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WEEK OF DECEMBER 15-21, 2011

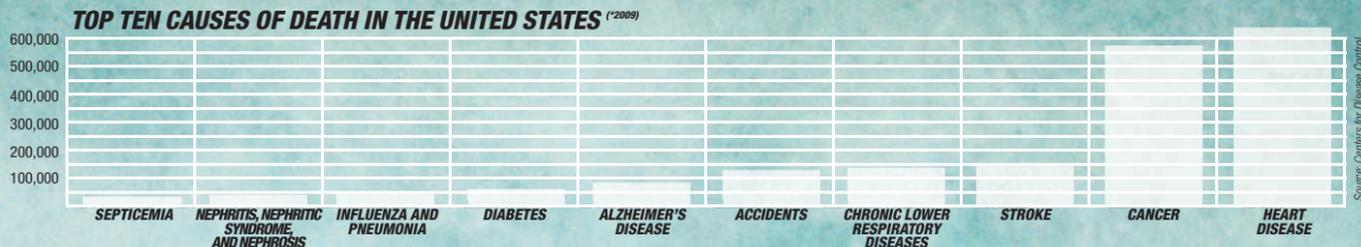
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Vol. II, No. 10 • FREE

INSIDE



**Raise a glass**  
 Norton show looks at world of "Cocktail Culture." **B1** ▶



# ONCE DEADLY

*More people are surviving diagnoses that used to be death sentences*

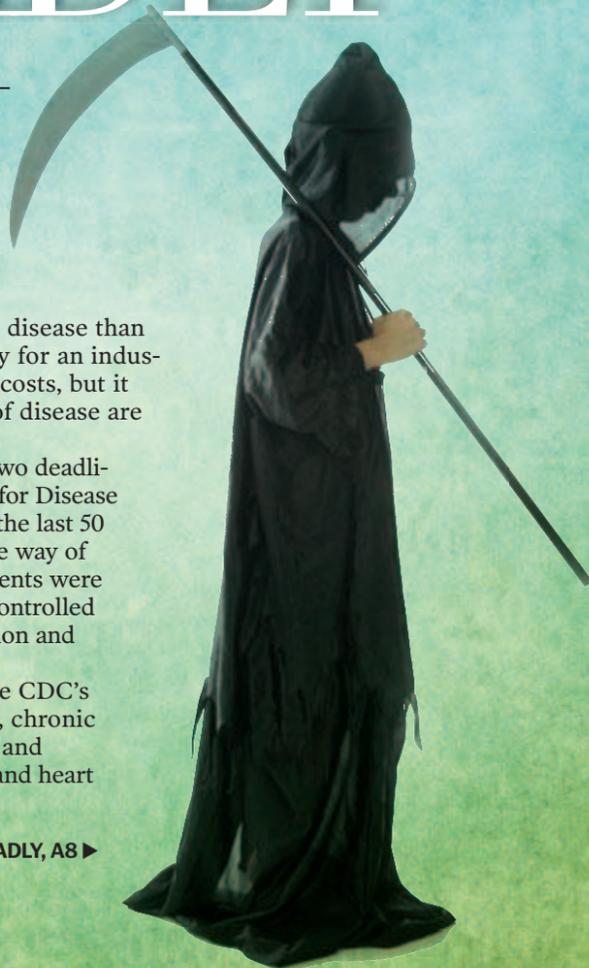
BY EVAN WILLIAMS  
 ewilliams@floridaweekly.com

WITH ABOUT 70 MILLION U.S. RESIDENTS SET TO TURN 65 BY 2031, health-care professionals say they're already seeing a bigger population living longer with more disease than past generations. That may be scary for an industry already besieged by ballooning costs, but it also suggests that the boogymen of disease are being increasingly tamed.

Heart disease and cancer are the two deadliest types of illness, says the Centers for Disease Control. Yet falling death rates over the last 50 years suggest they could be going the way of HIV/AIDS after antiretroviral treatments were honed in the 1990s: still deadly but controlled by greater knowledge about prevention and more precise, effective medical care.

Numbers three through six on the CDC's list of deadliest illnesses are stroke, chronic lower respiratory disease, diabetes and Alzheimer's. Together with cancer and heart

SEE DEADLY, A8 ▶



## WXEL vision and programming grow with commitment

**SPECIAL TO FLORIDA WEEKLY**

The management team at WXEL can breathe a little easier.

That group has received exclusive rights to acquire the Boynton Beach Public Television station from Barry University.

The team, which formed the WXEL Public Broadcasting Corp. as a 501 (C) 3, is led by WXEL President Bernie Henneberg, Debra Tornaben, vice president of development, and Don Sussman, former senior vice president of WNET/Channel 13 in New York.

The station, which went on the air in 1982, began producing local programming in 1985. It says it now reaches 2.5 million people in South Florida and the Treasure Coast. It merged with Barry University in 1997.

Barry sold its sister classical music radio station amid much controversy to Classical South Florida in May.

Members of the team hoping to acquire

the station say they are committed to helping the station grow.

"My first involvement with WXEL was when my company sought to partner with the station and help it expand its local programming and solidify its position as the primary public broadcaster serving the Palm Beaches and the Treasure Coast," Mr. Sussman said in a statement. "Since then, my passion for the station's well-being has never diminished. Now that it is on the

SEE WXEL, A10 ▶



**Networking**  
 See who's out and about in Palm Beach County. **A18,19** ▶



**Jolly old St. Nick**  
 Antiques show how Santa has evolved. **A17** ▶



**Pets of the Week**  
 Jeanie, Herbie and other animals need homes. **A6** ▶

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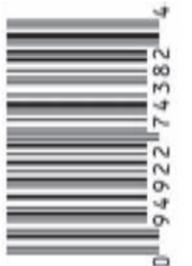
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ROGER WILLIAMS A2  
 LINDA LIPSHUTZ A12  
 PETS A6  
 ANTIQUES A17

BUSINESS A15  
 REAL ESTATE A20  
 ARTS B1  
 EVENTS B6-7

FILM B11  
 NETWORKING A18,19  
 PUZZLES B10  
 SOCIETY B10,12,13

DR. OZ IS NOW ON **25 WPBF** WEEKDAYS 4PM  
 FOLLOWED BY **OZ** 4:00PM  
**25 WPBF NEWS** 5:00PM & 6:00PM



## COMMENTARY

## Conversion: L'Chaim



rogerWILLIAMS

rwilliams@floridaweekly.com

My grandfather, Walter Nash, sat straight in the saddle on his quarter horse, Cherokee, watching me become a Jew last Saturday night. It was the fifth night of Chanukah.

His rope, neatly looped, remained secured to the saddle and hanging over his right leg. He wore blue jeans and a long-sleeved white shirt that rose, buttoned, all the way to his neck. Above that, his dark Stetson, the working hat, sat straight on his head. His left hand closed the reins in a calloused grip about a foot above the horse's mane, and his right rested where it should on his upper thigh, ready for anything required.

Cherokee was wired tight, a muscled mahogany bay with three white socks. His nostrils flared while his ears turned backward to listen to the rider, who could track a cow across glass or cut a calf from a herd of nervous mothers as easy as slipping a knife from butter.

Walter set his boots deep in the stirrups with the heels down, rarely employing his small spurs; none had a better seat than he did. He was ready to ride, and would — after our ceremony.

My grandfather said nothing as we played dreidel, the playful gambling game, in the living room, while a Chanukah meal evolved in our kitchen. My wife, Amy,

opened the Chanukah CD she'd picked up at the supermarket, and pretty soon I was clapping and hopping and crowing with all the grace of an injured rooster, while some men apparently shouted, "Schlemiel! Schlemiel! Verklemp! Schlemiel!" over and over again. In every song.

It was arguably the most awful joyous music I'd ever heard — awful not because of the music itself, I suspect, but because of its execution, and I mean murder, by a bunch of brassy singers from New Jersey.

My grandfather didn't care. His character was a tight weave of tolerance and a lifelong determination to judge other people only by whether they kept their word, minded their own business and tried like hell.

The guys singing Chanukah songs tried very hard, although none of us knew what their words meant or whether they kept them. But the way he held his horse told me that my grandfather approved of my new religion, with a caveat: When you ride into unknown country keep your eyes open and think for yourself.

So we did. Amy and I, with our two youngest boys, D.P. and Nash, had decided that since no one was going to choose us, we'd just up and choose ourselves to join the tribe of Israel, the chosen people.

One of the wonderful things about the Jews we've known is that they don't proselytize. We were compelled to conversion only by Nash, who has no problem proselytizing, or at least asking insistently.

Nash stumbled into a moment of magical good fortune at his public elementary school, and with him, us: He became the ward of an extraordinary teacher. Somehow,

without sentimentalizing it or patronizing them, Ms. Chernow teaches the world and its basics to children arriving from almost every corner of our national experience.

She fetes a variety of cultures and customs the same way, giving some of her children their first glimpses of a world beyond their own.

But in this case, she drew on her own experience. Her mother was a Scottish immigrant and her father a Jew who owned one of the only shops maintained by an Anglo in New York City's Chinatown decades ago, she told me. Her tales of battles and food and candles that wouldn't stop burning (a huge appeal to a candle-loving kid) captured the fancy of young Nash. Why couldn't we become Jews, too, he reasoned? But how, and which Jews, we asked, applying typical adult obfuscation? Should we become the orthodox or Hassidic ones, the irreverent ones, the eastern European ones, the Israeli ones, the American or Canadian ones, the wandering ones, the sad ones, the mad ones, the tolerant ones, the judgmental ones or the happy ones?

And then we answered our own question with another: Who cares?

We decided to define it for ourselves. Amy and I have long admired what we take to be the classic middle-of-the-road American Jew: not orthodox, and not entirely lost to ancient traditions, either. Someone who reveres family, celebrates the culture, loves the democracy, refuses to hit anybody over the head with Judaism or patriotism, and takes great pleasure in the gifts and opportunities of the world: food and intellectual sparring and sex and achievement and philanthropy and the arts and sciences.

Someone passionate about education, and someone who isn't afraid to debate or question authority — the authority of parents, politicians, police, preachers or

rabbis, or even the authority and judgment of God, in true old Testament and new American comedic fashion. Someone who remains a good-hearted skeptic and a sobered optimist.

And finally, someone who loves food.

Amy and the boys manned the kitchen, where she had them peeling potatoes and making latkes (fried potato pancakes) along with homemade applesauce. They bent to it with a will, shying away from the special bean dip she made to go with the broccoli, and wary (in Nash's case) of the darkly burnished cast of the Sephardic chicken, roasted and fragrant with fruits and nuts.

The Chanukah menu, of course, came from a food resource named after some old Greek — Epicurious.com. But that's a Jewish tradition: adopt, adapt and make the best of the moment. Which is pretty much what my grandfather, that tougher-than-rawhide rancher, thought, too.

When Amy finally settled the feast on the table, Nash and D.P. lit the candles on the hanukiah (as distinguished from the Temple menorah, which originally had 7 oil-burning wicks). The hanukiah, which many call the menorah, has a single shamash or helper candle mounted above a star of David, and flanked by four candles on each side. The Shamash is used to light the others.

And then we ate and laughed and fancied for an hour or more, while Nash's great-grandpa Walter Nash, framed in an old photo on my desk, road off into the eternal night, almost grinning. Another day, no doubt, we'd be celebrating something else, and we'd become something else. But on this night, we were the chosen ones. And we celebrated only l'chaim. ■

(Note: This column has become a Florida Weekly tradition as Chanukah approaches. The holiday extends from Dec. 20 to 28, this year.)

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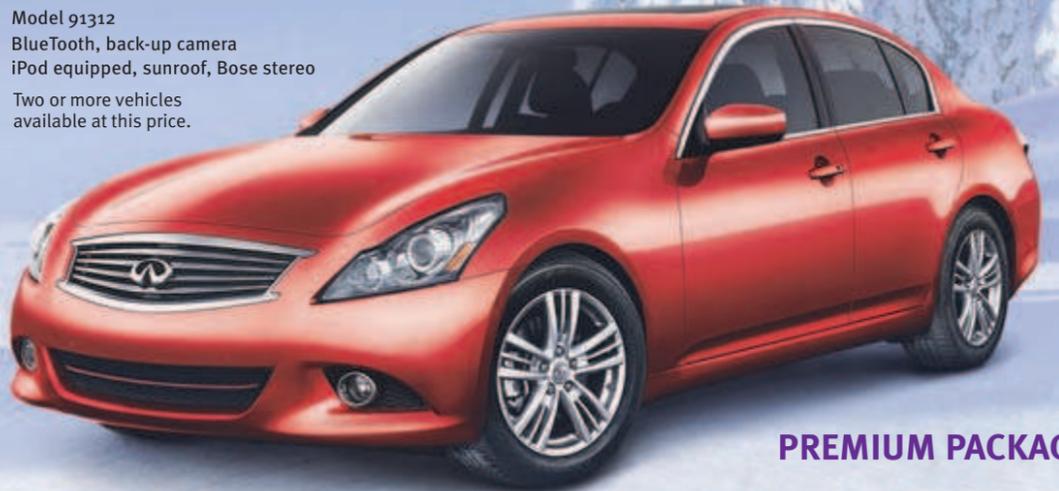
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# OPINION

## What's wrong with Tim Tebow?



**richLOWRY**

Special to Florida Weekly

In Denver Broncos quarterback Tim Tebow, the football gods have offered up a star that every father in America should be grateful for (provided they don't root for a rival team in the AFC West).

Tebow is respectful, wholesome and a man of God. He has no obvious failings besides an inaccurate throwing arm. If Disney were to concoct the plot of a movie about an altogether admirable young man who joins the NFL and is scorned by all the experts for his unorthodox style, yet wins week after week, Tebow would play the lead. In fact, at this point Disney could make it a documentary.

Nonetheless, Tim Tebow is considered "controversial." It's now cutting edge to be a straight arrow. It's counter-cultural to be an outspoken Christian. A player who embodies everything meant by the cliché "role model" is for his critics a figure of fun, or even hatred.

Tebow is widely mocked for "Tebow-

ing," praying on one knee before or during games. Tebow didn't originate the practice, or single-handedly bring religion to the NFL. If there's one staple of professional sports in America, it's players saying prayers and acknowledging God.

An evangelical Christian, Tebow wears his faith on his sleeve. He does this out of a sense of obligation to his faith. It is ultimately a statement of modesty and as such, profoundly out of step with a culture of self-glorification and ostentation in our sports and in our society.

Peter King of Sports Illustrated calls Tebow "the most polite interview in NFL history." When he talked to him after the quarterback engineered a comeback against the Minnesota Vikings, he asked Tebow if anyone had said anything memorable after the game. Tebow told King he had been able in a post-game TV interview to say the name of Blake Appleton, a child with cancer. "That's what I'm proud of today," Tebow noted, before concluding the interview: "Have a good day, Mr. King. And God bless you."

Raised by missionaries and home-schooled, Tebow sets off cultural tripwires. He says he's a virgin. Feminists

were outraged by a gently pro-life Super Bowl ad he did with his mom about her troubled pregnancy when she was carrying him. But as writer Daniel Foster notes, what is most off-putting to some people about Tebow is his utter lack of irony and sheer earnestness. Doesn't he know life isn't a 1950s sitcom? You can almost hear his critics urging him, "Shut up already about God, and please start failing."

By any reasonable standard, though, Tebow is a blessing. He won't be getting arrested for groping a woman at a Halloween party (Julian Edelman), for accidentally shooting himself with the Glock he smuggled into the dance club (Plaxico Burress) or for running a dog-fighting ring (Michael Vick). He won't be taking performance-enhancing drugs. He may or may not continue his success on the field, but he will do everything he can to respect his teammates and his God.

Here is a prominent player who will almost certainly never require fathers to make awkward explanations to their kids about some spectacular scandal. Rejoice, America, rejoice. ■

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

## GUEST OPINION

### Evolution of an occupier

BY ANGELA CISNEROS

I come from an immigrant family. My grandparents moved from the country to the city in Mexico. They went looking for jobs and found none. My grandfather was recruited to work in the U.S. as part of the Bracero guest worker program. When the guest worker program ended, he stayed to work without proper documents. After many years of not seeing his family, he saved enough money to pay a "coyote" (a smuggler) to help them cross the Rio Grande. My father followed his sweetheart across the country.

My parents were teenage farmworkers. My mother became pregnant and I was born. My parents were undocumented for a while. They would hide us in the woods when they heard the 'migra was coming. They did not want us to be separated.

Eventually, a deal between Democrats and Republicans was struck and during the Regan Administration, my parents were able to adjust their status. My parents moved out of the fields and closer to town. My parents were able to get better jobs, save their money and ride the economic wave in Collier County.

I remember growing up, meeting other youth from the immigrant community. Those of second generation seemed to feel more privileged and picked on us "new" immigrants. I learned that those without papers are nobodies. They were nonexistent. They were illegals.

I have brown skin and indigenous features; I recall assumptions made about me, and I remember name-calling. I recall people telling me to go back where I came from. This always stirred inner turmoil because I was born here. I have just as much a right to be here as anyone else born here.

I always found refuge with groups of people who exhibited kindness and open-mindedness.

I became politically aware after Sept. 11, 2001. I had just graduated high school and was making plans to attend community college. A high school teacher, Ian Harvey, began an antiwar group in Collier County. I

went out to support and met other students and people in my community that exhibited kindness and open-mindedness. Patriotism turned into Ethnonationalism and I found myself defending not only innocent Afghans and Iraqis, but also the Hispanic community. In those days, people with brown skin were considered suspicious. The antiwar movement stalled.

I had heard about the Coalition of Immokalee Workers and I attended a student farmworker alliance conference in Immokalee. As the presentation began, I put into context my family history and their struggle to make a better life for themselves and their children. I began to cry.

But the presenter told us to not feel pity; they were not asking for our pity, they were asking us to stand in solidarity with them and their campaign for fair food. Through FGCU Progressive Student Alliance, I began to organize in my community and on my campus. We participated in local rallies and marches at Burger King headquarters. We held petition drives at school and talked to whoever would give us a minute of their time. I continued to stay active despite many challenges, both economic and personal.



Today, I am almost graduated from FGCU. When I heard of the Occupy movement, it had not been covered on CNN or FOX news. I read about it on alternative news media sites and I realized the similarities with other anti-globalization rallies in the past; such as the WTO protest in Seattle in 1999, the FTAA protest in Miami, and the WTO protest in Cancun, Mexico, in 2003.

I watched the documentaries. I read Noam Chomsky and heard from other leading worldwide intellectuals speaking about the anti-globalization movement. These were all mostly non-violent protests (though there was destruction of property, and a suicide, people were not targeted) rooted in Gandhi's philosophy of Satyagraha.

Occupy provides a place for folks to speak their minds about the problems in our world. We have not yet come to some conclusion. But we share a vision of another world that is more inclusive and fair. This is why I am a supporter today.

I plan to participate in the Occupy Congress protest on Jan. 17 and hope to meet others who feel the same way I do. ■

- C E L E B R A T E -

# T H E H O L I D A Y S

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# PET TALES

## Game-changers

Litter, scratching posts have changed the way we keep cats

BY DR. MARTY BECKER  
Universal Uclick

Every year, I make the rounds of pet-industry trade shows and veterinary conferences, and every year I at least glance at thousands of new pet-care products. While a few are truly innovative, many are just variations on a theme as companies work to mimic top sellers as closely as they can without getting sued.

Whether any new product will catch on is anyone's guess, though few will reach the level of those that truly have changed the way we live with our pets.

I recently mentioned five such products for dogs. Now, here's equal time for cats, with a handful of items that have changed the world for cat lovers:

### Litter

While the idea of keeping a box inside for cats to use as a potty was around for a while, it never really took off until Edward Lowe happened upon what he called "kitty litter" in 1947. His dad owned a company that made industrial cleanup materials, and when someone asked him to suggest something for a cat box, he filled up a bag of Fuller's Earth, a kind of absorbent clay. When Lowe sold his Kitty Litter company decades later, he was rich beyond his wildest dreams, and cats had become more popular than dogs as pets. Today, more than 80 percent of cat owners have litter boxes in their homes, although clumping

litter is used in most of them now, not the material on which Lowe built his company.

### Scratching posts/cat trees

Clawing is natural, normal and very satisfying for cats. While cat lovers may understand the normal and natural behavior, they're not on board with the satisfying when then shredded objects include the furniture. No one knows who first came up with the idea of providing cats an approved place to scratch, but the idea was a great one for both cats and people. While scratching posts used to look like DIY fright shows covered in dreadful colors of leftover '70s shag carpet, today it is easy to find cat trees and other related items that keep cats happy and divert attention from the corner of the sofa.

### Microchips

Cats are notorious for roaming, even if they have to slip out against an owner's wishes to do it. They're also pretty good at slipping out of their collars, since cat collars are designed to give way if a cat gets caught on something. Problem is, a cat with no ID tag is unlikely to be reunited with

her family, and shelter workers sadly note that many "strays" turned in are obviously lost pets.

The microchip betters the odds of a reunion, since most shelters scan lost pets for such ID. The size of a grain of rice and easily implanted at a veterinarian's office or shelter, the microchip is the best insurance you can buy to help your cat come home when lost.

### Cat fishing toys

Cats love string, but string can be a problem for cats. Young cats and kittens sometimes swallow string, and that can lead to a crisis that requires surgery. That's why whoever first thought of tying one end of a string to a pole and the other to a cat toy deserves a nod for coming up with what may be

the best cat toy ever. You can find all kinds of variations on the cat fishing toy, and you can even make your own. It's all good — and it keeps your cat busy, you amused and the claws on the end of the string. Runner-up: Laser pointer, and only second because you can't make it on your own.

That's my list! Feel free to drop me a note with your favorites for cats, dogs or others pets, to [petconnection@gmail.com](mailto:petconnection@gmail.com). ■



Cats who are kept indoors are prone to obesity and boredom. The cat fishing pole helps keep those problems under control, in a manner entertaining for all.

### Pets of the Week

COURTESY PHOTOS



>>Jeanie is an 8-year-old spayed Beagle mix and her brother Herbie is a 10-year-old neutered chow mix. They have been together forever. Jeanie has only three legs, but she gets around just fine. The two are looking for one home where they can live together. Because they are both over 5, they qualify for the Senior to Senior program; anyone older than 55 won't have to pay adoption fees.



>>Stewie is an 8-month-old neutered male. He's a spunky guy who picks things up with his mouth and quickly takes them to his secret location where he can investigate his new find.

### To adopt or foster a pet

The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, was founded in 1925 and is a limited admission non-profit humane society providing services to more than 10,000 animals each year. It is located at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at [hspb.org](http://hspb.org). For adoption information, call 686-6656.

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# NEWS OF THE WEIRD

BY CHUCK SHEPHERD  
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

## That's government...

Stung by criticism in 2007 that they were neglecting severely wounded service members, the Pentagon and the Department of Veterans Affairs have now gone extreme the other way, routinely providing at least a half-dozen (and as many as two dozen) caseworkers per patient. A Government Accountability Office report in October said the result was "duplication, confusion and turf battles," according to a November *Washington Post* story, leaving the mem-

bers and their families often conflicted and overwhelmed about prognoses. At times the Pentagon (serving active-duty personnel) and the VA (ex-military) balked over coordinating their treatments. The agencies, however, told the *Post* that any duplication was intentional, even though the *Post* cited military families who each wished they had a single, authoritative case manager they could turn to. A GAO official called the situation "crazy" and "disturbing." ■

## Can't possibly be true

■ The U.S.-Pakistan relationship has reached "the nadir of absurdity," wrote *Wired.com*, after a December report in *The Atlantic* revealed that Pakistan "secures" its tactical nuclear weapons by moving them around the country in ordinary unmarked vans ("without noticeable defenses"). It supposedly uses the "Econolines of Doom," "hidden" in plain sight on the country's highways, because it fears the U.S. (its "ally") would steal the bombs if it knew where they were. Dizzily, wrote *Wired*, the U.S. funds Pakistan yet regularly invades it, though desperately needing Pakistan's help in Afghanistan, even as Pakistani soldiers fight alongside Afghan insurgents against the U.S.

■ In October, the super-enthusiastic winners of a Kingston, Ontario, radio station contest claimed their prize: the chance to don gloves and dig for free Buffalo Bills' football tickets (value: \$320), buried in buffalo manure

in a child's plastic inflatable pool. The show's host, Sarah Crosbie, reported the digging live (but, overcome by the smell, vomited on the air). More curious was a runner-up contestant who continued to muck around for the second prize, even though it was only tickets to a local zoo.

■ In a federal lawsuit for malicious prosecution, a judge found a "strong" likelihood that EPA agent Keith Phillips "deliberately" set up a hazardous-waste enforcement case against Hubert Vidrine for the purpose of facilitating his own work/sex relationship with a female EPA agent. According to the court, Mr. Phillips was married and unable to carry on with the agent (stationed in another city) except when they worked together, which they did periodically over a three-year period on the Vidrine case. In October, Vidrine was awarded \$1.6 million in damages. ■

## Fine points of the law

■ Daniel Vilca, 26, was ordered to prison for the rest of his life (without possibility of parole) following his conviction in Naples in November for having pornographic photos of children on his computer. He had no previous criminal record, nor was there evidence of any contact with children. The judge computed the sentence by multiplying a five-year term by the 454 photos police found.

■ A week earlier, a judge in Dayton, Ohio, sentenced former CEO Michael Poppel, 44, for defrauding his shareholders by overstating revenue in a company that went on to lose \$298 million and cost 1,300 employees their jobs. Sentencing guidelines recommended an 8- to 10-year

term, but federal judge Sandra Beckwith ordered Mr. Poppel to jail for seven days.

■ Dog walker Kimberly Zakrzewski was found not guilty in October of violating the poop-scooping ordinance of Fairfax County, Va., despite photographic "evidence" of dog piles submitted by neighbors Virginia and Christine Cornell (who had previously been feuding with Ms. Zakrzewski). The jury chose to give greater weight to testimony by the dog's owner that the photographed piles were bigger than anything she had ever seen from "Baxter." The owner also revealed that she had brought to court one of Baxter's actual piles but decided to leave it in her car. ■

## Gun wrong

■ A 22-year-old man was shot in the face on Vancouver Island, British Columbia, in September; his companion on the camping trip thought he was shooting at a bear. ■

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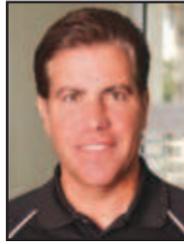
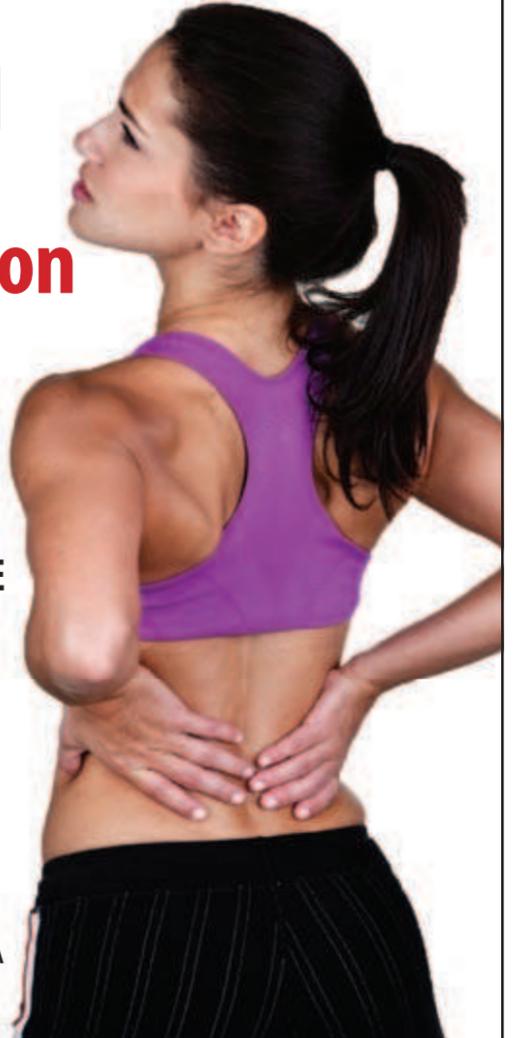
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# DEADLY

From page 1

disease, these often related illnesses make up about 90 percent of Dr. Sean Morrison's patients. A specialist in palliative medicine, he focuses on quality-of-life care for people with chronic and complex illness.

"The remainder is AIDS," said Dr. Morrison, who is also head of the National Palliative Care Research Center at Mt. Sinai Medical Center in New York. "In some ways that's a classic modern example. When I was training in internal medicine AIDS was a fatal disease, not a chronic illness."

He considers an illness chronic instead of deadly if patients live five years or more, and says that is now broadly true of both heart disease and cancer. "Reductions in the rates of death from the major causes of death, namely heart disease, cancer, stroke, and chronic lower respiratory diseases," the CDC says, has gone a long way to increasing our average lifespan to 78 years and 10 weeks as of 2009, the longest in history. Death rates due to heart troubles declined by two-thirds in the last fifty years, for instance. And 98 percent of women who discover Stage 1 breast cancer survive without ever having a recurrence, compared to 74 percent in 1982 when Susan G. Komen was established.

"I see on a daily basis, patients who were diagnosed with breast cancer 10 to 20, even 30 to 40 years in the past, still doing fine today," said Dr. Sandra Mondro, fellowship trained board certified breast imaging specialist at Good Samaritan Medical Center in West Palm Beach.

Dr. Mondro performs about 5,000

mammograms a year, crediting early detection as key to "the cure and long life."

Success in treating serious illness may make them less scary for patients, but longer life in general could be a conundrum for health care economists.

W. Bruce Vogel, an economist by training, and associate professor at the Department of Health Outcomes and Policy at the University of Florida, expects there will be more hospitalizations and long-term care for those with chronic illness will become more expensive. That could strain government health programs.

"A major issue here is that very few people have long-term care insurance, and long-term care costs, while lower than hospital care on a per diem basis, can be very high because of stays of months rather than days," he wrote. "Medicare does not cover most long-term care, leaving many elders to depend upon Medicaid, which has strict income limits. At the state level, Medicaid has grown tremendously and is routinely cited as the biggest budgetary concern of state governments."

## Living longer, better

Medical specialties that focus on quality of life for people with chronic illness are keeping pace with longer lifespans.

"Accompanying (people living longer with chronic illness) are increasing symptoms and family-care issues, which is what led to the specialty of palliative medicine," Dr. Morrison said. "It's no surprise you've seen the development of this specialty. Medicare and our hospitals were really designed in the 1950s and 60s when chronic illness didn't really exist. They do a phenomenal job of treating people with acute injuries and illness, but not as much as caring for people with complex illness."

Especially for older patients, living well with a disease instead of curing it may be as much a medical goal for them as finding a cure for other patients, says Dr. Stephen Leedy, director of Tidewell Hospice and Palliative Care, which serves Charlotte, Manatee, Sarasota and Desoto counties.

"You can actually take a patient who has widespread disease and suppress it until they live quite a long time," he said. "In some situations maybe it's not important to completely get rid of the cancer, but rather take the approach, particularly in patients that are elderly, to have patients die with their cancer rather than of their cancer." He adds, "There are other things people in their 90s die of — sometimes they die of old age."

## Breast cancer

Our bodies respond to and are affected by cancer in ways nearly as unique as our fingerprints, suggests Dr. David Rock, a breast cancer surgeon at 21st Century Oncology's Regional Cancer Center in Fort Myers.

Decades ago treatments such as chemotherapy were "one size fits all," but they are increasingly tailored to individuals and their unique cancers. That's one of the biggest reasons more women survive breast cancer, although detecting it early through annual mammograms, he says, have saved more from dying of the disease than anything else. Ninety-eight percent of women who discover Stage 1 breast cancer get rid of it and never have a recurrence.

Dr. Mondro, Good Samaritan breast imaging specialist, agrees with Dr. Rock, urging women to visit a comprehensive breast center, where radiologists read mammograms all day, rather than an imaging center, "where they sporadically do mammograms in between other

x-ray studies."

For those who find it later, hormonal therapies and other treatments may serve a precise purpose in beating the disease. One drug called Tamoxifen blocks estrogen, essentially "starving" the cancer.

Another treatment calls for surgically removing a tumor in the breast then giving a dose of radiation to the area it used to sit in. The patient may or may not need chemotherapy after that.

By studying cancer genes, doctors determined which patients benefit from chemotherapy rather than the old approach of using it for all. "What we knew is a lot of women didn't benefit from it," Dr. Rock said. "A lot of them can avoid the toxicity of the chemo, and have the same clinical outcome," with other treatments.

A drug called Herceptin could help the one-in-four breast cancer patients who have human epidermal related growth factor receptor 2, or HER2.

"Traditionally that was a bad prognosis, because of a higher rate of recurrence and death," Dr. Rock said. "Herceptin has changed that a little bit."

Herceptin is given intravenously, but there's also a new oral medication designed to have a similar effect. Sometimes they're used together for a "synergistic" effect on HER2.

"That's really the focus of a lot of breast cancer research, is finding these targets to kill the cancer cells," Dr. Rock said.

Dr. Leedy points out we're still all only mortals, even though we're all living longer, and hopefully better.

"An American society these days it's almost as if death isn't mandatory," he says. ■

Athena Ponushis contributed to this story.

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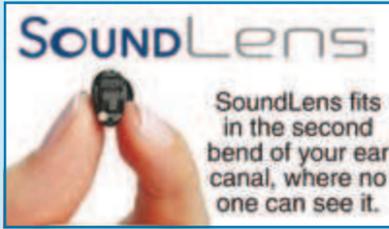
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## Event kicks off Prader-Willi classic

The Leta Lindley Prader-Willi Classic hosted a dazzling kickoff party in the Nordstrom Court at The Gardens Mall, with more than 200 supporters and friends attending the event. Brio Tuscan Grille provided wine and hors d'oeuvres in a beautiful setting, and three auctions orchestrated by Fonda Lee with All Things Beautiful. Prizes, gifts and raffle drawings were a part of the fund-raising event honoring Josilyn Faith Levine and Harold Wilkinson IV. The evening benefited the Genetic Disease Foundation and research on Prader-Willi Syndrome.

The 8th Annual Prader-Willi Classic, with the LPGA Tour's Leta Lindley and friends, is set for Jan. 13-15 at PGA National Resort & Spa in Palm Beach

Gardens.

The three-day classic features a gala dinner and auction on Jan. 13, with dinner, entertainment, and a performance by speed artist Michael Israel. The Prader-Willi Classic is played on Jan. 14, with a breakfast, a shotgun start at 10 a.m., and an awards luncheon following play. On Jan. 15, golfers compete with an LPGA Tour player in the Leta Lindley Invitational benefiting Prader-Willi Syndrome, and "Kids Helping Kids" presents a round of Kwik Golf on the Haig Driving Range, which calls for twosomes (one adult and one child) playing six holes.

To register, see pwclassic.com or call Karla Wallace at 799-4629. ■



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# WEIGHT LOSS: ONE STOP SHOPPING

By Elizabeth Johnson

Losing weight is not easy. It takes a comprehensive program, or "One Stop Shopping" so to speak, that includes not only exercise and sensible nutrition, but also change, commitment, support, and time. You're eager to change your behaviors and thoughts, and you know you are committed to the end result. That just leaves two key variables to tackle...support and time.

Where do you find unwavering support and accountability to stick to positive change...and how do you find the time?

First of all, you need to search out and find a way to be held accountable to reaching your goal. Find someone other than yourself to help hold you accountable. Too often we are "professional" goal setters, but don't know how to celebrate our progress and reframe our setbacks so we are held accountable to the results we want.

This brings you to the second hurdle: time. The reason you haven't seen results before when you tried to lose weight is because you didn't have the right system that maximized your time. You can't possibly follow one plan for exercise, have yet another program for nutrition, and hope to coincidentally find enough accountability and support in your pre-existing network of friends and family to get you to your goal. That requires too much to juggle everything.

So...where will you find this "One Stop Shopping?" Where will you find cardio, weight training, supportive nutrition and built-in accountability all under one roof to help you meet your goals while maximizing your time investment? Only at Get In Shape For Women.

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"I had been putting off getting in shape and losing weight for a long time. Having tried many diet and exercise programs that didn't seem to work, I had just about given up. I was getting concerned about my weight because of how it affects your health. Then I walked into Get In Shape For Women. The small size and four to one client to trainer ratio really appealed to me. The trainers are very supportive while motivating you at the same time. Because you are weighed every two weeks you are held accountable for your weight loss. The "one stop shopping" of working out and a healthy eating program at the same place works really well. I am down eleven pounds in just four weeks and feel great!"

- Alice Begley



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# WXEL

From page A1

threshold of becoming a truly independent and vital community station, it needs and warrants the full support from the community it so ably serves.

"I am proud to be a small part of this transition."



HENNEBERG

The acquisition also is about building relationships in the community.

"We look to our community leaders for support and are meeting with business leaders and philanthropists to outline our plans for a public/private partnership to meet our shared commitment to the South Florida community we love, live and work in and serve," Ms. Tornaben said. "We will be outlining to them what we plan for WXEL-

TORNABEN

TVs programming and community interaction.

"We appreciate the importance of community partnerships and strategic alliances and know that by working together, our public broadcasting station and local organizations can make the communities we both serve better for everyone."

That underscores Mr. Henneberg's goals for the station.

"Local programming — that's where our future lies in connecting with the



COURTESY PHOTO  
Local television news veterans Laurel Sauer and Alan Gerstel began hosting "Heritage" this past summer on WXEL. The show focuses on the history of Palm Beach County and the Treasure Coast, and it is part of the public television station's commitment to providing local content.

local community," he said. "We are making a really big effort to reach out."

Part of that commitment includes new programming.

This past summer, local television news veterans Laurel Sauer and Alan Gerstel, one-time competitors, began WXEL's "Heritage" program. The half-hour show, which airs at 7:30 p.m. Thursdays, focuses on history from around the Palm Beaches and the Treasure Coast.

And 2012 will bring "Debra!!!" hosted by Ms. Tornaben. She will focus on local unsung heroes, as well as famous

people. Bill Scott will be the show's executive producer.

"We're the local PBS station for Palm Beach County and the Treasure Coast, and we've never stood out and said, 'Hey look at us.'"

WPBT, the Miami public television station, has continued to draw local viewers.

"They raise a lot of money up here. ... The viewing public is up here, but too many of them are supporting Miami right now," Mr. Henneberg said. "We have to show that we belong by having more local programs."

There still is plenty of the familiar programming, too.

WXEL provides more than 40 hours a week of educational children's PBS KIDS programming, such as "Sesame Street."

But in the end, the Boynton Beach station wants to be known for its local programming, too.

"It's all about supporting the local community by creating local programming, and work with local talent to bring us all together," says Mary Pat Lang, director of Television Production Services. ■

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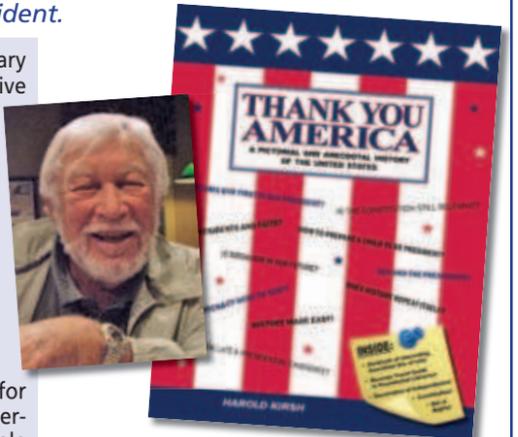
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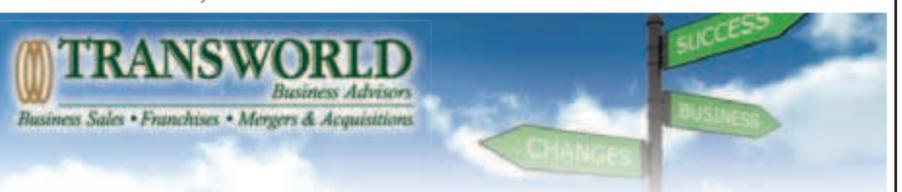
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# HEALTHY LIVING

## Just say no — calmly, slowly and without guilt



"Gloria" wanted to kick herself. Her sister Sara always found a way to convince her to do something she didn't want to do. Sara had decided it would be a great idea for the two of them to arrange a bridal shower for their niece. Adding insult to injury, Sara had also decided Gloria's home would better accommodate the guests. Gloria couldn't come up with a valid reason to say no, and had reluctantly agreed.

But, now Gloria was fuming. She hadn't wanted to get involved in planning the shower in the first place, let alone host it in her home. Gloria was swamped in the office, and in fact, had just taken on the workload of a colleague out on maternity leave. Her husband Harvey had been telling her for years that she's a pushover and should start putting her foot down.

Harvey's comments deeply offended her. He was the last one who should be telling her to say no to others. Harvey didn't lift a finger at home. He rarely helped with carpooling or walking the dog. Didn't he notice she was exhausted and overwhelmed? Why did it feel like everyone took advantage of her good nature?

Some people, and women in particu-

lar, may have been raised to believe that it's a virtue to put aside their needs to concentrate on the wants of others. They may not understand that relying on others for approval and validation may not only be self-sabotaging, but detrimental to their health and well-being. This stance becomes self-punishing and may strip them of their personal identity and sense of integrity.

Letting others know what your limits are without offending them is the challenge. It may be hard to clarify what's right for you at first because you are so accustomed to paying attention to what pleases the other. Changing your priorities will take some attention and effort. Learning how to take stand up for yourself and to clarify clear boundaries requires shifting your mindset to become more self-protective. You must also work on letting go of the fear that others will dislike or disapprove of you if you don't do things their way.

There is a fine balance

between taking care of one's needs and staying connected to others. Sometimes, in the eagerness to assert yourself, you may become caustic or brash, certainly not showing yourself in the best light.

It is probably not your intention to antagonize the other person or to sever the relationship. Nor is the purpose to become selfish or egotistical. Rather, the intent is to maintain the relationship, while firmly asserting your needs.

With effort, it becomes easier over time, to communicate your position to others. When you are attempting to make a constructive change, it helps if you stand up tall, pull your shoulders back, and speak slowly and calmly. Push through any awkwardness to speak with deliberate authority. This will probably convey some assurance and hopefully will help you to stay on track.

Sometimes, when people are feeling defensive they tend to blather on and on

with an apologetic explanation, which diffuses the effectiveness and clarity of their message. A simple firm, clear statement will be the most powerful. Pay attention to your tone of voice and take care not to sound angry or antagonistic.

Those around you may not take your newfound assertiveness seriously at first. They are accustomed to you caving in if they push hard enough. It may help if you clearly state to others that you are determined to respect your own priorities, and you know they may be disappointed when you turn them down. If you are firm and consistent, they should come to respect your determination over time.

Make it your mantra to only do things for others because, in your heart, you believe it's the right thing to do, AND you genuinely want to do these things. Let go of the fear that others will disapprove if you decline. Of course, this message is not to promote self-absorption or insensitivity. Rather, it's to remind you that YOUR needs are as important as everyone else's. ■

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



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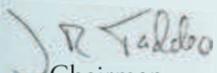
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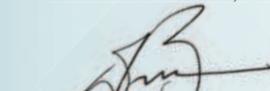
  
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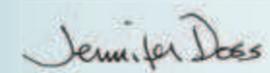
  
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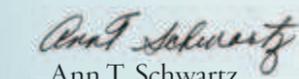
  
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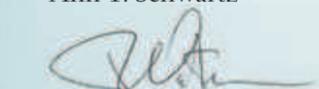
  
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Yet, proponents of the proposed Tenet hospital claim that one of the only ways to realize the benefits from your multimillion dollar tax investment into Scripps is by building a for-profit hospital on its campus.

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The Tenet proposal is not for an academic teaching hospital or a specialty research hospital. According to Tenet's official application, the proposed hospital will provide "routine medical/surgical services to patients of the immediate area." What does this mean to you? **Your healthcare costs could rise and current jobs will be lost** because the new hospital would simply be an unnecessary duplication of existing services.

There is a Win-Win Solution.

Our region boasts 13 hospitals – many world-class facilities that can be utilized TODAY.

By partnering with this network, we can continue to conduct life-saving research, provide medical education venues, create new jobs, and advance our effort to become an innovation-based economy.

This collaborative model works for many of our best research institutions in Florida and it can work for us.

Join Our Effort.

Go to [www.winwinforpbc.com](http://www.winwinforpbc.com) to find out the facts about this proposed project and sign up to learn how you can support a Win-Win Solution for our community through innovation, collaboration and partnerships.

By doing so, we can ensure that our investment in Scripps will yield the promised return for our community and our State without jeopardizing the important healthcare resources upon which our community relies.



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WEEK OF DECEMBER 15-21, 2011

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

# Cheney Bros. expands westward

## Food distributor to open in Charlotte County

BY EVAN WILLIAMS  
ewilliams@floridaweekly.com

Charlotte County sees hope in Cheney Brothers.

Two of that county's biggest planned developments, which spurred hopes of job creation and economic diversity, are held in limbo by a weakened economy: new-urban style communities at Murdock Village and Babcock Ranch. But the commitment from a Florida food distribution giant renews hope for economic development with its commitment to build a 250,000-square-foot warehouse near the airport.



**PATTON** County Commissioners who toured Cheney Brothers' Riviera Beach factory, which it plans to duplicate here, sing Cheney's praises as potentially the county's largest private employer.

Cheney executives say the new warehouse is designed to employ up to 630 people, including forklift operators, truck drivers and positions in IT, purchasing, human resources and administration. This number does not include the short-term construction jobs the project will call for.



**NEWELL** Cheney Brothers counts Sysco as a major competitor, and the \$900-million-per-year company has more than 15,000 items in inventory, from ketchup packets to frozen seafood.

Fast-tracking Cheney's route to begin construction — expected to happen in about a year — is a top goal for Charlotte County officials, said Tom Patton, Charlotte County's new director of economic development. It's part of his strategy to target specific companies that will diversify Charlotte's economy, which he says is too heavily reliant now on retirement-based services and amenities.

Mr. Patton spent 15 years as a sales and marketing executive at John Deere, and was formerly economic development director in Polk County.

"We're trying to demonstrate our county is truly open for business and energetically seeking approval for industry," he said.

That has included giving Cheney Brothers a 10-year citizen-approved tax abatement, as well as constructing part of the building's water and sewer utilities at a cost in the close to a half-million dollars. Mr. Patton also applied for a state grant of \$720,000 to build a short road to the warehouse, which will be called Cheney Way.

Cheney's Mr. Russell says his company will invest upwards of \$25 million to construct the warehouse, including the 35 acres they bought from the county in late November for \$2.5 million at Enter-



Cheney Brothers' new warehouse in Charlotte County will be designed following its Palm Beach County operation, pictured here.

EVAN WILLIAMS / FLORIDA WEEKLY



Cheney Brothers has its main operations off Interstate 95 just north of West Palm Beach in Riviera Beach.

EVAN WILLIAMS / FLORIDA WEEKLY

prise Charlotte Airport Park. It will be the company's fourth warehouse.

Cheney executives say that before any incentives were put in place, well-known Charlotte County businessman Bruce Laishley put the plan in motion. Mr. Laishley is a partner in the restaurant group Smugglers Enterprises Inc., and it's his construction company that is set to build Cheney's new warehouse. Mr. Laishley co-owns Florida Premier Contractors, also called Southwest Land Developers, with longtime business partner Rick Treworgy. Mr. Laishley said he knew of Cheney Brothers because his restaurants buy food from them.

The company was thinking of building a new warehouse in Georgia until they got a call from Chris Evans, one of

Mr. Laishley's partners, suggesting they come to Charlotte County, said Cheney development specialist Warren Newell. He was impressed by the support that Mr. Laishley had organized.

"Bruce really took the initiative," said Mr. Newell, "He said, 'I have some property that might fit your need.' And he had everybody there in a meeting: Lt. Gov. (Jeff) Kottkamp, the (Charlotte County) sheriff (Bill Cameron), (Charlotte County) commissioners..."

Mr. Newell is a former Palm Beach County Commissioner who in 2008 was convicted of honest services fraud — a felony — for not reporting that matters he voted on earned him money. He reportedly served almost two years of a five-year prison term and was then hired by Cheney Brothers.

Cheney Brothers was founded in 1925 and is still owned by the same family. Mr. Russell is the CEO and the company's president is Bill Foley. The company website reports that Cheney Brothers grew from a small egg-and-milk distributor to one of the South's largest food distributors.

Mr. Patton suggests Cheney could bring other food-related industry to Charlotte County as well.

On a tour of Cheney Brothers' Palm Beach County warehouse, he wondered aloud after passing a Charlotte County potato grower about a potential potato chip factory. And, of course, Cheney could ship out those theoretical snacks.

That's just one example, and though the jobs Cheney Brothers promises haven't arrived yet, Mr. Patton says they won't be your average warehouse positions.

"It's not a typical warehouse type of place. It's technology driven," he said. "I think these guys are at the top of the heap when it comes to sophisticated warehousing."

For instance, each forklift has a computer used by operators to track packages. The company's security system is driven by face-recognition technology, and if a refrigerated truck driver leaves a door open, the central office is notified. Radio frequency identification devices track packages accurately.

One estimate says total average compensation for a Cheney job, including benefits, equals \$45,000. That doesn't include upper management.

Cheney CEO Mr. Russell says that average could be misleading because workers in the warehouse may earn more than that if they stock or unload more products accurately and receive bonuses. Likewise, they're docked pay for poor performance.

A truck driver could earn \$75,000 or more per year, Mr. Russell said. ■

# MONEY & INVESTING

## Getting a little help from your Value Forum friends



Value Forum.

Started in 2003, VF is a 1,400-member community of investors who manage a collective \$1.4 billion of capital. Most are individuals over 55; there is a sampling of hedge fund and money managers in the mix. VF serves as a clearinghouse for members' insights and research. It is "rich" in content from outside experts and from many members who, unquestionably, are skilled beyond the standard money manager fray of talent. The forum allows the novice to follow a thread; for the experienced trader/investor, there is a community with like expertise. Within the broad forum are smaller groups... and entry is by invite. Not that the group is snobbish; entry to some inner circles is best made by quality of your postings.

The group generally embraces the investment style of Warren Buffett, who, in my opinion, now value invests on a billionaire's preferential playing field.

Buffett often appears in critical times/situations when a lot of money is immediately needed and deal negotiation must be extremely fast; Buffett is handsomely paid and often well-protected in his investments... far beyond terms available to the public.

But traditional value investing, the piece-by-piece analysis of a company's assets and cash flow, is really not dead as VF carries a torch for individual investors. In general, the VF investor seeks higher income with added benefit that the dividend or distribution often provides a floor for the equity in volatile markets.

A widely accepted maxim (akin to "too good to be true") is: if the yield is so high,

there has to be something very much wrong. But there are important caveats to that truism: if a company is sufficiently small, it will not be covered by an institutional analyst and, if the industry or company is sufficiently complex, many an analyst will stay clear of coverage as they know that few of their clients would have the patience, interest, time or capacity to read even the best of breed research on such. But this is where VF members thrive.

Certain sectors offer many of the above-mentioned size and complexity components: mortgage REITs, oil and gas MLPs/trusts; shipping companies; and SBICs (i.e. real estate investment trusts, master limited partnerships, and small business investment companies). The Value Forum group likes the hunt and relishes prized annual yields of 10 percent plus; some pay upwards of 18 percent!

Not all VF coverage is on high-yielding plays as some follow natural resources, agricultural/fertilizer plays, consumer products, even a tad of tech can be found. Not all postings are fundamental; some members share their technical approaches and some discuss business cycle/wave theorists (e.g. Nenner, Armstrong, Prechter, etc.)

Participants post by "handle" and can remain anonymous... except the forum hosts an annual event called InvestFest, held all over the country but, as it happens, this year is in Tampa on Feb. 12. Three days of learning and sharing — many a face matched to their handle.

One of the big highlights of the conference will be presentations by mortgage REIT AGNC and its recently formed sister

company (MTGE) explaining how it manages their leveraged mortgage portfolios (with heavy explanation on how they have produced AGNC's quarterly dividend of 18 percent... for several years). Another speaker is a VF member who is an expert in shipping companies, particularly those of John Frederickson. (Some VF members actually travel to Bermuda for Frederickson companies' annual meetings and face-to-face fact-finding.) Other topics are: wealth planning, technical trading, etc. I am also on the speaker list but, lest you think this is self-promotion, I am eager to learn as I invest/trade in AGNC, MTGE, and CHKR and a list of others to be bought at certain prices.

You can try VF online (<http://valueforum.com>) for a nominal cost. Downsides? This is not a free site, which is also an upside as it keeps out online riffraff. Also, the vituperous online dialogues sometimes lack decorum.

A trial membership might make a great Christmas gift for the beginner investor (who needs a fish but was never taught how to investment fish) or the retiree who doesn't need more hardware, software, gloves, ties or gift cards.

None of the above opinions or position disclosures should be construed as a recommendation; check with your adviser to determine suitability and for verification of investment facts. ■

— Jeannette Showalter, CFA, is a commodities broker with Worldwide Futures Systems, 239-571-8896. For mid-week commentaries, write to [showalter@wwfsystems.com](mailto:showalter@wwfsystems.com).

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# KOVELS: ANTIQUES & COLLECTING

## Collectibles track Santa through the ages

**terryKOVEL**  
news@floridaweekly.com



Santa Claus has changed in appearance throughout the centuries. He is now a mixture of the Dutch, German, Scandinavian, British and American characters that have represented Christmas. The earliest Santa-like figure was Saint Nicholas of Myra, a 4th-century Greek bishop. He was pictured as a thin bishop in religious clothing. The bearded Norse god Odin also influenced the Santa Claus image by the 13th century. He led a hunting party in the sky while riding an eight-legged horse. The Dutch had Saint Nicholas, or Sinterklaas, by the 16th century. He rode into town on a steamboat in November and carried a book that told which children were good and which were naughty. Then in December, the elderly tall man with white hair and beard and a long red cape rode a horse in the sky and delivered gifts through the chimney. Santa got shorter by the 1840s in Scandinavia. He was a bearded elf dressed in a gray outfit with a red hat. The Scandinavians also have a tradition of the "Yule Goat," that pulled a sleigh through the sky. It came from the story of Thor, a Norse god. The goat is now a life-size Christmas figure made of straw. Father Christmas, known in 17th-century Britain, was a chubby, jolly, bearded man dressed in a green fur-lined robe. But in America, Santa Claus has been inspired by the figure described in the 1823 poem "The Night Before Christmas," which describes St. Nick as plump and jolly but also as a small elf that could slide down a chimney. By 1863 Thomas Nast had pictured Santa as a large man with a beard. The Coca-Cola ads in the 1930s feature the Santa known today, the jolly man with a beard and fur-trimmed red suit.

A rare tin Santa toy made in the 19th century sold recently for \$161,000. It shows Santa in a sleigh drawn by goats. The first one found made experts wonder if it was all original - because goats, not reindeer, are pulling the sleigh. Two more of the clockwork toys are now known, however, proving that the expensive toy is original. Perhaps the maker was familiar with the tradition of the Yule Goat.

**Q:** Can you give me information about a rhinestone necklace and matching screw-on earrings that were given to me by a deceased friend born about 100 years ago? Each piece is marked with the copyright symbol and the name "Lisner."

**A:** Your costume-jewelry pieces were marketed by D. Lisner & Co. of New York City. Founded by David Lisner in 1904, the company was strictly a wholesaler of imported European jewelry until the 1930s. During the '30s, Lisner enlisted a partner to oversee the establishment of a retail business that depended on contracts with jewelry manufacturers in Providence, R.I. The "Lisner" mark was used starting in the 1930s, but any Lisner mark with the copyright symbol dates from after 1955. The company was sold and resold several times since 1979, and jewelry marked "Lisner" has not been made since 1985. Lisner



**This clockwork toy showing Santa in a goat-drawn sleigh could be wound up to move. It is one of three known, and was auctioned for \$161,000 by James D. Julia of Fairfield, Maine.**

COURTESY PHOTO

necklace and earrings sets sell for \$75 to \$150 or even more, depending on style, colors, material and condition.

**Q:** I have a set of four winking Santa mugs from 1960 with an "H.H." logo on the bottom. I'd like to know who made them and if they're worth anything.

**A:** Your winking Santa mugs were made by Holt-Howard Co., an importing company that started working in New York City in 1949 and moved to Stamford, Conn., in 1955. The company sold candleholders, condiment jars, decanters, spoon holders, saltshakers and other table accessories. It was bought out by General Housewares Corp. in 1969. Holt-Howard pieces often are stamped in black with "Holt-Howard" or "HH" and the year of manufacture. The "HH" mark was used until 1974. Production of Holt-Howard pieces ceased in 1990. Your mugs, if perfect, are worth \$5-\$6 each.

**Q:** I have an Edna Hibbel 1985 Christmas plate called "The Angels' Message." It's in perfect condition, but I don't have the original box. I'd like to know the current value.

**A:** Edna Hibbel's 1985 Christmas plate was the first in a series of four Christmas plates by the artist. It originally sold for \$45. The first in a series of limited edition plates usually sells for more than subsequent plates, and buyers who "discover" the series later try to find the first of the series to complete the set. Today you can find this plate listed online for prices ranging from \$10 or less to more than \$200, but the plate in a frame sold for less than \$15 at auction this year.

**Tip:** A dirty rag doll can be cleaned with a vacuum. Put a lingerie bag, held in place by a rubber band, on the nozzle of the vacuum cleaner. Then vacuum for a few minutes. ■

— Terry Kovel answers as many questions as possible through the column. Write to Kovel (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, NY 10019.

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# NETWORKING

## Centennial open house at Schumacher Chevrolet



Jim Kaplan and Bill Coddington



Ginny Vanderwende and Lane Henderson



Kirstie Wragg and the Chick-fil-A Cow (aka Richard Candelaria)



Stephanie Melim, Mark Duper, Waldo Waldie and Brianne Herndon



John Ring and the Chick-fil-A Cow (aka Richard Candelaria)



Mike Hambleton and Andy Preston



Troy Aymond and Susie Sudelis



Dale Bell



John Ring, Nelson Gosman, Mark Cofrancesco, Ryan McConnell, Jeff Abelha, Jack Wheeler, Troy Aymond, Ira Kaplan, Fred Southern, Ryan Panella, Steve Handy, Luis Rosa, Tom Ford, Dave Posynek, Gary Burger, David Springer, Jack Agerton, Susie Sudleis, Jay Rosenberg and John Calderon

RACHEL HICKEY/FLORIDA WEEKLY

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

# NETWORKING

## North Palm Beach Chamber hYPe Young Professionals holiday mixer at The Gardens Mall



Noel Martinez and Kay Hicks



Carla and Jason Cartier and Mindy Goldberg



Max Podel and Bryan Sina



Joanie Connors and Jaime Crespy



John McGarry, Kristen Jayne Cummins and Lisa Fegley



David Levy, Marcie Tinsley, Santa, Donna Ozar Goldfarb and Eric Jablin



Ed Chase, Stephanie Waldrop, U.S. Marine and Tess Lozano



Christina D'Elosua, Ryan Dinsdale, Tess Lozano, Stephanie Mitrione, Jennifer Sardone, Jeremy Colvin and Ryan Smallwood

COURTESY PHOTOS

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

WEEK OF DECEMBER 15-21, 2011

A GUIDE TO THE REAL ESTATE INDUSTRY



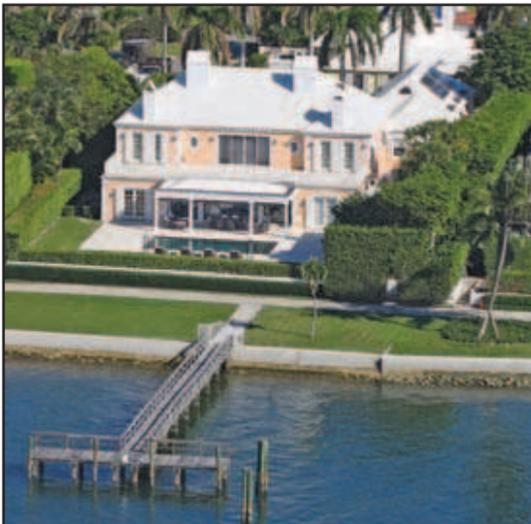
COURTESY PHOTOS

A cabana near the pool of this Palm Beach home has a bathroom and kitchen.

## Large space, Intracoastal views

SPECIAL TO FLORIDA WEEKLY

**T**his British colonial-style Palm Beach home features 11,000 square feet. It is located at 1098 North Lake Way, directly on the Intracoastal Waterway, and has a deep-water dock. The



The Palm Beach home has 11,000 square feet, and is located directly on the Intracoastal Waterway.

main house has seven bedrooms and 9¾ bathrooms.

The home features an additional, separate two-bedroom, two-bathroom guest wing with a living room, kitchen and staff apartment with private entrance.

Peetz sliding doors open off the living room to a coquina-tiled loggia. The patio/pool area has a cabana with a bathroom and kitchen. The home's four-car

garage is air-conditioned. The house has a ceramic glazed Italian tiled roof. The lot is 21,730 square feet. There is 106 feet of frontage. The home is priced at \$15.5 million. The listing agent for Fite Shavell & Associates is Betsy Fry, 561-909-8908, [bfry@fiteshavell.com](mailto:bfry@fiteshavell.com). ■



ABOVE: The living area in the home offers spectacular views of the Intracoastal Waterway.



LEFT: A four-car garage offers air conditioning; the roof is ceramic glazed Italian tile.

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Courtney Smitheman



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561.301.0932



2031 20th - Lakes  
\$169,900



2510 25th - River  
\$195,000



2511 25th - River  
\$1900/M - Furnished

## Realtor Renee Ford awarded WCR designation

SPECIAL TO FLORIDA WEEKLY

Renée Ford, a Keller Williams Realty Realtor, has been awarded the Performance Management Network Designation by the Women's Council of Realtors.

The Performance Management Network is a next-generation Realtor designation designed from the ground up to deliver the real-world skills, know-how and tools to keep an agent's business out front and on top of an evolving real estate market.



FORD

PMN curriculum is driven by the following topics: negotiating strategies and

tactics, networking and referrals, business planning and systems, personal performance management and cultural differences in buying and selling.

Ms. Ford is a member of the Women's Council of Realtors, Jupiter/Tequesta/Hobe Sound Chapter, and will serve as the 2012 Local Chapter President.

Women's Council of Realtors is a nationwide community of more than 19,000 real estate professionals who include many of the best and brightest in the business.

WCR is an affiliate of the National Association of Realtors and is headquartered in Chicago. For more information, see WCR.org. ■

## Executive Women auction raises \$5,558

SPECIAL TO FLORIDA WEEKLY

The Executive Women of the Palm Beaches annual holiday basket auction to benefit the Executive Women Outreach scholarship program and the Girls II Women organization raised \$5,558.

Executive Women Outreach is the fund-raising arm of executive women. Proceeds benefit scholarship and grant programs in Palm Beach County.



MANOLAS

Girls II Women is a local, non-profit organization dedicated to mentoring young girls, aged 11-14, who attend middle schools in Belle Glade and West Palm Beach.

The organization coordinates after-school programs and cultural field trips to encourage girls to stay in school and offer them a variety of cultural, educational and career options.

At the auction event, executive women President Monica Manolas introduced three young women, participating in the Girls II Women program, who spoke briefly about their experiences and thanked the attendees for their support.

They included Ja'Kai Britt from West Palm Beach, Courtlyn Patrick from Riviera Beach and Brianna Williams, West Palm Beach, all eighth-graders attending Roosevelt Middle School.

Manolas also introduced EWPB member Lisa Peterfreund, who donated \$2,000 to Girls II Women on behalf of the Merrill G. & Erita E. Hastings Foundation. ■



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## Tiara - The Crown Jewel of Singer Island

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**Joyce Miller**  
 Broker  
**561.723-0810**

**ROYAL KEY REALTY, INC.**  
 2655 N. Ocean Drive • Suite 205 • Singer Island



**517-519 SOUTH BEACH ROAD ■ JUPITER ISLAND**

Magnificent Oceanfront opportunity. 3.26 acres. The largest vacant direct oceanfront parcel available on Jupiter Island with 206 ft. of frontage. Offering breathtaking views of the Ocean and Intracoastal Waterway, this property sits atop a rare 17' elevation. Build your dream home or subdivide. Web ID 205 **Price Upon Request**



**Craig Bretzlaff**

561.601.7557  
cbretzlaff@fiteshavell.com

**Heather Purucker - Bretzlaff**

561.722.6136  
hbretzlaff@fiteshavell.com



**11721 TURTLE BEACH ROAD ■ NORTH PALM BEACH**

Exceptional 4BR/3.5BA home with spectacular sunset views over double golf course lots. Completely renovated from ground up with gourmet kitchen, custom cabinetry, marble floors, granite counters and high ceilings. Lush tropical landscaping, heated pool & spa plus outdoor kitchen. Application process necessary. Web ID 94 **\$4.25M**



**Lynn B. Telling**

561.310.2247  
ltelling@fiteshavell.com

**Chris Deitz**

561.373.4544  
cdeitz@fiteshavell.com



**162 SPYGLASS LANE ■ ADMIRALS COVE**

Exquisite 6BR/5.5BA Mediterranean estate. Gorgeous water and golf views, located only 5 homes from Intracoastal Waterway. Built in 2002 and renovated in 2006 with many luxurious features throughout. Private guest suite includes kitchen, bathroom and private entry. Web ID 918 **\$3.995M**



**Carla Christenson**

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cchristenson@fiteshavell.com

**Heather Purucker - Bretzlaff**

561.722.6136  
hbretzlaff@fiteshavell.com



**TRUMP PLAZA ■ WEST PALM BEACH**

Sophisticated contemporary 4BR/4.5BA apartment with panoramic Intracoastal, Ocean and Palm Beach views. Upgraded throughout including floated marble floors, integrated Creston lighting & media system, state of the art kitchen plus marble bathrooms. Private elevator entrance, pool and fitness center. Web ID 934 **\$2.7M**



**Lynn B. Telling**

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**Greg Giuliano**

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ggiuliano@fiteshavell.com





**11432 OLD HARBOUR ROAD  
NORTH PALM BEACH**

Buildable 123x180 lot on beautiful cul-de-sac in gated community. Build your dream home on .50 acres. \$10M homes across the street. Web ID 908 **\$1.995M**



**OLD PORT COVE  
NORTH PALM BEACH**

Perfectly decorated 3BR/3.5BA condo in Lake Point Tower. Incredible southeast views down the Intracoastal. Community pool. Furnished. Web ID 937 **\$965K**



**279 COLONIAL LANE  
PALM BEACH**

New 3BR/4.5BA home. Spacious floorplan and finest finishes. Beautiful pool and patio area. On very private Palm Beach street. Web ID 99 **\$2.795M**



**11248 OLD HARBOUR ROAD  
NORTH PALM BEACH**

Bermuda style 3BR/3.5BA home in exclusive community. Fully renovated, over 3,600 SF, free form pool and fully landscaped grounds. Web ID 844 **\$1.895M**



**OLD PORT COVE  
NORTH PALM BEACH**

Direct SE Intracoastal views. 3BR/2.5BA unit in mint condition. Wrap around balcony and views from every room. Furnished. Web ID 962 **\$500K**



**300 ATLANTIC AVENUE  
PALM BEACH**

3BR/4.5BA townhome with beautiful Intracoastal and garden views. High ceilings throughout. Community pool and tennis court. Web ID 123 **\$2.1M**



**11629 LOST TREE WAY - COTTAGE 19  
NORTH PALM BEACH**

Completely renovated 2BR/2BA cottage close to Country Club & facilities. Reserved up-front parking. Best buy in community. Web ID 845 **\$795K**



**OLD PORT COVE  
NORTH PALM BEACH**

Great view of marina with mega yachts & Lake Worth. Updated 2BR/2BA with patio across living area & both bedrooms. Furnished. Web ID 941 **\$150K**



**2727 N. ROSEMARY AVENUE  
WEST PALM BEACH**

Luxury Warehouse Condo/Storage unit in gated community with 24/7 security monitoring. Fits up to 6 cars. 20 ft. ceilings, bathroom and A/C. Web ID 867 **\$279K**



**Cam  
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561.714.6589  
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**Tom & Jeannette  
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tbliss@fiteshavell.com  
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jbliss@fiteshavell.com



**Elena Felipa -  
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561.309.2467  
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P: 561-427-6100  
F: 561-427-6101

## Treasure Coast

819 S. Federal Highway, Suite 300  
Stuart, FL 34994  
P: 772-419-0400  
F: 772-419-0601

## Port St. Lucie

1850 S. Federal Highway, Suite 200  
Port. St. Lucie, FL 34986  
P: 772-236-5700  
F: 800-709-8730

## JMC offers Web ER appointments

Jupiter Medical Center is offering a new online service so that consumers may schedule and hold their place in line to see an emergency healthcare professional.

The MedWaitTime service is designed for people with non-life-threatening conditions. By visiting [jupitermed.com](http://jupitermed.com) a user can reserve the next available appointment for emergency department treatment and choose to wait at home until then. The online service has a fee of \$8.99 to save a spot, which is refunded if the patient is not seen within 30 minutes of the scheduled time, according to a statement from the hospital.

"MedWaitTime is the latest in a series of steps we've taken to streamline emergency department services and improve the patient experience. Being in the emergency room, without knowing how long that wait will be, can create frustration and anxiety for patients and their loved ones," said Dr. Michael Collins, medical director of the ER. "By using MedWaitTime, patients know when they will be seen by a healthcare professional, and they can decide where they prefer to wait. Of course, in cases of chest pain, stroke and other conditions requiring immediate care, it's crucial to call 911 or immediately come to the ER."

The service does not change the order in which other patients are seen. If a number of patients needing immediate treatment arrive, the user will be notified with a new appointment time or given a refund. ■

## Max Planck scientists create 3D brain

Researchers from the lab of Nobel laureate Bert Sakmann, at the Max Planck Florida Institute in Jupiter, are reporting that using a conceptually new approach and state-of-the-art research tools, they have created the first realistic three-dimensional diagram of a thalamocortical column in the rodent brain. A vertically organized series of connected neurons that form a brain circuit, the cortical column is considered the elementary building block of the cortex, the part of the brain that is responsible for many of its higher functions.

This achievement is the first step toward creating a complete computer model of the brain, and may lead to an understanding of how the brain computes and how it goes awry in neurological, neurodevelopmental and psychiatric disorders, the institute reported. The study is published online in the journal *Cerebral Cortex*.

"This is the first complete 3D reconstruction of a realistic model of a cortical column," said Marcel Oberlaender, first author. "...By creating this model, we hope to begin understanding how the brain processes sensory information and how this leads to specific behaviors."

Working with awake and anesthetized rats, and examining stained brain slices, the neuroscientists used new light microscopy as well as custom tools to examine 15,000 neurons of nine identified cell types. Using the researchers identified and reconstructed the column's constituent parts using sophisticated software and a range of other new tools and processes. ■



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- Beautiful Singer Island waterfront home
- No fixed bridges
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- Large corner lot with dock
- Pool and spacious portico patio
- Four bedrooms, three-and-a-half baths
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- Air-conditioned garage
- Ideal for boaters

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# ILLUSTRATED PROPERTIES

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### ADMIRALS COVE COMMODORE ISLAND

Intracoastal custom estate nestled on a very private, oversized, lushly landscaped lot with waterfalls/ponds. Room for large yacht protected by barrier Island. 3BR/3.5BA/3CG/Office. Guest house has 1BR/1BA. Innumerable architectural details, chef's kitchen, walls of glass. **\$4.699M**



### PRESTIGIOUS INDIAN HILLS

Custom gated 1-story estate on almost 1 acre. Model 4BR/5.5BA/3CG. Quality features include natural Carolina stonework, 18-foot cedar ceilings, chef's kitchen w/FP, hardwood/stone floors, 3,000SF of pool area w/rock waterfalls, impact windows/doors, landscaping. \$950/yr HOA. Family neighborhood on the Intracoastal. **\$1.699M**



### ADMIRALS COVE WATERFRONT

Custom 1-story estate. 4BR/6.5BA/3.5CG on private cul-de-sac w/expansive views of yachts in the marina, clubhouse, Intra-coastal. Chef's kitchen, volume ceilings, wood-paneled library, exercise room. Large lot. Model perfect. Fully furnished. **\$3.499M**



### INTRACOASTAL ESTATE

PRICE REDUCTION. Spectacular 5BR/5.5BA/3CG custom 6,000 SF Intracoastal gated estate on almost 2 acres. w/152 feet of water frontage for large yacht. Home boasts the finest of finishes. Breathtaking landscaping surrounds entertaining loggias, expansive heated pool/spa. Border of Jupiter and Palm Beach Gardens. The Best of Everything! **\$3.949M**



### ADMIRALS COVE INTRACOASTAL ESTATE

11,000 SF Tuscan estate w/6BR/9Ba/3.5CG. 1,500 bottle wine cellar, movie theater, elevator, state-of-the-art chef's kitchen, exercise room, smart system, 3 laundry rooms, hurricane impact windows/doors, mahogany library, 2BR guest house. End of a cul-de-sac. \$7 million price reduction. **\$7.995M**



### PALM BEACH-HARBOUR HOUSE

DIRECT OCEANFRONT. Full service building. High floor. Large 1BR/1.5BA minutes from Worth Ave. Impact windows. Wood floors, walls of glass w/panoramic ocean vistas. Newly completed w/urban flair. Chef's kitchen, high ceilings, large terrace. Tennis, fitness rm, oceanfront heated pool. **\$319,000**



### NORTH PASSAGE WATERFRONT

Private paradise. 3BR/2.5BA/Den Wide river view w/ocean access. Dock w/12,000 lb. lift. Open floor plan, volume ceilings. NO MANDATORY MEMBERSHIP FOR GOLF/TENNIS. End unit next to nature sanctuary. Gated community w/golf, tennis, pool, clubhouse. Low HOA. **\$469,000**



### ADMIRALS COVE CUSTOM ESTATE

Just completed by Palm Beach designer. One-story CBS. 4BR/5.5BA/3.5CG/Library. Architectural details throughout. Luxurious marble baths. Chef's gourmet kitchen open to inviting family room w/wet bar. Motorized hurricane sunshades and awnings. Salt water pool/marble loggia, summer kitchen. **\$2.595M**



### ADMIRALS COVE WATERFRONT

Spectacular unobstructed long water views on large, lushly landscaped point lot. One-story 4BR/4.5BA/3CG/Office. Walls of glass, coral stone. fireplace, chef's kitchen, volume ceilings, large heated pool with waterfalls. Casual elegance. **\$2.995M**



### PGA NATIONAL ESTATE HOME

Elegant 4BR/4BA/2HB/3CG. Expansive patios, 2 fam rooms, rec room, French doors, wood/Jerusalem stone floors, vol ceilings, crown moldings, 2 laundry rooms, 2 fireplaces, Chicago brick driveway, large BRs w/luxurious marble BAs. Huge corner lot on cul-de-sac w/lush landscaping. Enormous pool and backyard w/brick paths. No mandatory club membership. **\$999,000**



### MIRABELLA AT MIRASOL

NO MANDATORY MEMBERSHIP. Low HOA. 3BR/2.5BA/Den single family home on prime corner lot. Model perfect w/hardwood floors in all BRs. Upgraded chef's kitchen w/center island, 42" wood cabinetry, granite counters, 6-burner gas range. Custom closets, plantation shutters, porcelain tile on diag in main areas. 24-hour manned gate. Clubhouse w/tennis, gym, heated lap pool. Quick close. Priced to sell. **\$399,000**



### ADMIRALS COVE CUSTOM WATERFRONT

RARE SOCIAL MEMBERSHIP. Minutes to the Intracoastal. 1/2 acre private lot w/sprawling gardens. Custom courtyard estate home. Authentic English library/media rm. Guest house w/bath. MBR w/his/her bath. Full house generator. Accordion hurricane shutters. **\$1.795M**



### ADMIRALS COVE

Move right in. Model-perfect totally renovated. 2BR/2BA club cottage. Steps to the club. Large private backyard w/specimen landscaping. **\$299,000**



### LAND OF THE PRESIDENTS

Lower penthouse. Corner 3BR/2.5BA 3,000 SF w/panoramic lake/city/golf course views. Wrap-around balcony, 9 ft. ceilings, new impact doors, custom built-ins. Designer furnished turnkey. Minutes to PBI & the Island. 2 golf courses, tennis courts, no mandatory membership. F/T doorman gated community. Priced to sell **\$225,000**



### PALM BEACH 3200 CONDO

Top floor. Spacious 2BR/2BA, 1500 SF end unit on Ocean Blvd. Split floor plan. Large terraces. Eat in kitchen. Wood floors. Huge walk in closets. Washer/dryer. 1 indoor garage spot. F/T building manager. Oceanside heated pool w/sprawling gardens. **\$415,000**



### ADMIRALS COVE WATERFRONT

Best location, unique 2nd floor Harbor home w/water/golf views. 2BR/2BA/Den. Crown molding, real wood floors, custom gourmet kitchen w/extra thick granite, stone backsplash, wood plantation shutters. Master BR w/3 huge custom closets, luxurious marble bath w/Jacuzzi. Private elevator. EZ slide hurricane shutters, garage built-ins, new dock w/no fixed bridge. Desirable NE exposure. Priced to sell. **\$529,000**



### EVERGRENE ~ BOCCE COURT

Former model on large, prime, lushly landscaped preserve lot. 3BR/2.5BA/Loft/2CG. Chef's kitchen w/granite countertops, wood cabinetry. Formal DR, volume ceilings, plantation shutters, screened loggia, master w/walk-in custom closet and balcony overlooking lake/preserve. MINT. **\$359,000**

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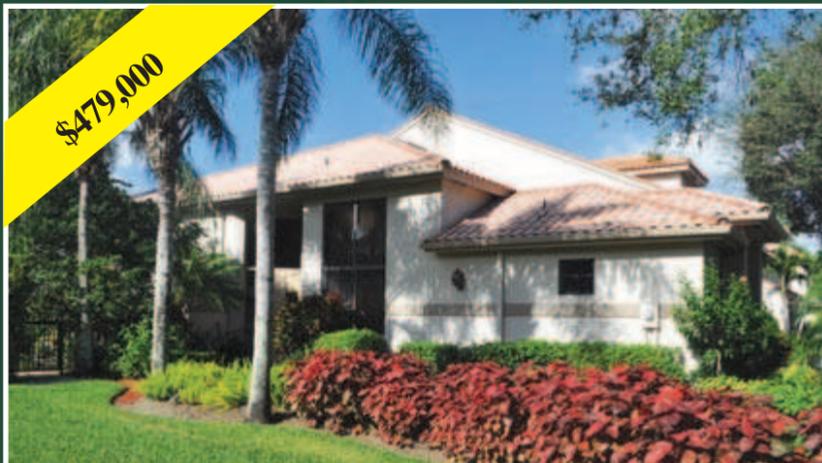
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**New Construction in Frenchmans Creek**

**FRENCHMANS CREEK**  
13316 Verdun Drive  
4BR/5.5BA/LOFT/2.5CG  
Offered at \$1,549,000



**\$479,000**

**Lowest Price in Frenchmans Creek**

**FRENCHMANS CREEK**  
13859 Parc Drive  
Single Family Patio Pool Home



**PRICE REDUCED**

**Beautifully Upgraded Home  
with 38ft T Dock**

**FRENCHMANS CREEK**  
2283 Marseilles Drive  
3BR/4.5BA/2.5CG  
Offered at \$1,099,000



**NEW LISTING**

**Sophisticated Custom Estate Home**

**FRENCHMANS CREEK**  
13880 Le Mans Drive  
3BR/2.5BA/2CG  
Offered at \$1,425,000



**DEEP WATER**

**SHORT SALE**

**Incredible Opportunity  
Custom Estate Home**

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6BR/7BA/4.5CG/Pool  
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**NEW LISTING**

**DEEP WATER**

**40 Ft. Boat Dock  
Directly off the Intracoastal**

**FRENCHMANS CREEK**  
2211 Marseilles Drive  
3BR/4BA/2.5CG/Pool  
Offered at \$1,525,000

*Celebrating our 10 Year Anniversary in Abacoa*



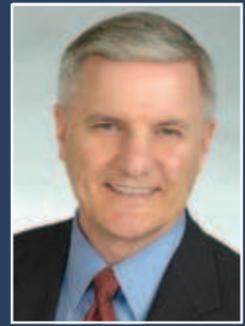
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### Ocean Tree 1201

2BR/2.5BA Fabulous ocean & intracoastal views.  
Large master suite.



Was: \$799,000-  
Now: \$625,000

### Martinique WT 2601

Penthouse, 2BR/3.5BA. Views from every room.



UNDER CONTRACT

### Jupiter Yacht Club 502

3BR/3BA. Best deal in JYC! 2,600+ SF, covered balcony



### Ocean's Edge 602

3BR/3.5BA. Open spacious floor plan with premier SE views of the ocean, ICW and city.  
**Asking \$1,799,000**



REDUCED

### Via Delfino 1801

Rare 4BR/5.5BA Direct Ocean with poolside cabana. Spectacular views!  
**Asking \$1,690,000**



SOLD!

### Oasis 11B

3BR/3.5BA. + Den. 4,000+ SF with panoramic ocean and ICW views. Stunning residence.  
**Asking \$1,650,000**



### Ritz Carlton 1102B

3BR/3.5BA. Breathtaking ocean & ICW views. Over 2,600SF of living space. Fully furnished.  
**Asking \$1,595,000**



### Beachfront 1601

3BR/3.5BA. Outstanding ocean views. Marble floors. Over 3,000SF of living space.  
**Asking \$1,575,000**



### Beach Front 1603

3BR/3BA. Panoramic views of ocean, Intracoastal and city lights. 16th floor – 2,700+ SF.  
**Asking \$1,250,000**



REDUCED

### Oasis 2A

3BR/3.5BA + Den with over 700 SF of covered balcony.  
**Asking \$975,000**



REDUCED

### Martinique ET2201

2BR/3.5BA High NE corner unit with beautiful ocean and intracoastal views.  
**Asking \$690,000**



NEW!

### Martinique ET1103

2BR/3.5BA. 11th floor ocean-front condo with custom built-in furnishings. One of a kind.  
**Asking \$649,000**



REDUCED

### Marina Grande 2006

3BR/3.5BA. 20th floor. Direct ocean and ICW views. Fully furnished – turnkey.  
**Asking \$595,000**



REDUCED

### Martinique WT201

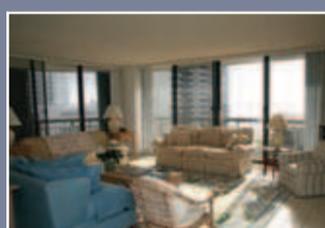
2BR/3.5BA. Completely renovated with spacious private lanai for outdoor living.  
**Asking \$549,000**



SOLD!

### Martinique WT1404

2BR/3.5BA. 14th Floor with southern exposure, views and his/her bath.  
**Asking \$529,000**



### Martinique WT801

2BR/3.5BA. Great views from this 8th floor unit. Separate his/her master bath.  
**Asking \$450,000**



### Resort 417

1BR/1BA. Rare deluxe ocean-front hotel condo, valet parking and fabulous amenities.  
**Asking \$295,000**



SOLD!

### Mayan Towers 409

2BR/2BA Direct ocean unit. Renovated, SS appliances, bamboo floors, low fees.  
**Asking \$199,900**

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The epitome of Singer Island luxury living  
375-foot stretch of pristine beach  
Ritz concierge services & amenities  
Private poolside restaurant  
Valet parking  
24-hour concierge  
**From \$700,000**

### BEST BUY ON SINGER ISLAND

**Oasis 12B** Direct ocean.  
Priced to sell! 3BR/3.5BA + Den. Master Bedroom appears to float on ocean in this sprawling 4,000+ SF estate.  
**Offered at \$1,995,000**



### BEACH FRONT - SINGER ISLAND

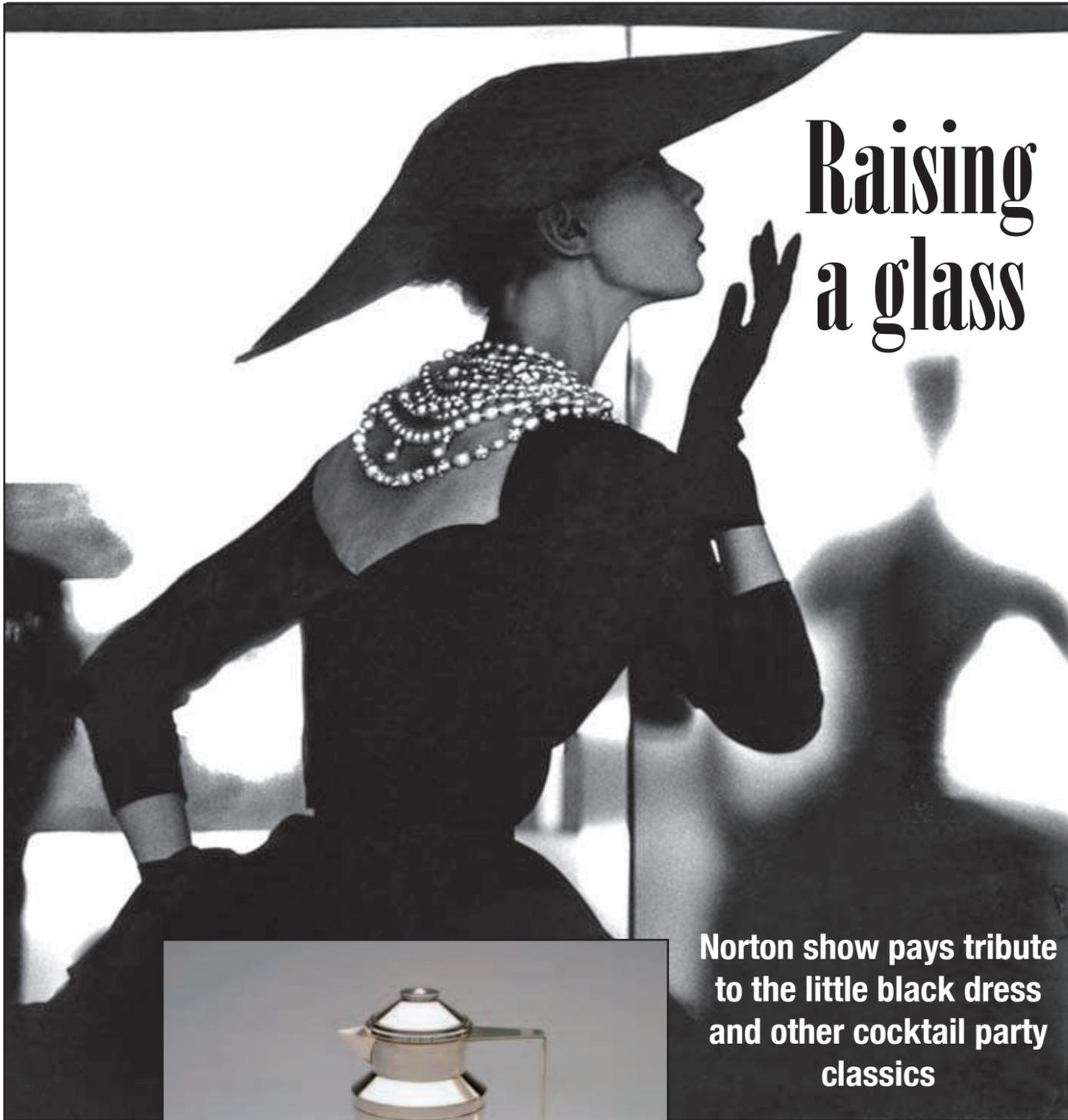
An exclusive, gated community with only 59 residences  
24-hour guarded gate entry  
Private elevator lobbies  
Exquisite amenities including Free-form, infinity-edge, oceanfront swimming pool  
**From \$799,000**



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WEEK OF DECEMBER 15-21, 2011 A GUIDE TO THE PALM BEACH COUNTY ARTS & ENTERTAINMENT SCENE



## Raising a glass

**Norton show pays tribute to the little black dress and other cocktail party classics**

BY SCOTT SIMMONS  
ssimmons@floridaweekly.com

The Norton Museum of Art has ordered its next exhibition with a twist. "Cocktail Culture" raises a glass to the fashion, the art and the attitude of the drink, with more than 150 objects created over the past 90 years. The history of the cocktail, and the culture surrounding it, is a mirror of the modern era. "The 1920s is where you have women participating in the cocktail culture and that's why we start there and go to the present day," says Michelle Tolini Finamore,

SEE COCKTAIL, B4 ►



COURTESY IMAGES ABOVE: "Blowing Kiss," Barbara Mullen, New York, circa 1958. Reinterpreted 1994.

RIGHT: Silver and Bakelite cocktail set, circa 1925-1928, was designed by Erik Magnussen for the Gorham Manufacturing Co.

### INSIDE



**Pour it on**  
Downtown at the Gardens hosts The Art of Wine. B12 ►



**Sure to make you smile**  
Garry Marshall's "New Year's Eve" is solid entertainment. B9 ►



**Society**  
See who is out and about in Palm Beach County. B10, 12 & 13 ►

## Maltz sets record with more than 7,000 subscriptions

### SPECIAL TO FLORIDA WEEKLY

Maltz Jupiter Theatre says it set a record by selling its 7,000th subscription for its Best of Broadway 2011/2012 season.

Attorney Gerald F. Richman and his wife, Gwen, became the theater's 6,999th and 7,000th subscribers when they stopped in to buy two subscriptions, unaware of the banner subscription count, the theater reported in a written statement.

"According to the Theatre Communications Group, the average number of



subscribers at regional theaters across the country has declined over the last five years. We are very proud to be an exception and to have reached this milestone in attendance," said Jennifer Sardone-Shiner, Maltz director of marketing. "We appreciate the incredible support of the local community here at the Maltz Jupiter Theatre."

On a national level, statistics indicate that in 2010, regional theaters — which employed 71,400 artists, 32,900 production and technical workers and 15,500 administrators — directly contributed nearly \$1.9 billion to the U.S. economy, the statement said.

This is in addition to indirect fees exchanged over babysitters, restaurant

meals and more, as well as theater employees' own contribution to the tax base and to their communities.

The Jupitertheater is in its ninth season.

It is the largest theater in South Florida, the Maltz reports, and has received multiple Carbonell Awards, South Florida's highest honor for artistic excellence.

The remaining Broadway season shows include "Joseph and the Amazing Technicolor Dreamcoat" (through Dec. 18), "Cabaret," "Red" and "Hello, Dolly!"

For single tickets to the remaining shows call 575-2223 visit [jupitertheatre.org](http://jupitertheatre.org). ■



**Dear Abby...**  
Would my own letter to the advice columnist be so obvious? B2 ►

# SANDY DAYS, SALTY NIGHTS

## Dear Abby letters put relationships in perspective



People will tell you newspapers are dying. They say it's all electronic now, that nobody pores over the morning paper with a cup of coffee, flipping through the funnies and reading the latest from Dear Abby.

It's true that many of us have moved to online formats. We prefer CNN.com to the old paper-and-ink editions. But I still have an affinity for the printed newspaper, and I still flip through the comics with my morning cup of tea. And, God help me, I still love Dear Abby.

Her topics have become racier over the years, the current slew of sex scandals and derelict boyfriends nothing like the G-rated versions I read growing up. What I love best about the Dear Abby letters is their obviousness, the way the questions almost feel rhetorical. I sometimes wonder why the writer even bothered; the answer is often in the asking.

For instance, "In a Quandary" recently wrote in with these two opening sentences. "Dear Abby: I married 'Raymond' in 2004. I met his son, 'Bill,' a year before the wedding and have been in a relationship with him ever since."

Yikes. I scanned to the end of the letter, wondering what she could possibly

want to know.

"Am I walking into a ring of fire by keeping the relationship with Bill?" Quandary asked.

Yes, dear writer. Unequivocally, yes.

Another advice-seeker presented a different dilemma. She was 31 and had been in a relationship with a man for 11 years. She desperately wanted a baby. But the boyfriend?

"He says he has a successful business, loves his life and doesn't want any more

Dear Abby: I married 'Raymond' in 2004. I met his son, 'Bill,' a year before the wedding and have been in a relationship with him ever since.

kids," she wrote. He hinted that he might change his mind down the road but made no promises.



What's more, the woman wrote to Abby, she had two abortions five years into their relationship.

"He felt we weren't ready," she said.

She signed her letter "Cheated in New York" and asked Abby for help. "I hate him for this," she said. "I'm starting to pull away."

I took a sip of tea and pushed my empty cereal bowl to the edge of the counter. I wondered if people took the time to read back over their letters, if they were truly so blind to what was really going on.

Did "Cheated in New York" not see that she was being used? Did she not understand that her boyfriend of more than a decade was never going to give her what she really wanted — a stable relationship and a baby? Did "In a Quandary" really think that her affair with her husband's son could go on forever? That she hadn't already plunged her marriage into hot water?

Apparently not.

I folded the paper and mentally cast stones at the Abby letter-senders. I shook my head at their willful blindness. But then I stopped myself. What would my own letter to Dear Abby look like? I started to compose one in my head, realizing as I wrote that my romantic complications would wind up being just like those I read every morning: Elusive to my own eyes, but painfully obvious to everyone else. ■

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# CONTRACT BRIDGE

BY STEVE BECKER

## Handle with care

Some deals require extremely delicate handling if declarer is to get home safely. Today's deal provides an example of the precision technique that might sometimes be needed.

West leads the nine of hearts against four spades. When the nine holds, West continues with a heart, ruffed by South. What should declarer do next?

If he makes the mistake of leading a low spade to dummy's ten, he will end up a trick short of his goal. West follows low, and East wins the ten with the king. East returns a heart, and South must now lose two more trump tricks. If he ruffs the heart low, West overruffs with the nine; if he ruffs high, West simply discards and scores the ace and nine later.

Instead, declarer should cross to dummy with a diamond at trick three and lead the deuce of spades toward his hand. East's best play is to follow low, and the queen loses to the ace. Let's assume West returns a diamond. South wins with the ace but is not yet out of the woods. He must still be careful not to lead a low spade to the ten. If he does, East wins with the king and returns a heart, and once again West's nine becomes promoted.

To prevent this, declarer must be sure that the second trump lead also comes from dummy. After taking the ace of diamonds, he should cross to the queen of clubs and lead the four of spades. East cannot help but win with the king as South follows low.

South dealer.  
Both sides vulnerable.

**NORTH**  
♠ 10 4 2  
♥ K 8 7 3  
♦ K Q 6 4  
♣ Q 7

**WEST**  
♠ A 9 7  
♥ 9 4  
♦ 7 5 3 2  
♣ 8 6 3 2

**EAST**  
♠ K 3  
♥ A Q J 10 5 2  
♦ J 10 9  
♣ 10 5

**SOUTH**  
♠ Q J 8 6 5  
♥ 6  
♦ A 8  
♣ A K J 9 4

The bidding:

South	West	North	East
1 ♣	Pass	1 ♦	1 ♥
1 ♠	Pass	1 NT	Pass
2 ♠	Pass	3 ♠	Pass
4 ♠			

Opening lead — nine of hearts.

Declarer is now fully prepared to cope with East's heart return. He ruffs with the jack, leads a spade to the ten, picking up West's nine, and takes the rest of the tricks.

If South proceeds in the prescribed fashion, the opponents are helpless. It is simply a matter of proper trump manipulation. ■

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JANUARY 16 at 7:30PM

CHRIS MACDONALD'S  
**MEMORIES OF ELVIS**

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JANUARY 22 at 8:00PM

STEVE LIPPICIA'S  
**'SIMPLY SINATRA'**

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FEBRUARY 3 at 7:30PM

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FEBRUARY 4 at 8:00PM

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FEBRUARY 13 at 7:30PM

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“Manhattan cocktail party,” circa 1964, by Fred H. Greenhill, was an illustration for a Saks Fifth Avenue ad.

## COCKTAIL

From page B1

curator of the exhibition. “When you think about the clothing of that era — I have two ’20s dresses there — people had never seen more skin. This was a very dramatic difference from what had preceded it.”

Skin was in, and it was the age of the little black dress.

“Skirts started getting shorter in the nineteen teens, and you saw ankles, which was kind of racy, and things were getting a little bit more fitted, but by the ’20s, the bare arms, the bare legs, no corset,” Ms. Finamore says. Women began to wear “a totally free-wheeling kind of garment where you could really move. It also really captured the energy of that era. It was all about youth and energy and jazz and sports and sportswear. It was pretty dramatic.”

The show, open Dec. 15-March 11, includes clothing, cocktail accessories, photography and illustrations to tell the story of the drink and its place in society.

The 1920s, one of Ms. Finamore’s favorite fashion eras, marked the end of World War I and the beginning of women having the right to vote.

“It empowered women in a way in which they had never been empowered. The Jazz Age woman is really out there and participating in this cocktail culture,” she says.

Film, such as “Our Dancing Daughters,” which made Joan Crawford a star, highlighted the image of the flapper.

“That never would have happened without some sort of women’s empowerment and getting the vote and getting out in the workplace. To me, it represented what women kind of idealized or glamorized,” says Ms. Finamore, whose Ph.D. is in fashion in silent films.

Of course, those silent films were not in color.

“One thing with the black and white film, they were choosing things that would work well with black and white film,” she says. “I would have loved to have been on one of the sets to see what those colors looked like.”

So how is something from the 1920s relevant today?

“I feel like it appeals across generations in many ways. There’s such a revival of interest in the cocktail now, thanks to various things, like ‘Mad Men’ and ‘Sex and the City,’ and then this whole new mixology,” she says.

But that new mixology still relies on the basics.

“One thing that surprised me is how little the basic recipes for cocktails



“Girls in the Windows,” by Ormond Gigli, color coupler photograph, 1960.

COURTESY IMAGES



Dress dates from 1925 and was sold through A. and L. Triocchi of Providence. It is made of silk cellophane, sequins and jet beads.



Tiffany cosmetic set with cigarette case, circa 1925-1930.



The necklace from a woman’s jewelry suite in four pieces by Elsa Schiaparelli, circa 1950s.

have changed and that the history goes much deeper than I can actually go into,” Ms. Finamore says. “In the 19th century, you have all the basics for what makes a good cocktail these days, and what has happened throughout the 20th century is that gets recycled and modernized and everyone adds their own twist to it and now we have these rosemary-infused liquors that are added to the basic martini, but it’s still a basic martini.”

But even a basic martini requires the proper accoutrements.

The cocktail culture came of age at the height of the Jazz Age.

It also was the height of Prohibition. And when Prohibition ended in 1933, it brought forth a profusion of accessories.

“Looking at the cocktail shakers that I have brought in to the show, I did not

realize how diverse the forms were. I had seen some, but over time there was the great explosion of shapes in the 1930s. As soon as Prohibition ends you see wonderful forms,” Ms. Finamore says.

There were figural shapes — lighthouses and airplanes among them.

An airplane cocktail shaker that will be part of the Norton show actually is a complete cocktail kit, with shaker, decanters and glasses.

In the age of “Supersize Me,” the size of cocktail glasses has grown. “Everything was much smaller,” Ms. Finamore says.

And better made, at least when it came to fashions.

“Linings were silk and you never find that today,” she says, adding tailors always marvel at the quality of the sewing in vintage clothing when she brings it in to be altered.

Ms. Finamore says she appreciates all those vintage styles, from the care-free flapper dresses of the ’20s to the full-skirted “new look” of the 1950s.

“We have a great Philip Hulitar dress from Mrs. Hulitar, who is here in Palm Beach,” she says. “It’s a beautiful, perfect ‘new look’ cocktail dress.”

It’s in black taffeta, with a full skirt, the so-called “lost” waist and feminine rounded hips and shoulders. That frock shows the evolution of cocktail attire.

“By the ’50s, you have a very specific cocktail dress, which is kind of captured best by Audrey Hepburn in ‘Breakfast at Tiffany’s,’” Ms. Finamore says.

It is that variety that informs Ms.

Finamore’s own wardrobe choices.

“As a fashion historian, even when I buy contemporary clothes, I tend toward the ones that look a little vintage. It’s just what I’m drawn to because I am so interested in the history of things,” she says.

That is due, in part, to her upbringing.

Ms. Finamore’s mother owned a dress shop and she would travel with her mother to New York on buying trips.

She studied art history as an undergraduate, and went on to intern at a museum.

That gave her an appreciation for apparel from the past.

“I like handling things. I like good quality materials. I love to know how things are constructed, she says.

There is plenty of opportunity to see what she means in this exhibition.

A 1925 dress is made of silk cellophane, sequins and jet beads. A 1935 Jeanne Lanvin evening gown is made of silk crepe and trimmed with gilded leather.

Fashion illustrations and photography round out the show.

Accessories include an enameled cosmetic set with a cigarette case made by Tiffany and a martini set designed in Art Deco splendor by Erik Magnussen for Gorham. It combines silver and Bakelite.

So, if Ms. Finamore were going to borrow that Magnussen set, what would she mix?

“My favorite is a whiskey sour. It’s my standard drink. It think it’s got kind of the perfect balance of things,” she says, adding: “I didn’t realize that in the ’60s, maybe it was considered a woman’s drink.” ■

### in the know

- >>What: “Cocktail Culture”
- >>When: Dec. 15-March 11
- >>Where: Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach.
- >>Cost: General admission is \$12 adults, \$5 for visitors ages 13-21 and free for members and children under 13.
- >>Info: Call 832-5196 or visit www.norton.org.

# Christmas concerts set by Tropical Flutes

SPECIAL TO FLORIDA WEEKLY

Tropical Flutes kicks off its fifth musical season with two Christmas concerts. Both concerts will be held on Dec. 18. Gardens Presbyterian Church, 4677 Hood Road, Palm Beach Gardens, will be the first host at 3 p.m. The second concert will be held at the choir's sponsor church, Tropical Sands Christian Church, 2726 Burns Road, Palm Beach Gardens, at 6:30 p.m.

Tropical Flutes is a non-profit, community flute choir consisting of piccolos, C, alto and bass flutes with occasional guest artists. This concert's guest artist will be cellist Susan Ulen, who is a musician at the First Baptist Church of Lake Park.

The group will perform a variety of music, from a jazzy Ricky Lombardo arrangement of "God Rest You Merry,

Gentlemen," to the traditional "Gesù Bambino" by Pietro Yon, to four classical movements from the "Nutcracker Suite" by Tchaikowsky.

The two concerts will be directed by S. Mark Aliapoulios. Mr. Aliapoulios is currently on the faculties of Florida International University, Florida Atlantic University and Palm Beach Atlantic University. He is also the artistic director of The Choral Society of The Palm Beaches and the Minister of Music at Lakeside Presbyterian Church, West Palm Beach. Mr. Aliapoulios is also a regular clinician and adjudicator for voice and choral festivals held around the country.

The concerts are free, but donations will be appreciated to cover costs for music and accessories. For information, call 644-4027 or visit [www.tropical-flutes.org](http://www.tropical-flutes.org). ■



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# WHERE TO GO, WHAT TO DO

Please send calendar listings to [pbnews@floridaweekly.com](mailto:pbnews@floridaweekly.com) and [apounshis@floridaweekly.com](mailto:apounshis@floridaweekly.com).

## Thursday, Dec. 15

■ **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/riv-center](http://www.loxahatcheeriver.org/riv-center).

■ **Mos'Art Theatre** — Screenings of "Le Havre," 3:30 p.m. and "Margin Call," 10:15 p.m. Tickets: \$8. The Joy of Opera Guild presents Maestro Giuseppe Albanese in a video/lecture presentation at 2 p.m. "The Golden Boys," 700 Park Avenue, Lake Park. \$12 at the door; 337-6763.

■ **Music in the Round featuring Teri Catlin, Maria Nofsinger, Matt Farr and John Ralston** — Rock, folk, soul R&B, Indie and Americana. 8:30 p.m. Dec. 15. General admission \$7. Bamboo Room, 25 S. J St., Lake Worth, 585-2583.

■ **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 6-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach. Dec. 15: Gypsy Lane — Northwood Village Night — This five-piece ultimate party band includes original musicians from bands for The Village People, Instant Funk, Patti La Belle and Cyndi Lauper.

■ **Dance Tonight** — Open Latin/Ballroom mix party featuring live music by Jimmy Falzone every Thursday. Group lesson 8-9 p.m. Party 9-10:30 p.m. Admission \$15 for entire evening, includes light buffet. 914 Park Ave., Lake Park. Call 844-0255.

■ **"All My Sons"** — Extended through Dec. 18 — This morality play by Arthur Miller weighs the cost of lying and the price of truth telling, through a troubled family and a father who placed duty to his family above the lives of others, and must now face the consequences. Palm Beach Dramaworks, 201 Clematis St., West Palm Beach. Individual tickets \$55. Call the box office 514-4042 ext. 2 or visit [www.palmbeachdramaworks.org](http://www.palmbeachdramaworks.org).

■ **"Joseph and the Amazing Technicolor Dreamcoat"** — Through Dec. 18 — Eight choruses of 30 local kids to tell the story of Joseph in this musical by Andrew Lloyd Webber and Tim Rice. The Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets \$43-\$60. Call 575-2223 or visit [www.jupitertheatre.org](http://www.jupitertheatre.org).

■ **Christmas with the Calamari Sisters** — Through Dec. 23 — Have a cool yule Italian-style as the Calamari Sisters sing, dance, and cook. Will Christmas ever be the same? Tickets: \$26 and \$30. The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Call 586-6410 or visit [boxoffice@lake-worthplayhouse.org](mailto:boxoffice@lake-worthplayhouse.org).

■ **Nicole Henry** — through Dec. 17 — The Colony's Royal Room, 155 Hammon Ave., Palm Beach, one block south



Nicole Henry performs at The Colony in Palm Beach through Dec. 17.

COURTESY PHOTO

of Worth Avenue, one block west of Atlantic Ocean. Tickets: \$90 for dinner and show; \$50 for show only. Reservations call 659-8100.

## Friday, Dec. 16

■ **Mos'Art Theatre** — Screenings of "My Reincarnation," and "The Skin I Live In" various times Dec. 15-22. Live Q&A with "My Reincarnation" director following 3 p.m. show Dec. 16. "LIVE: Bye Bye Birdie" 7 p.m. Dec. 16. "LIVE: Bye Bye Birdie" 3 p.m. and 7 p.m. Dec. 17. Opening night tickets: \$6. General admission: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **"Madama Butterfly"** — Palm Beach Opera Dec. 16-19 — Soprano Maria Luigia Borsi stars as Cio-Cio San and tenor James Valenti stars as Pinkerton in a production new to Palm Beach. Artist Irene Roberts, a winner of the Palm Beach Opera Vocal Competition, returns to Palm Beach as Suzuki. Tickets start at \$20. The Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Call 832-7469 or visit [www.kravis.org](http://www.kravis.org).

■ **Christmas GLEE — A Musical Revue** — Dec. 16 at 7 p.m., Dec. 17 at 2 p.m. and 7 p.m., Dec. 18 at 3 p.m. — Enjoy classic and modern Christmas musical and dance performances from local children ages 5-18. Plus hot chocolate and Christmas cookies. Snow at every performance. \$10 adults/\$5 for children and groups of 10 or more. The Borland Center for Performing Arts, Midtown, 4901 PGA Blvd., Palm Beach

Gardens. Call 904-3130 or visit [www.theborlandcenter.org](http://www.theborlandcenter.org).

## Saturday, Dec. 17

■ **West Palm Beach Greenmarket** — 8 a.m.-1 p.m. Saturdays through April 14 at the Waterfront Commons, 101 S. Flagler Drive, downtown West Palm Beach. Free parking in the Banyan Street garage until 2 p.m. Phone: 822-1515.

■ **Kids Story Time** — 11:30 a.m. Saturdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; [marinelife.org](http://marinelife.org).

■ **Kids Cookie Decorating Contest** — Children invited to decorate holiday cookies at Prosecco Cafe, at PGA Commons 3-5 p.m. Dec. 17 and at Saquella Cafe, in Royal Palm Place in Boca Raton from 3-5 p.m. Dec. 18. Competing for three cash prizes — \$75, \$50 and \$25. Please bring a new, unwrapped toy, donated to children at St. Mary's Medical Center in West Palm Beach.

■ **Sinbad** — 8 p.m. Dec. 17 — The actor/comedian arrived with a "hit 'em in the face" style, keeping audiences laughing over the past two decades. He admits he does not know any jokes, except for what his dad told him, "back in the day." Tickets \$39/\$35. The Sunrise Theatre for the Performing Arts, 117 S. Second St., Fort Pierce. Call the box office (772) 461-4775 or visit [www.sunrisetheatre.com](http://www.sunrisetheatre.com).

■ **"Shine the Light Christmas Pageant"** — Presented by the Makayla Joy Sitton Foundation, 7:30 p.m. Dec. 17, Seabreeze Amphitheater, Carlin Park, 750 S. State Road A1A, Jupiter. Free, with a suggested donation of \$10; [www.makaylajoyisitton.com](http://www.makaylajoyisitton.com).

■ **"Wizard of Oz"** — Presented by the Atlantic Arts Academy at the Eissey Campus Theatre 7 p.m. Sat., Dec. 17 and 2 p.m. Sun., Dec. 18. Tickets \$20 for adults, \$15 for students/children. Visit [www.theatlantictheater.com](http://www.theatlantictheater.com) or call 575-4942. The Eissey Campus Theatre is located at 11051 Campus Drive, Palm Beach Gardens.

■ **Sean Chambers** — Dec. 17 — The former band leader and guitarist for Hubert Sumlin, Chambers earns raves for his blues. Guanabanas, 960 North A1A, Jupiter. Call 747-8878 or visit [www.guanabanas.com](http://www.guanabanas.com).

## Sunday, Dec. 18

■ **Palm Beach Gardens Greenmarket** — 8 a.m.-1 p.m. Sundays through May 6. It's at City Complex, 4301 Burns Road. Phone: 756-3600.

## Monday, Dec. 19

■ **Timely Topics Discussion Group** — Join this lively discussion group covering the most up-to-date topics faced by our local community including national affairs and foreign relations as it relates to Israel & the United States, 1-2 p.m. Mondays, JCC North, 4803 PGA Blvd., Palm Beach Gardens. Free/Friends of the J; \$18 annual fee/guests; 712-5233.

## Tuesday, Dec. 20

■ **Hebrew for Beginners** — This eight-week Hebrew course, taught by Gila Johnson, is designed to cover everything from Aleph to Tav, (the Hebrew alphabet) to conversational Hebrew and beyond. Classes tailored to meet the needs of participating students. Session 2 is Nov. 1-Dec. 20. Session 3 is Jan. 10-Feb. 28. At JCC North, 4803 PGA Blvd., Palm Beach Gardens. Price: eight-week session: \$64/Friends of the J; \$80/guests; 712-5233.

■ **Mah Jongg & Canasta Play Sessions** — Tables grouped by game preference (mah jongg or canasta) and level of skill. Coffee, cold beverages and a variety of goodies provided. 12:15-3:30 p.m. Tuesdays and Thursdays, JCC North, 4803 PGA Blvd., Palm Beach Gardens. Price: Free/Friends of the J; \$5/guest; 712-5233.

■ **Stayman Memorial Bridge** — Supervised Play Sessions with Sam Brams, 10 a.m.-noon Tuesdays, JCC North, 4803 PGA Blvd., Palm Beach Gardens. Play party bridge in a friendly atmosphere while benefiting from expert advice with judgment calls and hand rulings. No partner necessary. Coffee and light refreshments provided. Price: Free/Friends of the J; \$6/guests; 712-5233.

■ **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.pbglf.com](http://www.pbglf.com).

■ **Palm Beach Gardens Concert Band Holiday Concert** — 7:30 p.m. Dec. 20 — Popular and traditional Christmas and Hanukkah songs in this concert, which has sold out the past two years. Surprise performances by vocal and instrumental soloists. Tickets: \$12. The Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Tickets \$43-\$60. Call 575-2223 or visit [www.jupiter-theatre.org](http://www.jupiter-theatre.org).

■ **Aaron Weinstein** — Dec. 20-24. The Colony's Royal Room, 155 Hammon Ave., Palm Beach, one block south of Worth Avenue, one block west of Atlantic Ocean. Tickets: \$100 for dinner and show; \$75 for show only.

**Wednesday, Dec. 21**

■ **Yoga on the Waterfront** — Wednesday evenings 5:45 p.m. at the Lake Pavilion, 101 S. Flagler Drive, West Palm Beach. Residents \$40 per eight-week session. Non-residents \$50 per eight-week session. Drop-in's \$10 per class. To register, call 804-4902.

■ **"Break Up Support Group"** — 10 a.m. Wednesdays, various locations in Palm Beach Gardens. Sponsored by The Counseling Group, which provides free Christian counseling, classes and support groups; 624-4358.

■ **Hatchling Tales** — 10:30-11:30 a.m. Wednesdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach. Free; [marinelife.org](http://marinelife.org).

■ **"The Nutcracker"** — Moscow Classical Ballet — Dec. 21-24. The Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Call 832-7469 or visit [www.kravis.org](http://www.kravis.org).

■ **The National Touring Production of "A Christmas Carol"** — Dec. 21 — 7 p.m. Tickets \$39/\$35/\$15 for children 12 and under. The Sunrise Theatre for the Performing Arts, 117 S. Second St., Fort Pierce. Call (772) 461-4775 or visit [www.sunrisetheatre.com](http://www.sunrisetheatre.com).

**Ongoing events**

■ **Science Becomes Art** — Through Dec. 30 — The Max Planck Florida Foundation presents a collection of 40 striking photographs of scientific research from around the world. First time these works will be seen in the United States after traveling Germany, Austria and Thailand. Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach. Please call 253-2600.

■ **Norton Museum of Art** — Through Jan. 1: "Recent Acquisitions: Photography." 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.

■ **Painting exhibition by Marilyn Muller** — Through Jan. 11 — Including recent paintings from the local artist, at the Palm Beach State College Eissey Campus Theatre Lobby Gallery. Open Mon.-Fri. 10 a.m.-5 p.m. and all performances. 11051 Campus Drive, off PGA Boulevard. For further info, call 207-5905.

■ **Fitness classes for women** — Classes are sponsored by the Jupiter Recreation Department. Aerobic Dance is 8:30 a.m. Mondays, Total Body Toning is 8:30 a.m. Tuesdays and Thursdays

and Zumba Latin Fitness Workout is 9:45 a.m. Tuesdays and Thursdays. First class is free to new students. Cost of a five-class fitness card that allows for flexible attendance is \$26.50 for Jupiter residents and \$33 for non-residents. A five-class Zumba card is \$31.50 for Jupiter residents and \$39.50 for non-residents; 10-class cards also are available. Classes will be held at the community center, behind the Police Department on Military Trail, Jupiter. For information, contact instructor Kathy Andio at 236-4298 or [www.empoweringsolution-swithkathy.com](http://www.empoweringsolution-swithkathy.com).

■ **"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; [jupitelighthouse.org](http://jupitelighthouse.org).

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

■ **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.

**Upcoming events**

■ **Latke on the Lanes** — 3-5 p.m. Dec. 25 — Celebrate Hanukkah with bowling at Jupiter Lanes, a Latke Tasting Competition, and the Great Dreidle Spin-off (sponsored by the Jewish Federation of Palm Beach County). Join the community Clergy for lighting the 6th candle of Hanukkah. Jupiter Lanes, 350 Maplewood Drive, Jupiter. Register online [www.JCOnline.com/north](http://www.JCOnline.com/north) or call 689-7700. \$10 per person; \$8 ages 3-16; free for children under 2.

■ **Chopshticks with Ken Krimstein** — 3-5 p.m. Dec. 25 — Join the author at Talay Thai as he entertains guests with humorous anecdotes. Admission: \$36; \$42 after Dec. 15. Price includes dinner. Call Melissa Engelberg 712-5226 or register online at [www.jcconline.com/books](http://www.jcconline.com/books).

■ **Winter Break Paddle Camp** — Explore Jupiter waterways and beaches with Jupiter Outdoor Center counselors. Two sessions: Dec. 26-30 and Jan. 2-6. Ages 6-14. \$250 per week. \$75 per day. \$450 for both weeks. 10 percent sibling discount. Call 747-0063 or visit [www.jupiteroutdoorcenter.com](http://www.jupiteroutdoorcenter.com). ■



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# FLORIDA WEEKLY SOCIETY

## Miami City Ballet reception at Old Palm Country Club in Palm Beach Gardens



- 1 Barbara and Peter Sidel, Jennifer Kronenberg and Carlos Guerra
- 2 Liz Litowitz, Becky Dockter, Susan Auerbach and Nancy Fishman
- 3 Salvatore and Josephine Faso, Paula and Ned Lipas
- 4 Dr. Glen Micalizio, Christina Tangredi, Dr. Ofelia Utset and Dr. Tom Kodadek
- 5 Rich and Pat Theryoung, Jo McQuigg and Phil Lassiter
- 6 Yann Trividic, Patricia Delgado, Dominique and Larry Brown
- 7 Gloria Marshall, Heather and Bob Lyons and Estefania Garcia
- 8 Barry and Barbara Gidseg
- 9 Susanne and Peter Krones

COURTESY PHOTOS

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com). You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com). Dec. 8 photos of the Woodstock Foundation fundraiser were taken by Penny Sheltz.

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## Atlantic Arts presents "Wizard of Oz"

The Atlantic Arts Academy will present L. Frank Baum's "The Wizard of Oz" at the Eissey Campus Theatre in Palm Beach Gardens on Dec. 17 at 7 p.m. and Dec. 18 at 2 p.m.

Tickets for the show are \$20 for adults and \$15 for students and children. Tickets can be ordered by calling the Atlantic Arts Academy box office at 575-4942. To order tickets online, see [theatlantictheater.com](http://theatlantictheater.com). The Eissey Campus Theatre is located at 11051 Campus Drive in Palm Beach Gardens.

"The Wizard of Oz" tells the story of Dorothy and Toto, transported from Kansas "Over the Rainbow" to the

Oz. Along the way they befriend the Scarecrow, Tin Man and the Cowardly Lion. In order to return to Kansas, Dorothy, with help from her friends, must face off against the

Wicked Witch of the West, find the Wizard of Oz and travel through Munchkin Land, the Haunted Forest, and the Emerald City.

The play follows the classic story with a few "twisters" added along the way.

Classic songs are included from the original

1939 MGM film as well as songs from 1978's "The Wiz." To learn more about Atlantic Arts Academy, see [atlanticartsacademy.com](http://atlanticartsacademy.com). ■



## Kid's race, 5K and 10K to benefit Toys for Tots

The 14th annual Classics by the Sea 5K, 10K and Kids 1 Miler is Dec. 17 at Carlin Park, 400 A1A in Jupiter.

The event benefits Toys for Tots. Runners are asked to bring an unwrapped toy; marines will be present to collect them.

Registration includes a long sleeve tech shirt (700 first come, first serve), certified course, and chip timing.

The road closes at 7 a.m., and the Kids 1 Miler starts at 7:10 a.m. The 1 Miler is for kids 12 and under and is chip-timed.

The 5K starts at 7:25 a.m., and the 10K starts at 7:30 a.m.

Pre-race packet pickup is on Dec. 16 at Running Sports, 813 Donald Ross Road in Juno Beach.

Registration on race day starts at 6 a.m. Online registration is available at [palmbeachroadrunners.com](http://palmbeachroadrunners.com) until 11:59 p.m. on Dec. 15.

Registration costs vary from \$10 for the Kids 1 Miler, to \$35 for adult non-club members for the 5k and 10K. See the web site for specific fees. ■

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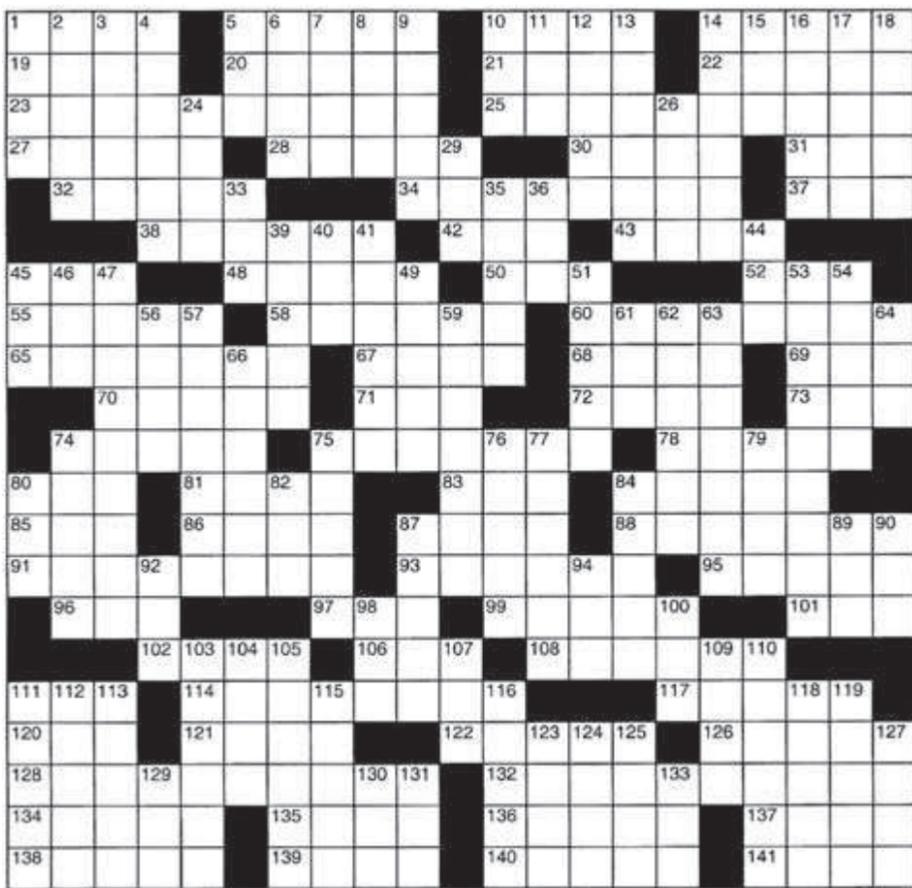
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- Dec 15 Little Smiles
- Dec 16 Greyhound Pets of American and Service Dogs 4 Servicemen
- Dec 17 Peggy Adams Animal Rescue League
- Dec 18 Young Singers of the Palm Beaches
- Dec 19 The Be A Star Foundation
- Dec 20 A Second Chance for Puppies and Kittens Rescue
- Dec 21 India Ridge School - Camp Hope
- Dec 22 Loggerhead Marinelife Center
- Dec 23 Place of Hope
- Dec 26 Palm Beach County Youth for Christ
- Dec 27 Bob Swanson's Give A Life Foundation
- Dec 28 Jewish Federation of Palm Beach County
- Dec 29 Seagull Industries for the Disabled, Inc.
- Dec 30 The Junior League of the Palm Beaches

# FLORIDA WEEKLY PUZZLES

## COOL CHARACTERS



- ACROSS**
- 1 Composer Schirrin
  - 5 Nom de crime?
  - 10 Theatrical Joseph
  - 14 Exclude
  - 19 Way off base?
  - 20 Mete out the mine-stone
  - 21 "God's Little —" ('58 film)
  - 22 Lose one's tail?
  - 23 English talk-show host
  - 25 "The Alamo" actor
  - 27 Kitchen utensil
  - 28 Arboreal animal
  - 30 Jai —
  - 31 Trombonist Winding
  - 32 Took a shot at
  - 34 Salve
  - 37 Chinese principle
  - 38 Fit for farming mouse
  - 42 "Ligeia" author
  - 43 Conductor Jeffrey
  - 45 Thurman of "Final Analysis"
  - 48 Southern staple
  - 50 PC key
  - 52 Make wine divine
  - 55 Drives and drives?
  - 58 '87 Warren Beatty film
  - 60 Word game
  - 65 Ol' Blue Eyes' birthplace
  - 67 Church area
  - 68 Apple variety
  - 69 Mauna —
  - 70 Coeur d'—, ID
  - 71 Skater Midori
  - 72 Actress Neil
  - 73 "The King and I" refrain
  - 74 Subordinate to
  - 75 "It Was a Good Day" rapper
  - 78 Pithy
  - 80 Hazel's boss
  - 81 Add color
  - 83 Quiet — mouse
  - 84 Jeweler's weight
  - 85 Novelist Kobo
  - 86 "— homo"
  - 87 Neighbor of Neb.
  - 88 Author France
  - 91 Film site
  - 93 Forceful
  - 95 Neiman or Anderson
  - 96 — Dinh Diem
  - 97 Broadway letters
  - 99 Director von Stroheim
  - 101 Curly poker?
  - 102 Singer Woolley
  - 106 TV's "My — Dads"
  - 108 Swift savages
  - 111 — Cob, CT
  - 114 Strauss opera
  - 117 Japanese porcelain
  - 120 Recite a soliloquy
  - 121 Pants measurement
  - 122 Addis —
  - 126 Mythical weeper
  - 128 "Poetry Man" singer
  - 132 "Bill & Ted's Excellent Adventure" star
  - 134 A Muse
  - 135 California resort
  - 136 Become boring
  - 137 Warty one
  - 138 Talk out of
  - 139 Fluff the flour
  - 140 Used a whetstone
  - 141 Humorist Bombeck
- DOWN**
- 1 The Four —
  - 2 Expect
  - 3 Sweetheart
  - 4 "Twelfth Night" role
  - 5 Landon or Kjellin
  - 6 Ulrich of Metallica
  - 7 Matinee —
  - 8 As well
  - 9 Brief brawl
  - 10 Part of PST
  - 11 Cologne cry
  - 12 Paris' pop
  - 13 Small shot
  - 14 One of the Clintons
  - 15 Yalie
  - 16 Like some sweaters
  - 17 Dwight's competition
  - 18 Varnish ingredient
  - 24 Mailer's "The — Park"
  - 26 Natalie's sister
  - 29 With-it
  - 33 Mr. Hammar-skjold
  - 35 — Dame
  - 36 It's in the bag
  - 39 Feta marinade
  - 40 Fleur-de-—
  - 41 Racial
  - 44 Jug part
  - 45 "Gross!"
  - 46 Bovine bellow
  - 47 "Wozzeck" composer
  - 49 Chihuahua or Tabasco
  - 51 Freighter
  - 53 "My Little Margie" star
  - 54 Ham up "Hamlet"
  - 56 Pleat
  - 57 Singer Davis
  - 59 Guacamole base
  - 61 This instant
  - 62 "The Kitchen God's Wife" author
  - 63 Common
  - 64 Cul-de-—
  - 66 Physicist Fermi
  - 74 Metropolitan
  - 75 Stuff
  - 76 Grammari-an's concern
  - 77 High-rise building?
  - 79 Be important
  - 80 Irate
  - 82 Member of the mil.
  - 84 Snag
  - 87 Crab's expression
  - 89 Card game
  - 90 Spud bud
  - 92 Ring stats
  - 94 Long or Peeples
  - 98 Hwy.
  - 100 — polloi
  - 103 Port
  - 104 New York county
  - 105 Met men
  - 107 Slangy suffix
  - 109 Word form for "all"
  - 110 Sault — Marie, MI
  - 111 Like Batman
  - 112 Paint pigment
  - 113 Summer ermine
  - 115 Dog star
  - 116 Humiliate
  - 118 Turbine part
  - 119 Steel support
  - 123 Palo —, CA
  - 124 Comic Orson
  - 125 Ferris-wheel feature
  - 127 The Valkyries' mom
  - 129 When Satie sweltered
  - 130 Klutz
  - 131 Humor
  - 133 Tie the knot

◀ SEE ANSWERS, B5

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## HOROSCOPES

- **SAGITTARIUS** (November 22 to December 21) The coming year will bring more people into your life. Some situations might not work out as well as others. But overall, everyone earns something, and that's always a good thing.
- **CAPRICORN** (December 22 to January 19) The new year could find you indulging in one or more of the hobbies you've always wanted to take up. And don't be surprised if they ultimately direct you toward a new career.
- **AQUARIUS** (January 20 to February 18) The artistic Aquarian should find more opportunities in the new year. You might even make some potentially helpful contacts as you gather to ring in the year 2012.
- **PISCES** (February 19 to March 20) The new year offers challenges for Pisceans who want to make better use of the skills they now have and learn new ones. Personal relationships show stronger positive aspects.
- **ARIES** (March 21 to April 19) With the new year's opportunities almost within reach, the Arian's courageous aspects are raring to go. And don't be surprised if a lot of people follow the zodiac's most trusted leader.
- **TAURUS** (April 20 to May 20) Change lies ahead for the brave Bovine who is ready to shuck off the tried and true to try something new. But appearances can be deceptive. Check it all out before you charge into anything.
- **GEMINI** (May 21 to June 20) This week promises a peek into what the new

- year holds for the Gemini Twins, both in love and careers. Family matters continue to be a factor in decisions you're going to be facing.
- **CANCER** (June 21 to July 22) As you move into the new year, your travel aspects grow stronger, and you might find yourself making decisions about a destination and a traveling companion sooner than you'd expected.
- **LEO** (July 23 to August 22) The new year holds both glitter and gold. This means Leos and Leonas should begin getting the facts they'll need to separate the real thing from the sham in order to make important decisions next year.
- **VIRGO** (August 23 to September 22) A good way to start the new year might be to arrange for a visit to someone you haven't seen in a long time. You also might want to pick up that project you put off a while back.
- **LIBRA** (September 23 to October 22) As you contemplate the new year's potential, you might want to talk things over with people who are or have been where you want to go. Their experience and advice can be helpful.
- **SCORPIO** (October 23 to November 21) Someone close to you might feel you have no more room for him or her in your life. This calls for immediate reassurance of your love so you can start the new year on a high note.
- **BORN THIS WEEK:** Although you sometimes tend to be a bit judgmental, nevertheless, you are generous and caring and very much beloved. ■

By Linda Thistle

	8	7		5		1
	6		8		4	
2			7			3
		9	3			4
	5			7	3	2
8		1				7
3			9			2
	2		7	4		9
		6		8	7	

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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★★★★

Is it worth \$10? Yes

Call me a hopeless romantic, but there's something about New Year's that warms the heart. It's an opportunity for change, rebirth, the pursuit of unfulfilled hopes and getting rid of all that weighs you down. It is, in short, a special night for those who choose to make it special.

"New Year's Eve," director Garry Marshall's moderately successful and endearing follow-up to "Valentine's Day," works because it embraces the romance and optimism that people love about New Year's. The film is about love, loss, hope, friendship, second chances and fresh starts. Set in New York City, it featuring a cast of A-listers and legit up-and-comers.

Major players include: Hilary Swank as the person in charge of the ball drop in Times Square; Halle Berry as the nurse to Robert DeNiro's dying cancer patient; Ashton Kutcher and Lea Michele as opposites stuck in an elevator; Katherine Heigl as the spurned lover of a rock star played by Jon Bon Jovi, and Sofia Vergara as her assistant; Josh Duhamel as a man who desperately needs to get to the city; Abigail Breslin as a teenager wanting to hang out with her friends, but her mother (played by Sarah Jessica Parker) won't allow it; and Jessica Biel and Seth Meyers racing against another couple (played by Sarah Paulson and Til Schweiger) to have the first baby of the new year.

The best and most interesting storyline, however, features the unlikely pair of Zac Efron and Michelle Pfeiffer. He's a courier who wants her tickets to a posh party; she just quit her job and has a list of resolutions she has no idea how to fulfill. The deal: He makes her resolutions come true in one day and she'll give him the tickets to the party. He's allowed a lot of leeway, and it's a real treat the way he provides her with a trip to Bali, a traffic-free taxi ride, etc. This is a storyline that would be fun to see as its own movie.

Often ensemble movies featuring many storylines and characters get

lost in a balancing act, but Marshall and screenwriter Katherine Fugate are always able to focus on the end point of the ball dropping at midnight. This is especially important because it allows momentum to build as Marshall cuts between characters and keeps all in the same time frame.

That said, none of the performances are very memorable, though a few stand out: Swank has a nice speech in the midst of the ball being stuck half way up the pole, comedian Larry Miller is amusing as an indifferent tow truck guy and Vergara gets some good laughs even if she's playing the same role (in terms of personality) she does on "Modern Family."

So no, there's not much here if you're



like my uncle and go to bed at 10:30 p.m. on New Year's Eve. But if you celebrate or have any fond memories of New Year's at all, "New Year's Eve" will make you smile. ■

**in the know**

>> **Filming began in Times Square** on Dec. 31, 2010, making it the first feature film to capture the event, live, in its 106-year history. The crew returned in February 2011 for an additional two weeks of filming with the actors, and rebuilt the stage at 45th and Broadway. Shots focusing on the malfunctioning ball were caught from atop the roof of a building adjacent to One Times Square.

## CAPSULES

### The Sitter ★

(Jonah Hill, Ari Graynor, Sam Rockwell) A college dropout (Hill) babysits three weird kids so his mother can go to a party. Unfortunately, his pseudo-girlfriend (Graynor) coaxes him into bringing the kids into New York City, where predictable chaos ensues. It's not funny, but it is hideously stupid and misguided. Plus, "Adventures in Babysitting" already did this perfectly. Rated R.

### Arthur Christmas ★★★

(Voices of James McAvoy, Hugh Laurie, Jim Broadbent) After Santa's (Broadbent) long night out, his son Arthur (McAvoy) races to give a little girl her present on

Christmas morning. Nothing too special here, but it's a fun, harmless and enjoyable Christmas movie that's nice for the kids and easily tolerable for adults. Rated PG.

### My Week With Marilyn

★★★★1/2

(Michelle Williams, Eddie Redmayne, Kenneth Branagh) Well-to-do 23-year-old Colin (Redmayne) wants to join the film industry in 1950s England, and lucky for him his first job is on a set with Laurence Olivier (Branagh) and Marilyn Monroe (Williams). Much of the focus is on Colin's time with Monroe and the story is nicely told, but the real highlight is Williams' phenomenal performance. Rated R. ■

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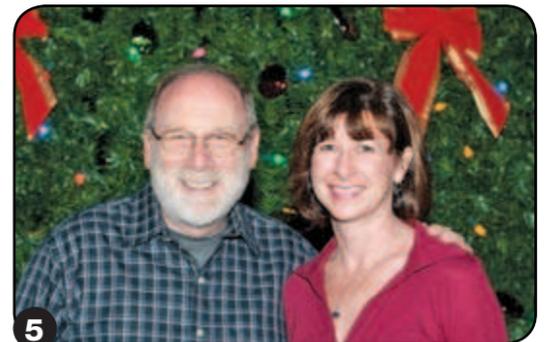
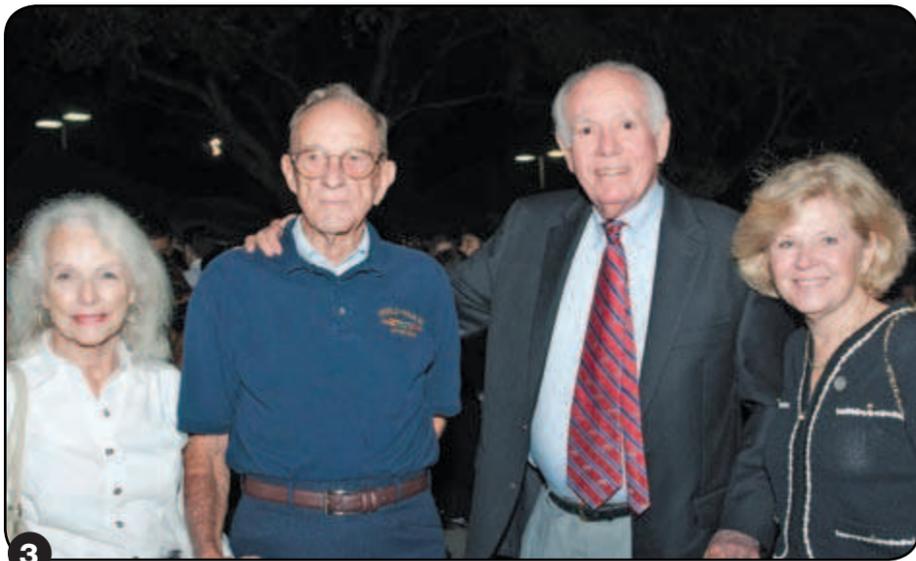
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# FLORIDA WEEKLY SOCIETY

## Palm Beach Gardens tree lighting festivities at Burns Recreation Center



- 1. David Straley, Troy Wisneski, Vicky Eurich and Jenie Hagar
- 2. Gail Levy, Penny Levy and David Levy
- 3. Jane Hopper, James Hopper, Zell Davis and Marie Davis
- 4. Casey Ryan and Sarah Vandewagen
- 5. Eric Jablin and Marcie Tinsley
- 6. Sabeina Heim, Delaney Kasher and Caroline Wiseman
- 7. Adriel Loschak

RACHEL HICKEY / FLORIDA WEEKLY

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

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# FLORIDA WEEKLY SOCIETY

Juno Beach Civic Association winter concert and awards presentation at Juno Beach Town Center



1. Lifetime Achievement Award Winner Frank Harris and Thomas Doyle
2. Mayor Mort Levine presents key to the town to Civic Association's Donna Hamilton
3. Bill Greene and Jim Lyons
4. Michele Greene and Donna Sneed
5. Robert Piantoni and Brian Smith
6. Susan Dahlberg and Kate Moore



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

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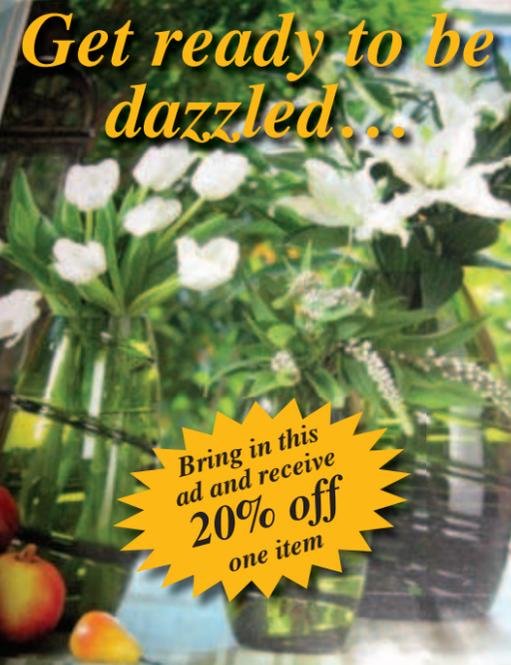
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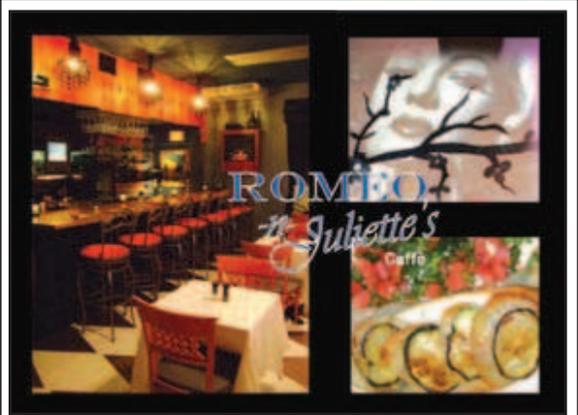
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# FLORIDA WEEKLY CUISINE

## Raise a glass, or take your boss to lunch



Downtown at the Gardens will host The Art of Wine from 6-9 p.m. Dec. 15 along The Boulevard. This month's event will feature expanded hours.

Restaurants from Downtown will offer food at stores along The Boulevard, and artisans will display their works.

DJ Josh will spin tunes from the bridge, and visitors can meet WILD 95.5-FM's Virginia.

This month's event, presented in conjunction with winehooch.com, WILD 95.5-FM and Whole Foods Market, will benefit Little Smiles, which is dedicated to entertainment for children in local hospitals, hospices and shelters.

Downtown at the Gardens is at Alternate A1A just north of PGA Boulevard in Palm Beach Gardens. For information, visit [www.downtown-atthegardens.com](http://www.downtown-atthegardens.com).

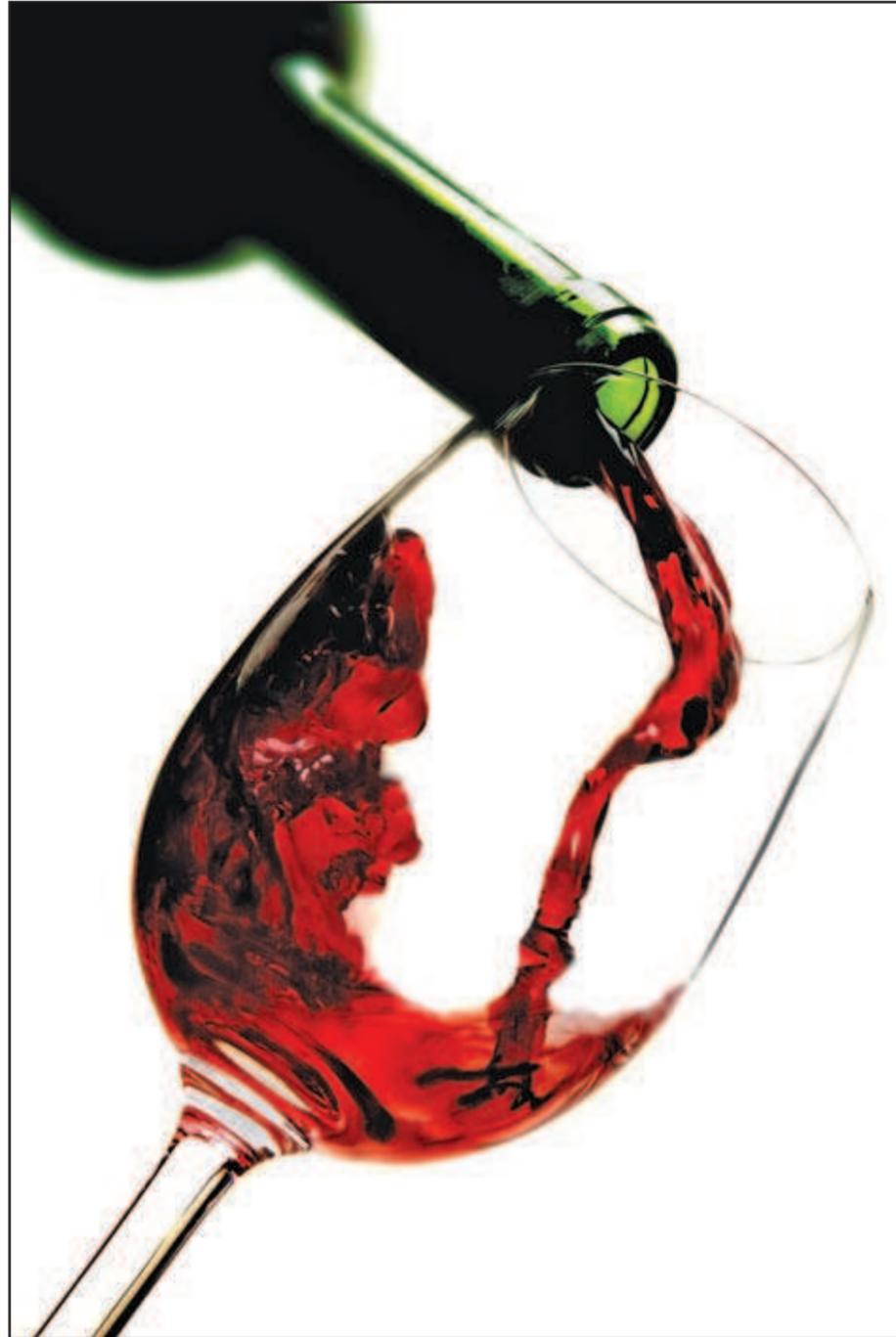
**Tuscan wines at Grimaldi's:** For the holiday season, Grimaldi's Pizzeria is offering a Tuscan wine from Villa Antinori. This vineyard uses only grapes grown in Tuscany and has been in existence since 1928.

The bianco, or white, wine is \$6 a glass, or \$20 a bottle; the rosso, or red, is \$10 a glass, or \$40 a bottle.

The restaurant chain has opened two outposts in Palm Beach County, one earlier this year at Downtown at the Gardens in Palm Beach Gardens, and another this fall on Clematis Street in downtown West Palm Beach.

**Treat your boss to lunch:** There is such a thing as a free lunch, through Dec. 31 at Russell's Blue Water Grill in Palm Beach Gardens. Owners Russell Beverstein and Chef Charles Coe are encouraging office harmony — and fostering the holiday spirit — by asking diners to bring their bosses in for a free lunch.

"We hear about so many people who really love their jobs, and have great bosses, so we thought this would be a nice way to encourage bosses and employees to dine together throughout



the holiday season," said Mr. Beverstein. "We are dedicated to listening to our diner's requests and to being responsive to their needs. Lunch should be a relaxing break, in the day, for everyone."

Diners can ask their bosses to come in to the restaurant Monday through Saturday from 11:30 a.m. to 3:30 p.m., and they will receive one free lunch. This promotion is for a minimum of two lunches and cannot be combined with any other promotions and/or discounts. The lower priced lunch item

will be free of charge. Beverages and/or liquor, tax, and gratuity are not included in this free lunch promotion.

Russell's is at 2450 PGA Blvd., at Prosperity Farms Road in the TJ Maxx plaza. Call 318-6344 for reservations or information.

**Grille changes name:** To mark a new emphasis on steaks and lobster dishes, Ironwood Grille at the PGA National Resort has changed its name to Ironwood Steaks & Seafood. Gordon Maybury will remain executive chef.



COURTESY PHOTO

The Ironwood Grille at PGA National Resort has changed its name to Ironwood Steaks & Seafood.



MAYBURY

On the menu: the "Tomahawk for Two," a 32-ounce cross of Wagyu and Black Angus beef that has been dry-aged for 21 days. Crab-stuffed Maine lobster and locally caught wahoo also

are on the menu.

Ironwood Steak and Seafood is at 400 Ave. of the Champions, PGA National Resort & Spa, Palm Beach Gardens. Phone: 627-2000.

**Grow your own food:** Now is the time to begin planning your vegetable garden. Arthur Kirstein, coordinator of Agricultural Economic Development, will teach the workshop Farm Your Backyard Vegetable Garden at the Mounts Botanical Garden. The program's focus is on establishing and managing small vegetable projects. Participants will receive tips on site preparation, seedling establishment, planting, maintenance and harvesting also will be covered.

The workshop will be 9 a.m.-1 p.m. Jan. 14 at Mounts Exhibit Hall A, 531 N. Military Trail, West Palm Beach. Cost is \$30 for Mounts members, \$40 for non-members.

Call 233-1757 or visit [www.mounts.org](http://www.mounts.org).

**Coming:** Hibiscus Grille and Kokoro Sushi Bar is scheduled to open Dec. 29 in the former home to San Gennaro at Crystal Tree Plaza in North Palm Beach, according to the restaurant's Facebook page. Watch for website information at [www.hibiscusgrille.com](http://www.hibiscusgrille.com). Crystal Tree Plaza is at 1201 U.S. Highway 1, North Palm Beach. Call 328-8329. ■

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REACHING NORTHERN PALM BEACH COUNTY'S MOST AFFLUENT READERS

# healthy living

DECEMBER 2011

Florida Weekly's monthly guide to Looking, Feeling and Living Better



## Commit to a healthier you for the New Year

SPECIAL TO FLORIDA WEEKLY

**I**t's that time of year to be thinking about resolutions. Time to kick bad habits and catch up with your will-power.

Here are some tips to make your resolutions stick. Remember, New Years or not, your beginning is always now. Exercise tips to make fitness lifelong:

■ **Keep an exercise diary.** Similar to a food log with one big difference, when you miss a workout you must write down why. Be honest. You can look back later for patterns.

■ **Build exercise into your routine.** If you just say you're going to try to exercise today, you likely won't do it. If you don't work out before work, you leave it for after work, when you're tired. You have to block exercise into your schedule, just like work, just like meals.

■ **Try to exercise the same time every day.** Aiming for the same time will lend consistency.

SEE HEALTH 10 ►

### INSIDE:

**WOMEN OVER 40,** get a mammogram/ 5

**LEARNING TO DANCE** is fun and easy/ 8

**WEIGHT LOSS:** One-stop shopping/ 11

# Hear what a difference hearing aids can make

The All American Hearing Network is dedicated to providing the highest levels of competence, caring and professionalism to our patients. With more than 300 clinics nationwide, we strive for the highest levels of patient satisfaction. State-of-the-art telephone and information systems mean you'll always be greeted by a live person to assist you with all your needs.

We offer a full range of hearing services, focusing on providing hearing aids and aural rehabilitation to mature adult and geriatric populations. We have designed our clinics to let the hearing professionals focus on what they do best — helping you hear better. Each clinic is outfitted with the best in diagnostic testing equipment and clinical sound rooms and offers the highest quality digital and wireless hearing aids.

Our hearing professionals have extensive fitting experience, superior product training and have demonstrated a long-standing commitment to quality hearing care. They strive to be supportive and honest with our patients and to offer realistic expectations. Nothing warms our heart more than seeing people hear what a difference hearing aids can make.

Right up front, we want to know

the areas of your life where hearing would make the biggest, measurable difference. We want you to genuinely experience the difference better hearing care can make. A hearing consultation with your All American Hearing Professional is a vital first step in the journey to better hearing.

We start with a medical history review, especially as it pertains to a family history of hearing loss. We look for the cause of the hearing loss, including work or recreational noise exposure, any medications prescribed to cure past illnesses, and any visible structural damage to the hearing mechanism.

Next, we perform a thorough otoscopic examination of the ear canal and eardrum. Potential problems include:

- ◆ Excess earwax, which can build up and obstruct the ear canal, preventing sound from reaching the eardrum.
- ◆ A foreign object or matter in the ear canal.
- ◆ Any anomalies, such as perforation of the eardrum or fluid buildup in the middle ear will require a referral for medical attention.

Next, we perform an audiometric

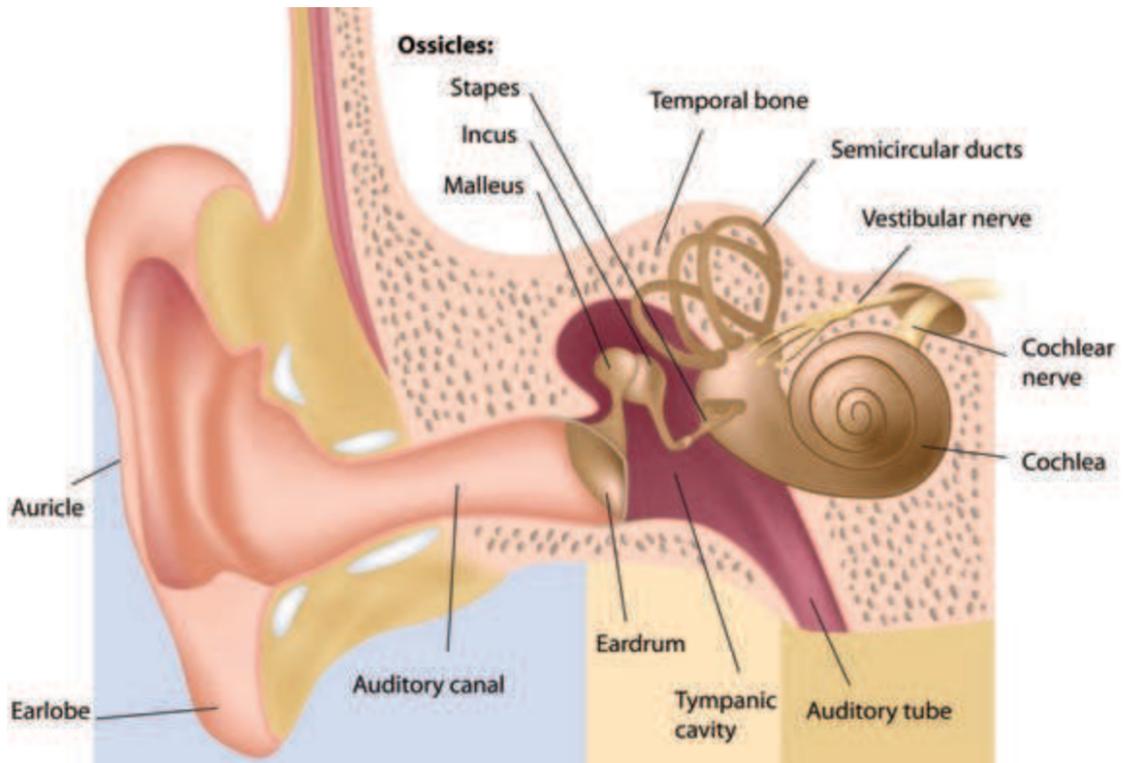
threshold test using state-of-the-science equipment to determine the nature and extent of the hearing loss. This test uses pure tone sound signals at varied loudness levels and frequencies.

Then we read the patient a word list to test speech understanding. The same word list is used after hearing aids are fitted to ascertain the potential improvement in speech understanding when amplification is used.

Finally, we document the results on an audiogram that provides a "picture" of the patient's hearing. The hearing

professional then carefully explains the results to the patient, suggests the best course of action to treat the problem, and previews any potential difficulties you can expect if the hearing loss isn't treated.

Travelers and "snowbirds" will also appreciate our national care system. You can depend on a network of qualified experts to continue offering you the same level of care you receive locally. At All American Hearing, technology and compassion complement each other. ■





## WHY EXPERIENCE MATTERS IN HEART CARE.

### The Heart INSTITUTE

*At Palm Beach Gardens Medical Center*

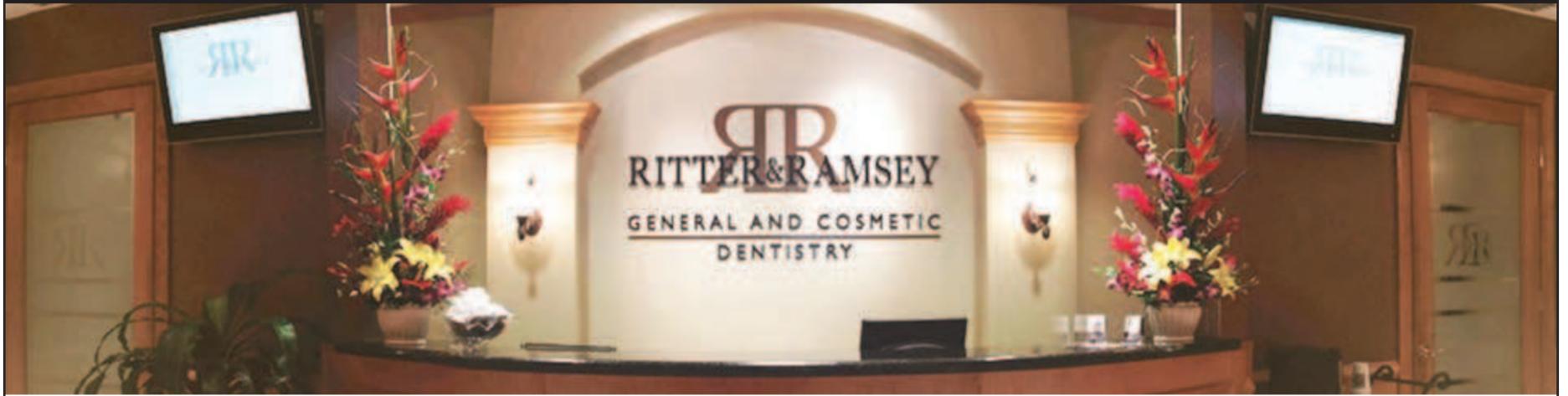
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The more heart emergencies that a team handles — the more angioplasties and heart surgeries it performs — the better the outcomes. The better the results. This is a fact. Experience is what it takes to deliver our kind of heart care. This is what it takes to get the job done. The way we do it.

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## The holiday guide to divorce

There is a common belief that the two most difficult situations a person can face are death and divorce. This is not exactly true. It is not uncommon for at least one of the prospective divorcees to be well...enthused. Sometimes both people agree that separating is a logical and healthy thing to do. Regardless of whether or not you are the one being left, or the one leaving, there is one common truth, a new chapter is beginning. With the holidays upon us, particularly New Year's Eve, it seems a good time to reflect upon our lives, and make a few resolutions about how to best move forward. In order to gain a bit of perspective I'd like to first look back and consider just what this marriage thing is all about.



**Kenneth A. Gordon**

PARTNER AT BRINKLEY MORGAN  
BOARD CERTIFIED SPECIALIST IN  
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In today's world, the institution of marriage has become a complex amalgamation of religion, commerce, societal norms, and marketing. This was not always the case. A historical view of western civilization shows us that marriage used to be about consolidating power and wealth, specifically real property, more than it ever was about love. In many cultures in the world arranged marriages are common, and the concept

of love more accurately describes the respect and familiarity that is bred from a long and successful union, as opposed to the sympathetic chemical and physical reaction that we expect almost immediately upon meeting a prospective mate. It seems today people are motivated to marry as a result of Hollywood and Madison Avenue's glorified spin on love and relationships. Religion is also an enthusiastic proponent of marriage as a preferred lifestyle, and some might argue that the reason for this is to encourage the propagation of future devotees. Whatever one's reason to get married in today's world, the



specter and reality of divorce cannot be ignored. In order to survive, and in fact prosper, in the face of divorce a key element must be a profound respect for reality. It is no secret that the holidays are especially difficult for those people going through the turmoil of a divorce. You cannot turn on the television during this time of year without being assaulted by endless programming depicting happy families gathered around a turkey, a tree, or some other Norman Rockwell-esque scene. It is important to remember that these various vignettes are not real, the people in

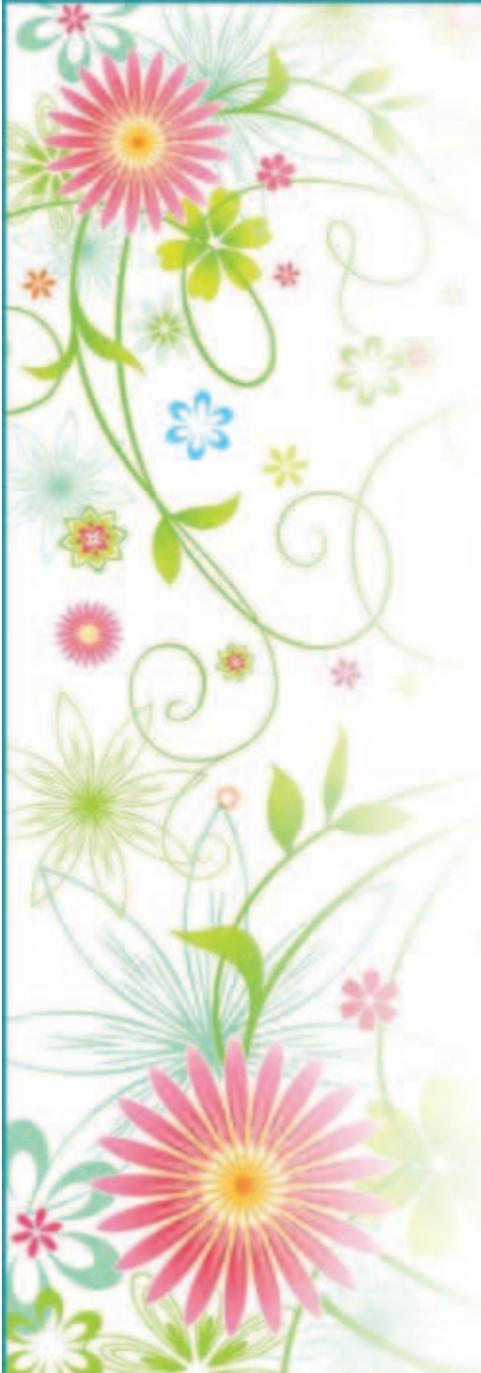
them are actors...acting happy. This is no more representative of real life than the sitcom *Glee*. The key to survival during the holidays is to step outside your personal situation and appreciate all that life has to offer. Some specific suggestions which are guaranteed to assist in moving through this time of year are as follows:

■ **Help others.** There is no end to the amount of good deeds just waiting to be done. You can volunteer at your local homeless shelter, raise money for any number of good causes, and otherwise exercise the old adage that it is better to give than receive;

■ **Give yourself a gift.** There is no better time to treat yourself to something special. This does not have to involve the expenditure of money; it can simply be time off, a trip you've always wanted to take. Sign up for sailing lessons, cooking lessons, rumba lessons;

■ **Identify and acknowledge those around you who you love, and who love you.** There is no better time to take stock of how lucky you are in the love and support department as opposed to however bad your current situation might seem.

The bottom line is that life is short, and positive relationships are precious. Our best times are truly defined by our troubled times. Pick one wonderful thing you can do for someone else, do it, and then pick another... and you're on your way. ■



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COURTESY PHOTO

## Women over 40, hear this loud and clear: Get a yearly mammogram

**W**e hear it on medical TV shows. We read it in magazine articles. We get it from every physician, every nurse and nutritionist. The recipe for good health: “Eat right, exercise and have regular check-ups.” We hear the message so often it’s easy to tune it out. We yield to the temptation of fried over broiled, the couch over the gym, and clearly there are a thousand reasons to postpone the checkups.

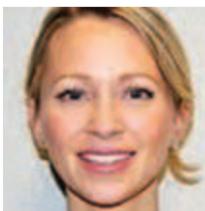
So, let me tell you something that may get through loud and clear. I’ll talk about my own area of medicine. We know that after the age of 40, a woman should have an annual mammogram and clinical breast exam. At the Margaret W. Niedland Breast Center at Jupiter Medical Center, there’s a breast cancer we see quite often. It’s called Ductal Carcinoma in Situ, or DCIS. When caught in the early stages, this pre-invasive cancer has a 95 percent to 100 percent cure rate.

Can there be any more compelling evidence of the importance of regular checkups? Or the importance of mammograms and breast exams? Left untreated, DCIS can lead to far more serious, and potentially fatal, breast cancers. But with treatment, there is virtually a 100 percent cure rate.

As the medical director of the Margaret W. Niedland Breast Center and a board certified diagnostic radiologist, it’s my job to find any anomaly, or suspicious area in breast tissue, which might require further investigation.

In our breast center, we analyze more than 5,000 digital mammograms a year. Analysis of a mammogram is a highly complex and sensitive task. A tissue abnormality can be so subtle that someone without in-depth experience could miss it. Sometimes it seems as subtle and evasive as finding a needle in a haystack — which is why we value not only education and experience, but also total commitment and dedication.

A screening mammogram is all most women need, and it only takes about 15 minutes. If additional evaluation is needed, our diagnostic phase can be a three-tiered process. The diagnostic mammogram allows us remarkable flexibility. For example, we can zoom in for a closer view of a suspicious area.



**Marzieh Thurber, M.D.**  
BOARD CERTIFIED DIAGNOSTIC RADIOLOGIST AND MEDICAL DIRECTOR OF JUPITER MEDICAL CENTER'S MARGARET W. NIEDLAND BREAST CENTER  
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An abnormality might well be caused by an overlapping shadow, or it could be a true distortion.

If we suspect the need for further investigation, usually the next level would be to do an ultrasound. This is a sophisticated imaging approach that uses high frequency sound waves to produce precise images. If the patient is at an increased risk for breast cancer, we may do an MRI. This is a highly sensitive test that will detect 99-plus percent of breast cancers. But with MRIs, it is also

necessary to proceed with caution, as the acute sensitivity of the technology can also create false positives. Again, my point is that the diagnostic process has variables and requires experienced, sophisticated and highly trained physicians and technicians.

We have that superior quality of professionals at the Margaret W. Niedland Breast Center. We are a Breast Imaging Center of Excellence as designated by the American College of Radiology, and offer a real “one-stop shop” approach to women’s breast health. We have every modality, and maintain a close relationship with breast surgeons. We work closely with both oncologists and radiation oncologists. We stay in contact with our patients, from diagnosis all the way through treatment.

It’s important to first thoroughly familiarize ourselves with our patients’ histories. Our Breast Cancer Risk Assessment program offers a genetic counselor who explores our patients’ family history to perform a risk assessment.

Indicators of risk might include any relatives who were under the age of 50 when they were diagnosed with breast cancer, whether the patient has more than two relatives with breast cancer, and whether a previous biopsy showed atypical cells. There are also other genetic and environmental issues that might point toward a vulnerability to breast cancer. This risk assessment program is so important because it helps us map out strategies for testing, for diagnosis and for treatment.

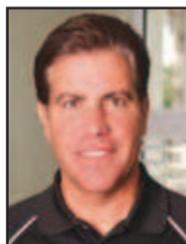
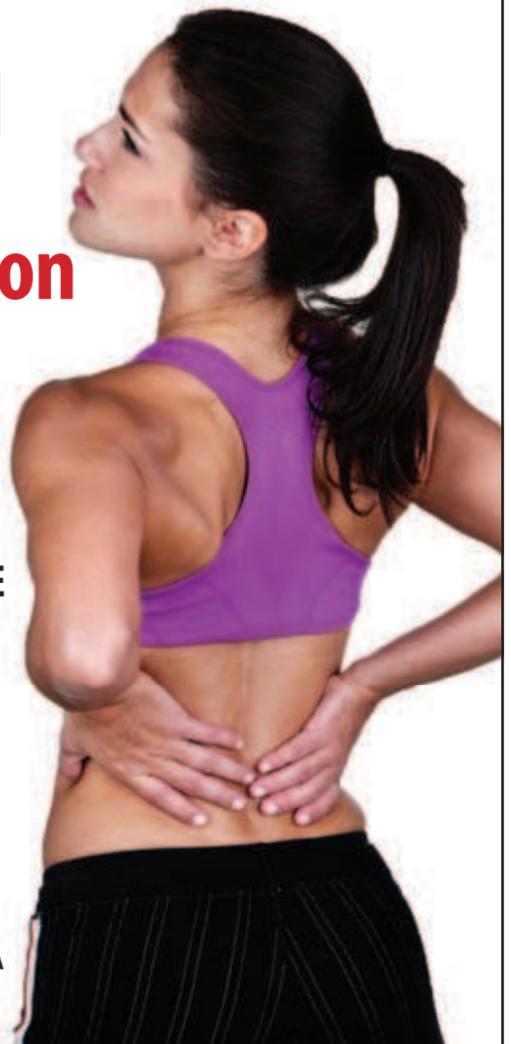
There is much we can do: early detection leads to a cure. But our success is far more probable when the patient does her part: she picks up the phone and makes an appointment for a checkup. ■

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Colleen Christman opened the first Dance Tonight in 2006 in Pinellas County. Our other locations include Palm Beach and Jacksonville. And, due to open mid January, are two more, one in Atlanta and one in Wellington. We are very excited about the growth of our dance family. All locations are licensed by the state and bonded.

The Palm Beach location is our home base and is located in Lake Park on Park Avenue. The studio is 4,500 square feet with a 3,000-square-foot floating wood dance floor. To keep you refreshed while dancing, we carry a wide selection of beer, wine, soda, juice and water at our cash bar. Join us every Thursday night for our open to the public Latin/Ballroom Mix Party. The group lesson is from 7 to 8 p.m., then we dance and party until 10. Admission is \$15 and includes a light dinner and dessert buffet.

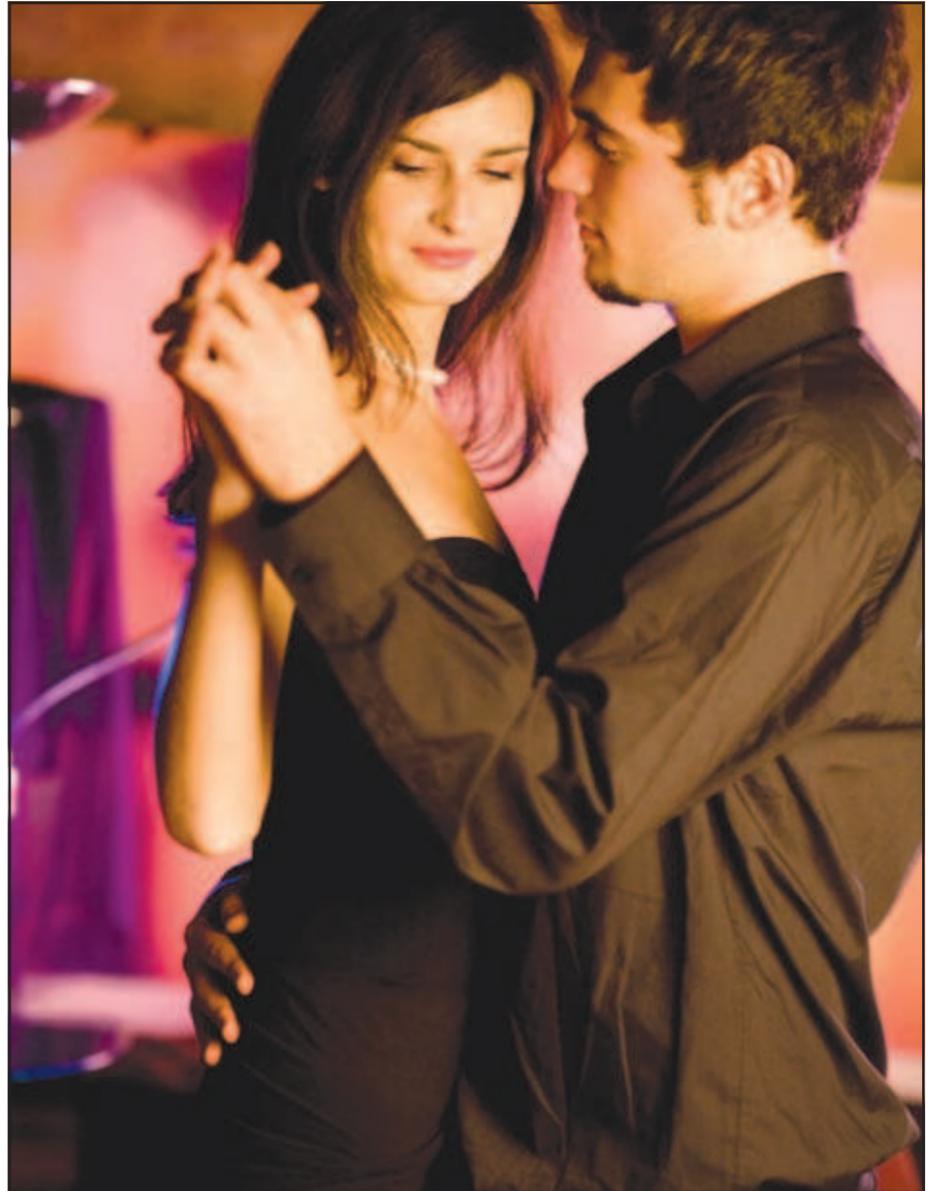
Our dance instructors are highly trained and certified in the DVIDA Syllabus. Whether you would like to take your dancing to the highest level of competition or your goal is to be a comfortable social dancer, our staff is qualified to help you. We are very proud to have one of our instructors, Brian Nelson, competing in the upcoming "Dancing for the Stars" at The Kravis Center, April 28.

Dancing has so many health benefits. It's a great way for people of all ages, shapes and sizes to have fun and engage in social activities. Here are some of the top health benefits of dancing:

- Reduces stress and tension
- Increases energy and improves strength
- Increases muscle tone and coordination
- Lowers your risk of heart disease
- Decreases blood pressure and cholesterol
- Helps manage your weight
- Strengthens the bones
- Increases your stamina and flexibility
- Builds confidence and self-esteem
- Improves well-being

Overall, dance is a great way to reduce stress and build confidence. It's no surprise that dancing is becoming a favorite exercise option for many people.

Call or stop by Dance Tonight to schedule a lesson and be sure to ask for our amazing introductory special: two private lessons, one group lesson and one party for just \$60. ■



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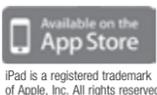
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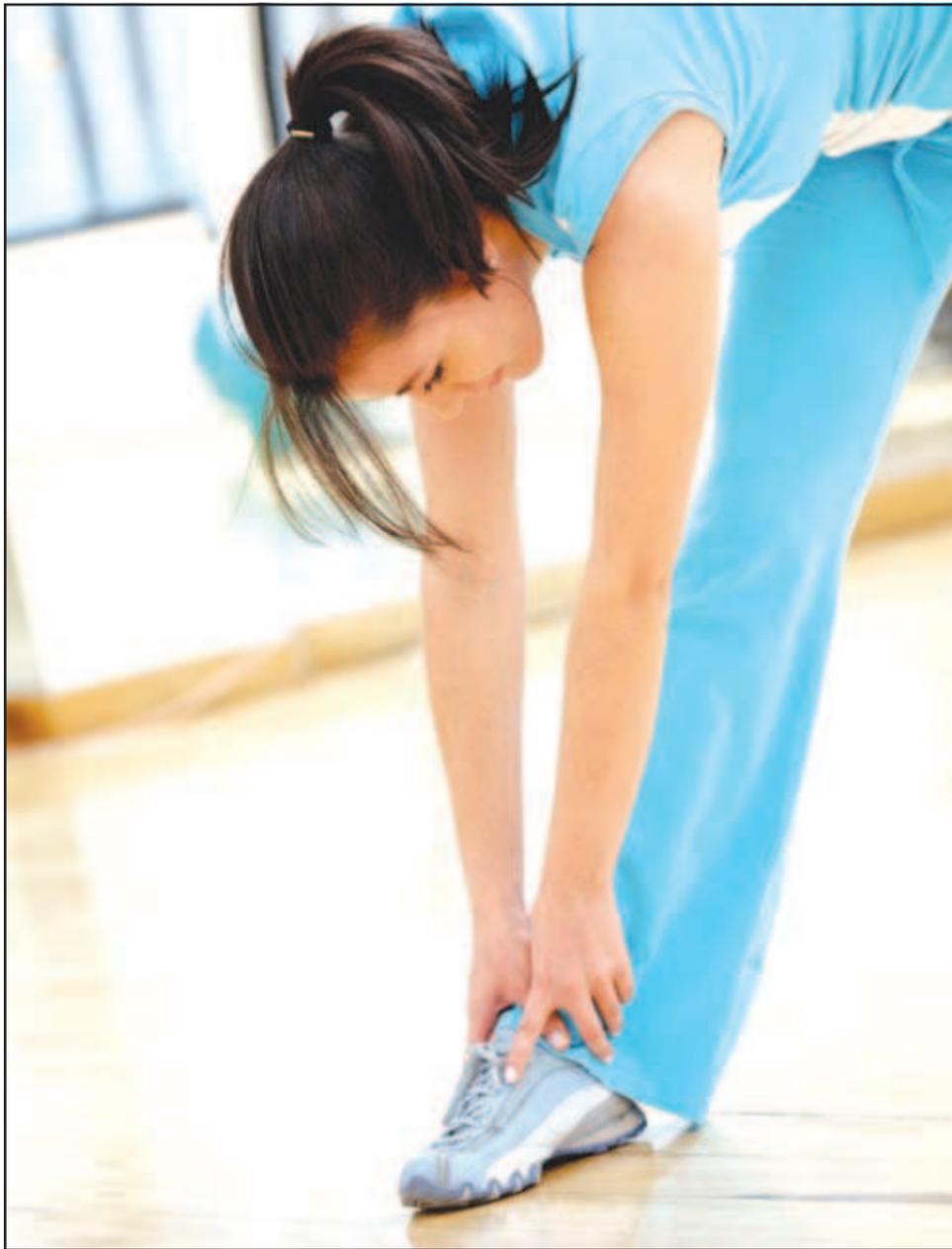
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# Hamlet's Fitness

“**T**To stretch or not to stretch.” That wasn’t exactly Hamlet’s Question. The Prince of

Denmark had matters of state to consider, especially the most effective method to avenge the murder of his father. Getting ready for his next fencing lesson had taken low priority.

But for the rest of us who aren’t Nordic princes, matters of fitness are in fact akin to matters of state, namely the state of our bodies.

Your fitness choices are critically important to your health and wellbeing. Also, your overall approach to fitness activities matters a great deal, such as how you get ready to do the exercise things you’re going to do.

The question of stretching has been debated for many years, going back to the early days of popularized forms of strength training in the 1960’s. “To stretch or not to stretch” really was and continues to be the question. Proponents of stretching actively and vigorously defend their position. Those who believe that stretching has no value, or may even be harmful, are equally assertive. There is evidence in scientific literature to support both sides. A

person who wishes to derive the greatest benefit from her time spent exercising is, like Hamlet, in quite a quandary.

But there is no need to vacillate and mimic Hamlet’s notorious exploration of doubt and indecision. The way forward, as always, is to do what works for you. For example, if you are naturally flexible there might not be a need for stretching. People who can just flop over and put their hands on the floor from a standing position already have one benefit that stretching provides. Their hamstrings and lower back muscles are already pretty loose. A contrasting example is the person with naturally tight muscles. Many such people would actually strain a back muscle or a hamstring if they tried to bend over and touch the floor without any preparation.

In the world of fitness, what works for one person does not necessarily work for another. If you’re a person who would benefit from stretching, you need to stretch. But not everybody will benefit. For some, time spent stretching is time wasted. You find out by stretching before a few exercise sessions. If your muscles feel “long” and limber and your joints feel freely moveable, then stretching is probably a good thing to do. If your muscles and joints don’t feel any different from the way they usually do, in other words, you were already pretty loose to begin with and stretching didn’t add any noticeable benefit, then you’re probably a person who doesn’t need to stretch. ■



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**Kenneth A. Gordon, Esquire**

*Brinkley Morgan  
Marital and Family Law Partner*

Kenneth Gordon is Board Certified by the Florida Bar as a specialist in Marital and Family law. Mr. Gordon's emphasis is in handling complex family law matters including: dissolution of marriage, alimony, parental responsibility and timesharing disputes, business valuation, prenuptial and postnuptial agreements, equitable distribution, adoption, domestic partnership agreements, appeals, and all other family law related matters. Mr. Gordon is a frequent lecturer and author on various topics relating to marital and family law. Mr. Gordon has taught the substantive family law portion of a Florida Bar Family Law Mediation Certification course for the last five years.

## NIH sets new plan for sleep disorder research

**B**uilding on scientific advances that link sleep problems to health and safety risks, the National Institutes of Health recently released the 2011 NIH Sleep Disorders Research Plan. The plan identifies research opportunities to be pursued over the next three to five years in order to spur new approaches to the prevention and treatment of sleep disorders. Recommended research initiatives include looking at the connection between sleep and circadian systems (the body's natural 24-hour cycle), studying the influence of genetic and environmental factors that could influence a person's sleep health and conducting more comparative effectiveness trials to improve treatments for sleep and circadian disorders.

"Sleep and circadian research have made huge strides during the last decade," said Susan B. Shurin, M.D., acting director of the NHLBI. "There are unprecedented opportunities for improved understanding of the physiology of sleep and the impact of disruption of sleep. We must continue to further advance the research, improve our understanding of mechanisms behind sleep and circadian disorders, and to apply innovative approaches to help move the science forward to improve health and prevent disease."

The plan expands upon previous and current research programs identified in the 1996 and 2003 plans. In addition it:

- Highlights opportunities to foster a continued dialogue with research communities, which will help promote innovative approaches to scientific investigations.

- Addresses training needs for investigators and encourages interdisciplinary collaboration to accelerate scientific



discovery and bring therapies to the community more rapidly while improving strategies for the prevention, diagnosis, and treatment of sleep and circadian disorders such as insomnia, narcolepsy, restless leg syndrome and sleep apnea.

- Encourages a stronger emphasis on understanding the genetics behind sleep as well as other factors that contribute to sleep disorders and disturbances, such as lifestyle, age, and gender differences.

An estimated 50-70 million adults in the United States have chronic sleep or wakefulness disorders, and the percentage of adults who report averaging less than seven hours of sleep per night has increased by about one third since the 1980s. Sleep deficiency (insuffi-

cient sleep, poor quality sleep, or sleeping at the wrong biological time of day) and disorders are associated with a growing number of long-term health problems, including a greater risk of heart disease, stroke, diabetes, obesity and other diseases. Drowsy driving, one of the most lethal consequences of inadequate sleep, has been responsible for an estimated 1,550 fatalities and 40,000 nonfatal injuries annually. In addition, research has shown that sleep disturbances can contribute to a person's risk of developing mental illnesses, particularly in adolescents. Sleep-related issues can affect a person's quality of life, and can contribute to a host of medical, social and economic conditions.

Recent advances and findings, such as the connection between severe obstructive sleep apnea and an increased risk of stroke and elevated blood pressure, provide the foundation for new research and the development of improved treatments. The plan provides an opportunity for future research to continue to define the role of sleep as a fundamental requirement of daily life and learn why a wide range of health, performance, and safety problems emerge when sleep and circadian rhythms are disrupted.

"There is a significant opportunity to inform public health research, given the prevalence of sleep and circadian problems nationwide," said Michael J. Twery, Ph.D., director of the National Center on Sleep Disorders Research, a branch of the NIH's National Heart, Lung, and Blood Institute. "The goals outlined in the plan will help bring attention to important questions that still remain about the effects of sleep and circadian disturbances as well as the appropriate therapeutic approaches for them."

To view a complete copy of the 2011 NIH Sleep Disorders Research Plan, visit: <http://www.nhlbi.nih.gov/health/prof/sleep/index.htm>

The NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical and translational medical research and is investigating the causes, treatments and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov). ■

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# How to cope

... when the only thing you want is the only thing you can't have

BY KIT CHAMBERLAIN  
Special to Florida Weekly

The sobbing didn't start until it was time to put the lights on the tree.

For years, Nancy had chided Don that it was time to ditch the old artificial spruce: It was spindly, with bits of tinsel from earlier Christmases stuck to some of its prickly plastic branches. It also wasn't "pre-lit," the way newer trees were. So every holiday season, Don patiently untangled string after string of multicolored bulbs and green wires. Without fail, a loose bulb darkened an entire strand. Nancy would have ditched the whole set and bought a new one, but Don enjoyed the challenge of finding — and fixing — the problem. He twisted and tugged on the little bulbs until the entire string twinkled with light in his hands.

Ten months had passed since Don's death — 10 months filled with depression, loneliness and poor sleep, but also with the first signs of healing. Nancy had coped when Don's birthday and their anniversary came and went; she'd attended their daughter's wedding alone and had joined a book club.

So she was surprised when the flood-gate of tears came in early December when she hauled out the decorations for her first holiday alone. It was the sight of the tangled lights, waiting for Don's patient touch — waiting, as she was, for things to be the way they'd always been.

### How to cope

If this is your first holiday season grieving the loss of a loved one, you may feel lost, like Nancy. Family traditions may feel hollow or pointless, given the reality of your life without the person who has died.

There are some things you can do to live more peacefully through a season that focuses on families, togetherness and celebrations — even if all you want to do is curl up on the sofa and stay home until the New Year arrives. Here are some suggestions.

■ **Acknowledge how you feel.** If you're in lousy spirits, admit it. Don't try to pretend that this year will be no different than past years.

■ **Express your emotions in ways that feel right for you.** For Nancy, giving way to a big cry was cleansing. You might feel better talking to a friend, writing in a journal, taking a long walk, dancing, singing or painting. The secret is to be you.

■ **Accept your feelings, whatever they may be.** Some people are horrified to find themselves angry at the person who passed away — angry for being in the uncomfortable world of living without a spouse, parent, child or other important person. Others feel guilty for having fun and "forgetting" about their grief in the midst of holiday merriment.

There's no one right way to feel. All feelings are a sign that you're human and reflect where you are in your healing process.

■ **Talk with others about the difficulties you're afraid you may encounter.** If you've always shared a holiday dinner with another couple and this year you're alone, you might feel awkward or left out. Talking with others can help you identify ways to handle the occasion with a minimum of pain or sorrow. Tell people what you'd like them to do or not do to help you. They'll appreciate your candor; most people want to be helpful and sensitive but need your guidance.

■ **Do something for someone else.** Maybe you'd like to walk the dogs at the local animal shelter, cook a meal for someone who's alone, help a senior or other person tackle their holiday shopping, run errands for someone with no car or no time, bake cookies for the reception at your club or church — whatever feels good and right to you.

■ **Remember your loved one to help him or her stay alive in your heart.** Read his favorite poem, plant an herb she would have liked to cook with, buy something for yourself in memory of your loved one, look at photo albums or play the holiday music that meant so much to the person you loved. Reminiscing is healthy and can help you find joy in difficult times. ■

— Kit Chamberlain is director of public relations at Avow Hospice.

# WEIGHT LOSS: ONE STOP SHOPPING

By Elizabeth Johnson

Losing weight is not easy. It takes a comprehensive program, or "One Stop Shopping" so to speak, that includes not only exercise and sensible nutrition, but also change, commitment, support, and time. You're eager to change your behaviors and thoughts, and you know you are committed to the end result. That just leaves two key variables to tackle...support and time.

Where do you find unwavering support and accountability to stick to positive change...and how do you find the time?

First of all, you need to search out and find a way to be held accountable to reaching your goal. Find someone other than yourself to help hold you accountable. Too often we are "professional" goal setters, but don't know how to celebrate our progress and reframe our setbacks so we are held accountable to the results we want.

This brings you to the second hurdle: time. The reason you haven't seen results before when you tried to lose weight is because you didn't have the right system that maximized your time. You can't possibly follow one plan for exercise, have yet another program for nutrition, and hope to coincidentally find enough accountability and support in your pre-existing network of friends and family to get you to your goal. That requires too much to juggle everything.

So...where will you find this "One Stop Shopping?" Where will you find cardio, weight training, supportive nutrition and built-in accountability all under one roof to help you meet your goals while maximizing your time investment? Only at Get In Shape For Women.

"Get In Shape For Women is a transformation studio for women where we offer small group personal training," explains President and CEO Brian Cook. "As opposed to one-on-one training that can feel solitary and repetitive, our group training is dynamic and supportive with 4 women working with a personal trainer towards a common goal of improved health and fitness."

Get In Shape For Women knows that commitment is hard. Feeling empowered to choose a health and fitness program that supports you and respects your time and busy schedule is critical.

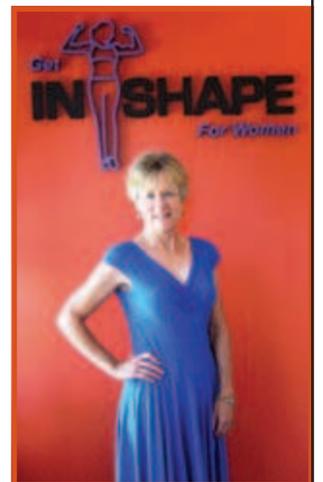
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"A serial dieter and weight re-gainer, I've now lost 30 lbs. and 3 pant sizes. For me it seems being consistent and maintaining motivation over time is at the root of the change. Cookies and ice cream still look really good, but not as good as the results I've achieved and maintained from making different lifestyle choices."

Nancy Jamison  
Age 58,  
retired business executive



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# Research sheds new light on painful jaw disorder

SPECIAL TO FLORIDA WEEKLY  
The University of Florida

A large clinical study of painful jaw problems commonly known as TMD disorders has revealed a wide range of findings, including how women apparently grow more vulnerable to the condition as they age.

Writing in the November issue of the *Journal of Pain*, a multi-institutional team of researchers including scientists with the University of Florida College of Dentistry revealed the results of the Orofacial Pain Prospective Evaluation and Risk Assessment study, or OPPERA.

The study is one of the largest clinical investigations to date into the causes of temporomandibular joint disorders. Researchers hope their discoveries will lead to new methods of diagnosing and treating facial pain conditions and predicting who will be susceptible to them.

"A major benefit of the OPPERA study is the comprehensive evaluation of demographic, clinical, biological, sensory and psychosocial factors that may contribute to increased risk of TMD," says Roger Fillingim, a professor of community dentistry and behavioral science at the UF College of Dentistry and the principal investigator for the UF OPPERA site. "It is important to assess variables across these multiple biopsychosocial domains in order to fully reflect the complexity of chronic pain development and persistence."

TMD produces pain that radiates from the jaw and surrounding muscles, restricting jaw movement and causing considerable suffering. Although the disorders vary in duration and severity, for some people the pain becomes a permanent feature of their lives. Estimates suggest more than 10 million people are affected by TMD, according to the National Institute of Dental and Craniofacial Research.

Led by William Maixner of the University of North Carolina-Chapel Hill School of Dentistry, the OPPERA researchers followed 3,200 initially pain-free individuals ages 18-44 for three to five years, comparing them with 185 people who had long-standing, chronic TMD.

## The findings

They found chronic TMD becomes more frequent with increasing age in women, but not in men. Early studies indicated women's greatest



risk occurred during early childbearing years and decreased thereafter.

In addition, they found a wide range of biological and psychological factors appear to contribute to the condition.

Compared with pain-free individuals, people with TMD were much more sensitive to mildly painful sensations, were more aware of body sensations and experienced greater heart rate increases during mild physical and psychological stress.

Researchers believe the findings provide evidence that chronic TMD is at least partially linked to a person's perception of and ability to suppress pain, which is determined by the body's physiological regulatory systems.

Researchers also identified new and important genetic factors that appear to be linked to chronic TMD. Several genes, including some known to influence stress response, psychological well-being and inflammation, were identified and could result in new targets for drugs to treat TMD and related chronic pain conditions. ■

## Non-surgical radiation simplifies and advances skin cancer treatment

BY DAVID HEROLD

M.D., MBA, Board Certified, Radiation Oncologist

Living in South Florida, many of us enjoy outdoor activities, such as swimming, biking, tennis and golf. While the exercise is healthy, too much sun is not. It can lead to skin cancer, a prevalent condition affecting an estimated 1 million Americans last year, according to the National Cancer Institute. Of those non-melanoma cases, there were fewer than 1,000 deaths. That's due in part to greater awareness and education, early detection and effective treatment options, such as using radiation therapy to treat skin cancer.

Superficial Electron Beam Radiotherapy is a non-surgical alternative to treat localized skin cancers: basal cell carcinomas and squamous cell carcinomas. Basal cell carcinoma is skin cancer that forms in the lower part of the epidermis (the outer layer of the skin).

Squamous cell carcinoma is skin cancer that forms in squamous cells (flat cells that form the surface of the skin). Most skin cancers form in older people on parts of the body exposed to the sun or in people who have weakened immune systems.

Electron beam radiation therapy is particularly suited for cancers found on the face, including the nose, ears, and eyelids. This treatment uses a precisely targeted thin, superficial radiation beam to destroy cancer cells while sparing normal tissues beneath the surface.

This type of radiation is different from X-ray treatment, which penetrates tissue, such as a dental X-Ray. Electron radiation creates a thin, narrow beam and can be tailored within a few millimeters and is easily stopped and shaped to protect adjacent and underlying tissues.

During treatment, a small dose of radiation is delivered daily and destroys thousands of cancer cells by attacking their DNA. Each night, your own skin cells repair the radiation effects and regenerate. Fortunately, cancer cells do not have the same ability to recover from radiation effects as well as normal healthy tissues. Most radiation treatment is complete after an average of only 10 to 20 quick sessions. Each painless treatment takes only minutes, requires no anesthesia or cutting and no downtime. Treatment is as simple as receiving a chest X-ray.

By the end of treatment, normal skin will become red and inflamed, much like a sunburn. Healthy skin cells usually recover from the effects of radiation within a week or two. Once healed, it is often difficult to detect where the treatment was delivered, leaving most patients with good to excellent cosmetic results.

— David Herold, M.D., MBA, a board certified, radiation oncologist, is the medical director of Jupiter Medical Center's Ella Milbank Foshay Cancer Center Radiation Oncology department.

## HEALTH

From page 1

■ **Have a makeup plan in mind.** You'll be more likely to stay on target. If you miss a work out day, have a backup day set aside. If you mess up, you make it up, and you know so ahead of time.

■ **Find a work out buddy.** You will motivate each other. If you push your buddy, you will work out. If your buddy pushes you, you will work out.

■ **Find a gym that's not intimidating.**

You can drop pounds by reinventing the way you look at food. Six secret diet tips that really work:

1. **There's no secret.** Diets do not work. Focus on life-changing concepts rather than a temporary diet fix. See the New Year as a new life, not another diet.

2. **Focus on wellness rather than weight loss.** Don't get caught up in numbers. Good weight loss means losing body fat but keeping muscle mass. Don't starve for the scale, you'll lower your metabolism and gain more back.

3. **Think positive.** If you constantly talk bad about yourself to yourself, you will not lose weight. Beating yourself up may lead to emotional eating. When you project positive, you see positive payoffs.

4. **Set small, achievable goals.** Start by drinking more water, eating more vegetables, exercising twice a week. The most important goals are the ones you are able to achieve. If you want to lose 50 pounds, think in five-pound increments.

5. **Educate yourself on what you're eating.** Move towards one-ingredient foods, things that do not come in a box or a can. Love yourself enough to feed yourself right.

6. **Surround yourself with people who support you.** When you change your life, you do not want to constantly battle those trying to drag you back to your old ways. Explain why you are making changes, friends and family might jump on board.

Ten best foods for a healthier you:

1. **Dark greens** – Kale, spinach, collard greens, bok choy. The darker the green, the better. Don't be scared if you don't know how to prepare them, learn. Greens are high in fiber, low in calories. Packed full of vitamin A, C, iron, calcium and phytonutrients.

2. **Walnuts** – Good source of protein and omega 3 fatty acids. Rich in fiber and B vitamins. Good for brain and heart health.

3. **Flax seed** – Another great source for omega 3 fatty acids. Low in overall cholesterol, high in good cholesterol. Source of lignans, phytoestrogen. Promising results in fighting cancer.

4. **Pomegranate** – Most antioxidants of any fruit juice out there. Shown to reduce cholesterol and lower blood pressure.

5. **Wild salmon** – Excellent source of protein and omega 3 fatty acids. Lowers cholesterol and improves heart health.

6. **Brans** – High in fiber, protein and antioxidants. Linked to lowering risk of certain cancers.

7. **Quinoa** – Easy to cook. Satisfies the craving for grains. High in protein, iron and vitamin B2 riboflavin, which plays an important role in energy production.

8. **Berries** – Full of phytonutrients, fiber, vitamin C and E. Improves immune function and helps reduce the risk of chronic diseases.

9. **Apples** – Good ol' apple a day helps with weight loss efforts. High in antioxidants and fiber. Studies correlate apples to reducing risks of heart disease, asthma and diabetes.

10. **Avocado** – Nutritional powerhouse holding more than 20 vitamins and minerals including potassium, folate and fiber. High in mono-saturated fatty acids, which help lower cholesterol.

And don't forget the benefits of yearly physicals:

■ **Think beyond the here and now.** When you think of your health, think long term. Don't wait for something bad to happen, like a heart attack. Consider your physical your time to talk to your doctor about prevention.

■ **Go to the doctor when you are not sick.** There's more to health than what you can see with your eye. Make your yearly appointment for your wellness. Be screened, look at your moles, check your cholesterol. Annual head-to-toe checkups increase longevity and quality of life.

■ **Know your family history.** Know who in your family suffered from a heart attack, a stroke, how old your relatives were when they died. Family history plays a pivotal role in determining your risks.

■ **Do not be afraid.** If your doctor finds abnormalities, you have options. Early detection lends the best outcomes. Waiting would be worse than any medical treatment we have.

Welcome the New Year with a new you. ■



## Weight loss: One-stop shopping

Losing weight is not easy. It takes a comprehensive program, or “one-stop shopping” so to speak, that includes not only exercise and sensible nutrition, but also change, commitment, support and time.

You’re eager to change your behaviors and thoughts, and you know you are committed to the end result. That just leaves two key variables to tackle — support and time.

Where do you find unwavering support and accountability to stick to positive change? And how do you find the time?

First, you need to find a way to be held accountable to reaching your goal. Find someone other than yourself to help hold you accountable. Too often we are “professional” goal-setters, but don’t know how to celebrate our progress and reframe our setbacks so we are held accountable to the results we want.

This brings you to the second hurdle: time. The reason you haven’t seen results before when you tried to lose weight is because you didn’t have the right system that maximized your time. You can’t possibly follow one plan for exercise, have yet another program for

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nutrition, and hope to coincidentally find enough accountability and support in your pre-existing network of friends and family to get you to your goal. That requires too much to juggle everything.

So... where will you find this “one-stop shopping?”

Where will you find cardio, weight training, supportive nutrition and built-in accountability all under one roof to help you meet your goals while maximizing your time investment? Only at Get In Shape For Women.

“Get In Shape For Women is a transformation studio for women where we offer small group personal training,” says President and CEO Brian Cook. “As opposed to one-on-one training that can feel solitary and repetitive, our group training is dynamic and supportive with four women working with a personal trainer towards a common goal of improved health and fitness.”

Get In Shape For Women knows that commitment is hard. Feeling empowered to choose a health and fitness program that supports you and respects your time and busy schedule is critical. For a free one week trial, call (877) 304-4565 or visit [getinshapeforwomen.com](http://getinshapeforwomen.com). ■

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