Highland Beach

Town attorney resigns

Retainer agreement is questioned

By Steve Plunkett

Has the town been paying too much or too little for the services of longtime Town Attorney Tom Sliney? It will find out this month when competing law firms answer a “request for qualifications” prompted by Town Commissioner Dennis Sheridan’s review of Sliney’s retainer agreement. Sliney resigned Oct. 17, two weeks after commissioners agreed to shop for prices.

“I have decided it is time for a transition for both myself and the town,” Sliney said in his resignation letter, which takes effect Dec. 31.

Sliney began representing Highland Beach 38 years ago. “I was a teenager when I started,” he joked when Sheridan brought up the retainer agreement in late September. Sheridan said the agreement had not been examined since 2009. “I have nothing against Tom whatsoever,” Sheridan said. “It’s just the case that this original

See LAWYER on page 10

Boca Raton

Plans blossom for former Wildflower site

Developers, residents plant ideas for land’s future

By Steve Plunkett

Elected officials find themselves in another tug-of-war between developers and residents over what to do with a vacant waterfront parcel, in this instance, the former Wildflower nightspot just northwest of the Palmetto Park bridge.

The City Council’s request for informal “letters of interest” and a special workshop drew proposals from three stand-alone restaurants, two multi-story complexes, a recreation-oriented business and one resident who just earned architecture degree.

“I’m proposing a park, because it’s what I want. I want to go there, it’s something I can afford, and I think it’s the right thing to do,” fledgling architect Jose Barrera told council members at the Oct. 18 workshop. “You actually want a waterfront park also, you just don’t know it yet.”

Mayor Susan Whelchel cautioned that council members would not make any decisions on the future use or possible development of the property.

“That’s not going to happen tonight,” Whelchel said. “This is not the forum at which we are going to give you specifically what is going to happen.”

Two of the competing restaurants

See WILDFLOWER on page 4

Along the Coast

These groups help when the cupboard is bare

By Mary Jane Fine

These are the Mother Hubbard days. In homes all-too-familiar with hunger and homes new to that terror, cupboards are bare. The use of food stamps has quadrupled in Florida over the past four lean years, according to published reports, with 161,250 of this year’s recipients from Palm Beach County — nearly 22,000 more than last year. Once-comfortable families bury their shame and visit food pantries now. More hot meals go out to the homebound. Giving organizations can only hope — especially now, with Thanksgiving just weeks away — that the haves keep contributing enough to help the have-nots.

Meet C.R.O.S. Ministries, Community Caring Center and Boca Helping Hands, pages 8-9

Inside

The perfect pie
Just in time for Thanksgiving, an architect designs a new role as a baker of pies.

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Coastal Star
The Junior League of Boca Raton honors Lu-Lu Thomas (center left) as Volunteer of the Year. Page 2

Meet Your Neighbor
Dr. Juliette The of Highland Beach heads a chapter of the American Cancer Society. Page 15
Because anybody can serve. Society isn’t the only place to find her having a good time. Society, where she serves as a greeter at the historical society museum and at the Boca Raton regional museum. She spent hours volunteering for groups ranging from Boca Raton Historical Society Museum, Boca Raton Regional Hospital, Boca Raton Pops, Boca Raton Museum of Art, FAU Friends of the Library and Music Guild of Boca Raton to Planned Parenthood, League of Women Voters, Florida Philharmonic, Caldwell Theatre and Boca Raton Police Department. And that’s just to name a few.

“Just having a good time,” said her mother. “And even as a widow, Thomas continues to have a good time.”

Born on a tobacco farm in Rocky Mount, N.C., Thomas was the second of 10 children. She remembers the Depression well, and remembers that her large family survived those lean years by living off the land and by receiving a healthy dose of government aid. “We raised everything we ate,” she said. “And we went to my grandmother’s house every Sunday. It was simple and it was wonderful.”

Thomas married when she was 16. And her husband loved all over the world during his career in the Army and then as an employee of Ford Motor Co. in Detroit. Although she doesn’t have a degree, Thomas took college courses everywhere she lived. These days, Thomas limits her volunteer efforts to serving as a greeter at the historical society museum and at the Boca Police Department. To fill in the remainder of her time, she plays bridge — a lot of bridge, she says — and stays in physical shape by walking every day, taking aerobics classes and practicing yoga.

To stay in shape spiritually, she spends as much time as possible with her daughter and grandchildren in Fort Lauderdale. Thomas has always enjoyed being around younger people and believes it is the secret to her longevity.

“Your age is just two numbers put together. I think it’s the spirit. Keep your thoughts right … and it doesn’t matter how old you are. It’s your spirit that keeps you all right,” she said. Thomas believes young people learn from the stamina they see in their elders. Rather than trying to teach younger people, she listens to them. Today’s youth have a different take on the world than Thomas did as she was growing up during the Great Depression. She embraces these different attitudes and tries to learn as much as possible from them.

“It’s like a rainbow. A rainbow is all different colors and it’s beautiful.”
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From wilderness to Wildflower: Taking a look across a century

By Mary Thruward

Ah, the ’80s in Boca Raton. It was the decade when IBM introduced the PC (which was never sold at the Boca plant), the Old Town Hall and the F.E.C. Railway Station were dismantled, the Art Guild changed its name to the Boca Raton Museum of Art, and Sanborn Square was beautified as the first phase of the city’s new Community Redevelopment Agency.

When it came to nightlife, the place to be was the Wildflower, a glitzy, happening waterfront restaurant and bar on the northwest side of the Palmetto Park Bridge and the Intracoastal Waterway. The music was loud, the circular dance floor always full. When live bands weren’t performing, a deejay was playing tunes like Olivia Newton-John’s Physical, Michael Jackson’s Billie Jean, and Irene Cara’s What a Feeling.

James J. Previt was 24 when he was hired as a barback in 1980. “The Wildflower was the first real nightclub in Boca Raton in the ’80s,” said Previt, who now lives in Medford, N.Y. “There was a lot of buzz about the place even before it opened and on opening night we realized it was an immediate success. The clientele was a typical South Florida crowd and you could easily image an episode of Miami Vice. There was an interesting mix of tourists and locals, pimps and drug dealers with bag phones, socialites and wannabes along with an occasional celebrity. One night Joe Cocker was in and the waitress was so excited that she would get to wait on him — she had covered her self-assurance at the end of the night. There was no shortage of self-important jerks to deal with.”

Drinks were the usual Florida fare of frozen margaritas and coladas. Specialty drinks were served in tiki glasses covered with images of nude women bulging from the glass. (They’re collectibles now, available on eBay.)

Once a year for a few weeks, ”You’re not going to be able to lease, and several of the policemen were treated at Boca Raton Community Hospital. It may have been the hottest spot in the city for more than a decade, but by 1999, the once-popular restaurant and bar closed for good.

After racking up code violations, the abandoned Wildflower, covered with plywood, was bulldozed at the end of 2009 and the city bought the property.

Long before the Wildflower sprouted at the northwest side of the Palmetto Park Bridge — even before the bridge was built in 1917 — the wilderness was inhabited by Boca pioneers.

In 1914, a decade before Boca Raton became a municipality during the height of the Florida’s land boom, Vermont Realtor Harley Gates moved his family to Boca Raton to open a real estate business and start the 30-acre Palmetto Park Plantation, which gave its name to Palmetto Park Road. He built a one-story house there called Casa Rosa for $3,500.

A 1917 deeded /**[W5R5E]*/Boca Raton pioneer’s banana crop, although his real estate business continued to flourish.

His daughter, Diane Gates Benedetto (formerly Imogene Gates), recently wrote a book about the city’s history (Imogene Alice Gates: Frontier Child) and recalls living in wilderness: “I remember my swing between two palm trees. Bamboo was growing all over the place, 50 feet into the sky, almost. And all the birds would come there.”

The Hillstone Restaurant Group, which operates the Houston’s on Executive Center Circle near Glades Road and South Dixie Highway, decided to build the restaurant at the workshop. It, too, would build a 7,500-square-foot facility if selected.

Also making proposals were the Boca Outdoor Center, the Boca Doxside Marketplace and developer Jim Comparato. The Outdoor Center would be a second location for the kayak and paddleboard rental operation; it currently operates as the Jupiter Outdoor Center in conjunction with Guanabanas. It seeks 450 square feet of space.

The Doxside Marketplace would be a full-service restaurant with a produce market and market space for the first floor, restaurants on the second and fourth floors and bars on the third.

“Meeting the need to create something that’s not only world-class but on par with CityPlace or with Downtown Delray, a new user, and putting another restaurant downtown is not enough,” James Peters said in presenting the Doxside Marketplace plan. “Proposed rents range from $24,000 a year promised by the Boca Outdoor Center to $550,000 a year for at least 20 years offered by the Hillstone Group.

The city bought the property for $7.5 million in 2009 after a full year of negotiations and the site has strategic points to the downtown.

Council members want the property and the waterfront area open to the public with amenities to attract the public to the site and a connection between the parcel and Silver Palm Park, on the south side of the Palmetto Park Bridge. They also asked that proposals include an attractive pedestrian orientation.

Comparato proposed a three- or four-story, mixed-use development with two or three restaurants and retail and office space. He would move Silver Palm’s boat launch north of the bridge and connect the parcels with a riverwalk if the council approved.

Barrera, a recent Florida Atlantic University graduate, said diners would go to a restaurant, eat and return home. “We’re not going to go to the rest of the businesses in the area, you’re not going to walk around, you’re not going to spend any money,” he said.

“Proposing a park where a parking lot will come, get out of their house, have an experience, that’s where your revenue will come.”

Details of each proposal are posted online at www.ci.boca-raton.fl.us/ wildflower.

The debate is similar to the one over Ocean Strand, vacant oceanfront acreage the Greater Boca Raton Beach and Park District owns. A developer’s proposal to put a private cabana club there in 2009 prompted an army of neighbors to protest anything but a park there. A consultant is devising an inventory of features at city and district parks to determine something different to go in Ocean Strand.

Whatever changes come to the Wildflower site, neighbors are on guard against increased traffic emptying into residential areas and a return of late-night music for which the club was noted.

James Hendrey, who lives opposite the site on the east side of the Intracoastal, recalled walking across the bridge in pajamas and woken to complain about the sound in the Wildflower’s heyday.

“I personally don’t want to see a restaurant on that piece of property. I wish to see it left as a park,” Hendrey said.
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From rockers to bossa nova, Boca dances to its own beat

The pop music scene in Palm Beach County isn’t what it used to be, not that it’s that great anywhere in South Florida these days. Most acts and promoters follow the money, and unless they’re strong enough to draw big crowds in Jacksonville, Tampa or Orlando and South Florida, they don’t want to spend the money to come this far south. That said, good sounds abound. Not necessarily chart busters, but top talent just the same. Just consider the scene in South County.

On Nov. 4, TV doctors Rick Springfield and Jack Wagner, both of whom starred on General Hospital and had top 10 hits, were to play Mizner Park Amphitheater. Springfield, still a knockout at 62, won a Grammy for Jessie’s Girl in 1981. Wagner, now 52 and engaged to Heather Locklear, a hit with All I Need, but his résumé includes touring stints in West Side Story and Grease. It’s an odd combination, but Boca’s older, soapier demographic makes for an odd pairing.

On Nov. 5, the fourth annual Think Pink Rocks rolls into Mizner Park, appealing to a far younger audience with a lineup that ranges from BET host Terrence J to Shontelle to Boca’s own American Idol finalist Brett Loewenstein. It raises money to fund breast cancer research and treatment. On a more regular basis, “Jazz, Bossa Nova and Blues” has been extended at least through November at Carmen’s At The Top Of The Bridge Hotel. Tapas, a limited prix fixe menu and full bar are available, but if you just want to hear some top musicians, the entertainment charge is $10.

Loibl Clark, Zumba instructor at Jewels Dance Studio in Boca Raton, gets the crowd moving at Sanborn Square during the kickoff to Meet Me on the Promenade Oct. 21. Photo by Tim Stepien

Auction the weekend of Nov. 11. This year is no exception. On the court, look for Oscar winner Elisabeth Shue. Today show host Hoda Kotb, comedians Jon Lovitz, newsman Stone Phillips, Breaking In’s Christian Slater, Burn Notice’s Jeffrey Donovan, Grey’s Anatomy’s Scott Foley, actress and former tennis pro Maev Quinlan, ‘Real Housewife’ Jill Zarin, Alan Thicke and a few tennis players including Monica Seles, Murphy Jensen and Vince Spadea. At the gala, The Spinners will perform.

“Chirussy always likes for the crowd to dance,” an associate said. “She wants people to have fun.”

It’s an odd combination, but Boca’s older, soapier demographic makes for the novel pairing.

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Loibl Clark, Zumba instructor at Jewels Dance Studio in Boca Raton, gets the crowd moving at Sanborn Square during the kickoff to Meet Me on the Promenade Oct. 21. Photo by Tim Stepien
Boca Raton

Beach pavilion closed while pillar damage is repaired

By Angie Francalancia

Typically, it’s the incredible ocean view from the dune that catches a visitor’s eye from the Palmetto Park Pavilion in Boca Raton. But when a car rammed through the parking lot into the pavilion, splitting one of its support columns and wedging against a second one, the serene view looked more like a scene from an action thriller.

Boca Raton officials say a woman rammed her car into the structure just after midnight on Oct. 9.

The woman, whose identity was not released, was taken to Boca Raton Regional Hospital. It took the city five days before it could remove the Toyota from the support pillars of the 2,000-square-foot pavilion. The pavilion is scheduled to be repaired early this month, said Assistant City Manager Mike Woika.

“We didn’t want to remove the car until we had a structural engineer in there to make sure the pavilion wasn’t going to collapse,” he said. “One pillar was gone all together. The other was only about a dozen about 15 feet above the sand below, has been blocked with a girt since the incident, which also took out part of the guard railing. It was built about 10 years ago as part of a $2 million park upgrade. Repairs will cost about $20,000, including the bill from the structural engineer, and the city will make a claim against the driver’s insurance company, Woika said.

“The pillars aren’t off-the-shelf items,” he said. “They’re 8 inches square, and they’re decorative.” Boca Raton special ordered them late last month.

What might seem like a singular incident actually was not. Only six months earlier, city officials had to repair a pavilion that sits directly in line with Spanish River Boulevard. That car had to traverse the sand between the end of Spanish River Boulevard and the pavilion, though, Woika said.

“A car did not stop, went through the red light and into the pavilion,” Woika said. “It wasn’t quite the same kind of pavilion, so the repair wasn’t quite as protracted. It was fixed within two weeks.”

Protests against 7-Eleven on East Palmetto continue

By Margie Plunkett

Neighbors wearing “No 7-11” T-shirts took the podium at Boca Raton City Hall one after another to protest the possibility of a convenience store on the barrier island.

The appeal was postponed until Nov. 22, at the request of appellant Ralph Brookes, on behalf of residents, and site-plan applicant Doug Mummah, who represents owner James H. Batnasan.

Both Brooks and Mummah said there are discussions being held that could end in a withdrawal of the appeal, according to a city memo. The residents argued against a project that could include a convenience store, noting that it isn’t compatible with the area. “Why would we invite someone who drinks on the beach?” said one resident.

A convenience store wouldn’t serve the residents, but those from the outside, speakers said. The people who buy a six-pack would likely dump their empties rather than risk being caught by police with open containers, said Nancy Hendry.

The residents commented on the newly improved western portion of Palmetto Park Road, which was earlier identified as an area in the downtown that was to be revitalized, according to City Manager Leif Ahnell. “It was 60 percent paid for by the downtown business owners as a special assessment,” he said.

Mayor Susan Wheeler chided the eastern residents for not getting involved starting in 2006 with the design of Palmetto Park Road despite repeated invitations and opportunities.

Robert Ocksman, who filed the notice of appeal against the property at 831 East Palmetto Park Road, said that while the mayor may have reached out to the Riviera Civic Association to get involved in the design, “I never felt someone reach out from the city.”

“Moving forward, you have a community looking to make a positive impact on the area east of the bridge,” Ocksman said. “We’re relying on the government to protect the rights of the neighbors.”

The procedure for looking at improvements for the east side is that the Council gives the city manager some direction to look at the possibility, meet with the public, and the opportunity to look at a plan - constituting the beginnings of the concept of building a program,” Wheeler said.  

Effort to save Luff House grows desperate

The search for a new site for the circa-1920s Luff House is growing more desperate.

Mary Csar, executive director of the Boca Raton Historical Society, made a plea to save the home at 390 E. Palmetto Park Road at a special workshop on the Wildflower property just down the street.

The Florida-style bungalow, which the current owner wants moved or demolished, “used to be fairly common in this area. There are none left. I think this is probably the only one,” Csar said.

She hoped the two-story house could be incorporated into whatever development happens at the Wildflower site.

The society has spent the past year looking for someone to help in the rescue.

“It’s a sturdy little house,” Csar said. “It could be utilized in a profitable way, and it could also preserve part of Boca’s history.”

— Steve Plunkett
C.R.O.S. MINISTRIES
Doris Mingione is in departure mode. She’s a widow, moving to Colorado to be near her son, so today is her all-but-final day to deliver hot meals to some of West Delray’s homebound elderly and disabled. The typed route — names, addresses, marker of portions for each of 17 homes — is taped to the dashboard of her tan Toyota Avalon. The list includes notes about each recipient (“Cautious! Dog! Ring Bell!”, “Elderly — slow to lower door”); as an 11-year volunteer for C.R.O.S. Ministries’ Caring Kitchen, Mingione knows these details, and more. The notes are really for her soon-to-be replacements: St. Vincent de Paul seminarian Linh Nguyen, 22, and Jonathan Richardson, 23.

On a recent October morning, she eases away from the building on NW 8th Avenue, having packed 27 takeout boxes — baked fish, lentils and rice, beets, applesauce, plus packaged rolls, peanut-butter-and-jelly sandwiches, several pies and cookie-filled containers — in the backseat and trunk of her car.

First stop: an elderly blind man. “He lives alone with the help of his neighbors,” Mingione says, pulling into the driveway of his modest home. Sitting on a lawn chair, just outside his door, the man shakes hands with the two young seminarians as Mingione explains, “We’re just gonna put the food in the refrigerator.” The man smiles and thanks her. “OK,” he says, a Caribbean lilt to his voice. “You got one more week, huh? I’m gonna miss you.”

When The Caring Kitchen began, in 1993, serving hot meals to the homeless, low-income and seniors, its homebound clients numbered five. That figure fluctuates now, between 50 and 60. Volunteers deliver meals on Mondays, Wednesdays and Thursdays. The kitchen serves sit-down breakfast and lunch five days a week, dinner four days — a total of 7,200 meals a month, says program director April Hazamy.

The economy is a challenge. “People are still struggling but not like they are; they can only donate what they can,” Hazamy says, and, with canned-goods donations down by about 25 percent, that stock “is diminished. The demand keeps growing. It’s not yet noon, with 15 deliveries ahead. Doris Mingione’s second stop of the morning is for a single mother of three, a cancer patient undergoing chemo. Mingione plops a bag of ice is for a single mother of three, a cancer patient undergoing chemo. Mingione plops a bag of ice...
BOCA HELPING HANDS

Only a year ago, the food pantry at Boca Helping Hands distributed 500 bags of groceries each month to those in need. This year, they hand out 2,000 bags a month. Only a year ago, the soup kitchen served 2,200 lunches of, say, pot roast or turkey or stew each month. This year, that number exceeds 3,900 meals a month.

Twice a week, hard times or not, groceries are delivered to the homebound in 21 homes.

"Grocery bags on steroids," is what executive director Jim Gavrilos calls them. "We're trying to get permits to deliver, Monday through Friday, the hot meal we serve Monday through Saturday in the kitchen." He hopes the permits are only about a month away now.

As for the increased pantry distributions, the additional soup-kitchen servings, he says, "Clearly, it's because of the economic downturn. What we're seeing is middle-class people, people who've been out of work for six months, nine months, a year. At a certain point, it becomes a matter of survival."

Program director Sally Wells thinks of the woman with two teenage daughters who lost her home to foreclosure after her ex-husband lost his job, served 2,200 lunches of, say, pot roast or turkey or stew each month. This year, that number exceeds 3,900 meals a month. Twice a week, hard times or not, groceries are delivered to the homebound in 21 homes...

"The hands that do the helping here belong to five staffers and 300 volunteers: They oversee the soup kitchen; the food pantry; the groceries delivered to the homebound; the "Blessings in a Backpack" program that sends home a week's worth of meals and snacks for the 1,200 grade school children eligible for the federal free-lunch program; the classes on budgeting and job-seeking; the resource center that offers aid to people facing eviction or utility cancellation or in need of prescription medication. The group's mission — once aimed primarily at the government-subsidized housing areas of Pearl City and Dixie Manor in eastern Boca — has expanded, recently, into the city's western reaches. "We just began distributing (grocery bags) at Boca Glades Baptist Church," says Wells. "People have transportation problems or no money for gas. A hundred bags a week. And it’s growing."

We definitely need donations."

Cici Garcia of Boca Helping Hands leaves food with a client of the agency. Photo by Jerry Lower

Help us help others
The Coastal Star and Microgiving.com have joined forces to provide an online means for monetary donations to the featured non-profit organizations providing home delivery of food to the elderly and needy in our community. Both of our locally owned and operated companies are committed to giving back to our communities. Our hope is you will join us, by making an online donation at: Boca Helping Hands: www.microgiving.com/profile/gavrilos Community Caring Center: www. microgiving.com/profile/sherryccc C.R.O.S. Ministries: www.microgiving.com/profile/caringkitchen

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All 34 condominium residences are now under construction, with 20 remaining and a delivery date of December 2012.

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Cici Garcia of Boca Helping Hands leaves food with a client of the agency. Photo by Jerry Lower

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LAWYER
Continued from page 1
contract was done in 1973 and I think that it’s time to look and see what’s out there, and by all means, let Tom’s law firm bid accordingly and we’ll go from there,” Zwick said.

Vice Mayor Miriam Zwick objected to putting the agreement out to bid.

“It’s not a contract to put in new piping, it’s not a contract to do re-roofing,” Zwick said.

Sliney

“Sliney” said he and then-Mayor Jim Newill reviewed the economic and non-economic terms of his retainer agreement two years ago and said this time Sliney could be designated to negotiate with him. But commissioners voted 5-0 to follow Sliney’s recommendation.

Under the agreement, Sliney has received a monthly retainer of $9,000 plus costs for general legal services and $185 an hour for litigation services. The fees are billed through his law firm, Buckingham, Doolittle and Burroughs LLP.

By comparison, Gulf Stream pays its attorney, John “Skip” Randolph, $265 an hour. Randolph, who has represented Gulf Stream since 1971, billed the town a total of $2,855 in September for phone consultations, legal correspondence and preparing for and attending two town meetings. His fee has not changed since 2008.

Randolph also represents the towns of Palm Beach and Jupiter Island.

Ocean Ridge pays Town Attorney Ken Spillias a $6,000-a-month retainer and $195 an hour for all “non-routine” matters. Spillias was chosen town attorney in 1999.

In Briny Breezes, Town Attorney Jerome Skrandel also charges $185 an hour.

Attorney Trela White bills Manalapan $165 an hour for general representation and $185 for litigation. Her September bill totaled $5,568.75.

Her firm, Corbett and White PA, bills Lantana a slightly lower fees for the services of Max Lohman — $150 for regular hours, $175 for litigation — because the town pays White’s health insurance premiums, she said. White is also the attorney for the Palm Beach County League of Cities.

South Palm Beach pays its attorney, Brad Biggs of Corbett and White, $170 an hour for general representation, $195 for litigation.

“That’s a little different,” White said. “Boca Raton and Delray Beach have full-time city attorneys.”

Back in Highland Beach, Sliney had a busy calendar in September, attending the Town Commission’s regular meeting and workshop session as well as two public hearings on the budget and meetings of the Planning Board and the Board of Adjustment and Appeals.

“He’s been a terrific help to me and a help to the town. He pulled us out of some pretty tight spots,” said Harold Hagelmann, the town’s mayor from 2005 to 2008 and a member of the Planning Board for eight years before that. “I just hate to see Tom go.”

Boca Raton Qualifying date moved ahead for candidates

The Boca Raton City Council voted in October to move the qualifying period for candidates for city office to the first seven business days in January, a month earlier than previously.

City elections are held in March.

Lawmakers did not approve a second proposal that required candidates to collect 200 signatures to qualify to run.

— Margie Plunkett

LETTERS: The Coastal Star welcomes letters-to-the-editor about issues of interest in the community. These are subject to editing and must include your name, address and phone number. Preferred length is 200 words or less. Mail to 5011 N. Ocean Blvd. #2, Ocean Ridge, FL 33435 or email editor@thecoastalstar.com.
Think Pink Rocks founder striving, thriving and surviving

By Liz Best

By sheer definition, Stephanie Robin is the living embodiment of a survivor, but she still hesitates to include that bold word in her day-to-day vocabulary.

She is understandably tentative, after spending the past seven years battling metastatic breast cancer. But this 43-year-old warrior is sure of one thing.

“I am thriving,” said Robin, of Boca Raton.

At 36, Robin was diagnosed with Stage 4 breast cancer, had a bilateral mastectomy, hysterectomy and underwent chemotherapy treatments.

Now, her cancer has metastasized to her lungs and she is part of a cancer drug trial at Sloan Kettering Memorial Hospital in New York City.

She says her cancer is 90 percent smaller now than when she started the trial and she hopes — tentatively, of course — that she is starting to see the light at the end of a very long tunnel.

“I am quite hopeful that this is my wonder drug,” she said.

Robin’s mother was diagnosed with breast cancer twice, but genetic testing wasn’t as prevalent then as it is now. At the time, Robin had no idea that testing was available to determine if she carried the breast cancer gene — BRCA 1 and 2.

Once she had the test, she learned that she does indeed have the gene, and Robin has turned that bit of information into a tool of protection and, she hopes, prevention, for other women.

She and a friend, Elizabeth Weprin of Delray Beach, started with a simple idea of helping raise awareness about early detection and genetic testing. It has morphed into the series of nonprofit concerts called Think Pink Rocks, which is held every year at the Centre for the Arts at Mizner Park.

This year’s concert begins at 7 p.m. on Nov. 5, and the lineup includes Flo Rida, Melanie Fiona, Ray J, Shontelle and American Idol star Brett Loewenstern. For more information on the Think Pink Rocks concert, see www.thinkpinkrocksconcert.com.

A fitness enthusiast, certified CrossFit trainer and mother of two young children, Robin believes her active lifestyle also helps when it comes to being in good mental condition.

“I really do have the attitude that I can handle anything that comes my way,” she said.

The other half of the battle is gathering as much information as possible and knowing your options.

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Thanksgiving

Upper-crust treat for the holidays

Woman is an architect of pies

By Jan Norris

Being an architect and baking pies are a lot alike, Pam Blom says. “You have to think about the same things: structure and ratios of ingredients to create a good filling. Then you create the crust to hold up to the filling, and crisp the crust just so. You’re building a pie.”

Blom is an architect specializing in historic preservation who was affected by the economic downturn. “When the economy went south, I was wondering what to do. I thought, the other thing I know how to do well is bake pies. So, here I am.”

She opened Pamela’s Pies in Lantana, where she shares space with baking entrepreneur Cakes by Lara. She sells pies at the bakery, the Lake Worth Farmers Market on Saturdays and at Andy’s Juice Bar in Lake Worth by request. “I’ll even make your pie recipe for you if you like,” she said.

But for sales, she likes to mix it up. “I don’t want people coming to me and saying, ‘I can get that at Publix.’ Hence, the bombshell of a seller — an apple-lemon-poppyseed that was popular her first week at the Farmers Market.

“I do a Nutella chocolate pie, too. It’s really good.”

Ironically, she can’t eat her own pies — she’s allergic to gluten. While she has some pies that are gluten-free, she’s not baking in a gluten-free environment. “All my pies can be made gluten-free, using a tapioca or cornstarch instead of flour for the filling.” The crusts are specially ordered; she can’t make ones as good as she can buy, she said. “I tried making my own, but it just wasn’t worth the effort when I can get a great commercially made one. I’m not into that much production commercially made; she can’t specially ordered; she can’t make ones as good as she can buy, she said. “I tried making my own, but it just wasn’t worth the effort when I can get a great commercially made one. I’m not into that much production yet, either.”

Right now, she’s still at the point where she’s doing it almost all by hand: peeling the apples, rolling the dough, and making only a few at a time.

For sales, she likes to mix it up. “I don’t want people coming to me and saying, ‘I can get that at Publix.’ Hence, the bombshell of a seller — an apple-lemon-poppyseed that was popular her first week at the Farmers Market.

“You’re building a pie.”

For the crust:

2 tablespoons unsalted butter, cut into cubes
4 to 6 firm baking apples (like Granny Smith or Golden Delicious), peeled, cored, sliced into ½ inch-thick slices
1 tablespoon plus 2 teaspoons water
¼ cup sugar
½ cup cornstarch (or flour)
⅛ teaspoon ground nutmeg
⅛ teaspoon ground cinnamon
dash salt
4 to 6 firm baking apples (like Granny Smith or Golden Delicious), peeled, cored, sliced into ½ inch-thick slices
2 tablespoons unsalted butter, cut into cubes
Make dough: Measure flour, sugar and salt and place in a small metal or glass bowl. Put bowl in a refrigerator to chill for 30 minutes. Put cubed butter into freezer for 15 minutes.
Put dry ingredients into bowl of a food processor fitted with a steel blade. Attach and lock lid and process. Add butter cubes a few at a time. Once all butter is in, stop machine. Pulse the ingredients until the butter in the mixture is the size of green peas. Do not overmix. Put machine on steady power again, adding 1 tablespoon ice water at time until the dough pulls away from the side.
Remove dough to a work surface. Divide in two, and form each half into a firm, thick disk. Wrap in plastic and refrigerate for 30 minutes or until needed. Roll dough for bottom crust on a lightly floured surface, working from center of dough outward in a spoke fashion, to a 12-inch circle. Fold dough in half and drape over rolling pin to lift into 9-inch pie plate. Flip dough gently into plate, pressing into edges of pan and pressing out any air bubbles.
Make filling: Combine sugar, cornstarch, nutmeg, cinnamon and salt in a small bowl. Peel, core and slice apples, and add to a bowl. Toss with the sugar mixture. Put apples in a glass or metal pie dish. Preheat the oven to 425 degrees for 15 minutes; cover rim of pie with a strip of aluminum foil to prevent over-browning. Continue to bake for 30 to 35 minutes more or until crust is brown. Remove from oven and let cool. Serve hot with ice cream as desired. Makes one 9-inch pie, 6 servings.
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Pamela’s Pie Tips

• Chill pie dough ingredients, even the flour and sugar.
• Freeze the butter.
• Do not work the butter into the flour completely. Leave pea-sized pieces as these create the desirable flaky layers.
• Handle the pie dough gently and as little as possible; the heat from your hands melts the butter, making the dough tough.
• When filling with sliced fruit, such as apples or peaches, make thin, even slices so the fruit cooks evenly. Avoid gaps in the filling, which can create an air pocket.
• Bake the pie on a baking sheet and bake it until completely done. Err on the side of over-baking with pies.
• Cool the pie on an elevated rack to allow air to cool the bottom evenly. This prevents soggy crusts.

Combine sugar, cornstarch, nutmeg, cinnamon and salt in a small bowl, then peel, core and slice apples.

Place the apples in the bottom crust and dot with butter. Leave no gaps in the filling. Gently lay top crust over pie.

After baking 15 minutes, cover the rim of the pie crust with a strip of aluminum foil to prevent over-browning.

Rolled chilled dough on a lightly floured surface, working from the center of the dough outward. Photos by Tim Stepien


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Coastal cities object to county billing for new department

By Steve Plunkett

Coastal communities are banding with their mainland counterparts to brand as an illegal tax the county’s plan to bill municipalities for the new Inspector General’s Office.

“This suit would not challenge the vote in regard to having an inspector general. That’s water over the dam and we have an inspector general,” Town Attorney John “Skip” Randolph told Gulf Stream commissioners.

“We feel the funding is really unfair to cities because our citizens in effect are paying twice,” said Manalapan Town Attorney Teila White, who as lawyer for the Palm Beach County League of Cities circulated a series of talking points against the funding mechanism.

The county invoiced each municipality for a share of the $3.6 million needed to run the Inspector General’s Office from June 1 this year to Sept. 30, 2012. It billed itself almost $2 million. City halls for the 15-month period ranged from $95 for Cloud Lake to $381,237 for West Palm Beach.

“They could have an in-house inspector general for that cost,” White said.

Supporting the lawsuit will not cost the coastal towns any money.

“One municipality is going to be bearing the cost of this lawsuit, the fees and the cost,” Randolph said, not naming the city. “They are just seeking support of other municipalities.”

Highland Beach Vice Mayor Miriam Zwick called the funding a “ridiculous waste of taxpayers’ money” as she voted along with her colleagues to join the suit.

White said the invoices cannot be considered a user fee.

“You have no idea whether the inspector general would provide any services during any given year as a matter of fact to any given municipality,” she said.

Likewise, it isn’t an impact fee or a special assessment, she said.

“So the analysis is it must be a tax,” White said. “If it’s a tax it must be authorized by state law or by the constitution, and there is nothing authorizing it.”

The complaint will be for declaratory relief.

“It’s asking the judge as a matter of law whether it’s a valid funding process. It’s not a jury trial or anything of that nature, so it should be relatively short,” Manalapan Mayor Basil Diamond said.

Boca Raton

Hang a little history on your tree

Two new commemorative glass ornaments will debut at the Boca Raton Historical Society’s Gift Shop Holiday Open House on Dec. 2 and 3.

The ornaments, designed by Boca Raton artist Barbara Montgomery O’Connell, include the house of pioneer Thomas Rackards on the Intracoastal Waterway, and the original IBM building, in honor of IBM’s 100th anniversary this year.

“I really enjoy painting buildings,” says O’Connell. “That’s my specialty.”

A 20 year Boca resident, she has been designing the ornaments for the Historical Society as a volunteer since 1998. Other new items include tile coasters, trivets, and magnets depicting historic Boca scenes.

And for the first time, recently recovered ceramic tiles from the Giles House (La Vieille Maison) will be for sale.

Lynn University to host presidential debate

Lynn University teaches American history.

Next year, it will make some.

The private university off Military Trail has been chosen to host the last of three presidential debates on Oct. 22, 2012, the nonpartisan Commission on Presidential Debates has announced.

President Obama and the Republican nominee will face off in the university’s Keith C. and Elaine Johnson Wold Performing Arts Center for the last of three scheduled debates, just 15 days before the general election.

"Being an undergraduate or graduate student here on our campus when such an historic event takes place will provide a singular and unparalleled educational experience," said Lynn President Kevin R. Ross. "It is a tremendous challenge, by Lynn University will be prepared to welcome the nation to Florida for the final debate before the 2012 general election."

Lynn was one of 12 colleges and universities vying for the honor, and the only one in Florida to apply.

Florida Atlantic University hosted a Republican primary debate in 2008, but next year’s meeting at Lynn University will mark the first time presidential nominees have faced each other in Palm Beach County.

The first two presidential debates will be held Oct. 3 at the University of Denver and Oct. 16 at Hofstra University in Hempstead, N.Y.

The vice presidential candidates will meet Oct. 11 at Centre College in Danville, Ky.

— Ron Hayes
10 Questions

MEET YOUR NEIGHBOR: Dr. Juliette The

Two roads diverged in a wood, and I— I took the one less traveled by, And that has made all the difference.
— Robert Frost, The Road Not Taken

Like the poet Robert Frost, Dr. Juliette The (pronounced "say") of Highland Beach took the road less traveled, and it has made all the difference — not only for her, but for the hundreds of women she sees each year at the Center for Breast Care at Boca Raton Regional Hospital.

“I remember when I was trying to choose my specialty, breast imaging was actually very unpopular,” The said. “They had a hard time getting recruits for it. At the time, a lot of new technologies were emerging in other areas of radiology that my fellow interns found more exciting.”

As she completed medical school, The gravitated toward radiology, and since she wanted to work with female patients, she specialized in breast cancer screening and diagnosis. Her chosen path led her to a fellowship in mammography and body imaging at Memorial Sloan Kettering Cancer Center in New York City, then back home to South Florida to begin her medical career.

By this time, breast disease was no longer a hush-hush topic. Today, even professional football players wear hot-pink accessories in open support of breast cancer patients and survivors.

“Anything pink raises awareness,” said The, referring to the proliferation of pink products during October, National Breast Cancer Awareness Month.

“Breast cancer awareness and spread the word about early detection are fundamental to prevention and saving lives. I feel that is a blessing.”

Dr. Juliette The lives in Highland Beach and is president of the South County Chapter of the American Cancer Society. Photo by Tim Stepien

Q. Where did you grow up and go to school?
A. I grew up in Lake Worth and my parents still live in the same house. I went to school at Cardinal Newman High School in West Palm Beach. I went to both college and medical school at the University of Florida. I then did a radiology residency at Cornell Medical Center and a fellowship specializing in breast and body imaging at Memorial Sloan Kettering Cancer Center, both in Manhattan.

Q. What are some highlights of your professional life?
A. I specialize in breast imaging, and read over 1,000 mammograms a year. Any time I find a breast cancer on a screening mammogram it’s very rewarding because that means we have intervened at an early stage. A woman’s prognosis is usually better when a cancer is found early, before symptoms arise.

Other highlights include the special relationships I have developed with my coworkers, staff and patients. I have been with the same job for 38 years, including India, Vietnam and Haiti. A newlywed, I was also a first author in an article regarding computer-aided detection of breast cancer in the American Journal of Roentgenology, a major radiology publication journal, in February 2009.

Q. Were you always interested in science? When did you know you wanted to be a doctor?
A. My father was a physician, so I was exposed to medicine from an early age. I liked science and learning how things work, and I also like being around people and helping people. So I always knew I wanted to be a doctor.

My two sisters also work in health professions. One is an oncologist in Boynton Beach, the other is an assistant professor of public health at Florida State University in South Carolina.

Q. Have you had mentors in your life? Individuals who have inspired your life decisions?
A. Yes. Dr. Kathy Schilling is my mentor. She is a pioneer in breast imaging and started the Center for Breast Care at Boca Raton Regional Hospital more than 20 years ago. Can you imagine trying to convince the hospital and other male coworkers that we needed a whole building to do breast imaging in the mid-1980s?

She is a visionary and an outstanding leader, and gently pushes me beyond the limits of what I think I can do.

Q. What is your biggest challenge as president of the South Florida Chapter of the American Cancer Society?
A. The biggest challenge for me is to recruit volunteers and keep them engaged in the American Cancer Society’s mission, which is to eliminate cancer as a major health problem by preventing cancer, detecting it early and diminishing suffering from cancer, through research, education, advocacy and service. Another challenge is that I become nervous before I speak in front of a crowd.

Q. If someone made a movie of your life, who would you like to play you and why?
A. Catherine Zeta-Jones — she is a femme fatale.

Q. What music do you listen to when you need inspiration? When you want to relax?
A. The song, 500 Miles by The Proclaimers gets me going. When I want to relax, I like instrumental music/movie theme soundtracks are great.

Q. What do people not know about you that you wish they would?
A. I love to dance. I even won a dance contest with a friend of mine while on vacation in Belize.

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Q. How did you choose to make your home in Highland Beach?
A. When I first began working my career in Boca Raton and Delray Beach six years ago, I lived with my parents in Lake Worth. I went to a party at a friend’s apartment one night in Highland Beach on Bel Air Drive and I fell in love with the area.

Q. What is your favorite part about living in Highland Beach?
A. Many things, but I love the energy of all the people exercising outside. I also love seeing the ocean as I drive to work every day. I love relaxing on the beach with my husband and dog, and the sunsets from the balcony.

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Along the Coast

Sea turtle hatchlings displaced by Hurricane Irene in late August were transported out to sea by volunteers and staff of Gumbo Limbo Nature Center in Boca Raton on Oct. 20. At far right, Gumbo Limbo Volunteer Coordinator Debbie Wilson says goodbye to the baby turtles as she gently drops them into the water. The green sea turtle and loggerhead sea turtle hatchlings were transferred to a cooler for the boat ride, then deposited into patches of sargassum—floating seaweed “salad bars”—about three miles offshore. In the days after Hurricane Irene, coastal residents rescued more than 300 disoriented and exhausted sea turtle hatchlings and took them to Gumbo Limbo. Despite the storm’s effects, an estimated record-high of 20,000 sea turtle nests were counted on Palm Beach County’s coastline during the 2011 nesting season, which ended Oct. 31. Photos by Paula Detwiller

Highland Beach

Suspended manager sues town following email flap

By Steve Plunkett

Former Town Manager Dale Sugerman has sued the town, arguing his suspension and the subsequent non-renewal of his contract amount to an “unlawful ouster.” The suit, filed Oct. 3 in Palm Beach County Circuit Court, claims Sugerman’s employment agreement was breached and names the town as a defendant as well as Commissioner Doris Trinley, former Commissioner John Sorrelli and former Mayor Jim Newill.

Those three officials “led the charge” not to extend Sugerman’s employment when they learned he planned to suspend Town Clerk Beverly Brown for four weeks without pay for emailing offensive jokes at work on her official computer, the suit says. “Indeed, the emails rose to the level of hate mail decrying the inanity in today’s society of ‘White America’ to be proud of their race,” the suit says. Sugerman argues in the suit that his employment contract could be terminated at any time by a commission majority or by himself, “but in no event could it not be renewed.” The contract stated that after June 30, 2011, the agreement “shall automatically be renewed” on a year-to-year basis for three additional one-year terms, the suit says. Because Sugerman’s employment could end only with a termination, “whatever the word choice of the then-Commission,” he is entitled to an agreed-upon one-year’s service pay plus accrued vacation and sick time and 12 months of health insurance, the suit contends. It also says Newill, Sorrelli and Trinley “embarked on a deliberate mission to harm Plaintiff’s reputation.”

In an evaluation, the suit says, Newill described Sugerman’s managerial skills as he “seems to rotate from department head to department head with a vendetta style of operating” and said he “creates a great deal of stress in the workplace.”

For an action plan, Newill wrote that Sugerman was “on suspension and contract ended so the point becomes mute [sic].”

Trinley, who reported to Sugerman as town clerk before she retired and won office, put in her evaluation that he “plays favorites; sends wrong message to subordinates” and “often uses his position to ‘cow’ personnel,” the suit says. Sorrelli, the suit says, wrote in his evaluation that Sugerman’s weak points “on suspension and contract ended so the point becomes mute [sic].”

We want to look ahead for Highland Beach to make it better than it is now,” Mayor Bernard Featherman said when he first raised the idea last summer. Residents and commissioners collaborated on the questions. Lou Stern, who sits on the Board of Adjustment and Appeals, suggested asking about the town’s water quality. Commissioner Doris Trinley wondered what people think of paying an additional tax to clean the beaches. Other questions ask about the quality of living in Highland Beach, whether a resident wants to serve on an advisory board and if residents feel the municipal staff is knowledgeable and responsive. There are items on the library, the town’s website and newsletter, and cable TV’s local channel 95. “Please take a few minutes to complete the following survey and return it as soon as possible,” the commission asks in a message atop the questionnaire.
Workers from Balfour Beatty and James A. Cummings Construction Companies unfurl an immense American flag as part of the opening day dedication ceremony for the new 30,000-seat football stadium at Florida Atlantic University. FAU’s Fighting Owls are led by Coach Howard Schnellenberger. Photo by Jerry Lower

Boca Raton

Gift puts Children’s Museum in Beanie Baby heaven

Thanks to local toy lover and collector Anna Rua, the Boca Raton Children’s Museum has a wealth of Beanie Babies.

Rua, who has been collecting the handmade stuffed animals since the collectibles came out in 1993, donated more than 100 Beanie Babies, as well as other toys, to the museum this fall. Beanie Babies are stuffed animals made by Ty Inc. Nine Beanies were released the first year and now there are more than 500. They became collectibles in 1995. “The first time I saw this museum I was completely blown away,” Rua said. “I couldn’t do enough for the children.”

— Staff report
Top dog in animal behavior coming to town

In my office, the number of books on dogs and cats fills a bookcase that spans nearly an entire wall. They are written by some of the best veterinarians and animal behaviorists. I cherish five books because they are written by the person I regard as the best when it comes to merging veterinary medicine with companion animal behavior — Nicholas Dodman, BVMS.

For nearly 10 years, I worked as an investigative reporter for the Sun-Sentinel. Day 1 on the job an editor told me that he had one rule he wanted all of his reporters to heed: “If your mother says she loves you, check it out.”

Great advice then and now. For the past dozen years, I’ve applied my journalistic skills in the pet world. During this time, I’ve had the opportunity to observe Dodman interact with dogs and cats in his role as director of the world-renowned Animal Behavior Clinic at Tufts University in Medford, Mass. I’ve read his peer-reviewed studies and best-selling books. I’ve interviewed him for various publications and invited him as a guest on my Oh Behave show on Pet Life Radio.

As editor of Catnip, the national monthly affiliated with Tufts University, I work closely with Dodman on stories appearing in the publication as well as in our sister magazine, Your Dog.

I’ve checked him out — he is the real deal. And he is coming to South Florida.

He is presenting two comprehensive behavior workshops on dogs and cats Nov. 4-6 at Florida Atlantic University in Davie. You can choose the two- or three-day workshop, and both merit continuing education credits for professional dog trainers, veterinarians and behaviorists. If you are a dedicated pet owner/parent/guardian (you pick the term that best describes you), this is a rare opportunity to spend a few days with a man who has dedicated his career to understanding why cats and dogs do what they do and in finding solutions to make them happy and healthy pets.

His workshops will cover dominance and conflict aggression, separation anxiety, phobias, compulsive behaviors, medical causes of behavior problems, the role of psychopharmacology in addressing behavior issues and much more. He will also offer his seven-step plan to producing a happy, healthy, well-adjusted pet. To learn more about his workshops, visit www.theptedocs.com/events. And, if you can’t attend in person, you can buy DVDs from his workshops. Prices and times are posted on the site.

It is hard for Dodman to stay out of the headlines. In the early 1990s, he pioneered the use of Prozac in pets as a pharmacological control of obsessive-compulsive disorders, aggression and separation anxiety. Some pets are weaned off the drug, while others are kept on it for the rest of their lives.

A few years ago, he led a team of scientists in discovering the canine chromosome linked to sucking on flanks — an obsessive behavior displayed in Dodman’s puppies.

Results of his study have opened the door for experts to look at other types of obsessive behaviors in dogs of all breeds. He appears regularly on radio and television, including 20/20, Today, Good Morning America, Dateline, Discovery Channel, Animal Planet, NPR and CNN’s Headline News.

He serves as a columnist and blogger for Dr. Stewart’s Whole Living magazine and writes a behavior blog for Victoria Stilwell’sPositively.com site.

And yes, he is the guy who authored five best sellers based on his case studies involving dogs and cats contending with various degrees of behavior issues: The Dog Who Loved Too Much, The Cat Who Cried for Help, Dogs Behaving Badly, If Only They Could Speak and The Well-Adjusted Dog.

Most recently, he served as editor for the breakthrough book on senior dogs called Good Old Dog, which features key Tufts faculty members and their insights into care for aging canines.

“We wrote this book because we realized that there is a big void of knowledge about how to care for older dogs,” he told me. “For starters, it is time to recognize that old age is not a disease. It is simply a stage of life.”

He added, “Yes, mazes do gray; metabolisms do slow down; bone density does decrease as a dog ages. But these are all simply normal physiologic shifts as a dog enters his geriatric years.”

That’s ageless advice from the veterinary behaviorist who has been improving the lives of dogs and cats for decades.
Society Spotlight

Celebration of Hope, Pink Strides Event
Bobby Campbell’s home, Boca Raton

YMCA of South Palm Beach County Launches Annual Community Support Campaign
Energizing Event, Delray Beach Club

Propel Golf Classic
Boca Lago

Junior League works at Community Garden
Downtown Boca Raton

Junior League of Boca Raton members Lisa Hanes (left) and Patrice Gramberg line a planting bed at the Community Garden near the library.

Soroptimist International Hosts Women of Distinction 38th Annual Awards Breakfast
Boca West Country Club

Father Michael Kissane, Elaine J. Wold, Albert Johnson and Helen Babione.

Boca Heart Ball
Feb. 25, Woodfield Country Club

The 30th Annual Boca Raton Heart Ball has been scheduled for 6:30 p.m.-midnight Feb. 25 at Woodfield Country Club.

Chairs this year will be Caren and Michael Weinberg (at left).
Honorees are:
Community Honoree: Marleen Forkas
Medical Honoree: Dr. James Morris
Sports Honoree: Howard Schnellenberger

Tickets are $325.
Money raised will help pay for local research and education for cardiovascular disease, as well as children’s programs and emergency preparedness.
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All photos provided
FEEL THE EXHILARATION OF A BIKE RIDE TO NOWHERE

To the casual observer, Spinning is a strange fitness routine. It’s a group bicycle ride to nowhere, usually done in a darkened room with loud, pulsating music. A drill sergeant in the dark exclaims over the riders as they pedal forward on the trademarked stationary bikes and pump their legs harder, faster to their just rewards: burning between 400 and 600 calories in one hour.

There’s no denying it: Spinning can be grueling, especially for beginners. But to coastal-area fitness lovers, it’s one of the best cardiovascular exercises around.

“I get bored doing the other stuff,” says 68-year-old Ron Sevasto, who spins three times a week at Fitness Now in Boca Raton. “I do it for the cardio workout. It keeps me young.”

Kayla L., a woman in her 50s who takes spin classes at Level 5 Fitness in Delray Beach, says she feels invigorated afterward, and sleeps better at night. “I have young guys flirt with me here at the gym,” she half-jokes, “and I think it’s because of the spinning.”

Spinning made its debut in California in the late 1980s when endurance cyclist Johnny G. Goldberg invented a sturdy indoor cycle with a large-mass braked flywheel to simulate actual road conditions. As group indoor cycling caught on, Spinning bikes were mass-produced and shipped to gyms around the world.

Kathryn Castello, 43, says Spinning is perfect for people of all ages and fitness levels. “It’s your own ride. You can make the tension as high or low as you want.”

Cartello says as long as you pedal with your feet flat and parallel to the floor, Spinning is safe and actually good for your knees. It strengthens muscles in the legs, knees, and tush and helps us balance as we age.

Sonny Van Arent, a spin devotee from Gulf Stream who is 70 but looks 60, participates in spin classes three days a week. “Spin is a form of meditation,” he says. “You get your heart rate up and you just get into it.”

And you don’t need to join a gym — or endure an hour of ear-splitting music in the dark — to give Spinning a try. Just show up at Oceanfront Park in Boynton Beach around 6:30 a.m. Monday through Sunday. You’ll find a public spin class held on the deck overlooking the ocean, taught by a certified spin instructor.

Organized by local fitness crusader Susan Mandell in conjunction with the Boynton Beach Recreation and Parks Department, the classes are intended to give people from all walks of life a chance to improve their health and wellness. Cost of admission: whatever you can afford.

“We have the best oxygen here out here,” Mandell says. “The other day we were Spinning in front of a double rainbow while it was raining, and it was absolutely phenomenal.”

One of Mandell’s newest recruits, 50-year-old Chris Geletka of Hypoluxo, says he’s hooked. “I didn’t realize how much of a cardio workout this is. But how many people get to look at the ocean while they’re working out?”

Paula Detwiller is a freelance writer and lifelong fitness junkie. Find her at www.pdvwrites.com.

Where to spin

The Gym
2015 S Ocean Blvd. (Plaza del Mar shopping plaza)
Boca Raton
582-7112
www.thegymmanalapanfl.com/
Spin classes free with membership.
Classes held five days a week, indoors or outdoors with water view (weather permitting).

Lantana Fitness
700 N. Lantana Road
Lantana
585-3300
www.lantanafitness.com
Spin classes free with membership.
Offered three times a week, indoors.

Oceanfront Park
4415 N. Ocean Blvd
Ocean Ridge
Tapped in conjunction with Boynton Beach Parks & Recreation Dept.
Contact Instructor Susan Mandell: 287-0953
Open to the public, free with donations accepted.
Monday-Sunday starting at 6:30 a.m.
Participants share five spin bikes placed on deck overlooking the ocean.

Level 5 Fitness & Conditioning
1555 S Federal Highway
Delray Beach
819-6999
www.level5fitness.com Spin classes free with membership. Classes offered seven days a week, indoors.

Fitness Now
495 NE Spanish River Blvd.
Boca Raton
910-1600
www.fitnesstobocaraton.com Spin classes free with membership.
Classes offered seven days a week, indoors.

Level 5 Fitness
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Getting blessings, one tweet at a time

By Ron Hayes

GULF STREAM — Wilma Ann and George Elmore moved to Delray Beach in the early 1950s and started a small paving business they named Hardrives. George Elmore drives for $125 each. Wilma did the books. And kept the house. And raised the children.

They were young newlyweds, scrapping by, building a business, building a life.

“We started from scratch,” their son Craig recalls, “but Dad always told us, ‘You make money or whatever you get out of the community you need to give back to the community.’”

Wilma Ann Elmore never betrayed that commitment. By the time of her death at 81 of a heart attack, she had been a generous supporter — in both money and time — of Lynn University and the Boca Raton Regional Hospital, of the Kravis Center and Florida Atlantic University.

In the early 1980s, Mrs. Elmore was a founder and president of Lynn University’s Excalibur Society, establishing an endowed scholarship that grew to more than $750,000.

“She was a very serious, dedicated woman,” said John Gallo, now the university’s senior major gifts officer. “She always focused on the good in everything and everyone.”

One last tweet: “CB, Here are 26 words — 135 characters with spaces — 135 words! Give thanks with a grateful heart: … I respond to God with my heart, soul, mind and hands as I prepare a wonderful meal for those I love! Blessings, Kathleen.”

That would be the Rev. Kathleen Gannon of St. Paul’s Episcopal Church in Delray Beach.

As it turned out, this Thanksgiving techno-haiku brought sentiment I wasn’t expecting, and my gratitude for them.

If you agree this was fun, let’s try it again next month. Send your winter holiday tweets to @CBHanif, and I’ll share some — 140 characters or less, including spaces.

One last: “Not really all that comfortable with social networking,” said Ron Arlin, Abbey Delray South director of pastoral services and my DBICA co-president. “Never used it before. Perhaps another time.”

Yet, not long after he wrote that, came this, which touched my heart: “What I appreciate is that people of all faiths as well as those who claim no faith participate in Thanksgiving. Gratitude can transform relationships.”

That was 10 characters over 140 when I plugged it into a Twitter window, but carried 10 tons of import.

“At this time of Grateful Awareness,” wrote the Rev. Paula Hayward, DBICA secretary. “Our obligations are to God for God’s continued unlimited good to us.”

Thanks to Paula, who always focuses on the good in everything and everyone.

Wilma Ann Elmore

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November 5 - Saturday - Previous barbecue is at Patch Reef Park, 2000 Town Center Dr., Boca Raton, parking fee, entry fee, table space available for purchase. 367-7035 or www.boca-raton-fl.us/special_events/BBQfest.html

3/5/5 - Art Exhibit: Claire V. Dorst and Ana M. Vidal-Prioli at Sir Padrici Park, 7301 S. Military Trail, Boca Raton. Dorst is a local street artist who uses acrylics and oils and creates life-like portraits. Vidal-Prioli is a local artist and a high school teacher who exhibits at the Highland Beach Library. Free. Noon-3 pm. 561-995-0709 or www.highlandbeachlibrary.org.


11/5 & 12/6 - Highland Beach - First Thursday of each month at Highland Beach Town Center, 5 S. Ocean Blvd. 1:30 pm. Agenda available at www.ci.highlandbeach.fl.us.

11/6 & 12/22 - Boca Raton - Second & Fourth Saturday of each month at Boca Raton Children's Museum, 1100 W. Palmetto Park Rd. 6 pm. Agenda available at www.ci.boca-raton.fl.us.


11/7 & 11/14 - Boca Raton - Second & Fourth Saturday of each month at Boca Raton Children's Museum, 1100 W. Palmetto Park Rd. 6 pm. Agenda available at www.ci.boca-raton.fl.us.

11/10 - Two-Month Movie Classics: The Night of the Hunter at Sand Dollar Park, 300 S. Military Trail, Boca Raton. For ages 11+. This loved classic features Robert Mitchum as a killer on the lam. 4:00-7:00 p.m. Free. 427-5423 or www.sanddollar.org.

11/10 - Lunchbox Meeting: What is Obstructive Sleep Apnea? - Presented as part of the Lunch ’n Learn Series by Chabad of East Boca Raton at OASIS, an international, global coalition for Jewish Elders. 11:30 am - 1:00 pm. $25 per person. 458-6000 or www.oasisboca.org.

11/11 - New Music Festival Spotlight - Thomas McKinley at Lynn University, Aarnick-Goldstein Concert Hall in the de Hoernle International Center, Lynn University, 601 N. Military Trail, Boca Raton. Featuring the world premiere of the 2012 commissioned work for chamber ensemble, this program will celebrate the works of Thomas McKinley. 7:30-10:30 pm. Free. 237-9000 or www.lynn.edu/tickets.

11/11 - Jazz at the MBA: Lila Iké and Nicci Yarling - Presented as part of the Free Live Jazz series at Mizner Park Amphitheater, 1801 Mizner Blvd., Boca Raton. 7:30-9:30 pm. Free. 544-8660 or www.miznerpark.com.

11/11 - Executive Forum Lecture Series: The Night of the Hunter at Sand Dollar Park, 300 S. Military Trail, Boca Raton. For ages 15+. This loved classic features Robert Mitchum as a killer on the lam. 4:00-7:00 p.m. Free. 427-5423 or www.sanddollar.org.


11/11 - Canoeing The Mangroves - Enjoy a guided tour of the boardwalk at Rutherford Park, 600 NE 24th St., Boca Raton. Presented by the Gumbo Limbo Nature Center. Following the tour, paddle through the mangrove trails and back along the shoreline of the Intracoastal. Experience the mangroves, the trees, the food, and the language of those who have lived here for thousands of years. Meet at the Mangrove Boardwalk, look for red mangrove leaves and tree trunks, and listen for sounds of the birds. 11:30 am. $5 suggested donation. 391-8110 or www.gumbolimbo.org.


11/11 - South Florida’s First People at the Gumbo Limbo Nature Center, 300 S. Ocean Blvd., Boca Raton. Native Americans have lived in this area for thousands of years. Investigate the ancient middens in the Gumbo Limbo hammock, learn about the tools, food, and language of these ancient people. Participants will create their own Native American craft. For ages 7-11, adults must sign in children, but do not have to pay. 10:30 am–9:30 pm. $39 members; $54 non-members - per child. Reservations and pre-payment required: 391-8110 or www.gumbolimbo.org.

11/11 - Play-Group Playdate at Sugar Sand Park, 300 S. Military Trail, Boca Raton. For ages 6-36 months. Drop-in stop-by participants are welcome to learn to listen to their partner and partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to partner-to 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Event organizers, including Skipp Jackman (l-r), Betsy Fletcher, Barbara Levitt, Steve and Stephanie McIsaac and Joy and Thom Devita, are promoting food and wine aficionados an exciting roster of internationally renowned chefs and winemakers, delectable cuisine, a live auction of wines to taste. Event is scheduled for March 23-25. For more information or to purchase advance tickets, contact the Boca Raton Historical Society: 395-6766, Ext. 101, or www.bocabacchanal.com.

Photo provided
Savor the Grove
Pineapple Grove, Delray Beach

Chairs Brooke Qualk (l), Kristin Calder and Caldon Dockerty present Savor the Grove from 6-9 pm Nov. 9.

The event is presented in honor of the Junior League of Boca Raton’s 40th anniversary and brings together restaurants in The Pineapple Grove shopping area to showcase the JLB’s James Beard Award-winning Savor the Grove area.

JLB members will prepare appetizers from the cookbook with additional appetizers provided by Christine’s and Mingo.

Dolce Amore will provide a family-style meal at a dining table with seating for 100 in the Treasures4Charity parking lot. Cupcake Couture is providing desserts. Most of the other Esplanade retailers will participate in various ways.

The event is open to JLB members and the community. The tickets are $50 and a donation to Treasures4Charity to benefit JLB. There will be a cash bar, cash raffles and cash seating.

Limited tickets available through the Junior League of Boca Raton at www.jlb.org.Photo provided

November 2011

The COASTAL STAR

Community Calendar 25
Tuesday - 11/12 - Unmocked Earth by Jhumpa Lahiri is presented as part of the book club discussion by the Friends of the Boca Raton Public Library, 201 W. Palmetto Park Rd., Boca Raton. Free. 2:30-4 pm.

11/22 - Boca Beachcombing - A tour for an introductory talk about the Herring Gull, the birds that preside over the promenade that makes them at Gumbo Limbo Nature Center, 2800 NW Ocean Blvd., Boca Raton, then caravn over to Red Reef Park, 1400 N. State Road A1A, Boca Raton, to walk the beach and collect their treasures. Open to all ages, children must be accompanied by an adult. 2:30-4:30 pm, all members. Reservations are required. 338-1542 or www.gumbolimbo.org.

Wednesday - 11/13 - The Nonconformist - Parents’ Nightmare or Future Leader? - Presented as part of the lecture series by Chad of East Boca Raton at Eau Palm Beach Resort & Spa, 10000 S Ocean Blvd., Boca Raton. Free. 7:30-9 pm.

Thursday - 11/14 - Seining the Lagoon at the Gumbo Limbo Nature Center, 3801 N. Ocean Blvd., Boca Raton. Explore the grasses and flats of the Intracoastal Waterway behind Gumbo-Limbo. Hand-held dip nets and large seine nets allow participants to catch and release a variety of fish, shrimp, crabs and marine life. Wear clothes that can get wet. Old sneakers or water shoes only. Ages 10-adult. Children must be accompanied by an adult. 3-5 pm. $5, members; $8, non-members. Reservations are required. 338-1542 or www.gumbolimbo.org.


Saturday - 11/23 - Cooking The Mangroves - Enjoy a naturalist guided tour from 9-11 am and a land tour back along the shoreline of the Intracoastal Waterway from 11 am-1 pm. Wear clothes and shoes that can get wet and dirty. Sun protection, water and bug spray are recommended. Parents must chaperone. Free. 393-4110 or www.gumbolimbo.org.

11/26 - Concert - 311 with special guest DJ SoulaMae at Mizner Park Amphitheatre, 590 Plaza Real, Boca Raton. No cost.
Royal Palm home offers an elegant retreat

Beautifully updated and appointed, this four-bedroom, four-bath home has an open floor plan that makes it perfect for entertaining. The main living areas feature porcelain tile and crown molding along with nine-foot ceilings, as does the master bedroom suite. Its sumptuous bath boasts double sinks, a spa tub and separate shower with a multiple rain shower system. The other three bedrooms have hardwood floors as well as en suite baths.

A gourmet kitchen to gratify any serious cook features wood cabinetry, Jenn-Air oven and cooktop, Bosch dishwasher and two sinks. There is an inviting center island, convenient for dining, mingling or intense food preparation.

With just under 3,000 square feet, this charming home offers impact glass, a two-car garage, central vacuum system, along with an oversized covered patio and open pool surrounded by a tropically foliaged backyard.

Located steps from Royal Palm Yacht and Country Club, this residence is offered at $1,095,000 by the Royal Palm Previews Group: Todd Schleicher, Luke Redigan and Ann Rutherford; all Coldwell Banker Previews Specialists. Call Todd, Royal Palm Previews Group, at 561-306-5283 for a private showing.
Royal Palm Place IS Your Style For Life™!

RESTAURANTS
BIERGARTEN
BOCA BREAKFAST & LUNCH CLUB
CARUSO RISTORANTE
CASIMIR BISTRO
CHOPS LOBSTERS BAR
COTE FRANCE CAFE
CUISINE BY SILVIA
FRO-YO FRENZY
GIOVANNI'S PIZZA
HOLLOWAY'S IRISH PUB
JAKE'S STONE CRAB
LEMONGRASS ASIAN BISTRO
MASTICA MEDITERRANEAN BISTRO
RAFFELE RISTORANTE
RISTORANTE SAPORI
ROSARIO'S RISTORANTE
SAQUELL'S CAFE
TABLE 42 ITALIAN KITCHEN
THE RUSTIC CELLAR
THE WISHING WELL IRISH PUB
TROPICAL SMOOTHIE
YAKITORI SAME HOUSE

SALONS & SPAS
BACK BAY SALON
BOCA NAILS
BRAZELIA MED SPA
ELEGANCE SPA & HAIR STUDIO
GAMINE BEAUTY BAR
GREEN WAVE BODY WAXING
KEVANAH DAY SPA
LA MIRAGE
OASIS BARBER SHOP
OXYGEN SALON
ROYAL PALM NAILS & SPA
SALON 300
TIPSY SALON, SPA & LOUNGE

SPECIALTIES
BENNINGTON TOBACCONIST
FRED ASTAIRE DANCE STUDIO
LIFESTYLES OF LYNNE GIFTS
LUXURY CARS OF BOCA
SHOWTIME PERFORMING ARTS THEATRE
THE MERRY MAILMAN
TOBI'S GROOMING

FINE JEWELRY
D'VARA JEWELERS
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J MARK JEWELERS
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