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INSIDE:

- HOW TO GET HELP **A9**
- VOICES OF DESPAIR **A8**
- FACES BEHIND
 NUMBERS
A10

BY TIM NORRIS

tnorris@floridaweekly.com

THEY GRAB AT HOPE, AT POSSIBILITY. The newly dropped, the longer-term out-of-work, the former federal and state and local government workers and the corporate middle-managers and once-gonzo entrepreneurs, the business owners, even the ones who, officially, have given up, exhausted their unemployment, spent their savings, slid from any



official record and the public view, the jobless all want back in.

These, the professionals, the highly skilled, hard-working, formerly well-paid, lunge to regain a handhold, too, from unemployment's shadowland.

More than 30 of them have come, on this summer morning, to a workshop at Workforce Alliance in West Palm Beach, some as a condition of getting unemployment benefits, some in a wider search for resources, all of them hoping for help.

SEE WORK, A8 ►

Let's hear it for teachers – and for my mom

BY SCOTT SIMMONS

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It's the end of summer and we're bracing for that familiar b-rrrrring!

School soon will be back in session, and with it will come the teachers.

I think back and remember with a smile.

My first-grade teacher, Jo Woodard, was a perky Alabama lady who answered "yey-us." Who know "yes" had two syllables?

Poor Joy Wilson, my second-grade teach-



SIMMONS

er, retired at the end of that school year. It was a tough class she had. I'd like to think I was not one of the reasons she retired.

Then there was Anna Tait, my third-grade teacher. She had been in the military during World War II and marched with an authoritarian air. She had a heart of gold, though, and we remained friends until

she died, long after that final bell rang.

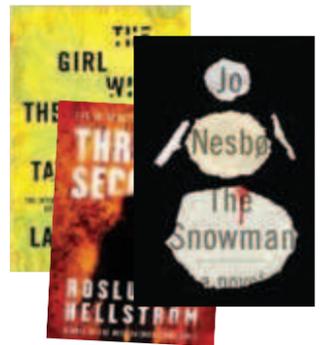
The arty Lillian Gerdes made fourth grade special. We did art projects and some creative writing. I have called her periodically to tell her how much I appreciated her.

Fifth grade brought Fay Williams, a no-nonsense Aussie woman who was a marvelous storyteller and unfailingly kind.

And then there is my mother, Martha Simmons.

SEE TEACHERS, A4 ►

INSIDE



Brooders and drunks

Nordic crime novels filled with dark, deep characters. **A20** ►



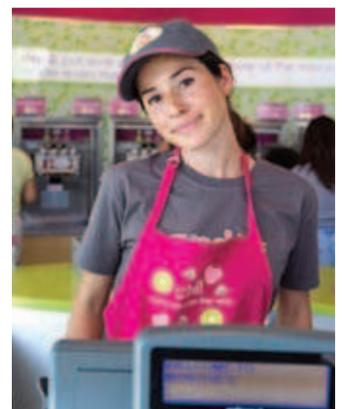
Society

See who's out and about in Palm Beach County. **A29** ►



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Well-known antiques dealer opens at a car wash. **A15** ►



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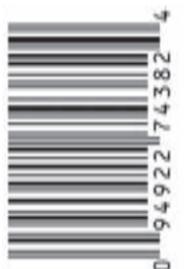


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 REAL ESTATE A18
 ARTS A20
 EVENTS A25

ANTIQUES A19
 HEALTHY LIVING A12
 FILM A22
 SOCIETY A29



COMMENTARY

Pistol-packing Perry nothing more than Palin with testicles

billCORNWELL
bcornwell@floridaweekly.com



Texas Gov. Rick Perry called on his Christian constituents to devote a day to fasting and prayer recently, and he held a much-heralded religious rally at Houston's Reliant Stadium to underscore that point.

Mr. Perry invited his fellow governors to participate, but only two chose to do so. Gov. Sam Brownback of Kansas was there in person. The Moses of the Everglades, Florida's very own Gov. Rick Scott, was too busy screwing up things in Tallahassee to make an appearance, but he did send a video asking the 30,000 or so celebrants who assembled in the 71,000-seat stadium to pray for more jobs.

Ordinarily, a Neanderthal Texas governor corralling a bunch of televangelists and right-wing fundamentalists (one participant famously denounced the Statue of Liberty as a "false idol") for a biblical dog-and-pony show would be of little interest to anyone outside of Amarillo or Lubbock. But Gov. Perry is the Next Big Thing in Republican politics and a likely candidate for the party's presidential nomination. Therefore, it was not only the eyes of Texas that were focused on his prayer party.

I don't mean to pick at nits, but I found it unsettling that Gov. Perry urged Texans to fast. Texas is one of our poorest and hungriest states. About 17 percent of its residents live in poverty, which just about

equals West Virginia's rate, according to the U.S. Census Bureau. It also ranks second (behind Arkansas) in the percentage (25 percent) of children who are chronically malnourished. Really, governor, wouldn't it have made more sense to call for a day of feeding the starving?

Gov. Perry has captured the fancy of reactionary elements within the Republican Party, and there are good reasons for that. He is ruggedly handsome and dresses like a GQ model (no one fills an empty suit better than the Texas governor).

If you like your Christianity harsh and judgmental, he's your man. He is the darling of the oil barons and oligarchs in Dallas and Houston who created him and who retain the title to his soul. Contemptuous of the federal government and its authority, he absurdly flirted with taking Texas down the road of secession.

He plays the role of the macho cowpoke to the hilt. He packs a pistol when he goes out for his daily run, and there are innumerable photographs of him in jeans and denim shirts doing all sorts of rugged outdoor activities. This carefully cultivated frontier persona is oddly familiar, for Gov. Perry is really nothing more than Sarah Palin with testicles.

His supporters will tell you that during his tenure Texas has created 850,000 jobs, which is more than all other states combined. That is true. It is also true that Mr. Perry increased the number of state jobs by almost 11 percent.

His backers conveniently overlook that nasty \$27 billion deficit and the draconian budget cuts that will shut down hundreds of nursing homes and medical facilities.

Public education also got slammed on his watch — something the state can ill afford, since Texas already ranks 44th in education spending per student.

Gov. Perry, who was lieutenant governor under George W. Bush, became governor in December of 2000, when Mr. Bush departed for Washington. I was living in Texas at that time, and I can assure you that very few people took Gov. Perry (a former agriculture commissioner) seriously. The Bush/Perry tandem was routinely referred to as "Dumb and Dumber." That may have been a tad harsh, but there is good reason to believe that few wheels spin behind Mr. Perry's engaging Marlboro Man smile.

The governor of Texas wields scant power. The legislature calls the shots. Sadly, the Texas legislature is larded with Rick Perry clones. The Texas governor does set the tone for the state, however, and the tone in Texas now is that of disdain for anything that doesn't conform to the fears and prejudices of the extreme right wing.

If Gov. Perry enters the race, poor Michele Bachmann will have to double the dose of her migraine medication. The swaggering honcho from Austin will steal a large chunk of her supporters the moment he announces. He'll cause problems for Mitt Romney, too. Gov. Perry's furious Wild West energy contrasts sharply with Mr. Romney's rigor mortis-like demeanor and patrician manner.

Having followed Gov. Perry's career, one fact seems inescapable: His candidacy will have a short shelf life. He, like Ms. Palin, will not wear well. Good looks and bound-

less vivacity will take a candidate so far. At some point, he must demonstrate that he is a serious man with serious thoughts. That's a steep hill for Gov. Perry to climb.

There also is the Texas problem. Are we really ready for another Texan in the White House? The wounds inflicted by Mr. Bush have yet to heal, and that smirking, grating gunslinger shtick he so prized lingers in our collective memory. Gov. Perry has distanced himself from Mr. Bush, his onetime mentor. Seems that Gov. Perry now believes the former president was too progressive. That should send a shudder through the more enlightened elements of the electorate.

As part of his preparation for a presidential campaign, Gov. Perry has sought the dubious advice and counsel of former Defense Secretary Donald Rumsfeld on matters relating to the military and foreign affairs. Mr. Rumsfeld makes periodic trips to Texas to tutor the cowboy candidate. DONALD RUMSFELD! What does it say when a candidate turns for guidance to the architect of the greatest foreign policy debacle (remember Iraq?) since Vietnam? If the unrepentant Mr. Rumsfeld has Gov. Perry's ear (and apparently he does), that alone should disqualify him from serious consideration.

Gov. Perry informed acolytes at that rally at Reliant Stadium that God does not belong to a political party. That may be so, but it seems as if Gov. Perry, Ms. Palin, Ms. Bachmann and others of that ilk expend enormous amounts of time and energy in an effort to drag an apolitical Almighty into their small-minded and unfeeling wing of the Republican Party ■

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Northern Palm Beach Chamber sets inaugural golf tournament

The Northern Palm Beach County Chamber of Commerce will hold its inaugural golf tournament, the Chamber Golf Classic, on Sept. 16 at Frenchman's Reserve.

The scramble-format tournament will attract business leaders and decision makers from companies across every business sector, small and large, throughout the region. The event is presented by Palm Beach Gardens Medical Center.

Registration and a continental breakfast is set for 7 a.m., followed by a shotgun start at 8 a.m. Lunch and awards presentation will begin at 1 p.m. Entry fee is \$175 per

person or \$650 for a foursome.

Opportunities are still available to be a sponsor of the tournament. All sponsors receive recognition in marketing materials, acknowledgment during the awards reception, inclusion in pre-tee off announcements and complimentary tournament players and reception tickets. Prices range from \$250 - \$2,500.

The chamber is inviting members to donate a door prize or raffle item at a minimum value of \$50. Donors will receive recognition in the tournament program.

For more information see npbchamber.com. ■

March for Israel set for Aug. 24

Two couples seeking unity between the United States and Israel have scheduled a march for 5:30 p.m. Aug. 24 near Christ Fellowship Church on Northlake Boulevard in Palm Beach Gardens.

"We're going to march for a united America and Israel," said Melyn Grossman, one of the organizers of the event, along with his wife, Barbara.

It will not be a political event, Mr. Grossman said.

"It is a group of concerned citizens, hopefully a very large group, walking up Northlake with Israeli and American flags," he said. "We are just hoping to have many concerned Americans who are concerned about our support for Israel."

The Grossmans are planning the event with another couple, Terry and Ellen Brady.

"They're Irish and we're Jewish," Mr. Grossman said, emphasizing, "We don't want to make it political, though."

It's not that politicians did not want to participate.

"A number of candidates who know about it wanted to speak. We told them that we'd love to have them march, but no speaking," Mr. Grossman said. "The only speakers will be rabbis and pastors — only clergy."

What else will happen at the march? "We'll be singing songs about America and pledging allegiance like good Americans should be doing," Mr. Grossman said.

Christ Fellowship Church is at 5343 Northlake Blvd., Palm Beach Gardens. For more information on the march, email Mr. Grossman at mgrossman91@aol.com. ■

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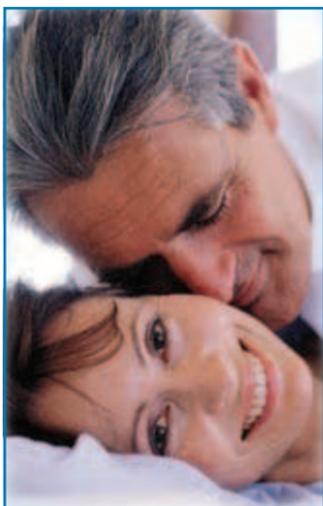
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Parent-Child Center receives Strawbridge donation

SPECIAL TO FLORIDA WEEKLY

A \$40,000 donation will support the children's health programs of the Parent-Child Center this year, thanks to the Margaret Dorrance Strawbridge Foundation. Mrs. Diana Wister, president of the foundation and Palm Beach resident, recognized the excellent care her family received recently at St. Mary's Medical Center and the Children's Hospital at St. Mary's.

St. Mary's is the site of Parent-Child Center's Child Life and Pediatric Oncology Support Team programs, which support children and their families during hospitalization with specialized therapy and care. St. Mary's chief executive officer, Davide Carbone, was pleased to partner

the Strawbridge Foundation with the Parent-Child Center, a nonprofit organization serving more than 8,000 children annually in Palm Beach County.

"This gift attests to the excellent care the Parent-Child Center and St. Mary's Medical Center provide patients when facing important health care issues. Our teams work together to provide the highest quality pediatric care possible, in a comfortable, reassuring environment," stated Patrick McNamara, president and CEO of the Community Partnership Group and Parent-Child Center.

"This donation is also a wonderful foundation on which to build our new development goals, bringing the community and donors to our Parent-Child Center mission. We have earnestly begun fund-

raising to make sure our programs, which serve the most at-risk babies and children in Palm Beach County, meet the demand asked of us. We are proud to be recognized by the Strawbridge Foundation and our friends at St. Mary's as the experts in bringing high-level care to our community's children," Mr. McNamara added.

The Parent-Child Center Inc. is a nonprofit organization serving Palm Beach County since 1979. Its mission is to partner with communities to promote the economic and social well-being of children and families.

For questions about Parent-Child Center or how to get involved, contact rlyman@gocpg.org or call 841-3500. For more information about Parent-Child Center's programs, see parent-childcenter.org. ■

TEACHERS

From page 1

This past Aug. 8 marked the start of her 45th year in the Lee County school system.

When she began teaching full time, she was 26; she now is 71.

She even has managed to best my dad's Aunt Cleo Douthit, who taught third grade in Pahokee from around 1930 until 1972.

But when Aunt Cleo taught, and when my mother began teaching, it was a different time, and a different world.

When my mother began teaching, Fort Myers was a small Southern city — Lee County schools still were segregated —

Palm Beach County had integrated its schools in the mid-'60s.

It was a world that literally was black and white. That's not the case anymore.

"The children who came into your mother's classroom in 1966 were different from the children of today," said

Donna Mutzenard, executive director of Island Coast-FEA, the local teachers union. "We have 98 different languages spoken in the school system. That alone has been cause for change."

Back then, female teachers were expected to be ladies — they were not allowed to wear slacks to work until well into the 1970s.

I can remember them skirting the rules by wearing skirts — how liberating that must have been after all those years of dresses, slips, stockings and heels, with no air conditioning.

And how liberating for my mother that she has taught 'em all, from kindergarten to the learning-disabled.

She went back to school and got her master's degree, then got guidance counseling certification, driving back and forth each Tuesday afternoon from Fort Myers to Florida Atlantic University in Boca Raton to take the required classes.

Elementary guidance counseling was a job she mastered for more than two

decades.

Then on a whim, she went back to kindergarten, where she now tutors low-functioning 5-year-olds.

When my sister and I were young, educators did not worry about 5-year-olds learning to read — that was something that happened in first grade. By

the time my brother was born a few years later, the babes were being taught to read at an earlier age.

But nothing delights Martha Simmons more than to report that her students at Ray V. Pottorf Elementary School in Fort Myers have surpassed expectations.

"I think part of it is her love for teaching for her children, her students. Her desire to make them all successful," said Ms. Mutzenard. "Right now she is working with the lowest of the low and she has great success with them.

— Donna Mutzenard

And that's not always the case."

And she is helping these kids overcome obstacles of all sorts to read — parents who work multiple jobs, parents who do not speak English, parents who simply do not give a damn.

"Many of our students do not eat unless school is in session," Ms. Mutzenard said matter-of-factly.

That makes it hard for teachers to do their jobs.

It is not always the case that teachers are involved in improving working conditions for the next generation. But my mom has been at the forefront, serving for years on the bargaining team for her teachers union so that other educators, like my sister, can have better working conditions and better pay.

"I can't begin to tell you all the things she has done for over the years and the value she has added to the negotiation team," Ms. Mutzenard said. "All of that is because of the experiences she has had over the years with the way education has changed. She was well aware of what was expected from teachers in earlier times as opposed to what is expected now.

"She has a historical perspective. She's not afraid of change, either."

That's another point of pride with my mother — she is not set in her ways.

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BPW hosts health coach at Aug. 22 meeting

SPECIAL TO FLORIDA WEEKLY



Business and Professional Women/Jupiter

Susan Jeck, the local “Dr. Oz,” will speak to the Business & Professional Women of Jupiter on Aug. 22.

Ms. Jeck, a certified nutritional specialist, personal trainer, life fitness coach and owner of Be-Fit Body Boutique, will share her nutritional knowledge and personalized training programs. Ms. Jeck has been dedicated to help people get results with their health and fitness that they never thought possible. She shares her simple ways to jump start your life through diet and exercise.



Susan Jeck

COURTESY PHOTO

BPW/Jupiter meetings are held on the fourth Monday of each month and are held at Mangrove Bay Adult Living Community. Each meeting has two levels of focus: networking/socializing from 5:30 p.m.-6 p.m. and a dinner program from 6-8, when a buffet is served, a short business meeting is held and the speaker presents a program.

BPW’s goal is to help women succeed in the workplace by building

relationships, developing skills and helping each person find the training, information and contacts that are meaningful to them. They like to say that BPW stands for “Building Powerful Women.”

There are no requirements to attend a certain number of meetings or to contribute in any way. Upcoming speakers include:

Sept. 26 — Rene Friedman and Josette Valente from the Lifelong Learning Center at FAU Jupiter campus on “Stretching Our Minds;” Oct. 24 — Greta Schulz of Schulz Business, on “What Works To Get Business Done Today--Selling But Not Really Selling;” and Nov. 28 — Mary Minton, speaking about the “Wounded Warrior Program” for Veterans Day.

To make reservations or learn more about BPW see jupiterbpw.org or call vice president of membership Ida Mulvey at 309-2271. ■



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NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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Milking it

Berjuan Toys is already selling its Breast Milk Baby online (\$70) and expects to have it in stores later this year. The doll works by the child—"mother" donning a halter top with flowers positioned as nipples, and when the baby comes into contact with the a flower, sensors mimic sucking sounds. Although dolls that demonstrate toileting functions are already

on the market, breastfeeding activists are more enthusiastic about this one, hopeful that girls' comfort with breastfeeding will result in decreased bottle-feeding later on. (Opponents have denounced the doll as forcing girls to "grow up" too soon and with choices too complicated for their age, which according to the manufacturer is as young as 3.) ■

The continuing crisis

► Frances Ragusa, 75, was back in court in Brooklyn, N.Y., in June claiming child support she said was never paid by husband Philip Ragusa, 77, in their divorce settlement of 33 years ago. (The "children," of course, long ago became adults, but the \$14,000 judgment has grown, with interest, to about \$100,000.) Ms. Ragusa told the New York Post in July that she called her ex-husband several months earlier to discuss the amount but that he merely began to cry. "Don't let this case go to trial," she recalled telling him. "(I)f you think I'm going to forget it, Phil, you're stuck on stupid."

► Carole Green was fined \$1,000 in July by a court in Leavenworth County, Kan., for littering the property of the same Bonner Springs resident "most afternoons" for the past two years. Ms. Green apologized and said the charge was a complete surprise. She said when she starts out in her SUV every day, and drinks a bottle of tea, it just happens that she finishes it at about the same spot on her journey — in front of Gary Bukaty's property — and that's where she tosses the bottle. She promised to stop.

► Rules to assure correct, "progressive" behavior were recently proposed by the San Francisco Commission of Animal Control and Welfare and the Colorado

Department of Human Services. The San Francisco agency would ban the sale of all pets in the city limits, from dogs to gerbils to goldfish. ("Why fish? Why not fish?" asked one exasperated commission member, bristling at criticism.) Animals sold as food for other animals would be included but not animals sold as food for humans. Day care centers in Colorado would be required, if it made dolls available at playtime, to have dolls of three different races.

► A Southampton (England) University researcher told an academic conference in Stockholm in July that his work, demonstrating that women who stop smoking even after becoming pregnant will have healthier babies, is important because he found that pregnant women rationalize continued smoking, in part to have smaller babies that will be less uncomfortable to deliver.

► The City Council of Gould, Ark. (pop. 1,100), voted in July to make it illegal for its citizens to form "groups" without written permission from the council. (The mayor and the city council are feuding over the budget, and the council, attempting to stifle lobbying by a group supporting the mayor, has taken down all "groups" — except that the ordinance appears to blatantly violate the First Amendment.) ■

Chutzpah!

Inmate Johnathan Pinney, 26, petitioned U.S. District Court in Chicago in July, demanding that state and federal officials stop arresting him (because he did nothing illegal, he wrote, despite his current four-year sentence for aggravated battery on a police officer). Mr. Pinney helpfully suggested a way for the federal government to compensate him for all the grief it has caused him: The government should give him \$50 billion

"restitution" and award him uninhabited land so that he can start his own country, with sovereign and diplomatic immunity. WBBM Radio noted that Mr. Pinney appeared to solicit romance on his MySpace page by writing that he "hopes to get into a committed relationship with a woman, but wouldn't mind if it meant 'leaving this world and marrying an alien with similar attonomy (sic) and genetics.'" ■

Plan B

Jonathan Schwartz called 911 in New York City in July to report that he had stabbed his mother to death. A few minutes later, but before police arrived, Mr. Schwartz called back 911 to report

a correction: "No, she committed suicide." (The mother's body was found with multiple stab wounds, and police, notwithstanding Mr. Schwartz's "correction," charged him with murder.) ■

The Pervo-American community

Jerry Prieto, 38, pleaded guilty in July in Benton County, Wash. (possession of methamphetamine and "malicious mischief with sexual motivation"), and was sentenced to 45 days in jail. Mr. Prieto had been arrested with the drugs in October 2010 in a stall at a highway rest

stop. According to the prosecutor, Mr. Prieto had written sexual notes on the floor with a felt-tipped pen and drawn an arrow pointing directly to his stall. (As a condition of his sentence, Mr. Prieto is allowed in rest-stop bathrooms only for "traditional" purposes.) ■

Redneck chronicles

► Ronald Adams, 49, was arrested in June for assaulting an 8-year-old boy in his home in Ouachita Parish, La., after an argument over which TV program to watch. Mr. Adams allegedly threw a TV remote, hitting the child in the head, because the kid insisted on "cartoons" while Adams preferred "wrestling."

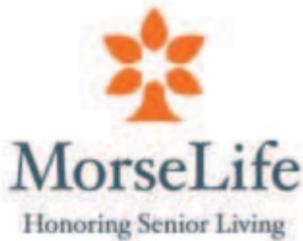
► Authorities in St. Lucie County investi-

gated an incident in May in which a woman allegedly fired an AR-15 rifle at a target inside her bedroom closet and in which the gunshots went through the wall and damaged a washing machine, springing a water leak throughout the residence. (Officials said the woman's husband fired shots, too, and that it wasn't the first time the couple had engaged in bedroom target practice.) ■

“Parenting the Second Time Around” session set

SPECIAL TO FLORIDA WEEKLY

Just Checking, the care management program of MorseLife, and the University of Florida Extension, will present “Parenting The Second Time Around,” an eight-session, national award-winning program for grandparents and other relative caregivers in the parenting role.



rebuilding a family; legal concerns; advocating for yourself and your relative child; and grandparents and teens living together.

It's a partnership of Just Checking, the Florida Department of Elder Affairs and the Area Agency on Aging of the Palm Beach/Treasure Coast.

Ronney Wiener, M.S.W., facilitator, notes that the number of children living with grandparents

has increased by 50 percent over the past 10 years and continues to grow. Ms. Wiener states that grandparents from all socio-economic groups are raising grandchildren due to divorce, neglect, teenage pregnancy, death of parents, incarceration, unemployment, abuse, alcohol or drug abuse or abandonment.

To register or for more information, call Ronney Wiener at 289-8578. MorseLife is a provider of health care and residential services for seniors and their families in Palm Beach County. Its programs include short-term rehabilitation, long-term care, independent and assisted living, home care, adult day care, and research and education. For more information see morselife.org. ■



The upcoming session will be held on Thursday, Sept. 1 from 10:30 a.m.–12:30 p.m. at the West Jupiter Recreation Center at 6401 Indiantown Road in Jupiter, with subsequent dates of Oct. 3, Nov. 3 and Dec. 1. The free series will cover such topics as changing roles and responsibilities; understanding children's development and behavior; discipline that works;

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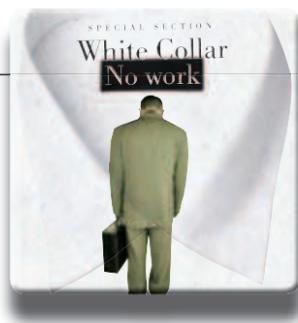
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Job seekers came to a recent session at Workforce Alliance from several generations and many walks of life. These are some of their voices:

• “They called me down for a meeting, and I said, ‘Well, I’m working on something,’ and they said, ‘No, you need to come down right now.’ They said they were reorganizing and my position would no longer be viable. I was just surprised, because my reviews had been good. But that’s what reorganization is; we’re changing the way we do business. In all honesty, I think I had a great run for 19 years. It’s remarkable to have a run for that long. Now I’ve been out for a little over a year. So here I am, looking for stuff, not finding much. Not finding anything.”

• “So many (employers) want some sleek Barbie Doll kind of thing. I’m not a Barbie Doll. I’m 54. I’ve driven a cab, worked for a road crew, babysitting. You give it to me, I’ll figure out how to do it. I was a bookkeeper at Winn-Dixie. Medically I can’t stand for more than, like, a half hour. If I do my knee swells up really bad. It eliminates jobs. Can’t be a teacher. Can’t do waitress work. I could just walk in and do cocktail waitresses and hostessing. I worked at The Breakers, worked at Denny’s, at a concession at the airport. Now I’m relying on the unemployment until the unemployment runs out, then where do I go from there?”

• “I went for two interviews with two different places, and I thought I had nailed the job both times. In one instance, I knew the person who was doing the hiring. I went from an interview with her right into, ‘Do you have time to interview with our finance director?’ I thought, sure. Another hour later, ‘Oh, can we take you on a tour of the campus?’ And then... nothing. I got a form letter. The blow-off. I know, don’t take it personally. But it IS personal.”

• “I started feeling guilty about everything, trying to hang onto my life, my lifestyle. Every dinner out, every movie I would rent, even watching the TV when I could have been back online or out applying some place. I know how a lot of people who ARE working or who are just comfortable make judgments, you know, if he REALLY wanted to work... I’ve tried so many places, filled out so many forms, hours and hours and hours. It’s no, no, no, no, no. A lot of times you hear NOTHING. I cut professional work and a Master’s degree off my résumé, just to get a job. What do you do when McDonald’s and Burger King turn you down? I’m just so tired.”

WORK

From page 1

Mike McLaren, billed as a “career consultant” for the Alliance and known for his quick improvements to cover letters, résumés and mind-sets, steps toward them from the door to introduce the day’s presenter. In a deep, no-nonsense voice, he says, “Talk about job search, Pamela’s the expert. She’s hired more people than I can think of, and she’s probably fired a few, too. She’s going to do a presentation today on interviewing. She’s got a nice Power Point for us.”

As Pamela Toussaint steps forward, most sit up in their seats. They are not road-kill, but many feel near it, vacations cancelled, health care trimmed or gone, debt-collectors calling, homes and households threatened, hearing stories of others living with relatives or in shelters or worse.

“Good morning everybody!” Ms. Toussaint says, and she smiles brightly. “I’m delighted to be back to do the session. Let’s get started.

“We’re going to show how you will have an extra edge in this very chal-



FLORIDA WEEKLY PHOTO

The Workforce Alliance in West Palm Beach helps the unemployed improve job-seeking skills, and offers job listings.

lenging job market. My signature presentation is around image. We can’t talk about job search and networking and interviewing without image. It’s all about how you present yourself, how you appear, how you speak, how you compose yourself. That is going to be the critical difference.”



DUNN

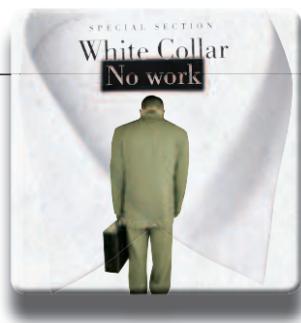
Few in the room seem entirely ready for their close-up. Like most in Florida these days, they are looking for answers. The big question, they all know, is what to do as an economic tidal wave hits their lives.

“One of the worst things when you’re between jobs is coping with stress, the pressures of your family, financial situations,” Workforce Alliance counselor Judy Dunn says. “Our part of Florida is hit hard. The drop in construction, the impact across the board, affected so many, then from there to banking, the mom-and-pops. We never saw any-

one medical come in, but the auxiliary departments, the MRIs, the techs were hit. Starting with housing, this downturn had a huge impact on Palm Beach County, retail, hospitality. We’re still being affected.

“I encourage folks to look at 2-1-1 (the state and Palm Beach/Treasure Coast Helpline for social services), call them and see what’s available. They direct you. Food stamps. Healthcare. Get the help you need. This is a moment in time. This is not an excuse. Let’s make sure we’re cared for.”

Most here in this room don’t want to



be cared for. They want paying work. They want, just as nearly everyone does, the right fit, the perfect job, and then, all too soon, the OK job, and then something acceptable and, then, anything that pays, no matter what the humiliation.

They are doing their best to look forward. Looking back hurts.

Looking forward and out there applying, day by day, can hurt, too, just as deeply. That's where Mr. McLaren and Ms. Dunn and their colleagues are trying to salve emotional wounds and bolster the work search. Workforce Alliance invests government and private money into matching workers with employers, offering counseling and training and help with immediate and long-term needs, including schooling. The first hurdle is getting over loss.

"If you want to stay stuck, I can't help you past that," Ms. Dunn says. "If you're into the 'poor pitiful me' and in your pajamas at noon, that's a problem. So let it go. We can't change what happened. We see people who stay stuck for years. The people who let it go start getting dressed, getting into a daily routine, researching companies. It's not about throwing 50 résumés out there. It's about targeting the right company. What do I want to be when I grow up? What's the next venture in my life?"

The Alliance's Professional Placement office has brought in Ms. Touissant of her own GPT Enterprises, whose business card reads "Career Readiness, Professional Image Coach." She knows the territory and all the buzz-words, too: furloughed, downsized, off-shored, outsourced, full-time career to part-time seasonal. Laid off. Fired. Canned.

"This can be a lonely, challenging time," she says. "If you're not already, you need to become a people person. Companies are overwhelmed with résumés. They get so many résumés that they can't even deal with them. Over 80 percent of job offers are made to people with recommendations from somebody else. These are the statistics. I didn't make them up. If you know somebody who will network your résumé into a corporation, your chances are significantly increased. It's all about relationships. It's who you know. It's network, network, network."

First, though, they must wrestle with NO work. Everyone who's had the moment can say to anyone who hasn't, with growing confidence, "It's coming."

You are called into an office or summoned and isolated by name with hand on the shoulder or by telephone or e-mail or in some other way, and a superior or mid-level functionary tells you or you just learn, "We won't be needing you any more."

Sometimes, not as often these days for fear of lawsuits, the bosses add that they're sorry. Maybe they understand that their own job might be next.

With months of skating on the rumor mill, of facing added duties or being shoved to a back wall, most workers, especially professionals or skilled craftspeople who seem successful by common measures, think they are ready.

They're not.

Numbing statistics

Numbers? They can be numbing, like cold without cover. News reports



FLORIDA WEEKLY PHOTOS
Top and right: Job seekers use computers at Workforce Alliance.

trumpet monthly figures from the U.S. Bureau of Labor Statistics, national unemployment at 9.2 percent in June, Florida's at 10.6 percent, behind only Nevada (12.1 percent) and California (11.7 percent), figures followed by DOWN this much, UP that much, as if unemployment were a game of "Chutes and Ladders."

Down home, up in your head, inside your clothes, the experience can feel like a hammer blow, like falling with hard ground coming up. Consider the human beings currently jobless in Palm Beach County: more than one person in 10 thrown out of work, nearly 1.3 million men and women within the county limits. Each one, nearly all with households and mortgages or rents, most with debt and few with savings, many with families, hits the jobless wall.

Few still working understand what hitting that wall means. Here's another survey, "The Anguish of Unemployment: Surveys of Unemployed Workers, 2009-2010," Rutgers University's look at the experiences of 1,202 men and women.

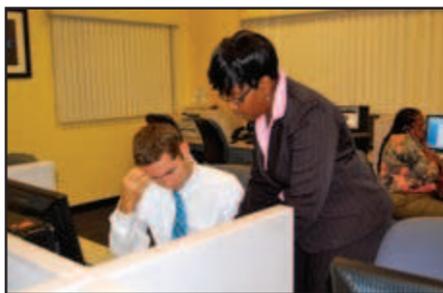
Their survey numbers take a sharper focus: 60 percent laid off without warning, 84 percent with no severance pay, 53 percent with no health insurance, 20 percent forced to move to a different house or apartment, 25 percent missed a credit card or mortgage payment, 6 percent declared personal bankruptcy, 3 percent lost their home to foreclosure, 27 percent out of work seven months to one year, 22 percent one to two years, 6 percent more than two years.

Who, people in the employed audience might wonder, can survive more than two years with no income?

Getting past the shell-shock

"We see people across the board," Ms. Dunn says, "and a lot of them are shell-shocked. I'd say the majority of our folks are in that 40-50 age range. We certainly have 20s, the 30s, but the average is probably between 40 and 50. What's their greatest need? They need to get their self-esteem back.

"It's very difficult for most people once their ego has burst to take a deep breath and say, all right, I can do this. We did all the right things. We did everything our parents told us. We got up, we went to work, we're supposed



Jobs lists have postings for those seeking executive positions.

to get that gold watch. Where is that? Our paradigms have been broken. We have to move past that. This market is not going back. This market with all the computer technology and reshuffling is going to keep moving forward, and you can jump on the bus or get left by it."

Look around this room at the 30 local people gathered here at Workforce Alliance.

Thumbnail descriptions are tempting: The woman who gave much of her life to promoting non-profits, arts, charities, public institutions, and bumped heads with her latest boss once too often; the seasoned Internet Technology executive, set aside after a corporate merger, who hopes for a new career in the supply chain; the young Haitian-American engineer, spurned for lack of experience, who faces paying off large student loans and wonders how much his race is a factor; the Iraq veteran who finds that his military service and previous success in telecommunications aren't enough; the parents of 5-year-old twins who are both out of work and feel embattled and increasingly desperate; the construction worker trying to make a business of his photo hobby and raising vegetables to cut the cost of groceries.

The need for all of us, Ms. Dunn says, is to stay positive, learn the job-hunting skills, cultivate change.

"Apply using their job descriptions. Match the job before you get there, and research the place doing the hiring," she says. "Present yourself well. Talk in terms of how you can help them. Make

it easy to hire you. And find a way to adapt.

"Think about folks in the industrial age, who used to do all this by hand. That's how you worked, and all of a sudden here's that machine to do the work. Now here's the computer, and that computer is smarter, faster.... And I think computers are just going to go, 'Beam me up, Scotty.' So you have to get on board."

'Branding' your image

What matters also is your confidence, Ms. Dunn says, or your expressions of it, and, also, your looks, manner, voice, background, interests, race, gender, clothing, hairstyle, the many-sided design and deeper realities of self. Job-hunt professionals advise "branding," crafting an image of yourself to present to employers.

That's what Ms. Touissant is addressing, in this workshop. "Hiring managers form either a positive or negative opinion within the first 10 minutes," she tells the group. "From the moment you first walk in, your appearance and behavior are under scrutiny."

Sure, OK, but what about MY feelings, my tastes and passions, my experience, my personality? From heart and bowel to the impression of facial features and body type and benefits, you as YOU is still lost.

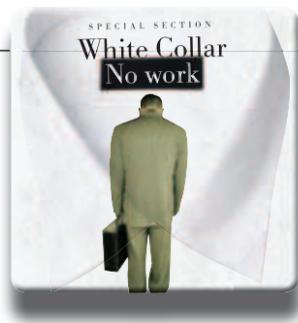
Maybe you're wealthy beyond worry, successful past questioning or consistently lucky. You might think you are set, playing by the rules, thoughtfully earning, saving and planning.

Even for you, the dismissal bell can sound too quickly. Think of the bank failures, the stock swindles. Think of Hurricane Katrina, of the Dust Bowl. Think of the obsolete and the outmoded, the accelerating pace of change. Think of the political mania to cut debt by cutting budgets and benefits.

As Phil Ochs wrote and Joan Baez sang, there, but for fortune, go you and I. ■

in the know

>> The Workforce Alliance has two Executive Transition Units. One is at 1951-D Military Trail, West Palm Beach and the other is 951 Yamato Road in Boca Raton. The total traffic during the last program year, July 2010 through June 30, for both was 14,448 job seekers. Workforce Alliance placed 234 of them into professional or executive level positions. Salary level for some was as high as \$200,000.



He knows there are real people behind Florida jobless numbers

BY TIM NORRIS

tnorris@floridaweekly.com

Numbers of the unemployed parade past Dr. Sean Snaith on economic tote sheets nearly every week, but he doesn't take the distant, analytical view.

As Director of the Institute for Economic Competitiveness at the University of Central Florida, he could easily see the jobless as playing pieces in an elaborate game, pushed one way and another by market forces, used as pawns in political rankles.



SNAITH

He remembers too well, though, when HE was one of those numbers.

"I was coming out of graduate school (at Penn State University), and it was a pretty bad time in higher education," he says. "I applied all over. I kept a manila folder, and the label I put on it was FAILURE. I just filled it with rejection letters. It was as thick as a New York City phonebook. This was a humbling, at times depressing experience. There's nothing fun about it.

"I've never forgotten that behind every jobs report and every up-tick in

the unemployment rate, you're talking about a person, about a family, about communities. This isn't just a stock-market ticker. There are real humans behind the numbers, and they're feeling the pain."

Dr. Snaith knows, he says, that at least of a few the unemployed land there willfully, if dangerously. "I've known people who just kind of floated from one job to the next, didn't really care, didn't give that much of an effort. It wasn't really important to them. Unemployment was part of the package.

"I think most unemployment, though, is involuntary. People want to work and need to work."

By percentage rate, Florida's unemployed have lingered as first, second or third highest among all U.S. states. That rate stands most recently at 10.6 per cent, representing more than 981,000 people (and not counting many thousands more who have left the state, moved in with relatives or given up). With huge fluctuations in the housing market and construction, with seasonal spasms of tourism enhanced by shifts in military outlays, Florida might carry a more volatile profile than most.

"Prolonged unemployment in Florida... has to do with the whole housing cycle in

this particular recession," Dr. Snaith says. "In Florida, the highs were much higher, and the subsequent lows were much lower. The recession in our state had been longer, it's been deeper, and consequently unemployment remains significantly above the national rate."

What to do about unemployment as policy remains a heated question. In a stagnant U.S. and global economy, he says, nobody has an easy answer.

What to do about it personally can seem baffling, too. Dr. Snaith had the talent, drive and resources to build a successful, ongoing career in his specialty. "I was young, not married, I had been poor my entire life, so this was nothing new, eating Ramen noodles and scraping by was what I always did," he says.

He also knows that a professional background and a specialty can be especially tenuous. "If you're a macro-economist with a specialty in forecasting international finance, you don't get to pick where you live," he says. "If I lost my job now, it would probably be a lot more difficult. It would be much more painful. I've got a family, I've got a mortgage. There are a lot more consequences.

"I know that our jobs aren't our lives, but in the United States, maybe more so

than other places, we are really focused on work. That's a big part of who we are. After you lose a job you really felt good with, I think there is some mourning going on there. It's like grieving the loss of a loved one."

Change becomes more difficult, he adds, with age and experience.

"Job security is almost non-existent," Dr. Snaith says. "The best thing you can hope for is employment security. And I think to have that requires that you, over the course of your life, continue to train, continue to get educated, continue to evolve, and in some cases completely change careers. The fact is, you're going to hold a number of jobs, likely in a variety of industries, over the course of your life. That's the new reality."

He warns about dubious and expensive work and skills training programs and new for-profit institutions in what he calls "kind of Wild West out there," and adds, "There are always people who are vultures, taking advantage of people in difficult situations."

He ends, though, on an upbeat. "Ultimately, cycles will reverse themselves," he says, "and, as with all adversity, the economy and people in the economy will come out stronger on the other side." He wishes he could say when. ■

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UF study strengthens concerns about long-term use of certain painkillers

Painkillers such as ibuprofen, naxopren and celecoxib provide needed relief for many patients who have chronic pain. But an ongoing source of contention is whether those drugs and others in their class known as non-steroidal anti-inflammatory drugs, or NSAIDs, are linked to harmful health effects.

A study from the University of Florida raises the concern about potential risks to a higher degree than before, finding a doubling of deaths from heart attack, stroke and related events among people who have both hypertension and coronary artery disease and use the drugs long term.

The findings, based on data from the international INVEST clinical study of hypertension therapies, are published in *The American Journal of Medicine*.

"It does strengthen our practice recommendations," said lead author Dr. Anthony A. Bavry, an assistant professor of cardiovascular medicine in the UF College of Medicine's department of medicine.

Physicians already discourage the use of NSAIDs among the elderly and after heart attacks, on the basis of several studies showing that the drugs are linked with a higher risk of stroke and heart attack.

But the UF researchers, including senior author Dr. Carl J. Pepine, a professor of cardiovascular medicine in the UF College of Medicine, advise patients to talk to their doctors before stopping use of prescribed treatments. Patients who have both high blood

pressure and coronary artery disease are generally put on aspirin, a unique type of NSAID, to reduce their risk of a heart attack. Physicians are concerned that giving those patients other NSAIDs for pain relief could cancel out aspirin's beneficial effects and raise the risk of negative cardiovascular effects.

The UF research team took advantage of the availability of INVEST study data from 882 chronic NSAID users and almost 22,000 intermittent or nonusers to try to settle the question. They looked at patients who reported using NSAIDs over an average of about three years, to see whether there was an increase in adverse events or cardiovascular-related death compared with patients who did not use those pain medicines long term.

The risk of death from cardiovascular causes was 2.3 times higher among patients who chronically used the drugs than among other patients.

The UF study did not compare specific NSAIDs, so more research has to be carried out to determine the level of risk that might be associated with each.

The INVEST study was funded by Abbott Laboratories and the University of Florida Opportunity Fund. The National Institutes of Health also provided grant support for several of the researchers. Members of the research team have also received grant funding from, or served as consultants for, a number of pharmaceutical companies. ■

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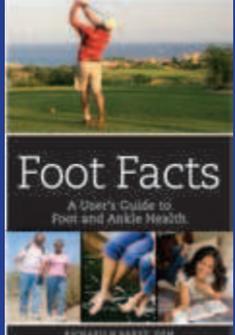
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HEALTHY LIVING

Be supportive, have patience when your child is bullied in cyber world

lindaLIPSHUTZ
llipshutz@floridaweekly.com



Fifteen-year-old Jessie had been texting furiously all evening and seemed unusually preoccupied. Her mother Lori (not their real names) could tell something troubling was up when Jessie refused to tell her what was going on.

What Lori could not know, unless her daughter elected to tell her, was that Jessie was the target of a mean-spirited cyber-smear instigated by classmates who were jealous that a popular senior had expressed interest in Jessie. These girls were making terrible, untrue accusations and were alleging that Jessie had sent this boy inappropriate pictures of herself. Jessie was desperately reaching out to friends to find out what was being said about her and to see who was in her corner.

It had been against Lori's better judgment to buy Jessie the iPhone for Christmas. She and her husband had debated the pros and cons. She hated to think that she was one of those parents who buckled under the pressure of: "Everyone else has one," "Don't you trust me?" etc. etc. So, at the end of the day, she had ignored her reservations, convincing herself that Jess was a level headed young person who would not be compromised or swayed by her peers.

It's hard for parents today to grasp the pressures children face in the cyber world because their teen experiences had been so drastically different. Today's world is changing at a frightening pace. Even the savviest parents feel out of their league as they try to comprehend the complexities of the cyber world their children are living in.

As much as parents want to stay sev-

eral paces ahead, they are not always able to anticipate or head off the lurking dangers. Worse yet, it is very disturbing to know that at times, without intending to, they may have been party to enabling their children to get into situations over their heads. (They may "Monday morning quarterback" and wonder if it would have made a difference if they had forbidden Facebook accounts, smart phones and other vehicles of the modern world.)

The anonymity, accessibility and break-neck speed of cyber-messaging supersedes one's sensitivity and judgment. It is therefore understandable how young people may get into situations out of their control. Teenagers may test out new personas, or pretend to be more sophisticated, with increasingly more daring and provocative behavior. As the ante is upped, teens may take steps they ordinarily would never have taken to prove their mettle or save face. It is not uncommon for young people to enlist the support of the group to gang up on whomever it is who falls out of favor. If it is your child who is the target, it will not only be frightening, but may seem that the whole world is against him.

The overwhelmed young person may see no way out, feeling isolated and alone as the situation crescendos out of control. He/she may be too ashamed or intimidated to reach out to a parent who is perceived as un-supportive or who may say "I told you so." He/she may worry that the parent may over-react or make things worse.

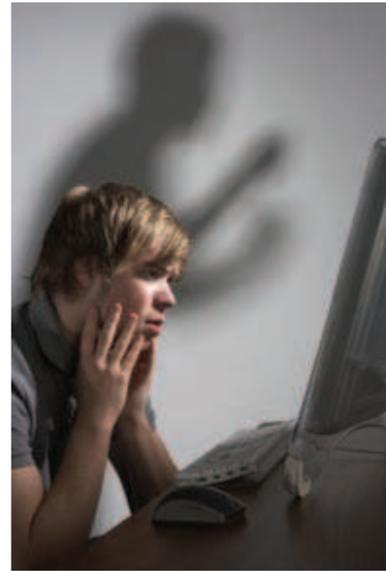
We want our children to believe they can trust us so they'll reach out when they are struggling. It is imperative we control our emotions in these situations, and that we communicate our unwavering support. We have to squelch every inclination to screech hysterically "You should know better! I knew I should never have given in!" This doesn't mean that we imply

we approve of what transpired. Rather, we will face the immediate situation, and deal with consequences (and lectures) later on.

Throughout, it is crucial that we consider our own emotional responses so we can be a source of reasonableness and balance. Parents who have been targets themselves in the past may react impulsively and from a place of hurt or defensiveness. Their anxieties and biases could cloud their judgment and hamper their ability to be helpful. Being able to see past this reactivity may enable them to more calmly help their children face upsets and tough emotions.

Lori wanted to keep the door open so that Jessie would feel safe enough to confide in her. Being careful not to judge or cause shame, Lori asked her daughter what was wrong. Lori listened carefully, without comment, as Jessie spilled what she had been living with the past several weeks. This meant paying careful attention to an unfolding drama involving several personalities and much back and forth.

Lori had to remind herself that Jess and her friends were living in a world where events go viral within milli-seconds as dramas get played out, and young people become more aggressive under the "protective cloak of anonymity." Lori knew that she would have died a thousand deaths if this had happened to her, so she would have to reach out of her comfort zone to be the most helpful.



While this sort of drama was not an unusual occurrence in her daughter's world, it still did not take away from the horror and stress of being targeted. Lori's steady support helped Jessie gain the confidence to map out a plan and gather the strength to face classmates the next day. Lori assured Jessie that she would be available for consultation throughout the day, and that together they would come up with a strategy should the situation not improve.

There are different scenarios that can be called upon if there is no resolution, including contacting other parents or school authorities (but each step carries benefits and drawbacks, so some thought is necessary.) Most important is for Jessie to know she has an unflagging ally.

If only there were a crash course that parents today could take that would help us navigate the cyber world our children are living in. Gaining a perspective on the pressures that teens and pre-teens face should hopefully help us anticipate the landmines in their paths. ■

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

GIVING

Philanthropy 3.0 equals innovation, influence and impact

leslieLILLY
President and CEO of the Community Foundation for Palm Beach and Martin Counties



Philanthropy takes many forms these days, from the change jars located at the checkout at the local hardware store, to the full-color brochure appearing in your mailbox, to a text message on your cell phone to prompt a gift. Volunteering, making in-kind gifts, and check writing are the means through which time, treasure and talent are devoted to many charitable purposes. But now all the new digital forms of social media are creating many more avenues to promote giving. These new tools are multiplying so fast, it is hard to keep up with what is the most recent "new new" thing. Still, looking at all these changes, the one that stands out as a genuine watershed moment predates cell phones, Twitter, and all the rest: The shorthand I use for this is what I call the advent of the "philanthropy for what" question.

Beginning in the early 19th century, the conventional wisdom was that charity's purpose was to alleviate symptoms of poverty, making life, at least in the shortest of terms, less cruel and punishing. Two titans

of commerce, Andrew Carnegie and John D. Rockefeller, changed all that by establishing private foundations, in 1911 and 1913 respectively, which pursued charitable goals based on intellectual principles of self-described "scientific philanthropy."

Accustomed to doing big things in the private sector, the two men advanced a practice of philanthropy that challenged giving as primarily a strategy of providing alms to the poor. The scale of their philanthropic ambition was matched by the pile of money each was prepared to devote to their vision. Their approach was to focus private giving for public purposes in addressing the root causes of poverty.

Both men commonly shared a dark reputation associated with the ruthlessness with which they pursued their for-profit endeavors. So this recast wasn't necessarily all about a rebirth of moral purpose. Their view was that charity may help ameliorate conditions of poverty, but it also discouraged poor people from engaging in the kind of self-help that would help them transcend their circumstance. Their vision of the role of philanthropy was transformational. With their foundations they sought to remove barriers they surmised were impediments to an individual's access to opportunity, beginning first within the realm of education, and then later, onward to issues of public health.

While this approach moved the ball down the field and away from the prior

circumstance of philanthropy as largely a passive act, this new form of philanthropy stopped short of challenging the social order, which served to create and sustain many social inequities. Neither Rockefeller nor Carnegie sought to unravel with philanthropy the conventions of class, race, and gender that were foundational to a system of free enterprise that was an engine of both great wealth as well as grinding poverty. Said Carnegie, "It is criminal to waste our energies in endeavoring to uproot, when all we can profitably or possibly accomplish is to bend the universal tree of humanity a little in the direction most favorable to the production of good fruit under existing circumstances."

This notion of philanthropy "going this far... but no further" in advancing social change has been a tension within philanthropy's purpose for a long time. Because philanthropy is, in effect, social venture capital, it is an important resource absent many of the encumbrances associated with a government bureaucracy. Philanthropy can be entrepreneurial in spirit, possess the flexibility to course correct for changing circumstances, and seek creative solutions on comparatively nimble feet. Its capacity to leverage the potential for social and economic change has redemptive power when focused upon improving the quality of American life for a wide swath of the poor and disenfranchised. Someone once described this capacity as "America's passing gear", a rather apt description in the context of building momentum quickly

when other ingredients are present that support social progress.

If American "philanthropy 1.0" is philanthropy as charity, then "philanthropy 2.0" was, as one Foundation leader described, the era of building the infrastructure for the charitable sector that exists today. She ventures further that "philanthropy 3.0" is all about philanthropy emerging as "interdisciplinary, problem-focused" and concerned with "seeking innovation, influence and impact." As we ponder the "philanthropy for what" question today, the reply might well be leadership on behalf of promoting solutions to urgent problems in today's society that produces change on a systemic scale. On that measure, Carnegie and Rockefeller may be judged as having been only right by about half. ■

The views expressed in this article are the author's and do not necessarily reflect the views of the Community Foundation.

— As one of Florida's largest community foundations, the Community Foundation for Palm Beach and Martin Counties advances quality of life, citizen engagement, and regional vitality through its promotion of philanthropy. Last year, the Foundation awarded more than \$5.3 million in grants and led initiatives to address critical issues of common 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.

The key to beating obesity: Diet, exercise and your physician



The United States is currently suffering an obesity epidemic contributing to the premature death, sickness and suffering of millions of Americans. More than one-third of U.S. adults are obese as well as one of five school children. Ten percent of children ages 2-5 are afflicted with serious weight issues.

Overweight and obese people are at an increased risk for developing serious medical conditions including diabetes, cardiovascular disease, stroke, sleep apnea and more.

Sometimes medical intervention is required in the battle of the bulge. Bariatrics is a medical specialty that studies obesity and weight problems, including their causes, prevention and treatment. Bariatric physicians oversee overweight and obese patients with a comprehensive program of diet and nutrition, exercise, behavioral therapy, and when necessary, medications. In more severe cases, when the patient's weight has life-threatening consequences, bariatric surgery may be the best option.

How much is too much?

Keep in mind that obesity is defined by excess body fat. Body Mass Index (BMI) is a measure based on height and weight. To calculate your BMI, follow the formula: $BMI = \frac{\text{weight in pounds}}{\text{Height}^2 \text{ (in inches)}} \times 703$. A normal BMI is between 19 and 24.9.

Overweight is defined as having a BMI of 25 to 29.9. Obesity is defined as having a BMI of 30 to 39.9. Morbid obesity is when excess weight begins to interfere with basic

physiological functions such as breathing and walking. It is defined as having a BMI of 40 or greater.

For many adults, measuring a BMI doesn't provide an accurate story of their body fat. Measuring a waist to hip ratio — or the circumference of the waist divided by the hip — can tell if you are at a higher risk of developing obesity related diseases. Your physician can easily take these measurements and I find them critical when it comes to the management of my bariatric patients.

As surprising as it may sound, you can have a normal weight but actually have so much body fat that you're considered obese — a situation known as normal weight obesity. And normal weight obesity means you may have the same serious health risks as does someone who's obese.

In other words, you may have a normal BMI while your body fat percentage is dangerously high. Remember, obesity is defined as having an excessive amount of body fat — not weighing too much. So, if you're a woman who is 5 feet 5 inches (1.65 meters) tall and you weigh 140 pounds (63.5 kilograms), you would have a normal BMI of 23.3. But if 42 of those pounds (19 kilograms) are fat — 30 percent — you would have normal weight obesity. I measure body fat with not just the scale, but also by waist to hip ratio and by a device called a body composition analyzer.

When is Bariatrics necessary?

Overweight or obese people may need to seek medical treatment. While traditional programs can work for some, they certainly can't help everyone. When a patient has failed traditional programs or has numerous serious medical issues, it is important to have a physician oversee the weight loss process. This is particularly important when the patient takes insulin or heart medications.

Throughout the weight loss program, patients are provided with counseling and follow-up on proper eating habits, exercise, behavior modification and other aspects of weight loss. The bariatric physician will review with the patient any potential benefits and risks of weight loss medications that may be required. Finally, once the patient's weight loss goal has been realized, he or she is helped with maintaining the weight loss.

We are learning more about obesity every day and this area of research, I believe, will soon give us many more tools to help people who struggle with this disease. Hopefully we will be able to prevent the onset of it as well, especially in our pediatric populations.

Developing healthy eating and exercise habits is vital to maintaining weight loss

over the long term. Choosing a bariatric weight management plan may be daunting for patients, so I recommend that it is physician-directed and the physician is a member of the Society of Bariatric Physicians. It's also important to be sure that the physician has a robust maintenance program.

I also tell my patients that changing old habits is simple but never easy. But, living a healthier life is worth that gift you give yourself. ■

— Dr. Catherine Drourr is board certified in Internal Medicine and specializes in bariatric medicine. She is also the founder and director of Healthy Kids of Jupiter, a not-for-profit initiative to reduce the incidence of childhood obesity. Dr. Drourr is on staff at Jupiter Medical Center.

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PET TALES

Dealing with Pet Loss

Lack of understanding makes grieving more difficult

BY INGRID KING

Special to Florida Weekly

Those of us who consider a pet a member of the family will sooner or later experience the pain of loss, and it can be as devastating as the loss of any loved one.

That doesn't mean you'll get much sympathy from those who don't see pets the way you do.

"Much of society is not aware of the strength of the human-animal bond, so pet loss is often seen as 'disfranchised loss,' meaning it is not socially recognized," says Joelle Nielsen, a veterinary social worker at The Ohio State University College of Veterinary Medicine.

"For some, the insensitivity of others can be more painful than the grief from the actual loss," says Marty Tousley, a bereavement counselor at Hospice of the Valley in Phoenix. "Most people don't tell someone to go get a new spouse or child within a month of one dying."

Knowing that you're not alone in your grief is important, as is realizing that the loss of a pet is a unique experience for each individual. Factors that play into how the loss is handled include whether the death was sudden or followed a prolonged illness, whether the pet owner had to elect euthanasia, whether it was the first time the person experienced losing a pet, and the person's living situation. Single pet owners for whom the pet was



For people who live alone, the loss of an animal companion can be even more difficult to endure.

a primary source of emotional support tend to have more difficulty recovering.

Here are some tips to help you cope:

■ **Mark the pet's passing with some sort of ritual.** Rituals such as memorial services and burial ceremonies are an accepted part of human loss, and can be just as healing after losing a pet. Even

something as simple as lighting a candle in your pet's memory can help.

■ **Find supportive family and friends.** Not everyone will be able to handle your grief. It is important to find people who are comfortable letting you cry, listening while you talk about your pet or just sitting quietly with you.

■ **Find a pet-loss hotline or support group.** Many veterinary schools offer free pet-loss hotlines staffed with trained volunteers who will listen and offer compassionate support. Pet-loss support groups can also be found through pet cemeteries or crematories, shelters, and veterinary hospitals.

"Pet-loss groups are not the same as group therapy," says Tousley. "Their purpose is to offer a safe, structured place where people bound by the experience of loss can come together."

Numerous online support groups are available 24 hours a day. Both Nielsen and Tousley recommend that pet owners who feel unable to function normally or who feel that they are not progressing in their grief process seek professional help.

■ **Allow yourself time to grieve.** While it's not healthy to get stuck in your grief, pretending that nothing is wrong is equally unhealthy. "A person's grief is legitimate and real, regardless of anyone else's comments, behavior or opinions," says Tousley. Nielsen adds, "You are not 'crazy' — what you are experiencing is normal."

The adage that time heals all wounds applies to pet loss as well. As you work through your grief, you'll find that there will come a day when you'll wake up in the morning and your first thought will not be about how much you miss your pet, but about a happy memory of the time you spent together. ■

Pets of the Week



>> Jane is a 1-year-old spayed female Pit Bull. She weighs about 50 pounds and is soft and gentle.



>> Jill is a 3-year-old spayed female short-hair. She is outgoing and likes to cuddle.

To adopt a pet

■ **The Peggy Adams Animal Rescue League,** Humane Society of the Palm Beaches, was founded in 1925 and is a limited admission non-profit 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 hspb.org. For adoption information call 686-6656.

MONEY & INVESTING

In these rocky times, pay attention to the 'fear index'



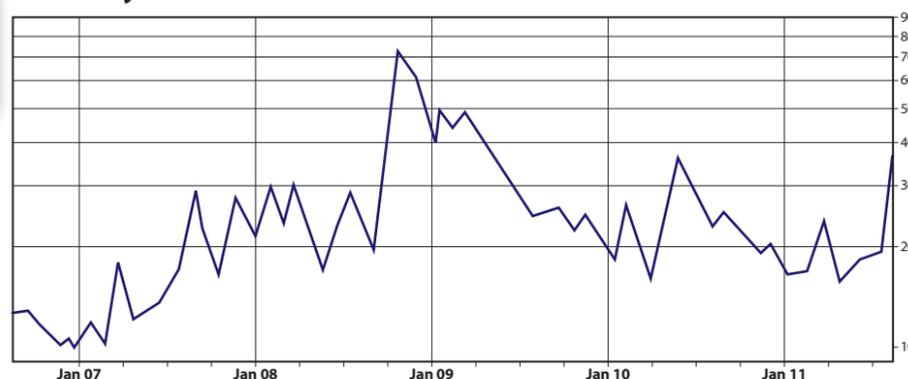
Of particular importance last week to the investor with a traditional bond/equity buy and hold portfolio was the volatility in the U.S. equity market. In daily terms, the Dow Jones Industrial Average was down 5.5 percent, up 4 percent, down 4.6 percent, up 3.9 percent and, finally, closed up 1.1 percent. After such a tumultuous week and tremendous news coverage of the same, what can be written of incremental value or insight?

It's useful at this time to discuss volatility measures: what they mean, how they're measured, whether equity volatility can be minimized and whether U.S. equity investors have been adequately rewarded for enduring the volatility of the past 11 years.

This column covers two measures of volatility: Beta and VIX.

Most investors understand Beta, which measures the degree with which an individual stock, portfolio or an asset class will move with the broad market. If the stock or portfolio moves in exact tandem (up or down) with the market, it would have a Beta of 1.0. A Beta of greater than 1.0 implies that the asset moves more (e.g. more up or more down) than the market; a Beta of negative 1.0 means the asset moves in the exact opposite direction of the market. In portfolio construction, investors want to reduce Beta without giving up return.

Volatility Index S&P 500



Much has been written in this column about how to reduce the Beta of a portfolio. Sure, there can be a shift to nonpaying cash or painfully low-paying U.S. bonds. But for many, these are non-solutions.

In simple terms, "though my readers tire of hearing, they might soon be heeding" some counsel to include alternative assets in a traditional portfolio for the very reason that they are an asset class which is uncorrelated to stocks and bonds as they have low or even zero correlation to equities. (Source: 1983 study by Dr. John Lintner, a Harvard professor, titled "The Potential Role of Managed Commodity-Financial Futures Accounts in Portfolios of Stocks and Bonds"; recently updated and confirmed by the CME Group.)

Unlike cable news stars who might be inclined to promote what they already own ("talking their book"), I am "talking a strategy"... a strategy rarely explained, promoted or included in individual investor portfolios. Mainstream media and many

financial advisers continue to label alternative assets as "too risky". Compared to what? To rockin' rollin' equities?

In my opinion, the most prevalent market risk statistic is the Chicago Board Options Exchange Market Volatility Index, called by its ticker symbol, VIX.

Some people call it a fear index but it really measures both fearful or exuberant expectations for the S&P over the next 30 days. It is quoted in percentage points and the percentage represents the expected annual change in the S&P. Suffice it to say, a 15 percent (annualized) VIX translates into an expected monthly change (up or down) in the market of some 4 percent. Per the calculation, this monthly volatility has a 68 percent or better (one standard deviation from the mean expectation) likelihood of happening.

So what is a normal VIX reading? Well, equities have been very volatile since 2000. For most of 2011, the VIX was between 15 percent and 20 percent but, with the recent

equity decline of the past three weeks, the VIX has reached 47 percent two times this past week and closed at 36 percent. Those figures, in effect, say that a lot more volatility is expected over the next 30 days and over the next year. (Source: Yahoo Finance VIX historical charts)

The U.S. equity market has been volatile and expectations are for continued volatility. It is my opinion that the world's problems are not going away for a long time and that if we couldn't jump start the economy with meaningful growth after the trillions already spent, another go-around of Fed Quantitative Easing, if such does happen, might well be just pushing on a string.

You might want to revisit your risk/reward expectations for equities and also reconsider your portfolio's allocations so as to include assets not correlated to equities. You might want to consider inclusion of trading systems that take positions based on technicals and/or trading systems using money management rules or with capabilities to assets as well as go long. Always consult your advisers as to the suitability and if your advisers are not having these discussions with you, then consider expanding your circle of professionals. ■

— *There is a substantial risk of loss in trading commodity futures, options and off-exchange foreign currency products. Past performance is not indicative of future results.*

— Jeannette Rohn Showalter, CFA, can be reached at 239-444-5633, ext. 1092, or jshowaltercfa@yahoo.com. Her office is at The Crexent Business Center, Bonita Springs.

BUSINESS

WEEK OF AUGUST 18-24, 2011

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

Finding True Treasures at a car wash

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

It started with a missing ring. Elena Johnson had scoured her home, her yard and her three store locations for a ring she had lost.

It had been made from an earring she inherited from her grandmother.

She had all but given up.

Then her husband took their car to Pelican Car Wash to be cleaned. A technician found the ring in the track of the car seat.



JOHNSON

"They found it in the car," said Mrs. Johnson, Northern Palm Beach County's doyenne of design and purveyor of all things pretty at her three True Treasures antiques and consignment shops.

"It was like finding the treasure of my life. It was the only thing my grandmother had to leave me." A cousin has the other earring.

But that cemented a relationship with Pelican Car Wash, which now sports a True Treasures location.

Where else can you go to get your vehicle detailed and buy that 18th-century sideboard that will look oh so perfect in the dining room?

And where else could Mrs. Johnson find better visibility than at Pelican Car Wash, at the corner of U.S. 1 and PGA Boulevard?

For Mrs. Johnson, it makes perfect sense.

"You can be there shopping while waiting for your car," she said. "One stop can serve many interests."

One stop also means a captive audience.

Customers can drop off their cars to be washed at the south side of the building. To pick up the vehicle, they must walk through a plants and accessories shop, Mrs. Johnson's space and another area filled with periodicals and such before they get to the counter to pay for the car wash.

Pelican offers a level of service Mrs. Johnson appreciates — at 83, she does not care to pump her own gas.

"To me, for a person of a certain age, to get the gas pumped, it's a convenience," she said. "You don't see that so much any more."

David Kauss, one of the owners of Pelican Car Wash, sees the relationship as logical.

"The beauty is — and I had such a nice conversation with Elena before she actually hopped on board with us — not only do people have to spend 15 to 20 minutes with us waiting for their car, but they have nice cars, and there are lot of people who don't know any-



thing about True Treasures," Mr. Kauss said.

It's a relationship that works both ways.

"Mrs. Johnson and her staff can send people to us that had absolutely no idea that we were a car wash," he said.

His other tenant, a high-end accessories and plant shop, also is a good fit.

And Mrs. Johnson's ring is not the first bauble the Pelican staff has recovered.

"It's amazing the kinds of things you find in a car," Mr. Kauss said. "There was a gentleman, I found a diamond — just a diamond. It was so large I thought it was a piece of costume jewelry. He laughed, set in the ashtray and thanked me."

End of story? Not quite.

"He came back with a bottle of Dom Perignon," Mr. Kauss said. "His wife was scared to tell him she had lost the diamond from her engagement ring."

One thing Mrs. Johnson hopes to find there is customers. She has owned her flagship location at Crystal Tree Plaza for more than 20 years now, and also has a store at Home Depot Plaza in Palm Beach Gardens. She plans to close her boutique on Northlake Boulevard at the end of August to focus on her other stores. She employs 22 people at her other three locations; car wash employees manage the space at Pelican.

At 800 square feet, the space at Pelican is about 10 percent of the size of Mrs. Johnson's nearly 8,000-square-foot store at Crystal Tree.

But things are selling.

She says the store recently sold a desk. Mr. Kauss remembered the transaction.

"It was a beautiful desk and I had such a nice conversation with the gentleman. He sat down at it and he looked just like Donald Trump," he said. "He said he didn't really need it."

SCOTT SIMMONS / FLORIDA WEEKLY

True Treasures antiques and consignment store has taken an 800-square-foot space at Pelican Car Wash in North Palm Beach. Customers drop off their cars at the south end of the building, stroll through a plant and accessories shop to True Treasures, then into a periodicals area before picking up their vehicles.

But he bought the desk anyway.

"We've sold a lot of stuff out of there. It's been working out pretty well and this is not even season," Mr. Kauss said.

Previous tenants of the space included a travel agency that did well until people started booking trips via the Internet, said Mr. Kauss, who built the car wash in 1978. Illustrated Properties also used the space for a time.

And now, he says it's the perfect mix of tenants.

Mrs. Johnson "allows our existing tenant to put their arrangements on her tables for sale," Mr. Kauss said. "It's a good-neighbor policy that enhances what she is trying to sell." ■

in the know

>> Pelican Car Wash is at 11370 U.S. 1, North Palm Beach. Hours are 8 a.m.-5:30 p.m. Monday-Saturday. Phone: 622-6800. On the web at www.pelicanautowash.com. True Treasures is at www.truetreasuresinc.com.

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NETWORKING

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2. Kathryn Fox, Norman Gitzen, Joyce McLendon, and Nancy Marshall
3. Kathryn Fox and Joyce McLendon
4. River of Grass Gala Committee

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NETWORKING

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Palm Beach home sales continue to rise

SPECIAL TO FLORIDA WEEKLY

Sales of existing homes in Palm Beach County continued to climb in June and totaled 1,184, an increase of 9 percent compared to the same time last year.

A report by Florida Realtors showed that June was the fourth consecutive month of sales surpassing 1,000.

Statewide, home sales dropped 4 percent from last year but increased 2 percent from May.

Six of Florida's 19 regions — including Palm Beach, Miami and Broward counties — reported annual increases in single-family home sales.

Nationally, sales of existing homes dropped in June from the previous month and were down 9 percent from the same time in 2010. In a report, the National Association of Realtors said a survey of members showed that 16 percent had a contract canceled in June, up 4 percent from May.

"The underlying reason for elevated cancellations is unclear," said National Association of Realtors Chief Economist Lawrence Yun. "Economic uncertainty and the federal budget debacle may be causing hesitation among some consumers or lenders."

Nationally, total sales of existing homes, townhomes and condominiums declined 0.8 percent to a seasonally



adjusted annual rate of 4.77 million in June from 4.81 million in May. The national median sales price in June for a single-family home was \$184,600, up 0.6 percent from a year ago.

Florida's median price for a single-family home fell 2 percent in June to \$138,000 statewide from last year and 12 percent in Palm Beach County to \$204,900. Treasure Coast prices fell 1

percent to \$112,200 in June from the same time last year.

Florida's existing condo sales rose 8 percent in June with a total of 7,922 units sold statewide compared to 7,330 sold in June 2010, according to FAR. The statewide existing condo median sales price was \$94,100; a year earlier, it was \$92,300 for a 2 percent increase. The national median existing condo sales

price was \$165,400 in May 2011, according to NAR.

Looking at Florida's housing sector in the second quarter of 2011, Dr. Sean Snaith, director of the University of Central Florida's Institute for Economic Competitiveness, noted positive signs for a strengthening recovery.

"Florida Realtors second quarter housing data shows that momentum in sales of both single family homes and condominiums continues to build, while median sales prices have also increased from first quarter to the second," Dr. Snaith said.

"The fate of the housing market in Florida is tightly bound to that of the labor market," he said. "They are like economic conjoined twins — improvement in one will invariably help the other. More jobs and lower unemployment will slow foreclosures as well as build the pool of potential buyers; both of these will work to help support prices. As single-family home and condo prices stabilize, the wealth effect of this will make owners more willing to spend, which in turn could boost hiring."

Dr. Snaith added, "This may sound like a classic 'chicken and the egg' scenario, but as far as Florida's economy is concerned, it doesn't matter which comes first." ■

County property tax notices to be mailed Aug. 23

Palm Beach County will mail 654,522 Notices of Proposed Property Taxes and Proposed Non-Ad Valorem assessments on Tuesday, Aug. 23, to all property owners in Palm Beach County.

Property owners who disagree with the proposed amount of their 2011 property taxes can voice their objections at public hearings held in September by their respective taxing authorities. The dates and times are listed on the notice.

"My office receives thousands of calls each year from property owners to complain about their property

taxes, but my office cannot help them with taxation issues," said Property Appraiser Gary Nikolits, in a prepared statement. "However, if the property owner has a problem with our January 1 estimate of market value or was denied an exemption or classification, they should call my office for an explanation."

The Property Appraiser's contact numbers are on the notice. "If we are unable to resolve the matter, the property owner can file a petition with the Value Adjustment Board," Mr. Nikolits added. ■

Eastpointe Country Club certified as Audubon Sanctuary

SPECIAL TO FLORIDA WEEKLY

Eastpointe Country Club has achieved designation as a "Certified Audubon Cooperative Sanctuary" through the Audubon Cooperative Sanctuary Program for Golf Courses.

Eastpointe is the 102nd course in Florida and the 849th in the world to receive the honor.

"Eastpointe Country Club has shown a strong commitment to its environmental program. They are to be commended for their efforts to provide a sanctuary for wildlife on the golf course property," said Jim Sluiter, staff ecologist for the Audubon Cooperative Sanctuary Programs, in a prepared statement.

"To reach certification, a course must

demonstrate that they are maintaining a high degree of environmental quality in a number of areas," said Mr. Sluiter.

The categories include Environmental Planning, Wildlife & Habitat Management, Outreach and Education, Chemical Use Reduction and Safety, Water Conservation and Water Quality Management.

Eastpointe in Palm Beach Gardens includes a 7,011-yard par 72 Fazio-designed course. Mature landscaping and an abundance of wildlife make for a natural setting.

The members at Eastpointe maintain a strong environmental policy and have a tree program that receives numerous donations throughout the year in honor to or in memory of fellow members. ■



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KOVELS: ANTIQUES & COLLECTING

Why the weasel goes 'pop'

terryKOVEL
news@floridaweekly.com



What's a weasel? It's an animal, of course, but in some parts of Montana you might put weasels on your ice cream — because some Montanans call M&Ms "weasels." And in the 1700s, when the nursery rhyme "Pop Goes the Weasel" was composed, everyone knew the "weasel" of the title referred to a yarn winder. In the past, when women would spin and weave at home, they used special tools. After the wool was spun, it was wound by hand on a niddy-noddy or with the help of a yarn winder. The winder looked like a post on a footed platform. Attached to the post's side was a wheel of four or five "arms." If the wheel turned once, it had wound a set amount of wool, usually a yard. Each time the wheel turned, a wooden counter would move a notch until it hit a final peg and made a loud "pop." As the nursery rhyme

said, "Pop goes the weasel." Today, a weasel (wool winder) can cost anywhere from \$30 to \$500.

Q: A tag on the inside of my piano says, "Clarendon Piano Co., Serial No. 87434." Any information on age?

A: Because you know the maker and serial number of your piano, you can find its approximate age by checking the well-known "Pierce Piano Atlas." The 12th edition of the atlas was published in 2009. It lists piano makers alphabetically, with dates and serial numbers if available. Clarendon Piano Co. of Rockford, Ill., was in business from 1903 until 1930, when it was taken over by Haddorff Piano Co. Haddorff continued to make pianos using the Clarendon name until 1960. The serial number on your piano indicates that the piano was made in 1919.

Q: My doll is at least 100 years old. On her back are the words, "109-15, Dep, Germany, Handwerck." She is 29 inches tall and has her original hair. What can you tell me about this doll?

A: Your doll was made by the Heinrich Handwerck Doll Co., founded in Gotha, Germany, in 1876. The "109-15" is the mold number of the doll. "Dep" indicates that a trademark was registered at the local district court. A doll like yours in excellent condition could sell for close to \$1,000.

Q: I have four teaspoons from the 1933 World's Fair in Chicago. Each spoon pictures a building on the fairgrounds. The four I have are the General Exhibits Group, the Administration Building, East View of Administration Building and Fort Dearborn. Are these of any value?

A: The 1933 Chicago World's Fair was called the Century of Progress International Exposition. It celebrated the centennial of the city of Chicago and the advances in technology made during that century. The motto of the fair was "Science Finds, Industry Applies, Man Adapts." It opened in May 1933 and closed the following November. It was so successful that it reopened in May 1934 and closed at the end of October that year. World's Fair souvenirs from all fairs are collected. Souvenir spoons sell for \$30-\$40 each.

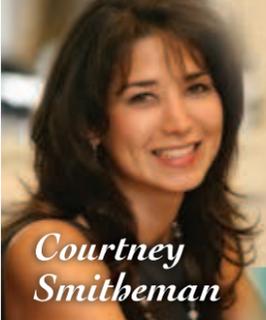
Tip: Don't store foods or beverages in crystal bowls or bottles for long periods of time. Acidic juice, vinegar and alcoholic beverages will leach out the lead in the glass. It is unhealthy to drink the liquid.



This 19th-century wool winder, made in Pennsylvania, was

refinished, so it sold for only \$34 at Conestoga Auction Co. in Manheim, Pa.

— Terry Kovel answers as many questions as possible through the column. By sending a letter with a question, you give full permission for use in the column or any other Kovel forum. Names, addresses or email addresses will not be published. We cannot guarantee the return of any photograph, but if a stamped envelope is included, we will try. The volume of mail makes personal answers or appraisals impossible. Write to Kovels, (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, NY 10019.





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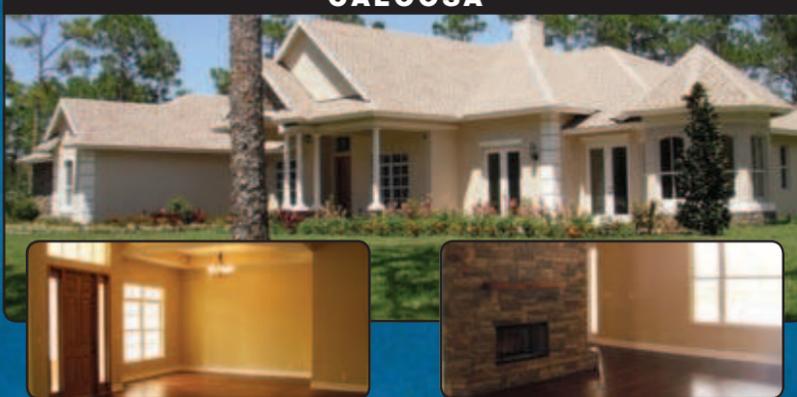
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WEEK OF AUGUST 18-24, 2011

A GUIDE TO THE PALM BEACH COUNTY ARTS & ENTERTAINMENT SCENE

Lighthouse ArtCenter School of Art highlights new instructors

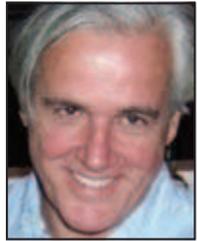
SPECIAL TO FLORIDA WEEKLY

When it comes to creating art, sometimes all the inspiration a student needs is a great teacher. That great teacher can inspire a student to great creative heights, or simply help improve technical skills.



HUTCHINSON

"The Lighthouse ArtCenter is no stranger to great teachers," said Katie Deits, executive director of the Tequesta museum and school, in a prepared statement. "Fall will be an opportunity for all of us to be inspired and educated at our School of Art."



CROWLEY

This year, the School of Art will add five new members to its faculty.



NASTRI

They are Patrick Crowley, Sarah Nastri, David Randall, David Willison and Betty Wilson. ArtCenter veteran Hugh O'Neill returns to teach painting this season.



WILLISON

This year's classes, to be held in two series, a pre-Fall semester from Sept. 5-Oct. 15 and a Fall semester from Oct. 17-Dec. 17, will offer classes in painting, drawing, ceramics, sculpture and photography.



WILSON

There also are classes for children and teens, as well as for professional artists.

Here is a look at the new teachers:

Patrick Crowley — He grew up in Jupiter, studied at the Art Institute of Fort Lauderdale and was an award-winning editorial cartoonist, art director and illustrator for The Palm Beach Post for three decades. His political cartoons were syndicated in hundreds of newspapers and magazines throughout the United States, including *Time*, *Newsweek* and *The New York*



O'NEILL

Times. He has illustrated eight books, numerous magazine articles and has been a regular contributor to *Palm Beach Life* magazine for more than 25 years.

SEE INSTRUCTORS, A23 ►

umlaut NOIR

Brooders, alcoholics and lone wolves: A look at Nordic crime novels

BY NANCY STETSON

nstetson@floridaweekly.com

WHO WOULD'VE THOUGHT AMERICANS WOULD BE SO taken with umlauts?

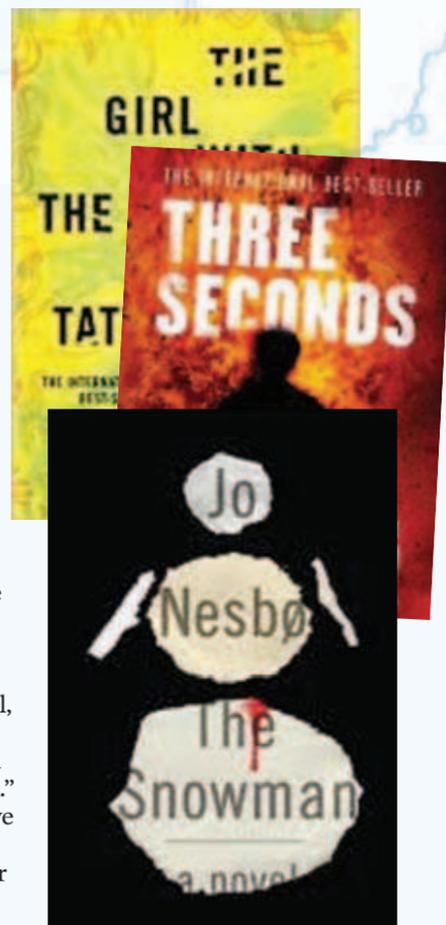
Of course, they're not as enthralled with Swedish punctuation as they are with what the double dots are punctuating: books stuffed full with Swedish crimes, punk girls who are techno wonders and plenty of gratuitous sex, both consensual and abusive.

Stieg Larsson's Millennium trilogy, starting with "The Girl With the Dragon Tattoo," was a runaway best-seller not only in Sweden, but in the U.S. as well.

And now the inevitable is happening: Publishers are praying lightning will strike twice.

Mr. Larsson died in 2004, but his books have been so successful, everyone in the business now hopes to sign "the next Stieg Larsson." Those who already have one or more Swedish mystery writers in their stable of authors are positioning them that way, or as novelists who write "in the style of Stieg Larsson."

With all the hoopla, you'd think Mr. Larsson created the genre.



SEE UMLAUT, A24 ►

SANDY DAYS, SALTY NIGHTS

Why working at home is romantically compromising



The online humor site The Oatmeal is one of my favorite time wasters. Apparently a lot of other work-at-homers love it too, hence The Oatmeal's hilarious strip, "Why working at home is both awesome and horrible."

In the awesome section: No more waking up unnaturally early, less time spent in the car and a flexible schedule. In the last panel of the comic strip, a man phones his office-bound friend.

"Hey man, I'm driving a dump truck full of lingerie models to the park for a game of nude laser tag. Wanna go?"

"I can't," the friend says. "Work etiquette requires that I sit in a gray office under dull fluorescent lights in the same eight-hour timeframe as a bunch of other pale, sallow people."

At least he has equity.

But working from home is not all nude laser tag. Sure you can phone in to conference calls in your underwear, but as The Oatmeal notes, the experience also can be horrible.

"Hey man, where ya been?" a guy asks a friend who is six months into the working-from-home-adventure. "Haven't seen you around."

Unshaven and unkempt, the friend stammers out a response. "Home work

at. Not go out much. Daylight not see. English is speak becoming hardness."

The two bump into each other again six months later. All the house-ridden man can manage is "Hooba porkrind!" before he pees on the floor.

When I spend too much time at home, my romantic barometer goes on the fritz. I'll call a 1-800 number for some small item and the next thing I know I'm chatting up the customer service rep. When they try to shuttle me off the phone — "Well, thanks for calling" — I know it's time to get out of the house.

Last week I phoned my bank and the young man on the line asked me to spell my last name.

"H-E-N-D"

"T? Like tango?"

"No, no," I said. "D. Henderson. Like, 'Harry and the Hendersons.'"

The man's voice brightened. "I remember that movie. I was a kid when I saw it." He paused, as if he were searching for something. "I bet you were, too. It looks like we're about the same age." Apparently, he was searching my account information. "Did you hear they're remaking 'Howard the Duck?'"

"You're kidding."

"Can you believe it?"

I started to ease

into the conversation, the way I would

with a suitor,

before I caught

myself. Customer service reps are not substitutes for dating, even if we do have similar movie tastes. I thanked him for his time and forced myself to hang up. I took a quick shower, dressed and climbed into my car. I needed some real-life romance.

As I cruised down the road, I checked out a guy on a bicycle.

"Not bad," I thought.

Traffic slowed down as I neared, and he stopped to talk to another man on the sidewalk. I had time to get a good look at my man's smile — missing his two front teeth — and watch him bum a cigarette off the other guy.

Hooba porkrind, indeed. ■

"Work etiquette requires that I sit in a gray office under dull fluorescent lights in the same eight-hour timeframe as a bunch of other pale, sallow people..."



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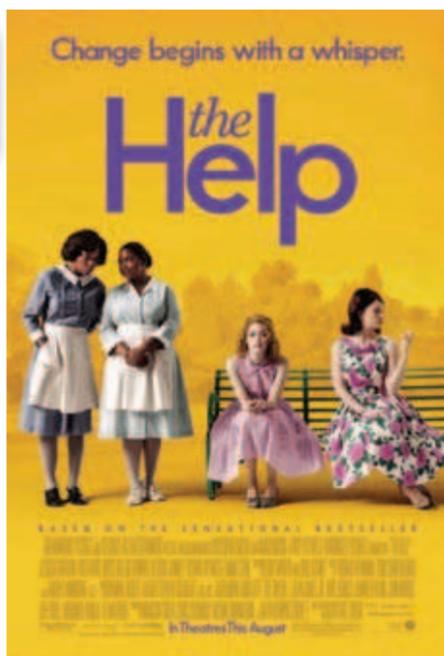
Is it worth \$10? Yes

In Jackson, Miss., in the early '60s, Confederate flags waved high. Men were manly, women were feminine, and African-Americans were second-class citizens. "Separate but equal" was both a rallying cry for white people and an egregious mistruth, as racial equality was an impossibility in the bigoted Jim Crow south.

Like many civil rights polemics, "The Help" is rife with heartache and hatred, but it also carries a sense of hope for both its white and African-American heroines. It is also, as it was at the core of Kathryn Stockett's best-selling novel, a story about female empowerment and finding personal justice in an unjust world.

At the center of the story is Eugenia "Skeeter" Phelan (Emma Stone), who returns home from Ole Miss to learn that the maid who raised her, Constantine (Cicely Tyson), is no longer with her family. Skeeter takes a job writing a housekeeping column for the *Jackson Journal* newspaper, but dreams bigger. Good for her.

When an editor (Mary Steenburgen) in New York tells Skeeter to come up with an



original book idea, Skeeter fancies telling the stories of Jackson's African-American maids. It's a fine idea — but a dangerous one: Medgar Evers' murder happens in the middle of the film, and all forms of law and order are pasty white.

But Skeeter perseveres and soon has the help of Aibileen (Viola Davis), who works for Skeeter's friend Elizabeth (Ahna O'Reilly), and Minny (Octavia Spencer), who used to work for Skeeter's friend Hilly (Bryce Dallas Howard) and her mother (Sissy Spacek) but is now employed by social pariah Celia (Jessica Chastain).

It's all very secret, but not melodramatic.

In fact, director Tate Taylor is careful not to overdo the bursting racism and instead offers a story focused on women trying to make a better life for themselves. Because he gets such strong performances from Ms. Stone, who proves drama is not beyond her scope, and Ms. Davis, who can do anything, the film is effective and moving in all the right ways.

At one point, Aibileen makes note of an interesting irony: That African-American maids raise white children for mothers who either don't know how or don't care to on their own. The maids change diapers, prepare food and regularly hug and kiss the children. This is expected of them. But at the same time, the maids aren't allowed to use white bathrooms, libraries, etc. It would be laughably dumb if it weren't so painfully true.

To his credit, Mr. Taylor points out this

white idiocy but doesn't dwell on it, simply because we must accept that this is part of life in Jackson and move on. Skeeter, however, doesn't accept it — and because she doesn't, the story moves forward briskly and with purpose.

Is "The Help" good enough for awards consideration?

It's the type of socially important picture that Hollywood enjoys feeling good about itself for liking ("Crash"), but it lacks the hard-hitting punch needed to make it great. Still, it's a solid drama with strong performances, and it deserves to be seen by those who have and have not read the book. ■

— Dan Hudak is the chairman of the Florida Film Critics Circle and a nationally syndicated film critic. You can e-mail him at dan@hudakonhollywood.com and read more of his work at www.hudakonhollywood.com.

CAPSULES

REVIEWED BY DAN HUDAK
www.hudakonhollywood.com

Tabloid ★★★

(Joyce McKinney, Jackson Shaw, Kent Gavin) Academy Award-winner Errol Morris' documentary follows a former "beauty queen" (Ms. McKinney) whose devotion to the man of her dreams leads to gunpoint abduction, manacled Mormons, oddball accomplices, bondage modeling, magic underwear and more. It's certainly crazy, but there are times Mr. Morris

moves too fast; after 88 quick minutes, you'll wish the film slowed down and told you more. Rated R.

The Change-Up ★★★

(Ryan Reynolds, Jason Bateman, Olivia Wilde) Best friends Mitch (Mr. Reynolds) and Dave (Mr. Bateman) switch bodies and assume the others' life, and they couldn't be more different. This is a funny comedy with a story that grows naturally and makes sense, meaning you don't mind its predictability. Rated R. ■

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INSTRUCTORS

From page 20

Mr. Crowley paints, sculpts, writes and works as a freelance illustrator in his West Palm Beach studio.

Diane Hutchinson — She has been active in the art community for 28 years and is well-known for her decorative tiles from murals to table tops and swimming pools. She is primarily self-taught through books, workshops and hands-on experience and has made tile installations for hotels and restaurants.

Sarah Nastro — She has a bachelor of fine arts in printmaking from the University of Central Florida and a certificate in Web Design from Palm Beach State College. She says she loves “the challenge in finding new and exciting materials and techniques to add to the diversity of my portfolio.”

Hugh O’Neill — Born in Belfast, Ireland, Mr. O’Neill studied painting at the University of Ulster. His paintings are represented by some of the nation’s top galleries and his work is in private, corporate and gallery collections.

David Randell — The commercial advertising photographer opened David Randall Photographics in South Florida in the late 1990s. His crisp and creative images of products, food, architectural interiors and exteriors, facilities, people and places appear in corporate annual reports, brochures, catalogs, menus, trade magazines and print.

David Willison — The artist was born in Cleveland and graduated from Ohio State University with a bachelor of arts in history and a master’s degree in political science. Mr. Willison also served as a policy analyst for the federal government.

He is a self-taught artist, printmaker and photographer.

Betty Wilson — The West Palm Beach artist is known for her work in clay, glass and paint. Her art career began in the early 1980s as she painted faces “After Picasso” and “After Matisse” in a line of clothing called “Made Ugly by Me!”

Registration is now open for pre-Fall and Fall classes. Costs range from \$75 for workshops to \$350 for more involved classes. For a complete schedule and costs, see lighthousearts.org, call 748-8737, or visit the school at 395 Seabrook Road in Tequesta.

Faculty members will be on hand at the next 3rd Thursday event, 5:30-7:30 p.m. on Aug. 18. The mixer will include wine and hors d’oeuvres. Admission this month is free to the public. ■

Jo VanDyck, MSW, LCSW

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UMLAUT

From page 20

But Scandinavian mysteries existed way before his Lisbeth Salander arrived on the scene, and many of those mysteries are much better written and crafted than the Millennium books.

The world of Nordic crime literature is broader and deeper, but as with icebergs, many Americans are aware of only a small portion of the genre and are unfamiliar with other great Scandinavian writers.

In the '90s, Danish writer Peter Høeg's "Smilla's Sense of Snow" spent 26 weeks on *The New York Times* best-seller list. It was also named the 1993 Book of the Year by both Time magazine and Entertainment Weekly. (A movie based on the book and starring Julia Ormond and Gabriel Byrne came out in 1997.)

And the Swedish writing team of Maj Sjöwall and Per Wahlöö are considered the grandparents of the genre in their country. Their classic mysteries, with titles such as "The Laughing Policeman" and "The Fire Engine That Disappeared," are still in print.

Will readers who loved the Millennium trilogy devour other Swedish or Scandinavian mysteries? It's hard to tell.

Would lovers of fast food develop a taste for fine French cuisine? Would Justin Bieber fans start appreciating the Beatles and the Rolling Stones?

Sadly, Americans can be a pretty xenophobic lot, so it's anyone's guess if they'll move on to reading books by other foreign authors. It'd be great if they do. But consider this: Even though the Millennium books were made into Swedish movies, American filmmakers still feel the need to make American versions of them.

Sigh.

If you loved the Millennium trilogy and want to see what else is out there — or if you hated them and want to read some better quality mysteries written by Scandinavians — here's just a small sampling of what else is out there.

Maj Sjöwall and Per Wahlöö

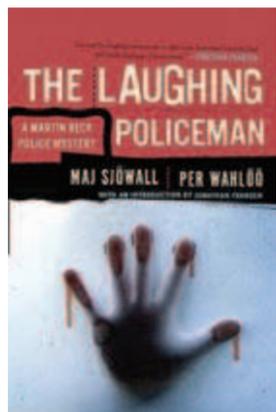
STARTING IN THE 1960s, THIS HUSBAND-and-wife team wrote a series of 10 books about Martin Beck.

In his nonfiction book "Bloody Murder: From the Detective Story to the Crime Novel," Julian Symon wrote about the Martin Beck series: "They might come under the heading of 'Police Novels' except that the authors are more interested in the philosophical implications of crime than in straightforward police routine."

And mystery writer Val McDermid, whose introduction can be found in the beginning of the couple's book, "The Man Who Went Up in Smoke," says, "Reading the Martin Beck series with 21st century eyes, it's almost impossible to grasp how revolutionary they

felt when they first appeared almost 40 years ago. So many elements that have become integral to the point of cliché in the police procedural sub-genre started life in these ten novels.

So many of the features we take for granted and sigh over in a world-weary way have their roots in a couple of journalists turned crime writers."



It is Ms. Sjöwall and Mr. Wahlöö who turned the genre into something deeper, a way of reflecting the evils of society, rather than something just meant to entertain, Ms. McDermid says.

Their Martin Beck books, from "Roseanna" to "The Terrorists," are known collectively as "The Story of a Crime."

According to Ms. McDermid, their book "The Laughing Policeman" was the only translated novel to have won the Mystery Writers of America's Edgar Award for Best Novel.

Henning Mankell

THIS SWEDISH MYSTERY WRITER created the Kurt Wallander series. I've fallen in love with Henning Mankell's books; initially, they're deceptively simple, almost as if Anne Tyler were writing Swedish mysteries.

His simple, elegant sentences, however, build upon each other quietly, like snow, like the clues that slowly reveal themselves to this brooding police inspector. The weather and the locale of Ystad, Sweden, are as much characters in the book as the people.

This is the writer *The Washington Post* dubbed "the godfather of Swedish crime." His books have sold more than 40 million copies and been translated into 40-plus languages.

Among his many awards: two Swedish Crime Writers Academy Best Swedish Crime Novel Awards, the Crime Writers Association Gold Dagger for Best Crime Novel of the Year and the Glass Key Award for Best Nordic Crime Novel. In 2008, he was the ninth best-selling author in the world. He's even outsold Harry Potter in Germany.

Through his character Inspector Wallander, Mr. Mankell comments on the changing society in Sweden as well as familial conflicts and how we age and face our mortality. (PBS made a series of adaptations based on the Wallander books, but Kenneth Branagh, who plays Wallander, seems too lightweight and pretty for the role.)

The last book in the series, "The Troubled Man," came out earlier this year and was a *New York Times* best-seller. They're best read in the order they were written, as, just as in real life, the characters age and change as time passes.

When it comes to Swedish mystery writers, Mr. Mankell is the heavyweight champion.

Arnaldur Indridason

ARNALDUR INDRIDASON, AN ICELANDIC crime writer, can be consistently found on Iceland's best-seller lists.

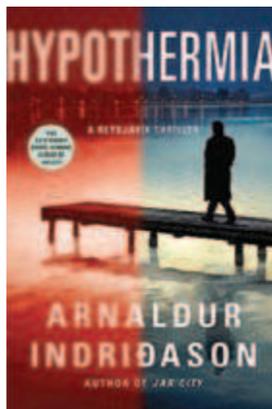
His series about Reykjavik detective Erlendur Sveinsson began in 1997, with "Sons of Dust." The third book in that series, "Jar City," was the first to be printed in the U.S., where it earned critical acclaim. (A movie of the same name, based on the book, was released in 2006.)

Erlendur (Icelandic people refer to each other by first name) is a loner, divorced, with two grown children. His daughter is pregnant, but still using drugs.

Murder is rare in Iceland, but Erlendur is involved in solving many of them.

The books are solidly written and as bleak as an Icelandic landscape.

Mr. Indridason's books have been published in more than 30 countries and have sold more than 6 million cop-



ies. The latest in his series in the U.S. is "Hypothermia."

Jo Nesbø

JO NESBØ, A NORWEGIAN MYSTERY writer, has published eight books in his Harry Hole crime series; only half of them have been published so far in the U.S. (His name isn't pronounced Joe Nez-bow, but more like You Nes-bah.)

Mr. Nesbø's protagonist is Henry Hole (pronounced HER-ler), a detective inspector of the Crime Squad in Oslo, Norway. At one point during his most recent book, "The Snowman," he gets a description of another policeman: "unhealthy attitude toward alcohol, difficult temperament, lone wolf, unreliable, doubtful morality and very blemished record."

"My spiritual doppelganger," Hole thinks. Though riddled with personal failures, the character is someone you cheer on.

In this page-turner of a book that's part police procedural, part thriller and (small) part horror story, Hole matches wits with a serial killer dubbed the Snowman. It seems to be his best, and might be the one that earns him a larger American audience.

Mr. Nesbø's titles have sold more than 6 million copies worldwide (1.5 million in Norway alone,) and his work has been translated into 40 languages. He received the Glass Key Award for Best Nordic Crime Novel.

Karin Fossum

FIRST CAME UPON NORWEGIAN WRITER Karin Fossum's books by reading one of her stand-alone novels. "Broken" opens with a man standing at the foot of the author's bed at night. It turns out there's a line of characters standing outside, waiting to be written about; though he was close to the front, he has jumped the line and is insisting to be written about next.

The chapters alternate between the book the author then begins to write, and her interactions with the main character, who shows up to ask the author questions or make suggestions.

An interesting book about the creative process, it reminded me a little of the French movie, "Swimming Pool."

Ms. Fossum, known as Norway's Queen of Crime, has written a series about Inspector Sejer. The one I've read, "The Water's Edge," is about a boy who disappears and is found raped and murdered. Then another boy goes missing.

The plot sounds well worn, but Ms. Fossum elevates it above cliché. She has great psychological insight to her characters, and writes with depth. She gives us a window into her characters' innermost emotions. I don't know any other writer who would devote a chapter apiece to each mother, talking about her child and her emotions in an almost stream of consciousness.

The story also contains an abusive husband who, thrilled by discovering the dead child, becomes obsessed with the case.

Ms. Fossum's latest novel, "Bad Intentions," was just released in the U.S. on Aug. 9. Based on "Broken" and "The Water's Edge," I plan to read all her Inspector Sejer mysteries in order.

Anders Roslund and Börge Hellström

BETTER KNOWN AS ROSLUND AND Hellström, the Swedish writing team of Anders Roslund and Börge Hellström write gritty mystery novels that could also be classified as thrillers. Mr. Roslund is an award-winning journalist; Mr. Hellström is described in the jacket copy as an "ex-criminal."

Their latest book, "Three Seconds," was recently published in the U.S. Almost 500 pages long, it tells the story of Piet Hoffmann, a criminal who's being used as a secret operative by the Swedish police. He infiltrates the Polish mafia, who are set to take over the amphetamine distribution within Sweden's prison system.

"It takes a criminal to play a criminal," he keeps telling himself.

During a drug deal, another undercover police officer is killed, and the police, not knowing that Hoffmann is working undercover for them, start searching for him. He winds up being wanted by both the police and the mafia.

As the authors write in an end-of-the-book explanation: "The Police Service has for many years used criminals as covert human intelligence sources. A cooperation that is denied and concealed. In order to investigate serious crime, other crimes have been marginalized and a number of preliminary investigations and trials have therefore been carried out without the correct information."

"Three Seconds" was a top 10 best-seller in Sweden for eight months and received the Swedish Academy of Crime Writers Award for Swedish Crime Novel of the Year.

Håkan Nesser

SWEDISH AUTHOR HÅKAN NESSER'S crime series revolves around Chief Inspector Van Veeteren in the fictional city of Maardam. The country is never named, but the names he uses are mostly Dutch. His works have been translated into various languages, and he's a three-time winner of the Best Swedish Crime Novel Award. His "Carambole" was awarded the Crime Writers of Scandinavia Glass Key Award for Best Crime Novel.

I read the latest in the series, "The Inspector and Silence," in which Van Veeteren goes to the country to help solve the murder of a young woman who was attending a religious sect's camp. Suspicion is on Oscar Yellinek, the self-styled prophet and leader of the Pure Life sect. But the leader doesn't come across as all that pure himself.

Both the police and the sect are closed groups that are suspicious of outsiders.

Mr. Nesser doesn't take the easy way out and stereotype either group. His chief inspector even unknowingly quotes the Bible to himself, saying, at one point, "Sufficient unto the day is the evil thereof."

Van Veeteren has a strong inner life that readers are privy to; in this book, he's weary of the work, weary of the dead bodies, and contemplating quitting to take a job in a bookstore.

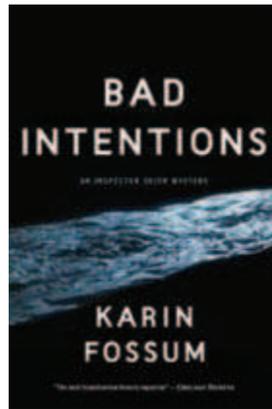
Though this one can be read on its own, I had the feeling that I had walked in during the middle of the action, and plan to read the four earlier titles: "Borkmann's Point," "The Return," "Mind's Eye" and "Woman with Birthmark."

No mystery here

If you like crime novels with good writing, good plots and brooding Scandinavians, you can't go wrong with any of these writers from Sweden, Norway and Iceland.

If anyone tells you they're "the next Stieg Larsson," don't believe them. These writers are much, much better.

And there are many more where they came from. ■



WHAT TO DO, WHERE TO GO

Thursday, Aug. 18

■ **Story time session at the Loxahatchee River Center** – 9:30 a.m. Thursdays, Burt Reynolds Park, 805 N. U.S. 1, Jupiter. Call 743-7123 or visit www.loxahatcheeriver.org/rivercenter.

■ **Mos'Art Theatre** – Screenings of "I Am," at 4:10 and 8 p.m., and "Conan O'Brien Can't Stop," at 6 p.m. Aug. 18. Tickets: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **Kids' Monthly Movie Madness** – Featuring "Gnomeo & Juliet," 3 p.m. Aug. 18 at the Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

■ **Sailfish Marina Sunset Celebration** – Shop for arts and crafts made by artists from around the country, 6 p.m. Aug. 18, Sailfish Marina, east of the Intracoastal, just south of Blue Heron Boulevard, Palm Beach Shores; 842-8449.

Friday, Aug. 19

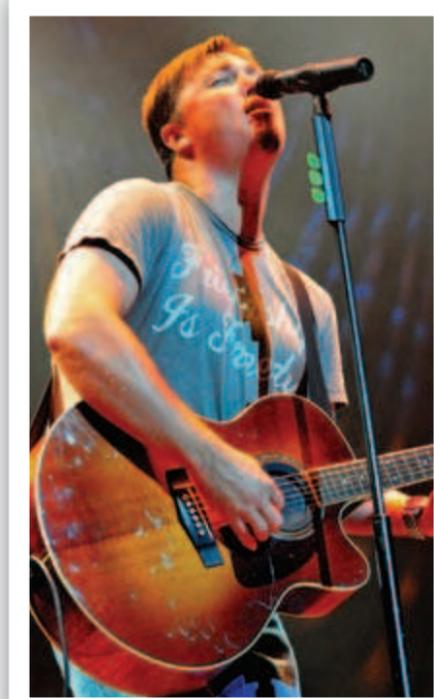
■ **Mos'Art Theatre** – Screenings of "Rejoice & Shout," "Tabloid," "World on a Wire" and "Trigun," various times Aug. 19-25. Family film: "Summer Wars," 1 p.m. Aug. 24. Opening night tickets: \$6. General admission: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **Safari Nights** – 5:30-9 p.m. Fridays through Oct. 28, Palm Beach Zoo. Bird show, tiger talk and training session with Rimba, Wild Things Stage Show, Jaguar Talk and Training, carnivores and interactive fountain show. Member admission: adults, \$6.95; children 12 and under, free. Non-member admission: adults, \$11.95; children 3-12, \$6.95; children 2 and under, free; 547-9453.

■ **Downtown's Weekend Kickoff** – Singers perform 6-10 p.m. Fridays. Aug. 19: Derek Mack Band. Aug. 25: Pee Wee Lewis & The Hues. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Ariana Savalas** – The daughter of actor Telly Savalas performs Aug. 19-20, Aug. 26-27 and Sept. 2-3 at The Colony's Royal Room, 155 Hammon Ave., Palm Beach. Doors open at 6:30 p.m. and show starts around 8 p.m. Cost: \$110 for dinner and show; \$70 for show only. 659-8100.

■ **Danny Morris Band** – Morris incorporates ska, jazz, flamenco, samba and '50s rock into his surf-rock sound at 9 p.m. Aug. 19 at the Bamboo Room, 25 S. J St., Lake Worth. Tickets: \$10; 585-BLUE or



COURTESY PHOTO

Edwin McCain will perform a free show from 4:30-7:30 p.m. Aug. 21 at the Meyer Amphitheatre, on the West Palm Beach Waterfront.

dannymorris.eventbrite.com.

Saturday, Aug. 20

■ **Anchorage Aweigh Fishing Tournament** – The sixth annual Anchorage Aweigh Fishing tournament that will be held at Anchorage Park on Aug. 20. We accept a limited number of boats so register early! Fee before Aug. 1 is \$100/boat and after that date is \$150/boat. A team consists of a captain and three anglers. Junior anglers are under 14 years of age. Lines in the water at 6 a.m. Aug. 20. Mandatory Captains meeting at 6 p.m. Aug. 19. Anchorage Park is at 603 Anchorage Drive, North Palm Beach. Call 841-3386 or email recreation@village-npb.org.

■ **Go Native... Florida Natives for Your Yard** – Members of the Palm Beach Chapter of the Florida Native Plant Society will present tips on selecting native plants for the yard, covering such topics as watering, light requirements and soil conditions, 9 a.m.-noon Aug. 20, Exhibit Hall A, Mounts Botanical Gardens, 531 N. Military Trail, West Palm Beach. \$30 for members, \$40 for nonmembers; 233-1757 or www.mounts.org.

■ **Summer Green Market** – 8 a.m.-1 p.m. Saturdays through August at STORE Self Storage, 11010 N. Military Trail, Palm Beach Gardens; 627-8444.

■ **Monthly Blue Friends Beach**

Cleanup – 8 a.m. Aug. 20, Loggerhead Marinelife Center. Join the Blue Friends Society for the monthly beach cleanup and enjoy breakfast by Whole Foods. It's at Loggerhead Park, 14200 U.S. 1, Juno Beach. E-mail bluefriends@marinelife.org to RSVP for your family, friends or group.

■ **Carousel, Crafts & Cookies Day** – The family fun day includes rides at the entertainment center's popular carousel, free cookies from Whole Foods Market and free crafts from Macaroni Kid. Whole Foods Market will host a 'Taste Fair' and a back-to-school 'Shopping Tour' during the day to promote healthy eating choices for children as well as face painting by Cupcake Karen. Benefits the Happy Camper Foundation. It's 10 a.m.-4 p.m. Aug. 20 at Downtown at the Gardens, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; email tracie@happy-camper.org.

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

■ **Celebrate Saturdays at Downtown** – Singers perform 6-10 p.m. Saturdays. Aug. 20: Ever So Klever. Aug. 27: Strangers Playground. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **The Resolvers** – Brother and sister Ojay and Sahara Smith are the vocal engines of the band, and it's said they have reggae music flowing through their veins. Catch them at 9 p.m. Aug. 20 at the Bamboo Room, 25 S. J St., Lake Worth. Tickets: \$10; 585-BLUE or resolvers.eventbrite.com.

Sunday, Aug. 21

■ **Opera in Film: "Nabucco"** – 1:30 p.m. Aug. 21, Mos'Art Theatre, 700 Park Ave., Lake Park. Tickets: \$18; 337-6763.

■ **Edwin McCain** – The singer, known for such hits as "I'll Be" and "I Could Not Ask For More," will perform a show from 4:30-7:30 p.m. Aug. 21 at the Meyer Amphitheatre, on the West Palm Beach Waterfront, Datura Street at Flagler Drive, downtown West Palm Beach. Hollywood Love Scene opens. There will be free children's activities, as well as free boat docking and parking in all city lots, garages and metered spaces. For information, visit www.wpb.org/waterfront.

■ **Doggie Play Group** – 6-7 p.m. Aug. 21, Boardwalk No. 26, corner of State Road A1A and Marcinski Road, Jupiter. It's a dog-friendly beach. Free; 624-7788 or Lindsey@abacoa.com.

Monday, Aug. 22

■ **Monthly Monday Movie** – Featuring "The Tillman Story," 6 p.m. Aug. 22 at the Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

Tuesday, Aug. 23

■ **Raising Confident, Competent Children Workshop** – Sponsored by Bridges at Lake Park at 5:30 p.m. Aug. 23, Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

■ **Create the Life You Love** – Based on the book, "The Artist's Way," this class transforms negative self-talk, procrastination, perfectionism and fear into the life that you have always dreamed of having. Classes will be held 6:30-8:30 p.m. Tuesdays, through Aug. 23 at Mos'Art Theatre 701 Park Ave., Lake Park. Cost is \$85. Contact Kathy Andio at 236-4298 or kathy@empoweringsolution-swifthkathy.com.

Wednesday, Aug. 24

■ **Zumba class** – 7:15-8:15 p.m. Tuesdays and 6:30-7:30 p.m. Wednesdays at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in fee, \$12; resident discount, \$10. 630-1100 or www.pbgfl.com.

■ **"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; 624-4358.

■ **Hatchling Tales** – 10:30-11:30 a.m. Wednesdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; marinelife.org.

■ **Basic Computer Class** – Noon-1:30 p.m. Aug. 24 at the Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

■ **Free Summer Science Lecture Series** – 6-7 p.m. Wednesdays through Aug. 24, Loggerhead Marinelife Center, 14200 U.S. Highway 1, Juno Beach. Light refreshments will be served; all ages are welcome. Contact Evan Orellana at eorellana@marinelife.org or 627-8280, Ext. 119.

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

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Ford event at PBIR includes races, car shows, swap meet

The Fun Ford Weekend series comes to Palm Beach International Raceway on Sept. 17 as part of a five-city tour of drag races, autocrosses and car shows. PBIR serves as the third stop, while sister track Memphis International Raceway will be the fifth and final stop this year. The national touring series draws Ford fans from all over the country to the host tracks.

During the one-day show, Ford devotees can explore the grounds and experience elements of the Michigan-based automotive giant. For the racing fan, the drag strip will showcase numerous categories including Quick Ford (Electronic), Fast Ford (Non-Electronic), True Street (DOT), Four-Door Frenzy, Tough Trucks, Mustang Madness and Compact.

The one-day show will also feature special exhibition runs from the first Ford to reach 200 mph in competition — Jim "Animal" Feurer, driver of the Championship Pro Stock Legendary Mammoth 700 Boss-engined 79 Mercury Zephyr (Zeke) and David Douthit, driver of the powerful Ford Focus Jet Car.

Classic, custom and modern Fords representing all years will participate in the car show. Held on the south side of PBIR's road course, more than 30 awards will be given in a variety of car show classes. The car show entry is \$30, or \$25 if purchased in advance at racepbir.com. PBIR offers a discount to car and truck clubs during Fun



Ford Weekend. Clubs of 10 or more that register in advance save \$15 on each car show entry; entries must register as a group and pay in advance.

In addition to the racing and car shows, spectators and attendees may participate in the autocross portion of the event. Available to amateur and competitive participants, the solo-timed competition takes place on turns two through nine of PBIR's state-of-art road course. To participate in the autocross event, the cost is \$35 per entrant. Autocross tickets can be purchased in advance at racepbir.com for a reduced rate of \$25.

Racers and auto enthusiasts searching for that hard-to-find part for their custom car might find what they're looking for during the Swap Meet at the event. Swap meet spaces (10 feet by 10 feet) are available for \$20. All swap meet entry fees include the participant entry.

Spectator tickets prices are \$20 for adults, \$5 for children 6 to 12; children 5 and under are free. See racepbir.com for more information. For more information on the event see fordweekend.com.

Palm Beach International has three refurbished tracks, including a high-performance road course, an all-concrete drag strip and a 7/10's mile karting track and new karting center.

The raceway is located at 17047 Bee Line Highway in Jupiter. Phone 622-1400. ■

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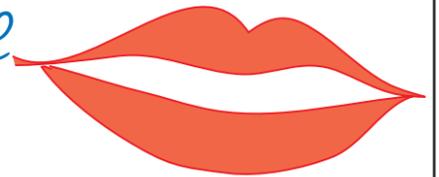


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Start the New Year on a High Note!

Rosh Hashana is September 28-30 • Yom Kippur is October 7-8

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“Greater Tuna” to open at Lake Worth Playhouse

“Greater Tuna” contains withering satire and affectionate commentary on Southern life in a minimalist tour de force that opens Sept. 1 at the Lake Worth Playhouse.

The show, the first of four in a “Tuna” series by Jaston Williams, Joe Sears and Ed Howard, features two men playing a cast of more than 20 characters.

It had its premiere in Austin, Texas, in 1981 and its off-Broadway premiere in 1982.



director Stephanie Haver will return, as will Stoa Maslev.

The show opens with a preview night Sept. 1, and has its official opening night Sept. 1.

Evening performances are 8 p.m. Sept. 1, 2, 3, 8, 9 and 10. Matinees are Sept. 3, 4, 10 and 11 at 2 p.m.

The playhouse is at 713 Lake Ave., downtown Lake Worth. Tickets: \$26-\$32; dinner/show package is \$50; 586-6410 or lakeworthplayhouse.org. ■



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Cup of Joe Morning Show
 with Valerie Smyth

I was shopping the other day, saw the school supplies and realized how quickly time flies. I can't believe it's that time of year! This can only mean one thing... it's finally the kick-off of football season. (No pun intended, but pretty good.) Soon it will be the onset of holiday ads, each overlapping the other. Didn't we just take down the outside lights from last year? Personally I'm a big fan of keeping a couple of strands up, merely changing the color of the bulbs in accordance with the celebration.

It's August so that means Halloween costumes and candy will be infiltrating the stores pretty soon, quickly followed by a smattering of Thanksgiving and autumn decorations. My guess is that by mid-September there will be a complete department dedicated to a full-on holiday extravaganza. But here's the way I look at it: Halloween candy should always be purchased in the super-size family pack, and half of that is just for me. Kids' costumes should be made, not purchased. They are so much more fun and creative that way. Thanksgiving means getting together with family, enjoying the time, and complete deliciousness in the kitchen. And holiday baking can start any time, bringing back great childhood memories with the smell of pizzelles and crescent cookies.

By the way, if you are keeping track, it's 129 Days 'til Christmas. I'd love to know your thoughts! Contact me at valerie@seaviewradio.com. Enjoy your first and second cup with "The Cup of Joe Morning Show" weekdays at 6:30AM.

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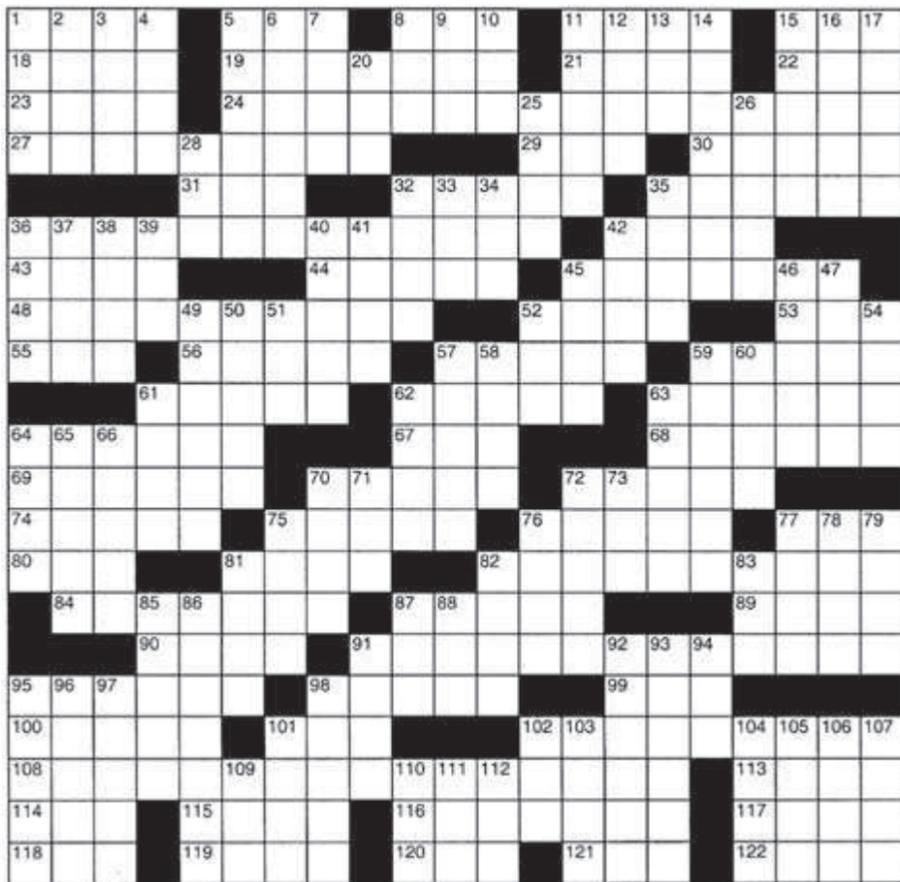
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FLORIDA WEEKLY PUZZLES

SPECTACLE



- ACROSS**
- 1 Related
 - 5 Speedometer abbr.
 - 8 Jaffe of "Ben Casey"
 - 11 Implored
 - 15 Married Mlle.
 - 18 TV's "What's My—?"
 - 19 Snobbery
 - 21 Exist
 - 22 Mare's morsel
 - 23 Doris Day refrain
 - 24 Start of a remark
 - 27 Exhausted
 - 29 Move like mad
 - 30 Discernment
 - 31 Hosp. area
 - 32 Acclaim
 - 35 Like wormwood
 - 36 Part 2 of remark
 - 42 Stance
 - 43 Khartoum's river
 - 44 Herber of football
 - 45 Carnivorous plant
 - 48 Euclid's home
 - 52 Liverwurst or fruitcake
 - 53 Emulate Aladdin
 - 55 Present for pop
 - 56 Must-haves
 - 57 Underneath
 - 59 City near Montpelier
 - 61 Beardless dwarf
 - 62 Heiss on the ice
 - 63 Heraldic garment
 - 64 Scavullo apparatus
 - 67 Psychic Geller
 - 68 Cruel treatment
 - 69 Lacking principles
 - 70 Savalas role
 - 72 Fad
 - 74 Mettle
 - 75 "The Chosen" author
 - 76 With 61 Down, "Jurassic Park" star
 - 77 Swab
 - 80 High rails
 - 81 Obligation
 - 82 California city
 - 84 It's hardly aesthetic
 - 87 Opportunity to overeat
 - 89 One of the Osmonds
 - 90 Summer stinger
 - 91 Part 3 of remark
 - 95 Dwell
 - 98 Pansy part
 - 99 Actress Munson
 - 100 Modify
 - 101 Part of MP
 - 102 Uneven
 - 108 End of remark
 - 113 Cartoonist Goldberg
 - 114 Menu phrase
 - 115 Go down
 - 116 Ruin
 - 117 Tennis pro Nastase
 - 118 — Aviv
 - 119 Curtis of "Spartacus"
 - 120 Oyster's home
 - 121 Tofu base
 - 122 Litigated
 - DOWN**
 - 1 To boot
 - 2 Chicken —
 - 3 Memo start
 - 4 Within view
 - 5 Dennis, for one
 - 6 Solar —
 - 7 Bee flat?
 - 8 "— Duke" ('77 song)
 - 9 Deciduous tree
 - 10 2001, to Tiberius
 - 11 Braid
 - 12 Like a wet noodle
 - 13 Diva
 - 14 Marton
 - 14 He's got a lot of pull
 - 15 Dewy
 - 16 Dull
 - 17 A great composer?
 - 20 Cassidy or Koppel
 - 25 Coal carrier
 - 26 Restaurant freebie
 - 28 "— the season ..."
 - 32 Sicilian smoker
 - 33 Tai — (martial art)
 - 34 Emulate
 - 35 Pinocchio
 - 35 William of "Hopalong Cassidy"
 - 36 Petite pest
 - 37 "— Marleen" ('81 film)
 - 38 Away from the wind
 - 39 Gender
 - 40 "Jude the Obscure" author
 - 41 Spring flower
 - 42 Deere thing
 - 45 "— #1" ('61 hit)
 - 46 Pianist Claudio
 - 47 Acts catty?
 - 49 Arctic jacket
 - 50 Sherpa site
 - 51 Singer Kiki
 - 52 "Alice" spin-off
 - 54 Eliot's "Adam —"
 - 57 Ehud of Israel
 - 58 Estrada or Satie
 - 59 "Le Pere Goriot" author
 - 60 Competent
 - 61 See
 - 76 Across
 - 62 King canine
 - 63 Pageant prop
 - 64 Poirot's concern
 - 65 Plentiful
 - 66 Timid
 - 70 Japanese port
 - 71 Baseball's "Master Melvin"
 - 72 Bel —
 - 73 Furrow
 - 75 Cop's target, for short
 - 76 Glasgow author
 - 77 Saharan nation
 - 78 Algerian seaport
 - 79 Sudden pain
 - 81 Health measure?
 - 82 Comic Mort
 - 83 — -di-dah
 - 85 Basketball's Patrick
 - 86 Most melancholy
 - 87 Suitable
 - 88 LAX letters
 - 91 Put the metal to the metal
 - 92 Rite of "The King and I"
 - 93 Vigor
 - 94 Playground game
 - 95 Morocco's capital
 - 96 Boxer Griffith
 - 97 George of "Just Shoot Me"
 - 98 Loony Lee
 - 101 Flutist Herbie
 - 102 Nobelist Andric
 - 103 Journalist Jacob
 - 104 "Armageddon" author
 - 105 Berg opera
 - 106 Rose lover?
 - 107 Oliver of "Gladiator"
 - 109 "Blame It on —" ('84 film)
 - 110 Wheel part
 - 111 Chemical ending
 - 112 Find the sum

SEE ANSWERS, A27

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HOROSCOPES

LEO (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fection is also enhanced for paired Felines.

VIRGO (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

LIBRA (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

SCORPIO (October 23 to November 2) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

SAGITTARIUS (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

CAPRICORN (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when it suits your needs.

AQUARIUS (January 20 to February 18) People treat you as you wish to be treated. So if you want

a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

PISCES (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

ARIES (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

TAURUS (April 30 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it's resolved to your satisfaction.

GEMINI (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

CANCER (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

BORN THIS WEEK: You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

By Linda Thistle

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Puzzle Difficulty this week:



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

★ Moderate ★★ Challenging
★★★ Expert

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SEE ANSWERS, A27

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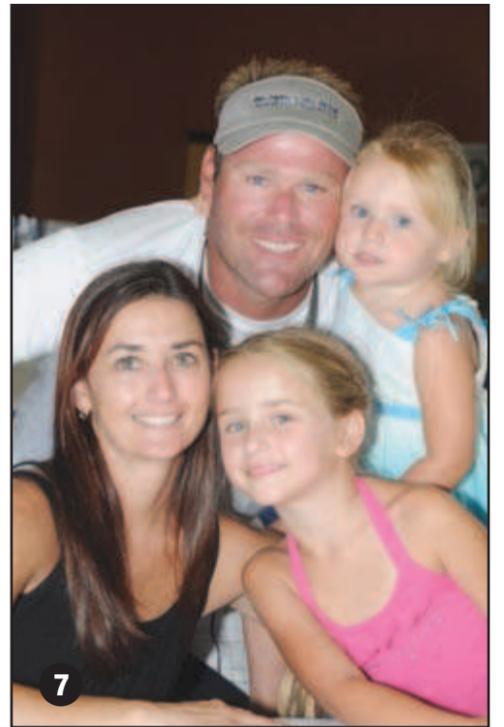
FLORIDA WEEKLY SOCIETY

12th Annual Horizons Fishing Tournament for Hospice of Palm Beach County Foundation



1. Robert Spano, Taylor Folsom, Matt Shimeldling, Mike and Ocean Folsom
2. Mark Wodlinger, James Gilchrist and Mike Riseley
3. Bill and Cathy Quinn
4. Steve Sprague, Kim and Bill Bachman, rear, and Christopher Sprague and Jackson Bachman, front
5. Les Stewart Jr. and Steve Sprague
6. Courtney Bowden, Richard Black and Lainey Ruskay
7. Mike Riseley and his family

COURTESY PHOTOS



We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.





Talay Thai

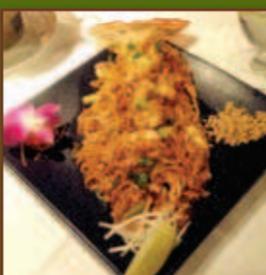


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Best Thai Restaurant – Spotlight on the Northern Palm Beaches

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From lighter selections like sandwiches and salads to heartier fare like traditional shepherd's pie, there's something to satisfy any level of hunger. Try the organic ribs, fresh-baked breads, Cornish pasties or The Bistro's homemade ice cream.

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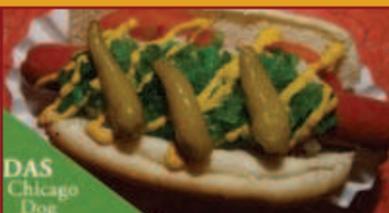
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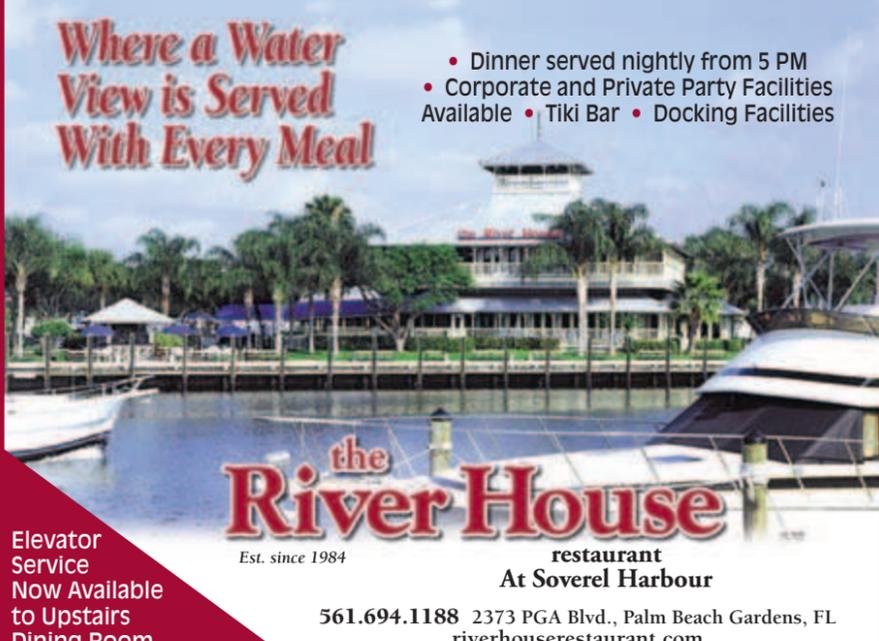
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FLORIDA WEEKLY CUISINE

Menchie's new location opens for the love of yogurt — and Dad

scottSIMMONS

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What is it with the frozen yogurt fad?

It was popular back in the 1980s, and it's back, with a self-serve twist and high-end toppings.

Locally, Swirls opened in Frenchman's Crossing, and Fro-Yotopia has opened in the past year at Downtown at the Gardens.

And Menchie's opened last month at PGA Commons.

The franchise, owned by Charles Lodowski Jr. and Mark Sabbota, both of Broward County, is bright and kid-friendly. The walls literally are painted in shades of lime and raspberry.

It's also Dad-friendly.

Mr. Lodowski's father, Charles Sr., came out of retirement to manage the store.

"I oversee all the various and sundry things that go into making a business come together," Mr. Lodowski Sr. said.

The space had been a Starbucks, the senior Mr. Lodowski said.

He moved to the area three months ago from Tennessee to oversee construction.

After he retired, Mr. Lodowski had managed some shopping centers near Nashville, including one that had a Menchie's franchise.

And his son invested in the franchise after hearing from his dad that the yogurt was good — and good for you.

That sits well with the other business partner in the business, Mark Sabbota, a cardiologist.

"I eat pretty healthy. I could never see myself opening up a McDonald's. I would not go into the fast food business if I thought it was very unhealthy," Dr. Sabbota said. "I don't think the health-conscious part of me was what drove this, but it definitely made it doable."

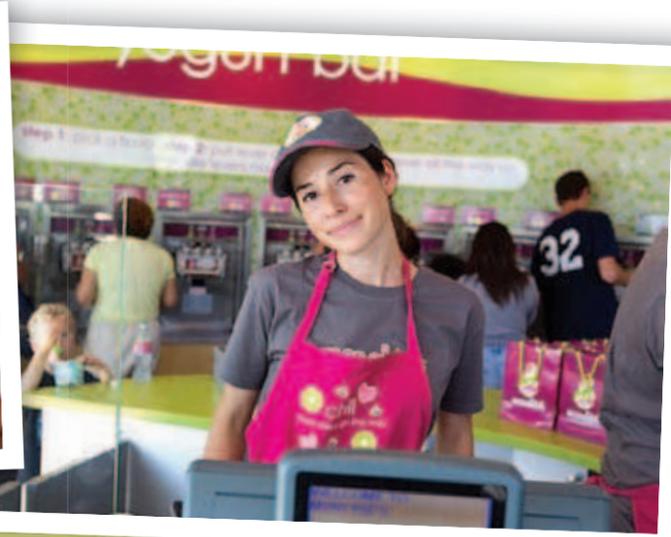
Dr. Sabbota initially invested in Menchie's to diversify his holdings. He had first visited the chain at its Pembroke Pines location.

He said the yogurt store also offers an opportunity to make people happy — cardiology patients frequently do not feel their best during visits to his office.

"It's 50/50, pluses and minuses," he said. The pluses and minuses added up when Dr. Sabbota was deciding where to invest.

That's where his kids helped.

"I would hear from them which stores they liked and which their friends liked," Dr. Sabbota said of his children, a 10-year-old daughter and an 8-year-



COURTESY PHOTOS

The colorful, family friendly yogurt store offers more than 100 flavors and more than 70 toppings. It's self-serve.

additional stores. The company says there plans for it to go international, and eventually have locations in Japan, Saudi Arabia, the United Kingdom, Egypt, Australia and New Zealand, among others.

The Palm Beach Gardens location is at PGA Commons, 5100 PGA Blvd. It is open 11 a.m.-11 p.m. Sunday-Thursday 11 a.m.-midnight Friday and Saturday. Phone: 627-9800.

■ **Doings at Spoto's:** Learn a thing or two about wine and sample appropriately paired appetizers 6-8 p.m. Aug. 23 at Spoto's Wine Club.

Southern Wine will be feature Macon Lugny Chardonnay, Jean Luc Colombo Cote Bleue Rose, Greg Norman Cabernet Sauvignon at the event.

Cost is \$15 per person. Space is limited, so RSVP at 776-9448.

Then, at 12:30 p.m. Aug. 27, Spoto's offers Cooking Class with Chef Mike.

Chef Mike Wall will prepare an appetizer of tuna tartar with shallots, chives, pickled ginger and wasabi pickle sauce, and an appetizer of San Fran Seafood Stew, with mussels, clams, shrimp and fresh fish in a cioppino broth. Dessert is peach cobbler. The event includes a glass of house wine.

It's \$25 per person (plus tax and gratuity). Reservations are recommended; call 776-9448.

Spoto's Oyster Bar is at PGA Commons, 4560 PGA Blvd., Palm Beach Gardens.

■ **Field of Greens goes Downtown:** Field of Greens has opened its location at Downtown at the Gardens, and is offering a half-dozen new menu items at all three of its locations.

The salad and soup place has added vegetarian chili and a number of dishes made with the chili, a Pulled Pork Havana Sandwich, a BBQ Chicken Quesadilla and a Spicy Black Bean Salsa Veggie Burger.

Also on the menu are five "lighter side of the field" options, including a half-chicken Caesar salad, Caprese salad, homemade hummus served with pita and a scoop of tuna, chicken, Waldorf chicken or egg salad surrounded by diced tomatoes and a bed of greens.

The new Downtown at the Gardens location will offer a coffee and desserts menu.

It is open 10 a.m.-8 p.m. Monday-Friday, 10 a.m.-5 p.m. Saturday and 11 a.m.-5 p.m. Sundays. Phone: 625-0036. On the web at www.fieldofgreensonline.com. ■

old son.

Self-serve also means it is interactive. The store has a rotation of more than 100 yogurt flavors and more than 70 toppings. Flavors during a recent visit included blueberry acai, sweet coconut and cake batter.

Dr. Sabbota, who describes himself as a "fun-flavor kind of guy," said he loves the red velvet.

"There are so many flavors that aren't out" because of the rotation, he said. "Peanut butter is great."

It's family-friendly, too. Menchie's provides free stickers and balloons to kids at the store.

Menchie's was founded in 2007 by the husband and wife team of Adam and Danna Caldwell. While they were still dating, Adam Caldwell called Danna by the nickname "Menchie," thinking it meant "blessing." The couple embraced the nickname and used it for their business.

Menchie's has grown to nearly 100 locations, and has plans to develop 120



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2BR/2.5BA 12th floor, spectacular ocean/ICW views



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Asking \$1,250,000



REDUCED

Ritz Carlton 1904B

2BR/2.5BA + Den. 19th floor Direct ocean. Marble floors. Over 1,900SF of living.
Asking \$1,100,000



Martinique ET 2201

2BR/3.5BA. Direct ocean. High NE corner residence in coveted East Tower.
Asking \$750,000



NEW

Martinique ET 1103

2BR/3.5BA. One-of-a-kind 11th floor ocean front condo with all designer furnishings.
Asking \$725,000



NEW

Marina Grande 2006

3BR/3.5BA. 20th floor. Direct ocean and ICW views. Fully furnished – turnkey.
Asking \$675,000



REDUCED

Martinique WT201

2BR/3.5BA. Completely renovated with spacious private lanai for outdoor living.
Asking \$549,000

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 \$389,000

RITZ-CARLTON RESIDENCES

The epitome of Singer Island luxury living
375-foot stretch of pristine beach
Ritz concierge services & amenities
Private poolside restaurant
Valet parking
24-hour concierge

From \$700,000

BEACH FRONT - SINGER ISLAND

An exclusive, gated community with only 59 residences
24-hour guarded gate entry
Private elevator lobbies
Exquisite amenities including
Free-form, infinity-edge, oceanfront swimming pool

From \$799,000

MARINA GRANDE

Luxurious marina living in a boater's paradise, directly next to Loggerhead Marina
State-of-the-art amenities
24-hour manned gatehouse
Valet parking
2 tennis courts

From \$244,900

See all brokers' listings on our website at

www.WalkerRealEstateGroup.com

