Gardens monitors continued drought, water restrictions

As the county continued to bake last week, Palm Beach Gardens firefighters responded to blazes knowing they might be shorthanded, and the city urged residents to follow water restrictions.

Weekend rains were the first sign that a “rainy season” might be under way, but Palm Beach County is still in a severe drought.

Because of the large numbers of fires statewide, said Fire Chief Pete Bergel, “the resources of the Division of Forestry are spread very thin and as a result they may not be able to respond to provide assistance.” Chief Bergel noted that on June 17 the forestry division was not able to respond to a brush fire northwest of Old Marsh development. That meant it took longer for firefighters to contain the blaze.

The chief was casting a wary eye at the approach of the Fourth of July. He implored residents to be careful with fireworks, and to supervise children and teens. “They should use extreme caution if enjoying fireworks and never leave teens and children unsupervised when lighting fireworks,” he said.

Chief Bergel also reminded residents who live in developments that border environmental or undeveloped brush areas to be cautious.

Final decision

Why the choice for death with dignity has become a battle

BY BILL CORNWELL
bcornwell@floridaweekly.com

My buddy Howard probably has told this story a thousand times over the last 30 or so years.

It was Howard’s first day in medical school. The instructor, a physician, was a middle-age man — trim, lean and the picture of health. Less than 10 minutes into his introductory lecture, the physician paused, gazed upward and then pitched forward, landing squarely on his face. Howard and his classmates bolted from their seats and rushed to his side. But it was too late; he was dead, the victim of a massive coronary.

The next time the class met, the new instructor had this to say: “I know how shocking the death of Dr. Barnes was to you all. But as you continue your medical studies and begin your practices, you will discover that he was a very lucky man. He died suddenly and without pain, and he was active to the end. Not all of us are so fortunate.”

Howard thought the second instructor was crazy, but as the years wore on his thinking began to change.

“I’ve seen a lot of people die,” Howard told...
COMMENTARY

How Kris Kristofferson helped me make it through the nights

Of all the corrosively annoying little habits that one can fall prey to when living solo, keeping the television on to provide background noise in an empty house is among the worst. Not only does this practice spike the electric bill, it also involves a soul-numbing thrum to daily existence.

With that said, there I was on a recent evening in one part of the house doing something or the other while the television regurgitated its fare in another. Although I was not listening intently, enough of what I heard was so outrageously grating that I was forced to investigate. Somehow, the set was tuned to a cable station that features country music.

I’ve never been a huge country music fan, but I’ve had a vague awareness for years that I ever have done such, mind you.)

Sad, the number of true “greats” is dwindling fast. Johnny Cash is gone, as are Waylon Jennings and Tammy Wynette. Willie Nelson, Merle Haggard, George Jones and Loretta Lynn are in their sunset years.

And incredibly, the greatest of them all — Kris Kristofferson — turned 75 on June 22. That Kris Kristofferson is still alive is a testament to something, although I’m not sure what. The man has survived what should have been lethal bouts with alcoholism, drug addiction and depression. He has undergone open-heart surgery. Janis Joplin once whipped him in the head with a bottle of Southern Comfort. Any of the aforementioned would have been enough to fell a lesser man. Yet through it all, Mr. Kristofferson has persevered and fashioned an iconic career as a songwriter, actor and stage performer. As a singer, Mr. Kristofferson’s voice is at its very best serviceable. But the shifting gravel of his vocal chords brings a kinetic force to his compositions that cannot be matched by anyone else.

It is as a writer, not a singer, that Mr. Kristofferson has made his greatest impact. He is, in my unschooled view, the greatest songwriter of his generation — regardless of genre.

His music actually tells stories, and the words carry meanings that are laced with haunting echoes of William Blake, the English poet, engraver and mystic whose work in the late 18th and early 19th centuries had hugely influenced Mr. Kristofferson.

I have long been an admirer of Mr. Kristofferson, but it was the late spring of 2001, when I was living in Houston, that his music became something more than entertainment. By that time, my life on many levels had come to resemble a Kris Kristofferson song, and that is not good.

Broken of heart and spirit, I wallowed in abject misery. “I’d trade all my tomorrows for a single yesterday” (a line from Mr. Kristofferson’s “Me and Bobby McGee”) had become my mantra.

Weekends were the worst. Too little to do and way too much time to think — especially about Libby up in Dallas. When I finally grew tired of having her slam the telephone receiver at the first sound of my voice, I filled the void with two old friends: Jim Beam and Kris Kristofferson.

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Weekends were the worst. Too little to do and way too much time to think — especially about Libby up in Dallas. When I finally grew tired of having her slam the telephone receiver at the first sound of my voice, I filled the void with two old friends: Jim Beam and Kris Kristofferson.

Night after night I sat and listened to Mr. Kristofferson’s CD “The Austin Sessions.” I played and replayed “Help Me Make It Through the Night,” while the next evening might bring endless repetitions of “Why Me.” And then there was “Sunday Mornin’ Comin’ Down,” “Loving On the Wire” (written by Leonard Cohen). Like a bird on a wire

Like a bird on a wire

But who am I to tell Kris Kristofferson a thing? After all, it was he who saved my life a decade back. ■
Downtown at the Gardens—the hippest shopping, dining and entertainment destination in the Palm Beaches—knows that at least one way to every man, woman and child’s heart is through their stomach. That’s why we just added four new top-shelf eateries to our already distinguished menu of restaurants: 51 Supper Club and Lounge, The Dirty Martini, Grimaldi’s Coal Fired Pizzeria, and Paris In Town LeBistro (with a No. 11, Field of Greens, slated to open in July).

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State T-ball champs headed to regionals

The 2011 Palm Beach Gardens All-Star T-Ball Team won the South Florida State Invitational Tournament at Sarasota on June 19. The team went 6-0, winning their games by a combined score of 92-30. The combined team batting average was .353 as the boys won five of six games without having to bat in the last inning.

In their semi-final game against cross-town rival Okeeheelee, they came back from an 8-3 deficit to win in extra innings 12-10.

Right fielder Christian Gencco ended the game with a catch in right field that he turned into a double play when the Okeeheelee base runner strayed off first base and Christian alertly threw behind the runner to the awaiting first baseman.

Shortstop AJ Hunerberg, first baseman Dawson Thrush, pitcher Mason Blake and second baseman Erik Ferezy played flawless defense all tournament long while the combination of Steven Hammond and Colm Foley anchored third base. The outfield was especially good with Jake Martin, Matthew Davis, Zack Rotta, Nick Taylor, Dylan Crazt and Christian Gencco cutting off balls and holding base runners to singles instead of doubles and triples and at times throwing runners out at second base.

Catcher Zach Pastor was equally impressive making a game changing tag at the plate against last year’s state and Southeast Regional Champions Longwood. Next stop for the team is the Southeast regional, beginning July 14, where they will play teams from Virginia, the Carolinas, Tennessee, Georgia, North Florida, Alabama and the Bahamas.

SPECIAL TO FLORIDA WEEKLY

The 6- and 7-year-old T-ball players are, clockwise from top right: Nick Taylor (No. 50), Christian Gencco, Colm Foley, Zach Pastor, Zack Rotta, Matthew Davis, Mason, Blake, Erik Ferezy, Dylan Crazt, AJ Hunerberg, Steven Hammond, Dawson Thrush and Jake Martin.

COURTESY PHOTO

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Art After Dark just got artier. The Norton Museum of Art's weekly event, held 5 p.m. to 9 p.m. Thursdays, will offer more art-oriented activities. Art after Dark generally combines live music, wine and beer tastings, exhibition tours, lectures, films and food.

There will be demonstrations of all styles of artwork by local artists, and do-it-yourself art projects led by museum staff and volunteers have been added to the mix.

The artist demonstrations and talks, and the DIY art projects run from 5:30 p.m. to 7:30 p.m.

Here is a look at the schedule:

July 7: Debbie Lee Mostel will create her “Technology Deconstructed/Nature Reconstructed” series as she transforms disassembled household electronics into objects of art. Participants will create their own pieces of Chinese pottery based on the special exhibition "Eternal China: Tales from the Crypt."

July 14: Catherine Bottiau, a French artist, will demonstrate “plein-air” (open air) painting and sketching in the Central Garden to mark Bastille Day. As a nod to Monet and other French Impressionists, participants will draw with soft pastels in the Central Garden.

July 21: Diane Hutchinson will demonstrate how to mix color and paint watercolors. Attendees can join in or just watch. For the DIY component of the evening, create your own cartoon or comic super-hero (or villain) with guidance from cartoonist Aris as he leads a cartoon drawing workshop inspired by the exhibition “Out of this World.”

July 28: The Norton’s five summer interns — Ashlan Bishop, Charlotte Gorant, Alexis Jason-Mathews, Symone Ridgell, Ian Rollins — will create an Art After Dark evening. The DIY portion of the evening is “Postcard from the Museum”: Create a giant postcard of the evening.

Aug. 4: Claudette Dalack will demonstrate abstract floral painting, share her techniques to create bold and decisive lines on canvas, and complete a floral abstract on-site. And you can create your own Rorschach from paper and paint, and then interpret the results.

Aug. 11: No demos, but the DIY portion of the evening is themed “Fun with Photography: Become a Crypto-Zoologist!” Create and place new animals in fun and unexpected habitats using images from National Geographic and other nature magazines.

Aug. 18: Bruce Bain presents Photography 101, which includes a discussion of elements of photography along with examples that demonstrate the basics of creating images. You can explore the Museum Collection to find artworks that relate to fables, stories, and myths. Then, create your own mini-storybook to take home.

Aug. 25: Sarah Keith demonstrates jewelry-making techniques such as hand forging, using copper to create beautiful and organic pieces of art.
Unclear on the concept

In May, a federal appeals court reinstated the Americans with Disabilities Act lawsuit filed in 2007 by Darrell Miller after he was fired as a bridge maintenance worker by the Illinois Department of Transportation. Mr. Miller had been medically diagnosed with a fear of heights, and could not work on many projects, but a lower court dismissed his lawsuit, concluding that working at heights was an unavoidable condition of bridge maintenance. (The appeals court said that a jury “might” find that bridge maintenance could be done in “teams” with one worker always on the ground.)

Urban legend come to life

Too-good-to-be-true stories have circulated for years about men who accidentally fell, posterior first, onto compressed-air nozzles and self-inflated to resemble “dough boys,” usually with fatal results. However, in May in Opotiki, New Zealand, trucker Steven McCormack found himself in similar circumstances, and had it not been for quick-thinking colleagues who pulled him away, he would have been killed — as the air, puncturing a buttock, had already begun separating tissue from muscle. Mr. McCormack was hospitalized in severe pain, but the air gradually seeped from his body (according to a doctor, in the way an “usually” seeps from a body).

Sounds like a joke

Night club singer Simon Ledger was arrested following a performance at the Driftwood Beach Bar on Britain’s Isle of Wight in April after a patron complained to police. Mr. Ledger was covering the 1974 hit “Kung Fu Fighting,” and two customers of Chinese descent reported that they felt victims of illegal “racially aggravated harassment.”

Leslie Clarke, 29, turned himself in to police in Darwin, Australia, in May after authorities released surveillance tape of a break-in and vandalism at the Hidden Valley Tavern. Mr. Clarke, a large man, confessed to going on a drunken prowl with friends, but said he remembered the break-in only when he saw the video and recognized his distinctive image from the back, including several inches of his butt crack.
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There are two camps in this debate (over assisted suicide). One camp holds that all life is sacred, although there can be exceptions in this camp for things like war and capital punishment. The other view holds human beings have the right to choose to terminate life. 

— Kevin Aho, associate professor of philosophy at Florida Gulf Coast University.

COURTESY PHOTO

This billboard was erected along I-75 in Sarasota, causing conster-
nation among the area's Catholic diocese.

DEATH
DECISION
From page 1

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"Body Matters: A Phenomenology of

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Hemlock Society or any other advocacy group had no need for Final Exit or the landscape regarding assisted suicides to be paid. "to pay the legal consequences."

Ted Goodwin says nothing would please him more than to see the legal landscape regarding assisted suicides undergo a seismic shift. He wishes there was no need for Final Exit or the Hemlock Society or any other such group. But he also knows that will not occur during his lifetime. And, yes, he says he is fully prepared to suffer any consequence for his actions.

"We knew that one day we would undertake suicides, Dr. Aho says they should be prepared to do something."

Looking ahead, he says: "Do I want to spend 30 years in prison? Of course not. But this is an individual issue, and that's worth fighting for. My family knows that, and they support me. I think we will prevail legally, that there is a right to die. But if we don't, I don't anticipate a 30-year sentence."

Maybe I will be be to live 15 years, if it comes to that, and maybe I would be out in eight or nine years. Who knows? But I'm willing to face whatever awaits down the road."

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One life’s final notes

BY KATHY GREY
kgrey@floridaweekly.com

In his 84 years, Leonard Lubin led an exemplary life. At the tender age of 19, he was a World War II American military hero who liberated prisoners from Nazi concentration camps. He went on to live a long and full life in St. Petersburg, as a dedicated family man and civil liberties attorney.

Florida Weekly interviewed Lubin’s son Lance, and received permission to reprint his father’s final letter to his loved ones and another to the authorities. The letters articulate an informed decision to leave this life.

"He assured me that this letter was written over and over again," Lubin’s son Lance said. "He was a great lover of the written word. What drove this is that he was in absolute agony."

"He had a series of small strokes and was afraid of a full stroke and who and not know when it was going to be."

"He’d had a series of small strokes and was afraid of a full stroke and having to wait out years helpless in a hospital bed," Lance Lubin said. Leonard Lubin signed and dated two final documents — one for his loved ones and one for the authorities — noting the April 2009 date and time he enacted his final decision.

Lance Lubin remembers his father’s remarkable life as an attorney fighting pain. He made the decision years before. But he wouldn’t tell anyone when it was going to be.

"(There are those who) believe that when life becomes little more than a burdensome daily endurance of pain and no longer allows for a day in the Churchillian ‘sunny uplands’ that it is rational, sensible and especially desirable to terminate and deliver oneself from those demons that make life an abyss for self and for those who care about them."

"I dearly and fully loved my family and friends ... and derived the greatest joy and happiness from their being."

"So I ask that I be celebrated and that you think of me happily. I wish you all happy lives, rich in joy and love. Goodbye."
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Jewish Federation sets networking event

The business and professions division provides opportunities for professionals in the greater Palm Beaches to network and build relationships with both the Jewish Federation of Palm Beach County and each other through outreach events, networking receptions, educational seminars, mentoring programs and annual fundraisers supporting the federation and its partner agencies. James B. Baldinger is division chair. Dr. David Lieckstein is the division vice chair and campaign chair.

The Jewish Federation of Palm Beach County serves residents from Boynton Beach to Jupiter and west to Wellington as the central Jewish community-building organization of the greater Palm Beaches.

Donate uniforms, school supplies to help needy students

All Walgreens stores in Palm Beach County, along with dozens of other locations, are serving as collection sites for gently used school uniforms and new school supplies to be distributed to families in need at the annual Community Back to School Bash held prior to the start of school in August. The public is invited to donate gently used school uniforms, or to purchase new uniforms for donation, and to purchase and donate school supplies at these locations.

The goal is to raise $220,000 in cash donations, also, to purchase school uniforms, school supplies and backpacks. Cash donations can be made online at backtoschoolbashpbc.org, or mailed to 5206 Rivermill Lane, Lake Worth, 33463.

The Community Back to School Bash is a not-for-profit umbrella organization combining the efforts of more than 60 local non-profits to provide children with backpacks, supplies and uniforms. It served 11,000 children this year.

In addition to Walgreens, collection sites include RBC Bank, 620 West Indiantown Road, and Jupiter Recreation Center, 4404 Burns Road; RBC Bank, 2875 PGA Boulevard, Suite 200; and RBC Bank, 5070 PGA Boulevard, Suite 100, all in Palm Beach Gardens.

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Florida Stage founder takes a breath, looks ahead

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

For Louis Tyrrell, the sad reality has come and gone.

His Florida Stage has closed. The company announced plans last month to file for bankruptcy after subscriptions dropped and it accumulated $1.5 million in debt.

“Our audience didn’t follow us to the Kravis Center, and there’s no secret to that. Our core audience didn’t like the move and we were unable to attract a new audience. Our financial crisis made it impossible to continue.”

But debt and bankruptcy are not the company’s legacy.

Instead, Mr. Tyrrell and other theatrical directors say Florida Stage’s 24-year legacy lies in works that are being performed across the United States and Europe.

“It really was a dream come true, frankly,” said Mr. Tyrrell, who turned 60 last year. “Any one of us who has an aspiration for a career in theater, what we hope for is the opportunity to do the work we want to do when we want to do it and to share it with the community over time, so that the contribution you make to a community can be part of the cultural personality of that place.”

His company, with its origins in productions given at what is now Palm Beach State College’s Lake Worth campus, became a part of the South Florida community.

“I was a young actor and just wanted to be employed. Once you answer the question ‘Am I employable?’ everybody has to make their own choices as to the kind of career they want.”

But Mr. Tyrrell had more immediate needs.

“Some people aspire to Broadway, some to film or to television. My aspiration was always just to work.”

And work he did. That company morphed into the Pope Theatre Company and moved to long-term digs at Manalapan’s Plaza del Mar. The company came into its own in the 1990s as it outgrew its relationshship with benefactor Lois Pope and became known as Florida Stage. The company moved last year to the Kravis Center.

“Every play was just a new adventure and a journey into the unknown. It was the first paint on a blank canvas. As a result, whether it was well received, it was shared artistic experience.”

And one worth remembering for the 150 new works that were presented on its stage. “The one thing that I get to do now, is that I just can begin to savor what this has all meant. And for that I am grateful.”

Mr. Tyrrell doesn’t see himself launching another theatrical company.

“After 24 years of administration and fundraising and board meetings — everything you have to do to keep the company going — I think I’m going to want to focus my efforts on the artistic side.”

Does that mean directing?

“We’ll see what opportunities I’m given. Now I have to consider offers from others doing the plays that they choose.”

“I’ve had such a good run at it and feel so damn lucky,” he says. “So I’m gonna catch my breath a little bit.”

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GET IN SHAPE FOR WOMEN
If you do stupid things on the Internet, prepare to be exposed

The national Association of Fundrais- ing Professionals recently shared a report on a survey of bequest giving among 900 organizations around the world. The study shows that 31 percent of planned giving programs were still in a stage of relative infancy, 72 percent of the organizations with programs had fewer than two staff members and 38 percent reported their planned giving campaigns and strategies were supported by annual budgets of less than $5,000. That's a very tough scenario for success. Yet given how challenging the fundraising environment is these days, it is encouraging to know non-profit organizations are a significant proportion of their overall funding streams. But, like Momma

What was he thinking? Did he really believe that his conversations were private and would stay private? Does a person with any modicum of intelligence actually believe he can catapult explicit pictures through cyberspace without huge repercussions?

Let's not dismiss the recent Anthony Weiner scandal as the isolated instance of one disturbed person's highly offensive, inappropriate behavior.

Rather, let's reflect on the seductive call of the Internet and consider a disturbing trend witnessed by therapists and matrimonial attorneys throughout the country. In recent times, an alarming number of people have recklessly compromised their personal and business lives with highly inappropriate Internet behaviors. Importantly, in many cases, these same people swear that they have "always" shown good values and would NEVER have had the audacity to take the same liberties and risks in person. When caught and faced with the consequences, they exclaim: "What was I thinking? Where was my head?" But they can't turn back the clock.

So, what is it? We are all aware that the Internet has become a double-edged sword, giving and taking in every facet of our lives. Computers have become vital tools in communications, banking, shopping, entertainment and socialization. However, most people are surprisingly naïve about the potential dark side and dangers of the Internet. And sadly, we are not just talking about teenagers.

It is an important wake-up call to recognize how ordinary people who are impatient, bored, insecure or discontent are vulnerable to cross a reckless line if they do not consider and clarify important values and boundaries.

The Internet provides the opportunity to engage in a relationship cloaked in the privacy of one's home or office. The correspondence may start out innocently enough: Two people getting to know one another. "Hi, I'm your neighbor. It's fun and a diversion from the day-to-day pressures and monotony. Occasionally, in the vacuum of a private cyberspace relationship, things may heat up quickly. There is a heady thrill to be immersed in a relationship that becomes all about you, with no distractions, lots of attention and flattery. Because the pace escalates so quickly, the administrative pumps and the partners may convince themselves that they have become sexier, wittier and better looking.

They start to like how it feels. There is apparently a dimension to cyberspace communication that gives a false sense of comfort and the illusion of intimacy: Individuals may be emboldened to try out new personas and to re-invent themselves. For others, they may believe that the Internet is private and anonymous and that the Internet's rules and privacy create comfort of one's own home, any pleasure and indulgence can be deemed perfectly acceptable and enjoyable, regardless of the tabos it has outside of that room.

People may give themselves a green light to engage in conversations and behaviors that they might have been too shy or proper to go along with offline. The prohibitions that provide a moral compass in our everyday lives will somehow be disregarded and we may no longer believe that we must be accountable to our principles. The very person who would be shocked to be asked to disrobe in person might somehow feel safe enough to first try it online by sending an explicit picture online.

It is not likely that the media and the world at large are particularly interested in the comings and goings, and dalliances of "we ordinary folks." However, if our partners, our children, our families, friends and employers certain- ly are.

The initial report on wealth transfer was first published at Boston University in 1999. It created a tremendous amount of buzz in the philanthropic world. The study's authors now say that neither recession, nor a decline in the stock market, nor other significant, economic down- sides will dramatically alter their initial forecast. Wealth transfer is relevant and a valid basis upon which charities should consider matters of succession planning, and not just in terms of the transitions expected in executive or board leadership. Succession planning now also means having a plan to engage current donors in strategies for giving that anticipate transfer of assets as a predictable event. This takes the approach that current donors are the genesis of at least some portion of a nonprofit's future fundraising for new donors and gifts. This is not easy. It takes envisioning a mission, served in the circle of the partner after the passage of time, that has profoundly altered what is now and necessarily accept as a premise what otherwise cannot always be. The good news is that nonprofits have begun to have the conversations and create within their organizations the necessary infrastructure to engage and involve donors.

Of course, leveraging the opportunities inherent in wealth transfer won't come easy to a sector already heavily taxed by the burdens of much to do and less to do it with. Short-term goals often take precedence over the longer term and everyone seems to be focused on short term these days, even foundations. Nonetheless, this is one of the issues associated with types of transitions. It requires an organization's leadership to spend time and resources toward planting seeds that most of the individuals who are engaged in the process will not see come to fruition. Paying forward what is in our power to give now is philanthropy's grace note to compli- ment a lifetime of giving.

— Linda Lipschutz, M.S., LCSW is a therapist serving individuals, couples and families. A Palm Beach Gardens resident, she holds degrees from Cornell and Columbia and trained at the Ack- erman Institute for Family Therapy in Manhattan. She can be reached in her Gardens office at 630-2827, or online at palmbeach- tamilytherapyc.com.

Healthyliving

Paying forward: A grace note to lifetime giving

— Leslie Lilly

The Community Foundation for Palm Beach and Martin Counties

The Community Foundation for Palm Beach and Martin Counties advances quality of life, citizen engagement and regional vitality through its promotion of philanthropy: The foundation began more than 35 years ago and has total assets of more than $34 million. Last year, the foundation awarded more than $34.4 million in grants and led initiatives to address critical issues of concern among our region's communities, including hunger, homelessness, affordable housing, and the conservation and protection of water resources. For more information, see yourcommunityfoundation.org.
Each year, 795,000 people in the U.S. suffer strokes — an average of one every 40 seconds. Strokes can happen to anyone at any time, regardless of race, sex or age, according to the American Heart Association.

In addition, the AHA reports that on an annual basis, 55,000 more women than men have a stroke. Strokes kill twice as many American women every year as breast cancer.

A stroke is a sudden impairment in brain function when blood supply to the brain is cut off. Stroke can result in loss of speech, inability to walk, or loss of movement in the arms or legs because blood has stopped flowing to an area of the brain. Usually, this is caused by the blockage, or the rupture, of a blood vessel that carries blood to the brain.

There are two major categories of stroke: Ischemic Stroke and Hemorrhagic Stroke. Ischemic Stroke is caused by a clot blocking the flow of blood in the artery to the brain. Hemorrhagic Stroke occurs when a blood vessel in the brain ruptures, and blood pools inside or around healthy brain tissue.

Up to 80 percent of all strokes are preventable through risk factor management, according to the AHA. Stroke risk factors include:

- **Family history.** Your risk of stroke is slightly greater if one of your parents or a brother or sister has had a stroke or heart attack.
- **Age.** Your risk of stroke increases as you get older.
- **High blood pressure (hypertension).** High blood pressure is the most important controllable risk factor for stroke.
- **Diabetes.** Although diabetes can be controlled, people with the disease are still more likely to have a stroke. This is mainly because of the circulation problems that diabetes causes.
- **Race.** According to the AHA, African-Americans have a higher risk of stroke than Caucasians. This is mainly because African-Americans have a higher risk of high blood pressure, diabetes and obesity.
- **Smoking.** According to the National Stroke Association, smoking doubles the risk for stroke.
- **Heavy alcohol use.** Drinking alcohol is recommended only in moderation.
- **Physical inactivity.** Inactivity is not only a major risk factor for developing coronary artery disease, but it can also lead to high blood pressure.

**Stroke Prevention Guidelines**

- Know your blood pressure (hypertension). High blood pressure is a major stroke risk factor if left untreated.
- Identify atrial fibrillation (Afib). Afib is an abnormal heartbeat that can increase stroke risk by 500 percent. Afib can cause blood to pool in the heart and may form a clot and cause a stroke. A doctor must diagnose and treat Afib.
- Stop smoking. Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder.
- Control alcohol use. Alcohol use has been linked to stroke in many studies.
- Know your cholesterol levels. Cholesterol is a fatty substance in blood that is made by the body. It also comes in food. High cholesterol levels can clog arteries and cause a stroke. See a doctor if your total cholesterol level is more than 200.
- Control diabetes. Many people with diabetes have health problems that are also stroke risk factors.
- Manage exercise and diet. Excess weight strains the circulatory system.
- Treat circulation problems. Fatty deposits can block arteries carrying blood to the brain and lead to a stroke. Other problems such as sickle cell disease or severe anemia should be treated.
- Act FAST at the first warning sign of stroke. If you have any stroke symptoms, seek immediate medical attention.

The symptoms of a stroke come on suddenly and stroke should be emphasized as an emergency situation. There are treatments that can reduce the risk of damage from a stroke, but only if you get help quickly. Time is particularly critical because every second counts.

Be aware of stroke warning signs. Stroke is an emergency: act FAST and call 911. Use the FAST test to remember the warning signs of stroke.

- **F-FACE:** Ask the person to smile. Does one side of the face droop?
- **A-ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- **S-SPEECH:** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- **T-TIME:** If you observe any of these signs (independently or together), call 911 immediately.

Jupiter Medical Center’s Stroke Program team members include board-certified emergency medicine physicians, nurses, interventional radiologists, occupational, physical and speech therapists and a stroke program coordinator. Our program is designated as a Certified Primary Stroke Center by the Joint Commission. For more information or to receive a stroke risk assessment scorecard, visit jupitermed.com/emergency or call 263-5972.

— Lisa Levin, RN, BSN, is Jupiter Medical Center’s Stroke Program coordinator. Jupiter Medical Center’s Stroke Program is a Joint Commission Certified Primary Stroke Center.

— A not-for-profit 283-bed community medical center consisting of 63 private acute care hospital beds and 120 long-term care beds, Jupiter Medical Center provides a broad range of services. For more information, call 263-2234 or see jupitermed.com.

80 percent of strokes are preventable if risk factors managed

80 percent of strokes are preventable if risk factors managed
Bulldogs, pugs need protection from the heat

BY DR. TONY JOHNSON
Special to Florida Weekly

Mother Nature usually does things pretty economically, trying to get genes passed on from one generation to the next with a minimum of fuss. When people step in and start mucking about is usually when the troubles begin. When we breed for a particular look (rather than for a purpose intended to maximize the chances of passing on genes), function gets tossed out the window at the expense of form, and things can get bogged down pretty quickly.

Lots of different dogs suffer from problems because of bad breeding, but perhaps none so much as the short-nosed, or “brachycephalic” breeds such as pugs, English Bulldogs and the like. As the weather turns warmer, we see a lot more of these dogs suffering from heat stroke in our emergency unit at Purdue’s School of Veterinary Medicine.

Dogs are largely unable to sweat. Maybe a little around the feet (sometimes my more nervous patients will leave cute little paw-shapes, or pawprints on the exam table), nervous patients will leave cute little paw-shapes on the exam table), nervous patients will leave cute little paw-shapes on the exam table), but not through their skin. They regulate their body temperature largely through panting, which involves placing a soft, plastic tube into their trachea to deliver oxygen and anesthetic gases, they will often wake up with the tube in place after the procedure and seem quite happy to keep a Y orkie quite happy, but for the bulldog, it must be like breathing through a coffee stirrer. When we have to intubate brachycephalic dogs for surgery (which involves placing a soft, plastic tube into their trachea to deliver oxygen and anesthetic gases), it can be like having a coal-fired air-conditioner in your house; when the house gets warm, the A/C kicks on, but the heat from the coal fire would make the house warmer.

A/C kicks on, but the heat from the coal fire would make the house warmer.

Bulldogs often have a trachea that would be like having a coal-fired air-conditioner in your house; when the house gets warm, the A/C kicks on, but the heat from the coal fire would make the house warmer.

Bulldogs and other short-faced dogs have been bred for a look that makes breathing a struggle. They have much narrower windpipes relative to other dogs of comparable size — a condition known as “tracheal hypoplasia.” Bulldogs often have a trachea that would keep a Yorkie quite happy, but for the bulldog, it must be like breathing through a coffee stirrer. When we have to intubate brachycephalic dogs for surgery (which involves placing a soft, plastic tube into their trachea to deliver oxygen and anesthetic gases), they will often wake up with the tube in place after the procedure and seem quite happy to have an open and bigger airway for the first time in their lives. Most other dogs can’t wait to get the dang tube out!

Brachycephalic dogs can also have little blobs of tissue in the back of their throat (known as “laryngeal saccules”) that can turn inside out and block the airway, and they often have teeny-weeny little nostrils that look cute but don’t move too much actual air. Together, tiny tracheas, lumps of flesh and teeny nostrils are called a “brachycephalic airway syndrome,” and while surgery can fix a few of the problems and provide for a better life for some of these dogs, the threat of heat exhaustion always remains.

When they try to dump excess body heat through panting, brachycephalics have to work so hard to move enough air through their tiny tracheas that they actually end up generating more heat and making things worse. It would be like having a coal-fired air-conditioner in your house: when the house gets warm, the A/C kicks on, but the heat from the coal fire would make the house warmer.

When the weather turns warm and humid, these dogs need to stay in a carefully controlled and cool environment to avoid overheating.

Signs of heat exhaustion — the last step before heat stroke — include bright red gums, an inability to get up and loud, raspy panting. Dogs that are going into full-on heat stroke often vomit, become severely lethargic and can have explosive diarrhea. Once heat stroke develops, cooling them down is the top priority but it often is not enough. Some dogs will go down the slippery and tragic slope into multi-organ failure and be unable to be saved, even with days of ICU-level care.

Prevention is the key with this condition, so remember to keep these dogs in a cool environment and always watch out for heat exhaustion.

If you think your dog is suffering from heat stroke or exhaustion, douse him in cool water, get him out of the heat and calmed down, and head for the nearest veterinarian without delay. Even a few minutes can make all the difference in the world.

Pets of the Week

>> Rusty is a 1-year-old neutered male pointer mix. He weighs 33 pounds and has a lot of energy. He would do best in a home with no children.

>> Summer is a 1-year-old spayed female shorthair cat. She is sweet and curious and not at all shy. She is vocal and is an indoor cat. You can watch summer on a YouTube video at fpsb.org.

To adopt a pet

• The Peggy Adams Animal Rescue League. Founded in 1925 and is a limited-admission nonprofit humane society providing services to more than 10,000 animals each year. It is located at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at fapd.org. For adoption information, call 686-6656.

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Pet boutique opens near Worth Ave.

FLORIDA WEEKLY STAFF

Pucci & Catana, a luxury pet boutique, celebrates its grand opening at 2 p.m. July 1 at 21 Via Mizner, off Worth Avenue in Palm Beach. The shop specializes in high-end products for dogs and cats, from crystal-studded collars and leashes to cozy beds, designer carriers and specialty grooming products.

The flagship store opened a year ago on Fifth Avenue South in Naples. Hours are 10 a.m. to 10 p.m. daily.

Ashley Scouller, who lives in West Palm Beach, owns the business with her parents, Laura Scouller and Dr. Richard Maser, who reside in Canada.

The family is looking to open locations in Scottsdale, Ariz., Manhattan and Los Angeles if things go well in Florida.

"Dad is the numbers man, Mom has crazy insight into the future, and I like to think I’m more the creative designer of the team," Ms. Scouller says. "We’re a family of animal lovers, and the fact that we got to open a luxury pet boutique is just the icing on the cake."

Shoppers will discover a wide range of items for pampered pets, from crystal-studded Susan Lanci carriers in the $3,000 range to under-$25 rain boots and pet-care products such as calming lotions for senior dogs. There’s a special section for cats.

And anything with bling, especially products adorned with certain crystals, is always in fashion among the best-dressed pet set.

“Something that’s always on trend is blinging up your dog, and Swarovski crystals seem to hit the market," Ms. Scouller says. — Evan Williams

Cellular Sales opens store in North Palm

Cellular Sales, a Verizon premium wireless retailer, has opened a store in North Palm Beach at 11785 U.S. Highway L.

Cellular Sales has invested $285,000 in the location, according to a statement. Seven sales positions have been created.

Cellular Sales operates throughout Florida and has more than 400 stores across the United States. According to Mike Gault, regional director, sales consultants for the company earn an average of more than $51,000 per year.

Cellular Sales is an 18-year-old privately held company based in Knoxville, Tenn. Call the store at 355-5182. Job seekers should see joincellularsales.com.

Richard L. Cosnotti

FLORIDA WEEKLY'S EXECUTIVE PROFILE

BY SCOTT SIMMONS

Richard L. Cosnotti

Three years ago, Rick Cosnotti had not spent much time in Florida.

But he has made up for it as president and CEO of the Jupiter Medical Center Foundation, where he has raised upward of $50 million since starting in August 2008.

If you don’t know Mr. Cosnotti by name, you may know him by his trade-mark bowties, which have proven to be great ice-breakers.

"It has been a popular calling card and has opened a number of conversations that have resulted in a number of significant contributions to the medical center," he says of his neckwear.

The hospital currently is in the midst of a $50 million capital campaign.

That campaign was launched last fall with a $10 million donation by Florence A. De George and her family foundation. Since then, Mr. Cosnotti and the medical center's foundation have raised $28 million toward their $50 million goal.

“We are poised to grow to meet the increasing demands of health care, not only in this community, but regionally," he says. And as the only not-for-profit hospital in the area, the community is a genuine partner in making that happen.

And that community has been a pleasant surprise to Mr. Cosnotti and his wife, the Rev. Sharon Bledsoe, who live in the North Fork area of Jupiter.

“I was worried about adjusting to the heat because winter is my favorite season,” he says. “It’s been a very pleasant place to adapt to because of the people and the ease of living in this area.”

And what about those bowties?

“There is the willingness to provide leadership and the quality of that leadership, and they are generous in many ways,” he says.

That leadership has led Jupiter Medical Center on a continued expansion.

“The new orthopedic and spine center will be one-stop shopping,” Mr. Cosnotti says.

And the hospital recently announced a $4 million gift by Suzanne Niedland De George and her husband, Lawrence F. De George. That gift, in honor of Ms. Niedland De George’s mother, will help create The Margaret W. Niedland Breast Center.

It’s all part of a concerted effort by the hospital to be the best it can be, Mr. Cosnotti says.

“We have a tremendous quality committee of the board of trustees," he says. “That’s why we’re a preferred hospital of choice in Palm Beach County, as rated by patients.”

He says patients literally travel past hospitals in their own backyards to be treated at Jupiter Medical Center.

And that makes the fund-raising easier for Mr. Cosnotti, who studies the works of Winston Churchill.

Before he came to Jupiter, he was senior philanthropic adviser and interim dean of the Office of Resource Development at Harvard Medical School.

That was after he had served as chief development officer of the Cold Spring Harbor Laboratory, an advanced research university in New York.

There is a spiritual component to his work, too — he has a master of divinity degree from the Princeton Theological Seminary, and his first job was as an associate pastor.

And then there are those bowties.

“My wife bought me one as a joke in 1995,” he says. “I wore it to work and decided I didn’t look too bad, and the rest is history.”

First job: Assistant pastor at Brick Presbyterian Church, Manhattan

What I’m reading: “Holy Fox,” a biography of Lord Halifax

My personal philosophy: “Simplicity and sacrifice”

About the foundation: The priority for the foundation is external: Sharing the value and needs of Jupiter Medical Center and asking for financial support.

What led you to Florida? Recruited — came to believe in Jupiter Medical Center and its ability to grow.

Best thing about my work: The people of this community.

My personal mission for the foundation: To work seamlessly with my leaders to advance “One Medical Center. One Mission. One Vision.”

What’s on the horizon: Phase II of the campaign for Jupiter Medical Center to raise $22 million.

My top tech tool: Use a Blackberry.

I love: Life

I hate: It’s too strong a word for me.

Finally: ‘Fostering collaboration is key to any success.’
WHY
DOOR TO
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TIME MATTERS
DURING A
HEART
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DROUGHT

From page 1

areas to make sure they clear all dead vegetation, and have open space between the undeveloped areas and their homes.

Other city departments continued to conserve water, and Operations Manager Angela Wong — who collected drought information from various departments last week— noted in an email that the condition of the city’s golf course might take some folks aback. The city's compliance with the South Florida Water Management District’s restrictions limits watering to greens daily and tees once a week for June. “Fairways and roughs are receiving no irrigation,” Ms. Wong said. “Fairways and roughs are brown. We have asked our patrons to minimize the golf cart traffic in the fairways in an effort to minimize the stress and damage on the drought-stricken turf.” Ms. Wong said the golf course, at 11401 Northlake Boulevard, is watered with surface water, under a formula mandated by the water management district. The golf course is required to report its gallons used for irrigation every Monday morning to the district, or face a fine.

Because the city always conserves water, Ms. Wong said, there has been no change in irrigation operations in city parks and medians. The city utilizes water-saving nozzles and wetting agents along with a “cycling and soaking” method. Sensors determine if an area needs or does not need water depending on rainfall, she said, and park use is limited on stressed turf areas. Medians are watered twice a week.

The district’s restrictions limit residents to watering existing landscaping twice a week; days are determined by whether address numbers are odd or even. No watering is allowed between 10 a.m. and 4 p.m. Ms. Wong said the city is urging residents to water until after sunset to irrigate. Detailed restrictions imposed by the district can be found at sfwmd.gov.

Here are questions and answers provided by the city about water conservation:

Q: What water sources are subject to water restriction?
A: With the exception of reclaimed water, restrictions apply to all other sources of water for irrigation, including wells, canals, ponds and lakes.

Q: What is reclaimed water?
A: Reclaimed water is highly treated wastewater and can be used for irrigation and other uses to extend our water supplies. Reclaimed water is a clear and odorless high-quality water source for irrigating industrial and natural systems.

Q: I see cities or golf courses or recreational businesses watering at times when I cannot. Do the water restrictions apply to them?
A: Yes, the restrictions apply to almost all outside water users — but restrictions for large users, such as cities, golf courses or farms are different than those for residents. Cities are often governed by commercial restrictions, which vary from those for residents, usually because larger areas and systems are regulated. Other large users, such as golf courses or farms are required to reduce overall use by 15 percent under the current restrictions — instead of having designated days and hours. Many are also required to make frequent reports to the district on the quantities they are using and are subject to fines if they do not meet goals or make reports.

Q: Is micro or drip irrigation exempt from restrictions?
A: Micro-watering and low-volume drip systems can continue to be used — as long as they are installed under the plant canopy to provide water directly to roots and are used only when needed by plants. In addition,

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Saturday, July 9 • 7:30PM

Proceeds to benefit the Conservatory of Performing Arts

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Palm Beach County’s Original Talent Search!

Saturday, July 9 • 7:30PM

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1001 East Indiantown Road, Jupiter FL 33477
Lakeside home offers two master suites, media room

SPECIAL TO FLORIDA WEEKLY

A three-bedroom, 3½-bath lakeside home in Mirabella also offers a 3-car garage and more than 3,000 square feet. Interior features include decorative niches with overhead lighting, upgraded light features and ceiling fans in every room, plantation shutters and rich custom colors throughout. The exterior has hurricane shutters.

The master bedroom on the first floor has large his and her closets. It opens to the pool and patio, overlooking the lake. The master bath has separate vanities, a roman tub and large walk-in shower.

The family room and kitchen are an open-plan design with features including ceramic floor tile, dark cherry cabinets, granite countertops, stone tile backsplash and black appliances. The dining room has hardwood floors, decorative dimmer wall lights and chandelier.

Wrought iron banisters line the staircase to the second floor, which has a second master suite with French doors, a third bedroom with a large closet and a bathroom with walk-in shower.

Amenities in Mirabella, in Palm Beach Gardens, include tennis courts, a swimming pool, children’s play area and a clubhouse with fitness center, Pilates and meeting room.

The home is listed at $539,000, with agent Chris Callaghan of Keller Williams Realty. Contact Ms. Callaghan at 818-2120 and email her at ChrisCallaghan@kw.com.

Survey ranks Jupiter 8th highest market in Florida

SPECIAL TO FLORIDA WEEKLY

Jupiter ranked the eighth most expensive place to buy a house in Florida, in a snapshot survey taken by Coldwell Banker Real Estate. The national survey includes the listing prices for four-bedroom, two-bathroom houses in more than 2,300 North American markets.

The survey reviewed 129 real estate markets in Florida. Hastings is the least expensive area to buy a home and ranks sixth nationally, with an average sales price of $74,910. Hastings is in St. Johns County, 18 miles southwest of St. Augustine. In 2009 the population was 756.

Palmetto Bay ranks as the most expensive spot in the state with an average sales price of $449,853. Palmetto Bay is South of Kendall on Biscayne Bay. Boca Raton ranked fifth, and Delray Beach ninth. West Palm Beach ranked 77th. The average sales price of homes in Jupiter was $352,360, according to the survey. Nationally, Jupiter ranked 1,744.

The listing prices were for houses on the market September 2010 and March 2011 on the Coldwell Banker real estate site. The more than 2,300 markets included were required to have at least 10 properties fitting the criteria — four bedrooms and two baths.

Chris Callaghan 561.818.2120
ChrisCallaghan@kw.com • Office 561.427.6100 • www.ChrisCallaghan.net

Taking you all the way home…

MIRABELLA’S FINEST

This home is just loaded with upgraded features in every room. Kitchen has rich granite, cherry cabinets and stone backsplash. Ceramic tile, rich hardwood, elegant designer lighting package, decorative niches. Warm custom colors, plantation shutters. Formal two-story hallway and living area with brick fireplace. First-floor master has huge his & hers closets and pool/patio access. Wrought iron banisters lead to second (spacious) master, third bedroom suite and media room and loft that could easily be converted to 4th or 5th bedroom. Huge lot with patio and custom pool overlooking the lake. Protective exterior hurricane shutters. 3 bed 3 ½ bath 3 car garage and more than 3,000sf of pure elegance. Enjoy Mirabella’s resort-style amenities: clubhouse, playground, pool, fitness center, yoga/pilates room, tennis courts, meeting room.

Great price! $599,000
NAR fights 20% down-payment rule

The National Association of Realtors is urging regulators to go back to the drawing board on the proposed Qualified Residential Mortgage rule, according to a prepared statement.

“As the leading advocate for home ownership, NAR firmly believes Congress intended to create a broad QRM exemption — strong evidence shows that responsible lending standards and ensuring a borrower’s ability to repay have the greatest impact on reducing lender risk, and not high down payments,” said NAR president Ron Phipps, of Warwick, R.I.

NAR put together the Coalition for Sensible Housing Policy, which includes 44 organizations focused on drawing attention to the proposed regulation’s 20 percent down payment requirement.

The coalition asked for and recently received an extension of the comment period until Aug. 1.

NAR and its coalition partners have also gathered the support of 44 U.S. Senators, who recently wrote to regulators expressing their intent on QRM and opposing the imposition of a sizable down payment. 232 House Members signed a similar letter.

NAR said it wants federal regulators to honor congressional intent by crafting a QRM exemption that includes a wide variety of traditionally safe, well documented and properly underwritten products.
This beautiful Singer Island waterfront home has no fixed bridges, direct ocean access and a new dock. Situated on a large corner lot in Palm Beach Isles, it has a pool and lovely, spacious patio. Other features include French door entrance with an inlaid Verona Marble foyer, and an air-conditioned garage. This four-bedroom, three-and-a-half bath home, with its open, one-story split floor plan, is absolutely perfect for entertaining.

Joyce L. Miller
Broker
Royal Key Realty, Inc. • 2655 N. Ocean Drive, Suite 205, Singer Island
561.723.8010 • joycemiller4u@gmail.com
Looking for fun and festivities on the Fourth?

South Floridians know rain generally is the biggest threat to Independence Day festivities. But this year, a drought may dampen many folks’ visions of fireworks to celebrate the Fourth. Here’s a look at what local municipalities have planned. Because of the drought, call ahead to make sure area fireworks displays have not been canceled or postponed because of fire hazards.

- **Jupiter’s 4th of July at Abacoa:** The town turns Abacoa’s Town Center Drive into a boardwalk-inspired carnival this Independence Day. From 4-10 p.m., Busch Wildlife Sanctuary will offer a display of animals, Resource Depot will offer DIY art projects, Macaroni Kid will offer make-your-own-necklaces, there will be dumpster-painting demonstrations and bounce houses. Activities include carnival games, a dunk tank, kids dance competition and a hot dog-eating contest. Musician Jeff Harding will perform from 6-9 p.m. There will be a fireworks show at the end of the evening. Call 624-7788.

- **Mega Bash III:** Roger Dean Stadium combines baseball and patriotism for this year’s salute to Independence Day. The Jupiter Hammerheads and Palm Beach Cardinals play at 6:35 p.m. July 2, followed by fireworks and a concert by AC/DC tribute band Highway To Hell.

  At 5:05 p.m. July 3, the Hammerheads again go head-to-head with the Cardinals. That’s followed by a concert by Bon Jovi tribute band Livin’ On A Prayer.

  And at 6:35 p.m. July 4, the Cardinals play the Brevard County Manatees, followed by Jupiter’s official Fourth of July fireworks show. Tickets for each night are $8.50 for adults and $6.50 for kids and seniors. They include access to the Bounce U MEGA Kids Area and the MEGA sports memorabilia silent auction. Discounted tickets are available for groups of 15 or more. Call 775-1818.

- **Red, White & Boom:** The village of North Palm Beach celebrates the Fourth with music and fireworks. Festivities get under way at 7 p.m., when the village recreation department hosts games and contests. The Southern Gents will perform Dixieland-jazz from 7:30-9 p.m. Fireworks begin at dusk, or

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**BY NANCY STETSON**

nstetson@floridaweekly.com

Evelyn Wood may have invented a nifty system of speed reading — better known in many circles as skimming — and CliffsNotes reduces books to their basic plot for students too lazy or too busy partying to read.

But Dan Wilbur has them both beat. He came up with a way for anyone to know what a book is all about without ever turning a page. On his blog called Better Book Titles, Mr. Wilbur rewrites titles so they succinctly summarize the book.

Or, as he explains it on the site: “This blog is for people who do not have thousands of hours to read book reviews or blurbs or first sentences. I will cut through all the cryptic crap, and give you the meat of the story in one con-
SANDY DAYS, SALTY NIGHTS

What is it about a man in uniform?

I recently had lunch with my friend Jennifer, who married a West Point grad and understandably has a thing for men in uniform. Over salads stacked with goat cheese, we tried to decode the appeal of military men.

“The hair cuts?” she said, waving her fork.

“Partly that,” I said. “The neatness helps.”

“They’re all physically fit. Good muscles. Lean frames.”

“That helps, too. But there’s something more, some quality they all share, even the ones who don’t look good in a buzz cut.”

“Is it the uniform?” I asked.

Jennifer pointed her fork at me. “That’s it,” she said. “It’s the uniform.”

After our lunch date, I spent time on a military base in Texas, a sprawling, dust-colored expanse where old combat tanks crouched on every corner. I was doing research for a longer project, and I had to drive all over post. The streets were wide and open, with speed limits that topped out at 35 mph. It was slow going, but at least I had time to ogle the young men in their green camo. I nearly ran off the road twice.

In all that driving — and all that ogling — I had time to consider just what was so appealing. Here’s what I realized:

A uniform is a great equalizer. The sameness eliminates many of the signals women use to judge men.

Peter from Fort Myers recently wrote in to say that women are often looking for men who have attained a certain financial status. “So off the men go to get their ‘Cool, financially successful’ clothes on,” he said, adding, “Trust me when I say most (not all) men have no interest in a $200 pair of jeans, $150 shirt and $400 shoes to match unless it will lead to them looking up.”

Peter is right that we use clothes as financial shorthand, and women often prefer men who dress well. When the pool of eligible bachelors all look the same — down to their dun-colored boots — we can’t immediately cull the ones who don’t fit our preconceived criteria.

Throw in a good haircut and a little PT, and every man becomes a potential mate.

But no fantasy is foolproof. If you want to bring all the usual benchmarks to the fore, then see a group of soldiers in their off hours.

On a weekday during my stay in Texas, I stopped at the food court on base for lunch. Most of the tables were filled with men in combat fatigues. They were all clean-shaven with good haircuts. Handsome.

Tucked beside the tables of men in green were off-duty soldiers. They had the same military haircuts. The same toned bodies.

“How can it be?” I thought. “They’re out of uniform — why aren’t they out of uniform?”

But the effect was in no way the same.

In fact, they all sported a similar wardrobe item: jorts. Jean shorts. Straight-legged. To the knee. Circa 1995. It seems that men in uniform — when they’re out of uniform — have a style inspired by Joe Dirt...

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**WEEK OF JUNE 30-JULY 6, 2011**

**ARTS & ENTERTAINMENT | A25**

**WHAT TO DO, WHERE TO GO**

**Thursday, June 30**

**Story time session at the Library**
9:30 a.m. Thursdays, Burt Reynolds Park, 805 N. U.S. 1, Jupiter. Call 741-7223 or visit www.lighthousearts.org.

**Mos’Art Theatre**
 screenings of “First-Grader,” at 5:30 p.m. and “Road to Nowhere,” at 8 p.m. June 30. Tickets: $8. 700 Park Ave., Lake Park; 337-6763.

**Sailfish Marina Sunset Celebration**
Shop for arts and crafts made by artists from around the country, 6 p.m. June 30. Sailfish Marina, east of the Intracoastal, just south of Blue Heron Boulevard, Palm Beach Shores; 842-8449.

**Friday, July 1**

**Mos’Art Theatre**
 screenings of “Midnight in Paris” and “The Best Students” at 5:30 p.m. and “Road to Nowhere,” at 8 p.m. July 1. Tickets: $8 for members of Loggerhead Marinelife Center and $15 for non-members. Pre-registration is required; 627-8280.

**Five Thousand Years on the Loxahatchee**
— Jupiter Inlet Lighthouse & Museum, 700 W. Indiantown Road, Jupiter, 10 a.m.-5 p.m., Tuesday-Sunday. 747-8836. Ext. 10; jupiterlighthouse.org.

**Flagler Museum**
 Museum is housed in Henry Flagler’s 1902 beaux-arts mansion, Whitewall. The museum is at 1 Whitehall Way, Palm Beach. Tickets: free for members; $18 adults, $10 youth (13-18) accompanied by adult; $3 child (4-12 years) accompanied by adult and free for children under 6. 657-2833.

**“Tropical Images”**
— EAU Jupiter’s Art in the Atrium program is hosting an exhibit by the North County Art Association. The special exhibition, “Tropical Images,” features a collaboration of resident artists Gerri Aurile, Cambita Babu, Barbra Beaton, Barbara Knab, Tens Lindsay, Rod Marter, Linda Mathison, Sue Newton and Danica Poppal, Victor Pappal Quince Quaintance, Karen Reinhart, Bill Sabino, Carol Steinberg, Dorothyala Talak, Suzanne Todd, Tanya Witzel and Barry Zelikon. The SR Atrium is open Monday through Friday from 9 a.m. to 10 p.m. and Saturday from 9 a.m. to 7 p.m. The free exhibition runs through Aug., 1 at the Student Resource (SR) building, at East John D. MacArthur Campus, 5533 Parkside Drive, Jupiter; 799-8015.

**GardensArt**
— “Creative Focus,” photography and digital art by Melinda Moore, through Aug. 25. Palm Beach Gardens Arts Center, 5050 N. Military Trail. Free; 630-1100.

**Lighthouse ArtCenter**
— “Next Wave,” through Sept. 1. On “Grandpop’s Lap: Bringing the Art of Storytelling and Children Together,” through Sept. 1. Museum is at 100 S. Flagler Drive, Tequesta. Hours: 10 a.m.-4 p.m. Monday-Saturdays; 10 a.m.-2 p.m. Saturdays. Cost: Members free, $20 non-members ages 12 and up. Free admission Saturday, excludes golf exhibitions; 766-3061 or www.lighthousearts.org.

**Society of the Four Arts**
— Museum, library and gardens are at 116 South County Road, Palm Beach. Admission: Free to members and children under 14, and $5 general public; 657-7226.

— Please send listings for the calendar to pbnews@floridaweekly.com and ssimmns@floridaweekly.com.

**Saturday, July 2**

**Glee Club**
— 9:30 a.m.-12:30 p.m. Saturdays through Aug. 13. Mos’Art Theatre, 700 Park Ave., Lake Park; 337-6763.

**Kids Story Time**
— 11:30 a.m. Saturdays. Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; marinelifeguide.org.

**Celebrate Saturdays at Downtown**

**“Break Up Support Group”**
— 10 a.m. Wednesdays, various locations in Palm Beach Gardens. Sponsored by The Counseling Group, which provides free Christian counseling, classes and support groups; 624-4580.

**Summer Reading Program**
— For ages 4-12. 1 p.m. July 1: Chief Heavy Head of the Sioux Nation will host an American Indian cultural and historical program. 1 p.m. July 13: Author Harriet Ruberman will present an event based on her book, “The Lacrosse Valley.” 1 p.m. July 20: Summer Reading Program grand final carnival and ice cream social. North Palm Beach Library, 303 Anchorage Drive, North Palm Beach; 642-3383 or www.npblibrary.org.

**Tasting Tales**
— 10:30-11:30 a.m. Wednesdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; marinelifeguide.org.

**Teen Summer Theatre Program**
— Through July 1. Eisey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Program is for teens ages 13-16, and will end with a free performance on July 1. Tuition: $875; 207-5905 or dtenoll@pbstate.edu.

**Tuttle Walks**
— Guided walks offer the opportunity to see loggerheads nesting, 8:30 p.m. Wednesdays-Saturdays, through July 30, Loggerhead Marinelife Center, 14200 U.S. Highway 1, Juno Beach.

**Ongoing Events**

**Teen Summer Theatre Program**
— Through July 1. Eisey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Program is for teens ages 13-16, and will end with a free performance on July 1. Tuition: $875; 207-5905 or dtenool@pbstate.edu.

**Turtle Walks**
— Guided walks offer the opportunity to see loggerheads nesting, 8:30 p.m. Wednesdays-Saturdays, through July 30, Loggerhead Marinelife Center, 14200 U.S. Highway 1, Juno Beach. Tickets: $30 for members of Loggerhead Marinelife Center and $45 for non-members. Pre-registration is required; 627-8280.

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In the beginning…
How did he come up with the idea for the site?
“As all literary endeavors start, I was playing video games with a friend,” he says.
He had graduated from Bard College a year previously, and felt frustrated he didn’t have as much time to read. He devours 30 to 40 books a year now, he estimates, but he knows “all these other people who read a book a day. In college, I was used to reading a book a night.”

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A rose by any other name...

But visitors to the site can get the gist of many jokes even if they haven’t read the books, he claims. For example, even if they’ve never read the classic story, most people know what “Dracula” is about. Mr. Wilbur retitled it “Vampires Do Not Understand the Housing Market.”

And four of Tom Clancy’s testosterone-drenched, flag-waving novels are renamed “Japanese People Hate America,” “Arabs Hate America,” “The Russians Hate America” and “Irish People Hate America.”

He posts an entry every weekday, with Fridays’ entries suggested by real readers.

The site covers all kinds of books, from American and Greek classics to children’s books to bestsellers, novels and picture books, biographies and history books. Authors whose books have been re-christened include Dr. Seuss, Tolstoy, Hemingway, Dickens, Haruki Murakami, Flannery O’Connor, John Steinbeck, JD Salinger.

Part of the genius of the site is that Mr. Wilbur also Photoshops the covers, giving instantly recognizable images their new title in the same type font. So the retitled books look exactly like the original ones.

Comedy and the Classics

The 24-year-old comedian lives in Brooklyn, N.Y., now, but he’s originally from Cleveland — “where you can’t do anything but read; there’s nothing going on there,” he says.

“Cleveland’s amazing if you’ve never been to Chicago...”

He knew he was going to do comedy from the start, he says. He just didn’t realize he’d be making use of his Classics major too.

“My name is Dan Wilbur, and I got really into ‘The Odyssey’ as a sophomore. I decided to study the language...” (I studied the plays and read a lot of Socrates. Anything that’s on the blog that’s Roman or Greek, I’ve read all of them.)

So, for example, he’s renamed “The Epic of Gilgamesh” “The Epic for People Who Don’t Like Epic-Length Epics.”

But he doesn’t shy away from best-sellers. Stieg Larsson’s “The Girl With the Dragon Tattoo” is now “This is the First Book I’ve Read in Six Years.”

“I live in Brooklyn and take the train every day,” he says. “And that’s the only book I’d see people reading. I read the first hundred pages and it’s boring. But everybody else seems to like it.”


Some titles comment on things other than plot. David Foster Wallace’s novel “Infinite Jest,” which logs in at more than 1,000 pages, is simply titled “Too Long.” (Someone later suggested “Too Many Footnotes” as an equally apt substitute title.)

Mr. Wilbur has discovered that whether visitors to the site loved the book or hated it, they love its brand-new title.

Last fall, he renamed Miguel de Cervantes’ “Don Quixote” “Reading Makes You Crazy.” And maybe it does, sometimes.

In Mr. Wilbur’s case, it made him crazy like a fox.

Or, as he puts it: “I’m a comedian telling jokes that are written with a punch line.”

“I thought we’d have six fans. We have about 20,000 on tumblr (a public online journal) alone. I think we’re up to two million hits, and a million who are unique visitors.”

— Dan Wilbur
CANCER (June 21 to July 22)
You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

LEO (July 23 to August 22)
The Big Cat’s animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your advantage, especially in the workplace.

VIRGO (August 23 to September 22)
Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.

LIBRA (September 23 to October 22)
Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

SCORPIO (October 23 to November 2)
Continued positive fallout follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.

SAGITTARIUS (November 22 to December 21)
A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

CAPRICORN (December 22 to January 19)
It’s a wonderful week for all you capricious goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

AQUARIUS (January 20 to February 18)
Caution is advised before making a financial commitment to someone you don’t really know. There are better ways to build friendships than with risky fiscal dealings.

PISCES (February 19 to March 20)
Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

ARIES (March 21 to April 19)
You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

TAURUS (April 30 to May 20)
Expect continuing opposition to your plans from diehard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

GEMINI (May 21 to June 20)
You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

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You have a strong sense of loyalty that shows itself best in your relationships with family and friends.
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- Maine Lobster Roll
- Fried Belly Clam Roll

Fish, pasta and more Northside location only.

New England Lobster Roll

Includes Prix Fixe $15

Includes Prix Fixe $12

Includes Prix Fixe $10

In this month’s menu:
- Lobster Roll
- Fried Belly Clam Roll
- Maine Lobster Roll

(excludes retail purchase of other menu items)

The Boulevard

Restaurant & Gourmet Deli

Garden Square Shoppes • Military Trail
Palm Beach Gardens • 561-776-8700

Downtown at the Gardens in the Carousel Courtyard
Palm Beach Gardens • 561-799-3336

Sun - Thu 11am-10pm • Fri & Sat 11am-11pm

Featuring food & drinks as well as music

Featuring the award-winning cuisine of Celebrity Chef Charles Coe – Star of “Catch, Clean, Cook” on the Lifetime Real Women network.

Lunch served Monday - Saturday • Dinner served nightly

Live music Friday and Saturday evenings

2460 PGA Boulevard • Palm Beach Gardens
(561) 318-8344

Featuring the award-winning cuisine of Celebrity Chef Charles Coe – Star of “Catch, Clean, Cook” on the Lifetime Real Women network.

LUNCH & DINNER
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DINNER
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Only at The Love Garden will you find artwork so unique at such great prices.

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Midtown Plaza • 4777 PGA Blvd. • Palm Beach Gardens
2 blocks west of Military Trail
Monday-Saturday 10am-5:30pm
561-691-5884

Do you have the answers to your children’s questions?

Every Tuesday, beginning June 14th, 5-6 p.m. curious kids ages 6 through 13

Kidz “Stump the Rabbi” and Story Hour with Rabbi David Vigler

All welcome – attendance complimentary – at Chabad of Palm Beach Gardens
11701 Lake Victoria Gardens Avenue Suite 1110, Palm Beach Gardens FL 33410
561-6-CHABAD (624-2223) | www.JewishGardens.com

Tune into the Schmooze Weekly Jewish Radio Show
Sundays 9-10am on Seaview Radio 980AM 95.9FM 106.6FM
Thaicoon was serving curry and stir-fry dishes before The Gardens Mall was built. Before Interstate 95 was linked northward from PGA Boulevard.

And before the area was home to such cutting-edge fare as the pan-Asian extravaganza that was Kubo.

For more than 25 years, Thaicoon has been North Palm Beach County’s go-to place for Thai food.

During that time, the restaurant’s consistency has not wavered.

Thaicoon is tucked into a strip shopping center along Northlake Boulevard in North Palm Beach. Inside, the décor is warm, with wood paneling the walls. Canopies over the counter and bar are reminiscent of Thai rooftops. The light is low, nice for quiet conversation.

That bar is a perfect place to begin a dinner visit to Thaicoon.

Start with a Singh, the lager-type brew known simply as “Thai beer.” Or have a classic cocktail, like a mai-tai ($8).

The cocktail offered plenty of kick, courtesy of its rum base, and it was fruity, but not cloyingly so, and perfect for summer’s night.

It also made good company with the appetizer of larb ($6.95).

The dish, essentially a meat salad, consists of chopped chicken and vegetables with fish sauce, julienne lemongrass and ginger, sliced onion, scallions and cashews served atop a bed of lettuce.

The warm chicken was tender, and the lettuce absorbed that wonderful marjoram of flavors. It was perfect for sharing, though we would have preferred a finer dice on the ginger, and my guest was wanting more flavor from our food.

The bowls of steamed rice we received were almost too spicy for her palate. They served it with dipping sauces, one sweet, the other spicy.

The bowls of steamed rice we received with our two dishes were generous, but could have tasted a degree fresher. Other visits we have tried the roasted duck curry ($18.95), and the plate is known for its crispy roasted duck ($18.95).

Lunch there also generally is satisfying, though a recent visit found us wanting more flavor from our food. Maybe our palates were off that day.

But two of us found an order of steamed dumplings ($6.95) to be decidedly flat, as was the traditionally spicy chicken stir-fried with basil, onions and peppers ($6.95). And the red curry ($6.95) with chicken and vegetables? The sauce tasted underspiced, and was more pink than red.

Even great restaurants can have an off-day. Having said that, the chicken in each dish was tender, and the vegetables crisp.

That’s indicative of the care Thaicoon lavishes on its menus. Even at lunch, dishes are garnished with orchids and shredded carrot. The lemons that accompany glasses of iced tea are artfully sculpted into crickets or grasshoppers that perch along the glass rims.

That care extends to the service, where waiters and waitresses clad in Thai silks quickly spirit away used utensils.

It’s that care that has kept diners coming back to a humble spot along Northlake Boulevard for more than a quarter-century.

We’ll see you there.
FEATURED: Jupiter Yacht Club 502
Best deal in Jupiter Yacht Club! Breathtaking views of the ICW and marina from the large covered balcony. This 3BR/3BA unit is has over 2,600 SF of living space. Kitchen has granite counters, stainless steel appliances and upgraded cabinetry. Master suite has a Jacuzzi tub in the spacious master bath. Jupiter Yacht Club has a manned gated entry and private elevator to your unit. Located within walking distance of shopping and restaurants. Asking $699,000

FEATURED: Martinique ET1103
One-of-a-kind 11th floor ocean front condo. This 2BR/3.5BA residence boasts beautiful ocean and ICW views. All designer built-in burl wood furnishings imported from Spain. Master suite features designer wall covering which match the king size bed and his/hers master bathrooms with beautiful and efficiently designed walk-in closets. Living room has stunning built-in custom designed library. Over 2,000 SF of regal living, this is a MUST SEE! Asking $725,000

Ritz Carlton 1001A
3BR/3.5BA + den. Direct ocean. Spectacular ocean to ICW views, 10ft. ceilings. Asking $2,199,000

Oasis 14A
3BR/3.5BA + Den. World class estate with world class design. Turks/Key/immediate occupancy. Asking $1,999,000

Oasis 12B
3BR/3.5BA + den. Direct ocean. Priced to sell. Over 4,000 SF of living space. Asking $1,995,000

Oasis 11B
3BR/3.5BA + den. Private elevator entry into this stunning residence with an oriental flair. Asking $1,900,000

Ritz Carlton 1003B
3 BR/3BA. Beautifully decorated and furnished resort style residence is ready and waiting. Asking $1,498,000

Ritz Carlton 1904B
2BR/2.5BA + den. Direct ocean. Amazing views, marble floors, over 1,900 SF of living space. Reduced $1,100,000

Beach Front 1103
3BR/3BA spans over 2,700 SF of living space. Ocean, intracoastal, city and pool views. Asking $1,189,000

Ritz Carlton 1900B
2BR/2.5BA + den. Direct ocean. Amazing views, marble floors, over 1,900 SF of living space. Reduced $1,049,000

Beach Front 1502
2BR/2BA + den. Amazing ocean, city and Intracoastal views. Over 2,400 SF. Asking $849,000

Martinique W1104
2BR/3.5BA. Incredible southern views. 14th floor residence boasts gorgeous sunsets. Asking $579,000

Martinique WT 804
2BR/3.5BA. Renovated with tropical décor and open galley kitchen. Breathtaking views. Asking $549,000

Oasis 13B
3BR/3.5BA + Den. Beautifully decorated and furnished resort style residence is ready and waiting. Asking $1,900,000

Oasis 2A
3BR/3.5BA + Den. Spacious 2nd floor unit. Over 700 SF of covered balcony. Great price! Asking $1,290,000

Ocean’s Edge 602
3BR/3.5BA. Open spacious floor plan with premier SE views of the ocean, ICW and city. Asking $1,799,000

Via Delfino 1801
4BR/5.5BA Exquisite ocean views from every room. Over 3,400 SF of living + cabana. Asking $1,790,000

Ritz Carlton 1102B
3BR/3.5BA. Breathtaking ocean and ICW views. Decorated and fully furnished. Asking $1,595,000

Ritz Carlton 1003B
3 BR/3BA. Beautifully decorated and furnished resort style residence is ready and waiting. Asking $1,498,000

Oasis 2
3BR/3.5BA + Den. Spacious 2nd floor unit. Over 700 SF of covered balcony. Great price! Asking $1,290,000

Martinique WT1104
2BR/3.5BA. Incredible southern views. 14th floor residence boasts gorgeous sunsets. Asking $579,000

Oasis 11B
3BR/3.5BA + den. Private elevator entry into this stunning residence with an oriental flair. Asking $1,900,000

BeachFront 1603
3BR/3.5BA. Panoramic views of ocean, Intracoastal and city lights. 16th floor. 2,700 SF. Asking $1,250,000

Beach Front 1103
3BR/3BA spans over 2,700 SF of living space. Ocean, intracoastal, city and pool views. Asking $1,189,000

Martinique - Singer Island
Luxury condominium living
Private full service restaurant
Five-star amenities including:
  - 2 heated pools
  - 2 lighted tennis courts
  - 24-hour manned gate/security
  - Concierge in each tower
From $399,000

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The epitome of Singer Island luxury living
375-foot stretch of pristine beach
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Valet parking
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From $700,000

Beach Front - Singer Island
An exclusive, gated community with only 59 residences
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Private elevator lobbies
Exquisite amenities including:
  - Free-form, infinity-edge, oceanfront swimming pool
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Marina Grande
Luxurious marina living in a boatier’s paradise, directly next to Loggerhead Marina
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