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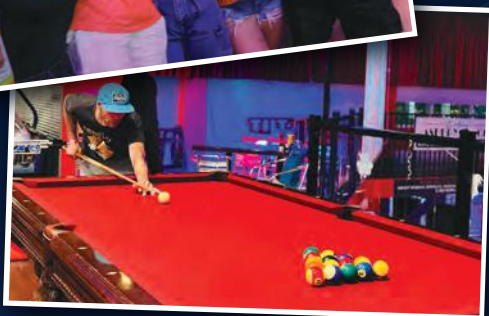
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JOIN THE COMMUNITY

Andre Design District is home to a growing collection of independent businesses, restaurants, cafés, wellness concepts, artists, and entrepreneurs who are helping shape one of Delray Beach's most unique destinations.

Here, businesses benefit from a vibrant atmosphere, colorful public art, walkable experiences, and a customer base that values local and authentic concepts. Whether you're launching a new idea, expanding an existing brand, or looking for a creative environment to call home, Andre Design District offers the opportunity to grow alongside a thriving community of innovators.

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Publisher *Matthew Collingsworth*

Editor *Lisa Mizen*

Director of Sales *David Mizen*

Contributing Editors *Diane Feen, Nicol Jenkins, Lisa Marie, Tom Craig, Lewis David, Darien Davies, Mae Cooper*

Art Director *Fabio Passere*

Designer *Eduardo Passere*

Social Media Coordinator *Mitchell Alex*

Senior Account Executive *Harvey Lustig*

Photographers *Melissa Korman, Tom Craig*

OFFICE CONTACT

335 East Linton Blvd. B14-832090

Delray Beach, FL 33483

Ph. 888-309-1110

Fax 800-350-8239

info@atlanticavemagazine.com

www.atlanticavemagazine.com



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FROM THE EDITOR

WELCOME, READERS, TO THE SWEET, SLOW BURN OF *JULY IN DELRAY BEACH*

If January belongs to our beloved winter visitors, then July belongs entirely to us!

This is the month when the pace of Atlantic Avenue beautifully shifts from a frantic winter sprint to a relaxed, sun-drenched stroll, and the true rhythm of our coastal community shines through.

Yes, the South Florida summer heat is undeniable, but there is a special sort of magic tucked inside these long, hazy days.

You find it in the quiet of a 6:00 AM walk along our pristine shore before the humidity rises—our beach, freshly crowned “Best Beach in Florida” in USA TODAY’s 10Best Readers’ Choice Awards for the third year in a row. Kudos Delray Beach!

You can find it, too, in the cool shade of the historic banyan trees at Old School Square, or in the sudden relief of a late-afternoon tropical thunderstorm. July has a charming way of asking us to slow down, breathe deeper, and appreciate our village-by-the-sea at its most authentic.

Locals and visitors alike are invited to this year’s Fourth of July celebration, where we’ll witness the ceremonial opening of a time capsule sealed 50 years ago. What a rare and wonderful chance to peek into the messages, memories, and dreams our predecessors tucked away for the future. And as evening falls, fireworks will scatter their sparkle across the Atlantic shoreline—a truly dazzling way to celebrate, and I for one will be there!

Delray Beach in July is also the time to support our favorite homegrown boutiques, galleries, and eateries during the quieter season. This is our time to reclaim our favorite sidewalk tables, chat a little longer with our neighbors, and celebrate the close-knit community spirit that makes Delray so special.

In this July issue you’ll meet the passionate business owners who keep our local economy glowing year-round, and sharing stories that capture the unique, laid-back energy of a true Florida summer.

So, grab a cold drink, find a patch of shade, and settle into our latest issue. Here’s to making the most of these sun-soaked days together.

See you on the Avenue!!



Lisa Mizzen

LISA MIZEN, EDITOR
LISA@ATLANTICAVEMAGAZINE.COM

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to relax is
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don't have
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Swing to Achieve Golf Tournament Raises Nearly \$40,000 for Palm Beach County Children and Families



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Achievement Centers for Children & Families celebrated the success of its 7th Annual Swing to Achieve Golf Tournament, presented by Delaire Country Club Car Club, held Friday, June 5, 2026. The tournament raised nearly \$40,000 to support the organization's Early Learning, After School, Teen, and Summer Camp programs serving children and families across Palm Beach County.

Five teenagers from Achievement Centers' Teen Program arrived early to help set up the event and welcome guests throughout the day — a fitting reminder of exactly who the tournament exists to serve.

Winners were announced at the closing lunch, held upstairs on the patio overlooking the ocean. Before the announcements, Shawn Promaphil, a current Achievement Centers student, opened the luncheon with a few words about what the program has meant to him — offering guests a firsthand look at the impact of their support.



WALENS SALOMON, SHAWN PROMAPHIL, ROODLEY VALENTIN, DENISHA BREVIL, MARJELINE BIENNAIME (TEENS FROM ACHIEVEMENT CENTERS FOR CHILDREN & FAMILIES VOLUNTEERED ALL DAY)

"Every dollar raised goes directly toward giving children in our community access to the programs and opportunities they deserve," said Gina Griffin, Director of Development. "Days like today remind us of what's possible when this community comes together."

For more information, call (561) 266-0003 or visit www.achievementcentersFL.org.

Josh Howard All-Star Weekend Set to Bring Basketball, Community, and Family Fun to Delray Beach

NBA All-star veteran and community leader Josh Howard is bringing an exciting weekend of basketball, entertainment, and family-friendly activities to Delray Beach with the highly anticipated Josh Howard All-Star Weekend, taking place Saturday, August 1st through Sunday, August 2nd.

Presented by the Palm Beach County Sports Commission, the two-day event promises an unforgettable experience for athletes, families, and basketball fans of all ages. Featuring competitive men's and women's basketball tournaments, live music, food vendors, community engagement activities, and a Family Fun-Day experience, the event is designed to unite the community through sports and entertainment.

The event will be hosted at two premier venues in Delray Beach:

- Pompey Park Gymnasium, 1101 NW 2nd St. Delray Beach
- Delray Beach Community Center, 50 NW 1st Ave. Delray Beach

Doors open daily at 10:00 AM. For updates and event information follow @King_Of_The_City_Tournament on social media or contact 561-376-2236.

Emanuel "Dupree" Jackson, Jr. Won The Dr. Martin Luther King, Jr. Memorial Award

EJS Project founder Emanuel Dupree Jackson Jr. has impacted more than 5,000 Palm Beach County teens through tutoring, mental health support, career preparation, and paid internships.

Named for his late father, Jackson Sr., the program reflects the values of education and service he instilled in Jackson Jr. The EJS Project is one of the state's leading youth engagement programs, exposing teens to history, current events, and civic life in their community.

Like Dr. Martin Luther King Jr., "Dupree" Jackson Jr. empowers teens in Delray to pursue equality and create change.

The EJS Project helps young people build confidence and make a positive impact on their community and future.



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Participants attend City Commission meetings, engage with the Delray Beach Police Department, and meet civic and business leaders.

Their "Purpose Pays" program gives youth ages 14 to 18 paid work and professional skill development.

EJS organizes neighborhood beautification projects, sponsors after-school tutoring, and takes teens on trips that expose them to African American culture and, for many, offer their first opportunity to travel beyond Delray.

In the 60 years the NEA has presented this award, Dupree is the second winner from Palm Beach County.

"I am honored to receive this award that exemplifies 'The legacy of Dr. MLK Jr. Our youth are educated and prepared to overcome obstacles of intolerance and understand that the victory of equity is meant for everyone,'" said Jackson.

"That is what Dr. Martin Luther King, Jr. envisioned, and I am grateful to fulfil that mission here in Palm Beach County."

Teen-Led Cereal4All Collected 11,079 Pounds of Cereal for Boca Helping Hands



Teen-led nonprofit **Cereal4All** again rallied the community to support **Boca Helping Hands (BHH)**. Founded by 18-year-old Boca Raton twins Jett and Luke Justin, its annual Spring Cereal Drive collected 11,079 pounds of cereal for underserved families.

Founded as a soup kitchen in 1998, BHH provided more than 3.5 million meals in 2025. The organization gives a "hand up" to people struggling to make ends meet, offering stability and reassurance about their next meal.

Few foods support that mission better than cereal. BHH provides grocery-filled pantry bags to families at or below the poverty line, and cereal is an ideal addition. The Justin brothers founded Cereal4All after volunteering at BHH and seeing that breakfast foods are among the most needed, yet least donated, items at food banks.

"My brother and I learned about the breakfast food shortage in 2016 while volunteering in the warehouse at Boca Helping Hands, and it had a major effect on us because, like most young people, we love cereal," said Jett Justin. "Cereal is about breakfast, but it's also about starting the day with a sense of normalcy and happiness. It bothered us that so many families were missing out on that, so we started Cereal4All to help fill that gap."

"Part of our mission is to also get more young people active in

the fight against hunger, and cereal has a special way of doing that," said Luke Justin. "The connection students have with cereal makes the empty bowls of others feel personal and motivates them to get involved."

Today, Cereal4All partners with more than 175 schools and 95 food banks in 22 states, as well as Toronto and the Bahamas, through the twins' self-piloted "Oatmeal Airlift" missions. The organization has delivered more than 800,000 bowls' worth of cereal and over \$400,000 in breakfast food, while inspiring thousands of students to volunteer in the fight against hunger.

For more information about Boca Helping Hands, contact Suzan Javizian at suzan@bocahelpinghands.org or call 561-417-0913.

Summer of Wellness in Delray Beach



The Delray Beach Downtown Development Authority (DDA) have announced the return of #LoveDelray Feel Good Summer, a seasonal initiative running June through August designed to encourage residents and visitors to explore, shop, dine, stay, and experience Downtown Delray Beach all summer long through special promotions, wellness experiences, entertainment, and community events.

#LoveDelray Feel Good Summer will spotlight Downtown Delray Beach's vibrant wellness culture, with a series of inspiring events and exclusive experiences designed to nourish the body, mind and soul — all set against the backdrop of the city's energetic, beach-side downtown.

Summer of Wellness Highlights include:

- #LoveDelray Shopping Pass
- #LoveDelray Class Pass
- Wellness Festivals
- Farmers Markets
- Yoga at the Museum
- Full Moon Yoga
- #LoveDelray's Hottest Ladies Night
- Art Walks



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The City of Delray Beach is also offering FREE PARKING WEDNESDAYS through Wednesday, August 26. Parking in City-owned public parking garages and surface lots in Downtown Delray Beach will be free all day and night on Wednesdays. On-Street parking and beach-side parking is not included in Free Parking Wednesdays. Parking information and details on participating City-owned lots can be found at [DowntownDelrayBeach.com/get-around/parking](https://downtowndelraybeach.com/get-around/parking) and <https://downtowndelraybeach.com/events/signature-events/love-delray-feel-good-summer>.

Delray Beach Named Best Beach in Florida by USA TODAY for Third Year in a Row



Delray Beach is back in the national spotlight after being named “Best Beach in Florida” in USA TODAY’s 10Best Readers’ Choice Awards for the third straight year. With two miles of pristine sand, natural dunes, clear blue water, and a vibrant, walkable downtown steps from the ocean, it remains one of Florida’s most loved beach destinations.

Florida has more than 825 miles of beaches from the Atlantic to the Gulf Coast, many ranked among the world’s best.

“We’re honored that Delray Beach has once again been recognized as the Best Beach in Florida,” said Laura Simon, Executive Director of the Delray Beach Downtown Development Authority (DDA). “Winning this award three years in a row speaks to the unique experience Delray Beach offers – from our beautiful shoreline and clean, walkable beach environment to the energy, culture, dining, and hospitality found throughout our downtown. It’s a destination that truly has something for everyone.”

The USA TODAY 10BEST Readers’ Choice Awards highlight top destinations and experiences across the country, with winners determined by public vote. Learn more at <https://10best.usatoday.com/awards/travel/best-beach-in-florida-2026/>.

Alongside its three straight “Best Beach in Florida” wins, Delray Beach has earned Blue Flag status for four consecutive years (2023–2026). For 2026, Delray Municipal Beach is one of only three continental U.S. beaches to receive the certification, which recognizes high environmental, safety, and water-quality standards.

The Annex Of Central American Art Museum Had An Exclusive Preview Of The Documentary “Journey To The Soul Of Guna Yala.”



DAVID COUNTS, STELLA HOLMES, SUZANNE BROOKS SNIDER

Filmmaker and historian Stella Holmes discussed the nature of a culture that tries to thrive despite the cultural and natural causes of extinction.

The filmmaker’s journey to Guna Yala follows a student’s return to the Panama’s Guna Yala 360 Islands.

Central to the story are molas, intricate handmade textiles that carry Guna history and identity. The fabrics are like the country itself – precious and authentic.

The question is, ‘will tradition be able to survive as the world changes so drastically’ This dilemma is seen far beyond Panama: what does it cost a culture to share what it loves most?

This preview was an opportunity to hear from about the county’s history and people. The film asks what will happen when a culture’s most sacred expressions are shared, admired, and at risk of being lost.

The film captures this fragility between preservation, identity, and global attention. “People who lose their tradition, lose their soul,” they said. In Panama (and around the world) this still holds true.

The preview was an opportunity to hear about the country’s history and people. We met filmmaker David Counts and were able to meet and greet others who came to experience the essence of Panama City’s history and culture.

The next event is mid- September: **Masters of the Matrix: Latin American Printmakers.**

Visit MoCAArt.org, CentralAmericanModernism.com, 561-512-2467

An aerial photograph of a large, kidney-shaped swimming pool with clear turquoise water. The pool is surrounded by a light-colored stone patio. Several palm trees are visible, with their fronds casting shadows over the pool and patio. A low stone wall is visible on the right side of the pool. The overall scene is tropical and serene.

Summer in Paradise Extended

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The Delray Beach Library Offers Summer Classes That Sizzle

You know what they say – if it's too hot, get out of the kitchen. Head over to the Delray Beach Public Library.

Yoga July 14 and 28 at 6:30 pm. Reservations required.

Get Hooked on Crochet – Tuesdays 1- 3 pm, July 7, 14, 21, 28.

Writers Studio: Serious Writers on Saturday's 10-12:30PM - kathleenbaldwin1@comcast.net

Summer Game Series – Sunset Sips & Game Night Hits Games provided. Registration Required.

Scrabble & Sangria is July 11 @6-8PM. Games provided.

Gin, Rum & Rummy Wednesday, August 12 6-8PM

Summer Movies for Grownups - Wednesdays 2PM - July 8 is Flightplan. July 22, Always

AARP Safe Driver Course Saturday, July 25 at 9-3 pm

Breathe Better: Indoor Air Quality Workshop- Presented by the Florida Department of Health July 16 - 3:30-4:30 pm

Art Exhibit through August 8 with **ART CONNECT PALM BEACH** - A Vibrant hub of artists from Delray Beach on display. Come see the creativity and creation of local artists.

Be cool – Get cool this summer and have some fun at the Delray Beach Public Library.

Anthony Schwartz Kids Fest Delivers Unforgettable Day of Fun, Fitness, and Community for South Florida Youth

Hundreds of summer campers gathered at Seacrest Sports Complex and Hilltopper Stadium for the **4th Annual Anthony Schwartz Kids Fest**, a free community event that combined fitness, entertainment, and educational experiences for over 1k summer campers throughout South Florida.

Presented by Florida Power & Light (FPL), the event welcomed children ages 5–12 for a day filled with excitement, featuring water slides, interactive games, bumper cars, a game truck, foam pit activities, a fire truck demonstration, and special appearances by Optimus Prime and Bumblebee. Camps also enjoyed music from Florida Panthers DJ Genesis, creating an energetic atmosphere throughout the day.

Hosted by NFL athlete Anthony Schwartz and organized by Face It Athletics, the event continues its mission of promoting healthy lifestyles, positive youth development, and community engagement through sports and recreation.

"We are incredibly grateful for the overwhelming support from our sponsors, volunteers and community partners who made this event possible," said Anthony Schwartz. "Seeing so many kids smiling, active, and creating lasting memories is exactly why we continue to host this event each year."

The festival not only provided entertainment but also encour-

aged physical activity, teamwork, and confidence-building experiences for participating youth. Through partnerships with local organizations, businesses, and civic leaders, the event successfully created a safe and welcoming environment where everyone could connect and celebrate together.

As the organization continues its commitment to impacting youth across South Florida, plans are already underway for future community events designed to inspire, empower, and uplift the next generation.

Spady Cultural Heritage Museum Closes During July 2026 For Collections Review



The Spady Cultural Heritage Museum will close from June 30-August 3, 2026, in order for staff to conduct a thorough collections review.

The museum will re-open and resume its normal operating hours on August 4, 2026.

No programs, tours or events will be scheduled during this timeframe. The Williams Cottage will not be available for rental during the temporary museum closure.

Please email any questions to the museum at info@spadymuseum.org.

The Spady Cultural Heritage Museum, 170 NW 5th Avenue in Delray Beach, was established in July 2001 by the non-profit organization, EXPANDING AND PRESERVING OUR CULTURAL HERITAGE, INC., a 501(c)3 Florida organization. Located in the 1926 former home of educator Solomon D. Spady, the museum preserves and shares local Black history with Delray Beach Black archives, exhibits, bus tours, walking tours, commemorative events and youth mentoring. Hours: 11 a.m. - 4 p.m., Monday-Saturday; all other hours are by appointment. (561) 279-8883; www.spadymuseum.com

Lecture: “Shipwrecked in South Florida”



The Delray Beach Historical Society is hosting “Shipwrecked in South Florida” on Tuesday, July 14, 2026, from 6 – 8 pm.

Whether for building material, profit, or adventure, shipwrecks often benefited South Floridians from the Keys to the Treasure Coast. Join Archivist Kayleigh Howald, as we explore South Florida’s many shipwrecks from Spanish galleons and British warships to Norwegian steamships and Greek merchant vessels, as well as

their impacts to our local landscape, economies, and communities.

Historic Bungalow. \$12/members; \$15/non-members.

Delray Beach Historical Society Bungalow is located at 3 NE 1st Street, Delray Beach.

Refreshments will be served and parking is available across the street at the Old School Square Parking Garage.

Delray Summer Greenmarket

Join the Delray CRA for the most popular event in Downtown Delray - the Delray GreenMarket! Delray GreenMarket is a Saturday morning destination. The open-air farmers’ market at Old School Square was established in 1996 by the Community Redevelopment Agency.

At the GreenMarket you’ll find more than 50+ vendors featuring Palm Beach County farm-to-fork produce, just picked citrus and juice, farm fresh eggs, raw milk and butter, 100% grass-fed and finished (antibiotic and hormone free) Florida beef, poultry, pork and lamb, fragrant artisan baked goods, plenty of gluten free, vegan and sugar free products, fresh cut flowers, plants and other unique gourmet fare along with live musical entertainment each week. Old School Square, 51 N Swinton Ave, Delray Beach, FL

Here is the schedule

- Saturday, Jul 11, 2026 9AM - 1PM
- Saturday, Jul 18, 2026 9AM - 1PM
- Saturday, Jul 25, 2026 9AM - 1PM



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Most Fun Small Town, Most Crazy Small Town, Most Small Town that Feels Like a Big Town. Delray has it all. With a bustling downtown, Pineapple Grove area, and little nooks and crannies in between, there's more to do in Delray now than ever, with events and happenings spanning from daytime to nighttime. While it can seem expensive at times, there's a great opportunity to enjoy all the City has to offer without breaking the bank. Here's what you can do in **Delray Beach in July for \$50 or less.**

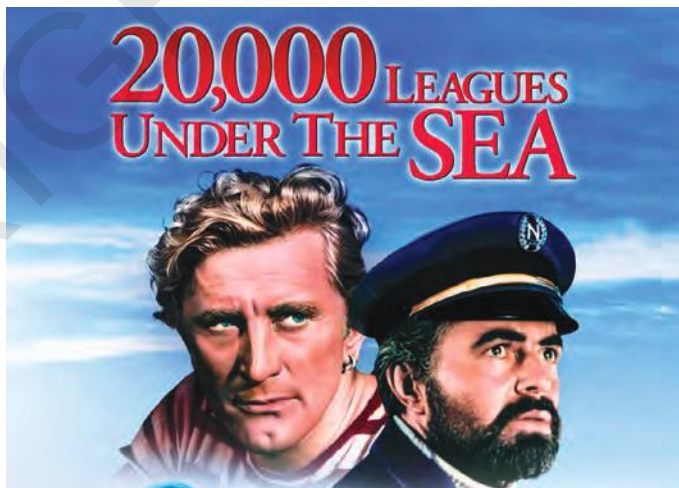


4TH OF JULY FESTIVAL & FIREWORKS



In the words of Mel Gibson, "FREEEEEEEDOM!" We're thankful to have it, enjoy it, and maintain it. So, let's celebrate it! Not to mention it's our 250th year of Independence, so we have a lot to be happy for. Freedom Week is July 4 through 10 and you're invited to kick off the festivities with the 4th of July Festival & Fireworks, which has been one of Delray's largest - and loudest - celebrations for the past 50 years. The festivities begin in the morning with beachside activities, including the popular 4's on the 4th Volleyball Tournament, a community sand sculpting contest, and guided snorkeling tours of the historic S.S. Inchulva "Delray Wreck." Downtown celebrations kick off at 5 p.m. with the opening of the 1976 Bicentennial Time Capsule at the Main Stage on A1A, followed by the 60-foot Flag Raising Ceremony and National Anthem at 6PM at Atlantic Avenue and Seabreeze Boulevard. Enjoy live entertainment throughout the evening, family activities, food trucks and local vendors, and just some good ol' fashioned fun in the sun with thousands of your fellow community members. Be sure to stick around for the fireworks show over the Atlantic Ocean, held promptly at 9 p.m. The event is held on East Atlantic Avenue from the Intracoastal Bridge to A1A. Please visit www.downtowndelraybeach.com or call (561) 243-1077 for more information.

SUMMER AT SEA OUTDOOR MOVIE SERIES



Let's get social! Or not. You do you. But if you're interested in getting outside, enjoying fresh air, checking out a new place, all without bumping elbows with a ton of people, the Delray Beach Historical Society has an event for you. Welcome to the Summer at Sea Outdoor Movie Series, which is an opportunity to comfortably watch a movie and learn about Delray's history. The featured movie for July is 20,000 Leagues Under the Sea, which is a perfect place to get as non-social as you'd like. You're invited to bring a picnic dinner, low-profile chairs or blankets, and make yourself comfortable for this 1954 classic. If you arrive early, you have access to historical exhibits, outdoor games and movie trivia, as well as your fill of complimentary popcorn, water and tea. This event is being held Thursday, July 9 at the Delray Beach Historical Society, located at 3 N.E. First St. Doors open at 7 p.m. and the movie begins at 8:40 p.m. Admission is \$10 per person, and the movie will be shown on the patio. So, invite a friend or two, pack your snacks (no alcohol allowed), and enjoy a fun night under the sea. Please visit www.delraybeachhistory.org or call (561) 274-9578 for more information.



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NATIONAL FRENCH FRY DAY



Sure, you could skip fries. But carbs are certainly not the enemy, especially when they've always been there for you. Baseball games, happy hours, late-night cheesy fries with ranch dipping sauce (for a friend) to soak up some ABV, a big side plate because that's what your reluctant toddler will only eat at a restaurant, there is no shortage of benefits that fried potato reign upon our gullets. National French Fry Day is Friday, July 10 and a perfectly welcome time to celebrate the only food companion that has always been there for us. For a quick basket of Chef's sweet fries or Boston's French fries (\$7), head to Sandbar, where the cold beer and ocean views make everything taste dynamite. For a fun daytime weekend spot, head to City Oyster for brunch and indulge in their Fresh Fish & Chips. Made with North Atlantic cod, tartar sauce, hand-cut potato wedges and mixed greens for \$26.50, you'll be pleasantly full and fully pleased (lest we not forget about the bottomless mimosas). For a nighttime treat, head to The Hampton Social and savor their ambiance as well as their Steak Frites. Their 8-oz. USDA prime hanger steak with garlic butter, béarnaise, and skinny fries for \$44 will definitely hit the spot. Yes, commence mouth drooling now. Long story short, there is no wrong way to French fry, as long as you do. Please visit www.downtowndelraybeach.com or call (561) 243-1077 for restaurant information.

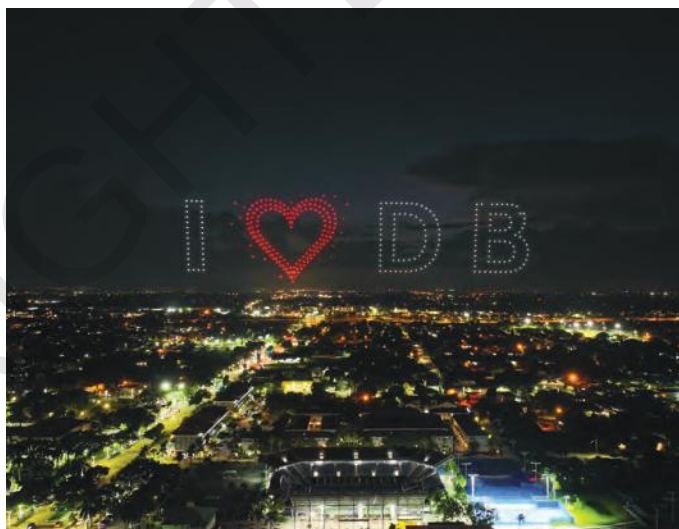
ARTS WAREHOUSE



We're Floridians. We love water and we love color. But let's put the two together and create something magical. July is World Watercolor Month and while it may seem easy to wet some paints and decorate a canvas (it is, just ask my messy children), making it look fluid, purposeful

and aesthetically pleasing is completely a different story. If you'd like to hone your skills - or learn a new skill set - head to the Arts Warehouse for their Abstract Flow: Simple Expressive Watercolor Landscapes class. Led by Jenny K. of Living Pattern, all ages and levels are welcome to discover the expressive power of abstract watercolor landscapes in this new two-hour workshop. Learn to capture the emotion and essence of nature through color, shape, and texture, moving beyond realistic depictions to create personal interpretations of the world around you. The class is \$40 and all materials are included, and early reservations are encouraged. Through step-by-step demonstrations and guided practice, you'll learn to translate the feeling of a misty morning, the energy of a stormy sea, or the serenity of a sunset into abstract watercolor compositions. Sounds lovely, wonderful and a midday well spent. The class is held Saturday, July 25 from 10:30 a.m. to 12:30 p.m. at the Arts Warehouse, 313 N.E. Third St. Please visit www.artswarehouse.org or call (561) 330-9614 for more information or to register.

DELRAY IN THE SKY DRONE SHOW 2026



Our parks are the center of our community, that's for sure. They provide places to gather, opportunities for exercise, and a space for kids to build confidence. It's time you channel your inner Leslie Knope, find a Delray park, and give it a big steamy hug. July is National Parks and Recreation Month and yes, I know, it's hot. But, as if our Parks and Rec department could outdo themselves for our fun, they certainly would and they certainly did, all in honor of America's 250th Anniversary. Introducing the Delray in the Sky Drone Show 2026, where everyone's invited to stare in the sky and be amazed at the beauty of what drones can do. If you've never seen a drone show in this magnitude, you're in for a showcase of captivating drone lights that will illuminate the night sky. The event is held on Wednesday, July 29 and kicks off at 6p.m. with food vendors, dueling pianos with "The Dueling Piano Show," and other fun activities throughout night, leading up to the drone show, which begins at 8:30 p.m.. It is guaranteed to be a fun and unforgettable night of lights, entertainment, and perfect for making memories as a family, group, or party of one. Remember your lawn chairs or blankets so you're comfy looking up! The Delray in the Sky event is held at Old School Square, 51 N. Swinton Ave. Please visit www.downtowndelraybeach.com or call (561) 243-7250 for more information.

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FEEN ON THE SCENE

They say it takes a village. No one knows this better than Julia Kadel, founder and Executive Director of the **Miracle League of Palm Beach County**.

Just recently they had their 2nd Annual “Night to Remember,” a party that gives special needs guests a chance to shine. This prom-like event takes the rhythm of joy to a new crescendo.

The Miracle League is a baseball league devoted to letting everyone play ball, regardless of disability. But for one night a year, everyone gathers at Arts Garage for a night of twinkling lights, high shine and sparkle.

It's the annual dance party for the players, their parents, dance buddies and volunteers. The players get their hair and makeup done by the glam squad (from Bliss Salon) and are treated to a dinner and dance party.

To welcome Miracle league guests there was a red-carpet ceremony outside the Arts Garage. Guests and volunteers held golden pom poms to wave as everyone clapped their hands and cheered.

This was not your ordinary Red-Carpet event, it was more joyful and heartwarming. Some players came down the carpet in wheelchairs, others dashed by with unbridled enthusiasm, and a few walked slowly as we cheered them on with high fives and applause.

But one thing for sure – everyone got dressed up in their fanciest finery and prom clothes.

The party really got going when the DJ (none other than John Brewer) cranked up the tunes and the dancing took center stage. If Brewer ever wants to leave the real estate business he would surely make an amazing DJ. Just saying.

I watched the parents, who were looking after their children, and realized that they are the real heroes. It's one thing to dress up in a Spider-Man costume, but another to take care of a special needs teen or child.

Founder Julia agrees. “The parents are the true heroes. They show up every single day with a level of love, patience, strength, and advocacy that most people never fully see. Jeff and I are blessed to stand beside them and help create opportunities for their incredible children and adults to shine.”

When I left the event I felt the joy sliding off of me. It was like leaving a family picnic and going to a factory. I

realized that to support is so much more profound than to want support. And, that the act of giving is such a precious gift to the giver.

Julia agrees.

“So often people think they are coming to volunteer (or help someone else), but they leave with far more than they gave. That joy has a way of sticking with you.”

It sure does.

It was so beautiful to feel the joy and compassion of great souls in one small building of reverence for uniqueness and difference.

Another of my heroes is **Coco Market** founder, **Corey Heyman**. This young woman has created a community for people with a drive to thrive - both physically and spiritually.

For the past four months there was no Coco Market. The reasons vary, and are rooted in an incident that happened, but not intentionally.

But, Coco Market is back. The free yoga classes are back and the sound therapy that touches our souls has returned. Being in such a safe space gives cushioning to the cracks and crevices of daily existence.

At the end of the yoga class, we did Happy Baby and reclined Pigeon Pose, but it made us stronger not a feathered version of ourselves.

We also met up with Flow Fests founder Casandra Tanenbaum. This wonderful woman, who wears a smile like most people wear sneakers, always brings her hula hoops for grown-ups (and kids) to twirl around with glee.

Tanenbaum is a free spirit who creates events that bring out the fun and fanfare for everyone. She brings people together for circus arts, dance, yoga, and community-based movement experiences. Her motto is “Join the Circus without Running Away!”

We also met the folks from Barry's Boca Raton. This fitness studio has Red Rooms and a luxury, nightclub-style (hopefully you don't need high heels). They have studio's across the country with a tagline of “Work Hard, Have Fun, Find your Strength and Be your Best.”



MICHELLE RUBIN, SUE DAVIS-KILLIAN, GEMMA TRIMARCHI MOMS MIRACLE LEAGUE



JULIA KADEL AND STACEY DOWDLE



COREY HEYMAN COCO MARKET

That includes Intervals on Woodway treadmills, rotating onto the treadmill for guided intervals with walking, jogging, running, hills or speed pushes.

Sounds good and probably healthy. But I'm already thinking of shopping for shoes.

Coco Market will be back the first Sunday of each month at Old School Square. You'll get to indulge in the feel-good environment that's rooted in connection and community. Corey is always nearby with a smile and the desire to create goodness in our midst. See you July 5th.

It was a special month at **Atha Yoga Foundation** as well. They had their First Girls Night Out night, which was like being at a healthy camp for those who value the unseen more than the concrete.

We were faced with important decisions – should we have a massage, do yoga, have a facial, meditate or just hang out in the Atha Retreat House.

Tonya Notaro, COO of the Atha Foundation, also witnessed the glimmer of magic that night.

"Our first girls' night at Atha Foundation was a beautiful reminder of how powerful it is when women come together to reconnect, recharge and heal. Set on 5 acres in a Costa Rican-inspired oasis, the evening brought meaningful connection in our retreat house sanctuary; creating space for laughter, restoration and community."



Another of our heroes is **Mimi Meister**, the lady in the land of Tea. Her recent fundraiser, **PossibilitiTea** benefited the **Soup Kitchen**. There was a red-carpet entrance, a roaming violinist, fabulous hats and elegance everywhere.

Over 120 guests enjoyed tea sandwiches, teas, and a moving presentation that highlighted the Soup Kitchen's mission of helping those in need.

One of the most memorable stories was about a young boy (Oliver) who received a foam food container from the Soup Kitchen. Rather than discard it, he painted it and used it to store his Legos.

The box reminded him of the comfort and security that the meal had provided. The hand-painted cartons created by children were distributed to guests.

PossibilitiTea didn't just raise funds and recruit volunteers. It served up meaning, memory and a reminder that even the smallest cup can hold a very large story.

And if stories are what you're after, check out **PBS South Florida's** new 3-D immersive virtual reality programs. **Napoleon: The Immersive Saga** and **The Colosseum: The Legendary Arena**.

You'll walk past gladiators and immerse yourself in the roar of the crowd. The VR viewfinder lets you experience scenes and people of history.

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KELLER'S KOLUMN

Welcome to *Keller's Kolumn*, highlighting remarkable residents who help make Delray Beach such a special community. This month, we shine the spotlight on **Marjorie Waldo**, President and CEO of Arts Garage — a woman whose life story makes it clear why she has always put the community first.

Marjorie moved to Delray Beach in 1999, but her instinct to lead others began decades earlier. Growing up in Virginia, she was part of the first integrated class in her school — an experience that shaped her purpose. “That awakened me to the conflicts out there,” she told me. “I have always been about giving back to the community.”



After graduating from the University of Virginia, Marjorie explored several career paths before discovering her calling in education. She began teaching at a New Jersey high school. “I often felt a strong desire to work with the teenagers who struggled to fit into the norm,” she said.

In 1995, her passion brought her to Miami Beach, where she worked with juvenile offenders. “I became a leader for these students,” she explained. Four years later, she settled in Delray Beach.

By 2002, Marjorie was serving as Principal of a Delray Beach charter school. When I asked if she stays in touch with former students, she didn't hesitate: “Yes, I treat them like they are my own children.”

Her love for Delray Beach is just as strong. Marjorie credits her drive to serve to the mentors who guided her. “I believe in attaching myself to people smarter than me who can help give me insight. I believe in community first.”

That philosophy guided her to Arts Garage in 2016, when she was hired to stabilize what she and I both described as “fiscal chaos.” The business turned around and even when COVID started that did not dim her determination. Arts Garage pivoted quickly, offering online events to keep the arts alive.

For those unfamiliar, Arts Garage is one of Delray Beach's cultural gems. Opened in 2011, it offers comedy, music, theatre, and visual arts — plus classes for all ages. Children from underserved local schools can attend shows at no cost. More information is available at www.ArtsGarage.org.

When I asked Marjorie what makes Arts Garage unique, she did not falter. “We do it all. It is a very intimate place where you are often less than 30 feet from world class touring talent. We have almost every genre — jazz, blues, Motown, country, rock & roll — plus comedy, theater, art, and more.”

In 2025 alone, Arts Garage hosted more than 300 programs, welcomed 31,000 attendees, and generated an estimated \$3.8 million in economic impact for the local community. Marjorie emphasized. “We are a community driven organization,”

Her work days are packed with payroll, audits, budgets, pro-





gramming, and more. She personally programs all music and comedy acts. And she quickly credits her staff and volunteers who help make everything possible.

Many artists have launched or expanded their careers on the Arts Garage stage. “We have had John Pizzarelli, Paquito D’Rivera, and Christian McBride,” she said proudly. One of her favorite memories involves D’Rivera and his mentor, the legendary Chucho Valdés. “One time Chucho showed up, got on stage, and performed with Paquito. The crowd lost their minds. It was magical.”

Despite the success, Marjorie is far from finished. “I want us to become less dependent on government funding to reduce risk and ensure sustainability. I want to do more, more, more. It is all about programming for the entire community, every demographic.”

Outside of work, Marjorie cherishes quiet time with her family and loves to read. Recently, she launched a podcast, “Culture Under Fire,” featuring 30-to-50-minute conversations about the challenges facing arts and culture today. “We have to deal with censorship, budget cuts and anti DEI efforts,” she said. “Art and culture bring people together.”

She has been named one of The Palm Beach 100, a Top 3 Finalist for Business Person of the Year by the Delray Beach Chamber of Commerce, and the Best of Women in Business in 2026. Yet she remains humble. “I do not define my success by awards. My personal feeling of success is always wanting to be better each day — offering more access to art and culture.”

Marjorie Waldo is a champion of Delray Beach. Our community is stronger because of her.

**If you know someone who deserves to be featured in a future edition of Keller’s Kolumn, please contact Neil Keller at www.NeilKeller.com.*

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by Lynn Van Lenten

We Are Delray and We LOVE our Green Markets!

July in Delray Beach is hot, steamy and GREEN. Afternoon rain makes our seaside home burst with tropical foliage. To celebrate this time of year, I want to highlight a few great green markets and nurseries in Delray. Some you may know, some you may have driven by & some you may never have heard of but hopefully this article will encourage you to explore them all!



DELRAY BEACH GREEN MARKET



JOHNNY MANGOS



BEDNER'S FARM FRESH MARKET



URBAN FARM MART



THE BOYS



THE GIRLS

Delray Beach Green Market – This wonderful Saturday market has been a staple in Delray since 1996. Saturdays are synonymous with our green market (there are two seasons, Winter & Summer). You can visit 60 premier food vendors featuring farm-to-fork produce, just picked citrus, tropical fruit & juice, fresh eggs, artisan cheese & jam, plus lots more. Thanks to Lori and her team for all the hard work and leadership each Saturday!

Johnny Mangos – You may have driven by Johnny Mangos on Federal Highway and wondered what is behind that parking area....? Well, go visit! It is an amazing oasis of plants, flowers, fruit trees and décor. Want some tropical plants for the garden? How about fresh cut roses? A new pot or decorative piece – Johnny Mangos has it all! It has been serving our town for 30 years. Just another great staple of Delray.

Urban Farm Mart – Located on the corner of Lake Ida Road & Military Trail, this local, minority woman owned business specializes in potted plants, fresh cut flowers and produce, plus, Spanish and Portuguese are spoken. Need a flower arrangement for a party

or event? Want to bring your pet? This is the place for you! Doors are open every day, 9-5 but closed on Sundays.

Bedner's Farm Fresh Market – Don't miss this gem in Delray. The main Bedner's Farm is on 441 in Boynton, but this Delray location is NE 3rd Avenue. Stop in for fresh produce, soups, ready-made meals and fresh squeezed orange juice. Grab some wine, flowers and vegetables. Great parking and even seating for an outdoor meal!

The Boys & The Girls – These two markets are such icons in Delray Beach. The Boys is full of great produce, meat, fish, poultry, ready-made meals and more. It is very busy during holidays and the winter season, but a main stop for locals, so brave the parking lot and go for it! The Girls is the place for pizza, ice cream and Grandma's Bakery. Although not a market this "rite of passage" experience has the sweetest petting zoo for kids of all ages. A must visit in Delray!

These are just a few spots to explore during this steamy month of July. Remember to go early and try them all before the afternoon summer rains hit.

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PHOTOS BY **MELISSA KORMAN**

- 1 **Nicole, Archie, Brielyn, Shelly, Nori** @ Pura Vida Miami
- 2 **Catherine** @ Engel & Volkers
- 3 **Adolfo, Jackie** @ Delray Everything Bagel
- 4 **Giulianna** @ Mermaid Boutique
- 5 **Rick, Martina** @ Bourbon Steak
- 6 **Juan, Majo** @ Playa Bowls



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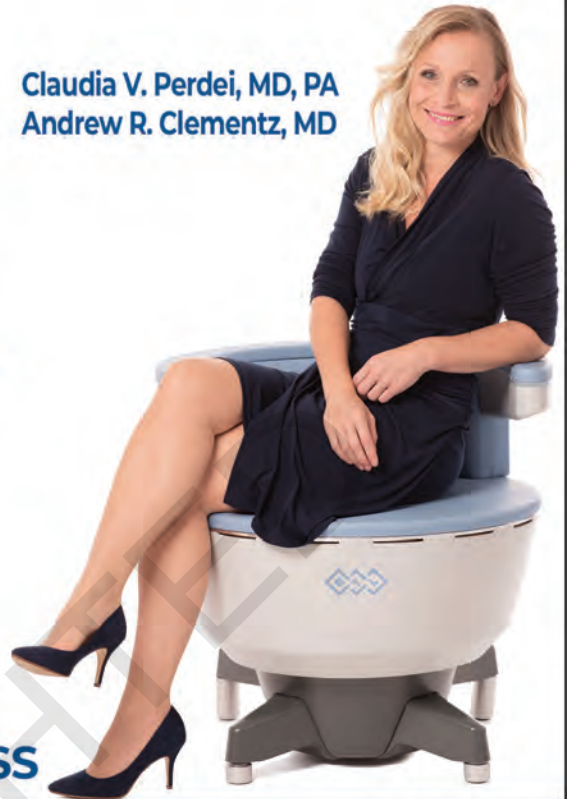


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- 1 Jodi @ Charleston Shoe Co.
- 2 Matt, Laura @ The Seagate
- 3 Sergio @ Café Luna Rosa
- 4 Angie @ Delray Beach Visitor Center
- 5 Jacqueline @ Ardor Boutique
- 6 John, Carlos @ Let's Talk Mortgages



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PHOTOS BY MELISSA KORMAN

- 1 **Chris Mygatt** @ Delray Nightly Vacation Rentals
- 2 **Mikail, Ipek** @ Sky Boutique Florida
- 3 **Mike** @ Sandwiches By The Sea
- 4 **Miranda** @ Lang Realty
- 5 **Bailey** @ Island Water Sports
- 6 **Robin** @ Lang Realty



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PICTURES 

IN THE PINEAPPLE GROVE ARTS DISTRICT

PHOTOS BY MELISSA KORMAN

- 1 Brooke @ A Little Wyld
- 2 Emma, Essence @ JetSet Pilates Delray
- 3 Olivia @ Coffee District
- 4 Hannah @ La Boom Cafe
- 5 Dr. Gold @ Gold Dermatology
- 6 Valentina, Viviana, Abby, Elizabeth, Chloe @ Popup Bagels



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- 1 Zoe, Valemise, Sophia, Vickie @ Hyatt Place
- 2 Camille @ Popup Bagels
- 3 Anastasia, Emma @ Bond Street Salon
- 4 Kenda @ Delray Beach Chamber of Commerce
- 5 Joseph @ Joseph's Bistro
- 6 Janice @ Pineapple Grove Post Office



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IN THE PINEAPPLE GROVE ARTS DISTRICT

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- 1 Davis Zappitell @ Zappitell Law Firm
- 2 Mike @ Vatican Tattoo
- 3 Gina, Ali @ Bartolo's Cigars
- 4 Ronald @ Furst
- 5 Amy @ Gold Dermatology
- 6 Rylan, William, Austin @ The Ray



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PICTURES CONCERTS

PHOTOS BY TOM CRAIG



DARIUS RUCKER

Darius Rucker is an American singer, songwriter, and musician who rose to fame as the lead singer and rhythm guitarist for the Grammy-winning rock band Hootie & the Blowfish. Darius is seen performing here with his solo band at the Broward Center for the Performing Arts in Ft. Lauderdale.

JERRY MARTINI

Jerry Martini is an American musician, best known for being the saxophonist and founding member of Sly and the Family Stone. Jerry is seen here performing with the Family Stone at The Parker in Ft. Lauderdale.

NATE WINGFIELD

American funk and rock guitarist Nate Wingfield has played with the likes of B.B. King, Buddy Guy, and Brian McKnight, and has been a member of the Family Stone for well over a decade. Nate is seen here performing with the Family Stone at The Parker in Ft. Lauderdale.

PHUNNE STONE

Phunne Stone (born Sylvette Phunne Robinson) is an American multi-instrumentalist, singer, and songwriter. Phunne is the daughter of Sly Stone and Cynthia Robinson. Phunne is seen here performing with the Family Stone at The Parker in Ft. Lauderdale.

SWANG STEWART

Swang Stewart is an American singer, multi-instrumentalist, and producer best known as the lead vocalist and keyboardist for the Family Stone, carrying on the legendary legacy of Sly and the Family Stone. Swang is seen here performing with the Family Stone at The Parker in Ft. Lauderdale.

WAYNE NEWTON

Wayne Newton also known as Mr. Las Vegas, is an American singer and actor. One of the most popular singers in the United States from the mid-to-late 20th century. Wayne is seen here performing at The Parker in Ft. Lauderdale.

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21st Annual Delray Beach Police Awards Gala Raises More Than \$90,000 in Support of Delray Beach Police Department

Delray Citizens for Delray Police hosted its 21st Annual Delray Beach Police Awards Gala on Friday, May 29, at the Opal Grand Oceanfront Resort, welcoming more than 350 residents, business leaders, community supporters and law enforcement personnel for an evening dedicated to recognizing excellence, leadership and dedicated service within the Delray Beach Police Department.

The sold-out annual gala raised more than \$90,000 to support Delray Citizens for Delray Police and its ongoing mission of providing service recognition, scholarships, equipment donations, youth programs and community engagement initiatives that strengthen the bond between law enforcement and the Delray Beach community.

The evening honored several outstanding members of the Delray Beach Police Department for their service and achievements throughout the year. Officer of the Year was awarded to Officer John Caceres Duque, Employee of the Year to Courtney Mezzancello, Supervisor of the Year to Chad Alpert and Rookie of the Year to Nicholas Pena.

Additionally, Delray Citizens for Delray Police recognized four members of the department who have dedicated more than 20 years of service to the City of Delray Beach and its residents: Master Police Officer Adam Whiting, Sergeant Troy Baer, Lieutenant Eddie McCabe and Deputy Chief Rodney Stevenson.

The annual gala featured dinner, dancing, community recognition and a special awards presentation celebrating the men and women who serve and protect Delray Beach while highlighting the strong partnership between the department and the community.

"Every year, this event reminds us how fortunate Delray Beach is to have a police department filled with exceptional professionals who dedicate their lives to serving others," said Chuck Halberg, President of Delray Citizens for Delray Police and Founder & President of Stuart & Shelby. "To see a sold-out room come together in support of these officers and their families is incredibly meaningful. Raising these significant funds allows us to continue investing in programs, recognition efforts and resources that support the people who work tirelessly to keep our community safe. It was a truly special evening and a testament to the strong relationship between Delray Beach residents and their police department."

For more information, contact delraycitizensfordelraypolice@gmail.com or visit www.delraycitizensfordelraypolice.org.



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The Odyssey

(RATED R)

Christopher Nolan's highly anticipated adaptation has epic shoes to fill. The journey of Odysseus has been retold and reimagined countless times, but Nolan's take tells the original story as Homer told it, only blown up onto the big screen. After their victory in the Trojan War, Odysseus and his men must begin the journey back to their home in Ithaca. They face many diversions on their journey and lose many men to monsters like the Cyclops or Circe the witch and incur the wrath of gods like Poseidon and Zeus. The brutal voyage spans ten years by the time Odysseus returns to Ithaca. After the ten-year Trojan War and his prolonged journey, Odysseus has been gone from his kingdom for twenty years. In his absence, over a hundred suitors have descended on his home with the goal of marrying his wife, Penelope. Penelope and her son Telemachus have been doing their best to fend off the suitors, convinced that Odysseus is still alive even when everyone else has assumed the king of Ithaca to be dead. Nolan's adaptation of the story features a stacked cast including Matt Damon, Anne Hathaway, Tom Holland, Zendaya, and Robert Pattinson, among others. *The Odyssey* tells an ancient story, but with so much excitement and action packed in that it feels brand new.



Power Ballad

(RATED R)

Rick Power has given up on his dreams of stardom. He's happy in Dublin with his wife and daughter, and his wedding band books enough gigs to get by. One night, while playing a wedding hosted in an Irish castle, Rick's band meets Danny Wilson, a member of a famous boyband and aspiring solo musician. Danny joins the band on stage and winds up spending the rest of the evening with Rick, drinking, sharing music, and commiserating over the struggles of being a musician. Danny goes back to Los Angeles, where he struggles to put together his debut solo album. Nothing he writes is good enough, and when his girlfriend overhears him playing a song that Rick had shown him in Dublin and encourages him to record it as his own, he can't help but agree. The song turns out to be just the thing his career needed to be revived and becomes a massive hit. Rick is completely oblivious to the theft until he happens to hear the song playing in a grocery store, but no one will believe he wrote it. In an effort to prove that he wrote the hit, Rick embarks on a near-desperate journey to find Danny and receive credit for the song. Starring Paul Rudd and Nick Jonas, this feel-good film is packed with comedy and a killer soundtrack.



Obsession

(RATED R)

The phrase "be careful what you wish for" takes on a whole new meaning in this indie horror film. Baron "Bear" Bailey has been crushing on his best friend and coworker, Nikki, for far too long. The problem is, he just can't seem to get himself to do anything about it. In a moment of desperation, Bear turns to the "One Wish Willow", a silly magic shop gag that promises any one wish to its user. He wishes that Nikki will love him more than anyone else in the world, and to his surprise, it seems to actually work. At first, Bear can't believe his luck, but her devotion quickly turns from heartwarming to skin crawling as Bear starts to realize that the Nikki that loves him is starkly different from the Nikki he had been pining after for so long. *Obsession* is primarily a psychological thriller but be prepared for a couple of killer jump scares as Nikki grows increasingly obsessed with Bear. Starring a fresh-faced cast and written by Curry Baker, *Obsession* has been sweeping box offices and garnering unprecedented attention for an indie film.



Moana

(PG)

The 2016 Disney hit takes on a new form in this live-action remake. Moana is the daughter of her island's chief and struggling under the weight of the expectations placed on her. She doesn't want to spend her whole life on the island, following in her father's footsteps, but her path has already been planned out. When the safety of her home is threatened, though, she knows she can't stand idly by. Summoned by the ocean, she embarks on a journey to save her home. Accompanied by the demigod Maui, she sails past the barrier reef for the very first time and crosses the ocean in pursuit of her goal. Dwayne Johnson reprises his original role as Maui, and Catherine Laga'aia is the new face of the beloved princess.



THE ALLMAN REVIVAL

JULY 10

THE ALLMAN REVIVAL - A TRIBUTE TO THE ALLMAN BROTHERS BAND

The Allman Revival is a passionate re-creation of a legendary Allman Brothers Band performance by 8 musicians who are not only skilled and accomplished, but more importantly, have a musical and emotional connection to this music...a fact you will see and hear as they take you through the classic songs from their early career that made you love the band in the first place. Statesboro Blues, Ramblin' Man, Melissa, Blue Sky, Whipping Post and more!

8pm
Tickets: \$60.50-\$65.50
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JULY 11



SEUSSICAL JR! (BROADWAY YOUTH CAMP PRODUCTION)

SUPPORT THE NEXT GENERATION OF PERFORMERS AT OUR BROADWAY YOUTH CAMP'S PRODUCTION OF SEUSSICAL JR.! Horton the Elephant, the Cat in the Hat and all of your favorite Dr. Seuss characters spring to life onstage in Seussical JR., a fantastical musical extravaganza from

Tony-winners, Lynn Ahrens and Stephen Flaherty. Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton must protect the Whos from a world of naysayers and dangers, and he must also guard an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant!

2pm and 6pm
Tickets: \$15-\$20
delraybeachplayhouse.com

JULY 11

BOB MARLEY TRIBUTE BY YVAD & THE LEGAL ROOTS

This fantastic tribute to Bob Marley features Yvad, former lead singer of The Wailers band and solo artist. Yvad & The Legal Roots perform over 90-120 minutes of the hits and songs of this legendary Reggae artist, plus original reggae music. You'll hear hits like No Woman No Cry, Three Little Birds, Buffalo Soldier, Redemption Song and many more!

8pm
Tickets: \$53-\$58
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JULY 17, 18



THE MOTOWNERS: ULTIMATE MOTOWN TRIBUTE SHOW EXPERIENCE

The Motowners are an amazing Motown Tribute Band performing an array of Motown's Greatest Hits. Their repertoire is extensive covering such groups as The Temptations, The Four Tops, Stevie Wonder, The Supremes, Martha & The Vandellas, Mary Wells and more. The artist's collective talent includes fine vocals and precision moves featuring a variety of lead vocals. The Motowners have performed on the same stage as national artists and as well as performing before high profile individuals such as First Lady Michelle Obama. The Motowners' shows are nostalgic, classic, upbeat and inspire singing along and dancing. "Once you see a Motowners Show, you can't wait to see them again", said by many. They bring back memories of times past and leave you with a happy feeling.

8pm
Tickets: \$63-\$68
artsgarage.com



BOB MARLEY TRIBUTE BY YVAD & THE LEGAL ROOTS

JULY 24

**MOONFLOWER –
THE SPIRIT OF SANTANA**

Moonflower “The Spirit of Santana” is a tribute to the music of Santana performed by 5 musicians whose love for Santana and the music comes first! The intent of Moonflower is to reproduce the sound, the feelings and the excitement of the great music of Santana!

From the opening song “The Waiting” (they opened up Woodstock with this song) to their smash hit “Smooth” you will enjoy every minute of this show, you will want to get up and dance and you will be singing along to the songs you know!

8pm

Tickets: \$53-\$58

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JULY 25

**START ME UP! – A TRIBUTE TO THE
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Start Me Up! A Tribute to the Rolling Stones delivers the ultimate Rolling Stones experience. The show brings a high-energy, authentic performance, complete with moves, look, energy, sound, and even the gear, reminiscent of an actual Rolling Stones concert. From the moment the band takes the stage to the final song, audiences are on their feet dancing and singing along to dozens of timeless Rolling Stones hits and iconic riffs. Come relive the magic of “The World’s Greatest Rock ‘n Roll Band”. Once you see Start Me Up! you’ll never want to stop.

8pm

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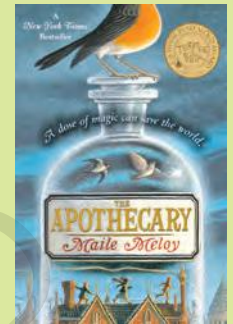
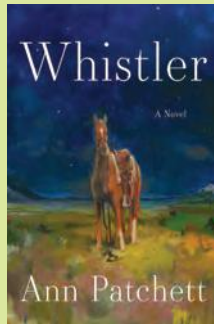
ANN PATCHETT

Patchett's tenth novel is a triumph of adult literary fiction. As usual, her writing is brimming with emotionally complex characters and beautiful prose. In *Whistler*, Daphne Fuller has a chance encounter in the Metropolitan Museum of Art with a man who was once her stepfather. At fifty-three, Daphne hadn't seen Eddie Triplett since she was nine years old and seeing him in the flesh after all those years opens her eyes to emotions she hadn't known she'd still been holding on to. Daphne and Eddie's relationship, though brief, was as beautiful as it was tragic. After so much time apart, their bond is as strong as ever and they have no intention of being separated again. Together, they confront the events of their past that led to them losing each other and grapple with the accident that changed everything. Faced with the time they've lost they learn to navigate their new relationship and rekindle the closeness they once shared. At its core, *Whistler* is a tender story of love and its resilience in the face of distance.

Land

MAGGIE O'FARRELL

Set in Northern Ireland in 1865, *Land* tells the story of a country barely stumbling back to its feet after the Great Hunger. Tomás and his son Liam have been tasked with mapping the entire country as part of the great Ordnance Survey project. The job is made harder by Ireland's ravaged state, but Tomás is determined to record the tragedy through his maps. Pressured by the impending arrival of the British soldiers overseeing the project, Tomás works thoroughly and tirelessly, but a sinister encounter in a copse knocks him off course and unsettles him to the point of losing sight of his objective. Confused and scared, ten-year-old Liam is left to finish the job. His father is a changed man and his mission is daunting, but Liam knows he must finish the map and get them both back home. *Land* offers a rich story and well-crafted characters, Ireland itself playing the leading role. O'Farrell writes of her home



with reverence and warmth, capturing the elegance and strength of the country even in its darkest hours. Emptied villages and shrunken town litter the path of Tomás and Liam, incessant reminders of the hunger and death that stunned their home. Still, O'Farrell captures the unending perseverance and grit that is Tomás's family's only option through the swooping years of this story.

Atmosphere

TAYLOR JENKINS REID

Joan Goodwin is perfectly content with her life as a physics and astronomy professor. She has turned her lifelong obsession with the cosmos into a career and built a good life for herself at Rice University, but in the summer of 1980, she is faced with an opportunity that is impossible to pass up. When she stumbles upon an advertisement searching for the first female scientists to join NASA's Space Shuttle program, everything changes. Suddenly, her life is flipped on its head, and she can't deny the pull of the stars any longer. She leaves behind everything she knows to enter the intense selection process, ultimately being chosen from a pool of thousands of applicants. She begins her training alongside the people who will become her team in their coming mission. The group of new astronauts is as full of genius and talent as it is ego and emotion, but as preparations commence, they can't help but become friends, united under the same overwhelming passion and dangerous mission. Joan's quiet life has been replaced by one full of intensity unlike anything she's ever known, leading her to question everything she had previously assumed about the universe and

her place in it. Juggling the expectations of a world reluctant to accept female astronauts, the growing spark with a teammate that is getting harder and harder to ignore, and the mounting pressure of the impending mission, Joan finds herself adrift, but more alive than she ever has been. From the powerhouse author of *Daisy Jones and the Six*, *The Seven Husbands of Evelyn Hugo*, and *Malibu Rising*, *Atmosphere* is a love story of cosmic proportions.

The Apothecary

MAILE MELOY

Set in the midst of the Cold War, this mix of historical fiction and fantasy follows the adventures of a young Janie Scott after her Hollywood screenwriter parents are forced to flee the country and relocate to London. Being accustomed to an easy-going life in the states, living in war-torn London is a culture shock for Janie. The schools, the people, and the houses are all foreign to her, but things start to look up once she meets a mysterious new friend named Benjamin. Little does she know, Benjamin's exciting world also harbors dangers Janie never saw coming. In *The Apothecary*, Meloy mixes suspense and wonder as Janie dives into adventures with the son of the local apothecary, discovering a vibrant new world of magic and science. Janie, Benjamin, and Benjamin's father must embark on a perilous mission while being hunted by people who want to exploit their knowledge as well as their magical book. *The Apothecary* is an exciting story of courage, sacrifice, and the unbreakable bond of friendship, perfect for middle-grade readers.



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What If Aging Isn't the Real Cause of Your Pain?

Many people assume that pain, stiffness, arthritis, disc degeneration, spinal stenosis, and mobility limitations are simply inevitable parts of aging. While these conditions become more common with age, aging alone does not explain why some individuals remain active and independent well into later life while others struggle with chronic pain much earlier.

A crucial factor comes down to how well the body moves, adapts, and recovers from the physical stresses placed upon it over time.

Movement is essential for maintaining healthy joints, muscles, discs, and nerves. Joints depend on motion for lubrication and nutrition, muscles provide support and stability, and spinal discs rely on movement to exchange nutrients and remove waste products. When movement becomes limited due to injury, poor posture, repetitive stress, prolonged sitting, or inactivity, the body begins to compensate. Over time, these compensations can increase stress on tissues and contribute to pain and dysfunction.

For this reason, treatment ideally should focus on getting to the root cause and functionality more than symptomatic relief itself. The goal is to restore normal movement and create an environment that supports healing. Joint manipulation and mobilization can improve motion and reduce abnormal mechanical stress. Soft tissue therapy helps address muscle tension, scar tissue, and fascial restrictions that may contribute to pain and movement limitations.

Additional therapies such as Class IV laser therapy helps accelerate tissue healing, improve circulation, and reduce inflammation. Extracorporeal shockwave therapy promotes tissue repair and healing in chronic tendon, ligament, and soft tissue conditions. Spinal decompression can help reduce pressure on discs and nerves while improving nutrient exchange within spinal structures. Corrective exercise helps improve stability, strength, and movement patterns to support long-term results. With a combination of this therapeutic approach, affected structures tend to respond very well and become more functional with less pain.

When abnormal stress persists for years, imaging studies may reveal arthritis, bone spurs, disc degeneration, herniations, or spinal stenosis. However, one of the most common misconceptions is as-

suming these findings automatically explain a person's pain.

Many individuals with significant degenerative changes experience little or no discomfort, while others with relatively minor findings may have substantial symptoms. Pain is often influenced by inflammation, tissue irritation, movement dysfunction, and mechanical stress as much as structural changes themselves.

In clinical practice, patients frequently improve even when imaging findings remain unchanged. The arthritis does not disappear, and the degenerative disc does not become completely new again. What changes is the environment surrounding those structures. Inflammation decreases, tissues function more efficiently, mechanical stress is reduced, and mobility improves. As function improves, pain often decreases as well.

Meaningful recovery does not always require structural changes visible on an MRI or X-ray.

While some conditions require surgery or more invasive interventions, many people benefit from a conservative, movement-based approach focused on improving function.

Remember, movement is only one piece of the puzzle. Other factors such as proper nutrition, adequate hydration, sleep quality, stress management, and other lifestyle factors also influence healing and recovery. Lasting results often require a combination of effective treatment, patient education, strength development, and healthy habits.

The ultimate goal is not simply to reduce pain today, but to preserve function, maintain independence, and help people continue doing the activities they enjoy for years to come.



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A Dietitian's Guide to: Summer Wellness Reset

Simple, natural habits to feel energized, hydrated, and confident all season. Summer is the perfect season to reset your health habits and embrace simple, natural wellness practices.

With longer days, warmer weather, and more time spent outdoors, even small lifestyle shifts can have a noticeable impact on how you feel. By focusing on sun exposure, nutrition, hydration, and body awareness, you can support your overall well-being in a way that feels both sustainable and enjoyable.

One of the most important summer wellness habits is getting enough vitamin D. Unlike most nutrients, vitamin D is readily available through sun exposure rather than food, and it plays a key role in supporting immunity, mood, and cellular health. Because many people spend most of their time indoors or eat fat-free dairy, deficiency has become increasingly common. The upcoming season provides an opportunity to restore our vitamin D levels. Spending short, consistent periods in the sun, like 30 minutes to an hour a day, can help your body build up adequate stores for the months ahead.

FOODS RICH IN VITAMIN D

- Fatty fish (salmon, sardines, and mackerel)
- Egg yolks
- Fortified dairy or plant-based milks
- Mushrooms exposed to sunlight

Supporting your skin from the inside out is also essential during the summer months. Sunburn is a form of inflammation, and your diet influences how your skin responds to UV exposure. Eating anti-inflammatory foods can help reduce sun sensitivity and support recovery. Nutrient-dense, whole foods provide the building blocks your skin needs to stay strong, hydrated, and glowing!

FOODS THAT SUPPORT SKIN PROTECTION

- Omega-3 rich foods: salmon, flaxseeds, walnuts, chia seeds
- Healthy fats: avocado, coconut oil, olive oil, grass-fed butter
- Vegetables: spinach, kale, tomatoes, carrots, bell peppers
- Antioxidant-rich foods: blueberries, strawberries, green tea, black beans, almonds

In addition to nutrition, practicing smart sun care is essential. Wearing lightweight, breathable clothing, wide-

brimmed hats, and sunglasses can reduce direct sun exposure while still allowing your body to benefit from natural light. Always use sunscreen.

Hydration becomes especially important during the summer as higher temperatures increase fluid loss through sweat. Water supports nearly every function in the body, including temperature regulation, digestion, and energy levels. Aim for at least 64 oz per day.

FOODS AND DRINKS THAT SUPPORT HYDRATION

- Water-rich fruits: watermelon, strawberries, oranges
- Vegetables: cucumbers, celery, lettuce
- Coconut water
- Herbal teas served cold
- Infused water with lemon, mint, berries, or cucumber

Summer is also an ideal time to take advantage of fresh, seasonal produce. Fruits and vegetables harvested in season are often more flavorful, nutrient-dense, and affordable. Fruit and veggies mean extra fiber for gut health and weight loss.

SEASONAL SUMMER PRODUCE

- Fruits: watermelon, peaches, berries, mango, pineapple
- Vegetables: zucchini, corn, tomatoes, cucumbers, leafy greens
- Fresh herbs: basil, mint, cilantro

By embracing these simple summer wellness habits and nourishing your body with supportive foods, you can feel energized, hydrated, and confident throughout the season!

FIORELLA DICARLO
Instagram: @fiorellaestv
Fiorella@FiorellaRD.com
FiorellaRD.com
917-412-4521

Fiorella DiCarlo, RD, CDN
Registered Dietitian



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FOCUS

WENDY KAUFMAN

PHOTO BY RON GALELLA

Your favorite beverage brand ambassador, Wendy Kaufman, gets candid about her deep-rooted journey of health and self-worth, life before becoming *The Snapple Lady*, and how special those letters truly were.

“It all really started when I was thirteen. I met a guy by the name of Michael Greenberg, who is now deceased, but he was my best friend for many years, and his father Arnie was one of the founders of Snapple. There were three owners - two of them were brothers-in-law, and they joined Arnie, who was in the health food business. He had a store on First Avenue on the Lower East Side in Manhattan, and the three friends got together to start this company called Unadulterated Foods which eventually became Snapple. They had drinks called Vitamin Supreme and really healthy stuff, and us kids could have taken whatever we wanted, but we didn't because it was all healthy. When I was a teenager I had a great relationship with his family, they took a liking to me and became second parents in a way. When I got sick, and had a substance abuse intervention, Arnie was there for me. He knew that I had been working in my family business, that I was smart, and had a great personality. So, he asked his partners if it was all right to go out of the norm and hire a friend of the family - because they had made a strict rule not to work with anyone they knew... and the partners agreed. I turned him down three times initially because I felt that I didn't want anyone to think I was using contacts or taking the easy way out, but it was a hard time financially. I was always one of the last two or three people to be considered for any job I was interviewing for. I always lost out because I wasn't as pretty as the next girl, and I wouldn't have worn a nice dress and certainly had a weight problem. That was definitely a big part of the culture back then. Soon I realized my money was running out, and Arnie had at that point come back to me and said, 'Look, I'm not going to do you any favors. But I am going to make this your opportunity to make the job whatever you want it to be, because I think you're going to really like the beverage business.'"

It was completely a man's business. The only women that were there were secretaries and maybe a sales person scattered around. I went into the order department, which was a great place to start meeting the distributors and learning the flavors. I truly enjoyed it, and my office was right next door to Michael's. That was great for

me because I felt very protected. For the first time there was someone believing in me more than I believed in myself. Arnie really put a lot of care, love and concern into me. I hadn't been there very long when I noticed we were getting these letters from all over, and people were trying to get in touch with Snapple for movie product placements and other inquiries, but we didn't have anybody in public relations.

I told Arnie, 'I know what I want to do here,' and I remember him telling everyone, 'I know she's doing something... we're not exactly sure what it is, but she's definitely making a difference.' They gave me a budget and allowed me to attend school to learn computers, as everything was on the cusp of transitioning to that format. I put the letters into ten separate categories so we could answer them correctly. Companies weren't really doing that... if you wrote to them back then, they would probably answer, 'Thank you, here's a sticker, here's a coupon,' but never answer your question. When the commercials started, which were based upon the letters, I just knew that being there for the people was critical. The letters were hand-written in the beginning, and some were very interesting and very personal - which was unexpected - they didn't know us, they were just writing to a company, but I felt very strongly they wanted to have a relationship with us.

I did the first commercials, and then Snapple got sold to Quaker Oats. Instead of Arnie being my boss, a guy by the name of Jude Hammerle was hired as the director of marketing, and he was the one who recognized the value of the letters - what and who they were representing - and decided to do a big, *authentic letters campaign*. I had gotten accepted years prior to the Newhouse School of Communications at Syracuse University, which is a great school, because I wanted to be a filmmaker. My father was totally against it, but my mother said, 'Let her do what she wants to do,' and I graduated with degrees in Film, History, and Sociology. From my education at Syracuse I knew how to be in back of the camera, and I knew what you needed in front of the camera, so I was never afraid. Before we had even been on TV, we got a letter from someone saying,



'I love Snapple so much. I swear I am not lying,' and that became the commercial where they hooked the guy up to a lie detector test. We didn't change any of the letters, we kept them intact, and the ad agency came up with the idea of starring the real people in the commercials. I remember one guy sent me a picture of himself sitting on a pier and he was naked, so I wrote back, *put some clothes on - you're going to get a splinter*, and I sent him a ton of Snapple clothing. But you could do that in those days. I always told everybody, 'I don't play the part, I am the part.' People saw my irreverence, and they got it.

It was, in a funny way, the beginning of influencing. I really probably was the first influencer, because I was out there touting a brand and being with the people, which was very unusual a few decades ago. At the beginning of the campaign, there were a ton of meetings with all the company heads to discuss if the fat girl who started in the order department could really be in the commercials, and be the face of Snapple, because there were not a lot of people like me on television. Finally the new ad agency came in and said, 'We want her.' Oprah was on TV and Roseanne was incredibly popular at the time, so there were definitely some television personalities who had weight issues, and Arnie said, 'Hey, if we're paying the agency all sorts of money for their opinion and they want her, that's what we should do.' I remember calling my parents, and telling them I was going to star in the next Snapple campaign, and my mother starts screaming to my father, 'Ronnie, get on the phone, Wendy is back on drugs.' Then to me, 'You're a fat, Jewish girl from Long Island, they're not putting you anywhere. What are you even saying?' It was a very funny moment in my life."

Kaufman's path to major icon status was not an overnight success story. Frankly, it was a scenario that almost didn't happen.

"I started my drug journey probably when I was born. At six weeks old I was on my first diet... I would fall over while my parents took pictures of me sitting on the couch because I was overfed. I was born an addict, there's no question. Every time I would do something, if I liked it - there was no stopping. Food was the first addiction, and my second was when I was 13, and we would go to bar and bas mitzvahs, which was the circuit back then. They would have cigarettes and matches on the tables that were embossed with the kids' names on it, and people would have alcoholic drinks, setting them down all over the place. We were all stealing everything from the tables because we didn't care what we were drinking. At the age of 13, I started smoking, and my mother couldn't say anything to me about that because she was a smoker too. By the time Syracuse rolled around, that's when I found Quaaludes. Someone called me one day and asked what I was doing, and I answered, 'Crystal meth.' They were shocked, but I said, 'Well, you asked.' I was always very vocal about it, but knew something had to change.

I had even gotten engaged as part of trying to save myself. I thought if I got married I wouldn't be an addict anymore because I'd have children and go that path, but I realized I didn't love that guy. My choices were horrific, and I broke off that engagement. When I saw him soon after, he called me so many horrible names. I was so distraught from the whole episode that I went into my apartment, got on my knees, and asked God to kill me right then and there - *or get me well*. I knew I had hit my end game and couldn't live in my own skin anymore. If I would press my cheeks my nose would bleed because I was so infected in my face. Recognizing how sick I actually was, and along with a family intervention, I signed myself into a 28-day program. They kept me for 45 days and the doctors told me, 'If you don't get more extensive care from an outside provider, then you are going to die.' I knew they were right, and I went. The therapeutic community I ended up in *first*, is the *last* place that most people end up while on their sober journey... it was created for the *reluctant to recover*. I was 31 when I went into rehab, which turned into a ten month ordeal. My parents were adamant that I took care of it all myself. They told me, 'You got yourself in, and now you have to get yourself out.' I had full control of my recovery, but it hit me in my own pocket.

When I got out of treatment, working at Snapple changed everything. It all became about gratitude and each day was a bonus day that I was going to live. I am truly blessed. This year will be thirty-seven years sober for me... I should have died at 31."

The Snapple campaign became an enormous success, turning the letter writers into co-stars themselves. This left an indelible impact on Kaufman, who never took her representation of the company lightly.

"Instead of going to tons of meetings back then, I hired a therapist who had been sober for thirty years to become my mentor, because I was nervous I would start to be discovered in the rooms of AA meetings. I also had a fear that someone would see me drinking something other than Snapple, take a photo, and I would get in trouble. It was a really hard manner of living in some ways. When Kurt Cobain died, I must have gotten sixty letters from fans of his that were distraught, and I was upset for them. I went to my therapist and we wrote a letter back to each of those people... I didn't dismiss any of them.

When I was younger, *Tiger Beat Magazine* ran a contest where they would choose one person to go on a date with Barry Williams (Greg Brady), who I was madly in love with, and I wanted to win. I entered... and of course I didn't win, but I didn't even hear back from *Tiger Beat*, and that was the only fan letter I ever wrote. I thought I really deserved some kind of response if I cared enough to write a letter. When I ended up in my position at Snapple, that event was even more of an impetus to do this, because I remembered how upset I was as a kid when they didn't even acknowledge my existence. I didn't want anyone to feel like they didn't count, because everyone counts! Barry Williams found out what happened, and eventually I did get to meet him. I went on *The*

Stephanie Miller Show, and he came out on stage where he handed me several dozen roses - I fell on the floor and couldn't even speak. Here's what's so great about this story - Colleen Broomall, who is an important person in my life, had written to me for Take Your Daughter to Work Day, and asked if it would be possible for me to take her with me. I did, and we had an unbelievable day. We stayed in touch for years, and when she grew up she went to work for *Tiger Beat*, answering letters there as part of her journey—because she had wanted to fix that part of my story. I hear from people all the time that I was a source of joy for them... if only they could do those commercials again. They were fun, they brought people together, and were something to look forward to. This world now is an alien world to me, and one quite frankly that I'm sort of disappointed in. We are supposed to be humanitarians before anything else."

Made from the Best Stuff on Earth was Snapple's slogan, but that catchphrase could easily also be used to describe the inherent nature of the woman behind the trademark.

"One day I took a fleeting glance in the mirror, and instead of seeing the imperfections, I saw a sparkle in my eye for the first time in my life. While I accidentally became a powerful figure in the beverage industry, I was really just trying to save myself, and found out I could do so by helping others. I was a female navigating through a male's world, and they never really understood me... they were just there for the money and power plays. These guys spent years attempting to get me to not exist

by taking me off the commercials. I went through five iterations of Snapple and kept that job until 2008, when they gave me a contract based upon no guarantees or appearances... and that's how they got rid of me. Then through VH1, I wound up on *Celebrity Fit Club*, and *I Love the '90s*.

They had actually cast *Celebrity Fit Club*, but somebody had dropped out. At the last minute, my name was mentioned as a substitute and they contacted me. I flew out to California on the weekends we filmed it, and it became a life-changing show. On my next birthday I will be 68 years old. I left New York... I'm in Las Vegas now, and have family and friends that really love me. I went from a high of 260 pounds to 152 - I just weighed myself with clothes on - so it's a little less than that. I did need some skin removal and a breast reduction for medical reasons, but I still walk, and purposely bought a home that had steps."

Kaufman reflects on her time at Snapple dearly, and is never too far removed from the memories that anchored her soul with purpose.

"I've been tinkering with writing a memoir for twenty years... perhaps even doing a documentary. That would be the most unbelievably loving homage that I could pay to the owners of that company who always believed in me. Now I'd like the name of it to be, *From Coke to Snapple, My Life in Ounces*... but I'll have to see if we can get clearance for that. It's just a really interesting story of a regular person who ended up in the spotlight, and made a small difference in people's lives."

“
I didn't
want anyone
to feel like
they didn't
count,
because
everyone
counts!”

JULY 4TH CELEBRATIONS

An All American **JULY 4TH**



Delray Beach

DELRAY BEACH 4TH OF JULY CELEBRATION

Where: East Atlantic Avenue and A1A, Delray Beach, FL 33444

When: July 4, 2026, 6 pm - 9:30 pm

The City of Delray Beach is excited to be hosting the 4th of July Celebration again for 2026! It's been a family-friendly event for over 50 years and draws 80,000 people to our Village by the Sea. The event starts at 6 pm with the 60' flag raising ceremony, with an honor guard and the singing of the National Anthem. We invite the public to join us for this ceremony. Our celebration has something for everyone!



EVENT SCHEDULE

8:00 AM - 12:00 PM | 4's on the 4th Volleyball Tournament, south end of the municipal beach across from Casurina Rd.

8:00 AM - 12:00 pm | Sand sculpting contest, sponsored by the Delray Beach Rotary and Kiwanis Clubs. Judging will begin at 11:00 am.

9:00 AM - 1:00 PM | Snorkeling and scuba dive tours of the S.S. Inchulva "Delray Wreck". Take a guided snorkel tour of the famous "Delray Wreck". Check in/register near the volleyball courts, on the south end of the beach, across from Anchor Park. Limited spots available. There will be three waves of tours. Must know how to swim and be comfortable in open water. Equipment provided or bring your own. *Visibility of the wreck may differ with the tides. Learn more about the S.S. Inchulva and this historic site by visiting The Historical Marker Database. For more information contact Pompey Park Pool at (561) 243-7358

6:00 PM | 60' Flag Raising, Atlantic Ave. and Seabreeze Ave.

MAIN STAGE, A1A

5:00 PM - 1976 Bicentennial Time Capsule Opening,

6:30 P.M. Live Music and Entertainment

9:00 P.M. Fireworks

E. ROAD STAGE

6:30 PM - 9:00 PM -

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CYNTHIA PYFROM P.A.

Expands into Estate Planning

BY NICOL JENKINS | PHOTO COURTESY OF PYFROM & REISLER, PA

For many families, planning for the future involves more than resolving today's legal challenges—it means protecting what matters most for generations to come. Recognizing that need, Cynthia Pyfrom P.A. is expanding its services to include estate planning, offering clients guidance on wills, trusts, and legacy planning.

Respected attorney in Delray Beach, Cynthia Pyfrom, has built her practice on helping families navigate complex family law matters, which she has done for over 12 years. Now, she is broadening her reach by assisting clients with the critical decisions involved in preserving their assets and ensuring their wishes are honored.



"I wanted to expand the business to assist families in planning for their future, their life and legacy," said Pyfrom.

Drawing on her extensive background in family law, Pyfrom understands that major life events often require more than one legal solution. Divorce, for example, can have significant implications for an individual's estate plan. She advises clients to review and update their estate documents during and after divorce proceedings to ensure assets are distributed according to their current wishes.

"Many people don't realize that their estate plan may need to change after a divorce," Pyfrom explained. "It's important to make sure your assets are protected and directed to the people you intend to benefit."

As part of her expanded services, Pyfrom works closely with clients during their divorce, and following the conclusion of their divorce, to establish trusts, update wills, and facilitate the handling of assets after death. Her goal is to provide a seamless transition from resolving family law matters to securing a long-term financial and personal legacy for her clients' families.

"I want to be able to help people properly plan for the legacy they want to leave behind," said Pyfrom. "As a Personal Family Lawyer (PFL®), I build relationships with my clients. We talk about their lives, their families, their goals, and what they envision happening upon their passing so I can be sure the proper planning is completed to make that vision come true. I am more of a relationship-type lawyer with my clients."

That personal approach has been the hallmark of Pyfrom's practice throughout her years serving the Delray Beach community. Her deep understanding of family law, combined with her commitment to individualized service, allows her to develop effective solutions tailored to each client's unique circumstances.

With the addition of estate planning services, Cynthia Pyfrom P.A. is creating a comprehensive legal resource for families—helping clients navigate life's transitions while safeguarding their future and preserving their legacy for generations to come.

Originally from Frankfort, Kentucky, Cynthia attended Palm Beach Community College on a volleyball scholarship and then graduated

from Florida Atlantic University in 2004, where she obtained a Bachelor of Arts degree in Interdisciplinary Studies and a Certificate in Women's Studies. Cynthia has been employed in the legal field since 1997 and has worked in various fields of law over the years; however, in 2005 she took her first family law paralegal job at a firm handling exclusively family law litigation cases. Cynthia truly enjoyed learning family law and found that the opportunity to assist people through one of the most difficult and emotionally vulnerable times of their lives was the most rewarding experience of her legal career. Ultimately, Cynthia attended Nova Southeastern University in Davie beginning in August of 2009 as a student in the Evening Division while still maintaining full-time employment as a paralegal at a family law firm. Over the next three and a half years, Cynthia attended law school at night and over the summer breaks to ultimately graduate with her J.D. in December of 2012. Cynthia was voted by her peers to be the Student Speaker at her graduation, which was a true honor. Cynthia sat for the Florida Bar exam in February of 2013, passed, and was sworn in as a licensed Florida attorney in April that same year. In January of 2014, Cynthia opened her own law firm of Cynthia M. Pyfrom, P.A. and has pursued her passion of helping people ever since.

As an adopted child whose parents subsequently divorced when she was eight years old, and having gone through a divorce herself, Cynthia draws from her personal experiences which allows her to passionately and empathetically represent her clients.

In 2020, Cynthia's father and older brother passed away within 48 hours of each other, leaving Cynthia as the only remaining child of her father. She was ultimately responsible for handling the very difficult

task of going through the court probate process to handle her father's estate. Cynthia had to travel back and forth to Kentucky to handle her father's estate while dealing with the extreme loss of both her father and brother. Her father used an Estate Planning attorney in Kentucky, who was extremely helpful and empathetic throughout the process. Going through that experience fueled her curiosity and started her on the path of learning Estate Planning. Cynthia realized that she would truly enjoy helping clients plan their estate and help their heirs avoid the experiences Cynthia went through herself. Drawing from her own experiences, Cynthia is able to provide legal guidance and empathetic advice in both divorces and Estate Planning.

Cynthia's clients praise her for her dedication and hard work.

"Cynthia was simply amazing! She helped my sister-in-law get through her divorce and relieved a lot of the burden from her. She was very knowledgeable, courteous, understanding and professional. The kind of traits that my sister-in-law needed in a lawyer to handle her case. Cynthia guided us through the process and gave sound advice along the way. I would highly recommend Cynthia," stated a happy client.

Cynthia is dedicated to and passionate about her career, providing her clients with undivided attention and personal service. Call (561) 203-5940 to schedule your consultation today.

PYFROM & REISLER, PA
Matrimonial & Family Law
1500 Gateway Blvd., Suite 220
Boynton Beach, Florida 33426
(561) 203-5940
www.pyfrom-reislerpa.com

MATRIMONIAL AND FAMILY LAW



Cynthia M. Pyfrom, P.A. provides high quality legal representation in Matrimonial and Family Law Matters, including without limitation dissolution of marriage, child support, equitable distribution of assets and liabilities, modification, enforcement, contempt, as well as pre and postnuptial agreements. Ms. Pyfrom works exclusively in the family law arena and handles cases in the entire State of Florida.

Ms. Pyfrom has personal experience that gives her a distinctive ability to understand and guide her clients' journey through the legal process. Cynthia M. Pyfrom, P.A. is the ethical, empathetic and experienced choice for all of your family law needs.



Cynthia M. Pyfrom, P.A.

Matrimonial & Family Law Attorney

1500 Gateway Blvd., Suite 220

Boynton Beach, FL - 33426

Tel: (561) 203-5940 | www.pyfrompa.com



Boutique by Design

BY NICOL JENKINS | PHOTOS BY MELISSA KORMAN AND COURTESY OF CHRIS AND MARCEE MYGATT

Why Chris and Marcee Mygatt's hospitality company is rewriting what guests, and owners, should expect from a Delray Beach vacation rental.



The foundation of Delray Nightly Vacation Rentals wasn't laid in a boardroom. It was built somewhere over the Atlantic, in airport lounges from Stockholm to Vietnam, and in the long ledger of hotels Chris and Marcee Mygatt checked into across decades of extensive travel.

"We've always loved exploring," Chris says. "But over the years of many trips, we never once booked a short-term rental. Not an Airbnb, not a VRBO, not a single one. The quality was inconsistent. The cleanliness was a coin flip. The accountability didn't exist. So, we did what skeptical travelers do. We stayed in hotels we trusted."

That skepticism became the blueprint for a business. When the Mygatts left Denver for Delray Beach in 2022, they entered the vacation rental industry as two of its harshest critics.

"We thought it would be fun to make a difference," Marcee says. "To stop solving these problems for ourselves as travelers and start solving them for everyone else."

What they built was deliberately small, deliberately careful, and deliberately different: a boutique vacation rental company designed around what actually matters when a guest opens the front door for the first time.

BOUTIQUE IS A CHOICE, NOT AN ACCIDENT

Today, Delray Nightly manages a tightly curated portfolio: properties the Mygatts own outright alongside a hand-picked selection of homes belonging to investors who share their standards. Every property sits east of I-95 in Delray Beach.

"We're not chasing scale," Chris says. "We're chasing a guest experience that only exists east of the 95. The walkable streets, the beach minutes away, downtown around the corner, maybe a water-front experience. If a home isn't there, it isn't us."

By saying no to most properties, the Mygatts can resource the ones that fit, staff them locally, and obsess over them in a way high-volume operators simply can't. Every home gets the full force of the same playbook: the same standards on linens, the same cleaning team, the same response protocols, the same pricing intelligence, the same nightly attention to detail.

THE OWNER'S PERSPECTIVE

Most vacation rental management companies don't own the homes they manage. The Mygatts do, and that changes everything.

"When you've signed your name to the mortgage on a vacation property, you don't squander the asset," Chris says. "We treat every home in our portfolio, whether we own it or an investor does, exactly the way we treat our own. That's just the only way we know how to do this."

Behind the curtain runs a serious operations platform: dynamic pricing, channel management across Airbnb and VRBO, and a proprietary linen system the Mygatts developed with their local cleaning team. But the technology only works because of the dedicated people on the ground who actually care. The kind who can be at a property in fifteen minutes when something needs attention.

The results show up in the data: hundreds of five-star reviews, occupancy rates that consistently beat comparable homes, and an owner-satisfaction record quietly attracting referrals.

THE QUESTION THEY'RE ASKED MOST

One question comes up almost every time: who should I work with to find the right short-term rental property in Delray?



"Lindsey and Curtis Bennett at Coldwell Banker," Chris says. "They happen to be family. Lindsey is our daughter, Curtis our son-in-law. But that's not why we work with them. They're the top agents at Coldwell Banker in Delray Beach, and they understand what it takes to curate a property that actually performs as a short-term rental, not just one that photographs well. Those are very different things. We use them exclusively for all of our acquisitions. We wouldn't trust anyone else with this market."

IN AN OWNER'S WORDS

"I've worked with property managers before, and this doesn't compare. The bookings are strong, the reviews are consistent, and the

level of care on every turnover is exactly what you'd want. Being in a small, carefully curated portfolio rather than lost in a stack of hundreds of listings is the whole difference. As an owner, that's the peace of mind you're actually paying for." - Fran V., Swinton Palms House

For Chris and Marcee, those words are the whole project, distilled. After twenty years of being the guests, they finally became the kind of hosts, and the kind of partners they always wished existed. If you own a vacation rental in Delray and you're looking for a fresh approach and higher returns, give them a call today.

DELRAY NIGHTLY VACATION RENTALS
(303) 880-5020
chris@delraynightly.com
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DO YOU OWN AN AIRBNB OR SHORT-TERM RENTAL?

Are you looking to:

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Delray Nightly Vacation Rentals is a boutique vacation rental company based in Delray Beach with a relentless focus on creating exceptional guest experiences. Our property owners benefit from dynamic pricing strategies, high occupancy rates, and the confidence that their homes are being cleaned and maintained to the highest standards with the utmost care and professionalism.

Discover a better way to operate your short term rental, call Chris at 303-880-5020!



@delraynightly DelrayNightly @delray.nightly

www.delraynightly.com

HUNGER IN DELRAY



A Hidden Need.

BY MAE COOPER

Tonight, one in six children in Palm Beach County will go to bed hungry. One in eight of your neighbors are actively struggling to put food on the table. Palm Beach is consistently ranked as Florida's wealthiest suburb, but don't be deceived by the coastal glamour. Food insecurity is a crippling issue for many Palm Beach residents, and the need only grows as the cost of living steadily climbs. Now more than ever, organizations and initiatives like the Palm Beach County Food Bank are imperative to fighting hunger in our community.



Summer break is an especially hard time for families facing food insecurity. Without the assistance of school-year programs like school lunches and breakfasts, making sure children get three square meals a day becomes even more of a challenge for families that are already struggling. This is where Palm Beach County Food Bank steps in. Over summer break, their state-of-the-art kitchen produces five thousand meals per day that are then distributed to children in the community. They partner with the program Summer BreakSpot to deliver meals to places like libraries, schools, and summer camps to be collected by families in need.

This assistance extends to the school year, as well. Weekends can be another difficult time for children relying on eating meals at school, which is why the Weekend Meal Program was created. During the school year, the food bank assembles 5,700 backpacks full of snacks and easy-to-prepare meals for students to take home over the weekend. The schools are responsible for identifying which students are in need of extra food over the weekend, and then the team at Palm Beach County Food Bank provides them with a bag packed with two breakfasts, two lunches, a family meal, and snacks to hold them over until the next week begins. The School Pantry Program is another initiative aimed at combating childhood hunger. This program supports students and staff to lead their own food pantries within schools that have a high number of students signed up for free and reduced lunch. By working directly with schools, the food bank is able to reach as many students struggling with food insecurity as possible to provide a consistent and nutritious food supply.

Children aren't the only beneficiaries of the organization's work. Senior citizens and retirees make up the unexpected majority of the population facing hunger in Palm Beach. In our current economy, people who have worked their whole lives are spending their retirement worrying about the grocery bill rather than enjoying their golden years. On top of biweekly supplemental groceries delivered to low-income seniors, the food bank offers cooking lessons for senior citizens in their recently remodeled kitchen. These lessons focus on easy, balanced meals and send participants home with recipe cards and everything they'll need to recreate the meal on their own. This program eases the stress of food insecurity among seniors while also giving them the tools and autonomy to cook for themselves and learn new skills.

The Palm Beach County Food Bank is a massive operation. We had the privilege of touring their offices and two food storage warehouses and got to see the full scope of their facility. They have forty full-time employees and receive volunteer help every day, whether that be in the form of local hotel and restaurant kitchen staff coming in to help cook, group volunteers like schools or companies coming in for the day to organize and pack food, or individuals picking up a shift. As long as the Palm Beach community has a need for the food bank, the bank will have a need for volunteers, so take a look at their website, pbcfoodbank.org, if you're interested in lending a hand in your community. They also accept donations and every dollar donated provides five meals to someone facing food insecurity in our county. They have a couple of big events on the horizon, like the Pack to Give Back events at the Kravis Center on September 15th and at Florida Atlantic University on January 31st, where bulk foods are packed into meals to be distributed throughout the county. They also have the Empty Bowls Delray Beach event returning after a three year hiatus on January 23rd. This event raises funds for the Palm Beach community, and every cent earned goes straight to the Palm Beach County Food Bank. The work that they are doing is crucial to the community, and any way Palm Beach residents can pitch in to help their efforts is always welcome.

Hunger often hides in plain sight. Your friends, neighbors, co-workers, and classmates may very well be one emergency bill or missed check away from not being able to put food on the table. In many cases, the food and assistance provided by organizations such as this one are the only things differentiating between a hungry family and a healthy one. In Palm Beach County, more than 192,000 residents are struggling with hunger, 50,000 of those residents being children. Food insecurity is an unpredictable and unfair problem, but it is an unending one. Palm Beach County has one of the largest wealth disparities in the United States, and it is imperative that this community use the resources at its disposal to aid its residents. Thanks to organizations like Palm Beach County Food Bank, it's easier than ever to give back. Keep an eye out for them and the amazing work they do around town and stay tuned for their events and fundraisers in the coming months.



Healing Hands and a Kind Heart

BY DIANE FEEN | PHOTOS BY MELISSA KORMAN AND TOM D'AURIA

■ For Dr. Mario Indiviglio, becoming an acupuncture physician was never a career choice - it was a calling.

His master plan was to be a paramedic. He completed his EMT training, passed the Florida State Board examination, and was preparing for a life dedicated to emergency medicine.

An unexpected experience altered his career and his life.

While going to EMT school Dr. Mario was studying martial arts for cardiovascular fitness. The martial arts school he attended used pressure points (or acupuncture points) to recover from injuries and improve overall health.

One day during a sparring match, he sprained his knee.

"The pain was intense. I could barely put weight on my leg."

His revered teacher showed him how to apply pressure to specific points on his body to reduce pain and inflammation.

To his amazement, the treatment worked. "I was captivated by the results. It seemed unbelievable that something so simple could make such a big difference."

He spent the summer studying acupressure and started helping friends and family who were suffering from back and neck pain, inflammation, arthritis and more.

The positive results sparked a passion that would shape the rest of his professional life, and the lives of those around him.

He enrolled at the Acupressure/Acupuncture Institute, where he was trained to be a Doctor of Oriental Medicine and Acupuncture Physician.

Today, Dr. Mario is a board-certified acupuncture physician in Florida with three decades of experience treating patients. Throughout his career, he has worked with people facing a wide range of physical, neurological and emotional problems.

His medical journey also included serving as an Acupuncture Physician and CranioSacral Therapist with the pediatric oncology support team at St. Mary's Medical Center in West Palm Beach.

There, he helped pediatric cancer patients manage side effects of chemotherapy and provided relief from anxiety and emotional stress with life-changing illness.

Over the years, Dr. Mario has successfully treated patients with sports injuries, migraines, neck and back pain and PTSD. He is also a hero to people with special needs, infertility, traumatic brain injuries, TMJ and chronic fatigue syndrome.

According to Dr. Mario, acupuncture works by stimulating the central nervous system to release endorphins, serotonin, and other neurotransmitters and reduces pain.

Treatments can help shift the body from a stressed state to a relaxed one. This reduces anxiety and creates a sense of well-being.

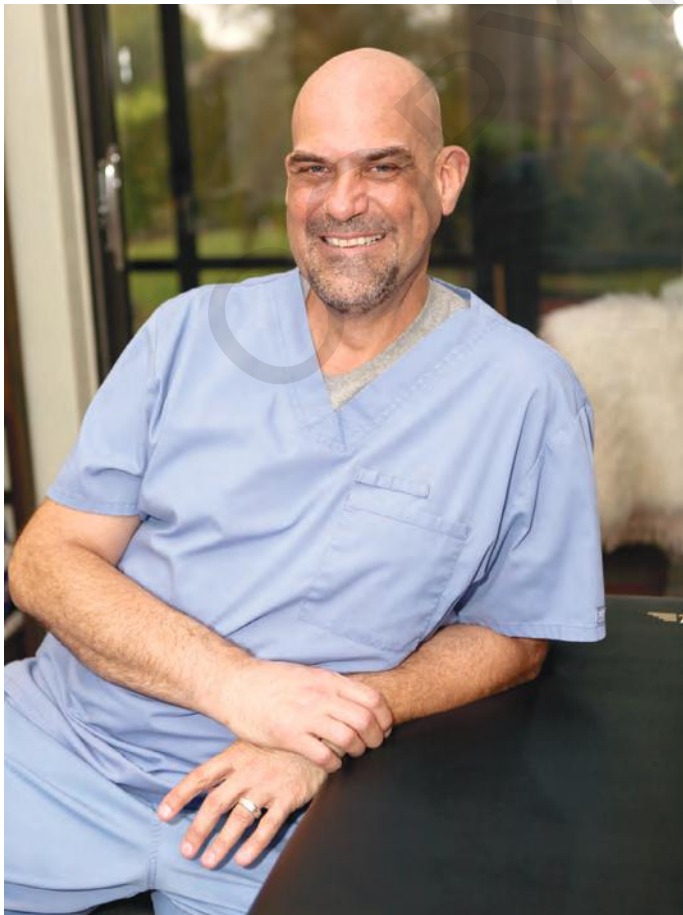
Acupuncture also improves circulation, increases blood flow to damaged tissues, and helps block pain signals. The result is a natural, drug-free approach to pain management and recovery.

Complementing his acupuncture practice is CranioSacral Therapy. This gentle, non-invasive treatment utilizes light touch to release tension in the body's connective tissues.

This therapy focuses on supporting the central nervous system and encourages the body's self-correcting mechanisms.

Dr. Mario has witnessed remarkable transformations through CranioSacral Therapy.

One memorable case involved a six-year-old girl named Molly. Following a severe stomach virus, her personality changed dramatically. During treatment she slept deeply and gradually returned to her energetic, happy self.





Another patient sought treatment after suffering the trauma of a miscarriage. Through gentle therapeutic work, she found relief and began reconnecting with her sense of balance and well-being.

Perhaps one of the most inspiring stories involved Carolyn, a young girl with special needs who struggled with severe scoliosis and required assistance to sit down. After a few sessions Carolyn was able to sit down by herself.

For Dr. Mario, these moments are rewarding for both him and his patients. "Healing is often measured not by dramatic recoveries, but by small victories that restore dignity, comfort and quality of life," he said.

"Every patient is unique. I customize every treatment based on the individual's needs and circumstances."

That personalized approach has earned him the trust and gratitude of countless patients.

Robyn Byrd is one of them. "Dr. Mario has successfully helped our special needs daughter with balance issues, worked on our son's vision problems, and relieved my sciatic nerve pain (with acupuncture) during my pregnancy with twins. We love that he comes to our home, it's been a blessing."

Vida agrees. "Dr. Mario is a gifted healer. After a few acupuncture sessions, my headaches disappeared and I was finally able to sleep through the night."

Three decades after that martial arts injury, Dr. Mario continues to help people with a variety of medical problems. His most important mission, however, is to help people heal.

For Dr. Mario, healing is not just about treating symptoms. It is about listening, educating, and partnering with patients as they rediscover their body's capacity for recovery.

What began with a sprained knee and pressure points has evolved into a lifelong mission – one that includes helping people from infancy to 99 years old.

The best part is that Dr. Mario comes to your home. He not only brings proven healing modalities, but he carries with him a kind heart and a desire to help you heal whatever ails you.

DR. MARIO INDIVIGLIO
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A NATION AT 250

1826

1876

1976

2026



“ This moment allows us to reflect on where we’ve been as a city, honor those that came before us and celebrate how Delray Beach has grown alongside our nation. ”

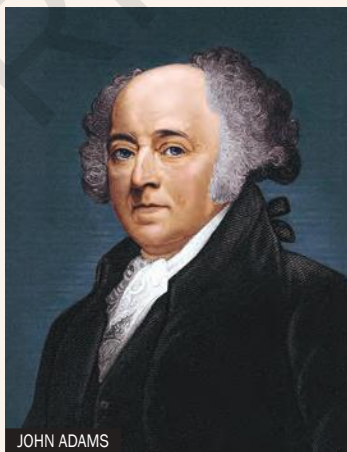
- Mayor Tom Carney

BY MATTHEW COLLINGSWORTH, PUBLISHER, ATLANTIC AVE MAGAZINE

This Fourth of July, as the United States celebrates 250 years since the signing of the Declaration of Independence, Delray Beach will mark the occasion by prying open a time capsule sealed half a century ago. Buried in 1976 during the nation’s bicentennial, the capsule holds messages, mementos, and artifacts left by a previous generation—a snapshot of a city, and a country, in the middle of its own milestone celebration.

“This moment allows us to reflect on where we’ve been as a city, honor those who came before us, and celebrate how Delray Beach has grown alongside our nation,” said Mayor Tom Carney.

But the capsule represents more than a local curiosity; it stands within a long American tradition of marking milestone anniversaries in ways that reflect both the hopes and the divides of each era. As we prepare to crack open 1976’s parting gift, it’s worth reflecting on how previous generations celebrated—and what their approaches might teach us as we move into 2026



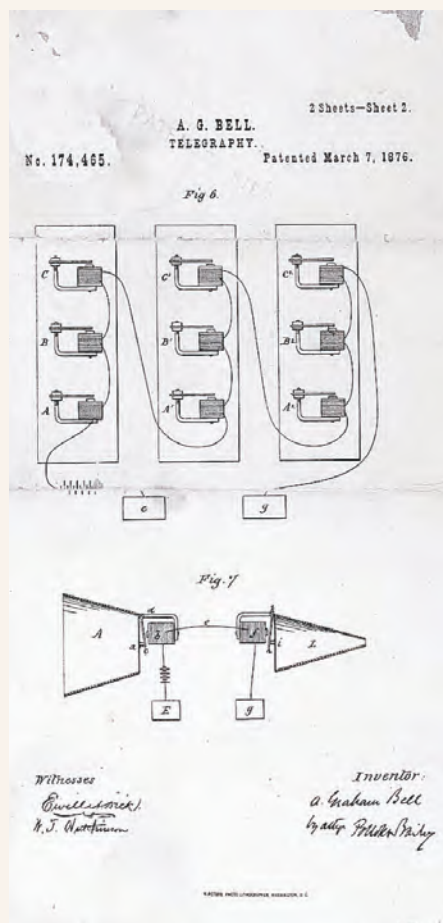
JOHN ADAMS



THOMAS JEFFERSON

1826: THE FRAGILE EXPERIMENT

The nation’s first landmark anniversary, the 50th, arrived at a moment when democracy was anything but certain. A commission headed by Roger Chew Weightman, mayor of Washington, D.C., invited the surviving signers of the Declaration, including John Adams and Thomas Jefferson. Once the closest of revolutionary allies, later bitter political rivals, and finally, in their twilight, reconciled correspondents. Both declined, their health too frail for travel. Then, in a turn of events that felt almost scripted, both men died on that very July 4, 1826, within hours of each other. Adams’s reported last words were, “Thomas Jefferson survives”—though Jefferson had slipped away earlier that day. To a young nation still doubting its own durability, the coincidence was taken as something like a benediction. If democracy could lose its last architects on its 50th birthday and still stand, maybe the idea really did have a hold on history.



1876: A WORLD'S FAIR AND A TELEPHONE

By the centennial, America was recovering from the Civil War and eager to prove itself on a global stage. Philadelphia hosted a massive national celebration that doubled as the first official World's Fair on U.S. soil. Over four months, eight million visitors streamed through pavilions that showcased the country's industrial muscle. In Machinery Hall, crowds gaped at what felt like black magic: Alexander Graham Bell's first telephone and Thomas Edison's automatic telegraph. People who could scarcely imagine a voice traveling through a wire saw the future crackle to life.

Today, we face our own bewilderment with artificial intelligence. It's a breakthrough that will almost certainly appear in the history of this semi-quintcentennial a century from now. History doesn't repeat itself, but it often rhymes. The sense of standing on the edge of an irreversible transformation is one of those eerily familiar tunes.



1976: THE TRAIN THAT STITCHED A COUNTRY TOGETHER

The bicentennial arrived during a deeply divided era. Planning began under Lyndon Johnson in 1966. It crossed through the Nixon years and Watergate and culminated under Gerald Ford. The Vietnam War, protests, and a near-impeachment did not derail what became one of the most remarkable collective celebrations in American history. Across the country, 66,000 events—like parades, reenactments, picnics, and time capsule sealings—swept small towns and big cities alike. The jewel of the year was the American Freedom Train, a 26-car rolling museum carrying iconic treasures, including the original Louisiana Purchase Treaty. Over 25,000 miles, through all 48 contiguous states, the train drew millions who stood in line to glimpse the parchment of their shared story. It was a moving reminder that even in divided times, the desire to touch something larger than one's own moment can be a powerful glue. Delray Beach took part in that impulse, tucking its own memories into the earth for us to find five decades later.



2026 AND BEYOND

As the capsule opens this year, its contents will speak of a generation that knew political strife—and still believed enough in tomorrow to leave a deliberate message. Now it's our turn. The American idea has never been a finished product. In 1776, monarchs laughed at the notion that ordinary people could govern themselves. In 1826, the founders' twin deaths seemed to insist the experiment might be blessed. In 1876, a reunited nation bet its pride on invention. In 1976, a wounded but resilient people climbed aboard a train to reclaim a common heritage. And in 2026, a Florida city will lift a metal box and listen to the past.

As we contemplate a new capsule for 2276, we can imagine placing artifacts of an AI-haunted age, a note on our efforts to sustain democracy, and a simple statement: after 250 years, the skeptics are still wrong—we trust that we will prove them wrong again.

Where Every Night Feels Like a Celebration

BY DIANE FEEN | PHOTOS COURTESY OF GOOD NIGHT JOHN BOY

Walk into Good Night John Boy on a Friday night and you'll understand why it's become one of Delray Beach's most talked about nightlife destinations.



The music is pumping, the dance floor is packed, and people of every age are singing along to songs that they know and love.

Some are reliving memories from the past; others might be discovering the music for the first time. Everyone is having the same reaction - that of joy.

That's exactly what the team behind Good Night John Boy hoped would happen.

"The vibe is fun, happy and an elevated dance club experience. You can't help but smile when you're here," said Shannon Ewing - Director of Client Relations and Event Manager.

Since opening its doors last May, the club has become a favorite gathering place for locals, visitors and anyone looking for a fun night out.

Located in the heart of downtown Delray Beach, Good Night John Boy has recently celebrated its first anniversary. Remarkably the year was filled with a packed dance floor, themed parties, private events and a devoted following that spans generations.

"We were blown away by the community instantly embracing us. People started telling their friends about the fun experiences they were having here. Word-of-mouth support helped us grow incredi-

bly quickly," said Rick Turner, Director of Sales and Events, Forward Hospitality Group.

The concept was originally created by CEO Michael Schwartz, who envisioned a venue inspired by an unlikely source - your grandmother's basement. The result is a playful, retro-inspired atmosphere that combines nostalgia with modern nightlife.

The music is upbeat. The energy is contagious and the experience is unique. Where else can you dance the night away in a groovy atmosphere with disco balls, neon lights, a colorful dance floor and nostalgic décor from the 70's and 80's.

You can also order a Signature drink with playful names like Mood Ring or Bad Mama Punch. Each order at the bar comes with kindness and compassion from the bartenders and the staff. How's that for retro?

Guest Christian Snyder sums up the Good Night John Boy experience enthusiastically.

"We had an AMAZING time at Good Night John Boy in Delray Beach. The music and dancing were a great mix of '70s and '80s



SHANNON EWING

hits. The atmosphere was lively and the vibe took us back to our younger days. It was an unforgettable night."

Unlike many nightlife venues that cater to a specific demographic, Good Night John Boy attracts a diverse crowd.

Early evenings are for those who prefer a more relaxed atmosphere. By 7 or 8, the club comes alive with guests arriving after happy hour or dinner eager to hit the dance floor.

As the evening progresses, the energy shifts once again.

"After 10 or 10:30, we start seeing more of the younger groups. But throughout the night, we really have all ages enjoying the experience," said Ewing.

In fact, one of the club's greatest strengths is its ability to appeal to everyone from 21 years old to 101. And all are welcome.

A resident DJ keeps the dance floor moving, while their special theme nights add excitement. There's Time Machine Thursdays, Yacht Rock Sundays and Michael Jackson Night.

Good Night John Boy also is a favorite venue for private events. With over 5,000 square feet of flexible space, the club can easily be transformed to include a birthday party, wedding, fundraiser, charity galas and more.

One recent fundraising event looked entirely different from the club's typical setup. Booths were removed, elegant dining tables were added and guests enjoyed dinner and an auction before the evening turned into a cool dance party.

Good Night John Boy also partners with local catering companies to create customized menus for private events. Guests can also bring their own caterers or design a celebration that reflects their vision.

But one thing for sure, the management at Good Night John Boy welcomes you to create the party of your dreams.

"If you want to have a one-of-a-kind experience in a fully immersive and curated environment, this is where we stand apart. We would be happy to host private events any day of the week at any time...just ask!" said Turner.

As summer approaches, Good Night John Boy is gearing up for a busy season. They're the "place to go" after the Fourth of July fireworks. The fun atmosphere and cold air conditioning are the perfect way to continue the celebration.

In one year, Good Night John Boy has built a reputation for creating memorable experiences. They're bringing together people of all ages, proving that a great night out is about more than music and cocktails.

It's about connection, celebration and having a place where everyone feels welcome and comfortable. It's laid back and retro cool – just like your grandmothers basement!

In a town known for its nightlife, Good Night John Boy has found its groove. Whether people come for the music, the memories or a night out with friends, they always leave with a smile on their face and a reason to come back.

The Club also offers reserved VIP seating with bottle service.

Judging by the crowds on the dance floor, Good Night John Boy has mastered this winning formula.

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A Palm Beach Real Estate Expert With Waterfront Expertise

BY DIANE FEEN | PHOTOS BY MELISSA KORMAN

For Curtis Brown, real estate isn't simply about buying and selling homes. It's about helping people discover a lifestyle, make smart investments and build wealth for the future



As a realtor with Hampton Real Estate Group, he specializes in waterfront homes, investment properties and luxury real estate.

His path into real estate began after college when he owned and operated bars and restaurants in the area.

"I was constantly looking at commercial spaces and leases," he said. "I would talk with realtors all the time and the business came naturally to me."

Brown purchased his first home in Delray at age 25, a property he still owns today. That early investment helped shape his understanding of the market and reinforced his belief that real estate is one of the best ways to build long-term wealth.

Today, Brown is representing Casa Marbella, a newly constructed water view home on Hypoluxo Island. The contemporary home, located at 824 W. Marbella Lane, features expansive indoor-outdoor living spaces, walls of glass and a resort-style pool designed to embrace South Florida's tropical lifestyle.

The 4,471-square-foot residence recently received a Citation Award from the AIA Palm Beach Design Awards, for its exceptional architecture and design.

Brown continues to set the bar high in the local luxury market, breaking sales records for price per square foot.

Known throughout Palm Beach County as "Captain Curtis," Brown has been in real estate business for 13 years. But those years add up to a lifetime of real estate dealings for him.

He was born and raised in Delray Beach and Ocean Ridge and understands the neighborhoods in a way that few realtors can.

"I feel that having an in-depth knowledge of Palm Beach County is important as a realtor," said Brown. "I can help clients find the perfect property for a new home, a waterfront retreat or an investment property that meets their goals."

Brown attended Gulf Stream School and Cardinal Newman High School before graduating from Lynn University. Long before becoming a realtor, he spent his days on the water as a charter boat captain. He developed a unique understanding of the Intracoastal Waterway, local marinas and waterfront communities.

Brown also met people who wanted to move to South Florida. "Many wanted to know where they could keep their boats, what areas fit their lifestyle and where they should invest."

Whether discussing dockage, boating access, waterfront regulations or the value of Intracoastal and oceanfront properties, Brown brings firsthand experience to each transaction.

He helps homebuyers and investors find exceptional properties in Delray Beach, Ocean Ridge, Lantana, Hypoluxo Island and the surrounding coastal communities.



He sold a renovated waterfront home at 913 South Lakeside Place in Lantana for \$800 per square foot. And at 130 E. Hart Street for \$500 per square foot.

His recent sale at 231 East Lantana Road, Unit 702, also set a record for a condo at \$505 per-square-foot.

Coming soon is a new construction home at 5 Sailfish Lane in Ocean Ridge.

As a property owner and investor himself, Brown understands both the rewards and challenges that come with buying real estate.

"My wife and I own and manage Airbnb rental properties and have bought and sold properties in the area," he said.

Because Brown is a real estate investor, he helps clients identify properties that will not only fit their lifestyle today but also grow in value.

That practical experience has proven invaluable for investors seeking opportunities in Palm Beach County's competitive market.

Brown's wife Rebecca is an interior designer whose expertise complements his real estate work. Together, they evaluate renovation opportunities, investment properties and development projects.

"Rebecca is brilliant when it comes to renovations and design. She has a great eye for helping people see the potential in a property."

Many of Brown's clients come through referrals, a testament to the trust he has built in the community. He listens carefully, understands individual goals and guide buyers toward sound decisions has become one of his defining strengths.

"Curtis goes above and beyond," said client Brad Levine. "Over several years, I was able to accumulate several Intracoastal properties in Lantana. Curtis was instrumental in making this happen."



Beyond real estate, Brown remains actively involved in local charitable and environmental causes. He sponsored an event supporting Wild Blue Sea, a marine conservation organization. He also supports Reel Fishing Charities, Surfers for Autism and Coastal Stewards.

Whether he's helping investors identify opportunities or guiding buyers through the purchase of a dream home, Brown approaches everything with the same dedication.

For Captain Curtis Brown, success is measured not only by sales records and transactions, but by the relationships he builds along the way.

"I want my clients to make smart decisions and create wealth for their future. Helping people achieve their goals is the most rewarding part of what I do."

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561-254-1509

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THE BARNACLE

FIVE ACRES OF OLD FLORIDA PEACE

in the heart of Coconut Grove

BY BRET TOBEY | PHOTOS COURTESY OF BRET TOBEY

One Hundred Twenty Miles Long, Fifteen Miles Wide - Effectively, that's where most of South Florida's population lives. From Tequesta at the top to Florida City at the bottom, over six million people squeeze into that crazy, beautiful strip. Throw in another forty million fascinated and perplexed visitors, and those quiet, natural places become irreplaceable treasures, like the Barnacle.



Hiding in plain sight, the unassuming, lushly forested entrance sits right on Main Highway in Coconut Grove. I first found it by accident, one morning, when the cafe across the street was too full and noisy. After buying a coffee and bagel to go, the bartender leaned over and said conspiratorially, "If you want some peace, go to the Barnacle." I clearly looked puzzled because she pointed and continued, "You simply start walking down

the path through the hammock until you come to an old stone house, and a lush green lawn sloping down to Biscayne Bay." I lifted my coffee, said, "Thanks," and started down the path.

Pretty quickly the dense tropical hardwood hammock forest starts to mask the busy sounds and having to walk gives you time to shift your frame of mind. At only five acres, just a few minutes on the path you emerge and see it just like the bartend-

er said, an old stone house at the edge of the woods, with a lush lawn sloping down to the bay. There's an open pavilion about halfway down the lawn, with a bright yellow boathouse beyond, at the edge of the bay. Even if you just sit and have your coffee on the Barnacle's porch, that view makes the drive and walk worth it.

The location is amazing, but the Commodore's story really anchors the Barnacle as a key place in South Florida history. Fortunately, we have Munroe's own account, **'The Commodore's Story'** to add life to the buildings and artifacts at the Barnacle. This narrow five-acre slice is all that remains of the 40 bayfront acres Ralph Munroe purchased in 1886 for the cost of \$400 cash, and the boat Kingfish, valued at \$400. Commodore Munroe and his wife Jessie lived the rest of their lives on the bay, and future generations kept the property. We get to enjoy it today because the Munroe family sold the property, along with most of the furnishings and artifacts to the state in 1973 for use as a museum. The location remains much as it was in 1928, when the last of the major changes were made to the house.

Munroe first visited in 1877, then again in 1881. He brought his first wife and her sister from New York to the warmer climate on the banks of the Miami River in hopes of recovering from tuberculosis. Unfortunately, they did not and Munroe set about building a new life in South Florida. The tropical hardwood hammock you walk through to get to the Barnacle once stretched from the Miami River to well south of Coconut Grove. Today, only the Barnacle and a handful of other pockets remain.

After purchasing the land, Munroe built a two-story boathouse in 1887, with living space above the first-floor workshop. That same



year Munroe and some other locals formed the Biscayne Bay Yacht Club, electing Munroe as Commodore, a position he held for 22 years. With frequent visitors, living in the boathouse proved inadequate, so the Commodore designed a one-story bungalow to sit on the edge of the ridge, just up the lawn. No roads existed in the area, and all supplies came from salvage or by boat. Using timbers he salvaged from local wrecks, local rock, along with millwork and finishings from Pensacola and Savannah, Munroe started living there in 1891. Since he thought the design with a central cupola looked like a barnacle, the name stuck. Today, the Barnacle is the oldest house in Miami-Dade County still at its original site.

Munroe married Jessie Wirth in 1895 and they needed more space for the family, so the Barnacle was built up in 1908. Using borrowed railroad jacks, they lifted the original building up and simply built another floor underneath. The patio was enclosed and the ground floor stuccoed in 1928. The house has remained pretty much unscathed and unaltered since. Before the arrival of rail and roads, boats and a foot path that runs between the Barnacle and the boathouse were the only means of travel. Commodore Munroe's various sharpie boat designs made travel and trade more accessible in South Florida. Some of those nautical touches can be seen around the house itself on the daily guided tours, such as the system of lines and cleats used to open the cupola transoms to catch breezes.

Today, the park has an active volunteer community that plans many events throughout the year, such as plays, as well as and the maintenance of two replica Munroe-designed boats. Almost any day works for a picnic, and you can check with the state park website or the Barnacle Society for upcoming events at <https://www.floridastateparks.org/parks-and-trails/barnacle-historic-state-park>



The Expert In Oral And Facial Surgery

BY NICOL JENKINS | PHOTOS BY MELISSA KORMAN

With over 20 years of experience, Dr. John R. Pasqual specializes in all surgery of the mouth and facial-complex, from wisdom teeth, and dental implants to facial trauma and reconstructive surgery.

When looking for a dental specialist and surgeon who is trusted and experienced in oral and facial reconstruction, Dr. John R. Pasqual continues to be a top recommendation. Pasqual Oral & Maxillofacial Surgery, located in Delray Beach for over 12 years, offers only the highest quality technology such as laser surgery and Three-Dimensional Scans for the betterment of their patients.

"The practice focuses on oral surgery and rehabilitation, dental implants, oral pathology, cancer screenings, facial trauma and reconstructive surgery of the mouth and the face," said Dr. Pasqual.

"We have added laser-assisted surgery to our practice; it is less traumatic and gentler to the surrounding tissues, less pain after surgery and less downtime. The goal of providing advanced technology and procedures is for better healing and decreased discomfort for our patients."

Dr. Pasqual's staff is trained in IV sedation within their state-of-the-art office, which offers private rooms and a relaxing setting for each patient. They have recently incorporated lasers in the practice for surgical cases, which is less painful and provides for faster recovery times. The office is also utilizing Platelet Rich Fibrin to accelerate the healing of soft and hard tissue.

"Pasqual Oral & Maxillofacial Surgery is different from many dental or medical clinics; we are a very patient-centric office. We focus on the patients' physical as well as emotional wellbeing," said Dr. Pasqual.

The center utilizes only the best diagnostic equipment including i-CAT 3D imaging which produces precise high-definition 3D scans of your entire mouth, face and skull so an accurate treatment plan may be established. Dr. Pasqual's office is one of the few centers that utilize this advanced technology that greatly benefits each patient because of its accuracy. They also offer a procedure called NightLase, which is a laser treatment used to decrease the frequency of snoring at night and improve patient's airways to sleep better. Other offerings include: Botox and facial fillers, dental implants, wisdom teeth, oral rehabilitation, and utilizing laser for facial aesthetics to decrease scarring, wrinkles, and sun spots with minimal downtime and discomfort. Dr. Pasqual's experience in the only surgical specialty of dentistry gives him an edge over many.

In fact, oral and maxillofacial surgery requires years of hospital-based surgical and medical training after graduation from dental school. John R. Pasqual, D.M.D., P.A. is a board-certified oral and maxillofacial surgeon and fellow of the American Association of Oral and Maxillofacial Surgeons, as well as fellow of the American College of Oral and Maxillofacial Surgeons. He is a graduate and graduating class President of the University of Pittsburgh School of Dental Medicine. Dr. Pasqual received post-graduate training in surgery as well as anesthesia at Case Western Reserve University, MetroHealth Medical Center, a level I trauma center located in Cleveland, Ohio where he served as chief resident.

Dr. Pasqual has many accolades and gives back in other areas of his life, including being the past President of the Palm Beach County Dental Association, as well as the Atlantic Coast District Dental Association. He is the former Chairman of the Bethesda Hospital Foundation, and current member of Bethesda Hospital East and West Board of Directors. Dr. Pasqual is a former clinical associate professor at the University of Florida as well as Temple University. He was inducted into the Pierre Fauchard Academy, an international honor society recognizing excellence in his specialty. In addition, he is a Trustee to the Florida Dental Association, former Delegate to the ADA and



prior committee member on the FDA Council for Dental Education and Licensure. Dr. Pasqual supports the Mission of Mercy through the FDA to provide health care for underserved individuals in Palm Beach County who can't afford to have dental treatment.

His expertise hasn't gone unnoticed... His patients come from Boca Raton, Palm Beach, Jupiter, Miami and really from all over the world. Dr. Pasqual has even treated many celebrities, world-renowned musicians, athletes and other high-profile patients.

"I treat several patients that have celebrity-status. However, all my patients are super-stars to me. It is a true privilege to practice each and every day. I am humbled that patients that may obtain medical care anywhere in the world choose my office," said Dr. Pasqual.

Whether it's a dental implant, complete oral rehabilitation, or facial reconstruction, Dr. Pasqual finds an inner reward in helping his patients look and feel their best.

"If I could give Dr. Pasqual and his staff 10 stars, I would! This was my first time ever having any type of surgery done (wisdom teeth) and my experience was A+. Everyone is very informative and friendly. The office is extremely clean and well organized. It was the most relaxing, painless procedure. I barely felt any pain afterwards. I would recommend Dr. Pasqual to all my friends and family members for any future work," stated a client.

PASQUAL ORAL & MAXILLOFACIAL SURGERY
4600 Linton Blvd #220
Delray Beach, FL 33445
561-900-9080
www.pasqualoms.com



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America's 250th birthday at the Best Beach in Florida

BEST BEACH

Our City continues to earn national recognition as one of Florida's most treasured destinations. We are honored to be named the No. 1 Best Beach in Florida in USA Today 10Best Readers' Choice Awards for the third consecutive year.

This recognition reflects the City's ongoing commitment to maintaining and enhancing its beachfront, protecting natural resources, and investing in the amenities that make the City of Delray Beach a premier place to live, work, and visit.

TIME CAPSULE UNVEILING AND FOURTH OF JULY CELEBRATION



Kick off the City's Fourth of July Celebration with the ceremonial opening of a time capsule sealed 50 years ago. Residents and visitors are invited to gather at the main stage on Atlantic Ave and A1A, on July 4, 2026, at 5 p.m., for a rare opportunity as we unveil artifacts, messages, and memories preserved by a previous generation. Together, we will reflect on the City of Delray Beach's history, honor those who helped shape our community, and celebrate the remarkable progress made over the past five decades.

The celebration will continue as the City joins communities across the nation in commemorating America's 250th birthday with the raising of the 60-foot flag and singing of the national anthem.

Festivities along East Atlantic Avenue, from the Intracoastal Bridge to A1A, will feature family activities, delicious eats, arts and crafts, live music, and a fireworks show at 9 p.m.

Plan ahead for transportation and parking. Multiple parking lots are available west of the Intracoastal Waterway bridge, and ride share options, including Freebee, will be available. For more information, visit DelrayBeachFL.gov.

FREE PARKING WEDNESDAYS

In May, the Delray Beach City Commission approved "Free Parking Wednesdays" at the City's downtown parking facilities from June 3 to Aug. 26, 2026.

Take advantage of complimentary parking while exploring downtown Delray Beach's shops, restaurants, galleries, and events all summer long.

For participating locations and additional parking information, visit DelrayBeachFL.gov/Parking.

ARTS & CULTURE AT CAS

Celebrate creativity through a series of engaging cultural experiences at the Creative Arts School (CAS). The month begins with a special Fourth of July Artist Market, showcasing local artists, artisans, photographers, and makers inside the CAS. From June 5 through Aug. 1, 2026, *Bury Me in Palms*, a solo exhibition by multidisciplinary artist Amaya Estrada, will be on display. The exhibition features prints, ceramics, and mixed-media works inspired by nature and material exploration. Visitors can further explore the artist's work through an artist talk on July 2 at 6 p.m. and a hands-on printmaking workshop on July 25 at 11 a.m., both led by Estrada.

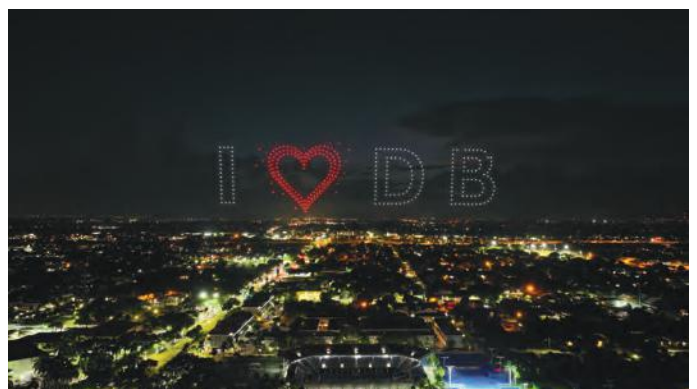
In partnership with the Spady Cultural Heritage Museum, the CAS will also host the Black Movie Experience (BMX) series July 9 and 25, 2026. The series will feature free film screenings and community discussions that celebrate Black history, culture, and storytelling.

Together, these programs highlight the City of Delray Beach's commitment to arts, culture, and lifelong learning while creating opportunities for residents and visitors to connect through creativity.

For more information, visit DelrayBeachFL.gov/CAS

JOIN US IN JULY

- **Artist Market** – Saturday, July 4, from 10:30 a.m. to 1:30 p.m. at Creative Arts School
- **BMX Series: Peanut Headz: Black History Toonz series** – Thursday, July 9, at 6 p.m. at the Creative Arts School at Old School Square
- **Green Market** – Saturday, July 4, 11, 18, and 25, from 9 a.m. to 1 p.m. at Old School Square Amphitheater Lawn
- **BMX Series: Farming While Black** – Saturday, July 25, at 2 p.m. at the Creative Arts School at Old School Square
- **Delray in the Sky Drone Show** – Wednesday, July 29, from 6 p.m. to 9 p.m. at Old School Square



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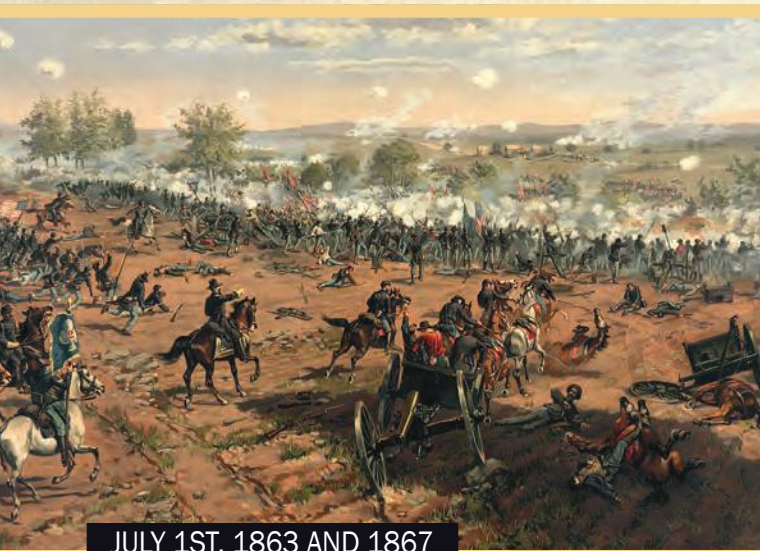
Pamela



Looking Back JULY IN HISTORY

BY LEWIS DAVID

Looking back at important dates that took place in the month of July both here in America and across the globe.

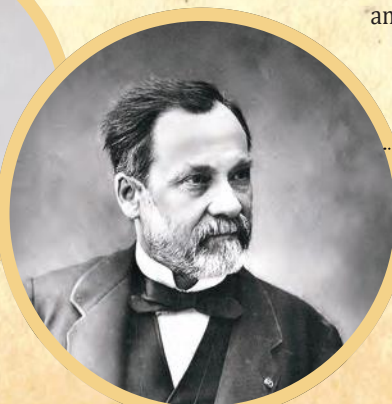
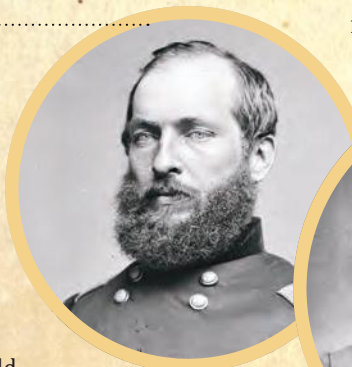


JULY 1ST, 1863 AND 1867

- The Battle of Gettysburg, one of the pivotal battles of the American Civil War, begins.
- Canada Day, a national holiday in Canada, is commemorated when the confederation of Upper and Lower Canada were united to become the Dominion of Canada.

JULY 2ND, 1881 AND 1964

- President James A. Garfield was shot and wounded as he entered a railway station in Washington D.C. The wound would prove fatal, and he would die a few months later on September 19th.
- The Civil Rights Act of 1964 was signed by President Lyndon B. Johnson, which would prohibit discrimination most notably in the field of voter registration, paving the way for African Americans to gain equal footing in elections.



JULY 4TH, 1776

- The Continental Congress officially approved the Declaration of Independence, signaling their desire for independence from the British Empire. Today it is celebrated as a national holiday in the United States.

JULY 5TH, 1775

- The Continental Congress adopted the Olive Branch Petition in an effort to reconcile with the British Empire. However, King George III refused to receive the letter and proclaims the American colonists to be in an open state of rebellion.

JULY 6TH, 1885

- French chemist Louis Pasteur successfully provides the first inoculation against rabies to a young boy who had been bitten by a rabid dog.

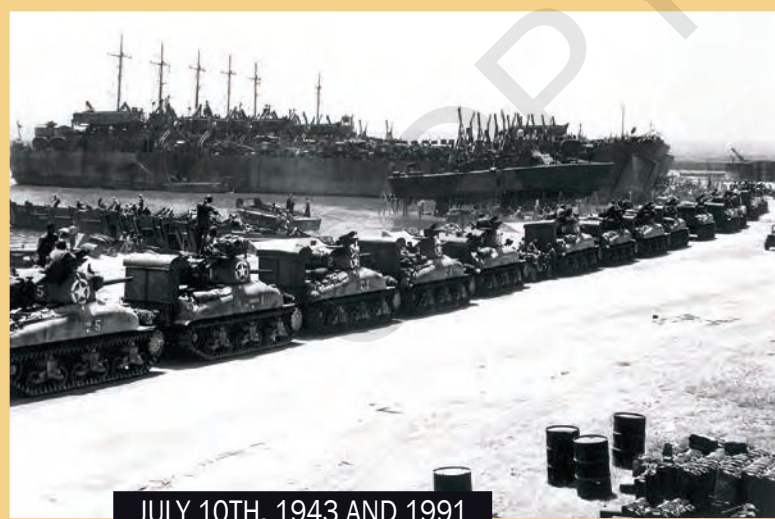


JULY 7TH, 1898

- A resolution is signed by President William McKinley officially annexing Hawaii. Two years later it would be incorporated into the U.S. as a territory and over 50 years later it would become a state.

JULY 9TH, 1868

- The 14th Amendment of the United States Constitution is ratified. The amendment served to define U.S. citizenship and prevent states from limiting citizenship on a discriminatory basis. It also barred those who partook in the Confederate rebellion during the Civil War from holding public office.



JULY 10TH, 1943 AND 1991

- The amphibious invasion of the island of Sicily marked the first Allied invasion of Europe against the Axis forces. Dwight D. Eisenhower would call the invasion "the first page in the liberation of the European Continent."
- The first popularly elected leader in Russia's thousand-year history is elected in the form of Boris Yeltsin as he took his oath of office.



JULY 12TH, 1943

- The largest tank battle in history, the Battle of Kursk, takes place during the Nazi invasion of the Soviet Union. The result of the battle was a Soviet victory and was the final strategic offensive the Germans were able to launch in the East, as the Allied invasion of Sicily would divert Hitler's attention.

JULY 13TH, 1787

- Congress enacts the Northwest Ordinance, which outlined the procedures for turning the territories into a state. It would be this ordinance that led to the establishment of five states in the area north of the Ohio River. It also made clear that the new states would be equal with the original 13.



JULY 14TH, 1789

- French citizens march on the Bastille, signaling the beginning of the French Revolution and plunging Europe into almost three decades of conflict and political turmoil.



JULY 15TH, 1918

- In the First World War, Germany launched their last major offensive during the Battle of the Marne. Following their repulsion at the hands of American, British, and Italian forces, the Germans would not launch another offensive, eventually agreeing to an armistice in November.



JULY 16TH, 1945 AND 1969

- The experimental bomb "Fat Boy" was set off in the New Mexican desert. The atomic bomb created a mushroom cloud that rose above 40,000 feet and emitted heat three times to temperature of the sun, annihilating all plant and animal life in a mile radius.
- The Apollo 11 Lunar Landing mission begins with its liftoff from the Kennedy Space Center in Florida.



JULY 18TH, 1947

- President Truman signs an executive order determining the line of succession should a president die in office or become incapacitated. This would eventually become the 25th Amendment that was ratified in 1967.

JULY 20TH, 1969

- The world watched as U.S. astronaut Neil Armstrong took man's first step on the moon. As he stepped on the surface of the moon he said, "That's one small step for man, one giant leap for mankind."



JULY 21ST, 1898

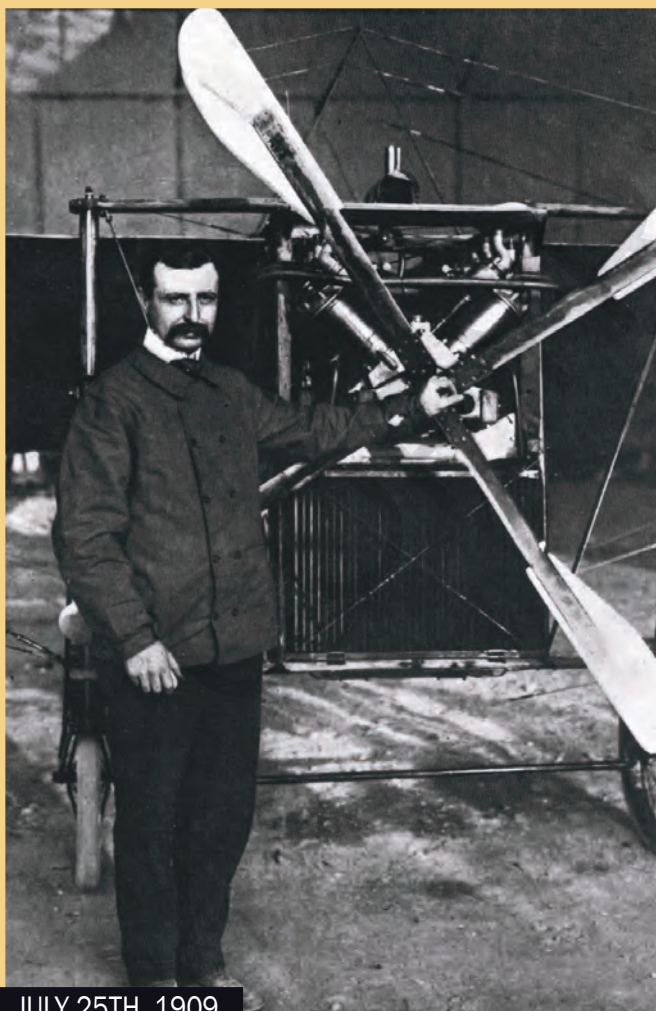
- Following the Spanish-American War, the territory of Guam was ceded to the United States from Spain.





JULY 24TH, 1945

• At the Potsdam Conference in Germany, Winston Churchill, Harry Truman, and Chiang Kai-Shek announced the Potsdam Declaration, calling for the unconditional surrender of Japan. The Japanese, unaware of America's new nuclear arsenal, rejected it.



JULY 25TH, 1909

• The world's first overseas airplane flight was completed by Louis Bleriot, who flew a small monoplane over the English Channel from France to England.

JULY 26TH, 1944

• The U.S. Army begins to desegregate its training camp facilities, marking the first step towards battlefield integration. However, the official order from the president would not come until 4 years later.



JULY 27TH, 1953

• The Korean War comes to an end following the signing of an armistice by U.S. and North Korean delegates. The armistice remains in effect today.



JULY 31ST, 1790

• The U.S. Patent Office opened for the first time. The first patent ever issued was signed by George Washington and Thomas Jefferson.

Leading With Vision, Creativity And Passion

Sometimes you pick a profession, other times it picks you. For Ronda Smith, it was a combination of both.

Her mother, Senella Johnson, spent 38 years in PBC Schools. First as a teacher and then a reading specialist.

Her grandmother, Olivia Watkins dedicated 41 years to the district. She was a bus driver, teacher's aide and teacher at Congress Middle School.

"Seeing my grandmother work her way up from bus driver to teacher was incredible. She's always been an example of a phenomenal woman: relentless and determined."

The same thing could be said about Smith. "Ronda Smith is the kind of leader every child deserves, and every educator hopes to work alongside," said Delray Chief of Police Darrell Hunter:

Smith did not see this at first.

She was more captivated by the arts than teaching. She began dancing at age three and later studied at the Alvin Ailey Dance Theater in New York City. The experience shaped both her discipline and imagination.

That artistic foundation (and her family) eventually brought her back to Palm Beach County. While here a former mentor invited her to teach a dance class at Dreyfoos School of the Arts. At first, she said no. Her plan was to attend law school.

But she agreed to try one class.

What happened next changed everything.

After teaching the dance class, the students at Dreyfoos responded immediately. Not just to the instruction, but to the energy and authenticity Smith brought to the classroom.

At the end of the class, she was told something she would never forget. "These kids need you."

Her former mentor encouraged her to teach for just one year. "Law school isn't going anywhere, she said, just try it."

That is exactly what Smith did.

"I fell in love with teaching dance," she said. "The thought of becoming an attorney was gone."

At Dreyfoos School of the Arts, and later at Bak Middle School of the Arts, Smith taught with educators who challenged and inspired her.

As a former student at both schools, Smith worked with some of her former teachers. That experience gave her a unique perspective on education, leadership and humility. It also made her aware of the importance of representation in leadership spaces.

Her strong passion for education was evident from the beginning. In faculty conversations and quiet moments of reflection, a question surfaced.

"Ronda, why don't you become a principal?"

At first, she dismissed it. But the idea lingered.

She pursued her Master of Science in Educational Leadership from Barry University. From there she stepped into leadership roles as an assistant principal at Bak Middle School of the Arts and then at John F. Kennedy Middle School in Riviera Beach.

Each experience expanded her understanding of what schools could or should be. Not just places of instruction, but communities that shape identity, confidence and future success.

When she became principal of Plumosa School of the Arts she stepped into one of the most defining chapters of her career. The Title 1 elementary school had potential, but also challenges that required vision, consistency and belief.

What followed was a transformation recognized across the district and beyond.

Under Smith's leadership Plumosa School of the Arts improved from a "C" to an "A" school grade (the first time in over a decade).

This was proof that support and consistent leadership could change outcomes. "My core belief is that every child deserves access and opportunity to attain excellence."

That's why she was driven to create a school environment where students could soar.

Smith led the transformation of Plumosa into a thriving K-8 arts-integrated school. She expanded academic pathways and introduced high school credit coursework for middle school students.

The goal was not acceleration for its own sake, but preparation, ensuring students were ready for the demands of high school, college, and beyond.

To make that dream a reality, teachers extend their day several times a week to provide tutoring in reading, math, and science. Expectations are high, but so is support.

"We are all committed to doing whatever it takes to help our students succeed."

That philosophy has reshaped the environment of the school. Students do not simply attend; they are acknowledged, supported, and cheered on with kindness.

Smith is intentional about that goal. She greets students as they arrive, walks into classrooms daily, and hosts infor-

mal gatherings with students in her office, known as the “lunch bunch.”

“They just want to be in my presence. They tell me about their lives, their interests and their successes.”

Her leadership extends beyond the campus. In 2025, Principal Smith was named Florida Alliance for Arts Education Administrator of the Year. The award was for expanding equitable access to arts education and embedding the arts into core instruction.

Plumosa also received the Exceeding Expectations Award from the East Coast Technical Assistance Center. The award is for academic achievement and closing learning gaps by the State of Florida.

That’s no surprise to educational advocate C. Ron Allen. “Principal Smith has transformed Plumosa into a first-rate learning campus where every student who walks onto that campus knows they are valued.”

Plumosa was also designated a “Schools to Watch,” a national recognition given to middle schools for innovation and sustained success.

For Smith, improvement was never just about grades. It was about expanding what students believed was possible for themselves.

Delray Beach Police Chief Darrell Hunter has seen this ambitious goal up close. “Ronda creates an environment where students feel valued, inspired, and empowered, and her staff feel supported, respected, and appreciated.”

Part of the inspiration for success inside and outside the classroom was created by Smith. She launched a fatherhood initiative called “All Pro Dad.” The program brings father figures, mentors, and male role models to the campus to support students, build community, and strengthen school pride.

Community leaders, former and current police chiefs, the city manager and the mayor have been in attendance to support Smith’s community efforts.

“Smith even enlisted someone to donate gaming consoles,” said Allen, who spearheaded the All Pro Dad initiative this year.

Students who demonstrated growth on the “Florida Assessment of Student Thinking” were entered into a raffle to win two PlayStations and gift cards.

On the last day of school, Smith held a rally and invited Delray Beach Mayor Carney to present students with rewards. “The auditorium was filled with cheering students, and a wheel displayed the names of students who qualified. The excitement was unforgettable,” adds Allen.

Smith’s influence also extends to mentorship. She helps school leaders and new administrators develop confidence, clarity and success.

She also went to Washington, D.C., to share Plumosa’s strategies for school improvement with educational leaders from across the country.

Despite her demanding role, Smith remains deeply connected to her identity outside of the classroom.



That center of her gravity is her family. Her eldest son is a touring musician and drummer in NYC. And her 14-year-old son is continuing the family tradition (attending Dreyfoos School of the Arts) and is a violinist.

Her grandmother is still a beloved grounding presence in her life. “We are very close. She wants to know everything I am doing and still gives me advice. And I listen.”

When asked to describe herself, she is quick to respond. “I am a very passionate woman who loves to see people thrive. I also want to be of service, whether it’s for children, adults, or the community.”

And, she has. “Ronda doesn’t just shape a school; she changes lives, builds confidence, and leaves a lasting impact on everyone fortunate enough to know her,” said Police Chief Hunter.

Ted Hoskinson agrees. “Great leaders only see possibilities and make them a reality! What others view as impossible, Ronda sees as a challenge to be accomplished ... because she can!”

FASHION

WHAT RU® WEARING?

PHOTOS BY MELISSA KORMAN



ANNIKA

HEADBAND House of Perna \$98

DRESS House of Perna \$278

SHOES Nordstrom Rack \$150

BAG House of Perna \$368

BRACELET House of Perna \$58



SARAH

DRESS Nordstrom Rack \$98

BRACELET NBA Miami Heat \$60

SHOES Steve Madden \$86

BAG Macy's \$79

FASHION
WHAT RU® WEARING?

PHOTOS BY MELISSA KORMAN



TRACY

TOP White House Black Market \$79
PANTS White House Black Market \$115
SHOES Oofos \$60
BAG Chanel \$790



SMITH

JACKET Macy's \$100
TOP Macy's \$25
PANTS Marshalls \$30
SHOES Nike \$100

FASHION

WHAT RU® WEARING?

PHOTOS BY MELISSA KORMAN



LAURIE

EARRINGS Bloomingdales \$45
DRESS Artisan NY \$85
SHOES Clark's \$105
BAG Steve Madden \$75
BRACELET Bloomingdales \$65
SUNGLASSES Sunglass Hut \$125



CHRISTINE

NECKLACE Bolufe \$98
DRESS Nordstrom \$100
SHOES Jessica Simpson &100
BAG Geiger \$150
WATCH Apple \$450
EARRINGS Bolufe \$45

FASHION
WHAT RU® WEARING?

PHOTOS BY MELISSA KORMAN



DIANE

DRESS Bloomingdale's \$135

SHOES Clark's \$45

BAG Coach \$315

WATCH Fossil \$100

BRACELET TJ Maxx \$70

EARRINGS Int'l Diamond Center \$200

GLASSES America's Best \$150



JODY

DRESS Nine West \$50

SHOES Michael Kors \$70

BAG Steve Madden \$40

BELT Amazon \$30

WATCH Apple \$200

We at Atlantic Ave Magazine try to keep our Dining Guide as accurate as possible for our reader's benefit. If you would like to see your restaurant or a favorite dining option of yours listed in this guide please feel free to email lisa@atlanticavemagazine.com with details. We appreciate reader input and will do our best to include your suggestions in next month's issue.

DELRAY BEACH

AMERICAN

Avalon Beach House
110 E Atlantic Ave #220
561-593-2500

BOURBON STEAK

1000 E. Atlantic Ave
(In the Seagate Hotel)
561-665-4900

Boston's on the Beach
40 S. Ocean Blvd
561-278-3364

Brulé Bistro
200 NE 2nd Ave #109
561-274-2046

Burt & Max's Bar & Grill
Delray Marketplace
Atlantic & Lyons
561-638-6380

Costa Organic Kitchen
502 E Atlantic Ave
561-501-6115

Cut 432
432 E. Atlantic Ave
561-272-9898

Dada
52 N. Swinton Ave
561-330-3232

Deck 84
840 E. Atlantic Ave
561-665-8484

Gary Rack's Farmhouse Kitchen
204 E Atlantic Ave
561-266-3642

Gourmet Killer Dogs
4057 W. Atlantic Ave.
561-513-1761

Grangers Grill
802 SE 5th Ave
561-276-7881

Henry's
16850 Jog Road
Between Linton Blvd &
Clintmore Rd
561 638 1949

Jimmy's Bistro
9 S Swinton Avenue
561-865-5774

Johnnie Brown's
301 E. Atlantic Ave
561-243-9911

Longhorn Steakhouse
1562 S. Federal Hwy
561-278-1944

Lucilles Bad to the Bone BBQ, Delray Marketplace
9173 West Atlantic Ave
561-810-4045

MIA Kitchen & Bar
7901 W. Atlantic Ave.
561-499-2200

Outback
1300 Linton Blvd
561-272-7201

Park Tavern
32 SE 2nd St
561-265-5093

Poppies Restaurant & Deli
Bocaray Plaza
4900 Linton Blvd
561-498-4900

Rosewater Rooftop
233 NE 2nd Ave
(in The Ray Hotel)
561-739-1700

Table 165
165 NE 2nd Ave
561-266-3629

The Grove Restaurant
187 NE 2 Ave.
561-789-8636

The Office
201 E. Atlantic Ave
561-278-3796

Brooklyn Water Bagel
14451 S. Military Trail
561-455-7491

The Standard Delray
166 SE 2nd Ave.
561-908-2489

The Wine Room Kitchen & Bar
411 E. Atlantic Ave
561-243-WINE (9463)

ASIAN/SUSHI/ CHINESE/FUSION

Bird Nest
14545 S. Military Trail,
561-498-8116

China Gardens
14402 S. Military Trail,
561-498-5226

Hawkers
640 E Atlantic Ave
561-485-4111

Lemongrass Bistro
420 E. Atlantic Ave
561-278-5050

Shiitake Asian Bistro
4900 Linton Blvd, #14
561-865-5538

Yama Japanese Restaurant
200 NE 2nd Ave
561-266-9929

Ziree Thai & Sushi
401 W. Atlantic Ave
561-276-6549

CONTINENTAL/ GREEK

Amar Mediterranean Bistro
25 SE 6th Ave
561-865-5653

Blue Anchor
804 E. Atlantic Ave
561-272-7272

Boheme Bistro
1118 E. Atlantic Ave
561-278-4899

Joseph's Wine Bar
200 NE 2nd Ave
561-272-6100

La Cigale, A Taste of the Mediterranean
253 SE 5th Ave
561-265-0600

Lefkes Estiatorio
33 SE 3rd Avenue
561-908-2331

Olio Bistro
42 SE 2nd Ave
561-278-6633

Victor's Indian Palace
2222 West Atlantic Ave.
561-332-3827

COFFEE/DESSERT

Ben & Jerry's
1155 E. Atlantic Ave
561-272-3112

Carmela Coffee
247 SE 6th Ave, Suite 1 &
8918 W Atlantic Ave
561-359-2608

Coffee District
325 NE 2nd Ave
561-455-0541

Cream, Gelato & Gourmet Coffees
1163 E. Atlantic Ave.
561-303-1912

Gelato-Go
411 E Atlantic Ave
561-501-4320

Gelato & Co. Delray
418 E. Atlantic Ave.
561-270-3123

Gizzi's Coffee
2275 S. Federal Hwy #380
561-266-9797

Kilwin's Chocolates & Ice Cream
402 E. Atlantic Ave
561-278-0808

The Pantry by Rose's Daughter
177 NE 2nd Ave

HEALTH FOOD

Fit Food Express
333 NE 3rd Ave
561-330-4525

Guaca Go
5064 W Atlantic Ave
561-501-5861

Purgreens
Inside PurLife Fitness Center
45 NE 2nd Ave
561-276-7387

ITALIAN

4 Brothers Italian Restaurant & Pizzeria
7323 W. Atlantic Ave
561-496-3990

Anthony's Coal Fired Pizza
115 NE 6th Ave
561-278-7911

Bambini's Garden Pizzeria
14466 Military Trail
561-638-6442

CAFFE LUNA ROSA
34 S. Ocean Blvd
561-274-9404

Carrabba's Italian Grill
335 E. Linton Blvd
561-266-9393

Casalina
16950 Jog Road.
561-381-0037

DalMoros Fresh Pasta To Go
439 E. Atlantic Ave
561-894-8424

Gabriella's Modern Italian
40 NE 7th Ave
561-916-3001

Pizza Rustica
1155 E. Atlantic Ave
561-279-8766

Rose's Daughter American Trattoria
169 NE 2nd Ave
561-271-9423

Sazio
131 E. Atlantic Ave
561-272-5540

Sazio Express
1136 E. Atlantic Ave
561-276-2637

SQUARE PEG PIZZERIA
4957 West Atlantic Ave
561-566-8828

Terra Fiamma
Ristorante. Pizza. Bar
9169 W. Atlantic Ave.
Delray Marketplace
561-495-5570

Tramonti Italian Ristorante
119 E. Atlantic Ave
561-272-1944

Vic & Angelo's
290 E. Atlantic Ave
561-278-9570

Windy City Pizza
401 W. Atlantic Ave
561-266-2811

LATIN/CARIBBEAN/ SPANISH

Bamboo Fire Café
149 NW 4th Ave
561-749-0973

Papa's Tapas
259 NE 2nd Ave
561-266-0599

MEXICAN

El Camino
15 NE 2nd Ave.
561-865-5350

Rocco's Tacos & Tequila Bar
110 E. Atlantic Ave
561-808-1100

PUBS/CLUBS

Blue Anchor British Pub & Restaurant
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561-278-3364

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What Do You Know About Service Animals?

The term “service animal” is shouted everywhere today. Labels like “emotional support,” “therapy,” “seeing eye,” “seizure alert” and dozens more are bantered about as nothing more than words. Yes, people often use the term when they want to travel with their pets, take them to public places or get special treatment. However, it is truly much more serious than that. A collar, vest, or shirt with the words service dog does not make them a service pet. You can literally order one online or have one created at your local embroidery shop with no documentation. Are you misleading those who believe you?

Let’s look at the truth as we know it. In the 1970’s, the pet industry in partnership with the University of Pennsylvania College of Veterinary Medicine commissioned a study on the human/canine bond which explored our relationship with our canine companions. Yes, there is a definite bond between us which technically means that all canines perform some form of service to us.

In a recent interview on the Pet Health Cafe podcast with a service animal advocate, we did a deep dive into what it means to have a real service dog. Real service dogs according to the ADA (American Disability Act) must be trained to do specific work to be protected. Unfortunately, there is no national certification organization to do this. You are presented with a misrepresented fee in order to get a “certificate.” These businesses then provide you with a nice, printed certificate that actually means nothing legally.

The original service dogs were our working breeds. Herding breeds like Border Collies, Shelties, Cattle Dogs to work the livestock, Shepherds, Rottweilers, and Dobermans as our guards; Retrievers, Pointers, Beagles to chase and aid us in providing food for the table. Terriers and even our feline friends to eliminate the rodent problems. All of them, working at specific jobs.

Now with the humanization of our pets, they often do not understand their function. Their instinct is to do what their breed does, but we confine them and control them in our small environment, the house, condo, or apartment.

We now ask our pets to change their behavior; their core instincts, what they were bred to do and cannot understand the training issues we create. Additionally, we load them up with inappropriate diets and foods, chemical interventions with medications, injections, environmental treatment in cleaning and pest control and wonder why!

When we examine purebred and specifically bred and raised animals, we have a more certain expectation of their abilities and instincts. While there is a push for more adoption of rescue animals which is noble, there is a special need to create responsible, educated pet owners. I have personally advocated and pursued this for 60 years. We have the program!

If you claim to have a service animal of any type, it needs to be specifically trained in functions, like their ancestors were. Do the hard work as a responsible pet owner; not just buy a badge or a collar to get extra perks and privileges.

Bill Piechocki, animal nutritionist and CEO at My Paleo Pet in Pompano Beach, FL hosts The Pet Health Cafe web radio/TV show. For over 50 years in the animal industry Bill has provided unparalleled vision and information that is passed on to his clients and animal lovers daily.

View his new YouTube TV show with his special guests and esteemed colleagues at <https://w4hc.com> or tune-in to his podcast radio show archives at iHeart.com. Visit and follow Pet Health Café on www.pethealth-cafe.com, Facebook and Instagram. Likes and shares are appreciated. Call or purchase online to schedule a consultation at the NEW My Paleo Pet location 3350 NW 22nd Terrace, Bldg. B, Pompano Beach, FL 954-971-2500, where Bill and the staff would be more than happy to help.

SEND YOUR QUESTIONS OR COMMENTS FOR OUR PETXPERT TO: PETS@ATLANTICAVEMAGAZINE.COM

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Check out this adorable, unique-looking Terrier mix boy! He’s just 9 months old and you won’t find a more playful, silly, fun pup anywhere. He loves other dogs, kids, and even cats! When playtime is over Grady can’t wait to snuggle up with you for a snooze or lay solo in a sunny spot to nap. He is ready to be your boy!



TYSON

Poor sweet Tyson is a senior and was found wandering as a stray. No senior should be in that situation, but now he’s ready for the life he deserves... with you! He’s a Maltese and has been at the shelter since January. Please give him a soft place to land and enjoy his golden years!



SHADE

Meow! This handsome young man was rescued from a hoarding case in January and likely has never enjoyed the love of his own human. Can you offer him some gentle love, a lap to lay in, and a safe, purrfect home at last? Come in to meet sweet Shade.



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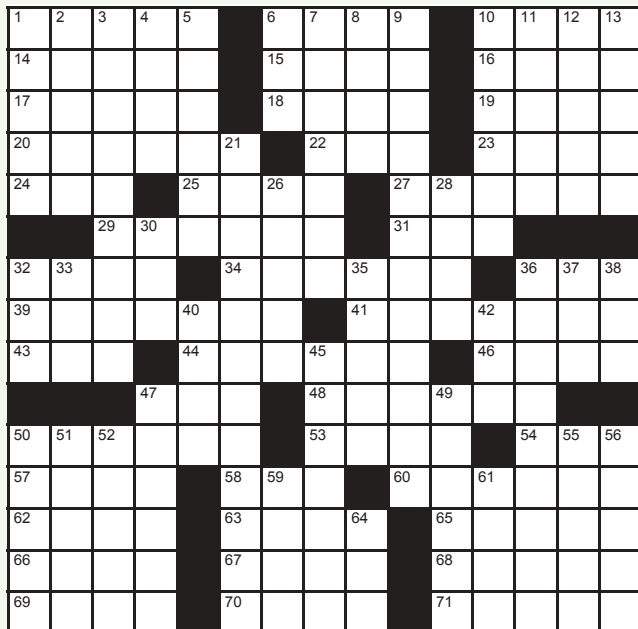
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ACROSS

- 1 With a forward motion
6 Guitarist ___ Clapton
10 And others in Rome
14 "Boléro" composer Maurice ___
15 Lead vocalist of U2
16 Sleepless in Seattle director ___ Ephron
17 Overweight
18 Embryonic flowers
19 ___ Lane, Clark's love
20 Shell lobster
22 Exercise venue
23 ___ the ground floor
24 Adeptness
25 A lot
27 Think constantly
29 Badger
31 Beloved
32 Anti-ageist org.
34 Pulpit delivery
36 Cushion
39 Comparatively costly
41 Getting on
43 Chop
44 Base
46 Part
47 Web address

- 48 Cleared
50 E.g. Courvoisier
53 Pricey
54 World's largest economy
57 Stock-market debuts
58 Monotonous routine
60 Daytona racing supervisory grp.
62 Established ceremony
63 Workplace regulation agency
65 Imperial sites?
66 Sweet
67 It starts every Sunday
68 Fifty after
69 __, a plan, a canal, Panama
70 Fictional Ozzie dame
71 Author/astronomer Carl ___

DOWN

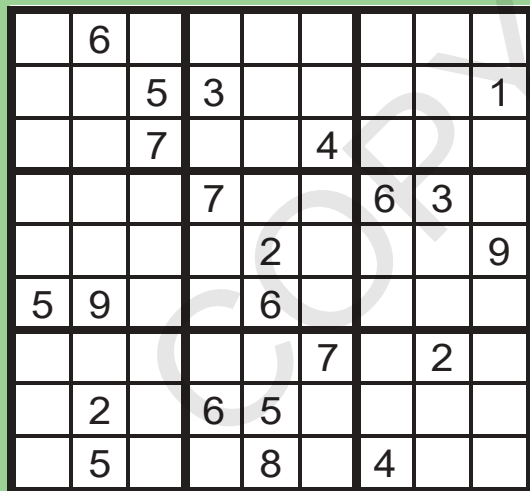
- 1 Bouquet
2 Toil
3 Brought down
4 Secluded retreat
5 Glows
6 Abate
7 Harsher
8 ___ 500, car race

- 9 Of worldwide scope
10 Sign up
11 Common odds ending
12 Operatic solos
13 Endures
21 "A Beautiful Mind" actor
26 Record keeper
28 Deform
30 Emulator
32 Fire residue
33 Consumed
35 Donnybrook
36 Bringing forth
37 Everyone
38 Stain
40 One paid to jump out of perfectly serviceable aircraft
42 Before, poetically
45 Soon afterwards
47 Invisible
49 Areas of land
50 About
51 Anything that stupefies
52 Have to
55 Generous annual visitor
56 Fire-raising
59 Pre-loved
61 Mets' old stadium
64 Alias

ANSWER TO THIS PUZZLE WILL BE PRINTED NEXT MONTH.

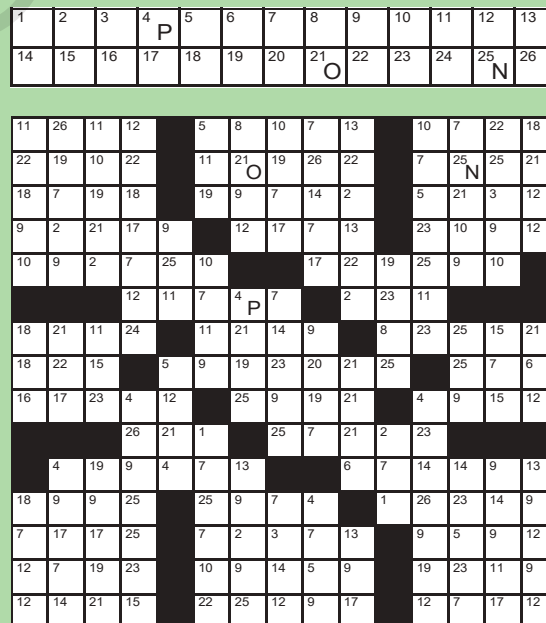
SUDOKO

FILL IN THE GRID SO THAT EVERY ROW, COLUMN AND 3X3 BOX CONTAINS THE NUMBERS 1 THROUGH 9.



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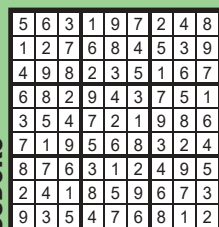
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BRAIN TEASERS

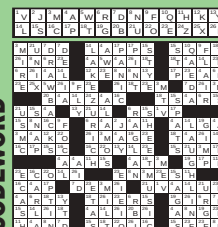
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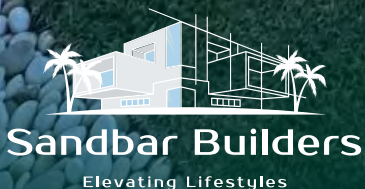
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