Although our national average is still 30-45 days to close a home loan, expect to see this reduced as we incorporate technology into every real estate transaction. The digital economy has made great strides and real estate has and will see many benefits as we move forward. Keep an eye out and start asking for the services and information from your realtors, lenders and other service providers. ■

### About Christel Silver

Christel Silver is a full time Broker/Owner of Silver International Realty servicing the East Coast of South Florida. In 1985 she was licensed in Maryland and Washing-



ton DC as a Realtor and later as a Certified Residential Appraiser and Associate Broker and has been in Florida since 2001. The National Association of Realtors' (NAR) President appointed her (2010-2014) as the President's Liaison to Germany, where she grew up and worked at the Justice Department for 17 years prior to coming to this country. The Germany Real Estate Organization (IVD) has an agreement with the NAR and she is an International member of this organization. Christel is a Certified International Property Specialist (CIPS), and a certified speaker teaching CIPS classes. Having been President for the Florida Certified Residential Specialist (CRS) Chapter, she is now serving as a Regional Vice President helping Chapters to grow, currently for Virginia, Central Virginia and Maryland. Fifty percent of her business is in the International arena. For more information visit [www.silverhouses.com](http://www.silverhouses.com).

## Organize paper in your home

**By: Cheryl Adelman** Special to the Boca and Delray newspapers

Paper: It's complicated.

Mail, catalogues, receipts, kids' school announcements, coupons, important documents, and so on. According to the Direct Mail Association, about 100 million households receive 16.6 billion catalogs each year.

The Small Business Administration (SBA) estimates that 80 percent of filed papers are never looked at again. Let's review the rules I have collected from some of the experts, including IRS.gov, on where to store these documents.

### Safe-deposit (or home fire proof box):

Certificates of birth, death, marriage, and adoption;

Social Security card, deeds, car titles;

An inventory—either written or video—of household possessions, especially electronics, expensive appliances, collectibles, and jewelry;

Tax returns for the past seven years, as well as any receipts, statements, and other documents that relate to those returns;

Insurance policies, estate documents such as wills, trusts, and powers of attorney (keep copies with your estate

planning attorney and in a safe place at home);

Contracts;

and important medical records

### File:

Paper bank statements, or create a folder on your computer if you've gone paperless, after you've balanced your checkbook;

Receipts related to major home improvements;

Investment statements;

Trade confirmations for securities that you still own;

Copies of estate documents such as wills, trusts, and powers of attorney.

Separately keep warranties, user manuals, and receipts related to household appliances and equipment, in a box.

### Shred:

Credit card offers and other solicitations with your name preprinted on them;

Canceled checks related to non-tax-deductible items;



Deposit slips that accompany your bank and investment statements;

Credit card receipts;

Paid utility bills and paid credit card bills, if unrelated to the current tax year

How to Recycle Shredded Paper - earth911.com

### Recycle:

Marketing materials that accompany your bank and investment statements;

Prospectuses and annual and semiannual reports related to your investments;

Warranties and manuals for items that you no longer own.

<http://www.paperrecycles.org>

This chart tells how long to keep what. Indicate the dates right on the file folder. <http://www.cleanmama.net/wp-content/uploads/2013/08/How-Long-Should-I-Keep-It-For-Clean-Mama.png>

### Mail:

If you can't sort it daily, prioritize it daily. Pull bills. Stack them in due date order.

Everything else can wait for Sunday, when you know you'll take the time to sort.

Stop junk mail with [catalogchoice.org](http://catalogchoice.org)

### Kitchen counter

Do you have a pile with school announcements for the kids, to-do lists, coupons, receipts, post it reminders. Set up a small attractive file that is specific to the needs of your family's daily life.

Don't forget a calendar, and keep pens and a recycling bin handy. This is completely separate from other files. Taking the time to do this one thing can exponentially improve your life. ■

Cheryl Adelman, owner of Organize In A Day™, loves to help organize homes, write about it, and gives entertaining talks about it. See her at Boca Library April 22, 1:30, at the 6th annual "Save Money" conference. [organizeinaday@gmail.com](mailto:organizeinaday@gmail.com) [organizeinaday.com](http://organizeinaday.com), 609-287-3119



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## iPic to hire locals in exchange for parking reimbursement

### Staff report

In exchange for financial help to maintain some public parking spaces in the iPic parking garage, the luxury movie theater must hire a percentage of locals to fill jobs.

Delray Beach Holdings LLC will receive \$75,000 annually from the Community Redevelopment Agency to help pay for the maintenance of the public parking spots.

The project will bring a luxury movie theatre, 43,000-square-foot of Class A office space, including iPic's headquarters, 7,500-square feet of retail space and a 326 space parking garage. Part of the project included providing 90 parking spaces dedicated to the public to use. iPic will not receive the revenue from the parking meters on those spaces, the city will.

Agency executive director Jeff Costello said since the project reserves the spaces for public use, it was always contemplated that the agency would help pay for the maintenance of those spaces.

The city commission approved a parking agreement with the developers in Nov. 1, which states that the "Developer is required to pay the total cost of garage maintenance, but it is not prohibited from seeking reimbursement from the CRA for the cost of maintenance of the public spaces through a separate reimbursement agreement."

The agency board agreed before approving the contract.

"We are being asked, as was contemplated, to fund what are public parking spaces," said board member Paul Zacks. "They are going to be metered and the revenue is going to the city. It is equitable that we should maintain it. This property is going to generate \$400,000 annually in additional tax dollars. That doesn't include the jobs, the foot traffic downtown that will help the restaurants and merchants."

iPic representatives said they are waiting on a permit before they can begin to break ground on the project that was selected to come to Delray in 2013. ■

## Boca Park Partners Residential acquires two properties in Gainesville

### Staff report

Park Partners Residential has acquired Campus Club and Gateway at Glades, a 1,356-bed student housing portfolio serving students in Gainesville. The joint venture partnership of Giles Capital Group and Rosemurgy Properties recently closed on the portfolio and have begun multi-million dollar renovations to reposition the two assets in Gainesville's competitive student housing market.

"We are excited to be entering the Gainesville market with the acquisition of Campus Club and Gateway at Glades," said Rick Giles, Managing Partner, Park Partners Residential and CEO, Giles Capital Group. "These properties are the source of many great memories for thousands of former area students, and we look forward to bringing them back into prominence."

Campus Club, 4000 SW 37th Blvd., has 252 fully-furnished, 3 bed/2 bath and

4 bed/3 bath units with a total of 924 beds. Community amenities include resort-style swimming pool with pool deck, 24-hour fitness center, computer lab, four study rooms, two sand volleyball courts, outdoor basketball court and dog park. The property also includes available covered parking, is located on the campus shuttle bus route, and has pedestrian access to Butler Plaza.



Gateway at Glades, 3415 SW 39th Blvd., has 120 fully-furnished, 3 bed/3 bath and 4 bed/2 bath units with a total of 432 beds. Community amenities include resort-style pool and spa, fitness center, sand volleyball court, two outdoor basketball half-courts, computer lab, TV lounge and game room, and located on campus shuttle bus route.



Major renovations to the two properties have commenced and will include unit interior upgrades, clubhouse, pool area and fitness center renovations, exterior painting and landscaping. ■



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# Eroding shorelines not a problem just on beaches; Beware of dangers inland as rainy season approaches

By: **Stuart Fischer & Brian Fischer, Presidents of Lake and Wetland Management** Special to the Boca and Delray newspapers

As the hurricane and rainy seasons approach, most condominium and homeowners associations are beginning preparations by making sure shutters are in working order, insurance policies are in place, and evacuation plans are distributed to residents.

And while we hope for a quiet “season,” there is one more issue that these residents should be aware of, that of eroding inland shorelines along lakes and golf courses. We continually hear about our eroding beaches, but rarely is there mention of similar dynamics affecting waterways miles from the ocean. Without proper maintenance, erosion can result in dangerous conditions for residents and golfers, ruin views, and cause legal problems for associations charged with overseeing these waterways.

While lakes in most Florida communities are beautiful, they were initially created as “retention” ponds, to control flooding during rainy season. Simply stated, when the rains come – and they will – the water flows into these lakes rather than building up and flooding homes and roads. This strategy has been extremely successful, but as water flows in and out of these lakes the shorelines fluctuate, causing significant erosion. You can notice this fluctuation during times of drought, when water levels are low, and then after a heavy rainfall. Without continual care, these enjoyable bodies of water can fall into disrepair, resulting in unsightly and potentially dangerous conditions.

What are some of the problems and dangers associated with eroding shorelines?

- Erosion and fluctuating water levels de-stabilize the land. Unstable land can be hazardous – golfers walking along

the shore could fall causing injury. Golf cart accidents are typical. In addition, these conditions are hazardous for landscapers and lake management firms since heavy equipment frequently roll over. Deaths and injuries have occurred.

- Those living on lakefront properties frequently avoid taking advantage of their backyard amenity due to dangerous conditions.
- Fluctuating water levels become a haven for burrowing animals (otters, fish, iguanas) which also create these unstable shorelines.
- Eroding shorelines leave drainage pipes, sprinkler systems, and electrical, cable and Internet lines exposed and subject to erosion and costly repairs.
- It’s not unusual to see water actually encroaching on homes, threatening flooding.

Erosion is inevitable despite the best efforts of associations, municipalities, and golf course superintendents.

Fortunately, there are several strategies to control shoreline erosion. Some include installing sandbags, rocks, and trees. For the most part, these are band aids. One permanent and eco-friendly erosion-control technology is Shoresox and Dredgesox™. It is an effective way to remove sediment from waterways and reclaim shorelines. The key advantage is that this innovative product allows us to use nature’s natural ability to stabilize the shoreline by planting and/or sodding directly through mesh armoring, establishing newly rooted vegetation. It is the most effective way to permanently halt erosion as well as following Best Man-



agement Practices. In layman’s terms, we are filling a huge sock with rich organic sediment and lining the shoreline with it. Once it is sodded and fully rooted, it becomes a permanent part of the shoreline and not susceptible to further erosion. This sod also provides a filtration system, preventing fertilizers from polluting the lakes. Many municipalities and states are turning to these “living shorelines” as opposed to building cement walls.

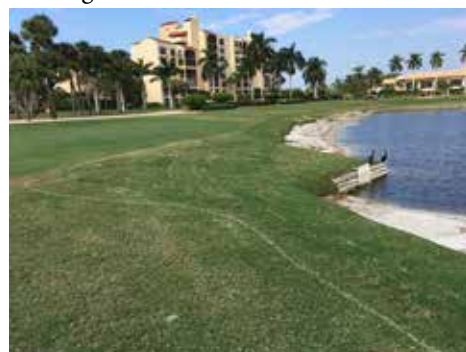
Once the shorelines are stabilized, associations should consider a variety of other initiatives that reflect a commitment to the environment that beautify properties. Some include:

- Fountains and Aerators Aren’t Just For Looks: They are much more than ornamental features. They are an important part of creating a sound, healthy environment for fish since they aerate lakes, creating a healthy place for fish to multiply and thrive. In addition, fish are important as they can eliminate and control midge and mosquito population. Part of maintaining a lake is stocking it with these types of fish. No different than placing a snail in a fish tank to clean surfaces. These efforts maintain a healthy ecological balance, resulting in healthy water, safe environment for wildlife, appropriate vegetation, and elimination of damaging algae.

- Plantings For Aesthetics, Nutrient-controls, Wildlife, Shoreline Preservation: It’s important to know that while some aquatic plants are beautiful, they may be harming the environment, and damaging the habitat for birds, fish, and other wildlife. It’s important to identify and remove these non-native exotic, invasive plants and replace them with Florida native aquatic plants that actually improve the environment and water quality. For example, appropriate plantings must provide nutrients for the water, thereby providing a healthy place for fish. They should attract wildlife seeking places for nesting and multiplying. And these plants must also offer a food source. Plantings are also important in preventing erosion along the shorelines.

Shoreline erosion is inevitable, given the violent nature of our rainy season. But with proper maintenance the dangers can be minimized and eliminated, allowing the lakes and canals to do their jobs as retention ponds and to provide scenic views and safe places for recreation. ■

*Stuart Fischer and Brian Fischer are Presidents of Lake and Wetland Management, Inc. ([www.lakeandwetland.com](http://www.lakeandwetland.com)) Founded in 1992, Lake and Wetland Management is a full service environmental resource management company. Its State-certified, trained biologists have been providing environmental services for waterways, wetland management, lake management and natural areas throughout Florida, leading the industry of environmental services. The firm works closely with many government agencies, builders, developers, property managers and homeowner’s associations. Based in Delray Beach, Florida, Lake and Wetland Management has 14 offices throughout the state.*



*This Boca Raton golf course underwent significant shoreline restoration. These pictures show before work began, the installation of the Shoresox product, and the finished work. Many feet of shoreline were reclaimed, resulting in a safer course and scenic views*



**Hillside Estate** *Manalapan*

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# Ditmas offers twist on traditional Kosher dining

By: **Shaina Wizov** Contributing Writer

Shellfish, pork and dairy — three things you will not find within the walls of Ditmas, a new venture from Top Chef alum and restaurateur Alex Reznik, whose original location of the restaurant is in L.A. Reznik has opened up his Kosher, chophouse concept in West Boca, appropriately so, since this is a very heavily Jewish area with a lot of Kosher law-abiding residents. You will find an entire section devoted to steak and plenty of meat-heavy dishes, but those who keep Kosher can rest easy, as the beef used is of course, only cut from the front of the animal.

The restaurant is named for Ditmas Avenue, where chef/owner Reznik grew up in Brooklyn, New York. It's only fitting for a restaurant named after a New York City street to open up in Boca Raton, a city that's often referred to as another borough of NYC. The restaurant opened in December 2016 just in time to welcome in the new year with a bang — and hopes of impressing guests with their modern take on Kosher cooking.

You might be skeptical of dining without the promise of cheese or bacon (gasp!), but after a night at Ditmas, you'll have successfully done so, and still be satisfied. Executive Chef Aaron Goldberg takes the reigns in the kitchen and has a dedicated team behind him to help along the way.



Short rib with butternut squash polenta, pickled Fresno chilis, crispy leeks and shaved horseradish, or the pan-roasted salmon with forbidden black rice and pear slaw. Photo by Shaina Wizov.

Though some ingredients on the menu may change daily based on what is available, here is an idea of what you can expect.

The menu is quirky and non-traditional with things like “Dirty Pico Tacos,” “Mystery Meat Flatbread” and the “Obligatory Caesar” — which is anything but. Instead of romaine hearts and anchovies, you'll find hearty kale and lemon confit, diced apples, horseradish “snow,” and garlic croutons.

French fry lovers will go crazy over the Tony Fries, a crazy concoction of flavors that will at first confuse you, but keep you going back for fry after fry, until you realize you've devoured the entire thing and thoroughly enjoyed every bite. The flavors are Asian meets Mexico, with pico and guacamole, Sriracha and togarashi, and a citrus aioli to add a pop. All of that is piled on to perfectly crispy French fries that have also been topped with shredded

macacha chicken (dried meat that has been rehydrated). It's a sight to be seen — and a dish to be eaten.

The Big Hawaiian Poke is another interesting thing you'll find at Ditmas. Have you ever had *smoked* tuna? At Ditmas, you will. The poke is presented in a mason jar, allowing the smoke to completely infuse the tuna with its intense flavor and aroma. The best part is the crispy puffed black rice, which gives the dish a really cool textural element. The smokiness is met with even more big, bold flavor: sweet soy, avocado and orange segments.

There is a lot to choose from when it comes to entrees. Expect Chef Aaron's out-of-the-box creations like short rib with butternut squash polenta, pickled Fresno chilis, crispy leeks and shaved horseradish, or the pan-roasted salmon with forbidden black rice and pear slaw.

Dairy-free sweets are becoming very mainstream as more and more people

adopt vegan diets, but at Ditmas, dessert is taken to a whole new level. You'd *never* know there was no butter or milk in the insanely moist olive oil carrot cake. The crumb was so tender, the flavor so pronounced, and the citrus whipped cream is good enough to eat by the spoonful. Moving along, chocoholics will have no problem satisfying their sweet tooth with the chocolate chip brownie loaded with caramel sauce and marshmallow. There is no turning back once you've dug your fork into this thick brownie. The inside is rich and dense, lined with perfectly crisp edges. And if you thought your chocolate-loving heart had enough, you're wrong. The chocolate-avocado mousse with salted caramel custard, toasted marshmallow fluff and graham cracker crumble will give you goosebumps. ■

*Ditmas is located at 21077 Powerline Road in Boca Raton. For more information about the restaurant, visit [ditmasbo-ca.com](http://ditmasbo-ca.com).*



Obligated Caesar with hearty kale and lemon confit, diced apples, horseradish “snow,” and garlic croutons. Photo by Shaina Wizov.



Tony Fries have pico and guacamole, Sriracha and togarashi, and a citrus aioli topped with shredded macacha chicken on fries. Photo by Shaina Wizov.



Pan-roasted salmon with forbidden black rice and pear slaw. Photo by Shaina Wizov.



The Big Hawaiian Poke is presented in a mason jar and has smoked tuna with black rice, sweet soy, avocado and orange segments. Photo by Shaina Wizov.

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# Here's to a stress-free, enriching summer for kids, parents

By Ali Kaufman, founder & schoolhouse director, Space of Mind Special to the Boca and Delray newspapers

It's time to think about summer plans! In just a couple of months, school's out and parents will have a lot of time to fill for their children. That's almost three months that will quickly fly by - unless, of course, your kids are bored. In that case, be ready for those storied summertime blues. There are a few key objectives that you should be sure to address sooner, rather than later, in order to have a stress-free summer.

First, have a plan. You won't get far winging it with your kids when all of the other kids' parents have plans. There are a few great options to begin with, and you can select one or more options to build upon: Sleepaway Camp, Day Camp, Summer School or Parent Camp? Each is a structured option that is designed for learning and goal achievement and a maximum fun factor. Note: doing nothing is not an option.

Summer is the time when kids' minds are clear. There's no school stress, and learning is purely for the love of it. If parents play their cards right, it's a perfect opportunity for enrichment activities; a chance to actually make your kids smarter.

Of course, enriching your kids over the summer isn't just a call for summer school. However, if academics need to be the focus, be careful about trying an online option. The lack of structure, personalization and accountability will make overseeing your child's progress a true summer bummer for you - and your child. Instead, look for a summer school option that provides a calm, creative and chill atmosphere, so summer school doesn't feel a whole lot like school. More will get accomplished - and with a whole lot less yelling.

I was 6 years old when my parents first sent me to sleepaway camp. It kicked off a 12-summer tradition, where I made life-long friends, learned the life skills I use today as a professional adult, figured out how to maneuver tricky social situations that would arise with bunkmates, and learned how to step out of my box to discover my own personality and possibilities. Sure, not every 6 year old is ready for sleep-away camp. Moreover, not every family can afford it. Of course, if you can swing it, sleep-away camp is life changing and full of valuable life lessons.

Staying local and attending Day Camp is

cool, too. There are so many options with opportunities to keep each week fresh and fun to combat those summertime blues. Day camps still offer camp spirit, which, if you were a camper who grew up on this elixir, you know - it never dies. Moreover, with plenty of week-long specialty camps, a child can be a camp-hopper and experience creativity and enrichment through exciting learning activities that stoke life's passion.

If you'd rather steer the ship as parent and program director, consider structuring your own Parent Camp. Basically, you provide the camp - spirit and all. Some planning is in order, and it's by far the hardest route, as you'll need to fill the days and weeks with actual activities, not just errands the kids are dragged on. Think about what you would like to see your kids achieve this summer, and plan to meet those goals. Bravery? Time Management Skills? More friendships? Athletic Skills? Imaginative Skills? What adventures (local or not) can you dream up to make their learning fun? Then structure the days so everyone has a routine and knows where to be and when. You may choose to lead these activities your-



self or engage others to facilitate, and you may supplement Parent Camp in between the Sleep-away Camp, Day Camp and Summer School. For any length of time, Parent Camp is all about creating a fun, fulfilling summer experience for your kids that will keep their brains busy, their hearts open and their learning potential on.

Or, you can wing it. It'll be a long hot summer.

For more information, visit [www.find-spaceofmind.com/summer-programs](http://www.find-spaceofmind.com/summer-programs) ■

## Experience Camps sends kids who lost family member to free week-long summer camp

### Staff report

Experience Camps is expanding to serve kids in South Florida. The nonprofit provides a week long overnight camp for boys and girls who have lost a parent, sibling or loved one for free.

Thanks to a new partnership with Blue Ridge Camp in Georgia, the nonprofit is able to serve kids in the Southeast region. Since 2009, the nonprofit has partnered with camps in Maine, New York and California.

Experience Camps started with 27 campers. Now, they anticipate welcoming in between 400 and 500 campers

entering fourth grade through seventh grade at four locations.

"A lot of our campers come to camp feeling alone and isolated," said Delray resident Aron Weingard, who is a volunteer counselor and board member of Experience Camps. "They come to camp and make really good friends and gain a lot of confidence."

This year, the dates are Aug. 1-6. During the week, Weingard said it is 90 percent fun with water skiing, games and sports. The other 10 percent is reserved for bereavement.

"The experience at camp gives kids the understanding

that they aren't alone," he said. "It gives them the comfort to open up, sometimes for the first time ever."

Weingard said the best week of his year is when he goes to camp to volunteer as a counselor. He attended Camp Manitou in Maine, which launched Experience Camps, so it is a chance for him to return to a place that was a part of his childhood.

The group has an 80 percent retention rate, he said. Campers are eligible to return to the camp year after year. He said many campers become counselors when they are too old to return as campers.

He is helping lead the expansion into the Southeast region. The camp is looking for 30 to 40 boys and girls. Families can visit <http://www.experience.camp> to apply. The application process is free.

"What this camp does for these kids is it really changes their lives," he said. "The kids can just be kids. It's a week they will never forget and it helps them begin the process of healing."

Experience Camps is holding a fundraiser on May 6. It costs \$1,000 to send one camper to camp. If you are interested in donating, you can do so on their website. ■



# Boca Pointe has clowns on call

By: Marisa Gottesman Associate Editor

Harriet Rubin takes clowning around, seriously.

When she is in costume she is Florabelle and she is founder of Clowns on Call, a clown group, which is formally called alley, out of Boca Pointe.

"I have always been a volunteer clown" Rubin said.

It all started in 1993 when she was living in New Jersey. The speech language pathologist went to a clown group that would bring in a professional clown and teach people how to become a clown.

"I was hooked immediately," she said. "I became very active in starting a clown

group."

She said she attended conferences to get more training. She picked her clowning name because she said she is very feminine and likes to wear flowers.

"I don't juggle," she said. "I am not a great face painter. I am not a great balloonist, but I am a great clown."

She moved to Boca Pointe full time in 2008. She joined an alley in Delray, but said it wasn't very active.

"I was going solo to events and walks," she said. "I was getting lonely."

So, she got permission from Boca Pointe

to use a meeting room to hold clown classes. She said she identified a group of people she thought would make good clowns. The group has 11 clowns. She said it is the only alley she knows of in South Florida.

"Very few people come and say 'I want to be a clown,'" she said. "I had to hand pick the people. They have taken to it fantastically. They are great at performing. They are good at facepainting and balloons. I even have a juggler."

She said the biggest misnomer about becoming a clown is that you have to be funny.

"You don't have to be an outgoing, funny person to be a good clown," she said. "Most of the world famous clowns are not funny. They don't get up in a comedy club and perform. I am not funny. I am perfectly straight, yet I can be as silly as anybody when I am Florabelle."

She said she puts on the make-up, clothes and shoes and her clown character comes out.

"It helps a lot of people who are not outgoing because it teaches them how to



project their voices and how to use their voices and how to act," she said. "To see people evolve into a clown persona, it's really gratifying. We laugh at each other all the time."

The alley can be found performing at nursing homes, children's events and nonprofit fundraisers. They are on call for all events for free.

"There are tons of organizations we can contribute to," she said. "We don't charge. We are not scary clowns. We are happy, cute, friendly clowns. We interact. We are very visible."

If you are interested in having Clowns on Call visit your event, email Harriet Rubin at [florabelle10@aol.com](mailto:florabelle10@aol.com) ■



## Help a student

We received a letter from Sarah Oliva, a student attending Queen of Peace School in Mishawaka, Ind., asking for help with a school project.

Her class is reading the novel "The Watsons go to Birmingham" and for a project students are reaching out to newspapers across the country to learn more about the places they are located in.

She chose to learn about Florida because she has family who lives here and wants to learn about the tourist destinations like Universal Studios.

She is asking for our readers to write her about why you want to live in Florida, interesting facts about the state and what people visiting the state can do on their stay.

Any letters can be sent to the school: Queen of Peace School, 4805 Vista Road Mishawaka, Indiana 46544. Along with the letter, she requests you send a cut out of this article. ■

## Impact 100 Palm Beach County to award grants

### Staff report

Find out what local nonprofits will receive \$100,000 on April 6.

About 500 Impact 100 Palm Beach County members and guests will head to Lynn University's Wold Performing Arts Center for the sixth annual Impact 100 Palm Beach County Grand Awards Ceremony.

Helen Ballerano and Karen Sweetapple, co-presidents of Impact 100 Palm Beach County, will present \$100,000 grants to several nonprofit groups serving southern Palm Beach County.

Each year the group pools members' gifts of \$1,000 each in order to make \$100,000 grants to deserving charities in the categories of education, environment, arts and culture, family and health and wellness.

During the Grand Awards Ceremony, 10 nonprofits finalists will have the opportunity to describe their project, their vision and what the high-impact grant would mean for their organization and the community. After the presentations, Impact 100 members will vote and the grants are awarded.

This year, the organization hopes to reach at least 500 members so that a \$100,000



Co-Founders of Impact 100 Palm Beach County Cindy Krebsbach, Tandy Robinson and Lisa Mulhall. Submitted photo.

grant can be awarded in each of the five focus areas. The remaining finalists are to be awarded any additional funds.

"We are committed to strengthening our community through the collective resources of our members," said Sweetapple. "We are aiming to reach our target of 500 members again this year, allowing us to give away five \$100,000 grants. As our membership expands, so does our impact of helping more in our community by awarding more of these transformational grants."

Impact 100 Palm Beach County is a charitable women's organization celebrating "The Power of Women Giving as One." Its

goal is to make it possible for a visionary idea to become a reality in a way that impacts the local community. Since the first Grand Awards Ceremony in 2012, Impact 100 Palm Beach County members have donated \$1,656,000 to make positive changes in Southern Palm Beach County.

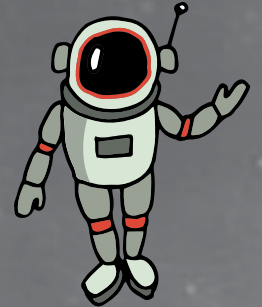
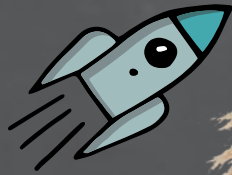
Impact 100 is operated as a charitable fund at the Community Foundation for Palm Beach and Martin Counties. The Foundation also helps with the annual grant-making process.

To join, or to learn more about Impact 100 Palm Beach County visit <http://www.impact100pbc.com/> or call 561-336-4623. ■



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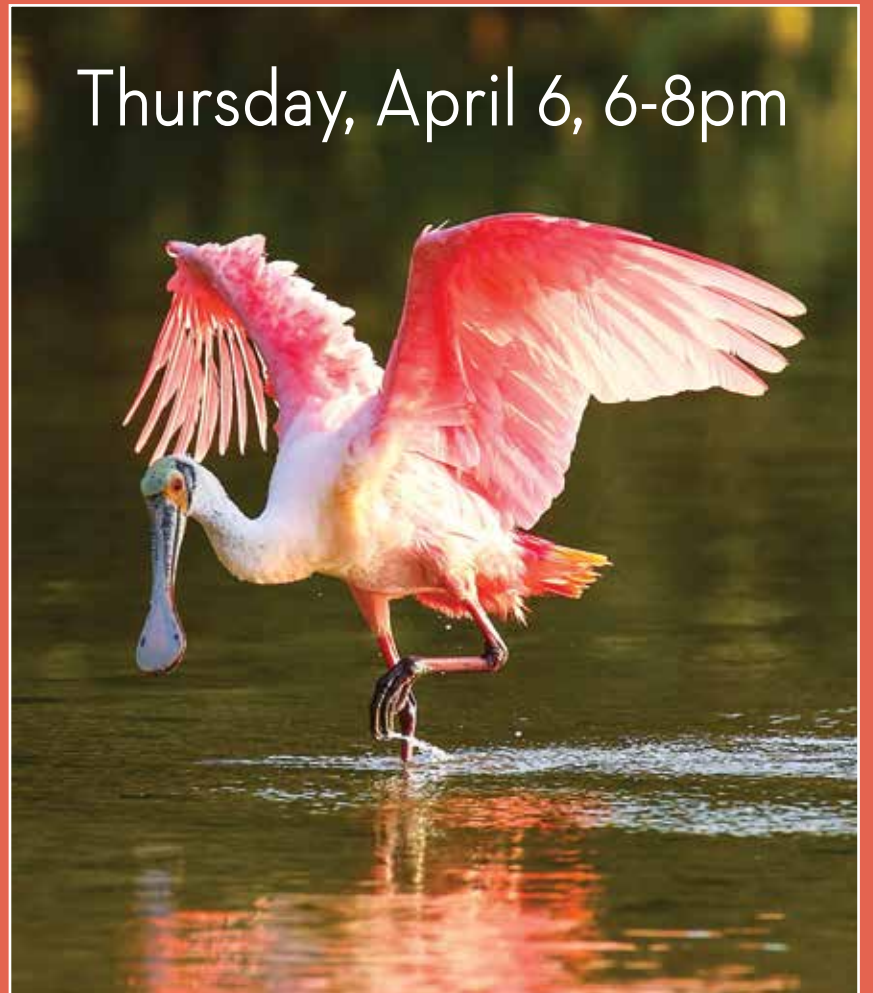
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Thursday, April 6, 6-8pm



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April 22

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Plastic Grocery Bag Recycling Project,  
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## Ticket2Events talks spring party trends



We reached out to Delray luxury event planners Sean Koski and Brian Kelly to dish on spring party trends:



**Q. What are your favorite spring trends this year?**

A. We can't get enough of the watercolor trend! Spring is always filled with pastel colors, so the watercolor trend for us is serving as a great modern twist on the tradition. We love this trend because it reminds us of what home-dyed Easter Eggs. The easy to recreate trend is great too if you're not interested in purchasing new decorations. If you're up for some DIY fun, we suggest adding a few drops of your favorite water based color dyes into water and spraying or brush painting on to white/lightly colored décor items! You'll be amazed at how the results are almost like store bought. If you're hesitant of the DIY track, head over to your local craft store like Michaels and you'll be certain to find some décor to purchase for your next Spring event.

**Q. What tips do you have for upcoming spring events like Easter or Passover?**

A. Easter, Passover or any holiday event can be extremely stressful. Our first tip is to seek guidance from event planners. Consultations are generally inexpensive and can lead to insight you may have overlooked. If you're unable to consult with an event planner, we suggest tackling one task at a time to avoid unnecessary stress triggers. For instance, after executing your invitation, which can be a simple text or paperless post sent via e-mail, we recommend

deciding on a budget and sticking to it. When creating your budget, we recommend adding items to your list in the order you'd like your guests to experience them. Start by asking yourself questions like: "Do I want event decorations to start at the entrance of my home/venue or extend only as far as the room where we'll be dining?" "Will my guests be drinking alcoholic or non-alcoholic drinks?" "Am I expected to prepare all of the food or will family/friends be bringing something to accompany my creations?" After you've really decided how large and in charge you'll be at your holiday event based on questions like these, we believe you'll be able to stick to your budget as you tackle one task at a time! Hopefully you'll also be able to do this stress free.



**Q. Are there any upcoming events that we should know about?**

A. YES! Ticket2Events again, is providing the overall event planning for Jill Zarin's 5th Annual Luxury Luncheon. Being locals ourselves, we want to extend the opportunity and involve brands from Delray Beach plus surrounding areas! We want local brands and boutiques to know that we're interested in adding them to our event this year in The Hamptons!! Who wouldn't want to showcase their brand amongst celebrities and other influencers?? Anyone that wants more information about joining us this summer can email: Events@Ticket2Events.com ■

For more information about Ticket2Events or for assistance with your next event visit [www.Ticket2Events.com](http://www.Ticket2Events.com)

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## CONGRATULATIONS TO OUR NEW CITY COMMISSIONERS

Better Delray is a voice for sustainable development, economic development, community building and forward thinking policies and ideas.

Fueled by ideas and contributions from the community, Better Delray is committed to implementing a vision for how our community can grow in a livable, vibrant and connected way.

**GET INVOLVED AT [BETTERDELRAY.ORG](http://BETTERDELRAY.ORG)**



# Cleveland abductee recalls captivity: 'He tied me up like a fish'

## *Lily Rose Lee shares experience with Boca audience*

By: Dale King Contributing Writer

Michelle Knight was just 21 years old when her life took a horrific turn. On Aug. 23, 2002, she was walking along a street in Cleveland when a school bus driver named Ariel Castro, whose daughter she knew, offered her a ride, telling Michelle he'd give her a puppy for her young son. Once inside the car, Knight was abducted and then imprisoned in Castro's home for the next 11 years, "tied up like a fish."

Miraculously, she and two other women kidnapped later and held until May 6, 2013, enduring sexual abuse, starvation, beatings and miscarriages, escaped from the prison/house at 2207 Seymour Ave. Castro, arrested and charged with multiple crimes, took his own life in prison.

Knight, who has changed her name to Lily Rose Lee, told her story to a Channel 12 news anchor and hundreds of people at the Boca Raton Resort & Club Feb. 21, during the 10<sup>th</sup> annual Heart of a Woman luncheon to benefit Aid to Victims of Domestic Abuse (AVDA).

Founded in 1985, AVDA operates a 24-hour crisis hotline, emergency shelters for women and children, transitional housing and outreach, educational and prevention programs through Palm Beach County schools. Jeannette DeOrchis, Rosemary Krieger, Anne Vegso and Gail Veros were event co-chairs.

Before Lily Rose spoke, AVDA honored Mary Wong as the Heart of a Woman individual honoree; Soroptimist as community organization honoree and Mar-



From left, Pamela O'Brien, president and CEO of AVDA; Mary Wong, individual honoree at the group's 10th annual Heart of a Woman luncheon and Carolyn Kelly, wife of Florida Atlantic University President Dr. John Kelly. (Photo by Dale King)

shalls as community business honoree.

Seated in an armchair on the stage, Lily Rose spoke to Liz Quirantes, CBS 12 News anchor, but all in the audience could hear. They applauded, wept or cheered for the woman who had endured incredible abuse during her captivity.

Knight suffered such sexual abuse while tied up and chained as a prisoner, she reportedly became pregnant five times, but miscarried each time after being starved and beaten by Castro who later abducted two other women, Amanda Berry and Gina DeJesus.

Lily Rose told the AVDA crowd she referred to Castro as "Dude," explaining: "I believe someone who's a monster deserves a name." As soon as she entered Castro's house, "I had an eerie feeling in my stomach, but it was too late." The cap-

tor put a dirty sock in her mouth and tied an extension cord around her head.

Knight was forced to deliver Berry's child, fathered by Castro during her captivity. Their abductor also taunted Knight because DeJesus and Berry had family members desperate to find them, while it appeared no one was searching for Knight.

"I was in a dark place with chains around my neck and chest. I tried to escape, but I couldn't get the chains off. I tried to kill myself. I was in a dark place, the basement."

To help her deal with her torment, she turned to God. "I knew for a fact there was a reason God put me here. I had to learn to survive. I was very angry, very frustrated." She spent time writing and doing artwork – when Castro allowed

his abductees to have paper. "If I didn't do these things, I probably wouldn't be here."

Lee had been a victim of abuse before she met Castro. Because she was only 4-foot-7 inches tall, she earned the nickname, "Shorty," and was bullied in high school. She dropped out after becoming pregnant.

The teen gave birth to a son, Joey, who was apparently abused by her boyfriend. After the child was injured, he was taken from the home and placed in foster care.

Lily Rose said she wished she could have found a place like AVDA to get help. "People like ADVA understand domestic violence which is growing every day."

Looking to the future, she said she hopes to marry and have children. She feels that despite her troubled life, "I still have a kind heart. My voice is very powerful. If by speaking here today, I can help one person, it's worth it."

"If you are an abuse victim, don't wait until it is too late," she warned. "I had people in my wife who waited too long and ended up killing themselves."

At Castro's sentencing in August 2013, Lily Rose told her captor: "I've got my life back. I spent 11 years in hell. Now, your hell is just beginning." Castro hanged himself in prison on Sept. 3, 2013.

In May 2014, Lily Rose wrote *Finding Me: A Decade of Darkness, a Life Reclaimed: A Memoir of the Cleveland Kidnappings*, recalling her experiences. ■



Lily Rose Lee (formerly Michelle Knight) reads a poem from her cell phone during her appearance at AVDA's 10th annual Heart of a Woman luncheon. (Photo by Dale King)



Lily Rose Lee (formerly Michelle Knight) answers questions from Liz Quirantes of Channel 12 news during her appearance at AVDA's 10th annual Heart of a Woman luncheon. (Photo by Dale King)



From left, Pamela O'Brien, president and CEO of AVDA; Lily Rose Lee (formerly Michelle Knight), who was held captive and abused for 11 years in a Cleveland home, and Liz Quirantes of Channel 12 News. (Photo by Dale King)



# Boca veteran leads Delray St. Patrick's Day Parade

## Staff report

Boca Raton World War II veteran Verne Kelley led the annual St. Patrick's Day Parade in Delray Beach last month, which honors veterans and first responders.

The parade was the 49th annual event and Kelley said the parade organizer John Fischer asked him to serve as Grand Marshall. He said his daughter told Fischer that he was a veteran and enjoys the parade every year.

This was his first time participating in the parade, but



From left to right: Elizabeth Kelley Grace, Catherine Kelley Grace, Knox Nort, Verne Kelley, Elizabeth North and Patricia Kelley. Submitted photo.

said he attends every year with his family.

"I was so proud to share this day with my wife, two of my daughters, my son in law and my grandchildren," he said. "I really enjoyed meeting the other World War II Veterans. I was overwhelmed to see the crowds of people cheering us on. I was so proud to share in an experience that benefits such a good cause: First responders."

Kelley grew up in Wichita, Kansas and was drafted into World War II right out of high school. He served in the Army Air Corp from 1943 until the end of the war in 1945, when he was discharged at the rank of Corporal.

He was sent to the Aleutian Islands in Alaska where his best assignment was air and sea rescue. He was a bystander to a spectacular event, viewing from the air the vast North Pacific fleet sailing toward Japan to accept their surrender. Another time, he saw President Roosevelt when he was returning from a meeting with Churchill and other Allied leaders. He gave Roosevelt his best salute and the President saluted back.

He went to college on the GI Bill and earned a B.A. degree from the University of Colorado and an MSW from the University of Denver. He later earned a PhD from the University of Iowa. He is the father of five and the grandfather of five and he and his wife Patricia Kelley have been married for 56 years. He will turn 94 in May.

He and Patricia reside in Boca Raton. His hobbies of photography and travel have taken him around the world



Verne Kelley waves to the crowd as he leads the St. Patrick's Day Parade. Submitted photo.

twice. He has written three short novels published by Amazon and currently is working on another story.

He loves Delray Beach and he and Patricia serve on the Guild of the Arts Garage and they enjoy dining on the Avenue. ■

# A sit down with Stephen Chrisanthus

By: Stephen Chrisanthus

Special to the Delray Newspaper

Stephen Chrisanthus of the Delray Beach Marketing Cooperative recently interviewed Alex "Chi Chi" Gonzalez, pitcher for the Texas Rangers and Delray Beach native. Here is what Gonzalez had to say about growing up in Delray and his plans to stay in the city:

**Tell us a little about where your baseball career began?**

I was born and raised in Delray Beach. I



grew up playing ball across the railroad tracks in Miller Park. I started playing at the age of 6 with the Delray Rangers, now I play with the Texas Rangers, that was during the Bucky Dent days. I went on to play with the Bandits in Boynton Beach and then made the varsity team at Boca Raton Community High School.

**How often do you get to come back home?**

I get to visit for two months in the off season around Christmas. My parents still live in the same house I grew up in.

**What changes have you seen in Delray over the years?**

People all over know what is going on in town. The city has been promoted well. I see the change, but I love that the "localness" still exists. Everyone seems welcoming on the Ave. Delray Beach has it all. If it wants to be Miami it can be. If it wants to be laid back like Tampa, it can be. It's new and old school.

**What do you like to do in your off time?**

I am a huge fisherman. I love it. On the beach, on the boat, at Lake Ida, I love it

all. I love the GreenMarket and eating at LemonGrass.

**What is your favorite hometown event?**

The Christmas Tree lighting and Santa Claus is my favorite event. I am big into family, I am old school.

**Do you plan on staying in Delray?**

If I can continue to live here, it would be sweet to see the new generation grow through the same teachers who taught me. I am currently in the market for a house. ■



# Then Jack Happened



Dear Jack,

I am throwing a big anniversary party for a close friend. Well, I am mostly throwing a big party. The couple met at the college we all attended and the whole crew has used their big events, a baby shower, a baby, now a ten-year anniversary, as a nice excuse to have a big blow out and reminisce about old times. I am planning this with the wife, and we are looking to get a photographer. Enter my issue. One of our close friends is a photographer that I know has occasional

money problems. I'd like to pay him some money to photograph the party that he'd be attending anyway. It's true, I probably wouldn't spend as much on him than I would another professional, but another professional won't be drinking rum and coke and eating dinner. I asked him and he said that he would pass. I was kind of put off by this and pressed him and he acted a bit offended and we left it in a huff. Honestly I'm a little offended! We are close, and this would be super helpful and I like his pictures. Am I wrong to be offended? Is he?

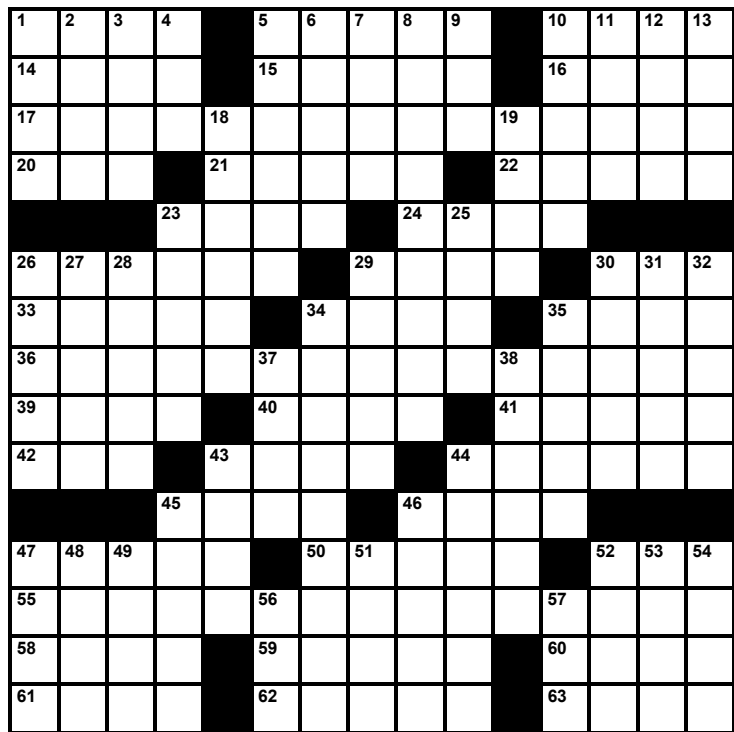
The interesting thing about taking offense is that it's completely personal to the offended party. Are you wrong to be offended? Is he? That's up to you and him individually. People can be offended for completely unreasonable reasons but the unreasonableness does not change the fact that they are offended nor can you expect someone to be offended for something that society at-large deems offensive if it really doesn't move their meter.

Now after that bit of human discussion I will say this: you are wrong and he is right. You asked a friend to perform a paid service that he refused and that's where the discussion should have ended. If he wanted the job he would have said yes. It wasn't until you pressed him that he became offended, and rightfully so. First, it seems you low-balled him. The discount request sounds professionally insulting and off-putting. Your request wasn't as magnanimous as you believe despite your impressions of his supposed money problems. Second, you are asking a friend to work during what is supposed to be a pleasant social event. So what if he gets to eat and drink? A professional would pay attention to his work and if he didn't I can only imagine the hullabaloo when he handed you some drunken pictures. Your request changed a friend's status from

happy guest—smiling and catching up on old sock-hops and naughty drive-in movies—to a bargain employee. I might be overstating this, but it's a logical viewpoint and probably not too far from the truth.

On to your offense. You need to learn to take 'no' for an answer. People get rejected all the time. If your first response is, "How dare he?" you are missing the difference between 'asking' and 'demanding.' That being said, I don't think it was wrong for you to ask him to photograph the event. Your response is the issue. You seem to put a lot of work into organizing these events and I hope that your friends, including our photographer chum, appreciate your efforts. You requesting, and in some cases expecting, some assistance makes a lot of sense. Refusals to pitch in for large communal parties can in some cases be rude. But I think this request is unique because you asked a friend to perform his professional job at an event where he is a guest and he was within his rights to refuse. You should nicely apologize before you lose not only a photographer but also a friend. ■

*South Florida, I remember the sock-hop, you asked me to set up the 'Free Advice' booth, now it's time to pay me back with questions at [thenjackhappened@gmail.com](mailto:thenjackhappened@gmail.com)*



- Across**
- 1. Certain sandwich
  - 5. Broodish
  - 10. Sky box?
  - 14. Celestial
  - 15. City in Rio de Janeiro
  - 16. It gets pumped
  - 17. Classic film
  - 20. Lt.'s inferior, in the Navy
  - 21. Carry away, in a way
  - 22. Floppies, e.g.
  - 23. Ticket info, maybe
  - 24. Floor items
  - 26. Stephen King title

- 29. Threat word
- 30. Drink from a dish
- 33. Group of eight
- 34. Horned mammal
- 35. Old Italian bread
- 36. Classic film
- 39. Bolted
- 40. Lions' prey (pl.)
- 41. Great success
- 42. Load from a lode
- 43. Arctic sight
- 44. Underline
- 45. "Go ahead!"
- 46. Swaddle

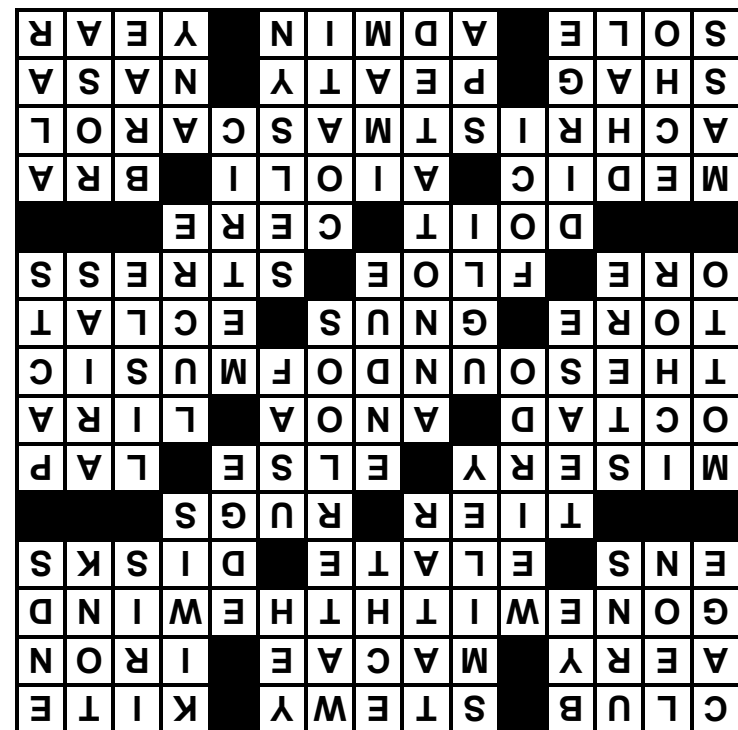
## Your monthly crossword

- Across**
- 47. "M\*A\*S\*H" extra
  - 50. Garlicky mayonnaise
  - 52. Car accessory
  - 55. Classic film
  - 58. Carpet type
  - 59. Moss-like
  - 60. Org. with a mission
  - 61. Seafood selection
  - 62. Executive branch, informally
  - 63. Calendar span

- Down**
- 1. "Lord of War" star
  - 2. Old Spanish kingdom
  - 3. Garden decorations
  - 4. Departure announcement
  - 5. Happy face
  - 6. Turkic language
  - 7. Real
  - 8. Crushing defeats
  - 9. Hong Kong actress, Sally
  - 10. Fuzzy fruits
  - 11. Pupil's place
  - 12. Honky ending
  - 13. Aims
  - 18. Creep
  - 19. Periphery
  - 23. Bait
  - 25. Military acronym
  - 26. "All for one and one for all," e.g.
  - 27. Greek god liquid
  - 28. Cubic measurement
  - 29. Provide, as with a quality

- 30. Fine thread
- 31. Met expectations?
- 32. Agreements
- 34. With footnotes, e.g.
- 35. Ill-gotten gain
- 37. Unappealing fruit?
- 38. Kind of unit
- 43. Central points
- 44. Electrical transformer
- 45. Dreary song
- 46. Omnivorous mammal

- 47. Physics calculation
- 48. Canyon sound
- 49. East Indian lentil sauce
- 51. Mosque prayer leader
- 52. Braveheart hillside
- 53. Civil rights icon, to friends
- 54. Apple spray
- 56. Place for sweaters?
- 57. Unspecified number



# Here's what we think...

We're fans of the author/blogger Seth Godin.

Not only does he write amazing books ("Purple Cow", "Linchpin" etc.) he blogs every single day. And most days, he hits it out of the park. That's just remarkable. Recently, he floored us with his blog entitled "Front Row Culture."

Here it is...

"The group files into the theater, buzzing. People hustle to get to the front row, sitting side by side, no empty seats. The event starts on time, the excitement is palpable.

The other group wanders in. The front row is empty and stays that way. There are two or even three empty seats between each individual. The room is sort of dead.

In both cases, the CEO or the guest speaker is going to address the group for an hour. But the two groups couldn't be more different.

The first organization sees possibility; the second sees risk and threat. The first group is eager to explore a new future; the second group misses the distant past.

The truth is this: it's possible to hire for, train for and lead a front-row organization. And if you merely let entropy take over, you're going to end up with the second, lesser, failing organization instead.

Worth saying this as clearly as possible: The culture, the choice of front row or back row, is a choice. It's the result of investment and effort.

Where would you rather work?"

We read that blog at least five times. And then we thought,

not only is this thinking applicable to businesses but it applies to cities as well.

"Where would you rather work", can easily be replaced with 'where would you rather live'?

For us, the difference between a "Front Row" culture and lethargy is the difference between aspiration and fear.

We're attracted to communities that aspire. We're attracted to cities that have vision. We like places that are willing to experiment and are open to new ideas.

We think the cities that work are those that emphasize outcomes over process. Sure, you need rules, ethics, bidding and procedures but those procedures ought to facilitate outcomes, not hinder progress or change. We can nitpick or we can progress.

It shouldn't take 20 attempts to issue an RFP and it shouldn't take years to approve a project. You ought to be able to get a fence permit fast and you ought to be able to grab an attractive investment and entitle it quickly so you can be ready for the next one.

Front row cultures empower residents, business owners and public servants. Places that aspire enable and encourage people to solve problems and chase dreams.

The focus needs to be on creating opportunities for current and future residents—you always have to be focused on the future.

"What's next?" is always the key question.

Complacency is a killer. Aspiration and possibility

trumps fear and dysfunction and creates quality of life and place.

Last month's election was a contest between fear (Take Back Delray) and aspiration.

Nobody wants "overdevelopment" or to ruin our charm. But the candidates that said they want change, forward thinking, progress and an end to bickering and small thinking won. And they won big—two to one.

That's a mandate for a Better Delray—which is also a return to the way it used to be. The progress that was made did not happen by accident, but rather through visioning, collaboration, guts and hard work.

The election was a mandate for an end to backstabbing, negativity, staff turnover and endless criticism of Delray Beach.

The truth is past leadership—city staff, volunteers, business leaders, commissioners and citizens- built a great little city. But the current commission has dropped the ball.

And the voters said: Enough. Stop it. Don't give back our gains and don't sacrifice our future.

The results ought to be a wake-up call for Commissioners Katz and Petrolia, whose hand-picked candidates were soundly defeated. But it's also a wake-up call for Mayor Glickstein who was sidelined for the campaign because the winning candidates wanted to exhibit independence from what they saw—and the voters did as well—ineffective and divisive leadership. Mayors and commissioners own culture in their town—and the voters of Delray said we can do better.

We congratulate newly elected Commissioners Jim Chard and Shirley Johnson and wish them well as they seek to get Delray back on track. ■

## Flicks and Flak

By: **Fran Marincola** Special to the Delray Newspaper

First let me congratulate the winner in the recent city election. I wish all the candidates the best and sincerely thank them for running....It is a tiring task and "too Damn hard" as Al Pacino says in *Scent of a woman*.

Now onto the flicks.

**Winters Bone:** This was Jennifer Lawrence's first big film. It was a critically acclaimed movie that got an Oscar nomination but generally was not popular. It only grossed \$16 million. The film explores poverty, family and meth labs in the backwoods of Oklahoma. The film producers originally rejected Lawrence because they thought she was *too pretty*. As a teenager she is taking care of her mentally sick mom and two younger siblings. Her dad is out on bail for manufacturing meth, but he cannot be found. The family will lose 100 acres of virgin timber if he doesn't show up for court.

She goes on a hunt to track him down via "family" members that make the

Mafia look tame. She must bring him in or prove him dead. I told you too much already---great movie and ending, it is Laurence's finest film in my opinion.

Second; **Finding Forrester**, starring Sean Connery and Rob Brown is a film loosely based on a recluse author similar to J.D.Salinger, but it is a fictional story.

A 16-year-old Jamal Wallace is portrayed by Rob Brown. On a dare, Jamal goes to Forrester's (Sean Connery) apartment and gets caught. He tells Forrester, without knowing who he is, that he wants to be a writer. Forrester tells him to write a 5,000 word essay on "why Jamal should stay the hell out of his apartment."

Jamal does, leaves it on his doorstep and hence begins the start of an unbelievable, intense, friendship. The story is about integrity and being true to yourself. Not to go too far, but every time I watch it I learn something new about the film. It is family friendly and should be on your must watch list.



Third, but far from last, is "**Eastern Promises**" starring Viggo Mortenson, Naomi Watts, Vincent Cassel, who plays Fredo in *Godfather*, and one of my favorite actors Armin Mueller-Stahl.

It is about a sex trafficking ring in and around London. The ring's leader is Mueller and they are career Russian criminal. Watts plays a nurse and takes a homeless infant home with her from the hospital where the prostitute mom dies. She then knows too much as the baby has DNA that is traceable, which is not good for Watts.

There is a big surprise, I love surprise endings, to the film, but my favorite scene is a naked fight between Viggo and two assassins with knives. Talk about an exciting fight -WOW! Enjoy it---action packed but real stuff.

P.S.: I was six for six with the Oscars predictions when I turned the TV off. The next morning, make that five out of six--I was robbed—just saying. ■

## Meet the team



**Ryan Boylston**, Co-founder and Publisher

**Jeff Perlman**, Editor-in-Chief and Principal

**Scott Porten**, Chief-Financial-Officer and Principal

**Craig Agranoff**, Content Director and Principal

**Fran Marincola**, Adviser and Principal

**Marisa Gottesman**, Associate Editor

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