Delray Beach
Downtown faring better than many, but density an issue
By Tim Pallesen

Delray Beach’s downtown is emerging from the recession as a place where young professionals can live, work and play. The recovery is fueled by banks willing to lend money to build rental apartments and a downtown master plan that allows density bonuses to encourage development.

The controversial Atlantic Plaza project was the first in the recent flurry of downtown development projects. That project plus two others totaled 528 new apartments that city commissioners approved last month. Another new project, Uptown Delray, would add 150 apartments if approved.

“The reputation of our downtown as a happening place is one of the keys to our recovery,” retiring City Manager David Harden said. “Our goal is to get a complete downtown that is sustainable.”

Ideally, urban residents won’t need vehicles if they can walk from their apartments to work, shop and play. That’s the vision of downtown development leaders. But some coastal residents are skeptical whether that ideal can be achieved. They fear that density incentives to encourage more downtown apartments will simply lead to more traffic congestion and parking problems.

“The city needs to ask where the incentives are still necessary,” Beach Property Owners Association president Andy Katz said. “It’s time to review the downtown master plan.”

The master plan was drafted 14 years ago with high-density housing seen as the means to generate year-round customers for Atlantic Avenue shopkeepers. The goal is a balanced mix of retail and housing so businesses can survive and make a year-

See DOWNTOWN on page 3

Boca Raton
Planned mobility district animates lengthy meeting
By Margie Plunkett

The Boca Raton City Council approved a measure to create a planned mobility district in the vicinity including the former IBM campus, but not before hearing from residents and developers who packed the chambers in a meeting that stretched well into the evening.

The northwest area, as it is known, was one of five areas in the city under consideration for planned mobility development, which brings work-force residences within range of offices and retail services to cut down the number of auto trips for job commutes and other daily excursions.

Planned mobility is hoped to help revive an area that busted before IBM moved its operation and employees to North Carolina and Texas.

“It will create a better business climate...”

See MOBILITY on page 3

Shifting Sands
Delray Beach property owners want renourishment plan expanded
By Cheryl Blackerby

Delray Beach’s beach restoration, part of a routine, 10-year renourishment plan, will start in February, but beach property owners say the present plan doesn’t go far enough to repair damage from Hurricane Sandy.

Owners want the city to ask for an emergency state permit to put additional sand north and south of the planned project because of sand loss in those areas and damage to the dunes, said Andy Katz, vice president of the Beach Property Owners Association in Delray Beach.

The current renourishment project will stretch along a four-mile stretch of beach.

Delray Beach, Linton Boulevard, Atlantic Boulevard, Spanish River

See DELRAY on page 4

Highland Beach
Highland Beach seeks coastal engineer to determine beach options
By Rich Pollack

With the impact of Hurricane Sandy still being felt along its coastline, the town of Highland Beach is seeking a consultant to determine what can be done to restore the affected beach and what might be done to prevent further beach erosion.

The Town Commission, at its meeting in December, authorized a search for a coastal engineer who could provide the town with short-term and long-term options to address beach issues caused by Sandy and their estimated costs.

The action came in the wake of requests from several residents with beachfront property seeking help from the town.

“This is the first step, and it’s a good first step,” said resident Al Giachetti, who has spoken before the commission repeatedly seeking solutions to the beach erosion issue since Hurricane Sandy arrived in October.

While all of the 3.5 miles of beach within

See HIGHLAND on page 4

Inside
Don’t be coy
What you need to know about raising exotic koi fish.
Home, Health & Harmony

Oh, thank heaven?
Boca’s controversial new high-end 7-Eleven opens on Palmetto Park Road. Page 6

Saving manatees
Patrols aim to protect the endangered marine mammals.
Page 12

Jewish film fest
Highland Beach couple co-chairs the festival, in its 23rd year. Page 10
The start of a new year is invigorating. It’s not so much about resolve (as in “I resolve to lose 10 pounds”) or “I resolve to be more timely with my thank-you notes”) as it is about beginning anew. A new year is a blank canvas ready to be transformed into whatever we decide to make of it. If history is any indication, we will find that many people will decide to be generous from challenging economic times. To do so even during these hard times can continue to make a difference.

Here’s wishing you what’s right for you this year. Here’s wishing you a healthy, happy and prosperous new year. And keep up the good work! Our community is a better place because of it.

— Mary Thurwachter, managing editor

The coastal Delray Beach community is an annual event sponsored by the George Snow Scholarship Fund. An event that will benefit our community will be deprived of higher education because of a shortage of funds.

The 20th Annual Caribbean Cowboy Ball an annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

“It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

.lineEdit.PrintLine

“I would have never had,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

“The event is known as the annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

“It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

“The event is known as the annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

“The event is known as the annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

“The event is known as the annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.

“The event is known as the annual event sponsored by the George Snow Scholarship Fund to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds.

When: 6-11 p.m. Jan. 26
Where: Red Reef Park, 1400 N. Ocean Blvd, Boca Raton
Tickets: $175
For information: Call 479-6999 or see www.scholarship.org

It is amazing to see what this group does for kids. When I go to the awards ceremony, it brings it all home. I love seeing the joy on these kids’ faces and knowing we gave them an opportunity they wouldn’t have,” said Bower, a broker associate at Mizner Grande Realty LLC, who began volunteering for the organization in 1995.
round go of it,” Harden said. City zoning normally allows 30 housing units per acre. But city regulations give commissioners the authority to allow higher densities and taller buildings as incentives.

City planners point to Worthing Place as the best example of a new housing project that accomplishes the city’s vision for a future downtown. “Density should not be the issue,” said Paul Dorling, the city’s planning and zoning director. “It’s really about how well the buildings are designed,” said Richard Heapes — the same urban architect who created Minner Park in Boca Raton. “City zoning normally grants 92 units per acre, and construction began in 2008 as the recession began.

“Density wasn’t an issue,” Worthing Place developer Bill Morris recalled. “The city was just very excited to have someone come in and build.”

Delray Beach’s downtown remained stronger than others during the recession. Two new hotels, the Seagate and Hyatt Place, were built. Downtown property values remained stable, unlike in other cities.

Now, as banks begin lending to build apartments again, planners believe Delray Beach’s central business district is positioned to redevelop more quickly than other downtowns.

“The character of our downtown has provided an opportunity that is larger than in most other downtowns,” senior city planner Scott Pape said. “When the economy turns around fully, we’re going to see Delray Beach grow further and faster than other communities.”

The appeal of Atlantic Avenue is like no other. Visitors from downtown Boca Raton to West Palm Beach bypass the manufactured look of Minner Park and CityPlace, with its window shop and enjoy a traditional downtown where historic buildings such as the Colony Hotel and Old School Square have been preserved.

“We’ve created a place that’s true to the creative cultural class,” city economic development director Vincent Nolan said.

The appeal is such that young professionals want to live in the city in which they earn their income,” said resident Frank Feiler who spoke at the public hearing on behalf of himself, not the Boca Raton Airport Authority, where he is chairman. “It’ll make our city a better place.”

The second public hearing on the northeast plan, conducted Dec. 11, saw the council chambers filled with representatives of developers, businesses and homeowners associations as well as residents. While there was considerable support for the plans, residents also voiced concerns that the density of projects would create traffic that would dog roadways and more students in the schools. Planned mobility would allow up to 2,500 multifamily residential units to be added in the northwest over the next 10 years, with a density of 20 dwelling units per acre — which Deputy City Manager George Brown pointed out is the same as under current regulations. The height restriction would be at 85 feet. Resident Gail Dinnstein asked at the hearing, "Why such high density in one area — and what’s that going to do to the entire area? We have one Publix and two gas stations. What happens when they’re going to take their children to school? You’re talking 6,000 to 10,000 people in one area. It should be spread out.”

Council members as well as Brown noted that much misinformation about the plan was in circulation, and took time to reiterate details. For one, Brown said, the city’s approval of planned mobility for the area was only a "legislative framework" for such projects. Each project that is proposed still must be heard and approved by the city, he said.

In addition, the housing that planned mobility encourages is not low-income, Brown explained. The housing, which can include rental or for-purchase units as small as 625 square feet (but which average 700 square feet), is planned to be priced so that it is attainable by area workers, he said.

In response to resident concerns that adding the housing would cause congestion on local roadways and fill classrooms with children of the residents, Brown said that all 2,500 units were not expected to be built on one corner. The projects also are subject to the county and other impact fees and regulations that provide for infrastructure.

MOBILITY

Continued from page 1

round go of it,” Harden said. City zoning normally allows 30 housing units per acre. But city regulations give commissioners the authority to allow higher densities and taller buildings as incentives.

City planners point to Worthing Place as the best example of a new housing project that accomplishes the city’s vision for a future downtown. “Density should not be the issue,” said Paul Dorling, the city’s planning and zoning director. “It’s really about how well the buildings are designed,” said Richard Heapes — the same urban architect who created Minner Park in Boca Raton. “City zoning normally grants 92 units per acre, and construction began in 2008 as the recession began.

“Density wasn’t an issue,” Worthing Place developer Bill Morris recalled. “The city was just very excited to have someone come in and build.”

Delray Beach’s downtown remained stronger than others during the recession. Two new hotels, the Seagate and Hyatt Place, were built. Downtown property values remained stable, unlike in other cities.

Now, as banks begin lending to build apartments again, planners believe Delray Beach’s central business district is positioned to redevelop more quickly than other downtowns.

“The character of our downtown has provided an opportunity that is larger than in most other downtowns,” senior city planner Scott Pape said. “When the economy turns around fully, we’re going to see Delray Beach grow further and faster than other communities.”

The appeal of Atlantic Avenue is like no other. Visitors from downtown Boca Raton to West Palm Beach bypass the manufactured look of Minner Park and CityPlace, with its window shop and enjoy a traditional downtown where historic buildings such as the Colony Hotel and Old School Square have been preserved.

“We’ve created a place that’s true to the creative cultural class,” city economic development director Vincent Nolan said.

The appeal is such that young professionals want to live
All neighborhoods need to stand up and fight

About a year ago, TLC Recovery rented a 7,000-square-foot home on the Intracoastal Water in the Cove neighborhood in Deerfield Beach. At the same time, the Caron Foundation purchased two homes in Delray Beach of comparable value.

Delray residents were up in arms. They put up tiny protest signs through the neighborhood.

After reading about the uproar, Pat Jolivet went to look at the signs with the spokes人为头目。He returned to the Cove and called a meeting of the Cove neighbors. Pat had similar signs printed and TLC continued forward.

He returned to discuss the Delray signs with residents, critiquing the signs as too small and worded so as to have no impact on Caron’s clients. The signs in fact had little effect and Caron is fully functional.

The Cove residents changed their tactics. New, larger signs were printed, attacking by name TLC Recovery and its business model. They were up for the duration with no thought on how the neighborhood looked.

Residents became activists to protect their neighborhoods. Cove residents spoke at the hearing for reasonable accommodations; neighbors installed video cameras and pictures were taken of people going in and out; articles were posted to dissuade potential clients.

TLC couldn’t get clients and was not operational within 90 days. Katz stresses that healthy dune programs will be done in a matter of days or weeks.

The deadline for emergency permits was late December, but that deadline has been extended, according to Dan Bates, Deputy Director of Palm Beach County Environmental Resource Management.

The city of Delray Beach has to declare an emergency, and they need to move on it right away,” he said.

“They need to make this a high priority item,” he said. “We need to work with the city to plant sea oats and other vegetation including sea oats, vegetation including sea oats, for Florida beach restoration. Katz stresses that healthy dunes benefit everyone, including homeowners to the west of A1A.

The city of Boca Raton would receive money from FEMA for beach restoration after Sandy; but that hope was dashed with FEMA’s decision to give no money to the city for beach restoration that took place several years ago.

Cheryl Blackerby contributed to this report.

HIGHLAND

Continued from page 1

the town’s limits were affected by the high seas kicked up by Sandy, the beaches on the southern end were hardest hit. “The south mile only has a beach at low tide,” Giacchetti said. While residents have been seeking town assistance in getting the beach restored, town officials say they are limited in what they can do, in large part because all of the beaches in Highland Beach are private beaches – above the high tide mark – and there is no public access to the beach within the town limits.

“In many ways, our hands are tied,” said Town Manager Kathleen Weiser. “We just don’t have jurisdiction over the beach.” Since the beaches are private, the town is not eligible for federal beach restoration financing. The responsibility for repairing any damage to sand dunes or structures along the dune, such as stairways, lies with private property owners, not the town, Weiser said. They have until Jan. 27 to apply for dune restoration permits.

“Our hearts go out to the residents, and we’re doing what we can within the confines of our jurisdiction,” she said. Residents, who argue that having a attractive beach benefits all the town’s residents, have suggested a variety of solutions, among them financing a beach restoration project as a bond issue, which would require a referendum. “None of us knows what the long-term value of action is, that’s what we’re hoping to find out from a coastal engineer,” she said. Residents, who argue that having a attractive beach benefits all the town’s residents, have suggested a variety of solutions, among them financing a beach restoration project as a bond issue, which would require a referendum.

“The city of Boca Raton would receive money from FEMA for beach restoration after Sandy; but that hope was dashed with FEMA’s decision to give no money to the city for beach restoration that took place several years ago.

Cheryl Blackerby contributed to this report.

DELRAY

Continued from page 1

“We would like the city to add sand on beaches north of Atlantic at the end of the public beach, and on the south end from 700 feet south of Linton to the city line at the south,” he said. “We’re at the point where there is no sand beach at high tide in the area north of Atlantic. And water is very close to the condos in the south end.”

“We had an excellent dune system that did its job protecting the road and houses, but that dune system did take a hit, and that makes us more vulnerable to future storms until the dunes are restored,” said Katz.

Sand permits can take two to three years to process, he said, but an emergency permit could be done in a matter of days or weeks.

The deadline for emergency permits was late December, but that deadline has been extended, according to Dan Bates, Deputy Director of Palm Beach County Environmental Resource Management.

“As of now the deadline has been extended to late January, but that deadline may be extended until late February. The city of Delray Beach has to declare an emergency, and they need to move on it right away,” he said.

“Property owners are very much in support of asking the city to treat this as an emergency. And adding sand to those sections at the top and south ends at the same time as the rest of the beach restoration would save a lot of money,” Katz said.

Delray officials heard a report on the association’s concerns at a recent meeting, said Rich Reed, the city’s public information officer. “The city staff has been looking into various options with this issue and are investigating those options we have. At the next commission meeting or workshop we will bring a consultant in to talk about it.” The date for discussing emergency permits has not been set.

The money for the present project has been approved. The city has received reimbursement authorization of more than $4.02 million from Palm Beach County and the state Department of Environmental Protection to complete this project.

The city of Delray Beach will pay the remaining $5.2 million. FEMA will not be giving money for Florida beach restoration. Katz stresses that healthy dunes benefit everyone, including homeowners to the west of A1A.

The city of Boca Raton would receive money from FEMA for beach restoration after Sandy; but that hope was dashed with FEMA’s decision to give no money to the city for beach restoration that took place several years ago.

Cheryl Blackerby contributed to this report.

Experience Our New 2,500-gallon Shark Tank

Catch our fresh new menu featuring local seafood and produce

Atlantic Grill

The Recipe for a Perfect Evening

One Part Style • One Part Taste • One Part Rhythm

DELRAY’s hottest bar scene – sensational seasonal menu – live entertainment featuring Orson Whitfield

For information or reservations:
theatlanticgrille.com | 561-665-4900
All The Seagate Hotel, 1000 E. Atlantic Ave.

Scan for special offer, entertainment schedule and menus

Open Daily • Happy Hour 4 - 7 pm • Delray’s Best Brunch • Sat & Sun 9 am - 2:30 pm

EXPLORE THE NEW 2,500-GALLON SHARK TANK
Along the Coast

**Local police choosing hybrids and SUVs for fleet**

By Rich Pollack

In Boca Raton, for example, the department retains a fleet of what it calls nontraditional police cars that include a handful of 7-year-old Priuses and a lot of other vehicles most people would never suspect are being driven by police.

And that’s the whole idea, according to Boca Raton Assistant Police Chief Edgar Morley. “When you need to blend into the community, you need vehicles that blend into the community as well,” Morley says. “Our officers drive everything and anything.”

And it’s not just stealth that is leading police departments in South Florida away from those large, gas-guzzling vehicles. It’s also economics and environmental consciousness.

In Boca Raton, 13 of the vehicles driven by detectives and administrative personnel are hybrids. That fleet includes a few Ford Fusions and a couple of older Mercury Milans.

You’ll also find hybrid vehicles in the fleets of other area police departments.

In Boynton Beach, for example, detectives and administrative police officers are driving four Ford Fusions and another four will be arriving soon.

One of the downsides to hybrids, and what might be keeping departments from using more of them, is the high purchase price. Hybrids in some models can have an upfront cost that is $5,000 to $10,000 more than traditional versions of the same model.

How much departments save taxpayers in fuel costs — and environmental costs — over the long-term still remains to be seen.

“It’s not just a monetary issue, it’s also an environmental issue,” say Boca Raton’s Morley. While having hybrids and other nontraditional cars in a police fleet may work for some larger departments, the practice doesn’t always work for smaller departments like those serving Palm Beach County’s coastal communities.

In towns such as Ocean Ridge and Highland Beach, most cars in the police fleet are used for road patrol and are designed specifically for that purpose.

With the phasing out of the Crown Victoria, more and more departments will be shifting to new Ford Police Interceptors, the Chevy Caprice or Dodge Charger designed specifically for police use.

The Gulf Stream police department will be making a dramatic change to its five-car fleet, planning to phase in Ford Police Interceptor Utility SUVs, with the first one expected in early spring.

Police Chief Garrett Ward said the department, which has a fleet of vehicles driven by detectives and administrative police officers, is looking at between four and six larger boxy police vehicles driven by detectives and administrative personnel.

**Highland Beach**

Registration can help restore wandering pets to owners

By Rich Pollack

Pets can be clever, and sometimes, no matter what you do, Fido and Fifi will find a way to spring themselves from the confines of home or yard.

Now, the Highland Beach Police Department is taking extraordinary steps to help reunite dogs on the lam with their worried families.

Recognizing that there are a lot of dogs in town — cats, too — and that escapes do occur, the department is creating a pet registration database that will enable officers to better identify dogs found wandering through neighborhoods as well as those that are injured.

To launch the database, the department is holding a pet registration event in front of Town Hall from 9 a.m. to noon on Jan. 13, and asking pet owners to bring their dogs by so they can take a photo and get some vital contact information.

The event will also feature presentations from Petsmart on the advantages of having pets microchipped as well as K-9 demonstrations and pet adoption opportunities.

There also will be hot dogs and hamburgers available for visitors.

“Creating a pet database is one more way we can provide a valuable service and at the same time stay connected to our community,” said Police Chief Craig Hartmann.

Hartmann and Officer Paul Sherys, who is leading the registration initiative, said the idea for the database and registration sprang up after the department had found a few lost dogs and had difficulty locating the owners.

In the past, the officers who found a lost dog or cat would do everything they could to find its home but, at the end of their shift, would have to turn an unclaimed pet over to Palm Beach County Animal Care & Control in West Palm Beach.

That could mean an additional inconvenience for owners once they located their lost pets.

“We just don’t have any place to keep them here,” Hartmann said.

To minimize the chances of that happening, the department’s database will include emergency contact information and cellphone numbers, which can be important if the homeowners are away or at work when the wandering pet is found.

While the Police Department is encouraging residents to come to the Jan. 13 event, Sherys says residents who can’t make it will be able to bring their pets to the department during regular hours and get them registered.

“This is just an added protection we’re offering pet owners,” he said.

For more information about the registrations, call 266-5800 or visit the town website, www.ci.highland-beach.fl.us.

Short-range but complete fix explored for walk path

By Rich Pollack

The cracks are back along Highland Beach’s 3.5 miles of walking paths, and town leaders say something needs to be done soon before someone gets hurt.

The Town Commission, in its December meeting, agreed to explore the cost of putting a 1-inch asphalt coating along the entire walking path, rather than spending a budgeted $75,000 to do patchwork repair in the most hazardous spots.

The town also will be exploring the cost of putting a 1-inch overlay of asphalt to be about $125,000.

Town commissioners agreed that any work done to the path now would be only a temporary fix until the town can move ahead with a complete overhaul of the path. That extensive repair, which could include landscaping and other beautification efforts, is estimated to cost anywhere from $400,000 to $1 million.

No timetable has been set for the overhaul, which is part of the town’s long-range capital plan.

“Near the one-inch overlay is a nice Band-Aid that adds a safety element to the walk path,” Weiser said.
A ritzey Slurpee shop makes its East Palmetto debut

A ribbon cutting for a convenience store in Boca's Toscana. Then again, the new 7-Eleven at 831 E. Palmetto Park Road isn't your run-of-the-mill convenience store. "This is the Ritz of 7-Elevens," proclaimed an enthusiastic Mayor Susan Whelchel, on hand for the Dec. 19 ribbon cutting. "I think many of the people who opposed it may turn out to be some of its best customers."

Indeed the national chain store — known for Slurpees, roller food and being open 24 hours a day — sparked controversy when the idea first surfaced in 2011. Owners of the property, James and Marta Batmasian's Investments Limited, wanted to expand and enhance the building once occupied by a surf shop to make it more attractive for a lease with 7-Eleven. It was (is) all part of the effort aimed at revitalizing a commercial center developed in the 1960s and in need of a face-lift. The redevelopment area (from 800 to 899 E. Palmetto Park Road) was recently dubbed "Boca Beach Shops."

Promoters pitched the convenience store as "Starbucks-like" with much healthier food options than Big Bite hot dogs and those homogenous sugary soft drinks that make Michael Bloomberg wince. But neighbors, who packed City Hall to oppose the 7-Eleven, worried it would make too darn swanky. The store's clean and crisp beachy interior motif, handled by the architect's wife, designer Diana Mummaw, sports tasteful glass tile walls, dark porcelain tile floors that look like hardwood and a granite coffee bar with an impressive array of blends. "There's even a nice selection of wines," Doug Mummaw says. Pizzas, fresh from the oven, are available for take-out. Deli salads, fruit cups, sandwiches under 400 calories and other healthy options similar to those you might find at Whole Foods are attractively packaged and displayed.

Security is first rate with cameras are plugged directly into the city police department. Someone threw a rock through the front window before the 7-Eleven opened and cops nailed the culprit before you could knock back a Big Gulp.

Get your swing ready — duffers can get in on the 13th annual Allianz Golf Championship Feb. 4-10 at The Old Course at Broken Sound Country Club in Boca Raton. Amateurs will get a chance to play with some of the legends of golf coming for the tournament in a Pro-Am game preceding the championship rounds.

Along with 2012 Allianz winner Corey Pavin, expect past winners Tom Lehman and Bernhard Langer, and top PGA players Mark Calcavecchia, Fred Couples, Fuzzy Zoeller, Tom Watson and Fred Funk. They're all playing for a piece of the $1.8 million purse in this first of the season full-field tournament. This is the seventh year for the tournament in Boca Raton. Oenophiles can get in on the action as well with the Grapes on the Green Golf and Wine Experience. It's a chance to mingle with the golfers near the 18th green on Saturday, Feb. 9.

A number of golfers have their own wine labels, and along with those, wines from international vineyards will be poured by the Boca Raton Bridge Hotel, with food samples from area restaurants served. Live entertainment and an auction are part of the after-game event that will benefit the Boca Raton Regional Hospital.

From last year's event, the hospital received $55,000 from the Boca Raton Champions Golf Charities, organizers of the tournament. It's big money for the area, too, according to Ryan Dillon, BRGCC director, who said $15 million came into the area from the 6,500 spectators and others attending the games. Tickets for the Grapes on the Green are $85, with other ticket packages available that include hotel stays and tournament passes. General admission for the tournament is $20 for adults. Ticket information and the tournament schedule is available at www.allianzchampionship.com.

A Neil Simon play is first billing at the new theater opening in Boynton Beach downtown. Stage Left Theatre, a non-profit, comes from principals from the Royal Playhouse in West Palm Beach, run by Peter Pagliaro. I Ought to Be in Pictures will run Feb. 8-17 at the 98-seat theater two blocks south of Boynton's City Hall at 145 S.E. Second Ave.

The Cultural Council of Palm Beach County helped Pagliaro working on the theater as a non-profit venture secure the abandoned building. In a statement, Rena Blades, president of the council, said, "We're thrilled to see Stage Left Theatre come to Boynton Beach. It's a great addition to the city and the downtown cultural corridor." Boynton's Community Redevelopment Association also played a role in bringing the playhouse to the area that already houses the Avenue of the Arts, the Children's Schoolhouse Museum and a number of restaurants and stores.

The theater has an 18-month lease approved by the City Council in November; the building refurbishment also
**Seawall Sealing**

Weep Holes

Seawall Footers

Seawall Repairs

Office: 561-750-0564

FAX: 561-750-0496

---

**BOCA**

**DOCK & SEAWALL**

---

**STOP DON’T UNLOAD YOUR GOLD JEWELRY FOR SCRAP!**

Sell your Gold Jewelry to **GOLD BUYERS JEWELRY** for a true current-market value. We pay up to TWICE what scrap pays!

---

We Buy Gold, Diamonds, Rolex & Fine Watches, and Estate Jewelry

---

**SPECIAL GIFTS & SPECIAL PRICES THRU JAN 2013**

---

**GOLD BUYERS JEWELRY**

499 N. Federal Hwy., Boca Raton

561-395-6767

Open Tues-Sat 10-5:30

Serving Boca Over 20 Years!

---

**New Docks**

Dock Repairs

Piling Wraps

Dock Accessories

---

**Seawalls Docks**

Construction

Repairs

Seawall Inspections

Boat Lifts

---

**TRITON ASSOCIATES**

We Cater to Home Owners, Property Managers & HOAs

---

**Seawall Sealing**

Weep Holes

Seawall Footers

Seawall Repairs

Office: 561-750-0564

FAX: 561-750-0496

---

**STOP DON’T UNLOAD YOUR GOLD JEWELRY FOR SCRAP!**

Sell your Gold Jewelry to **GOLD BUYERS JEWELRY** for a true current-market value. We pay up to TWICE what scrap pays!

---

We Buy Gold, Diamonds, Rolex & Fine Watches, and Estate Jewelry

---

**SPECIAL GIFTS & SPECIAL PRICES THRU JAN 2013**

---

**GOLD BUYERS JEWELRY**

499 N. Federal Hwy., Boca Raton

561-395-6767

Open Tues-Sat 10-5:30

Serving Boca Over 20 Years!

---

**New Docks**

Dock Repairs

Piling Wraps

Dock Accessories

---

**Seawalls Docks**

Construction

Repairs

Seawall Inspections

Boat Lifts

---

**TRITON ASSOCIATES**

We Cater to Home Owners, Property Managers & HOAs

---

**Seawall Sealing**

Weep Holes

Seawall Footers

Seawall Repairs

Office: 561-750-0564

FAX: 561-750-0496

---

**STOP DON’T UNLOAD YOUR GOLD JEWELRY FOR SCRAP!**

Sell your Gold Jewelry to **GOLD BUYERS JEWELRY** for a true current-market value. We pay up to TWICE what scrap pays!

---

We Buy Gold, Diamonds, Rolex & Fine Watches, and Estate Jewelry

---

**SPECIAL GIFTS & SPECIAL PRICES THRU JAN 2013**

---

**GOLD BUYERS JEWELRY**

499 N. Federal Hwy., Boca Raton

561-395-6767

Open Tues-Sat 10-5:30

Serving Boca Over 20 Years!
Philanthropy Calendar

Pay it Forward

Pay it Forward is a calendar designed to celebrate the many philanthropic events in the community from October through April each year. Events in this listing are current as of 12/30. Please check with organizers for any changes.

**January 5**
Saturday - 1/5 - Tour Medical School Gala at The Royal Palm Yacht Club, 2425 Maya Palm Drive, W., Boca Raton. Support the “Compassionate Care Through Education” Medical Scholarship Campaign at Florida Atlantic University’s Charles E. Schmidt College of Medicine during a black-tie optional reception, auction, dinner and dance. $295. 6:30 pm. 699-7198 or http://med.fau.edu.

**January 6-12**
Wednesday - 1/9 - In-Store Shopping Event at Evelyn A. Arthur, 3011 Yamato Road, Boca Raton. Peruse the newest merchandise of the season while sampling tidbits and libations, getting advice from a personal wardrobe consultant and benefiting Ruth Bader Jewish Family Service. Time 6-8 pm. Cost is free. $572-0900 or www.evelynaardthur.com.

**January 13-19**
Monday - 1/14 - Lymphma Research Foundation’s Seventh Annual South Florida Luncheon at St. Andrews Country Club, 7757 Claridge Drive, Boca Raton. Delight in a welcome reception, silent auction and raffle while enjoying a Best of Spring 2013 Fashion Show and Boutique. 10:10 am. $125. 646-465-7903 or www.lymphma.org.

**January 17-19**
Thursday - 1/17 - Lion of Judah Luncheon at Boca West Country Club, 20831 Boca West Drive, Boca Raton. Luncheon speaker is Lata Logan, CBS News Chief Foreign Affairs and 60 Minutes Correspondent. 10:30 am. $555 covert with gift of $5,000 or above to the 2013 USA/Jewish Federation of South Palm Beach County Annual Campaign. 852-5054. www.jewishboca.org.

Friday - 1/18 - Iron Chef Competition at Boca Raton Resort & Club, 501 S. Camino Real. Grab some kitchen utensils and join a team to compete in a heated showdown that will benefit Boca Raton Historical Society & Museum. 7 pm. $400. 955-4142 or www.brh.com.

**January 19**
Saturday - 1/19 - OPAL Award Gala at Boca Pointe Country Club, 7444 Boca Pointe Dr., Boca Raton. Honor five nominees for their dedication to Boca Raton. 6:30 pm. $325. 477-7180 or www.rotaryclubbocaraton.com.

**January 20-26**
Saturday - 1/20 - 2013 Palm Beach SCOPUS Award Gala at The Breakers, 1 South County Road, Palm Beach. Take in a performance by Broadway and television sensation Megan Hilty as American Friends of The Hebrew University honors philanthropists who have shown extraordinary support to the organization. 7 pm. $1,000. 750-8355 or www.aftu.org.

Monday - 1/21 - Annual Gala Luncheon and Fashion Presentation at The Polo Club of Boca Raton, 5400 Champlin Drive. Take in the fashions of Budgley Mischka while helping the Pap Corps’ Greater Boca Raton Cancer Chapter raise money to fund research toward a cure. 11 am. $195. 637-5960 www.papcorps.org.

**January 26**

**February 7**
Feb: 7 - Delight in the decadence of all things indulgent, including chocolate, fine wine, sparkling jewelry and other temptations, to benefit the Junior League of Boca Raton. Time is 5:30-9:30 pm. Cost is $40-$575. Call 870-9083 or visit www.jlbfr.org. Front, from left: Stephanie Economos and Johanna Tavibasvy; Back, from left: Co-Chairwoman Melissa Lask, Madely and Co-Chairwoman Jennifer Yuli. Photo provided

Saturday - 1/19 - Bell Society Dinner at Boca Pointe Country Club, 7444 Boca Pointe Dr., Boca Raton. Honor five nominees for their dedication to Boca Raton. 6:30 pm. $295. 699-7198 or 6699 North Federal Hwy. Ste102, Boca Raton • 561 372 7008 • www.starsskincare.com

Flavors of Boca: A Culinary Journey
The Shops of Boca Center, Boca Raton

Diamond Antique
ORIENTAL RUGS, INC.

At Diamond Antique Oriental Rugs, we have an exquisite collection of antique and modern hand-knotted rugs from countries around the world. Our collection includes some incredibly gorgeous rugs such as silk, wool, cotton, and sheep. Our collection offers our buyers the best value for their money. Our objective is to provide our customers with rugs that add rich character and beauty to any setting. We also provide rugs for sale at various prices, including high-end, mid-range and affordable rugs.

Diamond Antique Oriental Rugs also specializes in cleaning and repair of your treasured oriental rugs. Our 25 years of experience and expertise enable us to care for your rug in a way that will keep it looking beautiful and restoring its value.

Diamond Antique Oriental Rugs also offers appraisals of your treasured antique rugs for personal and insurance purposes.

**NEW CUSTOMERS**
20% OFF
Rug Cleaning or Oriental rug Repair

3720 South Dixie Highway Suite B, West Palm Beach, FL 33405
www.diamondantiqueorientalrugs.com
561-650-2333

Store Hours
Main - Fri 8am-5pm, Sat - 9am-4pm
Sunday by Appointment

Clearing | Repair | Appraisal | Sales

**January 27-31**
Monday - 1/28 - 20th Anniversary Luncheon of United States Holocaust Memorial Museum at Boca West Country Club, 20831 Boca West Drive, Boca Raton. Eat lunch and listen to a keynote speaker after enjoying a lovely reception. 11:30 am-1:30 pm. $125. 995-6773 or www.ushmm.org.

1/28 - Hearing the Ovarian Cancer Whisper “Time is of the Essence” Luncheon at Flagler Museum, 1

Relax, Rejuvenate & Recapture Your Youth!

• Wide Assortment of Facials Including Oxygenated & Radio Frequency
• Microdermabrasion
• Variety of Chemical Peels
• Body Waxing for Men & Women
• Botox Injectables by Kevin Monahan M.D.
• Teeth Whitening
• Full Line of Obagi Products & Jane Iredale Make Up

6699 North Federal Hwy., Ste102, Boca Raton • 561 372 7008 • www.starsskincare.com
Building Hope Gala
The Polo Club of Boca Raton

The Polo Club of Boca Raton
Building Hope Gala
362-6335 or www.witva.org. scholarships. 10:30 am-2 pm. $125.
Women in the Visual Arts presents the art creations over a lunch while Real. Take a painting class and enjoy Raton Resort & Club, 501 E. Camino "Venetian Masquerade" Art Scholarship Fundraiser Friday - 2/8 - Lynn Travis Stender 852-3253 or www.levisjcc.org. themed extravaganza. 7 pm. $250. Adolph & Rose Levis Jewish Community Centers at the "Diamonds & Pearls" Auction at The Mar-a-Lago Club, 1100 S. Ocean Blvd., Palm Beach. Black-tie event will raise money for the nonprofit medical center at The Mar-a-Lago Club, 1100 S. Ocean Blvd., Palm Beach. Enjoy an elegant evening featuring a five-course wine dinner to benefit Kravis Center. 6 pm. $1,000. 651-4320 or www.clevelandclinicflorida.org/ palmbeachwineauction.org. elegant evening featuring a five-course wine dinner to benefit Kravis Center. 6 pm. $1,000. 651-4320 or www.palmbeachwineauction.org.

FEBRUARY
Saturday - 2/2 - All American Tailgate Party at Delray Beach Center for the Arts, 51 N. Swinton Ave. Join Delray Beach Chamber of Commerce Men’s Group and Achievement Centers for Children & Families at the All-American Tailgate Party, featuring traditional tailgate fare, live entertainment, raffles, auctions and a children’s activity area. 2-8 pm. $5-$20. 266-0003 or www.delraytailgate.com.

Jan. 21: LPGA greats Beth Daniel and Meg Mallon will serve as official tournament hosts and will welcome a slew of other golf professionals at the fourth annual Bethesda Hospital Foundation Pro-Am Golf Tournament. Time is 10 am to 3 pm. The event is free to the public, with a $5 parking charge. $6,600 per foursome. 737-7733 or www.bethesdahospitalfoundation.org. From left: Mallon, Bethesda Memorial Hospital President and CEO Roger Kirk, Daniel, former President and CEO Robert Hill and Kay Harvey, Bethesda Hospital Foundation executive director. Photo provided

Celebrating the 30th anniversary of the Polo Club of Boca Raton, 713 Lake Ave. Join guest of honor Burt Reynolds for an evening of cocktails, dinner, dancing and silent-auction bidding, with the theme “Decades.” 7 pm. $150. 586-6410 or www.lakeworthplayhouse.org. Saturday - 2/2 - Cunningham Bar’s William Holland Scholarship Luncheon at Ritz-Carlton, 100 S. Ocean Blvd., Manalapan. Keynote speaker is Judy Smith. Event helps provide scholarships for 3rd year law students. 655-9279 or www.cunninghambar.org. Tuesday-Thursday - 2/26-28 - WAYSide House’s 2013 Spring Boutique at Colony Hotel & Cabana Club, 525 E. Atlantic Avenue, Delray Beach. Shop for merchandise among 35 vendors from across the country to help benefit substance-abuse treatment programs and outreach services. 10 am-5 pm. $5. 78-0055, Ext. 136, or www.waysidehouse.net.

Pro-Am Golf Tournament Pine Tree Golf Club, Boynton Beach

Whitehall Way, Palm Beach. Support a serious cause while learning from speakers Dr. Robert Bart and Dr. Judith Reichman. 11:30 am. $225. 837-2285 or www.arian cancercrc.org.

Thursday - 1/31 - Palm Beach Wine Auction at The Mar-a-Lago Club, 100 S. Ocean Blvd, Palm Beach. Enjoy an elegant evening featuring a five-course wine dinner to benefit Kravis Center. 6 pm. $1,000. 651-4320 or www.palmbeachwineauction.org.

1/31 - Country Club Chef Showdown at Boca West Country Club, 20483 Boca West Drive, Boca Raton. Get ready for a showdown when specialty chefs go knife-to-knife in a celebrity-judged competition benefiting Hospice of Palm Beach County Foundation. 7-10 pm. $100. 651-4320 or www.hpbc.org/chef.

Saturday - 2/9 - Cleveland Clinic Palm Beach’s “Dare To Dazzle” Auction at The Mar-a-Lago Club, 1100 S. Ocean Blvd., Palm Beach. Black-tie event will welcome a slew of other golf professionals at the fourth annual Bethesda Hospital Foundation Pro-Am Golf Tournament. Time is 10 am to 3 pm. The event is free to the public, with a $5 parking charge. $6,600 per foursome. 737-7733 or www.bethesdahospitalfoundation.org. From left: Mallon, Bethesda Memorial Hospital President and CEO Roger Kirk, Daniel, former President and CEO Robert Hill and Kay Harvey, Bethesda Hospital Foundation executive director. Photo provided


February 2: The annual Building Hope gala raises money that empowers citizens of third-world countries by providing safe and secure shelter for them and their families. The Food for the Poor event returns with an extravagant night of dining, dancing and live-auction bidding. Time is 6:30 pm. Cost is $250. For information, call (888) 404-4248 or visit www.foodforthepoor.org/ boca. From left: Becky Carlsson, Kara Seelye, Allison Venditti and LaMae Klos walk with hundreds of new homeowners in Oliver, Haiti, who waved branches and signs while they danced and sang to greet members of the Building Hope Gala committee. Photo by Benjamin Rusnak
Gulf Stream School parents, students, teachers and faculty members joined for an afternoon of sportsmanship and learning at the ‘Do the Right Thing’ parent-child golf outing. The friendly competition reinforced the school’s mission of empowering students to succeed in their efforts and celebrate their accomplishments. Photo: (from left) Charles, Kimberly and Rainer Radtke, with Assistant Head of School Cathy Abrams. Photo provided

The Spirit of Giving Network Holiday Gift Drive Collection Party took place at the home of Bob Sheets and Debbie Linstrom (above), where, in a single evening, hundreds of gifts poured in and more than $7,000 in cash was donated to support the annual outreach event. Greater this year, the program works with 60 nonprofits in the community to provide toys for 4,000 needy children. Photo provided

The YMCA of South Palm Beach County launched its Community Support Campaign with a ruby red-themed dinner that brought in $330,000 in donations, $20,000 above the goal. The campaign ensures the YMCA has the resources to continue to provide South County residents with enriching and rewarding experiences.

The YMCA of South Palm Beach County launched its Community Support Campaign with a ruby red-themed dinner that brought in $330,000 in donations, $20,000 above the goal. The campaign ensures the YMCA has the resources to continue to provide South County residents with enriching and rewarding experiences.

Puerto Rican roots and a Brooklyn sports enthusiast, is touting Max Schmeling, a film about the world’s heavyweight German boxer whom the Nazis tried to turn into an Aryan Superman.

New to the festival this year is the Promising Young Filmmaker Series, three short films created by students, to be featured at Cobb Downtown theaters and the Regal Delray. Matthew Baquero and Kelly Berger, local students at the Dreyfoos School of the arts in West Palm Beach, produced a film titled Marie Goldstein: Perspective of a Survivor.

Also new this year is that four films will be presented in conjunction with Partnership 2gether, which connects Jewish communities outside Israel with ones located there. The partnership, created in 1995, is a program of the Jewish Federation of Palm Beach County between the communities of the Tzahar region (Tfat, Rosh Pina and Hatzor Haglilit) and the Greater Palm Beaches.

Leading Israeli professors and journalists will be introducing films from the Cinematheque Theater in Rosh Pina. The partnership offers film festival attendees an intimate and unique view of Israeli life.

For opening night on Jan. 17, the festival will screen the Florida premiere of Haifa Nogla: The Movie, at the Kravis Center for the Performing Arts at 7 p.m. Special guest, 2012 Olympic gold medalist Aly Raisman, will speak after the film. Raisman made a powerful statement when she dedicated her championship-winning floor routine to the music of Hava Nagila in memory of the Israeli athletes slain at the 1972 Olympics in Munich. This year also marks the first time the festival has selected a special honoree.

Rick Stone, a leading Jewish community philanthropist and Palm Beach resident, will be the first distinguished with this honor for his remarkable achievements in the community.

General admission to opening night is $15. Screenings will be held at several venues, including Regal Delray 18 and Movies of Delray in Delray Beach; the Ross ICC in Boynton Beach; the Kravis Center for the Performing Arts, the Norton Museum of Art and Tradition of the Palm Beaches, in West Palm Beach; and Cobb Downtown at the Gardens 16 and Temple Judea in Palm Beach Gardens.

For tickets, festival passes or a complete schedule of films, visit www.pbjff.org, call David Yalen at 736-7531 or email DavidY@jcconline.com.

— Staff report
MEET YOUR NEIGHBOR: Regina Vetto

T he busier you are, the more opportunities to serve come your way. So says Regina Vetto, who — with her husband, Bob — is an honorary chairwoman of the FAU University Club Fountain of Youth fundraiser at the Addison Restaurant on Jan. 13. The event celebrates Florida’s 50th birthday.

The story of how she became involved with the University Club is a funny one, Vetto says. “Being involved in a number of things at the time, two friends begged to take me to a luncheon at FAU,” she remembers. “I told them I was unable to join even one more thing, and they promised it was just a lunch. The next thing I knew, I was not only a member but I was on the board of directors. Fifteen minutes later, I was president!”

She soon discovered a fondness for the organization, which has raised more than $400,000 for scholarships and more than $500,000 for libraries at Florida Atlantic University. “The University Club is a wonderful group of kind, generous and very dedicated individuals,” she says.

“Everyone is a dear friend.”

A longtime member of the Zonta Club of Boca Raton, Vetto was instrumental in founding the Zonta Club of Deerfield Beach last July and serves as the first president. “We already have 35 members,” she says.

“People came together at the Boca club met evenings, but the Deerfield club has luncheon meetings, a preferential time for members. Before she was married, Vetto had dreams of becoming a theatrical makeup artist but gave up on the idea after marrying her first husband when she was 20.

She and Bob have been married for 33 years and moved to Florida in 1982. “My parents had moved here before we did, and we were ready for a climate change,” she says.

She loves shopping, spending time with friends, traveling and volunteering. “God has really been good to us, so it’s good to give back,” she says.

— Mary Thurwachter

Q. Where did you grow up and go to school?
A. I was born and raised in Stamford, Conn. I attended Southern Connecticut State and later studied in New York City.

Q. What are some highlights of your life?
A. I have lived in Boca Raton for more than 30 years. My husband and I own 21st Century Auto Center in Deerfield Beach, and our two sons work with us. I have been involved in so many organizations and charities over the years, I lose count. I am a past president of The University Club at FAU, a past district governor of Zonta International and received the Community Service Award from B’nai B’rith International.

I am married to Bob, and I am the mother of three (Veronica, 39, Louis, 38, and Greg, 34) and the grandmother of three (Kate, Addison and Charlie, who was adopted in November).

My parents, who live in Lighthouse Point, recently celebrated their 72nd wedding anniversary!

Q. How did you choose to make your home in Royal Palm Yacht & Country Club/Boca Raton?
A. We have lived in our home for nearly 30 years. We always knew we wanted to live near the beach, and Royal Palm is such a beautiful community.

Q. What is your favorite part about living in Boca Raton?
A. I love the fact that Boca Raton has absolutely everything! We have so many wonderful friends and business associates here, our church, St. Joan of Arc, wonderful restaurants, the best in shopping and, of course, gorgeous weather.

Q. If someone made a movie of your life, who would you like to play you and why?
A. Definitely Meryl Streep. She is awesome, both as a talented actress and gracious human being. I am a very determined person yet very soft-hearted. I love my family and friends with all my heart. I think she would convey that personality very nicely.

Q. What music do you listen to when you need inspiration? When you want to relax?
A. I’m an easy-listening kind of girl, but I absolutely love the ’50s.

Q. Do you have a favorite quote that inspires your decisions?
A. Treat others as you wish to be treated. Everyone deserves respect and recognition. I try very hard to always remember that.

Q. Have you had mentors in your life? Individuals who have inspired your life decisions?
A. My parents and grandparents are the first to come to mind. My grandfather came to America as a young man alone, not speaking or understanding one word of English. He worked for Connecticut Power and Light for 65 years before he retired. I still have the diamond pins the company gave him for every 10 years of service.

Q. What’s the last book you read, and would you recommend it?
A. Killing Lincoln. It was a great read, and I would definitely recommend it. It’s funny how the older you get the more fascinating history becomes.

Q. Who or what makes you laugh?
A. My grandchildren, every minute I’m with them!

If you go
The Fountain of Youth brunch and fundraiser begins at 11:30 a.m. Jan. 13 at The Addison, 2 E. Camino Real #300, Boca Raton. Featured guests include local historian and artist Sandy Simon and The Conquistadors from the Department of Arts and Letters at FAU. There will also be a silent auction. Tickets are $99. For more information, call Arlene Brewer, 391-6776 or visit www.faufauplu.com/netcommunity/
Along the Coast

Patrols aim to protect manatees, educate boaters

By Cheryl Blackerby

Right on cue, mother and baby manatees appeared on the surface of the Intracoastal Waterway as Sgt. Doug Sills of the Lantana Police Marine Unit advised boaters Rick Wohlstahrt and John Gwynn of Delray Beach to watch out for the marine mammals. Sills said a day afternoon patrol Dec. 8 was part of Operation Mermaid, a countywide campaign to remind boaters to slow down during manatee season, which is mid-November through March.

Manatee patrols are conducted by the Palm Beach County Sheriff’s Office Marine Units along with the Florida Fish and Wildlife Conservation Commission, and law-enforcement agencies including the Lantana, Boynton Beach, Tequesta, Jupiter, West Palm Beach and Riviera Beach.

The name Operation Mermaid was inspired by early mariners’ sightings of “mermaids,” which were in fact manatees. It’s easy to understand the confusion if a nearsighted sailor was observing from a distance — manatees will often surface, raise their heads out of the water and turn to look at you, then disappear with a slap of their big tails.

But explorer Christopher Columbus must have had a fairly close-up view when he sailed near the Dominican Republic on Jan. 9, 1493. He wrote in his log that he saw three mermaids, and described them as “not half as beautiful as they are painted.” Coastal community residents can get their own close-up sightings as hundreds of endangered Florida manatees seek warm water in South Florida waterways.

Sills sometimes gives manatees a police escort on the Intracoastal Waterway to keep them safe.

“Last year, I had a herd — there must have been 30 of them. I traveled with them with the lights on. They’re so slow and helpless.”

Sills tells boaters to look for the line of ringed ripples manatees leave on the surface; to be alert for their heads when they come up for air; and to note their direction and try to stay away.

“When you see one, there are usually others,” he said. Recreational watercraft have caused about one-quarter of all manatee deaths since 2005 (when record-keeping began), and are their No. 1 threat, according to Fish and Wildlife Conservation Commission research. Many manatees have the familiar long white scars on their backs from propeller injuries.

They feed on seagrass beds in shallow water, where there is little time or room to avoid oncoming boats. Deaths are usually from propeller wounds, the impact with boat hulls, or crushing.

In the first 11 months of 2012, manatee deaths from watercraft, including boats and jet skis, totaled 78; two were killed in Palm Beach County. This is a far greater number than the total of manatees killed in 1980 statewide — 16, and none in Palm Beach County — when there were far fewer people and boats.

A statewide survey in winter 2010 showed there were 5,076 manatees, but this is not a true estimate of the population, according to the Fish and Wildlife Conservation Commission. Research is being conducted to get a more accurate number.

Many boaters are not aware of manatees, said Sills. He stopped a boater from Jupiter who didn’t even know that manatees ever swam in the Intracoastal Waterway. “You see manatees out here?” the boater asked in amazement.

Other boaters were more informed. “We saw some manatees today,” said Jared Rosen, who was boating with his two children, who both nodded in excitement. “It’s crazy how people just fly down the waterway without thinking about them.”


---

Obituaries

By Ron Hayes

BOCA RATON — When she was named its 2011 Woman Volunteer of the Year by the Junior League of Boca Raton, Lula Thomas told The Coastal Star what she thought about growing old.

“You’re just age is just two numbers put together,” she said then. “I think it’s the spirit. Keep your thoughts right, and it doesn’t matter how old you are.”

Mrs. Thomas died Nov. 21. She was 86 and left behind one daughter, four grandchildren, five great-grandchildren and a long list of local institutions that benefited from her tireless service.

“I get up in the morning and I put on my clothes and my shoes and my high heels, and I leave the house,” she said. And then she might go to the Boca Museum or the Philharmonic, Planned Parenthood, the Red Cross, the FAU Library Group or the Caldwell Theatre.

In the 1980s, she was named a “Legend of Boca” by the Boca Raton Historical Society and a life member of the Boca Raton Regional Hospital’s Debbie- Rand Service League.

In addition, she was a member of the Silver Palm Garden Club, the Southern Dames of America, the United Daughters of the Confederacy, the Music Guild of Boca Raton and the Center for Spiritual Living.

“Lula was an inspiration to me as a volunteer,” said Debbie Abrams, who succeeded her as the Junior League’s 2012 Volunteer Woman of the Year. “Her many years of quiet, committed service to our community made her the perfect person to win in 2011.”

Born Lula Culpepper on Dec. 16, 1925, in Rocky Mount, N.C., she was the second of 10 children.

She came to Boca Raton in 1974 with her husband, Vernon “Pat” Thomas, whom she married when she was 16. Following his death in the late 1990s, she became even more involved in volunteerism.

In recent years, she was a greeter at both the Boca Raton Police Department and the Historical Society Museum, where Director Mary Czar was astonished by her energy and charm.

“Lula just had a knack for dealing with people and making them comfortable,” Czar said. “When we nominated her for Woman of the Year, she came back to me with six or eight pages, handwritten front and back, of all the things she did, and it looked like a history of Boca Raton.”

Mrs. Thomas is survived by her daughter, Francis Marion Lowry; granddaughters Manya, Shannon, Kim and Ginger; and great-grandchildren Sonny, Stella, Sloan, Mac and Savannah.

A celebration of her life was held Dec. 6 at the Center for Spiritual Living.
1/2 - Terrible 5 to 8 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 5-8. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/3 - Model Bridge Class at the Bridge Club at Sugar Sand Park, 300 S. Sugar Sands Blvd., Boca Raton, 5:30-7:30 pm. This class is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/4 - Centerpiece Class at the James A. Rutherford Community Center, Patch Reef Park, 2000 Yamato Road, Boca Raton. This class is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/5 - Terrific 3 to 5 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 3-5. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/7 - Intermediate/Advanced/Fencing/Sparring at the Boca Raton Community Center, Patch Reef Park, 2000 Yamato Road, Boca Raton. This class is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/10 - Great Decisions Discussion Group and More at the Boca Raton Library, 3618 S. Ocean Blvd. This group is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/11 - Terrific 3 to 5 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 3-5. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/13 - Improving Your Bridge Skills Class at the Bridge Club at Sugar Sand Park, 300 S. Sugar Sands Blvd., Boca Raton, 5:30-7:30 pm. This class is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/15 - Terrific 3 to 5 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 3-5. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/17 - Intermediate/Advanced/Sparring at the Boca Raton Community Center, Patch Reef Park, 2000 Yamato Road, Boca Raton. This class is for those who have previously played bridge. The class will be taught by professional teacher. Participants will be able to practice playing bridge with others and improve their skills. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/19 - Terrific 3 to 5 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 3-5. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.

1/21 - Terrific 3 to 5 Year Olds at the Boca Raton Children’s Museum, 5380 N. Military Trail, Boca Raton. This class covers the basics of social skills for children ages 3-5. Children will learn the basic skills necessary to become successful bridge players. The eight-week session runs Tuesdays through 2/19. 395-3481 or www.bocaratonlibrary.org.
Enjoy our always fabulous coffee, crepes, beer, wine and our brand new small plates menu in an inviting atmosphere with inside and outside seating.

Crepes by the Sea • 145 NE 4th Avenue
DeBary, FL 32713 • (386) 960-5000

HOURS • Closed (check our FB page, we will open for long weekends)
Tues, Wed & Sun 7:30a-6pm; Thurs, Fri, Sat 7:30am - 10pm longer if it's busy

15% OFF entire check or Free Cup of Coffee with your meal.
Valid for January only Please bring this ad as your discount.

Municipal Meetings

1/8 - Highland Beach - First Tuesday at Highland Beach Town Hall, 10451 Ocean Blvd. 6:30 pm
1/12 - City of Deerfield Beach - First Tuesday at the Civic Center, 2801 SW 22nd Ave. 6:30 pm
1/15 - City of Deerfield Beach - First Tuesday at the Civic Center, 2801 SW 22nd Ave. 6:30 pm
1/16 - Pompano Beach - First Tuesday at the Pompano Beach City Hall, 600 W. Broward Blvd. 6:30 pm
1/22 - Boca Raton - Second Tuesday at the Boca Raton City Hall, 211 W. Palm Beach Park Road, 6 pm. Agenda available at www.boca-raton.us.

1/11 - Sick Puppies Comedy at Shannon Performing Arts Theatre, 1651 N Ocean Blvd. $20; $15 seniors. For reservations, call 243-7922 Ext. 1.

1/13 - Tour of Historic and Commandments on the Court House at the Highland Beach Museum of Arts and Sciences, room 101 at FAU, 777 Glades Road. M-Th: 10 am-4 pm, Fri: 10 am-1 pm. Free admission to the museum. 392-2500.

1/15 - Wine With Mike Lovers Club at Boca Raton Community Center, 2000 Yamato Road. To cover all the basics, including what it means to buy, store, age, and host with wine, the factors that bring value to wine and its characteristics, food pairing, and what it means to be a wine lover in the world today. When that corresponds to a wine taste test with 8 different wines, the object of the course is to enhance your enjoyment of wine in an active, entertaining way. Saturday: 9 am-4:30 pm. $200 fee per session. Space is limited. 695-3970 or www.winemakersclub.com.

1/15 - Tour of Historic and Commandments on the Court House at the Highland Beach Museum of Arts and Sciences, room 101 at FAU, 777 Glades Road. M-Th: 10 am-4 pm, Fri: 10 am-1 pm. Free admission to the museum. 392-2500.

1/14 - Wine With Mike Lovers Club at Boca Raton Community Center, 2000 Yamato Road. To cover all the basics, including what it means to buy, store, age, and host with wine, the factors that bring value to wine and its characteristics, food pairing, and what it means to be a wine lover in the world today. When that corresponds to a wine taste test with 8 different wines, the object of the course is to enhance your enjoyment of wine in an active, entertaining way. Saturday: 9 am-4:30 pm. $200 fee per session. Space is limited. 695-3970 or www.winemakersclub.com.

1/16 - Wine With Mike Lovers Club at Boca Raton Community Center, 2000 Yamato Road. To cover all the basics, including what it means to buy, store, age, and host with wine, the factors that bring value to wine and its characteristics, food pairing, and what it means to be a wine lover in the world today. When that corresponds to a wine taste test with 8 different wines, the object of the course is to enhance your enjoyment of wine in an active, entertaining way. Saturday: 9 am-4:30 pm. $200 fee per session. Space is limited. 695-3970 or www.winemakersclub.com.

1/16 - Wine With Mike Lovers Club at Boca Raton Community Center, 2000 Yamato Road. To cover all the basics, including what it means to buy, store, age, and host with wine, the factors that bring value to wine and its characteristics, food pairing, and what it means to be a wine lover in the world today. When that corresponds to a wine taste test with 8 different wines, the object of the course is to enhance your enjoyment of wine in an active, entertaining way. Saturday: 9 am-4:30 pm. $200 fee per session. Space is limited. 695-3970 or www.winemakersclub.com.

American Pen Women Luncheon is held at the Boca Raton Library, 200 N. East Blvd. School offers the photos of photo contest. All are welcome. 11:30 a.m. - 3:3000. 856-1791.

• Craft Time for 4-6 p.m. at the Children’s Science Explorium, 300 N. Military Road, Boca Raton. Children ages 3-5. 7-8:30 pm. Free. 544-8615.

• Yoga and Meditation for Ages 3-10. Venue: Ritter Art Gallery, 777 Glades Road, Boca Raton. Children under 12 must be accompanied by an adult. Ages: 3-4; $10 per child; $6 per adult. 369-8000.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

• Gumbo Limbo Nature Center is holding an Earth Day Celebration. Meet at Gumbo Limbo Nature Center, 1801 N. Ocean Blvd., Boca Raton. Adults: $5; adults must sign in children, but do not have to stay. 11-2:30 p.m. 544-8615. Registration: 544-8615.

Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.

Theatre, 3333 N. Federal Hwy., Boca Raton. Food, wine, kids activities, local artisans, and food trucks. Free from 2-5 p.m. Admission: $10 per person.

Theatre, 3333 N. Federal Hwy., Boca Raton. Bring your lawn chairs and blankets; rental chairs available. No pets or outside food/beverages are allowed. Held rain or shine. Doors open at 7 p.m. Admission: $3; $2 kids.
The children who know they are cared for, that they are valued, and that they are surrounded by people who can trust, are the children who will thrive.

Come be a part of our family!
Pre-school-8th Grade

Brooklyn's Original

east Palmetto Road

EAST PALM BEACH, FL

33483-5001

561-922-6400

Website: www.eastpalmettofamilypizza.com

16 Community Calendar
January 2013

THE COASTAL STAR

Jan 7 - 2/27 - COBRA Mini Baseball for Ages 3-5 at the Boca Raton Community Center, 5045 Ambassador Row, 5045 Robertson Blvd., Boca Raton. Children learn basic motor skills to play organized baseball. Seven-week session held Mondays through Thursdays from 2:30-3:45 pm at 2/27. $45.40/resident, $54.75/non-resident. 347-9800.

1/27 - 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 - 9th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 - 9th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.

1/27 – 10th Annual Puppet Fest: The Musical Tale of Peter Rabbit - Presented by the Peter Stone Puppet Theatre at Sugar Sand Park Community Center, 3001 E. Atlantic Blvd., Boca Raton. This original puppet show will delight young and old alike! Show times: 11 am, 12 pm & 1:30 pm. $15/$10/$12. 347-9800.
The Casa Alva saga
Manalapan mansion to have just third owner in its storied history. Pages H4-H5

International pro
St. Andrews’ David Bent played on the USA Croquet Team that took fourth in international play. Page H6

Religion
Area churches concentrate efforts on helping needy and orphaned children. Page H8

The koi pond at Ocean Ridge Town Hall has aquatic plants so koi have hiding spots. Tim Stepien/The Coastal Star

Don’t be coy!
Wade right in to learn about colorful koi fish

By Deborah S. Hartz-Seeley

Every day at around 3 p.m., receptionist Lisa Burns feeds the orange, black, white and cream koi darting about the manmade pond in front of the Ocean Ridge Town Hall and Police Department. On weekends, the duty falls to a policeman or dispatcher.

Dr. Jim Weege, a semi-retired veterinarian, donates his time to care for these fish. “I thought it would be neat to participate and give back to the town where I’ve lived for 22 years,” he says.

He thinks that having the natural-looking pond with its pink, yellow and purple water lilies and dancing fish helps take “the hardness” out of the government buildings.

Shelley Crawford, owner of Butterflies Are Free Inc., a landscape design company in Boca Raton, has installed koi ponds for customers. “People go crazy for koi,” she says.

Koi are carp that have been hybridized by the Japanese, to whom these fish symbolize love and friendship.

See KOI on page H2

Windows to the Soul
Stained glass still captivates in tours at Bethesda-by-the-Sea

By Mary Thurwachter

While not meant as a recruitment tool to lasso in the faithful, the Bethesda-by-the-Sea Church tour has drawn in many a curious visitor to Palm Beach over the years.

The tour has been around for 40 years, said Ann Elizabeth Hall, who serves as chairwoman of the tour committee and heads up a team of docents including Peter Broberg, Robert E. Jackson, Robbie Jackson III, James Goodner, Charles Frankel III and John Buxton.

“it changes people’s lives,” she said. “It has brought people from all over the world into the church to learn more about it.”

See STAINED GLASS on page H3
KOI
Continued from page H1
You may find watching them relaxing and be tempted to create a koi pond in your backyard. But before you dig, here are questions to ask yourself:

Do I want another pet? Keeping koi is similar to owning a cat. “You can leave them alone for a couple of days but then you need to give them some attention,” says Gordon Nash, president of the Tropical Koi Club with members in Palm Beach County.

Do I have space? To keep koi, the pond must be quite large and deep. Start with a 5- by 5-foot koi pond with the necessary filtration and algae-fighting equipment that’s landscaped with real rock will cost you about $10,000, according to Crawford. However, she has installed ponds that cost upward of $40,000.

Where should I place my pond? Where you’ll be able to see and enjoy it. Near your home or patio is a good place.

What will be my biggest headache? Algae is a constant concern. There are systems such as ultra violet light and chemicals as well as aerators that help prevent algae bloom, but you have to keep after it. You’ll also need to regularly test the water for things such as pH as well as nitrates and nitrites.

How do I build a koi pond? There are many different types of ponds including prefabricated ones. But if you want to build one, you might begin by laying a hose out in a pattern that is aesthetically pleasing and fits your landscape. Then you can use spray paint to mark the outline of your pond. You also have to decide where to place it and where you’ll need to install plumbing and pumps necessary to recirculate and filter the water. Nash strongly recommends a drain at the bottom of the pond to remove fish waste that settles there. “A koi pond without a bottom drain is like a car without an engine,” he says.

Then, go ahead and dig. But because you are probably scooping out sugar sand, Crawford suggests you line the hole with cement blocks. Otherwise, after the first rain, the sand will fall back into it, she says.

A felt liner makes a soft layer between the blocks and keeps the plastic liner you lay on top of it from tearing when it’s filled with water.

Next, landscape with boulders and plants such as papyrus and grasses. When ready, fill your pond with water. But don’t add the koi and water lilies just yet. The sand will fall back into it, Crawford suggests you line the hole with cement blocks.

However, she has installed ponds that cost upward of $40,000.

You need the depth so that the fish can hide from herons, raccoons and kingfishers that like to feast on them.

What does it cost? A professionally installed 5- by 5-foot koi pond with the necessary filtration and algae-fighting equipment that’s landscaped with real rock will cost you about $10,000, according to Crawford. However, she has installed ponds that cost upward of $40,000.

Where should I place my pond? Where you’ll be able to see and enjoy it. Near your home or patio is a good place.

What will be my biggest headache? Algae is a constant concern. There are systems such as ultra violet light and chemicals as well as aerators that help prevent algae bloom, but you have to keep after it. You’ll also need to regularly test the water for things such as pH as well as nitrates and nitrites.

How do I build a koi pond? There are many different types of ponds including prefabricated ones. But if you want to build one, you might begin by laying a hose out in a pattern that is aesthetically pleasing and fits your landscape. Then you can use spray paint to mark the outline of your pond. You also have to decide where to place it and where you’ll need to install plumbing and pumps necessary to recirculate and filter the water. Nash strongly recommends a drain at the bottom of the pond to remove fish waste that settles there. “A koi pond without a bottom drain is like a car without an engine,” he says.

Then, go ahead and dig. But because you are probably scooping out sugar sand, Crawford suggests you line the hole with cement blocks. Otherwise, after the first rain, the sand will fall back into it, she says.

A felt liner makes a soft layer between the blocks and keeps the plastic liner you lay on top of it from tearing when it’s filled with water.

Next, landscape with boulders and plants such as papyrus and grasses. When ready, fill your pond with water. But don’t add the koi and water lilies just yet. First you have to treat the water to remove chlorine and other chemicals.

Dr. Jim Weege volunteers his time to care for the koi at Ocean Ridge Town Hall. Tim Stepien/The Coastal Star

How do I select koi? Grand champions from Japanese breeders can cost $100,000. And one member of the Tropical Koi Club has a fish worth $250,000, according to Nash. Koi are priced according to color, sex, pattern and scaling.

“It’s individual preference. Some people like a Toyota, others a Lexus,” Crawford says.

How many koi should I buy? Moderation is key, says Crawford, who recommends six to 10 fish in a 10,000-gallon pond. If you have more, they compete for food and their waste can overload a filtering system.

Do I like frogs? Chances are your pond is going to be home to tadpoles and lots of frogs. “If you don’t like the sound of them chirping at night, you don’t want a pond,” says Crawford, who likes to listen to nature.

This all may sound like a lot of work and expense, but Crawford doesn’t discourage you from keeping koi. Like any addition to your home, there’s an initial investment, she says. But the fish and pond are going to make your home more attractive and valuable while giving you hours of fun and relaxation.

Nash agrees: “Just sitting watching your fish can suck the stress out of you. They are very calming to see.”

The Ocean Ridge town koi pond is funded by donations. If you’d like to contribute to the Ocean Ridge Koi Garden Fund, contact Dr. Jim Weege at 523-9705. For information on the Tropical Koi Club, visit tropicalkoiclub.org.

KOI
Continued from page H1
You may find watching them relaxing and be tempted to create a koi pond in your backyard. But before you dig, here are questions to ask yourself:

Do I want another pet? Keeping koi is similar to owning a cat. “You can leave them alone for a couple of days but then you need to give them some attention,” says Gordon Nash, president of the Tropical Koi Club with members in Palm Beach County.

Do I have space? To keep koi, the pond must be quite large and deep. Start with a 5- by 5-foot koi pond with the necessary filtration and algae-fighting equipment that’s landscaped with real rock will cost you about $10,000, according to Crawford. However, she has installed ponds that cost upward of $40,000.

Where should I place my pond? Where you’ll be able to see and enjoy it. Near your home or patio is a good place.

What will be my biggest headache? Algae is a constant concern. There are systems such as ultra violet light and chemicals as well as aerators that help prevent algae bloom, but you have to keep after it. You’ll also need to regularly test the water for things such as pH as well as nitrates and nitrites.

How do I build a koi pond? There are many different types of ponds including prefabricated ones. But if you want to build one, you might begin by laying a hose out in a pattern that is aesthetically pleasing and fits your landscape. Then you can use spray paint to mark the outline of your pond. You also have to decide where to place it and where you’ll need to install plumbing and pumps necessary to recirculate and filter the water. Nash strongly recommends a drain at the bottom of the pond to remove fish waste that settles there. “A koi pond without a bottom drain is like a car without an engine,” he says.

Then, go ahead and dig. But because you are probably scooping out sugar sand, Crawford suggests you line the hole with cement blocks. Otherwise, after the first rain, the sand will fall back into it, she says.

A felt liner makes a soft layer between the blocks and keeps the plastic liner you lay on top of it from tearing when it’s filled with water.

Next, landscape with boulders and plants such as papyrus and grasses. When ready, fill your pond with water. But don’t add the koi and water lilies just yet. First you have to treat the water to remove chlorine and other chemicals.

Dr. Jim Weege volunteers his time to care for the koi at Ocean Ridge Town Hall. Tim Stepien/The Coastal Star

How do I select koi? Grand champions from Japanese breeders can cost $100,000. And one member of the Tropical Koi Club has a fish worth $250,000, according to Nash. Koi are priced according to color, sex, pattern and scaling.

“It’s individual preference. Some people like a Toyota, others a Lexus,” Crawford says.

How many koi should I buy? Moderation is key, says Crawford, who recommends six to 10 fish in a 10,000-gallon pond. If you have more, they compete for food and their waste can overload a filtering system.

Do I like frogs? Chances are your pond is going to be home to tadpoles and lots of frogs. “If you don’t like the sound of them chirping at night, you don’t want a pond,” says Crawford, who likes to listen to nature.

This all may sound like a lot of work and expense, but Crawford doesn’t discourage you from keeping koi. Like any addition to your home, there’s an initial investment, she says. But the fish and pond are going to make your home more attractive and valuable while giving you hours of fun and relaxation.

Nash agrees: “Just sitting watching your fish can suck the stress out of you. They are very calming to see.”

The Ocean Ridge town koi pond is funded by donations. If you’d like to contribute to the Ocean Ridge Koi Garden Fund, contact Dr. Jim Weege at 523-9705. For information on the Tropical Koi Club, visit tropicalkoiclub.org.
STAINED GLASS

Continued from page H1

Docents, stylishly dressed in navy blazers and white slacks, share the history and art of Bethesda with those who may have never been inside the church before, as well as those who come regularly.

“Some people have become church members after taking the tour,” Hall said. Seeing the church and its majestic stained glass windows certainly has had a lasting effect on her.

Hall, a longtime Palm Beach resident who now lives over the bridge in West Palm Beach, was a 9-year-old girl who desperately wanted to hold onto her belief in Santa when she first set foot inside Bethesda-by-the-Sea Church many years ago.

“It was Christmas Eve,” recalled Hall, who had come down with her family from Asheville, N.C.

“The church was exquisite and I saw St. Nicholas in a stained glass window. I couldn’t wait to tell everyone. Surely Santa was real if they had his picture in the church.”

The Episcopal church in Palm Beach, built in 1925-1926, has been near and dear to her ever since.

With more than 50 stunning stained glass windows, it’s hard to pick a favorite. Hall’s first choice is the sapphire blue Te Deum window over the high altar. It was made in England and shipped to Palm Beach in 1940 during World War II in three pieces on three different ships.

Hebrew prophets Micah and Isaiah are in the left lancet, Apostles Peter and Paul are in the middle along with a depiction of the Annunciation of the Angel Gabriel to the Virgin Mary. The right lancet contains church fathers Pope Gregory and St. Augustine.

“No matter where you sit in the church, that window is captivating,” she said. “especially in the morning when the sun shines through.”

Hall’s sister, the late author Kathryn E. Hall, was in charge of the tours for Bethesda, the guide explains, means “the house of healing.” The parish itself began in 1889 or bishops in the American church.

Bethesda, a historian and an author herself, worked with her sister on the tours, history projects and publications and wrote the most recent tour book (available at the church).

Bethesda-by-the-Sea docents include Peter S. Broberg (left), Robert E. Jackson Jr., Robert E. Jackson III, Ann Elizabeth Hall, James S. Goodner, John Buxton and Charles J. Frankel III.

Photo by Nick Kindred

This window on the north wall depicts St. Nicholas. The window was donated in 1945 by Lawrence Emory Haskell as a memorial to his wife. Photos by Tim Stepien/The Coastal Star

If you go:
Bethesda-by-the-Sea Episcopal Church is at 141 South County Road, Palm Beach.
During the season (September through November and January through May), church tours are given at 12:15 p.m. on the second and fourth Sunday of the month, following services. During the summer (June-August), tours are at 11:15 a.m. on the fourth Sunday. Other tours are available upon request. For more information, call 655-4554 or visit www.bbts.org.

This window on the north side of the church shows the story of Jonah. The window was about the cornerstone that commemorates Ponce de Leon’s landing in Florida, the sculptured stone on both sides of the front entrance and the inviting Cluett Memorial Garden outside, with its Japanese koi fish and colorful blooming plants.

But the stained glass windows are show-stoppers, each with a story of its own.

Most people, Hall said, know about Jonah being swallowed by a whale, so that window is always a favorite.

They may be less familiar with other biblical accounts of scenes on the sea (Jesus walking on water, for example), the 12 apostles, the patron saints of Christian countries, or bishops in the American Church. All can be found on the magnificent stained glass windows of Bethesda-by-the-Sea.
Famed Casa Alva sold to preservationist

By Christine Davis

Bill and Maura Benjamins have happily downsized from their longtime historic home, Casa Alva at 1300 Lands End Road in Manalapan, but it wasn’t without its last-minute stresses. When the time came to move, for example, they had one month to do it.

Moving is a daunting challenge for most of us, but consider this: Casa Alva has 26,177 square feet of living space with eight bedrooms. Bill has owned the house for 57 years and he and Maura have lived in it for 33 years; they had one month to move out — and it was the holidays.

“When you live in a house this big, you never get rid of anything,” Maura said. “You just stuff it in another closet.”

However, move they did. “I really had wonderful help,” Maura said in retrospect. “People say I could run a corporation. I was extraordinarily organized, and now I’m extraordinarily tired.”

The Benjamins first listed the house for sale in 2007 at $23 million, and they sold it Dec. 7 for $6.8 million, the price recorded with the deed by the Palm Beach County Clerk’s Office.

“We are now renting a townhouse in Wellington,” Maura said. “We had a terrible time squeezing everything in. We had so little time to find a place to live and we have two dogs, which made it a little harder.

“I love where we are, and I don’t know where we are going next.”

They were ready, she said, speaking a few days after the closing. “When I woke up today, I realized I didn’t have to worry about anything.

“We had parties and projects there, but we are both getting older, and we didn’t want the responsibility of the house. It was no longer fun.”

For her, Casa Alva was an amazing adventure and Bill loved the landscaping part — Farmer Bill he called him. “He even ran a Bobcat, moved earth and planted trees,” she said.

Built in 1935, designed by Maurice Fatjo for Consuelo Vanderbilt Balsan, it is chock-full of amazing details: curved walls in the corners of the dining room, enfilade of doors in the hall, Regency boiserie in the master suite sitting room.

“The first time I saw it, I realized I’d never have an opportunity to decorate a house as beautiful as this again and I said ‘I’m going to go for it.’ It was totally insane — too big a job. There was nothing in the house when we moved in, so finding furniture was fun. Everything had a story.”

Now the house is empty again. There was no time to add clauses for furniture into the closing, Maura noted. What they didn’t keep was sold. But thankfully, the new owner, Gary W. Parr, vice chairman of the Lazarz Ltd. financial advisory and asset-management firm, appreciates the house, too, she said.

Parr, who declined to comment for this story, has a home on Park Avenue in New York City, as well as a 24,000-square-foot home on more than six acres in Tuxedo Park, N.Y. He serves as chairman of Venetian Heritage and has supported a variety of restoration and preservation projects, according to published reports.

“Mr. Parr had been looking at the house for about two years. He loved it and he wants to keep the integrity, which makes us happy,” Maura said.

“He’d like to preserve the landscape and keep its wonderful tropical feel. He loved all the beautiful paneled rooms, the history of the house and all the illustrious people who have lived and visited here. He wants to maintain its historic value and restore what’s necessary.

“He’s going to repaint the entire house, which we wanted to do,” she added.

Lawrence Moens of Lawrence A. Moens Associate represented both the buyer and sellers.

Five years ago, Premier Estate Properties listed Casa Alva. In 2010, Illustrated Properties acquired the listing and set the price at $13.5 million, later dropping it to $11.75 million before the listing expired. Without its last-minute stresses, the Benjamins were able to price it in January 2012 and set the price at $9.85 million at that time.

“I sold this magnificent estate and property owned by the most lovely of couples to an absolutely wonderful gentleman,” Moens said. “The transaction was a terrific experience.”

Nelson Hammell of Devonshire Antiques is coordinating a garage sale of some of the Benjamins’ belongings at 233 Seville Road, West Palm Beach, from 8 a.m. to noon Jan. 12.

Also, the Benjamins’ property will be highlighted as a special section of Leslie Hindman Auctioneers’ upcoming Fine Furniture and Decorative Arts auction on Feb. 10 and 11 in its Chicago headquarters.

The catalog will include detailed auction information with full descriptions for each lot including provenance, exhibition history and auction estimate as well as photographs of select highlights. An illustrated online catalog will be available four weeks prior to the auction. Some of the Benjamins’ works of fine art will be included in the auction house’s American and European Art and Modern and Contemporary Art auctions on May 12 and 13. Buyers can bid in person during the auction or they can register to telephone bid. They also can bid live online and through third-party bidding platforms. For more information, visit www.lesliehindman.com.
Casa Alva has links to British nobility, Winston Churchill

By Mary Thurwachter

Manalapan found its place on the social map with the construction of two grand homes for two great-grandchildren of shipping and railroad tycoon Cornelius Vanderbilt. One was built on the ocean in 1929 for Commodore Harold Vanderbilt. The other was Casa Alva, built across the lagoon in 1934 for Harold’s sister, Consuelo Vanderbilt Balsan.

Consuelo married into an aristocratic European family. Her husband was the Ninth Duke of Marlborough, making her the Duchess of Marlborough. Her domineering mother, Alva, arranged the marriage. After the pair divorced in 1926, Consuelo reconciled with her mother (the house’s namesake) and found a true love with French balloonist Col. Jacques Balsan.

During the height of the Great Depression in 1934, the Balsans bought the south end of Hyloolo Island and three nearby islands for $75,000.

There was a home on the 50-acre property. It was called La Linda and it had belonged to the John DeMarest family.

The Balsans hired Palm Beach architect Maurice Fatio, the same man who designed Harold Vanderbilt’s home, to turn their love nest into a romantic mansion.

Fatio had his work cut out for him because the house had to be renovated to include the couple’s priceless collection of exquisite 18th- and 19th-century, French hand-carved wood paneling. Collected from churches, castles and manor houses before World War II, the paneling varied in height so the ceiling height in different rooms had to vary, as well.

The wilderness mansion’s north wing became the bedroom wing and the south wing housed servants. The old garage area, with its cypress ceiling, became a living room. As Fatio’s work continued, all that remained of the original structure was a stucco tower.

Casa Alva mirrored the Balsans’ attention to detail and was known to be one of the most richly furnished homes in all of South Florida.

Sir Winston Churchill, a family friend and cousin of Consuelo’s first husband, visited Casa Alva several times and often spent his time painting scenes around the grounds.

In 1957, the former Duchess of Marlborough, Consuelo Vanderbilt Balsan, sold Casa Alva to developer William E. Benjamin II. He turned much of the mangrove hammock island into a gated, luxury subdivision called Point Manalapan and transformed the Vanderbilt Balsan estate into a private social club and golf course.

Members balked, he closed the club for good.

Benjamin, who had lived in a large Point Manalapan home overlooking Manatee Cove, moved into Casa Alva after the club closed. His wife, Maura, handled the interior design, making the 26,177-square-foot manse more light and airy.

New air conditioning was installed and kitchens were updated in the home, with its eight bedrooms (including two master suites), eight bathrooms and six half-baths, a stunning pair of wrought-iron-embellished staircases, and even a basement for storage. The house, on five acres of land with 500 feet on the water, even has a special closet for hats, a silver vault, and an elevator to the second floor.

Apart from the main house, there’s a four-car garage, pool, and a one-bedroom cottage cantilevered over the lake.
Finding Faith

The ambitious dream is to provide temporary shelter for the children of South County families in crisis.

City House would be a safe and loving haven for children who otherwise would be thrown into the state’s overwhelmed foster care program.

Members of The Avenue Church are appealing for believers from outside their congregation to provide special talents and resources to help make the dream a reality. “We are at a point where a team can be assembled to move forward,” the Rev. Cleveland said. “But it’s a vision that’s way bigger than we are, requiring many more resources than we have.”

“This would have to be of the Lord or it’s not going to happen,” Rev. Cleveland said.

Organizers hope to acquire a 17,000-square-foot former sausage packing house south of Atlantic Avenue for City House.

The Avenue Church has focused on orphans since it began two years ago. Members participate in the national Safe Families program where they open their homes to children whose parents are temporarily unable to care for them. But the need exceeds one church’s ability to respond. About 10 children are turned away each month for lack of space.

“This is a horrific crisis that’s stirring our hearts,” Allison Good said. “The orphan crisis isn’t just international — it is local as well.”

Other churches in Fort Lauderdale and West Palm Beach have seen the need and already formed 4KIDS of South Florida to open temporary shelters. But there is no shelter between the two cities.

Orphans are the cause for a 50-mile bike ride on Feb. 16.

Eric Johnson, who regularly bicycles down State Road A1A on Saturday mornings, got the idea.

“Here I am riding my bike on A1A,” Johnson recalled, “and I wonder if these people would ride for a reason.”

“Christians are called to help people. The Bible specifically calls out widows and orphans,” he said.

Johnson’s eyes were opened when he visited orphanages in Haiti. “Orphans need our help big time,” he said.

The Ride for Orphans bike ride starts and finishes at Spanish River Church in Boca Raton.

Bikers can register at www.spanishriver.com/rideorphans or by calling 954-5000. The fee is $35. The route goes to north to Boynton Beach, where bikers cross over to A1A at Woolbright Road for the coastal homestretch to Palmetto Park Road. The Avenue Church will provide one of four rest stops at Anchor Park in Delray Beach. The Journey Church, Calvary Chapel and Boynton Beach Community Church will provide the others.

Money raised goes to the Global Orphan Project, an orphanage in Haiti and 4KIDS of South Florida.

The Women’s Circle Christmas and Students Award Ceremony was held Dec. 16 at the First United Methodist Church in Boynton Beach. Certificates were awarded to women who successfully completed courses in English, typing or computing. Participants had a fashion show in which they held a runway walk wearing the red and green hats, shawls and dresses they had knitted or crocheted.

Photo provided

Gleaning is under way again this winter on Saturday mornings.

“It is very gratifying to work two or three hours to fill a truck and know that food is going to be eaten by someone who is hungry within 48 hours,” promises the Rev. Pam Cahoon, executive director of Christians Reaching Out to Society (CROS) Ministries, which supervises the gleaning and distributes the food in Palm Beach County.

The fresh produce would be wasted in fields after harvesting if volunteers didn’t collect it. Cahoon started the program when she realized that Palm Beach County is the largest producer of sweet corn.

Much of the gleaned produce appears to be fed to the poor at the Caring Kitchen in Delray Beach, where 88,691 hot meals were served last year.

Volunteers may contact CROS gleaning director Viviane Fils-Ames at 233-9009 Ext. 107. Families are welcome.
Organizers of the annual Boca Raton Greek Festival at St. Mark Greek Orthodox Church are expecting as many as 20,000 to attend the four-day event on Jan. 24-27.

The popular event — billed as the largest ethnic festival in South Florida — features Greek music and dancing, traditional Greek food and pastries, children’s rides and vendors from around the world. Admission is $5 for adults with children for free. See www.stmarkboca.net for more information.

The Rev. Edmund Bolella will speak at the annual Mayor’s Interfaith Prayer Breakfast at Pompey Park in Delray Beach on Jan. 8.

The Rev. Bolella, a Delray Beach resident and education director for a Unitarian congregation in Boca Raton, will discuss what it means to serve in the community. The Delray Community Choir will perform.

Tickets are $25. Call (561) 279-0907 for details.

Members of Boca Raton Community Church haven’t decided whether it will be on the roof again by replacing the spires as they were before on the roof.

“Just because we haven’t determined what to put there of repairing damage and changes. Please check with organizers for any changes.

Strong winds brought down two of three spires at the Boca Raton church located at 740 NW Fourth Ave. The spires were constructed from concrete and rebar in the late 1950s on the original church building. Crosses were added at the top of each spire eight years ago.

Church business manager John Barber reports the damaged third spire has been removed. “We didn’t want that to come falling down while people were around,” Barber said.

Now the question is whether to test Mother Nature again by replacing the spires as they were before on the roof.

“We’re still in the process of repairing damage and determining what to put there in the future,” he said.

“We will put up a cross at some point,” Barber predicted. “But we haven’t decided whether it will be on the ground or back on the building.”

Tim Pallesen writes about people of faith, their congregations, causes and community events. Email him at tcpallesen@aol.com.

Religion Calendar

Note: Events are current as of 12/28. Please check with organizers for any changes.


Tuesday - 1/8 - 12th Annual Mayor’s Interfaith Prayer Breakfast: “A Life in Community” at Pompey Park, 1101 NW 2nd St., Delray Beach. Guest speaker Edmund Bolella. Sponsored by the Greater Delray Beach Chamber of Commerce. 7-9 am. RSVP required. 279-0907 or www.delraybeach.com.

Friday - 1/11 - T.G.I. Shabbat at Chabad of East Boca, 120 NE 1st Ave, Boca Raton. Monthly Friday night Shabbat dinner. With guest speaker David Neisenoff. 6:40 pm. $25/adults, $12/children ages 3-12. 417-7797.


Send religion calendar items to Michele Smith at smc@coastalstar.com.
On a recent Saturday night, Jayson Koss, 27, took to his skateboard to get the job done. With the Delray Beach boat parade keeping bridges in an upright position, he didn’t have too much of a choice. After all, his customers were counting on the Delivery Dudes to get their sushi, filet mignon and dessert crepes delivered right to their door — and fast — boat parade or not.

It’s not every company founder who jumps in via skateboard, but then again, Koss isn’t really one for titles — or stiff protocol. And he’s not above pitching in — whether that means skateboarding food to his drivers or manning the phones.

“No titles, not really dude-like,” he says, preferring just to be known as “The Dude.”

Koss grew up in Islamorada and moved to Deerfield Beach for middle school. He graduated from North Broward High School and attended the University of Central Florida for two semesters.

He spent several years working in his family’s business, which contracts with different manufacturers to produce tailored clothing to sell to large retailers.

Four years ago, he moved to Delray Beach. Delivery Dudes was born about one year later, when Koss wanted food delivered but found that no one delivered food that he was interested in eating.

“What we’ve found is that everyone wants delivery at one time or another,” Koss said. “The only choice you’ve been able to have is really cheap Chinese or pizza. But now… [you] can get prime beef.”

It wasn’t until last year that Koss devoted more of his time and energy to Delivery Dudes.

“One day I thought ‘Holy crap, the Delivery Dudes has survived three years of neglect and still somehow made money. What would happen if I concentrated my efforts here?’” Koss said.

That’s when what started as a simple delivery service really started taking off.

They’ve gone from one location (Delray Beach) to six (Lake Worth, Fort Lauderdale, Boca Raton, Deerfield Beach and Wellington), from 300–400 deliveries a month to 2,000 a month — with that number increasing to 30 percent each month, Koss said.

Their business has almost tripled in the last eight months and by next summer they plan to have 30 locations. A Palm Beach location is planned for mid-January. They currently have almost 100 restaurants signed up and about 25 employees.

Delivery Dudes started with delivering food but goes far beyond.

“We specialize in food … We got the best food in each town, the food that would normally never be delivered. We’ve got customers that are such good people that we’ll always want to figure out (how to help). We might say ‘no’ because we don’t want to move eight kayaks across the state but we’ll want to help. You need stuff moved around the house? Sure. You need to be dropped off at the airport tomorrow? Sure,” Koss said.

The Dudes provide a variety of other services, such as delivering spears and tanks for Dixie Divers in Deerfield Beach and milk for Heritage Hen Farm. Or you can have PeterMark Salon come to your house for a haircut and style and the Dudes will bring along champagne and chocolate-covered strawberries — for $450.

His drivers give advice on where to park on the Avenue in Delray Beach; buy, wrap and deliver Christmas presents; drop off cakes for parties. They deliver snacks from their own pantry. They help out however they can.

Their motto remains: “Do good, be good and have fun.”

“I can’t find anything wrong with those three things,” Koss said. “I’m not trying to build a house of cards, I’m trying to build a true foundation.”

By Libby Volgyes

Jayson Koss, known as ‘The Dude,’ founded Delivery Dudes three years ago. The company has expanded across Palm Beach County and into Broward. Libby Volgyes/The Coastal Star

Need a Dude?
The Delivery Dudes serve Boca Raton (450-5560), Deerfield Beach (954-671-0108), Delray Beach (900-7060), Fort Lauderdale (954-636-4143), Lake Worth (674-9114) and Wellington (800-4979). Locations in Palm Beach will be opening in mid-January and in Boynton Beach in February. See DeliveryDudes.com for more information.

Business Spotlight

Dudes’ delivery priority is service

Jayson Koss

January 2013
Delray Beach Waterfront $2.698 Million
5 bedrooms 6 baths and superb finishings. Nearly 4,000 living square feet with 165 feet of seawall. Dock a major boat. Located in Tropic Isle’s boating community.
Bonita Bureau • 561-350-9530

Toscana Beach Club $1.225 Million
3 bedrooms with 2,600 living square feet split plan. 3 full baths. Marble floors. Expansive views. New A/C. Beach club steps away. Excellent fitness center. Valet parking.
Vini Antonacci • 561-347-1012

Highland Beach $5.85 Million
Italianate courtyard villa. Walk to private beach club. Paneled library. Theater. 6 bedroom suites. 9,000 SF. Protected boat basin & dock. 24-hour gated security.
John List • 561-212-2112 or Blake Morris • 561-901-6960

Sabal Shores $875,000
Totally redone and offered furnished (excluding art). Tray ceilings, contemporary kitchen, wraparound views from this 12th floor amazing apartment. 2 bedrooms.
Elaine Russell 561-212-2338 • Charles Lynn 561-350-3363

Boca Raton $4.75 Million
Bisecting the Intracoastal Waterway with unparalleled views and more than 10,000 SF. 5 suites. Guest house. protected dockage for sizeable yacht.
John List • 561-212-2112 or Blake Morris • 561-901-6960

Boca Raton $4.75 Million
6 bedrooms and 8,230 total square feet. 90 feet of seawall with dock. Theater. Impact windows and doors. Exquisitely appointed. Just a block to a wide sandy beach.
Olive Bokser • 561-271-6922

Gulf Stream $3.75 Million
Warren Heeg • 561-441-1599

Sea Ranch Boca Raton $1.795 Million
Double unit boasting 4,600+ SF with balconies. Comes with 55 foot prime, full-power dock. Expansive views from ocean to Intracoastal Waterway. Excellent value!
Aristi Constantin • 561-886-9770

Delray Beach $3.65 Million
6 bedrooms and 8,350 total square feet. 90 feet of seawall with dock. Theater. Impact windows and doors. Exquisitely appointed. Just a block to a wide sandy beach.
Olive Bokser • 561-271-6922

Delray Beach Shores $2.995 Million
Protected dockage on side canal plus expansive Intracoastal Waterway views. 216 feet of seawall. West Indies style with gourmet kitchen. A yachtsman’s home!
Julie Ann Gachetti • 212-0022

Pelican Harbor $4,500 Monthly
Right on the yacht basin. Private pool. 2 car garage. Expansive dock. No fixed bridges. Beautifully furnished. All inclusive private home close to Atlantic Avenue.
John List • 561-212-2112

Tropic Isle Delray Beach $2.25 Million
5 BR 5 BA. 4,883 square foot waterfront. Keep a sizeable boat right behind this light Venetian residence with beautiful stone floors, granite counters, and more.
Ron Backlund • 561-706-0505

St. Andrews Country Club $3.795 Million
6 bedroom, 6-bath masterpiece with almost 8,500 total square feet. Grand estate set on a verdant lakesfront lot. Theater, master with exercise area. 4-car garage.
Roberta Nussbaum • 561-789-4799

Highland Beach $5.85 Million
Italianate courtyard villa. Walk to private beach club. Paneled library. Theater. 6 bedroom suites. 9,000 SF. Protected boat basin & dock. 24-hour gated security.
John List • 561-212-2112 or Blake Morris • 561-901-6960

Pelican Harbor $4,500 Monthly
Right on the yacht basin. Private pool. 2 car garage. Expansive dock. No fixed bridges. Beautifully furnished. All inclusive private home close to Atlantic Avenue.
John List • 561-212-2112

St. Andrews Country Club $3.795 Million
6 bedroom, 6-bath masterpiece with almost 8,500 total square feet. Grand estate set on a verdant lakesfront lot. Theater, master with exercise area. 4-car garage.
Roberta Nussbaum • 561-789-4799

Sea Ranch Boca Raton $1.795 Million
Double unit boasting 4,600+ SF with balconies. Comes with 55 foot prime, full-power dock. Expansive views from ocean to Intracoastal Waterway. Excellent value!
Aristi Constantin • 561-886-9770

Highland Beach $5.85 Million
Italianate courtyard villa. Walk to private beach club. Paneled library. Theater. 6 bedroom suites. 9,000 SF. Protected boat basin & dock. 24-hour gated security.
John List • 561-212-2112 or Blake Morris • 561-901-6960

Gulf Stream $3.75 Million
Warren Heeg • 561-441-1599

Sea Ranch Boca Raton $1.795 Million
Double unit boasting 4,600+ SF with balconies. Comes with 55 foot prime, full-power dock. Expansive views from ocean to Intracoastal Waterway. Excellent value!
Aristi Constantin • 561-886-9770

Remarkable South Florida Real Estate . . . Redefined

Boca Raton | Delray Beach | Palm Beach Gardens | West Palm Beach | Port Saint Lucie
LangLuxuryLiving.com • LangRealty.com • 800-632-4267
Our avian pals have a friend in Flinchum

Although the name of my column is called Paws Up for Pets, for this issue, it may be more appropriate to refer to it as Wings Up for Pets.

In the past decade, I’ve written 24 books on dogs and cats and am certified as a cat and dog behavior consultant with the International Association of Animal Behavior Consultants. Yes, I know how cats and dogs think, but I confess that I know zilch about pet birds.

So I am devoting this column to our winged friends and shining the spotlight on one of the nation’s foremost bird experts: Dr. Gwen Flinchum, a veterinarian board certified in avian medicine, who operates the All Bird Clinic in Lake Worth. And for many years, she served on the advisory board of the Wildlife Care Center in Fort Lauderdale.

Step into her clinic and you won’t hear barks or meows. You will see birds of all shapes and colors, ranging from parakeets and cockatiels to African grays and Macaws. Some are concise in their training. And others can charm or confound you with their wordsmith skills.

“We will treat any type of bird except ostriches — they are far too dangerous,” Flinchum says. “Most clients bring in parakeets and cockatiels, but we see all types of pet birds.

“We even have a clinic bird, a pigeon named Twinkie, who loves greeting people. She’s a smart pigeon, too. When it’s time to put her back in her cage, we open her cage door, tell her to come to get her treat and she flies right into her cage.”

The All Bird Clinic (www.allbirdclinic.net) provides medical, nutritional and behavioral care. I learned from Flinchum that parakeets tend to live about seven years and cockatiels can surpass age 20 if they receive regular veterinary care and are provided the right nutritional diet.

“Being on a poor diet of seed is the No. 1 cause of disease in pet birds,” she states. “Feeding your bird seeds is like feeding your children only French fries. Seeds are high in fat and contain no nutrients. Birds need to be on formulated pellet diets.”

Pellets should be the mainstay, but Flinchum says to think orange and green when serving treats to birds.

“Fresh broccoli, carrots, papaya are healthy treats and some birds enjoy almonds,” she adds. “But don’t give them table food. The biggest reason birds pull out their feathers is because they are not on a good diet. Anything that affects their liver causes them to be itchy and to start pulling out their feathers.”

Behavior-wise, Flinchum says most types of birds are smart and learns best when their owners are consistent, clear and concise in their training. And just like dogs and cats, many birds form close bonds with their favorite people and enjoy showing off.

“I love dogs and cats, but I find birds to be so smart and I love that some can talk,” says Flinchum, explaining why she made the decision after graduating from veterinary school 17 years ago to specialize in birds.

Her home in Loxahatchee is within sound of the roar of lions residing at Lion Country Safari. She shares her home with a pair of beloved dogs named Sophie and Lucy, but the passion in her voice heightens when she starts to talk about her flock of 17 birds that include personality-plus African gray parrots named Pandora, Kamartura and Baby Dora. The first two she brought back from South Africa, where she lived with her then-husband 25 years ago. Both birds are bilingual, happily singing out as revue when Flinchum prepares to leave for work each day. Baby Dora’s favorite line to recite is unique: “I see a butt and I’m going to kiss that butt.”

“I didn’t know what to say when the good veterinarian informed me of that linguistic talent of Baby Dora.

And then there is Freddy, a friendly female flamingo who charizes Flinchum and her close friends in their regular ritual of strolling to the edge of her five-acre property to watch sunset and sip wine or Champagne.

“We hang out with Freddy and then she goes back to the aviary by herself,” says Flinchum. “The next time you’re in the area, you should join us.”

Now, I’ve sipped wine in the company of dogs and cats, but never in front of a flamingo. It’s an opportunity I don’t intend to miss. But when attending a wine party featuring a flamingo, does one bring red or white — or blush?

Arden Moore, founder of fourleggedlife.com, is an animal behavior consultant, editor, author, professional speaker and certified pet first aid master instructor. She happily shares her home with two dogs, two cats and one overworked vacuum cleaner. Tune in to her show on PetLifeRadio.com and learn more by visiting www.fourleggedlife.com.
Family pet growing from puppy to protector

By Arden Moore

Little did Brandon Martel realize that when his parents gave him a spirited puppy named Sophie, two years ago that this Labradoodle would grow up to become his most trusted health ally.

After experiencing a seizure at school on Jan. 13, 2012, this 13-year-old Ocean Ridge teen collapsed and hit the floor hard. For the past year, local physicians and specialists at Miami Children’s Hospital have performed tests (ruling out a brain tumor), but have yet to pinpoint the source of Brandon’s condition.

All Brandon is certain of is that he is desperately afraid to be left alone for fear that he will pass out, hit his head and bleed. He is now home-schooled and takes anti-seizure medicine daily.

In searching for remedies, his parents, Cindy and Victor Martel, investigated the possibility of pairing their youngest son with a certified service dog trained in detecting early triggers for seizures and capable of positioning quickly and calmly by Brandon’s side.

Service dogs from national agencies typically cost more than $10,000 to train and there are often waiting lists. And pairing a service dog with an individual can be challenging.

Then the Martels discovered a veteran service-dog trainer right in their own county: Nick Kutsukos of Elite K9 Academy.

For four decades, Kutsukos has been providing customized service-dog training in South Florida that meets American Disabilities Act guidelines. He is the patriarch of a three-generation family dog-training center based in Jupiter.

His current task: elevating Sophie’s status from happy-go-lucky family dog to focused service dog for Brandon.

“A service dog is trained to assist a disabled person and make their life as normal as possible,” Kutsukos says. “For the past several months, Kutsukos has been working a few days a week with the Martels in honing Sophie’s service dog skills. “Sophie is a very sweet dog who loves to be with Brandon,” Kutsukos says. “It has turned out to be a great match. The medical field can’t figure out what is wrong with Brandon, but we’ve made a lot of progress. When we first started, Brandon was too afraid to walk further than one house from his own; and now with Sophie by his side, he is walking down the block and going to shopping malls and restaurants. Sophie is a smart dog who wants to learn, wants to help Brandon.”

Adds Brandon: “Sophie is helping me get through stuff when I get anxious or worried. I give her a hug and she has a way of calming me. She stays by me and leans against me when I start to have a panic attack. Now whenever I say, ‘Let’s go to work,’ she comes right up to me and sits down. She gets in a calm mode and concentrates on me.”

Progress is steady but there have been minor setbacks. In November, the training took them to the Boynton Beach shopping mall, where the goal was for Sophie to stay quiet under the table during lunch. According to Kutsukos, Brandon “zoomed out, got up and went outside” and began experiencing quick, shallow breaths — the prelude to a panic attack and passing out. “I brought Sophie out to him and she was able to calm Brandon down,” he says.

“Normally on the onset of a panic disorder, a person will emit a scent that trained dogs can pick up. It has to do with changes in the body chemistry, and we are training Sophie to be able to detect this scent and go immediately to Brandon and not pay any attention to any other dogs or other distractions. We are making good progress.”

Kutsukos is optimistic that Sophie should meet all the requirements to become a certified service dog within a couple more months if they continue the three-times-a-week customized training sessions with Brandon.

“I’ve trained dozens of service dogs for people as young as 5 and as old as 88 and for each one, we tailored the dog’s training skills to meet the needs of the person with a disability,” says Kutsukos.

“I’ve trained all kinds of dogs from German shepherds to toy poodles to mutts. If the dog’s personality is good and the dog is willing to learn, the breed means nothing. And Sophie definitely has the temperament and ability to become a great service dog for Brandon.”

And after watching the transformation of Sophie, Cindy Martel says, “At first, I had my doubts. I did not think Sophie could be trained to be a service dog. Why, she used to jump up playfully to greet guests in our homes. Sophie is so comforting to Brandon and she listens and obeys so well. She amazes me with how well she is in tune with Brandon.”

To learn more about veteran dog trainer Nick Kutsukos and his Elite K9 Academy based in Jupiter, visit www.elitek9academy.com.

Small School...Big Experience

GULF STREAM SCHOOL

Academic Vigor Participation Character

Now accepting applications for the 2013-2014 school year.
Please call 561-276-5225 for an individual tour.
Tours are available every day that school is in session.

PreK through Grade 8 | 3600 Gulf Stream Road, Gulf Stream, FL 33483 | (561)276-5225
www.gulfstreamschool.org
Croquet

By Steve Pike

David Bent wants you to know that croquet is more than just a backyard sport. It’s even more than a group of white-clad men and women enjoying a Sunday afternoon on the croquet field.

For Bent, the tennis and croquet professional at St. Andrews Club, just north of Gulf Stream, croquet is as competitive and intense as any other sport. And he has the credentials to prove it.

Bent competed for the U.S. team this past December in the Golf Croquet World Team Championship in Johannesburg, South Africa. The tournament featured eight, four-man teams from around the world. The U.S. team, led by Bent and nine-time U.S. champion Ben Rothman, finished fourth. They had vied against such countries as tournament winner Egypt and Great Britain, where croquet is much more ingrained into the sporting life than in the U.S.

Palm Beach County is one of the places in the U.S. where croquet is popular recreationally and competitively. The National Croquet Center in West Palm Beach will host the U.S. Croquet Association Laws National Championship from April 29 through May 4—an event in which Bent plans to compete—and PGA National Resort and Spa in Palm Beach Gardens has top-rated croquet facilities.

Bent, who has been tennis professional since 1971, began playing croquet in 1998 when the St. Andrews Club built its 105-foot by 84-foot lawn. He quickly took to croquet thanks to lessons from his friend Archie Peck, a six-time national champion, member of the U.S. Croquet Hall of Fame and a fixture in Palm Beach County croquet circles. Bent had given Peck’s children tennis lessons at St. Andrews Club, so it seemed natural that Peck teach Bent how to play croquet.

“I knew nothing about the sport,” said Bent, who has been ranked as high as second in the U.S. and 30th in the world. “But I like to approach things with an open mind. It was fantastic for me. I was still playing a game outside in the sunshine hitting balls. And it made coming back to tennis much more exciting because if you do anything for a lifetime, it starts to wear on you.”

Approximately 40 people use the croquet lawn at the St. Andrews Club, with the majority playing the golf-croquet format of the sport. Golf croquet, played with six wickets, is easier to learn and play than the nine-wicket format.

“It’s basically the Egyptian set of rules,” Bent said. “If croquet goes anywhere in the U.S. it will be with this set of rules because they’re pretty simple. You still have to use tactics and strategy, but one guy isn’t just sitting.

“The other (nine-wicket) game is just like shooting pool. Once a guy gets a break, you’re going to sit and he’s going to run the table. It’s a much slower-moving game with various shots in it that are difficult to hit.”

In golf croquet, everyone plays, and each turn is just a single stroke. There are no extra strokes rewarded. The game is played individually or in teams of two.

Basically, a player has four options: Try to run through the hoop (or wicket); take a position to clear an opponent’s ball away; block an opponent; or nudge a partner’s ball. The first player to run through a hoop is awarded a point. The game is usually won by the first player to seven points.

“It’s easy to follow and easy to learn,” Bent said. “I can get you playing croquet immediately with this game, and it’s fun.”

Tennis pro David Bent took up croquet 14 years ago and recently played for the U.S. team at a tournament in Johannesburg, South Africa. Jerry Lower/The Coastal Star

NOT YOUR BASIC ITALIAN RESTAURANT...

SPECIAL WINE PAIRING 4 COURSE DINNER
Thursday, January 31st
$45 Per Person

Choice of Appetizer
- Ravioli with smoked salmon in brandy cream sauce with arugula
- Ravioli with chicken and spinach with mushroom tomato sauce in a Pernod and brandy cream sauce

Choice of Salad
- Duck or Chicken with pears and candied walnuts raspberry vinaigrette or baby greens

Choice of Entrée
- French cut chicken stuffed with Italian bread stuffing
- Grilled pork chop with mushrooms and gorgonzola sauce
- Crab Stuffed Fresh Catch

Choice of Dessert
- Tiramisu
- Affogato
- Mini Cannoli

PLUS, a special wine to go with each course

86 YEARS OF EXCELLENCE

Call Hatfield's Rug Cleaners with the confidence of knowing you have chosen the very best.

96% Customer Satisfaction for 5 years in a row. 50+ Years experience. 7 locations to serve you.

Visa, Mastercard, American Express Accepted

Call for FREE ESTIMATE

561-585-1701
5301 S. Dixie Hwy. • West Palm Beach, FL

Call the Pros when it comes to Design and Cleaning

Weightless, Stain and Water Resistant - A perfect solution for those who can’t keep up with their carpets.

Call Hatfield’s and learn more

Call Today...
Secret Gardens

Variety enriches Sunday House garden experience

A t the Sunday House in Delray Beach, you’ll find the Taru Gardens, home to 750 plant species including more than 100 medicinal and fruiting plants. Some of these are from as far away as Thailand and Singapore. But the garden was not always this way.

When Tom Worrell bought the ¼-acre property in the mid-1990s, he got not only the historic Sunday house but also an asphalt parking lot, a decrepit stable and a small apartment building that was being used as a crack house.

“There was a pit bull in just about every apartment, and the parking lot was covered with syringes,” Worrell recalls. He took $1.6 million and the help of Richard Wilson, who owns Excalibur Fruit Trees in Lake Worth, to turn the property into a poster child for redevelopment.

But that wasn’t the end of the story.

In 2004, Worrell left his restaurant as well as his gardens in the hands of a management company that did no pruning, mulching or fertilizing. “They just didn’t care,” Wilson says. “T he magnificent royal poinciana just inside the front wrought iron gate really suffered. It already had a hollow trunk, but during this time a branch fell into the parking lot, breaking the tree nearly in half.

Now back in charge, Wilson and Worrell were able to save the tree by filling the center of its trunk with concrete and metal rebar. And yes, the almost 100-year-old poinciana survived although its 40-foot-wide canopy is partially supported by wooden columns and metal jacks.

As you enter the garden, look out over what Wilson describes as “berms and vistas.” There’s something new to see with every turn of the limestone rock path.

For example, you might spot something like the spiny silk floss tree in the distance. It certainly will draw your attention. But when you follow the winding path to reach it, you’ll come across a plant-covered hillock that hides the flowering tree from view.

You also may spot white-lined covered tables set among the foliage. Here you can enjoy the blossoms as you eat lunch, dinner or Sunday brunch.

You also may find the garden represented on the Sunday House menu. The chef’s options for picking include jackfruit with the dark, grape-like fruit growing on its trunk and black sapote that has fruit reminiscent of chocolate mousse. Just add sugar.

“I looked for some of the strangest things I could find when gathering specimens to plant,” Wilson says. “The pool area has three naturally filtered water features surrounded by banana palms laden with green hands, varieties of ginger with pink to red torch-like flowers, and a mango tree with fruit that tastes like piña coladas, we are told. On your way out, stop by the brick patio at the front of the restaurant. You don’t want to miss the bodhi tree with its heart-shaped leaves. It’s the same type of tree under which Buddha is said to have sat when he gained enlightenment.

Wilson gets it right when he says, “Walking through these gardens makes you feel like you’ve been away on a very long trip.”

Deborah S. Hartz-Sweeney is a certified master gardener who can be reached at debrighthartz@s j.net when she’s not digging in her yard.
Stepping into the New Year with reflexology

Can applying pressure to the soles of the feet create a healing response in our internal organs? That’s the theory behind reflexology, a type of therapy based on the belief that there are reflex areas in the feet that correspond to all the organs, glands and parts of the body. Practitioners knead, press or roll those reflex areas to help provide relief from a number of conditions, from headaches to infertility.

One of reflexology’s leading proponents is Laura Norman, a Long Island native who winters in coastal Delray Beach. She literally wrote the book — Feet First, a Guide to Foot Reflexology, published in 1988 by Simon and Schuster — and has devoted 40 years of her life to the practice.

“What’s interesting about reflexology is that everything is connected,” Norman says. “If someone has asthma, I work the chest area of the foot. But it’s more than that, because asthma is triggered by stress and tension, so you work the whole nervous system to help them relax. Also, working the adrenal gland area helps. We produce our own cortisol — our own steroids — and so if you stimulate the adrenal gland zone, it’s going to help reduce the inflammation, so they can breathe more easily.”

While Norman insists reflexology is both an art and a science, mainstream medicine would call it fuzzy science, at best. A 2009 review of randomized, controlled studies — concluded that “the best evidence to date does not demonstrate convincingly that reflexology is an effective treatment for any medical condition.”

But that doesn’t stop people from believing in it. Shelly Himmelfrich of Gulf Stream says she has personally gotten “amazing results” from reflexology: “After a session with Laura, my right knee, which is stiffer and not as strong as the other one, feels good — better range of motion, less pain. I always tell her, ‘You fixed my knee’ and she says, ‘I simply allowed your body to heal itself, through your feet.’ ”

Diana Stone, a Delray Beach mother of six, says reflexology helped her little girl overcome bouts of painful constipation: “Laura taught me to apply pressure to the arch of my daughter’s foot, which corresponds to the digestive system,” Stone says. “After that, she was able to go to the bathroom with ease. The first time Stone had her own reflexology session with Norman, it took a spiritual turn.

“I felt a profound relaxation. I heard music — a harp playing in my head — and I saw a purple light. It was a feeling of complete calm and gratitude.”

Reflexology techniques can also be done on three other places believed to have reflex zones: the palms, the face and the ears.

When Norman offered to give me the full treatment at the conclusion of our interview, I was curious to see what I might experience. I came away relaxed and energized at the same time, a unique feeling for me. I didn’t detect any sensations in my internal organs during the session, but it was by far the best foot massage I’d ever had.

To Norman, that wasn’t really a compliment. “Reflexology is so much more than a foot massage,” she told me, and proceeded to explain the reflex theory again.

Here’s my takeaway: To the extent that our physical health can be influenced by our beliefs, reflexology appears to be a holistic therapy that can’t hurt — and might just help.

For information about local reflexology treatments and classes, see lauranormanreflexology.com.

Paula Detwiler is a freelance writer and lifelong fitness junkie. Find her at www.pdwrites.com.
Classes held M-W-F, 9:30-11 am & Th, 6:30-F. Fees start at $38/month. 742-6240. Civic Center, 128 E. Ocean Ave. All ages and residents. 16 classes: $96/residents, $120/non-residents. 8 classes: $56/residents, $70/non-residents. 472-8722.

1/7 - Tai Chi for Beginners of All Ages at Veterans Park, 602 NE First St., Delray Beach. Learn natural ways to relieve tension, stress and pain. Held every Monday, 11 am-noon. Per class: $15/residents, $20/non-residents. 8 classes: $120/residents, $160/non-residents. 472-8722.

1/5 - Judo Class at Sugar Sand Park Field House, 300 S. Military Trail, Boca Raton. Mondays: 11:30 am-12:30 pm. $15/residents, $20/non-residents. 243-7250. Registration: 7:30 am; class: 8 am. Non-residents; $20/non-residents; 10 classes: $180/residents, $237.50/non-residents. 243-7250.

1/5 - Yoga Class at The Train Depot, 147 S. Dixie Hwy, Boca Raton. Held Th, Sat & Sun: 7:30-8:30 am. 5 classes: $55/residents, $67.50/non-residents; 10 classes: $105/residents, $130.50/non-residents; 20 classes: $210/residents, $261.50/non-residents. 472-8722.

1/5 - Judo Class - Saturday at the Boca Raton Community Center, 150 Crawford Blvd. Warm-up exercises, instruction, practice and tournament training. Two sessions: Mixed ages & ranks. 10 am - noon. Per month: $25/resident, $30/non-resident. 472-8722.

1/5 - Zumba Class - at Sugar Sand Park Field House, 300 S. Military Trail, Boca Raton. Workouts include exercises designed to improve balance, flexibility and muscle strength. For all ages. First class is free. 8 classes: $56/residents, $67.50/non-residents. 16 classes: $60/residents, $75/non-residents. Mondays: 11 am-12:30 pm. Wednesdays: 2 pm, 347-3950.

1/5 - Chair Massage at the Highland Beach Library, 3618 S. Ocean Blvd. Licensed Therapist offers 10-minute sessions. Held every Monday, 1 pm. $10/session. 735-2441.

1/7 - Yoga Workout at the Beach - Held every Sat., Sun. & M at Red Reef Park West, 1221 S. Ocean Blvd., Boca Raton. Build strength and flexibility, improve postural alignment and stabilize the core. Classes held on the grass overlooking the Intracoastal Waterway. Cash not accepted on-site. Sat. & Sun.: 7-8 am; Mon.: 6-7 am. $3/at the door. 742-6240 or www.delraybeachfitness.com. Donations accepted. 287-0953.

1/7 - Tai Chi Class at Sanborn Square, 72 N. Federal Hwy, Boca Raton. Held Saturdays. Registration: 8:45 am; class: 9 am. Free. 393-7703 or www.downtownboca.org. Registration: 8:45 am; class: 9 am.

1/7 - Meditation Mondays at the Highland Beach Library, 3618 S. Ocean Blvd. Weekly to enhance overall health and well-being. Mondays at 7 pm. Free. 278-5455 or www.highlandbeachlibrary.org.

1/5 - Sophisticated Discussions: A Singles Group - join over-50 peers in a supportive, singles-group discussion at The Highland Beach Library. 150 Crawford Blvd. Refreshments. Wednesdays, 7-8:30 pm. Fee: $35-7007.

1/7 - Bereavement Support Group at The Center for Group Counseling, 2205 S. Dixie Hwy., Boca Raton. Mondays 1-2:30 pm. First session-free, $5 thereafter. 481-5300.

1/7 - Yoga Sunset at the Beach at Spanish River Park, 2801 S. State Road A1A, Boca Raton. Build strength and flexibility, improve posture alignment and stabilize the core. Classes held next to Lifeguard stand number 18. Cash not be accepted on-site. Mondays, 6-7:30 pm. $15/residents, $19/non-residents per class, or 60 day membership (unlimited classes) for $65/residents, $81.25/non-residents. 393-7007.

1/7 - Body with Style Aerobics at Coral Resort, Jr. Community Center, 1901 N. Seacoast Blvd., Boynton Beach. Class held M & W. 6:10-7:30 pm. 511 the street. 472-6550 or www.boyntonbeach.org.

1/7 - Bereavement Support Group at The Center for Group Counseling, 2205 S. Dixie Hwy., Boca Raton. Mondays 1-2:30 pm. First session-free, $5 thereafter. 481-5300.

1/7 - Bereavement Support Group at The Center for Group Counseling, 2205 S. Dixie Hwy., Boca Raton. Mondays 1-2:30 pm. First session-free, $5 thereafter. 481-5300.

1/7 - Bereavement Support Group at The Center for Group Counseling, 2205 S. Dixie Hwy., Boca Raton. Mondays 1-2:30 pm. First session-free, $5 thereafter. 481-5300.

- Fit Mom Boot Camp at Sugar Sand Park Field House, 300 S. Military Blvd. Boca Raton. Workout incorporates cardio, memory, strength training, running drills, body weight resistance training, agility drills and core strengthening. Perfect for new moms looking to get back in shape as well as moms-to-be looking to stay active and healthy during pregnancy. Held every T & Th 9:30-10:20. Classes: $36/residents; $45/non-residents. Classes: $36/residents; $45/non-residents.

- Tai Chi Class - Wednesdays at the Boca Raton Community Center, 2550 Crawford Blvd. Emphasizes moving meditation for focus, concentration, release and mental and physical wellbeing. Two sessions: beginners, 6-7:10 pm, intermediate, 7:10-8 pm. Classes: $45/residents; $56/non-residents.

- 1st-Childhood Education Prenatal Class: offered in a four week refresher course at Bethesda Memorial Hospital, 2851 S. Seaboard Blvd., Boynton Beach. Provides an overview of the signs of labor, breathing techniques and more. Bring two pillows and a blanket. Wear comfortable clothing and shoes. Held at the Community Institute at the Delray Beach Public Library, 7091 W. Atlantic Blvd., Delray Beach. Tuesday - Thursday, 6:30-7:30 pm. Registration: 369-2229.

- Mind/Body Development with Karate at the Highland Beach Library, 365 S. Ocean Blvd. Class offers vibrant, yet soothing routines adaptable to both young and old. Wednesdays, 6:30 pm. 510-278-5455.

- 1st-Management of Breast Cancer: Surgery and Beyond - Presented by Dr. Daniel Goldman, M.D., as part of the Healthy Living Series at Bethesda Memorial Hospital, 2851 S. Seaboard Blvd., Boynton Beach. 4:30 pm. 310-723-2737.

- 1st-650 Glades Road. Wednesdays, 5:30-6:30 pm. Registration: 955-5321.

- 1st-278-5455.

- 1st-3618 S. Ocean Blvd. 10:30 am-12:30 pm. Free. 309-4314.

- 1st-269-5747.

- 1st-274-7477.

- 1st-266-9490 or www.delraylibrary.org.

- 1st-259-3000.

- 1st-369-2229.

- 1st-972-9007.

- 1st-622-912.

- 1st-327-4900.

- 1st-474-6300.

- 1st-475-384.

- 1st-974-238.

- 1st-953-490.

- 1st-483-5300.
BOCA RATON: Rabbi Ruvi New lights the menorah before the beginning of the Hanukkah concert at Sanborn Square on Dec. 10. The concert and lighting were hosted by Chabad of East Boca.

BRINY BREEZES: Dozens of decorated boats, including this one that looks like a floating Christmas tree, took part in the annual Boynton Beach/Delray Beach Christmas Boat Parade on Dec. 7.

DELRAY BEACH: Elizabeth ‘Lisa’ Potts dances in the Delray Beach Holiday parade Dec. 8 with the Atlantic Eaglettes. Lisa, 17, is a senior at Atlantic High School in Delray Beach.

OCEAN RIDGE: Sean Owen, grandson of Baby and Kahn Owen of Ocean Ridge, enjoyed getting his face painted and basking in the lights of the Christmas tree during the town’s annual Light the Lights festivities on Dec. 14.

Photos by Tim Stepien and Jerry Lower/ The Coastal Star
AUDUBON CSWY MANALAPAN
5BD/5.1BA Move right in! Waterfront treasure w/ dock, heated pool, and a lush private setting. 1,300 SF Master Suite on 1st Fl. Gorgeous water views. $2,499,000

LANDS END RD WEST VIEWS, MANALAPAN
Wide West Views, 100 Ft. Deep Water, existing dock. Needs total renovation. Plans on site for renovation and existing 5BD/5.1BA residence. Ready to Sell! $2,275,000

CURLEW RD WATERFRONT MANALAPAN
4 En-Suite Bedrooms, 1 HB. Classic Bermuda style Waterfront pool home. Perfect privacy, serene water views and private dock. $1,825,000

LANDS END ROAD, MANALAPAN
5 En-Suite Bedrooms/5.1BA Pool Home w/218 Ft of waterfront, long South views. Wrap-around balcony off of 2nd level Master Suite. Private dock, 2-car garage. Over 1/3 Acre. $1,775,000

CHURCHILL WAY MANALAPAN
Spectacular .76 Acre waterfront parcel. Call for copies of previously permitted building plans. Prime location to build your dream home. $1,675,000

PELICAN LANE HYPOLUXO ISLAND
4BD/3BA Tropical ‘Zen’ Treasure includes an attached 1BD Guest House. Heated Pool/Spa and private, lush gardens. 3-car garage. Walk to Beach! $1,139,000

TRIPLEX IN ARTS DISTRICT – WALK TO DWNTWN, LAKE WORTH
Live in 1st floor and lease out add’l units. Or take advantage of professional Office/multi-family zoning. Renovated while retaining the character and features of its 1938-built charms. $289,000

S. ATLANTIC DR HYPOLUXO ISLAND
Affordable, charming 3BD/2BA beach area cottage with screened patio, pool and carport. Great location walking distance to Beach! $324,000

*Ownership in Manalapan conveys with a Gratis Membership to the Ritz-Carlton Hotel’s La Coquille Club and oceanfront facilities, dining and Eau Spa!
Each month, The Coastal Star features a house for sale 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 houses.

Delray Beach mini-estate

This Delray Beach home, built in 1999, has three large bedroom suites in 5,305 square feet of living space, as well as a separate guest apartment. Enjoy luxury living in this Seagate beach-area mini-estate that is complete with a guest apartment.

High ceilings, custom moldings and other fine finishes give this home a custom touch.

Beaches are nearby, but a cabana and pool help bring the outdoors in to this home, which offers three large suites, a custom-built private office, formal dining room, eat-in kitchen, plus such necessities as electric gates, a generator and a three-car garage.


The family/great room has plenty of room for a billiards table as well as space for just relaxing.

The pool and spa area offers plenty of space to unwind, and a handy poolside cabana.

ABOVE: A formal dining room sets the tone for entertaining.

LEFT: French doors allow easy access to the outdoor spaces of this Delray Beach home, which has custom moldings.
Experience the Difference with Randy Ely and Nicholas Malinosky.
Another record breaking year for Randy and Nick.
List your property this season with confidence. Call Randy and Nick for a no obligation consultation.

SOLD - 1215 Crestwood Drive, Delray Beach - List Price $2.099M, Sale Price $2M

See what the sellers had to say about the transaction:

“My wife Patty and I recently had the opportunity to work with Randy and Nick in selling our home on Crestwood Dr. in Delray Beach. While many people would consider the business of selling your home as an unpleasant experience, I have to say that just the opposite occurred.

From the fun photo shoot to dealing with the prospective buyers we always had a good give and take. Always respectful, knowledgeable and professional the experience was enjoyable. I have been in the real estate business for over 30 years up north and I can say that I never ran into pair like Nick and Randy.

If anyone ever needs to talk, please get my telephone number from them and I would gladly answer any questions regarding Randy and Nick’s attention to our sale."

Gregory and Patricia Szyluk - 2012

Randy Ely and Nicholas Malinosky The # 1 Luxury Real Estate Sales Team in the Beach Area

- Sales Driven - Our Listings average less than six months on the market since 01/01/2009.
- Attention to detail - we never represent more than 20 luxury estate properties at one time ensuring each of our clients and our properties remain our top priority from beginning to end.
- Unsurpassed consistency - Randy and Nick provide more than 30 years of Luxury Real Estate Experience and Success working in one market and under the same firm.
- We never use assistants when answering phone calls, doing an open house or showing your property - when you hire Randy and Nick that’s who you get.
- List your property this season with confidence and call Randy Ely and Nicholas Malinosky today for a no obligation consultation!

Visit RandyandNick.com for more great Solds and Testimonials

Before you list your luxury property with another agent call Randy and Nicholas for a comprehensive marketing plan and a full list of references including all of our current and past sellers!

Randy Ely 561.271.2762, Nicholas Malinosky 561.306.4597