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Vol. II, No. 16 • FREE



How Florida Republicans will pick Barack Obama's challenger. A8

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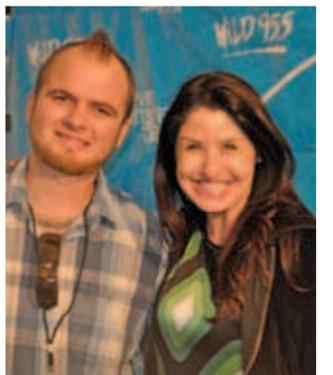
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It takes a battalion to get the ballots

BY SCOTT SIMMONS
 ssimmons@floridaweekly.com

On an ordinary day, Susan Bucher, Palm Beach County's supervisor of elections, oversees a staff of 42.

But come election time, it's a different story.

For the Republican Party's Jan. 31 presidential preference primary, it will take just fewer than 3,350 temporary poll workers to help collect the votes, says Ms. Bucher. That's compared with the 5,500 temporary workers the county will employ for the November election.

If it takes a village to run an election, it

takes at least a hamlet to run a primary.

Why so many?

The county has 798 precincts in 465 locations.

And everyone, from the person who checks voters in at their precincts and hands them their ballots to that nice lady who gives them an "I Voted" sticker, is a paid employee of the county.

The amount they earn ranges from \$170 for a precinct deputy, who "maintains peace and good order outside of the polling station," to \$265 for a clerk, who is "in charge of all operations at the precinct and has added responsibilities prior to election day such as picking up supplies the

day before an election and inspecting the polling place," according to the supervisor of elections website.

Of the poll workers, Ms. Bucher says, "We have seen a tremendous diversity over the past couple of years. We have a pretty good blend. We still have a large cadre of seniors. Before every election, though, there is mandatory training."

That training consists of four to six hours of classes in which the workers get to do hands-on work with the equipment before they become part of the 798 teams that staff the polling places.

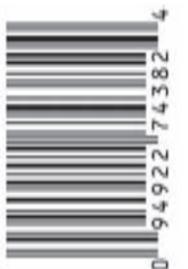
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COMMENTARY

Presidential Academy could teach candidates to sweat and suffer and lead



West Point grad (not very high in his class), Mexican-American War veteran, a drunk, the only Union general tough enough and smart enough to get the job done for Lincoln. Not a great president, but not because he lacked integrity.

For war experience, there was also Teddy Roosevelt (Spanish-American War), Harry Truman (World War I) and the remarkable and unpretentious Dwight Eisenhower, another West Point grad (World War I and World War II).

Jimmy Carter was a Naval Academy grad who captained a nuclear submarine right through the hair-trigger hottest years of the Cold War — a man a lot tougher than most people ever gave him credit for.

George H.W. Bush was a rich guy like the current crop of Republican candidates — but not just any rich guy. He flew planes off carriers until he was shot down in World War II.

Except for Lincoln, I'm citing leaders who had war experience or at least military experience, but that's beside the point. They all had experience, all the good ones, including many who never saw a platoon fall in to formation and shoulder arms.

And their experience put them in places where they were not judged for their wealth, or their connections, or their schools, or their family names, or their leadership experience managing this company or that one, or their fundraising talents.

Instead, they were judged for their ability. They had done things that required them to sweat — to see how other people lived and sweated by living and sweating with them.

They had been other people, in other words,

before they became presidential people.

Can Newt Gingrich or Mitt Romney claim that?

President Obama can — raised by a single mom from Kansas, black boy in America. Which doesn't make him a better president. But it gives him a credential most candidates nowadays lack.

It gives him the kind of experience that allows you to say YES to the great defining question posed by Jimi Hendrix: "Have you ever been experienced?"

All of our presidential candidates these days are rich — but so was George Washington, the first president. And he had five horses shot out from under him just in the Revolutionary War alone (he'd fought as a British officer in the French and Indian war years before that).

Could Newt Gingrich or Mitt Romney or Barack Obama — all rich guys now, like Washington once was — do that? Could they sit on a horse under fire?

I say it's time to find out.

What's wrong with this election process is not that money and wealth have taken over, or that super PACs can dominate American thinking with negative ads (as if we can't think for ourselves), or that poor people can't become president anymore. No.

What's wrong is that we haven't established a simple little Presidential Academy — like the Navel Academy or the Air Force Academy or the U.S. Military Academy or the Coast Guard Academy. An academy complete with drill instructors of experience, with classes in experience and ethics, with four years of rigorous training in which candidates, like military academy candidates, sweat and think and suffer and lead.

Four years of learning (get ready for this concept) teamwork.

Why not pass an act of Congress mandating that from now on, anyone who wants to run for president has to first graduate from the Presidential Academy?

Which brings us back to Abe Lincoln, paradoxically the least warlike warrior we've ever chosen to lead us forward.

Mr. Lincoln's personal presidential academy included hard physical labor in his early life. For a brief time he'd served in a kind of pick-up militia as an Indian fighter too, although he never shot anybody. In letters, he described the experience and his comrades-in-arms as a bunch of know-nothings stumbling through the woods making a hell of a lot of noise — undisciplined men who were lucky they didn't run into an enemy determined and resourceful.

Lincoln just wasn't a killer. That wasn't what he had to learn to become president. In fact, he couldn't even shoot a turkey when he had a chance once — he didn't want to pull the trigger. And this was a guy who'd grown up in the woods, a man who would someday make decisions that caused hundreds of thousands of other men to die for their country, and for humans with whom they shared little in common.

The stories about him are telling, but not because they prove the adage, "They don't make 'em like they used to."

I don't believe that. I see men and women every day who are the equals of any Americans who came before — or could be if challenged.

And that should happen, nowadays, in a new U.S. Presidential Academy, for Americans only. ■



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OPINION**'Dude, where's my lifeboat?'****richLOWRY**

Special to Florida Weekly

When they make the movie about the Costa Concordia, the cruise ship that grounded off the coast of Tuscany, there won't be romantic tales about its captain. Italian authorities immediately arrested him on suspicions of manslaughter and abandoning ship prematurely. He might have been the skipper of the ill-fated vessel in all senses of the word.

A century ago this spring, as the Titanic entered its death throes and all its lifeboats had been launched, Capt. Edward Smith told his crew: "Men, you have done your full duty. You can do no more. Now it's every man for himself." One witness recalled seeing him, probably washed overboard, clutching a child in the water as the Titanic disappeared. A member of the crew always believed it was Capt. Smith's voice he heard from the water after the Titanic was gone, urging him and others on: "Good boys! Good lads!"

"Every man for himself" is a phrase

associated with the deadly Costa Concordia disaster, but not as a last-minute expedient. It appears to have been the natural order of things. In the words of one newspaper account, "An Australian mother and her young daughter have described being pushed aside by hysterical men as they tried to board lifeboats."

Women and children were given priority in theory, but not necessarily in practice. The Australian mother said of the scene, "We just couldn't believe it — especially the men, they were worse than the women." Another woman passenger agreed, "There were big men, crew members, pushing their way past us to get into the lifeboats."

Guys aboard the Costa Concordia apparently made sure the age of chivalry was good and dead by pushing it over and trampling on it in their heedless rush for the exits. The grounded cruise ship has its heroes, of course, just as the Titanic had its cowards. But the discipline of the Titanic's crew and the self-enforced chivalric ethic that prevailed among its men largely trumped the natural urge toward panicked self-preservation.

Women and children went first, and once the urgency of the situation

became clear, breaches weren't tolerated. The crew fired warning shots to keep men from rushing the lifeboats. In an instance Daniel Allen Butler recounts in his book, "Unsinkable," a male passenger trying to make it on one lifeboat was rebuffed and then beaten for his offense.

The survivor statistics tell the tale. More women from third class — deep in the bowels of the ship, where it was hard to escape and instructions were vague or nonexistent — survived than men from first class. Almost all of the women from first class (97 percent) and second class (84 percent) made it. As Butler notes, the men from first class who were lost stayed behind voluntarily, true to their Edwardian ideals.

The Titanic went down, they say, to the strains of the hymn "Nearer, My God, to Thee" as the band courageously played on. It lent a final grace note to the tragedy. Today, we don't do grace notes. We've gone from "Women and children, first," to "Dude, where's my lifeboat?" As the women of the Costa Concordia can testify, that's a long way down. ■

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

The day the Internet roared**amyGOODMAN**

Special to Florida Weekly

Wednesday, Jan. 18, marked the largest online protest in the history of the Internet. Websites from large to small "went dark" in protest of proposed legislation before the U.S. House and Senate that could profoundly change the Internet. The two bills, SOPA in the House and PIPA in the Senate, ostensibly aim to stop the piracy of copyrighted material over the Internet on websites based outside the U.S. Critics, among them the founders of Google, Wikipedia, the Internet Archive, Tumblr and Twitter, counter that the laws will stifle innovation and investment, hallmarks of the free, open Internet. The Obama administration has offered muted criticism of the legislation, but, as many of his supporters have painfully learned, what President Barack Obama questions one day he signs into law the next.

First, the basics. SOPA stands for the Stop Online Piracy Act, while PIPA is the Protect IP Act. The two bills are very similar. SOPA would allow copyright holders to complain to the U.S. attorney general about a foreign website they allege is "committing or facilitating the commission of criminal violations" of copyright law. This relates mostly to pirated movies and music. SOPA would allow the movie industry, through the courts and the U.S. attorney general, to send a slew of demands that Internet service providers (ISPs) and search-engine companies shut down access to those alleged violators, and even to prevent linking to those sites, thus making them "unfindable." It would also bar Internet advertising providers from making payments to websites accused of copyright violations.

SOPA could, then, shut down a community-based site like YouTube if just

one of its millions of users was accused of violating one U.S. copyright. As David Drummond, Google's chief legal officer and an opponent of the legislation, blogged, "Last year alone we acted on copyright takedown notices for more than 5 million webpages." He wrote, "PIPA & SOPA will censor the web, will risk our industry's track record of innovation and job creation, and will not stop piracy."

Corynne McSherry, intellectual property director at the Electronic Frontier Foundation (EFF.org), told me: "These bills propose new powers for the government and for private actors to create, effectively, blacklists of sites ... then force service providers to block access to those sites. That's why we call these the censorship bills."

The bills, she says, are the creation of the entertainment, or "content," industries: "SOPA, in particular, was negotiated without any consultation with the technology sector. They were specifically excluded." The exclusion of the tech sector has alarmed not only Silicon Valley executives, but also conservatives like Utah Republican Congressman Jason Chaffetz, a Tea Party favorite. He said in a December House Judiciary Committee hearing, "We're basically going to reconfigure the Internet and how it's going to work, without bringing in the nerds."

PIPA sponsor Sen. Patrick Leahy, D-Vt., said in a press release, "Much of what has been claimed about [PIPA] is flatly wrong and seems intended more to stoke fear and concern than to shed light or foster workable solutions."

Sadly, Leahy's ire sounds remarkably similar to that of his former Senate colleague Christopher Dodd, who, after retiring, took the job of chairman and CEO of the powerful lobbying group Motion Picture Association of America (at a reported salary of \$1.2 million annually), one of the chief backers of SOPA/PIPA. Said Dodd of the broad-based, grass-roots Internet protest, "It's

a dangerous and troubling development when the platforms that serve as gateways to information intentionally skew the facts to incite their users in order to further their corporate interests."

EFF's McSherry said, "No one asked the Internet — well, the Internet is speaking now. People are really rising up and saying: 'Don't interfere with basic Internet infrastructure. We won't stand for it.'"

As the Internet blackout protest progressed Jan. 18, and despite Dodd's lobbying, legislators began retreating from support for the bills. The Internet roared, and the politicians listened, reminiscent of the popular uprising against media consolidation in 2003 proposed by then-Federal Communications Commission Chairman Michael Powell, the son of Gen. Colin Powell. Information is the currency of democracy, and people will not sit still as moneyed interests try to deny them access.

When Internet users visited the sixth-most popular website on the planet during the protest blackout, the English-language section of Wikipedia.org, they found this message:

"Imagine a World Without Free Knowledge."

"For over a decade, we have spent millions of hours building the largest encyclopedia in human history. Right now, the U.S. Congress is considering legislation that could fatally damage the free and open Internet."

In a world with fresh, Internet-fueled revolutions, it seems that U.S. politicians are getting the message. ■

— Denis Moynihan contributed research to this column.

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 1,000 stations in North America. She is the author of "Breaking the Sound Barrier."

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PET TALES

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Finned friends can help your health

BY GINA SPADAFORI
Universal Uclick

If you're looking for a way to lower your stress, improve your health and get your children off the couch, part of the answer may be fish — not eating them, but keeping them.

Whether you choose a small tank with a few freshwater fish or a stunning saltwater setup that makes you feel like a deep-sea diver without getting wet, you'll be getting some of the proven health benefits of keeping fish.

"It doesn't have to be difficult to keep fish," said Dr. Roy Yanong, a veterinarian with a lifelong love of fish-keeping that he pursued into a career with the Tropical Aquaculture Laboratory at the University of Florida.

"Depending on the species, you can start with a 10-gallon tank. But you always have to think about the water," he said. "Fish make ammonia, which is excreted through their gills. You need the right number of fish, and a bio-filter with the right set of bacteria. If you don't have that, the water will turn toxic, and that's when fish die."

But just as you don't need to be an ichthyologist — a fish expert — to keep healthy fish, you don't have to be a chemist either, says Dr. Yanong. All you need to make sure the water is right for your fish is to test it yourself with easy-to-find kits, or have it tested at a specialty aquarium store.



While you can go all-out with a large and expensive saltwater aquarium, starting with a small freshwater setup is just fine.

"Help with fish-keeping is pretty easy to get," he said. "You can talk to someone who's keeping fish successfully. You can also find sites online that can help."

Dr. Yanong has been working with fish since 1992, which is also when the popularity of keeping aquatic pets started to grow. While the more complicated and expensive saltwater setups have remained the interest of only a tiny percentage of dedicated hobbyists, keeping freshwater fish has risen steadily for the past two decades.

"That's a pretty good rise," said Dr. Yanong, who, despite having fish all around him pretty much all his working hours, still keeps a tank of mudskippers nearby. "Aquaria is a where a lot of kids first got their interest in nature. I know I did. And while any pet can be an entry into the world of nature, the fascinating thing

about fish is that you're not just keeping pets, you're running an ecosystem."

At a time when it's hard to get kids to put down the video console and get off the couch, experts say looking into a fish tank may be key to getting youngsters up and out the door — perhaps to a career in science. And it can all start with a small tank and a couple of guppies.

Video bonus: Training expert Mikkel Becker demonstrates the proper way to teach children to safely hold a cat or small dog: vetstreet.com/train/how-to-pick-up-and-hold-a-cat. ■

Pets of the Week



>> **Caleb** is a 6-year-old neutered male pit bull mix. He weighs 46 pounds. He loves to go for walks, has good manners and is trained well to a leash. He qualifies for the "Senior to Senior" program; adoptees over age 55 pay no adoption fee.



>> **Clyde** is a 7-year-old male. He is alert, but also calm. His best friend Bonnie would like to be adopted, too. He qualifies for the "Senior to Senior" program; adoptees over 55 pay no adoption fee.

To adopt a pet

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



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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
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Accelerated construction

Traditional bridge replacement on as prominent a highway as Interstate 15 in Mesquite, Nev., has generally required rerouting traffic for as long as a year, but the new "accelerated" technology in January necessitated detours for less than a week. Excited engineers traveled in from around the country to watch the old bridge be demolished and the new one

(which had been built on a platform off to the side) be slid into place using hydraulic jacks and Teflon-coated metal beams — lubricated with Dawn dishwashing detergent to glide them smoothly into the old frame. The Nevada Department of Transportation estimated that the accelerated process saved commuters about \$12 million in time and fuel costs. ■

The entrepreneurial spirit

■ "Our critics are absolutely right. We are professional liars," said Everett Davis, founder of the Internet-based Reference Store, which supplies pumped-up, but false, resumes for job-seekers having trouble landing work. Davis and associates are, he told Houston's KRIV-TV in November, ex-investigators schooled in deception and therefore good at fooling human resources personnel who follow up on the bogus work claims. Mr. Davis admitted he would even disguise a customer's past criminal record — but not if the job is in public safety, health care or schools.

■ Veterinary technician and food blogger Lauren Hicks recently inaugurated service on what is surely one of the few food trucks in the country catering exclusively to dogs. She parks her "Sit 'n Stay Pet Cafe" — a retrofitted mail truck — in downtown Winter Park on Thursday nights (according to an October Orlando

Sentinel report), serving gourmet organic snacks like the Poochi Sushi (jerky), "Ruff-in" muffins, and "Mutt-balls" and "Grrr-avy," among other specialties.

■ Western nations and foundations have tried for decades to build sewage treatment plants in sub-Saharan Africa, with little success (since many countries lack stable governments to assess operating fees), and to this day, raw sewage is still merely collected and dumped, either in rivers or directly onto beaches, such as the notorious (and formerly beautiful) Lavender Hill in Ghana. U.S. entrepreneurs recently established Waste Enterprises in Ghana to build the first-ever fecal-sludge-to-biodiesel plant (funded by the Bill and Melinda Gates Foundation). Feces undiluted by water, and then heated, is highly concentrated and more resembles coal than the goo that Americans associate with sewage. ■

Cutting-edge science

■ The British Medical Journal reported in December that a 76-year-old woman had been unbothered until recently by the felt-tip pen she accidentally swallowed 25 years earlier. It was removed without complication, and, though the plastic was flaky, the pen still had an ink supply and was "usable."

■ Twice during 2011, babies with two heads were born in Brazil. Though the first, in Paraiba state, died hours after birth, the 9.9-pound "Emanuel" and "Jesus," born in Para state in December, are apparently otherwise healthy. (The baby has two heads and two spines but shares one heart, liver, pelvis and pair of lungs.)

■ Ratnagiri, India, businessman Murad Mulla, 48, filed a complaint recently with the Maharashtra Medical Council after his surgeon used an outdated procedure to cure his urine-retention disorder. Previously, skin from the scrotum was routinely used for urethral repair, but current science recommends using skin from the mouth to avoid the worst-case risk, which Mr. Mulla apparently experienced. Specifically, the scrotum contains both hair-bearing tissue and non-hair-bearing tissue, and only the latter is usable. Evidently, MR. Mullas' surgeon used hair-bearing tissue, and as a result, Mr. Mulla's urethra itches constantly, and he expels specks of pubic hair with his urine. ■

Leading economic indicators

■ Bernard Madoff's Ponzi scheme cost 16,500 investors a total of as much as \$18 billion, according to the court-appointed trustee, but at least Mr. Madoff is not on death row. In Hangzhou, China, in November, Ji Wenhua and his brother and their father (who were managers of the Yintai Real Estate and Investment Group) were sentenced to death after their convictions for cheating 15,000 investors out of the equivalent of \$1.1 billion. Prosecutors said the men had continued to collect money by claiming profits while losses mounted.

■ Among the high-end items catching consumers' fancy last holiday season was premium firewood, for those who need to burn trees for reasons beyond merely warming the house. "Pretty white birch logs" were a best-selling item for Paul's Fireplace Wood of Little Falls, Minn., and the owner of J.N. Firewood (Fort Ripley, Minn.) touted its "really cool blue flame and crackling noises," according to a December *Wall Street Journal* report. (The wood itself goes for well over \$1 a pound, even before adding the substantial shipping cost.) ■

Poor anger management

■ Janet Knowles, 62, was arrested in January in Jupiter for aggravated assault after allegedly bludgeoning her housemate, 65, with a hammer as they watched television. The victim said only that Ms. Knowles was "upset with Judge Judy."

■ Michael Monsour, the former CEO of Monsour Medical Center in Jeannette, Pa., was charged with assaulting his brother,

Dr. William Monsour, in their father's home on New Year's Eve. In an argument, Michael allegedly bit William's nose so hard that he required cosmetic surgery. (Michael's temper remained untempered. The next day, according to police, Michael sent William an email threatening to beat him "into blood pudding.") ■

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Newt Gingrich, Ron Paul, Mitt Romney and Rick Santorum are battling to win Florida, a state considered crucial for garnering the GOP nomination.

So it comes down to Florida — again

BY ROGER WILLIAMS
rwilliams@floridaweekly.com

Inconvenient as it may be for political reporters paid to handicap the 2012 presidential contest right through to its conclusion on Nov. 6, the race may well be over by next Wednesday morning, the first day of February, 2012.

By the end of the previous evening — Tuesday, Jan. 31 — Republicans in Florida will have picked not only their candidate but arguably and perhaps inadvertently the next president of the United States, a man who may or may not be their candidate.

Here's the logic of that thinking.

The candidate who wins the primary here will be the party's nominee to face President Obama in November. But Republicans universally agree: Not every one of their candidates can beat President Obama, either in Florida or in the nation. Pick the wrong candidate, the logic goes, and you've just elected President Obama to a second term.

History suggests as much.

Through 10 presidential election cycles since the state's primary process was modernized in 1972, Florida Republicans have demonstrated an infallible authority. When they pick a primary candidate, he becomes a presidential candidate.

That was true 40 years ago when Florida's GOP voters picked incumbent President Richard Nixon, and it's been true ever since, as the history of Florida's primary-winners shows.

In 1976, Florida's GOP pick was Gerald Ford. The choice was Ronald Reagan in 1980 (who lost the primary here in 1976), followed by Reagan again in '84; George H.W. Bush in '88 and '92; Bob Dole in '96; George W. Bush in 2000 and 2004; and John McCain in 2008.

Each of those men, Florida primary winners, sought the White House as the standard-bearers of what is now almost a century of Republican social and economic values.

(Coincidentally, Florida voters in general elections bet correctly on the next president 20 out of 21 times since 1928, failing only in 1992 when they picked incumbent President Bush but the nation sent Mr. Clinton to the White House.)

All of which suggests why everything Republican in 2012 may be on the line this week in Florida.

What does that mean for Florida's citizens?

From east to west and north to south — from Palm Beach Gardens to Punta Gorda, and from Fort Myers to Bonita Springs and Naples where Republicans have long dominated local politics — Florida Weekly sought the opinions of men and women who have spent years thinking Republican thoughts.

Here you will see how they judged the current week on the eve of its arrival, how they measure the candidates in the Republican race, and how they weigh the issues as voting day approaches.

They're weighing none of it lightly.

"This is the most important election of our lives," insists Lavigne Kirkpatrick, the newly appointed spokeswoman for the Tea Party in Naples. She led Republican Gov. Charlie Crist's gubernatorial

campaign in Collier County in 2006 and headed the McCain-Palin team there in the 2008 election.

"Obama is not going to be easy to beat. He isn't spending one dime right now. He's the only candidate facing us. And he's letting everybody else burn up their energy and money. Whoever your candidate is now, we all have to come together behind one."

Will the third man please sit down?

But coming together is a hat trick that requires an answer to the obvious question: Who is the right candidate in the minds of Florida's Republicans?

Following Mr. Gingrich's prairie-fire win by 12 percentage points in South Carolina last week, many observers now call it a two-man race.

But that analysis falls short of reality, according to Steve Abrams, a county commissioner and head of the Gingrich campaign in Palm Beach County. Mr. Abrams also serves on the state steering committee.



ABRAMS

There are two men capable of winning, perhaps, but a third man who could determine who he'll be, Mr. Abrams suggests. And that third man isn't Ron Paul, who continued to run a distant but vocal fourth as the political parade thundered out of the Palmetto State and into the Sunshine State.

"The first thing Newt faces doesn't have to do with Newt as much as with what Rick Santorum does," Mr. Abrams explains.

The former Pennsylvania senator is the third man in the mind of many who support Mr. Gingrich — and they'd like him to sit down and shut up now, not later.

"Ultimately, no matter how good a campaign Newt runs here, the Romney alternative vote keeps splitting," Mr. Abrams concludes. "So Santorum either needs to drop out, or do poorly enough that he's not a factor in the race. Then you'll have the one-on-one showdown everyone's been waiting for."

Which isn't quite how John Knowles sees it. The director of development and external affairs at the Ave Maria University School of Law, Mr. Knowles spent a decade in Michigan politics before moving to Naples.

"I think this will go longer than anybody realizes," he predicts. "You have three candidates that have the will and resources to move into the future."

And Mr. Santorum, vocal champion of socially conservative moral values, isn't one of them.

"Those three are Mitt, Newt and Ron Paul," explains Mr. Knowles. "Santorum lacks national structure and the financial backing to mount an ongoing campaign into March and April."



KNOWLES

The showdown

To many, March and April lie in another world, even if Mr. Santorum and Mr. Paul continue maneuvering to influence the front-runners until then.

The showdown appears to be here and now, and for the Republicans that means it's essential to get out and vote, advises Mr. Knowles.

"It's not the people who choose, it's the people who choose to vote who choose," he notes. That may be true both in the primary this week and on Nov. 6.

Now the baton of choice has been passed with great fanfare from a small bastion of Republicanism in South Carolina — more conservative, more distinctly Southern, more strictly dependent on the attitudes of Tea Partiers and evangelical Republicans — to a large one, a Sunshine State of pluralists, of diverse viewpoints and allegiances, of widely varied geographies that can be reached most effectively with expensive advertising.

And the pass was not smooth.

Emerging from the state neck-and-neck in the primary win-lose column — but with one candidate bloodied and reeling from lackluster showings that he sought to overcome Monday night in the first Florida debate — Newt Gingrich and Mitt Romney now realistically represent the Republican choices.

And each is bringing the muscle of a two-year-old Supreme Court decision into play significantly for the first time in modern politics.

The decision, known as Citizens United, allows super PACs to spend as much money as they desire to promote a candidate without identifying the sources of that money. In Mr. Romney's case, that has amounted to \$4 million in Florida alone, even before the week began, according to news reports.

"The Sunshine State will be blanketed with numerous ads all week, particularly from Mr. Romney — more aggressive, attacking ads," says Mr. Knowles. "You'll see all kinds of super PAC advertising. And the evidence is overwhelming that these expensive, negative, creative attack ads work almost every time."

Out of the fray, one candidate will emerge next Tuesday night as the Florida pick. And that man will very likely become not only the Republican nominee but the next president.

The baggage train

That is, if Republican voters this week make the right choice.

Unfortunately, with the Democrats looking on like wolves watching the progress of Red Riding Hood, Republicans will exploit their own weaknesses for the next six days, many fear.

Former Florida Gov. Jeb Bush, who has refused to endorse any candidate, called the finger-pointing, personal style of the campaign so far a "circular firing squad." The quote appeared in *The New York Times*.

The candidates' weaknesses appear to be considerable, which leaves much to point at. But their baggage may also prove inconsequential.

One has hidden his tax history for years, for reasons not even his supporters can rationalize (that's changing as the

week progresses, and will change even more before long, he announced under pressure). He once lambasted the late Sen. Edward Kennedy for doing the same thing even while he carried on the tradition. To complicate matters for him, his father, one-time presidential candidate George Romney, set a much different example by releasing 12 years of tax records.

(The late Mr. Romney also had a tendency to change his mind at the wrong political moment, like some critics accuse the current candidate of doing. When he reversed his position on the Vietnam War in the contest to choose a Republican candidate for the 1968 presidential race, he went suddenly from first in the polls to historic obscurity, leaving the field open for Mr. Nixon.)

The other candidate — the flamboyant South Carolina primary winner, Mr. Gingrich — has hidden two adulterous affairs behind a veneer of self-righteous indignation and puffy moralizing about gay marriage and women's choice advocates.

One candidate — Mr. Romney — has hidden the greed that powered tremendous corporate success at Bain Capital, the firm he headed for many years, behind a business-is-good-for-America arrogance, in the eyes of his critics.

And the other, Mr. Gingrich, has hidden an ethical history pocked with missteps in his professional as well as his personal life behind a proud justification that such "grandiose" acting and thinking is all-American — suitable for a nation of people who think big and act on it.

Mr. Gingrich faced 84 ethics charges during his time as speaker of the House in the 1990s. He was fined \$300,000, becoming the first speaker in history to be so chastised. While consulting or lobbying from 2000 to 2010 for Freddie Mac, the government's secondary home-mortgage company, his Gingrich Group was paid \$1.6 million or more. He had previously blamed Freddie Mac for the financial implosion that led to recession, and argued that the money he took paid for his service as a "historian," not a lobbyist.

There is more that Democrats are likely to exploit, especially in the case of Mr. Gingrich, and Republicans know it.

"The Democrats are fantastic at playmaking a negative campaign," notes Jenna Persons, an attorney and partner at Strayhorn & Persons in Fort Myers.

Ms. Persons, a sixth-generation Florida native, worked as a political staffer for Senate Majority Whip Roy Blunt for two years after graduating from law school at George Washington University, before returning to her hometown. She is now a member of the Lee County Republican Executive Committee.

The media elite and forgiveness

For his part, Mr. Gingrich has claimed that criticisms of his behavior are part of an "elite" and "liberal" media bias that has insisted for half a century that Americans become un-American.

That media-is-to-blame reaction is one some Republicans here embrace, as well.

"I believe the news media has been telling all of us that Romney is the candidate for the last year," says Mrs. Kirkpatrick.

"My personal concern about that is, if the media is telling me that this is the

person, the last thing I want to do is listen to them. Do I really want the media telling me this is the person?"

Republicans everywhere, ultimately, appear to be a forgiving group when it comes to fellow Republicans — they're willing to forgive both the personal, in Mr. Gingrich's case, and the professional in the case of both candidates — as long as there is some transparency.

"Gingrich has navigated the micro-issue of his ex-wife (going public) really skillfully," says Mr. Knowles. "It's not news, it's been out there already; he's skillful in pointing out (his side of the story)."

"And people are tired of it," adds Mrs. Kirkpatrick — "tired of the personal stuff that goes on in people's lives. No human is perfect, and some people, who could be the greatest statesmen, won't run because they don't want their mistakes revealed."

Clearly, those people do not include Mr. Gingrich or Mr. Romney.

The latter could dispense with his tax and income problem in 24 hours, by releasing the information — simply by being transparent, advises Mr. Abrams. And the former is a historian who has made his personal life history, along with almost everybody else.

"When you start going down the ladder to the point where the discussion is about Newt's marriage 20 years ago, it's not a relevant factor for anyone but a handful of voters," Mr. Abrams says.

The vortex question

Therefore, the choice for many would seem to come down to issues — but even that proves a misconception about GOP thinking this week.

The issues themselves may be secondary to a single overriding question, the pundits agree: Who can beat Mr. Obama?

And who can beat him not just in the final rugged run-up to November but this

"Whether you're an evangelical Christian or a Tea Partier or a moderate Republican, your first question should be, 'Who can beat Obama?'"



PERSONS

— Jenna Persons, attorney

week in Florida, where the presidential race itself is a distinct shadow splashing visibly through the wake of the primary race?

That question, more than any issue, creates the compelling vortex gravity of the 2012 presidential race, and of the Florida Republican primary here.

More than jobs and the economy, more than how much to lower the tax rate and for whom, more than how much to reduce the size of government and how much to deregulate business, more than the questions of abortion or same-sex marriage or immigration, Florida Republicans this week are agonizing over an unequivocal Lombardian philosophy: There is no second place. There are only winners and losers.

"Whether you're an evangelical Christian or a Tea Partier or a moderate Republican, your first question should be, 'Who can beat Obama?'" advises Ms. Persons.

"One thing that unites the national security Republicans, the Libertarians, the social conservatives and the moderates is that almost all Republicans want to see Obama defeated in November," observes Mr. Knowles.

Perhaps that unity does not characterize Republicans here quite yet, however.

Meanwhile, what about the issue of war?

Terrorism, Afghanistan and Iraq — three distinct wars that defined the first decade of the 21st century and deeply shaped its presidential elections — were Bush and McCain-era issues, in the minds of Republican voters.

Tellingly, none of the men or women who joined Florida Weekly to think through this Republican week initiated any conversation about war, although two wars continue.

The nuanced primary

All of this points to the significant risk Republicans nationwide are running this week as Florida's GOP voters shoulder the weight of the contest.

The primary process itself is finicky and complex. To win, a Republican candidate must garner 1,212 votes from delegates representing the 50 states at the national convention.

Some states, 17 of them, allow Independents, or Independents and Democrats together, to vote in the Republican primary (Florida does not; it hosts a "closed" primary).

Others still hold caucuses, a throwback to the old days when small groups around the state would gather in public to take a show of hands or vote, sending delegates to the national convention that way.

Normally, Florida would command 99 of those 1,212 necessary delegates, or just over 8 percent.

But that changed after the state's Republican leaders disobeyed the marching orders of the party's national leadership last year.

Instead of accepting a mid- or late-season date on the primary calendar, they shouldered their way nearly to the front

of the line, to stand just behind Iowa, New Hampshire and South Carolina in the GOP schedule.

"I'm proud of the state leaders for taking the initiative, and ensuring we play a major role in presidential picks," says Ms. Persons. "I'm proud of them for looking out for our interests."

But that looking out has come with a cost.

To punish the lack of discipline, national Republican leaders recently cut Florida's delegates in half, from 99 to 50. (The Sunshine State's delegates also lost their front-row seats at the convention, along with reservations to the most convenient and proximate hotels).

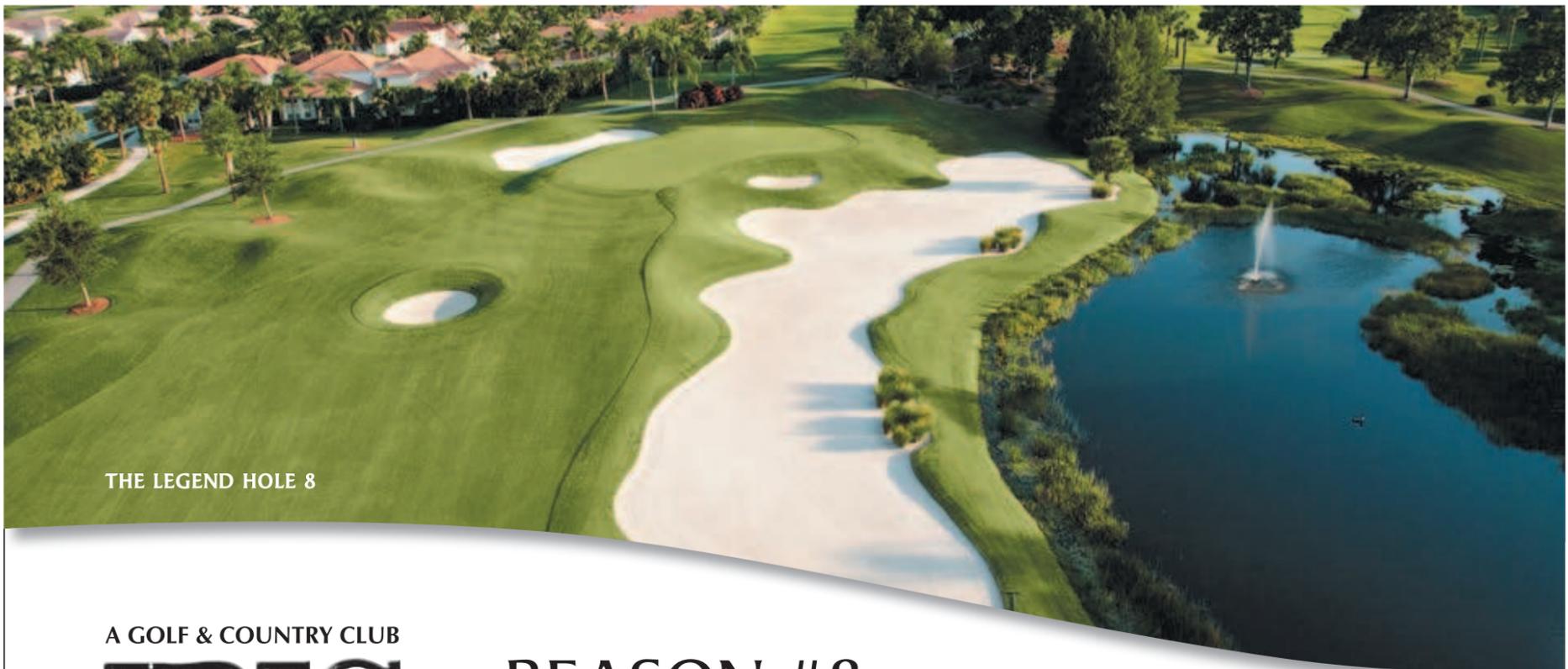
None of that will likely matter as much as what the nation observes this week in Florida, Republicans here believe. Nor as much as what primary voters decide Tuesday — a reality foreseen, perhaps, by the state's Republican leadership last year.

Florida is defined as a "swing state." That's because nearly 19 million residents represent a hodgepodge of demographic and political constituencies that chose a Democratic leader four years ago on the backs of the state's Independents.

The inability of Republicans to rally decisively behind a single candidate now could leave room not only for continued Republican infighting but for exploitation by a Democratic machine at once wealthy, well-oiled and rested. If that happens, Republicans may lose Florida and the nation, once again.

That's the bottom line this week in a state plumped by 29 electoral votes. Florida is tied for third with New York, behind California (55) and Texas (34).

Not just in November, not just in August, but right now: The Sunshine State is the key prize for Mr. Gingrich, Mr. Romney, and a sidelines onlooker this week, President Barack Obama. ■



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HEALTHY LIVING

Being positive with your partner can have a powerful effect



lindaLIPSHUTZ
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Once again, Eve rolled her eyes with disgust. It took all the effort she could muster to hold back the cutting remark. She had told Jeff twice to fix the broken faucet, but he ALWAYS tuned her out, and of course he forgot. He never followed through on anything she asked. Everything and everyone else was more important to him. If his sister asked a favor, it was done. And of course, if it had something to do with his golf game, he'd never forget. Not a chance!!! But when Eve asked him to do anything for her, it was too much bother. She should have known better than to expect much from Jeff.

Have you ever noticed how some people just assume the worst and never give the other person the benefit of the doubt? These folks have their radars up, ready to pounce the moment they detect a negative barb or perceive an injustice or slight. They're so focused on all that's wrong in their lives that they overlook the positives that come their way. And, unfortunately, they are often blind to the role they may have played in prolonging the conflicts. As we can imagine, this stance wreaks tremendous havoc when it occurs over

time in a relationship. In his widely acclaimed book, "The Seven Principles for Making Marriage Work," John Gottman outlines the attributes that characterize the most successful, loving relationships. Mr. Gottman and his colleagues invited volunteer couples to participate in a research study, which required spending a week-end living in a simulated apartment and being observed behind one-way mirrors. The couple would be asked to act as normally as possible, despite a team of scientists observing the way they interacted.

Mr. Gottman's team predicted which couples would make it and which would not, and amazingly they have claimed 90 percent accuracy. And, usually, it didn't take very long for the team to size up which couples had the skills to work through their differences to respectfully come up with resolutions. Interestingly, the couples that fought the most were not necessarily the ones predicted to be most at risk.

Mr. Gottman's team concluded that successful marriages are characterized by "positive sentiment override," a term they use to describe when couples give each other the benefit of the

doubt, accept efforts by their partner to repair damage created by arguments, and to even tease each other at stressful times to lighten the mood. These are the people who assume the best of their partner when something is amiss.

On the other hand, when couples are in "negative sentiment override," they seem to perennially have a chip on their shoulder, and are unwilling to accept their partner's efforts to make amends. They are so busy blaming and feeling sorry for themselves that they often tune out or miss the other person's efforts to reach out in a positive way. It's almost as if they assume their partner is the enemy rather than a trusted ally. Importantly, they are often so indignant, they are not open to considering THEIR part in the conflict.

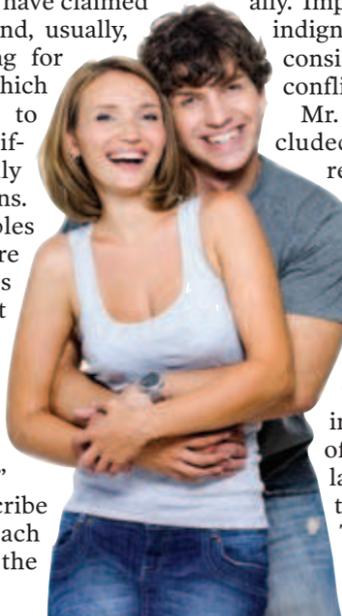
Mr. Gottman's research concluded that the couples who regularly concentrate on nourishing the friendship in their relationship are the ones who are able to maintain intimacy over time. These couples regularly show fondness and admiration for each other. They show genuine interest in the day-to-day concerns of their loved one and regularly pay attention to what the other finds important. They know the little details of each other's life. They

know what's up with their partner's best friend or boss, and regularly ask for updates. They ask how an important meeting went without being reminded. They hold their tongues when they think their loved one has done something ridiculous, because they are well aware they are just as likely to do something foolish as well.

So what do we do if our relationships seem headed toward "negative sentiment override?" Perhaps the most powerful step we can take is recognizing the merit in Mr. Gottman's findings. When we commit to approaching our relationships with a positive filter and give our loved ones the benefit of the doubt, we often set in motion an encouraging momentum.

If only we could take ourselves back to the time when we were first drawn to our partners, and remember the way we connected with each other then. Most of us knew just what it took to put a smile on our partner's face, and it was our pleasure to do so. And, importantly, for most of us, we weren't so focused on what they were doing for us in return. ■

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



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EXCUSES BELONG IN 2011

By Elizabeth Johnson

2011 is officially over. And so is whatever baggage was holding you down and preventing you from reaching your goals. There is no need to haul any of that negativity into the New Year.

Consider for a moment the thoughts that run through your head on a daily basis: "There just isn't enough time"... "My family needs me to be here"... "I can't leave to go to the gym"... "I'm so tired by the end of the day as it is...never mind going to work out." And yet, the logical side of you knows that both making time for your health and being active allow you to give back more to your family in the long term.

Therefore, a reasonable conclusion is that all of these thoughts are just excuses. Excuses are merely roadblocks to reaching your goal. Start to notice when those thoughts pass through your head, and, for one day, write all of them down. Make a list of each one and how many times it comes across your consciousness.

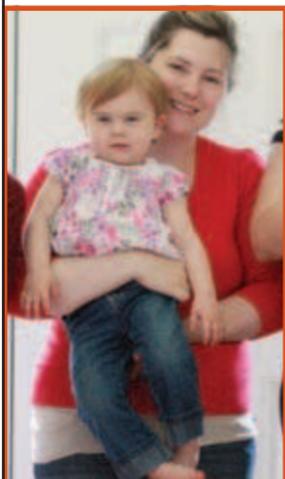
Once you start to realize what your excuses are, you can see how they are preventing you from reaching your goals. You can start to debate with yourself, negate the excuses and take concrete actions toward the health and fitness results you've always wanted. Move in the right direction today and visit a Get In Shape For Women studio in your town. The manager there will help you think through your excuses, how they're holding you back, and work with you to create a framework for health and fitness success.

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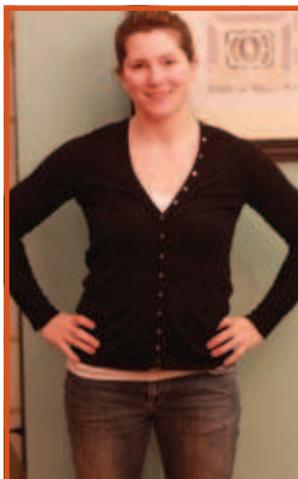
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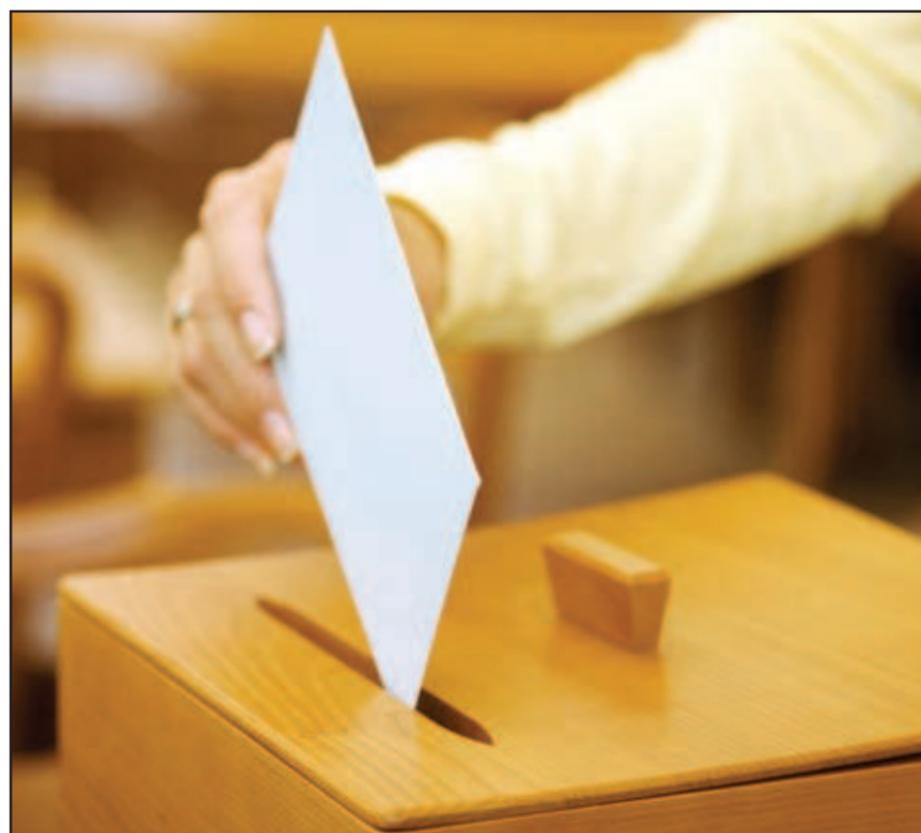
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COURTESY PHOTO

POLLS

From page A1

"It used to be these were cookie-cutter teams," Ms. Bucher says. "You got six no matter what. We really tailor to the number of voters registered in that precinct."



BUCHER

And they tend to bring people back year after year to work the polls.

Take Larry Lustig of Boca Raton.

He had retired as a field manager with IBM and had taken a temporary job as a

precinct adviser.

"I started working early voting, then they asked me to become the early voting coordinator," he says.

Now he helps instruct the temporary workers in elections procedures.

"Prior to every election, the people have to have training," he says.

That's after an orientation session in which would-be workers are told they must be at the polls at 6 or 7 a.m. and must be accurate in their work, Ms. Bucher says.

A primary keeps the supervisor of elections office busy, but it's nothing like a general election.

"When it's a large election, like in 2010, we virtually went home, took a shower and went back to work," Ms. Bucher says. "We got the election results at 4 a.m."

Ms. Bucher's office came under fire in 2010 after there were delays in receiving election results.

Palm Beach County does not have an electronic means of sending results from the precincts, Ms. Bucher says.

"We hope to have approval that we can buy the product by March or April," she says.

Each of the county's polling locations has proper phone lines for transmittal, she says. Once the state approves the equipment, all that would be required of poll workers would be to plug it into phone jacks.

But technology aside, the polling places still rely on dependable people, who say the rewards outweigh any cash benefit.

"You help the voting process in this country," says Mr. Lustig. "I'm from New York, and I talked to a buddy up there, and they don't even have early voting. You get a lot of satisfaction in

in the know

Interested in working the polls for an election? See pbcelections.org. That's the place for all information about voting in Palm Beach County.

>>Voters: As of Jan. 23, Palm Beach County had a total of 828,107 registered voters. Of those, 239,768 were Republicans, 370,882 were Democrats and 217,457 had other political affiliations, according to the supervisor of elections website.

>>Deadlines: The deadline to register to vote in the Jan. 31 Presidential Preference Primary was Jan. 3. To vote in the Aug. 14 primary, voters must be registered by July 16. To vote in the Nov. 6 general election, voters must be registered by Oct. 9.

>>To register: Voters may request registration applications from the supervisor of elections' main office: 240 S. Military Trail, West Palm Beach, FL 33415. Phone: 656-6200. Forms are available online at www.pbcelections.org.

>>Early voting: Hours are 10 a.m.-6 p.m. Jan. 26-27 and 10 a.m.-4 p.m. Jan. 28. It continues through Jan. 28 at:

Jupiter Branch Library, 705 Military Trail, Jupiter.
Palm Beach Gardens Library, 11303 Campus Drive, Palm Beach Gardens.

Supervisor of Elections' main office, 240 S. Military Trail, West Palm Beach.

Wellington Branch Library, 1951 Royal Fern Drive, Wellington.

Hagen Ranch Road Library, 14350 Hagen Ranch Road, Delray Beach.

Lantana Branch Library, 4020 Lantana Road, Lake Worth.

Belle Glade City Hall, 110 Dr. Martin Luther King Jr. Blvd. W., Belle Glade.

Boca Raton City Hall, 201 W. Palmetto Park Road, Boca Raton.

seeing people vote."

Many people voted for the first time in the 2008 race, when President Obama was elected.

"To see them vote, that was great," Mr. Lustig says. "It is very important, and one of the foundations of this country, the right to vote."

For Mr. Lustig, it's an opportunity to take a break from retirement.

"I only work when there are elections," Mr. Lustig says. "My best days are behind me. I am happy doing this on a part-time basis."

And there is a satisfaction that goes beyond the money.

"The courses are going well. People are learning things they didn't know before. It's a rewarding position. Of course, the money doesn't hurt," he says. "More important, people in this economy get an opportunity to earn a few bucks. It's a win-win for everybody." ■

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Watercolor with tropical feel tapped for ArtiGras poster

SPECIAL TO FLORIDA WEEKLY

The ArtiGras Fine Arts Festival selected artist Ellen Negley of West Palm Beach as the official poster artist for the 27th edition of ArtiGras. Ms. Negley painted a watercolor piece titled "Reflections" especially for this honor.

"I love painting local scenes, so this is a great chance to share my vision with the rest of South Florida," said Ms. Negley, who has been painting watercolors for almost 25 years. "I've been painting for a long, long time. Only recently have all my efforts begun to get recognized, and being selected as the ArtiGras poster artist has been my most exciting opportunity to date."

"Reflections" has a tropical feel to it, with the focus area being two boats at a dock. This is the first poster Ms. Negley has designed for an art show.

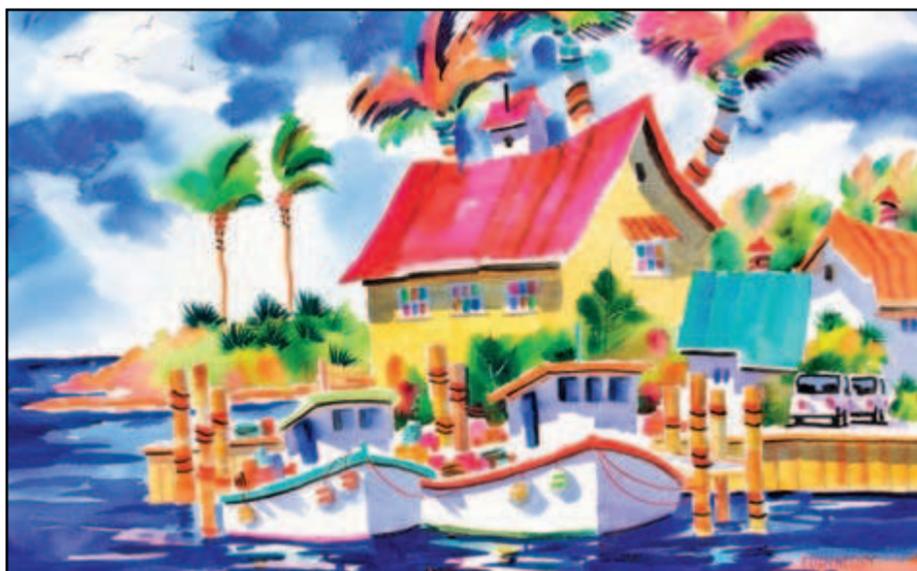
The 2012 ArtiGras poster is available for purchase online at artigras.org and will be available in the ArtiGras merchandise booth at the festival. Ms. Negley will be in the merchandise booth

signing posters for patrons on Feb. 18 from 2 to 3 p.m. and again on Feb. 20 from 2 to 3 p.m.

ArtiGras is Presidents' Day weekend — Feb. 18-20 — at Abacoa in Jupiter. The outdoor arts event showcases a juried exhibition of outstanding fine art along with activities which include live entertainment, artist demonstrations, interactive art activities for all ages, a youth art competition and the opportunity to meet more than 250 of the top artists from around the world.

General admission tickets to ArtiGras are available online at artigras.org for the advance ticket price of \$6. Advance tickets are also available at the Gardens Mall (Information Desk), the Maltz Jupiter Theatre and Roger Dean Stadium. Admission at the gate is \$10, with children 12 and under admitted free of charge.

For patrons who want to take their art experience to the next level, ArtiGras Patron Society memberships are available for \$100 for a single, \$150 for



COURTESY IMAGE

"Reflections," by artist Ellen Negley of West Palm Beach, was chosen for the 2012 ArtiGras poster.

a double and \$300 for a family. In addition to being recognized in the ArtiGras Official Program, ArtiGras Patron Society members also enjoy VIP festival access and parking the entire weekend, VIP keepsake credentials, access to the VIP tent where they can partake in a gourmet lunches and complimentary

beverages, a complimentary 2012 ArtiGras commemorative poster, invitations to special ArtiGras events and an original work of art by artist Devin Howell.

For additional information, see artigras.org or call the Northern Palm Beach County Chamber of Commerce at 748-3946. ■

5th annual car show set for Jan. 28 at Hobe Sound's Pine School

SPECIAL TO FLORIDA WEEKLY

The fifth annual "100 Years of Cars" is Jan. 28 at Pine School in Hobe Sound.

The car show — which raises money for the children of active and veteran military personnel — is from 10 a.m. to 4 p.m. on the Upper School campus.

The nationally recognized car show features vehicles from 1900 through

today. There will be two 100-year-old cars on display for a side-by-side comparison between the old and new models. There will be an award for "best in class" and four overall awards: best of show; the Pine School Award for most popular car; manufacturer's trophy, and the veterans award. The show is also a family day with live music and activities

for children.

The show raises money each year to help children of active and veteran military personnel attend The Pine School through the Patriot Scholarship Fund.

The entry fee is \$10 for adults. Active duty and military veterans get in free as well as children 12 and under. Food and drinks will be for sale in the school din-

ing hall from 8 a.m. to 2:30 p.m. Refreshment stands will be open all day as well as an outdoor BBQ and other food.

This year, "BMW" is the featured marquee. Sponsors include Bullen Insurance, DRS Technologies and UBS.

The Upper School campus is located at 12350 S.E. Federal Highway in Hobe Sound. See 100yearsofcars.com. ■

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KOVELS: ANTIQUES & COLLECTING

Tea time traditions date back to ancient China

terryKOVEL

news@floridaweekly.com



Tea, it is said, was first drunk by the Chinese Emperor Shen Nung about 2737 B.C. Then someone in China invented a device that shredded tea leaves, making it easier to brew tea. But the idea of making tea in a cup instead of a pot seems to have begun in the 19th century when silver infusers were made to hold tea leaves.

Infusers usually were small balls with many holes. The ball could open and close to hold the leaves. It was dipped into a cup of hot water a few times, then removed. Silver infusers became very popular in the late 19th century, and silversmiths were soon making not just balls but tiny silver teapots, eggs, lanterns, acorns and other shapes, some with elaborate embossed designs. These sterling teaballs with chains are collected today and cost from \$100 to \$1,000.

The teabag was invented in the United States in 1903. It was a hand-sewn silk bag. Soon a machine was invented to fill and close a teabag made of special paper. Eventually, aluminum foil was also used for disposable bags. The familiar rectangular teabag was not invented until 1944.

Today there are circular and pyramidal teabags, too. All of this has led to a variety of collecting choices for tea lovers. Some save free teabag tags. Some belong to groups that make folded figures from dried teabag paper. Some collect the many types of tea infusers made today, like the Yellow Submarine, dinosaurs, robots, monkeys, a berry on a stem and more. Most sell for under \$20.

Another tea-related collectible is the spout strainer, a small hanging strainer kept in a teapot spout with a large hairpin-shaped wire. There are also tea sets, tea cups and saucers, tea caddies, tea strainers, tea-caddy spoons, bag squeezers, "spoon rests" for used teabags, drip bowls and even a plastic disk that folds



This 1-inch-high octagonal teapot is a tea infuser, the inspiration for the teabag. It is sterling silver and would sell for about \$100. It can be used every day. Just open the top and, because tea leaves expand, fill it less than halfway with tea leaves. Then dip it in a cup of hot water.

to squeeze a teabag or cover a cup to keep tea warm.

At a 1970s tea collector's auction, we bought teaballs and strainers, notebooks filled with postcards about tea, books, woodblock prints and advertising. We also have the original patent papers for the "teastir," a perforated aluminum-foil rectangle filled with tea. One side becomes a handle to take it out of a cup. It was invented by Ralph Kovel, a tea drinker and collector.

Q: I have a bed made by Sligh Furniture Co. of Grand Rapids, Mich. What can you tell me about the company?

A: Sligh Furniture Co. was founded in 1880 by Charles Sligh, who had previously worked at Berkey & Gay, another Grand Rapids furniture manufacturer. The city was a major center of furniture-making from the late 1800s until about 1925.

Most furniture companies at that time didn't make complete bedroom sets but specialized in one category of furniture, such as beds, dressers or nightstands. Sligh was the

first company to sell all the pieces needed to furnish a bedroom in matching styles and finishes.

The company struggled during the Depression and by 1933 switched to making desks, which cost less to produce. The company is still in business, currently making home entertainment and home office furniture and accessories. Sligh bedroom sets were made in the 1920s and 1930s.

Q: Back in about 1955, a World War II veteran friend gave me a small bronze sculpture of a horse mounted on a marble base. It's signed "K Mobius" near the horse's rear legs. The sculpture, including the base, is 10 1/4 inches high and 9 inches from nose to tail. What can you tell me about the sculptor and my horse?

A: Your bronze was made by German sculptor Karl Mobius (1876-1953). Artists who create bronze sculptures actually work with clay or wax. Then the sculpture is taken to a foundry, where a complicated process begins. A rubber mold of the sculpture is

made, then wax is poured into the mold to create a hollow wax model that matches the original sculpture. A ceramic coating is then applied to the wax and the model is fired so the wax melts. The ceramic shell that's left is filled with molten bronze, cooled and removed. The resulting bronze sculpture is then ground and polished. The mold for a small bronze like your horse is usually used about 25 times before it wears out. In general, an original bronze sculpture the size and age of yours sells for about \$500.

Q: We own a large wooden picture frame with extensive gold-colored metal embellishments. We were told the frame was "a Tiffany" and that it hung in the Arkansas Governor's Mansion in Little Rock during the one year (1927-28) John Martineau was governor. What do you think the frame would be worth if the story is true?

A: We can find no reference that says Louis Comfort Tiffany ever made wooden frames. And everything he did make was marked in some way to identify it as "Tiffany." It is possible that Tiffany & Co., the famous store, sold a frame like yours, but we think the store would also have marked the frame. The histories of some antiques and collectibles become garbled over the years. Still, a large, well-made and elaborately decorated period frame could sell for thousands of dollars.

Tip: Attach hanging wire to a picture two-thirds of the way up the back of the frame. Be sure the wire does not show above the top of the frame when the picture is hung. ■

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

Upcoming area antiques events

Kofski Tag Sale — Kofski will hold another sale — the sales are as much social events as they are shopping opportunities — 9 a.m.-3 p.m. Jan. 28-29 at its Estate Sale Facility, 501 Georgia Ave., West Palm Beach. This sale will include the contents of homes on North Lake Way and Ibis Isle in Palm Beach, Lost Tree Village in North

Palm Beach and a Park Avenue apartment in New York City. For information, visit www.kofskiantiques.com.

The Miami National Antiques Show & Sale — The show is Jan. 27-29 at the Miami Airport Convention Center (MACC) (formerly Doubletree Miami Mart Center), 777 N.W. 72nd

Ave., Miami. Hours are noon-8 p.m. Jan. 27, noon-7 p.m. Jan. 28 and noon-5 p.m. Jan. 29. Admission: \$15. Call (954) 563-6747 or visit www.dolphinfairs.com/miaminationalantiques.

The West Palm Beach Antiques Festival — The biggest show of the year is Feb. 3-5 at the

South Florida Fairgrounds, Southern Boulevard, suburban West Palm Beach. Hours are noon-8 p.m. Feb. 3, 9 a.m.-5 p.m. Feb. 4 and 10 a.m.-4:30 p.m. Feb. 5. Admission: \$7 adults, \$6 seniors; free for students 16 and under. Special early buyers admission, 9 a.m.-noon Feb. 3, is \$25. Coupon at www.wpbf.com Phone: (941) 697-7475. ■

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WEEK OF JAN. 26-FEB. 1, 2011

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

Community Foundation awards \$902,400 in grants

SPECIAL TO FLORIDA WEEKLY

With careers in health care, financial services and information technology earmarked to be the fastest growing professions by 2018, nationwide efforts continue to promote STEM (science, technology, engineering and math) education as critical to developing a workforce to meet those future demands. Recently, however, it has been recognized that infusing the arts into a STEM education can transform the way our youth think and learn. Adding the arts to STEM now expands education to STEAM and creates a forward-thinking, transformative concept that builds creative thinking, analysis and problem-solving skills — all vital abilities to prepare our future innovators.

The Community Foundation for Palm Beach and Martin Counties recently approved \$902,400 in grants to support STEAM curriculums that will reach 27,000 students.

Ten non-profit organizations from Palm Beach and Martin counties were awarded grants for programs that integrate STEAM activities into their curriculums. The grants were made possible through The John D. and Catherine T. MacArthur Fund, an endowed fund of the foundation, which addresses needs in arts and culture, education, the environment and community development. Since 2005, the MacArthur Fund has awarded \$3.3 million in grants to non-profit organizations in the two counties.

The STEAM grants were awarded to the following nonprofit organizations:

- The ARC of Martin County for an At-Risk STEM Career Training Project that transitions at-risk teens from school to STEM careers in health care.

- Boys & Girls Clubs of Palm Beach County for the Science with an Artistic Perspective Program (SWAP) that blends the arts into an existing STEM curriculum.

- Education Foundation of Martin County for Full STEAM Ahead which expands their STEM curriculum to include arts education for students in grades K-12.

- Family Central Inc. for Full STEAM Ahead, which integrates STEAM activities in low-income child-care centers.

- Florida Atlantic University Research Corp. for the Biomedical Outreach Program that prepares disadvantaged students for health professions in Florida.

- Florida Press Educational Services for the production of "STEAM and You!," a free curriculum guide distributed to Palm Beach public and private schools to build awareness about STEAM.

- Habitat for Humanity, Palm Beach County, for its Seminole Ridge High School Partnership Housing Project, which enables students of Seminole Ridge H.S. Construction Academy to

build a Habitat house.

- My Choice Community Development Inc. for the My Choice STEAM Project designed to improve students' knowledge and opportunities in STEAM related fields.

- Palm Beach County Cultural Council for Full STEAM Ahead, a program that enhances student learning through outreach and integration of the arts through science at Pioneer Park Elementary School.

- Prime Time Palm Beach County Inc. for Generate Some STEAM in Afterschool Project that provides STEM education through engaging activities that incorporate the arts.

- Zoological Society of the Palm Beaches for the Palm Beach Zoo STEAM Program that uses distance learning technology to bring zoo animals and zoo educators into classrooms, followed by field trips that bring students into the zoo environment. ■

Executive Women seek nominees for leadership awards

SPECIAL TO FLORIDA WEEKLY

Executive Women of the Palm Beaches is seeking nominations for its annual Women In Leadership Awards. The awards are given to three Palm Beach County women who have made outstanding accomplishments in the volunteer, private and public sectors, recognizing outstanding accomplishments, generosity of spirit and a commitment to integrity and diversity. Nominations must be received by Feb. 10.

The nominee must have lived or worked in Palm Beach County for at least five years, excelled in the

category for which she is being nominated and made a demonstrated difference in Palm Beach County.

Volunteer sector: A woman with a history of outstanding commitment to her community through

unpaid leadership positions.

Private sector: A woman who is self-employed or is employed by a for-profit business or organization and has excelled in her job or profession.

Public Sector: A woman who is employed by a not-for-profit business or organization or by a municipal, county, state or federal government agency, and has excelled in her job or profession. Nominations cannot be accepted for judges, state legislators or employees of legislators, due to their restraints.

A nomination form and a 4"x6" photo are all that is needed to nominate. The form is available at ewpb.org.

More information is available at info@ewpb.org or by calling 684-9117. Sponsorship inquiries also are welcome. Awards will be presented at the WILA luncheon on May 3. ■



COURTESY PHOTO

The Gardens Mall staff members and representatives of nonprofits, from left: Michele Jacobs, The Gardens Mall; Kimberly McCarten, The Arc of Palm Beach County; Alane Foster, The Arc of Palm Beach County; Marlo Massey, Easter Seals; Tara Holcomb, Salvation Army; and Dana Romanelli and Whitney Pettis, The Gardens Mall.

Gardens Mall customers donate more than \$10,000 for charity

SPECIAL TO FLORIDA WEEKLY

Customers of The Gardens Mall, the regional, upscale shopping mall in Palm Beach Gardens, donated \$10,398.62 in cash to local non-profit organizations during the holiday season.

The Salvation Army Angel Tree has partnered with the mall for more than 18 years, with shoppers donating gifts for local children in need. This year, the Angel Tree ran out of angel ornaments twice, the mall reports in a statement.

The Angel Tree has the name of a boy or girl, 12 or younger, and their holiday gift requests written on an angel ornament. More than 1,300 angel requests were filled at the Mall. Almost 20 bicycles a day were brought in by customers, along with gifts including clothing, shoes, pajamas, toys, books and electronic gadgets.

"We were touched and humbled at the kindness extended in gifts and also donations," said Tara Holcomb, development and public relations director for the Salvation Army. "More than 4,200 children experienced the tradition of the season with presents that their families just simply could not afford this

holiday."

Easter Seals of the Palm Beaches and The Arc of Palm Beach County partnered this year with the Mall by volunteering to wrap gifts in the Holiday Suite. Complimentary gift-wrapping is offered to customers, and the charities are rewarded by tips from shoppers.

The Northern Palm Beach Chamber of Commerce hosted their December member "Business After Hours" event, requesting an unwrapped gift for the U.S. Marines Toys for Tots program. Local business executives showered the event with more than 100 toys, while the Marines stood guard at The Gardens Mall Grand Court.

"This year, we gave our customers several opportunities to give back to the community," said Michele Jacobs, director of marketing. "We were thrilled with their generosity of gifts and cash donations that we were able to give to the charities to fund their ongoing work in the Palm Beaches."

The Salvation Army received a check for \$3,561.60, The Arc of Palm Beach County received \$3,433.56, and Easter Seals of the Palm Beaches received \$3,403.46. ■

Quantum names FPL exec to board

SPECIAL TO FLORIDA WEEKLY

Ethel Isaacs Williams, regional manager of corporate external affairs at Florida Power & Light, (NextEra Energy) based in Juno Beach, has been named to the board of trustees of the Quantum Foundation.



WILLIAMS

"Quantum is delighted to have one of the community's top professionals join our board," Stephen C. Moore, Quantum Foundation board chairman said. "She will be a welcome addition as

we continue our mission to increase health care access, improve science and health education and enhance the health-care work force in Palm Beach County."

Ms. Williams, a native of West Palm Beach, received her bachelor of science degree in business administration from George Washington University, Washington, D.C., and a juris doctorate degree from Nova Southeastern University.

She serves on the boards of directors of the Boca Raton Chamber of Commerce, the Greater Boynton Beach Chamber of Commerce and Sunfest Inc., and is a member of Executive Women of the Palm Beaches. She is president of the West Palm Beach Chapter of The Links Inc.; founding president of The West Palm Beach Chapter of The National Coalition of 100 Black Women Inc. and a founding board member of FoundCare Inc.

The Quantum Foundation is marking its 15th year partnering with organizations to create a healthier Palm Beach County. It has awarded nearly 1,000 grants totaling more than \$100 million. A breakfast will be held March 15 to honor the foundation's partners at the Kravis Center. ■

MONEY & INVESTING

Bad news for Japan, the UK and Ireland

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After the 2008 financial meltdown, any conversation about debt mostly centered on U.S. subprime mortgage debt.

By 2010, the focus had shifted from the subprime to the sovereign debts of Greece and other EU countries, Portugal, Ireland, Italy and Spain.

By summer of 2011, the U.S. debt ceiling made the headlines but was soon eclipsed by the critical problems of possible sovereign debt defaults and potential trans-Atlantic contagion.

The headlines have gravitated toward the debt "busts" and toward near last-minute sovereign defaults.

But now the news and economic reports are starting to peel back the onionskin and it is getting increasingly noxious, just as much as that kitchen task can be.

In understanding any debt problem, it is important to know the level of debt, the maturity structure of the debt, the interest rate on the debt and the cash flow of the borrower to repay the debt.

In understanding any particular country's debt problem, all categories of debt, not just sovereign, must be considered.

These debt categories include house-

holds, non-financial corporations and financial institution debt. The reason being that the collective burden of all these forms of debt must be shouldered by the country's GDP (or externally financed.)

So, generally speaking, to get a picture of a country's debt, a good starting point is the consolidated indebtedness of any country relative to its GDP.

Most readers have been duly trained by the press and cable news to believe that Greece is the very worst of debt offenders and so it would be reasonable to think that surely Greece wins the prize for the worst consolidated debt levels.

But McKinsey & Company has just released a jaw-dropping report that quantifies the global debt problem and has several countries take the center stage away from Greece. ("Debt and deleveraging; uneven progress on the path to growth," January 2012; www.Mckinsey.com).

You might be very surprised (as I was) to know that, per their analysis, the number one debt-challenged country is Japan (512 percent of GDP), to be followed by the UK (507 percent of GDP).

In succession come, Spain, Italy France and South Korea; all come before the United States' relatively low, consolidated debt burden at 279 percent of GDP.

It seems as if the U.S. is smelling like a rose in a garden of stink weeds...

granted the calculations exclude present value of future liabilities (e.g. social security, Medicare, etc.) and excludes off-balance-sheet liabilities (Fannie Mae and Freddie Mac).

Countries that look good include: Brazil (148 percent), India (122 percent) and China (184 percent).

But what to do with the enormity of the debt of Japan, UK and Ireland?

Japan has government debt at 226 percent of GDP, though lesser if investments offset to create a net debt number. Still, the Japanese are financing and rolling a huge amount of government debt.

How did this ever come to be? Most know the story of Japan's meteoric growth in the 1980s and concomitant rise in real estate and equity valuations, financed partially by a large increase in corporate and household debt.

But what might not be known is that though Japan peaked by 1990 and clearly entered a deflation of the past 21 years (with no recovery in sight), its debt burden as a percentage of GDP continued to grow from 387 percent to the recent level of 512 percent.

Who buys their debt? Some 90 percent is bought by Japanese institutions: \$5 trillion is owned by its banks; its pensions and insurers own \$4.5 trillion. With incredibly negative demographics, it is a mystery how the country will ever repay the debt. (Does Japan have the makings as a major shorting opportu-

nity for hedge funds... someday?)

Next on the debt burden list is the UK and, specifically, the disproportionate amount of debt issued by its financial institutions. Per the McKinsey report, the UK banks have a very large exposure.

This is not true for Japan and may be the reason why Japan is backburner.

Lastly, what are the Irish to do? How can they ever repay consolidated debts at 663 percent of GDP? And how did that ever happen?

Besides the McKinsey report, there is another good read about the global debt. As charts do tell a lot of the story, the IMF in its Fiscal Monitor (September 2011) has a great chart on Page 12 of the report showing who holds what percent of each country's government debt.

Given that I am admittedly predisposed to being negative about the U.S. plight, I want to admit that I stand self-corrected and concede that the U.S., though in a terrible economic mess, might not be in as bad a situation as some others and the others might ultimately make Greece look like a cake walk. ■

— Jeannette Showalter, CFA, is a commodities broker with Worldwide Futures Systems, 239-571-8896. For mid-week commentaries, write to showalter@wwfsc.com.

Something to
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PHOTO: ARTHUR CICCONE, GOLFE SHOTS

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NETWORKING

Grand opening of Trustco Bank in Juno Beach



1. Genie Serrano, Noel Martinez and Francine Gunter
2. Jennifer Ball and Claire Holland
3. Joe Lucarelli and Eric Schreck
4. Joseph LoBello, Jim Lyons, Bill Greene, Ellen Andel, Mort Levine, Ted Taylor, Joe Lucarelli, Mrs. William Powers, William Powers, Tom Maggs, Dennis DeGennaro, Trusty and Bill Purdy
5. Nathan Crowder, Adam Roseland, Gail McCormack and Brad Delarm
6. Scott Salvador, Ryan Vandenburg and Don Smith
7. Ted Taylor, Ellen Andel and Mort Levine

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14200 U.S. Hwy. 1 Juno Beach, FL 33408

Annual Meeting

Monday, January 30, 2012 at 5:00p.m.

- Public Welcome to Attend
- Light Snacks & Refreshments
- Presentations From Staff

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NETWORKING

Sip, Savor & Stroll event for concierges at PGA Commons

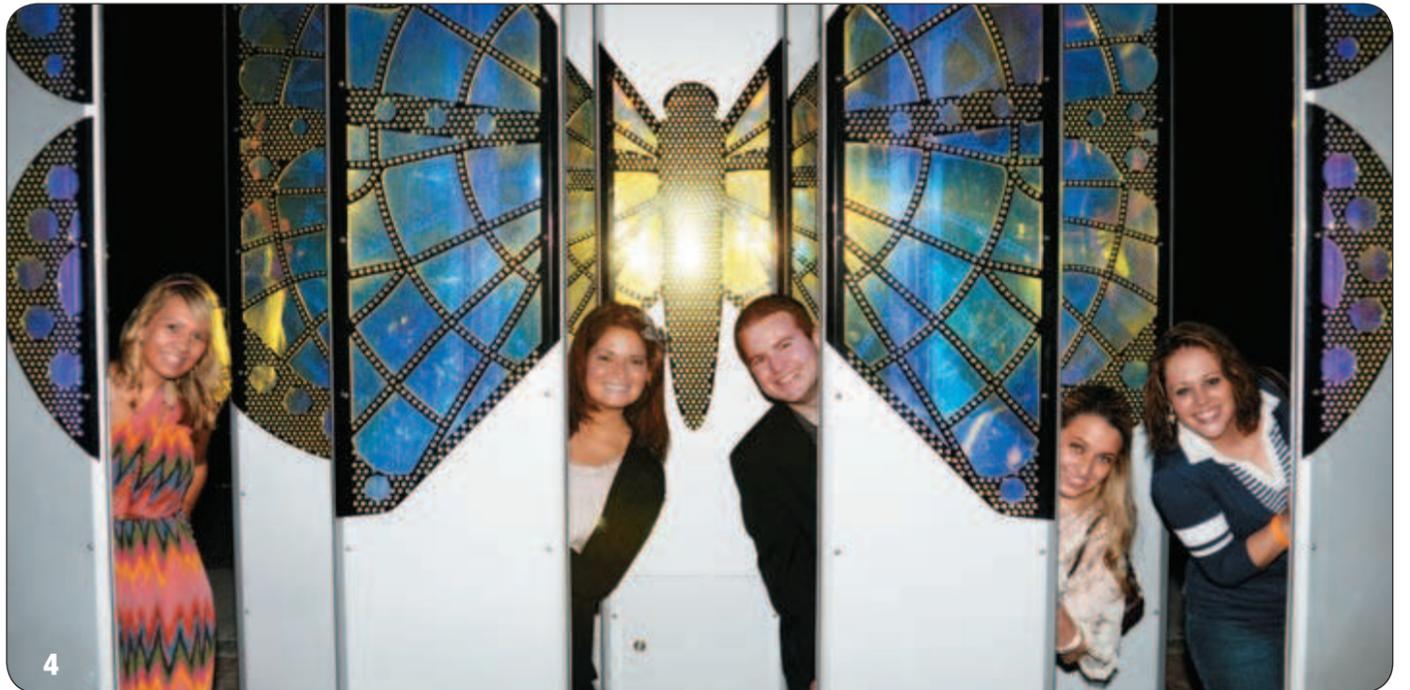


1. Carol Meneely
2. Jan Jarrett, Jose Acevedo, Sean Slattery and Alan Bernstein
3. The group strolls through the Commons area.
4. Guests pose with a sculpture.

COURTESY PHOTOS

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Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.



Art of Wine at Downtown at the Gardens



1. Brenna Bertram-Salman and Beth Peterson
2. Chris Dardis, Blake Godwin, Colleen Gourlay and Arnette Dardis
3. Jimmy Altman and Virginia Lang
4. Magnolia Lang, Angelina Romano, Jim Romano and Dobby
5. Matthew Greenspon and Tish Accardi

COURTESY PHOTOS

WEEK OF JAN. 26-FEB. 1, 2012

A GUIDE TO THE REAL ESTATE INDUSTRY



Exclusive and exquisite in Old Marsh

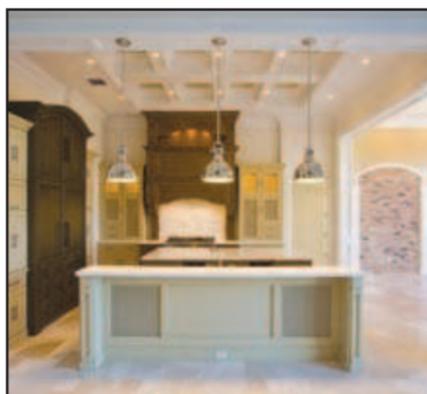
SPECIAL TO FLORIDA WEEKLY

This new custom estate located in prestigious Old Marsh Golf Club in Palm Beach Gardens offers the best in luxury living. Built by Maxwell Building Corp., the “Dianne” model features a comfortable great-room plan with exquisite finishes.

This home at 7841 Old Marsh Road boasts four large bedrooms, five custom baths, an exercise room and a study with custom cabinetry. The large gourmet kitchen features handmade custom furniture style cabinetry, Caesar stone countertops, Thermador professional appliances and built-in wine storage. Impact resistant windows throughout allow natural light to filter through the home.

The home includes a whole house generator and a 3.5-car garage. The large outdoor family room features a summer kitchen, gas fireplace and cypress ceiling. A pool and spa with fountain features accentuate pristine marsh views.

Situated in Old Marsh Golf Club,



the home is part of a private community of only 180 grand estates surrounded by 456 acres of spectacular nature preserves.

Pete Dye’s championship Old Marsh course has been called his “Mount Everest of Golf” and is consistently ranked among the top private courses in America.

The home is listed by Old Marsh Realty for \$2,595,000. For information, contact Joe Dalfonso or Kimberlee Blair at 561-627-4605 or email them at oldmarshrealty@bellsouth.net. ■





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. Elevator, impact windows & doors plus luxurious chef's kitchen with Thermador and Bosch appliances. Private guest suite includes kitchen, bathroom and private entry. 100' of water frontage plus dock with two lifts. Web ID 918 **\$3.895M**



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Christenson**

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cchristenson@fiteshavell.com



**Heather
Purucker - Bretzlaff**

561.722.6136
hbretzlaff@fiteshavell.com



168 REEF ROAD ■ PALM BEACH

Short Sale Opportunity! Cozy Bermuda 3BR/3BA home with oversized pool and wonderful covered outdoor areas. Large bedrooms with updated baths, cook's kitchen, living room with fireplace plus French doors to pool. Corner property on one of the best Northend streets. Web ID 1016 **\$1.99M**



1929 PORTAGE LANDING NORTH ■ NORTH PALM BEACH

Builders private home. Multi-generational 6BR/8BA in gated 7-home neighborhood. Updated & expanded using only the finest materials. The home includes a lookout "lighthouse" with expansive city and water views, oversized gas/electric heated pool & spa with fountain, generator, 6-8 car garage and community tennis court. Web ID 978 **\$1.795M**



**Ronnie
Hasozbek-Garcia**

561.352.8452
rhg@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**



**11721 TURTLE BEACH ROAD
NORTH PALM BEACH**

Exceptional 4BR/3.5BA home with sunset views over double golf course lots. Renovated from the ground up. Exclusive gated community. Web ID 94 **\$4.25M**



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

Magnificent Oceanfront opportunity. 3.26 acres. The largest available parcel on Jupiter Island with 206' of ocean frontage. Rare 17' elevation. Web ID 205 **\$11.495M**



**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 **\$1.845M**



**TRUMP PLAZA
WEST PALM BEACH**

Best unit with panoramic Intracoastal & Ocean views. 4BR/4.5BA with upgrades throughout. Private elevator entrance, pool and fitness center. Web ID 934 **\$2.7M**



**13340 MARSH LANDING
OLD MARSH GOLF CLUB**

Exquisite custom built 4BR/5.2BA home on 1/2 acre with superior finishes. 5,485 SF, media room, guest house plus golf and water views. Web ID 1008 **\$2.395M**



**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**



JUST SOLD

**1105 N. LAKE WAY
PALM BEACH**

Bermuda style 3BR/3.5BA. Build your dream home or renovate. Spacious outdoor living with pool and cabana. Great location with beach access. Web ID 859 **\$1.45M**



**13917 LE HAVRE DRIVE
FRENCHMANS CREEK**

Beautiful 2BR/3.5BA upgraded home. Split bedroom plan with custom built-in closets. Screened patio overlooking lake & heated pool. Web ID 632 **\$499,000**



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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! **\$3.899M**



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**



JUPITER OCEAN GRANDE

DESIGNER FURNISHED..DIRECT OCEANFRONT VISTAS..Model home with over 2400 sq/ft 3 BD/2.5BA . Expansive balcony perfect for entertaining. Custom faux painting, volume ceilings, crown molding, Impact windows/doors. Chefs kitchen with wood cabinetry, granite countertops, state of the art appliances,spacious pantry and breakfast bar open to 25 foot living room.Two MBR suites with spacious walk in closets and luxurious baths. Third bedroom/den has custom mahogany built-in. Large laundry room with loads of storage and cabinetry. Resort facilities include 2 har tru lighted tennis courts, state of the art fitness center, salt water pool/spa, club room with kitchen. 24 hour manned/gated. Close to PBI airport, Gardens Mall, fine dining **\$834,900**



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**



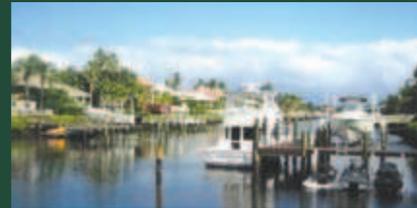
PGA NATIONAL ESTATE HOME

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**



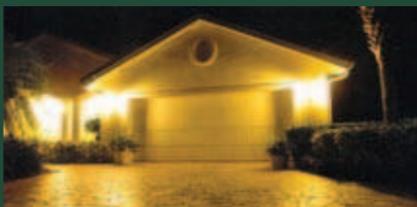
ADMIRALS COVE CUSTOM WATERFRONT

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**



NORTH PASSAGE WATERFRONT

Private paradise. 3BR/2.5BA/Den Wide river view w/ocean access. Dock. Open floor plan, volume ceilings. No mandatory membership for golf/tennis. End unit next to nature sanctuary. Low HOA. **\$469,000**



THE ARBORS-HOBE SOUND

Half acre custom one story 4br/2ba/2cg on cul-de-sac Custom wood built ins in office and great room. Volume ceilings, FP, solar panel heated pool/spa w/screened loggia perfect for entertaining. specimen landscaping, chefs eat in kitchen open to great rm w/FP.Large mbr w walk in closets and luxurious bath. Electric hurricane shutters.. The BEST of the BEST! Furnishings avail. **\$649,900**



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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 ~ BOCCO 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. **\$349,000**

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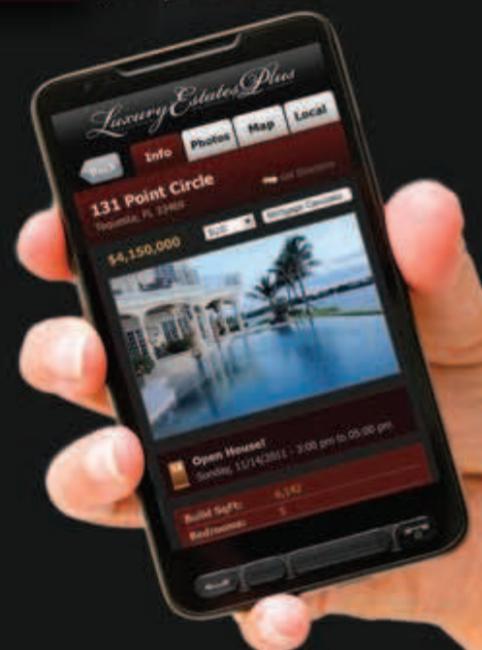
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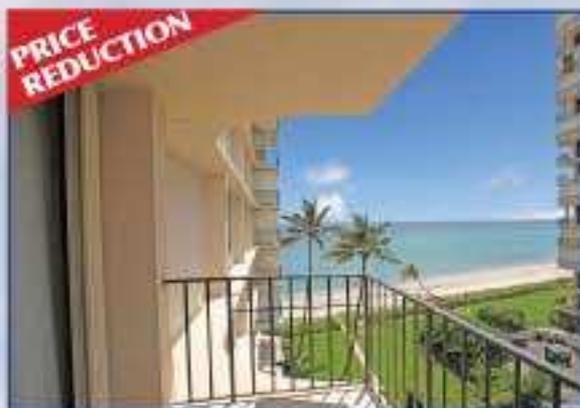


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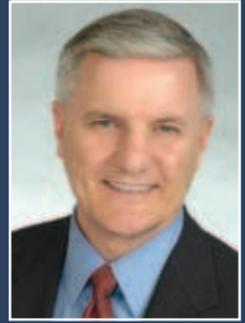
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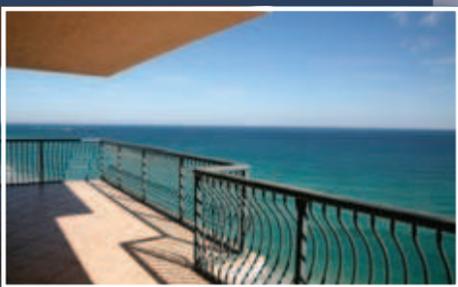
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WEEK OF JANUARY 26 - FEBRUARY 1, 2012



COURTESY PHOTO

Violinist Joshua Bell is 44. He's been in the international spotlight for 30 years, since his debut with the Philadelphia Orchestra.

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

VIOLINIST JOSHUA BELL doesn't stop playing. In fact, he doesn't stop traveling, either.

"I'm on the road pretty much all months of the year, with little gaps here and there, but it's pretty much all the way around," he says by phone from Portland, Ore., where he was preparing to perform Brahms' "Violin Concerto" with the Oregon Symphony.

That road will bring him to West Palm Beach's Kravis Center on Jan. 31 and Sarasota's Van Wezel Performing Arts Hall on Feb. 2.

"I try to do as much as possible in Florida in the winter months," Mr. Bell says.

Even so, sometimes he gets snowed in.

"Last year, I had to hire a taxi to drive to the next gig because all the flights were canceled. I made it just in time before the concert," he says.

SEE BELL, B4 ►

INSIDE



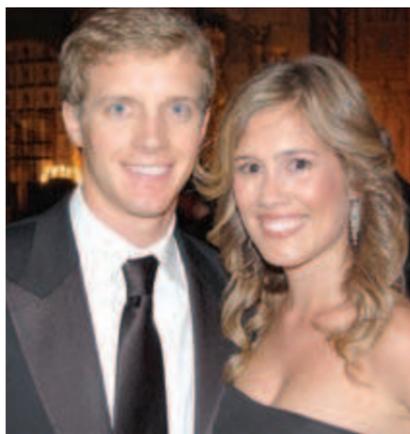
Skip "Extremely Loud"

Our critic says sickly-sweet movie is incredibly annoying. B11 ►



Date night

Sometimes even a bad pickup line about puppets beats being alone. B2 ►



Society

See who's out and about in Palm Beach County. B8-9, 13 ►

Band set to soar with the sounds of Sousa

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

Mark March 6 on your calendars. It will be 80 years to the day since the music died — at least for Owen Seward.

That's when John Philip Sousa passed away to conduct that big, brash band in the sky.

But Mr. Seward is happy to pick up the earthly baton left behind by Mr. Sousa to conduct a concert of the bandmaster's music Jan. 28 at the Eissey Campus Theatre in Palm Beach Gardens.

"Getting dressed up in his regalia and in his style — I feel kind of honored to do that," Mr. Seward says.



SEWARD

That's right. He dresses up as the composer to lead The New Gardens Band in an evening of marches.

"Sousa was a very good-looking man, and it turns out I look just like him," Mr. Seward says with

a laugh.

Appearances aside, the concert is something to which audiences look forward each year, he says.

"It has a universal appeal. The marches are uplifting. The melodies are lovable and sing-able," Mr. Seward says. "He wrote 135 of maybe

the greatest marches ever written."

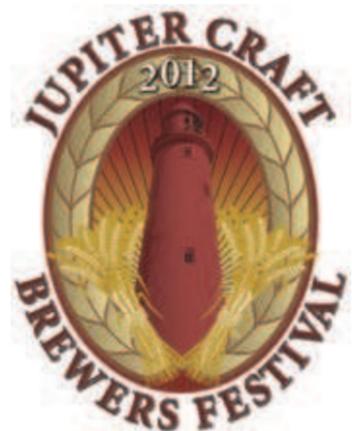
Mr. Sousa wrote 136 marches in all. "I think we're doing not quite half of them. We still have a long ways to go," Mr. Seward says. "We perform a lot of the lesser known ones."

Most people in the United States would recognize "The Stars and Stripes Forever," "Semper Fidelis" and "The Washington Post."

He wrote for many different occasions and groups.

"Whether it's the Shriners or the Masons, it has a memorable attachment," Mr. Seward says. "When people hear the 'Semper Fidelis' march, I've seen Marines in the audience stand up

SEE BAND, B4 ►



This suds for you

6th annual Jupiter Craft Brewers Festival features more than 175 brews. B15 ►

SANDY DAYS, SALTY NIGHTS

The Saturday night puppet show



There is nothing sadder than spending Saturday night in a coffee shop, alone. I happened to be that person last Saturday night.

I was dressed up for an evening out with friends, but I had to get work done beforehand. I needed a full hour of writing time, so I stopped in a coffee shop near my friend's apartment, ordered a cup of tea and a slice of baklava and pulled out my notebook. As I set pen to paper, I noticed that the people around me were all couples, paired men and women having get-to-know-you conversations. During the week, the coffee shop is filled with young professionals — writers and graphic designers and freelancers — but on Saturday night, as it turns out, it's full of people on first dates.

Across from me, a young woman in tight dark-washed jeans and a low-cut gray sweater laughed and played with a strand of her hair. Her date, in a pullover v-neck and blue collared shirt, leaned back in his chair and crossed his legs in a cocky way, ankle over knee.

"Want to grab a beer?" he said.

Apparently she had passed the first test but was still in the I'm-not-going-to-splurge-for-dinner stage.

I wrote a couple of paragraphs, took a sip of tea and forked a bite of baklava into my mouth. At the table next to me, a young man and woman worked on the script for a musical together. They didn't strike me as a couple until the next time I paused.

"So, she has this singing vagina, right?" the man was saying, "and Rose — that's the vagina's name, right? — is like this endangered species."

The young woman nodded eagerly, encouragingly, and I thought only a woman in love could praise an idea like that. "That's good, and then she could..."

The young man reached over and put his hands on hers. "No, stop," he said. "This is brilliant. So, she takes Rose on a safari expedition."

I couldn't listen to any more. I



He looked up from the silverware with a hopeful expression. "I can show you the puppets I was talking about."

until my hand cramped, and when I paused to shake out my stiff fingers, I heard the young scriptwriters next to me. The man closed his notebook and stuck his pencil into the wire binding. "Do you have any plans tonight?" he said. "I mean, after this?"

The woman folded her notebook. "No, I don't have any."

The young man fiddled with a fork on the table. "Do you want to walk down to my apartment?" He looked up from the silverware with a hopeful expression. "I can show you the puppets I was talking about."

I almost rolled my eyes for her. Puppets? I hadn't heard a line like that since the sixth grade. But then I thought, who am I to judge? At least she had a date on a Saturday night. And if she played her cards right, she might just get a puppet show. ■

turned back to my notepad, to my lukewarm tea, to the baklava falling to pieces on my plate. I wrote and wrote, as if my sanity depended on it, trying to ignore the couples in the coffee shop, the empty seat across from mine. I wrote

This Week at The Four Arts

We hope you will join us for one of these exciting programs.



Exhibit Opening Saturday, February 4

Recapturing the Real West: The Collections of William I. Koch
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Sunday, January 29 at 3 p.m.

Concert: Trio Solisti • \$15 • (561) 655-7226

Monday, January 30 at 10:30 a.m. (Preschool); 2:30 p.m. (Family)

Story Time: Rosemary Wells Day • No charge • (561) 655-2776

Monday, January 30 at 2 p.m.

Feild Trip: Pelican Island Sunset Cruise with Claudine Laabs
\$75 • Reservations required • (561) 805-8562

Wednesday, February 1 at 2:30 p.m.

Lecture: From Giotto's Bell Tower to Brunelleschi's Dome: Florence and the Origins of the Renaissance with Giuliana Castellani Koch
\$20 • Part of the Splendors of Italy series • (561) 805-8562

Wednesday, February 1 at 8 p.m.

Concert: Arnaldo Cohen, piano • \$40/\$45 • (561) 655-7226

Thursday, February 2 at 10:30 a.m. (Preschool); 2:30 p.m. (Family)

Story Time: Groundhog Day • No charge • (561) 655-2776

Thursday, February 2 at 2:30 p.m.

Lecture: In the Vanguard of Haute Jewels- A Conversation Between Artist James Taffin de Givenchy and Decorative Arts Historian John Francisco Andreu
\$20 • (561) 805-8562

Saturday, February 4 at 11 a.m.

Illustrated Lecture with William I. Koch for the exhibit Recapturing the Real West: The Collections of William I. Koch
No charge • (561) 655-7226

Saturday, February 4 at 11 a.m.

Lecture: Landscapes of the Mind: Neuroabstractions with Elizabeth Horowitz
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Sunday, February 5 at 2:30 p.m.

Western Film Festival: Cowboys and Outlaws: The Real Lonesome Dove and Cowboys and Outlaws: The Real McCoy • No charge • (561) 655-7226

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CONTRACT BRIDGE

BY STEVE BECKER

A reflex reaction

The impetuous player who plays first and thinks later must occasionally pay for his exuberance. Bridge is not the kind of game you can play impulsively and expect to get the best results. There are simply too many different hands and situations where relying entirely on past experience may not guide you to the right bid or play.

Take this deal where it would be very easy to go wrong. Let's say you're East and that your partner leads the ace and another club to your king.

It is not difficult to recognize that West started with the doubleton ace of clubs and that you can give him a ruff. But if your thinking stops right there and you impulsively return a club, declarer makes the contract, losing only two clubs, a club ruff, a spade and a diamond.

While you cannot know exactly what South's trump holding is, you should conclude that if he has the K-Q of spades, your side will finish with no more than five tricks if you return a club at trick three. However, you should also see that there's a real chance of stopping the contract if you play the ace and another diamond instead of a club at trick three.

If you do this, South can do no better than lead a trump at trick five, which

you take with the ace. Now you give your partner a club ruff, and he reciprocates by giving you a diamond ruff to put the contract down one.

You can then "apologize" to your partner for having failed to give him a club ruff earlier. ■

West dealer.
East-West vulnerable.

NORTH			
♠ J 10 7 2			
♥ A Q			
♦ K Q J 2			
♣ 7 5 3			
WEST		EAST	
♠ 4 3		♠ A 6	
♥ K 9 7 4 2		♥ 10 6 5 3	
♦ 9 8 4 3		♦ A 6	
♣ A 9		♣ K 8 6 4 2	
SOUTH			
♠ K Q 9 8 5			
♥ J 8			
♦ 10 7 5			
♣ Q J 10			

The bidding:
 West North East South
 Pass 1♦ Pass 1♠
 Pass 2♠
 Opening lead — ace of clubs.

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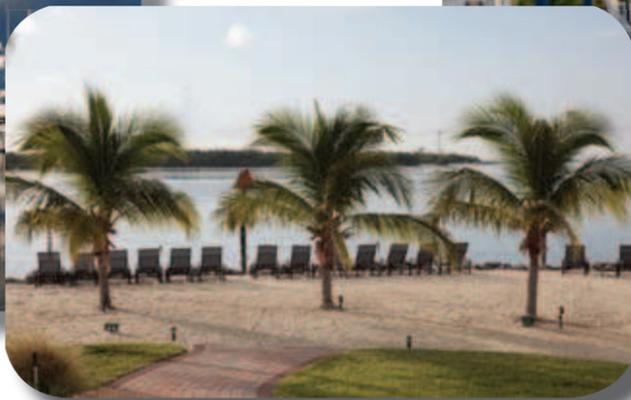
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BELL

From page B1

That is something he takes in stride. "I travel all the time. I've got friends in almost every city. It's fun to see them wherever I'm going. It's a good job," he says.

His days on the road are filled with fiddling.

"I have a concert tonight. On the day of a concert it's about finding a good restaurant for lunch, which I've found, and practicing in my hotel," he says. That also includes sneaking in the occasional Scrabble game online with friends, as well as another passion.

"Yesterday, I was in my room watching NFL football while practicing — and I will mourn the end of the football season," Mr. Bell says. "Fortunately, most people don't schedule concerts during the Super Bowl."

He is 44, and has been in the international spotlight for 30 years now, since his debut with the Philadelphia Orchestra.

Not bad for a lad who received his first violin at the age of 4, when his parents noticed him plucking rubber bands he had stretched around the handles of his dresser drawers.

He played violin for the soundtrack of the movie "The Red Violin," and in January, he added another soundtrack to his credits, with the release of "The Flowers of War," which stars Christian Bale.

He also released a solo disc, titled "French Impressions," which features works by Ravel, Franck and Saint-Saëns, and which pairs him with pianist Jeremy Denk.

"It's three different pieces that I've been doing my whole life and that I've been performing for so long," he says.

Why record them now?

"Finding a partner like Jeremy Denk, it all came together," he says. "It was exciting to finally put it down for my grandchildren to have. It's a legacy for my grandchildren, and I just love these pieces."



COURTESY PHOTO

Pianist Sam Haywood will accompany Joshua Bell for two concerts in Florida — in West Palm Beach and Sarasota.

They were pieces he studied with his teacher, violinist Josef Gingold.

"My teacher felt very close to these works," Mr. Bell says.

Two of the three works, César Franck's "Violin Sonata in A" and Camille Saint-Saëns' "Sonata No. 1 for Violin and Piano in D minor," date from the third quarter of the 19th century.

"This kind of music is so full of color and nuance and beautiful harmonies," he says, adding, "They're all about beauty, but not just about that either."

For example, "The Franck's a real epic story. For a violinist, this music is so challenging. The violin can advance so many different kinds of sounds," Mr. Bell says. "They're all French and the colors of the sounds are very French and yet each one is its own. The Franck

just takes it to the limit of expression."

The third piece on the album, Maurice Ravel's "Sonata for Violin and Piano," was composed in the 1920s, and it sounds like it, too, complete with a blues movement.

"He's sort of looking ahead and looking at this time, when jazz was really exploding and coming to the French scene," Mr. Bell says. "He was fascinated by other musical languages."

It is something that can be hard to describe.

"Everything he did has this certain Ravel bent. This is an homage to the jazz idiom," he says.

It also is a piece that that will be on his Florida programs.

"We're going do a little bit of Gershwin, too, with the Ravel because they were written about the same time," Mr. Bell says.

George Gershwin first performed his "Three Preludes" in 1926.

"Gershwin came to Ravel and wanted to study with him," Mr. Bell says.

"Ravel asked how much he made, and said perhaps he should study with Gershwin."

Another of the works on the program, Eugene Ysaÿe's "Violin Sonata in D minor," Op. 27, No. 3, "Ballade," has a direct link to Mr. Gingold, who studied with the composer and gave the first performance of the piece.

That musical line may continue in Mr. Bell's own family.

"My 4-year-old is starting to play the cello but he's only 4," he says. "I want my kids to enjoy music."

Perhaps the boy will grow into certain works just as his old man has done.

"That's the story of our lives as classical musicians. We explore pieces and we come back to them," he says.

It may be years, sometimes, before he revisits certain works.

"You put them down and you explore them again with new pianists," he says.

"I've done the Franck with maybe 15 pianists in my life."

That is part of achieving a greater truth.

"You still feel like you're getting better, getting closer to what you think the piece is about." ■

in the know

>> **What:** Recital by Joshua Bell, with pianist Sam Haywood

>> **When:** 2 p.m. Jan. 31; pre-performance lecture by Sharon McDaniel is at 12:45 p.m.

>> **Where:** Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach.

>> **Cost:** \$25 and up

>> **Info:** (561) 832-7469 or www.kravis.org

>> **What:** Recital by Joshua Bell, with pianist Sam Haywood

>> **When:** 8 p.m. Feb. 2

>> **Where:** Van Wezel Performing Arts Hall, 777 N. Tamiami Trail, Sarasota.

>> **Cost:** \$10-\$55

>> **Info:** (800) 826-9303 or www.vanwezel.org

BAND

From page B1

and salute."

Mr. Sousa gained fame for his performances.

"It's not just the music of Sousa, it's the way he presented it," Mr. Seward says.

That music speaks to its time.

"When he was touring, the United States had only three symphony orchestras at that time. He was bringing the music to his audiences with his concert bands."

Even the works of great composers like Wagner and Beethoven were transcribed for performance by small ensembles.

That was the case with the Sousa band.

"There were great transcriptions so the audiences didn't even recognize there weren't any string players. He really brought classical music to the masses," Mr. Seward says.

And this concert will follow in that vein.

"We do a classical overture followed by one of his great marches," Mr. Seward says.

The band tries to stay true to the spirit of original performances in other ways.

"This concert style preceded microphones and announcements," Mr. Seward says.

The Sousa bands typically traveled



COURTESY PHOTO

The New Gardens Band will perform Jan. 28 at Eisse Campus Theatre.

by train and performed two or three shows a day while on tour.

"They didn't have printed programs. They would have a local dignitary's child hold up placards indicating the song," Mr. Seward says.

The New Gardens Band offers a printed program for its performances, but will have a local boy or girl hold a placard to announce the encores, Mr. Seward says.

Members of the Sousa band were the virtuosos of their day.

But the volunteer New Gardens Band counts a veteran musician or two among its ranks.

"We have people from Boca, and a number who come all the way down from Stuart and Fort Pierce," Mr. Seward says.

The ensemble rehearses at Palm Beach Atlantic University, just south of West Palm Beach, where Mr. Seward is an adjunct professor of music.

"We've been able to attract some of the best amateur musicians in the area. We have students in our group who are the very best of the best of high school students, and we go all the up to two trumpet players. One is 93 or 94 and still is playing strong," he says.

Those are players with staying



COURTESY IMAGES

Conductor Owen Seward dresses like Sousa.

power, not unlike the music they play.

Perhaps that is why the music resonates for so many people.

"We found it very interesting when we would play 'Stars and Stripes Forever' in Russia or Brazil, they connected with that music," Mr. Seward says. "It's not just an American phenomenon, it's an international phenomenon. It's universal indeed." ■

in the know

>> **What:** "Sousa 2012!" concert by The New Gardens Band

>> **When:** 8 p.m. Jan. 28

>> **Where:** Eisse Campus Theatre, Palm Beach State College, Palm Beach Gardens.

>> **Tickets:** \$20

>> **Contact:** 207-5900 or www.newgardens-band.org.

Palm Beach Pops gets \$100,000 matching grant

SPECIAL TO FLORIDA WEEKLY

Bob Lappin & The Palm Beach Pops has received a \$100,000 challenge grant that will be matched dollar for dollar. The anonymous donor has not only challenged the orchestra to raise \$200,000, but also to secure additional matching funds above and beyond the original amount. The minimum donation level has been established at \$1,000, and all donations over the minimum will be matched dollar for dollar.

While South Florida's premier pops orchestra is financially stable, it has seen a decline in sponsorships, general donations and corporate support. "We are so very grateful for this opportunity to raise much needed funds," said Executive Director David Quilleon.

"We've lost half of our funding for our children's programs and have seen a decrease in the historical totals of our appeals."

The orchestra plans to use the funding to attract guest artists and fund its nationally recognized Music & You In-School Youth Education Program, which has taught the fundamentals of music to nearly 90,000 underserved schoolchildren in Palm Beach County at no cost to the schools or taxpayers.

Interested donors may contact Valley Adams, development director, at 899-2082. Donations may be made online at palmbeachpops.org, or by mail to: The Palm Beach Pops Matching Challenge Grant, The Palm Beach Pops, 500 Australian Avenue South #100, West Palm Beach, FL. 33401 ■

PUZZLE ANSWERS

BASS	PEW	LEAF	HAREM	2	6	7	1	5	8	9	4	3
ASAP	OPEC	GILDA	UVULA	4	1	5	9	2	3	6	7	8
CHRISTOPHER	DODD	BENIN		3	8	9	4	6	7	2	1	5
HEIDI	STILE	LEX	TAD	8	5	3	6	7	2	4	9	1
ELM	CLAUDE	DEBUSSY		6	9	4	8	3	1	7	5	2
ENCROACH	ASTO	SUN		1	7	2	5	4	9	3	8	6
LEO	STRAP	YELL	RICH	9	3	1	7	8	6	5	2	4
SALT	TILE	TUB	STEED	5	2	8	3	9	4	1	6	7
ERIKA	FROZE	COSTELLO		7	4	6	2	1	5	8	3	9
NORSE	ETAL	IWO	SILL									
SAD	CHRISTIAN	DIOR	NOL									
ORAL	END	ERTE	ETUDE									
DOVETAIL	REEDS	MIDAS										
AMISH	EEEN	DOOM	MICE									
ASTI	ROOD	ALBUM	ORE									
ELF	TROY	DESIGNER										
CHARLES	DARWIN	ERR										
RID	DER	SPIES	TOTES									
OPENS	COLLEEN	DEWHURST										
SPLAT	TOYED	AGEE	NITA									
SOAPY	SPED	EKE	DOER									



THURSDAY 26: The Nouveaux Honkies

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WHAT TO DO, WHERE TO GO

Thursday, Jan. 26

■ **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/trivercenter.

■ **Mos'Art Theatre** — Screenings of "Balibo" at 5:40 p.m. and "House of Pleasure" at 8 p.m. Jan. 26. Tickets: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **Faith Community Nurse Network Coalition** — noon Jan. 26 — open to those interested in health ministry, nurses working in faith communities, churches, temples, retired nurses. Palm Healthcare Pavilion, 5205 Greenwood Ave., West Palm Beach. RSVP Bernadette Macy, Interfaith Health & Wellness, 842-24065 ext. 31.

■ **"Brr, Baby it's Cold Outside" happy hour** — 6-8 p.m. Jan. 26 — Hosted by the Foundation for Community Betterment to help those in need this winter. Please bring new or gently used winter accessories, scarves, jackets, thermal socks, hats, blankets to donate. Event free to those who donate, \$10 otherwise, includes one drink and slice of pizza. Grimaldi's Pizzeria, 1 N. Clematis St., West Palm Beach.

■ **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.

■ **Mainstreet at Midtown Music on the Plaza** — 6-8 p.m. Thursdays — Bands include Fresh Catch, Rocking Reggae and the Nouveaux Honkies. Beer, wine and food from Chuck Burger Joint's kitchen. Price points under \$10. Free parking. Outdoor heaters. For info, call 629-5191.

■ **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.

■ **Marilyn Maye** — The award-winning cabaret singer will perform Jan. 26-28 and Jan. 31-Feb. 4 at The Colony's Royal Room cabaret, 115 Hammon Ave., Palm Beach. Cost: \$115 for prix fixe din-

ner and show (Tuesday-Thursday) and \$125 (Friday-Saturday); \$55 show only (Tuesday-Thursday) and \$65 (Friday-Saturday). Doors open at 6 p.m. for cocktails with dinner seating from 6:30 to 7:30 p.m.; 659-8100.

■ **Harlan Williams** — Various times Jan. 26-29, Palm Beach Improv, CityPlace, West Palm Beach. Tickets: \$20-\$22; 833-1812 or www.palmbeachimprov.com.

Friday, Jan. 27

■ **Author Breakfast Series** — Jan. 27: Alice Hoffman "The Dovekeepers" and Chris Matthews "Jack Kennedy: Elusive Hero." 8:45-10 a.m. Café Boulud at The Brazilian Court, 301 Australian Ave., Palm Beach. Tickets \$100, include breakfast, valet parking and a copy of the featured books. For reservations, call Sandra Rodriguez 366-4301.

■ **Flower Arranging** — Fresh and Professional — 10 a.m.-noon Fridays. Session 3: through Feb. 3. Session 4: Feb. 24-March 16. JCC North, 4803 PGA Blvd. \$140/session. Pre-registration required. Call Rhonda Gordon 712-5233.

■ **International Folk Dancing** — 1-2 p.m. Fridays through Feb. 3 — JCC North, 4803 PGA Blvd. Dance from Europe, Israel and Greece. No experience or partners needed. Pre-registration appreciated. Walk-in's welcome. Four-week session \$8 Friends of the J/\$16 guests. Each class \$4 Friends of the J/\$6 guests. Rhonda Gordon 712-5233.

■ **Mos'Art Theatre** — Screenings of "Sleeping Beauty" and "Tomboy," various times, Jan. 27-Feb. 2. Opening night tickets: \$6. General admission: \$8. 700 Park Ave., Lake Park; 337-6763.

■ **Borland Cabaret On Stage Dinner and Show featuring the hits of Barbra, Bette and Carole** — Jan. 27-28 — Pop icons Barbra Streisand, Bette Midler and Carole King performed by South Florida leading ladies Missy McArdle, Shelley Keelor and Melissa Jacobson. Tickets available online, www.theborlandcenter.org.

■ **The New Orleans Suspects** — The musicians create a sound that is firmly rooted in modern Big Easy sound with originals and covers. Hear them at 9 p.m. Jan. 27-28 at the Bamboo Room, 25 S. J St., Lake Worth. Tickets: \$22 advance, \$25 day of show; 585-BLUE or

nolasuspects1.eventbrite.com/.

Saturday, Jan. 28

■ **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.

■ **Cabaret After Dark** — Party themed on the Maltz Jupiter Theatre's production of "Cabaret," 8 p.m.-midnight Jan. 28, Reynolds Plaza, 1061 E. Indiantown Road (just east of the theater), Jupiter. Tickets: \$125 per person (adults 21 and older). Call 972-6124 or order at www.jupitertheatre.org.

Sunday, Jan. 29

■ **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.

■ **Lake Park Green Market** — 11 a.m.-3 p.m. Sundays through May 27, Kelsey Park, 725 Lake Shore Drive, Lake Park. Phone: 881-3319.

■ **18th Annual Toy Soldier Show and Sale** — 9 a.m.-4 p.m. Jan. 29. Held by the South Florida Toy Soldier Club at the Scottish Rites Masonic Hall, 2000 North D St., Lake Worth. Admission \$6/children under 12 free. Toy soldiers and related paraphernalia from all over the world will be on display.

■ **Bridal Show Expo: Your Day, Your Way** — 1-4 p.m. Jan. 29 — Hosted by Di'Michelli's Catering, held at RiverSide Park, 1707 NE Indian River Dr., Jensen Beach. Entrance for brides complimentary, \$5 for family/wedding party/friends. Wedding professionals showcase their services. Brides enjoy food, cake tastings, wedding displays, meet & greet, Q&A with vendors, special prize giveaways. Call Cindy at 772-349-1989 or Juliann at 772-528-7095.

■ **Night with Gyorgy Lakatos** — Featuring the Jose Feliciano Band. New original music featuring Gypsy Kings-style guitar, plus classic opera and traditional gypsy music with cimbalom.

7 p.m. Jan. 29, Eissey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Tickets: \$20 and \$30; (954) 461-7577.

Monday, Jan. 30

■ **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, Jan. 31

■ **Sign Language for Babies & Toddlers** — 9:15-10 a.m. Tuesdays, through March 13 — Ever wondered what your infant was thinking? Teach your child sign language. Age 6 months-3 years. Residents \$121/non-residents \$141. Burns Road Recreation Center, 4404 Burns Road; 630-1100. Instructor Patrice Courtemanche of Tiny Hand Signs, www.tinyhandssigns.com.

■ **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 3, through 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.

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WHAT TO DO

■ **Bonsai Class** — The Ancient Japanese art of dwarfing trees/plants in small tray-like containers. Tuesdays, 1-3 p.m., through Feb. 7. Burns Road Recreation Center, 4404 Burns Road. Register at www.pbgl.com or call 630-1100.

■ **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. Call 630-1100 or visit www.pbgl.com.

■ **A New Light on Tiffany: Clara Driscoll and the Tiffany Girls** — Jan. 31-April 22 — Presents ground-breaking research revealing the many women who played a crucial role in the design and creation of Tiffany Studios' masterpieces, in particular, Clara Driscoll (1861-1944), head of the Women's Glass Cutting Department. The Flagler Museum, 1 Whitehall Way, Palm Beach. Call 655-2833 or visit www.flaglrmuseum.us.

■ **Jackie Mason** — The comedian performs at 8 p.m. Jan. 31 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469 or www.kravis.org.

Wednesday, Feb. 1

■ **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.

■ **Bridge Classes with Sam Brams** — 10 a.m.-noon Wednesdays — JCC North, 4803 PGA Blvd. Six-week session \$72 or \$15/class. Pre-registration appreciated. Call Rhonda Gordon 712-5233.

■ **"Damn Yankees"** — A touring production of the musical performs 8 p.m. Feb. 1 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Tickets: \$25 and up; 832-7469.

■ **The Island Cowboyz and Booke Eden** — Every Wednesday, the band and the singer perform at Holy Smoke's American Bistro & Bar. The Cowboyz from 7 p.m. to 8:30, and Booke Eden from 9 p.m. to 1 a.m.; 2650 PGA Blvd. Palm Beach Gardens; no cover; 624-7427. ■

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



Patti LaBelle

Saturday, February 4 at 8 pm
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Wednesday, February 8 at 8 pm
Thursday, February 9 at 2 pm
Dreyfoos Hall

MUSIC "At Eight"
Lutoslawski / Little Suite
Chopin / Piano Concerto No. 2 in F Minor, Op. 21
Brahms / Piano Quartet No. 1 in G Minor, Op. 25 (orch. Schoenberg)

MUSIC "At Two"
Szymanowski / Konzert-Overture in E, Op. 12
Beethoven / Piano Concerto No. 4 in G, Op. 58
Dvorak / Symphony No. 7 in D Minor, Op. 70

Series sponsored by Leonard and Sophie Davis

Beyond the Stage: Ask us for a free pre-concert lecture hosted by Sharon McDaniel at 6:45 pm on February 8 and 12:45 pm on February 9 and a free musical presentation by Palm Beach Academy of Music in the Dreyfoos Hall lobby on February 8 at 7:15 pm.

Dan Aykroyd, Judy Belushi and Musical Director Paul Shaffer Present

The Official Blues Brothers Revue

Thursday, February 9 at 8 pm
Dreyfoos Hall

What started out as a *Saturday Night Live* skit flourished into two Hollywood films paying tribute to Dan Aykroyd and John Belushi's faux brothers, Jake and Elwood. Expect the most fun-filled, sing-a-long, dance-a-long, action-packed event ever.

Tickets start at \$15*

Marvin Laird, Musical Director

Bernadette Peters

Friday, February 10 at 8 pm
Dreyfoos Hall

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Tickets start at \$25

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Featuring Anna Trebunskaya

Sunday, February 12 at 8 pm
Dreyfoos Hall

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Tickets start at \$25*

Sponsored by Ms. Mary L. Campbell

Beyond the Stage: Join us for a pre-performance discussion by Steven Casas at 6:45 pm.

Imagined: Celebrating the Songs of John Lennon: The Beatles and Solo Years
Performed by The Nu-Utopians

Saturday, February 25 at 6 pm and 8:30 pm
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3. Emily Siekkinen and Susan Eberle
4. Othmar Schimek, Gaby Soto and Juan Ruiz
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6. Joan Paley and Ann Slakter

RACHEL HICKEY / FLORIDA WEEKLY

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- 3. Geri Morrow and Frank Morrow
- 4. Nancy Pearson and Todd Poindexter
- 5. Dr. Chris Ramsey and Karina Leal

KELLY LAMONS / FLORIDA WEEKLY



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February 8, 10 & 11
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February 12
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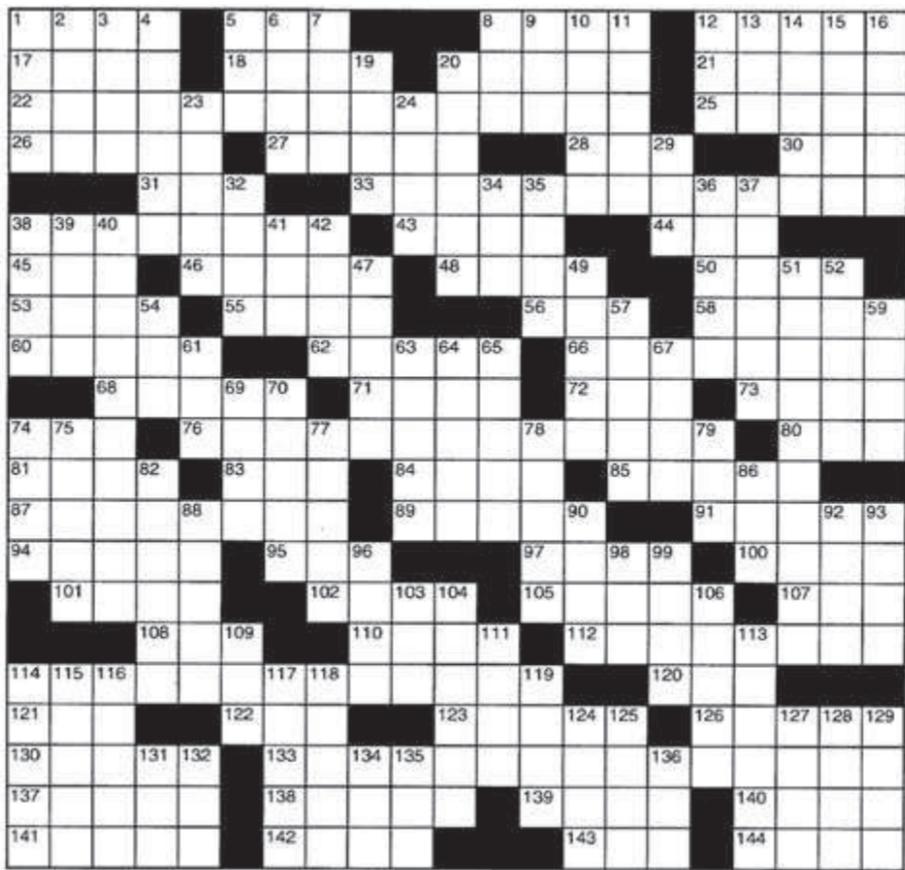


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- ACROSS**
- 1 Pinza or Chaliapin
 - 5 Basilica feature
 - 8 Page
 - 12 — pants
 - 17 Relative of PDQ
 - 18 Crude cartel
 - 20 Comic Radner
 - 21 It's down in the mouth
 - 22 Connecticut senator
 - 25 Cotonou's country
 - 26 Swiss miss?
 - 27 Rustic sight
 - 28 Villainous Luthor
 - 30 Bit
 - 31 "Nightmare" street
 - 33 "Pelleas et Melisande" composer
 - 38 Intrude
 - 43 About
 - 44 Sky light?
 - 45 August one
 - 46 Watchband
 - 48 Say "Hey!"
 - 50 Drummer Buddy
 - 53 Cold-war accord
 - 55 Scrabble piece
 - 56 Ring site?
 - 58 Hero's horse
 - 60 Actress Slezak
 - 62 Stopped in one's tracks
 - 66 Singer Elvis
 - 68 Scandinavian
 - 71 Handy bit of Latin
 - 72 — Jima
 - 73 Window part
 - 74 "— Eyes" (79 hit)
 - 76 "New Look" couturier
 - 80 Cambodia's Lon —
 - 81 Articulated
 - 83 Gridiron position
 - 84 Art deco name
 - 85 Clementi composition
 - 87 Fit neatly
 - 89 Philharmonic section
 - 91 He had a gilt complex
 - 94 Pennsylvanian sect
 - 95 Velvet finish
 - 97 Tragic fate
 - 100 They squeak for themselves
 - 101 Vno center
 - 102 Crucifix
 - 105 Photo book
 - 107 Trams transport it
 - 108 Subordinate Claus?
 - 110 Football's Aikman
 - 112 Architect, for instance
 - 114 "The Descent of Man" author
 - 120 Fumble
 - 121 Empty (of)
 - 122 Wagner's "—"
 - 123 Sneaks peeks
 - 126 Carries
 - 130 Removes the cork
 - 133 1974 Tony-winning actress
 - 137 "Killer Tomatoes" sound
 - 138 Fiddled (with)
 - 139 Screenwriter James
 - 140 Talbot or Naldi
 - 141 Like the kitchen sink
 - 142 Risked a ticket
 - 143 Scrape by, with "out"
 - 144 Action figure
 - DOWN**
 - 1 Big name in Baroque
 - 2 '68 US Open winner
 - 3 Amritsar attire
 - 4 Miss Muffet's nemesis
 - 5 Word with cheese or roast
 - 6 Homer's field
 - 7 Bawled
 - 8 Cover
 - 9 "Evil Woman" rockers
 - 10 Confuse
 - 11 Lost luster
 - 12 Wheel part
 - 13 "Hi, Horace!"
 - 14 Puniest pups
 - 15 Inventor Howe
 - 16 Actor Patinkin
 - 19 Stylish
 - 20 Bathed in butter
 - 23 Corn holders
 - 24 Actress Joyce
 - 29 Makes one's mark
 - 32 Swimmer Biondi
 - 34 Multi-purpose vehicle
 - 35 Lamebrain
 - 36 Pop
 - 37 Joins forces
 - 38 Different
 - 39 Around the corner
 - 40 Covent Garden conductor
 - 41 Demier —
 - 42 Grapefruit serving
 - 47 Shimon of Israel
 - 49 Clear
 - 51 "The Power of Love" singer
 - 52 Opening remark?
 - 54 Tyson stat
 - 57 Crockett colleague
 - 59 TV's "My Living —"
 - 61 Eyebrow shape
 - 63 Aquatic mammal
 - 64 Former African nation
 - 65 Bring bliss
 - 67 Santa's problem
 - 69 Mets' milieu
 - 70 Singer Maresca
 - 74 Fountain order
 - 75 Luncheonette lure
 - 77 Gentleman of leisure?
 - 78 "Pagliacci" soprano
 - 79 Pirate's quaff
 - 82 Fiat or Pearson
 - 86 Indistinct
 - 88 Tenor Georges
 - 90 Auctioneer's cry
 - 92 43,560 square feet
 - 93 Cassandra, for one
 - 96 Part of NB
 - 98 UK honor
 - 99 Ruminant
 - 103 Legendary Bruin
 - 104 Used a divining rod
 - 106 High spirits
 - 109 Nourished
 - 111 Surprised shout
 - 113 Terra firma
 - 114 Misfortune
 - 115 Hefty herbivore
 - 116 Writer Rogers St. Johns
 - 117 Factions
 - 118 Sag
 - 119 1492 vessel
 - 124 Brink
 - 125 Pursue
 - 127 The Chipmunks, e.g.
 - 128 Ferrara first family
 - 129 Galaxy glitterer
 - 131 Short snooze
 - 132 Hog heaven?
 - 134 Caustic substance
 - 135 Rock's — Zeppelin
 - 136 Diminutive

SEE ANSWERS, B5

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HOROSCOPES

■ **AQUARIUS (January 20 to February 18)** Some self-doubt shows up this week, causing you to question your ability to handle a new challenge. But you know you can do it, and this is your chance to prove it.

■ **PISCES (February 19 to March 20)** A personal matter requires you to be as clear and forthcoming as possible in order to avoid misunderstandings. A career move is eased with the emergence of new facts.

■ **ARIES (March 21 to April 19)** Lots of mixed signals can create an unreliable situation in which to make decisions. Best advice: Hold off on making any commitments until you're sure you know what's going on.

■ **TAURUS (April 20 to May 20)** An apparently friendly offer comes with some strings attached. Be careful not to get tied into something you don't really want. Thoroughly examine all your options before making a choice.

■ **GEMINI (May 21 to June 20)** If you're not careful, distractions can interrupt your best efforts. Continue to focus on what you need to do. You'll soon have lots of time to enjoy the rewards of your dedication.

■ **CANCER (June 21 to July 22)** Knowledge replaces suspicion as you begin to learn more about that "act of betrayal." On a lighter note, someone close to you might be planning a pleasant surprise.

■ **LEO (July 23 to August 22)** Control your sometimes-overactive jealousy

gene before you find yourself saying or doing something that you could later regret. Best advice: Stop obsessing and move on.

■ **VIRGO (August 23 to September 22)** It's a good time to loosen up and do something wonderful and exciting before your more reserved nature resurfaces. A message brings news of imminent change.

■ **LIBRA (September 23 to October 22)** Cheer up. Things begin to improve significantly by mid-February. However, you might still need help to get through the rest of this sometimes-difficult period.

■ **SCORPIO (October 23 to November 21)** Something you learned last week takes on new meaning as you begin to relate it to another situation in your life. It's best to keep this matter to yourself for now.

■ **SAGITTARIUS (November 22 to December 21)** Your energy level is climbing, and so is your self-confidence. Good for you, because you'll need a good dollop of both to tackle an exciting challenge on the way.

■ **CAPRICORN (December 22 to January 19)** A family issue might interrupt a career-linked project. Try to give the matter the attention it needs, but be careful not to jeopardize your workplace situation.

■ **BORN THIS WEEK:** You have a way of reaching people that makes them feel good about themselves. You would be an excellent motivational speaker. ■

By Linda Thistle

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		6			5		3

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Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging
★★★ Expert

SEE ANSWERS, B5



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Mon. Feb 13

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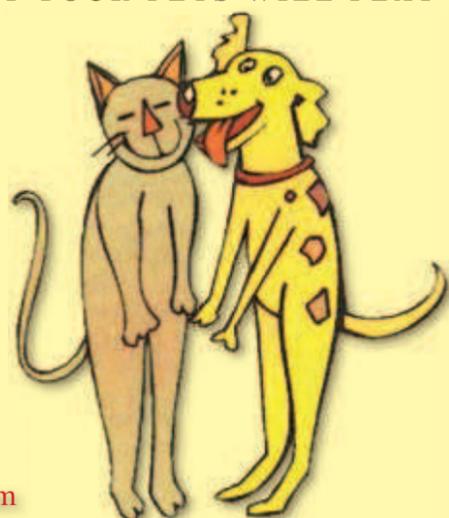
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LATEST FILMS

'Extremely Loud and Incredibly Close'

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★★

Is it worth \$10? No

"As with anything," Thomas tells his 9-year-old son Oskar, "if you want to believe, you can find reasons to."

So true, and prophetic. For surely if you want to believe in "Extremely Loud and Incredibly Close," a melodramatic tale about a boy searching New York City for the lock that fits his newfound key, you will find reasons. But when looking at it objectively, director Stephen Daldry's ("The Hours") film is long, manipulative and obvious, a saccharine story that plays off 9/11 emotion and far too often borders on the preposterous.

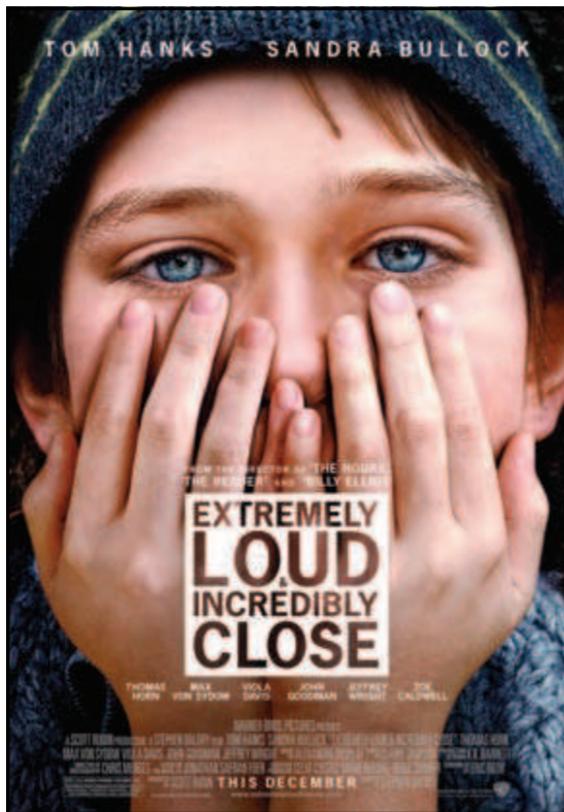
Thomas and Oskar have an interesting relationship that appears to be built entirely on lies. After telling his son New York City has a "sixth borough" and that Central Park was literally dragged into the city by locals years ago, Thomas (Tom Hanks) dies on 9/11. This leaves Oskar (Thomas Horn, making his screen debut) and his mother Linda (Sandra Bullock) understandably distraught.

A year goes by. Still grieving, Oskar searches his father's closet and finds a key in an envelope with the word "Black" written on it. Believing it's another quest his father wants him to go on, Oskar attempts to track down every single home in New York City where someone named "Black" lives. That's 216, by Oskar's count. He's determined and ambitious, but not to the point where he overcomes his fear of public transit. He admits he might have Asperger's, and it's hard to think he doesn't.

That Oskar is unlikeable is a combination of the way he's written and young Mr. Horn's performance. As written by Eric Roth (working from the book by Jonathan Safran Foer), he's an annoying, inconsiderate brat whom we're forced to sympathize with because his daddy died on 9/11.

We'd be jerks if we didn't feel for the kid. But this doesn't change the fact that he's odious and obnoxious, the type of precocious little snot that only his mother could love. Mr. Horn, who deserves a break only because it's his first performance, never makes Oskar likeable — and he never had a chance.

It's dicey at best to tell an emotional story tied so close to 9/11, and it's not that Mr. Daldry isn't sensitive about it; it's just hard to see why 9/11 plays in at all. This story easily could've been about a boy who loses his father in any tragic incident and goes about his quest. In other words, there's no good reason to use 9/11 here, and doing so is a cheap gimmick that plays off the still-painful



emotions many Americans continue to feel about the most horrible event of their generation.

Many articles about "Extremely Loud and Incredibly Close" have had fun with its title, so allow me to conclude by doing the same: This movie is extremely long and incredibly annoying. ■

in the know

>>Producer Scott Rudin discovered Thomas Horn when the youngster was appearing on "Jeopardy Kids Week" in August 2010. This led to an audition and Horn winning the role. You can see the Jeopardy episode on YouTube.

CAPSULES

Haywire ★★

(Gina Carano, Ewan McGregor, Michael Fassbender) An assassin (Ms. Carano) is framed for murder and seeks revenge on those who wronged her. There's some good action, but Steven Soderbergh's directing feels half-assed and uninspired. Rated R.

Mission: Impossible – Ghost Protocol ★★★★★

(Tom Cruise, Simon Pegg, Paula Patton) Ethan Hunt (Mr. Cruise) and his IMF team must stop a madman (Mikael Nyqvist) from starting nuclear war. The story is

standard, but the action set pieces are out-of-this-world good — so good, in fact, that this is the year's best action movie. See it in IMAX if you can. Rated PG-13.

The Adventures of Tintin ★★

(Jamie Bell, Daniel Craig, Andy Serkis) An old enemy (Mr. Craig) stands in the way of a young reporter (Mr. Bell) and ship captain (Mr. Serkis) as they search for lost treasure. The motion capture animation is decent and some of the action is exciting, but this plays like a humorless young Indiana Jones on a treasure quest. Rated PG. ■

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Lighthouse ArtCenter Gallery moving to new Midtown spot

SPECIAL TO FLORIDA WEEKLY

The pop-up has popped over. The Lighthouse ArtCenter Gallery at Midtown is moving next door. The pop-up gallery, which showcases works by members of the ArtCenter's Artists' Guild, has been open in a donated space at 4763 PGA Blvd. since October. But California Closets has seen the potential of the space and will be moving in early 2012, so the gallery will move to 4759 PGA Blvd., just next to the former space.

"We started this effort to promote art and culture in Palm Beach County, but we also helped 'stage' the space for Mainstreet at Midtown," says artist David Willison, gallery coordinator. "We'd like to think that our art had something to do with attracting the new tenant. It's good

for all: the developer, Ram Realty Services, Midtown and the artists. We've created more than just an art gallery. We've created a partnership and a model that can be replicated into the future."

Guild members have scheduled an opening for Jan. 26 from 5:30 to 8 p.m. The new space is freshly painted with the ArtCenter's signature grey, and the gallery will offer new art from 11 gallery artists: Frank Bukow, Barbara Carswell, Judy Flescher, Durga Garcia, Malcolm MacKenzie, Dorothy Mackenzie, Cara McKinley, Melinda Moore, Georgia Novotny, Carrie Vaintrub and David Willison. The Artists' Guild operates the space from Thursday through Sunday. The gallery will continue to offer periodic openings and other events that are free and open to the public. ■

Maltz to Paint the Town RED at RosettaStone Gallery

SPECIAL TO FLORIDA WEEKLY

The Maltz Jupiter Theatre will host a Paint the Town RED benefit party on Feb. 22 at RosettaStone Fine Art Gallery in Jupiter.

The event, pegged to the theater's production of the play "Red," about Mark Rothko, will include a silent auction of RED-inspired artwork, RED hot jazz and RED wine, the theater said.

The inspired artwork already is on display throughout town. It can be found through Feb. 22 at the following locations: 3800 Ocean, The Bistro, Braman BMW Jupiter, Lighthouse Center for the Arts,

Mercedes-Benz of North Palm Beach, Northern Trust, Ruth's Chris Steakhouse, Seasons 52, and the following stores in The Gardens Mall: Tiffany and Co., Saks Fifth Avenue, Bloomingdales and Eileen Fisher.

Proceeds will benefit the theater's 2011-12 season. The benefit party will be held 5:30-8:30 p.m. on Feb. 22 at RosettaStone, 1001 Jupiter Park Drive, Suites 121 and 122, Jupiter.

Cost is \$100 per person (\$50 tax-deductible). Grand sponsors of the event are JoAnne Berkow and RosettaStone Fine Art Gallery. To charge reservations by phone, call Kathy Berman at 972-6124. ■

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5. Fred Rose, Richard Costa, Ryan Denardo and Chris Chianesi
6. Jennifer Werner, John Felix
7. Bridget Young, Leslye Menhouse, Marisa Chaney and Anna Hillbery
8. Steven Bunin, Jennifer Sardone-Shiner, Jeff Barry and Linnea Brown

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 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.





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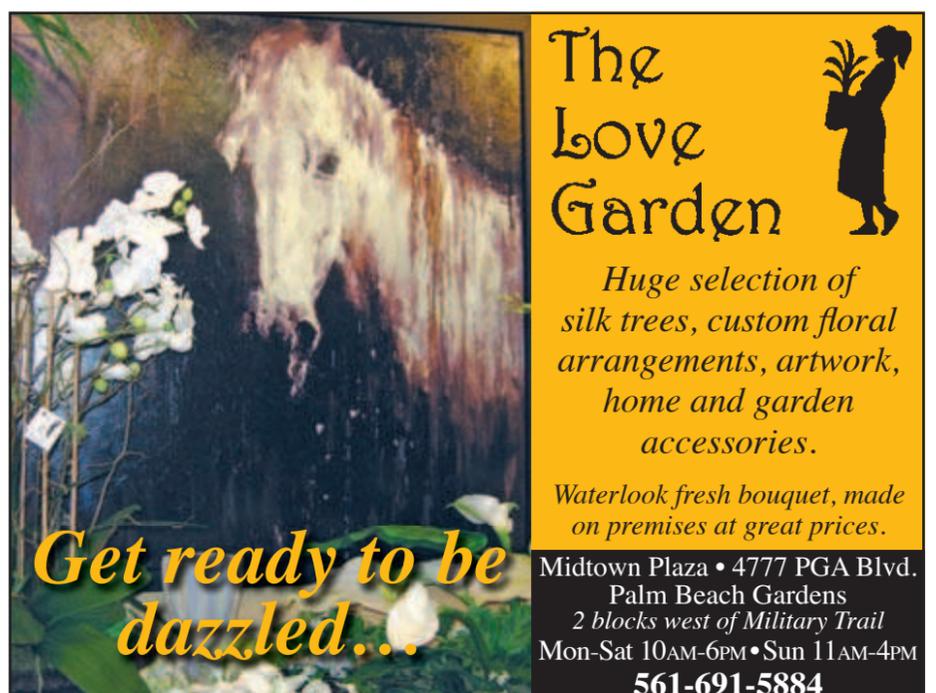
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Get ready to be dazzled...

Jupiter Craft Brewers Festival features more than 175 beers

BY JAN NORRIS

jnorris@floridaweekly.com

Suds sippers: It's time to bring out the mugs and pilsner glasses. The annual Jupiter Craft Brewers Festival is Jan. 28 at Roger Dean Stadium.

The fest, organized by Fran Andrewlevich, an award-winning brewer at Brewzzi brewpubs in West Palm Beach and Boca Raton, is in its sixth year. It's grown from a small group of beer lovers sampling a few dozen craft beers in a field to a festival that attracts 3,000 visitors, with more than 175 small-batch beers available to taste.

"The first year we had about 50 beers; this year, we'll have triple that number," Mr. Andrewlevich said.

He recalls the first year, when both he and the Abacoa officials who doubted it would work were taken by surprise.

"I went to the woman at Abacoa to get the permits and told her we wanted to do a craft beer festival. She said, 'What's craft beer?' I went over it with her, and she signed off on the permits and said, 'Good luck with it.' She dismissed it — she didn't think anyone would show up.

"I had no clue how popular this would be, either. On the day of the festival there was this huge crowd in the street — about 1,300 people waiting to get in." It was almost three times the number he expected. To keep peace, "I had to go out there with a policeman and turn people away," he said.

Two years ago, he capped attendance at 3,000. "We finally decided that's all we can handle."

Today, craft beer festivals are popular around the country. A craft brewery is small, independent and traditional, according to the Brewers Association, a guild of brewers. A backlash against the mega-brewers dominating the American beer market and the single styles they produced caused a boom in craft or microbreweries in the 1980s.

"Craft beers are about the small batches and traditional ways, but also the variety of styles that you see all over Europe," Mr. Andrewlevich said. "And of course, the local thing — having it brewed in your area. It's so big right now, not just in beer, but in everything."

Several small breweries from Florida, including the local Jupiter Inlet Brewery and Tequesta Brewing Co., will be among those pouring samples. A cask-fermented beer, an Old World technique, is coming from Tequesta Brewing Co., and Mr. Andrewlevich is looking forward to it — raisins and black licorice were added to the cask for the second ferment.

Dan Oliver of Lake Worth, who writes about beer, is waiting to taste some new offerings as well. A soon-to-open brewery from Boynton Beach, Due South, will introduce its beer to the crowds, and Saint Somewhere Brewery from Tarpon Springs will be unveiling a beer made with Cynthiana wine grapes, according to Mr. Oliver, a homebrewer who serves as the festival's emcee.

Green Man Brewing Co. from Asheville, N.C., makes a first appearance at the fest, as does Lakefront Brewery from Milwaukee.

It's hard to know what might be on tap, Mr. Oliver said, since most brewers don't decide until the last minute what to bring. Some use festivals as a testing ground for possible sale beers later.

"Green Man does largely English ales, but you never know — they could have anything," Mr. Oliver said. "A lot of the breweries will make up something special just for the festival."

Mead, a Medieval beverage that may be the oldest alcoholic drink known, will be represented by B. Meadery from

Ferndale, Mich. "It's basically a fermented honey wine," he said.

Festivalgoers have unlimited access to all the breweries' tables, though glasses are tasting-size and moderation is encouraged.

It's not an event geared to kids, so Craftoberfest, a free event aimed at families, was set up outside the gates of the festival in 2011 for those with youngsters and those who don't get Brewers Festival tickets.

German music, dancing, German foods and family-friendly activities give those with kids under 18 a chance to party. A craft brew tent sells a limited selection of craft beers featured, and a German oompah band and others perform. Dogs are welcome to this festival, held at the amphitheater across the street from the stadium.

Friday night before the fest is the Field of Beers event. Mr. Andrewlevich paired with chef John Carlino of ChefStart in Palm Beach Gardens to create a food-and-beer pairing event four years ago. It's become so popular, the pricier night time baseball-themed fest is sold out the day tickets go online a few weeks before the actual event.

Held in the dugouts and along the base lines of the baseball field, there are 15 brewmasters matched to chef stations serving foods created by Mr. Carlino. Each food is paired to a specific beer.

"Fran gives me the ideas of the beers he's using, then gives me some real general taste characteristics of the beers. This is about six months out. I send him a lot of ideas we're thinking of and send out a format of our cooking stations," the chef said. Plans for the pairings go back and forth for months.

"He finalizes the beers, and I finalize the menu. It's kind of a long process, but it's the two crafts coming together — his beer-making and my cooking."

There will be 16 matchups again this year, he said. "One tough one we had to work through was the Dogfish 120-Minute IPA. It's a huge, really full, full-flavored beer. Fran said, 'John, you gotta do something special that will hold up to this beer.'

"So I did some research and ended up pairing it, believe it or not, with a cheese-cake.

"It's a long process for each dish, but we've got to do that dance with what the beer brings out in the food and matching that with what the food brings out in the beer."

Mr. Andrewlevich limits the number of beer stations at this night-time event and caps the participants at 450, due to space squeezes in the dugouts. As for flavor overload, chef Carlino said, "If you go beyond 16 or so, it gets to be too many. I think people begin to lose their taste after that. But it's such a great event — you really do get a lot of tastes if you go to each station." ■

in the know

Jupiter Craft Brewers Festival

Saturday, Jan. 28, 1 p.m.-5:30 p.m.
Held outdoors at Roger Dean Stadium, 4751 Main Street (Abacoa downtown), Jupiter.

Tickets are \$35 at the door (online tickets are sold out); fee covers all samples. Foods are sold separately.

Attendees must be 18 or over and have a photo ID for admission.

Craftoberfest, on the lawn at the amphitheater next door, is from 2-7 p.m.; admission is free. Beer and food are sold separately. Open to all ages; pets on a leash are welcome.

For information: Email info@jupiterbrewfest.com, or go to the website, www.jupitercraft-brewersfestival.com



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healthy living

JANUARY 2012

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

TAKE HEART, AMERICA

Coronary health in America is improving, thanks to better meds, lifestyle changes

BY MARY JANE FINE
mjfine@floridaweekly.com

One after another, seven in all one recent Sunday evening, they transferred from the ER into the care of Dr. Jacob Litwinczuk, that night's on-call cardiologist at Palm Beach Gardens Medical Center: four patients with chest pain, one with ventricular tachycardia (a fast heart rhythm, potentially life-threatening, one with atrial fibrillation (irregular heartbeat), one with a heart attack. The youngest was 42, the oldest 87.

SEE HEART, C9 ►

INSIDE:

CORE FITNESS, what you need to know/ **C2**

CARDIAC REHAB speeds recovery/ **C6**

VARICOSE VEINS can be easily treated/ **C8**

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Core fitness: What is it good for?

Core training is a no-longer-new catchphrase on the fitness landscape. The concept of core fitness, by now, has been promoted by every Pilates school, yoga center, and chain of fitness clubs around the world. Many doctors, including chiropractors, physiatrists, orthopedists, and even cardiologists, emphasize the importance of core training with their patients. Practically every physical therapist and personal trainer has learned a variety of core exercises to use with their clients. Core fitness has become an advertising buzzword, helping to sell all kinds of health-related products.

The overall result is raised awareness of the importance of core strength and the opportunity to engage in a critically important form of healthy exercise.

What exactly is the "core" and what are you training when you train it? Your core muscles are your four abdominal muscle groups—the transversus abdominis, internal obliques, external obliques, and rectus abdominis.

Back muscles, too, are included in the core group—specifically the erector spinae, longissimus thoracis, and multifidus. The importance of the core muscles is their ability to provide a "center" or focus for the physical work your body is doing. If your core is not fit, other muscles will have to take over, leading to the likelihood of strains, sprains, and other injuries.

Who even knew we had a core? Plenty of people did, long ago, but in those days no one talked about a "core". For many decades football coaches trained their athletes in vigorous and strenuous techniques that all focused on core strength.

High school gym teachers knew about the core. Remember squat thrusts, jumping jacks, and push-ups? All those ancient exercises (that we used to groan and moan about) train

deep core muscles. We were doing core fitness before there was "core fitness"

Why do we need core fitness today? More and more our work involves sitting down. We stare at computer screens for eight hours a day. Instead of doing physical work, such as farming and building, we type on a keyboard or talk on a cell phone. The long term result is that muscles, tendons and ligaments lose their integrity. Tight neck muscles, tight lower back muscles, and weak abdominal muscles are the result, and these issues lead to more serious problems such as chronic headaches, cardiovascular stress, impaired digestion, and depression. We need fitness activities that start building us back up again, and the right place to start is at the center—by engaging in core fitness.

The best thing about core fitness is that you don't need any equipment. You could get a mat and physioball, but those items are optional. Take a yoga or Pilates class. Learn a few core exercises and begin to do them several times a week. You will soon begin to notice that you feel better, in general. You have more energy. You're sleeping better. Your mood is improving. All due to a few squats, a few planks and a few push-ups. That's a pretty good deal.

Chiropractic care helps make almost everything better from a physical point of view. The process of chiropractic helps your body become the best it can be, by removing limitations to growth and development.

When you exercise, it's important for your muscles and joints to be freely movable. If you're exercising and you have joints with restricted mobility, particularly the spine, it's easy to get injured.

This is analogous to pressing down on the accelerator with one foot while applying the brake with the other. That would be a pretty bumpy ride. Extending the metaphor, chiropractic care helps open up your spinal highways and byways smoothing out your biomechanical journey and helping you get the most out of your exercise.

When you are exercising your core, it's important for all the parts involved to have their maximum range of motion. Chiropractic care helps you get there. ■



Dr. Michael Papa

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Parental intervention can head off childhood weight problems

SPECIAL TO FLORIDA WEEKLY

“Clean your plate.” “Drink your milk.” As parents, we’ve been conditioned to believe that our children must eat heartily and often. But pushing too much of a good thing carries a high price tag. A failure to promote healthy, appropriate habits and portions can lead to obesity, adversely affect the liver and kidneys, as well as increase the risk of diabetes and heart disease.

It’s a sensitive topic, but as a pediatrician, it’s one I can’t ignore. I’m seeing it with alarming frequency in my patients at younger and younger ages. And, sadly, unless drastic measures are taken, obesity in pre-puberty is difficult to reverse.

Even in childhood some kids grow into their weight, but most don’t.

How did we get here? When I was a kid, I primarily drank two beverages: milk and water. Kool-Aid was a treat. Today, most kids consume a steady diet of soda, sports and energy drinks and fruit juice. Our busy, fast-paced lives result in parents hitting the drive-thru more often than the grocery store. Add to that the fact that kids are less active and less supervised and it’s easy to see why the problem of obesity has risen dramatically.

Unhealthy patterns often begin subtly. Kids tend to eat when they’re bored and often complain of being hungry. The truth is that before puberty, kids shouldn’t have an incredible appetite.

Some kids get bored or tired and will want to snack all the time. It’s ok to say “No.” I’m worried when a child who is over a year old eats every time food is put in front of him.

What’s a parent to do?

The earlier a parent begins to instill appropriate eating habits, the better.

The numbers don’t lie: A child with a Body Mass Index between 5 to 85 percent is considered average.

Between 85 and 95 percent is overweight and above 95 percent is considered obese. (Normal with a few exceptions.)

While there’s not a simple answer to this problem, below are some helpful suggestions for parents:

■ **Limit juice and soda.** Further, for

children over 12 months, 2 percent milk is fine. After 2 or 3 years old, give skim milk. This one recommendation alone will help children control or lose weight.

■ **Offer more fruits and vegetables and less high carbohydrate and high fat foods.** If kids are eating good foods, they’ll be less hungry for the bad stuff.

■ **Deny access.** If you don’t buy and provide junk food, your kids will eat less of it.

■ **Set an example.** One of the most powerful ways you can influence your child’s eating habits is to be a role model.

In the end, kids need to receive the message that it’s not about how they look, but what’s healthy for their bodies.

Instilling healthy habits and messages now will benefit them for a lifetime. ■



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Dealing with the stages of divorce

The divorce rate in the United States has remained approximately at fifty percent for the last decade. Of the approximately 50 percent of marriages that do not end in divorce, there is a reasonable number of couples who are not happy in their marriages.

The reality is that most marriages are not the profoundly loving and fulfilling partnerships that many expect them to be.

After 14 years of practicing family law in South Florida I believe that I have isolated the primary culprit in the breakdown of marriages, and the culprit is simply unrealistic expectations.

While almost everyone has reasons for getting married, they are seldom a cohesive joint vision for the future.

In order to assist my clients in managing the emotional, psychological and practical aspects of a divorce proceeding, I have broken down the divorce process into four stages.

It is important to note that the five stages of divorce outlined below are exclusively from a divorce lawyer's perspective and not intended to represent the opinion or information available through a mental

health professional.

The four stages of divorce are as follows:

1. Contemplation

The harm suffered by families in a divorce usually begins long before a divorce action actually filed. Most often the acrimony, loss of trust, and most importantly loss of communication begin long before divorce. The identification of when the breakdown of a marriage began to occur is sometimes helpful in allowing a person to face and confront the reality of their situation.

2. Action

The antidotes to suspicion and fear are action and information. In the divorce world this consists of memorializing your position in writing to the court, and getting information in the way of documents, testimony and legal research.

During the action stage a client who has been in denial about a divorce, or someone who has been paralyzed with either anger or grief is finally able to begin working on something tangible which in turn assists with the gradual perception of reality.

3. Acceptance

Divorce cases often are mediated early in the case to either address pressing temporary issues, or in an attempt to settle the case prior to spending substantial amounts of time, effort and money.

It is interesting that many cases do not settle despite relatively simple issues. A common explanation is that one, or both, parties have not yet been able to accept their situation. Acceptance is a necessary component of moving forward.

4. Vision

It is important to have a clear vision of what your life will be like after divorce. I discuss this with my clients during the initial consultation. This conversation or thought process should begin as soon as possible, and usually starts after acceptance.

Visualizing the next chapter in one's life is incredibly important in the context of divorce. It is important to realize that change may be good, and that each person has an opportunity to lead the life that they choose. ■



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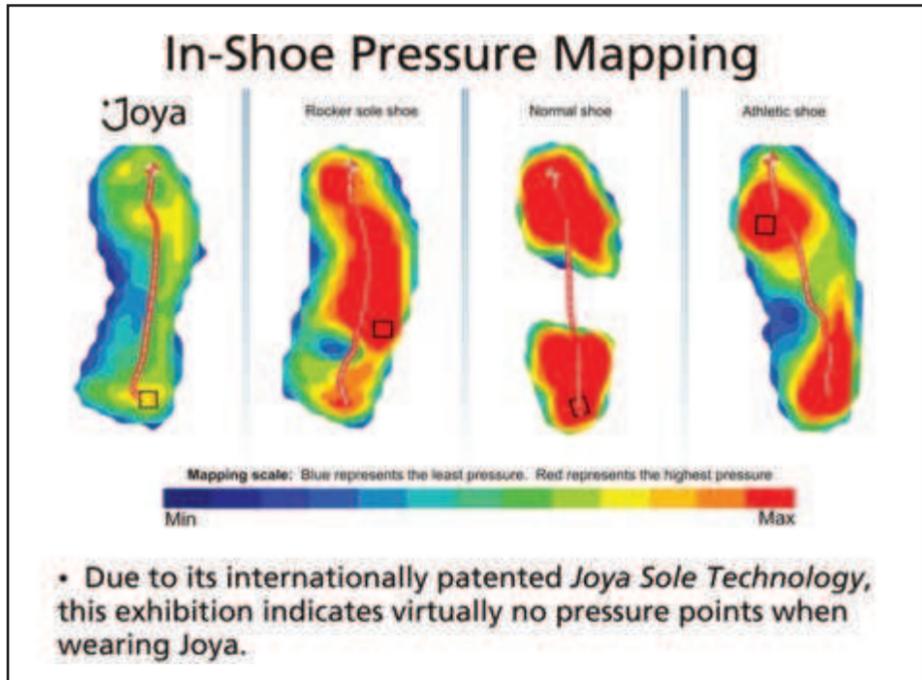
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*By HealthGrades, a leading independent healthcare ratings company **By Thompson Reuters



The right shoe can make walking seem effortless

The young Swiss shoe developer Karl Mueller Jr., whose father, Karl Mueller Sr., invented the MBT and sold the company in 2006, has created a new revolutionary shoe called Joya, representing a new category of comfort footwear. Joya shoes make walking joyful, fun and effortless, they move you — both physically and emotionally.



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It's not about being the "cure-all" shoe for orthopedic pain. It's simply about making walking a joyful and effortless experience.

The world's softest shoe is now launching in the United States and has already received incredible critical acclaim from thousands of consumers.

Here are a few:

"First of all, I love the look of my Joya shoes. The attention to detail is wonderful. But even better is the way this shoe feels on my feet. This is undoubtedly the softest shoe I have ever worn and the bounce in my step is great. Love my new Joya shoes!" — Deborah

"I am on my feet 8 to 12 hours per day which is an EXTREMELY long time when you are experiencing pain..... Thanks to Joya I now can go home and continue to be a productive member of my family rather than feeling the need to sit and elevate my feet. The freedom of walking and standing with comfort and confidence. THANK YOU JOYA." — Tina

"I took the Joyas out walking 3.5 miles on Sunday morning and this morning also. I have not walked that great or fast in YEARS! I was a bit sore the next day but a good soreness (nothing bad



COURTESY PHOTO

Actors such as Joe Mantegna (above) and William Shatner have chosen Joya shoes for their style and comfort. The company says its shoes are the world's softest.

or injurious). Now I go walking at the paved trails every other day for 3.5 miles WITHOUT PAIN OR DISCOMFORT!! I've lost 5 pounds since my Sunday walk! And now I plan on being more physically active since it doesn't hurt to stand still or walk!!

I can't thank you all enough for how the excellent footwear you sell has HELPED ME :) !!!!!!! I plan on telling everyone I know about Joya if they have foot/leg/back pain. You guys are the best!!" — John

"I have been wearing my Joya Marilyn shoes for one month now and absolutely love them. My heels hurt so bad I had to fill all my other shoes with all types of insoles to be able to even walk! With these shoes, I can walk all day without any pain! I live in them every day and could throw away/give away every other pair of shoes I own!" — Joyce ■

For more information on Joya footwear, stop by and visit Keola Health & Well-Being Studios at Downtown at the Gardens or www.joya-usa.com

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Cardiac and pulmonary rehabilitation specialists can help patients get back on their feet sooner after a heart attack or surgery.

Cardiac, pulmonary rehab speed patient recovery

Taking good care of your heart and lungs should always be a priority, but once you've experienced heart or lung disease, high-quality rehabilitation becomes even more important to maintain a healthy lifestyle for months and years to come.

A comprehensive approach to cardiac and pulmonary rehabilitation utilizes a multidisciplinary team of professionals including physicians, registered nurses, respiratory therapists, and exercise physiologists. Programs can be nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, whose core mission is the improvement in quality of life for patients and their families.

Jupiter Medical Center's cardiopulmonary rehabilitation program offers patients the opportunity to participate in a safe, monitored, exercise program with ongoing education designed especially for heart and pulmonary disease patients, as well as monthly support groups.

Typical medical diagnoses for the cardiac program could include:

- Myocardial infarction (heart attack)
- Stable angina
- Following coronary bypass
- Heart valve or heart transplant surgery

After angioplasty and/or stenting

Studies show that patients who regularly attend prescribed cardiac rehabilitation can expect to see improvements in:

- Blood Pressure

- Blood Sugar Control
- Body Weight
- Cholesterol
- Strength/Endurance
- Mood/Depression/Anxiety
- Stress Relief

To lower the risk of further heart problems, specific skills should be taught to enable patients to stop unhealthy behaviors such as smoking, or to begin healthy behaviors such as eating heart-healthy foods and maintaining your new exercise lifestyle.

Studies show that patients who regularly attend prescribed pulmonary rehabilitation can expect to see improvements in:

- Symptoms of Respiratory Diseases (Such as Overall Weakness)
- Muscle Conditioning
- Ability to Exercise
- Ability to Participate in Social and Physical Activities

- Pulmonary education focuses on:
- Exercises for general conditioning
 - Controlled breathing
 - Pulmonary medications
 - Nutrition
 - Panic control
 - Stress management
 - Anxiety control
 - Improved quality of life

Jupiter Medical Center's cardiovascular and pulmonary rehabilitation programs are designed to help people with cardiovascular problems (e.g. heart attacks, coronary artery bypass graft surgery, etc.) and pulmonary problems (e.g. chronic obstructive pulmonary disease - COPD, respiratory symptoms, etc.) recover faster and improve their quality of life. Both programs include exercise, education, counseling and support for patients and their families. ■

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It's a new year and a new you

Permanent weight loss results can start now

Do you weigh too much, get tired too easily, live a sedentary lifestyle or deal with high blood pressure, high cholesterol or struggle with anxiety? Living a life on the go, while eating fast food and microwave dinners, we sacrifice our health daily. Instead of eating a diet of pure, wholesome fresh foods, many of us eat a diet of packaged, processed and refined foods.

According to the Centers for Disease Control and Prevention, obesity in adults has increased by 60 percent in the past 20 years and obesity in children has tripled in the past 30 years. A staggering 33 percent of American adults are obese and obesity-related deaths have climbed to more than 300,000 a year, second only to tobacco-related deaths.

When regaining your health is your top priority, you're ready to make some changes.

Before you begin a weight-loss program, decide if you are ready to make the lifestyle changes needed to lose weight. Losing weight and maintaining weight loss can be hard. Although the formula for weight loss (burning more calories than you consume) is not complicated, it is often hard to achieve and maintain. It may be hard to find the motivation if you have lost and regained weight several times. Think about successes that you have had in the past and how you were able to achieve them.

Change your eating habits.

Eating fewer calories while increasing activity is the best way to lose weight. For most adults, a low-calorie diet of 1,200 to 1,500 calories a day for women and 1,500 to 1,800 calories a day for men is recommended for weight loss.

Cut fat from your diet, especially by substituting healthy monounsaturated fat in place of saturated fat. Use lean meats and meat alternatives to limit saturated fat. Avoid processed foods, which deplete the natural food source of its nutritional value and contribute to empty calories. Choose whole foods and grains or foods that are minimally processed and closest to the original food as possible.

Increase activity.

Physical activity helps you burn more calories. One of the best ways to increase your activity is by walking. Most people can do this activity safely and routinely alone or with family members, friends, coworkers or pets. And it is easy to work into a daily schedule.

See your doctor after six months to check progress.

Some people stop losing weight around this time, because their bodies adjust to fewer calories, and their motivation starts to slip.

At this point, your doctor may want you



COURTESY PHOTOS

Left: Emilie before at 215 pounds. Top: Emilie 12 weeks later at 152 pounds.

to increase your activity and make further changes in your diet. Your goals may switch from losing more weight to keeping the weight off. Staying active is very important for maintaining weight loss.

If you have lost weight but gained it back, do not be discouraged. It is common to try several times before weight comes off and stays off. Talk to your doctor about starting again. It may be helpful to work with others who are trying to lose weight in a structured program.

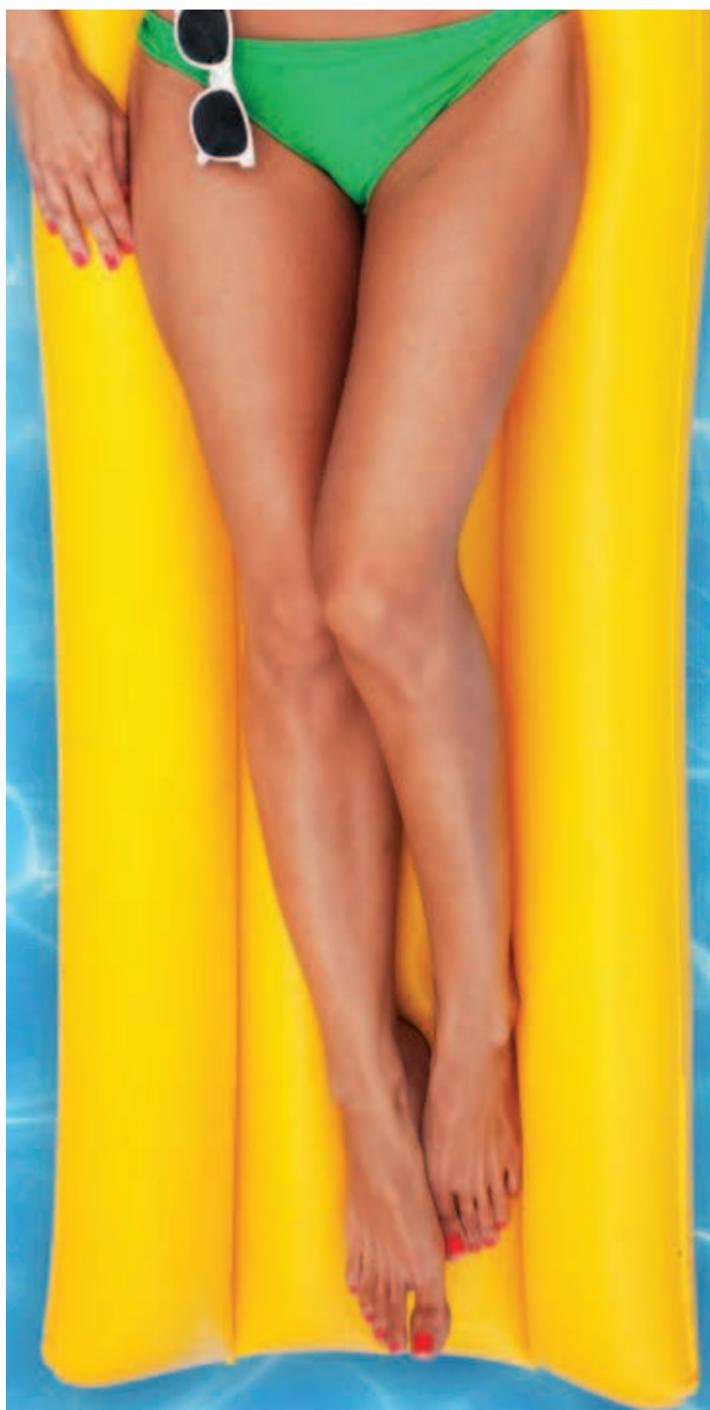
Through your continued efforts, you will reap great rewards. If you are ready to look better, feel better and be healthier, weight loss can be the first step toward a

“There is nothing permanent except change.”

— Heraclitus

fuller and healthier lifestyle.

Are you ready for change? Surprisingly, weight loss can be the first step to many positive life changes — both physically and emotionally. ■



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It's not vain to remove varicose veins

Whether your vein problems make you self-conscious or cause you pain, seeking treatment for their removal is not a matter of vanity. It is a step in the right direction for good venous health.

In fact, veins that protrude and rope underneath your skin are veins that no longer work properly.

Dr. Richard S. Faro
Dr. Joseph Motta
 Palm Beach Cardiovascular Assoc. Vein Center
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The one-way valves that keep blood moving toward the heart no longer function allowing the blood to leak down and pool in your legs.

The result is varicose veins and symptoms of fatigue, swelling, throbbing, itching, heaviness and aching legs.

This type of venous disease is progressive, which means without proper treatment varicose veins can worsen over time.

The board-certified physicians at Palm Beach Cardiovascular Vein Center are dedicated to diagnosing the cause and treating venous insufficiency effectively.

Using the latest, minimally invasive techniques to treat venous disease, Richard S. Faro, MD, FACS, and Joseph Motta, MD, FACS, have perfected the relatively pain-free, highly effective techniques that require little or no recovery time.

The latest treatments include VNUS



COURTESY PHOTO

Varicose vein treatments will leave legs smooth with a minimum of fuss or pain.

Radiofrequency Closure, sclerotherapy, Dornier Vein Laser treatments and The Vein Wave.

All of these procedures are performed in the doctors' Palm Beach Gardens

offices.

Dr. Faro and Dr. Motta, between them, are board certified in vascular surgery, thoracic surgery, cardiac surgery and by the American Board of Phlebology.

They will conduct varicose vein screenings from 9 a.m. to noon Saturday, Feb. 4.

To schedule an appointment, call 626-9801. Appointments are required. ■

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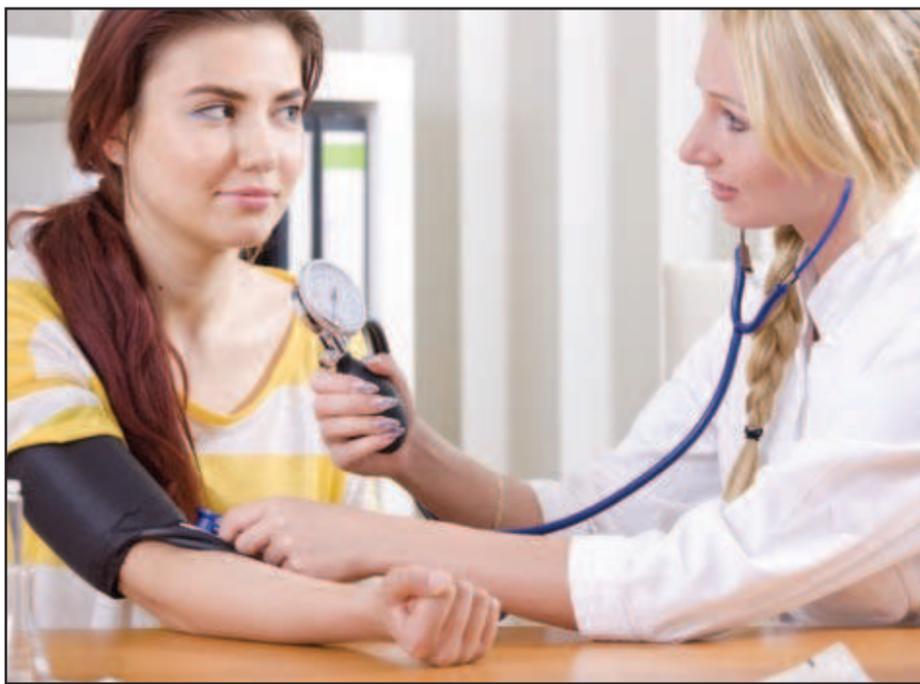
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Kenneth A. Gordon, Esquire

*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.



COURTESY PHOTO

Regular check-ups are a great way to ensure that your heart is in good shape.

HEART

From page C1

It was a busy night, the doctor allows, noting that other heart patients with cardiologists of their own, also entered the hospital that night.

But don't get the wrong idea. Although heart disease, according to the Centers for Disease Control, is the leading cause of death in the U.S., the nation, as a whole, is heart-healthier than ever.

"In terms of cardio-vascular medicine, we have made tremendous progress in this country," Dr. Litwinczuk says. "The amount of heart disease is plateau-ing. Overall, people are living longer and doing better."

While it's true, he says, that arteriosclerosis (hardening of the arteries) remains a problem among the country's aging population, "Not too many 40-year-olds are dying of heart problems."

The uptick in improved heart health owes much to societal changes, says Dr. Litwinczuk, who practices interventional cardiology, a sub-specialty dealing with the catheter-based treatment - angioplasties and stents - of structural heart disease and the repair of coronary arteries. The doctor cites the past decade's "explosion of healthier lifestyles. Smoking is no longer in vogue. People are choosing healthier diets."

There is, he says, a geographical variation associated with heart health, as well. People who live on the coasts tend to be more aware of health risks and preventive measures, something he connects to greater affluence and awareness.

And awareness of heart-health issues is growing, in part thanks to the month of February: Heart Health Month. Education comes via educational pamphlets and TV reports and newspaper stories geared to the annual reminder.

Among the headlines in a stack of newspapers, free for the taking, at the hospital's reception desk on this day: "Heart drugs tied to diabetes." And, yes, yes, Dr. Litwinczuk knows all about that oft-cited note of caution. Cholesterol-lowering drugs - statins, such as Lipitor and Zocor - have been found to increase the risk of acquiring Type 2 diabetes in people older than 45, according to several published studies. But Dr. Litwinczuk's view echoes that of the doctors quoted in the newspaper story: The benefit of statins to prevent heart attacks outweighs the risk of diabetes.

"So many millions of people are on statins, there will always be risks," Dr.

Heart health hints

From Dr. Litwinczuk:

- 1. Weight control:** Avoid obesity, especially of the trunk. In men, he says, the abdominal girth should measure less than half one's height in inches.
- 2. Diet:** Eat less; staying a little hungry is a good idea. The Mediterranean diet is recommended.
- 3. Moderate regular exercise:** Physical exercise at least four times a week for 30-40 minutes, to raise your heart rate above its base line. Avoid too-strenuous exercise: "We're not training for the Olympics, just trying to stay healthy."
- 4. Regular check-ups:** Ask your primary physician about your cholesterol level and other risk factors.
- 5. Moderate consumption of alcohol and coffee:** For women, the doctor recommends no more than one glass of wine a day; for men, two glasses of wine or cocktails. Avoid beer; it's too caloric. And coffee, he says, has been shown to delay the onset of diabetes.

Litwinczuk says. "But despite the problems, they are extremely beneficial and reduce mortality from heart disease."

The Heart Institute at Palm Beach Gardens Medical Center is all about reducing mortality as well. Walk into the main lobby, past the reception desk, through the first set of double doors, and, on the left, there's an elevator painted with jaunty valentine hearts and a boast about the Institute, which employs 41 cardiac specialists. "Experience Matters in Heart Care - 15,000 surgeries, 100,000 catheterizations."

Nor is the elevator alone in its praise. In October of 2011, HealthGrades, an independent source of physician information and hospital quality outcomes, named the hospital as one of the country's 100 Best Hospitals for both stroke care and coronary interventions. Palm Beach Gardens is the best performing hospital in Palm Beach County for cardiology services including treatment of heart attack and heart failure patients, and coronary interventional procedures such as angioplasties and stents.

Dr. Litwinczuk, whose parents brought him to the U.S. from Poland, joined the Medical Center in 2003. A proponent of preventative measures, he touts the benefits of the Mediterranean diet, which recommends a heavy emphasis on fruits, vegetables, whole grains, olive oil, beans, legumes, seeds, with fish and seafood at least twice a week.

"I cook," he says. "It's my hobby. If you can do one thing to improve your health today, cut down on the amount of red meat. One, two times a month for red meat." ■

EXCUSES BELONG IN 2011

By Elizabeth Johnson

2011 is officially over. And so is whatever baggage was holding you down and preventing you from reaching your goals. There is no need to haul any of that negativity into the New Year.

Consider for a moment the thoughts that run through your head on a daily basis: "There just isn't enough time"... "My family needs me to be here"... "I can't leave to go to the gym"... "I'm so tired by the end of the day as it is...never mind going to work out." And yet, the logical side of you knows that both making time for your health and being active allow you to give back more to your family in the long term.

Therefore, a reasonable conclusion is that all of these thoughts are just excuses. Excuses are merely roadblocks to reaching your goal. Start to notice when those thoughts pass through your head, and, for one day, write all of them down. Make a list of each one and how many times it comes across your consciousness.

Once you start to realize what your excuses are, you can see how they are preventing you from reaching your goals. You can start to debate with yourself, negate the excuses and take concrete actions toward the health and fitness results you've always wanted. Move in the right direction today and visit a Get In Shape For Women studio in your town. The manager there will help you think through your excuses, how they're holding you back, and work with you to create a framework for health and fitness success.

"Get In Shape For Women is a transformation studio for women where we offer small group personal training," explains President and CEO Brian Cook. "We don't accept excuses because we know that each and every client is a "10" in terms of commitment...and we do our part to get you the results you want."

Get In Shape For Women offers the positive energy and accountability that help you fight the excuses that pass through your head. The certified staff schedules appointments, motivates you through your workouts, and supports you with nutrition guidelines and one-on-one discussions. For a Free Week Trial call 877-304-4567 or visit getinshapeforwomen.com.

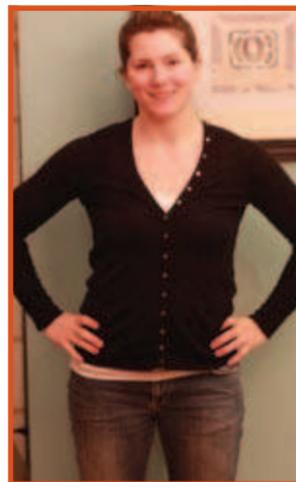
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Each franchise is independently owned and operated.



"As a stay at home mom with two young children, I felt I didn't have the time or energy to exercise and eat better. However, once I joined Get In Shape For Women, all my excuses disappeared. Set appointment times kept me committed to exercising regularly - each workout was always different from the last and I looked forward to new challenges. Following the diet and keeping track of what I ate helped me make better meal and snack choices. Having my weight loss recorded with each weigh-in kept me on track and motivated me to stick to the program. Every aspect of the program has helped me get in better shape faster than I thought possible - I've lost 20 pounds in less than two months. I feel great!"

- Adrienne Simeone
GISFW Client



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One place helps you face multiple weight-loss issues

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?

Elizabeth Johnson

GET IN SHAPE FOR WOMEN

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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 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. ■

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