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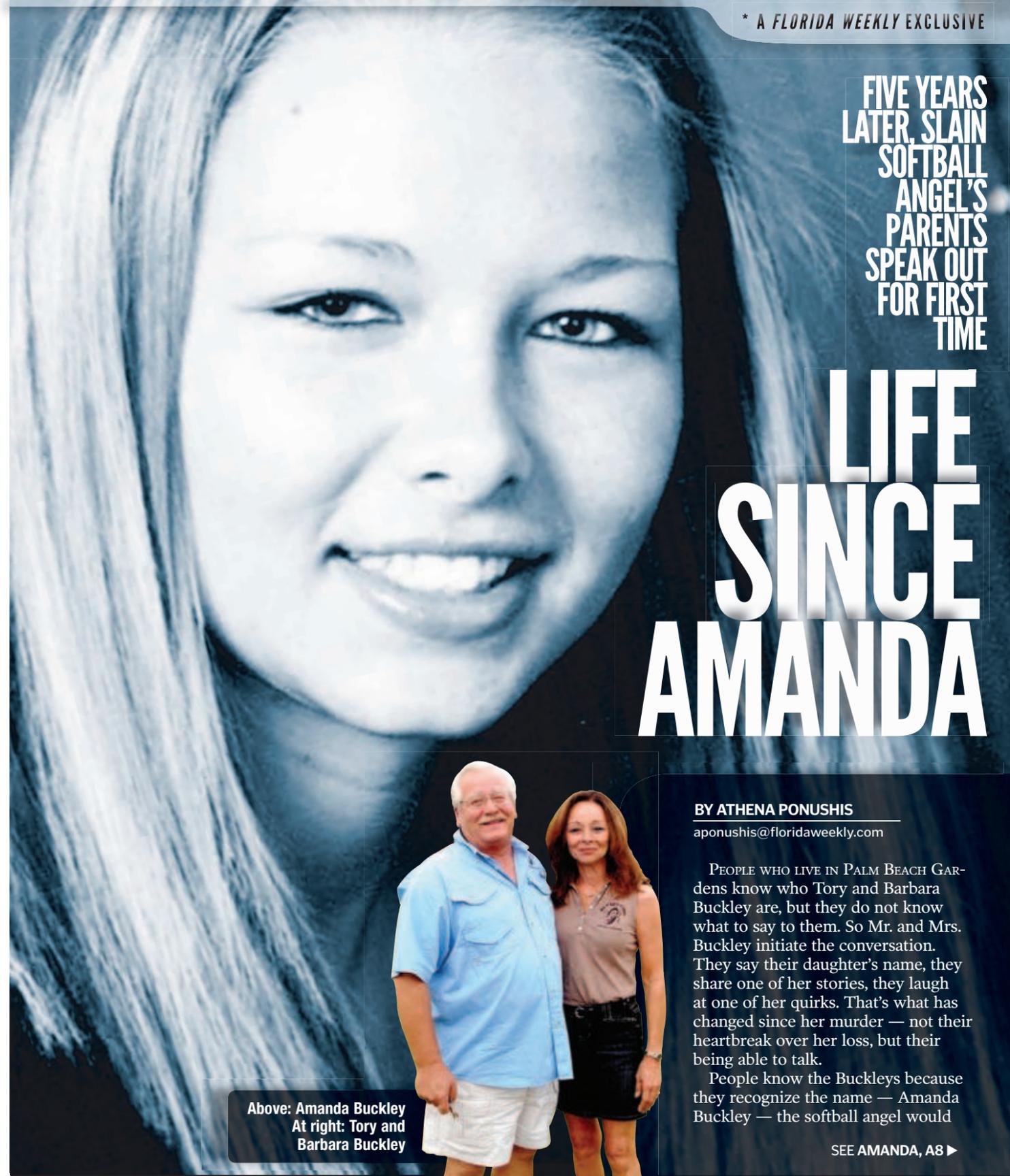
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WEEK OF JUNE 28-JULY 4, 2012

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FIVE YEARS LATER, SLAIN SOFTBALL ANGEL'S PARENTS SPEAK OUT FOR FIRST TIME

LIFE SINCE AMANDA



Above: Amanda Buckley
At right: Tory and Barbara Buckley

BY ATHENA PONUSHIS
aponushis@floridaweekly.com

PEOPLE WHO LIVE IN PALM BEACH GARDENS know who Tory and Barbara Buckley are, but they do not know what to say to them. So Mr. and Mrs. Buckley initiate the conversation. They say their daughter's name, they share one of her stories, they laugh at one of her quirks. That's what has changed since her murder — not their heartbreak over her loss, but their being able to talk.

People know the Buckleys because they recognize the name — Amanda Buckley — the softball angel would

SEE AMANDA, A8 ▶

PHOTO OF AMANDA BUCKLEY COURTESY OF FAMILY

INSIDE



Biggest 4th bash
Head to Roger Dean Stadium for the best blowout. **A21** ▶



Networking
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Executive profile
Colette Meyer's passion is estate planning. **A14** ▶



Protect your pets
Fireworks can be frightening for dogs and cats. **A6** ▶

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MacArthur toward the top in race for \$100,000; click and vote

SPECIAL TO FLORIDA WEEKLY

Coca-Cola is sponsoring an online grant contest and John D. MacArthur State Park was in 12th place to win \$100,000 for park improvements by getting the most votes.

It's the third annual "America is Your Park" campaign. With the click of a button, parkgoers can change their communities by voting for their favorite park to win the title of "America's Favorite Park." At stake is a \$100,000 recreation grant made possible by

the Coca-Cola Live Positively initiative.

"Through the Coca-Cola America Is Your Park campaign, a small action today can turn your favorite park into a better place to play tomorrow," said Celeste Bottorff, vice president of Living Well, Coca-Cola North America.

On June 26, MacArthur Beach State Park was in 12th place. Other local parks include Anchorage, Osbourne and the recreation center park in North Palm Beach; Phil Foster and Peanut Island in Riviera Beach; Kelsey in

Lake Park and the waterfront, Coleman and Tangier Avenue parks in West Palm Beach.

The three parks that receive the most votes by July 15 will be awarded recreation grants in the following amounts: first place — \$100,000; second place — \$50,000; and third place — \$25,000. In addition, a \$15,000 grant will be awarded at random to another park that places in one of the top 25 spots.

To vote go to livepositively.com/parks. People also can earn 100 votes each time they "check in" from a park. ■

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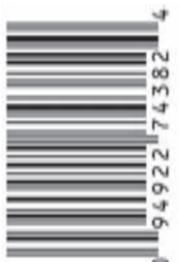
OPINION	A4	REAL ESTATE	A16	SOCIETY	A33-34
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LINDA LIPSHUTZ	A12	ARTS	A21	FILM	A31
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COMMENTARY

Independence Day, 2012



If ever a brace of novels better suited to Independence Day burst gloriously into my life, I don't recall the occasion.

Novels written by friends of mine, too, which is why this is a recommendation, not a review: I recommend you go buy them immediately at www.amazon.com or elsewhere (Barnes & Noble might do). Look for Robert Hilliard ("Phillipa") and Thomas Fox Averill ("Rode"). Then watch your life lift and soar.

There have been other stories of characters wrestling to be free — "Born on the Fourth of July," for example, by Ron Kovic.

But that was an autobiography later fictionalized as an Oliver Stone movie, a story assaulted by irony. Mr. Kovic was born on July 4, 1946, then clapped into the ball-and-chain nightmare of Vietnam, where he was ambushed, shot, paralyzed from the chest down and permanently imprisoned in a wheelchair. The two Marines who saved him for that fate were both killed, one on the spot and the other later in the day.

The novels that I recommend here, however, are not ironic. Instead, they're ferocious, charming, arguably optimistic, and frequently terrifying.

Robert Hilliard's "Phillipa" is a lucent and harrowing exploration of German

Jews and gentiles during the Third Reich. Two principal characters, Phillipa and Walter, struggle to survive their own comfort, their own weaknesses, and the banal and sometimes vicious cowardice of colleagues, friends and countrymen, while grasping for the sustaining freedom of love, both physical and mental.

Thomas Fox Averill's "Rode," meanwhile — spare and lyrical — describes Robert Johnson's odyssey for love on a long, lean, green-eyed, sun-hued stud, from Tennessee through Arkansas and Texas, then into Mexico and back. He weaves his tale in the colorful cloth of the West, from the thin frame and slender thread of a vibrant old Jimmy Driftwood ballad, "Tennessee Stud."

Both novels are richly nuanced throw-downs. They challenge what I think of as evil: the dark caste within some humans that would drown the freedom-loving soul of Independence Day with no more thought than a psychopath drowns a puppy.

Against that reality stand two very different men and two very different stories — but both champions of action in the face of tyranny, no matter how large and intimidating, no matter how small or banal, and no matter where: from eastern Arkansas to Auschwitz.

I could tell you more about the books — about the rare ability of both authors to paint complex women, for example — but others have done so. Philip Jason feted "Phillipa" in the July 7, 2010 issue of the Fort Myers *Florida Weekly*,

and reviews of "Rode" appear at www.amazon.com, and elsewhere online.

Instead, let me tell you briefly what I know about these extraordinary writers.

Dr. Hilliard is professor emeritus from Emerson College in Boston, author of more than 30 books and the former Chief of Public Broadcasting for the Federal Communications Commission.

Mr. Averill, whose novel won the National Cowboy & Western Heritage Museum's award for Best Western Novel of 2011 (Charles Portis, Cormac McCarthy, Larry McMurty and Barbara Kingsolver number among previous winners), teaches English literature and creative writing at Washburn University in his hometown, Topeka, Kansas.

I met Tom when I was 18 and he was much older, maybe 22 or so. With Eva Tarnower, who had known him since childhood, we saddled our horses and rode halfway across Kansas.

Tom kept a guitar braced across the pommel of his saddle, and I remember us all singing "Tennessee Stud" — at least until that tough little pony developed a saddle sore. Then we carried on sans saddle and guitar, riding bareback in rotation.



Hilliard



Averill

We rode out of the hilly eastern prairie around Lawrence, crossed the Potawatomi Indian Reservation near Mayetta, and finally reached a family farm maintained by a friend of ours in north central Kansas.

For Tom, that little trip was the least of it. He knows what he's talking about.

I met Robert on the other end of my adult life, earlier this year at a Naples Philharmonic Center exhibit of 100 Associated Press photographs of World War II. I've written about him before.

Coming to know him both in short letters and in person has been a paramount gift of my later years.

Born and raised in an immigrant Jewish family in New York City, Robert somehow survived the Battle of the Bulge (not intact, however).

Then, when he was much older — 19 — he and an Army friend saved roughly 10,000 Jewish refugees who had been freed from concentration camps and then abandoned by American occupation forces.

He knows what he's talking about, too, like Tom Averill.

And so do I (sometimes).

If you like to read, do yourself a favor and try these two stories. ■

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OPINION

The vanity leaks



richLOWRY

Special to Florida Weekly

Among all the words in the press airing the Obama administration's secret national-security programs, one sentence stands out. Appearing in *The New York Times*, it explains why President Barack Obama personally approves drone strikes: "A student of writings on war by St. Augustine and St. Thomas Aquinas, he believes that he should take moral responsibility for such actions."

Now, who would know that President Obama is a student of St. Augustine and St. Aquinas — or to put a finer point on it, that President Obama considers himself a student of St. Augustine and St. Aquinas? It's hard to see the president interrupting deliberations with his generals and top intelligence officials to parse the finer points of great Christian authors from centuries ago. And who would take care to tell a reporter that the president's wide-ranging reading of works dating from the fifth and 13th centuries informs his work as commander-in-chief?

The detail reeks of the sycophancy of a White House insider who wants

his boss to get credit for all of his prodigious talents and enviable qualities. Leaks in Washington are nothing new, and they have many purposes — to undercut rivals, to float preliminary proposals, to blow the whistle on potential wrongdoing. The Obama national-security leaks are overwhelmingly the product of vanity. They show off the president's exquisitely thoughtful tough-mindedness and, above all, his killer instinct.

In its report about Obama's "kill list," *The New York Times* cited "three dozen of his current and former advisers." Another *Times* story on cyberattacks on Iran's nuclear program relied on "officials involved in the program." In one "tense" meeting described by the *Times*, the president asked whether the Stuxnet computer worm should be shut down after it escaped into the wider world, "according to members of the president's national security team who were in the room."

The dog that doesn't bark in the articles is the outraged dissenter, the leaker who's talking because he can't bear to be associated with a government that assassinates people from on high or launches cyberwarfare against another sovereign country. When *The New York Times* revealed the Bush administration's National Security Agency spy-

ing program back in 2005, it talked to officials who were concerned "about the operation's legality and oversight." The officials quoted in the Obama articles, in contrast, are practically bragging.

In his new book on Obama's national-security policy, *Times* reporter David Sanger recounts then-Defense Secretary Bob Gates going into National Security Adviser Tom Donilon's office in the wake of leaks about the bin Laden raid and suggesting a new communications strategy: "Shut the f--- up." Gates wasn't complaining about attacks on the administration from within — often the cause of tensions in other administrations — but of excessive self-glorification revealing sensitive operational details.

The political imperative behind the leaks is demonstrating President Obama's toughness. But administrations also inevitably take on something of the character of the man leading them. No wonder that telling tales out of school about its own prowess is a failing of a team led by a supremely self-impressed man who has already written two memoirs. If he must boast about his cold-blooded exploits, he should save it for his third. ■

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

A movement built by dreamers



amyGOODMAN

Special to Florida Weekly

Undocumented immigrants in the United States number around 12 million people, a group larger than the populations of most countries on the planet. Among those are as many as 800,000 young people who are now most likely eligible for limited legal status, thanks to executive action taken last week by President Barack Obama. In a Rose Garden speech, Obama said that he and Secretary of Homeland Security Janet Napolitano we are working "to mend our nation's immigration policy, to make it more fair, more efficient and more just — specifically for certain young people sometimes called 'Dreamers.'" Behind the speech was a movement for social change, built by millions, each with their own story.

The "Dreamers" are those who are here without legal documentation, often derogatively referred to as "illegals," but who came to this country as children, in some cases as infants. As he said in his speech: "These are young people who study in our schools, they play in our neighborhoods, they're friends with our kids, they pledge allegiance to our flag. They are Americans in their heart, in their minds, in every single way but one: on paper." For 10 years, people have pushed for an act of Congress to give these young people legal status, through a bill called the DREAM Act, short for the Development, Relief and Education for Alien Minors Act.

People in the movement don't consider themselves "alien." They call themselves "undocumented Americans." One of those who stands to directly benefit from the White House's decision is

Lorella Praeli, from New Haven, Conn., a member of the United We Dream national coordinating committee. She fought for passage of the Connecticut version of the DREAM Act. The bill was signed into law last year, making undocumented students eligible for in-state tuition at state colleges. Praeli is a 2011 graduate of Quinnipiac University, which she attended on a scholarship.

"I had a car accident when I was 2 and a half, which resulted in the amputation of my right leg," she explained. "My family and I sought treatment at Shriners Hospital. So for many years, we spent time between Peru and Tampa, Fla., which is where the hospital is. When I was 10, my family decided to move to Connecticut. That's how I ended up here."

She went on, "I didn't know I was undocumented until toward the end of my high-school career, applying to colleges. ... You need to fill out FAFSA [Free Application for Federal Student Aid], and you need a Social Security number. That was kind of my introduction to what being undocumented really meant and to start to internalize what it meant to be undocumented, feeling very isolated."

She was invited by the New Haven mayor's office to speak at a press conference. She recalled: "I didn't have anything prepared. I got up, and I said something like 'I am done standing on the sidelines.' And that was my coming out, very publicly. And that, I think, just changed my life for the better."

They call them "coming out" stories. Another young immigrant, Jose Antonio Vargas, said it was, for him, less daunting to come out as a gay teenager than to come out as an undocumented American. He came from the Philippines at the age of 12 to stay with his grandparents in California. He didn't learn that he was "illegal" until he applied for his

driving permit at the age of 16. Vargas ultimately became a reporter at *The Washington Post*. There he was part of a team that won the Pulitzer Prize for reporting on the Virginia Tech massacre in 2007. By 2011, after hiding his immigration status for almost 15 years, Vargas "came out" in a *New York Times* Sunday Magazine article.

He explained what prompted his decision: "Watching United We Dream and watching these four activists from Miami, (who) walked from Miami to Washington, D.C., to fight for the DREAM Act, the Trail of Dreams. I felt like a coward, and I felt accountable. And that's when I decided that, you know what? I've got to go do this."

Movements — whether they are civil rights, gay rights or immigration rights — are built on a foundation of innumerable small acts of courage.

Like the four undocumented students who marched from Miami to D.C., or those who sat in at four of Obama's campaign offices around the country, immediately before his announcement last week (risking arrest, and thus, potentially, deportation), these "Dreamers" are committed, and organizing. As the anthropologist Margaret Mead said: "Never doubt that a small group of thoughtful, committed people can change the world; indeed, it's the only thing that ever has." ■

— Denis Moynihan contributed research to this column.

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

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PET TALES

Safe on the Fourth of July

Medications, special shirts may calm pets during fireworks

BY GINA SPADAFORI

Universal Uclick

If there's one holiday that's not popular at U.S. shelters and veterinary emergency hospitals, it's probably the Fourth of July. That's because the fireworks and other celebrations of this midsummer bash trigger pet care tragedies — a flow of lost pets, sick pets and injured pets.

Loud noises startle and distress many pets, with their supersensitive hearing. Scared pets have been known to jump out of apartment windows, leap over or dig under fences, or chew their skin until it's raw. They may also bolt out an open door to become lost and never found, or hit by a car. Even the ones who just tremble in terror may be safe, but they're miserable. Even calm pets may seize the opportunity offered by a holiday buffet to eat something they should not.

While most of the danger is on the actual holiday, the noise and parties can continue for days, especially when the Fourth falls midweek, as it does this year.

The best defense against Fourth of July problems is a good offense started weeks or months before summer. Professional trainers and behaviorists start socializing dogs and making every potentially negative experience — such as fireworks and thunderstorms — into something rewarding. If a negative experience comes with tasty treats, then your pet is going to at least tolerate it, if not welcome it. This works best when started as a puppy, but don't give up hope if



your dog is already an adult: New behaviors can be learned.

One way to help your pet is to expose him or her to commercial recordings of thunderstorms or fireworks and play them at increasing volume. Play the recordings at low volume — recognizing how acute a pet's hearing is — and give praise and treats. It's a party! As the volume and duration are increased during subsequent sessions, give him really tasty treats so he has the expectation of a repeat treat. Initially, play the recording for five minutes, eventually leaving it on during daily activities as "normal" background noise.

That's fine for next year, but what about this year's holiday?

Provide pets with safe hiding spaces inside your home during the holiday fireworks or a

storm. Dogs and cats who are comfortable in crates can find them a good place to ride out the noise, especially if the crate is put in a quiet, darkened part of the house.

Some pets are so unhinged by noise that veterinary-prescribed medications are needed to keep them calm. Valium and Xanax (and their generic versions) are well-tolerated by most pets, and many veterinarians are happy to provide you with a pre-holiday prescription. Remember to give the medications as recommended — they usually work best before the rockets' red glare begins. And talk to your veterinarian about other calming techniques. Some alternative-care veterinarians may recommend the herbal product Rescue Remedy, while others can show you acupressure and massage techniques to keep pets calmer.

Pet-supply retailers offer additional ways to calm your pet, such as with pressure shirts for animals, which work off the same principles that calm autistic children. The Thundershirt and The Anxiety Wrap are two such products for dogs and cats. The Calming Cap, which reduces sensory input, is another product meant to ease anxious pets. Finally, for dogs there's the "Through a Dog's Ear" series of music CDs that are clinically proven not to cover noise, but to use sound to calm canines.

Make sure your pet isn't a casualty of Independence Day. If nothing else, keep your pet inside until the celebrations are over, and call your veterinarian for medication that can help ease the fear. ■

Pets of the Week



>> **Catie** is a 2-year-old spayed Catahoula mix. She loves people so much she likes constant companionship, and needs a best

friend who will watch television with her (she likes cooking shows the best) and take her for daily walks. She was moved from another shelter and is ready for a forever home.



>> **Kid** is a 10-month-old spayed domestic kitten. She was found as a wee kitty and stays quietly in a kitty cubby at the shelter. She needs a patient person so she can blossom into a happy and confident kitty. Her best friend Midget needs a home, too, and it would be great if they could move together.

To adopt a pet

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

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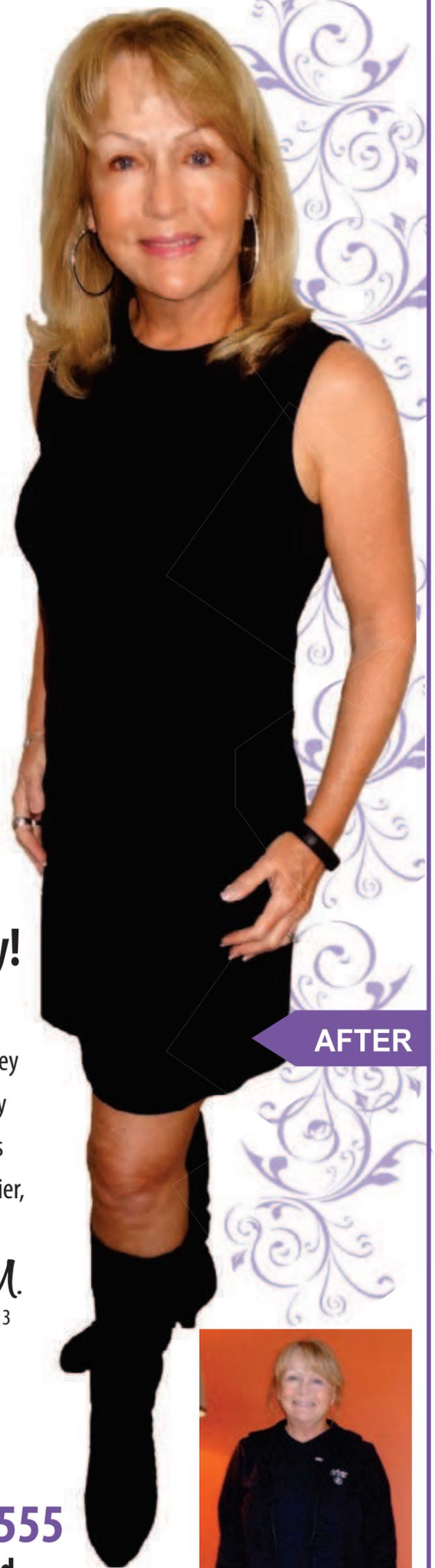
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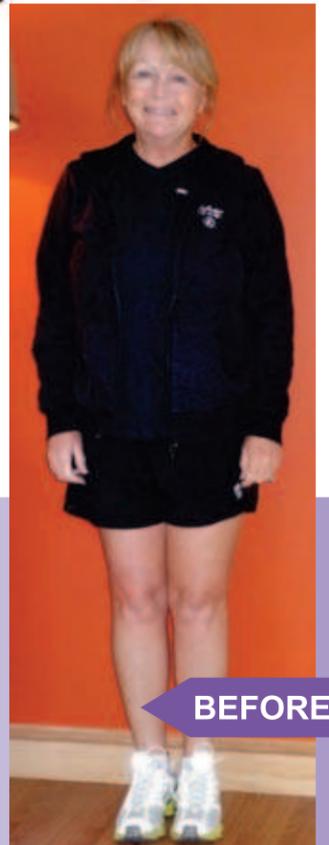
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AFTER



BEFORE



IMAGES COURTESY OF THE BUCKLEY FAMILY

Amanda played second base and had near-perfect form, her coach recalls. This photo, top, hangs over the door in the new locker room; construction was funded by the foundation.

AMANDA

From page 1

have turned 24 on August 19. She may have graduated from St. Leo University, where she earned a scholarship to play ball. She may have stuck with psychology, she may have changed her mind. She may be in love, or be a mommy, or be living single in New York City, like her friends.

But now her friends wear her clothes. And even though her bedroom no longer looks the same, her mom and dad still have days where they expect her to walk through the door.

“Does it get any easier? No,” says Mrs. Buckley, answering the question she anticipates being asked, as the five-year anniversary approaches. She does this a lot, saying what those sitting across from her are scared to say. And considering all the graduations, the weddings and the babies, she says, “This year has probably been the hardest one for me.”

There’s not a place the Buckleys go that does not bring Amanda back — the beach, the ballpark, their church, their home. They live without their daughter by sharing stories of when they had her. And they go on by doing what they believe she would have done, or rather, what she would have wanted them to do.

So they started a foundation and chose a name to match her demeanor and one of her most memorable attributes — “Give a Smile to a Child” — helping children and families struck by unforeseen tragedy.

Beyond feeding and clothing children, the Buckleys say they keep Amanda alive by awarding scholarships to needing or deserving female athletes, young women taking their next step in life. They have awarded 15 scholarships thus far, they will award five more in July.

And they will continue building their



vision for the Amanda Buckley Memorial Field of Dreams, complete with practice fields, stadium seating, batting cages, all at the ballpark for Palm Beach Gardens Community High School, where Amanda played.

The girls who play there now never met Amanda, but they know her. They wear her number on their wristbands. And when their coach tells them to be careful, to pay attention to what they’re doing, who they’re hanging out with, what’s going on around them, he may not say Amanda’s name, but her name looms on the scoreboard and her influence can be felt.

Palm Beach County detectives say Amanda Buckley did nothing wrong. They would like teenagers to see each

decision as precious, as each decision holds a consequence. But beyond consequence, they say it’s hard to glean lessons from Amanda’s case, a case that stunned Palm Beach Gardens, as Amanda Buckley stood for every daughter of every middle-class family living in any safe neighborhood, going to any public school, trying to excel at her sport.

Her friends say her fate taught them to surround themselves with good people, taught them to cherish friendships, not to hold grudges but to forgive. They carry her with them as they go on to play college ball. And all are in awe of her parents — how they can give so much, when so much was taken away.

Her friends speak around her story by saying, “after Amanda was taken from



BETTY WELLS/FLORIDA WEEKLY

Reminders of Amanda are seen in the dugout, left, and in the locker room, where her No. 4 jersey hangs.

us,” or “before we lost Amanda,” but there’s no way to make it sound better: Amanda Buckley was murdered by Jason Shenfeld on July 19, 2007. She was 18. He was 26.

The two knew each other but their relationship was unclear or unknown to Amanda’s friends and family at that time. He had a criminal record; multiple charges, including assaulting women. But those close to Amanda say she did not know enough to feel he was a danger. Two days after her murder, John Shenfeld found her body, raped and strangled, in his son’s closet. The case never went to trial. Jason Shenfeld pleaded guilty to avoid the death penalty.

“I didn’t want to take the plea,” says Jill Estey Richstone, state attorney.

Ms. Richstone says she does not allow herself to become emotionally involved in her cases, but Amanda’s case gripped

“They are so brave. Amanda was their only child. Everything they did, they did around Amanda and her softball. It breaks my heart to think about them trying to figure out life without her.”

— **Caroline Torre**
Amanda’s friend and teammate

her, Amanda’s the one she still thinks about. And though it’s sensitive to speak about Amanda, she says, “I would love to see her name in print every day,” to see her name remembered, as Ms. Richstone sees her murder as an affront to everything good.

“The death penalty should be enforced sparingly, thoughtfully, conservatively, but there is no one, I think, who deserved it more than he did,” Ms. Richstone says of Mr. Shenfeld. She does not know where Amanda’s parents found their mercy or their grace to spare his life. She saw him as a sadist, a man who liked to beat up women and gave in to fits of rage. She wanted the case to go to court, she wanted to be in his face, a woman taking his power away.

But when the Buckleys told her taking his life would not bring their daughter back, when they said, “Amanda would not have wanted it this way,” Ms. Richstone said the state signed his plea — four life sentences, no chance of parole — stressing, “We did it for them, not for him.”

A man of faith, Mr. Buckley says, “We are not the kind of folks who believe that we would have gained anything by having someone else killed.” He says he and his wife are still comfortable with their decision, nearly five years later.

To this day, he still surprises Ms. Richstone with lunch, showing up at the courthouse with a sub. He tells her she reminds him of what Amanda would have been, a fighter. She tells him there’s nothing he could have done.

She cannot say Amanda’s murder was meant to be, but she feels her case was meant to be swift. “Everything in that case played out perfect, as if there was the hand of something else behind it,” Ms. Richstone says. “I’m not religious, but I felt a guiding force — Amanda, whoever, whatever — the way everything happened, I believe there was a guiding hand.”

For the first time publicly, the prosecutor reveals that she was going to make Mr. Shenfeld’s parents testify against him, no question about it. She will not speak to his previous arrest for the sexual assault of two other women, a case dropped for “conflicts in evidence,” as it was not her case.

But as the woman who went through Amanda Buckley’s purse, reviewed her phone records and interviewed her friends, Ms. Richstone says, “I would have loved to have known her.”

She wants Amanda’s name in the newspaper because she wants people who did not know her to think about her, “Then think about your daughter, your niece or your neighbor,” because as she sees it, “Amanda Buckley was us.”

And nothing brought Amanda Buckley more to life for her than sitting in her room, sitting on her bed, going through her pictures. Ms. Richstone first sat in Amanda’s room the day she first met, then hugged, the Buckleys.

Amanda’s bed and furniture are still there, but her room’s not the way she left it. There are framed pictures of Amanda, but the collages she had of her and her friends on the wall have been boxed. Mrs. Buckley spent a couple of days trying to place those photographs in albums, but it was too hard to do just then, so those albums will have to wait.

For a long time, Mrs. Buckley did not



Above: Amanda, far right, with teammates Emily “Bootsie” Roesch, left, and Amanda Sobeck, center.

touch her daughter’s room. But as Amanda’s friends kept coming over, they would look at things and say, “I remember this.” Mrs. Buckley found it helped her to say, “Go ahead, take it.”

“They need their closure, too,” Mrs. Buckley says of Amanda’s friends. “They’re just things,” she says of what she gave away. “And where Amanda is, is right here,” she says with her hand across her heart, next to the gold cross she wears with Amanda’s ashes in it.

She kept her daughter’s back-to-back state championship rings. She drives her daughter’s blue Ford Escape. “A lot I kept, a lot I gave,” she says. “We all need



a piece of her.”

Caroline Torre was given Amanda’s St. Leo’s T-shirts. She grew up playing softball with Amanda — Caroline on first, Amanda on second.

After graduating college with a degree in sports management, Caroline moved to New York City for a Major League Baseball internship. Not wanting to lose Amanda’s T-shirts, she left them back



BETTY WELLS/FLORIDA WEEKLY

Amanda’s parents, Tory and Barbara Buckley, above, said their daughter’s stunning smile was inspiration for the foundation logo.

home with her special things.

The last time she saw Amanda was on the night of their high school softball banquet. Amanda called Caroline on her way, asking her to please tell their coach she was going to be late. She had stopped to save a turtle in the middle of the road.

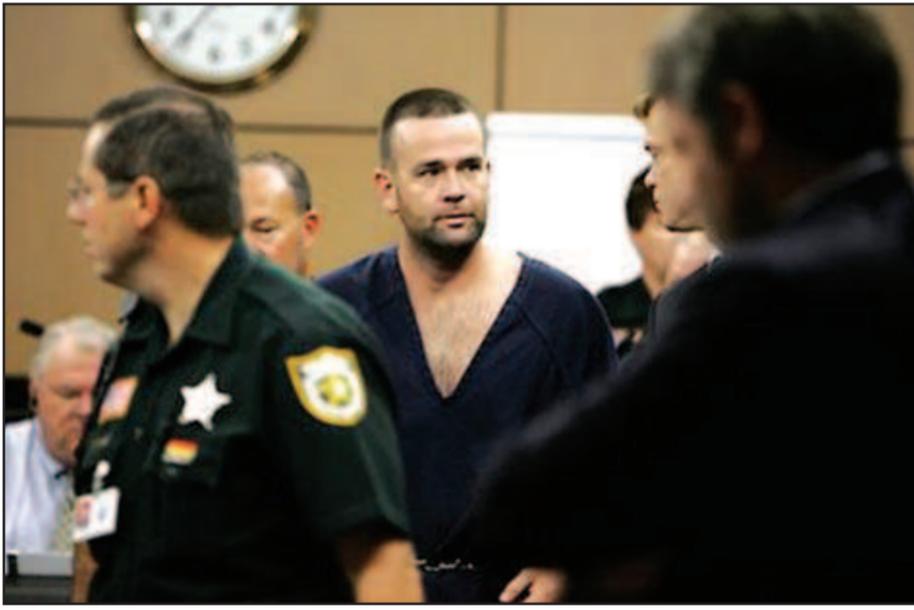
“After she passed away, turtles seem to be a sign for me. I like to think it’s her,” says Caroline, who saw a turtle cross the road right before her first fall tournament in college. That day she played a doubleheader and went 4-for-5.

“Alright Amanda, I get it,” she remembers feeling, “That’s my sign from you,” so she had a turtle tattooed on her right hip, because when she played first base, “Amanda was always off my right hip.”

She says it’s tough to tell Amanda’s story. She says you hear about these things, but they seem so unreal, they sound more like the news or a movie or a play. It’s like her murder was acted out on a stage, and while Amanda’s no longer on that stage her loved ones are left in the audience.

Living in New York, Caroline does not see turtles very often. But last summer when she could not make it home for

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COURTESY IMAGES

Jason Shenfeld, above in court after the slaying, pleaded guilty to avoid the death penalty. Right: The state's online "predator flyer" for Shenfeld.



Amanda's birthday or the anniversary of her death, she asked Amanda for a sign, something to help her through those times.

"At church I saw a lady in an orange dress with turtles all over it," Caroline says. "There's no way that was anything but a sign from Amanda, that dress was so hideous."

"She wanted to make you laugh," said the Buckleys, when she told them of her experience.

The Buckleys have these moments, too. Moments when they can't help but look at one another and laugh and say, "Amanda's here." When they talk about her, they light up and it's as though you can see Amanda's expressions on their faces. They swear they can still hear her laugh, but they cannot describe the sound of it, as if any attempt might diminish it.

"They are so brave," Caroline says of the Buckleys. "Amanda was their only child. Everything they did, they did around Amanda and her softball. It breaks my heart to think about them trying to figure out life without her."

The Buckleys see Amanda every day, pictures of her on their desks and refrigerator remind them of her and her absence.

They see less and less writing on her Facebook page, less and less writing on her Legacy page, but they say that's a good thing. They say Amanda's young friends need to move on, "Amanda would not have wanted them mourning for her forever," so less and less writing shows her friends are growing, and something about seeing her friends maturing makes the Buckleys happy.

Mrs. Buckley has found solace through Compassionate Friends, a support group for family members grieving the loss of a child. Though her ache will never end, when she's with her Compassionate Friends, her ache feels shared.

Mr. Buckley pours himself into Amanda's Foundation and keeps giving to children in Amanda's memory, saying, "I don't dwell on why the Foundation came about, I focus on what the Foundation does."

Jason Shenfeld, inmate No. W20114 at Franklin Correctional Institution in Carrabelle, declined a request to be interviewed. Public records of his work assignments show he spends his days as a houseman, sweeping, mopping, dusting, making beds, cleaning bathrooms and picking up trash. Discipline reports show he received 30 days confinement for an unauthorized beverage and another 15 days confinement for disobeying an order. The state would not release his visitors list, so as not to compromise the safety of anyone who may have visited him.

There has been no communication between the Shenfelds and the Buckleys, no expressed remorse. A visit to the north Palm Beach Gardens Shenfeld home, where Amanda was murdered, found cherub-like figurines on the lanai and window shutters painted petal pink. Diane Shenfeld, Jason's mother, answered a knock on the door. She said she no longer gets the paper, she does not watch the news and regarding her son, she has nothing to say.

The Buckleys say they considered moving, trying to find that delicate balance of wanting to remember but not always wanting to be reminded. Then Mrs. Buckley realized, "This is where I feel most connected to her," so they did not leave the home where Amanda grew up, a home less than two blocks away from Palm Beach Gardens Community High School.

Detective John Cogburn says Amanda's murder shook her neighborhood and shook her school, then rippled to all schools and neighborhoods throughout the city. He remembers coming home when he was investigating her case, coming home and saying thank you. He says the whole community said a silent thank you, a thank you for still having their children.

He says Amanda lived a low-risk lifestyle, meaning as an athlete and a scholar, no one ever expected her to be the victim of such a crime. He says the public can better accept an unanticipated traffic accident, but when it came to Amanda, the public was numb.

"The dynamics around this case pretty much sent shock waves throughout the community," he says. "We all started to second-guess ourselves, the things we could be doing better, how we could keep our kids close to home, close to family."

He says there was nothing Amanda could have done to prevent what happened from happening, "There's nothing to blame Amanda Buckley for at all."

He says he does not have any questions lingering from her case, "This was a case where the bad guy was put away."

And what makes it so hard for the detective to impart lessons from this case: "Nothing I saw in my investigation led me to believe Amanda did anything wrong." She was a teenager.

And it's her youth and misfortune her high school softball coach can't help but think about, when he thinks about the influence he has over teenagers in her wake.

Randy Jackson says he and Amanda joined the Lady Gators team at the same time, her freshman year was his first year as head coach. As a ballplayer, he describes her as feisty, she wanted to win, hated to lose and whatever it took for her team to win, she was willing to do. She wasn't very big, but she was a powerhouse. And she loved to play the game.

"Her tragedy did not change the way I coach," he says. "It changed the way I teach life lessons."

Now when he tells his girls to be careful, pay attention, be aware, he's speaking to girls who never met Amanda, but he need not say her name, they know her. She has a tribute locker in the Lady Gator locker room where her retired No. 4 jersey hangs. She has a memorial cubby in the dugout where a plaque reads, "With us always."

And there's a poster-size picture of her above their locker room door — she's poised, down and ready to receive a ground ball. Her head's up and her body's square to the ball. Her knees are bent and her glove's out in front, as she's watching the ball roll into her glove. Her foot's back, ready to throw, ever fundamentally sound.

"We miss her," Coach Jackson says. And he continues to pass out wristbands, embroidered with her number, to his freshmen coming in.

Elizabeth Corrigan was a freshman pitcher when Amanda was a senior. Amanda called her "Lizzy." A transfer from Indian River State College to Florida State University, she wears her wristband still.

"You play the game for a different reason. You play the game and carry her with you," she says of wearing her wristband. "It's a different type of game when you go out there and you're playing for someone else. You have her wristband on, you represent her and her team and her family, Tory and Barbara."

The Buckleys gave Elizabeth one of Amanda's Lady Gator travel jackets because as a pitcher, she needs to keep her arm warm. They also awarded her one of their foundation scholarships. Elizabeth says her money mainly went to food, which Amanda would have loved, as she was forever seen eating her sunflower seeds — ranch flavored — or sneaking pizza into the dugout.

Besides her wristband, Elizabeth has an Amanda Buckley logo sticker on her car and she saved the flower pin her team wore to Amanda's funeral. She also kept the big ceremonial check that was presented to her when she received her scholarship, because she says just seeing it, "helps you live out her name, in everything you do."

Emily Roesch knows the honor. She grew up playing softball with Amanda. She played shortstop. Amanda called her "Bootsie." And she, too, received an Amanda Buckley scholarship.

She says her scholarship went to savings. And as a graduate student at Boston University, she only touches it when she needs it.

Emily remembers the phone call when she learned Amanda was gone. She was playing in a softball tournament in Fort Lauderdale. She was playing with her travel team, most of her Lady Gator teammates were there, playing on separate travel teams. But when she was on the phone with Mr. Buckley, she says somehow, "Everybody from Gardens was there. I don't know how it happened, we were all just there," finding out together.

in the know

Amanda J. Buckley "Give a Smile to a Child Foundation"

The purpose of the Amanda J. Buckley "Give a Smile to a Child Foundation" is to help children and families "who find themselves in need due to tragedies and other circumstances beyond their control. The foundation will promote and participate in worthwhile endeavors that enhance the physical and mental well being of children and families," according to the foundation's mission statement.



The Foundation was formed in November 2007 to honor Amanda. The foundation has contributed money and volunteers to the "Joy Drive," sponsored by the Palm Beach Gardens police and fire departments and benefiting children and families during the holiday season.

The foundation has volunteered and lent financial support to feed the homeless, clothe babies in need, help families pay for funeral expenses, provided scholarship funds to high school graduates in need and given to grade-school programs.

The most ambitious endeavor has been the building of a softball facility at Plant Drive Park in Palm Beach Gardens. It is used by Palm Beach Gardens High School, the Palm Beach Gardens Youth Athletic Association, various city recreation programs and the Palm Beach Atlantic university to facilitate their programs.

And improvements continue at the "Field of Dreams" complex.

If you'd like to make a donation, see giveasmiletoachild.com. Contributions payable to "Amanda Buckley Give A Smile To A Child Foundation Inc." may also be mailed to the foundation at P.O. Box 32021, Palm Beach Gardens, 33420. More information is available at the website or my emailing softballangel@giveasmiletoachild.com.

"I don't remember playing after that. I really don't remember anything after that," she says. "I'm pretty positive we got rained out." She remembers thinking the rain felt appropriate.

She says in the beginning, she wanted to know as much as possible. Now she doesn't want to look at it, the event that changed her former outlook on life, "When you're young, you think you're going to live 'til you're old."

She is in awe of the Buckleys, how they can transmute something so awful into something good for so many. And she visits them when she goes home.

The Buckleys say visits from Amanda's friends are part of their healing. Their everyday a struggle, talking about their daughter lends some sense of reprieve.

They are grateful to still have her dog, a pound puppy Amanda saved and named Kahlua. Mrs. Buckley says it's one of those who-saved-who scenarios. She believes her daughter knew her mother would need this dog.

They have found the strength to once again go to high school softball games. And though they were good at it before, they make it a point to look at each other each morning and really say, "Good morning." They make it a point to say, "I love you," before they go.

They do not dwell on the fact that their daughter will never play college ball or never be married or that they will never have a grandchild, for as they say, they must get down the road.

"It's not the end. It's not like we're never going to see her again. Knowing in our hearts, when we pass, she's going to be there waiting for us," Mr. Buckley says, pointing above, "That's more important than anything we've done, knowing we are going to see her again."

For the Buckleys believe their daughter did more than graduate, she ascended. ■

Compassionate rehabilitative care for kids expanded at St. Mary's

davideCARBONE

CEO, St. Mary's Medical Center



At the Palm Beach Children's Hospital at St. Mary's Medical Center, we provide head-to-toe care for kids. From open-heart surgery and trauma care, to oncology and neurology care, we're constantly striving to expand our comprehensive list of services to meet the needs of the children in our community.

One of our newest programs that we're proud to announce is our inpatient Pediatric Rehabilitation Unit, which is an expansion of our already robust outpatient Pediatric Therapy Center.

Palm Beach Children's Hospital's Pediatric Rehabilitation Program provides high-quality and compassionate rehabilitative care to children from birth to age 18 in a family-centered environment. Children with disabilities and injuries have unique and individual needs that can be met with the right specialized pediatric rehabilitation program.

The new Pediatric Rehabilitation Unit at the Palm Beach Children's Hospital focuses on maximizing the function and enhancing the lives of children with a wide range of conditions.

The program's goal is to help children restore function compromised from more complex disabilities and injuries.

Our team of physicians and rehabilitation teams apply some of the latest technologies and medical approaches to rehabilitation, which have shown many positive results for our pediatric patients.

In addition, our Pediatric Therapy Center provides outpatient rehabilitative care to children who have physical and/or learning challenges due to illness, injury or congenital causes. Our team of physical, occupational, and speech therapists and our certified audiologist are specially trained in pediatric rehabilitation, so they can assess children's abilities and build a specialized therapy program.

They work with parents and their child's physician to develop a personalized care plan to help each child reach his or her maximum potential. The program utilizes a developmental play framework that encourages family participation to carry over activities and techniques into the child's normal routine.

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Good Samaritan graduates class in mentoring program for eighth-graders

SPECIAL TO FLORIDA WEEKLY

Good Samaritan Medical Center announced the first graduating class of its T. Leroy Jefferson Medical Mentorship Program. The program was founded as a collaborative effort between Good Samaritan Medical Center, Wells Fargo and the T. Leroy Jefferson Medical Society to educate and inspire young students interested in health-care careers. This year, a group of 15 eighth-graders from Howell L. Watkins Middle School participated in the mentorship program at Good Samaritan Medical Center led by Dr. Roger Duncan, an anesthesiologist at the hospital and member of the T. Leroy Jefferson Medical Society.

Upon graduation, the students presented reflections of their experience

through collages, poems and stories.

The three-month program offers participants a glimpse into the inner workings of the hospital, including the many different specialties of medicine and roles one could play in different health care careers. Each month, the students toured hospital departments and got hands-on experience with orthopedic robotic technology, cardiac catheterization lab equipment, maternity unit baby care demonstrations and more.

"These students show great promise for a career in health care, and their learning, excitement and energy has equally been an inspiration to the staff at the hospital. We look forward to continuing the program and being a community resource for positive youth development," said Dr. Duncan. ■

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word or acting?

"The bystander is a modern archetype, from the Holocaust to the genocide in Rwanda to the current environmental crisis," says Charles Garfield, a clinical professor of psychology at the University of California, San Francisco School of Medicine, who has been speaking out on the psychological differences between bystanders and people who display "moral courage." "Why," asked Garfield, "do some people respond to these crises while others don't?"

He and other researchers have spent many years trying to answer this question. They conclude that most of us have the potential to fall into one or the other of these categories. Sometimes, we may show a very different characteristic, depending on the particulars of the situation.

The famous case in 1964 of Kitty Genovese, where many neighbors witnessed her savage murder without intervening or calling the authorities, horrified the world and prompted several researchers to seek an explanation.

Two psychologists, John Darley and Bibb Latane, concluded that when there is a "diffusion of responsibility," bystanders often fail to help the victim because they feel less personal responsibility and therefore count on others to act.

In the Penn State case, some of the witnesses may have convinced themselves they "were off the hook from taking any action" because they had notified a higher up in the chain of command.

Ervin Staub, a Jewish psychologist who survived the Holocaust because his family's Christian housekeeper risked her life to shelter him and his sister, spent his career inspired to understand the personal qualities held by courageous heroes like his savior. His conclusions showed that these individuals express a heightened concern for the welfare of others, greater social responsibility and a commitment to moral values.

Samuel Oliner, another Holocaust survivor and his wife, Pearl, wrote a book called "The Altruistic Personality" which describes how from the time they were very young, rescuers share "a capacity for extensive relationships — their stronger sense of attachment to others and their feelings of responsibility for the welfare of others."

The findings of Staub and Oliner have been instrumental in promoting anti-bystander programs around the country. The hope is to educate people to recognize the pressures and biases that influence their behavior and support them in taking courageous steps apart from the group.

Most of us would like to believe that we would do the right thing in a crisis. The truth is, we never know for sure until we're tested. Clarifying our personal values and committing to honoring our sense of integrity is a challenge that does indeed take courage. ■

— 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, and at palmbeachfamilytherapy.com.

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WEEK OF JUNE 28-JULY 4, 2012

A GUIDE TO THE PALM BEACH COUNTY BUSINESS INDUSTRY

FLORIDA WEEKLY'S EXECUTIVE PROFILE

Colette Meyer

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Colette Meyer heads her own Jupiter law firm, but she could have had a career in medicine or in cheese.

Ms. Meyer, born in Wisconsin, worked in her father's cheese factory, and studied pre-medicine before going to law school.

"I actually was working for the dean of the medical school when I quit and was helping with his research," she said.

The job potential for Ms. Meyer was good, at least in theory.

"I decided research was a lonely life," she said.

And when it came to being a physician, "I saw how much of a business it was and didn't like it," she said. "I always loved to write and that was the other side of it."

She had applied at Northwestern University and thought she wanted to be a journalist at one point.

"I took every graduate exam known to mankind. I always was good at fill-in-the-dots," she said.

After graduating from law school, she went to work filing appellate briefs for Wisconsin's attorney general, and later worked as a corporate attorney in the branch of a New York law firm.

She switched firms and started working with individual clients.

"I ended up enjoying it," she said. "It was less document-driven and more personal. There was contact with people and their problems."

That is key, especially in a retirement haven like Florida.

"We get people at the tail-end of their lives and they have these huge histories," she said.

Now she focuses on those histories, helping people write wills, advance directives and do estate planning. She keeps the work personal at The Meyer Law Firm, which has two lawyers and three paralegals.

"I prefer small. Lawyers don't like to be told what to do and it's difficult to manage attorneys. I prefer to have it be a manageable size," she said.

Estate planning is something vital she says, adding, "People put that off."

Some things never change. But one thing that has changed is the number of lawyers in the area.

"When I first came to Jupiter, there was a handful of lawyers," said Ms. Meyer, who has been practicing in the area for 27 years. "Now there probably are too many of us."

■ First job: My father felt a critical life skill his children should learn was the meaning of work and, as a result, I performed a variety of first jobs at the cheese factory he owned in central Wisconsin. I remember days when his employees could not make it through snowstorms so we ventured into the winter wonderland to be helpers at the factory in production, packaging and the office.

Since my dad also felt that helping family out should not require payment, I received no cash compensation. My



COURTESY PHOTO

Colette Meyer has been practicing law in the area for 27 years. The Meyer Law Firm specializes in family law.

first paid job was as the neighborhood babysitter.

■ What I'm reading: I like to stay engaged in current events and marketplace economics. As such, I am an avid reader of newspapers and financial and news publications.

I also enjoy reading fiction books, with Danielle Steele and John Grisham being a couple of my favorite "unwind from life," escapism authors. Even though Grisham writes law-related books and some would think reading his books would not be an escape from my work life, his stories pull me in and are entertaining.

■ My personal philosophy: Estate planning involves intensely personal issues for my clients. It requires planning for their death or dealing with the loss of a loved one which is never easy. Because of this, I feel that it is critical for me to provide not only quality legal services, but provide these services with personal attention and compassion.

I am also adamant about individuals having emergency healthcare documents. I have witnessed too many heart-wrenching situations in which a person becomes incapacitated and their loved ones are not clear about the medical treatments and choices the person would want or who should be making such decisions. Having an advance directive or living will along with a Healthcare Power of Attorney gives a family peace of mind that comes from knowing a plan is in place for emergency medical situations.

■ About The Meyer Law Firm: Meyer Law Firm maintains a focused practice and handles legal matters that affect a family's future including estate planning, wills and trusts, emergency healthcare documents, probate and guardianships. Our experience also extends into real estate, handling Florida residency planning, title insurance, contract closings and real estate tax appeals.

We begin by understanding a client's

financial as well as personal goals and wishes, and then design a plan that is individualized. Estate planning is an ongoing process. Just as important as the documents we prepare is a continual review of any estate plan. Laws may change and family and financial situations may also change so we encourage our clients to make sure their estate plan adapts to life's changes and always reflects their wishes.

■ What do you love about Florida? I moved to Jupiter immediately after receiving my Wisconsin law degree. Of course, coming from the Wisconsin tundra, the warm temperatures and turquoise waters of Jupiter were a draw, however, my parents had moved to Jupiter in the late 1970s and I fell in love with the area on visits.

The Jupiter area is a melting pot that allows me to interact with people from a broad range of cultures who have varying styles and experiences.

Although Florida is not the best location for one of my hobbies, downhill skiing, it does provide me many more opportunities to enjoy my other hobbies, swimming and boating.

And, the Jupiter-Tequesta area also has allowed me to get involved in another one of my loves, the arts. The Lighthouse ArtCenter and School is such a gem for the area. I have been fortunate to be involved with the art center for many years, most recently as the president of the board. The museum and school provide the community a wonderful outlet for their artistic side.

■ Best thing about my work: Many think that estate planning is all about documents but underneath all the text and "legalese," there are real lives that are greatly affected. I have been drawn into many extremely rewarding cases where this human side is both heartwrenching and heartwarming.

One particular heart-wrenching case involved a caretaker, Doris, who posed as the stepchild of an elderly couple. She talked the couple into signing over a third of the interest in their home and then proceeded to take out a \$150,000 mortgage against the home plus ran up another \$75,000 on credit cards she opened in the couple's names. The couple became increasingly dependent on Doris, who delivered only marginal care and made them feel that she was the only person keeping them from going to a nursing home. Fortunately, the abuse was caught and Doris received 15 years in prison for elderly exploitation.

Another case I handled involved a mother who stole millions from her minor daughter's trust fund.

And then there are the cases where someone does not have emergency healthcare documents and the family has to grapple with what medical care the person would want.

When you know you are helping individuals who can't help themselves at the moment for whatever reason, whether it be that someone like Doris

in the know

>>Name: Colette K. Meyer

>>Age: 52

>>Family: Single

>>Hometown: Marshfield, Wis.

>>Education: J.D. — University of Wisconsin; B.S., Biology — Carleton College

has brainwashed them or from dementia, illness or simply aging, it makes what I do have even more meaning.

Clients have commented on the peace of mind they have knowing that, through their estate planning, they have protected their assets for their spouse, children and generations beyond. And, it is comforting to me to know that a family will not have to deal with unnecessary issues and more pain upon someone's death.

■ My personal mission for the firm: I worked in large New York and Palm Beach law firms and, although I enjoyed my work at these firms, I knew that I wanted to be able to dedicate more personal attention to my clients' needs.

I strongly believe that personal attention is critical in guiding clients through the complicated and often emotional maze of balancing family protection, wealth preservation and cherished family values in the estate planning process.

When I started Meyer Law Firm, I built a highly credentialed team with other professionals who also chose to practice in the environment of a smaller, specialized firm. Each member of the firm's team is dedicated to providing lifelong legal representation complemented by personal attention.

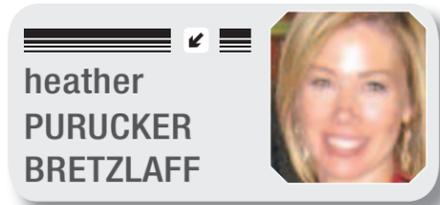
■ What's on the horizon: I just finished an office expansion that provides my team and me with a better work environment. It also gave me the space needed to add additional staff and an attorney, Mike Gort. Mike will be handling the firm's litigation area including probate and real estate litigation.

■ My top tech tool: I love my new iPhone. I find it invaluable for keeping in touch with my office and clients when I need to be in court.

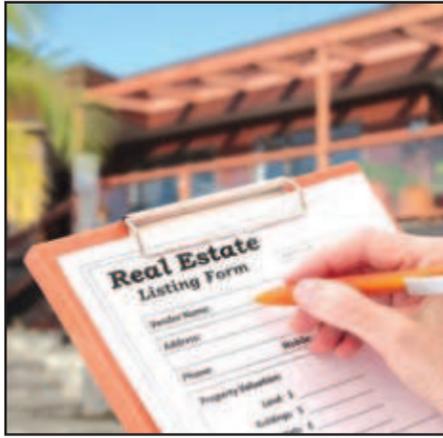
■ I love: Although it sounds contrite, I love my career in law. Having been pre-med, it was a difficult decision to switch fields but I am so comfortable and happy with my decision. I sometimes think of my father, who had not had good experiences with attorneys, so was not particularly happy when I informed him I was going to law school rather than medical school. I hope that if he can see my work he is as proud of my guiding clients through difficult estate planning or legal issues as he would have been with me performing surgery.

■ I hate: When I hear about the emotional and financial abuse that can happen to a family and, all too frequently, within a family. ■

Twenty years of contacts yields sneak-peeks at listings



**heather
PURUCKER
BRETZLAFF**



Prior to my dedication as a residential real estate professional selling new and existing homes, I worked for developers selling both land and new homes.

I then worked with an award-winning homebuilder, gaining experience throughout all aspects of the business. The knowledge and perspective that I have gained over the years has been invaluable, but one important advantage is the connections I have established with business associates and clients over the past 20 years.

An example of how these connections benefit me is that I know of properties that will be coming on the market before they are listed. Thus, I can let my buyers know when I see a property I feel meets their criteria before it is advertised to the public.

About nine months ago, I was working with a couple who had been looking for a waterfront home for nearly a year. They had a very specific price point and many of the homes in their price range did not meet their needs. They wanted to be in the Palm Beach Gardens area just off of Prosperity Road, a desirable and popular area for boaters.

We looked at all the available homes up to \$2 million. Most needed major renovations or an additional bedroom added — did I mention they have three young children?

If the home met their needs, the

waterfront location was not right. If the waterfront location met their needs, the home was not right.

One day, I was at lunch with an associate who was going to look at a home on the Intracoastal and come to find out, it was a home that my former company built in 1995.

The owner wanted to make sure everything was in working order before listing the home. I decided to tag along since I had not been in the community for some time; a quaint gated community along the Intracoastal next to Loggerhead Marina.

With only five homes total, it is a very charming community with beautiful oak trees that line the cul de sac street — a gated community, on the Intracoastal, with a cul de sac street — did I mention they have three young children?

From the moment I pulled up to the Key West-style home, I knew it would be perfect for my buyers. The home had wonderful detail, with one owner who maintained the property impeccably.

It was a large great-room-style floor

plan with an open kitchen and wrap-around porches. I could instantly envision my buyers having the ability to entertain and host outdoor functions while there were also many spaces for the children to run and play.

The bedrooms were generous in size; there was one large suite downstairs. The upstairs master bedroom had an expansive view of the Intracoastal and a lovely sitting room, while the second bedroom had enough space for two children.

Although my buyers preferred each child to have their own space, I still felt confident in the home and the ultimate possibility that another bedroom could easily be added if the buyers elected to do so.

I immediately called my buyers. “I just found your new house,” I told them. We arranged to see the home the following day, and they loved it. It was the first home they could envision themselves in, but there was one challenge — the extra bedroom.

After seeking the advice of a contractor, it was determined there were several possibilities to get an extra room. By this time, the home had been officially listed. The Realtor was a longtime friend of the current owner.

The home unfortunately was listed at a much higher asking price than we anticipated. I researched all of the comparable sales and discussed the details with my client — ultimately presenting an offer. I asked the other broker if we could present the offer together to the owner in an effort to explain the reasoning behind our offer, all based upon the comparable sales I had researched in the surrounding area.

As much as I knew this house was meant for my buyers, I also knew I had quite a task ahead of me. The buyers had a budget and the owner was emotionally tied to her home. The listing agent and I spent more than an hour with the owner reviewing the offer and looking for a positive response.

We did get a counter offer, but unfortunately not the positive response we were hoping for. The following day we came to terms that this contract could not be pulled together and my buyers decided to walk away.

Although I continued to look at other properties with my clients, they kept coming back to the home in this very special community.

I was confident that if they had the patience, this would be their home. Fortunately for us, there were not many showings on the home because of the high list price, so I did not feel the home would sell immediately. I kept in touch with the listing broker.

Three months later, my buyers agreed to raise their initial offer and resubmit a contract.

By this time, the owner was ready to sell and realized that although her home and property were unique, in a great location and maintained better than most, she was not going to get a much higher price than what she was offered.

The house sold for 75 percent of its list price and my buyers are now adding that additional bedroom. ■

— Heather Purucker Bretzlaff is a broker and Realtor Associate at Fite Shavell & Associates. She can be reached at 722-6136, or at hbretzlaff@fiteshavell.com.

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COURTESY PHOTOS

Exclusivity and elegance

SPECIAL TO FLORIDA WEEKLY

This expansive, custom Old Marsh Golf Club estate — completely renovated — is on a ¾-acre lot. Fantastic views overlook the lake and 18th fairway of the Old Marsh Golf Course. Features include custom cabinetry by Leeds Custom Design. A gourmet kitchen includes Thermador, Viking and Sub-zero stainless steel appliances with walnut butcher-block island and Caesar stone countertops. Venetian plaster finishes highlight the elegant dining room. Other accents include a gas fireplace with marble surround in the living room and marble/hardwood flooring surfaces throughout. The home at 12940 Brynwood features a custom-designed library with oak wood paneling and built-ins as well as a wet bar and media space. The main living areas and master bedroom overlook the outdoor entertainment area through French doors.

The home offers a 20-foot-by-40 foot pool, two covered lanais

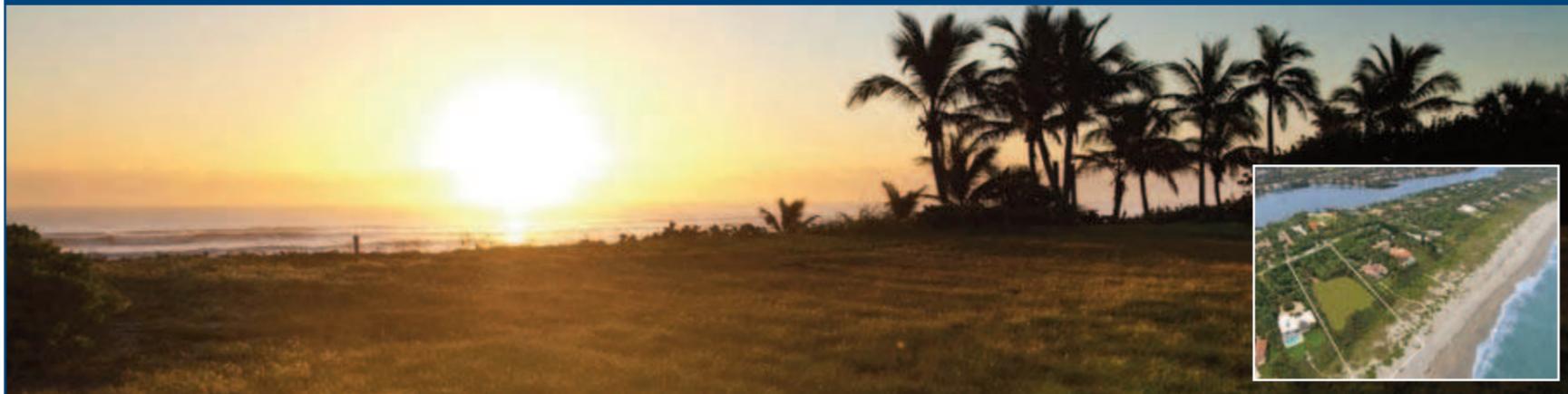


with built-in summer kitchen and a flawless, professionally landscaped backyard. Old Marsh Golf Club in Pam Beach Gardens is a prestigious, private gated community of only 180 custom estate homes on ½-acre lots or larger, surrounded by 456 acres of pristine nature preserves.

The championship golf course was designed by Pete Dye and consistently has been ranked one of the best in the United States. No starting times are required and the club offers a nationally acclaimed caddy program. Also within the community are tennis courts. Although club membership is not required, there are various types of memberships available. Old Marsh Golf Club is a Platinum Club Award winner and is currently recognized as one of the top 35 private clubs in the country.

Fite Shavell & Associates lists the home at \$2,690,000. Agents are Heather Purucker-Bretzlaff, 561-722-6136, hbretzlaff@fiteshavell.com, and Craig Bretzlaff, 561-601-7557, cbretzlaff@fiteshavell.com. ■

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SLOANS CURVE - PALM BEACH

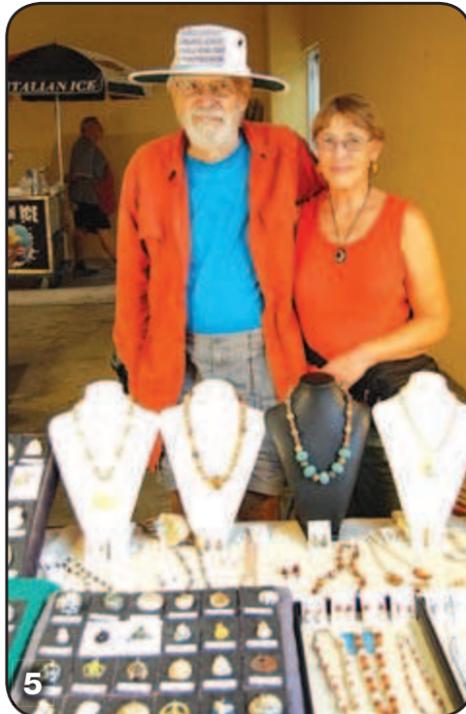
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KELLY LAMONS/FLORIDA WEEKLY

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to www.floridaweekly.com and view the photo albums from

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- 11. Lynda Enns.
- 12. Dawn Lanier, Thomas Detasquale
- 13. Bruce Hartwig, Natalia Hartwig
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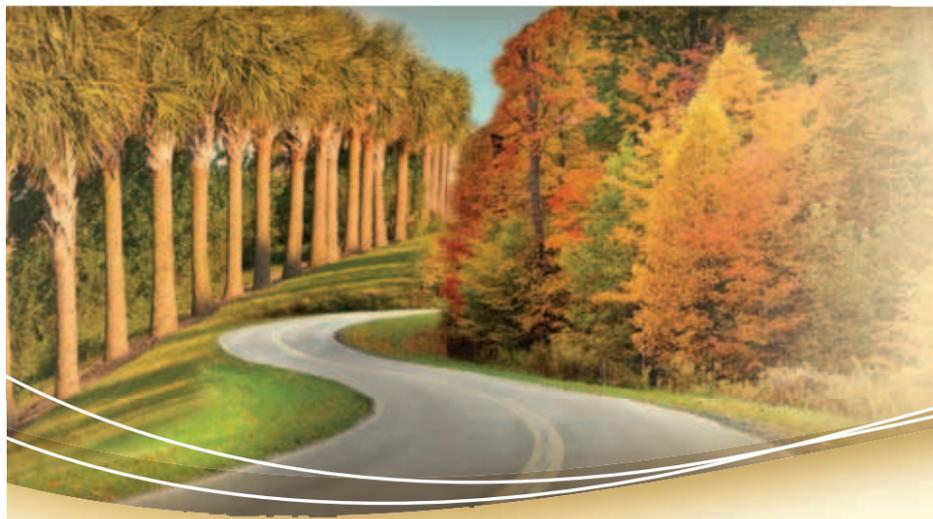
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WEEK OF JUNE 28-JULY 4, 2012

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

Sweet home, Abacoa

July 4th Mega Bash IV mixes baseball, fireworks and homegrown music

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Think big this Independence Day. That's what Mike Bauer hopes will happen with patriots and baseball fans alike. Mr. Bauer is general manager of Roger Dean Stadium, home to the July 4th Mega Bash IV, two days of minor league baseball, fireworks and country and rock 'n' roll music.



Add to that a big block party across the street at Abacoa Town Center, and you have a gathering the size of a small town.

SEE JULY 4TH, A24 ►



Tom Jackson

COURTESY PHOTOS



Riverdown



COURTESY PHOTO

Director and choreographer Deanna Dys leads Maltz Jupiter Theatre students in rehearsal for "Bye Bye Birdie."

"Bye Bye Birdie" and hello, Christian

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

When Elvis Presley was drafted, it inspired weeping among his fans.

His induction into the Army also inspired a musical, "Bye Bye Birdie."

But forget that early Broadway hit, which starred Dick Van Dyke and Rita Moreno, among others. And don't even think about the 1963 film, with Mr. Van Dyke and Ann-Margret.

At the Maltz Jupiter Theatre, the musical, set for June 29-30, has been kissed by the sweet bird of youth, courtesy of a student cast of 53.

And the Birdie?

He's a blond, blue-eyed 17-year-old

from Oxford, England.

Talk about your British invasions.



HUMPHREYS

The show was very new to this Birdie.

"I hadn't heard of 'Bye, Bye Birdie' before I came here. One of the people here brought me the DVD. The closest I've gotten to 'Bye Bye Birdie' in the

UK was 'Grease,'" said Christian Humphreys, the Birdie in question.

And how does he tone down that British accent for something more mid-century, middle American?

SEE "BIRDIE", A24 ►

SANDY DAYS, SALTY NIGHTS

The enduring power of ladies night



Here's to ladies night, always on an off-night, never the good nights, always a Tuesday or a Thursday — some throw-away day of the week. Women elbow-deep at the bar and the men absent until later, until after the ladies have consumed enough two-for-one beers or dollar-off margaritas to make them socially lubricated, when the tight groups of females have loosened and the toasts turned from, "Who needs a man?" to "Tonight we're getting lucky."

Fish in a barrel, the guys might say. They show up with their fresh-shaved faces wearing department store cologne and offer to buy one of the women a drink — not the prettiest, maybe, but the one who looks most fun — and suddenly the group splinters. What happens to those ladies scooped up by men in button-down shirts? The usual: a first date followed by breathless phone calls to the same group of girlfriends to report every detail.

"What did you wear?" her friends will ask. "What kind of car does he drive?"

Then, the uncertainty. The will-he-or-won't-he-call.

"Don't worry, he'll call," the friends say.

They'll be the first to know when he asks her on a second date. Later, over rib-eye and baked potatoes at some chain res-

taurant — T.G.I. Friday's or Applebee's — she'll sit stiffly as the man drones on about his job, as he talks and talks and talks, and she'll think, *Do I have lettuce stuck in my teeth?* When he pauses for breath, he'll ask if he's boring her and she'll smile a close-lipped smile (because of the lettuce) and shake her head. She'll eye his jawline and evaluate his nose, wondering about the potential for cuteness of their genetically blended offspring.

If all goes well, not just at dinner but later, that night and the next week and the week after that, they'll tumble into a life together, and although he will be the person she goes to bed with at night with and wakes up to in the morning, she'll still confide her worries and expectations in her girlfriends because there is something to be said for those women who have known her for so long.

The relationship will go the usual way: marriage, kids, a house with furniture not bought from

Ikea — until it ends, as marriages always do, in divorce or death. Nothing lasts forever. And when her children have grown and her husband has left or died, she'll gather up her friends for another ladies night.

I saw one of these get-togethers during a recent night out with my beau. At the table across from us there were five women in their early 60s, dressed well but not extravagantly, the kind of women who have worked hard their whole lives and now seem to be enjoying retirement. One of them raised her glass to the woman next to her.

"Happy birthday," she said and the others joined in.

I watched as they laughed and talked easily together, and I couldn't help but wonder if they were relieved that the early days were over, that all the worrying and searching had passed, that they had made their lives and survived and were with good friends once again. ■



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CONTRACT BRIDGE

BY STEVE BECKER

THE FICKLE FINGER OF FATE

It is possible to play a hand correctly and get a bad result, and to play the same hand incorrectly and get a good result. Consider the accompanying deal from a European championship match between Norway and France.

At the first table, with a Norwegian pair North-South, six spades was reached on the bidding sequence shown. West led the king of diamonds, and declarer breezed through the play to bring in the slam with an overtrick for a score of 1,460 points. He won the diamond lead with the ace, finessed the jack of spades at trick two, led another spade and collected the rest of the tricks without even breathing hard.

At the second table, with France North-South this time, the same contract was reached, and again the opening lead was a diamond. But at this table the French declarer played the hand more scientifically and went down as a result.

After taking the diamond with the ace, he was unwilling to settle for a mere 50 percent chance of making the contract by relying exclusively on a trump finesse. Instead he decided to play the A-K-Q of hearts in the hope that the opposing hearts were divided 3-3 (a 36 percent chance), in which case he could discard his diamond loser on the third round of hearts.

He also had the added chance that

East dealer.

Both sides vulnerable.

NORTH

♠ J 10 8
♥ A K Q J 7
♦ A 6
♣ K J 2

WEST

♠ 6 4 3
♥ 2
♦ K Q 10 7 5 3
♣ 8 4 3

EAST

♠ K 5
♥ 10 9 8 6 4
♦ J 9 2
♣ 9 7 5

SOUTH

♠ A Q 9 7 2
♥ 5 3
♦ 8 4
♣ A Q 10 6

The bidding:

East	South	West	North
Pass	1 ♠	Pass	2 ♥
Pass	2 ♠	Pass	3 ♦
Pass	3 NT	Pass	6 ♠

Opening lead — king of diamonds.

even if the hearts broke 4-2, he could still fall back on the trump finesse. All factors considered, this gave him about a 2-to-1 chance to make the slam.

Unfortunately, West ruffed the second heart lead and cashed the queen of diamonds, and South went down one.

Sometimes, a little superior knowledge can be a dangerous thing! ■

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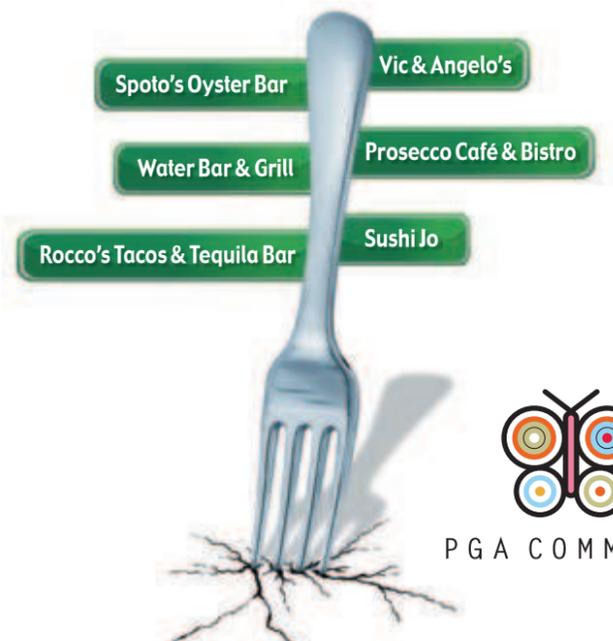
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JULY 4TH

From page 21

"For us, these are our two largest games of the year. I think we estimate that between Abacoa and our game, 15,000 people come to this area on the Fourth of July," Mr. Bauer said.

The event opens July 3 with a game between the Palm Beach Cardinals and the Jupiter Hammerheads. The game will be followed by a fireworks display and a concert by the cover band Riverdown.

On July 4, there will be a game between the Cardinals and the Bradenton Marauders. Then more fireworks, and a concert by country artist Tom Jackson.

"You've got a game, fireworks and music," Mr. Bauer said.

The stage is set up along the first base concourse. Look for portable bars serving beverages and snacks. For youngsters, Mr. Bauer said there will be a "mega kids area," with inflatable bounce houses and slides, plus a trackless train that will offer rides.

He said he is especially excited about the music that will be offered this year.

Riverdown is known as a real crowd-pleaser, and this is just the type of venue its members enjoy playing.

"We just love doing these events, especially Fourth of July. We are a corporate band. We are a club band. We do a lot of smaller venues, so when we have an opportunity to do a bigger show, the band steps it up," said lead vocalist Jimi Robinette.

The band, based in West Palm Beach, plays about 250 shows a year, Mr. Robinette said. Its four members hail from West Palm Beach and Fort Lauderdale.

"The reason we work a lot and the reason we are well accepted is that we

are able to do whatever genre is set in front of us. We do pretty much anything from the late '60s to today," Mr. Robinette said.

So what will Independence Day revelers hear?

"Lots of '80s music. We'll keep it rock 'n' roll, anywhere from Def Leopard to the Foo Fighters. High energy. We only have an hour-and-a-half on stage, so we'll keep it pumping," he said. "I do the national anthem on a daily basis, so I'll see if I can sneak that in."

Also expect a little "Sweet Home Alabama."

"When we do one show like this, anthems are the key. You want to do the wow factor on everything you do. People singing along, clapping hands. You don't want to do any fillers," Mr. Robinette said.

Expect the band to play such titles as Queen's "We Will Rock You" and Bon Jovi's "Livin' on a Prayer."

"People like singing along, knowing the show. People like being part of the show," he said.

For country singer Tom Jackson, performing for a large crowd is exhilarating.

"It's a natural high, especially when you get new fans. There is nothing like sharing your music with new fans. You never know who is in the audience," he said.

Mr. Jackson was raised in Belle Glade and moved to West Palm Beach in his teens. His life is steeped in the traditions of old Florida.

"My grandmother and grandfather were among the first 10 settlers in Belle Glade. They raised 15 kids. It would be a good book," he said.

His songs are influenced by that legacy.

"I grew up out there in the muck fields," he said. "It's crazy to think how rich that muck is, especially to see iceberg, endive growing in it. It's a different lifestyle — a lot slower pace."

He just signed with a new recording label — Ironside Records — and recorded his second album, titled

Independence Day events

>>**July 4th Mega Bash IV:** July 3: Gates and kids area open at 5 p.m. Palm Beach Cardinals play the Jupiter Hammerheads at 6:35 p.m., followed by fireworks and a concert by Riverdown. July 4: Kids area opens at 4 p.m., gates open at 5 p.m. The Bradenton Marauders play the Palm Beach Cardinals at 6:35 p.m., followed by the town of Jupiter's fireworks display and a concert by Tom Jackson. Abacoa also hosts its Fun on the 4th. Tickets: \$9.50 adults, \$7.50 children/seniors; \$5.50 for groups of 15 or more. Call 630-1828 or visit www.rogerdeanstadium.com for details.

>>**4th on Flagler 2012:** 5 p.m.-10 p.m. July 4. The free event includes live entertainment, food and refreshments, children's activities and South Florida's largest fireworks display over the Intracoastal Waterway. It's at the Meyer Amphitheatre, Flagler Drive at Datura Street, downtown West Palm Beach. Info: 822-1515 or cityofwpb.org.

>>**Red, White & Boom in North Palm Beach:** OPM will provide music from the '60s to today from 7:30 p.m. to 10 p.m. July 4 at the North Palm Beach Country Club for the village of North Palm Beach's Independence Day festivities. Fireworks will begin at about 9 p.m. Bring blankets and lawn chairs. www.village-npb.org.

>>**4th of July Family Water Play Day:** 10 a.m.-noon July 4. Little ones can splash in kiddie pools, play with water toys and enjoy icy snacks. Kids and parents can cool off with water balloon games and a wacky water obstacle course, or stay in the shade visiting the River Center's touch tank at Burt Reynolds Park, 805 N. U.S. Highway 1, Jupiter. Cost is \$5 per child; adults are free. Remember to wear a swimsuit, sunscreen, closed-toe water shoes and to bring a towel. Call 743-7123 to reserve a spot, as spaces are limited, or RSVP to rivercenter@loxahatcheeriver.org.

>>**Downtown Lake Worth:** The Lake Worth Downtown Cultural Alliance plans a full day of July 4th activities. At noon, children can meet storyteller Javier Del Sol at the Cultural Plaza, at Lake Avenue and M Street. There will be a petting zoo and art projects, and a fireworks show at dusk.

"Keep it Country."

The title cut from his first album, "Southern Thang," was used as a theme song for a TV show called "Human Target." That was a thriller about a bodyguard who protects his clients by impersonating them to draw out would-be adversaries.

Life in Florida is a little simpler than that.

Growing up in the Glades, Mr. Jackson hunted rabbits with a slingshot.

He even wrote the song "Huntin' is Good" for a Sportsmens Channel show of the same name that will air starting in July.

He and his wife, Danielle, often hunt with a bow.

"It's more of a challenge, to be honest with you. Stick and string — you're more one-on-one with nature," he said.

And one-on-one with himself and his family and friends.

"I hunt and fish and live the country lifestyle. I don't smoke, I don't drink.

I have a handful of friends," said Mr. Jackson, who lives in Jupiter Farms.

He'll perform for more than a handful of friends and fans.

That's what makes this event especially fun for the stadium's Mr. Bauer.

"For me, July 4 is large crowds, it's families. Everyone's happy to be here. It just feels good to be a part of everybody's Independence Day," he said.

And it reminds him of how lucky he is to have a job he loves.

"Having done a couple of seasons now, I really have the lay of the land. It's a beautiful community to live in, and it's been a passion of mine to work in baseball. To have involvement with two teams is very special. I'm very happy here," Mr. Bauer said.

Things don't get much more American than that.

"The only thing you add in there with baseball is apple pie," Mr. Bauer said. "This is our event of the year. We're really looking forward to it." ■

"BIRDIE"

From page 21

"To be honest, at my school I'm always trying different accents anyway. So many movies are American anyway, so when we try to quote movies, it's always in an American accent," he said.

Mr. Humphreys, who attends a boarding school in Gloucestershire, came to Jupiter to visit his grandparents, Fred and Virginia Hadfield, and to attend the Maltz summer conservatory.

His teachers in England heard him singing at school and persuaded him to get involved with a band.

"I've been singing lots of Elvis Presley and Beatles stuff and some Jim Morrison stuff. This year I've had a lot of singing to do from nothing," he said.

He is getting more comfortable with the idea of performing.

"Before when I found out I was going to have to sing, I was a bit worried because I wasn't really comfortable singing in front of people," he said. "But doing this has really gotten me a lot more comfortable singing in front of people."

That was a first in many ways for Mr. Humphreys. And when the show had its debut in 1960, it was a first for Broadway.

"When this show first came, it was in the sense, the very first show about rock 'n' roll. They weren't even sure it was even going to work," said Deanna Dys, director and choreographer of the show.

"What I think is so wonderful is even though they're young and they're just learning, they are so professional. They are here ready to work, eager to work, enthusiastic, always willing to keep going and try it."

— Deanna Dys, director and choreographer

"The fun part is because it's here at the conservatory, getting to do it on real teenagers, (and) so is that youth and that exuberance that they're bringing to it that even an adult cast would have a hard time wrapping around," she said. "You have a bunch of teenage girls and a cute boy like Christian and you say, 'Scream!' and they're just all gung-ho because they're screaming for the joy of being teenagers and that innocence that comes with it."

The premise is this: An agent and songwriter frets when rock star Conrad Birdie is drafted into the Army.

The songwriter's sweetheart comes up with a publicity stunt to have Birdie record and premiere a song before he is sent overseas. She makes the writer promise to give up the music business and to start teaching English. They plan to have Birdie sing the writer's new song "One Last Kiss" and give one lucky girl from his fan club a real "last kiss" on "The Ed Sullivan Show" before going into the Army.

Julie Rowe, director of education for the Maltz's Paul and Sandra Goldner Conservatory of Performing Arts, said the show will offer a good representa-

tion of the range of talent at the Maltz.

"There's loads of opportunity for everybody to be on stage," she said of the cast of 53.

Is that like herding cats?

"The kids are a really good group and everyone's really respectful of one another and we've set a pretty good structure of expectation and that's it," she said.

Ms. Dys, the director, said she is amazed at the dedication of this cast, which ranges in age from 12 to 18.

"What I think is so wonderful is even though they're young and they're just learning, they are so professional. They are here ready to work, eager to work, enthusiastic, always willing to keep going and try it," she said. "They're doing a great job. I think the conservatory does a marvelous job of training young actors."

She should know. At 16, Ms. Dys was the youngest performer ever hired by producer David Merrick for his musical "42nd Street." She starred as Dolly Tate opposite Reba McEntire in "Annie Get Your Gun," and starred as Nickie Pignatelli in "Sweet Charity," and she won an Emmy Award for her chore-

ography of a series of commercials for the Boston Red Sox.

She currently is choreographer for the HBO series "Boardwalk Empire."

Ms. Dys knows big-time talent, but is taken with the homegrown talent she has seen at the Maltz.

"I'm thoroughly impressed that there are that many local kids in the area who are brought into the theater and are exposed to theater at such a young age. Even if it doesn't turn into a career for them, they'll be the supporters of the next generation who comes to see the theater if they're not in the theater," Ms. Dys said.

Maybe they'll even develop a friendship or two from across the pond.

"I was really, really nervous about coming before because I thought it would be completely different meeting loads of new people coming from a completely different country. It was really scary on the way, especially when I learned it was a musical, Mr. Humphreys said.

It's not his first visit to Florida.

"I come every year, but I never, ever get to know anyone in the states. Now I know where I can hang out," he said.

And maybe sing a little. ■

in the know

>>**What:** "Bye Bye Birdie"

>>**When:** 7:30 p.m. June 29-30

>>**Where:** Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter

>>**Cost:** \$20 for adults, \$15 for children

>>**Info:** 575-2223 or www.jupitertheatre.org

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■ **Improvisation Live** — Actor Todd Vittum and his BRIFT Improv Players perform at 8 p.m. June 30. Tickets: \$15; \$10 if you bring a prop.

■ **Teleprompter: A Tool for the Professional Actor** — Class held 7-9 p.m. consecutive Mondays through July 23. Course offers host technique, cold read preparation, walk and talk, ad lib and on the set dos and don'ts. \$120/six weeks or \$100 if paid in full at registration. Email: briftfinancedirector@comcast.net or call 385-1584.

At The Mos'Art

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

■ **Films** — June 28: "They Call It Myanmar: Lifting the Curtain," "Good-bye First Love" and "Citizen Gangster." June 29-July 4: "Damsels in Distress" and "Polisse."

■ **Ballet in Cinema** — July 1: "Raymonda," from Bolshoi Ballet; 1:30 p.m.

Fresh Markets

■ **Gardens Summer Market Nights** — 5:30-9:30 p.m. Thursdays through Aug. 16, 4301 Burns Road, Palm Beach Gardens. Hear live music and shop for prepared food and drink items, plants, flowers, produce and handmade crafts. No pets allowed. Information: www.pbgfl.com, email recinfo@pbgfl.com or 630-1146.

■ **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.

■ **Summer Green Market** — 8 a.m.-1 p.m. each Saturday through Sept. 15. Customer favorites include specialty olive oils and spreads, artisan breads, cheeses, handmade pastas and sauces, locally produced honey, and custom jewelry. STORE is at 11010 N. Military Trail, just north of PGA Boulevard, Palm Beach Gardens. Visit storeselfstorage.com.

com for info.

■ **"Fresh on Wednesday"** — 5-8 p.m. weekly at the downtown West Palm Beach's Waterfront Commons through Sept. 19. For more information about the market, visit www.wpb.org/greenmarket.

Thursday, June 28

■ **Studio Parties** — Free group lesson at 7 p.m., followed by parties 8-10 p.m. Thursdays, Alexander's Ballroom, 51 W. Indiantown Road, Jupiter. Cost: \$15 per person; 747-0030 or alexandersballroom.com.

■ **Susan Merritt Trio and Guests** — 7:30-10:30 p.m. Thursdays at the Wine Dive, 319 Clematis St., downtown West Palm Beach. No cover; 318-8821.

■ **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.

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

■ **Dance Tonight** — Open Latin/Ballroom Mix Party every Thursday. Group Lesson 7:15-8 p.m.; Party 8-10 p.m.; Admission: \$20 (theme \$25) 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. June 28: Sweet Justice. Free; 822-1515 or visit www.clematisbynight.net

Friday, June 29

■ **Art & Wine Promenade** — Guests can enjoy wine glass decorating, live music and an interactive Village Crawl, a walking tour that introduces guests to the shops and restaurants from 6 to 9 p.m. June 29 in West Palm Beach's Northwood village. Guests also can view the dedication of the newly revitalized Joel T. Daves Park at 6:30 p.m. Radio personalities Mo & Sally from KOOL 105.5 and Virginia from WILD 95.5 will be on-site and guests can register to win a \$50 gift certificate to Northwood Village at the radio stations and informa-

tion booth on-site. On-street parking is available on 24th Street, 25th Street and Northwood Road as well as in a lot on 23rd Street. Free bus service will run to and from the downtown library in West Palm Beach from 5:30 p.m. to 10 p.m. Info: Call Kate Volman at 822-1551 or visit www.northwoodvillage.org/events.

■ **3rd Annual Juneteenth Celebration** — Event honors the oldest known commemoration of the ending of slavery in the United States. The event is a "fun-raiser" on behalf of the Spady Cultural Heritage Museum in Delray Beach, and is being co-hosted by Arts Radio Network, rescheduled for 6-8:30 p.m. June 29 at Crane's Beach-House Hotel & Tiki Bar, 82 Gleason St., Delray Beach. Advance admission is \$25 per person, and tickets can be purchased online at www.spadymuseum.org. Admission is \$30 per person day of event.

■ **Downtown's Rock n Roll Summer** — 7-10 p.m. Fridays in June at Downtown at the Gardens. June 29: That's So 80's — The Totally Tubular Tribute to the 80's. Downtown at the Gardens' Downtown Park (next to The Cheesecake Factory), 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Carol J. Bufford** — She performs June 29-30 at The Colony Hotel, 155 Hammon Ave. (just south of Worth Avenue), Palm Beach. Cost: \$90 for dinner and show; \$60 for show only; 659-8100 or www.thecolonypalmbeach.com.

Saturday, June 30

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

■ **Public Fish Feedings at the Loxahatchee River Center** — 2 p.m. Saturdays at the Wild & Scenic and Deep Marine Tanks, Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7123; or visit www.loxahatcheeriver.org/rivercenter.

■ **Art, Eats, Beats & Treats** — Live entertainment in the Centre Court at Downtown at the Gardens, 7-10 p.m. Saturdays. June 30: Phill Fest Trio. Free. Downtown at the Gardens is at 11701 Lake Victoria Gardens Ave., Palm Beach Gardens; 340-1600.

Monday, July 2

■ **Summer Bridge Lessons** — Supervised Play on Mondays from 10 a.m. to noon. Society of the Four Arts, 2 Four Arts Plaza, Palm Beach. Cost: \$180 per person. Reservations are required. Call 659-8513 or e-mail campus@fourarts.org.

■ **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.

■ **Duplicate Bridge Games** — 12:30-3:30 p.m. Mondays and Wednesdays, Jewish Community Ctr. Greater Palm Beaches, 4803 PGA Blvd., Palm Beach Gardens. Light lunch and refreshments provided. \$6 guests/\$2 Friends of the J. ACBL sanctioned. Call ahead if you need a partner; 712-5233.

Tuesday, July 3

■ **Special events at the Lake Park Public Library** — Twilight Tales, sponsored by Bridges at Lake Park, 5:30 p.m. July 3. Refreshments and raffles. Free. Summer Reading Group for ages 6-10 years, 3 p.m. to 5 p.m. July 3. Teen Anime Club for ages 10-18. Watch entire series of popular anime; see action, adventure, comedy and romance shows for boys and girls from 6 p.m. to 7:30 p.m. All are free. Lake Park Public Library, 529 Park Ave., Lake Park; 881-3330.

■ **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.

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WHERE TO GO

■ **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.

Wednesday, July 4

■ **“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.

■ **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

■ **“Tropical Sunsets”** — The work of 19 local resident artists, presented by FAU Jupiter and the North County Art Association. Featured artists include Gerri Aurrie, Camille Babusek, Lois Barton, Barbara Carswell, Katy Di Gioia, Carol Frezza, Diane Goodwin, Linda Hastings, Betty Laur, Tess Lindsay, Linda Mathison, Sue Noonan, Karen Reinhart, Bill Sabino, Manon Sander, Carol Steinberg, Dorthea Talik, Suzanne Todd and Sandy Wellsin. The exhibit is part of FAU Jupiter’s Art in the Atrium series, through Aug. 10 in the Student Resource (SR) building at FAU’s MacArthur Campus, 5353 Parkside Drive, Jupiter. The SR Atrium is open 9 a.m. to 10 p.m. Monday through Friday and 9 a.m. to 7 p.m. Saturday and Sunday. Call 799-8105.

■ **Armory Art Center** — Through July 14: “Jewelry and Glass Student Exhibition” and “Drawing and Painting Student Exhibition.” Hours: 10 a.m.-4 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. 1700 Parker Ave., West Palm Beach; 832-1776 or armoryarts.org.

■ **Palm Beach County Cultural Council** — Through July 7: Solo exhibitions by Nathan W. Dean and Alyssa di Edwardo. July 14-11: Solo exhibitions by Roxene Sloate and Nancy Tart, cultural council headquarters, 601 Lake Ave., downtown Lake Worth. Call 471-2901 or visit www.palmbeachculture.com.

■ **“Big Shot” Photography Exhibit** — Through June 30, A Unique Art Gallery, Center Park Plaza, 226 Center St., Jupiter. Visit www.artistsassociationofjupiter.com or call Susan at (954) 588-7275.

■ **The Bamboo Room** — June 29: Across the Universe: A Tribute to the Beatles, 9 p.m. June 30: 900 Seconds, 9 p.m. Bamboo Room is at 25 S. J St., downtown Lake Worth. Tickets: Various prices; 585-BLUE, www.eventbrite.com or www.bamboorm.com.

■ **Palm Beach Photographic Centre** — Through Aug. 18: “16th Annual INFOCUS Juried Exhibition.” 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 or www.fotofusion.org.

■ **“Every Child is an Artist”** — Photography exhibition by Jean Hart Howard, through Oct. 9, lobby gallery, Eissey Campus Theatre, Palm Beach State College, Palm Beach Gardens; 207-5905.

■ **“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** — June 29-July 1: Chris Katten & Friends. Tickets: \$22; two-drink minimum per person. At CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-1812 or www.palmbeachimprov.com.

■ **Lighthouse ArtCenter** — Through July 26: “The Art of Association.” 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, \$5 non-members ages 12 and up. Free admission Saturdays; 746-3101 or www.lighthousearts.org.

■ **Norton Museum of Art** — Through Sept. 2: “Elegant Enigmas: The Art of Edward Gorey” and “Beth Lipman: A Still Life Installation.” June 21-Sept. 30: “Clubs, Joints and Honky-Tonks.” 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. Closed Mondays and major holidays; 832-5196.

■ **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

■ **Flagler Museum** — Museum is housed in Henry Flagler’s 1902 beaux-arts mansion, Whitehall, at 1 Whitehall Way, Palm Beach. Tickets: free for members; \$18 adults, \$10 youth (13-17) 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. For information, contact instructor Kathy Andio at 236-4298 or www.empowering-solutionswithkathy.com. ■

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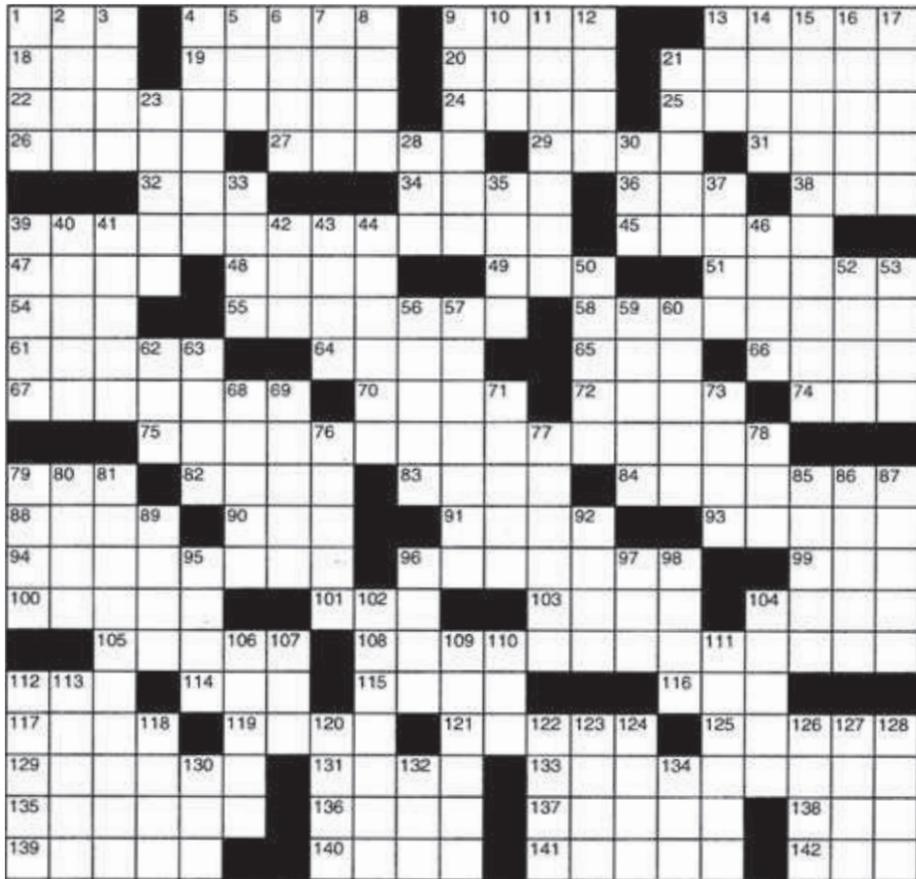
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FLORIDA WEEKLY PUZZLES

SWEET GNAW-THINGS



- | | | | |
|----------------------------------|-------------------------------------|---------------------------|----------------------------|
| ACROSS | DOWN | DOWN | DOWN |
| 1 Pugilistic poke | 1 Secure spot | 41 Sib's kid | 87 McCarthy's trunkmate |
| 4 Silenced a squeak | 2 — mater | 42 On the — vive (alert) | 89 West. |
| 9 Fuel source | 3 Rosary part | 43 Summer coil | alliance |
| 13 "Turandot" tenor | 4 Speak freely | 44 Tristan's tootsie | 92 Brace |
| 18 Heady quaff | 5 Roth — | 46 Actress Skye | 95 Asta's mistress |
| 19 Savanna sight | 6 Exist | 50 Take the honey and run | 96 Snarl |
| 20 Lhasa — | 7 Temptation location | 52 Mayberry town drunk | 97 Banned pesticide |
| 21 Arbus apparatus | 8 Earl — Biggers | 53 "Why don't we?" | 98 London district |
| 22 Rodent's favorite | 9 Living room | 56 Sadistic | 102 Shake up |
| Monkees tune? | 10 Antipollution grp. | 57 In the saddle | 104 Actor's actor? |
| 24 Lost in thought | 11 "The — Jungle" (50 film) | 59 Saying | 106 Spassky's game |
| 25 Nuclear | 12 Carry | 60 Cheerful | 107 Pillbox, e.g. |
| 26 Brimming | 13 Purrfect pet? | 62 Bk. convenience | 109 Bit of a beach |
| 27 Join up | 14 Grandpa McCoy | 63 Neighbor of Thailand | 110 Medical grp. |
| 29 Take into account | 15 Rodent refreshment? | 68 Used the microwave | 111 TV's "Eight Is —" |
| 31 Hook's mate | 16 Pisces follower | 69 Digression | 112 About to sink |
| 32 — reaction | 17 Sapphire side | 71 Prose piece | 113 Screwdriver ingredient |
| 34 Diva | 21 Future officer | 73 Boat bottom | 118 Spouse |
| Ponselle | 23 "We've Only Just —" (70 hit) | 76 Atlanta campus | 120 Composer Wilder |
| 36 Moon crawler | 28 Hockey legend | 77 Indentation | 122 Prod. |
| 38 Relative of —ator | 30 Urban transport | 78 Mintz or Whitney | 123 Binchy's "— Road" |
| 39 Rodent cheese-cake? | 33 Sugar amts. | 79 Johnny of "Chocolat" | 124 Tend the sauce |
| 45 Laundry problem | 35 Barbecue | 80 Soap additive | 126 Wallop |
| 47 Frigga's fellow | 37 Christmas visitors | 81 City of rodents? | 127 Architect Saarinen |
| 48 Young boxers | 39 Voting venue | 85 Architect Jones | 128 Small combo |
| 49 Relished a roast | 40 Turn of phrase | 86 Window dressing? | 130 Gibson or Tillis |
| 51 "Taras Bulba" author | 99 Winter hazard | | 132 Unbalanced |
| 54 Emulate | 100 Trattoria treat | | 134 Wager |
| 55 Brandy cocktail | 101 TV chef Martin | | |
| 58 Protect with plastic | 103 "— Shuffle" (77 song) | | |
| 61 Resident | 104 Seaweed product | | |
| 64 "Yours, Mine and —" (68 film) | 105 Bobby's flashlight | | |
| 65 Keatsian creation | 108 Rodent's Olympic motto? | | |
| 66 Redact | 112 Broad st. | | |
| 67 "The Bartered Bride" composer | 114 "Gotchal" | | |
| 70 Serenade accompaniment | 115 Article | | |
| 72 TV's "South —" | 116 "— Night" (58 hit) | | |
| 74 Road curve | 121 Matches | | |
| 75 Rodent's educational level? | 125 Inception | | |
| 79 Dit's cousin | 129 Cartoonist Charles | | |
| 82 Read quickly | 131 Writer Charles | | |
| 83 Actress | 133 Fictional rodent? | | |
| 84 Peeper | 135 Rink rental | | |
| 88 Oomph | 136 List ender | | |
| 90 Tokyo, once | 137 "Peer Gynt" composer | | |
| 91 Like some cellars | 138 Psychic Geller | | |
| 93 It may suit you | 139 Veronica of "Hill Street Blues" | | |
| 94 Closet | 140 Surrender | | |
| 96 Calculator features | 141 Big revolver? | | |
| | 142 Sticky stuff | | |

SEE ANSWERS, A26

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HOROSCOPES

- CANCER (June 21 to July 22)** Your aspect indicates some uncertainty about one of your goals. Use this period of shifting attitudes to reassess what you really want and what you're ready to do to get it.
- LEO (July 23 to August 22)** Your social life is picking up, and you'll soon be mingling with old friends and making new ones. But 'twixt the fun times, stay on top of changing workplace conditions.
- VIRGO (August 23 to September 22)** A trusted friend offers understanding as you vent some long-pent-up feelings. Now, move on from there and start making the changes you've put off all this time.
- LIBRA (September 23 to October 22)** You might well feel uneasy as you face a difficult situation involving someone close to you. But you know you're doing the right thing, so stick with your decision.
- SCORPIO (October 23 to November 21)** You're a good friend to others. Now's the time to allow them to be good friends to you. Rely on their trusted advice to help you get through an uncertain period.
- SAGITTARIUS (November 22 to December 21)** Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include them in your life.
- CAPRICORN (December 22 to January 19)** That project you've been

working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

■ AQUARIUS (January 20 to February 18) Don't let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can get the job done.

■ PISCES (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

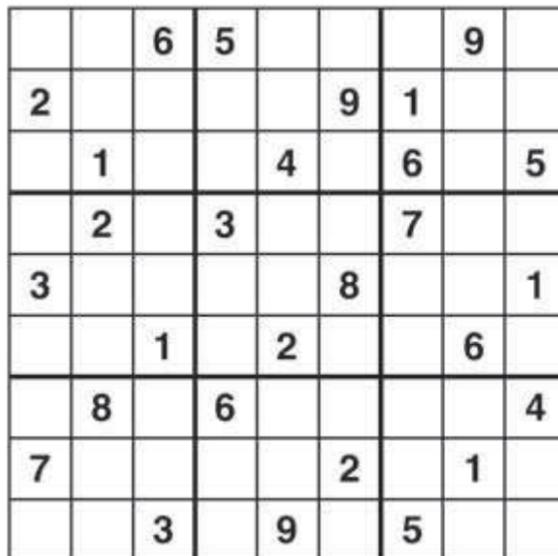
■ ARIES (March 21 to April 19) You clever Ewes and Rams love nothing more than to rise to a challenge. So, by all means, if you feel sure about your facts, step right up and defend your side of the issue.

■ TAURUS (April 20 to May 20) You've done some great work recently. Now it's time to reward yourself with something wonderful, perhaps a day at a spa or a night out with someone very special.

■ GEMINI (May 21 to June 20) You love to talk, but don't forget to make time to do a little more listening, otherwise you could miss out on an important message someone might be trying to send you.

■ BORN THIS WEEK: You love to travel and be with people. You probably would be happy as a social director on a cruise ship. ■

By Linda Thistle



Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging
★★★ Expert

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SEE ANSWERS, A26



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'Brave'

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★★★★
Is it worth \$15 (3D)? No
Is it worth \$10? Yes

"Brave" features a different kind of princess for a different kind of Disney fairy tale.

Far from the feminine innocence of Snow White and Cinderella, Merida (Kelly Macdonald) is a Scottish lass who thinks and acts like one of the boys, which makes it all the more torturous when she's expected to act like a lady. That her story is told with strong Pixar animation, decent comic relief and genuine warmth is befitting for the stellar role model she's bound to become for girls all over the world.

The daughter of a king (Billy Connolly) who once fought off a horrific bear, and with bright red hair, a feisty attitude and excellent archery skills, Merida would be a handful for any man. Against her wishes, her mother Elinor (Emma Thompson) invites three suitors to their kingdom to win Merida's hand in marriage. They all fail; Merida escapes and asks a witch (Julie Walters) to cast a spell that will change her mother's mind about not letting Merida determine her own future. The spell works, but not without side effects.

What happens from there follows conventional fairy tale storytelling, but does so in a way that always has surprises around the corner. This PG-rated film is a story full of imagination and wonder. There's nothing "girly" about it — and that's a great thing. To dumb it down — or worse, add a male lead — would've been a cop out.

But will pulling no punches with its protagonist make a difference?

This is the first time a female has been at the center of a Pixar story (as opposed to toys, a rat, a fish, cars, etc.), and history tells us that female-driven fairy tales without a Prince Charming are a risky box office proposition. Remember "The Princess and the Frog"? It wasn't Pixar,

but it was Disney and it was extremely well done. Too bad nobody saw it.

Another problem "Brave" will have, aside from keeping boys interested throughout, is that there's little here for adults. The humor is cutesy, not sophisticated — Merida's three rascal-lion little brothers provide the biggest laughs, and it's all kids' humor. And the theme of "be careful what you wish for" is beaten into our heads by directors Mark Andrews, Brenda Chapman and Steve Purcell, leaving no doubt that the message is especially intended for the film's younger target demo. Lastly, the 3D animation is not spectacular, so no need to pay the up-charge.

"Brave" won't rank among Pixar's



best efforts, but it is the studio's boldest film to date in terms of going a little darker in tone and centering on a female heroine. Time will tell if the risk pays off, but it'd certainly be nice for young girls to have one of their own to cheer for instead of talking animals. ■

in the know

>> Although the exact time period is not revealed, judging by the food and attire, "Brave" takes place no later than the 1600s, making this the first Pixar film to be a period piece.

CAPSULES

Moonrise Kingdom ★★

(Edward Norton, Bruce Willis, Bill Murray) When youngsters Sam (Jared Gilman) and Suzy (Kara Hayward) go missing near a remote island in 1960s New England, a search party of parents, a cop and pseudo-boy scouts move in for the rescue. Writer/director Wes Anderson ("Rushmore") is as quirky as ever here, but the story is more heartfelt than usual, making this one of his best films to date. Rated PG-13.

Seeking A Friend For The End Of The World ★★

(Steve Carell, Keira Knightley, Patton Oswalt) With an asteroid set to

destroy earth, Dodge (Carell) and Penny (Knightley) help one another fulfill last wishes. It's an intriguing premise, but a hackneyed second half undoes all its charm. Rated R.

People Like Us ★★

(Chris Pine, Elizabeth Banks, Olivia Wilde) After his father dies, Sam (Pine) is asked to track down his long-lost sister (Banks) and nephew and give them the \$150,000 bequeathed to them. The problem is that Sam needs the money and can't bring himself to hand it over. Although his actions are understandable, the fact that the premise hinges around a one-sentence lie is too thin for the film to hold up for two hours. Rated PG-13. ■

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Lighthouse ArtCenter campers create, explore art through history

SPECIAL TO FLORIDA WEEKLY

Lighthouse ArtCenter's popular 10-week ArtCamp for children is getting glowing reviews.

Kids pretend to be famous artists throughout history, creating drawing, ceramics, painting, 3D and mixed media projects. Art projects range from Pop Art to Baroque to cartooning. Campers discover the subjects and styles of time periods, as well as techniques.

"The kids have fun exploring art movements and artists and create their own Art Palette Passport," said Katie Deits, Lighthouse ArtCenter's executive director, in a prepared statement. "Unfortunately, in the schools many art programs have been discontinued and children don't have a sense of art history. Our ArtCamp fills that gap and is fun and memorable, as the children learn about famous artists and movements."

The camp runs through Aug. 17, with the theme of each week inspired by different art periods. "The weeks are a positive learning experience, giving each child an awareness to create a unique personal prize creation to take home," said camp veteran instructor Evelyne Bates. She adds, "In my 39 years of teaching in the summer camp program the rewards have been many. Children return again and again saying, 'I love ArtCamp! I too feel that way and look forward to new experiences every week.'"

Weekly subjects range from prehistoric caveman paintings to Renaissance supermen to wild Abstract Expressionism and Pop Art. "This camp has the perfect art-center topic. Kids soon real-



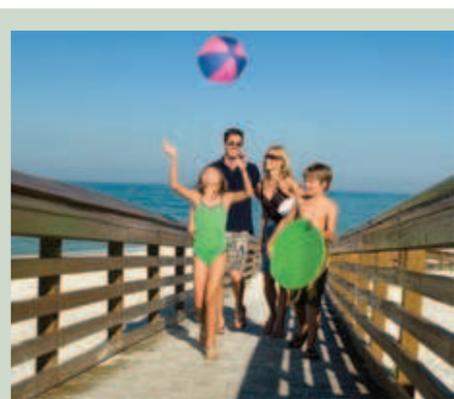
COURTESY PHOTO

Children created fantasy animals, painted flying bats and designed Greek temples in a class taught by Lauren Shapiro, top right.

ize that they can have a blast learning about different art movements, and take home some great art to show off to friends and family," said Lighthouse ArtCenter Education Coordinator Robyn Roberts.

ArtCamp is available for children ages 4 to 12, and runs five days a week through mid-August. ArtCamp hours are from 9 a.m. to noon for campers ages 4 to 5, and from 9 a.m. to 3 p.m. for campers ages 6 to 12. The weekly fee for campers ages 4 to 5 is \$110 for Lighthouse ArtCenter members and \$135 for nonmembers, and for campers ages 6 to 12, \$185 for Lighthouse ArtCenter members and \$210 for nonmembers. After-care is also available for an additional fee from 3 to 6 p.m. For more information about ArtCamp, call the School of Art at 748-8737, or visit the Lighthouse ArtCenter online at LighthouseArts.org. ■

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FLORIDA WEEKLY NETWORKING

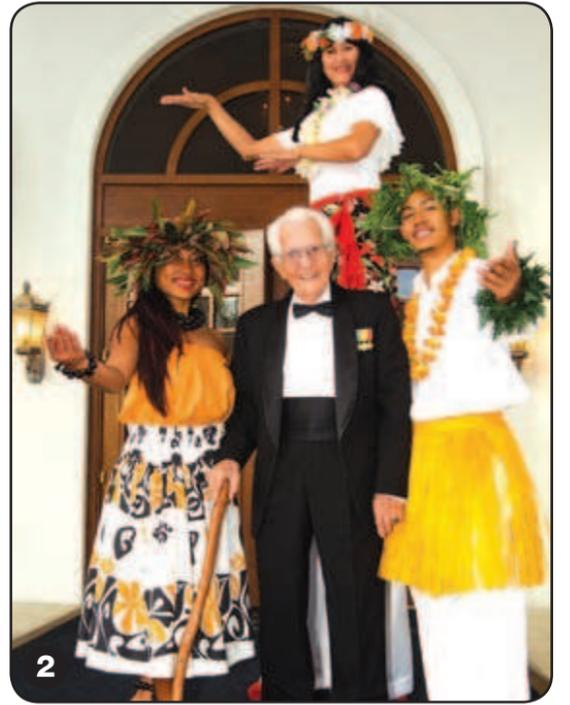
Jupiter Medical Center Foundation ball, "Love, Laugh, Luau!" at Admiral's Cove



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13

COURTESY PHOTOS

1. Jennifer Benaim, Monroe Benaim
 2. W. Carlin White
 3. Lori Jacobs, Michael Jacobs, Tammy Avers, David Herold
 4. Colleen Mullaney, Eric Jolly

5. Larry De George, Suzanne Niedland De George,
 Michael De George, Nicole Peksa
 6. Augusto Villa, Kimberly Villa
 7. Julie Khoury, Amin Khoury
 8. Maria Rodriguez, Reuven Porges

9. Joe Taddeo, Maggie Taddeo
 10. Lyn Ianuzzi, Ralph Ianuzzi
 11. Murray Brown, Carol Brown
 12. Patricia Campbell, Joe Onstott
 13. Peggy Briggs, Doug Briggs

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- 5. Connie Griffith, Lindsey Bader, Margaret Smith, Kathleen Calkins, Jane Gallagher
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KOVELS: ANTIQUES

Dummy boards: Collectibles that keep you company

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A “dummy board” is a decoration first used in the 16th century, probably in Holland, then England. It is a figure made from a flat piece of wood carved to make a tall flat “person” to stand in a corner of an empty room. The edges of the board were beveled so they would not be seen from the front. There are boards attached to the back to make an easel that propped the figure up a short distance from a wall or chair. The figure was painted with oil paint and covered with varnish so cleverly it looked like a live person or animal. The figure was put in a dark area at the top of a stair, the end of a hall or a corner near a door. Some were made to look like household help, a sweeping maid, a seated girl peeling apples, a maid carrying a tray with food. Some were soldiers. Many were men, women, boys or girls dressed in the expensive clothes of the day. Each held a sword, book, bird, flowers or other appropriate object. A few looked like poor peasants. Dogs and cats also were made as dummy boards and placed near a fireplace or chair. There were even some figures that looked like real gardeners that were put outside. These are rare today because the weather damaged them. The dummy boards are hard to find today, but an antique pair sold recently for \$6,000, and a single one for \$950.

Q: My aunt gave me a sterling-silver telephone dialer that came from Tiffany. It is in its original box with a card from Tiffany that tells what it is and how to use it. The box says “Tiffany & Co., Fifth Avenue at 57 Street, New York.” Can you tell me something about this?

A: Telephone dialers were used to keep fingernails from breaking when dialing a rotary phone. They look a little like the handle of a spoon with a small knob at the end that can be inserted into the holes on the dial in order to turn the dial. Rotary dials were first made about 1900 and were standard on phones made in the 1920s to the 1960s. The first push-button phones were made in 1941 but were not available commercially until 1963. Tiffany no longer makes the telephone dialers. A Tiffany sterling-silver telephone dialer was shown in the 1961 movie “Breakfast at Tiffany’s.” When Holly and Paul go shopping at Tiffany’s, they decide not to buy the telephone dialer, which cost \$6.75, but pay to have a Cracker Jack ring engraved at Tiffany’s instead. Today the dialer is an oddity worth its weight in silver. The box and card add \$50.

Q: I have an old drum with “Union Drum Manufacturing Co. No 98 West Baltimore St., Baltimore Md.” printed

inside. The drum has the usual 13 stars, but no other markings. Any history or price information will be appreciated.

A: Union Drum Manufacturing Co. made drums for the Union Army during the Civil War. Drums were an important part of a martial band. The music served to motivate soldiers before and after fighting on the battlefield. Boys under the age of 16 enlisted in the Army as field drummers. Condition and verified history determine the price. A Union Drum Manufacturing Co. drum in fair condition with the name of the original drummer could sell for \$2,000-\$3,000. With no name it could sell for \$300-\$500.

Q: My parents left me a houseful of antiques, and I don’t know what they’re worth. I found a local appraiser, but she wants \$500 to come to my house. Is this standard? What do you suggest I do?

A: We receive a lot of questions like yours and are preparing a report on how to deal with inheriting an estate, whether large or small, valuable or not so valuable. There is no national accreditation agency for appraisers of antiques, but you can still ask appraisers about their training, experience, references, hourly rate and if they belong to a national appraisal association. And you can call a few appraisers before you hire one. An appraiser



This dummy board is a little girl holding a bird in her hand. She is dressed in 17th-century style. A hinged board that is nailed to the back helps her stand up. She was bought at an auction in New York in the 1960s for \$100 and has been in a hall corner ever since.

should not charge a fee for simply coming to your house. Tell the appraiser how many antiques you would like to have appraised and ask about an hourly rate. Do you want a written or oral appraisal? A legitimate appraiser should never offer to buy anything. You can find links to national appraisal associations and various appraisers on our website, Kovel.com. The website and many books list hundreds of thousands of prices of antiques and collectibles to use for research.

Q: Could you tell me what an original NFL Jeff Garcia figure is worth? It dates from when he was a quarterback for the San Francisco 49ers.

A: McFarlane Toys of Tempe, Ariz., issued a 7-inch figure of Jeff Garcia in 2002. Garcia, now 42, played for the 49ers from 1999 to 2003. If your figure is in its unopened original package, it would sell for \$35 to \$40. It’s worth less than half if you have an unwrapped figure.

Tip: Never try to clean a doll with polish or wax. It will put a layer of wax on the surface, making it almost impossible to repaint the doll’s face. ■

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

FLORIDA WRITERS

Tampa Bay is setting for mystery/thriller that bridges two deaths

philJASON

pkjason@comcast.net



“Bridge to Oblivion” by Henry Hoffman. Ivy House/Martin Sisters Publishing. 220 pages. \$15.95 trade paperback.

Henry Hoffman’s fourth novel is a taut mystery-thriller that employs the setting of Tampa Bay’s majestic Sunshine Skyway Bridge. The real-life tragedy of a bridge disaster in the spring of 1980 inspires the premise: A young woman riding a bus across the bridge during a storm plunges, with others, to her death when a runaway freighter smashes into the bridge, causing a collapse.

Where was she going? Why was she traveling without her husband? Was the catastrophe really accidental?

And what led her younger sister, seven years later, to commit suicide by leaping from that same bridge? Was it really a suicide?

There is a witness to the 1987 Charlene Gibbs suicide, a young man named Adam Fraley. When he sees Charlene contemplating her leap, he attempts, unsuccessfully, to talk her out of it. Unsatisfied with the police work and media reporting, Adam launches his own investigation. One thing bothering him is that no one mentions the fact that Charlene’s sister, Carlene, died in the bridge collapse seven years earlier. “No one” includes Carlene’s widower, Monte Wheeler, who was city editor of a major Tampa-area newspaper when his wife perished and is now its executive editor.

Why doesn’t Mr. Wheeler want anyone to make the

connection? Clearly, Charlene was drawn to this spot because of what had happened to her sister.

Adam served several years in the Air Force before deciding, in his mid-20s, to get a college education. He’s now attending classes at a community college while working for a small private detective agency. He’s learning the trade, but mostly doing paperwork. His boss and mentor, Pete Peterson, somewhat reluctantly allows Adam to attempt an independent investigation — but on his own time. Before long, Adam is stirring up trouble and enraging the local power elite. Is there a cover-up of some kind? What? Why?

Author Mr. Hoffman skillfully develops Adam’s methodical investigatory style and his commitment to finding the truth. While Adam learns by doing, the reader learns by following him around. Instrumental to Adam’s education in interviewing and fact-finding is another professional, his gorgeous journalism professor who, ironically, once sought the position that Mr. Wheeler holds. Professor Nancy Egan, who also works as the managing editor of a rival paper, strives to keep her distance, but it’s clear that Adam is smitten.

When Adam visits the Gibbs sisters’ hometown to scour police records, he discovers he’s being followed. Along the way, he also learns that Charlene Gibbs had a child soon after her sister died — the father’s name unrecorded.

Suspense builds with each new fact, with the speculation that each discovery prompts and with each of



Adam’s attempts to get the next answer. Even if Charlene took her own life, could someone have manipulated her into this act of desperation by making her situation unbearable? And who’s tailing Adam?

Mr. Hoffman, who has lived in Fort Myers since 1982, should increase his readership with this engaging story.

The settings and characters are sharply drawn, and the complication of the plot grows at an effective pace.

“Bridge to Oblivion” has an emotional charge that jolts like the lightning over Tampa Bay. I’m betting that Adam Fraley is a character with a future.

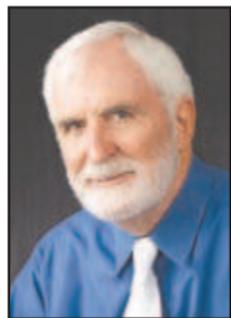
More about the author

In the late ’60s, just out of college, Mr. Hoffman was the wire editor for the Emporia Gazette, a Kansas newspaper that was purchased and brought to national prominence by William Allen White, a giant in the history of newspaper journalism and publishing. Hoffman also did some sports writing and other jobs at the paper.

He later switched to a career in library science and headed the Fort Myers-Lee County Public Library from 1982 to 1998 (the branch, not the system).

His earlier titles are: “Bound,” “Drums along the Jacks Fork” and “Flaherty’s Run.”

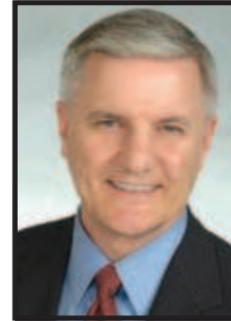
Most people know him as William (or Bill) Hoffman. Henry is his middle name and his pen name for fiction. ■



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JULY 2012

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

Let's get
PHYSICAL

Annual physical a good idea;
know what tests are needed

BY MARY JANE FINE
mjfine@floridaweekly.com

The annual physical exam — just what the doctor ordered? Yes and no.

Like so many topics these days, to be or not to be examined each year is up for discussion, even controversy.

"I think it's very important," says Dr. Marc Shiman, who has just returned to his office after morning consultations at JFK Medical Center in Atlantis, the upscale community west of Lantana and Lake Worth. "It gives you the opportunity to pick up things that may otherwise go un-discussed."

The physical he recommends is as much about conversation as examination. He wants to review a patient's current medications and vaccination status, to learn what other physicians they're seeing and for what conditions. He wants to check the basics of height, weight, blood pressure, pulse, respiration rate. He wants to know how they're feeling, if they have any health concerns. He wants to ask questions and answer any his patients might have.

He may suggest scheduling a test or two or three: routine blood work that might detect high cholesterol, for example, or

SEE PHYSICAL, B8 ►

INSIDE:

LOSING WEIGHT requires commitment/ **B2**

HOW TO DIVORCE a flesh-eating zombie/ **B4**

A NEW SPIN on cycling/ **B5**

Never underestimate the commitment of losing weight

Losing weight is a big commitment. Many people often fail to stay true to their commitment because they give in to temptation or take a few weeks off of their plan. However, there is no such thing as a "vacation" when it comes to weight loss.



Dr. Richard DiLucia

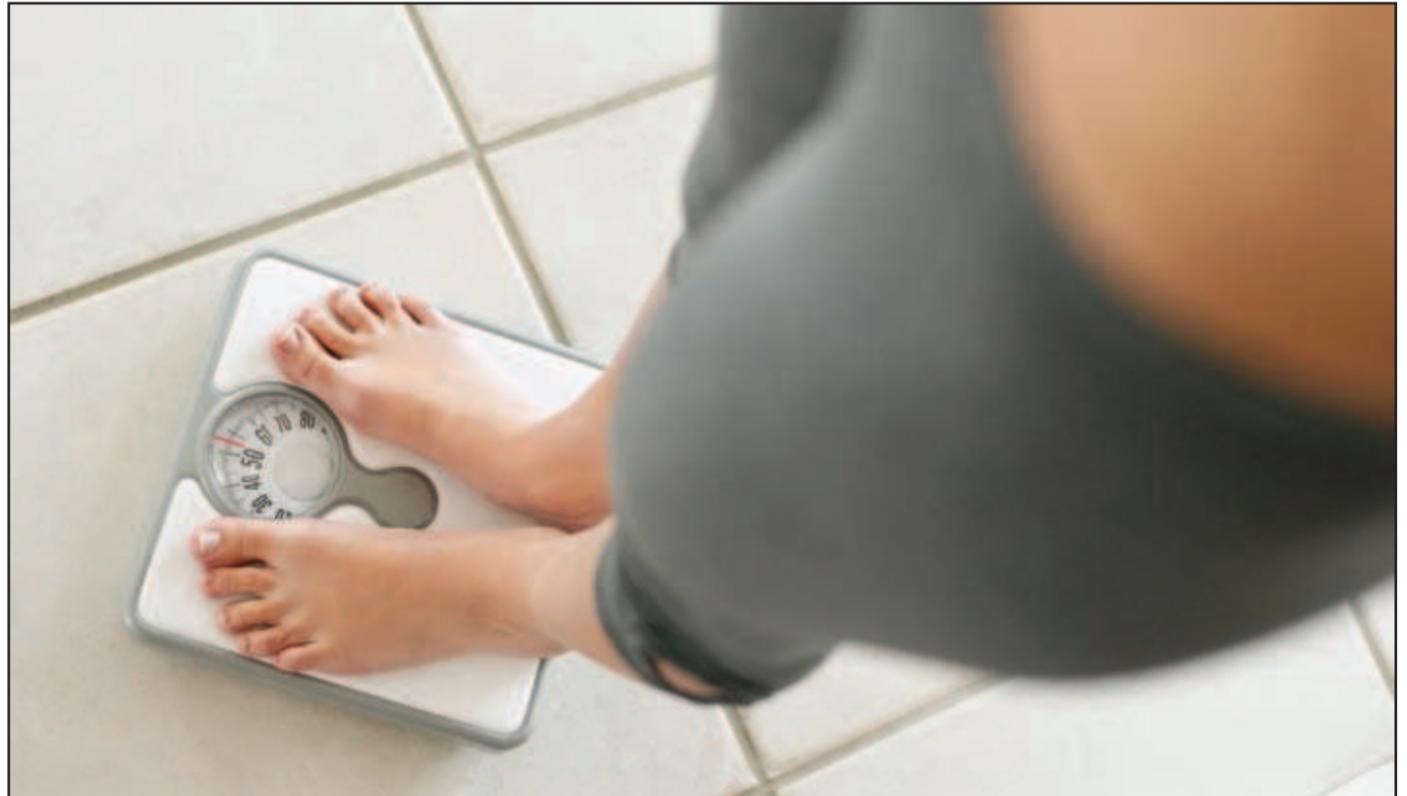
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In order to successfully lose weight and keep it off, you have to be willing to make a lifestyle change; it's something you have to stay committed to for life and not just a few days here or there.

To help you stay committed to making a healthy lifestyle change, Medi-Weightloss Clinics in Jupiter shares four ways to keep you accountable for your actions.

■ **Keep a food journal.** Keeping a food journal is one of the most important tools you can use for weight loss and maintenance. People often overeat because they are unaware of what they are consuming. By keeping a food journal and recording what you eat, and when you eat, you are held more accountable for your food choices.

■ **Make your weight loss public.** Starting a weight-loss blog is a great way to talk about your weight loss experience and also find support from others who are going through the same thing. Blogging also helps you stay com-



mitted to making good decisions, as you will be writing about them for the whole world to see.

■ **Schedule your workouts.** Make exercise a priority just as a work meeting or doctor's appointment would be. Schedule your fitness activities and write them down on a calendar so you are less likely to skip them. Furthermore, plan your workouts with a friend or personal trainer so that you are more committed to attend.

■ **Find motivation and support.** According to a study published in the *Journal of the American Medical Association*, diet participants who had monthly personal counseling had the most success and kept more weight off than those who did not.

To hold you more accountable, increasing the frequency of your counseling to a weekly basis could help you succeed even further. If you are joining a weight loss program, make sure

it includes counseling and motivation. Also, ask your family and friends to support you and encourage you to stay on track of your goals.

Making a lifestyle change to lose weight is a major commitment. Follow these tips for accountability can help you stay on track of your goals and achieve weight loss success.

For more weight loss tips and resources, go to www.mediweightlossclinics.com or call (561) 776-5820. ■



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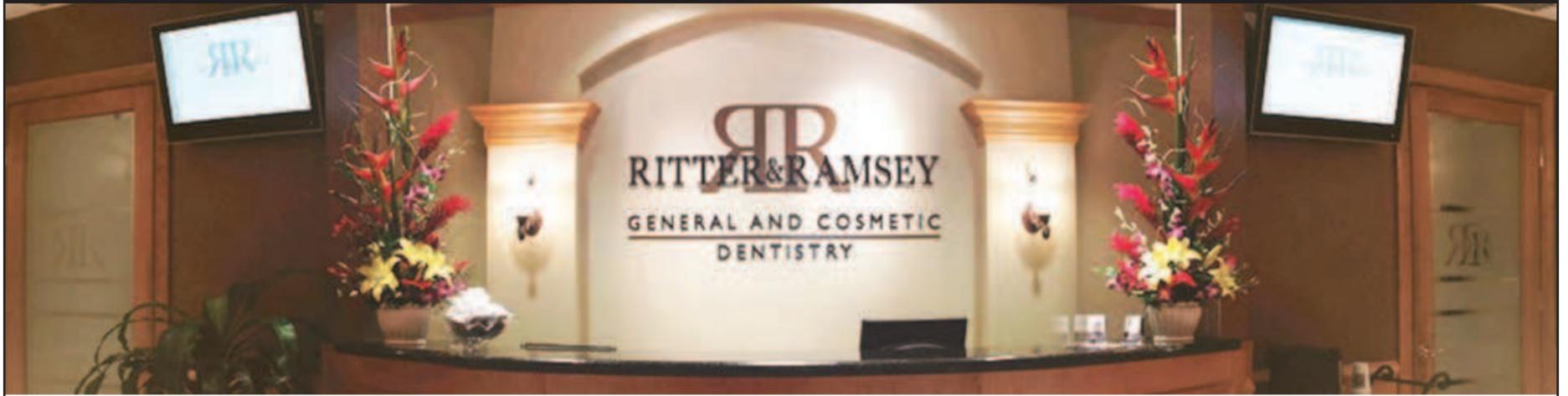
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How to divorce a flesh-eating zombie

The first thing you have to consider before divorcing a flesh-eating zombie (FEZ) is whether or not you are actually married to a FEZ. While there are no definitive tests to determine if your spouse has succumbed to this horrible condition, the symptoms are not subtle.



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First of all, you will notice a marked deterioration of the flesh, including a grey or greenish pallor that will color most of the body.

Next, they become really slow — no, I mean really slow — and they will move with their arms either extended or held stiffly at their sides.

There is some debate as to whether they actually moan, or simply extend their jaws in a silent scream.

There are a variety of legal issues to consider when confronted with this unholy transformation. The first is, can you kill it, and is it in fact human? There is no actual definition for “human” in Black’s Law Dictionary; however the definition for “person” is as follows: “In general usage, a human being (i.e. natural person).”

It is my opinion that given the current state of politics and religion in this country anything that was at one time human, or might prospectively be human, ought best be left alone, or at the very least given to the state or local authorities to

deal with. In a nutshell, I would highly discourage FEZ self-help.

The next issue which should be considered when considering filing a divorce against a FEZ is whether they are competent to stand trial.

In Florida, in order to receive a Final Judgment of Dissolution of Marriage you have to plead that either the marriage is irretrievably broken; or, the mental incapacity of one of the parties. However it is important to note that if you are alleging the mental incapacity of your FEZ spouse then no divorce will be granted unless the party alleged to be incapacitated shall have been adjudged incapacitated according to the provisions of the guardianship statute for a preceding period of at least 3 years. Florida Statutes, Section 61.052. What this means to the layperson is that you really have to think carefully about whether you want to allege that your FEZ spouse is actually incapacitated. One would have to imagine that his or her attorney would likely raise this defense, and of course if they appeared pro se (without counsel) it is hard to imagine that the court would not notice something was amiss.

In the event that you are able to reach an agreement with your FEZ spouse regarding a prospective divorce, it is important to consider how you will handle children’s issues.

Florida has a time-sharing philosophy and enforcement mechanism called Shared Parental Responsibility. This contemplates that divorcing couples will act in a responsible and unified manner for the benefit of their children, much as they were unable to do during their marriage. This becomes increasingly difficult when one of the parties to a

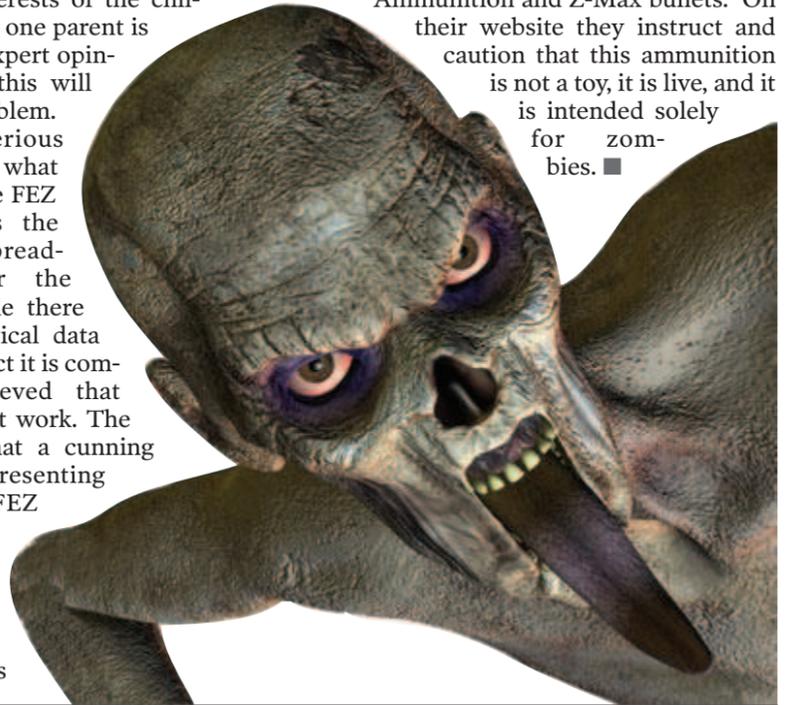
divorce is actually a FEZ. The most frequently requested, and the least seldom granted form of parental responsibility in Florida, is called sole parental responsibility. If you can provide competent substantial evidence to the court that your spouse or the other parent of your children is in fact a FEZ, it is very likely that you will be awarded sole parental responsibility. It is important to note sole parental responsibility refers to one parent’s ability to solely make decisions for the child or children. It does not mean that the other parent cannot exercise time-sharing with the child. To eliminate or restrict time-sharing you have to prove to the court that such a time-sharing schedule would not be in the best interests of the children. When one parent is a FEZ, my expert opinion is that this will not be a problem.

One serious concern is what you do if the FEZ spouse was the primary breadwinner for the family. While there is no empirical data on the subject it is commonly believed that FEZ’s cannot work. The reality is that a cunning lawyer representing the non-FEZ spouse could possibly make an argument that there is

plenty of work available in Hollywood and in almost every city and town on Halloween. They would then ask the court to impute income to the FEZ. However, these are evidentiary issues, and there are never any certain outcomes in court.

There are many people who do not believe that there is any such thing as a FEZ. Conversely there are those who believe that we are on the verge of a virtual Zombie Apocalypse. Sure, the only Zombies most of us have ever seen are in the movies, but let us not forget the talking shoe in the Get Smart TV series that so vividly resembles the iPhone. I do know that a company called Hornady is actually producing Zombie Max Ammunition and Z-Max bullets. On

their website they instruct and caution that this ammunition is not a toy, it is live, and it is intended solely for zombies. ■



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Krank It puts new spin on cycling in North Palm Beach

Krunk It Spin Studio has been hitting the ground running with its krankin' classes. We had 100-plus enthusiasts attend our grand opening June 16 and continue to fill up classes.

Krunk It is an exclusive indoor cycling studio with state-of-the-art equipment and premier instructors. We offer a unique experience like no one else around. Each ride is different and is geared to all levels of fitness from first-timer to Ironman. A mixology of kranked-up music and high-energy provides an intense total body workout.

Get ready because we are bringing you a variety of upbeat, unique and exclusive rides through the month of June and July. Be sure to check out www.justkrankit.com for updates.

Special edition rides at Krank It

■ **Cycling 101:** If you have always wanted to try indoor cycling but were intimidated or thought it was something you had to work up to, this class is for you. We will cover all the fundamentals of spin. This class will be offered on the first Saturday of each month starting July 7.

■ **100 Minute "Century Ride":** Endurance training challenges the mind and the body. This could be one of the most challenging and effective cardio



workouts ever. And what makes 100 minutes go faster but upbeat music and constant encouragement from your instructor? This class will be offered the first Sunday of each month starting July 1.

■ **Interval Explosion:** This 45-minute all-level class includes warm-up, cardio, cool-down and stretching. Interval training has been used by athletes for years to build fitness. Interval training combines short, high-intensity bursts of speed, with slow, recovery phases, repeated throughout the class. This class is offered Mondays at 8 a.m.

■ **Ride-n-Run ("Brick"):** Challenge yourself with a 30-minute "The Ride" followed by a 30-minute running segment. This class focuses on increasing endurance and speed, and includes both interval and anaerobic training. Get a glimpse of the multisport world. Class will start at Krank It and then move outdoors every Thursday starting at 6 p.m.

■ **Worship Wednesdays:** Join us the last Wednesday of each month for

a worship ride led by Josephine Bunn. She is bringing upbeat Christian music into Krank It.

■ **Rock-n-Roll Ride:** We stick to the 60-minute cardio ride, including a warm-up and cool-down but add some rock 'n' roll in the mix. Join Rick every Tuesday at 7:15 p.m. to rock the house.

Six reasons to try Krank It

■ **Burn more calories:** Indoor cycling classes help motivate you to work harder and get a better workout (which means better results and higher calorie burn). The energy the class creates motivates you to push yourself and burn more calories.

■ **Give your joints a break:** Indoor cycling is a low-impact cardio exercise, which means it's easier on your joints, including your knees and ankles, than many other forms of cardio. Many people who are rehabilitating injuries or recovering from surgeries are advised to try low-impact forms of exercise (like biking or indoor cycling) in lieu of jarring activities like running.

If you have an upper body injury, you can still ride the bike and get a good workout. Even if you don't have joint issues now, it's a good idea to alternate your high-impact exercises with some low- and no-impact exercises like indoor cycling to avoid overuse injuries and give those vulnerable joints a break every so often.

■ **Stay in control:** How many group workouts have you ever tried that can easily seamlessly accommodate beginners, people with injuries, hardcore exercisers, young and old, and advanced exercisers in a single room? Not many, I'm sure. That is the beauty of indoor

cycling: It's something everyone can do. You should think of your cycling instructor as a friendly guide. He or she usually has a general plan in terms of movements, intensity changes and pace, but really, YOU are the one in control. You decide how much resistance to add, how fast to pedal, and how hard to work. This means that people of all fitness levels can take the same class and all get a great workout.

■ **Enjoy the great indoors:** Many people love biking — and the benefits it provides as a great cardio workout with low impact on the joints — but don't love biking in traffic on the streets. Indoor cycling will provide the same benefits without the uneasiness of cycling in a high-traffic area.

■ **Easy on the pocketbook:** We offer the lowest price in classes and packages to meet your needs.

■ **Feel the energy:** At Krank It, our indoor cycling classes create a positive, high-energy atmosphere that can motivate you to push yourself and make you feel good about working out. It makes the whole workout experience more fun, and helps you feel connected with the people around you, like you're all in it together.

You can always challenge yourself to match the pace of the instructor — or another student — for a little friendly competition. But at the same time, indoor cycling is non-competitive. You don't have to feel self-conscious for "modifying" the workout. And if anything, they're secretly rooting you on.

Look around at all the people who are all there for the same reason, and you can harness that energy for a great workout that you can feel good about. ■

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OOFOS sandals uses a special foam for the footbed of the shoe that offers great support and comfort. They're washable, too.

OO-Foam technology will have you saying 'Ah' with each step

In Southeast Florida, we enjoy a semi-tropical lifestyle, which means sandals and flip-flops are staples.

The four founders of OOFOS, in partnership with a leading chemist, developed a revolutionary foam compound that they engineered into a patented footbed design. The result is a product that offers a combination of benefits never experienced before.

The technology is called OO-Foam.



George Thomas

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Over the past two years, a community of consumer experts from yoga instructors to runners to trainers to specialty retailers have tested the product and unanimously confirmed that the OOFOS sandals make you feel better.

OO-Foam is a closed-cell compound that has unique energy-absorbing and recovery properties never delivered before in footwear. The compound is proprietary and unique to OOFOS.

"The OOfeel of the patented OO-Foam footbed is like nothing else on the market. You may think they look like something you've seen before, but we've really created a new niche. The OOFOS experience is like nothing you've ever felt before. They not only feel more comfortable than anything you've put on before, but they are also good for you and help your body recover and rejuvenate," says Duncan Finigan, OOFOS director of marketing.

Here's why it works: It is made from a unique and innovative compound with a patented design that will support all foot types as it molds to the needs of each person's foot/body. Powered by an innovative proprietary material designed with a world-class chemist, OOFOS brand products utilize OO-Foam technology exclusively. OO-Foam

absorbs significantly more of the body's impact than traditional foam material used in footwear today. OO-Foam has great arch support that conforms to your foot and works for all foot types. OO-Foam is formulated to outlast the demands of normal wear and tear, extending the OOFOS experience long past other the life expectancy of other shoes. OO-Foam is non-marking, water resistant and machine washable.

Its unique energy-absorbing properties that make the footwear a perfect recovery shoe for post-workout, and most customers have said they are the most comfortable shoes they have worn.

The OOFOS brand experience is the brain-child of the four partners who each have more than 30 very successful years in the shoe business.

"They are four very talented, creative and humble guys who really care about the consumer and continually improving their footwear experience by introducing innovative products and materials to the market. OOFOS combines their vision of functionality and comfort to make a difference for the consumer," says Finigan, "Their extensive design and sourcing knowledge led them to many successes in the footwear industry and naturally positioned them to create the OOFOS brand and the OO-Foam experience."

Engineered by four of the world's leading footwear industry pros, the OOFOS experience is now on store shelves coast to coast. Sandals are available in several colors, including black, brown, tangerine and fuchsia.

"We are excited to be able to bring people this unprecedented experience, and we look forward to future OOFOS designs already in the works! Try them on to Feel The OO and let your feet decide," Finigan says. ■

For more information on OOFOS sandals, stop by Keola Health & Well-Being Studios at Downtown at the Gardens. Keola will have an OOFOS trunk show Saturday, June 30 from noon to 5 p.m. The store also is open seven days a week. For more information, call 721-3600 or visit www.keolahealth.com.

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Acupuncture is helpful in treating many disorders

Recently there has been a great deal of research into acupuncture.

This ancient system has been studied in many ways and by many different research organizations including the National Institute of Health's National Center for Complementary and Alternative Medicine (NCCAM).



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Additionally, meta-analyses of existing research have been compiled.

As early as 1979, the World Health Organization listed 41 indications for acupuncture — everything from sciatica and low back pain to stomach pain and migraines. The largest study thus far was performed in 2004 at multiple U.S. medical centers.

The results revealed a 40 percent reduction in pain and 40 percent improvement in people suffering from moderate to severe arthritis of the knee. Most interestingly, patients were called back one year after completing the study (no acupuncture for one year)

and essentially maintained the improvement.

Acupuncture is frequently effective in treating chronic medical conditions. These types of problems tend to linger for months or years. Often, other types of treatment fail to help. Pharmaceuticals often have side effects. Surgery has risks. Acupuncture, on the other hand, is considered to be one of the safest procedures in medicine. Frequently, patients feel improvement after one or two treatments.

Acupuncture utilizes techniques that are often overlooked in other forms of treatment. The pulse and the tongue are examined more critically. Herbs and supplements may be prescribed. Injections containing homeopathic medicines are used. These medicines are safe. Research indicates these injections can be as effective as steroids without the risks

During the initial acupuncture evaluation, various topics such as lifestyle, medical history and supplements will be discussed. This kind of comprehensive approach may reveal factors contributing to the problem. The additional information helps in formulating an integrative treatment plan. This can be the key to getting the proper treatment. Consider acupuncture as a great place to turn for many common — and not so common — ailments. ■

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PHYSICAL

From page 1

a creeping tendency toward diabetes; a mammogram; a pap smear; a colonoscopy for those 50 and older — or younger, if there's a familial risk factor.

But there's been considerable rethinking, lately, about how much actual benefit a healthy adult derives from an annual check-up — especially given the cost of those exams to both patient and the nation's already burdened health-care system.

A study by researchers at the University of Colorado Health Sciences Center stated: "The annual physical examination remains a popular format with both patients and providers, despite the lack of evidence that either a comprehensive examination or laboratory screening tests are indicated for healthy adults. Patient desire for extensive testing and comprehensive examination combined with provider belief that the physical examination is both of proven value and can detect subclinical illness have led to the continued pervasive practice of annual physical examinations in our country."

Still, no one is suggesting that preventative health care be overlooked.

The essential argument is against over-testing, ordering a series of just-to-be-sure tests that are unhelpful and can create unnecessary anxiety and expense and, sometimes, lead to patients enduring unneeded treatment suggested by an unreliable test.

It has been suggested, more than once, that the over-ordering of tests has a correlation to doctors' concerns about being sued for malpractice.



In a poll of Florida physicians conducted last year, 88 percent of the 321 doctors who responded acknowledged practicing some form of defensive medicine during the past year. (Often, the tests being cited are expensive CT and MRI scans, as a shown by a study published earlier this year in the American Journal of Orthopedics.)

Apart from that skepticism, a majority of primary care doctors nationwide continue to believe in the importance of annual physicals, commonly called periodic health exams.

Dr. Shiman is one of them — with a caveat: "You should really only order tests that would change what you would

do (regarding treatment), not just order a test."

Such evidence-based preventive tests include mammograms and pap smears, considered not only important, but necessary.

Patients nowadays tend to be increasingly savvy about health matters, and Dr. Shiman considers that to be largely a good thing: "It's important to be an informed consumer. But because of the Internet, patients will Google their symptoms and come to you for a second opinion. Knowledge is important, but if you have the (medical) background, you can interpret what's going on."

Determining a health risk early and

Recommended tests

The United States Preventive Services Task Force was created in 1984 works to improve Americans' health. An independent group of experts, it is composed of 16 volunteer members from all fields of preventive medicine and primary care, and it recommends certain tests, found to be effective. Among them:

>>Cervical cancer: At least every three years for sexually active women 21 to 64; after 65, unnecessary if previous consecutive screenings have been negative.

>>Colorectal cancer: No routine screening for ages 19-49, except for those at high risk.

>>Diabetes (type 2): For ages 19-65+, at least every five years until age 45 and every three years after 45 for those at high risk using fasting plasma glucose (FPT) test.

>>Mammograms: Every 1-2 years after age 40, at discretion of primary care provider

>>Cholesterol: Every five years for those 19-64 or at discretion of primary care provider; age 65+ at discretion of primary care provider.

>>Prostate cancer: Digital rectal exam annually for age 50+ and prostate specific antigen (PSA) if life expectancy is 10 years or greater.

>>Osteoporosis: bone density screening ages 19-64 when risk factors (non weight-bearing status, mobility impairments, hypothyroid, post-menopausal women) are present; periodic screening of others at discretion of primary care provider.

>>Plus: The Task Force also recommends that doctors routinely advise patients about tobacco, alcohol and obesity issues.

forestalling a bad outcome is the goal, he says: "See if you can prevent the emergency visit."

More than anything, he says, "It's important to have a physician you have a relationship with and you trust." ■

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Chiropractic care keeps hips and knees healthy

The numbers of individuals undergoing total hip replacement and total knee replacement are increasing significantly. Advanced surgical procedures are invaluable, if you need them. For everyone else, though, the best way forward are the old reliables: exercise, a healthy and sufficient rest on as consistent basis as possible. Regular chiropractic care is also



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a key component of helping to keep your weight-bearing joints in peak condition.

Annual rates in the United States for total hip replacement have increased more than 50 percent. In Denmark, rates have been increasing by 30 percent. Annual rates in the United States for total knee replacement

have increased by more than 170 percent. In Sweden, rates have increased 500 percent in the last 20 years. With the aging of the population and increased lifespan, these rates will continue to increase.

Advanced surgical procedures are invaluable, if you need them. Of course, many people have unrelenting, daily pain, which may require radical surgery. For everyone else, though, the best way forward are the old reliables: regular exercise, as vigorous as is appropriate; a healthy diet containing plenty of fresh fruits and vegetables; and sufficient rest on as consistent basis as possible. Regular chiropractic care is also a key component of helping



to keep your weight-bearing joints in peak condition.

Most hip and knee replacements are done because the person has severely painful degenerative joint disease — osteoarthritis. Hips, knees, and ankles are all weight-bearing joints.

These joints are big and strong and have many surfaces on which to distribute the substantial mechanical loads which are placed on them throughout the day. But these joints don't last forever and, like all living systems, they will eventually begin to age and break down. Serious problems ensue, however, when these critically important joints start breaking down long before their "warranty" expires.

Many hip and knee problems are a result of chronically poor posture. Almost none of us are taught how to use our bodies properly. We don't come with instruction manuals. So as time goes on, the inefficient habits we develop as children and teenagers

become permanent. People slouch, they let their abdominal muscles sag, they stand with all their weight on one leg, and their heads stick out in front rather than being centered over their chests.

One result is chronically tight and painful neck, shoulder, and lower back muscles. Another result is chronically uneven distribution of the weight of the body, ultimately causing degeneration of hip and knee joints.

Lack of a healthy diet prevents the lubricating tissues of the hip and knee joints from receiving key nutrients. Lack of proper joint lubrication causes osteoarthritis.

Lack of regular exercise inhibits normal joint motion and normal joint nutrition and lubrication, leading to the development of degenerative joint disease. When you add up faulty biomechanics, lack of a healthy diet, and lack of proper exercise, the result is a prescription for chronic hip and knee

problems.

It's very important to address these issues when you're young. When you're not as young as you were, the time to begin making healthful changes is right now.

Chiropractic care directly helps improve a person's biomechanics. Chiropractic care also helps people make the best use possible of the good food they're beginning to eat and the regular exercise they're beginning to get.

For most of us, the best way to prevent the need for a hip or knee replacement is to take consistent, healthy actions on our own behalf. If a hip or knee replacement turns out to be the way to go, all of these healthy actions will help ensure a quick recovery and continued good health from this point onward. ■

Chiropractic care and healthy joints
Technically speaking, chiropractic care helps balance weight-bearing loads in the spinal column. The immediate result is improved spinal biomechanics, which benefits all the other weight-bearing joints in the body, particularly the hips and knees.
Hip function and knee function are directly related to how well your spine is working. Many times, hip pain and knee pain are being caused by mechanical problems in the spine. Neck pain, shoulder pain, and lower back pain let you know that your spinal biomechanics are off. The connecting links are biomechanics and distribution of weight. Regular chiropractic care addresses all of these problems, helping ensure optimal functioning throughout your body. By helping restore proper spinal biomechanics, chiropractic care helps improve hip and knee function, too.

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Vitamin could help produce 'good' cholesterol

SPECIAL TO FLORIDA WEEKLY

The University of Florida

Maintaining healthy cholesterol levels can keep heart disease, heart attack and stroke away. And researchers at the University of Florida College of Medicine-Jacksonville have found that a commonly used vitamin could help by increasing production of "good" cholesterol in the body. The findings were published earlier this year in the journal *Metabolism, Clinical and Experimental*.

Physicians have long prescribed the B-vitamin nicotinic acid to help keep good cholesterol levels high.

Early studies suggested that niacin prevents the removal of good cholesterol — known as high-density lipoprotein or HDL — from the body. In so doing, this raises the concentration of the substance. But new results from studies of human cells suggest that niacin plays an even greater role of not just preventing removal, but actually boosting production of good cholesterol in the liver and small intestine.

"We've known the value of nicotinic acid for years, but this shows there could be even more benefits than we thought," says the study's lead author, Michael Haas, a research associate professor of medicine.

A person's cholesterol reading is made up of two major parts: HDL and low-density lipoprotein, also called LDL or "bad" cholesterol.

HDL is responsible for moving cholesterol out of various tissues and into the liver so it can be flushed from the body.



Peanuts are rich in niacin, a vitamin that may boost production of "good" cholesterol.

Doctors recommend keeping good cholesterol levels high and bad cholesterol levels low.

The body uses nicotinic acid to convert carbohydrates into energy. It is found in many over-the-counter multivitamin formulations and is sometimes prescribed on its own to lower triglycerides and increase good cholesterol.

But until now, researchers weren't quite sure whether niacin could actually increase good cholesterol levels.

To find definitive evidence, the UF researchers tested human liver and intes-

tine cells in the first study of its kind. They found that nicotinic acid increased the activity of a gene that produces the protein apolipoprotein A-1, which is the major component of good cholesterol in the blood. Not only that, the researchers were able to identify the specific region of the gene that was responsible for making new HDL.

The work was funded by a \$20,000 grant from the Endocrine Fellows Association to former UF fellow Dr. Abdul-Razzak Alamir.

"We have hoped for a long time that

we would develop a medicine to raise the good cholesterol. Unfortunately, many people do not tolerate the side effect of the drug nicotinic acid," says Dr. Stewart Albert, a professor of internal medicine at the St. Louis University School of Medicine, who was not involved in the research. "What Dr. Haas and his group have done is demonstrate how nicotinic acid can increase the body's ability to make the good cholesterol. This may enable researchers to find other medications that will accomplish the same benefit with a lower rate of side effects." ■



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Are you feeding your body ... or your feelings?

SPECIAL TO FLORIDA WEEKLY

Forget for a moment what you eat — and think about why you eat. If your answer is that you eat to gather nutrients and to stay alive, you are not seeing the full picture.

Sure, we all eat to survive, but what percentage of your daily caloric intake is truly for health and survival? If you merely ate to survive and thrive, you would eat mostly vegetables and lean proteins, and never consume potato chips and soda.

Most of the time, the reason we eat has little to do with actual hunger. We often eat to reward ourselves, to distract ourselves, to celebrate an occasion or simply because we see food sitting there.

In truth, the psychological reasons for eating and drinking are more powerful than the physiological reasons. Have you ever eaten until it hurt or eaten a particular food even though you know it upsets your stomach? If we were truly eating to survive and thrive, that would never happen.

Obesity is an odd disease and a sign of the times. We have become so secure and comfortable with 21st century life in America that instead of fighting to survive, many Americans are effectively eating themselves to death.

According to the Centers for Disease Control and Prevention, more than one-third of America adults are obese. Furthermore, obesity-related health conditions — including Type 2 diabetes, stroke and some types of cancer — are among the leading causes of

death. Heart disease, which is commonly attributed to obesity, is the No. 1 cause of death in America.

One of the greatest contributors to unwanted weight gain is emotional eating. This occurs when you wish to escape a feeling — loneliness, anxiety, stress or even boredom — by seeking an object of comfort to soothe your emotions.

While sources of comfort exist in many forms, from talking and hugs to sex and drugs, food is the most readily available and easily obtainable.

Of course, the comfort is only temporary, the feelings return, and now you get to add guilt and shame over your eating to the feelings that existed previously. When the uninvited feelings inevitably return, the cycle begins all over again.

The next time you find yourself struggling with a desire to eat, try some of these tips:

■ **Locate the sensation of hunger in your body.** Is it in your stomach or in your mouth? Stomach hunger generally means your body is requesting nutrients or calories; mouth hunger is generally psychological or emotional.

■ **Stay busy.** Idleness leads to boredom, depression and anxiety. Call a friend. Go for a jog. Read a good book. Play with your pet. Go window shopping. Do some volunteer work.

■ **Don't do it alone.** Help is available. You can join a support group, such as Overeaters Anonymous [www.oa.org]. You can also find a psychologist who can help you understand your eating issues, determine whether you have an eating disorder and help you develop more effective coping skills. ■

Coffee drinkers lower their death risk, study finds

SPECIAL TO FLORIDA WEEKLY

Older adults who drink coffee — caffeinated or decaffeinated — had a lower risk of death overall than others who did not drink coffee, according to a study by researchers from the National Cancer Institute (NCI), part of the National Institutes of Health, and AARP.

Coffee drinkers were less likely to die from heart disease, respiratory disease, stroke, injuries and accidents, diabetes, and infections, although the association was not seen for cancer. These results from a large study of older adults were observed after adjustment for the effects of other risk factors on mortality, such as smoking and alcohol consumption.

Researchers caution, however, that they can't be sure whether these associations mean that drinking coffee actually makes people live longer.

The results of the study were published in a recent edition of the *New England Journal of Medicine*.

Neal Freedman, Ph.D., Division of Cancer Epidemiology and Genetics, NCI, and his colleagues examined the association between coffee drinking and risk of death in 400,000 U.S. men and women ages 50 to 71 who participated in the NIH-AARP Diet and Health Study. Information about coffee intake was collected once by questionnaire at study entry in 1995-1996. The participants were followed until the date they died or Dec. 31, 2008, whichever came first.

The researchers found that the association between coffee and reduction in risk of death increased with the amount of coffee consumed. Relative to men and women who did not drink coffee, those



who consumed three or more cups of coffee per day had approximately a 10 percent lower risk of death.

Coffee drinking was not associated with cancer mortality among women, but there was a slight and only marginally statistically significant association of heavier

coffee intake with increased risk of cancer death among men.

"Coffee is one of the most widely consumed beverages in America, but the association between coffee consumption and risk of death has been unclear. We found coffee consumption to be associat-

ed with lower risk of death overall, and of death from a number of different causes," Mr. Freedman said. "Although we cannot infer a causal relationship between coffee drinking and lower risk of death, we believe these results do provide some reassurance that coffee drinking does not adversely affect health."

The investigators caution that coffee intake was assessed by self-report at a single time point and therefore might not reflect long-term patterns of intake. Also, information was not available on how the coffee was prepared (espresso, boiled, filtered, etc.); the researchers consider it possible that preparation methods may affect the levels of any protective components in coffee.

"The mechanism by which coffee protects against risk of death — if indeed the finding reflects a causal relationship — is not clear, because coffee contains more than 1,000 compounds that might potentially affect health," said Mr. Freedman. "The most studied compound is caffeine, although our findings were similar in those who reported the majority of their coffee intake to be caffeinated or decaffeinated." ■

in the know

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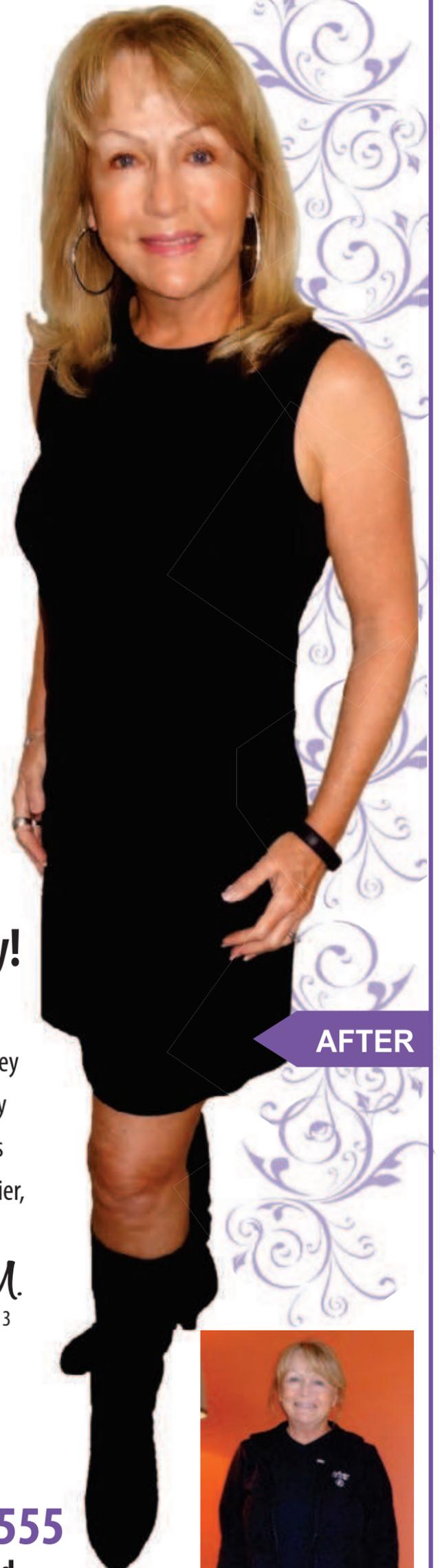
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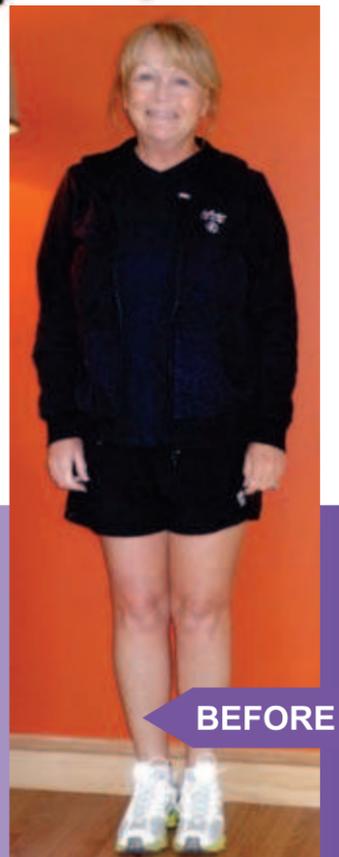
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