A ONE PERCENTER

WONDERLAND

BY TIM NORRIS
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ANIDING at the stoplight on the West Palm end of the Royal Park Bridge, we see a white van gunning toward The Island. The van has many siblings, tattooed with plumbing fixtures and landscaping tools and wintry air-conditioners. This one, though, shows a gold pocket watch, and it’s in a hurry.

Maybe its occupant is selling or fixing timepieces, Rolex, Tourneau, great-grandpa’s railroad vest-pocket Waltham. Maybe he or she is just carrying us into something beyond normal time and everyday cares. Let’s give chase!

Since we’re hungry for a little adventure and since we are starting in Palm
Commentary

The case for American women

Roger Williams
williams@floridaweekly.com

Let's start with what we know: There is no such thing as equality.

You and I, for example, are never going to be equal. There's a good chance that I am both uglier and more cheerful than you are, and you are both smarter and more practical than I am, although usually not at the same time (it depends on the challenges of the moment).

There's a 49 percent chance that I walk around with a third leg and a Y chromosome affecting my judgment, and you don't.

There's a 98 percent chance that I am older than everybody under 60, and an 8 percent chance that I am wiser than 75 percent of them.

Confusing, I know. So what are we going to do about these brain-freezing inequalities, in a nation where “all men are created equal?”

As your personal saddle burr and weekly columnist, I recommend this: We do what we always do at any Saturday night dance.

We grin rakishly. We mutter, “Oh, what a relief.”

As much as the men, change that now. You call yourself an American, don’t you?

Do it at home. Do it during the day. Do it through the night, then get up and do it again.

I'm reminded of all this as women unite this week in cities and towns across the country to protest — on Saturday, April 28 — their continued treatment as less-than-equal citizens in American society.

This isn't even a contest between men and women. It's a contest between each public servant or private owner, each voter, each military commander, each military servant or private entrepreneur or administrator or teacher.

It's the course of action each business owner, each voter, each military commander, each public servant or private entrepreneur or administrator or teacher must take beginning this week: Set an equal place at the table.

Do it on the job. If you're a boss and you employ women who aren't being paid as much as the men, change that now. You call yourself an American, don't you?

Do it at home. Do it during the day and through the night, then get up and do it again.

The case for American women

Affirmative Action gave some individuals a leg up, and it ignored equal rights except as a distant goal, which we still haven't reached. It used inequality to promote equality in the eyes of the law.

But using the ends to justify the means is risky business.

The right course, the better course, is this: Treat every single citizen as if he or she were you or me.

It's the course of action each business owner, each voter, each military commander, each public servant or private entrepreneur or administrator or teacher must take beginning this week: Set an equal place at the table.

Do it on the job. If you're a boss and you employ women who aren't being paid as much as the men, change that now. You call yourself an American, don’t you?

Do it at home. Do it during the day and through the night, then get up and do it again.

It's not even a contest between men and women — but that's arguable, with good reasons on both sides.

Instead, I see it as a contest between damned Yankees — between the angel on one shoulder and the devil on the other.

Or put another way, it's a contest between what we do as Americans and what we should do as Americans.

In the case of women, never have the oppressed been so comfortable.

They can vote — and some remain alive who were born when they couldn't, before 1920.

They can work wherever they can qualify to do a job, like African Americans can now.

And all of the continuing efforts of some self-righteous moralists who wish to regulate by law what women do, they can choose whether or not to get pregnant, and whether or not to have babies. But their comfort and freedom (relative to the past) in no way diminishes the injustice that continues to be done to women in American society.

For example, women working today are paid about 80 percent as much as men.

There's no American excuse for that.

That said, it's also true that well-educated, urban working women do as well or better than their male counterparts.

Those statistics represent realities that are inarguable — and it doesn't matter whether you're a Republican, a Democrat, a member of the Green Party, a Christian, a Jew or a Muslim.

What is also inarguable is that such a condition is wrong, by American standard principles.

All men are created equal, including women and child-men, or children.

The more passionately we embrace that notion, the more thoroughly we become Americans. ■

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Mitt Romney says he likes to fire people. If elected, can the General Ser-
vice Administration be his first target? A few (but not enough) heads have
already rolled at the agency that threw itself an infamous Las Vegas confer-
ence that could have been planned by former Tyco CEO Dennis Kozlowski
before he went to jail. The GSA couldn’t outdo Kozlowski, who threw his wife
a birthday party on an Italian island with an ice sculpture of Michelangelo’s
“David” that urned vodka and billed his company for half the cost, but it
undertook its conference planning with same sense of frivolity and good taste.
Charged with supporting federal operations, the GSA turns out to be a
cynical wastrel. Prior to the conference, word came down from on high that it
should be “over the top” — in other words, in the spirit of an over-the-top
ter of stimuli when spending money
is always supposed to be better. The

President Barack Obama’s re-
election campaign launched its first
Spanish-language ads this week, just
after returning from the Summit of the
Americas. He spent three days in
Colombia, longer than any president in
U.S. history. The trip was marred, how-
ever, by a growing scandal involving
the U.S. military and Secret Service.
Gen. Martin Dempsey, chair of the U.S.
Joint Chiefs of Staff, said, “We let the
boss down, because nobody’s talking
about what went on in Colombia other
than this incident.” Dempsey is right. It
also serves as a metaphor for the Un-
ion of South America’s continuing fight
against the United States about drugs,
in the United States about the core of
the problem. Nadelmann went on: “Y
ou have the

It will take more than a prostitution
scandal to cover that up.

— Denis Moynihan

productions and a “dry run” for the conference. The Obama bin Laden raid might not have been so elaborately planned. All
told, travel and catering costs for planning
alone ran $31,000,000.

Then, on to the main event: more
food. For the Petit Beef Wellington and
Mini Monte Cristo Sandwiches at the
“networking reception,” for the Bour-
quin Scallop Potato with Barlo Wine
Braised Short Ribs at the party prior the
closing dinner, for all the breakfast buf-
fet meals and four evening parties, the
GSA paid $146,000. Since government rules allow
for free food at award ceremonies, the
GSA spends over $5,000,000 on awards liber-
ally, including at a $2,700 invitation-only
closing party in a loft suite. The
GSA paid $75,000 for a team-
building exercise and $58,000 for audio-
visual services (to play embarrassingly
juvenile music videos starting GSA employees).
To give it all a patina of high-mindedness, employees built 24 bikes to give to the “local Boys’ and Girls’ Club. Except the GSA had
to finesse its own red tape to do it. Barack Obama and Colombian President Juan Manuel San-
tos also announced that the U.S.-Colom-
bian Free Trade Agreement would take full
force May 15. Colombian and U.S. labor
leaders decried the move, since
Colombia is the worst country on Earth for
trade unionists. Labor organizers are regularly murdered in Colombia, with at least 24 killed in the past year
and a half. When Obama was first
running for president, he promised to
seek a new Colombia, “because the
violence against unions in Colombia
would make a mockery of the very
promises that we have personally
been included in these kinds of agreements.”
That year, 54 Colombian trade unionists were killed. AFL-CIO President Rich-
ard Trumka said the announcement “is
deeperly disappointing and troubling.”
In Colombia, on the other hand, offering grudging praise to Obama for
pushing the FTA.

On Cuba, Obama took the globally unpopular position of defending
the U.S. embargo. Even at home, polls show
that a strong majority of the American
people and businesses support an end to
the embargo. The U.S. also suc-
cceeded, once again, in banning Cuba
from the summit, prompting Ecuador-
ian President Rafael Correa to boycott
the meeting this year.

The scandal is yet another
reminder of the waste and laxity inev-
itable in organizations where it’s diffi-
cult to fire anyone and all the penalties
are from heaven. The new rule should be
that all federal off-site conferences
must be held at the Motel 6 in Omaha, Neb.

— Rich Lowry is editor of the Nation-
al Review.
SOUTH FLORIDA IS WATCHING

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4:00PM

5:00PM

NIGHT
THIS MAY
WATCH EVERY NIGHT FOR MUST-SEE SPECIAL REPORTS

11:00PM
PET TALES

Safer swimming
Don’t assume dogs know the rules for water safety

BY GINA SPADAFORI
Universal Uclick

Warm weather came early this year to much of the country, and that means lakes and rivers — and even swimming pools — are already being enjoyed by dogs who love to swim. But every spring, as my field-bred retrievers (who happily swim year-round) greet new dogs at the river’s edge, I see dogs at risk of drowning.

Most times, some caution on the part of their owners would prevent any problems. The keys to water safety for dogs: prevention, preparedness and awareness.

Prevention
No dog should be given unsupervised access to a backyard pool or a neighborhood pond or creek. Swimming pools are best fenced-off for safety. And if that’s not possible, they should be equipped with alarms that sound when the surface of the water is broken by a child or pet falling in. Escape ramps are a great idea, but it’s better to prevent pets from getting in unsupervised in the first place.

Prevention also includes teaching your pet what to do when he’s in the pool. Dogs don’t understand the idea that the steps are there for his benefit, so he can get out easily. Tip: Call him back before he heads into deeper water or stronger currents. Emergency shortcut: Always carry extra retrieving toys. A dog who’s heading out into a dangerous area after a ball or stick can often be lured back to shore with a second item thrown closer in. It’s no substitute for training, but it could save your dog’s life.

Preparedness
Before letting your dog swim in any natural surroundings, survey the area for safety. Rivers and oceans can change frequently, and an area that was safe for swimming one visit can be treacherous the next. Consider currents, tides, underwater hazards and even the condition of the water. In the late summer, algae scum on the top of standing water can be toxic, producing substances that can kill a pet who swims in the tainted water. When in doubt, no swimming. Better safe than sorry.

One of the best things you can do is to take courses in first aid and CPR for your pets. Many local Red Cross chapters offer these classes, and some veterinarians may also teach them in your community. A dog who’s pulled out near death from drowning may be saved by your prompt actions — if you know what to do.

If your dog isn’t much of a swimmer, or is older or debilitated, get him a personal flotation device. These are especially great for family boating trips because most have sturdy handles for rescue if a pet goes overboard.

Awareness
Be aware of your dog’s condition as he plays. Remember that even swimming dogs can get hot, so bring fresh water and offer it constantly. When your dog is tiring, be sure to call it a day. A tired dog is a good dog, but an exhausted dog is in danger of drowning.

Be particularly careful of young and old dogs. Both can get themselves into more trouble than a healthy adult dog with lots of swimming experience. Young dogs can panic in the water, and old dogs may not realize they aren’t as strong as they used to be. Keep them close to shore, and keep swimming sessions short.

Swimming is great exercise and great fun for all, and with these few simple precautions you can keep the cool times coming, with safety in mind.
NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

You snooze, you lose

In April, a research ship will begin surveying the Atlantic Ocean floor off of Nova Scotia as the first step to building, by 2013, a $300 million private fiber-optic line connecting New York and London. The companies involved hope to speed up current transmission times — by about five milliseconds. Those five milliseconds, though (according to an April report in Bloomberg Business Week), will enable the small group of firms that are underwriting the project (and who will have exclusive use of it) to earn millions of dollars per transaction by having their trade sales arrive five milliseconds before their competitors’ sales would have arrived.

Cultural diversity

Dr. Ivo Pitanguy, the most celebrated plastic surgeon in the country, apparently earned enough money from well-off clients that he can now “give back,” by funding and inspiring more than 200 clinics to provide low-income women with enhancement procedures (face lifts, tummy tucks, butt lifts) at a reduced, and sometimes no, charge. A local anthropologist professor told ABC News, for a March dispatch, that “(In Brazil, plastic surgery) is now seen as something of the norm” (or, as the reporter put it, “Beauty is (considered) a right, and the poor deserve to be ravishing too”).

In a March interview on Bolivian television, Judge Gualberto Cusi, who was recently elected to Bolivia’s Constitution Tribunal from the indigenous Aymara community, acknowledged that occasionally, when deciding tough cases, he relied on the Aymaran tradition of “reading” coca leaves. “In moments when decisions must be taken, we turn to coca to guide us and show us the way.”

In February, the Life-End Clinic in the Netherlands announced that six mobile euthanasia teams were placed in service countrywide to make assisted-suicide house calls — provided the client qualified under the nation’s strict laws (Euthanasia, legal in the Netherlands since 2002, is available to people who suffer “unbearable, interoperable” pain, and for which at least two doctors certify there is “no cure.” Panels of doctors, lawyers and ethicists rule on the applications.)

Latest religious messages

Two lawsuits filed in Los Angeles recently against the founding family of the religious Trinity Broadcasting Network allege that televangelists Paul and Jan Crouch have spent over $50 million of worshippers’ donations on “per- sonsal” expenses, including 13 “mansions,” his-and-hers private jets, and a $800,000 mobile home for Mrs. Crouch’s dogs. The jets are necessary, the Crouch’s lawyer told the Los Angeles Times, because the Crouches receive more death threats than even the president of the United States. Allegedly, the Crouch’s keep millions of dollars in cash on hand, but according to their lawyer, that is merely “owing no man anything.”

High-ranking Vatican administrator Cardinal Domenico Calcagno, 68, fired back at critics in April after an Italian website reported his extensive collection of guns and love of shooting. He told reporters that he owns only 13 weapons and that, “above all,” he enjoys “repairing” them rather than shooting them (although, he admitted, “I used to go to shooting ranges”).

Fine points of Florida law

In April, the Tampa Police Department issued preliminary security guidelines to control areas around August’s Republican National Convention in the city. Although the Secret Service will control the actual convention arena, Tampa Police are establishing a zone around the arena in which weapons will be confiscated (including sticks, rocks, bottles and slingshots). Police would like to have had firearms, too, but state law prevents cities from restricting the rights of licensed gun-carriers.

South Florida station WPLG-TV reported in March that vendors were openly selling, for about $30, verification driver’s license test questions and answers, on the street in front of DMV offices. However, when told about it, a DMV official shrugged, pointing out that test-takers still had to memorize them to pass the closed-book exam.

Least-competitive criminals

In the early hours of Jan. 31, police in Gaston, N.C., were alerted to five burglaries in a two-block area that left shattered glass, broken doors and other damage, but no missing property. There was also a blood trail leading from one store to another from a break-in and bo. N. In March, England’s Canterbury Crown Court heard the evidence against a gang of five who in August and September

No spectators allowed

For the first time in years, there was no Easter bunny at Central City Park in Macon, Ga., this year because the county commissioner who runs the sponsor- ing organization said he was tired of violent parents hogging the Easter egg hunt by “helping” their kids. Two years ago, Olney High School in Philadelphia barred players’ parents from its boys’ junior varsity basketball games unless they registered and vowed to obey a code of conduct. In February 2012, the president of the Egyptian Football Association similarly announced that the season would continue but without spectators, because of the probability of violence. Of course, Egypt, unlike Macon, Ga., and Olney High School, has just been through a bloody civil war.

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Floridaweekly.com News of the Weird

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1%

From page 1

Beach, island of dreams, consider this a tour.

That might seem commonplace, here, where Jim Ponce has for so long led his unparallelled tours through The Breakers. We can also find printed guides, coffee table books and magazines and innumerable web sites festooned in the glossy images of wealth and attainment.

But the immediate view in the open air is much more refreshing. With Mr. Ponce retired, we are fashioning a tour of our own, following the white van.

This, we decide, will be a tour of the wonderland of the One Percent, Palm Beach County. Maybe, by the end, we will find something of the answer, not just to the ways van rabbit-hops among the wealthy but to the whole Fuss and bother of living.

Or maybe we will just kill a few hours with an entertaining change of scene. Please turn off your squawk boxes and put away your label-makers. On this tour we will attempt to see what we’re looking at, and we will leave snap-judgments to the circus of popular politics.

Stay close, gliding along drives between lofty and manicured hedges and Italianate and Georgian and Mediterranean facades, between the Intra-coastal Waterway and the Atlantic Ocean, between obligation and fantasy. Ah, the tropical breezes. Ah, the magical words, Palm Beach, from which arise the heady vapors of Caribbean dreams, luxurious and licentious and salubrious.

What befoul them with a political buzz-phrase, the One Percent? Why, because every tour guide’s hat needs its label, even if it seems numerical, like, say, that card on the Mad Hatter’s top hat, 10-over-6.

The percentage approach seems, in a curious way, more just. In this enterprise, it doesn’t matter a whit whether you can hum the three motives of J.S. Bach’s Fugue in C-Sharp Minor or whether you ask for a snifter of Grand MARE-iner instead of Granh Marh-nyar.

This One Percent business is strictly about income and assets. Here is the one-percent rub: if you are literal, a bean-counter, a pollster, an accountant, the One Percent starts at an income of a mere $343,927 per year.

It DOES matter whether you have assets of $1 million — heavens, whole hordes of hoi polloi have that! — or $1 million is your annual income. And the wealthy, we know, get a whole lot more of their proceeds from dividends and interest than from brow-sweat.

What matters more on this tour, though, is what they are doing with it. That’s what we’re trying to show.

We will start on foot through a colloquial of palms, along Royal Poinciana. Please, don’t lollygag! Over here, now, turn right on South County Road, past hedgerows, now, look!

This is a place we KNOW we will find top-tier types: The Breakers.

Imagine, if you will, a view of this from the west before Henry Flagler arrived in 1896 to build the Palm Beach Inn; in fact, before the Providencia founded its own way from Cuba to Spain in 1889 and dumped 20,000 coconuts to wash ashore and take root as palm trees.

Look now: the ornamental towers and massive, sun-washed facade of the 1925 edifice built on the ashes of two prior hotels, modeled on the Villa Medici in Rome. Go ahead, walk in! Past the foyers and ponds and greens of the 16th and 15th holes, along flowing boulevards, here we are, skirted a wonderfully groomed croquet ground.

Not a flamingo in sight. Not a player, either. Just to stand, where such a plot of land can be set aside for the immemorial leisure, barely a minute’s pelican glide from Brazilian Avenue, where another parcel of grassy ground, an empty lot, is offered on the market at $9.9 million...well, that gives one a pleasure shiver.

Step under the Breakers’ port cochere, through decorative doors that sweep automatically apart. In these grand halls, do you feel small, all at once? Marble columns, vaulted ceilings with hanging chandeliers, fringed and tasseled draperies, finely woven carpets, padded couches and armchairs outfitted in gold...

How is this different from more modest lodgings, from the Marriotts and Holidays Inns and Comfort Suites of the world? These days, a much larger percentage of us can be guests in pleasant, well-decorated places with free shampoo and room service. Maybe that’s born of a general rise in expectations, a cultural trickle-down, a benefit of envy.

We might expect one-percenters from out-of-town to flock here, paying in-season room rates from $539 to $1,320 and suites up to $5,900 and swan-diving into a puff-pillow of services and activities. Even in leisure, busy and accomplished people want the most and best options. At 9, bicycle tour of Palm Beach; at 10:30, guided reef snorkel; at 11, sand art; at 1, science lab; at 2:30, super shell search crafts; at 3, glitter tattoos; at 7, bonfire the beach.

Oh, and croquet clicks off at 9:30, every Sunday.

One-percenters also want the option to linger where they like. Nobody has to schedule the shops, bar, restaurants, beach. Aren’t more options what wealth provides best?

Still, this IS a hotel, a way-station. To see the one percent in their native habitat, how about a stroll down monetary lane? Happy to say, we’ll find one just a few blocks away. Follow me!

On Worth Avenue, as The Season gives way to summer, the main activities appear to be walking, shopping, dining and talk...
ing. There must, given this jabberwocky, be a certain amount of listening. Pay no attention to those tourists in T-shirts, to those swaggerers in jeans!

Start with the merchandise, tastefully displayed in the shop windows. Start, in fact, with the shops themselves: Ferragamo, Cartier, Saks Fifth Avenue, Van Cleef & Arpeh, a jewelry shop that reads “London, New York, Palm Beach, Chicago, Las Vegas, Bal Harbor, Monte Carlo, Moscow, Hong Kong, Shanghai, Dubai and Kuwait.”

You won’t find this line-up in Ypsi-lanti or Dubuque. You won’t find the burial site of somebody’s pet monkey, either, as you will right here, in this commodious courtyard, Via Mizner, where Addison Mizner laid to rest his beloved spider monkey, Johnnie Brown. Pets, as they should be, are family, here.

We might also, given to people-watching, take note of what Worth Avenue Magazine calls “the Palm Beach look.” You can see it in a couple right here, passing the Brooks Brothers shop, man in cream-colored slacks, pink shirt and Navy blue blazer, woman in flowered jersey wrap dress and wide-brimmed hat. The clothes are comfortable, dignified, unpretentious. The hair very well tended. The skin half-glowing.

A skeptical outsider might expect snobbery, and posing. Don’t we all like to pretend a little? Is that tall young woman who looks like a model … a model? Is that older man in the raincoat of the Ivy League really a graduate of Andover and Princeton and Wall Street? Look carefully at these faces, at the carriage and movement of the figures. Do you see it?

Confidence. Self-belief. This might verge on arrogance, but another Latin phrase springs to mind: ipsi quam vidis — to BE, rather than to SEEM.

We suddenly feel much larger, here, at the moment … Feeling hungry? Here, off the bright sidewalk, note the cool lanters, a quiet and lit as if with candlelight, the carriage and movement of the figure. Notice a tag line on the cover of Florida Design’s Palm Beach magazine, "Discover the first complete training program that teaches you how to write a cover story that sells..."

We must, of course, have a scandal, lest we be left worshipping the golden idol and feeling inferior. We find one, or its aftermath, along Worth Avenue, in a glossy magazine.

Attaining or joining the One Percent raises expectations. Wealth and whatever it buys becomes a new normal, become that phrase often sounded in divorce cases of the rich and famous, "the style to which one has become accustomed."

Often enough, one of the 99 per cent marries one of the One, sometimes to great sensation, especially when the 99er is young and hot and the One-key is mature and pedigreed. Like eating and aging, sexual attraction is a great universal. Notice a tag line on the cover of Florida Design’s Palm Beach magazine, "EAT ME hors d’oeuvres — how are they different?"

There was a story, sex, drinks, hope and crushed, social climbing on a bad ladder, the outsider’s view brought inside. A flamboyant marriage, a disastrous divorce, a scandalous and titillating legacy (whatever her bodily predilections, she did not, Ms. Pulitzer says, entertain a trumpet). In the new images, she looks elegant and happy. Photos shoots are easy, my dears; life is hard.

In her book, The Prize Pulitzer, she quotes a line spoken by F. Scott Fitzgerald’s narrator in “The Great Gatsby,” about the very rich: “They are different from you and me. They possess and enjoy early, and it does something to them, makes them soft where we are hard and cynical where we are trustful, in a way that, unless you are born rich, it is difficult to understand.” Never mind that the thought is born of a far different era, or that Fitzgerald himself spent much of his life in the company of one-tenth-of-one-percenters. Of the mighty, we like to think the worst.

Envy, you’ll notice a prodigious polite-ness. Granted, we may seem to disappear in those elegant clothiers where life as it is dealt, like so many playing cards bending as ordered or lying flat, bemoaning what and how they were dealt. Freedom to choose, freedom to design and imagine, to dictate terms, to control outcomes and environments, to mingle and collaborate with the best and the brightest, these are higher virtues. Or so we gather. Who, after all, are we? What percentage are WE in? Sorry, man, to quote the vernacular, Ain’t no single digit.

Most of us live in the moment, and, at the moment … Feeling hungry? Here, turn in!

There, on the marbel apron of a fountain: “Roxanne Pulitzer’s Comeback.”

There was a story, sex, drugs, hopes and crushed, social climbing on a bad ladder, the outsider’s view brought inside. A flamboyant marriage, a disastrous divorce, a scandalous and titillating legacy (whatever her bodily predilections, she did not, Ms. Pulitzer says, entertain a trumpet). In the new images, she looks elegant and happy. Photos shoots are easy, my dears; life is hard.

In her book, The Prize Pulitzer, she quotes a line spoken by F. Scott Fitzgerald’s narrator in “The Great Gatsby,” about the very rich: “They are different from you and me. They possess and enjoy early, and it does something to them, makes them soft where we are hard and cynical where we are trustful, in a way that, unless you are born rich, it is difficult to understand.” Never mind that the thought is born of a far different era, or that Fitzgerald himself spent much of his life in the company of one-tenth-of-one-percenters. Of the mighty, we like to think the worst.

A high profile presents the easiest target, but a more telling motive for fixating on the rich might be envy. John Lahr, in his recent review of the latest
revival of Arthur Miller’s “Death of a Salesman” on Broadway, calls envy “the gasoline on which American capitalism runs.” Maybe.

But here, my dear, in these carefully tended venues, doesn’t your reaction depend as much on the lens you’re viewing it through? We marvel at their success, delight in their attainments, relish their sins and public failings.

For now, consider that “they” are “each.” From the many, one, maybe. E pluribus unum. But how about E pluribus pluri? You can’t have the One Percent without the one. One at a time, one by one. Palm Beach County had its titans: Henry Morrison Flagler, Addison Mizner, Arthur Vining Davis, John D. MacArthur.

They were called, in those early days, oil tycoons, railroad magnates, real estate moguls. They built things, or financed and saw them built: hotels, resorts, railroads, highways, subdivisions, shipping lines, networks, cities, and they left their names, on buildings, parks, memorials, charities. Against these forebears, latecomers such as Donald Trump, with his many towers risen along the oceanfront and his part-time residence at Mar-a-Lago and his self-inflated public profile, might seem recherché. They, too, though, are builders. We can’t deny that these one percenters, or maybe these one-tenth of same, get things done.

Out here, aren’t we all, in some sense, their guests? Don’t we all, for better or worse, follow their designs? We can drive all over Palm Beach County and see their handiwork, in its museums and performance halls, in its many colleges and universities, in parks and gardens and scenic walkways. We can extol the nourishing fundament of Foundations and Charitable Trusts. Look into any big institution, public or private, and you will find their names on plaques of dedication.

We can find something to admire, to aspire to, to mimic. First-class, premium, deluxe, extra-fancy, the language of attainment has been stolen by advertising, slapped onto a whole lot of reprobate products and services, but it still sells.

Isn’t THIS, in some variation, what most of us think we want? The good meals in welcoming atmosphere? The summer house? The boat? Boats, ah, the One Percent, at least in public image, is anchored in them.

Tied along the quay at Palm Beach, or Boca Raton, or Jupiter Island, two, four, six, 10, yacht-see!

The Flagler Museum carries the name of just one of the many titans who came to Palm Beach: Henry Morrison Flagler.
To the car again, and north through Jupiter Island, (median home price $5.6 million, according to Forbes Magazine) on South Beach Road. Many of these grounds — how many qualify as estates? — have names, offered on roadside signs: Almost Heaven, House of the Turtle, Odyssey’s End, Sunyseasons, Plein Sod, On the Brink, Eagle Nest.

What do these showplaces mean to the occupants? Shelter, sanctuary, retreat, domain, refuge, domicile, hideaway. Home. That could just as easily be a condo or rental or double-wide. To argue with F. Scott Fitzgerald’s narrator, at birth and death and more often in between than we might think, the rich ARE like us. We can wonder how often, in following their interests and exercising their power, they keep that in mind.

We’ve seen many uniforms on this tour. Waiters and waitresses, attendants, sales people. Drivers, gardeners, nannies, personal secretaries, maintenance and repair people. The staff.

Nearly everything we’re seeing today, in fact, is maintained by a great army from the 99 Percent. They are the other cards in the deck, not the royal flush. They are part of the same game, but less visible in memory than a vanishing Alice’s wonderland, to forever blowing bubbles and always chasing rainbows.

We may not have forever and always, but bubbles and rainbows, like the diamonds in the windows of jewelers on Worth Avenue, gleam and sparkle in the same light, and they don’t cost nearly as much. Remember that this IS the Palm Coast, and please note that you are heading north through Jupiter Island, here we go.

To be loved and cared about, called by our own names. To have a reason for living. To be somebody. Also, to be safe, secure and still venturesome, to know surprise and delight. Also, to reckon fairly, to see ourselves as others see us, to walk in someone else’s Ferragamos.

We thank you all, now, for your kind attention, and any gratuity is welcome. As you leave, remember that you can’t bottle and sell love and health and happiness, though many, MANY keep trying. Give a moment’s thought to Alice’s wonderland, to forever blowing bubbles and always chasing rainbows.

Remember that this IS the Palm Coast, and please note that you are heading into a golden afternoon.

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HEALTHY LIVING

Nobody’s perfect, so embrace what’s unique about you.

Jamie looked in the mirror and burst into tears. She felt fat and ugly and just hated herself. She doubted any of the boys in her high school class would ever be interested in her. Even the new designer jeans she’d angled for didn’t help her feel any better.

In the next room, her mother Sheila looked through her closet in despair. “Nothing fits right anymore,” she groaned. Since menopause, her midsection had thickened and she hated how she looked in her clothes. If she weren’t such a chicken, she’d have liposuction all over her body. Her husband and children were tired of her endless complaints about her appearance. If only she realized how her worry and obsession about aging sent a harmful message to Jamie.

We live in an age that popularizes an idealized, largely unattainable version of beauty. The media sends a powerful message about the importance of one’s appearance, with wandering criteria about what’s acceptable or ideal. Airbrushed, larger than life images of flawless, preening superstars and models are often touted to represent the epitome of beauty. Those who allow this deception to become their standard of success are at risk of feeling terribly inadequate.

In this atmosphere, teenagers often feel tremendous insecurities about their appearance and perceive embarrassing flaws in their bodies. Unfortunately, they may become so self-critical that they will be unable to accept anything less than what they believe is perfect. They torment themselves by playing a never-ending script: “I’ll never measure up. Everyone will judge me by my flaws.”

In her recent book, “The Gifts of Imperfection,” researcher Brene Brown laments the emotional damage caused by the quest to be “perfect.” She states: “We all need to feel worthy of love and belonging, and our worthiness is on the line when we feel like we are never (…) enough (you can fill in the blank: thin, beautiful, smart, extraordinary, talented, popular, promoted, admired, accomplished).”

Imperfectionism is not the same thing as striving to be our best. Perfectionism is not about healthy achievement and growth, it’s a shield. Perfectionism is a 20-ton shield that we lug around thinking it will protect us when, in fact, it’s the thing that’s really preventing us from being seen and taking flight.

We get sucked into perfection for one very simple reason: We believe perfection will protect us. Perfectionism is the belief that if we live perfect, look perfect and act perfect, we can minimize or avoid the pain of blame, judgment and shame.

Parents are hugely instrumental in whether their children develop a healthy sense of self. It’s important for parents to pay attention to their own insecurities about their appearance because their attitudes will greatly influence their children. Mothers who bemoan every additional wrinkle or pound may unwittingly contribute to their daughter’s shaky self-image. Although fathers may believe that ogling shapely women while they are out with their wives and children is totally harmless, in fact, they may be sending messages of disrespect. A teen may assume that her parents and the world will be just as critical or focused on her appearance as they are of their own.

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Jupiter Scripps scientist awarded $1 million for stress-associated disease and aging research

SPECIAL TO FLORIDA WEEKLY

A scientist from the Florida campus of The Scripps Research Institute has been awarded more than $1 million from the National Institutes of Health to develop a range of new tests that could lead to new treatments for a number of stress-associated and degenerative disorders of advancing age.

Shuji Kishi, an assistant professor at Scripps Research, is the principal investigator for the three-year study.

The new tests will focus on diseases linked to oxidative stress (and the stress-induced inflammation that often accompanies it), closely associated with aging. Those diseases include atherosclerosis, Alzheimer’s disease, and Parkinson’s disease, diabetes, heart attack, sarcopenia, liver and kidney disease, and stroke.

Despite the widespread damage caused by oxidative stress, the number of therapeutic remedies for it remains virtually non-existent.

During periods of cellular stress, such as exposure to UV radiation or chronic diseases like cancer, the level of highly reactive oxygen-containing molecules in cells can increase, resulting in misfolded proteins and cell damage. Cells can protect themselves from this damage by activating certain antioxidant genes, but age and extended periods of stress can impair that response.

In the new study, Mr. Kishi plans to develop a series of tests to identify drug leads that will prevent oxidative damage in a novel vertebrate model. His approach will involve high-content screens in zebras.

“The cell-based assays can be pursued using the ultra-high-throughput screening resources available at Scripps Florida, including a chemical library comprised of approximately 1 million compounds with structures that we know have properties suitable for drug development,” Mr. Kishi said in a prepared statement.

Beyond the cell-based tests, Mr. Kishi plans to use newly developed transgenic zebras as a model organism for testing any drug candidates uncovered during cell-based screening. Those with potential after this round of testing will then be further evaluated to determine organ specificity and developmental toxicity, and for overall efficacy in preventing oxidative damage.

“We want to understand how these selected small molecules work in the zebrafish so that additional drugs can be designed based on the in vivo antioxidant response,” Mr. Kishi said.

Mr. Kishi’s laboratory is broadly focused on developing experimental models of aging and geriatric diseases, including neurodegenerative diseases.

Symposium to focus on potential next great epidemic

SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center and the Palm Beach Infectious Disease Institute are cosponsoring a symposium April 27-28 for doctors and medical professionals to discuss progress and controversies regarding current treatments.

The conference will take place at PGA National Resort & Spa in Palm Beach Gardens, and will witness the awarding of a Young Investigator Grant of $50,000 to a doctor and medical professionals to discuss progress and controversies regarding current treatments. The renowned faculty will include Dr. Istvan Krisko, Dr. Gordon M. Dickinson and Dr. Lisa Plano. Members of the symposium planning committee are Dr. John G. Bartlett, Johns Hopkins University and Dr. Richard P. Wenzel, Virginia Commonwealth University. The selected small molecules work in the zebrafish.

Keynote speaker John Barry will address the awards luncheon on Saturday. He is author of the New York Times bestseller “The Great Influenza: The Epic Story of the Deadliest Plague in History.” Specific topics include rapidly evolving “superbugs,” epidemics and global medicine, hospital-associated infections, and potential threats on developing experimental models of aging and geriatric diseases, including neurodegenerative diseases.

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Renewable energy big topic at climate expo at West Palm convention center

BY CHRIS FELKER

The 2012 Florida Green, Energy and Climate Conference/Expo is rapidly approaching; last year’s event, several exhibitors, speakers and businesses still were available for the May 16-17 event at the Palm Beach County Convention Center in West Palm Beach.

This year, the conference is being staged under the umbrella of the new Central Palm Beach County Chamber of Commerce, formed earlier this year when the Palm Beach and Greater Lake Worth chambers joined forces. But Anita Harmon, who coordinated Green Conference efforts for Palm West when it was the sponsor, is still in charge of assembling the lineup of panel members and guest speakers.

A big topic at this event will be renewable energy, which is especially timely since these “green” forms of energy were the subject of the first comprehensive energy legislation to be considered in Florida in four years – House Bill 717, passed by large margins in both chambers of the legislature.

The legislation sets aside $16 million for tax incentives to wind energy, solar power generation and biofuel companies. Gov. Rick Scott let it become law April 13 without his signature, promising that he would work for its repeal if it doesn’t deliver on its pledge to ing that he would work for its repeal if it doesn’t deliver on its pledge to

During the expo’s second day, Thursday, May 17, it will be moderated again by Michael W. Sole, vice president of state government affairs for Florida Power & Light and a former secretary of the Florida Department of Environmental Protection.

Participants in that panel will include Sen. Maria Sachs, R-District 30; Rep. Lori Berman, D-District 86; Sen. Chris Smith, D-District 29; and Rep. Scott Plakon, R-District 37.

The 100 Cities Summit, in its third year as a conference feature, will once again focus on “How to Green Your City.” Two general sessions will showcase successful public/private partnerships shared by officials of invited cities that are leading the way in sustainable growth in Florida.

Harmon said that Palm Beach Gard- en Director Mark Levy has signed up to participate but that invitations to Jupiter and Juno Beach officials have not received responses.

Other presentations at the exposi- tion will cover the question “What’s New in Renewables?” and will include information on wind turbines, solar and energy efficiency installations, use-to-energy plants and the use of biofuels.

The conference is basically a great oppor- tunity, said Harmon, for business professionals and government officials as well as the public to learn more and connect with decision-makers in sustainability-focused Flor- ida organizations.

Its focus is on education and networking that can advance individuals and businesses in today’s value-driven econo-
ym.

In a phone interview, Har- mon explained: “We have a great line-up of general sessions this year, including the emerging technologies, like wind and solar, and what FAAU is doing down in Boca Raton at the South- east National Marine Renew-
nable Energy Center. They’re investi- gating harnessing the Gulf Stream for generating electricity.

“This is all going to be part of what we call our Clean Energy Panel,” Harmon said. It will kick off on Wednesday morning, May 16, with a three-hour opening of the con- ference.

“The Solid Waste Authority is going to bring us up to date on what they’re doing with their new waste-to-energy plant in western Palm Beach County,” she noted, with Executive Director Mark Hammond speaking.

“We’ve asked the mayor of Tallahassee [John Marks III] to come in and be on a panel to discuss smart grid, the grid modern- ization. His city is the first in America to com- bine electric, natural gas and water services in a smart grid, and they are going to talk about its cost savings in taking that step,” Harmon said.

“Coming from Leon County School District, we have the director of project development for Wind Capital Group, will report on where the proj- ects are at present,” she continued.

“It’s the first commercial wind farm in Florida; we’re really excited about that,” Harmon said.

Another member of that same panel will be Susan Skip, director of the Southeast National Marine Renew-
nable Energy Center at Florida Atlantic University.

Other speakers will include West Palm Beach Mayor Jeri Muoio; Joseph Sanches, chief of facilities management for the Palm Beach County School District; Dale Bril, president of the Florida Chamber Foundation; and Dennis Gallon, president of Palm Beach State College.


Mounts Spring Plant Sale sprouting new shoots

SPECIAL TO FLORIDA WEEKLY

Despite the lack of April showers, Mounts Botanical Garden is sprouting early anyway – in fact, they’ll be busting out all over – as the Mounts Botanical Garden in West Palm Beach hosts “More than a Spring Plant Sale” April 28-29.

The regular spring event will be in full bloom as it is staged under the umbrella of the Hibiscus and Rose Shows this coming weekend.

Funds of the Mounts Botanical Gar- den expects hundreds of local horticul- tural enthusiasts and gardening aficio- nados to show up.

A breakfast for Mounts members kicks off the festivities at 8 a.m. Sat- urday, with the annual Spring Plant Sale running from 9 a.m. and featuring more than 80 vendors with a wide assortment of plants and goods for sale. Palms, orchids, bamboo, bego- nias, bromeliads, fruit trees and many other types of plants will be for sale. Saturday hours will be from 9 a.m. to 4 p.m.

Admission is free for Mounts mem- bers and $10 for non-members.

Allen Sistrunk, garden director, said “it’s a great opportunity to learn about plants that grow well in South Florida and to find something new for the gar- den.” And once again, the American Hibiscus Society’s annual judging and show in Exhibit Hall B, featuring many of the area’s best blooms.

New this year to the Mounts Spring Plant Sale will be the Greater Palm Beach Rose Society’s annual judging and show in the Auditorium building. Rose plants and bushes will be available for purchase at their booths.

Also, the PBC Woodturners will be selling items from a large selection of beautiful woodturnings in Exhibit Hall A.

Mounts, the county’s oldest and larg- est public garden, is both a display space for tropical and subtropical plants from Harron said that another particular focus of the conference will be on the conversion of municipal and school fleets to compressed natural gas, elec- tricity or biofuel. “One of the interesting sustainability trends that’s going to be discussed is the importance of that, because fleets use up so much oil. We’re going to dive into green fleets, moving from serv- ing the fleet, whereby they can get into compressed natural gas, biofuels, electric, propane – the alternative fuels,” she said.

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Special to Florida Weekly

Debate at PGA Corridor luncheon examines growth management changes

The PGA Corridor Association will present a lively debate at its Gauntlet Annual Private Property Rights Luncheon on May 2, an event that will feature nationally acclaimed land-use experts who will debate Florida's 2011 revisions to the Growth Management Act. "Lore it, Hate it, Keep it, Scrap it?"
The event, which is open to the public, takes place at the DoubleTree Hotel, in its Executive Center Grand Ballroom, beginning with networking at 11:00 am. The luncheon and debate begin at noon, with an opportunity to talk with the speakers at 1 pm. Debating will be: Jim Burling, director of litigation for the Pacific Legal Foundation, who will argue that the changes are a natural evolution of the law. It was enacted in 1988, when new housing and regional development, coupled with a strong economy, was moving forward rapidly. The PLF is a watchdog organization committed to defending private property rights in landmark cases nationwide. Mr. Burling was recently selected by his peers for inclusion in "The Best Lawyers in America 2012," in the field of eminent domain and condemnation law. He frequently lectures in continuing education courses; is chair-man emeritus of the Federalist Society's Environmental Law and Property Rights Practice Group and a member of the American College of Real Estate Lawyers.

Richard Grosso, professor of law at NOVA Southeastern University, who directs the Environmental and Land Use Law Clinic and teaches there, will focus on the impact of the growth management changes, which give cities and counties far more latitude in local development with no state oversight. Mr. Grosso is a widely recognized legal expert and policy advocate on environmental issues in the state. He was an assistant general counsel to the Florida Department of Community Affairs, which was effectively dissolved by the new law; former legal director for 1000 Friends of Florida; and former executive director of the general counsel of the Florida Bar. Mr. Grosso is a widely recognized legal expert and policy advocate on environmental issues in the state. He was an assistant general counsel to the Florida Department of Community Affairs, which was effectively dissolved by the new law; former legal director for 1000 Friends of Florida; and former executive director of the general counsel of the Florida Bar. He has extensive experience in high-profile land-use matters or certain features thereof without notice. Mr. Grosso is a widely recognized legal expert and policy advocate on environmental issues in the state. He was an assistant general counsel to the Florida Department of Community Affairs, which was effectively dissolved by the new law; former legal director for 1000 Friends of Florida; and former executive director of the general counsel of the Florida Bar. He has extensive experience in high-profile land-use matters, including the Museum of Discovery and Science, the Museum of Art/Port Laur- derdale, and the Norton Museum of Art in West Palm Beach.

She has a bachelor's degree in art history and a master's of nonprofit management from Florida Atlantic University, where she has created and implemented award-winning social media and public relations campaigns. "We are thrilled to welcome Mark and Alexia to the United Way of Palm Beach County. They both bring unique and invaluable skills to the table," said Chuck Anderson, United Way president and CEO, in a news release. "We are very fortunate to have such talented individuals fill these key positions that are integral to achieving the vision and mission of the organization."

Ms. Elbro has worked with the Child- ren's Services Council of Palm Beach County for 23 years, the last 13 as CEO. She also had experience in the child welfare systems of Texas and Virginia before serving as national child welfare training director at NOVA Southeastern University.

Ms. Oswald is assistant superinten-dent of the Palm Beach County School District; his most recent government experi- ence was as principal of Boynton Beach Community High School, where he helped bring the school up to a B rating from a D. United Way CEO Anderson said the two new board members "are both extremely well-recognized and respect-ed in the community for their stellar work. We … look forward to the energy and effort they will certainly bring."

Special to Florida Weekly

United Way posts 4 new appointments

The United Way of Palm Beach Coun- ty announces the appointment of Mark Erickson as chief financial officer; Alexia Savage as vice president of marketing and two new board members, Gauntan Elbro and Keith Richard Oswald. Mr. Erickson brings 16-plus years of experience to his new CFO position. He held the same post for United Way of the Inland Valleys in Riverside, Calif., most recently he was an adjunct faculty member of California State University at the same time.

Mr. Erickson is chairman of the Nomi- nations Committee of the United Way Worldwide Financial Issues Committee, in which CFOs from around the country work together to determine best prac- tices and needed changes, and provide training. He has bachelor's and master's degrees in business administration from Cal State. Ms. Savage, new VP of marketing and brand management, joins the United Way after nine years of experience in South Florida working for museums, including the Museum of Discovery and Science, the Museum of Art/Port Lau- derdale, and the Norton Museum of Art in West Palm Beach.

She has a bachelor's degree in art history and a master's of nonprofit management from Florida Atlantic University, where she has created and implemented award-winning social media and public relations campaigns. "We are thrilled to welcome Mark and Alexia to the United Way of Palm Beach County. They both bring unique and invaluable skills to the table," said Chuck Anderson, United Way president and CEO, in a news release. "We are very fortunate to have such talented individuals fill these key positions that are integral to achieving the vision and mission of the organization."

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FLORIDA WEEKLY NETWORKING

Literary Ladies lunch for author Daphne Nikolopoulos at the home of Annie Faulk

1. Susan Malloy and Christine Aylward.
2. Susanne Giardini, Lynne Kairalla, Lynn Reynolds and Mia Matthews.
3. Afsy Pottash and Lisa Desmond.
4. Marie Samuels, Susan Cushing and Annie Falk.
5. Brewer Scholler and Tracey Hritz.
7. Daphne Nikolopoulos and Annie Falk.
FLORIDA WEEKLY NETWORKING
Northern Palm Beach County Chamber of Commerce Business Before Hours at Doubletree Hotel

1. Donald Kiselewski and Steve Martino.
2. Ben Hartman and Janette Dowley.
3. Brian McPherson and Sean Nealon.
4. Brian LaMotte and David Brobst.
5. Matt LaTour, Patricia Bowen, Beth Garcia, Christina Lefl and Rhea Singer.
7. Todd Hutchison, Michael Menene.
8. Ed Tancer and Rene Carry.
11. Russ Scott, Mary Lattimore.
12. Laurie Albert, Beth Garcia and Jenn King.
13. Perethius Baker, Dr. Edward M. Elsey and Elizabeth Caysin.

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.
Northern Palm Beach County Chamber hYPe mixer at Seasons 52

1. Donald Kiselewski and Chistina D’Elosua
2. Faith Gordon, LaTasha Lee, Matthew Keample, Olga Murphy and Saima Siddiqi
3. Lauryn Barry and Greg Leach
4. Elliott O’Rourke, Christina Ferreri and Jennifer Ribak
5. Penthouse Baker, Donna Goldfarb, Jennifer Sardone and Antony Clerk
6. Dusty MacBeth, David Medelton and Stephanie Waltrip
7. Noemi Coltea and Donald Kiselewski
8. Halli Nicollos, Danielle Mousseau, Christie DuBois and Ashley Gordon
9. Zachary Sobel and Antony Clerk
10. Jack LeVine and Pamela Rouch
11. Roger Feicht and Matt Belger
12. Jack LeVine, Jon Levinson and Jeff Mustard
13. Matt Doyle, Jami Mitchell and Dan Uzzi
14. Jennifer Beiger, Matt Belger and Claudia Murphy

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.
One of the finest custom-built homes in Palm Beach is offered for the first time. The perfectly proportioned living areas are sophisticated, gracious and comfortable. The home at 323 Eden Road is beautifully appointed with the highest-quality finishes, flooring and architectural details. It features an outstanding floor plan for elegant entertaining or casual evenings spent outside on the loggia or spacious grounds overlooking the pool. This four-bedroom, five-bath home has a two-car garage and deeded beach access. Features include castle-stone flooring from France in the foyer; wide-band, hardwood flooring in the living room, dining room and study; custom, wood-tray ceilings; two working fireplaces; custom kitchen cabinets by Peacock; and unpolished, marble countertops. The home offers a temperature-controlled wine room. The master suite includes two dressing rooms and two baths overlooking the lushly landscaped yard. Outdoors are a built-in grill and a separate guest house overlooking the grounds and pool. Fite Shavell & Associates lists the home at $4,999,000. Agents are Paul Birmingham, 561-379-2408, pbirmingham@fiteshavell.com, and Mia Morrison, 561-379-7691, mmorrison@fiteshavell.com.
**Veteran broker to lead new Lang Realty office**

A 25-year veteran of the real estate industry, Ms. McKeon spent a decade of her career in New York City handling nearly every aspect of transactions, sales and marketing of high-end condominiums and homes throughout the tri-state area.

Lang currently has nine offices throughout South Florida from Boca Raton to the Treasure Coast and more than 300 agents. Lang’s West Palm Beach office will open this summer. For more information, see langrealty.com or call 954.71.280.

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**Gulfstream Goodwill Industries receives donation of old mall contents**

With the impending demolition of the Palm Beach Mall in June to make room for a new open-air outlet center and adjacent shopping center, there was a need to empty the enormous space of remaining fixtures and other items.

Tom Carabine, president of Carabine & Associates, decided to donate the rest of those contents to Gulfstream Goodwill Industries Inc. They include an ice machine, furniture, lighting and other fixtures and bins of brand-new clothing.

“Goodwill was the only charity that received the items remaining. There will be about 20 truckloads in total,” Mr. Carabine said.

Ed Rodie, Gulfstream’s director of business development, said, “Thanks to the generosity of Mr. Carabine, the ice machine will go to our Transition to Life Academy Charter School in Boynton Beach; fixtures to our new store opening in Stuart in the fall; and the clothes will be distributed to Gulfstream Goodwill’s 26 retail stores.”

Proceeds will help finance programs and services that Gulfstream Goodwill Industries provides to assist people with disabilities and other barriers to employment in becoming self-sufficient, working members of the community.

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**KOVELS: ANTIQUES**

Collectors fish for finds on aquariums

**Q:** I’m trying to find information about my 5-foot Col. Sanders metal weathervane. I was among the crew who remodeled a Kentucky Fried Chicken restaurant in Miami in 1980. The weathervane was going to be trashed, and I was the only worker who wanted it. So I took it home and had it in my room for 12 years. The weathervane is a full figure of Col. Sanders holding his cane up in the air. The weathervane must have stood on top of the restaurant for about 20 years. What is it worth? How should I sell it?

**A:** Harland Sanders (1890-1918) opened his first restaurant in Corbin, Ky., in 1930. The first Kentucky Fried Chicken franchise opened in 1952, and there were 600 by 1964. We have seen Col. Sanders weathervanes for sale at antique shows for about $500. But a few have sold at auction for $1,000 or more. Price depends not only on where and how you sell it, but also on condition. If your weathervane is not rusty and the color is faded, contact an auction that specializes in advertising. You will have to pay a commission.

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**Q:** We’re moving and have a collection of old pictures in frames that my great-grandfather bought for $10 at a barn sale in the 1950s. One is a print of cattle and ducks that’s signed by James M. Hart. Under his signature are the words “copyrighted 1889 by James M. Hart.” There are some brown stains in the corner. Is it worth anything?

**A:** James McDougal Hart was born in Scotland in 1828. His family immigrated to Albany, N.Y., in 1830. Hart started out as a sign painter’s apprentice, then studied art in Germany. In 1854 he opened a studio in Albany. Later, he opened studios in Brooklyn and Keene Valley, N.Y. Hart died in 1901. Several of his works are in museums today. The brown stains on your print are deterioration due to age or by exposure to heat, cold or humidity. If your pictures were stored in a barn, conditions were not ideal. Some oil paintings by James M. Hart sell for several thousand dollars. But his prints, in perfect condition, sell for just a few hundred dollars. Your print would be difficult to sell since it is in poor condition.

**Tips:** If you buy an old teddy bear at a garage sale, bring it home and put it in a plastic bag with some mothballs for a few weeks. Don’t let the mothballs touch the bear. The fur and stuffing of old bears attract many types of hungry insects.

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**KOVELS: ANTIQUES**

Collectors fish for finds on aquariums

**Q:** Did you have a bowl filled with pet fish when you were young? The idea dates back to the Roman Empire, when carp were kept in marble tanks. Once panes of glass were made, a pane could be used on one side of the tank so people could more easily watch the activities of the fish. The Chinese were making large porcelain tubs for goldfish by the 1400s.

Copies of these tubs are still being made and sold, although they are usually used for plants, not fish. By the 19th century, there were aquariums and fish bowls that look like those found today. Raising fish became an important hobby, and the first public aquarium opened in 1853.

By 1900 there were aquariums and fish bowls made in fanciful shapes, and some were even part of a planter or lamp. It is said that keeping fish is one of America’s most popular hobbies. So when a fishbowl topped by three ceramic polar bears was auctioned at Humler & Nolan in Cincinnati, it’s not surprising that it sold for $2,540. The bears and ice are designed in a style popular after 1890.

**Q:** A few years ago, I bought a round 60-inch dining-room table with a pedestal base at a Los Angeles antique shop. The dealer told me the table was made in Germany, but there’s no label or mark on it. The interesting thing about it is that there’s a thick base under the tabletop that hides eight leaves. You can lift the top of the table and rotate the coves so they form a ring around the table, making the tabletop 80 inches in diameter. Have you ever seen a table like this?

**A:** Your table is called a “perimeter table,” and the leaves are referred to as “pter leafs.” The style has been around for decades and some cabinetmakers are building them today. A U.S. patent for this sort of table was granted in 1911. That was during an era when all sorts of different table extension designs were being invented.
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—Ronald & Anthony

“It was so wonderful working with such professionals! You made everything pertaining to my purchase look so easy. Besides that, you also were so easy to work with and work with. I appreciate all that special effort you put into helping me and I, in return, will do everything in my power to recommend The McAdams Team to all my friends and family.”
—Monette

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Oasis 14A
3BR/3.5BA – Panoramic ocean to ICW views. World Class estate, fully furnished. Turnkey
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Martinique WT 2604
2BR/3.5BA Penthouse - beautiful views, new wood floors and appliances... LIKE NEW!
$899,000

Ritz Carlton 1102B
3BR/3.5BA – Awakens to breathtaking views of the ocean and ICW. Fully Furnished and Turnkey
$1,996,000

Martinique ET 2201
2BR/3.5BA High NE corner unit with beautiful ocean and intracoastal views.
$699,000

Beachfront PH03
3BR/3.5BA Spectacular views from every room with poolside cabana!
NOW $1,395,000

Martinique PH WT 2601
Penthouse 2BR/3.5BA with beautiful views of ocean and intracoastal.
$599,000

Oasis 2A
PRICED TO SELL, 3BR/3.5BA 4000+ sq. ft.
NOW $849,000

Martinique WT 2601
RARE 3BR/4.5BA. Gorgeous views of ocean & intracoastal. 2 parking spaces and cabana
$751,000

Beachfront 1601
DIRECT OCEAN-2BR/3.5BA. Outstanding views. Marble floors.
$1,499,000

Via Dellino 1801
RARE 4BR/3.5BA
Direct Ocean with Poolside Cabana.
$1,590,000

Oasis 128
3BR/3.5BA + Den. Direct Ocean full floor luxury estate with panoramic ocean to IWC views and over 4000 sq. ft. Master bedroom appears to float to float on the ocean. Over 700 sq. ft. of glass wrapped balconies and private elevator access leads directly to unit foyer.
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Ritz Carlton 661A
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$1,925,000

Ritz Carlton 1001A
3BR/3.5BA + Den – Direct ocean with 10ft ceilings, extra storage and 2 parking spaces. Great views. Designer ready.
NOW $1,995,000

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First ‘swede fest’ Palm Beach seeks adventurous amateur filmmakers

BY SCOTT SIMMONS
simmons@floridaweekly.com

SunFest celebrates its 30th festival along the West Palm Beach waterfront May 2-6.

It started out as a cute little waterfront jazz festival designed to extend season by a couple of weeks.

Twenty-nine seasons later, it attracts about 275,000 visitors who still come each year to hear jazz, plus alternative rock, classic rock, reggae and a little ska.

SunFest isn’t just about the music.

The works of more than 165 national artists will be on display in the BB&T Juried Fine Art & Craft show. Look for jewelry, paintings, pottery and ceramics, photography, sculpture and works in wood and other media.

And it’s all along downtown West Palm Beach’s newly landscaped waterfront, which organizers last year referred to as a gift.

With that in mind, we offer you 10 reasons to attend this year’s SunFest.

1. He is Orthodox Jewish, but there is nothing orthodox about the backbeat of Matisyahu’s music. The reggae star has been making the rounds of Florida and why not? He has relatives here — his aunt, Lynn Allison, is vice mayor of Ocean Ridge, and his motor home has been seen parked in front of her house. It’s love, peace and reggae at 7:30 p.m. May 6 on the PPL Stage.

2. If reggae is an art form, then more will play to the masses. This means that anyone with any type of camera may enter, although the works themselves must be submitted on a DVD. Also: “Films must be under three minutes and PG-13, even if the source material is not. This means finding creative ways to get around any violence, objectionable language and nudity.”

3. The films receive two free tickets.

4. Films are being sought now for the July 27 festival, which will be at 7 p.m. at the Borland Center, 4801 PGA Blvd. There is no charge for submissions, and the deadline is July 13.

5. The organizational news release: “Swede fest is not a competition, so we try to avoid comparisons that come from multiple swedies of the same film. We recommend that swede-makers embrace the amateur nature of sweding and opt to use found objects rather than spend any real money making these movies. The actual genius comes from how one’s personality and/or sense of humor shines through.”

For examples of this genre of film, see swedefest.com. The organizers say that anyone with any type of camera may enter, although the works themselves must be submitted on a DVD. Also: “Films must be under three minutes and PG-13, even if the source material is not. This means finding creative ways to get around any violence, objectionable language and nudity.”

All of the rules are on the swede fest palm beach website, swedepalmbeach.com, along with examples. Those interested in sweding a film must e-mail info@swedepalmbeach.com and call dibs on the film. For more information, call Belle Forino at 282-4623 or e-mail bforino@ramrealestate.com.

6. People who enter the festival will have their work selection. Those who enter the festival do cost $5; however, those who enter films receive two free tickets.

7. Another competitive reason to attend the festival: “Counterculture cinematographers embraced the film form, resulting in the very first ‘swede fest’ in Fresno, Calif. Next came swede fest ‘Tampa Bay, and now it’s the Palm Beaches’ turn.

8. Independent film festivals have a long history of bringing quality, undiscovered talent to the forefront; but a swede fest does the opposite. It can bring forth some talent to the forefront; but a swede fest does not. It can bring forth some

9. The actual genius comes from how one’s personality and/or sense of humor shines through.”

10. First ‘swede fest’ Palm Beach seeks adventurous amateur filmmakers

SPECIAL TO FLORIDA WEEKLY

Mainstreet at Midtown in Palm Beach Gardens, in conjunction with the Borland Center for the Performing Arts, is bringing a first to the area: an independent film festival based on the underground “sweding” craze of the past few years.

The term has nothing to do with Swedes or Sweden, so those of Swedish descent should not be offended. Instead, it comes from the 2008 comedy “Be Kind Rewind.”

“A swede” is defined as a no-budget, bad remake of a hit Hollywood movie. The actual genius comes from how one’s personality and/or sense of humor shines through.”

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According to the festival organizers’ news release: “Swede fest is not a competition, so we try to avoid comparisons that come from multiple swedies of the same film. We recommend that swede-makers embrace the amateur nature of sweding and opt to use found objects rather than spend any real money making these movies. The actual genius comes from how one’s personality and/or sense of humor shines through.”

For examples of this genre of film, see swedefest.com. The organizers say that anyone with any type of camera may enter, although the works themselves must be submitted on a DVD. Also: “Films must be under three minutes and PG-13, even if the source material is not. This means finding creative ways to get around any violence, objectionable language and nudity.”

All of the rules are on the swede fest palm beach website, swedepalmbeach.com, along with examples. Those interested in sweding a film must e-mail info@swedepalmbeach.com and call dibs on the film. For more information, call Belle Forino at 282-4623 or e-mail bforino@ramrealestate.com.
It was a classic oversell. The ad for the house — much like an online dating profile — promised big things: a great neighborhood, excellent square footage, modern appliances. If the house were a man, he’d be 6-foot-2, gainfully employed and driving a foreign-made car.

But when the real estate agent drove me to a dingy neighborhood and parked in front of a piece of property sandwiched between a tattoo parlor and a pizza joint, I knew this was a case of misrepresentation. My great potential boyfriend was actually 5-foot-2 and still living at home.

“My you have got to be kidding,” I said to the agent.

He gave me a disdainful look. “I can tell you haven’t seen many houses in your price range,” he said, as if my unemployed, height-challenged date were telling me, “Baby, you ain’t gonna do any better than this.”

My spirits flagged but I pressed on, the way people will soldier through bad date after bad date, armed only with relentless optimism. They say you have to kiss a lot of frogs to find your prince, and I kissed every frog in the county. Until finally my broker called with good news.

“I found it,” he said, “The One.” My Prince Charming.

I imagined tall windows and good closet space. I kept my fingers crossed for a full kitchen and sizable bedroom. I hoped my new beau — I mean, house — would have hardwood floors.

But when I saw my agent the next morning, he was glum.

“Bad news,” he said. “We lost the place. It went two hours after I called you.”

My prince already had a partner.

“But do you want to see it anyway?” the broker said. “Just to see what’s available in the neighborhood?”

I should have said no. Like a crush on a married man, it could only end in heartbreak.

My broker drove me to a stately neighborhood with old trees standing on the corners and the river just visible in the distance. The house itself was dignified. Grand, even. As he unlocked the front door, light spilled out. I could see floor-to-ceiling windows covering an entire wall. I could see there was good closet space, and the oak floors gleamed in the sunshine pouring through the windows. I pressed my hand to my chest.

“You just broke my heart,” I said to the agent.

“You like it?”

“It’s perfect.”

In hindsight, it wasn’t perfect. The kitchen was too small and those big windows fronted the street. It probably got loud at night. I’d need more space and the living room had an odd shape. But I didn’t consider any of that as I stood in the foyer drenched in sunlight, mourning the fact that someone else had gotten there first.

Later that night a friend shared this bit of wisdom: One day someone will walk into your life and make you see why it never worked out with anyone else.

She was right, I told myself. The perfect someone — the perfect place — is out there. I just have to keep looking.
MALTZ JUPITER THEATRE PRESENTS

2012/13 EVENT SCHEDULE

PUBLIC ONSALE MAY 7 AT 10:00AM

THE LARAMIE PROJECT

SEPTEMBER 8 at 7:30PM

The Laramie Project is about the brutal murder of gay college student Matthew Shepard in Laramie, Wyoming in 1998. The play explores the depths to which humanity can sink and the heights of compassion of which we are capable.

PRESENTED BY LOCAL HIGH SCHOOL STUDENTS AS PART OF THE MALTZ JUPITER THEATRE’S YOUTH ARTISTS’ CHAIR PROGRAM.

TOP TEN LIMITED ENGAGEMENTS

1. NEW YEAR’S EVE CAPITOL STEPS

Come along for the ride as they take a humorous look at some serious issues in an all-new show to ring in the New Year.

DECEMBER 31 at 5PM and 8PM

2. DEFENDING THE CAVEMAN

The longest-running solo play in Broadway history focuses on the hilarious ways men and women relate.

JANUARY 14 at 5PM and 8PM

3. LATE NITE CATECHISM

An uproariously funny play that takes the audience back to their youth. The irrepressible Sister teaches class to a roomful of “students” filled with audience participation.

JANUARY 20 at 8:00PM

4. CHRIS MACDONALD’S MEMORIES OF ELVIS

Join us for a memorial tribute celebrating the life and music of Elvis Presley in honor of his 78th birthday.

JANUARY 21 at 7:30PM

5. JAY AND THE AMERICANS

The ‘60s pop legends sing “This Magic Moment,” “Come a Little Bit Closer,” “Tonight,” “Cara Mia,” and more!

JANUARY 28 at 7:30PM

6. THE PLATTERS

Take a trip down memory lane with the smooth sophisticated sounds that helped launch Doo Wop music. Singing hits such as “Only You,” and “Great Pretender!”

FEBRUARY 18 at 7:30PM

7. THE SECOND CITY LAUGHING MATTERS

From the company that launched the careers of Tina Fey, Steve Carell, and more, comes an evening of hilarious sketch comedy and improvisation.

MARCH 10 at 8:00PM

8. ROGER MCGUINN

The front man and founder of The Byrds is famous for such hits as “Turn, Turn, Turn,” “Eight Miles High” and “Mr. Tambourine Man.”

MARCH 11 at 7:30PM

9. THE CELTIC TENORS

Celebrate your roots as the classical crossover group performs a mix of Irish, folk and pop.

MARCH 18 at 5PM and 8PM

10. JOHN PIZZARELLI QUARTET

The world-renowned jazz guitarist and singer is known for classic standards, late-night ballads, and the cool jazz flavor he brings to his performances.

MARCH 27 at 7:30PM

FOR TICKETS: (561) 575-2223

GROUP SALES: (561) 972-6117

www.jupitertheatre.org

1001 East Indiantown Road, Jupiter FL 33477
actual art. There will be 165 national artists in the juried show. There typically is a range of works at the show; many reflect SunFest’s tropical setting.

3. It’s your chance to rock out! Veterans Joan Jett and the Blackhearts take the Tire Kingdom Stage at 9 p.m. May 5. Tallahassee’s Creed plays its audience-pleasers at 9:45 p.m. May 4 on the Bank of America Stage. Post-grunge rockers Third Eye Blind do their thing at 9:30 p.m. May 5 on the Bank of America Stage. But it’s not all rock. Snoop Dog raps at 8:45 p.m. May 3 on the Bank of America Stage and Herbie Hancock swings at 8 p.m. May 3 on the Tire Kingdom Stage, reminding audiences that SunFest started out as a jazz festival.

4. Sometimes, it’s nice to slow down and rest at an event like SunFest. Hence, the Oasis (make that Oases; there are three of ‘em). The Captain Morgan barges will offer tropical drinks. Nothing like a little rum and relaxation on the water.

5. The Mighty Mighty Bosstones combine a heady mix of ska and punk to keep that island beat going — never mind that they originally are from Cambridge, Mass. They released their latest album, “The Magic of Youth,” last December. They play at 4:15 p.m. May 5 on the FPL Stage.

6. The TGI5K. Where else can you run before you party? The race gets under way at 5 p.m. May 4 in downtown West Palm Beach. A misty-style rinse area is available for runners after the race, or they can use the showers at Ultima Fitness, at the corner of Clematis Street and South Dixie Highway, for a $1 towel charge. The race begins south of Southern Boulevard, at Edmor and Flagler drives and takes runners into SunFest. It cost $45, but that includes free admission to SunFest, plus one beer/water/soft drink.

7. SunFest’s Rock and Roll Shootout. There have been four weeks of competition at Seminole Coconut Creek leading up a performance by the winning Rosco Martinez Band at 2 p.m. May 5 on the Tire Kingdom Stage. The band mixes psychedelic rock, soul and blues with spicy Latin rhythms.

8. The Youth Park. SunFest recognizes that art and cool music aren’t necessarily kids stuff, so that is why each year organizers create a mini-SunFest, with activities and entertainment designed for children. Worried about being separated from the rug rats in a crowd? SunFest offers its Tag-a-Kid program, in which kids wear a numbered wristband that is linked to a parent or guardian’s contact info. By the way, admission for children 5 and under is free. Kids 6-12: $8 in advance, $10 at the gate.

9. You may be asking yourself: Is that beer or is it art? Actually, it will be both on May 5-6, as the Coors Light Silver Bullet Aluminum Pint splashes into the festival as 3-D street art. A painter will create a work of art that appears to pop from the ground when photographed.

10. Fireworks! The Verizon Fireworks Show concludes the festival with a bang over the Intracoastal Waterway at 9 p.m. May 6.
CONTRACT BRIDGE

BY STEVE BECKER

Famous hand

This deal occurred in a tournament played in France in 1963 to select the French representative that year to the annual European team championship. And quite a deal it was!

It started off innocently enough when Jacques Stetten, playing with Leon Tintner, opened third-hand with one spade. East bid two hearts — he had values to spare for his modest overall, but no better call was available — and South bid three diamonds.

At this point, the bidding became frenetic. North bid three hearts, a cuebid indicating a strong hand with a probable void in hearts, and East doubled. After two passes, North then bid four hearts! This was a further cuebid, confirming the heart void, and even more importantly, it urged South to bid a slam in either diamonds or spades, depending on his hand.

South quickly accepted the invitation by bidding six diamonds. True, South had only 10 high-card points (six of which he knew were wasted opposite North’s void). But South also had a seven-card suit and a void in clubs that North could not possibly know about.

But that wasn’t how things turned out. Tintner easily made six diamonds redoubled for a score of 1,330 points, losing only a diamond trick, and poor East was left wondering what in the world had hit him.

Don’t miss the last concert of 2012!
6:00PM until 8:00PM Thursday

Music on the Plaza – it’s a heart full of soul.
Free Concerts | Free Parking | Lawn Chairs Welcome

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

WHAT TO DO, WHERE TO GO

Thursday, April 26

**Story time session at the Loxahatchee River Center** — 9:30 a.m. Thursdays, Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7212; or visit www.loxahatcheeriver.org/rivertcenter.

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


**Dance Tonight** — Open Latin/ballroom mix party features live music by Jimmy Falzone every Thursday. Group lesson 8-9 p.m.; party 9:30-10 p.m.; admission $15 for entire evening, includes light buffet; 944 Ave Park, Lake Park; 844-0255.

**Clematis by Night** — Live music 6-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach. April 26: Boss Groove. Free: 822-1515 or visit www.clematisbynight.net.


**Kid's Monthly Movie** — Featuring Mighty Mouse and King Shad at 11 a.m. April 30, Lake Park Public Library, 529 Park Ave., Lake Park. Free: 881-3300.

Friday, April 27

**Lake Park “Supermarket”** — 5-9 p.m. Fridays through Oct. 26, Kitchen Table, 9000 Shore Drive, Lake Park; (203) 222-3574.

**Friday Night Dance Party** — 8-10 p.m. Fridays, Alexander's Ballroom, 51 W. Indiantown Road, Jupiter. Cost: $5 per person; 743-0703 or alexandersballroom.com.

**DownTown’s Weekend Kickoff** — Singers perform 6:30-9 p.m. April 28. The Party Dogs: April 27: Samantha Russell Band. Downtown at the Garvey Center, April 28, 1/10 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

**“Margie is Moving In”** — An original play by Kevin Bradley. 8 p.m. April 27 and 28. April 29, at the Atlantic Theater, 6743 W. Indiantown Road, Jupiter. Tickets: $22. Benefits The Haven House, a safe place for women and children; 575-9492 or www.thehavenlitchester.com.

**“Singin’ and Dancin’ in the Rain”** — A celebration of Gene Kelly, 8 p.m. April 27. The Mos’ Art Theatre, 700 Ave Park, Lake Park. Tickets: $25; 502-8695 or www.themosarttheatre.com or 337-6763.

**The Art of Spring — An Explosion of Color** — Visit with a local artist April 5-8 p.m. April 27 at Artists Showcase of the Palm Beaches at the Historic Jenkins House. 810 Park Drive, West Palm Beach.

Saturday, April 28

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

**Public Fish Feedings** — At the Loxahatchee River Center — 2 p.m. Saturdays at the Wild & Scenic and Deep Marine Tanks, Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7212; or visit www.loxahatcheeriver.org/rivertcenter.

**Palm Beach Gardens Residents Coalition Palm Beach Town Hall** — All owners, residents and interested citizens are invited to hear Sheryl Steckler, Inspector General of Palm Beach County, speak about fraud, waste and corruption, 11:30 a.m.-1:30 p.m. April 29. Civic Center Meeting Room, Palm Beach County, speak about fraud, waste and corruption. Price: Free/ Friends of the J; $10 annual fee; guests: 712-5233. JCC North, 4803 PGA Blvd., Palm Beach Gardens; 433-3000.

**Palm Beach Gardens Green Market** — 8 a.m.-1 p.m. Sundays through May 6. City Complex, 4001 Burns Road, 756-3600.

Monday, April 30

**Timely Topics Discussion Group** — Live discussion group covers the most up-to-date topics faced by the local community. Burlington Levy, 100 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

Tuesday, May 1

**Mah Jong & Canasta Play** — Ongoing every Monday, Tuesday and Thursday, 10 a.m. to 2 p.m. at The Colony Hotel, 1/10 Lakeside Drive, West Palm Beach at the North Palm Beach Library. Price: Free/Friends of the J; $8/guest; 712-5233.

**Stayman Memorial Bridge** — A fund raiser to benefit the Isla Benevolent Society, 11 a.m.-1 p.m. Saturday, May 2. Call 712-5233. JCC North, 4803 PGA Blvd., Palm Beach Gardens; 340-1600.

**Zumba class** — 7:35-8:15 p.m. Tuesdays at the Burnts Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Drop-in rates: $15.50. Call 630-4010 or visit www.pbflc.com.

**Third Annual Emerging Artists** — Gathering — Presented by Palm Beach Dramaworks and the Dreyfoos School of Arts Theatre Department, 2 and 7 p.m. May 1. Palm Beach Dramaworks, Don & Ann Brown Theatre, 201 Clematis St., West Palm Beach. Tickets: $10. 226-1100 or visit www.pbxfl.org.

**Clicking In Forum** — Dena Sisk Fosm, esq., will speak on “Releasing Shame and Defining Yourself.” From 11 a.m. to 1 p.m. May 2 at the Colony House, 155 Hammon Ave., Palm Beach. Linda White, artistic director of ArtStage, a performing center for dance, drama, and acting for children, will present a dance number. A panel discussion will follow with an opportunity for audience participation. Tickets, which include a luncheon at noon, are $55 at the door. Exhibitor tables are $75. For reservations, email laniclick@gmail.com; call 329-7292 or sign up at www.clickingin.org.

**The Gaeta Annual Private Property Rights Luncheon** — Networking starts at 11:30 a.m. May 2, the Gaeta/Don Drop meets at noon and an opportunity to meet and speak with the speakers is at 1 p.m. at the Double- Tree: call 517-0442 or visit www.pbgfl.com.

**Basic Computer Class** — 10 a.m.-noon Wednesdays in Room 103 at the Lake Park Public Library, 529 Park Ave., Lake Park. Space is limited; call to reserve a spot: 881-3300.

**“Break Up Support Group”** — 10 a.m. Wednesdays, various locations in Palm Beach County. Sponsored by the Counseling Group, which provides free Christian counseling, classes and support groups; 624-4558.


**Bridge Classes with Sam Brams** — 10 a.m.-noon Wednesdays — JCC North, 4803 PGA Blvd. Six-week session: $35 at the Lake Park Public Library appreciated.Call Rhonda Gordon, 712-5233.

**Ongoing Events**


**April 26** — Rod MacDonald & Big Brass Bed Tribute to Bob Dylan, 8:30 p.m. April 27; Bobby & the Rodgers Jazz Trio with guest Jon Zeeman, 9 p.m. April 28: Dawn Patrol, Aquaphonics, The Matt Fard Band, 9 p.m.
WHAT TO DO, WHERE TO GO


**Palm Beach Photographic Center** — *Insights & Surprises* “Color Light Abstractions” by mid-20th-century photographer Wynn Bullock. Shows run through June 9. The Photographic Center is in the City Center, 457 Clematis St., downtown West Palm Beach. Hours are 10 a.m.-6 p.m. Monday-Thursday and 10 a.m.-5 p.m. Friday and Saturday; call 253.2600 or visit www.workshop.org or www.fotofusion.org.

**“New Eyes”** — The exhibition showcasing the fine-art photography of Barry Seidman that is presented by The John D. and Catherine T. McArthur Foundation is at Lighthouse Artspace, 615 Clematis St., downtown West Palm Beach. Hours are 10 a.m.-6 p.m. Monday-Thursday and 10 a.m.-5 p.m. Friday and Saturday; call 253.2600 or visit www.museumart.org.

**Jazz on the Palm** — West Palm Beach’s free outdoor Jazz concert series 8-10 p.m. the third Friday of the month on the Palm Stage on the Waterfront Commons, downtown near Clematis Street.

**Palm Beach Improv** — April 26-29: DelRay Davis. At CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-8112 or www.palmbeachimprov.com.

**Lighthouse ArtCenter** — Museum is at Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Tuesdays, Wednesdays and Fridays, and at 11 a.m., 1 p.m. and 2 p.m. Saturdays. Cost: Members free, $10 non-members ages 12 and up. Free admission Saturdays; 746-3101 or www.lighthousearts.org.


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FLORIDA WEEKLY PUZZLES

NO WHEY!

ACROSS
1. In a row (9)
2. Eat up (9)
3. A smart move (6)
4. Make short work of (4)
5. Tell (4)
6. Worth (8)
7. A measure of consumption (7)
8. A unit of currency (4)
9. A bird (5)
10. A type of wood (8)
11. The size of a shoe (9)
12. Delicious (7)
13. A vegetable (8)
14. A tool of farming (7)
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HOROSCOPES

TAURUS (April 20 to May 20)
Your resolute determination to stick by a position might make some people uncomfortable. But if you’re proved right (as I expect you to be), a lot of changes will tilt in your favor.

GEMINI (May 21 to June 20)
You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.

CANCER (June 21 to July 22)
That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.

LEO (July 23 to August 22)
A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.

VIRGO (August 23 to September 22)
An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.

LIBRA (September 23 to October 22)
You’ve come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.

SCORPIO (October 23 to November 21)
Forget about who’s to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you’ll never be able to cross.

SAGITTARIUS (November 22 to December 21)
Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you put off will soon be back on your schedule.

CAPRICORN (December 22 to January 19)
A mood change could make the mercurial Goat seek the company of just a few friends. But you charge back into the crowd for weekend fun and games.

AQUARIUS (January 20 to February 18)
A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger’s point of view.

PISCES (February 19 to March 20)
You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.

ARIES (March 21 to April 19)
The often skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.

BORN THIS WEEK: You have a fine business sense and a love of the arts. You enjoy living life to its fullest.
‘Chimpanzee’

**★ ★★**

Is it worth $10? No

We criticize feature films all the time when they go into production without a finished script and the results are poor, so why not do the same for documentaries?

To be clear, documentary producers ordinarily have an agenda to fulfill and orient their stories toward whatever they want the audience to believe. But Disney-nature, the Mouse House offshoot responsible for prior Earth Day documentaries “Earth,” “Oceans” and “African Cats,” shot “Chimpanzee” for three years in African jungles without any idea how it would become a feature documentary. And after seeing the film, one can fairly say they still have no idea what to do with the footage.

The focus of directors Alastair Fothergill and Mark Linfield seems to be the similarities chimps share with humans. As narrator Tim Allen tells us in the opening, a chimp’s world is one “of drama, sadness and joy” — just like ours.

Mr. Fothergill and Mr. Linfield proceed to spotlight Oscar, a baby chimpanzee who’s learning the ways of the world from his mother, Isha (as usual, the filmmakers give the animals human names to make them more relatable). Fair enough and interesting for 15 minutes, but this is a cutesy novelty, not a compelling thesis.

What’s more, for a 78-minute film, not much happens.

We watch Isha teach Oscar how to eat, sleep, etc. for about 45 minutes. Nothing changes until Oscar has to fend for himself. What this means is that the story is out of whack and lacks direction, and there’s nothing here to elevate what we’re seeing over a National Geographic TV show.

Admittedly, though, the likeness between chimps and humans is fascinating. Notably, the eyes, ears, nose, hands and feet all bear striking similarities. Chimps also, curiously, have the ability to think and strategize. In one scene, troop leader Freddy leads the pack to surround a group of monkeys and lure them into a trap. When it works, our interest is piqued — but then there’s nothing of substance to follow it with.

To their credit, Mr. Fothergill and Mr. Linfield try to keep things visually dynamic. Time-lapse photography shows the evolution of flowers and plants blooming, a spider spinning its web and water flowing through a crevice. Unfortunately, the filmmakers struggle with the action sequences, and it’s hard to tell who’s who when a rival troop of chimps attacks. As for the narrator, Mr. Allen does what he can with the material, but when he’s forced into silly jokes — “Don’t forget the side salad!” as the chimps eat plant leaves after feasting on a dead monkey — it all feels childish and trite.

No G-rated movie from Disney ever would, could or should be more edgy or controversial, but it does need to have more structure. There might not have been a better story to tell from the footage, but something more creative is sorely needed to make this more appealing.

“Chimpanzee” might appeal to hardcore animal lovers, but anyone else will want their money back.

CAPSULES

The Three Stooges

**★ ½**

(Chris Diamantopoulos, Sean Hayes, Will Sasso) The three delightfully inept title characters try to raise money to save the orphanage in which they lived until they were 35. It’s not always funny, but this is an earnest homage to the classic “Stooges” shorts from the 1930s. Rated PG.

Bully

**★★★★**

(Alex, Kelby, Ja’Maya) Filmmaker Lee Hirsch chronicles various schoolchildren who are victims of bullying throughout the United States, it’s maudlin and manipulative, and lacks perspective outside of that of the victims, but it nicely accomplishes its goal of inspiring you to act against bullying. Rated PG-13.

Lockout

**★★★★★**

(Guy Pearce, Maggie Grace, Peter Stormare) In 2079, an ex-CIA agent (Mr. Pearce) is sent to an outer space prison to rescue the president’s daughter (Ms. Grace) from the convicts who’ve taken over. Some of the visual effects are cartoonish and the story is predictable, but it’s also a fun premise that delivers on the action. Rated PG-13.
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 Society of The Four Arts Contemporary Gala
2. Whitney Taylor, Chris Leidy and Amanda Bozit
3. Talbott Maxey, Darlene Jordan and Heather Henry
4. Marley Goodman, Ashley Harcourt and Bettina Anderson
5. Lauren Borman, Nevin Bauman and Bridget Borman
6. Jose Pepe Fanjul and Luannes Fanjul
7. Matthew Byrne and Alix Byrne
8. Kate Mooe and Trip Moore
9. Robin and Noberto Acqueto
10. Christie Gannon and Wendy Abony

Society

Arts Contemporary Gala at the Four Arts sculpture gardens

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.
SOCIETY

Thank you dinner for Kravis Center members, at Gimelstob Ballroom

1. Eric Zvejnieks, Ari Rifkin, Adele Siegel and Sumner Hushing
2. Sheila Engelfried, Neil Sedaka and Alec Engelfried
3. Colleen Bracci and Mike Bracci
4. Judy Messing, Gilbert Messing and Sandra Heine
5. Zelda Mason, Neil Sedaka and Allen Mason
6. Munique Marks and Donald Ephraim
7. Ana Scheller and Dr. Zbigniew Scheller
8. Marilyn Lampert and Arnold Lampert
9. Maurice Deane and Barbara Deane
10. Arlette Gordon and Elizabeth Bowden

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COURTESY PHOTOS
Museum of Golf exhibit honors famed triumvirate of sport

SPECIAL TO FLORIDA WEEKLY

To celebrate the coincidental 100th birthdays of the “Greatest Triumvirate of American Golf” — Byron Nelson, Sam Snead and Ben Hogan — the PGA Museum of Golf in Port St. Lucie is hosting a special exhibit honoring the trio’s legendary contributions to the game.

The three all were born within seven months of each other in 1912 and are, to this day, some of the most revered and imitated golfers of all time.

Golf enthusiasts will be able to view historical photographs of and books about Messrs. Snead, Hogan and Nelson when the collection goes on display at the museum.


At the same time, the museum also unveils an exhibit of rare “Shankless Irons,” including the set’s first prototype — an unusually shaped 6-iron. The one-of-a-kind clubs were designed in the ‘50s by PGA member and club maker John Bernardi, longtime PGA professional at the Worcester (Mass.) Country Club, site of the first Ryder Cup championship in 1927.

The PGA Museum of Golf is open to the public, free of charge, Friday through Sunday from 10 a.m. to 4 p.m. It contains the Probst Library, which houses the second-biggest collection of golf periodicals in the world as well as the four major championship trophies.

Messrs. Hogan, Nelson and Snead, all loyal members of The PGA of America, won an incredible 198 official PGA Tour events between them, including 21 major championships. They also combined for a 16-9-1 record as members of a collective 21 U.S. Ryder Cup teams and served as captains seven times, with a combined 6-0-1 record.

They all also served as club professionals and were an inspiration to countless PGA golfers past and present.

And although Mr. Bernardi’s shankless irons — which cut off the hosel at the neck of the iron then welded it into the back of the blade — never caught on, he did get a patent on the design. For more information, see pga.com/museum or call 800-800-4653.

Top winners announced in Loxahatchee photo contest

SPECIAL TO FLORIDA WEEKLY

From among the more than 140 images entered, the top winners were crowned April 13 in the third annual Loxahatchee River Photography Contest.

Participants and the public gathered for an exhibition of the submissions and unveiling of the winners at the River Center, which is in Burt Reynolds Park at 805 N. U.S. Highway 1 in Jupiter.

The Grand Prize went to Bryan Clark for “Manatee Portrait,” and he received $300 and a workshop with award-winning photojournalist and acclaimed nature photographer John J. Lopinot.

First-place winners were: Christa Halstead for “Surreal” in the category Human Dimensions; Edward Butzin for “Cooling Off” in the Fauna category; and Lisa Morse for “Ferny Oak” in the Flora category.

From among the 17-and-younger participants’ entries, first-place award-winner was: Cameron Ennis for “Mutual Bond” in Human Dimensions; Bryan Pepper for “A Splash of Color” in Fauna and “Red Tree-O” in Busch Wildlife; and Chris Catoe for “Pink Hibiscus” in Flora.

The first-, second- and third-place finishers in each category were awarded nice prizes donated by local businesses, including paddleboard certificates from Jupiter Pointe Paddling and passes to the Palm Beach Zoo at Dreher Park.

All the images entered, which evoke the reasons why the Loxahatchee River has become so beloved by the community, are on display through April at the River Center.

One of the state’s most unique environmental treasures, the Loxahatchee was the first of only two federally designated National Wild & Scenic Rivers in Florida. It winds through freshwater marshes and cypress swamps down to the brackish estuary, and empties through the Jupiter Inlet into the Atlantic Ocean.

For more information about the district, the River Center or the waterway itself, call 743-7123 or see loxahatchee-river.org.
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SPRING SALE 25% OFF

Lamborghini Polo Classic to benefit injured-veterans charities

SPECIAL TO FLORIDA WEEKLY

Lamborghini Palm Beach, the local dealership in downtown West Palm Beach, is presenting a classic polo tournament May 12 at Polo West in Wellington to benefit the Wounded Warrior Project and Injured Marines Semper Fi Fund.

The Lamborghini Palm Beach Polo Classic will be the featured match at the Polo & Balloon Festival May 11-13 at Polo West, which is located at 2470 Greenview Cove, Wellington. The Lamborghini dealer will offer one of six cars to be on display at $30,000 over cost and contribute the $30,000 to the Wounded Warrior Project and Injured Marines Semper Fi Fund. In addition, admission to the event is a donation to the two charities.

For more information, call 370-7953 or see lamborghini.com.

PUZZLE ANSWERS

LAMBORGHINI

LAMBORGHINI

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Six-concert season tickets are on sale now for the newly announced 2012-13 series of Bob Lappin & The Palm Beach Pops, Florida’s premier pops orchestra.

The orchestra is celebrating 21 years of performing outstanding music from The Great American Songbook with special guest artists including “American Idol” finalist Tammya Gray, Tony DeSare, Christine Andreas, Clint Holmes and more.


Led by music director and conductor Bob Lappin, The Palm Beach Pops perform more than 36 subscription concerts every year at South Florida venues including the Kravis Center for the Performing Arts in West Palm Beach, the Carole & Barry Kaye Performing Arts Auditorium at Florida Atlantic University in Boca Raton, Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens.

“A subscription to The Palm Beach Pops concert season is a great investment in cultural arts in this community, and as many of our patrons know, the performances are incredible. We rely on our family of subscribers to support our music endeavors and to be able to bring such world-class performances to a high orchestra to this area,” said David Quilleon, executive director.

“The 2012-13 season opens Nov. 3. The line-up:

* “Autumn in New York”: Nov. 3-4, Kaye Auditorium; Nov. 6 and 7, Kravis Center; Nov. 8, Eissey Theatre. From the East Side to the West Side, Hakun to the Copa, Broadway to Tin Pan Alley, this performance will feature the music that embodies the heart and soul of the Big Apple.

* “Home for the Holidays”: Nov. 26-27, Kravis Center; Nov. 28-30, Kaye Auditorium; Dec. 2, Eissey Theatre. Enjoy holiday favorites along with standards from The Great American Songbook as the Pops bring season’s greetings to South Florida. This series will feature Tony DeSare, an audience favorite from the 2011-12 season and American Idol Finalist, star of Broadway and television, Tammya Gray.

* “Here’s to the Ladies”: Jan. 4-6, Kaye Auditorium; Jan. 8, Eissey Theatre; Jan. 9 and 10, Kravis Center. Broadway leading actresses Christine Andreas joins the orchestra with a tribute to the great ladies of The American Songbook, including Ethel Merman, Barbara Streisand, Judy Garland and others.

* “The Maestro of the Movies — The Music of John Williams and More”: Feb. 2, 4 and 6, Kaye Auditorium; Feb. 5, Eissey Theatre; Feb. 7 and 8, Kravis Center. The Pops are privileged to one of the best composers of film, John Williams, the acclaimed composer for blockbuster movies such as “Star Wars,” “Schindler’s List,” “Jaws,” “Superman” and many others.


* “Sensational Broadway”: March 27-29, Kaye Auditorium; March 30, Eissey Theatre; April 1 and 2, Kravis Center. Audiences will delight in the wondrous songs of musical theater as The Pops bring Broadway’s favorite hits to the South Florida stage.

Founded in 1991 as a not-for-profit organization by Lappin, the Pops quickly distinguished itself as a world-class orchestra with a debut concert in 1992. The Palm Beach Pops’ comprehensive education and community outreach program has engaged more than 90,000 students since its inception in 1998. Their dedication to the preservation of the American Songbook continues to allow the orchestra to garner national and international acclaim.

Six-concert season subscriptions are now on sale for $125 and up. All performances start at 8 p.m. Call 832-7677 or see palmbeachpops.org/season. Pricing: Kravis Center — $295-$599; Eissey Auditorium — $318-$560; Eissey Theatre — $399-$640.

Individual tickets go on sale Aug. 1 and are priced from $29 to $80. Tickets may be purchased at the Palm Beach Pops Box Office at 500 S. Australian Ave., Suite 100, West Palm Beach. The box office is open Monday through Friday, 9 a.m. to 5 p.m., and Sundays from 9 a.m. to 1 p.m. □

Daily Specials

4:30-6pm Complete dinner for $12.95
Cash Only • Tues & Thurs 2-for-1
2-for-1 Cocktails

ALL DAY EVERY DAY
$4 Martinis • 2-for-1 Draft Beer
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Bob Lappin & The Palm Beach Pops announce 2012-13 lineup

SPECIAL TO FLORIDA WEEKLY

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Randy Sonntag conducts the Palm Beach Gardens Concert Band.

**Gardens Concert Band closes season May 9**

A musical salute to New York City, plus music by composers as diverse as Johnny Mercer, Howard Hanson, and Percy Grainger will be offered by the Palm Beach Gardens Concert Band in May 9 concert. Concert-goers will be treated to a rousing version of Mercer’s “Blues In The Night,” as well as the majestic Chorale and Alleluia by Howard Hanson.

Brilliant local trombone soloist Chauncy May will be featured in his own arrangement of “Zardas for Trombone and Band.” Conductor Randy Sonntag said in a prepared statement that the evening will be a “real musical treat … a virtual potpourri of popular and classical sounds.”

The evening’s offerings will include:

- “Nymphophenia” a solo featuring band percussionist Eric Rucker,
- A portion of the Mozart Clarinet Concerto featuring Soloist Samantha Webster.
- “March of the Cute Little Wood Sprites” — a comic piece by PDQ Bach.
- And much more,” according to Mr. Sonntag, who even promises to offer a few of the band’s favorite traditional marches.

The evening will also feature the announcement of this year’s scholarship winners. Each year the Palm Beach Gardens Concert Band awards a series of scholarships to deserving students to help them attend summer music camps.

This is the final concert for this season. Next year the band will play four dates at Eissey Campus Theatre in addition to their traditional Christmas Concert at the Maltz Jupiter Theatre. The band is a non-profit, all-volunteer organization made up of musicians who range in age from the teens to people in their 80s. Some of the players are retired teachers and professionals.

The concert begins at 7:30 p.m. at the Palm Beach Gardens High School Auditorium. Tickets are $15 at the door. Students under 18 are admitted free. Tickets bought in advance are $10 each. Call 746-6613 for more information.

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**Historic Jenkins House hosts Highwayman art**

Artists Showcase of the Palm Beaches will host artists Roy McLendon Jr., Donald Neal, Guadalupe “Lupe” Lawrence, Peter Marshall, Sabine Orlando, Joseph Pierre, Mark Manning, Crystal Baccus, Gregory Hubbard, Joel Greesham and George Gadson at the historic Jenkins House, as they open an exhibit, “The Art of Spring — An Explosion of Color.”

The artists will be on hand from 5 p.m. to 8 p.m. April 27 to discuss and sell their art. Guests may learn more about the non-profit Artists Showcase of the Palm Beaches, as the organization announces its new 21st Century makeover.

The show runs through May 31. A closing reception will be held at that date. The mission of Artists Showcase is to promote and display the creative works of artists of color through the visual and performing arts and to develop awareness for the educational enrichment of all children and adults through multi-cultural diversity.

The Historic Jenkins House is located at 815 Palm Beach Lakes Blvd. in West Palm Beach.
Private screening of “Bully,” for students, hosted by Pepe Fanjul Jr. at Muvico Parisian in CityPlace

2. Phil Stillman, Margaret Presutti, Maddy Stillman and Gabby Stillman
3. Juliana Ybarra, Angel Ybarra and Manuel Ybarra
4. Leslie Schram, Harrison Schram, Sandra Goldberg and Marshall Goldberg
5. Nick Gambale, Johanna Gambale and Christine Gambale
6. Champhunut Mongkhonkhamchao, Brianna Burk and Keri Sweat
7. Halee Corbin, Paul Corbin and Amy Corbin

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ArtSmart Lunch & Learn, “Elizabeth Taylor: Portrait of a Lady” at the Kravis Center

1. Jean Sharf, Rita Schneider, Carla Goldworm and Helene Kaplan
2. Jody Wolf, Ellen Levy, Judie Ganek and Florence Greenberg
3. Susan Lawton and Herre Silvin
4. Ruth Kopelman and Martha Glasser
5. Polly McTaggart, Stephanie Kemp, Carde Ermel, Trinket Schumacher, Ann Brenman and Joan Johnson
6. Susan Ross, Georgene Bailey, Robbi Toal, Lorraine Malasky and Sande Heine
7. Steve Caras and Lee Wolf
8. Betty Moss, Barbara Bong and Diane Maglaris
9. Lisa Rome, Amy Schlager and Judie Schlager
10. Carolyn Moran and Ray Moran
11. Ronnie Nagler, Susan Weiss and Arlene Levine

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Alfa Lopez uses a commercial mixer to blend the corn

Rocco's buys. How much is determined by her swishing a gloved hand through the mixture. “No recipe. I just know,” she says.

Corn tortillas have been a traditional food in the Americas since the Aztecs ruled — and Alfa Lopez, 32, is a living link to that history at Rocco's Tacos in West Palm Beach Gardens restaurant. It's her job to work the night shift as a tortilla maker. At night, the Chiapas, Mexico, native forms by hand every corn tortilla that wraps the tacos. While nobody had to teach her how to make them, Big City Restaurant corporate chef Lisabet Summa did have to train her to do it for a professional kitchen and stay ahead of the number of tacos, tamales, chimichangas and flautas that Rocco's serves.

Mrs. Lopez wasn't trained in restaurant work. She was cleaning offices above the Rocco's Tacos on Clematis Street in West Palm Beach when her friend, who worked in the kitchen, suggested she apply for an opening.

At first, she was intimidated by the chef, she said, but once she learned how to make the tortillas in large batches, she began to relax and quickly caught on to the rhythms of the working kitchen. When Rocco Mandel, managing partner, opened the Palm Beach Gardens branch, she was moved to the important night shift at the restaurant on PGA Boulevard.

“I make a stack of about 100 at a time and put them in a cloth-lined basket to keep them fresh,” she said. She'll make 300 or 500 during her shift, even more on busy weekend nights when diners might be waiting up to an hour for a proper table seat.

“It was loco,” she said of the grand opening — so fast, her busiest time. Crowds thronged the restaurant every night for a week, and kept extra staff members who were brought in from the four other restaurants working at a Warp speed.

The hundreds of tortillas she makes at Rocco’s are a far cry from the 20 or so she was taught by her mother to make the first tortillas back on her father’s coffee farm in Chiapas when she was 6 or 7 years old. To feed the farmworkers, she grew the corn, then dried it. “You have to wash it, cook it and put it through the mixture. “No recipe, I just know,” she says.

For a demonstration, she took her time, mixing. “The dough fer the flour, but think the corn is best,” Mr. Friia said.

Mrs. Lopez is proud that Rocco’s insists on making corn tortillas for their tacos. “It’s authentic and very true to our food. Other places use machines to make them, or they buy their tortillas already made. Ours are made fresh — just like they are in Mexico.”

It makes a big difference in the quality, Mrs. Lopez says. “When you make them by hand from scratch, the crispy ones stay crispy and the soft ones stay soft. I know when I am eating one that isn’t made from scratch.”

The secret, she says, is the perfect mixing. “The dough has to be very well mixed and massaged — and you have to give it a lot of love and care.”

At her house, her family might eat her leftovers tortillas in migas — a breakfast dish of eggs, scrambled with torn tortillas, and sometimes salsas or onion and tomatoes. But her favorite dish for the soft corn tortillas is fajitas — with grilled steak. Mrs. Lopez has new respect for Rocco Mandel, the restaurant partner and namesake, in person, saying, “I’m too busy making tortillas in the back” while he does the tequila dance on the bar. But she’s a devotee of his kitchen.

“I feel like I’m back home because I’m making what I love,” she said. “It doesn’t feel like work at all.”

Mixed with love

Rocco’s Tacos tortilla maker can create 500 in five hours.

Only fresh tortillas are used for the tacos at Rocco’s Taco’s.

When the dough is mixed — in about 4 minutes using the huge commercial mixer — she’s ready to work. Her station is set up next to an electric nonstick griddle. She pinches off a golf ball-sized piece of dough and rolls it between her hands. On a standard metal tortilla press that’s lined with non-stick plastic sheets, she centers the dough, and presses hard and fast to flatten it. A perfectly round, paper-thin tortilla is made. It’s placed on the griddle and very true to our food. Other places use machines to make them, or they buy their tortillas already made. Ours are made fresh — just like they are in Mexico.”

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Mixed with love

Rocco’s Tacos tortilla maker can create 500 in five hours.
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Skin cancer scare

How doctors in Jupiter helped one woman fight basal cell carcinoma. Page C8

INSIDE:
CHIROPRACTIC a partner in good health/ C2
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Chiropractic Care: A partner in good health

Good health happens by intention. A very few people will enjoy good health no matter what they do. For everyone else, healthy behaviors are required to be well over the long term. We want good health to be seamless, that is, we don’t want to be continually wondering whether we’re healthy or not. Sometimes, of course, we need to pay close attention to what’s happening. But for the most part we’ll like these considerations to be in the background.

We’re alive — we’re healthy. That’s how we’d like our relationship with our health to be. In order for good health to be in the background, we need to take actions on our own behalf in the foreground. These various actions are all related to the healthy lifestyle we want to have.

Chiropractic care is an important component of healthy lifestyle. Regular chiropractic care helps us get the most value out of our other healthy lifestyle choices, including nutritious food, regular vigorous exercise, and sufficient rest. Regular chiropractic care in the foreground helps us achieve the long-lasting good health we want to experience in the background.

The scientific concept of complexity is only a few decades old, but like these considerations to be in the background. These various actions are all related to the healthy lifestyle we want to have.

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Sands that can restore your natural energy balance

In southeast Florida, we enjoy a semi-tropical lifestyle, which means sandals and flip-flops are staples. We enjoy the simplicity of a shoe we can slip on and off at the beach, pool, even at work. We also are very picky and always looking for that something new and different.

Well, Juil footwear is just that. Juil is an up-and-coming startup company that is all about your wellbeing. Juil footwear connects you to the earth and brings your body back to its natural state of being through its Energy Flow Technology.

The soles of Juil footwear have copper conductors that “discharge and absorb the earth’s natural energies with every step you take, connecting you to the earth in a way that traditional footwear doesn’t.” As their website says:

Yoga restores your physical balance. Meditation restores your mental balance. Juil sandals restore your natural balance of energy. You’ll feel it from your heel and toes to the very core of your being. And more importantly, you’ll be connected to essential life forces, like you’ve never been before.

The fundamental principle behind Juil’s footwear is that we live on a planet alive with energy and traditional footwear blocks us from it. Connecting (as Juil coins it) brings consciousness into our body and is essential for forming healthy boundaries.

We feel more awake and alive by embracing our natural tendencies rather than denying them.

When we are truly connected to the earth, we can be more dynamic, present and focused. Our attention is in the here and now.

When we are disconnected, we are unstable and lose our center. We become scattered and also lose our ability to build up inner power. In turn, our natural energy and excitement gets diluted, dissipates, and we become ineffective in our lives.

When we lose our connection, our attention strays and we become vague and insubstantial.

Whether one observes a yogic view or not, there are other, even more simple ways to experience connectedness. In its simplest form it is to be one with nature.

Take a walk. Observe the animals and plants around you. Go outside and get a breath of fresh air. Tend to a garden. Everyone can connect one way or another.

This connection is cultivated by any activity that directly connects you with the Earth. Juil sandals are the complete package and I mean that literally. Many footwear companies design great shoes and simply throw them in an uninspiring box.

Juil understands the whole experience.

From the very moment you see Juil’s box, it’s a wonderful experience.

From the pull-tab to the colors and quality of the box, you can see the folks at Juil know what they are doing. Once opened, you notice a beautiful yoga mat and a wonderful experience.

Juil footwear is not only stylish and comfortable — it offers added functionality. If you’re looking for some sandals to keep your feet happy then check out Juil’s current lineup of sandals in a variety of colors and styles.

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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Our center specializes in dealing with patients who have been unsuccessful with previous weight loss methods, have tried over and over but keep regaining all they have lost.

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Successful Weight Loss Center, located in PGA Commons West, is owned and operated by Mary Jo Cohen, a critical care Registered Nurse, with more than 20 years’ experience in the industry.

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**WHY DOOR TO BALLOON TIME MATTERS DURING A HEART ATTACK.**

Door to balloon time measures the time it takes for a hospital to get a heart attack patient from its ER to its cath lab to open blocked arteries. The goal is 90 minutes. More is bad. Less is good.

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

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

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

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

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

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

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

Next, we perform an audiometric threshold test using state-of-the-science equipment to determine the nature and extent of the hearing loss. This test uses pure tone sound signals at varied loudness and frequencies.

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

Finally, we document the results on an audiogram that provides a "picture" of the patient's hearing. The hearing professional then carefully explains the results to the patient, suggests the best course of action to treat the problem, and previews any potential difficulties you can expect if the hearing loss isn't treated.

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

B because fat cannot be dissolved in water, the body has developed a special system for its digestion and that aids in absorption through the intestinal wall. It’s called the gallbladder.

Bile is an essential factor in this, since it contains substances that allow fats to be emulsified. It also stimulates the secretion of an enzyme concerned with the breakdown of fats. Bile is secreted by the liver and stored in the gallbladder until needed.

When fat is eaten, this stimulates the gallbladder to contract and bile flows down the cystic duct, into the common bile duct and through the ampulla of Vater into the intestine.

As well as acting as a storage vessel, the gallbladder concentrates the bile within it by removing water through its wall.

Thus, if the gallbladder is removed, although bile still flows into the intestine from the liver, fat digestion may be less efficient because the bile is not concentrated.

■ Gallstones (Cholelithiasis) — The most common disorder of the biliary tract (gallbladder and bile ducts) are gallstones. Why and how gallstones form is not fully understood, but it is thought that in some cases an abnormality in function causes the gallbladder to remove an excessive amount of water from the bile so that some of its constituents can no longer remain in solution.

Gallstones occur very frequently in developed countries and may be associated with eating a diet that is high in fat and refined carbohydrates and low in fiber.

As many as 10 to 20 percent of the U.S. population over the age of 40 have gallstones, but only in a minority do symptoms occur.

If gallstones are found by chance on an X-ray taken for some other reason it is standard practice to leave them alone if they are causing no symptoms, since the risk of developing problems is slightly less than the risk from a major operation. However, if a patient with asymptomatic gallstones is having an abdominal operation for another reason, the gallbladder may be removed at the same time.

The problems that gallstones can give rise to are various and include cholecystitis (inflammation of the gallbladder), choledocholithiasis (gallstones in the common bile duct), and cholangitis (infection of the bile ducts), pancreatitis, and gallstone ileus (obstruction of the intestines by a gallstone).

■ Chronic cholecystitis (Biliary colic)

The majority of patients with gallstone symptoms suffer from chronic cholecystitis. The attacks are caused by a stone becoming stuck either in the junction of the gallbladder and the bile duct or in the duct itself.

The muscle in the wall of both gallbladder and duct contracts in an effort to move the stone and this produces intense pain usually felt under the ribs on the right-hand side of the abdomen. However, the pain may also be felt under the V of the ribs and may extend right across the abdomen and spread around to the back, below the right shoulder blade.

The patient may vomit and is usually restless. After several hours, the stone usually falls back into the gallbladder or by virtue of the muscle contractions, is passed down the bile duct and into the intestine.

Some patients suffer from a constant dull ache in the upper abdomen and many complain of discomfort and flatulence after eating a fatty meal.

■ Acute cholecystitis — Twenty percent of those who develop gallbladder symptoms suffer from this condition, which most frequently affects women. The condition is probably caused at first by the chemicals in the bile.

However, a bacterial infection then supervenes in 50 percent or more of cases. The pain comes on suddenly and is severe and constant. It is felt across the right and central parts of the upper abdomen and under the right shoulder blade.

The patient usually vomits and is quite ill and feverish. If the common bile duct becomes swollen, slight jaundice may occur as bile from the liver is prevented from passing into the intestine and enters the bloodstream instead.

■ Cholecystectomy: Removal of the gallbladder — There are several methods of dealing with gallstones and the gastrointestinal surgeons are experts in choosing the correct treatment for an individual patient.

When symptoms from gallstones occur, removal of the gallbladder is the best approach in most cases. Currently, the most commonly performed operation is called laparoscopic cholecystectomy and is designed to remove the gallbladder as easily and safely as possible.

Take a spin to burn up to 1,000 calories in an hour

S pinning, also known as cardio cycling, hit the fitness scene in the late 1980s. It was developed by an ultra-endurance cyclist who created first indoor cycling bike so he could keep training while he stayed home with his pregnant wife.

Today, most gyms have group cycling classes that are offered on a regular basis.

With spin classes, you can reach your fitness goals without having to rely on cooperation from the outdoor weather — and it’s a low-impact exercise that’s easy on knee, hip and foot joints.

Because you stay in one place on the stationary bike, little coordination is needed, and the five basic movements of the class are easy to learn.

The class is set to upbeat, motivating music, and the instructor guides participants through routines that simulate actual road conditions and terrain.

You can customize your routine by changing your pedaling speed or adjusting the resistance if you start to feel tired or want to challenge yourself.

Participants set goals based on his or her own heart rate, which can be measured by hand or by using a heart rate monitor.

Some participants choose to maintain a moderate, aerobic intensity level, while others drive their heart rate to higher in intervals of anaerobic activity.

Classes typically last for 45 minutes and incorporate endurance (keeping the heart rate in the aerobic zone), strength (focusing on building and toning muscle) and interval (heart rate is raised and then allowed to recover several times through intervals).

In an average class, expect to burn up to a whopping 1,000 calories in an hour. And spinning is an excellent way to tone both front and outer thighs, to strengthen core muscles and to help build cardiovascular endurance.

To make your class more comfortable and enjoyable, you can visit Bicycle City to purchase gel seat pads or padded shorts to help with saddle pain and numbness, which many people new to spinning experience.

As you get more experienced, you may want to try “spin shoes,” designed with threaded holes in the bottom where a piece called a cleat can be screwed into the bottom of the shoe.

The cleat attaches to the bike pedal to prevent the foot from sliding off, so spinners can go faster and pedal more efficiently.
he divorce rate in the United States has remained approxi-
mately at 50 percent for the last decade. Of the approxi-
mately 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 mar-
riages are not the profoundly loving and fulfilling part-
nerships that many expect them to be. After 14 years of
practicing family law in South Flor-
da I believe that I have isolated the primary culprit in
the breakdown of marriages, and the culprit is simply unrealistic expecta-
tions. 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 man-
aging the emotional, psychological and
practical aspects of a divorce proceed-
ing, I have broken down the divorce
process into four stages.

The four stages of divorce are as fol-
lores:

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 communica-

2. Action
   The antidotes to suspicion and fear are action and information. In the divorce world this consists of memori-
   zing 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 press-
   ing 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 neces-
   sary 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 conversa-
   tion 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 con-
   text 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.
I should’ve known. And in those rare moments when I was honest with myself, I knew exactly. My red blotch I’d seen for years on the lower part of my right shin was cancer.

Oh, it was easy enough to fool myself for a while. Skin cancers didn’t look like that, right? They were moles that had changed, had darkened in color or bloomed into several colors, they were asymmetrical. And they were larger than a pencil eraser, weren’t they? This blotch was only slightly raised and sort of symmetrical and it hadn’t changed . . . um, much. And each of its two segments was smaller than a pencil eraser. Besides, that terrifying diagnosis couldn’t mean me, could it?

The damn thing didn’t start bleeding until after I moved back to Florida, almost two years ago, which seemed somehow fitting. I grew up in the Sunshine State, so even though I was never an avid beachgoer, maybe the years of sun exposure finally had caught up with me.

Maybe, maybe not. Florida actually has a lower rate of skin cancer and skin-cancer-related deaths, according to the Centers for Disease Control (CDC) than many other states, including Utah, Delaware, Oregon and New Jersey. Interesting, yes, but this . . . this THING was bleeding and I needed to deal with it.

My primary doctor examined my leg, nodding that, yes, that blotch did look suspicious. Basal cell carcinoma, she thought: the least dangerous form of skin cancer. She did a biopsy, promising to call as soon as the results came back.

On our ride home, my husband held my hand, squeezing it reassuringly from time to time. I wanted to be reassured. I tried to be reassured. But I wasn’t.

Overall, skin cancer is the most common form of cancer in the United States, with more than a million Americans diagnosed every year; 10,000 people die of it annually.

According to the American Cancer Society, about eight out of 10 skin cancers are basal cell carcinomas, which tend to be slow-growing and unlikely to spread to nearly lymph nodes or other parts of the body. Left untreated, however, it can invade bone or other tissues beneath the skin — and as many as half of those who have had it will develop a new skin cancer within five years. Squamous cell carcinomas, a more aggressive form, account for about two of 10 skin cancers and are more likely to spread, though that is still uncommon. Melanomas are the most deadly form of skin cancer, responsible for about 75 percent of all skin-cancer deaths.

Knowing the possibilities, I took my bandaged leg home to wait. And worry. Did she really believe it was basal cell, or was she just trying to hold my panic at bay for a few days? Three days filled with such thoughts passed before my cell phone rang — “Doctor asked me to call and tell you . . .” — and I could breathe again. The biopsy had confirmed her diagnosis: basal cell carcinoma. Next stop, two weeks later, was the Abbaco office of dermatologist Peter Vitulli, to whom I was referred. Dr. Vitulli’s office was crowded. One patient wore a gauze patch on his cheek, another’s upper arm was encircled in bandaging. I waited until my name was called, then followed the doctor’s assistant down a hall and into an examining room, where he motioned to an oversized chair. I was to have a Mohs procedure, so named for Dr. Frederic E. Mohs, who developed the technique in the 1930s. (The procedure was updated in the 1990s. The procedure was updated a number of times and became widely used in the 1990s.)

“Anytime you have cancer surgery, you have a number of surgical options,” says Dr. Vitulli in a phone interview, recalling my August 2010 visit. “There are some topical medications used for superficial cancers. You’re looking at a cure rate of maybe in the 70-percent range for five years. That wasn’t good enough for me. Also, your defect was too large, and the larger the tumor, the deeper it goes.”

There were other treatment possibilities, including a scraping-and-burning technique, radiation or excision (cutting it out), all with cure rates around 90 percent, but Dr. Vitulli nixed all of those possibilities for my particular case. My cancer was below the knee, an area slow to heal because of poor circulation.

The Mohs technique, with a 99 percent cure rate, would be best, he said. In the exam room, an assistant elevated my leg and gave me a local anesthetic — a Lidocaine injection — to numb the site before surgery.

The procedure itself is done step-by-step — really, slice-by-slice. The biopsy had already removed the visible tumor. In slicing deeper, Dr. Vitullo sought to remove every trace of cancer cells, which meant also taking a thin layer of the skin surrounding the biopsy site. Each layer of removed tissue is prepared, placed under a microscope and examined by the surgeon.

His assistant sent me back to the waiting room, summoning me back (along with my very patient husband, who was allowed to be present during the procedure) for the verdict: Dr. Vitullo would take another layer of tissue.

“You do that until the cancer cells are all out,” he said on the phone, “or until you determine that it’s too large to handle in an out-patient setting.”

Fortunately for me, that was not the case. He recalled a 2004 Mohs procedure he’d done — a basal cell carcinoma on a woman’s nose, cheek and lip — that required 17 stages, a surgery that began at 8 a.m. and lasted until 7:30 p.m. The majority of Mohs surgeons involve one, two or three stages. I spent another half-hour in the outer office. Back in the procedure room, Dr. Vitullo asked if the Lidocaine was still working. It was. He took a third slice of tissue, and I retired to the waiting room once again, the final time. My surgery, he recalls, was “fairly routine.”

He described the options for closing the wound. He could do nothing and let it heal on its own. Or he could pull the edges of the wound together and stitch them, the course he advised. Allowing the wound to remain open would invite an increased risk of bleeding and infection and take considerably longer to heal, as much as three to six months. So he stitched, and I stared unhappily at the Frankensteinst-like wound, lumpy and held together with black thread.

He bandaged the site, warned me about the several days of pain ahead and advised that I spend about two weeks lying down, leg elevated.

“Two weeks!” I squawked. “I can’t.” He explained the reasons for immobility: Standing and walking put pressure on the leg. The stitches could tear loose. The site could open and bleed. Keeping my leg elevated while sleep- ing was hardest; my leg propped up with pillows, I forced myself to stay in one position all night. For three nights.

After that, with caution, I walked a bit, even managing the stairs (we live on the second floor), winching with each step on the right leg. It was, I knew, against Dr. Vitullo’s advice, but I told myself that moving around was in the service of my mental health. And I was lucky: My two-week checkup, during which he removed the stitches, showed nothing done.

The wound site remained red and lumpy and ugly for several months. It is now a barely visible, smooth pink oval, about postage-stamp size. On the phone, I confessed my transgression.

“We tell patients a lot of things,” the doctor said, laughing. “They listen to maybe half of it.”

Screening is key to curing skin cancer

TIPS FOR AVOIDING SKIN CANCER
1. Seek shade, especially during midday hours.
2. Wear clothing to protect exposed skin. Long sleeves and skirts aren’t always practical, at least wear a beach cover-up. Darker colors may offer greater UV (ultraviolet) protection than lighter ones.
3. Wear a hat with a wide brim to shade the face, head, ears and neck.
4. Wear sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.
5. Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
6. Avoid indoor tanning. Using a tanning bed, booth or suntan lamp has been linked with skin cancers, including the deadly melanoma.

Source: The Centers for Disease Control

BY MARY JANE FINE
mjfine@FloridaWeekly.com

ADVERTISING SUPPLEMENT TO FLORIDA WEEKLY
Did you know that skin cancer is the most common form of cancer in the United States with more than 3 million non-melanoma skin cancers diagnosed annually? In fact, there are more new cases of skin cancers than breast, prostate, lung and colon cancers combined. One in five people in this country will develop skin cancer in their lifetime.

The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma and malignant melanoma.

Melanoma is the deadliest form of skin cancer. The rate of melanoma cases in the United States has increased for the last 30 years.

Living in South Florida, you should be aware of the risk factors, the signs of skin cancer and treatment options.

Risk factors for developing any of these skin cancers include: light or fair skin, blue eyes, blonde or red hair, a history of excessive sun exposure or sunburns, use of tanning beds and a past history of skin cancer. Melanoma’s major risk factors include a personal or family history of melanoma and the presence of an atypical mole, or more than 50 moles on your body. There are also rare genetic disorders that make some people prone to skin cancers.

Can we prevent skin cancers? The answer is yes. Avoid midday sun, use sunscreen with an SPF factor of 15 or higher, and avoid sunbathing and indoor tanning. Protect your eyes with sunglasses and wear sun protective clothing. See a dermatologist at least once a year for a thorough skin examination.

Check your own skin on a regular basis and note any changes in moles, as well as skin growths and any new abnormalities.

If something suspicious is found, a biopsy should be performed and the growth will be examined under a microscope to determine if cancer is present. Early stage basal and squamous cell cancers can be treated in most cases by a surgical excision, freezing, scraping or with radiation therapy. Few people realize that radiation therapy has been used to treat skin cancers for decades and is often an overlooked treatment option for basal or squamous cell cancers.

Melanomas are usually treated with surgery and sometimes with the addition of radiation therapy, chemotherapy or immunotherapy.

Sometimes, for deep melanomas, the local lymph nodes must be surgically sampled and removed. There are new kinds of chemotherapy agents and new drugs on the horizon.

For patients with basal or squamous cell cancers who wish to avoid surgery, superficial electron beam radiation therapy may be an option. This type of non-invasive treatment is approved by Medicare and insurance carriers, and offers excellent clinical and cosmetic results for cancers found on the face, including the nose, ears, and eyelids or extremities – often in places where surgery could leave cosmetic changes. A dedicated and experienced team is necessary to deliver targeted electron beam radiation therapy to destroy cancer cells while shielding normal tissue. The daily treatment is painless, takes a few minutes each day, does not require any anesthesia or change in medications.

If you have been diagnosed with skin cancer make certain you discuss all of your treatment options with your doctor or call Jupiter Medical Center’s Radiation Oncology Department. To learn more about electron beam radiotherapy non-surgical treatment option, call us at (561) 263-4400.
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.
See things clearly: How to choose the right eyeglass lenses

Eyeglasses are not created equal. You can choose from hundreds of variations and combinations of eyeglass lens materials, designs, and treatments.

The base materials used in lenses can vary from thick hard plastic, to thin monomers and polymers. Each of these materials has unique benefits that must be selected carefully to match the frame, lens design, and lens treatment properly. Here are two great options:

- **Trivex** is a lens material that gives crisp, clear vision, lightweight comfort and impact protection. It’s a perfect material for active sports enthusiasts whose lifestyles demand a strong yet lightweight material without compromising visual clarity.

- **1.74 High Index** is the thinnest plastic lens material produced. This material is ideal for those who want thin lenses with ultra-clear vision.

The design of your lens (single vision, bifocal, progressive, etc.) is another important component that will determine how your eyeglasses will function. For example, with a single-vision design, a patient requiring correction for both distance and near vision (a condition known as presbyopia) will only be able to see to drive or to read, but not both.

A progressive lens design would allow that same person to see at any distance. This is primarily based on the eyeglass prescription; however, a licensed optician can use that prescription along with your personal needs to select a customized design.

Lenses can also receive numerous treatments, such as anti-reflective or ultraviolet protection. Anti-reflective treatments can dramatically improve the clarity of vision, particularly in low-light environments.

Be careful, though, because inexpensive anti-reflective “coatings” that are sold at some discount chains are inferior and can actually impair visual clarity after just a few months because they scratch easily or become foggy.

Ultraviolet treatments filter the sun’s harmful UVA and UVB rays, which can cause eye damage including cataracts and macular degeneration, both of which can lead to vision loss. In fact, certain lens materials actually absorb harmful rays without having to add any treatment at all.

Make sure your eye-care professional chooses your lens material, design and treatments carefully to meet your needs, or you could end up with poor vision results, or even vision loss.

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When You’re Facing Cancer, You Deserve Every Available Option.

You deserve the best. And, at the Foshay Cancer Center, that’s exactly what you’ll get. Compare us to other world-class* cancer facilities, and you’ll see why you should have your cancer treatment here, in your community. Tell your doctor you want your care at the Foshay Cancer Center. To learn more about our Comprehensive Cancer Program, call Amy Abbott, Director of Oncology Services, at 561-263-3622 or visit jupitermed.com/cancer. All major insurances accepted.

<table>
<thead>
<tr>
<th>Does Your Cancer Facility Have:</th>
<th>World Class Facility</th>
<th>Jupiter Medical Center</th>
<th>Foshay Cancer Center</th>
<th>What Does Your Cancer Treatment Facility Offer?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board Certified Surgeons, Medical Oncologists, Radiation Oncologists, Diagnostic Radiologists, Interventional Radiologist, and Pathologists.</td>
<td>✓</td>
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<td>Multidisciplinary treatment planning conferences where an entire team of specialists takes a comprehensive, personalized approach to treating your cancer.</td>
<td>✓</td>
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<td>State-of-the-art diagnostic and treatment technology, operated by licensed therapists.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Chemotherapy treatment, compounded by an oncology clinical pharmacy team, tailored exactly for you and administered by oncology certified nurses.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Support services, including genetic testing, patient navigation, dedicated oncology social worker, support groups, oncology nutritional counselor, and STAR™ Program for oncology rehabilitation and survivorship programs.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<td>Clinical research trials through an affiliation with Mt. Sinai Medical Center.</td>
<td>✓</td>
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<td>✓</td>
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<td>A holistic approach to healing and survivorship, including yoga and acupuncture.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Accredited by the Commission on Cancer as a Community Hospital Comprehensive Cancer Program, Accredited by the National Accreditation Program for Breast Centers for Comprehensive Breast Care, Accredited by the American College of Radiology.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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*World Class Cancer Care defined by The Advisory Board Company.