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WEEK OF SEPTEMBER 8-14, 2011

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IN DEDICATION



From the wreckage of the Sept. 11, 2001 attack, a memorial has been erected in Palm Beach Gardens.



How firefighters and police officers escorted a precious piece of 9/11 history home to Palm Beach Gardens

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

SEPT. 11, 2001, IS A DAY WE ALL REMEMBER. It is a day we wish never had happened. Ten years later, it is a day of reflection, a time to remember the lives that were lost and a time to mourn our own wounded innocence. Of the 2,753 people who died as a result of terrorist attacks on

SEE 9/11, A10 ►



COURTESY AND PUBLIC DOMAIN IMAGES

3 Gardens courses host inaugural GOLF 9/12 fundraiser

SPECIAL TO FLORIDA WEEKLY

Three Palm Beach Gardens golf courses are among those hosting GOLF 9/12 events on Sept. 12.

GOLF 9/12 is a non-profit organization established to “rekindle the collective spirit of unity” that followed the attacks on 9/11. Courses across the nation are participating in the inaugural event. Golfers playing at their local courses will compete in a modified fourball tournament based on the course slope rating and the players’ handicaps.

Thousands of golfers will tee off simulta-

neously at 2 p.m. EST and will be connected by a live mobile scoring and social networking application provided by GOLF 9/12.

A \$12 donation is added to each participant’s greens fee to help fund educational programs at the Pentagon Memorial, the 9/11 Memorial and Flight 93 Memorial. Proceeds will also benefit the Armed Forces Foundation, the Wounded Warriors, local first responders near the participating courses and Friends of Freedom Charities.

Local courses participating include BalenIsles Country Club (call 694-6145), the Country Club at Mirasol (775-7800) and

Frenchman’s Reserve (630-0333).

As part of the local activity, a fund-raising reception will be held on Sept. 11 from 6 p.m. to 9 p.m. at the Northlake Fire Station 9/11 Memorial in Palm Beach Gardens. Tickets are \$125 per person, and include dinner donated by BRIO Tuscan Grill in the Gardens. Proceeds will benefit the Big Heart Brigade and local people affected by the attacks. For more information call 624-9495.

GOLF 9/12 co-founders Col. Ray Horoho (Ret.), worked in the Pentagon with his wife on the day of the attack. “There were no divisions on 9/12. To a person, we stood passionately united,” says Col. Horoho. For more information, see golf912.org. ■



INSIDE



Voices of youth
Mentored students produce a play at the Maltz. **A23** ►



Networking
See who’s out and about in Palm Beach County. **A18-19** ►



Let ’em swim
Don’t rush in when adult children need help. **A12** ►



Bad booze
Alcohol can ruin evenings and relationships. **A24** ►

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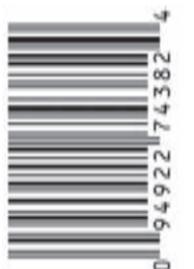
PRSR STD U.S. POSTAGE PAID FORT MYERS, FL PERMIT NO. 715	ROGER WILLIAMS A2	LINDA LIPSHUTZ A12	ANTIQUES A22
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DR. OZ IS MOVING! SEPTEMBER 12TH

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COMMENTARY

Sussing out the biggest sin



rogerWILLIAMS

rwilliams@floridaweekly.com

I've always loved the notion of living in sin. Truth be told, I've lived in sin. I may be living in sin now, for all I know — I certainly hope so. After all, one person's sanctity is another person's sin, which means my chances are pretty good.

The phrase itself remains as sweeping as the broad prairie, but as bluntly prosaic as a jail cell: LIVING IN SIN.

Delicious. A condition that requires carrying on the game off the field while still hotly participating in it — with any luck unseen by the referee. Living in sin is like racing toward the goal line of the opposing team with the football, but out of bounds, hidden from view behind their bench. To do it well you have to score a “touchdown” of course, a word frequently employed as a euphemism for the rewards of sin.

Football is not a game of sin. It's a game of excess. If you can punch a man in the head or grab his facemask without being spotted by the referee, more power to you. If the referee sees you, though, you've merely committed a penalty. Not a sin. You're judged excessive, too rough, dirty. But you aren't a sinner. You might get 15 yards, but you sure as hell won't get the fiery lake.

Among the Western world's great aficionados of sin, some of my forbears rank near the top. The Puritans. (See Roger Williams, founder of Rhode Island. He was

kicked out of Massachusetts at gunpoint in the middle of a winter's night because he wasn't quite puritanical enough, apparently.) Although the Puritans have been gone now these 400 or so sin-filled years, they continue to cast a long, unsmiling shadow of disapproval across the wayward lives of contemporary Americans.

And their cultural offspring continue to fight their battles for them, presumably to save us all from living in sin. They must know a lot about it, because they seem to consider the legislating of morality not only their right, but their talent.

For example, the Puritanettes (if I may so describe the new Puritans) have righteously designed the war on “drugs,” that taxpayer funded, economically bankrupting, morally debilitating effort to make us straighten up and fly right.

They also created the current hypocrisy of alcohol, a drug like any other but one legitimized and taxed to the very dregs (like “drugs” should be).

Neither the Puritans nor the Puritanettes ever opposed profit, per se. In the name of profit, conveniently, they've created a massive commerce of DUI enforcement that puts huge sums of money into the pockets of law enforcement agencies, lawyers, and a variety of middlemen ranging from bail bondsmen to alcohol abuse counselors to traffic school teachers to court personnel. Bars and restaurants, of course, continue to employ vast hordes of smiling drug pushers, known euphemistically (there's a lot of euphemism in sin) as bartenders or cocktail servers. They dispense the drug to drivers from places of business that for all practical purposes can only be reached by

car or truck, an essential ingredient for the DUI enforcement industry.

But at least those drug houses pay taxes for the privilege of selling their delightful spirits. Unlike churches.

And how about Commerce on Sunday? In this regard, the devil has triumphed unequivocally. Or maybe it's profit that triumphed, a close friend of the devil's. If you're old enough to recall the days when stores closed on Sunday, then you're very old indeed, which means you can remember a world just a little less sin-filled than the current world.

The Puritanettes, God bless' em, have fought the other great sins, as well. Gambling, for example. Or legal prostitution in Nevada — but that's not really a part of the United States except in name, any more than Key West is really a part of the United States.

More dangerously, there's that insidious, community-entrenched sin that (unlike alcohol) only dates back about 50 years, to the drug-infused, sex-laced 1960s.

I was there playing football as a teenager — a game of excess, not sin. So don't look to me for personal stories about “the '60s.” As an alert reader of contemporary American history, however, I've discovered that this very sinful and now very common business of cohabitation without marriage, aka LIVING IN SIN, began as a cultural phenomenon roughly about that time.

And it's come down to this in Florida: It's still against the law. Cohabitation is a second-degree misdemeanor that can get you a \$500 fine or as many as 60 days in the slammer, just like adultery. You touch

her, or him, before or after the Puritanettes decree, and you're a criminal. Not to mention a sinner.

When Rep. Ritch Workman, a Republican from Melbourne, introduced a House bill recently to have that law repealed, he was met with stony silence by fellow Republican and Gov. Rick Scott, among other “family values” Puritanettes, according to the *Fort Lauderdale Sun-Sentinel*.

Why would Rep. Workman pick this time to side with sin? Nobody really knows. Maybe he fears his two children will become criminals by living in sin. Or maybe it's just a variation on his hobby, listed on his State House bio as “deep sea fishing.” Really deep and way, way out to sea.

Now the poor fool stands front and center in the crosshairs of the Puritanettes, led by Rep. Dennis Baxley, an Ocala Republican, career mortician and former leader of the Florida chapter of the Christian Coalition (his interests also include fishing, along with listening to gospel music). Gov. Scott didn't have to speak because Baxley did. “I'm not ready to give up on monogamy and a cultural statement that marriage still matters,” he told the paper righteously.

Me either, especially now that I'm married. I'm in the game, I'm on the field of play, and I've got the ball. Of course, I've always been told that the sacrament of marriage relies on love, without which it ain't nothin' but a legal contract and a hound dog.

Oddly, I've never heard the Puritanettes talk about love (even they know you can't legislate that).

Maybe that's the biggest sin of all. ■

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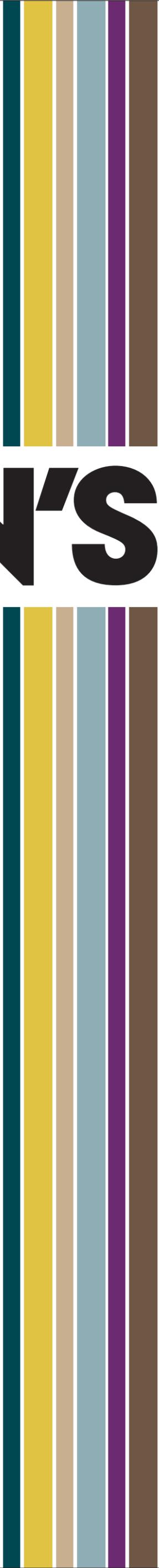
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OPINION

The cohabitation revolution

richLOWRY

Special to Florida Weekly



The great divorce revolution of the 1960s and 1970s has faded. The great cohabitation revolution has begun.

The divorce rate for married couples with children is almost back to the levels of the early 1960s, before the run-up that crested in the early 1980s. Considering the decades of social turbulence buffeting the institution of marriage between then and now, this is a notable restoration.

But it only means that marriage is unraveling in a different way. According to a new study by the Institute for American Values and the National Marriage Project at the University of Virginia, cohabitation has increased 14-fold since 1970. About 24 percent of children are born to cohabiting couples, more than are born to single mothers, while another 20 percent experience a cohabiting household at some time in their childhood.

On the face of it, this doesn't seem alarming. At least there are two adults there for the kids. Except the research

says it isn't enough. Children in cohabiting households tend to lag children in intact married families on key social indicators and are not much better off than children in single-parent families.

We want to believe that all relationships, so long as they are loving and well-intentioned, are equal. But as a general matter, compared with married couples, people across the gamut of cohabiting relationships report "more conflict, more violence, and lower levels of satisfaction and commitment," in the words of the National Marriage Project study. This basically holds true of unmarried biological parents who are living together. Cohabiting couples are more likely to be depressed and less likely to pool their income.

They are in altogether more tenuous relationships. Cohabiting couples with a child are more than twice as likely to break up as married parents. Only 24 percent of children of married parents experience a change in the relationship status of their mothers by age 12. The figure for the children of cohabiting couples is 65 percent.

This is especially consequential for the affected children. The study notes "an emerging scholarly consensus that family stability in and of itself is linked to positive child outcomes." Children

who experience a divorce or some other — to use the jargon — "maternal partnership transition" are more likely "to experience behavioral problems, drug use, problems in school, early sex, and loneliness."

Children turn out to benefit from the structure, rituals and identity that come with a lasting marriage between their parents. And the very act of committing to the norms of marriage makes adults better marital partners and parents. One of the more affecting pieces of data in this study is that fathers committed to marriage are more likely to hug their children than fathers who aren't. One of the more disturbing is that children in cohabiting households are more likely to be abused than children both in intact, married families and single-parent families.

The advantages of marriage run much deeper than merely having two adults in the house. It is an irreplaceable source of social capital. As we move away from it and social scientists study the consequences, we learn more about why it was such a timeless institution — once upon a time. ■

— Rich Lowry is editor of the *National Review*.

Cheney, Rumsfeld and the dark art of propaganda

amyGOODMAN

Special to Florida Weekly



"When one lies, one should lie big, and stick to it," wrote Joseph Goebbels, Germany's Reich minister of propaganda, in 1941. Former Vice President Dick Cheney seems to have taken the famous Nazi's advice in his new book, "In My Time." Cheney remains staunch in his convictions on issues from the invasion of Iraq to the use of torture. Telling NBC News in an interview that "there are gonna be heads exploding all over Washington" as a result of the revelations in the book. Mr. Cheney's memoir follows one by his colleague and friend Donald Rumsfeld. As each promotes his own version of history, there are people challenging and confronting them.

Mr. Rumsfeld's book title, "Known and Unknown," is drawn from a notorious response he gave in one of his Pentagon press briefings as secretary of defense. On Feb. 12, 2002, attempting to explain the lack of evidence linking Iraq to weapons of mass destruction, Rumsfeld said: "[T]here are known knowns; there are things we know we know. We also know there are known unknowns; that is to say we know there are some things we do not know. But there are also unknown unknowns — the ones we don't know we don't know."

Mr. Rumsfeld's cryptic statement gained fame, emblematic of his disdain for reporters. It stands as a symbol of the lies and manipulations that propelled the U.S. into the disastrous invasion and occupation of Iraq.

One person convinced by Mr. Rumsfeld's rhetoric was Jared August Hagemann.

Mr. Hagemann enlisted in the Army to serve his country, to confront the threats repeated by Defense Secretary Rumsfeld. When the U.S. Army Ranger received the call for his most recent deployment (his wife can't recall if it was his seventh or eighth), the pressure became too much. On June 28, 2011, 25-year-old Jared Hagemann shot himself on the Joint Base Lewis-McChord, near Seattle. The Pentagon notes that Mr. Hagemann died of a "self-inflicted" gunshot wound, but has not yet called it a suicide.

Jared had threatened suicide several times before. He was not alone. Five soldiers reportedly committed suicide at Fort Lewis in July. It has been estimated that more than 300,000 returning troops suffer from PTSD or depression.

Mr. Hagemann's widow, Ashley Joppa-Hagemann, found out that Rumsfeld was doing a book signing on the base. On Friday, Aug. 26, she handed Rumsfeld a copy of the program from her late husband's memorial service. She recounted, "I told him that I wanted him to see my husband, and so he would know — he could put a face with at least one of the soldiers that had lost their lives because of his lies from 9/11."

I asked her about Rumsfeld's response: "All I remember is him saying, 'Oh, I heard about that.' And after that, all I remember is being bombarded with security personnel and being pushed out and told not to return." Unfortunately, it's Staff Sgt. Hagemann who will never return to his wife and two little children.

In his NBC interview, Mr. Cheney claimed to have played a role in the January 2005 resignation of then-Secretary of State Colin Powell. Mr. Powell's former chief of staff, Col. Lawrence Wilkerson, called the claim "utter nonsense." More importantly, though, is

Col. Wilkerson's unflinching call for accountability for those involved in leading the nation to war in Iraq — including punishment for himself. A central pillar of the invasion of Iraq was Mr. Powell's Feb. 5, 2003, speech before the United Nations, which laid out the case of weapons of mass destruction. Col. Wilkerson, who takes full responsibility for coordinating Mr. Powell's address, told me: "It was probably the biggest mistake of my life. I regret it to this day. I regret not having resigned over it."

The Center for Constitutional Rights and lawyer/blogger Glenn Greenwald are among those who have long called for criminal prosecution of Mr. Cheney, Mr. Rumsfeld and other Bush administration officials. Said Col. Wilkerson, "I'd be willing to testify, and I'd be willing to take any punishment I'm due."

Col. Wilkerson says Mr. Cheney's book is "written out of fear, fear that one day someone will 'Pinochet' Dick Cheney," referring to the former Chilean dictator Augusto Pinochet, who was arrested in Britain and held for a year before being released. A Spanish judge had wanted him extradited to be tried for crimes against humanity.

As we approach the 10th anniversary of 9/11, and the casualties mount on all sides, the books by Mr. Rumsfeld and Mr. Cheney remind us once again of war's first casualty: truth. ■

— Denis Moynihan contributed research to this column.

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 800 stations in North America. She is the author of "Breaking the Sound Barrier," recently released in paperback and now a New York Times best-seller.

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Scripps-Harvard study offers hope for diabetes patients

SPECIAL TO FLORIDA WEEKLY

In a joint study, scientists from The Scripps Research Institute and Harvard University's Dana-Farber Cancer Institute have established a new class of anti-diabetic compound that targets a unique molecular switch.

The finding paves the way for the development of anti-diabetic therapeutics with minimal adverse side effects plaguing currently available drugs such as Avandia (rosiglitazone), scheduled to be removed from pharmacy shelves this fall due to concerns about increased risk of heart attack.

The new study, led by Patrick R. Griffin, professor and chair of the Department of Molecular Therapeutics at Scripps Florida, Bruce Spiegelman, professor of cell biology at the Dana-Farber Cancer Institute, and Theodore Kamenecka, associate scientific director of medicinal chemistry at Scripps Florida, was published September 4 in the journal *Nature*. The study describes a new compound known as SR1664.

"In this study, we demonstrate that we have discovered novel compounds that work effectively through a unique mechanism of action on a well-validated clinical target for diabetes," said Mr. Griffin. "This unique mechanism of action appears to significantly limit side effects associated with marketed drugs. This study is a great example of interdisciplinary, inter-institutional collaboration with chemistry, biochemistry, structural biology, and pharmacology."

"It appears that we may have an opportunity to develop entire new classes of drugs for diabetes and perhaps other metabolic disorders," said Mr. Spiegelman.

Diabetes affects nearly 24 million children and adults in the United States, according to the American Diabetes Association.

The study follows previous research by the authors published last year in *Nature* that suggested an obesity-linked mechanism that may be involved in the development of insulin-resistance.

In that research, the team found disruptions in various genes when a protein known as PPAR γ undergoes phosphorylation (when a phosphate group is added to a protein) by the kinase Cdk5, an enzyme involved in a number of important sensory pathways.

The new study confirms that blockage of Cdk5's action on PPAR γ is a viable therapeutic approach for development of anti-diabetic agents.

The new SR1664 compound is a potent binder to the nuclear receptor PPAR γ , but does not activate gene transcription via the receptor's normal mechanism.

While Griffin stressed the difficulty of fully assessing side effects of new compounds such as SR1664, the new research is extremely positive in that it clearly demonstrated fewer of the major well-documented side effects, such as weight gain or increased plasma volume, from SR1664 as compared to Avandia in diabetic mice.

While both the mice treated with Avandia and those treated with SR1664 demonstrated improved blood sugar levels, those treated with Avandia showed weight gain and increased fluid retention within a few days of beginning treatment; those being treated with SR1664 showed none of these side effects.

In cell culture studies, SR1664 also appeared to have little effect on bone formation, nor did it increase fat generation in bone cells, another side effect of current therapies such as Avandia.

While SR1664 likely will not be developed as a drug, it now serves as a molecular scaffolding for the creation of similar compounds with potential to treat diabetes.

The study was supported by The National Institutes of Health. ■

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Gardens yard sale set for Sept. 17

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Sell your old treasures and buy some new treasures at the city of Palm Beach Gardens indoor yard sale on Sept. 17.

The sale is from 7:30 a.m. to 11:30 a.m. in the north gym of the parks complex at 4404 Burns Road. Residents of Palm



Beach Gardens may rent a space for \$25 (only residents may rent space). Tables are not provided and table sharing is not permitted. Sellers must reserve a space by Sept. 16 at 4:30 p.m.

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“Drumin & Dancin for Denali,” a celebration of hope to raise money and support for young cancer patient Denali Botolino and his family, is Sept. 14 from 6 p.m. to 9 p.m. at the Out of the Blue Restaurant at Loggerhead Marina in Jupiter.

The event will include professional belly dancers, group belly dancing, street performers, musicians and DJs.

Denali has pancreatic cancer. Donation is \$10 per person. For more information, call 633-1330. ■



JENNIFER WEISS PHOTOGRAPHY
The Botolino family.

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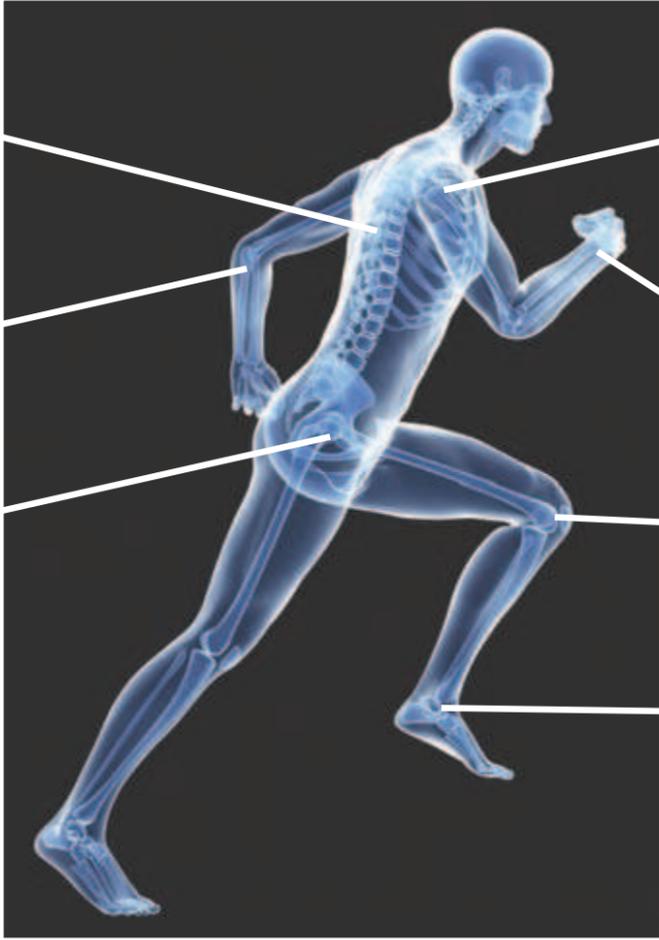
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9/11

From page 1

New York's World Trade Center, 343 were firefighters and paramedics. In addition, 37 Port Authority Police and 23 New York Police Department officers died while attempting to rescue those in the twin towers.

It is a sobering reality for members of Palm Beach Gardens Fire Rescue.

Last year, three members of the force drove to New York City to escort a steel column salvaged from the wreckage of the Twin Towers. Two Gardens police officers also joined them on the journey in which the welded steel was brought to Fire Station No. 3 to be the centerpiece of a 9/11 memorial.

And for the five men who accompanied the 10 tons of steel on its journey from New York to Palm Beach Gardens?

"The whole trip, I thought, was a good experience," says Fire Capt. Richard Jimenez. "Some of it was just eye-opening."

The men toured the John F. Kennedy Airport hangar where the World Trade Center rubble was stored, those fragile fragments of concrete and steel, textiles and, possibly, human remains.

"Some things were pulverized, some were intact," Capt. Jimenez says.

The men especially were taken aback by the so-called World Trade Center "meteor" — three floors of the one of the towers that were melted together into a single mass of concrete and steel.

"Then on the outer edge was a textbook, fully preserved," says police Sgt. Andrew Spragg.

That hangar is off-limits to the general public.

"The curator in charge of documenting what was left knew every inch of everything in that hangar," says firefighter/paramedic James Ippolito. "You felt special being in a room where so few people were allowed."

Police Officer David Dowling agrees. "One of the things I remember most about the trip especially when we went inside the hangar at JFK is just that it was hallowed ground."

"There was a reverence," Mr. Ippolito says.

The pieces of steel that they were to transport left the men in awe.

"I saw it and thought, 'wow, it was so heavy,'" says Capt. Jimenez.

"When we saw it, I was really impressed," says firefighter Cory Besette. "I was really proud."

And the men were glad those fragments of history came from columns, rather than beams.

"I wanted a piece that could still stand up," says Mr. Ippolito.

BRINGING IT HOME

Getting home was not a simple matter.

"We had everything pretty well laid out for the trip back," Mr. Ippolito says. "We didn't just want to leave the steel in a hotel parking lot somewhere."

They had figured that Fayetteville, N.C., was about the half-way point and had made plans to spend the night there, and leave the steel at a station there.

But there were delays in leaving New York, so the first day of the trip home ran short.

They ended up in Prince George's County, Md., just outside of Washington, D.C.

The men did Internet searches for stations that would be near their stopping point, called and got permission to park the pieces of steel at a volunteer fire station, Kentland 33, one of the busiest in the country.

The station had ties to 9/11 — Engine 33 had gone to the Pentagon on that



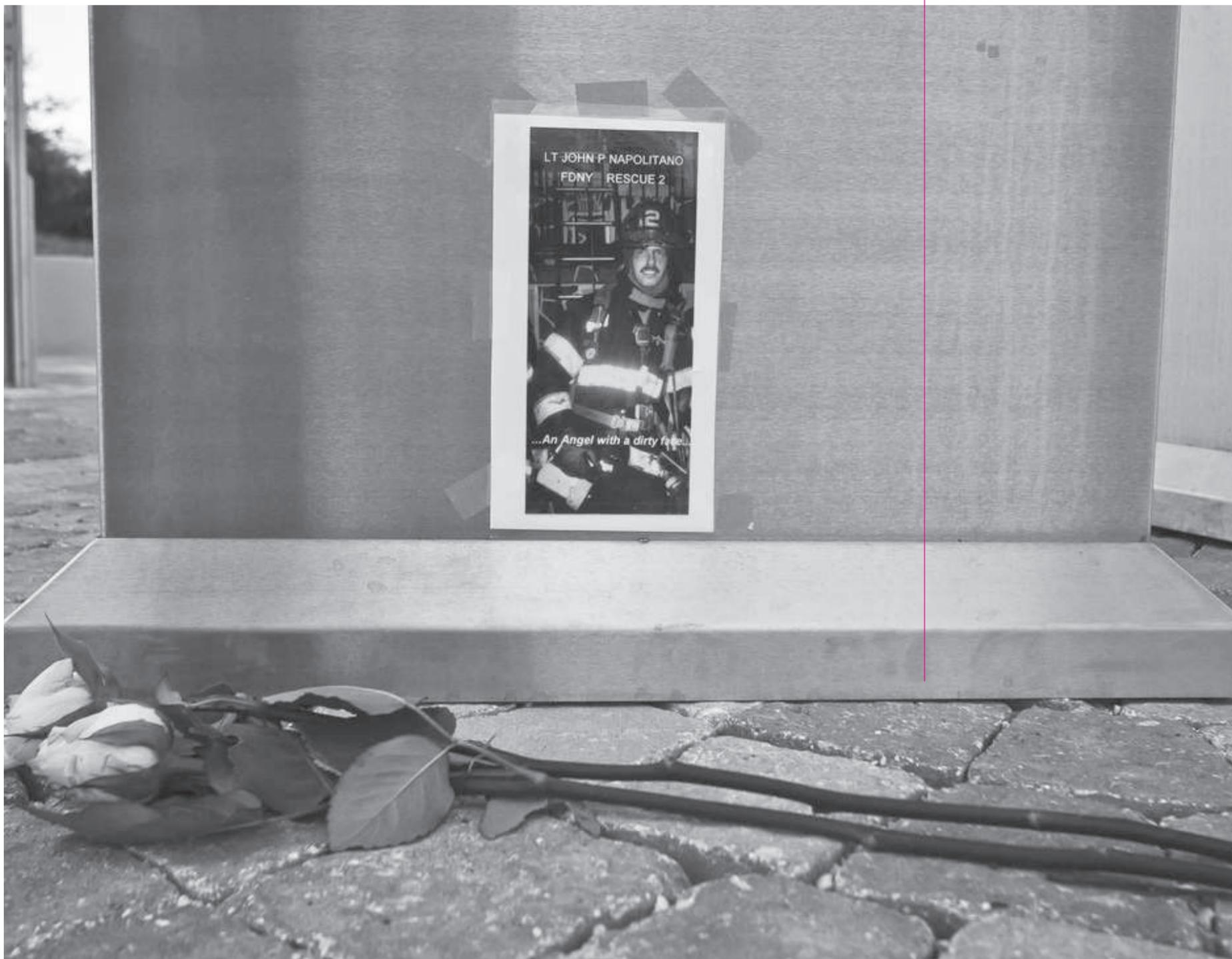
COURTESY AND SCOTT SIMMONS PHOTOS

Top: The seating wall that surrounds the memorial is in the shape of a Maltese cross, a traditional symbol of firefighters.

Middle: The men traveled to a hangar at John F. Kennedy Airport where the artifacts from the World Trade Center are stored to pick up steel columns.

Above: Palm Beach Gardens firefighter/paramedic James Ippolito, left, firefighter Cory Besette, fire Capt. Richard Jimenez, police Sgt. Andrew Spragg and Officer David Dowling escorted the steel that forms the city's 9/11 monument from New York to Palm Beach Gardens.

At right: A 6-mile-long motorcycle caravan escorted the steel from Stuart to its new home in Palm Beach Gardens.



COURTESY PHOTO

Palm Beach Gardens firefighters and police officers carried with them mementoes of Lt. John Napolitano, who died at the World Trade Center, when they escorted the steel home to Florida.

fateful day.

Mr. Bessette and Mr. Ippolito ended up going on calls with the station all night.

It was meant to be.

"They have a memorial set up at their station. They had six or seven names that were listed from FDNY Rescue 2. I guess they knew one of their guys there," Mr. Ippolito says. "Well, it just so happens that one of the gentlemen that lived down here, John Napolitano, his son died as a firefighter in Rescue 2. Before we left, he had given us a bunch of memorabilia of his son — pictures and such of his family and asked us just to take it with us on the journey because his son would have really approved of what we were doing...."

"One of the seven names they had up was his name."

And one of the members of that company had a commemorative metal bracelet that also bore the name of Mr. Napolitano's son.

"Isn't it incredible that it's such a big world we live in but when a tragedy happens, it's so small?" says Officer Dowling.

That's part of the loss of innocence for Americans after 9/11.

The world did become much smaller — and meaner.

The terrorist attack and incidents in the weeks that followed changed the way we do things forever — enhanced security at airports and public buildings, increased requirements for identification cards and passports.

It also affects the ways firefighters and

police officers do their jobs.

"Safety's always an issue, even more so now. I think we always as fire services and police services always maintained a sense of safety," says Mr. Bessette. "Now it's just ever more kind of enhanced. People are out there with the capability to do this and will do this."

Says Mr. Ippolito, "It's one thing to hear about it or to see it on TV. It's no longer something that happened 'over there.' We're a family."

Lighter moments kept the men grounded.

They took a picture of the Palm Beach Gardens utility truck they had driven to New York parked in Times Square.

The city manager even received a call from a Gardens resident wanting to know why a city police car was parked at a hotel near JFK, and asked if they were on vacation. The men say that caller later made a donation toward the monument.

Along the road, people honked and cheered and waved as the caravan — the police car, the utility truck and a semi loaded with its precious cargo of twisted steel — made its way south toward that final resting place.

It would take an hour sometimes to get gasoline, the men say, because people wanted to take pictures of the artifacts.

There was a 6-mile-long motorcycle caravan for the final leg of the trek, from Stuart to Palm Beach Gardens.

It was Memorial Day 2011, and the 36-foot piece of steel, marked C-89, from between the 12th and 15th floors of the south tower finally was brought to its

new home.

BUILDING A NEW HOME

Then there was the matter of building that new home.

"When we started taking on the project and seeing some of the designs and started to estimate the costs, it was kind of scary because we started with \$60,000 in seed money from the Art in Public Places committee," says Fire Rescue Chief Peter Bergel. "When all was said and done, we were probably looking at somewhere around \$350,000 to \$360,000 to make it happen. And to be honest with you, I was skeptical that we would raise that kind of money."

"You get the information out to the community and you understand what you're doing and it was just amazing the number of people who came forward and donated money and in-kind services and labor. It was quite the undertaking. It was obviously a historic project for the city, in that fact, and something obviously we can be proud of."

There actually was money left over once the memorial was finished, the chief said.

About 3,000 people attended the monument's unveiling last Sept. 11. Trolleys ferried people to and from the site.

On a weekday, it's a quiet place, this memorial to a day that never should have happened.

The steel columns stand like two slightly bent twin towers. Concrete benches surround the steel and form the shape of a Maltese cross, a symbol for firefighters.

Etched on eight glass panels are the names of the nearly 3,000 people who died — visitors frequently make rubbings of the names, which serve as a memorial for families who had no bodies to bury — only the emptiness of not knowing where their loved ones were. Plaques tell the story of the day.

Accessibility is the beauty of this memorial.

"It's not like it's behind a glass case. It's really there for everyone," says Mr. Ippolito.

Much of Palm Beach County's population hails from the Northeast. It's likely that many people in the area knew someone — or at least knew someone who knew someone — who died that day. And in the decade since the jetliners slammed into the Twin Towers, many of the survivors have moved to the area, the firefighters say.

So each day, people visit the memorial.

"We have a little library (at Station 3). One of guys has stepped up to the plate. He's kind of the librarian, if you will," Mr. Ippolito says. "People are constantly leaving things out there — memorabilia and stuff — and we don't want to throw it away. We'll leave it out there a couple of days, then log it and we have a little locker back there and we keep everything."

Keep them they will — and display them on occasion, too.

For those are the bits of people's lives, those snippets of history that coalesce in two rusted pieces of steel soaring heavenward in memory of a day that never will be forgotten. ■

HEALTHY LIVING

When your adult children need help, don't rush in

lindaLIPSHUTZ

llipshutz@floridaweekly.com



How could Ed be snoring so peacefully beside her? Gina had been tossing and turning for hours. She just couldn't shake the feeling of dread. (Names have been changed.)

Earlier that evening, her daughter Vanessa had called in tears after a particularly heated argument with her husband, Chuck. Chuck had lost yet another job and was furious that Vanessa had questioned him about what happened.

Gina and Ed had begged Vanessa not to marry Chuck. They could tell he was trouble right away, but Vanessa had been very stubborn, telling them to stay out of it. Unfortunately, they had been right.

Chuck turned out to be verbally abusive and could barely provide for Vanessa and their two children. Vanessa, a successful physician, has been killing herself working full time, while also carrying the bulk of the household and car-pooling responsibilities at the end of her exhausting day. And, Chuck never lifts a finger!

It just kills Gina to watch the way this man walks all over Vanessa. She doesn't understand why her beautiful and accomplished daughter has such little confidence in herself. Gina often falls into the trap of offering advice, and then becomes frustrated when Vanessa doesn't listen. The more Gina pushes Vanessa to stand up for herself, the more Vanessa gets defensive and belligerent. Gina knows she probably calls Vanessa too often to check how things are going, but she can't stop herself. After these phone calls, Gina is a wreck for days.

When she tries to talk to Ed about her concerns, he is absolutely no help. He tells her he feels terrible that Vanessa is unhappy but Gina should back off and leave things alone.

It's his belief that Gina is overly involved in Vanessa's life and that she should let Vanessa work things out on her own. Gina becomes so frustrated by Ed's "indifference" that the two of them invariably end up in a fight of their own.

Loving parents are often acutely attuned to the emotional needs of their children (even when the children become adults.) And, oftentimes, when our children are in distress, many of us believe that we can feel their pain just as intensely. We may want so much to relieve our loved ones (and ourselves) of the hurt, that we may feel it is somehow in our power to do so.

Historically, many women have gained both their identity and pride from a deep investment in protecting, helping and comforting their children. Starting at the beginning of his life, a child's relationship with his mother is the foundation for his sense of self and well being, and begins the process of learning how to interact with others and to face life's challenges. The path appropriately continues with a mother's ability to acknowledge that her growing child will develop to have independent thoughts and feelings.

Some mothers act as if their children's behavior reflects upon the quality of their parenting and somehow blame themselves if their children are having trouble finding their way. And while it is true that our parenting does have a bearing on shaping the maturity and judgment of our children, there are many other influential factors, such as genetics, life circumstances, peer groups, etc. And of course, there comes a time when our children become adults that they

must assume the responsibility of making their own decisions and choices.

So how can we maintain our equilibrium and be most supportive when we know that our adult children are in emotional pain?

The reality is: we need to give up the fantasy that if we could only figure out the right thing to say or do, we would have the ability to make our children's problems go away. When parents take care of everything, never letting their children learn to do for themselves, the children may become too dependent, simply because they have not developed the skills of self-care, often counting on others to solve their problems.

It is important to remember, that we can be incredibly supportive by simply communicating that we are there for them and that we will listen quietly before offering feedback. This should convey that we have confidence they can be the best experts on what ultimately will be the right path to take.

If we can become attentive, empathic listeners and ask thoughtful questions, we might empower our loved ones to search for their own answers. Rushing in to suggest solutions, or trying to cheer them up may

simply reflect our own inability to sit with the pain of their problems and distress, or to experience our own discomfort. We might unwittingly

cut off our loved ones, especially when they are trying to find the right words to express what is actually bothering them.

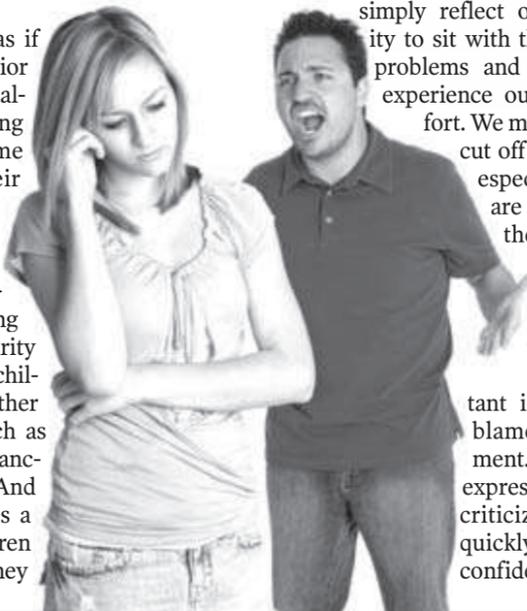
Just as important is to hold back blame and judgment. If our children express a need and we criticize them, they quickly learn not to confide in us. Worse,

yet, there may be an implicit message that we are somehow disappointed or embarrassed by them. When we convey to a loved one: "My way is better," we are communicating that we don't respect or value their opinions. Most important, by doing so we can undermine their ability to reach for their inner resources and confidence. And of course, if we put them on the defensive, they might turn deaf ears on a conversation that could offer possible constructive and collaborative options for them to consider.

Just because Ed does not dwell on Vanessa's problems does not mean he is not a loving father. On the contrary, he may care very much. However, he may truly believe that he should step aside to give Vanessa the room to sort out her problems on her own. In addition, he may have learned that focusing on a worrisome topic might agitate him to a point that he becomes overwhelmed, and not helpful. He may be well aware that if he, too, becomes emotionally charged when his wife and/or daughter are struggling, he may add a level of intensity that further aggravates the situation. It would be a tremendous help if he could reach out at this time to support Gina, so she would have a sounding board and a place to vent her worries. This might enable the two of them, as a couple, to address their concerns, maintaining an appropriate boundary from their daughter.

It is not in our power to change another person. Nor is it our responsibility to make decisions for others. Grasping these two principles can be quite liberating! But of course, when we disengage from the drama of our loved ones, we put ourselves in the position of looking squarely at what is and is not happening in our own lives. ■

— Linda Lipshutz, M.S., ACSW is a psychotherapist serving individuals, couples and families. A Palm Beach Gardens resident, she holds degrees from Cornell and Columbia. She can be reached at her Gardens office at 630-2827 or at palmbeachfamilytherapy.com.



GIVING

The humble American Dream has gone missing

leslieLILLY

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



Community Foundation
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Promoting philanthropy - Investing in communities

My dad left home in search of a job when he was 17 years old during the heart of the Great Depression. I have an old photograph of him taken in South Carolina in National Guard. He was given a gun, a uniform, and a small stipend that enabled him in those lean years to get started. During World War II he joined the Navy and worked in the mailrooms of the Atlantic fleet and learned the postal business. On discharge from the Navy, he landed in the U.S. Post Office in Jacksonville where our family took root. As a railway postal clerk, he worked in a mail car on the Ham and Jack line for 30 years. In time, moving mail by trains became an anachronism as shipping by air and truck became more common.

Dad managed the transition successfully when his job disappeared. He scrambled, sought and received an appointment and served three years as a postmaster of

a small rural post office in central Florida. When he retired, his work history spanned over 60 years, most of that time spent working in a second job running a paint business to increase his earnings. That extra income enabled my brother to go to college, paid for the family automobiles, and eventually resulted in enough savings to purchase a lakeside cabin where my father spent his retirement years, growing a

beautiful vegetable garden and tending a grape vineyard from which many a bottle of Florida wine was made.

My dad was a hard-working man and the fruits from his labor enabled my brother and me to grow up in a modest neighborhood, in a modest home and for my mother to stay at home and raise the kids. When I think about the working people of this country and all the diversity that workers today represent, I think of my father. Having experienced the uncertainty of hard economic times, the job security he enjoyed as a government employee was both a blessing and a curse. He might have had ambition to do more with his life, but he grew up in a time and in a circumstance that the yoke of responsibility was great to provide for his family as his first and only priority. I will never know all the sacrifices he made, to stay put and make do, in order to make

a regular paycheck.

There was no flavor of entitlement to it. But he had no illusions when it came to understanding the limitations of the choice and sometimes bridled against it; and he made himself content with the benefits of a sustained and predictable path that allowed for raising a family, buying a home, having health and medical coverage, receiving a modest income on retirement, saving up a little disposable income that allowed him to pursue his gardening, go fishing now and then, and make an annual trip during the holidays to be with the kids. These days, who among the working families of the nation could say they wouldn't be grateful for just this much? This was a humble American Dream and now it's gone missing.

The origins of Labor Day 100 years ago are still subject to debate, but there is no doubt its catalyst was a growing appreciation for the workers whose labors were building the country toward greatness. It's hard to find evidence of that thankfulness now. Labor Day seems in majority repurposed as a shopping event and the last hurrah of summer. Large parades of marching union locals, vast picnics of workers and their families and the flowery speeches praising workers are in short supply. Blame it on the poisonous political climate. Unions are disrespected and suspicion is broadly cast upon working

people trying to make a decent living.

But it is worth noting what the U.S. Department of Labor says on its website: "The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker." Philanthropy couldn't have said it better. Thank you, Dad. ■

— 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.

Jupiter Medical Center offers lectures, screenings

SPECIAL TO FLORIDA WEEKLY

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September Spa Nights: Schedule your annual mammogram during a September Spa Nights and receive a complimentary chair massage and light appetizers in a calm, comfortable atmosphere, complete with plush robes, aromatherapy and relaxing music. Receive a breast cancer risk assessment and breast health education goody bag with each appointment. A physician prescription is required. Regular insurance coverage applies. Cash prices are available for the uninsured. Call 263-4414 to schedule your appointment. Each Wednesday in September, 4:30 p.m. to 7 p.m., Margaret W. Niedland Breast Center, 1025 Military Trail, Ste. 200, Jupiter.

Reshape Your Life: Learn about which surgical weight loss treatment option is right for you. Reservations are required. Register online at jupiterweightloss.com, or call 800-376-4557. Tuesday, Sept. 13, 6 to 7:30 p.m., Ahlbin Building, Meeting Room 3.

Prescription for Pain: Chronic pain is a real problem for millions of Americans. Learn about different types of pain, causes and innovative treatment options. Register online at jupitermed.com or call 263-2628 to make your reservation. Thursday, Sept. 15, 5:30 to 6:30 p.m., Ahlbin Building, Meeting Room 3.

Take Action Against Skin Cancer: Join JMC for a lunch and learn interactive discussion regarding the most common

types of skin cancer, who is at risk for skin cancer, prevention of skin cancer and treatment options including electron beam radiation therapy. Register online at jupitermed.com or call 263-2628 to make your reservation. Monday, Sept. 19, 12 to 1 p.m., Ahlbin Building, Meeting Room 3.

Prostate Cancer Screening: Free screening, including PSA blood test and digital rectal exam. Appointments required. Call 263-3630. Tuesday, Sept. 20, 11 a.m. to 1 p.m., Foshay Cancer Center.

Future of Prostate Cancer: An interactive discussion about the advances in diagnosis and treatment, including cutting-edge treatment options such as RapidArc radiotherapy and the da Vinci robotic surgery procedure. Register online at jupitermed.com or call 263-2628 to make your reservation. Tuesday, Sept. 27, 2011, 5:30 to 7 p.m., Ahlbin Building, Meeting Room 3.

GYN Cancer: Know Your Risk: In recognition of National Gynecologic Cancer Awareness Month, join an interactive discussion including risk factors associated with gynecologic cancers, warning signs and symptoms, and what you can do to maintain your gynecologic health. Find out about the latest treatment options, including the da Vinci robotic surgery procedure. Featuring Donna Pinelli, M.D., Board Certified, Gynecologic Oncologist, Medical Director, Robotic Surgery Program. Register online at jupitermed.com or call 263-2628 to make your reservation. Thursday, Sept. 29, 5:30 to 7 p.m., Ahlbin Building, Meeting Room 3. ■

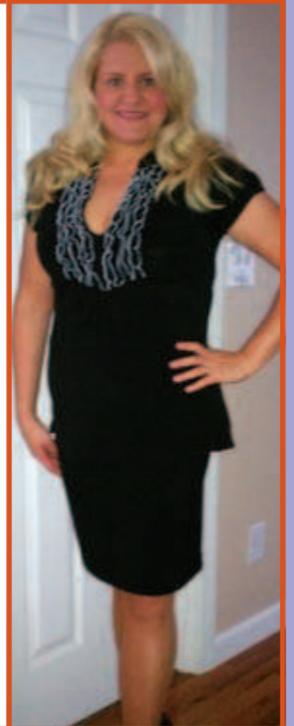
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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Least competent people

► Police in Roseville, Mich., arrested a 24-year-old roofer in August and charged him with reckless driving after he hit four cars. He had noticed that his brakes had failed but unadvisedly tried to drive on, anyway, by extending his left leg out the driver's side door and braking "manually"

(yes, as in "The Flintstones"). According to police, the man was completely sober.

► In Durango, Colo., Sean Ogden, 19, was seriously burned in July when he tried to break down fireworks he had purchased in order to build even bigger ones. He was mixing them in a coffee-bean grinder. ■

The entrepreneurial society

► The fashion designer Chandrashekar Chawan recently created gold-plated, diamond-studded contact lenses that make eyes "sparkle" (not always a good thing, admitted Mr. Chawan, citing reviews calling the look "cringeworthy" and "demonic"). According to an MSNBC report, the "bling" part never actually touches the cornea.

► Among the trendiest avant-garde

beauty treatments are facial applications made from snail mucus, according to a July report by London's Daily Mail. South Korean glamour consultants were the first to use mollusk extract's generous moisturizing properties, though a dermatologist warned (on NBC's "Today" show) that no "controlled" studies have yet demonstrated snail-goo superiority. ■

Leading economic indicators

► Augustin James Evangelista is only 4 years old, but he nevertheless has certain financial needs — which amount to about \$46,000 a month, according to the child-support request filed by his mother, "supermodel" Linda Evangelista. A *Wall Street Journal* reporter concluded that the figure is about right for rich kids in New York City, what

with needing a driver, designer clothes, around-the-clock nannies and various personalized lessons. And soon, according to a consultant-to-the-rich interviewed in August by the *Journal*, Augustin James will become even more expensive, as he graduates from his exclusive preschool and enters his exclusive kindergarten. ■

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► Colorado inmate Daniel Self filed a federal lawsuit in July against the Sterling Correctional Facility because prison personnel saved his life. They revived him after he had stopped breathing from an attack of sleep apnea, but he contends he had previously demanded to officials that he never be resuscitated, preferring to die rather serve out his life sentence.

► Terry Barth complained to hospital officials that he was “kidnapped” by

paramedics and thus cannot be liable for the \$40,000 he has been billed by Enloe Medical Center in Chico, Calif., where he was brought by ambulance following a motorcycle crash in August 2010. Mr. Barth said he had insisted at the scene that paramedics not take him to a hospital because he had no medical insurance. (Paramedics are legally required to take anyone with a serious head injury.) ■

Our animal sidekicks

► Ruth Adams called on Northampton College in central England to measure the purring sound of her gray-and-white tabby cat, Smokey, aiming for a Guinness World Record. The result, she told The Associated Press in March, was 73 decibels, many multiples louder than the average cat’s purr and about as noisy, according to the AP, as “busy traffic, a hair dryer or a vacuum cleaner.” (According to cat-ologists, Smokey’s purring could reflect either extreme happiness or extreme stress.)

► What took them so long to think of this? “Most wineries rely on the human nose [to detect out-of-place odors],” said the vintner of the Australian boutique wine Linnaea, “but that is time-consuming, costly, and nowhere as reliable as Belle.” Miss Louisa Belle is a 7-year-old bloodhound possessing, of course, a nose that is reportedly 2,000 times more sensitive than the human nose. Her primary job, the vintner told Melbourne’s *Herald Sun* in July, is to sniff out tainted corks during the bottling process. ■

Medical marvels

► The first published instance of a woman’s nipple appearing on the sole of her foot was noted in a 2006 report in the journal *Dermatology* and reprised in a series of U.S. and British press reports in July 2011. The reporting physicians, led by Dr. Delio Marques Conde, acknowledged that out-of-place breast tissue, while extremely rare, has shown up before on the back, shoulder, face and thigh. The foot nipple was “well-formed,” with areola and seba-

ceous glands.

► British college student Rhiannon Brooksbank-Jones, 19, recently had her tongue surgically lengthened just so she could better pronounce the Korean letter “L.” London’s *Daily Mail* reported in August that the student had become fascinated with Korean culture and intends to live and work in South Korea eventually — and would need to speak like a native to succeed. She is now satisfied that she does. ■

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BUSINESS

WEEK OF SEPTEMBER 8-14, 2011

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

Consumer confidence dips in Florida

Consumer confidence among Floridians decreased to a near-record low in August, according to a new University of Florida survey. This month's mark of 62 is only three points higher than the record-low 59 set in June 2008.

"Although none of the index components were at record lows, the combined decrease in confidence across all five components is remarkable," said Chris McCarty, director of the Bureau of Economic and Business Research. "If past history of this index is any indication, we are in, or at least very near, a recession. We are not likely to know for certain until after the fourth quarter."

All five of the index's components decreased, most notably perceptions of U.S. economic conditions over the next year, which fell six points to 51; perceptions of U.S. economic condi-

tions over the next five years, which dropped six points to 63; and confidence to purchase big-ticket items such as cars and appliances, which dipped five points to 70. Perceptions of personal finances now compared with a year ago dropped four points to 54, and expectations of personal finances a year from now fell one point to 74.

A loss in confidence among women and seniors played a major role in the fall. Confidence among women dropped eight points to 59 and confidence among those age 60 and over fell nine points to 57. The loss in confidence among seniors was surprising because confidence among seniors rose five points in July, McCarty said, but the debate

in Washington over raising the debt ceiling and other issues may have finally taken their toll.

"This is no doubt influenced by debt reduction talks, which now routinely include modifications to Medicare and Social Security as part of the solution," Mr. McCarty said. "As there are no clear details about potential changes, some seniors are becoming unnerved. Their concerns

are further fueled by wild swings in the stock market."

Despite the significant drop in confidence, state and national economic indicators were not much different from last month when overall confidence rose two points. State unemployment remained steady at 10.7 percent and national unemployment dropped 0.1 percent to 9.1. Gas prices have declined since the

beginning of August, Mr. McCarty said, and the median price of a single-family home in Florida declined to \$136,500 from \$138,000 in June. Mr. McCarty said tourism in Florida continues to be a positive, offsetting job loss in construction and government employment. ■



MONEY & INVESTING

Unemployment is our problem, and ours to solve



The average Joe is trying to pay bills, keep a job or get a job, make payments on a home severely under water or, failing to have done so for any of a host of reasons, is facing eviction as a foreclosure process is under way. The thought of retirement funds other than Social Security is beyond their mental reach. The thought of funding their children's college education is not on the front burner — actually it is nowhere in the kitchen. For many wanting and needing work, the recent passage of Labor Day 2011 was not the happiest of times.

The intellectual part of understanding the world in which we live and the movements in the global financial markets can hypnotically fixate eyes and ears. Keeping abreast of such factoids is part of my profession and usually the focus of this column. It sometimes diverts my (and possibly your) attention away from the truly critical issues of U.S. employment, that is, underemployment, underemployment and those who have given up on being employed.

For many, myself included, employment problems are viewed at arm's length until the problems morph into the faces of those you know. Sometimes, to our surprise, it's our own face in the mirror.

The current unemployment problem of some 9 percent is not all to be laid at this

president's feet, nor fingers pointed to the prior Oval Office occupant. Some hail back to Jimmy Carter and Lyndon Johnson; others believe, "But for Roosevelt and creation of Social Security..." You can add or subtract names until you get to an acceptable political party affiliation depending on how you lean.

The problems are not all corporate leadership's either; they can't change the fact that other countries offer: labor at 50 cents an hour; lower corporate tax rates and certain corporate tax policy; factories where there are no concerns for product and environmental liability suits; no health care mandates for employees, and plenty more. Because the overseas environment is more competitive than much of the U.S., the overseas profits have very much remained there or been redeployed there. Approximately half of the trillions of corporate cash is held overseas; it might well stay there until U.S. tax policy is conducive to bringing it back home.

However, equally true is that CEO compensation packages have robbed the non-senior management (often the middle class/middle management) of their fair share of "trickle down" corporate wealth; the profit distribution never seemed to break the executive floor.

Enter the consumer, all consumers. There's a little blame to go there too. Did we really need all those things? Were minimal savings, maximum spending, and retirement money stored as homeowner equity a strategy that we so willingly should have embraced? And if blame could be properly apportioned among government, business

and the consumer, would that right the ship? No.

The focus needs to be on jobs. Infrastructure projects are the buzz. Though it seems that everything the government manages has deficit, losses and wacky accounting, infrastructure is needed and the only entity that can undertake it is the government. (Albeit, not to the exclusion of partnering with private enterprises.)

Maybe, beyond infrastructure, jobs can be created in those industries that cannot be or should not be exported.

For instance, put money into natural resource development; this is critical. Any lowering of U.S. gasoline prices would have a significant impact on the average Joe. It is just about as important as mortgage rates, except it impacts an even broader cross-section of the population.

The U.S. needs to protect its competitive edge in the few industries where it needs to keep its secret formulas within the confines of the 50 states, such as our pharmaceutical or aeronautics industries. I accept the reality that the world wants our pharmaceutical and aviation secrets, formulas, advancements, etc.

Everyone wants our crops. Granted we have the most well-developed farming community in the world. But maybe there are ways to make output even greater.

And what do we do with technology? I view it as creative destruction: creating new jobs and destroying others. Even if there is an even exchange, there is always a dislocation.

But some thoughts come to mind about

things that ordinary citizens can do to help the employment problem. And this is suggestive, and not intended to be preachy — just ideas that might trigger readers to creatively think about employment issues.

- Consider paying a little more to employ a U.S. person or paying a little more to buy a U.S. product.

- Do not send web development overseas to India, Russia, etc.

- Offer your professional services for free to friends and colleagues who are undertaking a new business venture.

- Mentor and encourage an unemployed college grad until place in a job: personal encouragement, helping network and make introductions, keeping them accountable to a job search disciplines; etc.

- Undertake some expansion of your business during the trough with an expectation of a multiple fold payoff when the economy does turn.

It is not that protectionism is being embraced. It is "taking care of our own"... in a highly competitive world that does not care one bit about U.S. employment issues.

One can point to politicians' failings all day long. But it does not excuse us from doing all we can on a daily basis to help others to get back on their feet or start a new dream of financial stability. Buying American and hiring American is of great value; buying and hiring from your own backyard, even more so. ■

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

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AT&T increases capacity, performance in South Florida

SPECIAL TO FLORIDA WEEKLY

AT&T customers in South Florida are expected to experience improved mobile broadband coverage and voice performance as a result of continued investment by AT&T. The company announced network improvements made year-to-date to enhance the wireless capacity and performance of its local network.

Since the start of 2011, AT&T has made the following improvements in Miami-Dade, Broward and Palm Beach counties:

- Deployed enhanced backhaul connections to more than 340 cell sites. Combined with HSPA+ technology, these backhaul deployments enable 4G speeds.

- Added more than 320 spectrum carriers or an extra layer of frequency (capacity) to more than 265 cell sites to support more traffic.

■ **Miami-Dade County** — Added more than 150 carriers of additional mobile broadband capacity to cell sites in the areas of Miami, South Miami, North Miami, Miami Beach, South Beach, North Miami Beach, Opa-Locka, Miami Lakes, Doral, Kendall, Hialeah, Homestead, Kendale Lakes, Coral Gables, Cutler Ridge, Fisher Island, Key Biscayne, Miami Gardens, Hialeah Gardens, Medley, North Bay Village, and Miami Shores.

■ **Broward County** — Added more than 80 carriers of additional mobile broadband capacity to cell sites in the areas of Fort Lauderdale, Davie, Miramar, Sunrise, Oakland Park, Deerfield

Beach, Plantation, Parkland, Dania Beach, Hollywood, Pompano Beach, and Lauderdale Lakes.

■ **Palm Beach County** — Added more than 85 carriers of additional mobile broadband capacity to cell sites in Boca Raton, Delray Beach, Boynton Beach, Lake Worth, Lantana, Greenacres, West Palm Beach, Palm Beach, Royal Palm Beach, The Acreage, Pahokee, Belle Glade, Riviera Beach, Palm Beach Gardens, Juno Beach, Jupiter, and Tequesta.

- Installed six new cell sites to improve network coverage.

■ **Miami-Dade County** - New coverage around Flagler Street and SR 826/836 exchange in Miami, and in southwest Kendall near the intersection of S.W. 137th Avenue and S.W. 120th Drive.

■ **Broward County** - New coverage in Miramar near the intersection of Miramar Parkway and S.W. 172nd Avenue and at the Broward/Miami-Dade County line near the Florida Turnpike.

■ **Palm Beach County** - New coverage in Boynton Beach in the areas surrounding the southeast corner of Gateway Boulevard and Congress Avenue, and in west Boca Raton near the intersection of Palmetto Park Road and Judge Winikoff Road.

AT&T invested more than \$425 million in its Florida wireless and wireline networks in the first half of 2011, the company states.

“Our goal is to deliver a network experience that mobilizes everything for customers,” said Marshall Criser, III, AT&T Florida president. ■



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SPECIALTY: Listing agent- North Palm Beach County.

HOMETOWN: Lake Worth, Florida

RESIDENCY NOW: West Palm Beach, Florida

BACKGROUND: Palm Beach State College- Dental Hygiene, Barry University

FAMILY: Married

ACTIVITIES: Running, reading

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COURTESY PHOTOS



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LOOK

11 Downtown Restaurants Have a Table Waiting for You

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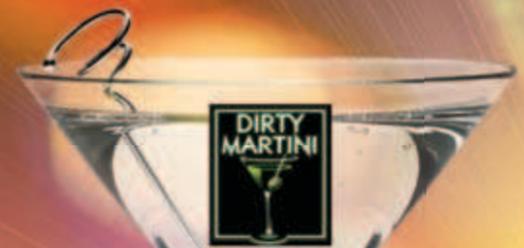
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High Times

BallenIsles home sells for highest price in the community for the past five years



COURTESY PHOTOS

SPECIAL TO FLORIDA WEEKLY

The sale of the home at 28 S. Thomas St. in BallenIsles in Palm Beach Gardens brought the highest price for a sale in the community in the past five years. The home was the highest sale two times, when the sellers bought the home for \$2,875,000 in January 2007 and when they sold it

for \$2,675,000 on Aug. 15. Both sides of the transaction were completed by Fite Shavell & Associates, Palm Beach Real Estate. The house was listed by Carla Christenson, Samantha Curry and Scott Gordon. The buyer's agent was Dan Dresbach. For more information, call David Fite, principal, 655-6570, or see fiteshavell.com. ■

KOVELS: ANTIQUES & COLLECTING

War gardens sowed seeds of victory

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Vegetable gardens in backyards, schools and public spaces are not a new idea, and a small group of collectors like memorabilia from this forgotten part of the war effort. In 1917, during World War I, the government asked citizens to grow more food because the war was creating extra needs. That was not the only reason for the gardens. They were morale boosters, making gardeners and their helpers feel they were helping in the war effort. Charles Lathrop Pack organized the national War Garden Commission and started the war garden idea. Food production was down because many farmers were in military service. Small gardens planted on unused land increased the food supply in areas near customers, so little transportation was needed. It is said that \$1.2 billion in foodstuffs was pro-

duced by the end of the war.

During World War II, "victory gardens" were planted by almost 20 million Americans, who grew 9 million to 10 million tons of produce, almost 50 percent of the vegetables eaten in the United States during the war. First Lady Eleanor Roosevelt had a victory garden on the White House grounds. It was patriotic to work in a garden. It made the cost of food lower and saved money to be used for the war. Leaflets and posters with slogans and interesting graphics were sent out by the government and private food companies.

Collectors today like the posters because of their slogans, like "Sow the Seeds of Victory," or their colorful graphics, which often included flags or patriotic figures. An old "school garden" poster reads "Helping Hoover in our U.S. School Garden," reminding everyone that Herbert Hoover was appointed head of the U.S. Food Administration during World War I. His famous slogan was "Food Will Win the War." World War I garden posters have been selling well at recent



COURTESY PHOTO

This smiling schoolboy worked in a school victory garden during World War I. The 20-by-30-inch poster brought \$575 at a Stein Co. auction in 2011.

auctions. One picturing a schoolboy and a basket of food had the slogan, "I raised 'em myself in my U.S. School Garden." It sold for \$575.

Ms. Kovel answers your questions:

Q: I have a chair that I am told was made in China in the early-19th century. It has a woven wicker seat, an open back with a rectangular support down the center, thin, curved arms and a wide piece of wood joining the two front legs. It is surprisingly graceful. What worries me is the caned seat. Is it original?

A: Chinese chairs were made in many styles, and there is a noticeable difference between those made for the hot Southern climate and those used in the Northern part of the country. Caned seats, usually woven rattan, were made to let air cool the seating area. This made it less "sticky"

to sit in a hot climate. The idea was so clever that it was adapted by early European explorers for some of their furniture. Lightweight openwork caning instead of solid wood was used in the seat and the back. Antique Chinese furniture is selling for substantial prices today, but the value goes up with age and quality. So you must have someone look at your chair to learn the value.

Q: Do you have any information on Sarah Coventry jewelry? I sold it many years ago and still have some pieces.

A: Sarah Coventry was the first company to sell costume jewelry through home parties. The company didn't make jewelry. It bought designs and had the jewelry made by other companies. The founder, Charles H. Stuart, started Emmons Jewelers Inc., in 1949. In 1950, Stuart started Sarah Coventry, which was named after his granddaughter. The business was so successful that Sarah Coventry became the largest U.S. distributor of costume jewelry in the 1970s. Home parties were discontinued in 1984 and the company went out of business. Later, the rights to the name "Sarah Coventry" were bought by a Canadian company. The jewelry is still inexpensive.

Q: I inherited a desk marked "Landstrom Furniture 1879, Rockford, Ill." Can you tell me something about the company?

A: Landstrom Furniture Corp. traced its founding back to 1879 and was in business in Rockford until 1958. During the 1920s, it made furniture in many different Revival styles, including Queen Anne, Sheraton and Chippendale. ■

— 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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WEEK OF SEPTEMBER 8-14, 2011

A GUIDE TO THE PALM BEACH COUNTY ARTS & ENTERTAINMENT SCENE



COURTESY PHOTO

Under the guidance of industry professionals at the Maltz Jupiter Theatre, a team of high school students has been selected to create and produce the play "The Good Times are Killing Me," a coming-of-age story about interracial friendship set in the 1960s. From left to right: Meagan Dobson, Katie Lesser, Jessica Pereira, Cristina Caperna, Frances Weissler, Nicky Wood, Corinne Thomas, Caiti Marlowe, Charly Hamann, Eleanor Safer, James Nathan, Alex Welsh. Not pictured: Gabriela Abadia and Chelsea Grosbeck.

Youth, talent & a message

Students learn from the pros at the Maltz Jupiter Theatre

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Andrew Kato has a mission.

The artistic director of the Maltz Jupiter Theatre wants to train the next generation of actors, producers and directors.

Which brings us to "The Good Times are Killing Me."

Students ranging in age from 8 to 20 will produce a performance of Lynda Barry's journey through the 1960s and the civil rights movement.

That show, scheduled for 7:30 p.m. Sept. 17, will be presented as part of the theater's Youth Artist Chair.

In producing the show, the students shadow members of the Maltz team.

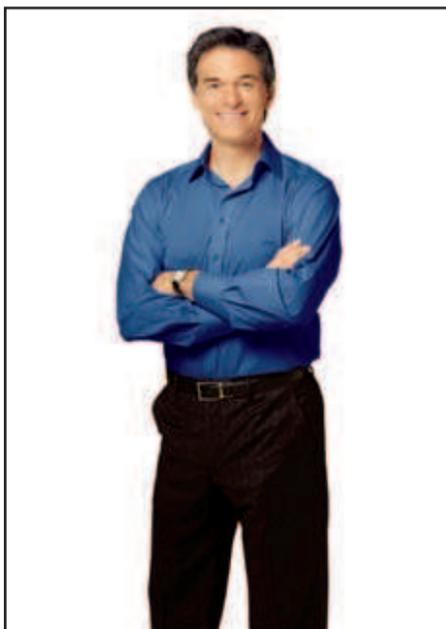
"I think this is unique, not only for the Maltz Jupiter Theatre, but it's unique for any theater to have a mentorship program that runs this

SEE MALTZ, A25 ►



COURTESY PHOTO

Emily Rynasko, left, and Alexia Panier star in the student-produced play "The Good Times are Killing Me" at the Maltz Jupiter Theatre.



COURTESY PHOTO

Dr. Mehmet Oz says he has been coming to Palm Beach since he was 23.

"America's Doctor" moving to WPBF 25

SPECIAL TO FLORIDA WEEKLY

The doctor Oprah trusts is moving to WPBF 25.

Dr. Mehmet C. Oz begins his third season on a new station at a new time. "The Dr. Oz Show" is moving to WPBF 25 starting Sept. 12 at 4 p.m., followed by the news at 5 p.m. and 6 p.m. with Tiffany Kenney, Victor Blackwell and Mike Lyons.

The show is hosted by the popular health expert from "The Oprah Winfrey Show." It's a high-octane, multi-topic hour that is equal parts life-saving information combined with an "embarrassment-free zone" sensibility where nothing is off limits or out of bounds.

Supported by leading experts, Dr. Oz provides cutting edge information on topics ranging from weight loss, nutrition and staying young, to relationships, conflict and handling stress.

Dr. Oz has won two Daytime Emmy Awards. He's been married for his wife, Lisa, for 26 years. They have four children.

News Anchor Tiffany Kenney recently conducted a question-and-answer interview with Dr. Oz.

• **Ocean or mountains?** Definitely ocean...I love being at the ocean. I love hearing the waves. One of the most beautiful parts about living in this part of the country, in Palm Beach County, is that we have the ocean right there. The sound is soothing. The energy that comes off the water...permeates your very soul. What I love doing, what I spend a lot of time with my wife doing, is just walking down the beaches...just going up and down and hearing the ocean as it laps at your feet. It not only touches your body but it also permeates your soul. I've been coming to Palm

Beach since I was 23 years old. That was the year that I met my wife, and her family has been here since before I was even born.

• **How did you meet your wife?** Meeting my wife is a fascinating story. My father-in-law is a heart surgeon, and he was good friends with my father. I was in medical school in Philly, and they decided to get together. They invited each of us along for a blind date, and I immediately fell in love with her...just loved everything about she spoke about life, and found her very attractive...but I didn't want my dad to know, because I didn't want him to have the satisfaction of believing that he set his son up with his future wife. So we dated secretly for a while, then one day he was giving me a hard time, as he often does, and I

SEE DR. OZ, A33 ►

SANDY DAYS, SALTY NIGHTS

Disaster's common denominator





artisHENDERSON
 sandydays@floridaweekly.com



We were standing in front of the hotel, a handful of men and women, gearing up for a night out. Everyone was dressed up: The women wore skirts and heels, the men tucked in their shirts. One man even had on a blazer. Inevitably, someone brought out a bottle.

"Shots all around," the guy in the blazer said.

There was a scramble for paper cups. A woman disappeared into the hotel lobby, her high heels clicking, and returned with wax-coated Dixie cups, the kind your grandmother kept by the bathroom sink. For mouthwash, maybe, or a late-night sip of water.

The cups made their way around the circle and the man in the blazer poured two fingers of liquor in each. We raised our makeshift glasses in a toast.

"To good friends," he said.

"To good friends," we repeated.

The cups tilted back in unison. Everyone closed his or her eyes in a collective grimace while I discreetly dumped my cup into the bushes. Down the hatch.

I'm no teetotaler — I'll have a glass of wine with dinner or a beer at the bar. But I try not to drink hard, especially not in mixed company, and especially not on nights where booze and boys can get me

in trouble.

My friend Sarah recently told me about an after-hours drinking session with colleagues from work. The night ended calamitously: booze-infused nuzzling, drunken handholding and a new level of intimacy with an office associate. All followed by awkward moments in the company canteen the next morning.

"I should never have had so much to drink," she said. "Alcohol is disaster's common denominator."

Booze does crazy things to people, especially when it comes to the opposite sex. We tread paths we never intended to walk, and in the dark forest of drinking's influence we discover doorways to recklessness and carelessness, like a secret garden of bad behavior. Sometimes booze provides an excuse to do the things our upstanding, sober selves would never allow.

There was a story going around recently about college women at a fraternity event. Instead of filling the kegs with typical frat party fair — Natty Ice and the like — the young men substituted non-alcoholic beer. The response from the young women? The same as if they were falling-down drunk.

"I am so drunk," one girl said. "I just want to make out with some-



"Alcohol is disaster's common denominator."

one. Anyone. I don't care who."

Alcohol and its excuses — the ability to wave a drunken, dismissive hand over our regrettable actions — often take us down dangerous roads. We let down our guard, intentional or otherwise, and all our good behavior dissolves in an intoxicated haze.

At the end of the recent night out, I made my sober way back to the hotel in time to stumble over one of the women who had joined us for shots, crouched in the hallway outside my room. She looked up over her shoulder at me and smiled weakly as she dabbed at the carpet with a paper towel. The smell of vomit filled the hall.

When the evening starts with hard drinking, the night often ends with some form of disaster. Puking on the hotel carpet is only one of many lowbrow offenses. ■

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MALTZ

From page 23

deep, where you have professional staff members, that are top in their fields, working with students who are relatively new to being put through a process," Mr. Kato says. "Some of the students come with more experience than others, but we have not lowered the bar in any instance. We have said we are going to help you mount a show that is worth of the Maltz Jupiter Theatre name and we need you to rise to that level and in fact they have."

Producer Nicky Wood, 16, has tried to do just that.

For the past few years, he has sung and acted in student and professional productions at the Maltz.

Now he is working behind the scenes.

"It's been amazing. It's a completely different feel as producer rather than performer because as performer you affect the one role you're playing, the one scene you're in, the people who are onstage with you," he says. "As producer your handprint is on everything, you have to oversee everything, manage everything to make sure it comes off right."

And he is striking the right note.

"I feel like Nicky was the best suited person from the group because of his love for theater and I knew that by having him in one of the top positions on the team that it would give a deeper appreciation for what it takes to create theater beyond anything," Mr. Kato says. "I think the role of producer is often overlooked as a talent and mostly our job is to facilitate everything, to make it come across."

It's all part of that learning process.

"They are challenged to think about things that we as professionals do as part of our day," he says. "I think Nicky really has the ability to champion a project and a team and make everyone feel good and excited about what they're doing. A lot of times, it's just being a really good cheerleader."

It helps that team members are doing something they love.

"I've been having lots of fun," says director Corinne Thomas. "I've started rehearsal. It went from dreaming mode, to discussing mode to decision mode to auditions and ... we've blocked all the scenes for the show, so I've really been able to see my vision put to life."

Then Mr. Kato interjects with a bit of wisdom:

"Coming up is refining mode. That's sometimes the most painful because you have to be making quick decisions. You have to be well-rested for that part."

But perhaps the biggest part lies in the learning process.

"It's a whole new experience. We are all so lucky to have this experience to work with professionals," says Charly Hamann, 14, of Jupiter, the show's sound designer. "It's a lot more work than I thought it was going to be, but it's a lot more fun."

"Everyone here is so talented and to see what everyone is bringing to the table and to see these little details they're bringing in, they're all such a pleasure to work with. We're all just a little family," Ms. Hamann says.

Ms. Hamann, a freshman at Cardinal Newman High School, receives guidance from Marty Mets, the resident sound designer and audio engineer at the Maltz.

"She was born the year I became a professional audio engineer," Mr. Mets says with a laugh.

This has been a learning experience for him, too.

"Sometimes no matter how often I try



COURTESY PHOTO

Above, Maltz Jupiter Theatre resident sound designer and sound design mentor Marty Mets, left, and sound designer Charly Hamann, right, work on audio technique in preparation for the Theatre's Youth Artists' Chair production of "The Good Times are Killing Me."

At right, producer Nicky Wood, left, and director Corinne Thomas, right, of the Maltz Jupiter Theatre's Youth Artist Chair project.



to keep myself fresh and creative I tend to fall back on what works, and a lot of the kids, because they don't have all this experience, they have ideas I wouldn't have thought of or would have glanced over," he says.

And there is a satisfaction in imparting wisdom.

"Seeing the light bulb go on when I explain something and when we do it and she'll go, 'OK I get it' — that sort of cementing that I'm passing on some knowledge and trade secrets — I really enjoy doing it," he says.

Ms. Hamann's sound design will underscore the story, between two girls of different races who become friends amid the strife of the civil rights movement.

The director, Miss Thomas, says she is happy with the cast, which is a mix of veterans and novices.

"They take direction so well and it's just so gratifying to see my vision to come to life," she says.

And some of them are quite young.

"I'm Ellie Willis. I like going everywhere with my sister," says Eryan Panier, 8, about her character.

Are there any similarities?

"My character loves to dance, I love to dance," says Miss Panier, a second-grader at Northboro Elementary School in West Palm Beach, doing one of her first theatrical performances.

Her older sister, Alexia, plays Bonna. The character is a bit of a departure for Miss Panier, who performed at the Maltz in "Seussical Jr."

"Most of my characters aren't usually as feisty and sometimes, most of my characters are calm and Bonna is very different, as in she is willing to do a lot of things to protect her family. She's very smart and very adventurous," says Alexia Panier, age 10.

How does she relate to the character?

"It almost moves like a cycle through the era."

What an era it was, too.

"A lot of people try to avoid the sensitive subject of discrimination and I think that this production is something that society needs because a lot of people are not knowledgeable about the past and some people forget," Mr. Davis says. "And we want people to leave this theater after seeing this show with a more open mind to what's going on around them."

The show also is a departure for another star of the show, Emily Rynasko, known for her performances in musicals at the Maltz and elsewhere.

"Big difference, but there's still music in it, so it's not like it's completely gone, so you still have that feeling. That's what's really cool about this piece," says Miss Rynasko, 13, an eighth-grader at Pine School.

Edna, her character in the play, is a girl whose father has left the family.

Like Miss Rynasko, Edna is a lass with an open mind.

"We're friends with whoever because we just like who that person is. We don't care about anything else," Miss Rynasko says. "It's sad that the environment around her is like that because that's how it was in the '60s."

That's translating into some remarkable performances.

"I have to be honest and tell you that after our first rehearsal, I called my sweetheart and I told him I think this is the most important thing the conservatory has done thus far because of who it is reaching, what we are talking about and the opportunity the students are having on so many levels," says Julie Rowe, director of education at the Maltz's Conservatory of Performing Arts. "To me, I find it thrilling — I really do."

It's an opportunity to hear the voices of youth.

"From an educational standpoint, all students involved from our second-grader on up, what they have to say matters," Ms. Rowe says. ■

"I'm not as feisty as Bonna but I can get a little feisty. I am very smart and I'm very adventurous, too," says Alexia Panier, a fifth-grader at Northboro.

The Panier sisters are among the younger members of the cast.

But Lanardo Davis, 18, has performed four seasons at the Maltz, in both student and professional productions.

"I play Mr. Willis, the father of Bonna," says Mr. Davis, who is enrolled at Palm Beach State College. "He is the typical head of the household — he is very protective of his family.... He has a playful side to him, but also, he is very strict when it comes to his family."

Mr. Davis drew upon his experiences at home.

"My father is, I think, very similar to Mr. Willis in every aspect of that he loves to have fun, he loves to goof around sometimes, but he means business also."

And "The Good Times are Killing Me" is a bit of departure for Mr. Davis, a frequent lead cast member of student musicals at the Maltz.

"It's my first straight drama. It's a big change, I must say. It's a huge difference from doing song, dance, have some dialogue, then song, dance. But there's a lot of music in the play, too," he says.

in the know

>> "The Good Times are Killing Me" will be presented at 7:30 p.m. Sept. 17 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets: \$15 students, \$20 adults; 575-2223 or www.jupitertheatre.org.

WHAT TO DO, WHERE TO GO

Thursday, Sept. 8

■ **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.

■ **Go Blue Awards Luncheon Kick-off** — The Blue Friends Society of Loggerhead Marinelifelife Center will host a kick-off for the 3rd Annual Go Blue Awards Luncheon from 5:30-7:30 p.m. Sept. 8, at PGA National Resort & Spa's I-Bar. In addition to revealing the 2011 Go Blue Award Finalists, the event will feature hors d'oeuvres and cocktails. The Go Blue Awards recognize leaders in ocean conservation. Proceeds will benefit Loggerhead Marinelifelife Center. Free for Blue Friends members, \$25 for guests; 627-8280.

■ **Reading with a Ranger** — Join park staff and listen to the reading of an environmental children's story. Participate in activities and meet all the animals in our nature center. Reservations recommended. It's at 10:30 a.m. Sept. 8 at John D. MacArthur Beach State Park, State Road A1A, on Singer Island, North Palm Beach. Free with park admission; 624-6952.

■ **Fashion Night Out** — Enjoy a night of shopping, complimentary cocktails, light bites, live music and giveaways. More than 45 high-end retailers will participate in this global salute to the fashion industry. 6-9 p.m. Sept. 8 at The Gardens Mall, Palm Beach Gardens. Free; 775-7750 or visit thegardensmall.com.

■ **Mos'Art Theatre** — Screenings of "The Future," at 5 p.m., and "El Bulli," at 7 p.m. Sept. 8. Tickets: \$8. 700 Park Ave., Lake Park; 337-6763.

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

■ **Clematis by Night** — Live music 4-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach. Sept. 8: Kings County. Sept. 15: Sweet Justice. Sept. 22: Taylor Road. Sept. 29: The Kinected. Free; 822-1515 or visit www.clematisbynite.net.

■ **John Witherspoon** — He was Ice Cube's dog-catching dad in "Friday," "Next Friday" and "Friday After Next," Pops on "The Wayans Brothers" and Spoon on NBC's "The Tracy Morgan Show." The comic performs at various times Sept. 9-11 at the Palm Beach Improv, CityPlace, West Palm Beach. Tickets: \$25; 833-1812 or www.palmbeachimprov.com.

Friday, Sept. 9

■ **Mos'Art Theatre** — Screenings of "Magic Trip," "Beats, Rhyme & Life," "Inside Job" and "Ready, Set, Bag," various times Sept. 9-15. 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 Kick-off** — Singers perform 6-10 p.m. Fridays.



COURTESY PHOTO

Country singer Brad Paisley will be joined on his H2O II Tour by Blake Shelton and Jerrod Niemann at 4 p.m. Sept. 10 at Cruzan Amphitheatre in suburban West Palm Beach.

Sept. 9: That Band. Sept. 16: Orange Sunshine. Sept. 23: Davis & Dow. Sept. 30: School of Rock. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Screen on the Green** — Family-friendly films are screened under the stars from 8-11 p.m. on the West Palm Beach Waterfront Commons Great Lawn. Sept. 9: "Rudy." Oct. 28: "Hocus Pocus." Nov. 11: "Top Gun." Guests are encouraged to bring blankets, lawn chairs and coolers. Food and beverages can be purchased on-site. Information at www.wpb.org/waterfront.

Saturday, Sept. 10

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

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

■ **Everything Orchids; A Shady Affair Plant Sale** — This weekend event showcases a select number of top orchid and shade plant growers, artists, and craftspeople that will share their knowledge and passion for orchids and plants. There will be lectures and a silent auction, 10 a.m.-4 p.m. Sept. 10-11, Mounts Botanical Gardens, 531 N. Military Trail, West Palm Beach. Free for members, \$5 for nonmembers; 233-1757 or www.mounts.org.

■ **Butterfly Walk** — Join a park ranger on a walking tour through one of South Florida's last remaining hardwood hammocks. There will be several species of butterflies to identify and observe. Also, learn which plants attract these winged wonders to your backyard, 11 a.m. Sept. 10 at John D. MacArthur Beach State Park, State Road A1A, on Singer Island, North Palm Beach. Free with park admission; 624-6952.

■ **Celebrate Saturdays at Downtown** — Singers perform 6-10 p.m. Saturdays. Sept. 10: Oriente. Sept. 17: Focus on Fitness Expo. Sept. 24: The Bulldogs. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Ginger's Dance Party** — Guests can enjoy a night of free-style dancing and easy-to-learn line dancing led by Ginger

Gowing Fowlkes. The event is monthly, from 8 to 10 p.m. Sept. 10, Oct. 1, Nov. 5 and Dec. 10 at the downtown West Palm Beach Waterfront Commons. Free; information at www.wpb.org/waterfront.

■ **Brad Paisley** — H2O II Tour with Blake Shelton and Jerrod Niemann, 4 p.m. Sept. 10, Cruzan Amphitheatre, South Florida Fairgrounds, suburban West Palm Beach. Tickets: \$38.25-\$78.40. www.livenation.com.

Sunday, Sept. 11

■ **Bluegrass Music with the Conch Stomp Band** — Listen to the Conch Stomp Band play a variety of bluegrass songs. Fun for all ages. It's 2-4 p.m. Sept. 11 at John D. MacArthur Beach State Park, State Road A1A, on Singer Island, North Palm Beach. Free with park admission; 624-6952.

■ **Auditions** — The Village Players are holding auditions at 7 p.m. Sept. 11 for "Sylvia" by A.R. Gurney. The community theater company needs two men and two women. Auditions are at The North Palm Beach Community Center, 1200 Prosperity Farms Road, North Palm Beach. 641-1707 or www.villageplayersofnpb.com.

Monday, Sept. 12

■ **SmARTBiz Summit** — With keynote speaker Robert Lynch, 8 a.m. Sept. 12, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Admission: \$25 (includes breakfast and parking). 471-2901 or visit www.palm-beachculture.com.

■ **Business Branding and Marketing for Artists** — Rafael Cruz, regional director of the Florida Small Business Development Center in Broward County, will speak about the importance of having a consistency of image in the marketplace, and the marketing of artists' work. James Shermer, grants administrator of Broward Cultural Division, and organizer of the Artist as Entrepreneur Institute, also will speak about art-related events taking place in Broward County. It's 7-9 p.m. Sept. 12 at the Armory Art Center, 1700 Parker Ave., West Palm Beach. Admission: \$5; free to members of The Artists of Palm Beach County. 832-1776.

■ **"Raising Funds for Charity"** — The Knights of Columbus will hold bingo to raise money for charity Mon-

days and Fridays the month of September. Doors open at 4:30 p.m. and games start at 6:30 p.m. A starter pack is \$10 for 27 games with a minimum win of \$50. There are 48 games played with some \$250 payouts. It's at 11499 Prosperity Farms Road, Palm Beach Gardens; 622-7267.

Tuesday, Sept. 13

■ **Justin Lambert & Dennis Tishkowsky** — Ceramics and Photography, Sept. 13-Oct. 13. Eissey Campus Theatre lobby gallery, Palm Beach State College, Palm Beach Gardens. Gallery is open 11 a.m.-4 p.m. Monday-Friday and at all performances; 207-5905.

■ **What's Blocking You?** — Class helps students identify why they sabotage themselves with the blocks of perfectionism, procrastination, work, fear, crazymakers, and codependency and using them as "creative u-turns" in reaching dreams. Learn tools to blast through the blocks. Six-week class meets 6:30-8:30 p.m. Tuesdays through Oct. 4 at the Mos'Art Theatre, 700 Park Ave., Lake Park. Cost \$85; 236-4298 or kathy@empoweringsolutionswithkathy.com.

Wednesday, Sept. 14

■ **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 Marinelifelife Center, 14200 U.S. 1, Juno Beach. Free; marinelife.org.

■ **River Totters Arts n' Crafts** — 9 a.m. second Wednesday of each month (next session is Sept. 14), Loxahatchee River Center, 805 N. U.S. 1, Jupiter. Arts and crafts for kids. Cost: \$3; 743-7123.

■ **Jupiter-Tequesta Orchid Society** — The group meets at 7 p.m. the second Wednesday of the month (next meeting is Sept. 14) at the Jupiter Community Center, 200 Military Trail, Jupiter. Call 746-7363.

Ongoing events

■ **Art in the Atrium** — "Garden Portraits," an exhibition by John Rachell, through Sept. 30, Lifelong Learning Complex, Florida Atlantic University's MacArthur Campus, Jupiter.

■ **"Five Thousand Years on the Loxahatchee"** — Jupiter Inlet Lighthouse & Museum, 500 Captain Armour's Way, Jupiter, 10 a.m.-5 p.m., Tuesday-Sunday. 747-8380, Ext. 101; jupiterlighthouse.org.

■ **GardensArt** — Lighthouse ArtCenter "Instructor Exhibition," multimedia group show, through Oct. 6, Palm Beach Gardens City Hall Lobby, 10500 N. Military Trail. Opening reception is 6-8 p.m. Sept. 7. Free; 630-1100.

■ **Flagler Museum** — Museum is housed in Henry Flagler's 1902 beaux-arts mansion, Whitehall. The museum is at 1

WHAT TO DO, WHERE TO GO

Whitehall Way, Palm Beach. Tickets: free for members; \$18 adults, \$10 youth (13-18 years) accompanied by adult; \$3 child (6-12 years) accompanied by adult; and free for children under 6. 655-2833.

Children's Research Station — Loggerhead Marinelifelife Center program is designed to exercise children's science skills through an experimental lab. Each child receives a lab coat, veterinary instruments, a worksheet, and their own sea turtle replica to name and study. Kids take their sea turtle's straight and curved measurements with a measuring tape and calipers. Based on the measurements, Dr. Logger helps the group place their turtles into a size classification to determine age and species. They role play taking blood with a syringe and learn about the different things a blood sample can reveal. The children look at X-rays, locate a hook in the turtle's throat and learn more about the steps necessary during sea turtle rehabilitation. Then, the group tags their turtles with a unique number and mimics a successful sea turtle release into the ocean. To be held at 3:30 p.m. Wednesdays and Fridays, and at 11 a.m. 1 p.m. and 2 p.m. Saturdays. Admission is free; 14200 U.S. 1, Juno Beach; 627-8280.

Lighthouse ArtCenter — Sept. 9-Oct. 15: "Photo Now!," "Le Petit Art Exhibition," and "SoFlo Ceramics Invitational Exhibition." Museum is at Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Mondays-Fridays; 10 a.m.-2 p.m. Saturdays. Cost: Members free, \$10 non-members ages 12 and up. Free admission Saturdays; 746-3101.

Norton Museum of Art — "Striking Impressions: European Prints from the Museum Collection," through Oct. 9. Moon Festival is Sept. 10. The Norton will be closed Sept. 12-30 to reinstall its galleries of European and American art. Museum is at 1451 S. Olive Ave., West Palm Beach. Art After Dark, with music, art demonstrations, is 5-9 p.m. Thursdays. Admission: \$12 adults, \$5 visitors 13-21; free for members and children under 13. Hours: 10 a.m.-5 p.m. Tuesday-Saturday; 1-5 p.m. Sunday; 10 a.m.-9 p.m. second Thursday of the month. Closed Mondays and major holidays; 832-5196.

Palm Beach Photographic Centre — Through Nov. 5: "The View Project," with Joyce Tenneson, editor, and FOTOCamp 2011. "The View Project" is an exhibit and book showcasing work by 70 international photographers that seeks to uncover what it is about certain places or photographs that, for some unknown reason, speak to our heart in an unforgettable manner. "FOTOCamp" will feature images captured by children and teens who participated in one of PBPC's three special FOTOCamp sessions in June and July. The Photographic Centre is at 415 Clematis St., West Palm Beach; 253-2600.

Society of the Four Arts — Museum, library and gardens are at 2 Four Arts Plaza, Palm Beach. Admission: Free to members and children 14 and under, \$5 general public; 655-7226.

Alliance of Help & Hope, 6-8 p.m. Sept. 15 at The Gardens Mall, Nordstrom Court, Palm Beach Gardens. Tickets: \$25 each; free for kids under 12. To pre-purchase tickets to be entered into a drawing for a BRIO dinner for 10, e-mail katie@almoving.com. Sponsored by Brio Tuscan grille and The Gardens Mall. All proceeds will benefit the CAHH.

Coffee With the Professor — Dr. Rachel Corr, associate professor of anthropology at Florida Atlantic University's Harriet L. Wilkes Honors College, will lecture on "People of the Ecuadorian Andes" at 8 a.m. Sept. 16 at FAU MacArthur Campus Dining Hall, 5353 Parkside Drive, Jupiter. Coffee and continental breakfast will be served. Free, but seating is limited. Reservations are required. Call 799-8105 or e-mail kyates3@fau.edu.

Monthly Blue Friends Beach Cleanup — 8 a.m. Sept. 17, Loggerhead Marinelifelife Center. Join the Blue Friends Society for the beach cleanup and enjoy breakfast by Whole Foods. It's at Loggerhead Park, 14200 U.S. 1, Juno Beach. E-mail bluefriends@marinelifelife.org to RSVP for your family, friends or group.

Farm-Your-Backyard / Vegetable Garden — Horticulturist Mike Page and Arthur Kirstein, coordinator of Agricultural Economic Development, will teach this hands-on workshop on how to successfully grow your own vegetables. This program's focus is on establishing and managing small vegetable projects. Tips on site preparation, seedling establishment, planting, maintenance and harvesting will be covered.

9 a.m.-2 p.m. Sept. 17, Mounts Botanical Garden, Exhibit Hall A, 531 N. Military Trail, West Palm Beach. \$30 for members, \$40 for nonmembers; 233-1757 or www.mounts.org.

Jason Colannino & 4 Peace-Band — They present a Beatles evening to benefit Inspirit programs, 6:30-8 p.m. Sept. 17, Fern House, 1958 Church St., West Palm Beach. Tickets: \$15; 602-6980 or inspiritevent@gmail.com.

"The Good Times are Killing Me" — High school students produce Lynda Barry's play about 1960s racial tensions at 7:30 p.m. Sept. 17 at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets: \$15 for students and \$20 for adults; 575-2223.

Middle School Lock-In — The second annual event for Jewish sixth-through eighth-grade students will be at 8 p.m. Sept. 17 at the Doubletree Hotel, 4431 PGA Blvd. in Palm Beach Gardens. The sleepover event is sponsored by the Jewish Federation of Palm Beach County's Jewish Teen Initiative. There will be snacks, games, transportation to and from the event, and a light breakfast on Sept. 18 will be included. Cost of the event is \$25 if registered and paid for by Sept. 12. The cost increases to \$35 after Sept. 12. Registration and transportation schedule is available at www.JTIPalmBeach.org. Call 242-6630 or e-mail Adrienne.Winton@JewishPalmBeach.org.

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

September events

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- 7 One-Step Sparring: Develops judgment of distance
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Halloween Horror Nights Begins Sept. 23 at Universal

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The shows are "Bill & Ted's Excellent Halloween Adventure" and "Death Drums." ■

For 25 nights beginning Sept. 23, Universal Orlando's Halloween Horror Nights returns — offering eight haunted houses, six "scare zones" and two live shows.

Halloween Horror Nights 21 runs Sept. 23-24, Sept. 29-30, Oct. 1-2, 6-9, 13-16, 19-23 and 26-31.

Tickets and vacation packages are on sale now and can be purchased at halloweenhorrornights.com/Orlando.

There will be eight haunted houses: Nevermore: The Madness of Poe; The Forsaken; H.R. Bloodgutz Presents: Holidays of Horror; The Thing; Saws N' Steam: Into the Machine; The In-Between; Winter's Night: The Haunting of Hawthorn Cemetery; and Nightingales: Blood Prey.

The scare zones are: Acid Assault, Canyon of Dark Souls, Grown Evil, NightMaze, "7" and



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A frightening "Lady Luck" is a feature at this year's Halloween Horror Nights in Orlando.

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LATEST FILMS

Summer Movie Recap 2011

danHUDAK
www.hudakonhollywood.com



Looking back on the summer movies, I smile. Not because they were all that good — certainly not — but because as a whole they gave us pleasure and supreme entertainment, even with so much bad mixed in with the good. Here's a lighthearted look back at the last four months.

• **Most Satisfying:** "Harry Potter and the Deathly Hallows: Part 2" — Arguably the most important literary saga of this generation went out with a bang, and while the entire package had its ups and downs, this last film was as rewarding as it could be. Kudos to producer Dan Heyman and his team for making it happen.

• **What Happened (Part 1)?:** "Cowboys & Aliens" — Somewhere along the line director Jon Favreau should've told Daniel Craig and Harrison Ford to have a little fun in their silly sci-fi western. Instead they both looked constipated.

• **Best Movie Nobody Saw:** "The Guard" — Brendan Gleeson's performance deserves an Oscar nomination. Remember this title when it comes out on video in a few months.

• **Most Thought Provoking:** The documentaries "How To Live Forever" and "Forks Over Knives" — Each will prompt you to question your mortality and think about ways to improve your health and lifestyle.

• **Most Disappointing:** Green Lantern — After a four-minute extended trailer got us all excited, the film arrived limp and remained flaccid. It went in too many directions at once, the 3D looked horrible, and the effects were cheesy. Ryan Reynolds might be a hunk among men, but this movie had issues much bigger than his muscles.

• **What Happened (Part 2)?:** "Crazy, Stupid, Love" — The incredible cast included Steve Carell, Julianne Moore, Ryan Gosling and Emma Stone. Too bad they included a love angle with Mr. Carell and Ms. Moore's teenage son and his older pedophile babysitter. Eww to the ending especially.

• **Funniest Film:** "Horrible Bosses" — Come on, we've all thought about killing our bosses, haven't we? OK, we've at least wanted something bad to happen to them, no? If nothing else, maybe we've wished a horrible case of hemorrhoids on him/her (they won't die, but they'll be miserable).

• **Biggest Surprise:** There's no way "Thor" should have been as good as it was. It even got us super-excited for "The Avengers" next summer, albeit an enthusiasm that was dimmed by the disappointing "Captain America: The First Avenger" (speaking of which, for a movie with so much red, white and blue it was remarkably drab).

• **Worst Sequel:** "Pirates of the Caribbean: On Stranger Tides" — Could this franchise end already? Please?

• **They Were Famous Once:** "Larry Crowne," starring Tom Hanks and Julie Roberts, opened July 1 and earned a whopping \$35.6 million during its run. By comparison, "Transformers: Dark of the Moon" opened June 29 and earned \$37.7 million *that day alone*.

• **What Happened (Part 3)?:** "Super 8" — This was supposed to be epic. This generation's "E.T." A movie that would remind us of early '80s nostalgia that we'd never forget. Instead, it registered nothing but a shoulder-shrugging "meh" and a profound sense of disappointment.

• **Worst Summer Movie:** "Spy Kids: All The Time In The World" — Everything Robert Rodriguez has done since "Sin City" has felt completely half-assed (though admittedly, that was partially the point with "Planet Terror" and "Machete"). Still, MR. Rodriguez isn't living up to his abilities as a filmmaker because everything feels cheap. Let's give him a decent budget and really see what he can do — as long as he promises to try.

• **Best Summer Movie:** "X-Men: First Class" — Great casting, great story, superb production design and masterful direction from Matthew Vaughn ("Stardust"). ■

— 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

Don't Be Afraid Of The Dark

★★★

(Guy Pearce, Katie Holmes, Bailee Madison) Creepy things start happening inside a renovated old mansion when a young girl (Ms. Madison) moves in with her father (Mr. Pearce) and his girlfriend (Ms. Holmes). The dark, eerie tone is appropriately ominous, and there's good suspense throughout. Rated R. ■

Jo VanDyck, MSW, LCSW

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Treasure Coast festival Sept 23-25 at Vero Beach

SPECIAL TO FLORIDA WEEKLY

The Treasure Coast Music Festival, a three-day event featuring 20 bands including, rock, country, Christian rock, oldies, metal and alternative bands, is Sept. 23-25 at the Indian River Fairgrounds in Vero Beach.

Performers include Bad Company's former lead singer Brian Howe, Dr. Hook featuring Ray Sawyer, Player, Molly Hatchet, Blackfoot, Pat Travers, Amanda Overmyer and others.

Limited \$100 VIP tickets are on sale



and include five 3-day event and hospitality tickets, VIP seating, VIP parking and company recognition on the entrance wall and festival website — tcmusicfestival.com. All tickets can be purchased online.

Vendors will be exhibiting and selling music related items and a wide assortment of food will be available. General one day admission to the festival is \$15 in advance and \$20 at the gate. Two- and three-day advance tickets also are available. For complete festival information, call 954-205-7813 or check the festival website. ■

PUZZLE ANSWERS



2	8	6	9	7	1	5	4	3
7	5	1	3	4	8	2	9	6
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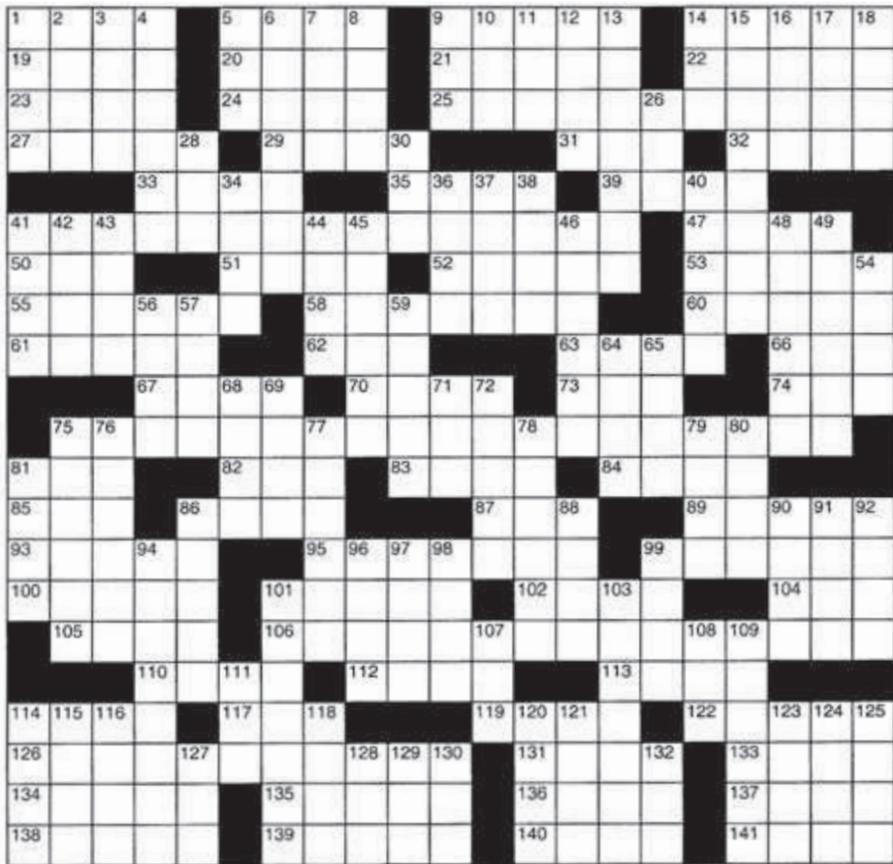
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FLORIDA WEEKLY PUZZLES

HORSE SCENTS



- ACROSS**
- 1 Stromboli spew
 - 5 "Waterloo" rockers
 - 9 Envelops
 - 14 Gaiters
 - 19 Mideastern muck-a-muck
 - 20 Spooky Stoker
 - 21 Disprove
 - 22 Let
 - 23 General Bradley
 - 24 Rustic tower
 - 25 Start of a remark by 126 Across
 - 27 Athenian sage
 - 29 Indian sectarian
 - 31 Airport abbr.
 - 32 Good-sized
 - 33 Author Jessamyn
 - 35 With 81 Down, '44 chemistry Nobel
 - 39 Hatch's home
 - 41 Part 2 of remark
 - 47 TV's "The Love —"
 - 50 Santa —, CA
 - 51 "Oh, woe!"
 - 52 TV exec Arledge
 - 53 Citified
 - 55 Like a dachshund
 - 58 Cozy cloth
 - 60 Marten
 - 61 — bear
 - 62 Asian holiday
 - 63 Skilled
 - 66 Scottsboro's st.
 - 67 Rubberneck
 - 70 Morlocks' prey
 - 73 Mexican Mrs.
 - 74 Point
 - 75 Part 3 of remark
 - 81 Crone
 - 82 R-V hookup
 - 83 Head for the clouds
 - 84 Actress
 - 85 Purviance
 - 86 Khan
 - 87 Minify a midi, maybe?
 - 89 Top-drawer
 - 93 Feeling
 - 95 Like a gymnast
 - 99 5 Across' home
 - 100 Michael of "Dynasty"
 - 101 Schell or Shriver
 - 102 European capital
 - 104 Foster's "— Dog Tray"
 - 105 Half-baked?
 - 106 End of remark
 - 110 McGregor of "Train-spotting"
 - 112 Creme — creme
 - 113 Bathday cake?
 - 114 — League
 - 117 Fond du —, WI
 - 119 Metric measure
 - 122 Pulsate
 - 126 Speaker of remark
 - 131 Writer Rendell
 - 133 Autumn implement
 - 134 Boredom
 - 135 Draw forth
 - 136 Exercise aftermath
 - 137 Brute
 - 138 Prepares cherries
 - 139 Hazardous gas
 - 140 — tetra
 - 141 Tide type
- DOWN**
- 1 Composer Janacek
 - 2 Bullets, briefly
 - 3 Lab vessel
 - 4 Cupid's missiles
 - 5 Pecs' partners
 - 6 "The — Stomp" ('61 hit)
 - 7 Part of Indonesia
 - 8 Out of control
 - 9 Twisted
 - 10 Rock's — Speedwagon
 - 11 — Dhabi
 - 12 Purple hue
 - 13 Lawyer's concern
 - 14 Bando of baseball
 - 15 Excess
 - 16 Jai —
 - 17 Haynes or Rundgren
 - 18 Fluctuate
 - 26 "Unforgettable" name
 - 28 Born
 - 30 Torrid
 - 34 Corset part
 - 36 Aquatic bird
 - 37 '82 Jeff Bridges film
 - 38 Hautboy
 - 40 Liplash?
 - 41 Door hardware
 - 42 In the know
 - 43 Julia of "Havana"
 - 44 Float
 - 45 In the arms of Morpheus
 - 46 Loosen the ropes
 - 48 Conductor Claudio
 - 49 Fat stuff
 - 54 Shipshape
 - 56 Unfashionable eyewear?
 - 57 Wild child
 - 59 Reference volume
 - 64 Soft cheese
 - 65 Arrive at Kennedy
 - 68 "Yo!" at the library
 - 69 Singer James
 - 71 Lennon's lady
 - 72 "My Own Private —" ('91 film)
 - 75 Endangered feline
 - 76 Kampala's country
 - 77 Sheriff's quarry
 - 78 Aftershock
 - 79 Had no doubts
 - 80 Patriot Nathan
 - 81 See 35 Across
 - 86 Creature for taming?
 - 88 Kid's creation?
 - 90 Matinee —
 - 91 Reveal
 - 92 They may be split
 - 94 It's all in your head
 - 96 Angered
 - 97 Location
 - 98 Comic Mort
 - 99 Mediocre
 - 101 Superintendent
 - 103 Basutoland, today
 - 107 Acorn, eventually
 - 108 Welcome item?
 - 109 "Silkwood" screenwriter
 - 111 Flagon filler
 - 114 Very long time
 - 115 Flat rate
 - 116 Excellent
 - 118 Musical finale
 - 120 Where to speak Farsi
 - 121 Last name in publishing
 - 123 Frenzy
 - 124 Creole veggie
 - 125 Freeway sound
 - 127 "Platoon" extras
 - 128 "Father Knows Best" kid
 - 129 Author Umberto
 - 130 Actor
 - 132 Lady lobster

◀ SEE ANSWERS, A31

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HOROSCOPES

■ **VIRGO (August 23 to September 22)** This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

■ **LIBRA (September 23 to October 22)** Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.

■ **SCORPIO (October 23 to November 21)** Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

■ **SAGITTARIUS (November 22 to December 21)** You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

■ **CAPRICORN (December 22 to January 19)** Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can move ahead with no significant disruptions.

■ **AQUARIUS (January 20 to February 18)** You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

■ **PISCES (February 19 to March 20)** The new moon starts this week off with some positive movement

in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

■ **ARIES (March 21 to April 19)** After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that soon will require a lot of serious decision-making.

■ **TAURUS (April 20 to May 20)** Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

■ **GEMINI (May 21 to June 20)** You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need have not emerged, so move cautiously.

■ **CANCER (June 21 to July 22)** Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

■ **LEO (July 23 to August 22)** That elusive goal you'd been hoping to claim is still just out of reach. But something else has come along that could prove just as desirable, if only you would take the time to check it out.

■ **BORN THIS WEEK:** You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

By Linda Thistle

	8		7	5	4
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	3		2	9	
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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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OZ

From page 23

said, "Dad, I am dating someone, and it's the girl you introduced me to." It's one of the few times in my life I can remember him being quiet and just recognizing I had done something correct.

• **What's the first thing you do each morning?** I have a little glass of water, just to get the digestion started. Then, I have a little yoga mat that I put outside my shower and in 7 minutes... and I promise you no more than that...I do a series of calisthenics. It's basically "sun salutations" which is a series of yoga poses. Then I do 100 pushups and 50 jackknife sit-ups. I do them in seven minutes on purpose because I know I'm in a hurry...I just want to get going. It's my equivalent to caffeine because I have woken up by the time I've done that. Like everybody else, I dread doing them before I start, but as soon as I begin I'm halfway done, because they're only seven minutes long! Then they're out of the way and I don't have to worry about them anymore.

• **What's the exercise you hate to do?** The exercise that I detest, and there's a reason for it because they hurt me so much, are the belly exercises. I can do anything else. I'm pretty good in the arms and shoulders. I love doing pull ups, which I think may be the best exercise of all because you have to exercise your front muscles and the chest...and the back, you get the belly muscles...but what you have to remember when you do pull-up is that you're lifting up your weight, so every time you eat something, in the back of your mind is the thought "I gotta lift that up tomorrow, so I'm not going to it." So it's a pretty good exercise for both physical and emotional reasons...but belly exercises...oh, the pain, the agony...it drives me batty.

• **If you weren't a doctor, what would you be doing?** If I weren't a physician, I would have hoped to have been a professional football player. I played football in my formative years. I played in college. I enjoyed the pace of the game. Like most young kids playing sports, I aspired to be in the pros. I wasn't good enough, so I backed my way into medicine, but it's been a good choice for me.

• **Do you ever eat junk food?** Very rarely do I eat junk, and the reason for that is not because I want to live longer, or avoid cancer or heart disease... although those are all true. The real reason I don't eat junk food is I don't like the way I feel as soon as I put it in my mouth. I feel weak. I don't feel sharp, and when I do what I do...heart surgery,



COURTESY PHOTO

Dr. Mehmet Oz says if he weren't a doctor, he'd like to have been a professional football player.

or the show, or just talking to my kids... it requires you to be on your toes, and you have to be quick. Junk food does the opposite. It makes me slur my speech and slow down how I speak and the mental processes behind the words.

• **When you aren't working, what are you doing in your free time?** When I'm not working, which unfortunately is not that often these days, I spend most my time with my kids and I play basketball with them...we've got a court at the home. Like a lot of parents, I like playing with them and watching them grow and challenging them in sports, because I watch how they deal with controversy; I watch how they negotiate; I watch how they fail and get back up again; and I get to spend time teaching them about life using sports as a metaphor.

• **Favorite movie?** Dr. Zhivago.

• **Worst subject in school?** Algebra.

• **Happiest day of your life?** Without question, the day I met my wife Lisa...and it was a special moment. I remember walking into the restaurant where we met, and she thought I was the maître d', so I was not impressive. I remember looking at her and my future mother-in-law and thinking "You know, if the woman I hope to marry could look like her mother in 25 years from now, I'll be in pretty good shape," and so far, it's done pretty well. They're very strong-willed women. I like having people who are opinionated in my life. I enjoy the challenge of someone who's smart pushing me and challenging my assumptions, because I make so many bad ones. Even on the show, I'm surrounded by so many strong-willed women who feel passionately about things that either I haven't noticed, observed or have gotten wrong, and it's what allows me to course-correct. They protect me from myself.

• **Saddest day of your life?** If I

could pick one day that stands out more than others...I remember Christmas Eve, doing an operation on a young man who was born with a bad heart...it was a heart transplant...and struggling throughout ... and late in the evening, realizing he wasn't going to survive, and as is often the case, you know it, but you don't know how to tell the parents. I remember calling them in to this little holding area, and again this is Christmas Eve, and there were beautiful flowers and decorations from the holidays and everyone was cheerful and celebrating, and in the midst of that celebration, there was a very bitter moment when I realized I had no choice but to tell the mom, because she was avoiding the reality that her boy was not coming back to her.

• **Best advice your parents gave you?** My parents have each given me different advice. My mom's best advice without question was "have the patience of Buddha." I wish I could do it. She has often been right in her belief that if I could just calm myself, still myself... it wasn't just a matter of being patient for others, but being patient for myself, allowing myself to enjoy the moment so that I could be able to experience it in a deeper way, to really see what life is all about. My father's best advice has always been to figure out if someone else is doing better than you, to figure out why they're doing better than you, and emulate them. Forget about competing with them, just figure out what they're doing and understand the essence of it and copy it.

• **What or who inspires you (besides your parents)?** I'm always inspired by leaders who captivate emotionally the people around them. Coach K (Mike Krzyzewski, Duke University basketball coach) is a good example (of someone) who can take a bunch of folks who may not be more special than any

in the know

>> Dr. Oz is vice chair and professor of Surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. His research interests include heart-replacement surgery, minimally invasive cardiac surgery, complementary medicine and health-care policy. He has authored more than 400 original publications, book chapters and medical books, has received several patents and performs more than 100 heart surgeries a year.

>> Dr. Oz was born in Cleveland, Ohio, raised in Delaware, earned his undergraduate degree at Harvard University (1982) and obtained a joint MD and MBA (1986) from the University of Pennsylvania School of Medicine and Wharton Business School.

>> Dr. Oz was a featured health expert on Oprah for more than five seasons, spanning 55 episodes. He has also served as chief medical consultant to Discovery Communications, where his "Transplant!" series won both a Freddie and a Silver Telly award. He has authored bestsellers including: "You: The Owner's Manual," "You: The Smart Patient," "You: On a Diet," "You: Staying Young," "You: Being Beautiful" and "Healing From The Heart."

>> More recently, he's written "You: Having a Baby" and "You: The Owners Manual for Teens." He has a regular column in Esquire magazine and O, The Oprah Magazine. Dr. Oz is also the host of a daily talk show on Sirius XM Radio's "Oprah Radio" on XM Channel 156 and Sirius Channel 195. Dr. Oz was named Forbes' No. 3 Most Influential Celebrity in (2010), has been honored as one of Time magazine's 100 Most Influential People (2008), Esquire magazine's 75 Most Influential People of the 21st Century, a Global Leader of Tomorrow by the World Economic Forum (1999-2004) and The Harvard 100 Most Influential Alumni in the 02138 magazine, as well as receiving the Ellis Island Medal of Honor (2008).

other team, but he pulls them together. He'd take the five elements of the team and pull them together into a fighting force. People have been able to do that in business, sports and politics. Perhaps Winston Churchill is the best example of this.

• **Favorite dessert?** German chocolate cake.

• **Favorite superhero and why?** I like Superman. He's a journalist; he's sharp...smart. It wasn't about machismo. He didn't want to use his strength. He only used it when he had to. For many of us we forget that if you have true power you should never use it, because you should be able to avoid using it. It's a good lesson for many.

• **What's the one thing you need to change about yourself?** My biggest problem is still patience.

It's the thing I wish I could change most about myself. ■

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VINO

Wines by the glass improve through the years



Jim McCracken
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When Wine Spectator started its annual ratings of restaurant wine lists three decades ago, wines by the glass weren't even considered.

"If you wanted just a glass, your only choice was 'house wine,' often cheap and nasty," recalls writer Harvey Steiman in the Aug. 31 issue of the august publication.

Fortunately for today's wine lovers, by-the-glass programs have come of age, with many restaurateurs recognizing that a good selection both enhances the dining experience and generates business.

A great example is the program run by Fleming's Prime Steakhouse and Wine Bar. The chain, with 64 restaurants including those in Naples, Sarasota and Coral Gables, features 100 wines by the glass, changing the lineup annually.

"In the '80s, all the wines that you needed to select were white, red and rosé, or 'Chablis' and 'Burgundy' as they were called," says Maeve Pesquera, Fleming's director of wine. "In the early '90s, wine lists started to change to varietal selections, but were still very limited in by-the-glass offerings."

Lists have expanded since then, with many restaurants offering as many as 30 diverse by-the-glass offerings. Even relatively small restaurants, such as Table

209 in Punta Gorda and Yanos in Fort Myers, offer close to two dozen wines by the glass. At Naples Tomato, wines by the glass star in the Enomatic wine-serving system.

"By-the-glass selections are absolutely essential," says Jeff Gately, managing partner of Rumrunners in Cape Coral. "Not everyone is going to desire, consume or necessarily want to pay for an entire bottle at every sitting. Also, four guests at a table are very likely to have different preferences in terms of varietal." With wines by the glass, he adds, "A pinot noir lover can enjoy his/her glass while the person next to them has a big hearty glass of cabernet."

Getting the right wines onto the list doesn't happen by accident.

"Our by-the-glass program is selected based on the season, availability and items on the menu," says Aleks Stepanovich, manager/sommelier at Sea Salt in Naples. "The summer lighter fare calls for fresh wines — rosés, (white) pinots, Torrontes, Riesling, gruners — all of which pair perfectly with the salads and garden-inspired menu selections. The heartier winter menu calls for richer and more expressive varietals — cabernet, sangiovese-based super Tuscans, brunello and syrah, just to name a few."

Management pays close attention to customer preferences.

"We receive feedback from our guests, our wine managers and our sales numbers," says Ms. Pesquera. "In addition, wineries and trade publications are a wealth of information for new wines.

We taste through hundreds of wines to make the final selections." In the end, she explains, the list should be balanced with wines from a variety of places



COURTESY PHOTO
Aleks Stepanovich of Sea Salt in Naples.

and in a range of taste profiles, varietals and price.

Savvy restaurateurs also take trends into consideration.

"From time to time, something will trigger a spike in desire for a particular grape varietal and you have to go with it," Mr. Gately says. "Last season we couldn't offer or stock enough malbec. During the time the movie 'Sideways' was in theaters, pinot noir was all people were drinking."

Increased sophistication among wine

lovers gives restaurants the ability to offer a wider range of prices and quality.

"Guests are much more informed than they were 10 or 20 years ago," says Ms. Pesquera. "They expect to see wines they recognize and know to be of good quality, in a range of prices, as well as wines they have not heard of before but they know to be tasty because they are on the Fleming's list — they rely on us picking great wines."

By-the-glass selections at Fleming's include well-known brands like Duckhorn Cabernet Sauvignon and Carpe Diem by Dominus, as well as newcomers Craggy Range Cab-Merlot blends from New Zealand and Evening Borealis Northern White blends from Oregon.

At Sea Salt, the wine team strives to find distinctive wines that meet discerning customers' expectations.

"Through close partnerships with winery owners and representatives, we are proud to offer our clientele wines by the glass that are rarely, if ever, seen," says Mr. Stepanovich. Glass selections have included Domaine Serene Pinot Noir, Patz and Hall Chardonnay, Paul Hobbs Cabernet Sauvignon and Ornellaia and Gaja Tuscan wines, brands generally sold by the bottle.

Ms. Pesquera only sees things getting better.

"The wine lists will keep evolving," she says. "People will continue to be more adventurous in their choices (wines from unknown places and/or lesser known varietals), and they will tell each other about them." ■

PET TALES

Out of reach

Preventing pet poisoning means putting the bad stuff away

BY DR. MARTY BECKER & GINA SPADAFORI
Special to Florida Weekly

The best way to save your pet from an accidental poisoning is to know which items are poisonous and to keep those out of your pet's reach.

What do you need to know? We touched base with Dr. Steven Hansen of the ASPCA's Animal Poison Control Center to find out.

Some poisonings are a result of something an animal gets into, like a household product. But a surprising number of cases come from something intentionally given to an animal by an owner who's trying to help. The classic example of the latter is when an elderly cat is given an extra-strength acetaminophen for arthritis. The owner is trying to help, but unfortunately, even one capsule of this common human medicine can kill a cat.

Dogs can figure out their way into trouble that their owners never envisioned. This includes opening cabinets to get cleaning products and counter-surfing to reach food items and pill vials. You need to realize that pets are basically like toddlers who can open any child-proof container, and you should take similar precautions:

↪ Keep products such as medications, harmful foods and cleaning products in a secure cabinet above countertop height.

↪ Use a kitchen garbage can with a lid.

↪ Always read labels, especially on flea and tick products, and on lawn and garden



Many pets are accidentally poisoned when prescription medications are left where they can be grabbed.

products. Store out of reach in a high cupboard, not under the sink.

↪ Be familiar with the plants in and around your home, and have only nontoxic plants.

↪ Never give any medication or supplement to your pet unless recommended or approved by your veterinarian.

Many toxic substances aren't well-known to dog owners. For example, don't let your dog have significant amounts of raisins or grapes, macadamia nuts, moldy cheese, chocolate, onions, garlic or anything made with xylitol, which is a deadly ingredient for pets. If xylitol is in something in your home, your dog needs to be protected from it.

Once the preventive measures are in place, you need to know the signs of poisoning. Many (but not all) substances first cause stomach upset, including vomiting

and diarrhea. It's not fun, but vomit must be examined for evidence of chewed packaging, plants, food, pills or other important clues.

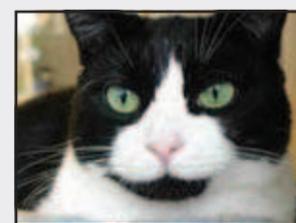
Many poisonings progress to weakness and depression or nervous stimulation, including tremors and seizures. Pets may stop eating and drinking, or may drink excessive amounts, which could suggest liver or kidney involvement. Rapid or slow breathing, with changes in tongue and gum color — from pink to white, blue or brown — is an important symptom.

If you suspect poisoning, stay calm. Panicking will not help your pet and may waste precious time. If your pet is not showing any serious signs of illness described above, contact your regular veterinarian or the ASPCA Animal Poison Control Center (888-426-4435) to determine if your pet needs to be seen, or if treatment needs to be given at home before you head to the veterinarian.

If your pet is having difficulty breathing, is having seizures, is bleeding or is unconscious, go to your regular veterinarian or an emergency clinic immediately. Take any evidence including chewed containers and labels and even vomit. This information is key to helping your veterinarian save your pet.

Be sure to always have the numbers of your pet's regular veterinarian, your local veterinary emergency clinic and the ASPCA Animal Poison Control Center. It could save your pet's life. ■

Pets of the Week



↪ **Bella Trix** is a spayed, British short-hair mix. She's 2 years old. She is active and playful but can be a little skittish at times.



↪ **Loudy** is a spayed domestic shorthair. She is 1 year old. She's named Loudy because she lets you know what's on her mind.

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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.



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