NEWEST STAR TREK ATTRACTS THE NEW GENERATION

June 9, 2009 by Samantha
Filed under Entertainment

Leave a Comment

Lynn Cinema Reviews the 11th Star Trek Movie

By MATT FISCHER
Staff Writer

Star Trek 2009 movie poster

In 1966, a phenomenon named Star Trek broadcasted its first groundbreaking episode on NBC. Forty-three years later, the franchise is still going strong with the release of the 11th Star Trek movie (aptly titled Star Trek). The last movie, Star Trek: Nemesis, was released in 2002 and while alright, tanked at the box office and proceeded to close the book on the familiar Next Generation cast. Hollywood insisted that the next film be a reboot of the series as a whole (which
meant whole new actors for Captain James T. Kirk and Spock.) J.J. Abrams (of LOST and Alias fame) signed on to direct the movie and here we are nine months later, watching a beautiful film.

The film gives the audience an early biography on Kirk and then proceeds to Starfleet Academy. Kirk is assigned to the Enterprise under the guidance of Captain Christopher Pike and First Officer Spock. Everything is fine and dandy until a Romulan from the future, Nero, comes to the past to eliminate Kirk and Spock. He destroys Vulcan and takes Pike hostage. Leaving the Enterprise with Captain Spock and first Officer Kirk in charge. (Of course they win they day, but to spoil that for the reading audience would incredibly mean of me!)

The new actors portraying favorite characters slip pretty much seamlessly into their roles. Chris Pine plays Kirk, and while he thankfully doesn’t copy Shatner’s speech pattern, he imbues Kirk with just the right amount of courage and bravery, without making him so cocky that we’d want to hate him. Zachary Quinto (Sylar for all those Heroes fans) plays the favorite stony faced Vulcan Spock. Only once does Spock show emotion, and while he is quite good at not emoting, the depth that he gave his anguish showed real talent and actually brought a tear to this writer’s eye. Simon Pegg plays the cheery and gruff Montgomery Scott. Simon Pegg wasn’t even offered an audition originally, they just gave him the role and it’s easy to see why: he IS Montgomery Scott (with due respect to James Doohan). The villain of the piece Nero, is played by Eric Bana and while he is sinister, his character was really the low point of the movie. Nothing has, can, and ever will be as fun to watch as Ricardo Montalban and his bare chest lapping of lines of dialogue with such a fierce relish that it could crush the screen. The other character’s are played by well known faces, but not well known names (they suffer from I’ve seen him in that other movie…what’s his name?) That being said, there is one HUGE cameo, but to reveal that would mean that I would need to know the ending to LOST, and neither one is going to happen.

The set design and the special effects were beautiful. As much as I am a fan of the original series, I’ve always felt like the limitations on the special effects didn’t allow the show to really tell it’s story (a little known fact is that the only reason the transporters were created was that the show’s original budget didn’t allow the ship to land on a planet.)

The music for the movie retains continuity with it’s score by Michael Giachinno. While the theme for The Next Generation has been dropped, it’s not really noticeable and while it would have been a nice touch, it would have been out of place in this film. The original series theme song is kept to the very end (minus a few short bursts here and there.) At the end, after all the dust has cleared, it’s a welcome reward.

All in all, this is the best Star Trek film since First Contact in 1997. It’s time to welcome back Kirk and Spock into our lives (there are two planned sequels) and live long and prosper
Salon Cielo offers more than just haircuts, they offer coloring, waxing, facials, manicures and pedicures. The atmosphere is relaxing and the entire staff is very friendly. “This is the best haircut I have gotten in quite some time,” said Daniel Libman, senior. “And the prices are not half bad either.”

Haircuts start at $30 and go up from there. Up-dos start at $60, foil highlights are $95 and perm (including cut and finish) costs $110. Cielo manicure costs $20 and the Cielo pedicure costs $40. The Petite Facial is $30 and the Cielo facials are $70. Waxing costs vary depending on what the customer wants. For example, a bikini wax is $30, a Tahitian wax is $45 and a Brazilian wax is
$55 and up. Salon Cielo does except walk-ins. “I cannot believe I have never tried this place,” said John Delong, senior. “This place is amazing.”

The serene atmosphere of Salon Cielo & Spa’s hair washing stations. Staff Photo/Mark Sanger.

This is a great place for Lynn students with discriminating hair. “We offer quality service,” said Asia Friedman, hair stylist. “With a smile.” They offer an abundance of services and carry only top quality products. “I will never go anywhere else,” said Libman. “I would not want to betray my new friends.” The entire staff is comprised of highly qualified professionals.

The salon has locations in Washington D.C., Florida, Virginia, Maryland and North Carolina. The nearest location is at the Boca Town Center Mall at 6000 W. Glades Rd. Open Monday – Saturday 10 a.m. – 9 p.m. and Sunday 11:30 a.m. – 6 p.m.

The beautifully decorated interior of the spa offers an inviting and luxurious experience. Staff Photo/Mark Sanger.
YOU DON’T KNOW JACQUES

June 8, 2009 by Samantha
Filed under Health & Beauty

Leave a Comment

OPI: Polish That May Last Forever Even in Life’s Most Extreme Conditions

By ANGELINE BLOOM
Staff Writer

Nails polished with OPI’s You Don’t Know Jacques. Staff Photo/Angeline Bloom.

Searching for a long-lasting nail polish that will not wear off? OPI is the brand to buy. Creating more than 200 diverse colors, all with funky names to accompany the polish, OPI makes it easy for anyone to find the perfect shade.

You Don’t Know Jacque is a dark gray color that OPI offers in their French Collection. OPI polish is sold and distributed around the world but is a brand name that does not want to be readily available to all people. An OPI polish can be found at various hair and nail salons or specialty shops.

OPI is known for having the longest lasting nail polish, “it doesn’t chip or fade away with constant use of the hands,” stated the clerk at Cosmetics by Andrea. For the best looking and longest lasting results, two coats should be applied on the nails when they are first painted.

I tested this product, applying two coats as directed, and took note of any changes I saw over the course of the next five days. During these five days the product was tested in various situations to see if it would last. Tasks such as washing the dishes, swimming laps in the pool and gardening seemed to have little effect on the polish.
While wearing this polish, none of my nails broke or became uneven at the ends. OPI brand nail polish is definitely worth purchasing. The color, thickness and smoothness stay intact regardless of what one puts their hands through. Costing a mere $7.99 for a .5 oz bottle, this affordable polish should make its way into your beauty closet pronto.

**FOLLOW THE RAINBOW**

June 8, 2009 by Samantha
Filed under Fashion

Leave a Comment

_Sandals That Will Last Until the Very End_

By HEATHER GUSTAFSON
Staff Writer

Rainbow Sandals display. Staff Photo/Heather Gustafson.

Rainbow’s Sandals are the number one name in beach style footwear. Their innovative design was created more than 35 years ago with the mind set of creating a shoe that would be comfortable while still being able to last for a long period of time. The landmark company has recently come out with a lifetime guarantee for their favored shoe.
Rainbow Sandals promise to “repair your sandals if they are damaged or defective due to manufacturing defects.” These defects include, “delamination or the strap pulling out, before either the top or bottom wears through anywhere into the next layer.”

If a wearer’s sandals are still in decent shape but a strap pops out or one layer of the soul separates from the others, the company will replace the footwear. If one is eligible for this warranty, the individual can ship their sandals to Rainbow’s main office in San Clemente, CA. Rainbow will give those eligible a brand new pair of the same style of flip-flops or a modified version of the original pair.

“I think they’re great,” said Andrea Rondon, assistant manager of women’s shoes at Nordstrom’s. “Especially with this new guarantee. …It’s just one more reason to love this classic shoe.”

No matter what style one is looking for, everyone can find comfort with Rainbow sandals. “They were created to last a long time,” Rondon said. “But now with a lifetime warranty, Rainbows really do last forever!”

Interested in qualifying for this lifetime guarantee or want to view the new designs? Be sure to visit www.RainbowSandals.com for more information. Now that summer is officially here, everyone will want to wear Rainbow Sandals wherever they set foot.

**TWEETING ONE’S LIFE AWAY**

June 8, 2009 by Samantha
Filed under Technology

Leave a Comment

*Twitter Supersedes All Others Becoming a Social Networking Phenomenon*

By MELANIE MARUSIC
Staff Writer
Brianna Linne “twittering” on her study break in the library. Staff Photo/Melanie Marusic.

After MySpace and Facebook, a new social networking service, Twitter.com appeared in the worldwide web. “I can stay connected with my friends,” said Brianna Linne, junior. “All I have to do is tweet.” The service enables its users to send and read other users’ updates and has gained extensive popularity since its creation in 2006.

“With Twitter I can stay connected and always find out what my friends are doing,” said Jessica Caracciola, junior. After creating an account, updates on one’s personal life can be typed in a box. Additionally the user can subscribe to another user’s account enabling him or her to find out what others are doing.

The Web site states that “basic updates are meaningful to family members, friends, or colleagues.” “I think it is nothing more than an addiction to constant self-affirmation,” said Stevie Tessler, sophomore. “I do not want the whole entire world to know what I am up to.”

However, celebrities such as Mariah Carey and Justin Timberlake, are members of the social network that provides their “followers” with information on upcoming albums or products. “It seems to be a valuable source for stars because they can get feedback from subscribers,” said Tessler. ” But if my friends or family want to know what I am doing they can just call me.”

Unlike Facebook or Myspace, Twitter does not feature uploading pictures or an instant messaging chat. It resembles a cyber cafe in which strangers tell each other about their lives.

The site allows its users to update statuses by cellphone, making twitter.com accessible even when not close to a PC.

It is not interesting to those who do not want to publish their private life to the others and prefer a simple phone call.

Twitter.com can be best described as the “SMS of the Internet.” It is a great source to find out about celebrities upcoming plans and people that like to share and read information about
private and professional lives will find the website useful. It provides a cost free portal to anybody that can log into the internet and the service can be terminated anytime.

For more information visit Twitter.com.

TENDER, LOVE AND CARE FOR LIPS

June 8, 2009 by Samantha
Filed under Health & Beauty

Leave a Comment

Healthy Lip Creams that Offer a Smoothing and Soothing Effect on One’s Pout

By ROBYNE HUGHES
Art Director

Dr. Bronner’s and Chelles lip balms. Staff Photo/Robyne Huges.

Whole foods offers a variety of healthy lip creams that sooth the pout including Dr. Bronner’s Organic Orange Lavender Balm and My Chelles Antioxidant Lip Treatment.

Dr. Bronner’s Organic Orange Lavender Balm soothes dry, chapped skin, hands, feet, and elbows. This product even protects and brightens new and old tattoos. “I like it,” said Vanessa Tose, student. “The packaging is unique, and I would definitely buy this product.”

Some ingredients include organic joba oil, organic beeswax, organic avocado oil, organic hemp oil and organic lavender and orange oils. This would be a great choice for people who like a light consistency of salve around the mouth. The tin can is recyclable and can be used again when needed.

For people who enjoy full on moisture to the lips, My Chelle’s Love Your Lips Treatment has power antioxidants. The cherry raspberry pineapple flavored stick contains beeswax, castor oil, coconut oil, grape seed oil infused with organic Melissa, organic tea extract and organic aloe vera.

“It smells good,” said Dorian Brown, Alumna. “Feels like wax on my lips.”
The retail price for Dr. Bronner Orange Lavender Salve is four dollars and about My Chelles Lip Treatment is 12 dollars.

So take the day and try these calming balms, it will be a nice treat.

TAKE A TASTY BITE INTO JAPAN

June 8, 2009 by Samantha
Filed under Best of Boca, Food

Leave a Comment

Eat-in or Take-out, See What Tempura House is All About

By DAYNA CARRANO
Staff Writer

A waitress at the Tempura House warmly greets all. Staff Photo/Dayna Carrano.

Whether one is in the mood for sushi, hibachi, delicious Japanese food or to watch a game at the bar, Tempura House can fill the tummy of any mood. This scrumptious restaurant is located in the Reserve shopping plaza, on Clint Moore and 441. When one takes their first step inside, a
comforting feeling is put upon by the feeling of tranquility from the fish tank, pond and surrounding plants.

One is given the option when dining at the Tempura House to either sit for regular dining in a booth, table or private room or to sit in hibachi dining, where one has the exhilarating experience to watch a chef cook their meal right in front of them. The waiters are very accommodating and nice to all of their customers. Anyone who walks in is welcomed by a smiling face.

The ginger salad is a great starter. Cold crispy lettuce, topped with a sweet tasting ginger dressing. The salad does not leave one too full for the main course.

Tempura House has many different and delicious types of sushi. From rainbow rolls to spider rolls, this restaurant has a wide variety of different options. However, if sushi is not to ones’ liking, this restaurant also has a many other types of traditional Asian foods. The teriyaki chicken is a great universal meal that anyone could enjoy.

![Tempura House](image)

The ginger salad is one of the many patron’s favorite dishes. Staff Photo/Dayna Carrano.

This place is great for birthday parties, dates, family dinners or a night out with friends.

Not only does this restaurant have delicious main meals, but the deserts are worth leaving room for. A crispy outside, with a yummy cheesecake inside, accompanied by vanilla ice cream, the fried cheesecake is like nothing one has ever tasted before. If one is not a fan of cheesecake, Tempura House also has fried ice cream and fried banana ice cream.

Before dining, be sure to make a reservation by calling 561-883-6088. A great place to enjoy the company of friends and loved ones Tempura House is a place that anyone can enjoy!

**EAT SIMPLY ORGANICALLY**
Student picks fresh ingredients. LU Photo.

Today more than ever people are paying closer attention to what they put into their bodies. They are looking for healthier, more natural options. People are trying to avoid additives, chemicals and processed foods. Two local markets have just what one is looking for. Both Publix GreenWise Market and the Boys Farmers Market are thriving, but which market ultimately gives you the best deal?

When one is looking for a place to shop there are a several attributes that come to mind; price, convenience, cleanliness and a friendly staff just to name a few.

Local shopper Maria Salbi of Boca Raton said that she prefers to shop at the Publix GreenWise Market. “It is very convenient to where I live, I prefer this location over any of the other Publix supermarkets,” said Salbi. “You have choices, you can buy organic or non-organic. It’s never over crowded and everyone is nice.”

Publix GreenWise Market is located in Boca Village Square on Saint Andrews Boulevard. When shopping there one will find an atmosphere similar to that of Whole Foods. The store was large and easy to navigate. Inside the store was clean and looked brand new. One aspect I paid close attention to was the vegetable aisle. Each section of veggies had a misting machine that came on every few minutes to keep the vegetables looking fresh. Although there are many positive aspects about the GreenWise market in today’s economy their steep prices can drive
many shoppers away. At the GreenWise market red and yellow peppers went for $3.99 where as
the Boys Market was priced at $1.99 per pound. Limes were also much cheaper at the Boys. For
$.96 you can buy six where as at Publix GreenWise you could buy five for $1.00.

Vegetables abundantly line the produce section. Staff Photo/Amanda Nelson.

The hustle and bustle of the Boys Farmers Market certainly does not keep shoppers away.
Located on Military Trail just north of Atlantic Avenue the Boys Farmers Market always has a
crowd. Although much smaller than the GreenWise Market and much more crowded, the Boys
Market has an old New York charm to it. To make navigating the small aisles easier one should
use a handheld basket instead of their miniature shopping carts. The Boys Farmers Market
focuses on organic products; they have a wide selection of fruits, vegetables, homemade
dressings and international foods that you cannot find in other stores.

“I prefer going to the Boys over Publix because you know where their products come from,” said
Cristy McHan of Boynton Beach. “You certainly can’t beat their prices, I pay about half of the
total price at Publix when buying my weekly groceries at the Boys.”

Prices are much better at The Boys Market and the food seemed much fresher. There are always
workers unloading and bringing in fresh produce. Fresh herbs at the Boys run for $1.99, at
Publix GreenWise they run for $2.49. The staff is also very friendly and always ready to help.

If one can handle the chaotic parking lot and crowded store, overall the Boys Farmers Market is
the place to shop. With a friendly staff and competitive prices one can put some extra money in
the piggy bank when shopping at the Boys.

A wide assortment of all organic fruits. Staff Photo/Amanda Nelson.
LIGHT THE CANDLE, SMELL BEAUTY

June 5, 2009 by Samantha
Filed under Best of Boca

Leave a Comment

Boutiques in the Simon Town Center Mall offer a Scent For All

By STEPHANIE HAMMERMAN
Copy Editor

The diverse selection of candles offered at Bath & Body Works. Staff Photo/Stephanie Hammerman.

The Simon mall Town Center at Boca Raton is the home for Yankee Candle Shop as well as Bath & Body Works.

When entering the Yankee Candle, spectators view an excellent display. This store has been open for more than a decade and offers a variety of scented candles.

“We are known for our fragrance,” said Manager Audriy Smith.

There is a sweet smell throughout the entire store. Many enjoy the aroma; however some find the smell a bit overwhelming.
“Yankee Candles are too sweet,” said Joan Robinson, Boca Raton resident. “I like something more citrusy.”

Candles range from $10 to $25, with the larger candles costing around $25.

While many enjoy the scents of Yankee Candle, Robinson, along with many others, would most likely prefer shopping at Bath & Body Works. Upon entering Bath & Body Works, shoppers witness the perfection of their colorful display. All of the candles are very reasonable, and hold true to their fragrance of burning for more than three months before needing to be replaced. “Our candles, unlike others, burn evenly,” said Debby Dersnah, manager. “And [the candles] leave for less of a mess.” The larger candles cost $19.50, which are less than Yankee Candle while still offering a great fragrance for a long period of time.

They offer great customer service which in the end results in many customers’ returning. “Every time I go into Bath & Body Works, employees are always nice, ready to help and let you know of any sales, which there is always a lot of,” said sophomore, Jennifer Rodrigues. “They also have nice light fragrances that are good for everyday use so I like all their products.”

After looking at both of these stores and seeing different candles, Bath & Body is the place to light ones fire, without putting a hole in the consumers’ pockets.

**BYTE AN APPLE**

June 5, 2009 by Samantha
Filed under Entertainment, Technology

[Leave a Comment]

*Indulge with the New Mac*

By ROBYNE HUGHES
Staff Writer
Go green with the recently launched 17-inch Macbook Pro with long-lasting battery power and hot new features.

Many Macbook Pro owners believe that it is a great investment and worth the profit, the 17-inch Macbook Pro is the notebook to own. “It has the best operating system in the world,” said Larry Levitan, specialist, at The Boca Raton Mall.

This computer comes equipped with a 17-inch LED backlit screen, resulting in brighter view. It has a built in eight hour battery, and it is the only laptop with a lead free glass screen. It weighs 6.6 pounds and is less than an inch thick. The Macbook Pro also comes with up to four gigabytes of RAM, 320 gigabytes of hardrive space, and the trackpad is made from wear-resistant etched glass.

“The trackpad on the Macbook is so cool,” said Beatriz Lewis, Alumna. “I definitely would purchase one.” The Macbook Pro with the Apple student discount would cost around 2,600 dollars.

The best features about this computer are the long-lasting battery and that it is toxic free. Having an environmentally friendly laptop is all the rage. Because the 17-inch Macbook Pro is made out of precision aluminum, when a user is ready to upgrade this computer is completely recyclable. To find out more about the 17-inch Macbook Pro log on to Apples Web site or visit the Apple Store.

**DOES THE DEVIL WEAR PRADA?**

June 5, 2009 by Samantha

Filed under **Best of Boca, Fashion**

[Leave a Comment]
Graduation has concluded, and it is now time for many graduates to settle down and find a job. Dressing to impress is incredibly important when it comes to interviews, which can lead to a successful career. While some alumni are still looking for a job, one alumnus has found his passion and feels his dress, along with his accessories, have contributed to finding success in the marketplace.

Brandon Ackerman, alumnus, has been doing celebrity events for the past year and feels the right look will get him far in the business world. During this time, Ackerman has sported his Prada sunglasses at numerous events. The sunglasses have given Ackerman a certain approach when attending celebrity events.

“I feel very professional when wearing these Prada sunglasses,” said Ackerman. “Having an expensive item makes one think you can afford it, which means you are a hard worker. When I wear them to meetings people comment on my sunglasses. It is a great ice breaker.”

Some might wonder, why Prada? Prada is the only vendor that does not make their product too masculine or too feminine. “They are comfortable, sleek and stylist,” said Ackerman. Having the right look can make a highly impressive capture of who one is in the business world.

Not only does Ackerman wear these sunglasses to his celebrity events, but he also wears them casually. The sleek, stylish look can become impressive at any moment of one’s daily life.
Prada sunglasses have popular colors of simple black and brown, and styles range from the classic “Jackie O” look to aviators. Prices of these sleek sunglasses vary from $235-$365. Prada sunglasses can be found at various department stores as well as Sunglass Hut.

PUT THE PETAL TO THE METAL

June 5, 2009 by Samantha
Filed under Best of Boca, Green

Leave a Comment

Student’s Guide to Searching and Purchasing a Recession-Friendly Car

By HEATHER GUSTAFSON
Staff Writer


Buying a car, whether new or used, is never cheap, which is why it is so important to get it right the first time. In today’s economy, money is on everyone’s mind. With gas prices steadily rising higher, many Americans are trading in their luxury vehicles for a more practical and fuel-efficient auto.

For college students currently on the market for a new car, price and value become two big factors. The price of gas and the cost of upkeep need to be at a minimum for students. The question becomes, which is truly the better value for the buck? Is it the larger SUV sport utility models? Or are sedans and compacts a more practical solution? “If a student is serious about finding the best value, then they should look beyond price and speed and look mainly at the MPG,” advises Jeffery Shaiffer, CarMax sales representative.
“There is a large range with all these cars,” Shaiffer said. “There are the larger sedans and hatchbacks that eat up as much fuel as a SUV. Then there are the sport utilities that are as environmentally friendly as any other smaller car.”

Overall, the smaller coupes and sedans were generally priced higher than the sport utility models. The smaller cars also had nicer features in them, while the SUVs had much safer crash testing results. SUVs, while commonly rumored as giant gas guzzlers, on the whole had generally the same MPG at the coupes. Students should be aware when buying any type of vehicle to be sure to look for any damage or wear and tear. A car history report to make sure the car has no serious accidents in its past should also be obtained.

With gas prices at record highs, car companies are updating their models to meet these needs. Shoppers looking to save on gas no longer needed to shy away from the oversized SUV. Take into account some of these factors to become the big man on campus with a ride worth talking about.

GIVE UFC A FIGHTING CHANCE

June 5, 2009 by Samantha
Filed under Entertainment, Technology

Leave a Comment

Get Into the Octagon with the Launch of the UFC 2009 Undisputed Game

By MICHAEL CARRERA
Art Director

Screen shot from UFC 2009 Undisputed.

The new fighting game UFC 2009 Undisputed was recently released and contains more than 80 fighters from heavyweight all the way down to the lightweight division.
The game combines multiple fighting styles such as wrestling, boxing, judo, Brazilian jiu-jitsu and muay thai. It is very interesting how they combined and incorporated all of these fighting styles into the mixed martial arts fighting style.

“I love playing with Chuck Liddell,” said Rob Zap, senior. “I especially love it when I get to knock people out.”

It is very apparent that many enjoy this game and find it is extremely fun to play. The graphics range from lifelike fighters to excellent sound effects. Being able to do almost anything with the fighter makes the game more enjoyable and interesting. UFC 2009 Undisputed gives the player the chance to create every single attribute that a fighter could possibly have and gives the opportunity to hone his skills in the octagon to become a UFC champion.

Right off the bat, fans of the UFC could recognize the authenticity of the game compared to real life UFC matches. Before every match there is a breakdown of both fighters which reveals numerous statistics, including their age and weight.

If there had to be a negative about UFC 2009 Undisputed it would be the complexity of the controls. At first it seems like all there is going on is a competition of button mashing. After the initial about the controls, the learning process begins by incorporating moves throughout the fight.

“It was so hard learning the controls at first,” said Matt DuMoulin, senior. “But after a while I started to get the hang of it.”

UFC 2009 Undisputed was definitely worth the purchase of $59.99. With so many upsides and very little downsides, UFC 2009 Undisputed makes the gaming experience worth anyone’s time.

**SAY CHEESE TO BIG AL**

June 5, 2009 by Samantha
Filed under Food

Leave a Comment

*The Place to Get Authentic Philly Cheese-Steak Sandwiches*

By AMANDA NELSON
Staff Writer
Students looking for a piece of steak sandwich heaven, look no further. At Big Al’s Steaks one will find the most authentic Philly steak sandwich within an 1100 mile radius of Philadelphia.

Upon moving to South Florida from Philadelphia, the Costilo family found their craving of an authentic steak sandwich was not going to disappear. Restaurant after restaurant they could not find the thin slice rib eye and warm, soft bread they loved. The father son duo went back to Philly and began working closely with the “godfather of the Philly steak sandwich” Joey Vento, owner of Geno’s Steaks. Once the idea was put together, Big Al’s Steaks was born.

“One aspect that makes our steak sandwiches stick out is the bread ship in directly from Philly,” said Adam Costilo, owner. “We also use premium sliced rib eye steak, not chopped. We took the classic 1930s Philly steak formula and recreated it in South Florida.”
Adam Costilo, owner, bearing his love for everything Philly. Staff Photo/Amanda Nelson.

Upon entering Big Al’s, one is greeted by Costilo donning his Big Al’s Steaks tattoo on his right forearm. Once the order is taken it gets picked up at the next window. Rain or shine Big Al’s has street side tables set up on the corner.

When ordering a steak sandwich, be sure to get the classic, and most popular, “Whiz Wit.” This is how a proper Philly cheese steak is ordered. One will receive sliced rib eye, fried cubed onions and cheddar cheese whiz.

At Big Al’s Steaks the sandwiches are as authentic as one can get. The restaurant is open daily at 6 a.m. – 11 a.m. for breakfast and continue serving their delicacies well into the evening hours. Late night stragglers on Atlantic Avenue will find Big Al’s Steaks open until the wee hours of 2 a.m. on Thursday and 3 a.m. on Friday’s and Saturday’s.

JOURNEY THROUGH ACCEPTANCE

June 5, 2009 by Samantha
Filed under Entertainment

Leave a Comment

“The Last Lecture:” A Heartfelt Read That Provides Life Long Lessons

By PERRI STILP
Staff Writer
The cover of the book, “The Last Lecture."

“The Last Lecture” is a great journey of a man’s last days and his quest to leave behind the lessons that he had learned throughout his life. Randy Pausch, a professor at Carnegie Mellon, is a motivational speaker for all ages and tells his life story to his audience. He was diagnosed with Pancreatic Cancer and decided that accepting the fact he was going to die was the best way to ease the suffering he was about to endure. Pausch shows great dignity and wisdom in his last words.

This book will touch the reader, make them laugh, and leave them thinking. As well give them insight on what is really important in life. It allows the reader to take a step back in their own life and discover all the great gifts they do have.

This book was a fast read because the reader is on a journey of a man’s great life. Pausch showed true integrity throughout the book and in my mind this man is nothing if not a hero and a role model for anyone.

I found the book very enlightening and inspirational. Many of us rush through our lives and never stop to smell the roses. We forget how we were when we were children – what inspired us and the dreams that we once had in our hearts. I knew beforehand that the writer compiled this book “on his deathbed,” so to speak, and I judged much of his words as if I, too, had the end in sight. The author reminds us that life is short and to live out our dreams and enjoy everything life has to offer.

A great read for all ages and definitely highly recommended.
The large selection of water offered at Whole Foods. Staff Photo/Angeline Bloom.

In South Florida, where the heat is harsh and the sun is searing, there’s nothing more refreshing than a cold bottle of water. But among the vast selections that are offered, which thirst-quenching brand is best? Three students were chosen to participate in a blindfolded taste test that featured three different makes of water – Aquafina, Whole Foods water and Publix brand.

The Whole Foods brand, costing $.49 for a 25.3 oz bottle has “a natural spring taste,” said Eric Bourque, junior. “The after taste is very refreshing.” The Publix brand, running a customer $.89 for a 50.7 oz bottle, is double the size of the Whole Foods brand but “tastes more like tap water,” states James Murton, sophomore. “This water tastes like it has chemicals,” said Bourque. “I can almost taste the plastic.” The last brand administered was Aquafina. Unlike the first two brands, this product can be purchased almost anywhere, where as the Publix and Whole Foods brands can only be bought at those specific locations.
The Aquafina brand is also a bit more expensive. A 16.9 oz bottle can be purchased for $1.29. “I would definitely not pay more for this brand of water,” said Allen Ameil, junior. “It is bitter tasting and has a much longer aftertaste that I do not enjoy.”

Whether sunbathing at the beach, jogging down A1A or walking the dog around the neighborhood, a bottle of water is ideal.

“GO LEAN” THE CHEWY WAY

June 5, 2009 by Samantha
Filed under Best of Boca, Featured, Food

Leave a Comment

Kashi Go Lean Offers Consumers a Healthy Snack Alternative

By MELANIE MARUSIC
Staff Writer

Marek Przezpolewski, junior, having a quick snack while studying.

Cereal bars are “easy to bring along,” said Brian Zaleski, junior at Lynn University. Kashi and Nature Valley offer the popular snacks that were tested by students on taste and nutrition.

Kashi’s TLC all natural honey almond granola bars were compared to Nature Valley’s Oats and Honey cereal bars, available in packs of six and ranging from $3 to $4.
Nature Valley’s Oats and Honey gave an good excellent impression at first. ” I like the packaging much better,” said Nicole Seltz, student from Noway. “But it does not taste like oats or honey.” Zaleski said: “I like it but I do not love it.” The testers first reaction to the Kashi granola bar was rather neutral. “I have never heard of Kashi before,” said Marek Przezpolewski, junior from Poland. “I love the pieces of almonds sweetened with honey.”

Both companies provide nutrition labels and the first thing noticed was the fat content in both cereal bars. “Five grams of fat is a lot,” said Przezpolewski. “Even though only 0.5 g are saturated fat.” Neither contain cholesterol, but Nature Valley has a higher sodium content with 160 mg. Kashi’s granola bar contains double the fiber with 4g and 3g more protein than its competitor and even the sugar content is half as much with 5g. “I think I just found myself the perfect snack in between my study breaks,” said Zaleski. “With forty less calories than Nature Valley’s cereal bar, I can use it as a healthy snack after my workouts,” said Seltz.

Overall Kashi’s product is the first runner up convincing the testers with its authentic flavor and nutrition facts. Kashi advertises its GOLEAN cereal bars as naturally sweetened, made with whole grains and high fiber and ” it makes you satisfied for a long time,” said Przezpolewski. “I do not have to worry about hunger when stuck in a long class. “Kashi advertises itself with seven whole grains on a mission and its working. The testers prefer Kashi’s flavorful delicious snacks that do not compromise on natural ingredients and provide the body with a healthy snack.
One always wishes they could go back and change their actions in past relationships. Matthew McConaughey plays a “player” named Connor, who is worshiped by men because of his ability to be smooth with the ladies in “Ghosts of Girlfriends Past.”

McConaughey idolizes his uncle Wayne, played by Michael Douglas, who once had his fair share of ladies, but Douglas teaches McConaughey a lesson. Being visited by three ghosts will show McConaughey what happens to the one person he once loved, Jenny, played by Jennifer Garner, in the past, present and future.

“In the movie, you know that McConaughey’s character is a jerk,” said Brittany Hutchinson, senior. “The character has this special charm that makes it hard to hate him.”

McConaughey’s “player” charm wooed women to the box office as the movie grossed $15,411,434. His charm has brought more women to witness his undesirable attraction, which makes one wish they were part of his “Ghosts of Girlfriends Past.”
Due to summer quickly approaching, I decided it was time to clean out my makeup bag, go out and look for a new makeup collection. I headed to Sephora in the Simon Town Center Mall at Boca Raton that specializes in selling prestigious brands of makeup. Upon arrival, I discovered that the store was filled with many new products displayed in an open shelf, which allows shoppers to touch and test the products without being pressured by sales professionals. Customers, who need assistance, are greeted by sales professional that are knowledgeable and eager to help.

In search for the perfect eye shadow, I was taught many tools of the trade. The combination of knowing your skin tone, whether it is pale, medium or dark, will help to determine your color balance and skin type.
After testing numerous shadows from many different brands, I was able to narrow down my choice to a light spring color eye shadow. I purchased a creaseless cream based eye shadow from the Benefits collection, which included a wonderful Benefit cosmetic bag.

DON’T BE A SHMOE GO TO MOE’S

June 4, 2009 by Samantha
Filed under Best of Boca, Food

Leave a Comment

Come Grab a Burrito, All Locals are Welcomed at Moe’s

By MICHAEL CARRERA
Staff Writer

Everyone loves a good burrito. A place where that good burrito can be found is just off of Glades by the Town Center Mall is a place called Moe’s Southwest Grill. Everyone that comes in to Moe’s get a friendly “Welcome to Moe’s” greeting right before they get to check out the large menu posted on the wall. Some popular items on that menu include the “Homewrecker” which is a choice of grilled meat, beans, rice, shredded cheese, pico de gallo, lettuce, sour cream and guacamole.

“I love going to Moe’s,” said Mike Porter, senior. “I always get my favorite burrito the Homewrecker.”

Another popular item is the “Joey Bag of Donuts” which is a choice of grilled meat, beans, rice, shredded cheese and pico de gall. Moe’s does not just make some of the best burritos north of the boarder. There is a choice of tacos, fajitas, salads, nachos and quesadillas. Porter, when asked if he would like to expand his choice selection to more than just a Homewrecker, he said he was more than up for changing it up.

“I want to try everything on the menu,” said Porter. “Just not in the same day.”

Moe’s Southwest Grill has a wide variety of Mexican food that satisfies the hunger for some tasty food at a reasonable price. Whatever the choice may be, whether burrito, taco or quesadilla, it is more than likely a delicious one, if it’s coming from Moe’s.

JOIN THE BATTLE OF THE JAVAS
Starbucks Versus Nordstrom’s In-House Caffè Coffee

By DAYNA CARRANO
Editor

Starbucks in the Simon Town Center Mall. Staff Photo/Dayna Carrano.

As Starbucks splurges over Boca Raton, many of their customers and competitors are fascinated by their distinctive java blends. What about the mysterious, not as well known, Nordstrom’s in-house Café in the Simon Town Center Mall at Boca Raton?

“It depends on your taste preference,” said Wreni Wurster, Boca Raton resident. “I personally enjoy Starbucks more.”

It appears that the iced vanilla latte is a universal “like” for all. But, if one enjoys the taste of the coffee in the drink, Nordstrom’s In House Café is an excellent choice. Many feel that Starbucks vanilla latte tends to have a milkier taste.

Although Nordsrom’s is less expensive, Starbucks is more accessible as there seems to be one on every corner. Both places’ employees are extremely helpful to their customers and offer a wide variety of choices for ones preference. Starbucks is becoming more popular as the years go on and it has a lot to do with their unique mixtures in lattes and cappuccinos. However, Nordstrom’s is stepping up many of their drinks and are quite similar.

Next time one is walking through the Town Center Mall instead of having a coffee at Starbucks try a Nordstroms In House Café coffee. Perhaps a new liking will emerge.

“SHE’S JUST BEING MILEY”

June 4, 2009 by Samantha
Filed under Entertainment
If anyone knows what living the dream is like it is Miley Cyrus.

In her new film “Hannah Montana the Movie” she portrays the importance of never giving up on a dream.

Miley Cyrus has been able to live a double life, both as a celebrity and the average teenager. In the movie, Cyrus allows her character Hannah Montana and the glamour of being famous get the best of her causing her to be blinded to her reality. Her father, Billy Ray Cyrus, see’s the importance of keeping her grounded. Instead of taking a trip to the big city of New York, he takes her home to Tennessee to show her that the cowgirl he knows is still part of her.

The movie sets a feel good mood and is one that will want to be seen by the whole family. In this film Cyrus was able to showcase her talents not only as a singer, but her acting abilities as well.

The movie grossed 34 million in its first weekend showing. This was a record breaker for the box office when it comes to G rated movies. As Cyrus’s hit song expresses “it’s all about the climb.”

FOUR-WHEEL FUN IN THE SUN

June 4, 2009 by Samantha
Filed under Best of Boca

Leave a Comment

Pedal to the Medal, A Student’s Engaging Experience in a Jeep Wrangler
Summer in South Florida has begun, its 87 degrees and breezy. Imagine traveling to the beach in a two-door yellow Jeep Wrangler with the top down, wind blowing and the smell of the ocean. Life is good.

During this past week I was able to test drive a 2009 Jeep Wrangler X. Throughout my experience in this vehicle I was able to review the positive and negative aspects of it.

College students may not be able to afford to buy a new vehicle, but luckily there is a cheaper alternative. Renting a vehicle will allow one to test drive a car they are interested in for as long as they want, to be sure it is exactly what they expected.

Alumnus Joshua Garson, Enterprise employee, assisted me with my rental of the Jeep Wrangler X. “The Jeep has been a very popular model recently,” said Garson. “It’s a fun summer car; perfect for a college student.”

The 2009 Jeep Wrangler X is the ideal vehicle for some four wheel fun in. This vehicle’s price starts at $20,000 and can reach up to $32,000 depending on features. This four-wheel drive vehicle is an excellent way to zip down I-95 or cruise along the coastline on A1A.

“The only downfall to the Jeep, is some of its safety features,” said Garson. “Some think of it as a tin can, but it really depends on the driver and how they handle the vehicle.”

During my week driving the Jeep I learned the vehicle inside and out. Depending on how often and how far one drives, the gas mileage can be a negative to the vehicle. In the city the Jeep gets 15mpg and for highway it gets only 19mpg. The only other negative thing I found to driving the Jeep was the noise factor when the top was on, which was surprisingly louder than when it was off.

The best features I noticed about this vehicle was the way it handled as well as the ease of taking the top on and off. “They have improved the way the Jeep handles on the road,” said Garson. “It is a huge improvement from the earlier models.”
For students looking for some four wheel fun during the summer, or anytime, the 2009 Jeep Wrangler X is a perfect fit.

LILLY DESIGNS A COLORFUL SHOW

June 4, 2009 by Samantha
Filed under Best of Boca, Fashion, Featured

Leave a Comment

Nine Celebrity Moms on a Mission to Help Others

By Perri Stilp
Staff Writer

Kelsey Breining, alum, modeling Angie Harmon’s design. Staff Photo/Perri Stilp.

Preppy chic never goes out of style. After 50 years of Palm Beach socialite design, Lilly Pulitzer has proven that this brand is about lifting spirits and lending happy prints and colors to a worthy cause.

To help celebrate Lilly’s 50th anniversary, nine celebrity moms joined together for a very special project called “A Colorful Cause.” Celebrity moms including: Brook Shields, Debra Messing, Marcia Cross, Angie Harmon, Bridget Moynahan, Gwyneth Paltrow, Catherine Bell, Elisabeth Hasselback and Garcelle Beauvais-Nilon graciously lent an artistic hand to help create the
clothing. Each celebrity has designed a one-of-a-kind mother/child look as part of the Summer ’09 Collection.

“I feel this is just wonderful to have these iconic celebrity moms as part of the Lilly brand,” said Susan Theilke, Lilly Pulitzer store owner. Pulitzer prints were designed from scratch by the celebrity moms. From resort tunics that go from pool side to party, and cute dresses for mothers and little ones, these special edition pieces capture the wit and vision of Lilly Pulitzer.

“I grew up wearing mother/daughter Lilly dresses,” said Kelsey Breining, alum.

The Epidermolysis Bullosa Medical Research Foundation (EBMRF) will receive 15 percent of the proceeds. EBMRF supports research and treatment for Epidermolysis Bullosa, a rare, inherited skin disease which affects young children and adults.

“I now have a great excuse for that shopping splurge, knowing the money is going to a great cause,” said Breining.

All can agree that this is a wonderful cause and a great reason to shop the Lilly Pulitzer collection.

For more information visit www.lillypulitzer.com.
TAKING A “SIESTA” THE SPANISH RIVER WAY

June 3, 2009 by Samantha
Filed under Best of Boca, Photos

Leave a Comment

Spanish River Library Offers a Relaxing Study Getaway

By MELANIE MARUSIC
Staff Writer

Studying or browsing through collections of magazines, books and DVD’s “has never been more relaxing,” said Nicole Seltz, business major from Norway, about the atmosphere in the Spanish River Library.

The beautiful architecture allows for a wonderful study break. Staff Photo/Melanie Marusic.
A great selection of books for every interest is being offered. Staff Photo/Melanie Marusic.

The library ensures a calm study environment. Staff Photo/Melanie Marusic.

The Spanish River Library is open to public with both in and outdoor tables by the lake. Staff Photo/Melanie Marusic.
EXPERIENCE PEACE, LOVE AND PIZZA

June 3, 2009 by Samantha
Filed under Best of Boca, Food, Photos

Leave a Comment

Peace A Pizza Provides Patrons With Groovy Dining

By KELLEY LYNSKEY
Staff Writer

Are you looking for great tasting and reasonable priced pizza? All while reliving the groovy days of the 60’s? Then Peace A Pizza is the place to go.

Located in the Blue Lake Shoppes of Boca Raton, Peace A Pizza is open daily from 11 a.m. to 9 p.m.. Peace A Pizza offers 32 different varieties of gourmet pizzas by the slice, as well as whole pizzas and even premium salads. The combination of top-quality ingredients, whole-wheat dough, and all white meat chicken, has won this retro room numerous pizza and food awards.

This family oriented pizza place is decked head to toe with peace signs and groovy posters. Even the restaurant’s delivery car with tie-dyed exterior and a giant peace sign on the roof of the car, captures the essence of the 60's. Peace out!

The external facade of Peace A Pizza. Staff Photo/Kelley Lynskey.
The interior design captures the essence of the 60’s. Staff Photo/Kelley Lynskey.

A wide variety of pizza is offered. Staff Photo/Kelley Lynskey.

A BEACHY BITE

June 3, 2009 by Samantha
Filed under Best of Boca, Food, Photos

Leave a Comment

Sandwiches by the Sea

By PERRI STILP
Staff Writer
Sandwiches by the Sea in Delray Beach is a classic little joint with excellent sandwiches. Its tiny and beachy atmosphere makes it a great place to eat a delicious sub and enjoy the beauty of Atlantic Avenue.

The entrance to Sandwiches by the Sea is located right off of Atlantic Avenue in Delray. Staff Photo/Perri Stilp.

Employees warmly welcome all to their shop. Staff Photo/Perri Stilp.
A wide variety of sandwiches is available. Staff Photo/Perri Stilp.

Sandwiches are prepared fresh and to order. Staff Photo/Perri Stilp.

**SOAKING UP THE SUN OF SOUTH FLORIDA**

June 3, 2009 by Samantha
Filed under Best of Boca, Photos

[Leave a Comment](#)

*Beach Enthusiasts Rave Over Spanish River Beach*

By ANGIE BLOOM
Staff Writer
Friends and families spend the day swimming and tanning at the Spanish River beach on a hot summer day. Outdoor activities are all the rage in the Sunshine State and what better way to experience them then on this beach?

6-year-old Jake goofs around with his family. Staff Photo/Angie Bloom.

This exposed coral reef is a great place to examine the wonders of the underwater world. Staff Photo/Angie Bloom.

Jimmy Murton, freshman, tries his luck at cracking a open coconut, works on his tan. Staff Photo/Angie Bloom.
LYNN PERFORMS A WORK OF ART

June 3, 2009 by Samantha
Filed under Campus, Photos

Leave a Comment

The New Wold Performing Arts Center Takes Shape

By HEATHER GUSTAFSON
and
MARK SANGER
Staff Writers

Construction of the Keith C. and Elaine Johnson Wold Performing Arts Center has begun. The building is progressing steadily skyward.

“It’s going up,” said Daniel Libman, senior. “I will be interested to see the finished project.”
President Ross and Elaine Wold pose in front of diagrams of the soon to be Keith C. and Elaine Johnson Wold Performing Arts Center. LU Photo.

A giant crane informs all of the ongoing construction. Staff Photo/Heather Gustafson and Mark Sanger.

The crew has many machines and tools provided to them on campus to do the work they need to do. Staff Photo/Heather Gustafson and Mark Sanger.
A warning sign delineates the danger involved in construction. Staff Photo/Heather Gustafson and Mark Sanger.

A giant crane informs all of the ongoing construction. Staff Photo/Heather Gustafson and Mark Sanger.

**A LIFETIME OF HEALTH AND FUN**

June 3, 2009 by Samantha  
Filed under Best of Boca, Photos

Leave a Comment

*Lose the Excuses, Lose the Pounds*
By ROBYNE HUGHES
Staff Writer

Concerned with excess weight this summer? Lifetime Fitness, located on Yamato Road, is the place to get rid of it. This fitness center offers fun-filled amenities for those looking to shed unwanted pounds.

Jenna Walsh, senior, works her core on the Precor. Staff Photo/Robyne Hughes.

Top: Table tennis is one of the unique features offered at Lifetime Fitness. Above: The basketball courts are a great opportunity to get in shape while having fun. Staff Photos/Robyne Hughes.

FIVE STEPS TO GETTING A BEACH BODY

June 3, 2009 by Samantha
Filed under Athletics, How To, Photos
Simple Steps that Yield Extreme Results

By MICHAEL CARRERA
Staff Writer

Jumpstart this summer in south Florida; workout and show off at the beach. Here one will find five simple steps that will aid in obtaining the perfect beach body.

Mike Feltman, alumni, does pushups to pump up and strengthen his chest. Staff Photo/Michael Carrra.

Mike Feltman, alumni, does pushups to pump up and strengthen his chest. Staff Photo/Michael Carrra.

To get a strong midsection, do sit-ups or crunches. Staff Photo/Michael Carrra.
To get a strong midsection, do sit-ups or crunches. Staff Photo/Michael Carra.

Feltman stays healthy and checks his pulse rate. Staff Photo/Michael Carra.

It is essential to stay hydrated to refuel the body. Staff Photo/Michael Carra.

Get that heart rate up by doing cardio and go for a run. Staff Photo/Michael Carra.
Student is Fun and Free in the Town and Country

By LEE ZORETIC
Staff Writer

Stephanie Hammerman, sophomore, recently achieved her goal of getting behind the wheel. Hammerman, living with Cerebral Palsy (CP), is the proud owner of a 2009 Chrysler Town and Country. The vehicle has been completely modified for her needs.

Hammerman feeling independent in her new 2009 Chrysler Town and Country. Staff Photo/Lee Zoretic.
Hammerman’s new vehicle. Staff Photos/Lee Zoretic.
THE MOST IMPORTANT DINNER PARTY IN AMERICAN HISTORY

June 2, 2009 by Samantha
Filed under Columnists, Hidden History

Leave a Comment

By ROBERT WATSON, Ph. D.
Contributing Writer

On a warm evening in June 1790, Treasury Secretary Alexander Hamilton was leaving George Washington’s home in New York City when he bumped into Secretary of State Thomas Jefferson, who was waiting to see the President. Although they had long been adversaries and were rivals in Washington’s Cabinet, Jefferson invited Hamilton to join him for dinner. It was a dinner that would change history.

Among the disagreements between the two men was the fight over the forthcoming location of the capital city and what to do about the Revolutionary War debt. Hamilton wanted a stronger Treasury and the federal government to pay the $25 million debt, then a considerable amount, especially for cash-strapped states. Federal debt assumption would empower the government and help establish international credit.

However, having paid its debt and not wanting to subsidize northern states like Massachusetts, Virginia opposed Hamilton’s plan. Southern papers even called for dissolving the union rather
than paying the debt. Moreover, debt assumption would strengthen the federal government at the expense of states like Virginia, whose leaders preferred that power be vested in the states.

When Jefferson encountered Hamilton at Washington’s home, he described him as “somber, haggard, and dejected beyond comparison.” Hamilton was frustrated by the contentious tone in Congress and narrow defeat of his debt plan two months earlier, largely on account of Jefferson, Madison, and the Virginia delegation. The bitter debate affected relations in Congress, soldiers who were owed money, and alliances with creditors like Holland and France.

At the same time, Jefferson and Madison were frustrated because, of the 16 locations for the capital city under consideration, most were in the North. Congress seemed to be leaning toward Philadelphia and the Virginians were desperate to have it in their beloved state, leading John Adams to snap that Virginia must be “where all geese are swans.”

So, Jefferson invited his ally Madison and enemy Hamilton to his home for “a friendly discussion on the subject.” Over dinner on June 20 Hamilton convinced Jefferson and Madison to support federal debt assumption by offering Virginia as the location for the capital and a reduction in Virginia’s tax obligations to the debt. Hamilton knew New England would support the deal because of their debts.

The Virginians, however, were duped. Hamilton, through his friendship with Washington, knew that the capital would end up in Virginia anyway. Washington wanted the capital by his home on the banks of the Potomac where he owned tracts of land, which Adams later estimated “increased in value 1,000%” once the decision to build the capital city there was announced.

After the dinner Madison convinced four southern congressmen (who also owned property by the Potomac) to switch their support for the deal. One month after the dinner party, Congress passed the bill for a capital city and Washington signed it. Five days later the bill for debt assumption passed by one vote. The next year, in 1791, the capital was named for Washington and the main avenue was named in honor of Pennsylvania to appease Philadelphians whose city wasn’t selected. One year later, angered over defeats at the hands of Hamilton, Jefferson resigned from the Cabinet, but would go on to be the first president to serve a full term in the new capital city he helped plan.

Over two centuries after Jefferson’s famous dinner party, here we are with states and parties again bickering over federal funds for the states and the debt. It might help if, like their predecessors, politicians today would sit down and break bread together!

Robert Watson, Ph.D. runs the American Studies program at Lynn University and has published over 25 books on American politics and history (Twitter: @ProfessorWatson)
President Obama’s nomination of Sonia Sotomayor for the Supreme Court marks another historic first for the high court. This is important because the prospect of a Hispanic justice on the court reflects the increasing diversity of American society – and the Supreme Court has been anything but diverse. But it is also important because Supreme Court politics are always intriguing.

Quite simply, Obama stood to benefit politically by nominating a woman or Hispanic. He got both. Therefore, barring some heretofore unknown scandal Sotomayor would seem to be the perfect pick for Obama. She also presents a quandary for Republicans.

The GOP has only 40 senators, ten shy from being able to block the nomination. Moreover, this is the party that lost every major demographic group in the November elections but one: white men over 65. The ever-shrinking party risks further alienating women and Hispanics if they mount a ham-fisted attack on Sotomayor. Hispanic voters are still smarting from the ugly tone coming from Republicans during last year’s immigration debate and Obama carried this swing voting bloc by a substantial margin in 2008.

The other red flag for Republicans is Sotomayor’s compelling personal story, which can’t be too overvalued in politics. The public empathizes with someone who lost her father when she was only nine and was raised in the South Bronx by a single mother who worked menial jobs and long hours to support her family. Overcoming poverty and coping with diabetes, Sotomayor earned a scholarship to Princeton where she graduated with honors before completing her law degree from Yale. Republicans risk opposing what is a quintessentially American story. Sotomayor even helped to end the 1995 major league baseball strike!

So the question is whether Republicans will fight the nomination. The obvious answer would seem to be no. They don’t have the votes. Opposition risks alienating two important voting blocs.
Sotomayor was originally put on the bench by a Republican (President Bush I) and, when she was elevated to the Court of Appeals by President Clinton, roughly half the Republicans in the Senate voted for her, all facts that would be hard to explain away.

Republicans should probably let this one go. It is, after all, not about winning every battle but about picking and choosing the right battles and the winnable ones, and winning the larger war. But, of course, they will oppose Sotomayor and do so viciously. In a show of absurdity, some Republicans indicated their opposition even before anyone knew who the nominee would be, while others proclaimed the then-forthcoming pick a likely extremist.

We are already hearing code words against women such as “feelings” and “emotion” in criticizing the selection. Emerging talking points from Republicans are branding Sotomayor a judicial activist who is unqualified, which would absolutely be legitimate grounds for opposition if either charge was true.

The country must brace itself for more fear-mongering and blood-letting as the GOP’s circular firing squad keeps on shooting. And in so doing, while they might batter and bruise Sotomayor they will continue to be less the noble opposition than the bitter obstructionist party they have become.

Ironically, the looming nomination fight might not matter. Sotomayor should be confirmed and will replace retiring justice, David Souter. Aside from the historic first of her confirmation, this simply means that one frequent member of the court’s losing center/left bloc will be replaced by another likely center/left vote. So the narrow decisions on the court – and the battles over judicial politics – will remain for the next appointment.

Robert Watson, Ph.D. runs the American Studies program at Lynn University and has published over 25 books on American politics and history (Twitter: @ProfessorWatson)