

PALM BEACH WOMAN



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PBWMag is a business lifestyle magazine.

For advertising information contact us at
917-609-8017.

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For story and editorial placement please email
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include your full name, address and telephone
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PALM BEACH WOMAN

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It's time to embrace change. First, can I just say that I LOVE this great Country. No matter where your loyalties fall on the outcome of this election, please stand proud to live where we have freedom, choice and opportunities. It is incredible to know that we can make a difference by getting involved in our local level of politics, we have a voice and we can be part of a movement.

I have had the opportunity to work in politics having spent time in the trenches with an Ambassador, US Senator and Governor. I have a true love for it. I was part of change. I worked on initiatives and policy that was implemented. I have that opportunity to do that again and I am grateful.

We will be embracing change here at the magazine. By moving forward with digital platforms and events and exploring new ways to be engaged. Technology is fast and forever changing and I am fascinated by this while still remaining old school. I believe people should do what they love so our Editor Sarah Martin will be moving into more of an event and ambassador role. That is who she is and what she does best.

We will be hosting the most fantastic "Women of Worth" events, we will be partnering with charities and other groups to engage, learn, support and honor. Together, we will laugh and cry and come to appreciate how unique each one of us is. Women are amazing! We look forward to meeting you along the way. There's no doubt you all have something to offer another.

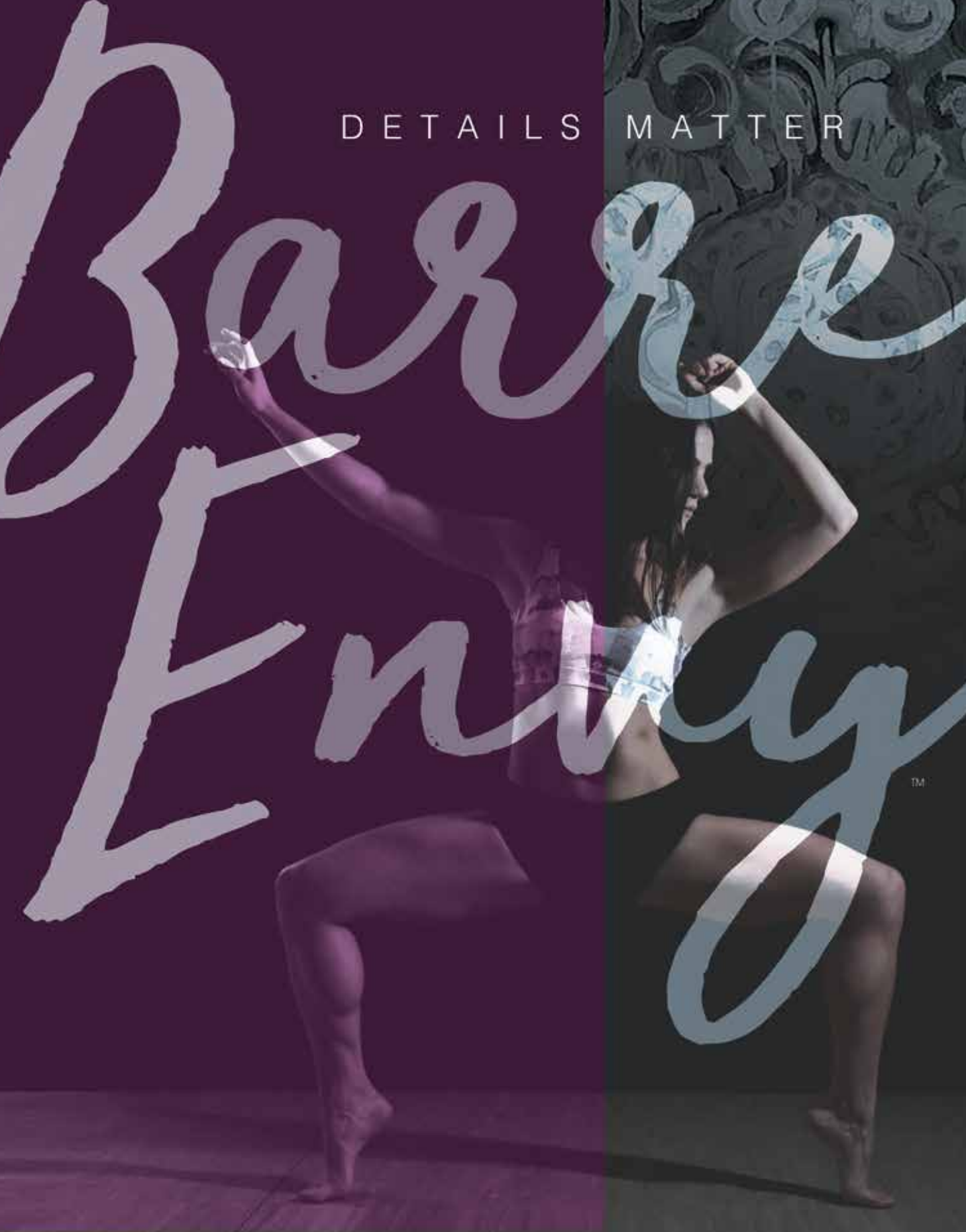
Finally as we continue to grow and move forward with purpose—and love every second of it! We wish you extraordinary times full of new discoveries and moments that will live on forever in your heart. Life is beautiful, remember—make some memories, turn over a new leaf, learn something new, and be just fabulous YOU!

Lauren Malis

LMM

“We get so
worried about
being “pretty”
lets be pretty
kind, pretty
smart, pretty
strong.”

DETAILS MATTER



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WOW! What a ride it has been!

Over the last year and a half, I have so enjoyed my experience as your Editor of Palm Beach Woman Magazine. Meeting so many fabulous women (and men) who have graced our pages has been an incredible experience.

Just take a look at the wonderful Realtors of the Women's Realtor's Council of Palm Beach County and how they are working hand-in-hand with Dress for Success or the amazing impact of Place of Hope who rescues abused and neglected children in our community. It is undeniable that we have inspiring, hard working and devoted women all throughout Palm Beach County who live full lives while balancing so much and giving so much.

With mixed emotions, I edit my last issue of Palm Beach Woman Magazine. It is time for my journey as Editor-in-Chief to come to an end. If there is anything I have learned from all of you, it is to follow your heart and your passions. Well, It is time that I focus my time and energies on my true passion....EVENTS! I look forward to expanding and growing my experiential marketing company, Experience Epic. Not to worry! I am still here for you! I will continue to work with Palm Beach Woman Magazine in growing their event experiences for all.

The future is so bright! I am super excited for all that PBW Magazine Owner and Publisher, Lauren Malis, has in store for the future of your publication. She will continue to bring more innovative ideas to life and share your amazing stories!

I really just want to say thank you. Thank you for this opportunity. Thank you for being so willing to share with me....to open your doors and be real. I have learned how to overcome, be challenged all the while making time to enjoy life.

I look forward to seeing you throughout Palm Beach County! Keep on growing and keep on being your epic self!

Thank you!


My Best, As Always,

Sarah Martin

Sarah Martin

STAYING BEAUTIFUL

365 DAYS A YEAR



Discover a more beautiful you by indulging in the luxurious salon and relaxing spa At 360 Beauty Health Wellness. They have combined **BeautéTherapies Medical Spa and Cosmo & Company Salon & Spa** to bring customers a wide array of cutting edge salon, spa and medical beauty treatments. This gorgeous place offers a holistic approach to health, beauty and wellness in a luxurious and relaxing atmosphere, they are able to offer customers a truly one-of-a-kind beauty experience. This West Palm Beach salon and spa delivers a unique and memorable approach to both inner and outer beauty. Experience the 360 difference for yourself! This is the place to go. This is the place to get the best of the best.

For over 3 decades Cosmo DiSchino has been making everyone who is anyone in Palm Beach beautiful! He is the stylist to society, the motivator, and the mentor at Cosmo & Company, which has earned the status of THE BEST in downtown West Palm Beach. Always on the leading edge where fashion and beauty fuse, Cosmo & Company caters to a diverse clientele ranging from those who have been loyal customers since the salon opened its doors in 1989 to the newbies and famous dropping in weekly during season. Cosmo, a master stylist and visionary of 38 years, has continuously been on the cutting edge of beauty and fashion. His Italian heritage is reflected in his philosophy of always treating clients as family, and his commitment in the beauty industry is legendary.

Leading the way at Beauté Therapies Medical Spa is SUSAN MACPHERSON

“Age is not the only culprit of wrinkles and neither are genetics. There are factors that come into play caused by one’s lifestyle and beauty habits that can exacerbate the aging process. We can help stop time and enhance the beauty you have from the inside out.

— SUSAN MACPHERSON

BeautéTherapies Medical Spa was established in 1998 by Susan MacPherson, MNM, ARNP, ANCC, a certified plastic surgery nurse with over 20 years of experience. Susan’s expertise in soft tissue fillers, Botox injections, treatment of veins and skin, combined with multiple laser technologies has earned her a reputation as the best in her field. Susan’s Signature 360 Mechanical & Liquid Face Lift combines her unique artistry and technique to give you an amazingly refreshed and youthful appearance. She recently received her master’s in metabolic and nutritional medicine and is an expert in combined anti-aging therapies that will restore your natural beauty. Susan’s passion is to ensure safety, efficacy and client satisfaction in helping them to achieve optimal health and wellness for a total 360 experience

TIPS & TRENDS

Wrinkles and fine lines are the most visible signs of skin aging along with discoloration, uneven skin tone, overall dryness and brittleness. Although wrinkles naturally develop with age, there are bad habits you can break to stop being a skin saboteur.

Sleeping on Your Sides and Stomach

You might get a good night’s sleep on your sides and tummy but you’re unnecessarily stressing your skin. Fetal and tummy positions when sleeping cause uneven blood circulation which locks up nourishment, blood, and oxygen on some parts of your body while depriving other body parts, including skin and causing it to become wrinkled.

Central heating

Many of us spend a fortune on anti-aging products, yet we may regularly accelerate skin aging without even being aware of it. The central heating and air conditioning systems that many of us use at home and at work can severely dry out skin, leading to premature aging and wrinkles. To help keep skin youthful and soft, try turning down the heating and wearing more layers to stay warm.

Smoking

It is ranked only second to sun exposure as the leading cause of wrinkles. It interferes with the absorption of Vitamin A and C both of which provide us with skin protection. This is because nicotine the main ingredient in cigarettes promotes dehydration. It also narrows the blood vessels in the outermost layers of the skin.

Sugar

Eating too much sugar is clearly bad news for your waistline; however sugar consumption is also up there with sun exposure and smoking when it comes to the major causes of wrinkles. “When blood sugar levels are high a process called glycation occurs which damages the collagen in your skin.

Drinking

All alcohol dehydrates the skin. This means your skin will appear less plump and fresh the morning after you drink alcohol. Over time, your skin will lose elasticity and form wrinkles due to a lack of hydration. Additionally, alcohol can have a huge negative impact on your vitamin A level which is also extremely important in the production of collagen. When you have lower amounts of collagen, you lose elasticity in your skin.

Not Removing Makeup

When you sleep in your makeup, you’re basically asking for wrinkles. The makeup and environmental pollutants you accumulate during the day seep into your pores, breaking down collagen and elastin.

Skiping Sunscreen

We’ve all been told to never skip the sunscreen, but it’s often tempting when many of us spend our days indoors. Even a few minutes of sun exposure can lead to a breakdown of collagen though and that leads to fine lines and wrinkles. Wear sunscreen every day.



“Nothing is more gratifying than when a woman sees herself for the first time after I am done with her hair.

— COSMOS DISCHINO

HAIR TRENDS

Pull your hair up in a high pony tail. Done wavy or straight, the high ponytail is a good to go any day anywhere style.

Straight and Sleek

Blow it out straight add some shine and center-part your hair. It is one of the most stylish trends. and works best if your hair is healthy. Cosmo suggests deep conditioning treatments once a month.

Beachy Waves

Beachy waves are the new way to go. If you are not blessed with wavy hair then create a bend in your hair by a few clamps of your iron. Release and repeat. Keep ends straight and add some shine.

Bold Chops

It is time to shag it out, get some fringy bangs and take the plunge to test-drive a dramatic style. Heavyweight lines that makes your hair move like iconic bobs and shags both long and short.

Bronde

For some, it's real light blonde mixed with golden blonde. For others it's golden browns. It is the perfect warm-toned hair

color that can be adjusted to work on all skin tones. So if you've never considered going blonde before, maybe this is your time.

Rooted Tones

Easy to maintain shades of brown, and rooty blonde hues that are amazingly low-maintenance.

Blorange

Blorange is the new Red. Orange shades warm tones like strawberry blonde hues.

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FAST FIT WITH 5



Christine King, Founder and CEO of YourBestFit created this simple workout which can be done anywhere, making perfect for busy people on the go! YourBestFit suggests 10 reps of each exercise every other day. One set of these five movements takes only 90 seconds to complete and works the entire body. Imagine if you had only FIVE minutes...you'd complete three circuits! Set your alarm two minutes earlier in the morning and boom, one circuit done! Close your office door for 90 seconds and complete another one, finally finish off the day with one more right before brushing your teeth! As you progress, add 2-3 reps per week and watch your body transform!



SQUAT
BACK STRAIGHT, BUTTOCKS BACK, HEELS DOWN, KNEES NOT TO MOVE FORWARD OF SHOE-LACES.



BRIDGE
BACK FLAT TO GROUND, RAISE HIPS, SQUEEZE BUTTOCKS, PULL IN ABDOMINALS, RETURN TO STARTING POSITION.



ALTERNATING LUNGE
BACK STRAIGHT, FRONT KNEE DOES NOT MOVE FORWARD OF ANKLE, BACK KNEE DROPS AS FAR AS POSSIBLE WITHOUT TOUCHING FLOOR, STEP BACK TO STARTING POSITION.



PUSH-UP
VERSION 1 (ADVANCED): BACK STRAIGHT, ABDOMINALS IN, HANDS SHOULDER WIDTH APART, LOWER ENTIRE BODY AS FAR AS YOU CAN, THEN PUSH BACK UP.
VERSION 2 (BEGINNER): ON KNEES, THEN FOLLOW SAME CUES ABOVE.



BICYCLE
BACK FLAT, HANDS BEHIND HEAD, ELBOWS STAY OPEN, OPPOSITE SHOULDER TO KNEE, ENGAGE ABDOMINALS, ALTERNATE LEG AS LOW AS POSSIBLE WITHOUT TOUCHING FLOOR.

Precautions:

Please consult your physician before beginning any type of exercise program. If any movement causes discomfort do not proceed. Always begin exercises slowly and reps cautiously.

PHOTOGRAPHY BY JIM GREENE

FROM TRAGEDY TO TRIUMPH – CHRISTINE KING

Christine King experienced a life-changing incident in July of 1996, when a traumatic Jet Ski accident left her with a broken back. Pulled from the water, Christine repeatedly said “I cannot feel my legs,” and knew she would never walk again. Six months prior to this terrible accident, she was in vigorous training for the Miss Fitness USA Contest.

Injuries included an explosion of Christine’s lower lumbar vertebrae. Doctors were unable to say whether she would ever walk again. During emergency surgery, bone was taken from her hip to replace what had burst, and two rods, four pins and a cross bar were inserted to hold her back together.

Post surgery, doctors announced the operation was a success. Although her back was repaired, they were still unsure of the amount of nerve damage and internal injuries. They still couldn’t say whether or not Christine would walk again, however, they did say she didn’t die due to her level of physical fitness before the accident.

“Christine King and her staff are knowledgeable, professional and caring. I have trained three times a week for seven years with excellent results. They have helped strengthen my bad back and legs to alleviate chronic pain giving me mobility, balance and the ability to function on a higher level.

— KARI S., CLIENT

As Christine lay in her hospital bed with little movement in her legs, the doctor’s positive comments convinced her that she would walk again. During her rigorous rehabilitation, she started to begin feeling in her legs and began the slow process of learning how to stand with a walker, eventually taking her first steps. “After the realization of how important it was to be fit, I decided to dedicate my life to helping others in this endeavor.”

“My strength has improved and my balance has gotten better, and you have shown me the path to continue with my workouts. Thank you for helping me regain some confidence in my abilities.”

— BILL B., CLIENT

During her rehabilitation, Christine also studied for and became nationally certified by the American Council on Exercise, and achieved the Post-Rehabilitative and Medical Exercise Specialist designation from the American Academy of Health Fitness and Rehab Professionals. These certifications combined with her Bachelor of Arts in Communications degree from Rhode Island College, prompted Christine to change her career full time to educating people worldwide about the importance of developing healthier lifestyles – and YourBestFit was founded.

The health and wellness company is celebrating its 20th anniversary of providing fitness, nutrition, massage therapy, wellness and design & management services for individuals, private clubs, luxury communities, and corporations. “Our team is comprised of highly skilled certified fitness, rehabilitation, medical exercise, and degreed wellness and massage therapy professionals committed to providing clients and facilities with what’s been missing in the past – visible results,” said Christine.



CONTACT YOURBESTFIT TODAY TO CREATE YOUR PLAN OF SERVICES INCLUDING FITNESS ASSESSMENT, PRIVATE AND GROUP FITNESS TRAINING, AND NUTRITION CONSULTATION.

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CHRISTINE KING,
FOUNDER & CEO
YOUR BEST FIT

STOP THE FADS

TAKE THESE 6 EVERYDAY SPICES TO TRANSFORM YOUR HEALTH

The “golden milk” fad—that has taken the Western world by storm—has both been good and not so good for consumers.

THE GOOD

As people are becoming more health conscious, they are trading in sugar and caffeine for healthier options to gain energy.

THE BAD

Many advertisers and companies are misinforming us about the proper uses and absorption of turmeric and healing herbs alike, which is a waste of our time and dollars.





Long before turmeric lattes hit the scene at our trendy neighborhood cafés, our ancestors for centuries have used natural healing herbs in their daily diets to promote health and treat common ailments.

Having grown up in an Indian household where herbal remedies trumped all else, I learned that the magic of healing came from the science of life coupled with the understanding of what our bodies truly need to function optimally.

And much of what our bodies need can be found right in our own kitchen.

TURMERIC

It's no surprise turmeric is a staple in Indian cuisine, but this dynamic herb is also used for a myriad of healing benefits.

Curcumin (the active ingredient in turmeric) is one of the most well-studied naturally occurring inhibitors of an enzyme called cyclooxygenase-2 (COX-2—which is known to promote the activity of carcinogens in the body and the survival of cancer cells through the growth of blood vessels.

In addition to being a powerful blocker of these toxic enzymes, the benefits of this Superherb also help our bodies clean up unstable oxygen molecules (free radicals) that can damage cells and cause diseases such as cancer.

From childhood through adulthood, I've experienced firsthand how powerful turmeric can be—helping with everything from relieving inflammation to weight loss.

Do: Take turmeric with black pepper or a healthy fat.

Hundreds of published studies tell us to consume turmeric with black pepper or a healthy fat (whole milk) for proper absorption and to activate the benefits of this spice.

Don't: Fall for dubious turmeric and curcumin fads.

Stop wasting your time and money on turmeric or curcumin supplements that are absent of the Bioperine or black pepper extract needed for absorption. For example, taking skim milk lattes or nonfat almond milk with turmeric or adding fresh turmeric to your green juice without a pinch of black pepper are ineffective for proper absorption into the body.

BOSWELLIA

Boswellia is also known as Indian frankincense and has long been used in Ayurvedic medicine for its dual cooling and heating properties.

Since healthy aging requires controlled levels of 5-LOX (an enzyme linked to degenerative diseases and health issues in aging individuals) in the blood, this Superherb is excellent for joint relief because it cools inflammation and also heats the body to improve circulation.

Boswellia can also be used for supporting you during asthma, fever, rheumatism and gastrointestinal issues.

CINNAMON

Cinnamon, a very common spice in the kitchen known for enhancing sweet and savory foods, is also used as an anti-inflammatory. This healing agent can relieve pain, detoxify the body, aid indigestion, lower cholesterol, and stimulate the heart.

I use cinnamon in my tea daily, I love it with black tea. In Ayurveda, cinnamon is thought to be a major digestive aid, stimulating intestinal tissue health and integrity. Cinnamon is credited with increasing agni (the digestive fire) and increasing circulation to the joints, also pushing toxins out of the system. Cinnamon has invigorating, warm, and penetrating properties.

Pair this Superherb with ginger or black pepper to improve its medicinal benefits.

ASHWAGANDHA

When I researched the healing benefits of Ashwagandha (Indian ginseng) during my Masters in Ayurvedic Studies, I was blown away. For centuries, empirical evidence has attested to the calming and antispasmodic properties of this Superherb—which is highly regarded by doctors around the world for its ability to nurture the nervous system and counteract anxiety and stress by promoting a calm state of mind.

Well-known in Ayurveda as a potent aphrodisiac, Ashwagandha can increase vitality and energy, improve endurance and stamina, and strengthen the immune system without stimulating the body's reserves.

AMLA

Amla is also known as Indian gooseberry. Amla (one egg-sized fruit containing as much Vitamin C as eight lemons) is the highest natural source of Vitamin C. Also known to increase red blood cell count, Amla helps regulate blood sugar levels and improves eyesight, while also relieving inflammation of the stomach and colon. This Superherb balances agni (digestive fire), promotes energy and calms the mind, body, and immune system.

Indian Amla Chyavanprash (a jam that has a sweet, sour, and spicy taste) is taken daily in many Indian households as a health tonic and supplement to build immunity and has anti-aging properties.

FENUGREEK

Fenugreek, similar to clover, is used to relieve digestive issues and reduce inflammation. This Superherb, though commonly used in cooking, is also used for painful menstruation, menopause relief, and even for inducing childbirth. Fenugreek has been used as an Ayurvedic treatment for improving heart health and diabetes. Fenugreek seeds are rich sources of carbohydrates, proteins, Vitamin A and C, iron, calcium, and minerals.

Fenugreek can be used as whole seeds or ground. As with many other Ayurvedic spices, it is best to sauté whole or ground fenugreek in ghee before adding it to dishes.

Looking for additional ways to transform your health and to discover the myriad of benefits of using these Superherbs? Check out our article *Meet Superherbs, The New Essentials For Your Medicine Cabinet* or visit our blog at FusionaryFormulas.com.



SHIVANI GUPTA, PH.D. ABD IN AYURVEDIC STUDIES, IS THE CEO OF FUSIONARY FORMULAS, AND AUTHOR OF THE CONSCIOUS PREGNANCY: A SPIRITUAL AND PRACTICAL APPROACH TO MAKING A ZEN BABY. A BORN ENTREPRENEUR, GUPTA HAS OWNED AND RUN SEVERAL SUCCESSFUL BUSINESSES AND CO-FOUNDED AN ECO-CONSCIOUS

BLOG WITH FAVORABLE REVIEWS FROM TOP CELEBRITIES, ACTRESSES, AND OLYMPIC CHAMPIONS. HER WORK IS FEATURED IN PSYCHOLOGY TODAY, USA TODAY, VANITY FAIR, AMERICAN BABY MAGAZINE, ENTREPRENEUR MAGAZINE, THE EXAMINER, AND SEVERAL OTHER MAJOR PUBLICATIONS WHERE SHE HAS GARNERED AUTHORITY AS A GREEN LIVING GURU. SHIVANI IS A CATALYST OF CONSCIOUS LIVING AND DEDICATES HER WORK EDUCATING AND EMPOWERING PEOPLE TO TRANSFORM THEIR HEALTH. FOLLOW HER ON FACEBOOK FOR DAILY HEALTH INSIGHTS THAT CAN TRANSFORM YOUR LIFE.



Ignored by mainstream medicine, adrenal fatigue is a common problem I see every day at the office. The paramount symptom is fatigue unrelieved by sleep. Other symptoms include craving for salty foods, hypoglycemic episodes, decreased libido, stress intolerance, light headed upon standing, depression, loss of memory and cognitive decline, allergies, sinus problems, and prolonged recovery from flu-like illnesses. The basic underlying cause is low cortisol output by the adrenal glands.

DEFINITION OF ADRENAL FATIGUE

Adrenal Fatigue is a collection of signs and symptoms that results from low function of the adrenal glands. The paramount symptom is fatigue that is not relieved by sleep. The syndrome may be caused by intense or prolonged stress, or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia....

People suffering from Adrenal Fatigue often have to use coffee, colas and other stimulants to get going in the morning and to prop themselves up during the day.

RESULTS FROM YEARS OF CHRONIC STRESS

Adrenal fatigue is the net result of years of continuous high cortisol output by the adrenals caused by chronic stress from job, family, illness, injury, and poor diet and lifestyle associated with high-tech modern living. After years of chronic stress, the two small triangular supra-renal glands poop out, and we become another casualty of adrenal fatigue, the 21st century epidemic. Since mainstream doctors can't seem to help, either ignoring the syndrome, or prescribing anti-depressants for it the condition goes untreated.

SYMPTOMS AND CONDITIONS ASSOCIATED WITH ADRENAL FATIGUE

Anxiety
Asthenia — lack of, or loss of strength, generalized weakness
Asthma
Autoimmune problems
Bronchitis - recurrent, chronic or slow recovery from
Burnout
Chemical Sensitivity
Chronic fatigue syndrome (CFS)
Chronic infections,
Chronically run down - with early morning fatigue and low blood pressure
Chronic mental and/or physical exhaustion
Cravings for carbohydrates, sweets or salt
Depression
Fatigue — severe, disabling early morning fatigue
Feeling tired despite sufficient hours of sleep
Fibromyalgia
Hair loss
Hypoglycemia
Immune System dysfunction - frequent illnesses
Insomnia - or non-restful sleep
Low Blood Pressure
Nervous breakdown (nervous exhaustion)
Pneumonia
Respiratory infections — recurrent, chronic or slow recovery from
Rheumatoid arthritis
Reliance on stimulants like caffeine
Slow recovery following acute infectious diseases, especially influenza, pneumonia, or other respiratory infections
Weight gain

THE ADRENAL GLANDS MAKE THE CORTISOL

The two small triangular adrenal glands are located just above the kidneys and secrete the hormone cortisol in response to stress, physical, emotional, or traumatic stress. The adrenal glands make the hormone cortisol.

WHY IS CORTISOL IMPORTANT?

Cortisol is the stress hormone, and is produced in response to stress. Cortisol is important for blood sugar regulation, it mobilizes glycogen in the liver to maintain blood glucose levels. Symptoms of hypoglycemia are common in low cortisol adrenal

fatigue. Also low blood pressure or inability to maintain blood pressure upon standing is also a common symptom. Another physical exam finding is an unstable pupil response to light. The pupil at first contracts and then after a few seconds opens and closes.

WHAT IS CORTISOL? IT'S THE STRESS HORMONE

Cortisol is a steroidal hormone, and like all the others it is made from cholesterol. Cholesterol, in turn, is made from Vitamin B5 and Acetyl CoA. The manufacture of steroidal hormones can be best understood by referring to a steroidal pathway chart as shown here.

SALIVARY CORTISOL TEST

Although cortisol can be measured in a blood sample, the best way to measure cortisol levels is with 4 saliva samples taken throughout the day. There are literally hundreds of medical research studies validating the usefulness of salivary cortisol measurements.

TREATMENT

The keystone of the treatment program is a nutritional supplement program to restore adrenal function that includes vitamin C, B5, magnesium, biotin and adaptogenic herbs. We use a product called Adapt from Interplexus along with a high quality multivitamin. Another Interplexus product, Seriphos, is useful to correct the reversed pattern of high cortisol at night which may cause insomnia. Recovery takes about 6 weeks. Other suggestions:

- Avoid excess caffeine, refined carbohydrates, alcohol and sugar.
- Get plenty of sleep.
- Take steps to reduce stress with gentle exercise, meditation, and yoga.
- Bioidentical hormones as determined by lab profile.

DR. JEFFREY DACH MD
BIO-IDENTICAL HORMONES & NATURAL THYROID, DAVIE, FL

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CHIROPRACTIC IS FOR EVERYONE



PBWM TALKS WITH DR. MICHAEL SMATT

Your passion for chiropractic is overwhelming considering you have been in practice for 37 years. And you have treated me and many people I know for decades.

I feel like every day is my first day in practice. I'm always excited because I get to witness miracles everyday of my life. I started as a patient myself when I was thirteen suffering from ulcerative colitis. I was healthy after four months of chiropractic care and I have never had to receive medical care for that since. My wife, Dr. Lori Smatt is also a Chiropractor and gave birth to our three children naturally. Our children received a chiropractic adjustment right after the birth process and then as a way of life. I am blessed to have the knowledge that the body is a self-healing organism as long as it is not interfered with.

What does a chiropractor do?

A chiropractor detects and corrects subluxations of the spinal column by adjusting to remove the nerve interference allowing the normal healing process to occur. We reconnect the brain to the body through the specific, scientific chiropractic adjustment.

What is a subluxation?

A spinal bone or vertebra out of its normal position, interfering with the nerve messages flowing from the brain to the body.

When should someone get checked for subluxation?

Right after the birth process. It is easier to correct a subluxation when it first occurs.

How do I know I am healthy?

If you do not have any subluxations and the brain is in communication to all body parts along with proper diet, exercise, mental attitude and rest.

What is the best kept secret in healthcare?

The best-kept secret is that the body has the ability to heal.

Can I just take medicine to feel better?

You can, but that is not my choice. I suggest that you find the cause of the problem and correct it instead of treating the effect. When you take drugs, pushed or prescribed you are now off the hook to changing your ways. For example, if you have high

blood pressure or high cholesterol because you are overweight you then take medicine to reduce the blood pressure or lower the cholesterol. I think it would be better to take charge, lose the weight and lower the pressure or cholesterol naturally without the harmful side effects of the drugs.

I know you adjust children. But children are so fragile. Do you adjust their spine like you would an adult?

We adjust children with traditional non-force chiropractic techniques. It's the same amount of pressure you can withstand by pressing on your eyeball. The sooner you remove the interference, the better. How often should a child be checked for subluxations?

We check the kids at birth, when they start crawling, when they start walking, after any minor fall or other injury, when they cry more than normal, when they can't sleep, etc.

What's your advice?

Get your spine checked for nerve interference, clear out the subluxation and reach your maximum potential mentally, physically and spiritually.



DR. SMATT APPEARED ON WOMAN'S DAY TELEVISION WITH PHYLLIS GEORGE AND FEATURED ON SEVERAL MAGAZINE COVERS WITH MARLA MAPLES TRUMP AND GLORIA STEINUM. DR. SMATT WAS ALSO APPOINTED CO-CHAIRMAN OF HEALTHCORPS, FOUNDER DR. MEHMET OZ.

DR. MICHAEL SMATT ALSO PRACTICES IN NEW YORK CITY AND IS THE DIRECTOR AND FOUNDER OF THE MADISON AVENUE CHIROPRACTIC CENTER LOCATED AT 295 MADISON AVENUE NEW YORK NY 10017. 212 684-5811 WE ALSO HAVE OFFICES AT 37 BEDFORD ROAD PLEASANTVILLE, N.Y. 10570 914 769-0900 AND IN PALM BEACH COUNTY WE HAVE THE VIP CONCIERGE SERVICE FOR HOME CALLS.

FOR MORE INFORMATION PLEASE VISIT WWW.CHIROTIME.COM DR. SMATT CAN BE REACHED AT (917) 535-9338 FOR HOUSE CALLS IN FLORIDA.

POETRY, BEAUTY AND SIMPLICITY

THE DESIGN PHILOSOPHY OF ADOLFO DOMÍNGUEZ IS THE PALM BEACH WOMAN.

The Spain-based Adolfo Domínguez brand chose to open its second fashion boutique in the U.S. at Town Center at Boca Raton. Featuring the Spain-based designer's AD Collection for women and men. Domínguez's signature designs are impeccably cut to flatter in a choice of luxurious fabrics. The clothes match today's pace of life without losing their essence: simple poetry.

The global designer fashion label was founded in Spain by Adolfo Domínguez in the 1970s that through five decades has developed a renowned international reputation in the fashion industry for quality and elegance. With its flagship boutique in Madrid, Spain, the brand has 600 points of sale in 50 countries (including Venezuela, France, United Kingdom, Thailand, Australia, Colombia, Trinidad and Tobago), with only three in the United States -- all in South Florida -- with additional distribution channels, including e-commerce. The Adolfo Domínguez brand designs, manufactures and distributes a broad range of women's and men's ready-to-wear products and accessories.







THE AD MEN COLLECTION IS DESIGNED FOR THE “SOCIALY AND ECOLOGICALLY AWARE” MAN WHO WEARS HIS CLOTHES LIKE A SECOND SKIN

Domínguez reports that this season's collection is abundant with artisanal and bohemian themes, with the vintage influence observable on items such as pants and tailored garments. Relaxed looks and deconstructed silhouettes once again become the epitome of the brand style.

Rejuvenated takes on 50s and 70s nostalgia make an appearance: knitted fabric tailoring with pinstripes and collarless shirts. Garments treading a stylish line between classic and casual for a relaxed yet well turned out look. Alpaca and merino wool garments are the heroes of the limited edition collections, while the sports look is gaining ground with super-lightweight garments crafted from technical fabrics and tiered items for a layered look.

The color palette journeys between icy shades (greys, indigo, nudes, sky blue and white), and earthy and more intense hues (burgundies, khakis and navies). Black appears in blocks, enhanced with textures.

THE EVOLUTION OF THE ADOLFO DOMÍNGUEZ BRAND

“The way we dress is a part of the person we show others. I studied Art and Film in Paris during the golden decade of the Beatles, the musical ‘Hair’ and that controversial month of May ‘68 dominated my experience. Meanwhile in Spain there was inflexibility everywhere; entire generations caught up in a web of corsets and fears. The rigid social order permeated every aspect of reality. Fashion exhibited collective values, not individual ones.”





On his return home to Spain, Domínguez said he worked hard to change the situation. “Crinkles and wrinkles all bear witness to the passage of time, the stories that we tell and those we do not,” he added. “Reluctantly, we wear the map of our lives etched upon our features. Clothing as a second skin. This honesty of our disposition inspired our early slogan ‘Wrinkles are beautiful.’”

The designers private pleasures include literature. “As a librarian, in my youth, I discovered the Classics and learnt to love literature. Thus my soft spot for books. My first novel, ‘Juan Griego’, a story that takes place in Buenos Aires, was published in 1992. The film ‘La Moños’ came about from a script that moved me. It tells the true story of a magical woman living in Las Ramblas of Barcelona.”

The entrepreneur designer remains faithful to his aesthetic principles, to creating clothing with poetry. Adolfo Domínguez is still at the heart of the business, which has evolved and adapted to modern times with new lines to continue meeting its client’s desires. Over the years, the designer’s

family has gradually become involved in this project. First, he was joined by his wife Elena González, creative director of Adolfo Domínguez Mujer. Then came his daughters Adriana and Tiziana Domínguez, Area Director for Perfumes and Creative Director for U by Adolfo Domínguez respectively. The latest family member to join the business was Valeria Domínguez, director of the online branch of the business.

Committed to being socially responsible, the company established a CSR policy in 2003.

It joined then Climate Project in 2007, adopted an Ecology Manifesto in 2008 and an animal wellbeing policy (PETA) in 2010, established the Adolfo Domínguez Foundation in 2011 and began manufacturing Green Me vegan accessories in 2012.

THE NEW ADOLFO DOMÍNGUEZ BOUTIQUE IN BOCA RATON IS LOCATED IN THE PALM COURT AT TOWN CENTER AT BOCA RATON AT 6000 GLADES ROAD, BOCA RATON, FLA. STORE HOURS ARE THE SAME AS TOWN CENTER, MONDAYS THROUGH SATURDAYS, 10 A.M. TO 9 P.M. AND SUNDAYS FROM 12 NOON TO 6 P.M. FOR MORE INFORMATION CALL (561) 416-8919 OR VISIT WWW.ADOLFODOMINGUEZ.COM/EN-US IN ENGLISH AND WWW.ADOLFODOMINGUEZ.COM/ES-US IN SPANISH.

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LEFT TO RIGHT: SHARON DIPIETRO, JACQUELINE JOURNEY, LISA LAZARUS, STEPHANIE KANTIS
PHOTOS BY CARLOS ARISTIZABAL



There is no
tool for
development
more effective
than the
empowerment
of women.

— KOFI ANNAN

SHARON DIPIETRO

HOW DID YOU GET TO WHERE AND WHO YOU ARE TODAY? WERE THERE CHALLENGES? IF SO, HOW DID YOU OVERCOME THEM?

WOW, this is a multi-level question that can't be answered in a brief statement. But I will try - I am who I am today because of the loving influences and guidance from my beloved grandmother. She literally and figuratively saved my child-life many times. Even today, I have so many "grandma-isms" that come to my mind and heart during difficult situations. Yes, there were many challenges, challenges young children should never have to face during their innocent years. My grandmother is how I overcame them; she still lives in my heart and continues to help me overcome obstacles to this very day.

WHAT ARE THE MOST IMPORTANT DECISIONS YOU HAVE MADE IN LIFE?

One of the most important decisions in my life, which guides and anchors me daily, is my commitment to my faith. This "anchor" makes each day a blessing, even during turmoil. This decision/commitment propels everything.

My next most important decision was to become Mrs. Jay DiPietro.

AS INFLUENCER, HOW DO YOU TEACH OTHERS?

I hope I influence others just by being me...by living and staying true to my values. The example one lives, leads the way they influence those around them, whether they be family, close friends or acquaintances. I have no room for self-betrayal.

WHAT IS THE ONE THING YOU CAN SHARE THAT IS A MUST EVERY DAY FOR MOTIVATION?

Be grateful for everything you have and for the breath that you take.

WHAT INSPIRES YOU DAILY?

Making every day a new day. We write our daily life-pages with our thoughts and actions. I want all of my thoughts and actions to be with the purpose of helping others, especially the ones without a voice... our furry little ones and the children of challenging life situations. I relate to both!

WHAT IS ONE CHARACTERISTIC THAT YOU BELIEVE EVERY LEADER SHOULD POSSESS?

INTEGRITY because with integrity comes honesty and moral values.

WHAT IS THE ONE BEHAVIOR OR TRAIT THAT YOU THINK WOMEN SHOULD HAVE?

Directness without the feeling of intimidation.

WHAT ADVICE WOULD YOU GIVE WOMEN?

Be your own best friend! Be a good listener... listen with your ears but hear with your heart. This does not mean be a soft-touch and let anyone take advantage of you. You can always hit with a "velvet-hammer."

WHAT IS NEXT FOR YOU? AND HOW WILL YOU GET THERE?

As the Chairman for Tri-County Animal Rescue, my foremost goal is our \$10 Million Dollar Capital Campaign to build our Campus. It is called The Big Dig.

JACQUELINE JOURNEY

HOW DID YOU GET TO WHERE AND WHO YOU ARE TODAY? WERE THERE CHALLENGES? IF SO, HOW DID YOU OVERCOME THEM?

Hard work and perseverance have been two of my best allies. You can never give up. Like most people I have experienced personal, financial and emotional devastations. From major setbacks and layoffs to cancer, it has been incredibly challenging at times. Learning to accept difficult situations, making a plan and taking one step at a time towards a solution really works

WHAT ARE THE MOST IMPORTANT DECISIONS YOU HAVE MADE IN LIFE?

At a difficult time in my life I realized I was not fulfilling my own dreams and living my life to the fullest. I wasn't happy and knew I needed a change. I decided to analyze and document the qualities and traits of some of the extraordinary celebrities and CEO's (Oscar winners, Grammy winners, legends, trailblazers, billionaires and spectacular everyday people) Within a year I had started my own successful production company. Within three years I had fulfilled my lifelong dream of producing a feature film. (The award winning thriller, Hidden Assets, available summer 2017).

AS INFLUENCER, HOW DO YOU TEACH OTHERS?

I love working with students of all ages and try to lead by example. I have learned over the years that actions really do speak louder than words. I love to volunteer. One of the most important things I can impart is that everyone should pursue a career, a life's work...not a job.

WHAT IS THE ONE THING YOU CAN SHARE THAT IS A MUST EVERY DAY FOR MOTIVATION?

Believe. If you don't believe in yourself, who will? You absolutely have to believe that you can achieve what you desire. Define it. Visualize it. Be it. Don't be discouraged by obstacles or detractors. Don't listen to those who say you can't. Believe you can and you will. Believe you can't and you won't.

WHAT INSPIRES YOU DAILY?

My friends and family inspire me to do better, be better. I try to surround myself with people who mirror my high self-expectations and believe in making the impossible possible.

WHAT IS ONE CHARACTERISTIC THAT YOU BELIEVE EVERY LEADER SHOULD POSSESS?

I believe every leader should inspire confidence. Even when you are in uncharted territory and are unsure, don't let them know it. Have passion & a plan and stick to it. I've learned it is incredibly difficult to lead others when you allow them to see uncertainty in your resolve.

WHAT IS THE ONE BEHAVIOR OR TRAIT THAT YOU THINK WOMEN SHOULD HAVE?

Confidence. Too many women are unable to exude self-assurance. I'm not talking about faux bravado or being obnoxious. I'm talking about an inner strength that turns heads and ensures you are heard and respected. Real confidence radiates and allows you to feel great about yourself.

WHAT ADVICE WOULD YOU GIVE WOMEN?

Every woman should define her standards and goals. If you don't, you invite outsiders to do it for you. It is so important to clearly outline who you are and what you expect of yourself. What are your professional, personal, spiritual and romantic standards? Actually write it down. You'll be surprised how much easier it is to avoid unwanted situations when you commit to yourself in this way.

WHAT IS NEXT FOR YOU? AND HOW WILL YOU GET THERE?

My book, "The Diva's in the Details...The Celebrity & CEO inspired guide to Confidence, Courage & Style" will be out soon and I am absolutely thrilled! Releasing my first book and my first film in the same year is a little daunting (and crazy), but a thrill.

LISA LAZARUS

HOW DID YOU GET TO WHERE AND WHO YOU ARE TODAY? WERE THERE CHALLENGES? IF SO, HOW DID YOU OVERCOME THEM?

I grew up as the oldest and independently. I was considered a latch key child- I think my upbringing forced me to be outgoing- we moved around a lot- I learned to make friends to survive and thrive. I was also financially independent from a young age- I worked for commission in college, which taught me how important a work ethic is very early on and which I still implement today.

WHAT ARE THE MOST IMPORTANT DECISIONS YOU HAVE MADE IN LIFE?

The most important decisions were getting married, starting my own business and having children- these decisions have shaped my life for the good, bad and the ugly. Life is not perfect. I realize that by working hard to be good in all areas of my life I can make a difference.

AS INFLUENCER, HOW DO YOU TEACH OTHERS?

I teach by example and communication. I believe that hard work brings results and success. If I can help someone I will and get great joy by doing so.

WHAT IS THE ONE THING YOU CAN SHARE THAT IS A MUST EVERY DAY FOR MOTIVATION?

I love where I live and my private morning time. I try to think positive, take the actions necessary to stay healthy and secure.

WHAT INSPIRES YOU DAILY?

My staff, my friends, family and feeling grateful for all the beautiful Palm Beach nature that surrounds me. I love to be on the water, or anywhere outside, spending time with my loved ones.

WHAT IS ONE CHARACTERISTIC THAT YOU BELIEVE EVERY LEADER SHOULD POSSESS?

Integrity

WHAT IS THE ONE BEHAVIOR OR TRAIT THAT YOU THINK WOMEN SHOULD HAVE?

Confidence is key. Women need to learn to be confident in their own skin. They need to be a first rate version of themselves rather than a second rate version of someone else.

WHAT ADVICE WOULD YOU GIVE WOMEN?

Stop overthinking... mistakes have to be made to learn and grow... You have to show up, do the work- this usually turns into something REALLY GOOD.

WHAT IS NEXT FOR YOU? AND HOW WILL YOU GET THERE?

I have landed... I just moved here and started this lifelong dream a few years ago... Being able to shop and buy furniture and home goods that make people happy, I am truly living out my dream. I am right where I always hoped and dreamed I would be. I am blessed.

STEPHANIE KANTIS

HOW DID YOU GET TO WHERE AND WHO YOU ARE TODAY? WERE THERE CHALLENGES? IF SO, HOW DID YOU OVERCOME THEM?

I come from modest means – my father and mother divorced when I was young and I remember it being very traumatic. I vowed to myself that I would never let this happen to me. I would set out to achieve each and every dream and be a very independent person who would not rely on anyone including a husband. I loved art and design from early and I knew that I wanted to be a designer. I had the words: “Where there is a will, there is a way,” in everything I would set out to do.

WHAT ARE THE MOST IMPORTANT DECISIONS YOU HAVE MADE IN LIFE?

I think the best decision (over and over again in my life,) has been to always take the high road – to feel good about what I do by working hard to achieve, and in the process, never stepping on anyone To get ahead.

AS INFLUENCER, HOW DO YOU TEACH OTHERS?

I influence people to be spontaneous and courageous and to just be themselves! We live in a pretty pretentious world – and now for me being in fashion, I really see how this industry is. I like to always say that the most beautiful part of ourselves is our “true inner beings” and being true to ourselves. Be honest, good and kind to people and have gratitude. That is pure beauty!

WHAT IS THE ONE THING YOU CAN SHARE THAT IS A MUST EVERY DAY FOR MOTIVATION?

The one thing that I can share that is a must every day for motivation is taking time for gratitude Closing my eyes at little moments throughout the day and thinking how grateful I am for whatever comes to my mind – and believe you me there is so much we all have to be grateful for. And doing one thing for somebody else’s life to make it better that day.

WHAT INSPIRES YOU DAILY?

Because I have worked so hard at achieving and moving myself towards success and Independence, financial security – I have always found that looking “inward” for inspiration has been my living grace. I see so many people looking out for other things to bring them balance. That does not work.

WHAT IS ONE CHARACTERISTIC THAT YOU BELIEVE EVERY LEADER SHOULD POSSESS?

If I were to name a characteristic that I believe every leader should possess – it would be compassion. If you can put yourself in another person shoes – he will understand them better possibly from their perspective, and not just from yours.

WHAT IS THE ONE BEHAVIOR OR TRAIT THAT YOU THINK WOMEN SHOULD HAVE?

The one behavior or trait that I think women should have would probably be confidence to be who they are and not what they think they should be. The confidence to be real and true to yourself.

WHAT ADVICE WOULD YOU GIVE WOMEN?

Be soft while still being strong. A woman is the soft, gentle, nurturing side of our species. There’s a time and place for when a woman hones her strength and skills in business and leadership... But there is also a time for her to be gentle.

WHAT IS NEXT FOR YOU? AND HOW WILL YOU GET THERE?

What is next for me is to be able to really find out about the laws of packaging and materials – I want to personally have an influence in this world for lessening the waste of packaging products. If I’m going to create beautiful things in the world, I want to also keep the world as beautiful as possible exactly as it is. I would like to take part in lessening the trash for an improved and cleaner environment.

THE C-SUITE STYLE:

THE LOOK OF SUCCESS

College graduates receive fashion styling from their career guidance centers along with interview tips, job leads and relocation advice. Universities across the country realize that young women need to dress differently once leaving the classroom for the office life in order to be successful. I remember quite vividly a guidance counselor saying “Dress like you already work in the corner office from day one.” Clothes alone don’t make a woman successful but clothes make a silent statement that can make or break many business interactions. Think about the time you wore a cocktail dress to a gown event and you know what I mean. Nothing’s worse than being the one underdressed. Says more about you than your words will relay.



“Flatter your Fabulous...and focus on the fit!
Your only fashion ideal should be you at your
best! The secret to looking great is
choosing clothes that look like they were
designed around your body and wearing clothes
that look like they were made for you”.

FIRST AND FOREMOST ADVICE FROM CELEBRITY STYLIST AND IMAGE CONSULTANT
ELYSZE HELD (WWW.STYLEOUTOFTHECITY.COM)

I am in the boardroom now, having passed the corner office a decade ago, and I outgrew my career counselor's suggestion, so now where do I look for my fashion advice? As women climb the corporate ladder, venture into the entrepreneur arena or transition back to the work force from raising kids to growing a paycheck, the C-Suite fashion information becomes less and less available. Good luck with the trendy magazine rack or Instagram feed. Few fashion magazines share relevant fashion advice on how a successful 40 to 65-year-old woman should dress in the boardroom. Fashion bloggers talk current trends and fashion shows not work place mojo. I look at social media and see the fashion that influential women are wearing and cringe. Ill fitting, un-polished or just plain boring. All which detracts from the woman.

“Dress shabbily and they remember the dress; dress impeccably and they remember the woman.”

Also, work place fashion rules have changed dramatically and continue to evolve at light speed as the internet changes how the traditional office operates. In the eighties, there was a running joke that as a woman, you wanted to dress how a man would dress if he was a woman. My 1987 internship suit had those crazy shoulder pads that made my body look like Herman Munster from the TV show.

My first job, post university, was at IBM in 1990. Women were not allowed to wear pants even with a jacket. A sleeveless dress was fine but if you wore pants, you would receive a memo from your boss. Oh, and I did.

In 1997 after passing the Florida bar exam, I was sent to the court house to cover a motion hearing. I learned more than law that day. One's peers are a better fashion barometer than your mirror. It was my first lesson on fashion social pressure. I wore open toed pumps without pantyhose. You would have thought I showed up in sneakers from the 50 something lawyers' disapproving looks.

The next evolution was “Casual Fridays” in 2001. A workplace fashion turning point much like what the industrial revolution was to farming. “All bets were off” in workplace dress codes. Formal workplace style rules were sent adrift causing such fashion chaos that coworkers wore everything from sweat-shirts to sport coats resulting in numerous “fashion memos” outlining appropriate casual office attire. The Casual Friday revolutionized fashion reporting as well. Articles sprung up about casual style for the workplace and how wearing traditional suiting showed you were a style novice.

The 2017 C-Suite woman has weathered this fashion evolution while building a successful career. C-Suite women's fashion is more important than ever because there are no set rules to get you through your fashion fatigue. So where does one turn for relevant styling suggestions? Where do we learn how to use our fashion dollars to invest in a wardrobe that telegraphs we are C-Suite status when walking in the room?

Like the women who've come before us, we share our secrets and so I'm sharing my coveted top fashion tips, learned through trial and error, for a successful C-Suite woman.

- **Dress successful, you earned it.** If you wore the look to work in your twenties and are still wearing it, make sure it's a basic and that you layer it with other more current trends. In the C-Suite you have the ability to pull off more fashion forward pieces, especially jewelry, so take advantage of this earned luxury
- **Smooth Look.** If you look in the mirror and you see undergarment lines, buy Spanx. Nothing detracts more from your visual appearance than underwear lines or bra straps. Your work efforts are wasted if a coworker thinks more about your La Perla than your business acumen.
- **Wear clothes that fit.** This means not just too tight but also too baggy. Too tight is distracting, Too baggy looks sloppy. Both mean you haven't invested time in your most valuable asset, PRESENCE. Trust me, if you made it to the C-Suite you have presence. You got to the top office by learning to pick your battles and stand your ground more than a few times to make an impact. So, if you took time to spellcheck your PowerPoint presentation for the new multimillion dollar client, invest time to make sure what you put on fits.
- **Know your audience and look the part you are there to play.** I attended an education day in New York City for C-Suite women who wanted to apply for open board seats and meet recruiters. I planned my attire, with accessories, when I RSVP'd. I wanted to make sure my time investment was maximized and knew my wardrobe needed to match. I researched our speakers and planned my styling accordingly. I was shocked

at what fellow attendees wore. They looked like it was either a day off or were applying for an entry level position. The female panel members were women who were there to meet new board members and were running Fortune 500 companies. Unfortunately, few looked like they could step into a boardroom. C-Suite women know that in every encounter they have a message to deliver and a role to play in their career. Make sure your “costume” matches.

- **Buy with a plan.** We all impulse buy. No problem with that. Just don't impulse wear it. C-Suite women plan their casual wardrobe, business attire and formal garments. They calendar style when they calendar events. Know what your closet is missing and fill in the holes. Ask yourself questions like: is my closet filled with basics that need some pizzazz, do I have casual clothes that in a retreat setting still make me look polished, or what is that “get it done” gown for that last minute fundraiser. If you spend more time furnishing your living room than your dressing room, you need to get a fashion plan.
- **Get help.** You don't fix your own car, your assistant handles your schedule and you have a trainer maybe even a nutritionist. So hire a stylist. Maybe just for that event, to review your closet or to talk about your concerns with your wardrobe transition but hire a professional to give you unbiased advice. Trust me. The dress might be nice when you look in the mirror but from behind its unfaltering and you need an objective voice to tell you. A stylist will support your choice to be bold and wear a red jacket to that power lunch with a new client. To all C-Suite authors, please accessorize for that cover photo. I recently saw the book cover for one of the United States' top female executives. Her clothes said nothing about how smart she is, what she accomplished or what she could share with the reader and I bet \$100 dollars that she didn't hire a stylist because nothing about that cover said she ran a multibillion-dollar company.

“The secret of professional women who always look so put together? ... Stylists.”

STYLISTS AREN'T JUST FOR CELEBRITIES ANYMORE
FORBES MAGAZINE, JUNE 2009

I start my meetings when I walk in the room, no words needed but my style announces that with me there, we are ready to begin. For the C-Suite woman, styling is much more than getting dressed for the office or fitting in. C-Suite style is about showing your intelligence by how you have designed your presence for impact. C-Suite style is about running a meeting in your jeans and turtleneck because your power necklace says you are the one to be reckoned with. C-Suite style sums up 20 to 30 years of consistently investing in your career and everyone knows it because your style speaks even when you don't want to.

RENEE MARIE SMITH, ESQ. IS A TWENTY-YEAR REAL ESTATE ATTORNEY, SUCCESSFUL ENTREPRENEUR, SPEAKER, AND WRITER. RENEE OFFERS ADVICE ON FINANCE, HEALTH, LOVE, AND FASHION FOR WOMEN IN THEIR 40'S AND 50'S THROUGH HER WEBSITE, TRENDINGFIFTY.COM. RENEE HAS AUTHORED THE MY GURU BOOK SERIES AND FREQUENTLY GUEST SPEAKS AT NATIONAL CONVENTIONS AND ON THE RADIO. SHE IS ALSO WELL PUBLISHED IN REAL ESTATE AND BUSINESS MAGAZINES AND BLOGS, INCLUDING FORBES AND HUFFINGTON POST. FOLLOW RENEE ON TWITTER @TRENDINGFIFTY, ON FACEBOOK @TRENDING50, AND ON INSTAGRAM @LAW4COMP.

*LEARN MORE ABOUT THIS ARTICLE AND RENEE'S FASHION ADVICE VISIT TRENDING50.COM OR PALMBEACHWOMAN.COM TO SEE THE VIDEO SERIES.

MODERNIZING THE FUTURE:

WOMEN IN TECHNOLOGY



According to the US Census Bureau, women make up 59 percent of the US labor force and almost 51 percent of the US population. And in most industries, women make up roughly half of all entry-level jobs. Yet only 37 percent of entry-level workers in technology companies are women, and the percentage of women who work for leading US technology companies like Twitter and Facebook is only 30 percent. If you continue to break down the numbers, women in technical positions and leadership roles represent only 16 and 23 percent of the workforce, respectively. While these statistics may seem grim, they also expose tremendous untapped opportunities and room for growth.

The underrepresentation of females and female leaders in the workplace, specifically in the technology sector, is certainly not because women are incapable. There are a number of well researched reasons for the gender disparity in the tech industry which include pipeline, unconscious bias, balance of work and family and many others. Many leading tech companies are tackling these challenges with programs specifically designed to achieve more diversity in their workforce. Modernizing Medicine is among those companies making a clear and deliberate commitment to gender diversity in our workforce and in our community. We believe that through investment in education, community and in our own corporate programs, we can not only maintain that critical balance in our own organization, but also empower women in general with the confidence and skills needed to thrive and grow as contributors in the tech community.

INVESTMENT IN EDUCATION AND AWARENESS

There is such an incredible pool of talent here in the South Florida community, sometimes referred to as 'Silicon Beach' for the tech talent and opportunities it holds. There's always more that can be done to tap into that talent, foster it and keep it here in our community.

After decades of commitment to investing in curriculum reform and efforts to promote girls' interest in STEM studies, we've seen some improvement. According to a report from the organization Girls Who Code, 74 percent of young girls express an interest in STEM education. However, there's a disconnect that happens when they pursue their degrees and careers. They found that only 18 percent of undergraduate computer science degrees and 26 percent of computing jobs are held by women (TechCrunch.com). Additionally, when women come into the technology workforce, they tend to leave these positions earlier and in more numbers than their male counterparts. Why is there this disconnect and how can we close this gap?

Research points to lack of support, cultural bias within the workforce and societal pressures of balancing work and family.

Taking the time and effort to invest in education and awareness is key. Modernizing Medicine supports the STEAM (science, technology, engineering, arts and math) education at Palm Beach State College with awareness events throughout the year. We also offer robust internship programs to students with both technical and non-technical career interests. Through these programs, we showcase the many opportunities that are available within our organization. As a company we also expose interns to our culture of inclusion, and connect them with employees, particularly women, across the organization who are forging paths ahead of them. We hold panels on issues that young women confront in the workplace in general, and especially in technology, where our experienced leaders (both men and women) share stories about how they might have faced and overcome similar challenges.

CORPORATE INVESTMENT IN WOMEN

At Modernizing Medicine, there are various initiatives that help define our company's innovative employee culture, many of those include catering to and fostering the potential of our talented women. Modernizing Medicine's Women in Innovation and Technology (MMwit) is a community of women (and men too!) with a mission to develop and enable women in Modernizing Medicine to lead and innovate. It is a program that has blossomed over the past two years with a growing membership base, increased number of organized events and various leadership opportunities. The group brings together a cross-section of women from all departments each with different skills sets, experience levels and interests. It's a cohesive organization that unifies different groups within our company with a shared mission. It provides an opportunity for those involved to get out of their comfort zone to take on roles and learn skills that are different from their day to day tasks, and that helps develop our internal talent. From internal company events, to events that support our community, MMwit provides leadership opportunities that help the women in our workforce develop confidence, collaboration skills and initiative.

INVESTMENT IN THE COMMUNITY

It speaks volumes when a company invests in their people to make an impact both within their company and outside of their office walls. Our MMwit group supports PACE Center for Girls, an organization that helps at-risk girls in school. Our successful women have had opportunities to impact and influence the girls in this program through career days, hour of code and job shadowing. MMwit has also supported the Dress for Success program, raising both money and awareness to help women gain professional employment. Our female leaders participate in South Florida Business Journal's Mentoring Monday event every year, helping to engage with and mentor other women professionals in our community. We speak on community panels, participate in local leadership programs and take active roles in countless other community activities aimed at raising awareness and improving gender balance in technology and in all organizations. It's a chain reaction of positivity and mentorship. When we help engage and foster development with our team, they are then able to pass on their experiences to help transform other women when they need it most.

A GLIMPSE INTO THE FUTURE

What do you think of when someone says they work at a technology company? Maybe you assume that they are on the IT or product development teams or are coding software. While that certainly may be accurate, there are other roles that are vital contributors to the growth and health of technology organizations. Sales, finance, marketing and accounting roles, for example, are all in high demand for these organizations as the technology industry grows. So before you think that you don't possess the skills to work for a technology company, I encourage you to reconsider that thought.

I see a bright future ahead for women in the workforce, specifically in technology-based companies. There is a groundswell happening in the technology world, with not only wide recognition about gender disparity, but also deliberate action. Modernizing Medicine is committed to motivate and encourage women to seek out technology roles in any organization, as well as non-technical roles within technology organizations. We are also committed as technology leaders in our community to foster and support growth for women who are already in the tech workforce. The opportunities are plenty.

As Sheryl Sandberg said, "Technology is an agent of change — a force that shifts the way we live for the better. Today, all women need tech. And tech needs women."

IN HER ROLE AT MODERNIZING MEDICINE, KAREN OVERSEES ALL FINANCIAL, HUMAN RESOURCES AND OPERATIONS FOR MODERNIZING MEDICINE, AND FOCUSES ON CORPORATE STRATEGY AND PLANNING. MODERNIZING MEDICINE IS AN AWARD-WINNING HEALTHCARE TECHNOLOGY COMPANY AND IS HEADQUARTERED IN THE RESEARCH PARK AT FLORIDA ATLANTIC UNIVERSITY. KAREN BRINGS MORE THAN TWENTY-FIVE YEARS OF FINANCIAL, ACCOUNTING AND OPERATIONAL EXPERIENCE TO MODERNIZING MEDICINE. SHE HAS BROAD FINANCIAL EXPERIENCE IN TECHNOLOGY-BASED ORGANIZATIONS INCLUDING ENTERPRISE SOFTWARE, B2C TECHNOLOGY, SYSTEMS INTEGRATION, WEB HOSTING AND MANAGED SERVICES. SHE IS STRATEGICALLY MINDED WITH A PROVEN RECORD OF DRIVING PROFIT IMPROVEMENT, LEADING BUSINESS GROWTH, ESTABLISHING AND SCALING OPERATIONS AND BUILDING OPERATIONALLY-FOCUSED TEAMS.

PRIOR TO MODERNIZING MEDICINE, KAREN SERVED AS THE CHIEF FINANCIAL OFFICER FOR CAMPUS MANAGEMENT CORP, A SOFTWARE DEVELOPMENT COMPANY THAT PROVIDES POSTSECONDARY EDUCATION INSTITUTIONS WITH ADMINISTRATIVE AND ACADEMIC SOLUTIONS. KAREN ALSO SERVED AS SENIOR DIRECTOR OF BUSINESS PLANNING AND FINANCE FOR VERIO, INC., AN NTT AMERICA COMPANY THAT PROVIDES GLOBAL WEB HOSTING AND MANAGED SERVICES. KAREN BEGAN HER CAREER IN PUBLIC ACCOUNTING WITH NINE YEARS OF ADVISORY AND ATTESTATION MANAGEMENT EXPERIENCE SERVING BOTH PUBLIC AND PRIVATELY-HELD COMPANIES ACROSS A WIDE RANGE OF INDUSTRIES.

KAREN IS A CERTIFIED PUBLIC ACCOUNTANT AND A CERTIFIED GLOBAL MANAGEMENT ACCOUNTANT. SHE HOLDS AN MBA WITH HONORS AND A BACHELOR OF SCIENCE DEGREE IN ACCOUNTING, BOTH FROM THE UNIVERSITY OF FLORIDA.

boss

BY MARY WONG
PRESIDENT, OFFICE DEPOT FOUNDATION

OFFICE DEPOT FOUNDATION IS BUZZING



The Third Annual Office Depot Foundation Women's Symposium took place at the Raymond F. Kravis Center for the Performing Arts in West Palm Beach. ODF has plans to take it to other cities in the next year. The theme was "Building Your Hive for Sweet Success."

The premise is that every woman is queen of her own hive. The theme was explored in a variety of ways throughout the two-day symposium, which featured a dozen dynamic speakers who gave attendees opportunities for transformation in their professional and personal lives.

The symposium brings together hundreds of like-minded, thoughtful, strong and driven women in an engaging, collaborative and personally-transformative atmosphere. This year's speakers took the symposium to a whole new level of inspiration, motivation and education – with extraordinary networking opportunities that made it an exceptional experience.

WHY BEES?

I've been studying a lot about these fascinating creatures. It's because I've begun to think of my work and my life as beehives of activity with a singular goal – to produce something sweet.

- Did you know, for example, that the bee is the only insect that produces food eaten by humans?
- The honey bee's wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz.
- A honey bee can fly for up to six miles, and as fast as 15 miles per hour.
- A honey bee visits 50 to 100 flowers during a collection trip.

One of the most fascinating things I've learned is that bees really shouldn't be able to fly. Based on their body structure and mechanics, they should not be able to get off the ground. Fortunately, no one told the bees that this is the case – and so they go merrily on their way.

Hear me out on this... What do you want the story to be about for your beehive? What are those values? What do you stand for? What is your mission? I think that we have to divide those up into different things before you can build a beehive. Before you can even start to build that outer piece you have to really truly understand what you want and you have to be clear about your goals.

Then you have to surround yourself with the right people. The important thing to remember is that each one has a role to play in ensuring the overall success of the hive.

The term Busy as a Bee is well earned. These bees from the moment they are born have varied tasks cut out for them. A worker bee has a timeline and job duties. They represent teamwork and empowerment at its best!

So the next piece after one understands their mission is their outcome what kind of honey do they want to produce? Then it's from there how you can do that?

One consideration to talk about is who do you surround yourself with; how do you pick your workers? How do you get these worker bees and then really look at the roles that they play in your life? You really have to take a hard look at whether they have your back and will they help you fly?

Let's get back to our discussion of worker bees. They're not only the team that surrounds you in your professional life but they are also the people that you decide to surround yourself with in life and friendships.

This can take some soul-searching and require some hard decisions. Personally, it's been a really hard road over the last year. There have been people that have not served me well and I don't mean that in a bad way, I just mean that people that have stung me. I've had to make that decision that it's too heavy of a weight to carry if they don't want to be on my team. So I just made the decision to just move forward and so that's not always easy but it's something that you have to make a decision to do. Because otherwise you create a disease within that hive and you will put you and your dreams at risk, all of everything that you have worked for.

Do you have clarity? Do you know your values and what you stand for and can you lead? Another part that's important is asking for help when you need. It's always a hard thing for people to do but this is what you do as a leader when you don't know everything.

Another important part is to replenish yourself. You have to take care of yourself and ensure that you're healthy. I think that it is so important to make sure that the mind body spirit piece is in the forefront. I would be lying to you if I said I think that there is balance but I would say that you have to really create your own balance.

Talking about balance brings us back to the fact that bees technically are not supposed to be able to fly. But they can. The bee doesn't question whether it can fly or not. I'll relate this to you not questioning your own truths in your business and mission. When you're on your mission sometimes it's really important to drop the rules of what you've heard about how you're supposed to work. You are creating something that's from you, so no

one else has created it so that means that your schedule and your way of being and how you show up is up to you.

This is success because your honey is really what you said you wanted.

And one more thing: Don't forget to celebrate. Did you know that bees actually dance? They don't forget that their mission was to have a disease free hive and to create the sweetest honey that they could possibly create. When they do that they celebrate as a team... as a whole. They all celebrate and they dance.

All through life, we meet people who have tried things and failed, and they will be quick to tell us why we can't do it, either. Here's the principle the story about the bumble bee should teach us: if what you want to do has potential and merit and will help you achieve what you want to achieve, how are you going to know whether you can succeed or not, if you don't try it for yourself?

When you make the effort destiny comes into play. As William Jennings Bryan once said, "Destiny is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved." REMEMBER: the bee is not supposed to be able to fly, but she DID!



WWW.OFFICEDEPOTFOUNDATION.ORG/WOMENSYMPOSIUM.

MARY WONG IS THE PRESIDENT OF OFFICE DEPOT FOUNDATION

SHE WAS RECENTLY NAMED ONE OF THE MOST INFLUENTIAL WOMEN IN PHILANTHROPY ALONG WITH OPRAH AND MELINDA GATES.

“Never limit
yourself because
of others’ limited
imagination;
never limit others
because of your
own limited
imagination.

— MAE JEMISON

UNDERSTANDING YOUR RELATIONSHIP WITH MONEY

CHAKRA SEVEN: CONSCIOUSNESS CREATES

Money is just a tool to live your best life. Money itself can never be the goal or instrument to inner peace and happiness.

Much of our behavior and money habits have been established in our past, but it does not have to define our future.

As a veteran financial advisor and yoga teacher, I have always felt there was a disconnect between the physical realm of handing your finances and the meta physical realm of creating happiness and fulfillment.

To live life on purpose, we need to not only make prudent financial decisions, but we always need spiritual guidance as a path to the self. This entails the physical work in yoga to start to peel the layers and begin to discover your best self!

THE FIRST STEP IS UNDERSTANDING YOUR RELATIONSHIP WITH MONEY.

Before we can start to begin a new journey with our financial future, it is imperative to understand our relationship with money. We need to understand it on so many levels that we ultimately create union between our money decisions and our deepest core values and highest commitments.

First, we must confront our challenges, fears, attachments, remorse, regret, and happiness around money. We need to confront our “money story” in order to begin our transformation.

Ask yourself the following questions: Be totally authentic about your feelings.

1. What is your most painful memory related to money?
2. What is your biggest fear about money?
3. What were you taught as the most valuable aspect about money?
4. When have you been most positively or negatively moved by money?
5. What were your parent's values around money and how did you react to them?

Buddhist traditions speak of the "Wanting Mind."

It's like an outside force compelling us to squander our capital. The wanting mind insists that things need to change in order for us to be happy and money is one of its favorite objects to focus on.

The constant desire to want material things you feel will make you happy that actually only allow happiness in the moment until the next desire to purchase something that creates the same feelings of wanting. The financial toll of wanting is that whether it's more stuff or more (you fill in the blank), too many of us fall prey to our wanting mind's endless desires.

Perhaps the bible of yoga, "The Yoga Sutras of Patanjali" explains in the second sutra that excessive attachment is based on the assumption that the object desired, once obtained, will create everlasting happiness. When an object satisfies a desire, it provides a moment of happiness. Because of this moment, our mind makes the possession of objects very important, even indispensable, until the next obsession.

Did you ever dream of buying an item in the moment? I always wanted a high-end BMW sports car. I leased a new BMW 335i sports sedan when it came out years ago. I had to have that car! Forget that the car was not practical for our family or the high cost of the lease including super unleaded gas, insurance and expensive high speed tires that had to be replaced annually. I am sure you get the picture. After the sale and excitement was gone, all I was left with was an expensive lease and an ongoing expense. My wanting mind was in high gear (excuse the pun). Was this purchase going to help me toward my life's intention? Absolutely

not, and worst of all, I didn't even have an internal conversation with myself! If anything, this wanting mind purchase was directly NOT in concert with my money goals. I failed to be present at that moment.

But as in yoga, there is no judgment! Just try to improve moving forward. The answers are never "out there." All the answers are "in there" inside you waiting to be discovered. By understanding the difference between the wanting mind's desires and your more heartfelt goals, you will have a much greater likelihood of making progress toward your life's intentions. And it will be sustainable.

We routinely allow money to dictate the terms of our lives and often to be the most single important factors in the decisions we make around love, work, family or friendships. Each financial choice you make is a powerful statement of who you are and what you care about!

It is time to start to create the union in essence to align our money decisions with our deepest core values and highest commitments. What are these values and commitments? You have to search your soul to contemplate what life should look like. What is so compelling to you that you can't wait to wake up in the morning to deliver on your passion?

The work in the 7th Chakra is to feel the limitation of your old beliefs, release your limiting beliefs, feel the possibility of new beliefs and create a new paradigm of beliefs that will start your journey toward financial abundance.

When your money habits are in concert with your life's intentions, you are approaching "union" as we learn to live consciously, fully and joyfully, in our relationship with money.

PHOTO BY ANDREA BLAKESBERG



CRAIG IS AN INDEPENDENT FINANCIAL ADVISOR AND YOGA TEACHER. HIS PRACTICE CONCENTRATES ON GUIDING WOMEN TO CREATE LIFE ON PURPOSE TOWARD FINANCIAL AND SPIRITUAL ABUNDANCE.

FOR CHAKRA WORKSHOP DETAILS, PLEASE EMAIL CRAIG.

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FEMALE FANS BEHIND BOCA RATON BOWL

RALLY YEAR 'ROUND FOR PALM BEACH COUNTY'S VERY OWN COLLEGIATE FOOTBALL BOWL GAME



BOCA RATON BOWL EXECUTIVE COMMITTEE AND COMMUNITY CAPTAINS

STANDING FROM LEFT: BETH JOHNSTON, SUE DIENER, ANN RUTHERFORD, CONSTANCE SCOTT, CAROLYN KELLY, BARB SCHMIDT, SUSAN HAYNIE, SUSAN WHELCHER, KELLY SMALLRIDGE, DAWN ZOOK, JESSICA DEL VECCHIO, MICHELE BELLISARI, ANDREA O'ROUKE, ILEANA OLMSTEAD, DYANA KENNEY, DEBI FEILER

KNEELING FROM LEFT: ROXANA SCAFFIDI, MARY SOL GONZALEZ, ROSIE MARTIN, BONNIE KAYE, JACKIE REEVES, INGRID FULMER, LINDA PATON

You know when you have an impassioned team of smart, dedicated 'never say no' female civic, business, nonprofit and philanthropic leaders focused on a dynamic community game plan, you don't just win ... you win very, very big. And this group of energizing and inspiring Palm Beach County and City of Boca Raton female stakeholders take to the field each year to rally their fellow residents, business owners, employees, colleagues, board members, friends and families to take advantage of all the Boca Raton Bowl brings to our community-at-large.

Some lead county and city government and agency engagement, while others serve on the Boca Raton Bowl Executive Committee and as Boca Raton Bowl Community Captains. Some hail from large and small businesses in a wide range of industries, economic development boards, chambers of commerce, foundations, homeowners associations, universities, recreation and community centers and a group of volunteer

corps and nonprofits. And as diverse as they are, they come together united in vision and mission: growing the Boca Raton Bowl reach, experience and engagement more each year while increasing awareness and support for its charity partner Spirit of Giving (serving the needs of 60+ nonprofits) and organization's annual holiday gift drive.

HOW DO THESE WOMEN ROLL?

They partner with retailers for tailgate-themed fashion shows and events; set up bowl presentations to organizations, associations and companies; tap top chefs to serve up their best recipes for sampling at the Bowl's Great Chefs Tailgate Showcase & College Spirit Night event and work with tourism, sports and recreation officials to promote the televised destination event. They include Bowl presence within company conversations and activities; sign up to be on bowl team welcome, band and pep rally committees; serve as hosts to visiting conference officials and recruit volunteers. But their biggest role, as they see it, is serving as ambassadors representing County and City of Boca when the teams and their fans arrive.

WHY ALL THE FUSS AND FOOTBALL BOWL FEVER? THE IMPACT IS EXPONENTIAL!

As Palm Beach County's newest holiday-timed tradition, the Boca Raton Bowl is all about showcasing all we as residents and employers enjoy 24/7/365. It is when we roll out the warmest welcome mat and boast our 'hometown' pride live on ESPN from a filled

FAU Stadium. It's when we tailgate with zest, celebrate a favorite American pastime 'right in our own backyard' with family, friends and colleagues.

The postseason college football bowl game that first touched down at FAU Stadium in 2014 is one of only 41 bowl games in the US and the only one in Palm Beach County. As enjoyed by other communities that are fortunate to be tapped to host coveted bowl games, the spotlight brings to Palm Beach County all the traditional pomp and circumstance and team competition that makes game week an exciting and genuinely fun, entertaining experience for both college football fans and non-fans alike.

Dubbed "Boca's Biggest Annual Outdoor Party", the ESPN-owned Boca Raton Bowl annually matches up the Mid-American Conference (MAC), Conference USA and American Athletic Conference (AAC) televised throughout the U.S. as well as international affiliates in South America, the Caribbean, Australia and Europe.

Last year's game drew stadium attendance of 25,908 (with approximately two thirds being local) and received a 1.5 U.S. household rating, generating more than 2.5 million viewers who saw promotional commercials on both Boca Raton and Palm Beach County. The Palm Beach County Sports Commission conservatively estimates it generated a direct local economic impact of over \$10.4 million, supported 3,650 jobs and generated more than 7,680 hotel room rentals in Palm Beach County with more than 8,000 out-of-state visitors. In addition, each year, the bowl brings about 500 student-athletes, coaches, administrators and support staff to visit and draw thousands of alumni and fans from the two participating schools who return as Palm Beach County fans sharing the features, advantages and benefits of living, working, playing, learning and vacationing here.

WHAT EXCITES THESE WOMEN THE MOST ABOUT THE BOCA RATON BOWL?

SUSAN HAYNIE

Mayor, City of Boca Raton

Boca Raton Bowl Executive Committee Member

"When I see a stadium filled with residents and visitors I am filled with civic excitement, appreciation and pride knowing so many in our city and county worked together year 'round to put us on the coveted nationally televised college bowl map. Each year we get to introduce two visiting teams, their fans and the television audience to all that is good about our city and county — from our warm hospitality, beautiful parks, pristine beaches, state-of-the-art sports facilities, businesses to our diverse hotels, dining, shopping and entertainment that awaits them."

VERDENIA BAKER

County Administrator, Palm Beach County
Boca Raton Bowl Executive Committee Member

“What I find most exciting about the Boca Raton Bowl is its amazing growth. This is our third year of a six-year contract and this event has yielded the return on our investment that we expected. I know that the Boca Raton Bowl will continue exceed our wildest expectations! Go Boca Bowl!”

SUSAN WHELCHER

Former Mayor of Boca Raton
Instrumental in bringing the Boca Raton Bowl game to the City

“From the moment that Palm Beach County Commissioner Steve Abrams and I met with ESPN and learned of its bowl plans for FAU stadium, we knew it was both a perfect fit and an resonating opportunity. It is truly an ideal way to introduce and brag on our county and the City of Boca Raton to millions of viewers, thousands filling the stadium to cheer on the visiting teams while adding to our festive holiday programming traditions for residents and visitors. Having Spirit of Giving as its charitable partner, helps share even more holiday magic for so many children in our community.”

BARB SCHMIDT

Founder, Zen Sports
Boca Raton Bowl Executive Committee Member

“When the possibility of a national bowl game being played in Palm Beach County at FAU’s beautiful stadium came to my attention, I was ‘all in’ and it has been most exciting watching the enthusiasm build in our community and beyond. As a sports fan and mindfulness coach I am always excited to meet the teams that are fortunate to be selected for the Boca Raton Bowl.”

KELLY SMALLRIDGE

President & CEO, Business Development Board of Palm Beach County, Inc.
Boca Raton Bowl Executive Committee Member

“The Boca Raton Bowl brings such excitement and energy to our county for months leading up to the actual game among residents, business, education and government leaders. It shines a bright national spotlight on the City of Boca Raton and Palm Beach County as one of the best places to live, work,

learn, play and visit. It is our three-hour window to entice millions of viewers to come to visit, live or do business. We love this event and look forward to it every year.”

CAROLYN KELLY

First Lady, Florida Atlantic University

“Each year our FAU Family is so excited to welcome so many new people onto our beautiful campus and into our incredible stadium.”

CONSTANCE J. SCOTT

Director of Local Relations, Florida Atlantic University
Boca Raton Bowl Executive Committee Member

“Love that the Boca Raton Bowl is primetime televised commercial for Boca Raton and Florida Atlantic University, showcasing our wonderful city, the great University campus and stadium. The exposure for business and student recruitment is amazing.”

BONNIE S. KAYE

President and Chief Strategist, Kaye Communications, Inc.
Boca Raton Bowl Executive Committee Member

“The Boca Raton Bowl ‘literally’ drives home the saying: ‘Good things happen when good people get together.’ The ‘up close and personal’ engagement and access to bowl experiences make for great memories as the Boca Raton Bowl now presents residents and visitors with ‘Boca’s Biggest Annual Outdoor Party’. This Miami native grew up in a coveted college bowl city and remembers the exhilaration, pride and memory-making as a young child and teen that now is can be enjoyed during the holidays by those living, working, playing, learning and visiting in Palm Beach County.”

SUE DIENER

Executive Director, Spirit of Giving, Boca Raton Bowl’s Charity Partner
Boca Raton Bowl Community Captain

“I love being a part of an event that not only brings our community together for some spirited football fun, but also on game night generously hosts so many of our area nonprofits and the families that they serve!”

JACKIE REEVES

AIF® PPCTM, Managing Director,
Bell Rock Capital, LLC
Boca Raton Bowl Community Captain

"I grew up watching BOWL games and I always thought that it would be so awesome to have that in my city! Having a BOWL GAME provides fantastic exposure to FAU & Boca Raton. My family and I love coming early to tailgate and check out the games, giveaways and more in the active midway area, including the pre-game battle of the college team bands and the great cheerleader performances."

INGRID A. FULMER

Senior Leasing Advisor - Office Leasing,
Coldwell Banker Commercial NRT
Boca Raton Bowl Community Captain

"The Boca Raton Bowl gives us an opportunity to show off our beautiful city to the rest of the nation. What excites me that day is to see how the entire community joins together in this amazing world-class stadium to celebrate and enjoy the game."

BETH JOHNSTON

Senior Manager Market Development,
Florida Blue
Boca Raton Bowl Community Captain

"For me, I most excited about the camaraderie that is created by uniting all parts of Palm Beach County -- all ages, cultures, business clusters and people in general. It's the one time per year there are no divisions and everyone comes together for the greater good."

LINDA PATON

Regional Sales Director, Maui Jim
Boca Raton Bowl Community Captain

"The Boca Bowl is a Community party where a football game breaks out! I love that we all come together and help cheer on our home team each year by attending the events that lead up to the "Bowl Game"- from the golf outing to the Great Chef's Tailgate to the pep rally!

ROXANA SCAFFIDI

CEO / Adviser, FL – Accounting and Advisers
Boca Raton Bowl Community Captain

"All football fans have the chance to make the Boca Raton Bowl at FAU, a special annual family event. It not only gives great exposure to Boca Raton, it generates income to the local economy."



FROM LEFT: ANN RUTHERFORD, BONNIE KAYE, CONSTANCE SCOTT, KELLY SMALLRIDGE, PALM BEACH COUNTY ADMINISTRATOR VERDENIA C. BAKER, BOCA RATON MAYOR SUSAN HAYNIE, SUSAN WHELCHER, BARB SCHMIDT

ROSIE INGUANZO-MARTIN

CEO, Allegiance Home Health
Boca Raton Bowl Community Captain

"As a Boca Raton Bowl Community Captain I am excited to welcome all of those representing the two participating universities and introducing them to our awesome city! As a community we have been warming up prior to their arrival with spirited bowl lead-in events that continue into the bowl week full of family-friendly memory-making activities. As the owner of a local business, I also love to see the positive economic impact generated by the Boca Raton Bowl."

DYANA KENNEY

Executive Vice President/Leasing,
Penn-Florida Realty Corp.
Boca Raton Bowl Community Captain

"As a long-term Boca Raton resident, I am most excited that the ESPN Boca Raton Bowl is right in our own backyard. With so many great reasons to live, work and play in Boca Raton, this event is one more exciting reason of why Boca has so much to offer. Plus, I like the tailgate party!"

JESSICA DEL VECCHIO

Economic Development Manager,
City of Boca Raton
Boca Raton Bowl Community Captain

“Last year, the Palm Beach County Sports Commission conducted an economic impact analysis of the bowl game and found it had an impact of \$10.4 million; so I’m most excited to see all the fans enjoying themselves at the game and throughout our city – knowing the financial benefit it will have on our local economy.”

KAREN KRUMHOLTZ

Executive Director, Schmidt Family Foundation
Boca Raton Bowl Community Captain

“What fun it has been since ESPN brought the Boca Raton Bowl to town! Just in its third year, it is hard to imagine my holiday season without volunteering before and at the game. As a lifelong resident of Boca Raton, I get excited when the visiting teams and fans fall in love with our area.”

DEBI FEILER

Vice President of Program Services
The George Snow Scholarship Fund
Boca Raton Bowl Community Captain

“The Boca Raton Bowl marries two of my favorite pastimes: cheering for football ... and our hometown. The lead-in events and game day itself bring together so our community assets in spirited unity during our active time-honored holiday festivities.”

DAWN A. ZOOK

Dawn Alford Zook, Private Investigations LLC
Boca Raton Bowl Community Captain

“As a 57-year native of Boca Raton it is fabulous for our city to be known as a ‘football town’ because of the Boca Bowl! Not only does the Bowl and the exciting off-the-chart events leading up to the Boca Bowl bring excitement to our beautiful community, but joins our community together as we show the rest of the country what an unbelievable stadium we have at my alma mater Florida Atlantic University!”

ILEANA OLMSTED

Downtown Marketing Coordinator,
City of Boca Raton
Boca Raton Bowl Community Captain

“What most excites me about the Boca Raton Bowl is the enthusiasm and community spirit it brings to our Downtown Boca – from residents, to business owners and visitors passing through – everyone feels it!”

ANDREA LEVINE O’ROURKE

President, Creative Services
Boca Raton Bowl Community Captain

“The Boca Raton Bowl...It’s a Win-Win-Win-Win-Win for the City of Boca, FAU, the economy, goodwill and good times!”

MARYSOL GONZALEZ

Owner, Image 360
Boca Raton Bowl Community Captain

“I love that so many from other countries, not just the U.S, get to see all we have to offer in our City. The hours-long commercial, televised live from FAU Stadium, is brilliant brand booster for Boca Raton and FAU.”

MICHELE BELLISARI

The Bellisari Group/ReMax Services
Boca Raton Bowl Community Captain

“ College football is a huge part of the Bellisari family dynamic! I know the awareness that the Boca Raton Bowl generates throughout the country is a gift to a Palm Beach County residential Realtor like me. Nationally showcasing beautiful Boca Raton and greater Palm Beach County as a much-desired, high-profile sports and recreation destination, an engaged community, a college town, a ‘giving’ city and economic driver makes the phone ring.”

WOMEN MAYORS

OF PALM BEACH COUNTY

Women are making ground-breaking strides in the world of Politics. They are breaking tradition, shattering glass ceilings changing communities, counties and countries.

The women leaders of the world include: The Prime Ministers of Britain, Poland, Norway and Bangladesh; The Chancellor of Germany, The Presidents of Chile, Malta, Nepal, Estonia, Mauritius, Liberia, Croatia, Marshall Islands, Taiwan and Lithuania. In the United States, 20% of women hold seats in Congress and The United States Senate. Forty Women Governor have served or are serving. In fact, I come from the State of CT, where the first female Governor, Ella Grasso was elected in her own right. And there are close to 400 female Mayors in the USA.

Herein Palm Beach County We recognize a number of them. And whether they continue to serve or move in a different direction due to elections or term limits they have made a difference for women everywhere. Collectively their advice can be summed up in these three statements.

KEEP TALKING – PEOPLE ARE LISTENING.

KEEP PUSHING – YOU WILL GET ATTENTION AT SOME POINT.

HOLD ON TO YOUR BELIEFS, COMMITMENTS, YOUR HONOR AND YOUR PURPOSE.



**Waste Management salutes the
Women Mayors of Palm Beach County**



Susan Haynie — BOCA RATON



Mayor Susan Haynie knows that as the City is growing, that the City government must grow and improve with it. She has worked to create an efficient one-stop permitting process and better online accessibility to City

services. These changes have been a continued success in her efforts to set the stage for how we build tomorrow's Boca Raton. Susan is working constantly to improve the overall quality of life in our community. She focuses on making the City government more responsive, efficient and accountable through innovation and technology.

Alice McLane — GLEN RIDGE

The 100-acre Town of Glen Ridge was developed in the 1940s and was incorporated in 1947. The entire town is a bird sanctuary and primarily residential. The town's name was inspired by its location on the bank of the West Palm Beach Canal to the west. The population is one of the smallest in Palm Beach County. It's the wholesome nature of the neighborhood — and town — that sits on the south side of Southern Boulevard across from the airport. Visiting Glen Ridge and its shady streets and charming collection of wood-frame homes, and talking to its residents, is like a mini-vacation, even if you live 10 minutes away. The Mayors family has lived here for more than 50 years. The Mayor strives to keep the small village charm. Glen Ridge is the exact opposite of the kind of city that tries to keep pace with other places- if anything, it tries to slow the pace down. That philosophy of the Town Council provides a protection of sorts to the residents, so the residents hardly ever leave.

Pam Triolo — LAKE WORTH



Lake Worth continues to grow. Property values are up, electric rates are down, the tax base is expanding for the first time in decades, as new residents and businesses make Lake Worth their first choice! But there is

still much work to be done. Capital improvement projects need to include aging infrastructure and utility upgrades. Our residents need jobs and we now have promise of bringing those jobs to

Lake Worth. Along with infrastructure needs, we also have to focus on the basics when it comes to investing in our neighborhoods and improving public safety for our loved ones, families and our children.

Gail Coniglio — PALM BEACH



A resident of Palm Beach for more than 30 years, Gail Coniglio was elected Mayor of the Town of Palm Beach in 2011 after previously serving two terms as councilwoman. She was re-elected to a fourth term in

February 2017. Mayor Coniglio is a successful restaurateur and business owner, committed civil servant, devoted wife, and proud mother of six children and eleven grandchildren.

Marcia Tinsley — PALM BEACH GARDENS

Mayor Tinsley and her family have been a residents of Palm Beach County for over 31 years and of Palm Beach Gardens since 2005. He is s a strong believer in serving my community and currently serves as the only woman on the Palm Beach Gardens City Council. Some notable accomplishments include her fiscal responsibility, implementation of an economic development ordinance that provides financial incentives to encourage new businesses to relocate within the city and expand existing businesses.

Myra Koutzen — PALM BEACH SHORES



Myra Koutzen has been vacationing in Palm Beach Shores since the 1980s and became a resident in 2004. Myra has a BA in Theater Management from Binghamton University and an MBA from Fordham University in

Marketing and Finance. In her business career, Myra worked her way up the corporate ladder in areas such as sports marketing, product management and new product development. Myra plans to use her management and financial analysis skills to benefit the town, its employees and residents.

Bev Smith — PALM SPRINGS

The long range plans of the village and its council are to preserve the quality of life and high level of services, which have been the cornerstones of the village since its inception. In some communities, the children grow up and move away. In Palm Springs, the children grow up and move next door. The residents of Palm Springs can continue to look to the village employees and the Village Council for dedicated commitment to making the village “a great place to call home.”

The Village Council is comprised of five elected officials - the mayor and a Council Member for four designated districts

Bonnie Fischer — SOUTH PALM BEACH



The Mayor and Council Members are elected to represent the citizens of the community, and to develop policy that is responsive to community needs and wants. The Mayor is the presiding officer during meetings of the Town

Council. The Vice-Mayor serves in the absence of the Mayor.

The Town Council is the community's legislative body. The Council approves the budget, determines the tax rate, and approves local ordinances. The Council also develops the Town's strategic vision, and goals, focusing much of their attention on issues such as growth, land use, and capital improvements. The Council appoints a professional manager to serve as the Town's chief administrative officer.

Abby Brennan — TEQUESTA



Abby Brennan is an 18-year resident of the Village of Tequesta and currently serving in her second year as Mayor. She has been a member of the Tequesta Village Council since March 2011. Mayor Brennan has over 30 years

of experience in finance, fund raising and public/private joint venture development. She was CFO and associate director during the development and construction of the Rock & Roll Hall of Fame and Museum in Cleveland, Ohio. Locally she served as executive director of the International Museum of

Cartoon Art and consulted with the Palm Beach County Cultural Council, Maltz Jupiter Theatre and Lighthouse Arts Center.

Anne Gerwig — WELLINGTON



In March 2016, Anne Gerwig was elected as the 6th Mayor of Wellington. Anne Gerwig and her husband, Alan, have lived in Wellington for 26 years with their three children. Mrs. Gerwig is the Director of Client

Communications for Alan Gerwig and Associates, Inc. located in Wellington. The company has provided civil and structural consulting engineering services throughout the state since 1998. Mrs. Gerwig is active in the Wellington and Central Palm Beach Chamber of Commerce and has served as a volunteer in her children's schools. Mrs. Gerwig is committed to developing Wellington's local youth and was instrumental in naming of the Keely Spinelli Education Grant – a grant named after a beloved educator and Elementary School principal who spent her short life impacting the future.

Jen Muoio — WEST PALM BEACH



Jeri Muoio was first elected Mayor of the City of West Palm Beach March 2011. Mayor Muoio has presided over the important first stages of an economic resurgence in the city. Her focus on strengthening the economy

has led to hundreds of new jobs in the city since taking office. Mayor Muoio has pledged to make the City of West Palm Beach more business friendly, understanding that progress and growth are the keys to the city's future.

Paulette Burdick — PALM BEACH COUNTY



The mission of the county is to continually improve, in the most cost effective manner, the services to our customers; protection of the overall public good, as guided by the policies of the Board of County

Commissioners; and to achieve a recognized high level of public satisfaction for costs and quality of service.



a few good men

FRANK MCKINNEY

A MISSION FOR A MAN

BY SARAH MARTIN

“Each of us are blessed to be able to succeed at some level, yet those blessings weren’t meant for our own benefit, but so we can apply the result of our success to assist others.

Give Frank McKinney a mission and he will complete it...with excellence. Frank McKinney is known to take on huge challenges. As a best-selling author of 5 books, philanthro-capitalist, ultra-marathoner, real estate artist, father and husband, there isn’t much McKinney hasn’t accomplished.

McKinney wasn’t always known to be such a success. He attended 4 high schools in 4 years (being asked to leave the first 3) eventually earning his high school diploma with a 1.8 GPA. Searching for his life’s highest calling, McKinney packed up with \$50 in his pocket and left Indiana for Florida. He had no idea that he would eventually create and sell the world’s largest and most opulent triple certified (USGBC, FGBC & Energy Star) green mansion for a staggering \$22.9 million.

“Exercise your risk threshold like a muscle, eventually it will become stronger and able to withstand greater pressure.

McKinney is always looking to push himself further and further. At times you may see him running over a steep Intracoastal bridge dragging a large tire behind him or running miles and miles. It is all preparation for one of the world's ultimate physical challenges....the Badwater Ultramarathon. The race runs 135-miles non-stop through the Death Valley dessert in July and starts -282 feet below sea level. The air temperatures exceed 130 degrees, and ground temps are 200+ degrees. As the race traverses the 135 miles through the Mojave, it goes over three mountain ranges, is run on blacktop pavement, and finishes nearly 8,500 feet above sea level. There are no aid stations. McKinney attempted the race seven times and finished four. McKinney is the first to admit that not finishing for three years in a row really affected his confidence for a period of time. However, McKinney, determined and devoted, finished one last time in 2016. When asked how he could possibly overcome such an amazing physical feat, he is the first to tell you: his team. McKinney's team was comprised of his race coach, Bonnie Sun Collins, his wife, Nilsa, and daughter, Laura, who all ran side by side with him over those 135 miles. McKinney's wife and daughter "run" with him every day and are a large part of what gets him across every finish line in life.

As McKinney grew in success, it became apparent to him that there is more to life and he began his search to find the best way for him to make an impact on the world. Thus, the Caring House Project was born. The Caring House Project Foundation creates projects based upon self-sufficiency by providing housing, food, water, medical support and opportunity for the desperately poor and homeless in Haiti. To date, the Caring House Project has built 24 self-sufficient villages with a mere \$4 million. "It's free enterprise and capitalism that provides the only true solution to

poverty, thus requiring far less local/international government intervention, welfare and entitlements," says McKinney. In fact, his knowledge and understanding of Haiti is what recently put him on the short-list to be chosen as Ambassador for Haiti as appointed by President-Elect Donald Trump.

The next endeavor for McKinney is in the world of "micro-mansions". McKinney coined the new real estate term based upon the current living trends of the ultra wealthy. McKinney paid attention to the specific clientele who live throughout the world and want to have the luxurious private home experience without the largess of a mega-mansion. McKinney elaborates, "I've dominated the high-end speculative real estate marketplace for over 25 years and I've witnessed the evolution of the high-end buyer. It's been dramatic. They desire artistry, luxury, quality and leading edge technology yet now want it in a much smaller and more manageable home. This exclusive Micro Mansion will have the \$4,000 per square foot finishes, yet will need only 4,000 square feet, not 40,000, to showcase the artistry that distinguishes this home from all others." McKinney's newest creation (with a second already underway) recently launched in January 2017. The home is located in Ocean Ridge, Florida.

It is obvious that McKinney has an unbelievable knack for seeing opportunity where most can't or won't. Fear of failure is not an emotion that McKinney entertains. He strikes with a superhero devotion that gives him the strength to conquer and push himself and others to achieve their personal greatness....mission accomplished.

FAVORITE BOOKS

Charlie and the Chocolate Factory, Roald Dahl

The Bible

Crazy from the Heat, David Lee Roth

Awareness, Anthony Demello

ROCCO MANGEL

A MAN ON A MISSION



“
Magic is when you live
your life the way you
didn't picture it and
leave nothing behind.

— R.M. DRAKE

Father, restaurateur and philanthropic hero-Rocco Mangel, of Rocco's Tacos, is relentless in his passions....he is a man on a mission. While Rocco's story begins with a chance road trip to Florida with only \$200 in his pocket, his path has been anything but chance. Mangel's determination and love of people has brought him to a place of freedom...a place where he can now focus on making an impact in the world.

Mangel started off as a bus boy at a local spot on Clematis and almost exactly 10 years later, he owned the establishment. He owned various establishments around Palm Beach County until he joined forces with the Big Time Restaurant Group. The idea to cement Rocco Mangel as a large scale restaurateur was born over a short conversation and a concept scribbled on a napkin. Mangel didn't take this opportunity lightly. He wanted this new concept to last and knew the only way to do that was to gather as much information on what works and what doesn't. A national tour of hundreds of taco and Mexican restaurants ensued. Soon thereafter, Rocco's Tacos and Tequila Bar was born and, today, has over 7 locations from Brooklyn to Fort Lauderdale. When asked what was a pivotal moment in the success of Rocco's Tacos and Tequila Bar, Mangel recalls when Kelly Ripa of Live! With Regis and Kelly dined not once but twice at his flagship restaurant and proceeded to rave about her experience (and Rocco, of course!) on national television. It was a definite boom for business. Rocco's Tacos and Tequila Bar just celebrated nine years of spectacular success. To date, Rocco's Tacos and Tequila Bar has the largest selection of tequila on the eastern seaboard and is the biggest proprietor of tequila in the world for many of the top tequila brands.

“Being a Great father is like shaving. Not matter how good you shaved today, your have to do it again tomorrow.

— UNKNOWN

FAVORITE BOOKS

Beautiful and Damned

R.M. Drake

Scar Tissue

Anthony Kedis

Where the Sidewalk Ends

Shel Silverstein



PHOTO BY WWW.FLASHYMAMA.COM

While Mangel has been a lot of things in life (restaurateur, stock broker, mover, mechanic, etc), his favorite all time job is being a waiter. If he had his druthers he would don an apron, introduce himself under a new name and wait tables in his own restaurants. His joy is in serving people, making them feel welcome and, ultimately, making a memorable impact on their day. Mangel has made a huge impact on many lives. When Mangel shares the stories of those he has been able to help over the years, his eyes light up. It is easy to see that he truly enjoys helping others. Recently, he helped a young 6 year old boy with a severe genetic disorder that impaired his speech and weakened his muscles. Mangel, through a series of serendipitous circumstances, provided service training for their two year old dog, Faith, so she could assist the young child.

You might think that Mangel's ultimate goal was to create a taco and tequila empire. but you would be incredibly wrong. A beautiful little girl, Charley, has given him his new mission and has truly changed his life. Charley, Mangel's daughter, has adorable curls and makes Mangel, who seems tough and intimidating, a huge teddy bear. When

Charley became a part of his life, Mangel found a new perspective...and he didn't take it lightly. It became very clear that Mangel was making time for fun, drinking and, basically, everyone else. Charley changed all that. Now, Mangel's mission is to be the best dad he can be. He never thought he would be the one to order barbies off the internet or schedule piano lessons...but it is pretty obvious that he would do anything for his little girl. He puts Charley first and the restaurants second, always keeping his priorities and responsibilities in line.

I asked Mangel, "Now that you have obtained a great level of success, how do you manage the expectations and growth?" Mangel replied, "It is exciting to grow. However, you can spiral out of control very quickly. Success destroys people, in general, but my measure of success is not monetary things...I don't want. I have what I need. My goal is to maintain a level head and continue to be the best father I can for my Charley."

Be on the lookout for the next Rocco's Tacos and Tequila Bar opening up on the southwest coast of Florida in Tampa!

philanthropy

BY MARGARET MAY DAMEN,
CFP, CLU, CHFC, CAP

THE FUTURE OF

SUPPORT TEAM FRIENDSHIP
TOGETHERNESS HAPPY
TEAMWORK DONATION SERVICE
HAPPY RELIEF
TEAM HOPE
HAPPY FRIENDSHIP
TEAM HAPPY
LOVE
GOOD RELIEF TEAM HAPPY HOPE LIFE
TOGETHER ASSISTANCE HAND HAPPY DIVERSITY COMMUNICATION
GIVE
TEAM SERVICE TEAM GOOD
LIFE
HAPPY VOLUNTEER DONATION
TOGETHER ASSISTANCE HAND HAPPY DIVERSITY COMMUNICATION
VOLUNTEERING TEAMWORK DONATION SERVICE
FRIENDSHIP HUMANITY

NON P

LIFE GROWTH HOPE
WORK
FRIENDSHIP HUMANITY
TEAMWORK DONATION VOLUNTEERING
TOGETHERNESS HOPE GROWTH HOPE
LOVE
FRIENDSHIP RELIEF
LOVE
WORK FOOD GIVE GROWTH
SUPPORT

PHILANTHROPY

LIVES IN THE HEARTS OF MILLENNIALS

TEAM SERVICE EDUCATION TEAM SERVICE
HOPE FRIENDSHIP TOGETHERNESS LIFE RELIEF ASSISTANCE COMMUNICATION FRIENDSHIP GOOD ASSISTANCE
MONEY FOOD
HUMANITARIAN GOOD LIFE FRIENDSHIP HOPE ASSISTANCE GOOD

PROFIT

IP WORK FOOD GIVE GIVING MONEY HUMANITARIAN RELIEF LIFE
HEART LOVE LIFE POOR RELIEF FRIENDSHIP
HUMANITARIAN POOR FRIENDSHIP
HEART LOVE LIFE POOR RELIEF FRIENDSHIP
TEERING SERVICE TEAM FAMILY
OF DIVERSITY LIFE
GIVING MONEY HUMANITARIAN
COMMUNITY MONEY LIFE HOPE



One potato, two potatoes, three potatoes, four...”

If you are a member of my generation – the Boomers - you may remember singing this English rhyme. In our early school days it served as a way to choose teammates, but now the jolly tune may serve as a way to teach the next generation ways to bring discipline and joy to their charitable giving choices.

One percent, two percent, three percent...ten, fifty percent or more! How do we educate and inspire young adults to become generous and committed to a life-long philanthropic strategy of giving? What are some of the practical ways Millennials can begin to express their values in meaningful ways for the greater good of the community in which they live? How will they prepare to use their talents, time and money to address the ongoing concerns for a more just and peaceful world? What is their connection – if any – to the altruistic legacy of the generation of aging idealistic Boomers? Who will lead the Millennial 50 percent giving pledge challenge and carry the torch forward from the likes of Bill and Melinda Gates?

In 2015, Americans gave \$373.25 billion to charitable causes according to the Giving USA Foundation. That is a mere 2 percent of our Gross Domestic Product (GDP). And while the wealth of our nation has dramatically increased over the past 40 years, the 2 percent giving percentage of GDP has not increased at all. According to the experts we spend 50 times as much on politics and 10 times as much on professional sports each year than we give to charitable causes. Imagine if charitable giving only increased to 3 percent at year, there would be an additional \$150 billion dollars to help solve problems and create the world we want now and for the future. Two percent we have, three percent and much more is on the wish list.

But let's become practical. Forget the wish list. I advocate we pass the torch to the Millennials and provide the tools for their philanthropic success. How about not measuring their annual giving to the GDP but rather begin with a universal buy-in to give one percent of their annual earned income. And as their income grows adjust their giving percentage of earned income accordingly. Research by the One Percent Foundation has reported that when a person starts to give to charity early in their life and becomes strategic and disciplined in a process which over time inspires their giving to become more generous. The Foundation leaders believe that philanthropy, “Should not be driven by income or age, but by the power of collective action to create lasting change.” It is the Foundations goal to build a broad based movement for philanthropy by educating and mobilizing young adults to give away a least one percent of income annually and encourage each person to increase the percent over time as their income grows.

In 2016, Millennials between the ages of 19-35 now number 75.4 million compared to 74.9 million of Boomers age 52-70. Yes, without a doubt there is great power in numbers but here can be even greater results when the heart takes the lead as to how time, talent and money are allocated. So how does this greatest cohort on earth start on their quest to “put more potatoes “in their philanthropic basket?

Let me suggest three ways:

- 1 Give with passion
- 2 Give with purpose
- 3 Give to empower

Passion: Giving with passion is a way for Millennials to identify in their heart the greatest desires they have for the use of their time, talent and money. Having the ability to center thoughts and deeds by listening to the heart can simplify life and free the mind and the soul to be attentive to seeing the needs of others and being open to create solutions. It helps to bring clarity to what is important in life and it can reprioritize values to complement vision, redirect resources and bring more meaning into the activities of daily life and work.

Purpose: Giving with purpose illuminates the

meaning of why we are here. This is a way to focus on giving back, reaching out, and cultivating the strength to become disciplined and strategic in how to give. Finding purpose in life is the foundation to guide one’s spirit. Sharing one’s purpose creates a ripple effect as kindness and compassion radiates from one person to the next. It enhances self-knowledge of who one is, and how one wants to interact with others as an influence for creating solutions that will impact the community for the greater good of all.

Empowerment: Giving to empower oneself releases the freedom to realize one’s dreams and take ownership of the outcome. It reflects the strength and courage to garner all possible resources to fulfill a dream and publically acknowledge one’s values. With freedom also comes the self-power to transfer the giving of time to the giving of money and reinforces what is important and significant in life. It provides the frame for choosing how one wants the giving of their wealth to impact society.

Eleanor Roosevelt said, “The future belongs to those who believe in the beauty of their dreams.” Millennials have the capacity to dream big and create the world they want. The one percent strategy is a way to harvest a whole lot of potatoes!”

MARGARET MAY DAMEN, , CFP, CLU, CHFC, CAP

PRESIDENT AND CEO, THE INSTITUTE FOR WOMEN AND WEALTH

CO-AUTHOR “WOMEN, WEALTH, AND GIVING: THE VIRTUOUS LEGACY OF THE BOOM GENERATION”

ANGEL OF HOPE NOMINEES

PRESENTED BY PLACE OF HOPE AT
THE LEIGHAN AND DAVID RINKER CAMPUS

Located in Boca Raton and founded in 2013, Place of Hope at The Leighan and David Rinker Campus provides family-style foster care for sibling groups and other “hard-to-place” foster children, short-term emergency care, support and assessment services, transitional residential support for aged-out or otherwise homeless youth. With their expansion into southern Palm Beach County, the

Place of Hope team had to generate awareness in the area.

The result was Angel Moms, a volunteer corps of women working to raise awareness and support, who serve the needs of the foster children and youth cared for by Place of Hope.

Each year, Place of Hope selects an Angel of Hope who exemplifies the three branches of the Angel Moms mission statement. Meet the nominees for this year's award, who have dedicated their time to ensure that those who call Place of Hope “home” feel loved and valued.



TOP ROW LEFT TO RIGHT: PAMELA ROULAN, IVANA MONTAGUE, CO CHAIR ANDREA REID, CO CHAIR KELLY WOODS FLEMING, SUNG KNOWLES, SHARI PARSON, LISA MCDULIN/ DIRECTOR OF ADVANCEMENT , PLACE OF HOPE RINKER CAMPUS. BOTTOM ROW LEFT TO RIGHT: LYNDA LEVITSKY, KAREN LADRACH, MARIA FIFE, MARCI BUTTERS, SARAH MARTIN, MARY BETH TATE, BONNIE JUDSON, SUE HELLER

AND THE NOMINEES ARE...

AWARENESS



Andrea Reid of Boca Raton, 2016 *Angel Moms President*

One visit to the campus at Place of Hope (Boca Raton Campus) was instant inspiration. Seeing the kids and knowing that they do not have moms with them on a daily basis seemed like such a

necessary call to action for me. I love seeing the kids enjoy experiences that I can easily afford my children, but which are precious events to them.

Q: How many years have you been an Angel Mom?
3 years

Q: What's your profession? Marital and Family Law Attorney for Isaacs and Reid law firm of Boca Raton

SERVICE



Karyn Turk of Wellington,
*Community Relations Chair, Angel
Mom Leadership Board*

I was inspired to become an Angel Mom because as an adopted child, I realized the opportunity that we all have to impact these children. Seeing

the campus and the tangible results produced at Place of Hope made me want to be involved. What I find most fulfilling about the volunteer work I do for Place of Hope is knowing that every child that comes to Place of Hope leaves with the hope of a better future.

Q: How many years have you been an Angel Mom?
3 years

Q: What's your profession? I am currently Mrs. Florida U.S. Continental 2016; I work as a news correspondent and multi-media spokesperson.



Melissa Bonaros of Boca Raton,
*Enrichment Program Chair, Angel
Mom Leadership Board*

I was raised in a family where my parents and grandparents contributed to their community by volunteering or being part of charitable organizations. It

naturally instilled a sense of responsibility to give back. I was reminded of how important giving back is as I watched my husband become involved in Boca Raton. I wanted my children to see both parents helping others just like I witnessed growing up. Place of Hope intrigued me by the example set forth by their leadership team and the servant spirit put into helping children. What I find most fulfilling about the volunteer work I do for Place of Hope is how I can set the example for my 3 young children, who often volunteer alongside me. They understand what Place of Hope is about and we are growing with them as a family.

Q: How many years have you been an Angel Mom?
Since September 2014.

Q: What's your profession?

I own a health and wellness practice called MPB Sports & Rehabilitation, rooted in clinical rehabilitation, and I have been established since 2010. I provide sports specific rehabilitation and private health coaching/consultation services.



Dorinda Bagwell
of Delray Beach

I'm a firm believer that kids need a stable foundation, loving environment and a good home. It sets them up to best deal with everything in their lives ahead.

I have four kids of my own, who

were raised in a good environment, and I want to do what I can to help others grow up in a good environment. Place of Hope offers me a location where I can play a role to help add value to these young lives. The work is very real; you get to see the results of your labor. I think the organization is critical and truly making an impact, and it takes volunteers, in addition to paid staff, to make this all happen. My own children have started to get involved in it, and they can also see how real the model is and how it helps.

Q: How many years have you been an Angel Mom? 3 years

Q: What's your profession?

I used to teach pre-school in the various places we lived and was also a substitute teacher at Trinity Lutheran School in downtown Delray Beach.



Mary Kaub of Boca Raton/Delray Beach

I am one of the original Angel Moms. I have a passion for gardening, so when the campus remodeling started, Dorinda and I took on the job of designing the patio areas. My husband Fred and

I were mentors for The Haven, so when Place of Hope asked for help, I immediately said yes. I feel children are our future and every child should have the chance to succeed and feel loved. My biggest fulfillment when volunteering with the children is the sound of laughter and seeing a smile on the faces of the children living there.

Q: How many years have you been an Angel Mom? 4 years

Q: What's your profession?

I am a retired preschool/kindergarten teacher and co-owner of a woman-owned company, Geologistics, Inc.

SUPPORT



Shari Parson of Parkland

My husband and I were looking to volunteer with children. I called and asked if we could make dinner for the kids and sit with them to get to know them. We felt it was important to be a

consistent, positive presence so we committed to weekly dinners with the Genesis Cottage boys. As I learned more, the more I wanted to get involved. What I find most fulfilling about the volunteer work I do for Place of Hope is spending time with the kids, seeing them acclimate and learning who they are. We try to make our dinners together special and memorable, especially during holidays. We've shared corned beef on St. Patrick's Day, tacos on Cinco de Mayo, traditional turkey on Thanksgiving, to name a few. There is nothing more rewarding than making a difference in a child's life.

Q: How many years have you been an Angel Mom?

One year

Q: What's your profession? I am one of the Directors at a local summer camp, Eagles Landing and the Night Owls. This will be my 20th summer.



Sue Mochtak Heller of Boca Raton

I was inspired to become an Angel Mom after attending several functions with my husband's Rotary Club of Boca Raton. Seeing the facility, knowing the great work being done to help the kids and learning how I could help encour-

aged me to get involved. It is truly a place of hope and opportunity for these young people who have faced such challenge in their lives. It is a joy sharing my art background with the children, where we both benefit from creative expression and they build self-esteem. I love to see the children smiling and their pride in their accomplishments!

Q: How many years have you been an Angel Mom?

I have been involved for several years, but made myself "official" in 2016.

Q: What's your profession? I am a retired art educator/artist with more than 35 years of experience in the public school system, as well as a co-owner of an art gallery, Gallery 22 International in Boca Raton, with my husband, artist Yaacov Heller.



Bonnie Boroian of Highland

Beach, *Membership Development, Angel Mom Leadership Board and 2016 Hope Bash Boca Co-chair*
As soon as I heard that foster children would be living on what had been The Haven Campus, I wanted to become involved with

Place of Hope. Joining Angel Moms was the perfect stepping stone to becoming involved with helping the children. What I find most fulfilling about the volunteer work I do for Place of Hope is a combination of being a part of raising critical funds for expenses for the children and seeing the smiles on their faces when Angel Moms have special events, like the Christmas party.

Q: How many years have you been an Angel Mom?

3 1/2 years

Q: What's your profession? Founder and CEO of Blissfully Better, an innovative confectioner that uses a low glycemic sweetener and healthier ingredients in its products.



Jeannine Morris of Highland

Beach, *Mentoring Program Chair, Angel Mom Leadership Board and 2016 Hope Bash Boca Co-chair*

The heart-rending circumstances of the children served by Place of Hope inspired me to join Angel Moms. These children are victims

of abuse, abandonment, and neglect and as a result, endure extremely challenging childhoods. Angel Moms help create experiences for the kids to show them support, encouragement, and kindness. It is a privilege to become involved in their lives, to show them care and respect, and to encourage them to place hope in their futures. I have most enjoyed getting to know the young women on campus who have "aged-out" of the foster care system. It is fulfilling to get to know them and guide them at such an important point in their lives. I remain actively involved, by doing such things as conducting bible study, attending church, celebrating birthdays or simply having lunch or dinner with them. My husband and I find it incredibly fulfilling to serve as foster parents providing respite care to children from birth to two years of

age. We became licensed foster parents through a program at Place of Hope and enjoy being able to serve when needed.

Q: How many years have you been an Angel Mom?
4 years

Q: What's your profession? After having worked in Investment Services for over 20 years, I have been retired for the last decade.



Maria Fife of Boca Raton

Four years ago I was at Place of Hope at the Leighan and David Rinker Campus; met Lisa McDulin, who had just started; and heard her vision of what was going to happen. I went to the Paxson campus in Palm Beach Gardens

for a tour and saw what was already accomplished, the kids being served and the commitment of everyone involved. Lisa mentioned starting Angel Moms and I was in! It's hard to say what the most fulfilling part of being involved is. I see how the kids come in, scared, broken, and then the transformation that follows. They start to feel loved, cared for and cared about, joyful and hopeful. One day, a boy arrived in the middle of the night. I was there volunteering the next morning and I watched the older boys comfort him and make him breakfast to let him know he was safe. It was astonishing to witness.

Q: How many years have you been an Angel Mom? 4 years

Q: What's your profession?
I am a successful Realtor.



4GIRLS FOUNDATION

Contact: Elsy Gomez

Founded in 2007 by Randal and Saily Perkins on behalf of their four daughters, the 4Girls Foundation, Inc. was created as a united family effort to address universal issues that prevent girls and women from reaching their full potential as valuable individuals within their family, workplace, and community. Combining family resources, individual creativity, a passion for helping others, and an inherent sense of service, 4Girls Foundation offers crucial support to initiatives and organizations taking important steps to assist girls and women to attain basic human rights, receive quality education, ensure access to healthcare and obtain equal economic opportunities. 4Girls Foundation, Inc. invests in initiatives giving a voice to girls and women by providing individuals opportunities to enrich their lives and supports organizations committed to strengthening the lives of girls, women, families and communities.

THE ANGEL OF HOPE will be announced at the 4th annual Angel Moms Brunch and Benefit on Thursday, April 27, 2017 at Boca West Country Club.

Presented by Kelly Woods Fleming and The Woods Family Foundation, this year's event will feature special guest speaker Leigh Anne Tuohy.

For tickets and information, visit www.placeofhoperinker.org/angelmomsbrunch.



The Leighan and
David Rinker Campus

4th Annual Angel Moms Brunch and Benefit

"A Celebration of Motherhood" Featuring
LEIGH ANNE TUOHY

GRACIOUSLY UNDERWRITTEN BY
KELLY WOODS FLEMING AND THE WOODS FAMILY FOUNDATION

THURSDAY, APRIL 27, 2017

Boca West Country Club, 20583 Boca West Drive, Boca Raton, FL

Registration and Reception begin at 10:30 am

Tickets available at placeofhoperinker.org/angelmomsbrunch.

Our featured guest, Leigh Anne Tuohy, is the inspirational matriarch of the Tuohy family chronicled in "The Blind Side." Leigh Anne will share her family's adoption journey with NFL player Michael Oher while inspiring and challenging the audience to recognize the full potential of those often overlooked in our communities.

For more information, please contact Director of Advancement Lisa McDulin at 561-483-0962. Place of Hope at The Leighan and David Rinker Campus is located at 21441 Boca Rio Road, Boca Raton, FL 33433; www.placeofhoperinker.org.



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WINE STYLES

As we visit with friends and family, the question is always — what to drink besides the same old same old. When the seasons change so does the grape.

Wine styles change according to tastes of the wine reviewers. Bordeaux, for example, is usually now made to be drunk at a younger age, requiring less cellaring. Cabernets have grown more concentrated and higher in alcohol. Chianti has dropped the practice of blending in white grapes in favor of cabernet blends. So goes the world of wine.

But for many trends there are countertrends, or perhaps just holdouts. Wines, that is, that remain true to their roots. I call them wines from ancient vines, still grown in their original terroir, and made according to tradition. Most older vines require extra care and the yields are often low, but there is always a logic to why such vines continue to thrive in their locations. You'd expect such wines to be on the expensive side, especially with the prestige that artisanal products currently enjoy in the food world, but that's not the case. Most of these lesser known grapes and regions remain affordable.

California zinfandel is a good example. Often started in phylloxera-resistant soils, they have lasted for generations even in regions of the state not noted for fine wines. Zinfandel has had its ups and downs since it was planted in California in the 1850s, and by the mid-twentieth century was all but forgotten. Consumer tastes have evolved to where red zinfandel has a cult following and wineries like Cline and Ravenswood and several

from the Mendocino Ridge area consistently produce lovely zins from old vines. Expect to pay under \$20 for a great deal on an interesting, flavorful bottle.

The dolcetto grape is grown in the Langhe region of northwestern Italy. Most of those we see come from the Alba area, hence the label designation, Dolcetta d'Alba. Much more of an everyday wine than its more aristocratic Piedmont compatriots, nebbiolo and barbera, dolcetta is grown much the same way it has been for generations. The taste is earthy, rounded, lively, with a touch of well-balanced bitterness. You should be able to find excellent Dolcetta d'Alba for less than \$20, priced far below a typical Barolo.

Gruner veltliner is not the easiest name for English speakers to pronounce. But it is well worth the effort. The grape is primarily grown in a dramatically beautiful area of terraced hillsides along the Danube a bit west of Vienna. Stone walls retain the heat of the sun and provide an ideal environment





for grapes to properly mature, even if they make harvesting a more difficult task. But it makes one of the most refreshing white wines to be found anywhere. Young gruner veltliner is a bright, fresh wine with citrus tones and bell pepper notes, and strong mineral underpinnings—and one of the best white wine bargains you'll find.

Bubbles in your red wine? Yes, really. I'm talking about Lambrusco in the twenty-first century. It's emerged from the shame of what was done to it in the 1970s and 80s, now with us as a dry, fruity, lightly effervescent, exuberant red that can be pure pleasure for less than \$20. Such wines have a deep tradition in Italy, where Lambrusco is produced in four areas around Emilia-Romagna. It is a buoyant, original and unpredictable choice for pastas, cheeses and many other foods, with the potential to be much more appreciated slightly chilled here in Palm Beach

Unlike the grapes mentioned so far, Gewurztraminer is grown in many regions of the wine-producing world. It is generally considered to reach its peak, however, in the French region of Alsace. Traminer is a family of grapes and the name very appropriately means spice or perfumed traminer. That's a succinct summary of this wine. Its most characteristic aroma is lychee, along with rose petals, peaches, honeysuckle and floral tones. Many salty, spicy or smoked foods, including Asian or Indian dishes difficult to pair with most wines, are a great balanced match for Gewurztraminer.

Look for these and other often overlooked wines like vinho verde from Portugal, pinotage from South Africa, French Fleurie, Spanish garnacha, German kerner—wines where grapes and regions tell the story. There is an endless variety of wines true to their roots. Be adventurous and you will never run out of choices and pleasures.

WANT TO EXPLORE MORE? E-MAIL ME MNCINQUE@AOL.COM

SOUTHERN COMFORT

GREENVILLE, SOUTH CAROLINA

BY RUTA FOX

BY RUTA FOX
NOTES BY LAUREN MALIS



Ask any New Yorker if they would be interested in relocating down South, and they'll probably roll their eyes. That's what I did too, until I was so burned out on the urban vibe of the city, that a fresh start in a quieter, smaller town seemed like a good idea.

When a long time friend who lived in Greenville, SC kept asking me to visit, it was perfect timing. I finally relocated to Greenville, SC, five years ago, a town getting a ton of buzz with its own hashtag, "#yeahthatGreenville." With a burgeoning foodie scene and plentiful outdoor recreation opportunities, plus an enviable location within a short driving distance of the mountains and the coastline, no wonder Greenville's charm has been beguiling tourists. A city that's a little over an hour flight from New York City and Palm Beach, Greenville has consistently been racking up accolades from USA Today, Southern Living, Fodor's Travel, Thrillist, Zagat and Trip Advisor.



I'm sharing a few of my favorite finds – either for the perfect girl's weekend getaway, couples vacation or family trip. Greenville's beautiful ten blocks, voted one of "America's Best Main Streets," are extremely walkable, with a plethora of hotels, shops and restaurants not to mention the glorious Falls Park and the picturesque suspension bridge over the Reedy River, which runs right through town.

First, you'll need a top quality cup of coffee, so start off at Methodical Coffee in The One Plaza in the center of town on Main Street. The baristas here are passionately committed to making the perfect pourover or a luscious latte, utilizing their very own roasted beans. In the plaza you'll also find Mast General Store, the real deal since 1883 with its legendary old-fashioned candy collection.

Greenville is not a high fashion town with Upper East Side or Worth Avenue flagships, but fashion finds abound on Main Street include Taz Boutique for trendy clothing and jewelry, and Cone & Coleman right around the corner for elegant, European labels such as Paula Ka. Also, seek out the curated contemporary fashion at J. Britt and high-end resort wear at Splash on Main. For a custom-made clothing experience, Billiam is the place for women and their guys to get premium selvedge jeans made to measure in vintage denim, just slightly beyond Main Street.

Stop in at Grill Marks for a gourmet burger, sandwich or salad and a boozy milkshake called a Spiked Float, then visit Vintage Now Modern, Greenville's unique French Country home décor and home furnishings shop, featuring a bevy of beautiful vintage finds and luxury linens from Bella Notte.

If you're feeling sporty, walk or rent bikes downtown at Reedy Rides and hop right on the Swamp Rabbit Trail which goes from downtown for miles all the way up to Traveler's Rest, stopping at Swamp Rabbit Café & Grocery to re-fuel with gourmet goodies and baked goods. Gorgeous Soul Yoga is the place to get your OM on.

Evening means entertainment and Greenville is home to four theaters; The Warehouse, Centre Stage, Greenville Little Theater and the Peace Center who features Broadway touring shows and a variety of music acts in a top-notch venue akin to Lincoln Center. Finish off the night at SIP, a rooftop lounge ablaze with sparkly lights where you can toast to your vacation with a cocktail under a canopy of stars.



CAVIAR & BANANA'S



BEIJA-FLOR'S JEANS

PUBLISHER PICKS

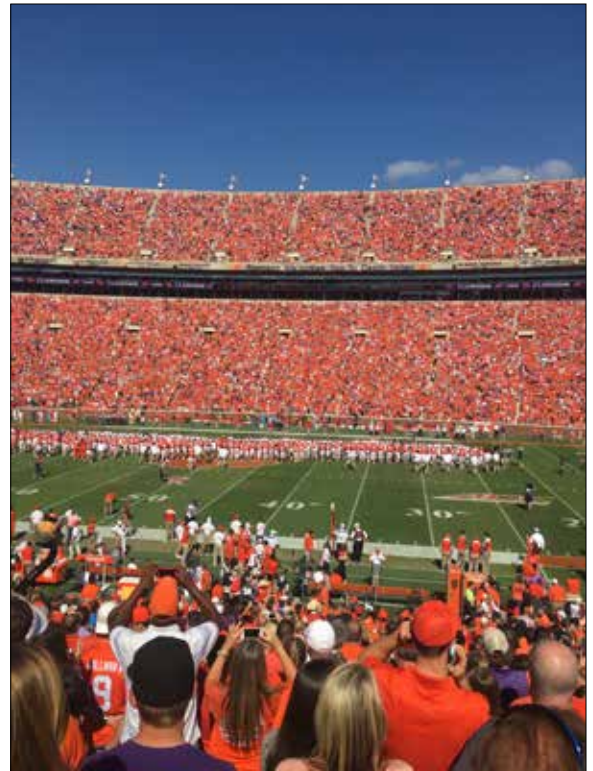
Ask me to meet you anywhere in the south and I am in. I am a southern Girl at heart and love a great getaway. My weekend in Greenville was a reunion with my longtime girlfriends Kim and Kathy. A quick flight from Ft. Lauderdale to Greenville for a mere \$68 on Allegiant Air and approximately 2 hours later I was there. We enjoyed a delightful stay right in the center of town at the brand new Embassy Suites Hotel- An all-suite hotel with big rooms and a stay that is inclusive of a full buffet breakfast and nightly happy hour. It is also home to Ruth's Chris Steakhouse which is a perk. This is a great place to stay.

One morning I skipped out on breakfast to try Caviar & Banana's — a delightful bakery/cafe and gourmet food store. This amazing place has a fantastic selection of incredible prepared foods, yummy baked good and delectable foodie gifts. With locations also in Charleston and Nashville I hope they continue to grow as I want them to be everywhere!

Of course, Greenville has a host of restaurants and shops and I would weekend here anytime just for that.

I heard that the famous Beija-Flor's Jeans were housed here and I just had to see for myself if they were the best fit as the rumor started by Oprah Magazine said they were the best jeans ever. Happily I agree. They are. These jeans are impeccably designed by the Mother/Daughter team of Kathy Moça and Emilie Whitaker. Inspired by the figure-flattering designs they saw while living in Brazil, they created Beija-Flor's line to work with a woman's curves rather than against them.

We enjoyed some of the best dining over the weekend. We definitely dined on one of the best steaks we ever had at Larkins on the River. The service at Larkins was impeccable and the atmosphere fantastic. It was a gorgeous night and we enjoyed dinner on the terrace while having the privilege of hearing an awesome band on the outdoor stage of The Peace Center. This town is not short on arts and culture.



CLEMSON UNIVERSITY HOMECOMING GAME

With many other eateries in town from Italian, French, Mediterranean to Classic American everyone will be able to find a favorite spot.

Our favorite place was Sunday Supper at Soby's- the goods come from local farmers and producers and the chefs transform Old Southern favorites. We spoiled ourselves with fried chicken, fried green tomatoes, she-crab soup and shrimp and grits. Yes, we were in southern heaven.

Carl Sobocinski, the Founder of Table 301, a restaurant group that includes Soby's New South Cuisine, Soby's on the Side, The Lazy Goat, Table 301 Catering, NOSE DIVE gastropub, Passerelle Bistro and Papi's Tacos and a couple of Juice Bars really has it going on. This man with a plan is one to watch.

Close by is Clemson University – and we happened to catch the homecoming game which made the weekend that much better.

Greenville with all of its southern charm, culture, great dining and shopping is grand.

BUSINESS APPS

MY PERSONAL
FAVORITE APPS TO
INCREASE BUSINESS
PRODUCTIVITY WHILE
SAVING MONEY!



I love technology! Always have...always will. In fact, while friends were playing sports and dressing dolls when I was a kid, I spent my weekends hacking game systems and challenging neighbors to gaming competitions. But years passed, I got older, and “winning” the online gamer contests no longer fulfilled me. Instead I have filled my time with technology updates, newly released apps, smart home advancements, and so much more! I read the blogs, listen to podcasts and attend seminars and conferences around country. And as I learn more and more about new technology and exciting advancements, I get to share it with you!

So without further ado, here is a list of my personal favorite apps that I use and “abuse” in my personal and professional life. They keep my life balanced, and they keep my tech-savvy mind appeased! Please enjoy and share my suggestions around with the friends and colleagues in your life! I promise you (and they) won’t be disappointed.

- **Trello** — a great tool for organizing yourself (and your teammates / colleagues / friends). Forget lengthy emails and old fashioned white boards... now you can create boards and assign tasks, while syncing simultaneously to anyone’s computer or mobile device. Trello is easy to use, great for idea collaboration and offers real time syncing. It works for home and business.
- **Thumbtack App** — whether you own a business or are looking for recommendations, this app is meant for you! Thumbtack is a pay-per-quote system where you buy credits (less than \$2 each) to send quotes to customers that are a good fit for your business. The best part: You only pay to quote. The app does not charge commission on jobs you complete or future jobs with the same customer and their referrals.
- **ScanBiz Card** — gone are the days of having a stack of business cards on your desk that you never go back to. Gone are the days of typing in business card contacts manually! Just scan your

cards right into this nifty app! The only business card app scanner with cloud to store all your cards into. It also syncs to your current Contacts App, so you have the contacts downloaded directly into your mobile device.

- **CamFind** — this is mostly a personal app, but it will save you time! With CamFind, you snap a picture of an item and the app automatically searches to find it online. CamFind uses mobile visual search technology to tell you what the item is, where to find it for sale, how much it costs and how to order. CamFind app provides fast, accurate results with no typing necessary. Snap a picture to learn more.
- **1Password** — Password1, Password2... Forget about remembering hundreds of different passwords! With 1Password, you can store all of your passwords, PIN codes, documents, credit cards and more in one place. The app syncs to all your devices through the cloud, so you can take your passwords with you anywhere! Change weak or duplicate passwords to improve your online security and save time on the web by signing in to accounts with a single click.
- **Mint** — a simple way to keep track of your financial life from your mobile device. Finally feel confident that you have access to all of your bank statements and bills and budget on-the-go with the help of Mint simply by logging in. Mint will keep you, your business, and your savings on track. Best of all...It’s FREE!



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AND COMPUTER DEVICES UNDERSTANDABLE, RELATABLE, AND DARE WE SAY FUN! FOUNDED IN 2015, THIS WOMAN-OWNED BUSINESS HAS HELPED MORE THAN 500 SATISFIED CUSTOMERS AND COMPLETED NEARLY 1,500 JOBS IN CITIES STRETCHING FROM PALM BEACH COUNTY TO BROWARD AND MIAMI-DADE. WHILE TEACHGEEK OFFERS A RANGE OF SERVICES INCLUDING TRAINING, SETUP & INSTALL, IT HELP, OPTIMIZATION & REPAIR, AND IN-HOME TECH SUPPORT, IT IS TEACHGEEK’S COMMITMENT TO BE KIND, EMPATHETIC, EMPOWERING AND CLEAR IN ITS COMMUNICATION TO ITS CUSTOMERS AND STUDENTS THAT MAKES IT TRULY UNIQUE.

FALON VELEZ IS THE PRESIDENT AND FOUNDER OF TEACHGEEK.

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ERIN HEIT



“Magic happens the
moment you learn to
love yourself.”

– ERIN HEIT

Erin Heit is a serial entrepreneur and a persistent innovator when it comes to business development and brand building. Her proven success record with in the beverage industry with such brands as Vitaminwater, FUZE, Celsius and several others has established her as a force to be reckoned with and has propelled her to astonishing heights.

By starting her own business development firm, 3 Rings Marketing, has allowed her to embrace new ventures and enter into other related industries such as fitness and beauty.

Ms. Heit is one that recognizes trends before mosts and in her opinion anti-aging and health are two areas that will always be valued by consumers. One of her most recent concepts and venture, created independently, is the night-time adult only fitness event WOW ME TONIGHT - Work Out With Me Tonight. More info www.WOWMETONIGHT.com

Her main client, Qurb, is straight from Beverly Hills, CA. Erin is their VP of Business Development and has been given the reigns to build the business from ground up. More info www.QurbShot.com

Ms. Heit has involvement in the development of Levar+ a breakthrough anti-aging skin care system that tells your body that it's time to look and feel younger by sending naturally occurring signals. More Info www.Leverplus.com

Erin Heit is deeply invested in the introduction of Barre Envy. A rebranded, vamped up barre studio that will be the first luxury high-end studio located in the new upcoming area of Delray Beach, Artist Alley. The one-of-a-kind studio will offer the most intense, body sculpting method of barre in an environment designed to uplift and empower women. More info www.BarreEnvy.com

www.3ringsmarketing.com

305-962-7273

XIOMARA MORIN



“A sense of beauty is confidence.”

– XIOMARA MORIN

Xio is the dedicated founder of Xio Skincare Inc. a global eCommerce cosmeceutical brand with high-quality skincare products that she developed. She is also a professional esthetician focused on helping clients and customers attain beautiful, healthy skin.

Xio, has extensive knowledge of spa retail operations, budget control, profit and loss strategies, and the ability to exercise independent judgment for effective business decisions.

Being aesthetician for years, she tested many products and brands for meeting the different skin needs of clients but nothing could satiate what she was looking for i.e. a total solution for skin care which can give visible results in short span of time. Everything fell short on it. That was when she created Xio Skincare, a brand that has made her proud and is really effective on skin care issues, not to mention it fulfilled her requirements. She is a health and well-being guru committed to providing high-quality service while helping others look and feel their best. Her motto-We all deserve to love the skin we live in.

She knows that the first impression is the last impression. Our looks & our face have the most important role to play when it is about making an impression. Whether it is a stranger or someone who we already know, the first thing we notice is the face. Our appearance is the determinant of our self-esteem to a large extent. Not everyone is born beautiful but it can be obtained through treating and meeting your skin needs.

www.xioskincare.com

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WOMEN'S COUNCIL OF REALTORS®

ALIGNS WITH DRESS FOR SUCCESS®



LEFT TO RIGHT: PAMELA HALBERG – TREASURER,
DORIS BEHRENS – V.P. MEMBERSHIP, CAROL BLOOM – SECRETARY,
DEBRA SHAPIRO – PRESIDENT-ELECT, CATHY LEWIS – PRESIDENT

Women's Council of Realtors
Greater Palm Beach Network
are a network of successful
REALTORS®, advancing women
as professionals and leaders in
business, the industry and the
communities we serve.

According to Women's Council of Realtors Greater Palm Beach Network 2017 President, Cathy Lewis, "Our mission is to help Women's Council members grow their business through capitalizing on the resources that the Network has to offer." She actively encourages referrals to other Women's Council members throughout the country. And, in the true spirit of networking, she fosters one-on-one meetings among the Realtor® members, Strategic Partners, and Sponsors. The Network collaborates with community organizations like Dress for Success.

Dress for Success is an international not-for-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

Dress for Success® Palm Beaches is proud to serve the women of Palm Beach, Martin, Hendry, St. Lucie, and Northern Broward Counties. After opening their doors in April of 2010, they have grown exponentially and have served over 3,000 women! According to Executive Director, Mary Hart, "Our numbers and outreach continue to grow rapidly, especially in Palm Beach County. We have implemented two job readiness courses for our clients, as well as have established and grown Y.E.S! Palm Beaches, our very own networking group for young, professional women under 40 in Palm Beach County."

WHAT DOES IT MEAN FOR DRESS FOR SUCCESS TO BE PARTNERED WITH WCR?

We are absolutely thrilled to have the energy and influence of WCR members behind us. Our strategic priorities involve enhanced fundraising, increased education and awareness for our organization in the community, and an increase in the number of women we serve. This partnership can help elevate us in all three areas. Not only are the members themselves able to assist us in many ways, but each and every one of them is so well connected, thereby exponentially increasing our reach.

WHAT SYNERGIES DO YOU SEE EXISTING BETWEEN THE TWO ORGANIZATIONS?

The mission of Dress for Success Palm Beaches is to empower women to achieve economic independence by providing a network of support, professional attire, and development tools to help them thrive in work and in life. The mission of WCR is advancing women as professionals and leaders in business, the industry and the communities they serve. Additionally, the vision of WCR is "Through our influence as successful business professionals, women will effect positive change in the profession and in the broader community." Such tightly aligned missions lend themselves naturally to amazing synergies. When two or more groups are focused on the same outcome, amazing results are inevitable. At Dress for Success, we offer a "hand up" versus a "hand out". By helping to level the playing field for our women, and increase their confidence, we are helping to ensure that they will obtain the job they are seeking. When you lift a woman out of poverty, you lift her whole family - and the entire community benefits. This is indeed positive change for the broader community.



HOW MANY PEOPLE DOES DRESS FOR SUCCESS HELP EACH YEAR? WHAT ARE THE IMPORTANT FACTS AND FIGURES OF DRESS FOR SUCCESS AND THE PROGRAM?

Since starting operations in 1997, Dress for Success has expanded to almost 145 cities in 21 countries and has helped more than 925,000 women work towards self-sufficiency. Since

opening our doors in 1997, Dress for Success Palm Beaches has worked with over 3,000 women. We provide one full outfit (clothing, shoes, handbag, makeup, and jewelry) for women when they are interviewing, and one full week's worth when they get the job. We also offer on-site assistance with resume writing and interview skills. We offer two different 10-week job readiness programs several times per year. While the programs target different age groups, both programs start with the DISC personality profile, helping women to understand their own personal strengths and innate talents, and then move onto more traditional job readiness skills such as resume writing, effective interviewing, job searching, and the appropriate use of social media. As you can see, it's not about clothes really, it's about transformation.

Demographics of the women we serve: 60% of the women we serve are non-white; 65% are single mothers; 70% of the women receive some form of public assistance. All of the women we serve come to us as referrals from other non-profit agencies; these agencies deal with women who face issues of poverty, homelessness, mental illness, physical disability, domestic violence, and/or addiction.

MONTEREY ESTATES BEAUTY



WOW! 5 Bedrooms, 4 Full Baths, 3-Car Garage plus a bonus room and loft with kitchenette make this executive home ideal for family living and entertainment. The bright and airy floor plan with split bedrooms offer the utmost of privacy. The master bedroom suite and three other bedrooms are downstairs. The family room and master bedroom open to an oversized screened patio and pool. The master bedroom has a large walk-in closet, dual sinks, spa tub and a separate over-sized shower. Upstairs, in addition to the loft and bonus room, you will find a large bedroom and full bath. This home has been meticulously maintained. The

kitchen has granite counters, a center island, 42" wood cabinets with pull-out drawers. The family room ceiling soars to 18 feet with transoms that bring in lots of natural light. There is neutral, pristine, ceramic tile in the living areas.

Monterey Estates is one of the best kept secrets in west Delray Beach. A gated community with only 48 executive-style homes, it is ideally situated close to highways, shopping, medical facilities, downtown Delray Beach, the ocean, and great schools.

OFFERED AT \$600,000

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CATHY LEWIS

“Learn early that achieving a goal is a valuable prize, but remember that the road to achievement holds many hidden gems. Be sure to take time to find them and appreciate their brilliance.”

— CATHY LEWIS



Cathy Lewis is the 2017 President of the Women's Council of Realtors® Greater Palm Beach Network. She is a Realtor® at the Keyes Company, specializing in residential sales in Palm Beach County. She holds several National Association of Realtors® designations including Seniors Real Estate Specialist (SRES), Certified International Property Specialist (CIPS) and Performance Management Network (PMN). Cathy is one of the company's top producers and mentors. With over fifteen years' experience in selling real estate in South Florida she helps new agents transition from the classroom to the real world. In 2014 and 2015 she received the Women's Council of Realtors® Blue Diamond Circle Award, which recognized members with established leadership abilities and sales production.

Cathy has always had a passion for helping others grow and achieve. She began her lifelong career of service working for the New York City headquartered Chase Manhattan Bank. Starting as a customer service agent and moving up the ranks to achieving the position of Assistant Treasurer/Corporate Trainer, she remembers when it was almost impossible for women to move up the corporate ladder. "In those days, being promoted to a bank officer was a rare feat for a woman. Achieving that goal was mainly based on my own hard work and the stubborn mindset that I could do anything a man could do in business. But, I must admit the Women's Liberation Movement did influence Chase Bank to recognize that women deserved the same opportunities as their male co-workers. I'm grateful to the brave women like Gloria Steinem, founder of Ms Magazine and Germaine Greer, feminine activist, who stood up and fought for women's rights. They helped young women like me begin to crack the glass ceiling."

Tired of the cold winters and attracted to the promise of paradise, Cathy left her career in New York City to pursue the quality of life that South Florida had to offer. She accepted a position in the Management Development Department of American Express where she helped create and run their Management Intern Program. There she prepared young men and women, mostly recent graduates of MBA programs, to step into supervisory and management positions.

When her job at Amex moved to Phoenix, Arizona she chose to remain in Paradise. She got her real estate license when her sons were in elementary and middle school. "A career in real estate afforded me the flexibility to work the hours I wanted to work and be there for my sons when they needed me. I quickly realized though that real estate sales could be extremely demanding and that striving for work-life balance was challenging."

Then, through the Women's Council of Realtors®, she met real estate Broker/Owner, Deborah Bacarella. "Deborah and I both recognized how difficult it is for real estate agents to maintain balance in their lives. We shared the common goal of writing a book. That realization and common goal prompted us to co-author *The 7F Words for Living a Balanced Life*. "7F Words offers power strategies to purposefully incorporate seven critical elements -- Focus, Faith, Freedom, Family, Finance, Fitness and Fun-- into one's life. Those strategies work, not only, for real estate agents but for anyone from college students to grandmothers who want to live life with joy and purpose" says Lewis. Along with Deborah's sister Barbara Agerton the two created Certified Sisters, Inc. a company whose purpose is to bring the 7FWords message to others through workshops and coaching.

"I've found many hidden gems throughout the journey that is my career. But, for the most part those gems have been born of and nurtured through participation and involvement in activities that allow me to help others grow".

Now, as the President of the Women's Council of Realtors®, Cathy's passion for helping others succeed takes a giant leap forward. The Women's Council is a network of successful Realtors®, advancing women as professionals and leaders in business, the industry, and the communities they serve. It empowers women through educational programs, networking opportunities, and community and industry involvement.

"Whether it's working with a real estate seller or buyer, helping train a new Realtor®, or getting involved in a fund raiser, the relationships that are created are, for me, the hidden treasures."

PAMELA HALBERG



Born in Southfield, Michigan, Pam was raised in a family that enjoyed scuba diving, motorcycle riding, skiing and target shooting. “My dad wanted boys, but had two girls instead. He taught us well to be strong so we could handle any situation”

And it seems to have paid off. Not only is Pam the mother to two amazing boys (Stuart & Shelby), she also works as a full time Real Estate Agent (REMAX Advantage Plus) and her family’s construction business (Stuart & Shelby Development). Pam was not always in the real estate business. Coming from a accounting background, she spent 24 years working as a accountant helping to grow a large agriculture farm in west Delray along with the growth of Stuart & Shelby Development. It wasn’t until her husband Chuck (President and founder of Stuart and Shelby Development) purchased parcels of land to build a few spec homes, did she decide to go back to school and get her license. During that time, Stuart & Shelby acquired more land and built a few more homes. Not only did the building portfolio of homes keep her busy, other customers, both buyers and sellers, saw the value

in Pam’s honesty, commitment and integrity, and requested her assistance in their housing needs. The demands became so great, that is was time to venture into her new full time career. Although sad to leave the agriculture industry, she is able to maintain a presence in land and agricultural real estate.

Keeping the family involved turned out to be a great adventure. Her youngest son, Shelby, founder of Shelby Halberg Visuals, after graduating with a degree in motion picture technology, started his successful career in photography and the motion picture business. He has worked on sets such as the recent Winning Oscar & Golden Globes Best Picture Moonlight, Baywatch and Bastards. He also produced a feature film The Big Frozen Gumshoe which will be debuting soon. His real estate photography has been growing by leaps and bounds for not only Pams but the many other realtors that have entrusted in Shelby Halberg Visuals. The Halberg family motto is Chuck builds them, Shelby shoots them and Pam sells them.

Pam learned from her father, a plumber by trade, but a jack of all, that the more you know, the more you know. So, her education was not over once her license was achieved. She continued to gain as much knowledge in the industry by attending classes and networking with other successful agents. She has recently been accepted into the Million Dollar Guild and received the Certified Luxury Home Marketing Specialist designation, along with the Accredited Buyers Representative, Certified Negotiation Expert, EPro and is currently working on her Certified Residential Specialist designation.

Giving back and getting involved was always a favorite of Pam's so she joined the Women's Council of Realtors® Greater Palm Beach Network to surround herself with knowledgeable people and to keep current with new ideas and the ever-changing laws. They had her from day one. Not a meeting went by, where Pam didn't attend. Her admiration for the group grew thanks to the strength and sincerity of the leaders she encountered. This year, she was elected Treasurer for the Council and accepted the challenge full heartily. "One of my goals is to share this gift with other agents both new and experienced to enhance their knowledge and help them grow their business." says Pam.

Other awards Pamela earned are the 2014 and 2015 Blue Diamond award from the Women's Council of Realtors®, The REMAX Executive Club, The REMAX 100% Club, Rising Star, and Dedication Award.

Along with the Halberg name, comes the responsibility of embracing the community, which both Pam and Chuck have been developing over the past 10 years. In Pam's spare time she attends local charity events and works with her husband, Chuck, to raise money for nonprofits. They ride motorcycles, take walks on the beach and enjoy spending time with their mother AnnaFay, their sons Stuart and Shelby, and their dogs, Walter and Gus.



Resort Style Living - Outdoor Spaces Galore!

Unique property renovated in 2013 brings you this upgraded, private, country like oasis.

Access and views of the large saltwater pool and paver deck from the kitchen, great room and master suite which gives great indoor and outdoor entertainment space including a separate cabana bath. Renovations include full impact windows and triple sliders, A/C, barrel tile roof, new pool pump, reverse osmosis water system & 8 camera alarm system. Beautifully manicured landscape, mature

trees including a 6 zoned automatic irrigation system. Located in Central Delray on almost a acre parcel carrying the Residential/Ag zoning benefit. There is also a landing pad for your boat or RV with no HOA. Minutes to Delray's Atlantic Ave, shopping and beaches. This could be your forever home.

OFFERED AT \$649,000

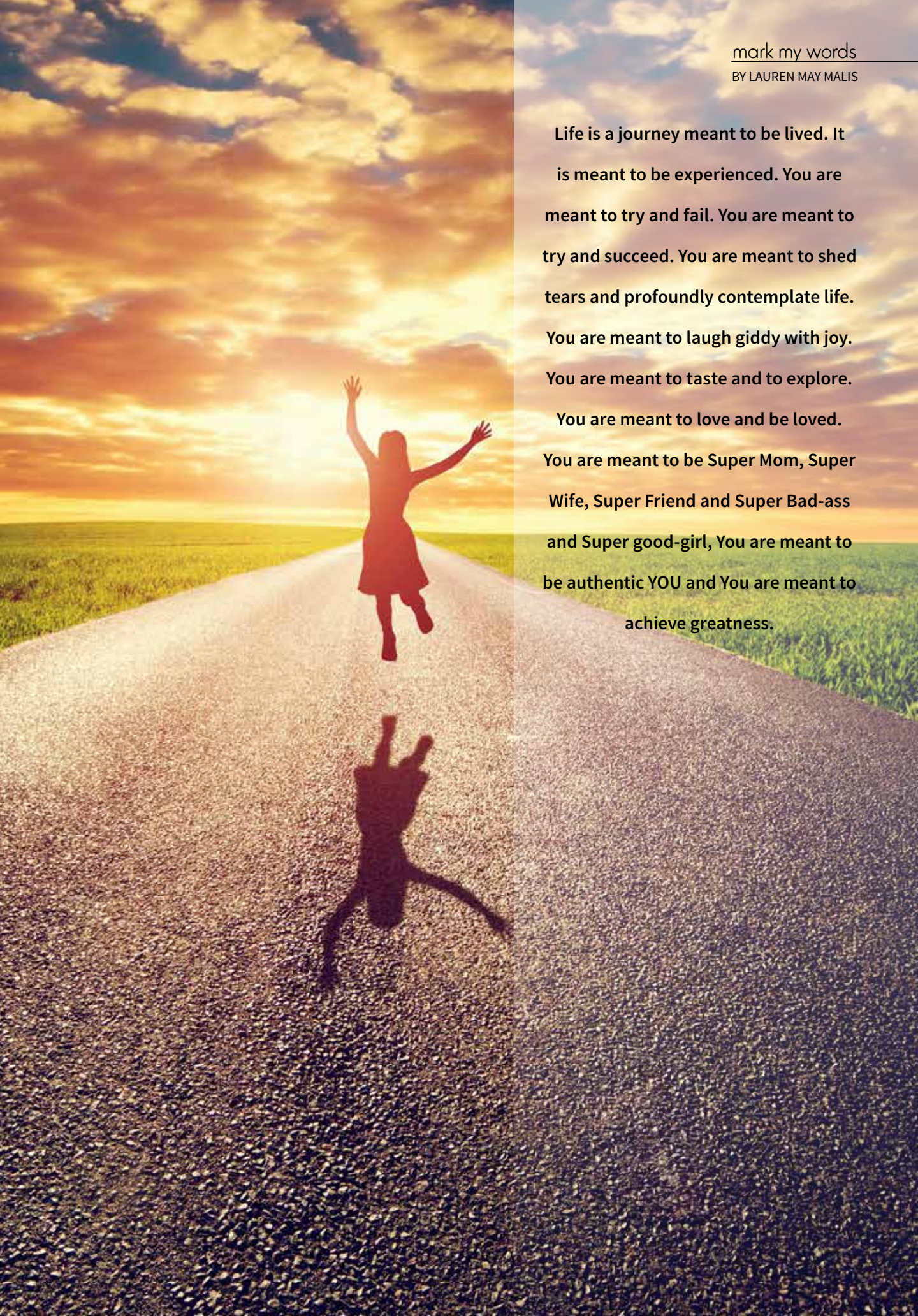
CALL PAMELA HALBERG AT 561-542-5859 FOR A PRIVATE SHOWING.

TONY ARRUZA'S 15 SURFBOARDS BY 15 SHAPERS



HOPE BASH BOCA



A full-page background image showing a woman in a red dress jumping joyfully on a paved road that stretches into the distance. The scene is set at sunset or sunrise, with a vibrant orange and yellow sky filled with clouds. The woman's shadow is cast on the road in front of her, mirroring her jumping pose. The road is flanked by green grass on both sides.

Life is a journey meant to be lived. It is meant to be experienced. You are meant to try and fail. You are meant to try and succeed. You are meant to shed tears and profoundly contemplate life. You are meant to laugh giddy with joy. You are meant to taste and to explore. You are meant to love and be loved. You are meant to be Super Mom, Super Wife, Super Friend and Super Bad-ass and Super good-girl, You are meant to be authentic YOU and You are meant to achieve greatness.

