Boca: New mecca for renters?

By Angie Francalancia

The surge in rental developments expected to lure young professionals

The buildings will be taller, the occupants younger and the amenities more cutting-edge than anything downtown Boca Raton has seen. And if the developers and city leaders’ predictions come true, the new apartments going up in Boca Raton’s downtown will fill it with people willing to walk to shopping, entertainment, dining and perhaps even employment. This is not your grandfather’s vacation rental.

Indeed, the apartments — 1,197 of them downtown — will be small by the city’s suburban standards, and will be marketed to young professionals who don’t necessarily see buying a house in their immediate futures.

And because two of the four downtown complexes include some retail space, the projects also have the potential to enliven the lackluster performance of some of the existing retail around Palmetto Park Road.

Think of Boca Raton not as a small city, compared with more traditional urban areas, but as a piece of the overall South Florida metro area, said Jay Curran, vice president of development for

See APARTMENT on page 3

Sources: City of Boca Raton and developers. Map by Bonnie Lalky-Seibert/The Coastal Star

Along the Coast

Better forecast tools lead to new evacuation standards

By Tim O’Meilia

The next time a minimal hurricane threatens to slosh ashore in south Palm Beach County, most resident won’t be ordered to flee.

In fact, evacuation of the barrier islands from the Palm Beach Inlet to Boca Raton won’t be considered until a storm puff itself up to Category 2 strength with the threat of a strong storm surge.

Across Palm Beach County, that means nearly 138,000 people who in the past would have been encouraged to find other shelter in a Category 1 hurricane can now stay home and ride out the storm.

The exceptions are those who live in mobile homes, substantial housing or in extremely flood-prone areas. They still will be ordered to leave by emergency officials.

“We don’t want to unnecessarily evacuate anyone,” said county Emergency Manager Bill Johnson. “With evacuation, there’s the problem of traffic congestion and the possibility of getting caught on the road in a storm.”

Based on the newest technology, emergency managers have drawn five new evacuation zones, replacing the current two. Although the zones are tied to

See EVACUATION on page 9

Boca Raton

Muvico founder realizes dream with iPic Theaters

By Thom Smith

Long ago and far, far away, Hamid Hashemi couldn’t get enough of movies. His mother would take him and his brother and sister to the local cinema in Tehran, Iran, every Friday. The big screen became so alluring that he and his teenage pals once saw 19 movies in two weeks.

“Movies were the gateway to the Western world,” Hashemi said. “They opened up my universe.”

Still a teenager, Hashemi and his family left Iran in 1978, a year before the revolution. Six years later, he was running his own movie house, three screens in a Coral Springs strip mall. He called his company Muvico. It became an industry innovator.

Fast forward to the 21st century. Just as movie-making has changed, so has the movie house. No more strip malls, no more floors goofy with popcorn ground into spilled soda, no more scratchy film.

In 2005, Hashemi and Muvico parted. Two years later, in a Milwaukee suburb, he opened his first iPic theater.

On May 4, his newest and most advanced iPic opened in
Editor's Note

We’ll help you stay informed this summer, no matter where you live

The season has come to an end and many of you are headed north for the summer. Seems like just yesterday we were putting together the holiday gift guide, for goodness sakes. Where has the time gone? We will miss you, but we won't stop reporting, writing and photographing the local news.

And here's some good news: You won't have to miss a thing while you're summering elsewhere.

There are two ways for you to follow our island dispatches. You can read us online at www.thecoastalstar.com, or, you can subscribe by completing a form found on Page 25 of this edition or online under “subscriptions.” Tell us where you would like us to mail your paper and send us $20 to cover postage.

So many of you have told us that reading The Coastal Star is like receiving a letter from a good friend, and good friends should stay in touch, even — or especially — during hurricane season.

Of course, we’re keeping our fingers crossed that the big storms will pass us by this summer, but if they don’t, we’ll do our best to keep you on top of things. Watch us online for timely updates.

While you're away, we will continue to keep a watchful eye on city hall, local events, and yes, even the sea turtles.

In this edition, you’ll notice the ArtsPaper is on hiatus, too, until the season preview comes out in October. Until then, ArtsPaper editor Greg Stepanich’s arts column can be found in The Coastal Star.

Want to know more about the arts scene? Visit the Boca Raton Museum of Art and its affiliated art school. And they greatly enjoy giving Canadian customs agents a similar biscotti “bribe.”

Whether you leave or stay, we’ll miss you, but we won't stop reporting, writing and photographing the local news.

By Paula Detwiller

He had a men’s clothing business in St. Louis. She had an antiques shop. They raised two daughters and retired to Florida in 1985. But Jack and Beverly Circle of coastal Boca Raton never really retired.

“People up North think that when you come down to Florida and you sit at the pool all day and do nothing,” says Beverly.

“People came to Beverly and said, ‘People come to us, and we don’t like to cook. Can you give us a table in a corner, we’ll give you all the money,’ ” says Beverly.

“We ended up making as many as 500 packaged meals at one time, with an army of friends, in our small kitchen,” says Jack. “This was a big project. It took two days to shop, one day to cook, and one day to prepare it all for distribution.”

“Everybody in our building got to know us, because we asked to use their freezers,” Beverly says. “Eventually we got to know people in our building, and they asked us to use their freezers,” Beverly says. “Eventually we got to know people in our building, and they asked us to use their freezers.”

“Everybody in our building got to know us, because we asked to use their freezers,” Beverly says. “Eventually we bought a big freezer and put it in a closet.”

As they got older, Beverly, 82, taught Jack the fine art of baking.

Together they bake crowd-pleasing fruitcake — yes, fruitcake — and sell it at various fundraising events for the Boca Raton Museum of Art and its affiliated art school.

“Jack and I said, ‘if you give us a table in a corner, we will bake and sell fruitcakes and give you all the money.’” Beverly said. “People came to our table and said, we don’t like fruitcake. So we gave them a sample. First time we did that, we made $950, in three hours.”

She won’t reveal the recipe, but says her fruitcakes contain 10 different fruits and no fat. The Circles also bake nine kinds of biscotti. When Beverly volunteers each Wednesday evening at the museum’s front desk, she brings along a bag of her homemade biscotti to give to someone deserving.

Jack says Beverly’s biscotti are so good, they open doors. The Circles once got a room in a booked-up Montreal hotel by offering the manager a bag of their cookies.

On another trip, they avoided paying duty on a trunkful of merchandise by giving Canadian customs agents a similar biscotti “bribe.”

Through all of their adventures, Jack and Beverly have stuck together. They’ve been a team for 62 years now. And they greatly enjoy giving their time, talent, and treasure to the Boca Museum of Art.

“Whenever they need someone, all they have to do is call us, and we’re available,” Jack said.

Letters

Bicyclists need to follow the rules of the road

Your newspaper and others keep preaching about the rights of bicyclists. I go out of my way, especially on weekends, for them. But until law enforcement does something, they continue to ride three or four abreast and continue not to respect the two-abreast limit.

It’s time police make them believers in the rules.

If we continue to let them ride at free will, the danger is on them.

Gov. Scott or someone has to make it a two-side deal, or bikers will continue to get hurt.

Ran M. Bennett
Highland Beach
APARTMENTS

Continued from page 1

Archstone’s Florida division. Archstone plans to build 378 apartments on Palmetto Park Road in nine stories atop about 15,000 square feet of retail at street level and a parking garage. That includes about 25 town homes with garages that will face Boca Raton Boulevard. The existing retail building will be demolished.

“You’ve got the view of the Intracoastal and the ocean, and to be in such great proximity to downtown and the beach is a great opportunity,” Curran said. “Not only do you get all these great amenities but great access to jobs.”

That access to downtown, U.S. 1 and I-95 is one reason these are expected to attract young professionals, and they’re likely to improve Boca Raton’s business prospects, said people involved in downtown planning.

Businesses look for quality rental apartments in deciding where to locate, said land use attorney Charles Siemon, who has done extensive work with downtown Boca Raton, including Archstone and other apartment projects.

“We have employees who work in downtown Boca Raton but who live in Fort Lauderdale,” he said. “We need to make our city more attractive to businesses and young professionals, and that’s not renting a golf villa.”

Kelly Smallridge, executive director of the Economic Development Board, said today’s typical young professional wants an urban lifestyle, and today’s businesses want a young, college-educated workforce. Companies like 3C Interactive, Campus Management and Office Depot ought to benefit by the apartment growth in downtown Boca, she said.

“The scenario that the economic consultants give us was that the 25-year-old today likes to get up, get on a bike, go to Starbucks for coffee, get back on the bike and go to the office for lunch, get on a bike again and go to a park,” she said. “Young college graduates today are not nearly as excited about purchasing their first car because of the price of gas.”

While city leaders are excited about the potential for a dense, pedestrian downtown, not all residents share their vision, and many have said there will be too many apartments and too much traffic.

“There will be far fewer résultat than needed to fill the approved rental properties,” economics professor Ann Witte told the Federation of Boca Raton Homeowner Associations on May 1.

The city’s projected population growth will provide only slightly more than 400 new renters,” said Witte, who lives in Townsend Place.

That apartment developments are near U.S. 1, and four are within walking distance to Boca’s Mizner Park entertainment district.

The majority of the units will be one-bedrooms, and some developments are offering studios as well.

Rents among the complexes will range from $1,050 for a studio apartment to $3,500 for a three-bedroom with garage. We’re assuming this is going to be mainly single and professional couples that either work in downtown or work in other areas of Palm Beach County and want to live closer to downtown, closer to where the action is,” said Hugo Pacanins, vice president of Ram Residential, which is building 208 units just east of U.S. 1 on Palmetto Park Road.

Ram won’t be demolishing the Merrill Lynch office building on the site, and will position the apartments a little east of the corner, leaving the prime corner for a future phase, Pacanins said.

“We see a combination of younger populations, but also some of the older population moving away from the suburban locations who maybe don’t want to use cars for everything,” said while granite countertops, stainless steel appliances and wood cabinets set the standard, the upscale appointments will come in smaller packages with some studio apartments coming in at about $300 square feet at both the Ram and Camden apartments.

“There’s a big supply of large condos and apartments. Our units are going to be a little bit smaller,” said Chad Weaver, Camden’s vice president of real estate investments for the southeast United States. “We’re actually going to have some studios. The apartments will range in size from about $300 square feet up to about 1,250,” he said. He believes demand will come from some people looking for a more comfortable living situation, such as moving out from a parent’s home or living alone after having a roommate.

Via Mizner, adjacent to the Boca Raton Resort, may see tenants who choose to rent rather than buy a seasonal place, said Pete Odorico, vice president of Development for Penn-Florida, which is developing the project at Camino Real and U.S. 1.

“It’s the views next to the club and proximity to the club that makes a difference for us,” he said. He expects phase one of the project to complement the entire project, which still includes a future phase of condos about 44,000 square feet of retail and a 118 room hotel.

The fifth, North Boca Village, about five miles north, and includes 384 apartments in 19 buildings on 20 acres at the former Levitz Plaza.

“This is more of a garden style, not a high-rise,” said Michael Ging, managing director of Broadstone Developers, which already has the first five-story building out of the ground. We’ll have three-story townhomes with two-car garages, which we expect to appeal to families, and five-story buildings that we believe will appeal to the more mature demographic, mostly because it will look and feel like a condo. And then we’ll have your traditional three-story garden-style buildings.”

“The thing that’s going to set us apart is our clubhouse. It’s the most luxurious clubhouse that I’ve seen,” Ging said. It will be a two-story, 10,000-square-foot building with a cyber cafe, fitness center, yoga studio, demo kitchen, and wine and cigar rooms.

The four downtown complexes all sit on space a fraction the size of Boca Village’s 20 acres. Located between Mizner and Delray Beach’s Atlantic Avenue, North Boca Village expects to attract young professionals who might work north or south.

Unlike many of the condos that make up downtown Boca’s multifamily housing, developers don’t see the apartments being abandoned in the summer.

“We think it will be very good for the community and add to the year-round population,” Siemon said.
Boca Raton Regional Hospital

Schmids give hospital $5 million for neuroscience institute

The Marcus Neuroscience Institute, scheduled to open in 2014, got a hefty cash boost in mid-April, when Barbara and Dick Schmidt and the Schmidt Family Foundation gave the Boca Raton Regional Hospital Foundation a $5 million gift for the project.

The neuroscience institute will serve as a state-of-the-art center of care for neurologic and neurosurgical patients.

The institute was established with a recently announced $25 million gift from Boca Raton residents Billi and Bernie Marcus and the Marcus Foundation. The Schmidt gift will be used to build a 52,000-square-foot addition to the hospital, which will house the Marcus Neuroscience Institute, and be named the Schmidt Family Pavilion. It will contain a 22-bed Neuro Intensive Care and Step-Down unit, two dedicated operating rooms equipped with intraoperative MRI and the latest technology.

“We believe the Marcus Neuroscience Institute is the most important new development in health care in South Florida,” said Dick Schmidt, who has just completed his tenure as two-term chairman of the hospital board of trustees.

“It will serve as a destination for expert neurological care from the finest physicians and clinicians coupled with the most advanced technology. The Marcus Neuroscience Institute will transform the lives of many patients suffering from memory and movement disorders, as well as other neurological conditions.”

The Schmids announced the gift at the Foundation’s Philanthropy Guild Reception, which recognizes the hospital’s most generous donors. The Schmidt family has a multi-generational legacy of support for Boca Raton Regional Hospital. Dick Schmidt’s parents, Charles and Dorothy Schmidt, were early contributors to the effort to build the hospital in the 1960s. He and his wife, Barbara, and the Schmidt Family Foundation have also given several philanthropic gifts to the Lynn Cancer Institute. — Staff report

Local doctors nominated for Heroes Awards

Eleven former or current Boca Raton Regional Hospital physicians have been nominated for the Palm Beach County Medical Society’s Heroes in Medicine Awards and will be honored at the Society’s ninth annual luncheon, at the Kravis Center on May 9.

For the Lifetime Achievement Award, community outreach hero finalists include the following retired physician volunteers at Caridad: Richard F. Ausclair, Arnold Berliner, Howard Doyle, Gordon Hahn, James Iannotta, Leo Quinn and Martin Rubenberg.

Physician International Hero finalists are Howard Goldman and Jeffrey Miller.

The local/national hero finalist is Joseph Forstot. The awards distinguish individuals and organizations in the health care field that provide exceptional services to meet the needs of the community. Nominees were judged by a committee chosen by the Palm Beach County Medical Society Services.

Proceeds from the ceremony benefit Project Access, a group of physician volunteers that help provide health care to low-income and uninsured residents of Palm Beach County.

— Staff report

Barbara and Dick Schmidt and the Schmidt Family Foundation’s gift to Boca Raton Regional Hospital follows a $25 million gift by Billi and Bernie Marcus. Photo provided
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Obama greeted by patient FAU students; Michelle Bernstein hosting foodie road trip

President Obama mixes with the crowd, many armed with cell phone cameras, during his visit to Florida Atlantic University in Boca Raton. Thom Smith/The Coastal Star

Boston Proper employees enjoy the fashion show during the Proper Affair held at the Boca Raton Resort & Club on April 18. Sitting in the front row, from left: Alain Boyer, Ernie Sulpizio, Deanna Lederman and Giulio Ghio. Kurtis Boggs/The Coastal Star

President Obama mixes with the crowd, many armed with cell phone cameras, during his visit to Florida Atlantic University in Boca Raton. Tim Stepien/The Coastal Star

The line of students hoping to get a seat in the gym at Florida Atlantic University stretched across the main road then snaked back and forth across the lawn next to the student center. Those who finally made it inside to see and hear President Barack Obama were mostly enthusiastic, unusually polite for college students and unbelievably patient. Applause greeted anyone with a suit who entered the arena from beneath the giant flag, even the White House staffer who attached the presidential seal to the front of the lectern.

On one wall hung a banner emblazoned with “An America Built To Last,” a presidential goal that could have been borrowed from a Ford commercial or possibly from a Grateful Dead album. The crowd didn’t applaud it, but they did give FAU President Mary Jane Saunders a big hand as she noted that FAU, the most diverse of Florida’s universities “looks like America.” They clapped for Student Government President Ayden Mahar as he led the Pledge of Allegiance and for sophomore Rebecca Guillaume after her reading Star Spangled Banner.

No special treatment, by the way, for FAU trustees such as Tom Workman, Anthony Barbar and Dave Feder, who were squeezed into a corner of the bleachers behind the stage. Recently retired football coach Howard Schnellenberger also had a bleacher seat, directly behind the president, where he snapped lots of photos on his cellphone.

Obama urged congressional support for increased student assistance and for his proposed “Buffet rule” — no connection with Jimmy. He made one sweep around the gym, hand-to-hand with hundreds leaning over the barriers and then, barely an hour later he was gone.

The presidential visit was the first to FAU since Lyndon Johnson helped dedicate the school in 1964. Yet, surprisingly, no one knows why or how the White House picked FAU.

FAU’s University Relations office speculated that it was convenient, almost on a straight line from his earlier fund-raising stop in Palm Beach Gardens to another at the Diplomat Resort in Hollywood and finally at a private home in Golden Beach. But nothing definite.

When the White House was queried, staffer Joanne Rosholm sent this reply: “It’s not entirely uncommon that we would pick a place like FAU that can hold a large number of people who want to see their President speak. Beyond that, I don’t know that there’s much more to say.”

So there . . .

After a year in the making, and many more developing the concept, Due South Brewing is ready to begin pouring in earnest. With another weekend of positive reviews at Delray’s Old School Beerfest on April 21, founder Mike Halker has begun production at south county’s first commercial craft brewery.

“We’ll have our grand opening on May 12.” Halker said of his facility on High Ridge Road in Boynton Beach. “We’ll be brewing five types to start.”

Due South’s monthly production of 3,500 gallons is barely a drop compared to voluminous Bud or Corona, but Halker is confident he can win over anyone who likes his beer with a little TLC. A caramel cream ale has been testing well, but Halker said Due South’s Category 3 IPA (India Pale Ale) also is going down nicely and hopper Cat 4 and 5 versions are on the way.

A firm believer in the social benefits of beer and brewing, Halker also will pour samples from other craft brewers at the open house. To handle the demand, the 1,000-square-foot bar area is now stocked with samplers, 12-ounce short pour glasses, and a newly arrived shipments of 1,000 pints. For

Michelle Bernstein hosting foodie road trip

Actress June Lockhart (left) poses for a photo with Palm Beach International Film Festival Chairwoman Yvonne Boice (center) and Executive Director Randi Emerson during the Silver Screen Splash brunch at The Lake Pavilion in West Palm Beach on April 15. Tim Stepien/The Coastal Star
As far east as you can get on dry land, a fire-and-water entrance feature welcomes the 21-and-over crowd to the Sandbar and Rhum Shack. The new sand bar on the south side of Boston’s on the Beach opened SRO on Friday the 13th. Not a blade of grass in sight nor any weeds, for that matter — the entire area is covered with packed sand that unlike the beach variety across the street is not supposed to blow away, wash away or stick like glue. It’s kind of an adult sandbox,” GM Tom Walsh said with a smile, noting that while a limited snack menu will be offered, the emphasis will be on building your own mojito or whetting your whistle with 12 draft beers or two dozen bottled varieties. “If people want a big meal, they can eat inside and then come out.”

Bernstein, who hosts Check, Please!, the restaurant review show on WPBT-Channel 2, expanded her repertoire to include road trips. On May 15, 150 guests paying $125 each, plus whatever they spent at auction, attended for 20 last-minute tickets — for 20 last-minute winners: The Sixth Annual American Fine Wine Competition at the Boca Raton Resort & Club on April 19. RIGHT: Annette and Rod Coleman of Boca Raton enjoy a demo by chef Emeril Lagasse. The couple were among 10 people who won a seat at the head table for Lagasse’s demo. Rod Coleman’s company, Coleman & Associates, also was a sponsor of the event.

On the road again … Michelle Bernstein, just departed as executive chef at The Omphoy in Palm Beach, is headed back to the Palm Beaches from her Miami nest, but only for one night. Bernstein, who hosts Check, Please!, the restaurant review show on WPBT-Channel 2, has expanded her repertoire to include road trips.

On May 15, 150 guests paying $125 each, will visit five restaurants in Boca. After appetizers at Sushi Rock on Yamato Road, the group will board buses for stops at Josephine’s, Bogart’s, Casa D’Angelo and The Tin Muffin Café. Co-hosting with Bernstein will be popular radio host and vintner Paul Castronovo. Proceeds support production of the show. To sign up, go to wpbt2.org.

Bernstein will not be stopping at Mizner Park, which is too bad because Uncle Julio’s Mexican restaurant has given its menu a spark. New drinks include margaritas with fresh mango and passion fruit among other blends, with and without tequila (including Patron). Want to eat on the cheap? On Tuesdays, tacos are a buck each.

What a party! Overflow crowd. Shari Gherman, president of the American Fine Wine Competition had to add two tables — for 20 last-minute oenophiles — in the Grand Ballroom at the Boca Raton Resort & Club’s Mizner Center. Alan Kalter, with a week off from announcing for David Letterman, kept the crowd informed. Saxman Dayve Stewart and The Vibe socked the 400-plus guests at $310 each, plus whatever they spent at auction. Bam! Emeril Lagasse put on a show as he prepared roasted filet mignon, brown butter gulf blue crabmeat, local mushroom fondue, spring field peas and black truffle butter sauce. Bam! At auction, Theodore Bryant bid $15,000 for a dream dinner to be prepared at his home by several top area chefs, which helped bring the tally to $60,000 for Diabetes Research Institute and the Golden Bell Education Foundation.

Since it is the American Fine Wine Competition, there were winners: The 2009 Castello di Amorosa Il Passito Reserve Late Harvest Semillon, North Coast and 2009 La Follette Manchester Ridge Vineyard Pinot Noir, Mendocino Ridge, were judged the best white and red, from more than 600 entries. Pity the judges. A lot of sipping, spitting and raving for the 25 experts who spent two days at a local hotel sampling the 600 candidates in 12 categories.

“They lock you up in a room and you try wine for two days, flight after flight,” said judge Stephanie Miskew, whose Glamorous Gourmet blog is found at www.stephaniesavorthemoment.blogspot.com. “The split us into groups of four judges. We tried all the wines in our group, made our notes and then got together and tried to come to an agreement.”

“You definitely need to pace yourself.”

But late into the second day, as the judges drew closer to consensus, the tension began to dissolve. “There definitely was more sipping than spitting,” she said.

A day earlier, 350 guests had a Proper Affair at the Boca Resort. But instead of tête-à-tête, the night was devoted to pre-à porter, as they bought raffle tickets, vied for silent auction items and bid on high-end fashions from Boston Proper that were modeled by spirited volunteers. The local grass-roots project raised $160,000 for the Achievement Centers for Children and Families, a Delray Beach foundation that supports 700 low-income children.
Boca Raton

Grant sought to restore Boca Raton Inlet dredge

By Steve Plunkett

The city hopes to win a $109,050 matching grant to help pay for replacement equipment to move sand from the Boca Raton Inlet south onto beaches.

“The City Council authorized applying for the Florida Inland Navigation District grant at its April 24 meeting,” City Manager Mike Woika said.

If the city stopped dredging, “the Boca Raton Inlet would likely become impassable for all but shallow draft vessels in less than one year,” financial/coastal project administrator Jennifer Bistya said in the grant application.

Also, if sand were not moved south, the beaches at South Inlet Park would be in a “severely eroded state,” the application says.

Boca Raton has been dredging the inlet ever since Arvida Corp. deeded the waterway to the city in 1972 with the provision that the city keep it navigable.

“The dredge will be pulled out of the water and unavailable up to two months at the end of the year while its hull is replated and protective painting is applied. Dredge piping, the main pump and a swing winch would be replaced in summer 2013,” the Florida Department of Environmental Protection requires the city to move 83,000 cubic yards of sand down onto the beaches each year.

More than 80 boats pass through the inlet on an average weekday and more than 100 on weekends and holidays, the application says.

The navigation district awarded a $240,000 grant in 1998 to help buy dredge equipment. A $100,000 grant in 2000 partly paid for a tugboat to move the dredge.

Hospice by the Sea team takes 2nd in national regatta

Despite near gale force winds and torrential downpours, skipper Brett Moss, representing Hospice by the Sea, sailed to second place in the 2012 Hospice Regattas National Championship in St. Petersburg on April 22.

Team Fort Lauderdale, made up of Moss and Dalton Tebo, Karl Langefeld and Jason D’Agostino, competed against the Hospice by the Sea team, which was made up of Moss and Dalton Peters in the 2012 Hospice Regattas National Championship in St. Petersburg on April 22.

Moss, representing Hospice by the Sea, said, “It was a fun thing for AIA to do and it’s bringing a lot of attention to a wonderful building. I just feel privileged to work here.”

The results are in and Boca Raton’s old town hall has been deemed the “top civic building” in Florida.

“The designation came in April after an online poll of the state’s top 100 architectural buildings in the “Florida Architecture: 100 Years, 100 Places” competition sponsored by the American Institute of Architects of Florida.

“We are really pleased,” said Mary Car, executive director of the Boca Raton Historical Society, which is headquartered in the building.

“It was a fun thing for AIA to do and it’s bringing a lot of attention to a wonderful building. I just feel privileged to work here.”

Designated as the overall No. 1 building in the state was the Fontainebleau in Miami Beach. Mar-a-Lago in Palm Beach was No. 5, and The Breakers Resort was No. 7.

But after choosing the top 10 buildings, AIA also recognized buildings in various categories, ranging from performing arts to museums — and civic buildings, of course.

To see all of the results, go to www.aiafltop100.org/Current- Standings.cfm.

About Old Town Hall: Palm Beach architect Addison Mizner designed the original version of a city hall for Boca Raton in 1926. His Mediterranean Revival design was scaled down to one story; yet it too proved too costly for the newly incorporated municipality.

Delray architect William Aalsmeyer replaced Mizner as architect in 1927. He created a Mission Style structure incorporating the foundations for Mizner’s design, and the Mizner Industries produced ironwork, tile, pecky cypress ceilings and doors and other architectural features already ordered for the structure.

Town Hall, first opened for business in the spring of 1927, features a gold dome, arched doorways and windows, and ironwork characteristic of the Mediterranean Revival style popular in Florida during the 1920s land boom.

Town Hall served as a municipal structure until the 1980s and was restored through a communitywide effort led by the Boca Raton Historical Society in 1984.

— Staff report

Damaged bridge to be fixed

The city will make a $170,000 emergency repair to a bridge on Date Palm Road, near the truck that caused the posted weight limit crossed the span and a large piece of concrete fell off.

Boca Raton-based Florida Concrete Protection LLC won a $202,794 bid to make minor repairs to the bridge, over the Fishtail Canal, and two others on Date Palm Road last September. Its contract includes the replacement of lower pile caps, concrete crack repairs, overhead concrete replacement, resurfacing roadways and minor sidewalk repairs.

The too-heavy truck drove over the bridge on April 12. Date Palm Road is in the Royal Palm Yacht and Country Club.

The city expects to recover the repair costs from the company that owns the truck, Assistant City Manager Mike Woika said.

— Steve Plunkett

Library groundbreaking

Boca Raton

The new town hall served as a community building.

The City Council approved a $500,000 bid to make emergency repairs to a bridge on Date Palm Road after a truck exceeding the $170,000 emergency repair the city made after a truck exceeded the posted weight limit crossed the span and a large piece of concrete fell off.

Boca Raton-based Florida Concrete Protection LLC won a $202,794 bid to make minor repairs to the bridge, over the Fishtail Canal, and two others on Date Palm Road last September. Its contract includes the replacement of lower pile caps, concrete crack repairs, overhead concrete replacement, resurfacing roadways and minor sidewalk repairs.

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The city expects to recover the repair costs from the company that owns the truck, Assistant City Manager Mike Woika said.

— Steve Plunkett
Town tightens up list of improvements

“A strategic plan should be ongoing,” Featherman said. “Even though it’s a three-year plan, you can revise it — every year if you want to.”

While the sitting park did not make the plan, commissioners authorized Brown to investigate the town acquiring a vacant parcel at 3200 S. Ocean Blvd. In other business, they confirmed the mayor’s nomination of Eugene Engelhardt to the Charter Review Board. Engelhardt told commissioners he was a chemical engineer for a DuPont spinoff and was steeped in DuPont’s corporate culture of planning and teamwork.

The nomination was Featherman’s fourth for the charter review seat. His first choice, Marc Saltzberg, also a Toscana resident, resigned. Commissioners declined to confirm Carl Feldman or Deanna Kelvin as a replacement. Feldman managed the mayor’s campaigns in 2011 and George Kelvin’s unsuccessful Town Commission campaign in March. Deanna Kelvin is George Kelvin’s wife.

New Evacuation Zones

SOURCE: Palm Beach County Public Safety Department. Map by Bonnie Lally-Seibert/The Coastal Star

Gumbo Limbo looking to open new tanks

Gumbo Limbo Nature Center hopes to open the first two of its four new tanks the third week of May. Work on the nearshore-reef habitat was finished at the end of April, said Michele Peel, president of the Friends of Gumbo Limbo. The mangrove habitat was scheduled to be completed the first week of May. Then comes one to two weeks of water testing before fish can be introduced. Both exhibits are the shallow tanks. Construction delays thwarted the Friends’ plan to have the nearshore display open in early March. The two deep tanks showing a tropical coral reef and a shipwreck/artificial reef are on schedule to open in October, the Friends said on the nature center’s website.

— Steve Plunkett
At first sight, it suggests luxury hotel, a hot bar, a top-end restaurant or perhaps a lounge designed by Tim Burton. That’s the point. “Movies are about escapism. When you went to Radio City Music Hall, it was to escape,” said Jim Lee, iPic vice president of marketing.

Walls are covered with original art, wood and metal accents. Panels of cross-cut walnut shells cover the main support columns. Eight-foot square Chinese marble tiles cover the floor.

That lounge? Appropriately named The Cocoon, it’s encased by a thicket of leafless vines — actually centuries-old wood from Malaysia.

Anyone, not just moviegoers, may dine at Tanzy, the 250-seat restaurant and bar (opening May 14).

It offers indoor and outdoor dining, an “artisanal Italian menu” fresh made from local sources, plus a novel Italian take on a sushi bar.

Even the restrooms are stunning. Sinks made of hollowed and polished boulders sit atop countertops of translucent stone that are lit from below. The walls are covered by glass tiles and panels of interwoven coconut shells.

Tickets, please!

Take the escalator to the theater level, where an attendant takes your ticket and an usher escorts you to one of the eight theaters. The smallest seats 44, the largest only 82.

Gone is the old concession stand, replaced by Tanzy Express, a chef-driven, quick-service center offering an expansive made-to-order menu, beer and mixed drinks, with ID, of course.

Now on to your theater. Though each auditorium has less capacity than its predecessors, it’s wider and seats are arrayed stadium style to enhance the wide screens, digital sound and the booming 3-D experience.

All seats are reserved, and guests are encouraged to select online in advance. Seats can be removed to accommodate patrons in wheelchairs.

“That is a bad seat in the house,” Lee said, “It’s your night, your way.”

All seats are thickly cushioned leather with wide arms and trays that can accommodate food and drink. For a surcharge, guests can choose Premiere Plus (popcorn included) — a fully reclining seat, with a pillow and blanket. Snuggling is tight but possible.

Press a call button on the inside of the arm, and a “ninja server” appears to take your order.

“This idea goes back to 2004, 2005,” Hashemi said, referring to Muvico’s Premiere concept. “This is really an evolution of that. Over time, we’ve done a number of ‘em, and every time we’ve done it better.”

Each is styled for location

In the old days, a typical theater might employ a ticket seller, a ticket taker, a concessionaire, a couple of ushers and a projectionist. iPic’s theater and restaurants require a staff of 246. Ticket prices start at $14, but membership plans offer discounted pricing, advanced access to blockbuster films, free tickets on birthdays and other specials.

iPic runs nine complexes in seven states, and the next will open this winter at Gulfstream Park in Hallandale. Each is styled for the community. Milwaukee includes a bowling alley and a Friday night fish fry.

Hashemi is still in love with movies. His favorite remains Raiders of the Lost Ark, and “any movie that makes money.”

And iPic’s business, he said, has exceeded expectations.

Still, in the end, he has only one question: Will they come back?

“The service has to top what you’re looking at,” he said. “After a while, you’ve seen all this and it’s the service that will bring you back. We want this to be your home away from home.”

Luxury materials are used throughout the iPic Theater, including this upstairs women’s restroom.

Feeding and assisting those struggling in these difficult economic times.

www.bocahelpinghands.org
City urged to snare funds, improve Lake Wyman

By Steve Plunkett

The clock may be down to its final few ticks on $2.5 million in grants and county money to make over Lake Wyman.

Rob Robbins, director of the county’s Environmental Resources Management Department, told City Council members that the project must be completed by September 2013 to collect $2.1 million from the Florida Inland Navigation District.

But before the first shovel can turn any dirt, the county, city and FIND must work out agreements and the county needs to go out for bids and then review them.

“We have a goal-setting session a month or so from now. Can you wait that long, because there’d have to be a council meeting after that to say yea or nay?” City Manager Leif Ahnell asked at the April 9 workshop session.

“We can live with a month,” Robbins answered.

The county hopes to get $383,176 in local matching money for the navigation district’s grant from the city, the Greater Boca Raton Beach and Park District or both. Ahnell said the city should budget $50,000 a year on top of that for annual maintenance and to clean the canals again in 2033.

“Why is this problem of coming up with money. We can just do it,” Council Member Michael Mullaugh said, citing a pending $70,000 savings on an unrelated contract.

Christine Cherepy, president of the Golden Harbour Homeowners Association, repeated her group’s demand for outside studies on whether the project would silt canals in her neighborhood or boost the mosquito population.

“We strongly oppose submerging almost 4 acres of land,” Cherepy said.

Robbins said his department does bathometric surveys before, during and after any restoration project to make sure fill is not migrating. And the Mosquito Control Division, which he supervises, has concluded “that increasing the flushing through the mangrove area will reduce the number of mosquitoes,” Robbins said.

Supporters of the project took advantage of the public comment portion of the April 24 council meeting.

“There’s no doubt that the Lake Wyman project is vital to this area in many ways,” Laura Castanza, chair of the city’s Green Living Advisory Board, said.

“It would make the city a lot more exciting, as far as like really nice canoe trails,” said Curtis Petruzzelli, a senior at Boca Raton High School.

“Our estuary has been degraded and ignored for far too long, and if left alone it will only get worse,” said Steve Alley, chair of the Environmental Advisory Board, which unanimously recommended approval.

Joe Chaison, a member of the Marine Advisory Board who helped develop the proposal, urged council members not to pass up the grant money.

“If we decide not to take this opportunity to partner with the county and FIND, the existing problems and the existing maintenance obligations won’t go away,” he said.

The project would remove 11 acres of Australian pines and Brazilian pepper from FIND’s spoil island and two smaller islands created in the 1930s when the Intracoastal was dredged. FIND’s island would be scooped out to create a 3.3-acre basin for seagrass with a dock for day boaters.

About one mile of canoe trails would be restored to increase mangrove flushing and make the trails passable at low tide.

An observation platform and picnic and beach areas would be added, and the board-walk would be extended.
**Along the Coast**

**East winds, high tides turn beaches into seaweed labyrinth**

By Antigone Barton

It can be a puzzling sight: mounds of newly arrived seaweed lying in the tracks of the truck that was just there, weaving across the beach, raking the sand.

But it’s been a common sight in recent weeks, as beach cleaners struggled to keep up with unusually dense seaweed, the result of strong easterly winds.

The seaweed comes from a line of vegetation that runs by the Gulf Stream — an underwater grazing site, so to speak, popular with fish, and deep sea anglers — said David Rowland of The Beach Keeper, one of several services whose trucks tidy area sands.

His and other services aim to send seaweed back where it belongs, by raking it into the outgoing tide.

Lately that has been a Sisyphean task, however.

**City to request proposals for Wildflower site**

**By Steve Plunkett**

The City Council may decide what restaurant goes on the former Wildflower site as soon as October. The city plans to issue a request for proposals for the 2.25-acre Intracoastal Waterway parcel in mid-June.

Deputy City Manager George Brown said.

“The vision is that the restaurant is an amenity in a public space, the public space isn’t an amenity to the restaurant,” Brown said.

He said the RFP would require that the restaurant be open to the general public, attractive to all facets of the public and have an affordable menu.

Buildings will be positioned to emphasize views of the Intracoastal, and plans must provide for sufficient parking without disrupting Silver Palm Park to the south.

“Everybody would like to preserve as much of the property open to the public on the waterfront without using it for parking as possible,” City Manager Leif Ahnell said at the City Council’s April 9 workshop.

City officials envision a hub of activity at the east gateway to the downtown, as well as landscaping to emphasize the site as a gateway to the Intracoastal.

“It would be up to the developer to tell us how they’re going to achieve those requirements,” Brown said.

The proposals must include lease terms with income guarantees, a description of the project team, a market analysis, proposed schedule, site plan and traffic studies, Brown said.

“We’re talking about a restaurant that’s an amenity to a public space as opposed to having a restaurant with a little bit of public space hanging around. That is a totally different way of looking at it, and it does open some, I’m hoping, imaginative possibilities and proposals coming forward,” council member Michael Mullalaugh said.

Boca Raton bought the land in 2009 for $7.5 million. The City Council heard informal proposals in October from three stand-alone restaurants, two multi-story complexes, a recreation-oriented business and a recent architecture graduate who wanted a park there.

**Entrepreneurial group scores award**

SCORE South Palm Beach has been named the National SCORE Chapter of the Year, doubling the number of businesses it has helped and for its programs with veterans, teen entrepreneurs and universities.

“Our country survives on entrepreneurs and the entrepreneurial spirit,” said Hal Finkelstein, chair of SCORE South Palm Beach since 2007. “Our small businesses are our leading employers. Our members feel it’s their responsibility to foster the growth of today’s and tomorrow’s business leaders.”

On April 17, Boca Raton Mayor Susan Welchel presented the award to the all-volunteer nonprofit, which is part of a network of 364 SCORE chapters, at a ceremony at Gleneagles Country Club.

SCORE South Palm Beach is a resource partner to the U.S. Small Business Administration dedicated to educating entrepreneurs and helping small businesses grow. Visit www.scoresoflorida.net.
Richard Pollock, who lives in Highland Beach with his wife, Mary Jo, has worked for the YMCA for 38 years. He is the CEO of the YMCA of South Palm Beach County, which includes facilities in Boca Raton and Boynton Beach.

**Meet Your Neighbor:** Richard Pollock

The YMCA is not all fun and games. Some people do have to work.

Take Richard Pollock, 60, for example. He has been involved for the YMCA in one form or another for 38 years—from his first job as a summer counselor at Camp Fitch in Springfield, Pa., and youth director in Youngstown, Ohio, to serving as the CEO of the Community YMCA in Red Bank, N.J.; COO and senior vice president of the Capital District YMCA in Albany, N.Y.; and director of the UMCA Conference Center Penisel-by-Galilee in Tiveria, Israel.

Today he is the president and CEO of the YMCA of South Palm Beach County with main family centers in Boca Raton and Boynton Beach and satellite centers at the National Council on Compensation Insurance headquarters in Boca Raton and at the Volen Center, serving 12,000 members and reaching 50,000 people annually through a variety of programs.

There’s talk, too, about YMCA in Red Bank, N.J.; COO and senior vice president of the Community YMCA Redbank, N.J.; family services programs. — Christine Davis

**Q.** Where did you grow up?

**A.** I was born in Cincinnati but grew up in the small town of Canfield in northeast Ohio, where I attended elementary and high school. I went to college at Muskingum University in New Concord, Ohio.

**Q.** What are some highlights about living in Highland Beach?

**A.** We love living in a small town with views and access to the ocean and Intracoastal and hiking and biking on A1A.

**Q.** What’s your biggest challenge as CEO of the YMCA in South Palm Beach?

**A.** There are numerous challenges in navigating a large community service organization through a dicey economy. Perhaps one of the greatest challenges is to get people to fully understand the significant benefits and impact the YMCA provides to thousands of individuals in the communities we serve and to consider the YMCA as a place to belong, volunteer and contribute.

**Q.** If someone made a movie about your life, who would you like to play you and why?

**A.** I loved Robert Redford in Jeremiah Johnson and Butch Cassidy and the Sundance Kid. I think I can relate to the fun and adventure depicted in his early career and his evolution as a film producer and director as well as his work with the Sundance Festival.

**Q.** Have you had mentors in your life? Individuals who have inspired your life decisions?

**A.** My father was an educator and school superintendent and my grandparents were both clergymen and they were all terrific role models. My first boss in the YMCA was not only my supervisor but a great teacher and mentor.

**Q.** What music do you listen to when you need inspiration? When you want to relax?

**A.** I love to listen to Italian opera singers Pavarotti, and Bocelli, and I enjoy the uplifting songs of Josh Groban. For fun and relaxation, I listen to Latin and Caribbean artists such as Gloria Estefan, Marc Anthony, Bob Marley and Jimmy Buffett.

**Q.** What do people not know about you that you wish they would?

**A.** I can speak poorly in Hebrew, Arabic and Spanish.

**Q.** Have you made it to film careers. Steve Martin, Chevy Chase, Eddie Murphy and others provide great entertainment. I’m also a fan of the Three Stooges, but I always preferred Curly to Shemp.

**Q.** Who are people that you admire?

**A.** I admire people who have dedicated their lives to helping others, who have been involved in community service, and who have made a difference in people’s lives.

**Q.** What music do you listen to when you want to relax?

**A.** When you need inspiration? To when you need inspiration?

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**Q.** Who or what makes you laugh?

**A.** I get a kick out of so many of the Saturday Night Live cast members who have gone on to film careers. Steve Martin, Chevy Chase, Eddie Murphy and others provide great entertainment. I’m also a fan of the Three Stooges, but I always preferred Curly to Shemp.

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Departing director has seen care center grow from infancy

By Ron Hayes

On Jan. 30, 1976, an elementary education teacher from Oakdale, N.Y., named Lorry Herdeen was hired to educate several dozen 4-year-olds at the Florence Fuller Child Development Center in Pearl City.

Thirty-six years and thousands of children later, she's preparing to retire as the center's executive director.

"It feels like I blinked and here I am," she said recently, taking a break in the center's administration building on Northeast 14th Street. "But I think it's time."

When Herdeen arrived in 1976, the center itself was in its infancy.

In 1968, a volunteer tutor named Dorothy Fleegler pondered the poor conditions of the area's Mexican migrant families and determined to start a pre-school to counter the lack of early education.

Fleegler contacted her friend, James Fuller, who had about 20 employees. Today, the center has about a hundred employees.

According to its 2010 annual report, the center has total revenue of $5,258,000, most of it from government grants.

As the center grew, Herdeen's responsibilities grew with it.

In 1978, she was named education coordinator.

In 1987, she became the assistant executive director, and since 1988, the executive director.

"I've learned that children have no guile," she reflected.

"They haven't learned not to say what they think, so they're honest. Sometimes brutally honest. And they have the joy of discovery. Everything is new to them, every day, so I relive the joy of life just by being around them."

The years have not been without their tragedies, though.

"About 20 years ago, we had a baby who was killed when the mother's boyfriend threw her against the wall," Herdeen recalled.

"We hadn't been aware of any abuse, but the ones we haven't saved are the ones I never forget."

Three years ago, the Harold & Mary Peper Center for Mildly Ill Children opened on campus, staffed five days a week by Maria Garcia, a licensed practical nurse who cares for children with a sore throat, flu or infections.

"I saw many parents with entry-level jobs and several children," Herdeen explained.

"One got a cold and it would run like wildfire through the family, and the parents missed work."

Now, Garcia tends to those children, while also educating parents on health issues.

Keeping parents involved is important, Herdeen said, so the center has both a policy and parent committee, where parents review and approve procedures and discuss complaints, compliments and suggestions.

Herdeen's final day will be Dec. 31. Asked what she wants people to know about the Florence Fuller Center, she paused.

"In Yosemite, there are trees 300 feet tall, but their root system is only 8 feet wide," she said at last. "But they don't fall over because the roots are entwined. That's how the center runs. We all hold each other up to create something really fine."
$100,000 grant awarded to the Parent-Child Center

The women of Impact 100 Palm Beach County championed the “power of giving as one” on April 24, voting to support a program that helps children who are abruptly removed from their homes and placed into foster care.

Impact 100 members came together at their inaugural annual meeting at Lynn University in Boca Raton and awarded their first $100,000 grant to the Parent-Child Center, a nonprofit organization that promotes the social and emotional well being of children and families.

“Impact 100 is thrilled that our ‘power of giving as one’ is doing exactly what it intended — being part of creating transformational solutions,” stated Cindy Krebsbach, co-founder of Impact 100 PBC. “We are truly excited to support the Parent-Child Center’s trauma team with our first transformational grant.”

Impact 100 was created with the idea that every woman gives $1,000 annually, their contributions are pooled together and a nonprofit organization is selected to receive a $100,000 grant.

Sixty-six applicants applied for the grant within five key funding categories: Arts and Culture, Education, Environment, Family, Health and Wellness. Five nonprofits were selected to present to the Impact 100 PBC members at their annual meeting, where an electronic vote was cast and counted. Runner-up organizations were the Milagro Center, Anti-Defamation League, Florida Fishing Academy and the Urban League of Palm Beach County. They each received a $12,000 grant.

For more information on Impact 100 Palm Beach County or to become a member, contact 561-4996 or impact100pbc@cfjpmc.org.

— Staff report

Boca Raton

Artisan teases hair of horse into exquisite sound

By Tim Norris

Ivory of wooly mammoth, hair of Mongolian horse, shell of oyster and abalone shine from sticks hung tip-down from pegs along the window of Alejandro Quintero Servin’s work space. A few more of these finely milled implements, clasped in C-clamps, surrounded by saws and sandpaper, punches and chisels and pots of glue and lacquer, await his hand.

In trained and talented hands, the wands in Servin’s care work a musical magic. They are bows, companions that conjure sound from stringed instruments.

Here in the Violin Shop in a shopping center along Boca Raton’s U.S. 1, Servin, known to many as Alex, is their caretaker.

The bow in his hands just now needs a hair transplant. Opening it from the dark mahogany “frog,” where the hair is tightened or relaxed, he might find damage or quirks, hidden under a pearly slide. Servin himself seems to hide, too, in a workshop tucked in back of the store. Tim Barnes, the Violin Shop’s general manager and his boss, describes him as shy.

Servin’s work, though, speaks loudly (and across a generous range of volume, tone and timbre), in the voice of stringed instruments.

Bows and their care, Servin and his art suggest, show the value of patience and diligence and the wonder of artisans and materials often overlooked. Hair left too long can ruin a bow’s backbone. Dry, cold air can tighten it near snapping. An outdoor concert on a hot, humid afternoon can stretch it beyond redemption.

In turns, bows are just Servin’s sideline.

He is a luthier, a maker and restorer of stringed instruments, applying skills learned and wisdom earned through five years’ post-high-school study and a decade of practice in his native Mexico and in Florida, including an apprenticeship with W.J. Fleischer, owner of this Violin Shop and two others in Florida and Puerto Rico. Here, Servin repairs and restores violins, violas, cellos and string basses. Bows bring all of them to life.

In the physics of a stringed instrument’s sound, bow hair provides a key element: friction. A bow, its round wooden stick on top and flat ribbon of horse-hair underneath, translates weight from a player’s right hand, along with the speed of movement, onto the strings and into the vibrations of sound. Those slimmer across the top of a violin, a kind of sound box, and shoot down sides and through an inner sound post across the bottom, which echoes and amplifies. At play with wood and varnish, the vibrations give the instrument its voice.

A particular kind of hair, from Mongolian horses and covered by microscopic burrs, brings friction its best outlet.

“It could be the hair grows best in cold because there are not so many flies to swat away,” Servin says, “and it’s happy,” he says, “I might hear something.” That’s almost as rare.

What a properly made and well-repaired bow makes possible, in performance, says Servin, are the sounds that matter most.

The bustle of a string player coming through the door and needing help, well, that’s music, too.

Boca Raton
The art of Tea and Company

Brew up a special blend for Mother’s Day

By Antigone Barton

There’s something about tea: Soothing and restoring, a comfort and a tradition, it provides both a lull and a lift to the day. Let fathers celebrate their day with teatimes, Mother’s Day tea is an occasion for finger food and flowers.

And tea, of course.

What is it about tea that brings people together?

There’s something salubrious about tea, says one local tea specialist, who goes by the name of Barbara the Tea Specialist. It extends beyond the medicinal properties, the list of which, she says, continues to grow daily: Studies credit tea with curbing high blood pressure, diabetes, stomach
ailments, rheumatism, heart, liver and kidney diseases, and warding off some cancers.

The act of having tea and the ceremonies that have evolved around it have their own benefits, Barbara says. You “have to pause. It’s very meditative, a release from the everyday,” she says.

Then there are the memories. “Remember when you were little, and you weren’t feeling well, and your mother brought you a cup of tea?” asks Maryana Matesic of TeaLicious Tea Room in Delray Beach. “I remember when mine did.”

In mid-April, TeaLicious was already taking reservations for Mother’s Day tea, a high tea. Barbara takes her expertise on the road, helping businesses as well as party-planning individuals to gather around tea — Mother’s Day teas, wedding shower teas, tea tastings, tea talks — even after-yoga raw-food tea gatherings. For those planning their own teas, Barbara has this advice: “You don’t have to be a traditionalist to have fun with a tea party. You have to be able to be creative and mix it up. Let your imagination soar.”

Specialist favors flexibility

As a former travel agent who accompanied groups on tours, Barbara developed her philosophy of tea, as well as her knowledge, in her travels. She says the secret to enjoying tea and the treats that go with it is making it your own and that means including your favorite finger food.

While conceding the cucumber sandwich is nearly indispensable, “because everyone looks for the cucumber,” and that an herbal cream and tea is nice (she uses herbs from her garden), Barbara has accompanied teas with mini-bagels, flax seed toast, quiche-ettes and substituted mushroom caps for bread at raw-food teas. The one constant, she allows, is avoiding knives and forks — and sticking to bite-sized treats.

Nicole Castillo samples tea during the Boca Raton Museum of Art tea garden party.

As far as the tea itself, “the healthiest tea, she says, “is whatever you like to drink, because you will drink the most of it.”

That being said, when she says tea, she is talking about white, green, black or oolong. “Anything that’s brewed with water is tea to a lot of people,” she says. In reality, she goes on, it comes from the tea plant — camellia sinensis — it is not tea.

Flavored teas popular here

Each region that tea comes from around the world has its own specializations. In Japan, a tea ceremony is specific to a particular tea.

In Morocco where she says you “can’t eat your scones first — you are saying no to life,” and in England, she says “where they were practically religious about tea time.”

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After all, she points out, at least 52 countries where tea is grown have it their way: “In Morocco where she says you ‘can’t eat your scones first — you are saying no to life,” and in England, from where traditional high tea comes, and where ‘they were practically religious about tea time.”

The rule of thumb is one teaspoon of loose tea for each 8 ounces of water. Some mugs are 12 ounces. In that case, you would want to add a heaping teaspoon.

Loose tea can be re-brewed two or three times. All tea is brewed differently. The amount you use is pretty universal, but the steeping time varies.

Black teas are brewed with boiling water (boiling is 212 degrees). Wait until it boils, take it off the stove and let it sit for five minutes, and use an instant-read thermometer to tell you the temperature.

White and green teas use lower temperatures: 160-175 degrees — basically when it just begins to boil. Steep for one to three minutes. The rooibos and black teas use boiling water and five minutes to steep.

Source: Barbara the Tea Specialist

Tea Time!

Have some tea:

TeaLicious Tearoom
4997 W. Atlantic Ave., Delray Beach
Hours: 10 a.m. to 4 p.m. Monday through Saturday
Call for special events.
638-3155
www.tealicioustearoom.com

Cake Garden and Tea
1790 N. Congress Ave., Suite 200, Boynton Beach
Hours: 7:30 a.m. to 3:30 p.m. Sunday and Monday; 7:30 a.m. to 6:30 p.m. Tuesday through Thursday; 7:30 a.m. to 10:30 p.m. Friday and Saturday
523-7995
www.cakegardentea.com

Learn about tea:

Morikami Museum and Japanese Gardens
4000 Morikami Park Road
Delray Beach
Hours: noon to 5 p.m. Monday, noon to 9 p.m. Tuesday through Saturday
Admission.
495-0233
www.morikami.org

Orchid Tea Room
Barbara the Tea Specialist
200 E. Ocean Blvd., Boca Raton
Hours: noon to 6 p.m. Monday; 10 a.m. to 9 p.m. Tuesday through Saturday
Admission.
233-9902
www.theorchidtearoom.com

Shop for tea:

The Spice and Tea Exchange
426 Plaza Real
Boca Raton
Hours: noon to 6 p.m.
Admission.
426-3535
www.spiceandtea.com

The Coastal Star
May 2012

Boca Raton Museum of Art’s garden tea party.
Gabriella Villazon (center) and her daughter Estefania Fabregat watch tea being poured during the Boca Raton Museum of Art’s garden tea party. Photos by Tim Stepien/The Coastal Star

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Caring Kitchen nourishes stomachs, souls

Filling the poor is a challenge for people of faith. Volunteers responded by serving 88,691 hot meals last year at the Caring Kitchen in Delray Beach. That’s a 50 percent increase over the 59,034 meals served in 2005, and the need continues to grow.

“Scripture calls us to respond to people in need in our community,” said the Rev. Pam Cahoon, executive director for the nonprofit Christians Reaching Out to Society, which operates the kitchen at 196 NW Eighth Ave. “People won’t come unless they’re really hungry.”

In addition to hot meals, C.R.O.S. Ministries also distributed emergency food last year to 47,055 people from food pantries in Delray Beach and five other cities. That’s a 58 percent increase since 2005.

The overall effort requires over 2,000 volunteers each year from more than 100 congregations.

“We work ecumenically, recruiting volunteers from congregations,” Cahoon said. “They won’t volunteer unless they are good, caring people.”

Volunteers at the Caring Kitchen serve breakfast and lunch Monday through Friday plus dinner four days each week. “I came 12 years ago to pitch in on Christmas Day and I’ve been here ever since,” volunteer Doug Fischer said. “I get more out of it than I give. I feel good when I leave here.”

“I’ve made friends who will last a lifetime. My husband became infected by the enthusiasm and jumped in to give a hand.”

Volunteers also deliver hot meals to shut-ins three days a week. Cason United Methodist Church distributes bag lunches on weekends.

“I’m so proud that we never had to close our kitchen or a pantry for a lack of food,” Cahoon said. “We’ve never run out.”

But the recession nearly made that impossible. So Cahoon appealed to churches and synagogues to increase their food donations by 20 percent to 50 percent.

“Because the need went up so quick, we called them all and asked them to stretch,” she said. “Most of them did.”

Calvary United Methodist Church celebrated the 100th anniversary of Lake Worth’s first baptism on April 14, 1912. The Haney family and other farmers had moved from the Midwest to raise strawberries in Lake Worth. They built Calvary’s church the next winter.

Calvary’s centennial begins the celebration of all of Lake Worth’s 100 years of history. The architect for the first church, G. Sherman Childs, also built an ocean bathhouse in 1912 north of what’s now Lake Worth Beach. The city of Lake Worth was incorporated in June 1913.

“We’re happy about the joys of our past 100 years and looking forward to the next 100 years,” long-time church member Helen Gilmore said.

Gilmore’s great-grandson, Brett Lamar Howard III, was one of four who were baptized at the centennial celebration. The child’s great-great aunt, Lula Forshay, was a Calvary charter member.

Rabbi Ruvi New promises to reveal Jewish bedroom secrets in his Art of Marriage course that begins this week at the Chabad of East Boca.

The provocative six-week course explores marriage from both the spiritual and psychological points of view. Lessons are from both modern and ancient Jewish texts such as the Talmud and Zohar.

Individuals contemplating marriage are invited, along with newlyweds and couples who have been happily married for 25 years or more. Call 417-7797 for details.

The soccer season under way at First United Methodist Church in Boca Raton rewards players for their Christ-like behavior.

“It’s a combination of ministry and sports,” says Melissa Wells, director of children’s ministry. “A lot of the players don’t go to church, but they want to come because of the sports aspect.”

About 200 children ages 4 through sixth grade participate, experiencing Christ through game-day prayer and halftime devotions.

Every child gets equal playing time, unlike in the city’s soccer league. Coaches award colored stickers to players for soccer skills, memorizing Bible verses and their behavior toward others.

“We have players who normally wouldn’t play because of a disability,” Wells said. “If the other players rally around a disabled child to help him make a goal, they’re showing an attitude that Christ would.”

The Boca Raton soccer league is part of Upward Sports, a national Christian organization that oversees 550,000 children playing soccer, basketball, flag football and cheerleading in 5,000 leagues and sports camps last year.

First United Methodist joins with Spanish River Church to sponsor a basketball league each winter.

Tim Pallesen writes about people of faith, their congregations, causes and community events. Email him at tpallesen@aol.com.
Paws Up for Pets

Pet Hero accolade presented

was the first recipient of the

are making headlines. She

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able to distribute more than

for about five dogs. We were

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unbelievable," she says. "Some

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Restucci describes as "an

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Restucci. "Then something

was sweet as sugar," recalls

wolfed down the food and

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swarming the dog, unsteady

saw giant-sized mosquitoes

and wound scars. She then

closer and noticed bite marks

bull with a rope dangling

she spotted an emaciated pit

hungry, homeless dogs. Then

a friend to help feed some

to rural Homestead with

the trek down I-95 in bumper-

maintenance chick who never

M

May 2012

The COASTAL STAR

Pets 19

Paws Up for Pets

Pet Hero’ throws herself into rescue efforts

Meet Amy Restucci, a self-described

ding-month, low-

maintenance chick who never

claims when she makes

the trek down I-95 in bumper-

bumper traffic from her

West Palm Beach home to

rural Miami.

She doesn’t mind the drive

because she possesses an

unparalleled drive when it

comes to rescuing abandoned, skinny strays roaming the

Everglades and rural,

impoverished areas in south

Miami-Dade County.

Her life took a dramatic

turn last September when

she agreed to drive down

to rural Homestead with

a friend to help feed some

hungry, homeless dogs. Then

she spotted an emaciated pit

bull with a rope dangling

around her neck. She looked

closer and noticed bite marks

and wound scars. She then

saw giant-sized mosquitoes

swarming the dog, unsteady

on her feet.

“We fed this dog and she

wolfed down the food and

was sweet as sugar,” recalls

Restucci. “Then something

just clicked inside me. I

remember screaming to my

friend, ‘We can’t leave her! We

just can’t leave this dog!’ ”

They coaxed this dog into

the car and drove straight

to a supportive veterinarian

in Miami, who provided

needed medical care. A call

to a rescue group called Big

Hearts for Big Dogs resulted

in placing the dog in what

Restucci describes as “an

amazing home.”

The connection with this
dog she dubbed Debbie was

instant and powerful. It

marked the start of Restucci’s

single-focused quest to rescue

and find homes for stray

dogs. Since September, she

has led a growing group of

volunteers on regular rescue

missions to Miami. At last

count, they have rescued

more than 300 dogs. She

launched a Facebook page

called 100+AbandonedDogs

of Everglades Florida that has

attracted more than 13,000

fans and raised more than

$100,000 to feed, provide

medical care and place many

of these strays.

At a recent organized

rescue in April, Restucci
drove to the meeting place,

a shopping mall in south

Miami, expecting to see a few

people offering their time and

energy.

“More than 100

volunteers showed up! That’s

unbelievable,” she says. “Some

of them were veterinarians

who provided pro bono care

for about five dogs. We were

able to distribute more than

2,000 pounds of food.”

Restucci’s dogged efforts are

making headlines. She was

the first recipient of the

Pet Hero accolade presented

by The National Enquirer,

headquartered in Boca Raton.

She has been profiled in daily

newspapers and other media

outlets.

At 43, she says she has

found her calling: to help the

helpless.

“I'm not a religious person,

but I believe in God and am

very spiritual,” she says. “I've

never felt such a connection.

When I feel like I am at the

end of my rope, I ask God to

give me a sign and it always

comes to me. I feel like I'm

surrounded by positive energy

and that when I set my mind

to something, there is no

stopping me.”

When she isn't making

the long drive down to the

southern tip of this state, she

shares her modest home with

her husband, Ralph, and their

four rescued pets: a blind

senior Portuguese water dog

depicted Lincoln; a terrier mix

named Maggie, blind in her

left eye; Red, an affectionate

cat plucked from the streets;

and Patches, a pudgy cat who

was surrendered to a shelter

at age 6.

“My husband works

four jobs and I'm a low-

maintenance chick who never

needed expensive jewelry,”
says Restucci. “Because of

my big mouth, our group

has been on every big news

station and newspaper here

and beyond.

“With everything I've

seen, our cause should be

called 1000 Plus, not 100 Plus.

Dogs on the street starving
to death. Dog-fighting rings.

Distemper outbreaks. Yes,

we can rescue dogs, get them

healthy and find them good

homes, but the real solution

is to offer free spaying and

neutering for dogs in this

poor area and to educate

the uneducated. This is my

calling. I'm going to be there

for these animals.”

Arden Moore, founder of

FourLeggedLife.com, is an

animal behavior consultant,

editor, author, professional

speaker and certified pet first

aid instructor. She happily

shares her home with two

dogs, two cats and one

overworked vacuum cleaner.

Tune in to her Oh Behave!

show on PetLifeRadio.

com and learn more by

visiting www.

fourleggedlife.

com.
New Office Opening on Atlantic Avenue Adjacent to Seagate Hotel
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5/5 - Adopt-a-Thon and Doggie Speed Dating at the Don Haskins Center. Located at 12610 S. University Dr. 5:30 pm-9:30 pm. Free. 447-8829 or www.sugarsandpark.org.


5/6 & 12 - Highland Beach - First Tuesday of each month at Highland Beach Town Hall, 1230 S. Ocean Blvd. 1:30 pm. Agenda available at www.ci.highland-beach.fl.us.

5/6 & 5/22 - Boca Raton - Second & 6th Tuesday of each month at Boca Raton City Hall, 201 W. Palmerton Park Road. 6 pm. Agenda available at www.boca-raton-fl.gov.

5/5 - Alligator Feedings at Dagrana Nature Center, 11200 N. Congress Ave., Boca Raton. The alligator exhibit will be intermittently fed at 11 am. 199-1733 or www.boca-raton.com.


5/5 - Eco-Watch - Tri County Humane Society, 17500 NE 18th Ave., North Miami Beach. Free. 797-3000 or www.sugarsandpark.org.

5/7 - Sophisticated Discussions: A Singles Group - Join over-50 in a provocative discussion at the Boca Raton Community Center, 150 Cranes Roost Blvd. Held every Monday. 7-8:30 pm. Free. 278-1400 or www.sugarsandpark.org.


5/8 - Tae Kwon Do - Deerfield Beach Parks & Recreation, 400 NE 3rd St., Deerfield Beach. Beginners classes: $35/month; $250/summer camp. 447-7979.

5/7 - Tae Kwon Do - The Arts and Entertainment Center, 286 SW 11th Ave., Fort Lauderdale. 6:30 pm. Free. 965-4900.

5/7 - Tae Kwon Do - Boca Raton Police Activities League, 1178 NW 16th St., Boca Raton. $20/individual $40/family. 338-2111.


5/1 & 6/5 - Highland Beach City Hall, 201 W. Palmetto Park Road. 6 pm. Agenda available at www.ci.highland-beach.fl.us.


5/8 - Hike - The Everglades - The Everglades is home to alligators, turtles, snakes, and many other creatures. Free. 417-7797.

5/8 - Meditation Mondays at the Highland Beach City Hall, 5910 Ocean Blvd. Meditate to enhance overall health and well-being. Free. 278-1400 or www.sugarsandpark.org.

**Thurs.: Ages 10-12. 4-5 pm. $10/residents; to keep you at the edge of your seat!**

**Tues.:** The forces that cause these thrilling rides at Sugar Coral Reef Park, 2000 Yamato Road, Boca Raton. Behind each loop and bend of a ride is a story. At the Science Explorium, 300 S. Military Trail, Boca Raton. For ages 6-12. $8/residents, $10/non-residents. Registration: 955-4468 or www.bhm.org.

**Sat.:** Scrabble at the Highland Beach Library, 505 S. Ocean Blvd. Held every Wednesday. 10:30 am. Free. Organized by Plainview & Park Scholastic. Call 347-3950 or www.ci.parkland.fl.us.

**Saturday:** Park Karate at the Highland Beach Library, 505 S. Ocean Blvd. Classes teach common sense self-defense techniques combined with exercises that help improve concentration. This class offers vibrant, yet soothing routines applicable to both young and old. Held every Wednesday. 6:30 pm. 510-299-5455 or www.highlandbeachlibrary.org.

**Sunday:** Sold by the Highland Beach Library, 505 S. Ocean Blvd. Read-alouds to parents/children. Call 347-3950 or www.ci.parkland.fl.us.


**Monday:** Yoga Class - Celebrating Hampton at the Broward Center for the Performing Arts, 100 S. Andrews Ave. 9:30-10:30 am. 205-7900 or www.browardcenter.org.

**Tuesday:** Concert: Brian & Wren - First Steps First, Delray Beach Award-winning American composer and trumpeter Brian Hyland and his wife, cellist Wren Jackson, present a unique program of music that range from contemporary to groovy modern jazz. www.BrianHyland.net. Spectators are admitted. Reserve: 334-7299 or www.artsgarage.org.

**Tuesday:** Delray Beach ITF - USTA Boys' 18 and Girls' 16 & 18 National Qualifying Championship. Held at Delray Beach Tennis Center, 1755 E. Boynton Beach Blvd. Held for freshmen, junior & high school tennis players. Doubles finals will be held at 8 am. Singles finals will be held at 10 am.

**Wednesday:** Senses of Cinema at the Highland Beach Library, 505 S. Ocean Blvd. Enjoy a new movie every Wednesday. Held every Wednesday. 1 pm. 510-299-5455 or www.highlandbeachlibrary.org.

**Thursday:** Mother's Day 2012 at the Morikami Museum & Japanese Gardens. 4000 Morikami Park Road, Delray Beach. Enjoy taiko drumming, a cold drink and a gourmet buffet dinner with entertainment by saxophonist and composer Troy Roberts & Nu Jive. Spectators are admitted. Reserve: 334-7299 or www.artsgarage.org.

**Saturday:** Family-Friendly Synchronized Swimming Clinic at Meadowbrook Middle School in Boynton Beach. For ages 6-12. $85/members, $95/non-members. Registration: 561-573-1555 or www.BocaRaton.org.

**Sunday:** Eyes to the Skies held at the Highland Beach Library, 505 S. Ocean Blvd. Recommended for ages 14 and up, children and adults accompanied by an adult. Held again 5/19 & 26. 10 am-2 pm. 510-299-5455 or www.ci.parkland.fl.us.

Monday - 5/28 - Memorial Day

Wednesday - 5/29 - The Boca Raton Children's Science Museum is open for Memorial Day Weekend.

Friday - 6/1 - Friday Night Live: Walkway to Waterway "Summertime Fest" - Presented by the City of Boca Raton at Mizner Park Amphitheater, 510 Plaza Real, Boca Raton. Featuring live music, food, wine, drinks and music for the whole family. Doors open at 6pm. Free. 443-7298 or www.miznerpark.com.


Tuesday - 5/29 - Memorial Day Celebration at the Gumbo Limbo Nature Center, 142 S. Ocean Blvd., Delray Beach. Held the 1st & 3rd Thursday of each month. Free. 393-7006 selection 1.

Friday - 6/1 - Friday Night Live: Walkway to Waterway "Summertime Fest" - Presented by the City of Boca Raton at Mizner Park Amphitheater, 510 Plaza Real, Boca Raton. Featuring live music, food, wine, drinks and music for the whole family. Doors open at 6pm. Free. 443-7298 or www.miznerpark.com.

Tuesday - 5/29 - Memorial Day Celebration at Boca Raton Cemetery, 4515 NE 7th Ave., Boca Raton. 9 am. Free. 393-7006 selection 2.


Alan Jacobson loved acting so much that he left the garment industry in his mid-30s to make the rounds of the off-Broadway theaters and the soap-opera casting calls of New York. But before too long, he realized he’d rather be producing, and in 1991, he turned his hand to behind-the-scenes work. He’s produced dozens of shows throughout South Florida, including If You Ever Leave Me… I’m Going With You, which starred Joe Bologna and Renee Taylor, and his own Food Fight, which premiered at the Malitz Jupiter Theatre in 2007 and was since renamed Waistwatchers: The Musical.

Jacobson also ran the Florida Jewish Theatre for five years, and this past December, he took over the old Florida Stage space in Manalapan and named it The Plaza Theatre. When I took the opportunity to take the space, I looked to see what the other theaters in Palm Beach County were doing, and wanted to try to do something different,” said Jacobson. “I feel like we can create our own niche, then it’ll be good not just for us, but for the other theaters as well.”

The 252-seat theater in the Plaza del Mar shopping center opened in February with a revue starring Broadway veteran Donna McKechnie, and last month, it offered Jacobson’s ‘50s jukebox show Music! Music! Music! This month, he’ll present a Kevin Black-penned revue of songs by Barry Manilow called I Am Music. It runs May 10-27.

“IT’s got four fabulous singers, and four fabulous dancers,” he said, the hoofers being critical for Copacabana. Next month, the theater mounts Don’t Rain on Our Parade, a tribute to Barbra Streisand, Bette Midler and Carole King (June 6-17), and The Way We Were, a tour of popular songs from the 1970s. Other shows on the horizon are Driving Miss Daisy (Nov. 2-18) and the 2010 Tony Award-winning musical Next to Normal (Jan. 17-Feb. 10).

Jacobson’s wife, Melissa, also performs in the shows and also runs the theater’s conservatory. They’re looking for donor support for the Plaza, which he said is crucial for its survival. And despite his current focus on jukebox musicals and revues, if the money was right, he said he’d go edgy.

“I’d do Angels in America in a heartbeat,” he said, referring to Tony Kushner’s 1993 epic chronicle of the AIDS crisis. “No one’s done it in South Florida.”

Tickets for I Am Music are $42. Call the box office at 588-1820 or visit www.theplazatheatre.net.

Music notes: The Grammy-nominated concert choir Seraphic Fire ends its 10th season with the American premiere of music from Baroque Latin America (7:30 p.m., May 10) at St. Gregory’s Episcopal Church in Boca Raton. The choir will be returning to St. Gregory’s for a second season in October. Call 888-544-FIRE (5473), or visit www.seraphicfire.org.

Baroque music is also on the May calendar for Keith Paulson-Thorp’s series at St. Paul’s Episcopal Church in Delray Beach, when his Camerata del Re performs an all-Telemann concert at 4 p.m. May 20. Tickets are $15-$20. Earlier in the week, St. Paul’s welcomes the choir of Marywood University, a Catholic college in Scranton, Pa., which will give a free concert at 7 p.m. May 16. Call 278-6003 or visit www.stpaulsdelayr.org.

Not far away at the Arts Garage, chamber musicians associated with the South Florida Symphony perform chamber music including the Trout Quintet of Schubert and the String Quartet No. 2 of Dvorak, both featuring pianist Jeffrey Chappell (7 p.m. May 6), and cellist Ian Maksin is joined by vocalist Susana Behar for a recital with crossover flavor (7:30 p.m. May 18).

The Gay Men’s Chorus of The Palm Beaches performs two shows (7:30 p.m. May 11-12) with widely varied music and an appearance by the Mandrinos Sisters, and the Garage’s jazz series continues all month with percussionist Sammy Figueroa (8 p.m. May 5), saxophonist Troy Roberts and his Nu Jive Quartet (8 p.m. May 12), pianist Joe Negroni and his trio (8 p.m. May 19) and trumpeter Chris LaBarbera (8 p.m. May 26). Call 450-6357 or visit www.artsgarage.org.

And if you’re looking for something a little more reminiscent of an old-fashioned concert in the park on a holiday, then for Memorial Day it’s the Robert Sharon Chorale and the New Gardens Band in a free patriotic concert at 7 p.m. May 28 at Mizner Park Amphitheater. Call 391-7984.

Art notes: In an unprecedented move, the coast of the former Plaza Theatre in Palm Beach has extended for a second time its showing of Bill Koch’s extensive Old West collection, Recapturing the Real West. It’s the most successful show the Four Arts has mounted since its founding in 1936, society officials say, with more than 20,000 visitors since it opened Feb. 2.

The show will now run through May 13, and with an admission price of only $5, it’s a unique opportunity to see a vast trove of memorabilia that for the most part has not been seen anywhere else. Call 655-7226 or visit www.fourarts.org. Meanwhile, the Boca Raton Museum of Art ends its exhibit of the works of the 100-year-old American master Will Barnet on May 20 (he turns 101 five days later), and on May 30 opens the 61st annual All Florida Juried Competition and Exhibition.

Curated this year by Valerie Oliver of the Contemporary Arts Museum in Houston, the exhibition will feature more than 100 works by Florida artists chosen from about 1,500 entries. The juried show runs through July 8. The museum is open from 10 a.m. to 5 p.m. Tuesday, Thursday, Friday and Saturday. Tuesday, 10 a.m. to 9 p.m., Wednesday, noon to 5 p.m. Saturday and Sunday. Admission is $8, and $6 for seniors. You could go see the Barnet exhibit on May 19, which is International Museum Day, when admission is free. Call 392-2500 or visit www.bocamuseum.org.
Aromatherapy: Get a whiff of this

I
n an era when everything from pet shampoos to plug-in air fresheners are advertised as “aromatherapy,” it’s easy to dismiss the concept as so much marketing hype. But local aromatherapists hope you don’t turn up your nose at their profession. They emphasize the plant-based science behind aromatherapy, and point to its centuries-old role in healing.

True aromatherapy involves the use of essential oils derived from plants to treat a variety of physical and emotional conditions, explains Gerry Whidden, owner of Nature’s Symphony Inc. of Boca Raton. During her 30 years in the business, she has taught aromatherapy to thousands of students, including doctors and nurses.

Whidden’s retail store just south of Mizner Park has an apothecary-like wall of tiny bottles containing organic essential oils. The oils are distilled from the petals, leaves, seeds, roots and bark of plants, and Whidden is considered an expert at blending these oils and creating treatments for insomnia, arthritis. But I use it to ground students center their minds and briefly point to its centuries-old role in healing.

“Aromatherapy dates back to ancient times. In the first century, Greek military physician Dioscorides (40-90 AD), considered the Father of Pharmacology, wrote about using infused aromatic baths for treating arthritis. Today, medical doctors in Europe and Asia actually prescribe aromatherapy. In the United States, it is still considered alternative medicine.”

Caster says. “Spruce oil has anti-inflammator properties,” Rosi says. “The French use it for arthritis. But I use it to ground my students, to balance them emotionally.”

That’s my dream, to bring aromatherapy into more medical programs, just like nutrition has found its way in,” Caster says. “That’s how basic this stuff really is.”

By Scott Simmons

The Plaza Theatre has jumped into the ring to help patrons of Boca Raton’s beleaguered Caldwell Theatre. The Manalapan theater, which opened in February, will honor tickets to Caldwell’s production of Our Lady of Alappattah, which first was postponed, then canceled, as Caldwell struggled amid foreclosure proceedings on its $10 million Count de Hoenle Theatre in Boca Raton.

The 37-year-old company has been unable to make payments on its $5.9 million mortgage. A court-appointed receiver is monitoring the theater’s business operations. Options include reorganization, filing for Chapter 11 bankruptcy protection or shutting down.

Alan Jacobson, one of the founders of the Plaza Theatre, said the ticket exchange will help Caldwell and help introduce audiences to his theater, which opened in the former Florida Stage space at Plaza del Mar.

“We’ve gotten a few calls about the Caldwell tickets,” Jacobson said. “We’re glad to do it. I’ve asked the box office to track the calls.”

The Plaza Theatre will exchange Caldwell tickets for tickets to the shows I Am Music — The Songs of Barry Manilow (May 10-27) or Don’t Rain On Our Parade, a tribute to Barbara Streisand, Bette Midler and Carole King (June 7-17). Palm Beach Dramaworks also has agreed to honor Caldwell tickets.

Ticket holders may exchange Our Lady tickets for tickets to the downtown West Palm Beach company’s production of David Auburnd’s Prove (May 25-June 17) or the theater’s production of The Fantasticks (July 13-Aug. 5).

At the time Dramaworks made its offer, Caldwell artistic director Clive Cholerton issued a statement of gratitude, saying, “As much as we wanted to personally honor our ticket holders, it simply wasn’t feasible. We continue to explore all of our options and will make a formal announcement when all of the facts have been addressed.”

Subscribers and ticket holders were to have been contacted by Caldwell, the theater said.

Telephones at Caldwell have been disconnected, and Cholerton did not return a call to his personal line for comment on the Plaza Theatre offer.

For information on Plaza Theatre, call 588-1820 or visit www.thecalldwix.org.com.

Heading north

For the summer?

While The Coastal Star is delivered free to each household in Coastal Boca Raton and Highland Beach, it may not make it to everyone who cares about our towns. If you are not currently receiving our paper, and wish to subscribe, please complete the form below.

The COASTAL STAR

Health & Harmony/News 25

A look at how therapists believe brain chemistry responds to aromatherapy. Image provided

Aromatherapy

To learn more:
- Article: “Aromatherapy Science”
  www.tambela.com/articles/aromatherapy-science.php
- Natural Medicines Comprehensive Database: www.naturaldatabase.com
- TherapeuticeSearch.com
- The Alliance of International Aromatherapists, Educational Resources page
- www.alliance-aromatherapists.org/educational_resources.htm

Caster

Caster of coastal Delray Beach hopes to change that. A trained botanist who studied aromatherapy in the U.K. and France, Caster raised three children without using over-the-counter medications, not even aspirin — just essential oils.

Three years ago, she developed “21 Drops,” a line of conveniently portable aromatherapy roll-ons (www.21drops.com). Each of the 21 essential oil blends is designed to treat a particular condition, from headaches to PMS to indigestion.

“It’s all about understanding the active components within the oils that address certain characteristics,” she says. “For example, black pepper is mucolytic, breaking up mucous, so that’s in our decongested blend. German chamomile is an anti-spasmodic, so we put that in our PMS blend to alleviate cramping.”

While the product line is enjoying plenty of mass-media coverage (Prevention, Oprah, Ladies Home Journal, Real Simple), and gaining traction in the high-end retail market (Sephora, Henri Bendel in New York, and luxury hotel spas), Caster is looking ahead. She’s currently in discussions with Janet Konzel, Ph.D., assistant dean for Complementary and Integrative Medicine at the University of Miami’s Miller School of Medicine, about developing an aromatherapy program for their education series.

“That’s my dream, to bring aromatherapy into more medical programs, just like nutrition has found its way in,” Caster says. “That’s how basic this stuff really is.”

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

Aromatherapy: Get a whiff of this
**Edgar Mitchell Lecture Series**
Royal Poinciana Chapel, Palm Beach

Rebecca Williams and John Audette joined more than 125 people on April 24 to kick off the South Florida Science Museum’s Edgar Mitchell Science Lecture Series.

**Junior League of Boca Raton’s 40th Anniversary Celebration**
Royal Palm Yacht & Country Club

Ann Rutherford (left), Kate Toomey, Katharine Dickenson and Peggy Ruzika at the April 13 celebration.

**Honor Your Doctor Luncheon**
Boca West Country Club

Dr. Ali Alagely, Dr. Stewart Markowitz and Dr. Salma Siddiqi attend the luncheon on March 23, hosted by the Greater Federated Woman’s Club, Boca Raton Chapter.

**Gold Coast Down Syndrome Organization**
Boca Raton

Jim Scozzari of CVS Caremark congratulates Terri Harmon and Anne Dichele of the Gold Coast Down Syndrome Organization after the Boca Raton group received a $1,200 CVS Caremark Community Grant.

**Pathway to the Stars**
Mizner Park Amphitheatre, Boca Raton

Flossy Keesley of Highland Beach, who turned 98 in April, with 10-year-old violinist Briana Kahane at Mizner Park Amphitheatre on April 22, where Keesley produced her annual Pathway to the Stars, which showcases local talent. Photo by Yaacov Heller

**Boca Delray Music Society’s ‘Hats & Harps’ Luncheon**
Delray Beach Club

ABOVE: Dick Robinson and Helen Spaneas with Linda and Jay Rosenkrantz. The event raised $50,000 to further music education and to provide scholarships for area youth.

LEFT: Norma Prentice, Douglas Evans and Shirley Goldsmith

All photos provided
House of the Month

Each month, The Coastal Star features a home or condo in our community. The House of the Month is presented as a service to our advertisers and provides readers with a peek inside one of our very special homes.

Tasteful elegance along the Highland Beach waterfront

This home is 9,880 square feet of estate living inside Grand Cay Estates, a guard-gated, single family community of residences within the Boca Highlands Beach Club, located on the Boca Raton/Highland Beach border. Inside the Italianate villa there are six bedrooms, all of which are suites so the living is expansive and luxurious for the entire family.

The focal point is the large, ultra-private courtyard with pool and spa. The villa’s living areas — including the library, formal living room, family room, plus the upper bedrooms and master suite — all overlook this resort-like retreat, as do the kitchen and breakfast room.

The oversized chef’s kitchen boasts twin SubZeros, a natural gas range, double dishwashers, granite counters, a center island and spacious pantry. The eating area is large enough to seat eight.

Outside there is a substantial motor court with a four-bay garage with extensive air-conditioned storage. The waterfront has protected dockage for a sizeable yacht as well as a lift for two jet skis.

$5,895,000. MLS R3236283. Call John List, Lang Luxury Living, (561) 212-2112.

Tasteful elegance along the Highland Beach waterfront

This Intracoastal home opens on to a pool and spa area that provides a soothing retreat.

Elegant touches, such as the Palladian windows and stone arches, lend this home distinction.

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ABOVE: A loggia, complete with summer kitchen and dining and seating areas, offers views of the Intracoastal Waterway.

LEFT: The study features custom paneling and coffered ceilings. French doors lead to the pool and spa beyond.

The eating area is large enough to seat eight.

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