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# A ONE PERCENTER WONDERLAND

BY TIM NORRIS

tnorris@floridaweekly.com

**C**URIOSER AND CURIOSER. Idling 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

SEE 1%, A8 ▶

## Children's hospital teams with Nicklaus to open center

### FLORIDA WEEKLY STAFF

Travel time for children treated by Miami Children's Hospital is about to get a little closer to home.

The Nicklaus Children's Health Care Foundation and Miami Children's Hospital plan to open a \$4 million, 23,000-square-foot outpatient center at Legacy Place in Palm Beach Gardens.

"To be able to announce today that this Miami Children's Nicklaus Outpatient Center is here at Legacy Place is kind of a nice legacy to leave," Jack Nicklaus said during a news conference.

The golf pro and his wife, Barbara, began looking for ways to help children after their 11-month-old daughter Nan kept choking and passing out.

"They found a crayon lodged in her

windpipe. They had to use an adult bronchoscope to remove it," Mr. Nicklaus said.

Pediatric rehabilitation services will get under way this summer, and will include speech and occupational therapy. The center will offer care for minor illnesses and injuries patients up to age 21. Diagnostic and sedation services will be available for treating babies and young children. ■

### INSIDE



#### Shining on

The 30th annual SunFest offers something for everyone. **B1** ▶



#### Networking

See who attended the chamber's Business Before Hours, and other events. **A18-20** ▶



#### Antiques

Collectors fish for finds on aquariums. **A22** ▶



#### Need a friend?

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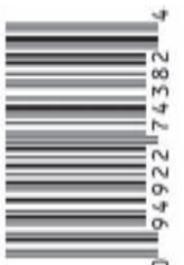
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## COMMENTARY

## The case for American women



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 the hell," and shrug stoically — you keep your toes away from my big feet on the dance floor to avoid injury and possible hospitalization — and we proceed to Enjoy with a capital E (but not for Equality).

So we're not equal, big deal. I couldn't

care less. Let's dance.

But not being equal — and we are not — is not the same thing as not having equal rights and opportunities. And we still do not.

Suddenly, the deal gets a little bigger. And I do care.

For six decades now, the same damn question has plagued my life: Who's the second-class citizen, and why?

Who isn't sitting at my American table and getting results — the same results I get — when they say, "Please pass the meat and potatoes? Please pass the peas and corn and the apple pie?"

Back in the Paleolithic when I was very young, it was the Coloreds (and various others, of course). They had no seat at the table, so I got the meat and potatoes and they finally got Brown vs. the Board of Education of Topeka (1954), outlawing schools separated by race.

Then it was the Negroes (among others, including women). I got the peas and corn and they got the 1964 Civil Rights Act (99 years after the Civil War ended), outlawing discrimination in housing, in the workplace and everywhere else.

Free at last? Can I sit down now and have some pie?

Sorry, pal, not quite so fast. Not if you're black or a woman or both.

So I got the apple pie and they got no Equal Rights Amendment (in the case of women). But somebody passed them Roe v. Wade and affirmative action, and they all got that — a dessert course, if you will, that was more or less the equivalent of half-a-piece of the All American pie.

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.

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 a partisan issue. It isn't a contest between liberals and conservatives, or left and right, or Democrats and Republicans, although it's frequently cast that way.

It isn't 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 in spite 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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**OPINION****Fast times at the GSA**

Mitt Romney says he likes to fire people. If elected, can the General Services Administration be his first target?

A few (but not enough) heads have already rolled at the agency that threw itself an infamous Las Vegas conference 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 urinated vodka and billed his company for half the cost, but it undertook its conference planning with same sense of frugality 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 era of stimulus, when spending more is always assumed to be better. The

GSA spent \$6,325 on commemorative coins to reward its employees, fittingly enough, for their work on Recovery Act projects. It's a wonder that Keynesians aren't defending the \$820,000 conference as a jobs creator.

The event was the biennial Western Regions Conference of the Public Buildings Service of the GSA, and if that doesn't sound like a good time, you've never partied with the GSA. A great deal of thought was put into how to sidestep and exploit every rule in the interest of gouging the government.

According to an inspector-general report, the GSA undertook two "scouting trips," five off-site planning meetings and a "dry run" for the conference. The Osama bin Laden raid might not have been so elaborately planned. All told, travel and catering costs for planning alone ran \$136,000.

Then, on to the main event: more food. For the Petit Beef Wellington and Mini Monte Cristo Sandwiches at the "networking reception," for the Boursin Scalloped Potato with Barolo Wine Braised Short Ribs at the party prior to the closing dinner, for all the breakfast buffets and in-room parties, the GSA paid \$146,000. Since government rules allow

for free food at award ceremonies, the GSA was sure to give out awards liberally, including at a \$2,700 invitation-only concluding 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 starring 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.

Conference organizer Jeffrey Neely boasted at the end of the confab about the "unforgettable" event. Even as the inspector general closed in on his profligacy, he got a \$9,000 bonus from his GSA superiors. He was last seen taking the Fifth at a congressional hearing.

The GSA scandal is yet another reminder of the waste and laxity inevitable in organizations where it's difficult to fire anyone and all the pennies 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 *National Review*.

**Obama's policies: The real scandal in Cartagena**

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, however, by a prostitution 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 served as a metaphor for the U.S. government's ongoing treatment of Latin America.

The scandal reportedly involves 11 members of the U.S. Secret Service and five members of the U.S. Army Special Forces, who allegedly met prostitutes at one or more bars in Cartagena and took up to 20 of the women, some of whom may have been minors, back to their hotel. This all deserves thorough investigation, but so do the policy positions that Obama promoted while in Cartagena.

First, the war on drugs. Obama stated at the summit, "I, personally, and my administration's position is that legalization is not the answer." Ethan Nadelmann, founder and executive director of the Drug Policy Alliance, told me that, despite Obama's predictable line, this summit showed "the transformation of the regional and global dialogue around drug policy. ... This is the first you've had a president saying that we're willing to look at the possibility that U.S.

drug policies are doing more harm than good in some parts of the world." He credits the growing consensus across the political spectrum in Latin America, from key former presidents like Vicente Fox of Mexico, who supports legalization of drugs, to current leaders like Mexico's Felipe Calderon, who cited the rapacious demand for drugs in the U.S. as the core of the problem.

Nadelmann went on: "You have the funny situation of Evo Morales, the leftist leader of Bolivia, former head of the coca growers' union, lecturing the United States about — essentially, sounding like Milton Friedman — that 'How can you expect us to reduce the supply when there is a demand?' So there's the beginning of a change here. I don't think it's going to be possible to put this genie back in the bottle."

Then there is trade. Obama and Colombian President Juan Manuel Santos also announced that the U.S.-Colombian 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 34 killed in the past year and a half. When Obama was first running for president, he promised to oppose the Colombia FTA, "because the violence against unions in Colombia would make a mockery of the very labor protections that we have insisted be included in these kinds of agreements." That year, 54 Colombian trade unionists were killed. AFL-CIO President Richard Trumka said the announcement "is deeply disappointing and troubling." Republicans, on the other hand, are 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 succeeded, once again, in banning Cuba from the summit, prompting Ecuadorian President Rafael Correa to boycott the meeting this year.

Responding to overall U.S. intransigence, other Western Hemisphere countries are organizing themselves. Greg Grandin, professor of Latin American history at New York University, told me: "Latin Americans themselves are creating these bodies that are excluding the United States, that are deepening integration, political and economic integration. This seems to be a venue in which they come together in order to criticize Washington, quite effectively."

Grandin compared Obama's Latin America policies to those of his predecessors: "The two main pillars of U.S. foreign policy — increasing neoliberalism and increasing militarism around drugs — continue. They feed off of each other and have created a crisis in that corridor, running from Colombia through Central America to Mexico. That's been a complete disaster, and there's no change."

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

— Denis Moynihan contributed research to this column.

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 1,000 stations in North America. She is the author of "Breaking the Sound Barrier," recently released in paperback and now a *New York Times* best-seller.

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# 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 on one side only, and they may tire and drown trying to crawl out the other side. If your pet likes to swim, work with him in the pool to help him learn where the steps are, so he can get out easily. Tip: Put contrasting paint or tape on the fence behind the steps to give your dog a visual



Even dogs who have been good swimmers all their lives can be at risk in the water when they're older.

clue he can count on.

Finally, obedience training is extremely important. Your dog should come when called, even while swimming, so you can 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 swallows

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. ■

### Pets of the Week



>> Pickles is a 1-year-old neutered Boxer mix. He would do best in a home with no children. He's friendly and likes other dogs. He's a little jumpy.



>> Maurice is a 2-year-old neutered cat. He is suave and has a devil-may-care personality. He likes to stir up some mayhem with other felines. He's loving, attentive and a great companion.

### To adopt or foster a pet

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



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# NEWS OF THE WEIRD

BY CHUCK SHEPHERD  
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

## 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 financial markets so as 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 anthropology professor told ABC News, for a March dispatch, that “(i)n Brazil, plastic surgery is now seen as something of the norm” (or, as the reporter put it, “(B)eauty 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 Constitutional 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, interminable” 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 well over \$50 million of worshippers' donations on “personal” expenses, including 13 “mansions,” his-and-hers private jets, and a \$100,000 mobile home for Mrs. Crouch's dogs. The jets are necessary, the Crouches' lawyer told the *Los Angeles Times*, because the Crouches receive more death threats than even the president of the United States. Allegedly, the Crouches keep mil-

lions of dollars in cash on hand, but according to their lawyer, that is merely out of obedience to the biblical principle of “ow(ing) 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 banned 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, verbatim 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-competent 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, likely from a break-in boo-boo. N In March, England's Canterbury Crown Court heard the evidence against a gang of five who in August and Septem-

ber 2010 attempted to break into seven ATMs, using fancy power tools, but came away empty-handed each time. Brick walls were smashed around three machines, and twice explosives were used, resulting in fires. In each case, alarms were triggered, sending the men away prematurely, including once from an ATM that contained the equivalent of \$223,000. ■

## 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 sponsoring 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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# 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 unparalleled 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 a service 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.

Why befoul them with a political buzz-phrase, the One Percent? Well, 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 Grahn Marihnyay.

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 colonnade 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 Providentia foundered on its way from Cuba to



COURTESY PHOTO

The Breakers, above, is modeled after Villa Medici in Rome.

The shops on Worth Avenue — well, you won't find them in Ypsilanti or Dubuque.

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 fairways and ponds and greens of the 16th and 15th holes, along flowering boulevards, here we are, skirting 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 immortal 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 \$9.8 million...well, that gives one a pleasurable 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-per-centers 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 swaggers 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 & Arpels, 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 Ypsilanti 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 snubbery, 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 raiment 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 videri* — to BE, rather than to SEEM.

This confidence might be the deeper kind, born of experience, achievement, high standards. Also of being admired and envied, of growing up with great expectations ... and, maybe, living up to them. Diamonds in the best settings.

Are these lasting? My dear, think of the Mad Hatter's tea party, or possibly the current political one. We keep moving around the table, pouring thoughts and desires into shifting and broken cups, partly for the fun of it. Nothing lasts.

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

Off the bright sidewalk, note the cool shadows, quiet and lit as if with candles. This is Ta-boo, a Palm Beacher's place, serving generations as others have, Chuck and Harold's, now Nick & Johnny's; Testa's; Charley's Crab. The DRINK ME cocktails and the house's Kim Crawford Sauvignon Blanc. The EAT ME hors d'oeuvres — how are the mussels meuniere? — and the beef Carpaccio and grilled marinated herb shrimp. Notice, too, that Ta-boo's staff has installed two women with "the look" in the front window. Nice hats!

We suddenly feel much larger, here, more like personages. Why, do you think?

Ah, the treatment. All along The Avenue, you'll notice a prodigious politeness. Granted, we may seem to disappear in those elegant clothiers where we finger the price tags, first thing, the tourist's and dreamer's giveaway. But, nearly everywhere on the avenue, we are greeted with smiles and bright faces, never a downward snoot.

Still, it's a golden weekday afternoon, and these people are moving about freely here instead of squirming in a corporate setting, mouthing "yessir" and hanging on the next message.

They are, we decide, not taking

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.

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 become 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-sy 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,



there, on the marble apron of a fountain: "Roxanne Pulitzer's Comeback."

There was a story, sex, drugs, hopes fed 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

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# 1%

From page 9

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 unibus pluram? 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 recherche. 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



COURTESY PHOTO

The Flagler Museum carries the name of just one of the many titans who came to Palm Beach: Henry Morrison Flagler.

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!

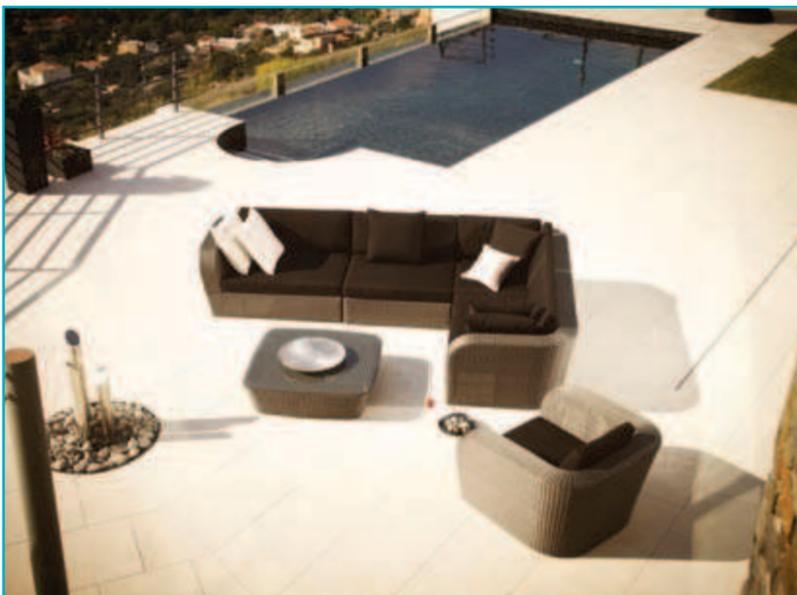
This is the moorage at Boca Raton

Resort and Club, and the light off the walls is pink, reflecting, literally, the color of the grand hotel and surrounding buildings.

Rebuffed at the gate with "Sorry, members and guests only," we've had to trespass. Walk and move with confidence, now, off this side road, past that security pillbox, along another meticulously groomed golf course, into and through the lobby, cut glass windows, white fabric couches, potted palms.

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on-board, the plasma-satellite entertainments, the fully furnished wet bars, the plush lounges, the bouncy and rosily lit bedrooms. No fantasies, please, people!

You think the One Percent don't realize how lucky they are? Try these names, gilded across the sterns: Luck-alee IV, Lukousaurus, Lucky Stars. Sure, there's some hubris, Victory, Moonraker, Rock 'n Roll. But you get a little humor, too: Carbon Copy. No Whey.

Knowing you're lucky or easy, at least, doesn't guarantee compassion or social interest. But, excuse me, how much did WE give to charity last year? I leave that answer to you. Back to another mode of transport ...



... the motorcar, for an excursion! We've lost our white van, but we'll pick up another. Go ahead, play some chess on your tablets or iPhones, if you'd like, and we'll try a few thoroughfares not far from the sea.

We can, whenever we like, pull into the Royal Palm Yacht and Country Club in Boca Raton. Up from Boca Raton through Delray and Boynton and Ocean Ridge on A1A, the two-lane roadways themselves could be found anywhere, but they gain a particular luster when they turn through tunnels of overhanging live oak or pine or, even more, when they separate stanchions of iron and ceramic columns and gates, guarding private roads that lift away toward half-glimpsed palaces.

These might mean what our more modest habitations mean to us, only more so: shelter, self-expression, refuge. Those with wealth, power, responsibility, fame, they have more coming at them than most, the usual routine wannabes and followers and seekers and shysters, much more in this age of electronic intrusion, and also, beyond any connivance, the drumbeat of workplace demand and obligation, the needs and beseechments of others.

They need to get away. Stay in order, please, as we pull into the crowded lot at PGA National Resort and Spa, Palm Beach Gardens.

Maybe you come just to play golf, to be treated like someone superior, to BE here. We envy those who seem comfortable here, who joke with the service staff, seem to know them, and care. The ambiance is a matter of envy and also of appreciation and aspiration, breathing better air. And the service ... the Spa seems more like Oz than Wonderland: rub-rub here, snip-snip there, and a couple of la-dee-dahs! Plush Papaya Body Treatment \$170, Detox Seaweed Wrap \$125, Youthful Renewal Treatment \$155, Deep Swedish Massage \$125. Simple life? Give me the One Percent body balm!

Right here at the bar in the main clubhouse, looking out over red canopies at poolside to verdant fairways beyond, we cozy on the comfortable stools, surrounded by fieldstone and fireplaces and warmly burnished wood and the gleam of polished brass. You'll notice that foursome down at the end, there, men in golf shirts and baseball caps, women in sun dresses, sipping Macallan 18 and Glenlivet, and hear one of the men say, "Do you have any idea what kind of freedom we're going to have when we move here? Tremendous freedom!"



COURTESY PHOTO

Marble columns, vaulted ceilings and fringed and tasseled draperies are featured in the grand halls at The Breakers.



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, Sunnyside, 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 cat. Some of them leave a smile.

Coming off Jupiter Island, here we are, now, a step into old Florida, the restaurant Harry and the Natives. Our hosts are hard-working, long-standing, not rich. This is Pauline MacArthur,

nee Brown, who is 97, widow of Jack, mother of Harry and Paula, and she will sing for you, in clear voice: "When you're smiling, the whole world smiles with you." Paula, taking care of receipts just there, has another wise thought about happiness: "You gotta set up your life the way you want it."

On the way back, a song is playing on the car radio, hear it? "Dust in the Wind." Here's the telling lyric, "all your money ... won't another minute buy ..." Well, maybe. Medical care, legal defense, insurance, protective services, personal trainers and dieticians, therapists ... Maybe you CAN buy some extra time.

But please consider, dear friends, as we regain our parking spot here on Royal Poinciana Way, what matters more:

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.

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 away into a golden afternoon. ■



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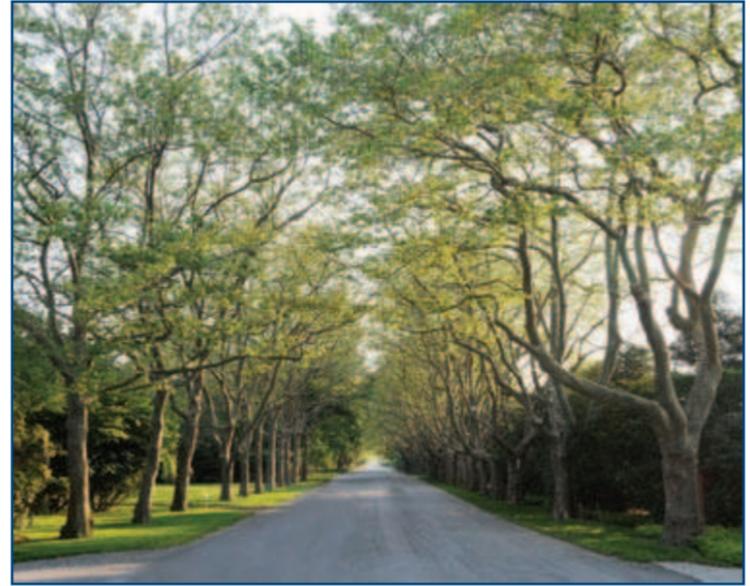
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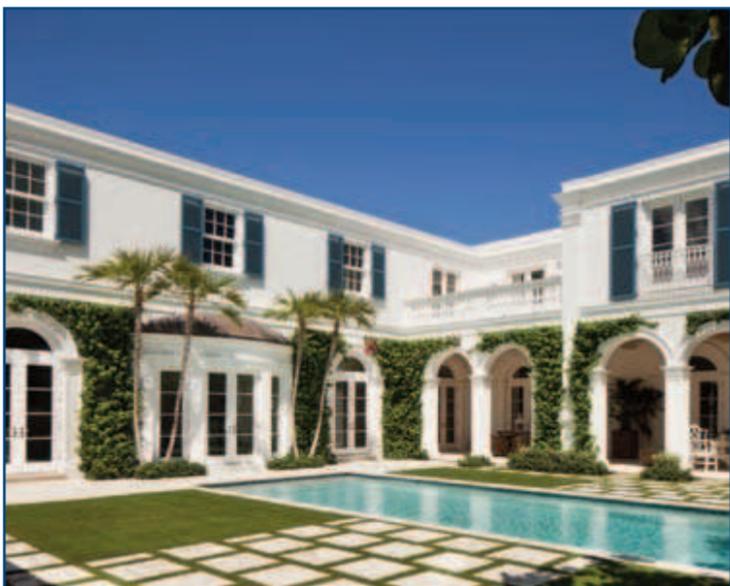
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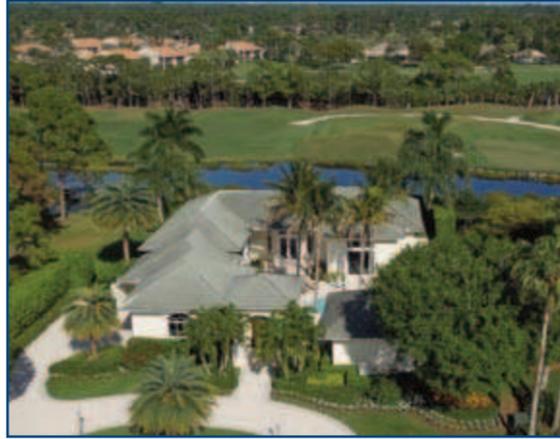
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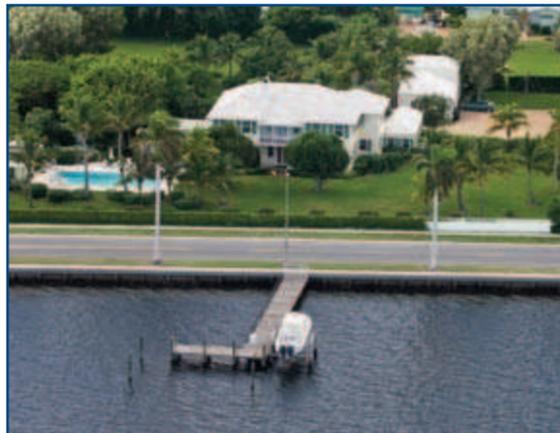
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## HEALTHY LIVING

### Nobody's perfect, so embrace what's unique about you

**lindaLIPSHUTZ**  
llipshutz@floridaweekly.com



*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 defeat. "Nothing fits right anymore," she groaned. Since menopause, her mid-section 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 impor-

tance of one's appearance, with wounding 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 depiction 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 may 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."

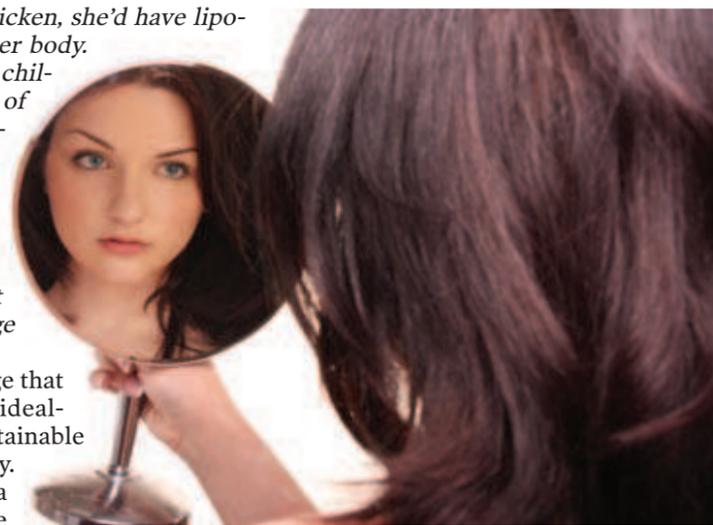
She states: "We all need to feel worthy of love and belonging, and our worthiness is on the line when we feel like we are never (...) enough (you can fill in the blank: thin, beautiful, smart, extraordinary, talented, popular, promoted, admired, accomplished).

Perfectionism 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. Implicit in their complaint is the distinct message that a woman's worth is measured by her external beauty.



As parents, we can take steps to help our children develop healthier self-esteem. If we can become less self-critical, we will communicate a powerful message to our sons and daughters about how to love and respect themselves and to be at peace with their imperfections. And of course, we should restrain from openly discussing dismay about our appearances in front of our children. We should make a point of complimenting their inner qualities of respect, consideration and compassion. And, of course, our sons benefit from all of the above, as much as our daughters.

It should help to highlight the value and accomplishments of a wide range of individuals, emphasizing attributes other than appearance. Finding role models from every walk of life should further encourage this mindset. If we can encourage educators to look for opportunities to challenge media messaging and open up candid discussions of media distortions and negative influence, our message can be further reinforced.

Brown encourages us to cultivate the courage to embrace our imperfections to believe we are enough — that we are worthy of love, belonging and joy. She asks why we're all so afraid to let our true selves be seen and known. The challenge of course is to let go of worrying about what others think and to appreciate what is uniquely special about each of us. ■

— Linda Lipshutz, LCSW, ACSW, is a psychotherapist serving individuals, couples and families. She holds degrees from Cornell and Columbia and completed post-graduate training at the Ackerman Institute for Marital and Family Therapy in Manhattan. She can be reached in her Palm Beach Gardens office at 630-2827, or [palmbeachfamilytherapy.com](http://palmbeachfamilytherapy.com).

# 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.



kishi

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 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 zebrafish.

"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 zebrafish 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 young scientist to finance his or her infectious-disease research project. A scientific review committee will select the honoree

from among a group of 11 semifinalists.

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 of drug resistance.

Jupiter Medical Center will provide continuing medical education credits to participants who are medical professionals. Registration for either the entire symposium or just the keynote luncheon address may be

completed online at pbidi.org or by calling PBIDI Executive Director Mary Lampe at 623-5505.

Co-directors are 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; Dr. A.W. Karchmer, Harvard Medical School; and Dr. Richard P. Wenzel, Virginia Commonwealth University. The renowned faculty will include Dr. John T. Sinnott, USF Medicine International; Dr. Brad Spellberg, David Geffen School of Medicine at UCLA; and several others. ■

### PBGMC sets free screenings, seminars

Palm Beach Gardens Medical Center has free meetings and screenings during May.

■ **Heart To Heart Club:** Heart disease support group May 8, 7 p.m., First Presbyterian Church Fellowship hall. Call to RSVP, 625-5070.

■ **Heart Attack Risk Assessment** May 9, 7:30 a.m.-noon, Conference Room 3 at the center. FREE screening includes blood pressure, cholesterol, triglycerides, glucose, Body Mass Index. To register call 625-5070 or see pbgmc.com.

■ **Learn about the best and worst foods for your body** May 15, 4 p.m., classroom 101, Nova Southeastern University, 11501 N. Military Trail, Palm Beach Gardens. Dr. Rahul Aggarwal, interventional cardiologist. Call 625-5070 to register.

■ **FREE CPR/AED Training Course** May 22, 6 p.m., Palm Beach Gardens Fire Station 5, in partnership with Palm Beach Gardens Fire Rescue. Space is limited, call 625-5070.

■ **Everything You Need To Know About Diabetes** May 23, 4 p.m., classroom 101, Nova Southeastern University, 11501 N. Military Trail, Palm Beach Gardens. Dr. Jaideep Puri, nephrologist. Call 625-5070 or see pbgmc.com to RSVP.

■ **High Blood Pressure — Causes, Symptoms and Treatments** May 29, 4 p.m., classroom 101, Nova Southeastern University, 11501 N. Military Trail, Palm Beach Gardens. Dr. Arlene Taylor, family medicine. Call 625-5070 or see pbgmc.com to RSVP.

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

BY CHRIS FELKER  
cfelker@floridaweekly.com



Harmon

The 2012 Florida Green, Energy and Climate Conference/Expo is rapidly approaching; late last week, several exhibitor spaces 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 Palms West and Greater Lake Worth chambers joined forces. But Anitra Harmon, who coordinated Green Conference efforts for Palms 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 7117, 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 provide energy savings to Floridians.

HB 7117 will be one subject of the Green Conference's annual legislative panel presentation, which this year is scheduled for 10:30 a.m. to noon on the expo's second day, Thursday, May 17. It will be moderated again by Michael W. Sole, vice president of state governmental 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 Gardens Mayor David Levy has signed up

to participate but that invitations to Jupiter and Juno Beach officials have not received responses.

Other presentations at the exposition will answer the question "What's New in Renewables?" and will include information on wind turbines, solar and ocean energy installations, waste-to-energy plants and the use of biofuels.

The conference is basically a great

opportunity, said Harmon, for business professionals and government officials as well as the public to learn from and connect with decision-makers in sustainability-minded Florida organizations. Its focus is on education and networking that can advance individuals and businesses in today's green-focused economy.

In a phone interview, Harmon said: "We have upwards of 80 attendees coming into West Palm Beach for the conference this year. This is the third year that we've done the 100 Cities initiative, and it's been growing each year. I think more and more people are becoming aware of it."

That part of the exposition brings together officials in government and private business who are trying to advance efforts by municipalities and school districts - large users of gasoline and petroleum-based products - to lessen their carbon footprint on the environment.

Harmon explained: "We have a great lineup of general sessions this year, including the emerging technologies, like wind and solar, and what FAU is doing down in Boca Raton at the Southeast National Marine Renew-

able Energy Center. They're investigating harnessing the Gulf Stream for generating electricity.

"This is all going to be part of what we're calling our Clean Energy Panel," Harmon said. It will kick off on Wednesday morning, May 16, with the

he's going to be sharing the panel with Dr. Alex Domijan from the University of South Florida to discuss grid modernization."

Harmon said that another particular focus of the conference will be on the conversion of municipal and school fleets to compressed natural gas, electricity or biofuel. "One of the interesting sustainability trends that's going on now is fleet conversion, and the importance of that, because fleets use up so much oil. We're going to discuss how you go about converting the fleet, whereby they can get into compressed natural gas, biofuels, electric, propane - the alternative fuels," she said.

"Coming from Leon County School District, we have the director of fleet conversion coming in to speak to that, because that's a real-life example of how the schools converted to compressed natural gas, and they

are going to talk about its cost savings in taking that step," Harmon said. That official's name is Manny Joanos, a divisional director of the Leon County schools.

And in one presentation that those interested in local efforts will find fascinating, an official of the company building Florida's first wind energy "farm" will speak as part of the "Renewable Clean Energy" panel that kicks off the conference, from 8:30 to 10 a.m. May 16. Robin Saiz, director of project development for Wind Capital Group, will report on where the project stands at present.

"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 Skemp, director of the Southeast National Marine Renewable 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 Brill, president of the Florida Chamber Foundation; and Dennis Gallon, president of Palm Beach State College.

The conference is presented by Florida City Gas, Florida Public Utilities and ESG (Energy Systems Group). Gold sponsors are Florida Power & Light Co., Wind Capital Group, Waste Management and the county Convention Bureau. ■



## Mounts Spring Plant Sale sprouting new shoots

SPECIAL TO FLORIDA WEEKLY

Despite the lack of April showers, May flowers are coming 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 in conjunction with the Hibiscus and Rose Shows this coming weekend.

Friends of the Mounts Botanical Garden expects hundreds of local horticultural enthusiasts and gardening aficionados to show up.

A breakfast for Mounts members kicks off the festivities at 8 a.m. Saturday, with the annual Spring Plant Sale running from 9 a.m. to 5 p.m. and featuring more than 80 vendors with a wide assortment of plants and goods for sale. Palms, orchids, bamboo, begonias, bromeliads, fruit trees and many other types of plants will be for sale. Sunday hours will be from 9 a.m. to 4 p.m.

Admission is free for Mounts members 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 garden."

And once again, the American Hibiscus Sunrise-Conrad Chapter will be having its annual judging and show in Exhibit Hall B, featuring many of the state's best bloomers.

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 largest public garden, is both a display space for tropical and subtropical plants from around the world and a living laboratory, where patrons can connect with horticulturists, Master Gardeners, the Florida Yards and Neighborhoods Program and the Palm Beach County Cooperative Extension Service.

It is located at 531 N. Military Trail in West Palm Beach and is open Monday through Saturday from 8:30 a.m. to 4 p.m. and Sunday from noon to 4 p.m. Suggested donation for entry to the Garden is \$5 per person. For information, call 233-1757 or see mounts.org. ■

WEEK OF APRIL 26 - MAY 2, 2012

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

## Hospice welcomes five new doctors to staff

SPECIAL TO FLORIDA WEEKLY

Hospice of Palm Beach County is adding five renowned physicians to its team as assistant medical directors, in specialties including oncology, hematology, obstetrics and gynecology.

"The credentials and experience of these five physicians are exceptional," the hospice's vice president of medical affairs, Dr. Faustino Gonzalez, said in a news release. "They each bring unique skills that will enable us to expand our ability to provide the finest healthcare possible for patients and families during their most difficult times."

The five are:

Andres Eduardo Canova, M.D., a board-certified oncologist and hematologist by the American Board of Internal Medicine, received his medical doctorate from the University of Buenos Aires, completing residency at the Medical College of Pennsylvania and fellowship at Yale. Multilingual, Dr. Canova communicates fluently with patients and family members in English, Spanish, Portuguese, French and Italian. He is active with the North County Cancer Institute.

Randy Fox, M.D., is board-certified with the American Board of Obstetrics and Gynecology. His doctorate is from Ohio State, and he completed his residency at Good Samaritan in West Palm Beach. Before returning to the area last year, Dr. Fox managed a successful private O&G practice in Nashville for 15 years. He lives in Palm Beach Gardens.

Elena Kruglyak, M.D., is a diplomate with the American Board of Internal Medicine and the American Subspecialty Boards of Medical Oncology and Hematology. She received her doctorate from Tel-Aviv University's Sackler School of Medicine and completed residency at the Albert Einstein College of Medicine, Montefiore Medical Center, where she earned a fellowship. She practices at Hematology-Oncology Associates in Boca Raton.

Marijo Perry Rothschild, M.D., is rejoining Hospice of Palm Beach County, where she was an assistant medical director from 1990 to 2003. She earned her doctorate at Hahnemann University, Philadelphia, and did residency at Georgetown University Hospital in Washington. She is a diplomate of the National Board of Medical Examiners, the Board of Internal Medicine and the Board of Hospice and Palliative Medicine.

Juan E. Sanchez, M.D. who's on staff at Palm Beach Gardens Medical Center and Jupiter Medical Center, is board-certified in internal medicine and oncology, with a hematology/oncology fellowship. He is secretary of the Latin American Medical Association and an American Society of Clinical Oncology member. His doctorate is from La Salle University, Mexico City; he did an H/O fellowship at Saint Francis Hospital of Evanston, Ill.; and earned a bone marrow transplant specialization from Northwestern University. ■

## Debate at PGA Corridor luncheon examines growth management changes

SPECIAL TO FLORIDA WEEKLY

The PGA Corridor Association will present a lively debate at its Gaeta Annual Private Property Rights Luncheon on May 2; two nationally acclaimed land-use experts will debate Florida's 2011 revisions to the Growth Management Act - "Love 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 11:30 a.m. The luncheon and debate begin at noon, with an opportunity to talk with the speakers at 1 p.m.

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 1985, 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



Burling



Grosso

law. He frequently lectures in continuing legal education courses; is chairman 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 and general counsel of the Everglades Law Center. He has extensive

state and federal trial and appellate court experience in high-profile land-use cases, representing many major environmental organizations in Florida.

The Growth Management Act changes took effect last June and allow cities and counties to change their growth management plans without state permission. They represented Gov. Rick Scott's effort to cut red tape by streamlining agencies and eliminating dual responsibilities, with the goal of stimulating job growth and new construction, and have led to countless discussions and debates as to how Florida will grow in the future.

Some of the questions to be addressed are "Will this lead to unbridled residential development in Palm Beach County's agricultural areas or sugar-cane fields?" and "Are new construction-related jobs and a newly robust economy just around the corner?"

The Oxbridge Academy of the Palm Beaches is the speaker sponsor for the event, and table sponsorships are still available at \$500 per table of 10. Call 625-6109 to make a reservation, and for more information, see pgacorridor.com. ■



## United Way posts 4 new appointments

SPECIAL TO FLORIDA WEEKLY

The United Way of Palm Beach County announces the appointment of Mark Erickson as chief financial officer; Alexia Savage as vice president of marketing; and two new board members, Gaetana Ebbola 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 Nominations Committee of the United Way Worldwide Financial Issues Committee, in which CFOs from around the country work together to determine best practices 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/Fort Lauderdale, 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 and 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 skill sets 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 inte-

gral to achieving the vision and mission of the organization."

Ms. Ebbola has worked with the Children's Services Council of Palm Beach County for 23 years, the last 18 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.

Mr. Oswald is assistant superintendent of the Palm Beach County School District; his most recent prior experience 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 respected in the community for their stellar work. We ... look forward to the energy and effort they will certainly bring." ■



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# FLORIDA WEEKLY NETWORKING

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



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6. Katherine Lande, Katherine Shenaman and Aime Dunstan.
7. Daphne Nikolopoulos and Annie Falk.

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# 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 Janelle Dowley.  
 3. Brian McPherson and Sean Nealon.  
 4. Brian LaMotte and David Brobst.  
 5. Marti LaTour, Patrice Bowes, Beth Garcia, Christina Lell and Rhea Slinger.

6. Jane Dike, Suzanne Neve and Tess Lozano.  
 7. Todd Hutchson, Michael Mitrione.  
 8. Ed Tancer and Ron Carryl.  
 9. Sharon Keeler Gisriel, Eric Inge.  
 10. Michael Coady and Holly Demers.  
 11. Russ Scott, Mary Lattimore.

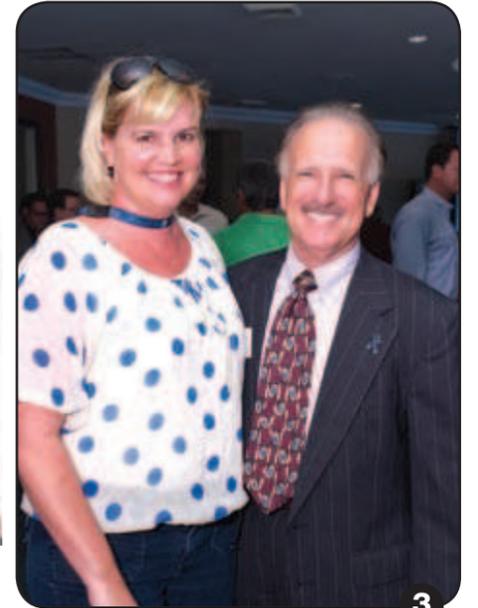
12. Laurie Albert, Beth Garcia and Jenn King.  
 13. Peretheiura Baker, Dr. Edward M. Eissey and Elizabeth Cayson.

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# NETWORKING

## 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. Elliot O'Roark, Christina Fermin and Jennifer Ribek  
 5. Peretheiura Baker, Donna Goldfarb, Jennifer Sardone and Antony Cisek  
 6. Dusty MacBeth, David Middleton and Stephanie Waldrop  
 7. Noemi Coltea and Donald Kiselewski

8. Halli Nicoloso, Danielle Mousseau, Christie DuBois and Ashley Gordon  
 9. Zachary Sobel and Antony Cisek  
 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

TOM BRODIGAN/FLORIDA WEEKLY



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# REAL ESTATE

WEEK OF APRIL 26-MAY 2, 2012

A GUIDE TO THE REAL ESTATE INDUSTRY

## *Architectural elegance*



**SPECIAL TO FLORIDA WEEKLY**

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. ■



COURTESY PHOTOS

## Veteran broker to lead new Lang Realty office



**SPECIAL TO FLORIDA WEEKLY**

Lisa McKeon, broker associate for Lang Realty, will lead the sales team in the company's new West Palm Beach office scheduled to open this summer. Before joining Lang Realty in 2008, Ms. McKeon led her own full-service real estate firm consulting area builders in pricing, marketing and sales of multiple developments throughout South Florida. Before that, she held various sales and marketing positions with developers from Miami to West Palm Beach.

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 989.2100. ■

## Gulfstream Goodwill Industries receives donation of old mall contents

**SPECIAL TO FLORIDA WEEKLY**

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. ■

## KOVELS: ANTIQUES

### Collectors fish for finds on aquariums



of different table extension designs were being invented.

**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 stored it in my garage for 32 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 (1890-1980) 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 colors aren't faded, contact an auction that specializes in advertising. You will have to pay a commission.

**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 1899 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 called "foxing" and can be caused by 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.

**Tip:** 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. ■

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 fish bowl is cleverly designed. A porcelain "basket" holds an ice cave (the bowl). It's topped by the bears, and openings show the bowl and active fish. It's about 24 inches high and 15 inches in diameter, big enough to hold a few fish and plants. The bowl is lit from below. The maker is unknown, but it's signed "Makonicka." 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 leaves out 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 "perimeter leaves." 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



**This unusual fish bowl was made by an unknown factory, but it appealed to bidders and sold for \$2,540 at a December 2011 Humler and Nolan auction in Cincinnati.**

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Certified Negotiation Expert  
**561-370-5736**



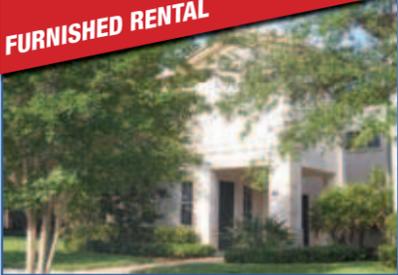
**Dawn Malloy, Realtor**  
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# SINGER ISLAND LIFESTYLES

THE MCADAMS TEAM - SINGER ISLAND CONDO SPECIALISTS



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 Certified Distressed Property Expert (CDPE)  
 561-358-0716  
 Judy@SingerIslandLifestyles.com



**Jimmie McAdams, Realtor\***  
 Certified Luxury Home Marketing Specialist (CLHMS)  
 Accredited Buyer's Representative (ABR)  
 561-385-1450  
 Jimmie@SingerIslandLifestyles.com



**"NO ONE KNOWS SINGER ISLAND BETTER THAN WE, SO WHY NOT WORK WITH THE BEST!"**

## Moving Out or Moving Up?

Selling or Buying your home should be about YOU—not us! When you hire **The McAdams Team** to work for you, you will experience the same quality of service and professionalism as the 47 families we helped realize their real estate goals in 2011! *Read the following comments from some of our satisfied families:*

*"We wish to express our heartfelt gratitude to you for being tremendous real estate agents. Without your help and expertise, we would not be the proud owners of the condo of our dreams. Everything that goes with finding and buying a condo, from beginning to end, was impeccably handled. We definitely will refer and recommend The McAdams Team."*  
 —Rosalie & Anthony

*"It was so wonderful working with such professionals! You made everything pertaining to my purchase look so easy. Besides that talent, you also were so easy to be 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

**Selling? or Buying?** To realize YOUR real estate goals, call **The McAdams Team** at **561.385.1450**



### RITZ CARLTON RESIDENCES

Singer Island's premier high-rise oceanfront community offers an enviable lifestyle of luxury, featuring spacious condos and world-class amenities.  
 Priced from \$895,000  
 Call The McAdams Team 561-385-1450



### DOLCEVITA

Only 34 owners will enjoy the intimate island lifestyle offered in the newest development in Singer Island, featuring spacious 2 & 3 bedroom condos.  
 Priced from \$400,000  
 Call The McAdams Team 561-385-1450



### MARRIOTT RESORT PRIVATE RESIDENCES

Spacious oceanfront condos offering 3 to 4 bedrooms for a luxurious island lifestyle! Valet parking, 2 pools, media room, on-site spa & restaurant. Priced from \$775,000  
 Call The McAdams Team 561-385-1450



### PHOENIX TOWERS B-8-D

2 BR/2 BA Condo with awesome ocean views. Gated oceanfront community on best Singer Island beach. Impact windows & doors, pool, tennis, fitness center, covered parking. \$215,000.  
 Call The McAdams Team 561-385-1450



### REACHES 2-A

2 BR/2 BA Direct ocean. Renovated w/open kitchen. New furnishings. No Pets. Non-smokers. 3-month Seasonal Rental. Reserve now for 2013! \$4,000/mo.  
 Call The McAdams Team 561-385-1450



### PHOENIX TOWERS A-24-D

2 BR/2 BA Oceanfront penthouse condo available off-season (May-Nov). 3-month minimum rental. Unobstructed ocean view. Gourmet kitchen. No Pets. Non-Smokers. \$2000/month  
 Call The McAdams Team 561-385-1450

**CALL THE MCADAMS TEAM TODAY TO MARKET YOUR SINGER ISLAND CONDO OR HOME!**



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[www.SingerIslandLifestyles.com](http://www.SingerIslandLifestyles.com)



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REAL ESTATE GROUP

*Where Lifestyle Matters*

Singer Island • Palm Beach Gardens • Jupiter • North Palm Beach • Juno Beach



**TURNKEY**

**Beach Front 1402**

2BR/3BA + DEN – One of the most beautifully finished and furnished residences on Singer Island. Masterful faux painting throughout, beautifully crafted moldings and woodwork. Attention to every detail. The views are spectacular. This is truly a “model” of excellence.

**\$1,050,000**



**HUGE REDUCTION**

**Oasis 12B**

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.

**NOW \$1,795,000**

For more information on these Great Buys and Next Season’s Rentals, email us at **Info@WalkerRealEstateGroup.com**

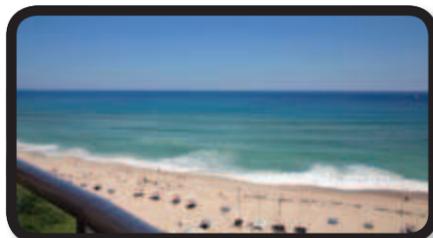


**REDUCED!**

**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**



**Ritz Carlton 601A**

DIRECT OCEAN-Designer’s unit with Ritz services. 3BR/3.5 BA 3,600 sq. ft.

**\$1,925,000**



**Martinique WT 803**

RARE 3BR/4.5BA. Gorgeous views of ocean & intracoastal. 2 parking spaces and cabana

**\$751,000**



**Beachfront PH03**

3BR/3.5BA Spectacular views from every room with poolside cabana!

**\$1,395,000**

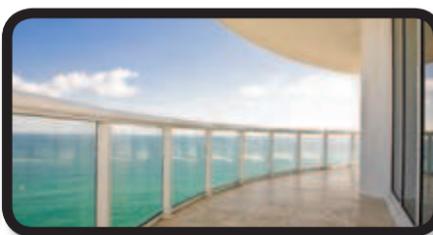


**PRICED TO SELL!**

**Via Delfino 1801**

RARE 4BR/5.5BA  
Direct Ocean with Poolside Cabana.

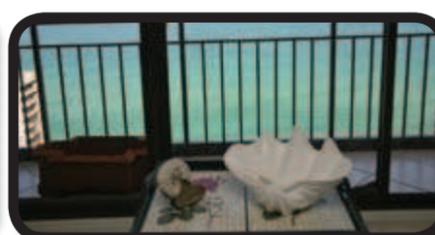
**\$1,590,000**



**Beachfront 1601**

DIRECT OCEAN-3BR/3.5BA.  
Outstanding views. Marble floors.

**\$1,499,000**



**Martinique PH WT 2601**

Penthouse 2BR/3.5BA with beautiful views of ocean and intracoastal.

**\$599,000**



**REDUCED!**

**Oasis 2A**

PRICED TO SELL.  
3BR/3.5BA 4000+ sq. ft.

**NOW \$849,000**

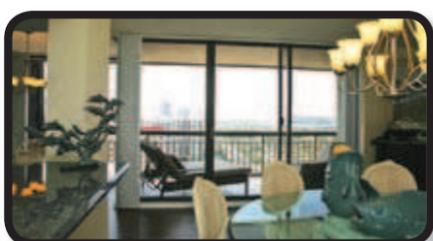


**REDUCED!**

**Oasis 14A**

3BR/3.5BA – Panoramic ocean to ICW views. World Class estate, fully furnished. Turnkey

**NOW \$1,775,000**



**Martinique WT 2604**

2BR/3.5BA Penthouse - beautiful views, new wood floors and appliances.. LIKE NEW!

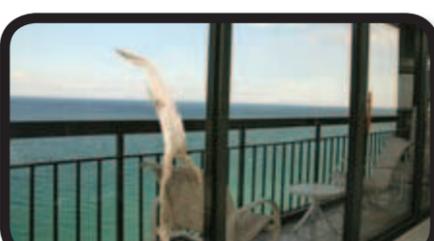
**\$899,000**



**Ritz Carlton 1102B**

3BR/3.5BA – Awaken to breathtaking views of the ocean and IWC. Fully Furnished and Turnkey

**\$1,595,000**



**Martinique ET 2201**

2BR/3.5BA High NE corner unit with beautiful ocean and intracoastal views.

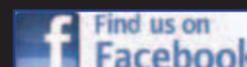
**\$690,000**



Jeannie Walker  
Luxury Homes Specialist

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Jim Walker III  
Broker

# ARTS & ENTERTAINMENT

WEEK OF APRIL 26-MAY 2, 2012

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



## Festival marks its 30th with jazz, pizazz

The Mighty Might Boss-tones, top, Counting Crows, right, and tons more will play to the masses at SunFest's 30th annual concert.

BY SCOTT SIMMONS  
ssimmons@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



MATISYAHU

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 FPL Stage.

2. If reggae is an art form, then visitors will not want to miss the

SEE SUNFEST, B4 ►



COURTESY OF SUNFEST

## INSIDE



### Terrific tortillas

Alfa Lopez makes them fresh each night at Rocco's Taco's. B19 ►



### Don't be a chump

"Chimpanzee" is a poorly executed documentary, our critic says. B9 ►



### Society

See who's out and about in Palm Beach County. B10-12, 17-18 ►

### Housing dreams

Is that perfect mate out there? Is the perfect house? B2 ►



## 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, laughably bad remake of a hit Hollywood film.

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.

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 entertainingly bad spoofs, and that's what organizers are counting on.

Entries 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. Tickets to the event do cost \$5; however, those who enter films receive two free tickets.

According to the festival organizers' news release: "Swede fest is not a competition, so we try to avoid comparisons that come from multiple swedes 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 call Belle Forino at 282-4623 or e-mail bforino@ramrealestate.com. ■

# SANDY DAYS, SALTY NIGHTS

## Searching for perfection



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.

"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. ■



# CREATIVE MEMORIES - FAVORITES

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## Gallery

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**OPENING EXHIBIT: "Forever Florida"**  
May 1 through July 29

Featuring original artwork that showcases the natural life in Florida through photography and paintings!

Open Wednesday-Sunday 11am to 9:30pm  
Located in Northwood Village  
(approximately a half a block from Route 1)  
433 Northwood Rd.  
West Palm Beach, FL 33401

MALTZ JUPITER THEATRE PRESENTS

# 2012/13 EVENT SCHEDULE

**PUBLIC ONSALE MAY 7 AT 10:00AM**

**SPECIAL PRODUCTION**

**THE LARAMIE PROJECT**

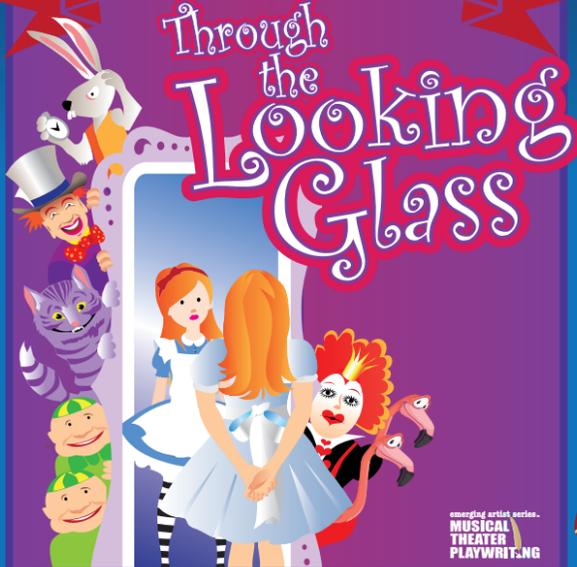


**SEPTEMBER 8 at 7:30PM**

*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.

**SPECIAL PRODUCTION**



**OCTOBER 12 at 7:30PM**

A contemporary retelling of the children's classic *Alice in Wonderland*, *Through the Looking Glass* comes to life with eye-popping sets, costumes, magic and puppetry.

SPONSORED BY  
ELMORE FAMILY FOUNDATION AND MURIEL AND RALPH SALTZMAN

**SPECIAL ENGAGEMENTS**

MALTZ JUPITER THEATRE GUILD PRESENTS  
**STAN KENTON TRIBUTE ORCHESTRA**



Under the leadership of Dennis Noday, this high-energy big band plays all of the Stan Kenton jazz classics featuring "Artistry in Rythmn," "Intermission Riff," and more!

**NOVEMBER 16 at 7:30PM**

**PALM BEACH GARDENS CONCERT BAND**



Hear popular and traditional Christmas and Hanukkah songs played by the full band, in a joyous celebration of the Holiday season.

**DECEMBER 18 at 7:30PM**

## ◆◆◆ 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**

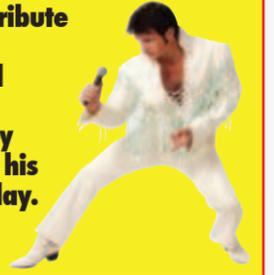
An uproariously funny play that takes the audience back to their youth. The irrepressible Sister teaches class to a roomful of "students" filled with audience participation.



**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," "She Cried," "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**

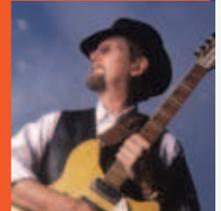
From the company that launched the careers of Tina Fey, Steve Carell, and more, comes an evening of hilarious sketch comedy and improvisation.



**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**

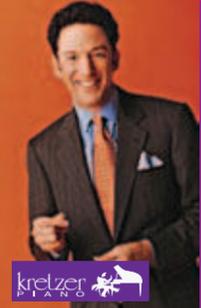
Celebrate your roots as the classical crossover group performs a mix of Irish, folk and pop.



**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





COURTESY MAP

# SUNFEST

From page 1

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



HANCOCK

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.

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



COURTESY PHOTO

## Fireworks will conclude SunFest 2012

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 closes out the festival with a bang over the Intracoastal Waterway at 9 p.m. May 6. ■



COURTESY PHOTO

Joan Jett plays SunFest 2012

in the know

### SunFest 2012

- >> **What:** SunFest
- >> **When:** 5 p.m.-10 p.m. May 2-3; 5 p.m.-11 p.m. May 4; noon-11 p.m. May 5; and noon-9 p.m. May 6.
- >> **Where:** Along the West Palm Beach waterfront between Banyan and Okeechobee Boulevards.
- >> **Cost:** 1-day festival ticket with Early Bird Discount: \$30\*
- >> **1-day pass (regular price):** \$35
- >> **2-day pass with Early Bird Discount:** \$46
- >> **2-day pass (regular price):** \$52
- >> **5-day pass Early Bird Discount:** \$61
- >> **5-day pass (regular price):** \$67
- >> **Youth 1-day pass (6- to 12-year-olds) with early bird discount:** \$8
- >> **Youth 1-day pass (6- to 12-year-olds):** \$10
- >> **Youth 2-day pass (6- to 12-year-olds) with early bird discount:** \$15
- >> **Youth 2-day pass (6- to 12-year-olds):** \$17
- >> **Youth 5-day pass (6- to 12-year-olds) with early bird discount:** \$20
- >> **Youth 5-day pass (6- to 12-year-olds):** \$22
- >> **Children 5 and under:** Free
- >> **Seniors 65 and older:** 1-day festival tickets are \$20 (available only at the gate)
- >> **Early bird discount ends April 28**
- >> **Info:** Tickets for SunFest 2012 are on sale at [www.sunfest.com](http://www.sunfest.com), the SunFest store at 525 Clematis St., downtown West Palm Beach, or by calling 1-800-SUNFEST.

# 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 overcall, 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.

Not only that, but when East doubled, Tintner had enough confidence in his partner's bidding and his own values to redouble! East — holding A-A-A-K — no doubt thought his opponents had gone berserk and would pay heavily for their indiscretion.

South dealer.  
Neither side vulnerable.

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

The bidding:

<b>South</b>	<b>West</b>	<b>North</b>	<b>East</b>
Pass	Pass	1 ♠	2 ♥
3 ♦	Pass	3 ♥	Dble
Pass	Pass	4 ♥	Dble
6 ♦	Pass	Pass	Dble

Redble  
Opening lead — seven of hearts.

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. ■



### FINAL CONCERT OF 2012 SEASON

#### THURSDAY 26: The Resolvers

The Premier South Florida Reggae act capturing the essence of classic Reggae: Natural acoustic percussion, deep bass grooves, worldly drum rhythms, tasty vintage keyboards, bluesy guitar licks, and multi-part vocal harmonies led by the brother-and-sister team of Ojay & Sahara Smith...blend with modern songwriting craftsmanship and you have a purely original take on World Music.



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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PALM BEACH GARDENS

561.630.6110 | [midtownpga.com](http://midtownpga.com)  
4801 PGA Blvd., Palm Beach Gardens, FL 33418  
On PGA Blvd., just west of Military Trail, between I-95 and the FL Turnpike.

Twitter | Facebook | WiFi ZONE

MAY 2-6  
**2012 SunFest**  
WEST PALM BEACH WATERFRONT

Tickets online at [SUNFEST.COM](http://SUNFEST.COM)  
or call 1-800-SUNFEST (786-3378)

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FOREIGNER • THE MIGHTY MIGHTY BOSSTONES  
JOAN JETT & THE BLACKHEARTS • MICHAEL FRANTI & SPEARHEAD  
HERBIE HANCOCK • MATISYAHU • COHEED & CAMBRIA  
ALL AMERICAN REJECTS • NEEDTOBREATHE • SOJA  
THE MARSHALL TUCKER BAND • THE OUTLAWS • THE FAB FOUR..

LIMITED number, so act FAST! **BARGE CARD BONUS!**  
1-DAY ADMISSION (\$35) & \$25 BARGE CARD **\$44!**  
That's \$16 of drinks free for you at SunFest!

**THURSDAY: \$10 off ticket**

That's right! Get in cheaper Thursday night when you buy in advance and use the code.

More information on ticket promotions: [SUNFEST.COM/TICKETPROMOTIONS](http://SUNFEST.COM/TICKETPROMOTIONS)

courtesy of:

**\$5 PARKING**  
RESERVE YOUR SPOT.  
Check out advance parking options at [SUNFEST.COM/PARKING](http://SUNFEST.COM/PARKING)

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South Florida Ford

**GRIMALDI'S**  
COAL BRICK-OVEN PIZZERIA

**TUESDAY TASTINGS**

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ONLY AVAILABLE AT  
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WEST PALM BEACH

\*Offer not valid on featured wines, house wine or sangria. Not valid with any other offer. Promotion available February through September. Available at the Clematis Street Grimaldi's location only.

## WHAT TO DO, WHERE TO GO

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

## At The Borland Center

The Borland Center for Performing Arts is at Midtown, 4885 PGA Blvd., Palm Beach Gardens. Call 904-3130 or visit [www.theborlandcenter.org](http://www.theborlandcenter.org).

**Second Hand Sunshine Childrens Fine Consignment Sale**

— Shop among thousands of new and gently loved kids' clothing, gear, toys, furniture, books, electronics, maternity items and more. New this year: a gently loved designer handbag and wallet selection for women. Pre-sale on April 27 (\$25 donation per person). 8 a.m.-3 p.m. April 28 and 9 a.m.-3 p.m. April 29. Information: [www.secondhandsunshine.com](http://www.secondhandsunshine.com).

## At The Eissey

The Eissey Campus Theatre is at Palm Beach State College, PGA Boulevard, Palm Beach Gardens. Unless otherwise noted, call 207-5900 or visit [www.palmbeachstate.edu/eisseycampustheatre](http://www.palmbeachstate.edu/eisseycampustheatre).

**Keep Flippin' Gymnastics presents The Endless Summer Camp**

— A unique tumbling and apparatus revue featuring the Keep Flippin' Show Team and students 2 p.m. April 28-29. Tickets: \$17. Call 745-2511.

## At The Kravis Center

The Kravis Center is at 701 Okeechobee Blvd., West Palm Beach. For tickets, call 832-7469 or log on to [www.kravis.org](http://www.kravis.org).

**Gospel Gala featuring Donald Lawrence and Company**

— With opening acts Men of Valor of the Hopewell Missionary Baptist Church and Boynton Beach High School Choir and Dimensional Harmony, 7 p.m. April 27, Dreyfoos Hall. Tickets: \$15 and up.

**"Life in a Marital Institution"**

— With James Braly, 7:30 p.m. April 27-28, Rinker Playhouse. Tickets: \$35.

**19th annual Reach for the Stars Benefit**

— Featuring the "Dancing for the Stars," Ballroom Dance Competition and an evening of gourmet food and fine wine from many of the area's finest restaurants. Come see some of your favorite local celebrities compete for the coveted "Dancing for the Stars" trophy. Reach for the Stars benefits the Kravis Center's S\*T\*A\*R (Students and Teachers Arts Resource) Series and other arts education programs. 6 p.m., April 28, Dreyfoos Hall, tickets start at \$60.

## At The Mos'art

The Mos'Art Theatre is at 700 Park Ave., Lake Park. Call 337-OPOD (6763) or visit [www.mosarttheatre.com](http://www.mosarttheatre.com).

**Films**

— April 26: "The Kid with a Bike" and "The Salt of Life." Various times. April 27-May 2: "The Forgiveness of Blood" and "Monsieur Lazhar."

**Performance: "Singin' and Dancin' in the Rain"**

— A celebration of Gene Kelly, 8 p.m. April 27-28, 3 p.m. April 29. Tickets: \$25.

## 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; 743-7123; or visit [www.loxahatcheeriver.org/rivercenter](http://www.loxahatcheeriver.org/rivercenter).

■ **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.

**Mainstreet at Midtown Music on the Plaza**

— 6-8 p.m. Thursdays. Beer, wine and food from Chuck Burger Joint's kitchen; prices under \$10; free parking; outdoor heaters; 629-5191. April 26: The Resolvers. Near Military Trail and PGA Boulevard.

**Dance Tonight**

— Open Latin/ballroom mix party features live music by Jimmy Falzone every Thursday. Group lesson 8-9 p.m.; party 9-10:30 p.m.; admission \$15 for entire evening, includes light buffet; 914 Park Ave., Lake Park; 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](http://www.clematisbynight.net).

**Legacy Place Food & Wine Experience**

— April 26. Benefiting the American Lung Association. Delicious food, fine wine, and entertainment. VIP tickets: \$75 General Tickets: \$50. To purchase tickets: [www.LegacyPlaceFoodandWine.com](http://www.LegacyPlaceFoodandWine.com).

**Kid's Monthly Movie**

— featuring "The Muppets," 3 p.m. April 26, Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

## Friday, April 27

■ **Lake Park "Super" Market** — 5 p.m.-9 p.m. Fridays through Oct. 26; Kelsey Park, 725 Lake 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: \$15 per person; 747-0030 or [alexandersballroom.com](http://alexandersballroom.com).

**Downtown's Weekend Kickoff**

— Singers perform 6-10 p.m. Fridays. April 20: The Party Dogs. April 27: Samantha Russell Band. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

**"Margie is Moving In"**

— An original play by Kevin Bradley. 8 p.m. April 27-28 and 3 p.m. April 29 at the Atlantic Theater, 6743 W. Indiantown Road, Jupiter. Tickets: \$12. Benefits The Harmony House, a safe place for women and children; 575-4942 or [www.theatlantictheater.com](http://www.theatlantictheater.com).

**"Singin' and Dancin' in the Rain"**

— A celebration of Gene Kelly, 8 p.m. April 27-28, 3 p.m. April 29, Mos'Art Theatre, 700 Park Ave., Lake Park. Tickets: \$25; [Mosarttheatre.tix.com](http://Mosarttheatre.tix.com) or 337-6763.

■ **"The Art of Spring — An Explosion of Color"** — Opening with a reception 5-8 p.m. April 27 at Artists Showcase of the Palm Beaches at the Historic Jenkins House, 815 Palm Beach Lakes Blvd., 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](http://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; 743-7123; or visit [www.loxahatcheeriver.org/rivercenter](http://www.loxahatcheeriver.org/rivercenter).

**Palm Beach Gardens Residents Coalition Meeting**

— All owners, residents and interested citizens are invited to hear Sheryl Stecker, Inspector General of Palm Beach County, speak about fraud, waste and corruption, 11:30 a.m.-1:30 p.m. April 28, Meeting Room, Palm Beach County Library, 11303 Campus Drive Palm Beach Gardens. RSVP by email to [pbgrock@aol.com](mailto:pbgrock@aol.com) or call Kevin at 622-7745. On the Web: [pbgresidentscoalition.com](http://pbgresidentscoalition.com)

**Celebrate Saturdays at Downtown**

— Singers perform 6-10 p.m. Saturdays. April 28: Jason Colannino and 4 Peace Band. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

## Sunday, April 29

■ **Palm Beach Gardens GreenMarket** — 8 a.m.-1 p.m. Sundays through May 6; City Complex, 4301 Burns Road; 756-3600.

## Monday, April 30

■ **Timely Topics Discussion Group** — Lively discussion group covers the most up-to-date topics faced by our local community, including national affairs and foreign relations as they relate to Israel and the United States; free/Friends of the J; \$18 annual fee/guests; call 712-5233. JCC North, 4803 PGA Blvd., Palm Beach Gardens.

## Tuesday, May 1

**Mah Jongg & Canasta Play Sessions**

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

**Stayman Memorial Bridge**

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

■ **Zumba Class** — 11 a.m. Tuesdays, Alexander's Ballroom, 651 W. Indiantown Road, Jupiter; 747-0030.

■ **Bridges Twilight Tales** — Come hear a story and wear your pajamas 5:30 p.m. May 1 at the Lake Park Public Library, 529 Park Ave., Lake Park. Raffles and refreshments. Free; 881-3330.

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

**Third Annual Emerging Artists showcase**

— 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: \$15; call 517-4042 or visit [www.palmbeachdramaworks.org](http://www.palmbeachdramaworks.org).

## Wednesday, May 2

■ **Clicking In Forum** — Dena Sisk Foman, Esq., will speak on "Releasing Shame and Defining You," from 11 a.m. to 2 p.m. May 2 at The Colony Hotel, 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 audience participation. Tickets, which include a luncheon at noon, are \$55 at the door. Exhibitor tables are \$75. For reservations, email [laniclick@gmail.com](mailto:laniclick@gmail.com), call 329-7929 or sign up at [www.clicking.in](http://www.clicking.in).

**The Gaeta Annual Private Property Rights Luncheon**

— Networking starts at 11:30 a.m. May 2, the luncheon/debate begins at noon and an opportunity to speak and meet with the speakers is at 1 p.m. at the Double-Tree Hotel, PGA Boulevard and Military Trail, Palm Beach Gardens. Individual tickets are \$35; 625-6109, or email [info@pgacorridor.com](mailto:info@pgacorridor.com).

**Basic Computer Class**

— Noon-1:30 p.m. at the Lake Park Public Library, 529 Park Ave., Lake Park. Space is limited; call to reserve a spot. 881-3330.

**"Break Up Support Group"**

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

**Hatchling Tales**

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

**Bridge Classes with Sam Brams**

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

## Ongoing Events

■ **The Bamboo Room** — The Bamboo Room is at 25 S. J St., downtown Lake Worth. Tickets: Various prices; 585-BLUE, [www.eventbrite.com](http://www.eventbrite.com) or [www.bamboorm.com](http://www.bamboorm.com).

■ **April 26** — Rod MacDonald & Big Brass Bed Tribute To Bob Dylan, 8:30 p.m. April 27: Bobby Lee Rodgers Jazz Trio with guest Jon Zeeman, 9 p.m. April 28: Dawn Patrol, Aquaphonics, The Matt Farr Band, 9 p.m.

# WHAT TO DO, WHERE TO GO

■ **"The Music Man"** — Through April 29 at the Lake Worth Playhouse, 713 Lake Ave., downtown Lake Worth. Tickets: \$23-\$32. 586-6410 or [www.lakeworthplayhouse.org](http://www.lakeworthplayhouse.org).

■ **Palm Beach Photographic Centre** — "Insights & Surprises" — "Color Light Abstractions" by mid-20th-century photographer Wynn Bullock. Show runs through June 9. The Photographic Centre is in the City Center, 415 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](http://www.workshop.org) or [www.fotofusion.org](http://www.fotofusion.org).

■ **"New Eyes"** — The exhibition showcasing the fine-art photography of Barry Seidman that is presented by The Lighthouse ArtCenter and Harris Private Bank, has been extended through Oct. 31. It's at Harris Private Bank, Phillips Point, 777 S. Flagler Drive, Suite 140E, West Palm Beach. By appointment only. Call Christi Thompson at 366-4218 for information.

■ **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: DeRay Davis. At CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-1812 or [www.palmbeachimprov.com](http://www.palmbeachimprov.com).

■ **Lighthouse ArtCenter** — Museum is at Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Mondays-Fridays; 10 a.m.-2 p.m. Saturdays. Cost: Members free, \$10 non-members ages 12 and up. Free admission Saturdays; 746-3101 or [www.lighthousearts.org](http://www.lighthousearts.org).

■ **Norton Museum of Art** — Through May 27: "Beth Lipman: A Still Life Installation." Through May 6: "Tacita Dean." Through June 24: "Decoding Messages in Chinese Art." Through May 27: "Studio Glass: Works from the Museum Collection." Art After Dark, with music, art demonstrations, is 5-9 p.m. Thursdays. Admission: \$12 adults, \$5 visitors 13-21; free for members and children under 13. Hours: 10 a.m.-5 p.m. Tuesday-Saturday; 1-5 p.m. Sunday; 10 a.m.-9 p.m. second Thursday of the month. Closed Mondays and major holidays; 832-5196.



COURTESY PHOTO

The Society of the Four Arts in Palm Beach features the art exhibit "Recapturing the Real West: The Collections of William I. Koch," through April 29.

■ **Society of the Four Arts** — Art Exhibition: "Recapturing the Real West: The Collections of William I. Koch," through April 29. Admission: \$5; free for members and children 14 and under. Tickets: \$15; free for members. Complex is at 2 Four Arts Plaza, Palm Beach; 655-7227 or [fourarts.org](http://fourarts.org).

■ **Palm Beach's Living Room Jazz Series** — Presented by JAMS and The Four Seasons. \$25 JAMS members/\$35 non-members/\$15 students. Concerts start at 8 p.m.; doors open at 7 each Saturday. Four Seasons Resort Palm Beach, 2800 S. Ocean Blvd. Tickets 877-722-2820 or [www.jamsociety.org/MOREJAZZ](http://www.jamsociety.org/MOREJAZZ).

■ **Flagler Museum** — Museum is housed in Henry Flagler's 1902 beaux-arts mansion, Whitehall; at 1 Whitehall Way, Palm Beach. Through April 22: "A New Light on Tiffany: Clara Driscoll and the Tiffany Girls." The Flagler Museum, 1 Whitehall Way, Palm Beach. Tickets: free for members; \$18 adults, \$10 youth (13-18) accompanied by adult; \$3 child (6-12) accompanied by adult; and free for children under 6. 655-2833.

■ **Fitness classes for women** — Classes are sponsored by the Jupiter Recreation Department. Aerobic Dance is 8:30 a.m. Mondays, Total Body Toning is 8:30 a.m. Tuesdays and Thursdays, and Zumba Latin Fitness Workout is 9:45 a.m. Tuesdays and Thursdays. First class is free to new students. Cost of a five-class fitness card that allows for flexible attendance is \$26.50 for Jupiter residents and \$33 for non-residents. A five-class Zumba card is \$31.50 for Jupiter residents and \$39.50 for non-residents; 10-class cards also are available. Classes meet in the community center, behind the Police Department on Military Trail, Jupiter. For informa-

tion, contact instructor Kathy Andio at 236-4298 or [www.empoweringinsolution-swithkathy.com](http://www.empoweringinsolution-swithkathy.com).

■ **"Five Thousand Years on the Loxahatchee"** — Jupiter Inlet Lighthouse & Museum, 500 Captain Armour's Way, Jupiter, 10 a.m.-5 p.m. daily. 747-8380, Ext. 101; [www.jupiterlighthouse.org](http://www.jupiterlighthouse.org).

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

■ **Adult Discussion Group** — Contemporary topics of philosophical, political, socio-economic and moral implications. 6:30-8:30 p.m. the first Thursday of each month (May 3) in the conference of the Jupiter Library, 705 Military Trail; call Irene Garbo at 561-715-7571.

■ **Of Freedom's Voice** — Presented by the Symphonic Band of the Palm Beaches and special guest St. Jude Camerata, 7:30 p.m. May 5, Eissey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Tickets: \$15; 832-3115 or [www.SymBandPB.com](http://www.SymBandPB.com).

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

■ **Jupiter-Tequesta Orchid Society** — 7 p.m., second Wednesday of the month (next meeting is May 9). Jupiter Community Center, 200 Military Trail, Jupiter. Call 746-7363.

■ **Palm Beach Gardens Concert Band** — The local ensemble will perform a musical salute to New York City, plus music by composers as diverse as Johnny Mercer, Howard Hanson and Percy Grainger at 7:30 p.m. May 9 at Palm Beach Gardens High School Auditorium, 4245 Holly Drive. Tickets: \$15 at the door. Students (under 18) are admitted free. Tickets bought in advance are \$10 each; 746-6613.

■ **Bridge Classes with Liz Dennis** — Third Thursday of the month (May 18) through May. Pre-registration required. \$25 admission. JCC North, 4803 PGA Blvd., Palm Beach Gardens. Call Rhonda Gordon at 712-5233.

## May Events

■ **Ginger's Dance Party** — 8-10 p.m., first Saturday of the month: May 5. Enjoy free-style dancing and easy-to-learn line dancing; free; visit [www.wpb.org/waterfront](http://www.wpb.org/waterfront). Outdoors at the Centennial Square, West Palm Beach.

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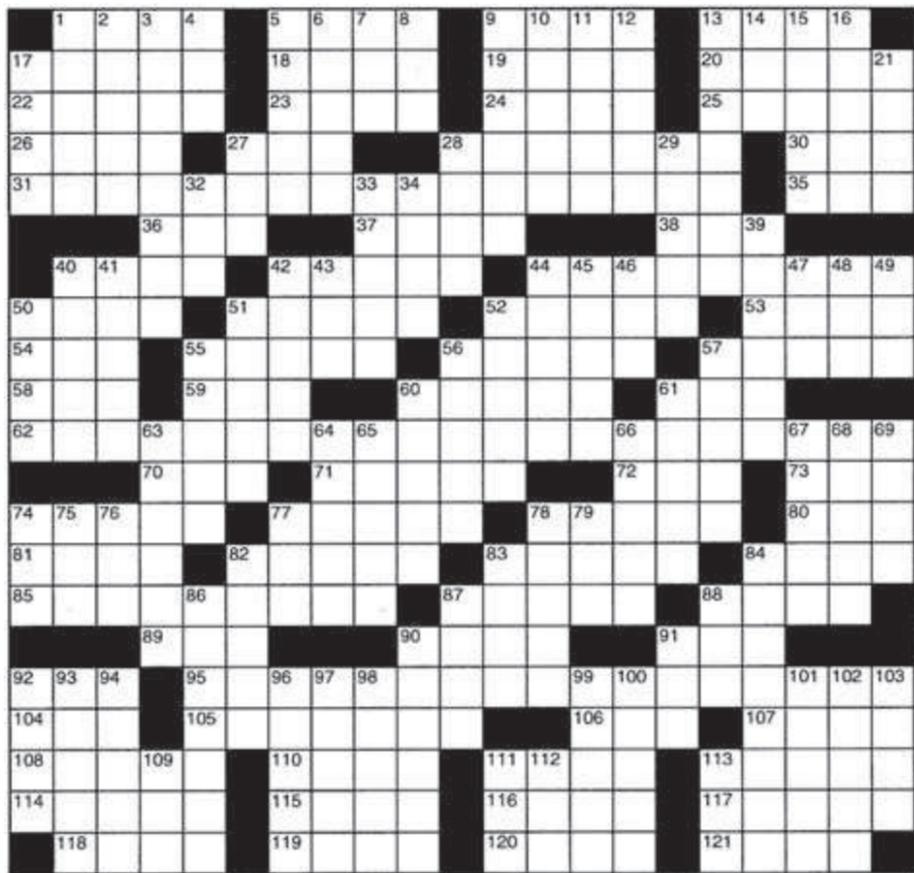
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# FLORIDA WEEKLY PUZZLES

## NO WHEY!



- ACROSS**
- 1 TV host John
  - 5 Full of oneself
  - 9 Amontillado container
  - 13 Beseeched
  - 17 Nile feature
  - 18 In good health
  - 19 "— Without Love" ('68 hit)
  - 20 Sanctuary
  - 22 Hood's handle
  - 23 Admiral Zumwalt
  - 24 Tiny part of a second
  - 25 Wagner work
  - 26 Annealing oven
  - 27 Flagon filler
  - 28 Newspaper
  - 30 Take-home
  - 31 Start of a remark
  - 35 Ring stat
  - 36 Thwack
  - 37 Compact cotton
  - 38 "Great Expectations" character
  - 40 Cad
  - 42 Mythical being
  - 44 Hatelul
  - 50 Give a little
  - 51 Green
  - 52 Yesterday's thresher
  - 53 Lillian or Dorothy
  - 54 Ivy Leaguer
  - 55 Fancy dessert
  - 56 First dog in space
  - 57 Where cats congregate
  - 58 Pie — mode
  - 59 Lofty peak
  - 60 Distribute the donuts
  - 61 Keats composition
  - 62 Middle of remark
  - 70 Born
  - 71 '87 Peace Prize winner
  - 72 Solidify
  - 73 "— Shook Up" ('57 smash)
  - 74 Corny goddess?
  - 77 Colossal commotion
  - 78 Malicious to the max
  - 80 Where rams romp
  - 81 Bus starter?
  - 82 Thirteen, to a baker
  - 83 Soprano Fleming
  - 84 — impasse
  - 85 Dachshund or donkey
  - 87 Pianist Jorge
  - 88 "— Old Cow Hand" ('36 song)
  - 89 Objective
  - 90 Counter change
  - 91 Botanist Gray
  - 92 Age
  - 95 End of remark
  - 104 Road to enlightenment
  - 105 Generally
  - 106 — choy
  - 107 Rocker Billy
  - 108 Tracking tool
  - 110 Manuscript enc.
  - 111 "Surely you —"
  - 113 Lowest cadet
  - 114 Caustic
  - 115 Yemeni port
  - 116 "New Jack City" actor
  - 117 Beast of Borden
  - 118 Long lunch?
  - 119 For fear that
  - 120 Non-stereo
  - 121 Little ones
  - DOWN**
  - 1 Word form for "end"
  - 2 Nobelist Root
  - 3 Stiffened a shirt
  - 4 Contains
  - 5 Expand
  - 6 Free-for-all
  - 7 City on the Danube
  - 8 Day—
  - 9 Finger food
  - 10 Stun
  - 11 Less loopy
  - 12 TV's "— Landing"
  - 13 Symbol of immortality
  - 14 Drink like a Doberman
  - 15 Happening
  - 16 Writer Walcott
  - 17 Tyne of "Cagney & Lacey"
  - 21 West. alliance
  - 27 Coldest cont.
  - 28 Audacity
  - 29 Teyve's portrayer
  - 32 Sneeze and wheeze
  - 33 Superior to
  - 34 Chip's chum
  - 39 Infant oinker
  - 40 "Greetings!"
  - 41 Early computer
  - 42 Buccaneers' head-quarters
  - 43 Spare part?
  - 44 With 47 Down, Italian export
  - 45 Produces pies
  - 46 Actress Long
  - 47 See 44 Down
  - 48 Manipulate
  - 49 Diffident
  - 50 Drum din
  - 51 Nick of "Q&A"
  - 52 Gets on
  - 55 Perkins role
  - 56 "Frederica" composer
  - 57 Mature
  - 60 Descendant
  - 61 Ready to reduce
  - 63 Silverware city
  - 64 Infirmary item
  - 65 Went wrong
  - 66 Snowy bird
  - 67 "Big Three" site
  - 68 New York city
  - 69 — Bator
  - 74 — au vin
  - 75 Aussie walker
  - 76 Cell stuff
  - 77 Dandy
  - 78 Hailing from
  - 79 In accord
  - 82 Swash-buckling novelist
  - 83 '48 Hitchcock film
  - 84 Texas town
  - 86 "I Love Lucy" surname
  - 87 Tour-de-France vehicle
  - 88 Adjectival suffix
  - 90 Aptitude
  - 91 Say please
  - 92 Pound of poetry
  - 93 Extend
  - 94 Wrestling giant
  - 96 Twangy
  - 97 Commerce
  - 98 Classical nonet
  - 99 "Hedda Gabler" playwright
  - 100 Club creed
  - 101 What i.e. stands for
  - 102 "Ora pro —"
  - 103 Painter Paul
  - 109 Word on a pump
  - 111 Bowie or Bakker
  - 112 Author Umberto
  - 113 Cosset a corgi

SEE ANSWERS, B14

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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 gregarious 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.

By Linda Thistle



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Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★★★ Expert

SEE ANSWERS, B14

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# LATEST FILMS

## 'Chimpanzee'

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★★

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.

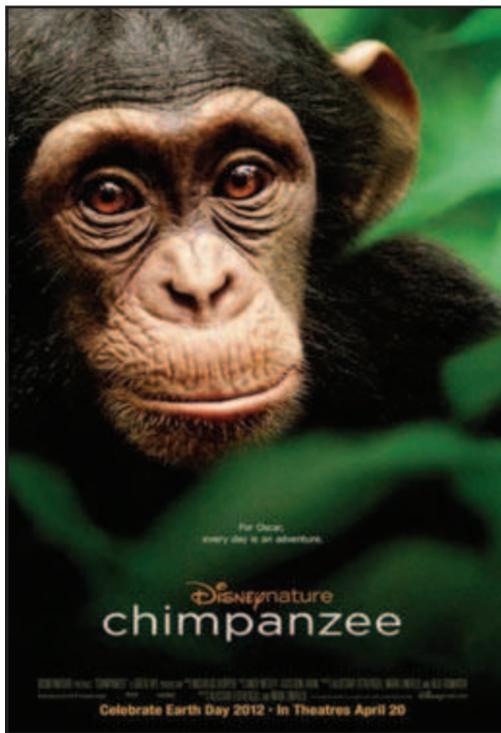
What's more, for a 78-minute film, not much happens.

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 are 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. ■

**in the know**

>> **Disney-nature** will donate a portion of the opening week proceeds to the Jane Goodall Institute, which helps protect chimpanzees and their habitats.

## 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.

### 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.

### Bully

(Alex, Kelby, Ja'Maya) Filmmaker Lee Hirsch chronicles various school-children 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. ■

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FRIDAY

5:00 PM Sign contract with Smiths

5:15

5:30

6:00 **This is MY Downtown!**

6:15

6:30

6:45

7:00 PM Ultimate Nachos at Cabo Flats

7:15

7:30

7:45

8:00 PM Beers & watch game at Yard House

8:15

8:30

8:45

9:00

9:15

9:30

9:45

10:00 PM Grab a slice at Grimaldi's

10:15

10:30

10:45

11:00 PM

11:15

11:30



Discover Your Downtown



# SOCIETY

## Party Gala at the Four Arts sculpture gardens



1. Scott Harcourt, Ashley Harcourt, Marley Goodman, Ali Solimine and Kris Campsen
2. Whitney Taylor, Chris Leidy and Amanda Boalt
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 Lourdes Fanjul
7. Matthew Byrne and Aliza Byrne
8. Kate Mooe and Trip Moore
9. Robin and Noberto Azqueta
10. Christie Gannon and Wendy Abony

COURTESY PHOTOS

Ashley Harcourt, Gigi Fouquet and Susanna Hager



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# SOCIETY

Thank you dinner for Kravis Center members, at Gimelstob Ballroom



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

COURTESY PHOTOS

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# 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.

The collection includes Mr. Hogan’s famous “Five Lessons: The Modern

Fundamentals of Golf” series, published in Sports Illustrated in 1957, with a bound edition coauthored and autographed by renowned golf writer



Herbert Warren Wind.

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, long-time head 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 offi-

cial PGA Tour events between them, including 21 major championships. They also combined for a 16-3-1 record as members of a collective 11 U.S. Ryder Cup teams and served as captain 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 “I’m NOT Happy” in the Busch Wildlife (wild animal portraits) group; and Lisa Morse for “Ferny Oak” in the Flora category.

From among the 17-and-younger participants’ entries, first-place awardees were: 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.

The River Center, which opened in 2003, presents some of the largest aquatic exhibits in the region, with an interactive exploration of the river, its diverse wildlife and environmental value. It is open from 9 a.m. to 4 p.m. Tuesday through Saturday.

The annual photography contest is made possible by the Loxahatchee River District, which is responsible for preserving and protecting the river through innovative wastewater management, research and education.

For more information about the district, the River Center or the waterway itself, call 743-7123 or see loxahatcheeriver.org. ■

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## Lamborghini Polo Classic to benefit injured-veterans charities

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11-13 at Polo West, which is located at 2470 Greenview Cove, Wellington.

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



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 lamborghiniinpalmbeach.com. ■

## PUZZLE ANSWERS

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# Bob Lappin & The Palm Beach Pops announce 2012-13 lineup

**SPECIAL TO FLORIDA WEEKLY**

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 Tamyra Gray, Tony DeSare, Christine Andreas, Clint Holmes and more.

Programs will include "Autumn in New York," "Home for the Holidays," "Here's to the Ladies," "The Maestro of the Movies - The Music of John Williams and More," "The Music of James Taylor, Billy Joel, Elton John, Paul Simon and More" and "Sensational Broadway."

Led by music director and conductor Bob Lappin, The Palm Beach Pops performs 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 and 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 into 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 concerts with a lush orchestra to this area," said David Quilleon, executive director.

The 2012-13 season opens Nov. 3. The lineup:

\* "Autumn in New York": Nov. 3-5, Kaye Auditorium; Nov. 6 and 7, Kravis Center;

Nov. 8, Eissey Theatre. From the East Side to the West Side, Harlem 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 holi-

day 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, Tamyra Gray.

\* "Here's to the Ladies": Jan. 4-6, Kaye Auditorium; Jan. 8, Eissey Theatre; Jan. 9 and 10, Kravis Center. Broadway leading actress Christine Andreas joins the orchestra with a tribute to the great ladies of The American Songbook, including Ethel Merman, Barbra 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 pay tribute 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.

\* "The Music of James Taylor, Billy Joel, Elton John, Paul Simon & More": Feb. 25 and 26, Kravis Center; Feb. 27, 28 and March 4, Kaye Auditorium; March 3, Eissey Theatre.

This evening of music will feature songs from Billy Joel, Elton John, Sting, Paul McCartney, Paul Simon, James Taylor and more, with Vegas entertainer and audience favorite Clint Holmes.

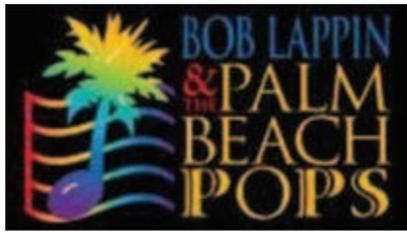
\* "Sensational Broadway": March 27-29, Kaye Auditorium; March 30, Eissey Theatre; April 1 and 2, Kravis Center.

audiences will delight in the wondrous songs of musical theater as the Pops bring Broadway's favorite hits to the South Florida stage.

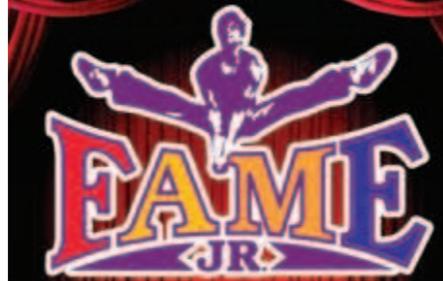
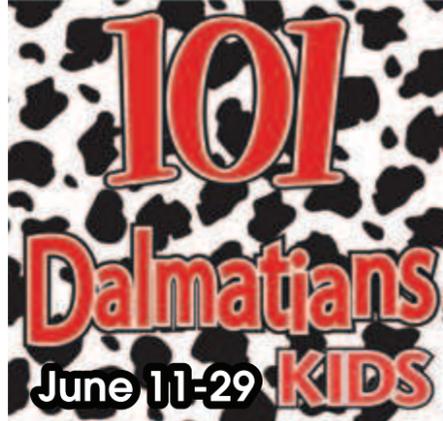
Founded in 1991 as a not-for-profit organization by Lappin, the Pops quickly distinguished itself as a world-class orchestra with a debut concert in 1992. The Palm Beach Pops' comprehensive education and community outreach program has engaged more than 90,000 students since its inception in 1998. Their 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 — \$125 - \$495; Kaye Auditorium — \$138-\$360; Eissey Theatre — \$399-\$469.

Individual tickets go on sale Aug. 1 and are priced from \$29 to \$89. 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. ■



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COURTESY PHOTO

Randy Sonntag conducts the Palm Beach Gardens Concert Band.

## Gardens Concert Band closes season May 9

SPECIAL TO FLORIDA WEEKLY

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:  
 \* "Xylophonia" 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. ■

## Historic Jenkins House hosts Highwayman art

SPECIAL TO FLORIDA WEEKLY

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 Bacchus, Gregory Hubbard, Joel Gresham and George Gadsen 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 look and support for the community, through art educational programs for underserved children.

Dr. Catherine Lowe, president of Artists Showcase said in a prepared statement: "We are excited to launch this spring show with a fine slate of talented artists in conjunction with our new 21st Century makeover."

The show runs through May 31. A closing reception will be held on 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. ■

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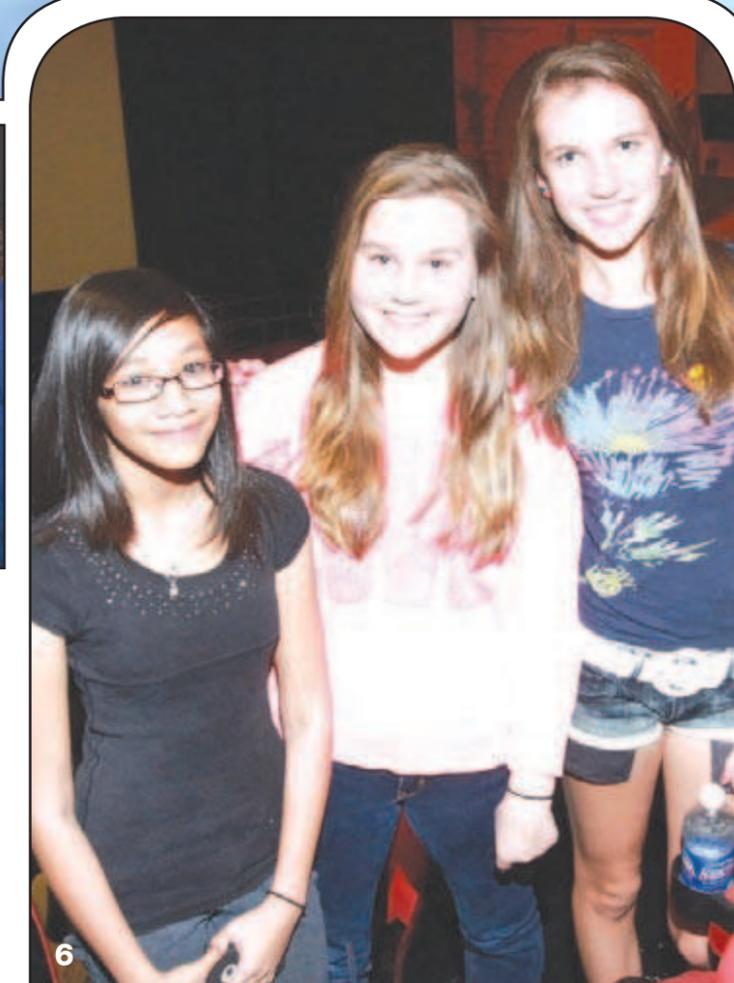


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# SOCIETY

Private screening of "Bully," for students, hosted by Pepe Fanjul Jr. at Muvico Parisian in CityPlace



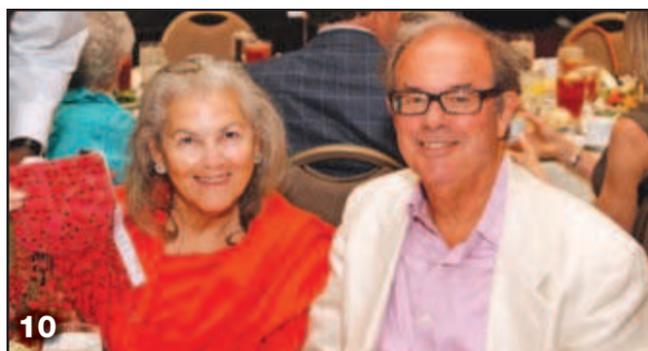
1. Bill Bone, Rex Bone, Emilia Fanjul and Pepe Fanjul Jr.
2. Phil Stillman, Margaret Presutti, Maddy Stillman and Gabby Stillman
3. Juliana Ybarra, Angelo Ybarra and Manuel Ybarra
4. Leslie Schram, Harriison Schram, Sandra Goldberg and Marshal Goldberg
5. Nick Gambale, Johanna Gambale and Christina Gambale
6. Champhunut Mongkhonkhamchao, Brianna Burk and Keri Sweat
7. Halee Corbin, Paul Corbin and Amy Corbin

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# SOCIETY

## 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 Rene Silvin
4. Ruth Kopelman and Martha Glasser
5. Polly McTaggart, Stephanie Kemp, Carde Ermel, Trinket Schumacher, Ann Bresnan and Joan Johnson
6. Susan Ross, Georgeann Ballou, Robbi Toll, Lorraine Malasky and Sande Heine
7. Steve Caras and Lee Wolf
8. Betty Moss, Barbara Borg 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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# CUISINE

## Mixed with love

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

BY JAN NORRIS

jnorris@floridaweekly.com

Here's a tip for you: When you eat at Rocco's Tacos, order the corn tortillas. Not only are they handmade fresh daily, but they're a taste of history on the plate.

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 new Palm Beach Gardens restaurant. It's here she works 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 to 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 far, 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 makes one at a time for her spouse and four youngsters at home. "We eat tortillas at every meal — breakfast with eggs, with our beans and with meat for tacos, burritos and flautas."

As for many Mexicans, the staple tortilla represents a connection her to home and her childhood.

Mrs. Lopez remembers making her first tortillas back on her father's coffee farm in Chiapas when she was 6 or 7 years old. To feed the farmworkers, she was taught by her mother to make the thin corn cakes — after grinding the corn to make the maize flour.

"We did everything by hand at home," she said. "We grew the corn, then dried it. You have to wash it, cook it and put it through the grinder." She cranked the air with her arm to illustrate as she spoke through an interpreter. "It was a lot of work."

It is still done that way in much of the country. "In Mexico, you don't buy tortillas at a store — you make them from scratch for the meal."

Mrs. Lopez comes in for her evening shift at Rocco's around 4 p.m., and gets to work doing a few odd prep jobs such as wrapping desserts before settling in at the tortilla station.

She mixes water with the dried corn flour she scoops from the 100-pound bags



JAN NORRIS/FLORIDA WEEKLY

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.



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

those are not used for tacos. "They might last," she said, "but only for one day. We don't use them for customers' meals — they must be fresh for the tacos."

Just then, Keith Friia, the sous chef, asked for four tortillas. He laid them out on a plate and filled them to make the taco special of the night — octopus, shrimp, onion, tomato, roasted garlic, olives and spinach. Rocco's special taco



Alfa Lopez knows just how much flour and water to mix for perfect tortillas.



Perfectly sized tortillas are cooked eight at a time.

and the process repeated until eight tortillas — all perfect and looking as though they were stamped from a machine — are cooking at once. Halfway through the cooking, a minute or more she guesses, she flips them with her fingers. Tiny brown spots appear when the corn is toasted, and the tortilla puffs lightly. Now they're done and set into the towel-lined bin that will soon hold the stack for the dinner rush.

For a demonstration, she took her time, but through the course of the evening, she can make up to 500 in five hours.

Very few are left over, she says, and

sauce was drizzled over all. Diners have a choice of flour or corn tortillas, crispy or soft, he said.

"Some diners prefer 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 sausages or onion and tomatoes.

But her favorite dish for the soft corn tortillas is fajitas — with grilled steak.

Mrs. Lopez has never met 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." ■



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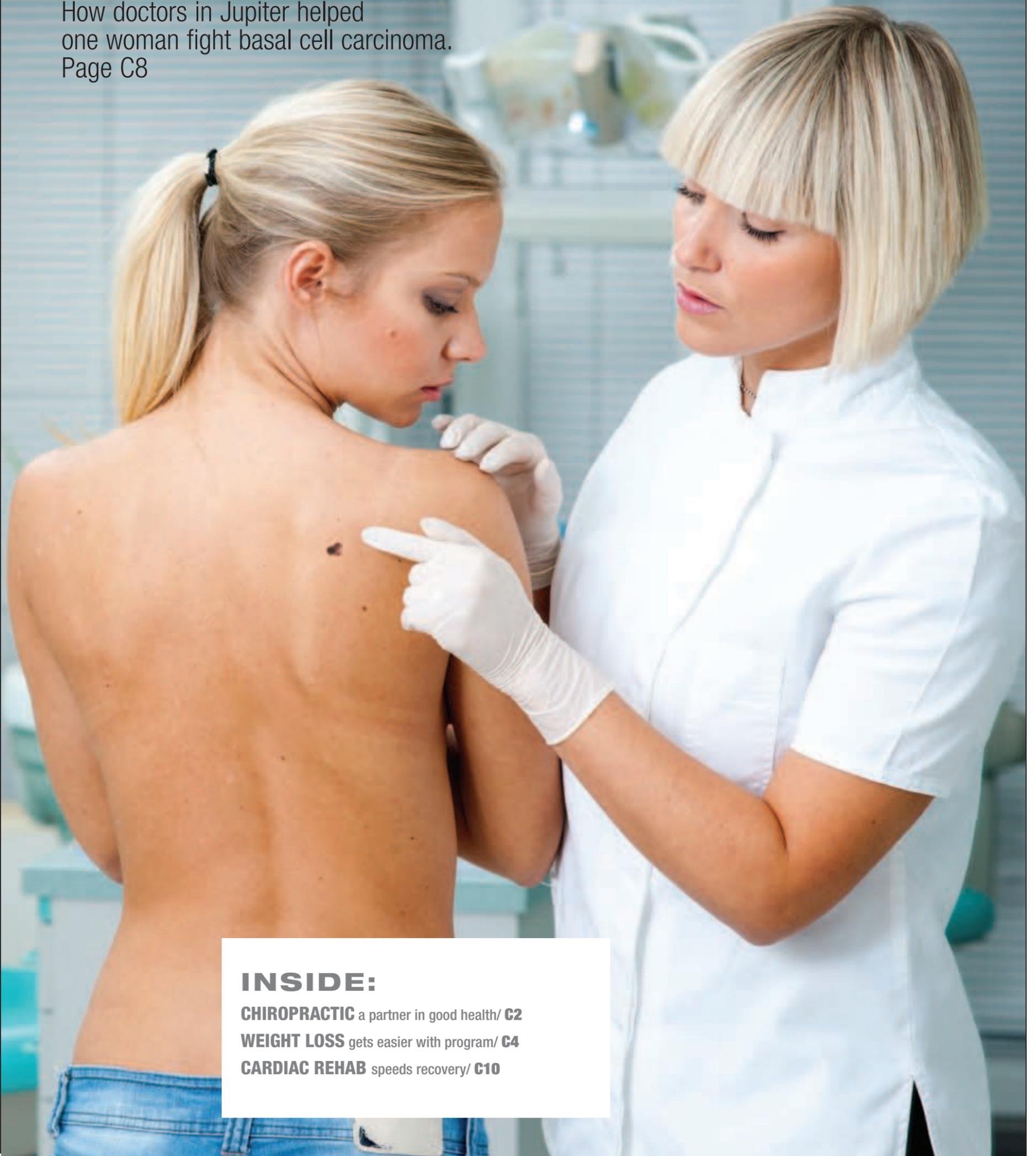
# *Skin cancer scare*

healthy  
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APRIL 2012

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

How doctors in Jupiter helped one woman fight basal cell carcinoma.  
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## **INSIDE:**

**CHIROPRACTIC** a partner in good health/ **C2**

**WEIGHT LOSS** gets easier with program/ **C4**

**CARDIAC REHAB** speeds recovery/ **C10**

# Chiropractic Care: A partner in good health

**G**ood 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'd like these considerations to be in the background.



**Dr. Michael Papa**

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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 be experiencing in the background.

The scientific concept of complexity is only a few decades old, but like many powerful ways of looking at the world it has spread rapidly throughout the public consciousness. Anyone who



has watched even a couple of episodes of "The Big Bang Theory" would have heard multiple references to chaos theory, complex systems, and emergent phenomena.

Remarkably, these very interesting topics from the fields of physics, mathematics, chemistry, and biology have special importance for human health and wellness.

Examples of complexity and chaos abound in the natural world. For example, weather systems are complex systems, which is why weather is notori-

ously difficult to predict even in the short-term. And long-range weather forecasts are not much better than guesswork, because the basic structure of a weather pattern can change in an instant. Study of avalanches has helped to advance chaos theory. And the flocking behavior of birds, especially the well-studied starlings, represents ever-shifting outcomes of a huge number of factors.

An emergent phenomenon is one that cannot be predicted from studying the various parts that make up the whole.

Emergent phenomena include flocking behavior, in which large flocks create beautiful, always varying, dynamic patterns in flight; the architecture of beehives; and the World Wide Web. Even human consciousness may, from a certain perspective, be considered an emergent phenomenon.

From a health perspective, the relative wellness of any specific individual is an emergent phenomenon. For example, fighting off an infection is a dynamic process with many complex and chaotic interactions taking place before the final outcome is determined.

We're not aware of these specific processes per se. We are aware of how things are going, that is, the sum total of the cellular and subcellular activities, based on how well or not well we feel.

Looking at one key area as an example of flocking behavior, are our white blood cells being effective in combating the infection? Is their behavior organized? Do they know where to go to battle the invading forces? Or is their behavior random and uncoordinated and are we not well and even sick as a result?

Long-lasting good health emerges from a variety of inputs, including nutritional balance, regular exercise, and sufficient rest. These activities are known as healthy behaviors or healthy lifestyle choices.

As the interactions are complex, we can never predict a specific outcome. But we can base our choices on historical data and an analysis of facts.

This information tells us that the outcomes we want — health and wellness — are likely to emerge from a set of healthy behaviors, such as healthy lifestyle choices taken consistently over the long-term. ■

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**George Thomas**

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Juil footwear connects you to the earth and brings your body back to its natural state of being through its Energy Flow Technology.

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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 ineffectual 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.

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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.

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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](http://www.joya-usa.com).

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

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

Right up front, we want to know

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

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

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

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

Next, we perform an audiometric

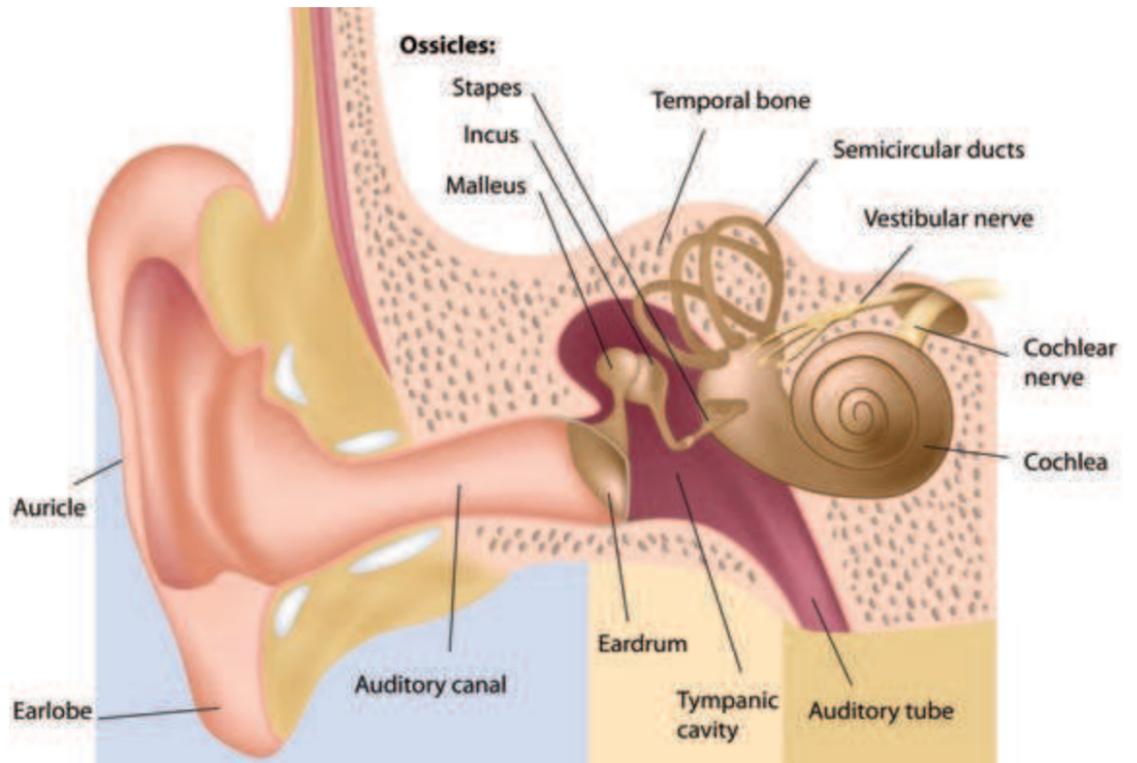
threshold test using state-of-the-science equipment to determine the nature and extent of the hearing loss. This test uses pure tone sound signals at varied loudness levels and frequencies.

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

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

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

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



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**Kenneth A. Gordon, Esquire**  
*Brinkley Morgan*  
*Marital and Family Law Partner*

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

# A variety of options available for treating gallbladder ailments

**B**ecause 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.

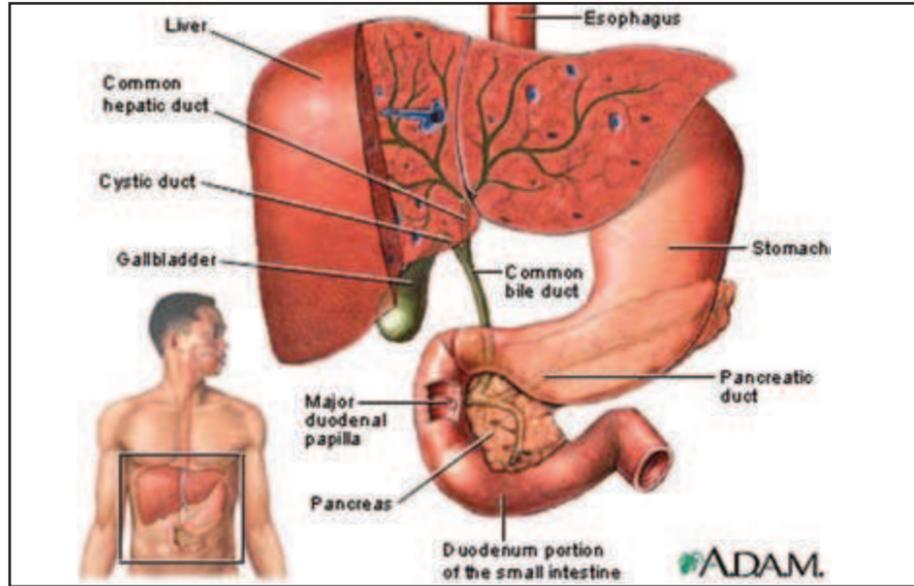
Thus, if the gallbladder is removed, although bile still flows into the intestine from the liver, fat digestion may be less efficient because the bile is not concentrated.

■ **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 symp-



COURTESY ILLUSTRATION

toms 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 or 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 either 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 between the ages of 20 and 40.

Like chronic cholecystitis, it is caused by a stone becoming jammed either in the junction of the gallbladder and duct or in the duct itself, and many patients have previously suffered from biliary colic, indigestion or flatulence. The pain of acute cholecystitis stems from inflammation that 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. ■

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## 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.

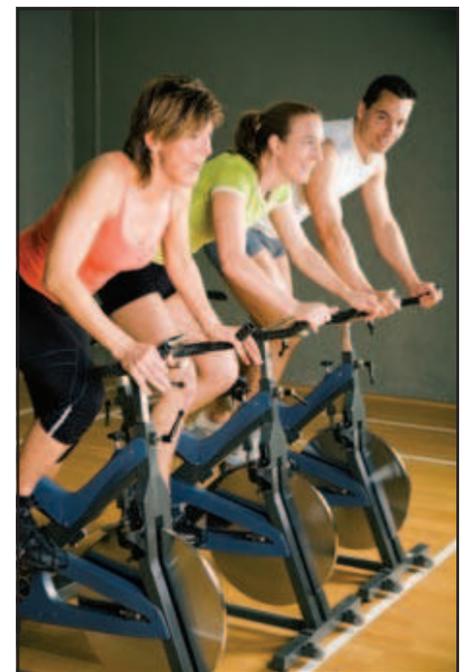
You even can customize your routine by changing your pedaling speed or adjusting the resistance if you start to feel tired or want to challenge yourself.

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 rates higher in intervals of anaerobic activity.

Classes typically last for 45 to 60 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 Center 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. ■



## Separation pains: Dealing with the stages of divorce

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



**Kenneth A. Gordon**

PARTNER AT BRINKLEY MORGAN  
BOARD CERTIFIED SPECIALIST IN  
MARITAL AND FAMILY LAW

(954) 522-2200  
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The reality is that most marriages are not the profoundly loving and fulfilling partnerships that many expect them to be.

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

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

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

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

The four stages of divorce are as follows:

### 1. Contemplation

The harm suffered by families in a divorce usually begins long before a divorce action actually filed. Most often the acrimony, loss of trust, and

most importantly loss of communication begin long before divorce. The identification of when the breakdown of a marriage began to occur is sometimes helpful in allowing a person to face and confront the reality of their situation.

### 2. Action

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

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

### 3. Acceptance

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

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

### 4. Vision

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

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

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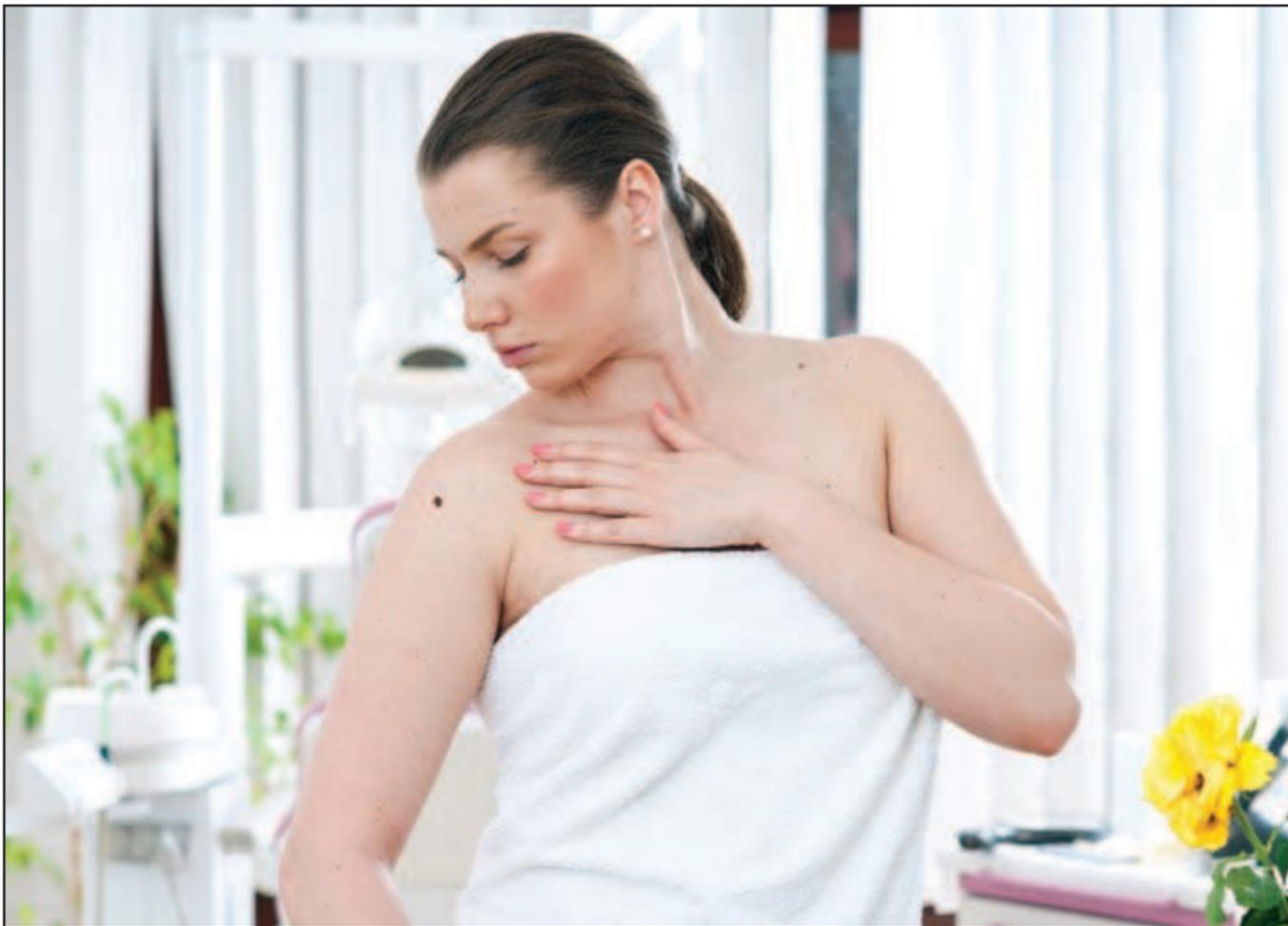
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## Screening is key to curing skin cancer

BY MARY JANE FINE  
mjfine@floridaweekly.com

I should've known. And in those rare moments when I was honest with myself, I did know: That ugly 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 nearby 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 Abacoa 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 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 surgeries 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 retreated 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 Frankenstein-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 sleeping 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), wincing 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 no harm 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.” ■

### TIPS FOR AVOIDING SKIN CANCER

1. Seek shade, especially during midday hours.
  2. Wear clothing to protect exposed skin. If long sleeves and slacks 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 sunlamp has been linked with skin cancers, including the deadly melanoma.
- Source: The Centers for Disease Control



## There are many ways to fight and prevent America's most common form of cancer

**D**id 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.



**Dr. David Herold**

RADIATION ONCOLOGIST

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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. ■

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

## Cardiac, pulmonary rehab speed patient recovery

**T**aking 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

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

- Blood Pressure

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

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

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

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

Pulmonary education focuses on:

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

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

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## See things clearly: How to choose the right eyeglass lenses

**E**yeglasses 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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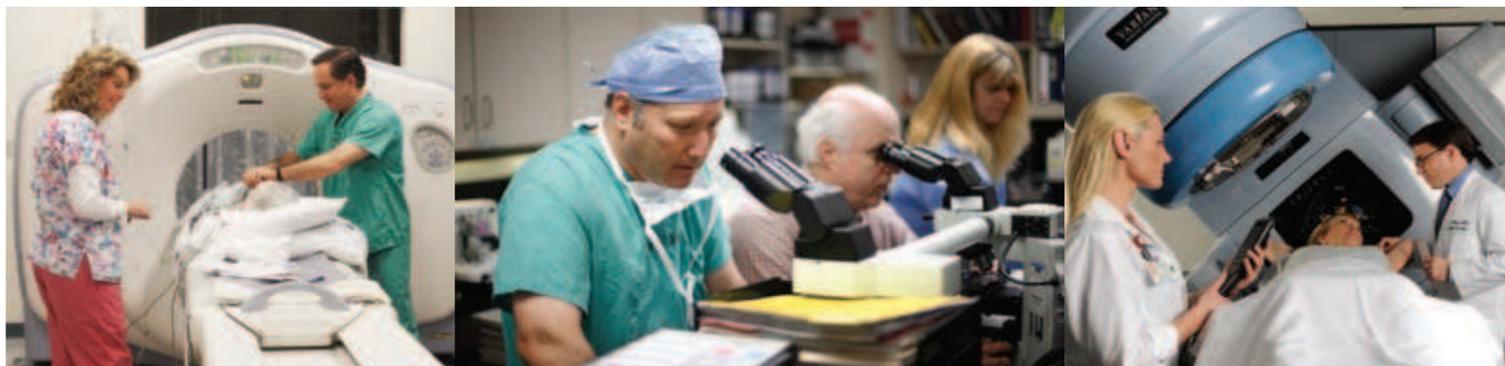
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