

PALM BEACH GARDENS & JUPITER

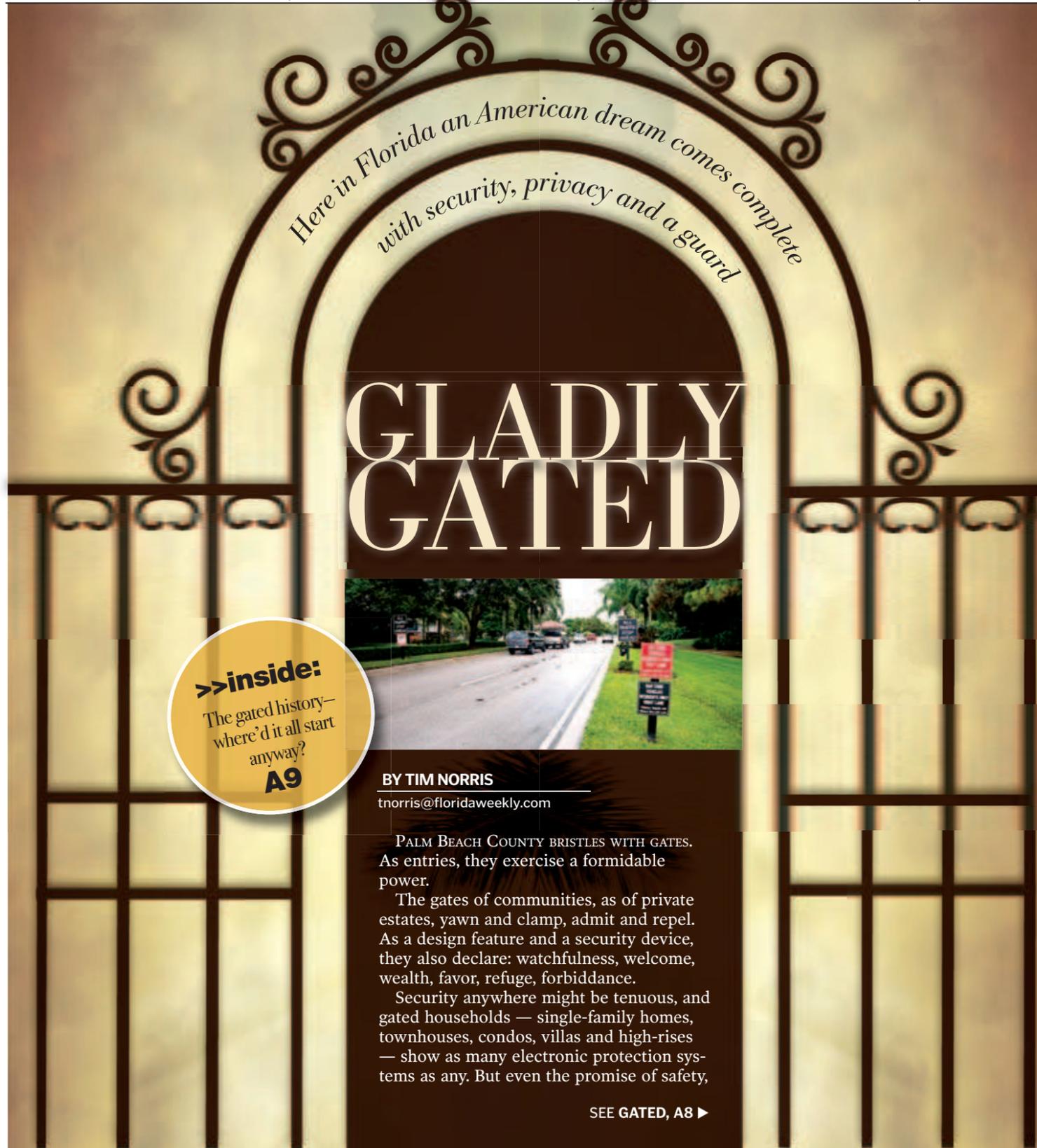
FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF AUGUST 30-SEPTEMBER 5, 2012

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>>inside:
The gated history—
where'd it all start
anyway?
A9

BY TIM NORRIS
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PALM BEACH COUNTY BRISTLES WITH GATES. As entries, they exercise a formidable power.

The gates of communities, as of private estates, yawn and clamp, admit and repel. As a design feature and a security device, they also declare: watchfulness, welcome, wealth, favor, refuge, forbiddance.

Security anywhere might be tenuous, and gated households — single-family homes, townhouses, condos, villas and high-rises — show as many electronic protection systems as any. But even the promise of safety,

SEE GATED, A8 ►

Pipe cleaner pups a hit with Safe Harbor animal shelter

Emma Hudgens-Moore (left) and Lauren Ortega are creating dogs from pipe cleaners to raise money for Safe Harbor Animal Sanctuary & Hospital.



SCOTT SIMMONS/
FLORIDA WEEKLY

BY SCOTT SIMMONS
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Lauren Ortega and Emma Hudgens-Moore are two little girls on a big mission to save animals.

The girls, both 9, started fourth grade this year at Limestone Creek Elementary School in Jupiter.

But this summer, they have been making pups from pipe cleaners to raise money for Safe Harbor Animal Sanctuary & Hospital in Jupiter.

Between sales of the pups, which fetch \$1 apiece, and bake sales, the girls have

raised about \$200 for the shelter.

"These little kids. What ambitious, industrious entrepreneurs," said Kay-Lynette Roca, founder of Safe Harbor. "I'll tell you, we're living in a society today where you don't see that in the community. It's a me, me, me society in their generation. I just told the parents they're blessed."

Blessed? Yes.

The girls' inspiration began at home.

"I have a dog from the dog pound and so does she," said Lauren, who has a Morkie, a Chiweeni and a Chihuahua.

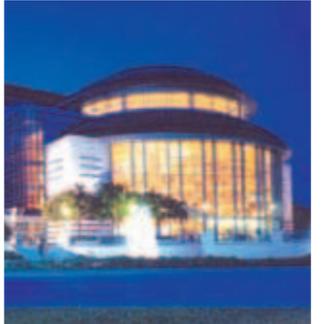
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Kravis academy

De George Foundation gift allows center to expand arts education. **A21** ►



Society

See who's making the local scene. **A18-19, 32-34** ►



Small Fry no more

Sophia, originally named Small Fry, was found at a Burger King. **A6** ►

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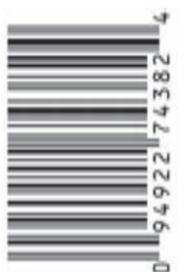
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NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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Overdose of evidence

In August, the federal Drug Enforcement Administration dropped all charges against a doctor who has been at the center of a prescription-drug fraud case because, said prosecutors, they have too much evidence against him and not enough space to store it. The U.S. attorney in northern Iowa said her office needs to clear out the 400,000 paper documents and two terabytes of elec-

tronic data (the latter of which under current technology takes up little space but in DEA's antiquated computer system hogs 5 percent of the agency's worldwide electronic storage).

The accused, Dr. Armando Angulo, has lived since 2004 in Panama, which will not extradite him. (He remains under indictment on state charges in Florida.) ■

The litigious society

■ If Megan Duskey's parents had been with her that night in 2010, they perhaps would have insisted she (dressed as the comic book hero Silver Spectre) not try to slide down the railing during the Halloween-themed ball at Chicago's Palmer House Hilton hotel, but she did slide down, and she fell four floors to her death. Nonetheless, in July 2012, the parents filed a \$500,000 lawsuit against Hilton and other entities, claiming that the death of Ms. Duskey at age 23 was the hotel's and the sponsors' fault.

■ In July, a California appeals court reinstated police officer Enrique

Chavez's lawsuit against the Austrian gun manufacturer Glock for its "unsafe" design. Chavez is now paralyzed from the waist down because his 3-year-old son got hold of the gun and accidentally fired it, hitting his dad. Mr. Chavez, in violation of police policies, had left the gun loaded underneath the front seat of his car, and his son, whom Mr. Chavez had not belted into a child seat, was free to explore while Dad drove. The gun is regarded as of safe design by dozens, if not hundreds, of police departments, and the LAPD disciplined Mr. Chavez over the incident. ■

Democracy in action

■ A July battle in the House of Representatives pitted austerity-driven members striving to cut \$72 million in spending on NASCAR against North

Carolina House members determined to keep the money in. (Most NASCAR teams are headquartered in the state, as is the Charlotte Motor Speedway and

the NASCAR Hall of Fame.)

More than a third of the money would go to the National Guard for sponsoring driver Dale Earnhardt Jr.

The North Carolina legislators believe military recruitment will suffer unless the race-car connection is maintained. ■

Ironies

■ In July a 30-year-old man suspected of skipping out on a bar bill at the Hilton Garden Inn in Manchester, N.H., did not make it far. As he tried to hop an iron fence, he impaled his leg and eventually required eight firefighters to rescue him using hydraulic cutting tools.

■ Greyston Garcia, 26, who was cleared of murder charges in January under Florida's "stand your ground" defense (even though he had chased the victim more than a block to stab him to death after the man took his radio), was inadvertently

killed in June by random gang gunfire in Miami.

■ Csanad Szegedi, a member of the European Parliament representing the anti-Semitic Jobbik Party of Hungary (a party whose presidential candidate described Jews as "lice-infested"), resigned in August after admitting that he had learned two years earlier that his own mother was (and therefore he is) a Jew. Initially, Mr. Szegedi tried to quash the revelation via bribery but eventually resigned, apologized, and vowed to pay respects at Auschwitz. ■

All in the mind

■ Mark Worsfold, 54, a former British soldier and martial arts instructor, was sitting along a road on July 28 watching the Olympic men's cycling race when he was detained because police on security alert said his "behavior" had "caused concern." According to a report in *The Guardian*, Mr. Worsfold, after being handcuffed and taken to a police station, was told he was arousing suspicion because he "had not been seen to be visibly enjoying the event," to which he replied, truthfully, that he has Parkinson's disease, which causes facial rigidity. (He was released without charges.)

■ Dennis Brown, 55, was arrested in August in Tyler, Texas, after police saw him taking pictures, surreptitiously, of women and high school girls near Robert E. Lee High School. Since people in public spaces generally have no legal expectation of privacy, Mr. Brown could not usually be charged with a crime. However, Mr. Brown admitted to police that the mundane photos of the clothed women were for his sexual enjoyment. He was perhaps unaware of a Texas Penal Code provision that requires consent for a photo of another person if it is for "sexual gratification." ■

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OPINION

Give 'em hell, Mitt!



richLOWRY

Special to Florida Weekly

On Medicare, the Romney campaign is borrowing the strategic logic of a long-ago military legend.

Taking command of the French ninth army in 1914 as it retreated before the Germans, Marshal Ferdinand Foch uttered his immortal words: "Hard pressed on my right. My center is yielding. Impossible to maneuver. Situation excellent. I attack."

The best Mitt Romney ad of the campaign is the current spot on President Barack Obama's cuts to Medicare. It points out that the president took \$700 billion from Medicare to fund "Obamacare," robbing one unsustainable entitlement to create a new one. The ad is truthful, unadorned and — for any senior who feels protective of Medicare — damning.

Never before have Democrats passed the largest Medicare cuts in history immediately prior to launching their tried-and-true assault. This time, it is a case of the pot calling the kettle a danger to America's seniors.

Confronted with Obama's Medicare cuts, Democrats and their friends in the media resort to denial.

On "Meet the Press" recently, I asked Rachel Maddow if she supported the \$700 billion in cuts, and she simply wouldn't say. Here was the Oxford-educated pride of liberal punditry professing to have no opinion on a primary means of funding what she considers a glorious legislative achievement.

Others pooh-pooh the significance of the cuts. They supposedly hit only "non-essential services." This may be the first time in the debate over entitlements that Democrats have deemed anything related to Medicare "nonessential."

What Democrats mean is that \$156 billion of the cuts fall on the Medicare Advantage program. They have always hated this feature because it gives seniors access to private-sector coverage options. But seniors like it.

The Obama cuts also rely on grinding, year-after-year reductions in payments to doctors and other providers. This is a way to maintain that there are technically no changes in "benefits," though access to and quality of care inevitably will be affected.

No one concerned with the health of Medicare would go about it in this fashion. But "Obamacare" was helter-skelter leg-

islating, a desperate attempt to make the numbers temporarily add up.

Medicare's actuaries consistently sound the alarm about the consequences. A May 2012 report by the Centers for Medicare and Medicaid Services said, "The large reductions in Medicare payments rates to physicians would likely have serious implications for beneficiary access to care."

Is the Republicans' counter-assault on Medicare hypocritical? No. How — not whether — to restrain Medicare is the question. The Democratic approach, now and in the future, is blunt-force price controls. Republicans want to get savings through competition and choice.

This is how the popular Medicare prescription-drug program works. The cost of the program is 40 percent below projections, as James Capretta of the Ethics and Public Policy Center points out, and the \$30 per-month premium is only \$6 more than in 2006.

Even if it stays on offense, the Romney campaign is on perilous ground with Medicare. But there is no heading back. Best instead to take more inspiration from old Ferdinand Foch: "A battle won is a battle which we will not acknowledge to be lost." ■

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

Sorry if you're not entitled, like Mitt — and me



rogerWILLIAMS

rwilliams@floridaweekly.com

You probably weren't raised with entitlements like I was — and I'm sorry for you.

Mitt Romney, wading around Tampa this week after a rude and impolitic Democrat named Isaac tried to storm the Republican National Convention, is sorry for you, too, no doubt.

Mitt and I are both sorry for you, because we both grew up with massive entitlements and you probably didn't.

People fixed with entitlements, like us, bear a moral responsibility to show some empathy for people without entitlements, possibly like you — that code extends back in our civilization almost 3,000 years. The notion of the empathetic entitled lies at the heart of classic conservatism, its beacon flashing powerfully and succinctly from the biblical parable of the Good Samaritan. But who cares about an old parable from some musty old book? We gotta get with the program, pal. We're in a fight over who's going to get more entitlements come next year — the rich, or everybody else.

In the case of Mitt and me, we number among the former. Not the latter. So we have a lot in common.

For example, Mitt became the chief of Bain Capital and later governor, because he had an entitlement bigger than God's.

I became the chief bane of several capital women when they discovered I was not nearly God-like enough in the exercise of my own entitlements.

I never became governor, like Mitt, but I do have to go have a chat with the governor more frequently than I once did. That's what an entitled prostate will do for you.

Entitlement is a funny thing to pin down, though, because it doesn't mean what it used to. Not always. If words were footballs and you were a quarterback, you could take the entitlement snap from center, throw a

long spiral downfield, and watch your split-end pluck — not a football — a rugby ball out of the air.

In other words, entitlement has changed meanings in mid-flight. As it turns out, the word can change meanings in mid-flight from the mouths of politicians, too — and faster than a chameleon can change colors. This idea is not mine, but I can explain it.

The notion was assembled by Geoffrey Nunberg, a professor at the University of California, Berkeley, who studies the meanings and histories of political words.

Originally, an entitlement was anything not subject to changes or manipulations of a budget — say, the entitlement of a soldier to carry a well-designed rifle, whatever its cost. In this sense the word also carried a moral imperative, one that Prof. Nunberg points to in a historical context.

When President Lyndon Johnson established Medicare, one of his "Great Society" programs, he saw it the way the Good Samaritan might have seen it: as a moral obligation.

"By God, you can't treat Grandma this way. She's entitled to it," the president said, signing Medicare and Medicaid into law 47 years ago, on July 30, 1965.

Medicare, is an entitlement if there ever was one. It promises lower-cost hospitalization and health insurance for the oldies-but-goodies crowd no matter what their circumstances. Many at first probably wouldn't have known an entitlement from a brick if it hit them in the head. But things changed.

People became, if not more selfish, more certain that their selfishness was justified — they became more narcissistic, as the argument goes and the title of a 1979 best seller by Christopher Lasch indicates: "The Culture of Narcissism."

"You can deplore 'the entitlement society' without ever having to say whether you mean the social or the political sense of the word, or even acknowledging that there's any difference," the professor notes. "It's a strategic rewriting of linguistic history, as if we call the programs entitlements simply because people feel

entitled to them."

When Mitt talks about "entitlement programs," lots of people line up to throw stones at those they define as self-absorbed slackers who insist on social benefits because we owe it to them.

They think of these people as entitlement barons of the lowest order, people who create "a culture of dependency" and drag down the rest of us.

And I throw stones at entitlement barons, too — at people like Mitt, or Paul Ryan, who both argue so vehemently against "dependency."

That's hypocrisy, of course, since I also happen to be an entitlement baron. But heck, as Mitt and I like to say — the best stone throwers are always hypocrites.

So let me rail against the entitlement society they represent — against the welfare society that supports big corporations (banks, oil companies, car companies, pharmaceutical companies) with massive entitlements like tax breaks.

And not just corporations. Here we are paying 25 or 30 percent in income taxes, and some people can boast they only pay 13 percent — Mitt, for example.

Here we are scraping to get by, or even doing better than that in salaried jobs, and some people — entrepreneurs, business owners, farmers and ranchers — get huge tax breaks.

There's an argument to be made for those entitlements, of course, just as there's an argument to be made that giving a single mother help with food and shelter will be good for her, her children, and therefore us, the members of her society, too.

But I don't want to push the point too hard, because I don't want to pay any taxes on my own entitlements, any more than Mitt does on his.

I might as well admit it now: I was entitled to the best parents, the best children, the best spouse and the best spot in the Sunshine State from which to let fly at those damn (sorry Mitt, those darn) entitlement barons, right from the get-go.

I was born entitled, just like Mitt. And we're both sorry if you weren't. ■



SCOTT SIMMONS/FLORIDA WEEKLY

Emma Hudgens-Moore and Lauren Ortega have raised about \$250 for Safe Harbor by making these pooches from pipe cleaners and by holding bake sales. The animal refuge plans to sell the dogs in its thrift store and boutique.

DOGS

From page 1

We know what a Chihuahua is, but a Morkie? And a Chiweeni?

That Morkie is a mix of a Yorkshire terrier and a Maltese, the Chiweeni, a blend of Chihuahua and dachshund.

Emma's canine family runs a little more mainstream.

"I've got a German shorthaired pointer and a Chihuahua," she said.

Neither girl is really sure how their crafts morphed into a fundraising opportunity, but their parents have had a part in this venture.

"My dad doubles the money, and he used to hot-glue the pipe cleaner dogs before I got a hot glue gun," said Lauren.

What is it like using the glue gun?

"It burns if you touch it," she said.

Has that happened?

"A couple times on different ones," she said, giggling.

"It's not fun getting burned," but it's fun making the dogs, Emma said.

Lauren's father, Greg Ortega, said each girl has a different style for the dogs she creates.

Emma builds her dogs with minimal glue, while Lauren's construction tends to be a little more elaborate.

That long black and white dog, made by Emma? It's a Dalmatian.

This googly Irish setter, with a dab of glue here and there? It's by Lauren.

"Mine is pretty much all gluing. The eyes, the nose, the ears, the neck, the tail, all hot-glued on there," Lauren said.

It takes Emma a few minutes to make her creations, while it takes Lauren about 20 minutes to make one of the dogs, what with waiting for the glue to set up.

The girls said they were inspired to raise money for Safe Harbor after seeing a board covered with pictures of dogs that had been saved by the no-kill shelter.

"It's a pretty crowded board," Lauren said.



COURTESY PHOTO

Emma Hudgens-Moore and Lauren Ortega present a check to Kay-Lynette Roca of Safe Harbor.

The girls started their project this summer and expect it carry over during the school year.

Ms. Roca said Safe Harbor will sell the dogs in its thrift store and the pet boutique it plans to open this fall, along with a new shelter and animal hospital. The shelter is scheduled to open the first week of September. Look for the hospital to open in early November, pending permit approval.

This time last year, Safe Harbor's financial situation was so dire she feared she would have to close, but Ms. Roca said she now is optimistic.

"We've done a 360. Things really turned around for us this year," she said, citing money that came in the form of sizeable donations from trusts and wills.

And maybe a little help from a dog figure created by an elementary student or two.

"It is nice to know there are parents out there raising their children to be philanthropic. They were just a joy to have here and to see their thought process and creativity. I wish we had a couple hundred more," Ms. Roca said. ■

For information on purchasing Emma and Lauren's creations at Safe Harbor, call 747-5311. To donate to Safe Harbor, send checks to P.O. Box 1843, Jupiter, FL 33458.

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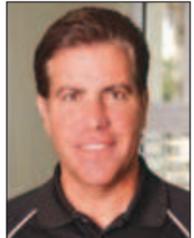
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PET TALES

Pet house rules

If a dog or cat is going to mess, you'll find it — with a bare foot

BY GINA SPADAFORI
Universal Uclick

When I was in high school, I signed up for physics and calculus. I knew that to become a veterinarian I would have to develop a far greater grasp of science and math than the one I seemed to have been born with.

My physics teacher gave me a "C" out of mercy. My calculus teacher wasn't nearly as generous, and I spent the rest of my academic career — high school and college — sticking as close to the English department as I could. I abandoned all hope of veterinary medicine and settled (more or less) happily into a career as a writer specializing in pet care and veterinary medicine.

But that doesn't mean I'm incapable of making a brilliant scientific discovery.

Oh sure, maybe mine doesn't have anything to do with mass or energy. And OK, so maybe the people who hand out the Nobel Prizes won't be calling. But that doesn't mean my discovery has no significance to the lives of millions of people. Consider this: How often do you recognize the importance of, say, Einstein's work in your daily life?

Everyone who has spent more than a month with a cat or dog has stepped squarely into my discovery. In fact, stepping in it is just the way I happened upon it.

Call it Gina's Law of the Well-Placed



COURTESY PHOTO

Dogs don't understand guilt, but they know when it's a good idea to hide.

Pet Mess. No matter how large the floor, pet-related organic matter will always be placed where a human being is most likely to plant a bare foot. Poop, pee, barf or hairball — it doesn't matter. If it lands on the floor, chances are you'll step in it.

Keep the cleaning supplies handy, and accept it as one of the absolute laws of nature. You have no other choice.

Of course, one can't rest on one's laurels. I'd been working until recently on proving my theory that the affection level of pets is directly related to the level of contrast between the color of their fur and that of the shirt you're wearing. I thought I had it nailed when

I discovered that my black sweater was irresistible to white cats. But then I noticed that my friend's golden retriever was just as eager to snuggle no matter what I was wearing, shedding her long, silky fur without regard to my reputation as a scientist.

I've now shelved the Gina's Law of Shedding in favor of a field of study that shows more promise: the apparent ability of pets to do whatever is most embarrassing to you in front of the person you'd be most mortified to have see it. Call it

Gina's Law of That's Not My Pet: I Think He Belongs to the Neighbors.

When one of my dogs brought my dirty underwear out to meet a person I'd just starting seeing (in what I hoped would become a romantic way), I knew I was on to something. And then a friend called with the exciting news that her dog had managed on a recent occasion to upchuck what was clearly a feminine hygiene product in front of a visiting minister.

With news like that, can you fault me for believing that my best scientific discoveries are still in front of me? All that's left is to name the phenomenon and wait for the media to call. ■

Pets of the Week



>> **Linus** is a 1-year-old neutered white and brown Australian terrier mix. Linus weighs 50 pounds. He is active and energetic and likes other dogs. He has a thick coat that will require brushing.



>> **Sophia** is a 2-year-old spayed gray and white domestic shorthair. She came to the shelter about a year ago as a baby kitten. Someone found her and her siblings at Burger King, so her name used to be Small Fry. She was adopted and given the beautiful name Sophia, but unfortunately someone in the family was allergic to her, so she is back at the shelter. She's very friendly and likes to tag along with people.

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 hsps.org. For adoption information, call 686-6656.



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Pizzazz Hair Design owner Dennis Marquez and Kimberly McCarten of The Arc.

Pizzazz Hair Design salons raise \$5,000 for The Arc

SPECIAL TO FLORIDA WEEKLY

Pizzazz Hair Design held its annual Pizzazz Gives Back Day on Aug. 19 at its Abacoa Plaza salon in Jupiter, Kobosko's Crossing salon in Wellington, and Village Commons salon in West Palm Beach, raising \$5,000 for The Arc of Palm Beach County. The funds represent 10 percent of the proceeds from all hair cuts, color and spa services performed on Pizzazz Gives Back Day, and other donations collected throughout the past month.

"We are so grateful to each and every client who chose to visit us for this important fundraising opportunity and also to our Pizzazz family for giving of their time and talent for this outstanding cause," said owner Dennis Marquez, in a prepared statement. "Through Pizzazz Gives Back Day, each and every one of us, including

team members, loyal clients and the general public, has an opportunity to do something special and make a difference in the lives of others. We are proud to support The Arc of Palm Beach County, an organization that provides services, education and advocacy for children and adults with developmental disabilities and their families."

Kimberly McCarten, development director of the Arc of Palm Beach County, said in the statement, "The Arc of Palm Beach County is incredibly grateful that Pizzazz chose to partner with us. The money raised through Pizzazz Gives Back Day will truly make a difference in the lives of the children, adults and families we serve."

For information about Pizzazz Hair Design, see pizzazzhair.com. For information about The Arc, see arcpcb.org. ■

Massage Envy Jupiter hosts Arthritis Foundation fundraiser

SPECIAL TO FLORIDA WEEKLY

Massage Envy and the Arthritis Foundation have joined forces to host Healing Hands for Arthritis, a one-day national event to build awareness and raise funds to fight arthritis. On Sept. 19, Massage Envy Jupiter will donate \$10 from every one-hour massage or facial to the Arthritis Foundation.

Last year, this one-day, nationwide event raised nearly \$500,000 for the Arthritis Foundation.

"There's no better way to give back than to treat yourself, a friend or family member to a relaxing and rejuvenating massage or facial," said Victoria Banuelos, Jupiter Massage Envy owner. "We strongly encourage the Jupiter community to come out on September 19 to help fight arthritis, a disease that



affects 50 million Americans and is America's leading cause of disability."

To make an appointment for the Healing Hands for Arthritis event, contact the Jupiter Massage Envy at 743-8878. Reservations are now being accepted on a first-come, first-serve basis.

All proceeds donated during Healing Hands for Arthritis will support the Arthritis Foundation's nationwide efforts to prevent, control and cure arthritis. Additionally, Murad, Massage Envy Spa's exclusive skin care partner, will donate 10 percent of all sales from its products sold at Massage Envy Spa locations during the event to the Arthritis Foundation. ■

Downtown at the Gardens program will offer \$1,000 to school club

SPECIAL TO FLORIDA WEEKLY

As the school year begins, Downtown at the Gardens continues its commitment to the community with Receipt Reward\$.

Beginning September 1, guests will be asked to write the name of their favorite Palm Beach County or Martin County school and club on the back of a Downtown at the Gardens receipt from any purchase. Entries on business or index cards are also accepted.

After writing the name of a school and club on the back of the receipt, guests will turn these in to a Downtown at the Gardens Carousel, valet or information

booth attendant, or at the Downtown at the Gardens Management Office in Suite 2203 during regular business hours. Receipts will be collected through the month of September.

On Oct. 1, one receipt will be pulled and the school-sanctioned club named on the back of the receipt will win \$1,000 from Downtown at the Gardens.

Winners will be announced on Downtown at the Gardens Facebook, Twitter and Pinterest pages. Downtown at the Gardens is owned by Berman Enterprises LP and is located at 11701 Lake Victoria Gardens Avenue, Palm Beach Gardens. ■

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GATED

From page 1

and of a fuller life, has brought millions inside, and more are on their way.

Reviews are mixed. Deciding whether to join them opens a sometimes-fierce debate.

Al Silverman, Ann Schilling and Elayne Resnick, to name a few, would like a word with Edward J. Blakely and Mary Gail Snyder, and with Rich Benjamin and other authors and academics of like mind. Lisa Collum, even with young children and teaching to absorb her, gladly would chime in, too.



RESNICK

Mr. Silverman, Ms. Schilling, Ms. Resnick and Ms. Collum make their homes in gated communities in Palm Beach County. Sales blurbs celebrate such places as quiet, secure, neighborly, active, welcoming, and the local four more or less affirm the advantages, without denying tendencies such as too many rules, increasing maintenance fees and crimps on personal expression. They all extol their immediate surroundings, too. As Ms. Schilling says, "I live in a beautiful place."

At least a few prominent researchers and writers take a harsher view. In their 1997 report on gated communities in the U.S., Blakely and Snyder called them "Fortress America," and Benjamin, a black journalist with a Ph.D. in English from Stanford, concluded more than a year of visiting and living in mostly white gated communities with a book, "Searching for Whitopia: An Improbable Journey into the Heart of White America." In a Q & A in Time magazine, he told a writer, "The major draw to Whitopia is that they're safe communities with good public schools and beautiful natural resources. Those qualities are subconsciously inseparable from race in many Americans' minds."

Never mind that U.S. Census figures show that, in gated places, racial makeup — at least in aggregate — mirrors that of the wider society. Never mind that lines drawn between races can be drawn almost as easily between owners and renters and between the rarified rich and the modest, and pressured, middle-class.

Today's familiar gated communities were born in Arizona and California as white enclaves, and Florida's earliest efforts followed suit, though most quickly adapted to fair housing laws and increasing diversity. The odor of exclusion lingers. So does the promise of a better home.

The overall trend is clear: the Census' latest American Housing Survey (2009, issued in 2011) shows that, of 111,806,000 occupied households in the U.S., some 10,759,000 — nearly one in 10 — are secured by walls or fences, most with special entry systems. The newest housing tracts are far more likely to include gates.

American entrepreneurs still build and sell and rent housing, including the limited-model gated kind, to make money by filling needs and desires, and most leave it to analysts to sort out the how and why.

Living the gated life is another matter. At the touch of a keypad, blink of an electric eye or nod of a guard, plastic tubes lift, metal gates slide or yawn apart, and a separate world opens. A world of themed designs and mirror-image streets and manicured landscapes. Of slower traffic and diligent services. Of added rules and benefits. Of privilege. Of structured leisure, or the promise of it.

How, these Palm Beach County residents are asked, did they decide that a gated community was right for them? Long story, and everyone's varies. Some are drawn to shared activities or interests,



RACHEL HICKEY/FLORIDA WEEKLY

Ann Schilling and her husband Christopher live in PGA National ... "I'm so lucky to live here."

to the promise of greater protection and privacy, to the allure of wealth and social standing. Some land there by chance.

For many, a gated community offers the best corner of the American dream that they can afford.

What dream? A home of their own, safe and quiet, with opportunities for get-togethers and recreation and rest, good schools and parks. Add swaying palms and sea breezes and an end to snow and ice, and the dream expands.

"I wanted to play golf, I wanted to play tennis, and this was a place we could afford to do that," retiree Al Silverman says. He and his wife, Fay, come down from Ohio each winter to rent a condo in a 55-and-over community near Boca Raton, and both say they have found friends who share their interests in sports, arts and culture.

Ann Schilling and her husband, Christopher, never expected to live in a gated community. One of their sons had sold his home in PGA National in Palm Beach Gardens to his brother, who then built another home upstate and offered the townhouse in PGA National's all-ages Glenwood community to his parents. "We were (living) in a fairly small place," Ann Schilling says, "and this one had more room. We had three grandkids, another on the way, and it would be enough space that we could have the kids down, or whatever."

"I love PGA National. Every night when I drive in there, I think, 'Oh, I'm so lucky to live here!'"

For Elayne Resnick, known to most as "Lainie," a gated community brought peace-of-mind and a chance to serve her neighbors. Her home in Delray Beach gives her a place at poolside, a sense of security and the chance to serve on the condo board as its maintenance liaison, fielding and acting on complaints that only occasionally drive her crazy. She is, her neighbors say, a person who gets things done.

"As a child, I was involved in a robbery," Ms. Resnick says. "They broke into the house, in Philadelphia. My family and I were held at gunpoint, and I have emotional scars from that. I will not live in a community that's not gated. I feel secure knowing if I come home at 11 at night, 1 in the morning, no one can follow me."

"I do like the activities. And most of the people here are marvelous. Other communities I've been told are very cold, very clique-ish. This feels like a big extended family."

Lisa Collum and her husband brought their own family, including three young children, through the gates of a community in West Palm Beach. "We didn't plan on this, but we found more for our money here, a good place to live, good schools," she says. "A lot of older people stick their nose out the window looking for little things, but it's reassuring, too. They're always watching out."

Those dwelling behind the gates might be forgiven a fortress mentality. They are under attack, at least the academic and literary kind.

Critics speak of societal dangers, of clannishness and isolation, of insulation

from other races, cultures and neighborhoods and the lives and problems of working people, of indifference and self-absorption.

In a time of increasing surveillance and electronic interaction and intrusion, a charge of "hiding" might seem laughable. But shared suspicion and anxiety, fed by the 9-11 World Trade Center bombings and by a host of more sensational, all-hours, danger-braying news sources, amplifies desires for a safe and secure harbor. At a time of "everywhere" cameras shooting instant images around the world and a mounting media bombardment, the famous seek an added haven from hounding.

In a nation of increasing racial and cultural diversity, "Whitopia" author Mr. Benjamin also sees a growing white migration to almost entirely white small towns and gated communities. The death last February of 17-year-old Trayvon Martin, a young black man, at the hands of George Zimmerman, on neighborhood patrol at the time in the gated community of The Retreat at Twin Lakes in Sanford, cast a hard light on racial separation and suspicion. Never mind that Zimmerman (described in media accounts as a "multi-racial Hispanic") seems, in white terms, "ethnic." The storyline, built from years of racial exclusion and harassment of blacks and other minorities, called for stereotype.

Those who live the gated life see far more variety and diversity than any limited study or overview allows.

The Palm Beach County residents speaking here appear bewildered by the idea that getting away from another race or class had anything to do with their decisions, pointing to diversity within their own communities. Each had his or her own life to build and sustain, own problems to solve. High on that list is a decent and potentially happy place to live.

The choice they made, in South Florida as in nearly all of the nation's highly promoted "dream" destinations, is increasingly popular. In Arizona, California, Colorado, Cape Cod, Puget Sound, coastal Georgia and the Carolinas, from Austin and Aspen to Seattle and from San Francisco and Lake Superior to Long Island, and robustly along coastal Florida, guard houses and gates give entry to a set of lifestyles that most Americans seem to covet, all the more as they reach retirement age.

For many Americans over the random but designated age of 55 who can afford it, gated communities also become a last — and lasting — haven, safe, quiet, active, with a host of services from landscaping and insect control through recreation and arts and entertainment to transportation and extended care.

"You feel you've worked hard most of your life," Mr. Silverman says, "and you earned this."

In terms of daily operation, gated communities become cities unto themselves, most with their own governments, their own public works and services, their own social organizations. That can be comforting, a way to feel more involved in a neighborhood. It can also be vexing,

another set of controls in a culture already heavy with them.

Voices of many people who actually live and work in these communities contradict the stereotypes. Those voices also, sometimes actively, contradict each other. They can advise a newcomer, better than anyone, on how a gated life might fit.

Here, then, is a checklist for those considering, or curious about, life inside the gates. Call them wants or needs, or just concerns.

Safety and Security

Security sells, and gates promise to deliver it.

They don't, always. Crime statistics show nearly as many inside most of the gates as out. Even in communities offering full-time guard patrols, security can't be airtight. The latest reports in gated communities in Palm Beach County include a wave of car break-ins.

"In a way it's a kind of false security," Ms. Resnick says, "because a gated community will only keep out the amateurs. Professionals will figure a way to get in. But ... a gated community makes it a little more difficult."

Just the image, though, of the guard-house and gates themselves, the impression of security and added vigilance, is enough to ease worry and promote well-being. "There's that feeling that you didn't really need to worry," Ms. Schilling says, "a feeling I didn't have when we lived in the ungated community. I used to always, when I got out of my car, look around. Like you do in a shopping center. I don't find myself doing that."

No gated community can hide from the nuisances and threats common to ANY community. All are subject to the laws of the federal government and of the municipalities, counties and states around them. One more layer of vigilance can seem reassuring or troubling.

Ms. Schilling sees a benefit. "Your guard gates go into real effect at 9 p.m.," she says, "and everyone gets questioned, until I think 5 or 6 in the morning. For us, I think, it's just a feeling of safety. We had one neighbor that was kind of bothersome. We've been there six years in July. And they were a little ... it was a rented unit, and they were noisy. Glenwood is so quiet, such a peaceful area. It's so nice. You can talk to your neighbors, not like you're stiff or whatever. They bothered a few people, and a few people called the office, and they were gone. Within two months, they were gone. So, I thought, that's good to know. At least somebody's looking out for you. They're taking it serious."

Ms. Collum adds, "For families that work, you can get a nice-sized house and yard, at a good price, nice and quiet, and still have kids for your children to play with and not worry so much. It's been good for us."

Rules and Regulations

Inside the gates, rules, well, RULE. With homeowners and condo associations and boards at work, with golf courses and pools and recreation centers and restaurants, each community has its own regulations, designed to improve and restrict. Some dictate what may or may not be done to a home's appearance or landscape. Some ban pets, or prescribe access to walking paths or grounds, or dictate lifestyle choices.

An office manager of a gated community in south Palm Beach County says she enjoys her job but wouldn't live where she works. The community won't allow trucks, or boats, or motorcycles. "I have three boats, I have my truck," she says. "All these things that I like to do, I couldn't do here. If you have a commercial vehicle, you can't keep it here."

"I can also say that there's a lot more crime where I live. There's very little of it here."

Residents point out that EVERY community, gated or not, has its regulations. Developers dictate floor plans

Gated communities: An ancient search for utopia?

Gated communities might be another urban-design milepost in the perpetual search for utopia.

The urge is historic.

Gates first swung open into walled cities as long ago as 4,000 B.C. In ancient Greece and Egypt and Rome, planners built gated communities for comfort, luxury (where possible) and, especially, for security.

Europeans, particularly conscious of social classes, built communities with a geographic hierarchy: kings and queens on the high ground, walled towns around them playing out in descending layers of money and influence. Entry to the estates of the privileged often came through elaborate gates.

Castle walls and parapets and their moats and drawbridges gave way over

time to the decorative iron gates of country and seaside estates and to fences and hedges, still the preferred barriers for today's gated communities, enhanced these days by the guard house and its high-tech communications array, including cameras.

Gates migrated downward to everyone else partly through commerce and free enterprise. Planned communities, including those sponsored by manufacturers such as Pullman, were among the first to offer both gated entrances and a price most working people could afford. Developers such as Del Webb and the Mackle Brothers created well-garnished cookie-cutter retirement havens for the middle class masses: Sun City, Ariz. and Deltona. Efficient, cost-effective, exotic, the best of them also answered concerns about

crime with gates and guards. Some argue that America's first planned community was St. Augustine, settled in 1565; older photos show prominent city gates.

Sir Thomas More coined the word "utopia" in 1516 for his book of that title, meaning an ideal commonwealth offering a life as close to perfection as humanly possible, a safe land of milk-and-honey, a Shangri-La. The Latin words he used for utopia, "ou" and "topos," translate to "not place," or "nowhere."

Maybe, Florida urban sociologist Ray Oldenburg suggests, we're still longing for a place we lost, or one that never existed; a place like a small town, where neighbors know and help each other, forgive each other their flaws and failings, tolerate or even welcome their differences, conduct honest businesses and

practice fairness and reject crime and violence.

In his book *The Great Good Place*, Mr. Oldenburg laments, "Where once there were places, we now find nonplaces. In real places the human being is a person. He or she is an individual, unique and possessing a character. In nonplaces, individuality disappears. In nonplaces, character is irrelevant and one is only the customer or shopper, client or patient, a body to be seated, an address to be billed, a car to be parked."

Maybe. Regardless, why not park the car, pull bills from the mailbox, and sit the body on a patio or kitchen table at a nice address where we feel safer? Gates aren't the answer, but they might shape a better question. ■

— Tim Norris

and schemes of color and design and landscaping. Local governments and law enforcement use ordinances and zoning to control behavior and shape neighborhoods. "It's really not much different," Ms. Schilling says. "But you should always look at them (the rules) before you buy or rent."

Outsiders might see some rules as extreme. One resident quoted here innocently set out a stone inscribed with a saying in front of her house and was told it wasn't "in keeping" with the landscaping. "I thought, 'You know what? I shouldn't have that out there.' If you're a rule-breaker, you probably have a problem with that. If you're a rule-follower, it doesn't bother us at all."

One rule of thumb, if not of gated associations, as Ms. Resnick advises, is to keep a low profile. "As long as you don't bring attention to yourself, you don't ruffle people's feathers," she says, "then they'll leave you alone." A grievance committee is set up, she adds, to settle disputes in-house. As in any neighborhood, most people find ways to settle most problems peaceably.

Ease and Convenience

Leaving choices — and responsibilities — to community managers is also a big part of a gated community's appeal. In many places, management handles and dictates all landscaping, right up to the doorway and windows. It also hires a host of landscape workers and service people to groom, clean, maintain and repair, duties otherwise left to owners and renters themselves. While most communities leave inside maintenance to residents, some provide both interior and exterior upkeep and repair, at a price.

Florida, like Arizona and California and other retirement meccas, is especially geared to providing service to retirees. Few dispute the need or the advantages; part of the local economy relies on it. Questions involve whether service workers are adequately paid and fairly treated, and how much ease and convenience is too much. Most residents, especially those still working and busy with their own lives, leave that to management.

"The older we get, you know, we go to the beach, have fun, you don't have to worry about your yard work," Ms. Schilling says. "You can't beat it."

Freedom and responsibility

In the full-throated spirit of American democracy, a meeting of a resident or condo or master board can turn into a shouting match, bickering over important matters but also over details an outsider might find trivial, such as the size or clarity of a video screen in a clubhouse or the color of holiday lights decorating entries.

As one office manager says, "People can have strong opinions. Everything that goes on here comes back to me. We have about 700 people living here, and they all have

their own opinion. I will have 100 people come to me and say 'You should have done this.'

"People DO compliment us on occasion. But good work is usually taken for granted; one mistake will be nailed."

Some critics, though, say that gated communities are LESS democratic than communities around them. The rules of multiple boards, with internal politics of their own, and added fees for residence, services and recreation can seem burdensome. And "condo commandos" who bully and knit-pick, while rare in the experience of the locals quoted here, can throw their weight around more easily inside gated confines.

"Have I been snapped at? Yelled at?" the office manager says. "Oh, yeah." Her maintenance chief adds, "They don't like the word NO."

The manager says, "Most people are great, but I've had to tell some people to leave the office, come back when you're nice."

From gates on a baby crib to the pearly kind, everyone hits limits. Access to land, public and private has always been restricted. Even some public parks charge for admission or parking or admission, and entry to public institutions is rarely free. Homeowners put themselves in the hands of mortgage-holders; renters put themselves in the hands of landlords. Gated communities put owners AND renters in the hands of several more overseers: various volunteer boards, elected and self-appointed, and management companies and their on-site supervisors, and security personnel.

Multi-cultural contact and experiences

A big knock on gated communities is the way they often target age and economic groups. People ARE segregated by income or economic group, the local residents agree, but that applies nearly everywhere. They also find neighbors of varying backgrounds and interests.

"I see diversity when I go the pool in our community," Ms. Schilling says. "And it's not just the African-American and the whites. You've got Latinos, you've got the Indians. Palm Beach Gardens is changing demographically. It's a good thing."

Of the nearly 11 million secured-access occupied housing units in the U.S., the American Housing Survey reports more than 1.7 million households as black and nearly 2 million as Hispanic or Latino. At a time of housing distress and foreclosures, many of those reflect a growing trend toward renting rather than buying.

Karen A. Danielson-Long of Virginia Tech, who studies housing opportunities for minorities in gated community, writes, "The common assumption, in the United States, is that most gated communities were occupied by non-minority and affluent homeowners. It came as a shock to researchers that many gated community

residents live in rental units. These renters are also much less affluent and are more likely to be Black or Latino than homeowner gated communities."

Self-expression and conformity

Residents quoted here don't seem concerned about cookie-cutter housing, common landscaping, or enforced conformity. "We come-and-go as easily as anyone, anywhere," Ms. Resnick says. The idea that they are "trapped" or "hiding," she says, is ridiculous. And inside, she says, where rooms are airy and well-equipped and individually furnished, most have little sense of conforming.

Any neighborhood might have its snoops, but gated communities can seem especially intrusive. Enclosed almost like a fish bowl, even more than any small town or as much as any high school, they can percolate with gossip. Not all is kind. Cliques and social hierarchies happen.

"This is a city in itself," the maintenance supervisor in the community near Boca Raton says. "Something happens here, and everybody knows. This is their little world, here. Somebody goes out to the doctor, goes out to eat, to the swimming pool, the golf course, they're watched. There are eyes everywhere."

With cameras in cell phones and in businesses, stores and public places, he said, that might be true anywhere. "Inside, it's still your own place," he says. "Truth is, hardly anybody else cares."

Recreation and Entertainment

Golf courses, swimming pools, tennis courts and card rooms are common in local gated communities. Shuffleboard courts and croquet lawns are a garnish. Large communities, such as the Century Village complexes and Leisure World, offer theaters and art shows and bring in professional entertainers and ensembles, speakers and thinkers. They also run buses and vans to nearby shopping and cultural events. Some include classes and workshops, and higher-priced communities feature fine dining and health and wellness programs, their own retail stores and activities.

Most residents appreciate the choices, whether or not they partake. "There IS a feeling of being part of a community, almost a small town, a place where things happen," Ms. Resnick says.

Cost, profit and loss

Some suggest that the system behind gated communities and others with HOAs (homeowners associations) gives management companies too much clout. Gated communities actually owned and run by residents are rare. While they may suffer some of the politics and problems with boards of directors and internal nit picking and power plays, the owner-owned kind can keep costs down.

Another beef is the charge of "double-

taxation." Ms. Resnick expresses a shared frustration when she says, "Some of the fees keep going up. My maintenance (fees) started at \$1,100, I'm up to \$1,650 every three months. That's on the low end compared to some places."

But most residents, she says, take a wider view. Charges are not hidden, and benefits are clear.

"For what we get at PGA National," Ms. Schilling says, "the association charges you once a year, \$700. That's the main association. But then we pay our quarterly dues, \$600 per quarter, to Glenwood, with tennis courts, recreation, everything. With our upkeep, you can't beat it. The trees are trimmed, the grass is mowed. We just got brand new landscaping. Both associations, and Glenwood, especially, are always improving. As far as I'm concerned, it's money well-spent."

Prestige

This is really an attraction of ages-old high-end real estate. Sellers continue to promote "preferred" neighborhoods, and many gated places joust for the honor, fronting their entries with castles and fountains and showy landscaping. The restriction in some communities to "members and guests" gives residents and approved visitors an added cachet. The implied label of "them and us" might seem undemocratic, but prestige exerts a continuing appeal, as it does with cars, yachts, mansions and high-end anything.

The gated road ahead

Construction in Florida may have slowed through the recession, but gated condos continue to rise along both the far eastern and east-central portions of Palm Beach County. As the last of the World War II generation are replaced by Baby Boomers and, in turn, by Gen-Xers and whomever goes gray behind them, card rooms, golf courses and tennis courts might recede into an onslaught of other entertainments, of electronic games and the crackling confluence of movies and homemade videos and shared downloads, of virtual environments and also showier gathering places. That won't dampen the desire for safety and good living.

In an article in the magazine *American City*, Josh Leon sees gated trouble ahead. "These communities effectively shrink the public sphere, restricting traffic, pedestrian movement and green space by consuming large swaths of land," he writes, and he suggests that we can "build on existing efforts to foster an open community with mixed cultures and incomes, or it can turn inward toward exclusive modes of living."

Karen A. Danielson-Long says gated communities come in many shapes and colors, and they suffer a general "Lifestyles of the Rich & Famous" bias. "Most people," she says, "just want a better place to live. And they're finding it." ■

FLORIDA WEEKLY

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2. Amber Nelson, Valerie Cintron, Dave Perez
3. Amy Biederwolf with a rescue dog
4. Treats
5. More treats
6. Heidi Copit with dog Appalachia
7. Fiorenza Delguzzi
8. Blake Barnes, Bryce Barnes
9. Rick Biederwolf, Grant Biederwolf
10. Sindy Conover, Bev Lewis
11. Dogs for adpotion
12. Jayme Stevens, Kristen Lewis
13. Rachel Williams with Appalachia
14. Treat table
15. Francesca Biederwolf
16. Courtney Barnes, Meg Weinberger
17. Courtney Barnes with Maizy
18. Dolores Kennedy



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WEEK OF AUGUST 30-SEPTEMBER 5, 2012

PALM BEACH COUNTY COMMERCE

Palm Beach State, VA set to host veterans' town hall

SPECIAL TO FLORIDA WEEKLY

Palm Beach State College and the West Palm Beach VA Medical Center will host a town hall meeting, "Health & Education: A Winning Combination for Success in College and the Workplace," on Sept. 11. The event will be held from 11:30 a.m. to 1:30 p.m. in the Paul W. Graham Continuing Education Building, Room CE 119, on Palm Beach State's Lake Worth campus, 4200 Congress Ave. It is free and open exclusively to veterans and their families.

Guest speakers, a panel discussion and informational displays by participating community agencies will focus on providing strategies for a healthy lifestyle and weighing education and career options.

Veterans will be able to speak with Palm Beach State and VA Medical Center personnel to learn about available services and obtain information on internships and job placement.

"Many of the Veterans coming home today are at a crossroads, and it's taking a serious toll on their health and families," said Van Williams, Palm Beach State director of TRiO and Outreach, in a prepared statement. "We hope to reach veterans with valuable information and support services designed to get them ready for college and civilian life through healthy choices and positive action."

A \$25 gift card will be given to the first 50 veterans to arrive; proof in the form of a DD214 or current VA ID card is required.

For more information, call 868-3805. ■



COURTESY PHOTO

The Marriott hotel gave 50 chairs to Gulfstream Goodwill Industries.

Marriott West Palm gives chairs to Goodwill

SPECIAL TO FLORIDA WEEKLY

The Marriott, West Palm Beach, made a large donation of 50 chairs — valued at about \$1,500 — to Gulfstream Goodwill Industries.

Iva Grady, director of development at Gulfstream Goodwill Industries and a member of Palm Beach County Hotel & Lodging Association, said in a prepared statement, "Customer satisfaction is paramount at Gulfstream Goodwill and we acted promptly to ensure the Marriott was satisfied with our service."

Herby Galindo, Goodwill south operations coordinator, said, "A Goodwill truck arrived within an hour of the initial phone call."

Goodwill said that "the donation will go a long way in sales through Gulfstream Goodwill retail store revenues to fund programs and services that assists people with disabilities and other barriers to employment to become self-sufficient, working members of our community."

The Marriott is at Okeechobee Boulevard and Australian Avenue. ■

Kenneth Beer named to Marshall Foundation board of directors

SPECIAL TO FLORIDA WEEKLY

Kenneth Beer, M.D., has been named to the Arthur R. Marshall Foundation for the Everglades board of directors.

The founder of The Cosmetic Bootcamp, a training program for dermatologists and plastic surgeons, Dr. Beer, a dermatologist, also is the author of the book "Palm Beach Perfect Skin" and has contributed articles to medical publications and textbooks.

In addition, he serves on the editorial boards of several leading medical journals, and he has appeared as an expert source on "The Martha Stewart Show," "The CBS Early Show Live" and numerous local NBC and ABC news affiliates. He also served as medical director for The Weather Channel and Weather.com Rays Awareness Program.

Dr. Beer earned his Bachelor of Science degree in zoology at Duke University, spent a semester studying at Oxford, and received his medical degree from the University of Pennsylvania School of Medicine. He later spent three years in dermatology residency and a year as a dermatopathology fellow at the University of Chicago.

Dr. Beer also serves on the advisory board of New Hope Charities Inc. and the board of directors for the Suncoast High School Foundation.

For more information, call 233-9004 or see artmarshall.com. ■



BEER

Annual Fashion's Night Out Is Sept. 6 at The Gardens

SPECIAL TO FLORIDA WEEKLY

The public is invited to celebrate the annual Fashion's Night Out at The Gardens Mall on Sept. 6.

The event kicks off from 6 p.m. to 7 p.m. in the Grand Court, with a disc jockey. Guests can check out the latest trends from Bloomingdale's as top models mingle informally with the crowd wearing hip fashions ranging from fall resort chic to elegant cocktail and black-tie glam.

Party libations include a custom-designed vodka luge carved out of solid ice that pours chilled vodka into mini martini glasses. Keeping with the "all things pink and fashionable" theme, there will be passed hors d'oeuvres, hot pink popcorn, mini milk shakes, and tiny "Lilly" pink cotton

candy cones.

Two high-tech digital photo elements will splash party images and guest pics on a big

iTouch screen, along with a custom-designed Insta-gram station. Guests are invited to take photos during FNO and tag them instantly with #FNOTGM. All on-site photos will be posted on a rolling big screen.

More than 60 retailers will host in-store events from 7 p.m. to 9 p.m., with register-to-win drawings, special gifts, refreshments, makeovers, gifts with purchase and other fashion-forward festivities. To see FNO updates, see thegardensmall.com/FNO2012.

The Gardens Mall offers two stories and 1.4 million square feet of national brand retailers, iconic luxury stores and five major department stores. ■

Lawrence I. Sosnow joins Photographic Centre board

SPECIAL TO FLORIDA WEEKLY

Lawrence I. Sosnow has joined the board of directors of the non-profit Palm Beach Photographic Centre. PBPC

provides instruction in more than 300 workshops a year to students all over the U.S..

"Mr. Sosnow will bring both strength and creativity to the Photo Centre's board as we continue to expand to meet the growing professional and hobby interests of students in digital arts," said Fatima NeJame, president and chief executive officer, in a prepared statement.

A start-up entrepreneur, Mr. Sosnow

recently exited SeniorBridge Family Services Inc., a company he founded in 2000 and where he served as chairman until its acquisition in July of this year by Humana Inc.

Previously, Mr. Sosnow had been a co-founder and former vice chairman of athenahealth, inc. He had also been the founder and chief executive of Patient Care Inc., acquired in 1994 by Chemed, Inc. Mr. Sosnow currently develops new business ideas through his holding company, Wonsos, LLC.

The Photo Centre is located at the City Center municipal complex at 415 Clematis Street in downtown West Palm Beach. Hours are 10 a.m. to 6 p.m. Monday-Thursday, and 10 a.m. to 5 p.m. Friday and Saturday. For more information, call 253-2600 or see workshop.org or fotofusion.org. ■



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MONEY & INVESTING

Who's afraid of the fiscal cliff?



Driving a car to the edge of a known cliff, without any plan to avoid the cliff, could easily be considered verifiable insanity. Such is the life of the U.S. citizen.

To further complete the allegorical picture, imagine that the car is going full speed and you, the U.S. citizenry, are its passengers. You think, "Surely, the car will stop before the cliff," but your cries for such assurances cannot be heard by an car on autopilot.

And that is comparable to the situation in which we find ourselves vis-a-vis the current "fiscal cliff," a term coined by Federal Reserve Chairman Ben Bernanke to describe the plight in which the U.S. will find itself come Jan. 1, 2013, as various tax cuts are set to expire and forced reductions on government spending (greatly impacting the military related industries) go into effect.

The word "cliff" suggests that we will fall into an economic abyss as a huge, recessionary multiplier effect ripples through the U.S. GDP and the world's GDP. The new year brings major reversals in taxes (existing payroll tax cuts and 2001/2003 Bush tax cuts; loss of certain 2012 unemployment benefits; and activation of a new 3.8 percent

tax on certain passive income) and the beginning of "sequestered" spending cuts (which greatly impact companies that are direct military contractors and companies that are peripheral suppliers and employers to those companies.)

Some despise the military complex and may think, "Well and good to cut military." Some others think, "Well and good that the rich will pay more taxes." However, those well and good moves might have recessionary implications. Those cuts might not be such good ideas as they might could halt probable GDP growth of 1.5 percent, after we have spent trillions (e.g., \$5.2 trillion in fiscal deficits since 2009) to resuscitate the economy.

The cliff side danger is already being internalized by corporate America. In anticipation of a possible crash and burn, companies with core military exposure are scaling back. Even the companies that are peripheral to the industrial military complex are canceling expansion and hiring plans.

An example of the latter... "Hubbell, a maker of electrical products, has canceled several million dollars' worth of equipment orders and delayed long-planned factory upgrades in the last few months... It has also held off hiring workers for about 100 positions... (as) The fiscal cliff is the primary driver of uncertainty, (the CEO of Hubbell, Timothy Powers) has decided to postpone hiring and investments," as Hubbell already sees it in the order patterns of their customers. ("Fearing an Impasse

in Congress, Industry Cuts Spending", *New York Times*, Aug. 5, 2012) The anticipatory cutbacks of corporations can clearly hurt GDP and income tax receipts.

Now what can the Treasury do if the statutory debt ceiling is now set at \$16.4 trillion and, yet, per www.treasurydirect.gov on Aug. 16, the debt was \$15.9 trillion (of which \$5.2 trillion is from deficits since 2009)? Not much. Congress holds the power to change the limit. Still, what can the Treasury do? It can employ variations on robbing Peter to pay Paul.

A widely used estimate is that by October/ November, the ceiling will be reached and the Treasury will have to liquidate portions of various U.S. trust funds in order to continue to make government disbursements. Further, by January/February 2013, the Treasury will likely begin to prioritize/allocate disbursements. Once these interim measures run their courses (techniques that just delay the moment of reckoning), then sequestering would begin, as exceeding the debt ceiling is a sequester trigger.

Companies in the military sector (and possibly others) see sequestration as an event of high probability. Companies are required to give employees 90 day advance notice that they will be cut and some companies are circling Oct. 1 (90 days prior to Jan. 1) as a notification date.

Back to the car... and who is at the wheel of this car heading for the cliff?

Our collective, illustrious, self-serving (both sides of the aisle) politicians who are paid to create a solution and yet continue runaway spending. To employ another metaphor, it could be said that the "can" has been kicked down the road since the U.S. last ran a surplus in fiscal 2001. (In 42 years since 1961, the only surplus years were: 1969, and 1998 through 2001. www.cbo.gov)

Some might think that Congress surely will get its act together as members of that body are in the car with the rest of us. Such is not the case; these politicians enjoy preferential, personal economic rules unlike the rules they have made for us. Their retirement plans, health plans, college education financing, pension plans, etc., are so superior to the rank and file of U.S. citizens that, if it was not so very tragic, it would be comical. Before finger-pointing at others regarding economic and taxation disparity, they need to end their own very elevated status.

In simplest of terms, the fiscal cliff can cause huge economic harm to the U.S. If the economic future of the politicians were on the line, if their personal finances were set to veer over the cliff as can ours, the problem would have been solved yesterday. It is up to voters to bring these questions to political forums for debate. ■

— Jeannette Showalter, CFA, is a commodities broker with Worldwide Futures Systems, (239) 571-8896. Write to showalter@wwfscsystems.com.

KOVELS: ANTIQUES

Inkcake process dates to 12th century B.C.



For the past few years, auctions of Chinese antiques have attracted many bidders and high bids. The auctions have included many items that were not recognized by American bidders. A recent auction sold a "Chinese polychrome-decorated inkcake" for more than \$1,000.

I had to do some research. An inkstick or inkcake is a piece of solid ink that might be a mixture of soot and animal glue made from egg whites, fish skin or animal hides. Its scent was enhanced with cloves or sandalwood or other natural products. Other types of inkcakes were made of burnt material, plant dyes or minerals. The mixture was kneaded and pressed into a carved mold to dry. The inkcake had to be ground on an inkstone with some water. The ink could be mixed to be thick or thin. An ink brush was dipped into the ink and then used to write or draw on paper.

Early examples date back to the 12th century B.C. New ones are in stores now. The auction's inkcake dated from the mid 1700s. The colored raised decoration on one side pictured a landscape with a temple, table, sculpture and candle. The other side was decorated with a colored dragon in the sea, a mark and an inscription. The inkcake was stored in a carved wooden box that was 4 7/8 inches high, 3 3/8 inches wide and 7/8-inch deep. Inkcakes, as well as inkstones, ink-



COURTESY PHOTO

It took a \$1,195 bid to buy this colored inkcake at Neal Auction in New Orleans in April 2012. It dates from the 1700s and was probably never used to make ink.

brushes and paper, are highly regarded as symbols of culture.

Q: I have an unusual chest that I would like to sell. It has many small drawers. On the inside of one it reads, "The Practical Glove Holder, Patented October 7, 1897, A.N. Russell & Sons, Canadian Patent August 7, 1897."

A: A.N. Russell & Sons was founded in Ilion, N.Y., in about 1883 by Albert N. Russell. The company made cabinets for

gloves, ribbons and thread, as well as umbrella holders. The ribbon and glove cabinets were its most popular items. It later made bronze- and aluminum-framed museum cases until the business closed down in 1932. In 2007 an A.N. Russell & Sons ribbon cabinet in very good condition sold for \$1,300 at auction.

Q: I have a cookie jar that looks just like the Shawnee Smiley pig cookie jars, but it's not marked "Shawnee" or "Smiley." The only mark on the bottom is "USA." It has red flowers and a red kerchief. Is it real or a reproduction?

A: Shawnee Pottery Co. of Zanesville, Ohio, began making these cookie jars in 1942. At first they were called "Smiling Pig." There were many versions. The earliest ones were cold-painted or plain and had a triangular rim. Later jars had round openings and were hand-painted or decorated with decals. Decorations included apples, clover, flowers, plums, shamrocks or strawberries and different-colored kerchiefs.

Some were marked "Pat. Smiley USA" or "Shawnee Smiley 60," but many are just marked "USA." When the company went out of business in 1961, the molds were sold to Terrace Ceramics, which made the cookie jars in plain white without decorations. There are also many fake Smiley Pig cookie jars on the market. Price of a genuine Smiley pig jar is determined by condition and decoration and ranges from \$140 to \$250.

Q: I inherited my grandfather's collection of more than 600 cigar bands. They are in an old scrapbook. Only a small corner of each band is glued onto the page. There are pages that have

cigar bands picturing every president from George Washington to Teddy Roosevelt. Are they of any value?

A: Collecting cigar bands was a popular hobby in the early 1900s. Cigar manufacturers used the bands to keep cigars from unrolling and to identify and advertise their brands. Some bands made in the early 1900s were printed with real gold gilt.

Single bands as well as sets of bands like your U.S. presidents were made. Collectors used to look for sets that interested them or for particularly beautiful designs. As with most paper collectibles, pasting or gluing them into an album or book lowers their value — unless they can be safely removed without damaging the paper.

There are few cigar-band collectors today, but there are many collectors of cigar memorabilia. Look for dealers or auctions that sell cigar-box labels, cigar cutters and other tobacciana.

Tip: Light can damage many types of antiques. Furniture finishes will fade; textiles and paper can fade or darken. Light will also weaken wood and fabric. ■

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



Sophisticated, stylish in San Michele



SPECIAL TO FLORIDA WEEKLY

Nestled on a quiet street, this luxury lakefront home is one of San Michele's finest homes. The Valdarna model with 6,210 square feet under air conditioning is located at 1129 San Michele Way in Palm Beach Gardens. The spacious floor plan features six large bedrooms, 7.5 custom bathrooms, along with an office, wet bar, media/playroom and a loft. A gourmet kitchen boasts a six-burner range, granite countertops, a chef's island with pullout cooling drawers and a butler's pantry. The master bedroom offers his-and-hers bathrooms and walk-in closets. Built in 2004 by Gordon Builders, the home's finished details go beyond a showcase to elegant functionality with two stone-cast fireplaces, hardwood flooring and plantation shutters, a summer kitchen, hurricane impact windows and doors, lush landscaping and a four-car garage.

The largest model in San Michele, this home is a part of a private gated community with only 90 estate homes. The community boasts amenities for an active lifestyle including Har-Tru tennis courts, a community swimming pool, fitness center and a well-appointed clubhouse. The community's location is convenient to shopping, dining, schools, the beach and the airport. The home is available for immediate occupancy and is listed by Platinum Properties for \$1,540,000. Agent is Christina Meek 561-670-6266, 1129sanmicheleway.info. ■



When storms brew, a buyer's thoughts turn to generators

heather
PURUCKER
BRETZLAFF



Last week was unusually busy for mid-August. I had two clients returning from Europe and three showings at one of my new listings. It was a great week and I ended up signing a contract on one of my spectacular listings in Old Palm Golf Club.

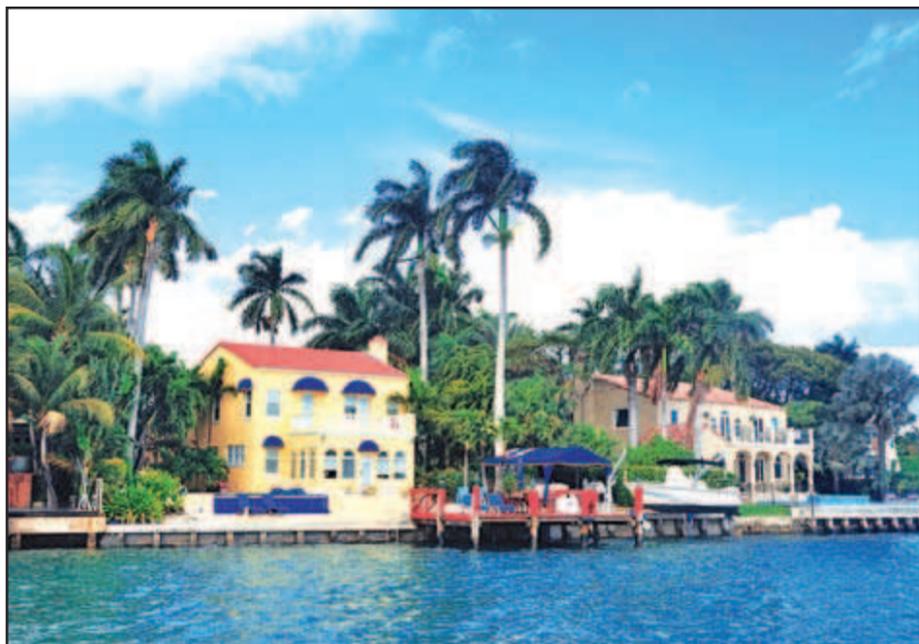
My showings this week, however, were quite different than in recent months. It reminded me of questions I had back when storms were very prevalent, beginning with Hurricane Andrew and ending when we had several storms in a row in 2004 and 2005. After those storms, hurricane impact glass became a standard in the home building industry and many homes also began installing generators.

I am rarely asked if a generator is installed when showing a home so I am always sure to let the potential buyers know if the particular home they are viewing has one. This week, instead of pointing out the features of impact glass and generators, I was asked by four of the five buyers if these items were included in the home. Of the homes we viewed, all but one had a generator and all had impact glass. The clients were more interested in features that related to weather than what type of refrigerator was in the kitchen.

Is the home gas or electric? Is there a lightning rod? Is there impact glass? Generator? How large is the generator? How is the drainage? What type of construction is the home? Have there ever been any roof leaks? How old is the roof? What happens if I am not here during a storm? Who will bring in my outdoor furniture? Who will check on my home after a storm? Who will make sure there were no leaks? Who is the best property manager for this? It was like a flashback to 2004 and 2005.

Something to remember is that all of these features are important and add significant value to a home. A generator can cost an average of \$50,000 or more and depending on the type of impact glass used, it can add another \$50,000 to \$100,000 to the value of the home. Lightning rods are an important feature that most homeowners do not even think about. When struck by lightning, a fire can begin and cause significant damage to your home.

Ironically, most buyers don't usually think of these features and most sellers even fail to mention they are a part of the home when selling. However, everyone becomes very aware of it the minute a storm is threatening the area, which is what happened this past week. No one was asking if the refrigerator was a Sub-Zero or if there were two Fisher-Paykel dishwashers in the kitchen. They were not asking if the floor was made of walnut or cherry wood, or if the cabinets were custom designed and built by Downsview.



Many safety features helped me put together the contract on my listing in Old Palm Golf Club. The buyer is from Europe and will not be spending a large amount of time at the home. So, in addition to being a beautifully designed home with many amenities, it was a big advantage that the home had a generator large enough to cover the more than 9,300 square feet of air-conditioned space. It also had Andersen wood windows and doors with impact glass throughout the home, and a caretaker.

The buyer was extremely comforted knowing that he did not need to have any

concerns regarding the threat of a storm coming.

Luckily, he returned safely to Europe before Isaac was a threat.

If you are currently looking for a new home or upgrading your existing home, safety items should always be a consideration. In addition to the value they add, they can have significant insurance-cost reductions. ■

— 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.

Palm Beach hike in home sales shows continued uptick in market

SPECIAL TO FLORIDA WEEKLY

Palm Beach County home prices and sales increased in July compared to July 2011.

Palm Beach County's median price rose 15 percent to \$217,500, said Florida Realtors in a prepared statement. A total of 1,247 existing homes sold, up 21 percent.

In Broward County, the median price was \$215,000, up 13 percent from July 2011. There were 1,308 homes sold, a 20 percent jump.

Statewide, single-family home sales were up 10 percent in July from the same time in 2011. The median sale price increased 8 percent to \$148,000.

"Florida's real estate recovery is on solid ground," said 2012 Florida Realtors President Summer Greene, regional manager of Better Homes and Gardens Real Estate Florida 1st in Fort Lauderdale, in the statement. "Since May 2011, pending sales have increased every month for both existing single-family homes and for townhome-condo properties.

In July, pending sales were up more than 42 percent for existing single-family homes and 26 percent for townhome-condo units, compared to a year ago. Home prices are on the rise in many markets, while the inventory of homes for sale is down. Florida's housing market is growing stronger and stronger."

Pending sales refer to contracts that are signed but not yet completed or closed;

closed sales typically occur 30 to 90 days after sales contracts are written.

Statewide closed sales of existing single-family homes totaled 17,420 in July, up 9.8 percent compared to the year-ago figure, according to data from Florida Realtors Industry Data and Analysis department and vendor partner IOK Research and Marketing. The statewide median sales price for single-family existing homes last month was \$148,000, up 7.8 percent from July 2011.

According to the National Association of Realtors, the national median sales price for existing single-family homes in June was \$190,100, up 8 percent from the previous year. In California, the statewide median sales price for single-family existing homes in June was \$320,540; in Massachusetts, it was \$325,000; in Maryland, it was \$268,910; and in New York, it was \$220,000.

The median is the midpoint; half the homes sold for more, half for less. Housing industry analysts note that sales of foreclosures and other distressed properties continue to downwardly distort the median price because they generally sell at a discount relative to traditional homes.

Looking at Florida's year-to-year comparison for sales of townhomes/condos, a total of 7,779 units sold statewide last month, up 2.8 percent from those sold in July 2011.

The statewide median for townhome-condo properties was \$102,000, up 10.9 percent over the previous year. ■

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MIRASOL



UNDER CONTRACT

116 VIA CAPRI

Largest single story home in Mirasol. 5BR/5.2BA home with stunning water and golf views. Set on an oversized 3/4 acre lot with gourmet kitchen & expansive master suite. Covered lanai with oversized pool and spa. Full golf membership. Web ID 887 **\$2.375M**



SOLD

126 PLAYA RIENTA

Magnificent 4BR/5.5BA custom estate home with a golf equity membership. Almost 6,000 SF with gourmet kitchen, Saturnia floors and custom wet bar with rich wood built-ins. Private patio with heated pool, rock waterfalls & spa. Web ID 1214 **\$2.195M**



UNDER CONTRACT

115 TALAVERA PLACE

One of Mirasol's most magnificent homes. Paved courtyard with private entry. Media room, 5BR/6.5BA plus island kitchen with European cabinetry. Covered patio with heated saltwater pool, fountains and spa. Breathtaking views. Web ID 988 **\$1.875M**



PRICE REDUCED

115 MONTE CARLO

Custom Mediterranean style 3BR/3.5BA home offering breathtaking golf & sunset views. Upgraded gourmet kitchen, spacious great room floorplan & light-filled office. Lush landscaping surrounds the custom heated pool and spa. Web ID 1243 **\$799K**



NEW LISTING

119 ESPERANZA WAY

Impeccably maintained 3BR/3.5BA home with full golf equity membership. Upgraded with the finest cabinetry, appliances and granite. Open and light floorplan with great water views. Two car garage with golf cart storage. Web ID 2598 **\$629K**

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HEALTHY LIVING

Anger management techniques can help you keep your cool

lindaLIPSHUTZ

llipshutz@floridaweekly.com



Cheryl was sick and tired of listening as that smug-faced PTA president droned on and on. Cheryl hated the way the other parents kissed up to Brenda. Brenda always acted like she was the only one who ever had anything of value to say.

So when Brenda publicly cut Cheryl off just as she was making an important point, Cheryl let her have it. Even though a voice in Cheryl's head warned that she was in a danger zone, she couldn't stop herself from viciously putting Brenda in her place. She knew she'd probably gone too far, but she defiantly believed she was in the right.

The fall-out, though, was huge. Her daughter Julia accused Cheryl of ruining her life at school, and said she couldn't face her friends, who knew all about the scene. Cheryl's husband Art was furious that she'd had another public outburst. He was tired of the embarrassment, and resented having to stand up for her once again after she'd offended so many of their friends and neighbors. He coldly told Cheryl that he didn't know how he felt about her anymore. He added that he would no longer defend her, and she'd better get some anger management training if their marriage was to survive.

Cheryl became frightened by his tone of voice. She hated to admit it, but

sometimes she did feel out of control. She knew in her heart that her outbursts were quite destructive, and she was at risk of losing everything that was important to her.

It's unfortunate that it sometimes has to take a crisis — for example the threat of losing a relationship or a job — for a person to not only acknowledge that some of her behavior may be intolerable, but to also DO SOMETHING ABOUT IT!

Anger is an important emotion that warns us of potential threats and danger. Our body has a protective mechanism that releases adrenaline to give us extra strength and speed during an emergency. Some people have tremendous difficulty distinguishing between the emotions of fear, danger and anger. When they are feeling scared or insecure their bodies may go into hyper-arousal escalating into an angry outburst.

Sometimes it may seem like a person is wired to go from zero to 100 in seconds. It may not seem possible to stop the cycle once it's in motion, compromising his ability to engage in reasonable conversations until he's found a way to calm down.

Some verbally abusive people do not have the necessary filter that would help them recognize the effect they have on others. They may truly be in denial about the devastating impact of their actions. On occasion, they may have a character flaw and believe they are entitled to be in a position of power and authority in their relationships,

resenting anyone who dares to believe otherwise. Some have such an aggrandized sense of self-importance that they dismiss an empathetic response to the hurt feelings of others.

However, for others, a very different dynamic may be operating. Rather than having an inflated sense of one's self, the screamer may actually feel quite vulnerable. He may be hyper-vigilant to slights and attacks as a pro-active means of self-protection. In other words, he's ready to pounce if anyone dares to go against him.

As we mature, most of us learn to respect each other's feelings and point of view, and learn a functional way of expressing our distress and anger. Oftentimes, we learn how to voice our worries and fears and get our needs met by observing the most important role models in our lives, experiencing how they reach out to and react to others. People with anger problems have often missed out on this important opportunity, because the adults in their lives may have had their own struggles with expressing their negative and angry emotions, and may not have been able to provide a safe, loving environment.

The good news is that a person can learn to control the impulsive acting out if they are truly motivated to do so. However, for any form of sustainable change to occur, the one with the abusive behavior must take full responsibility for his actions.

There are very effective interventions that an anger management class or

therapist can offer. If a person is taught how to look for the powerful feelings underneath the anger, he may gain key insights into the insecurities that fuel the explosion.

So let's consider this incident where Cheryl perceives that Brenda is disrespecting her. In this instance, Cheryl might be saying to herself: "How dare Brenda speak to me like that in front of the other parents. She thinks she's smarter than I am, and my ideas are not important. I won't tolerate this!" With this belief system, Cheryl will remain indignant and not likely to change.

But let's consider what happens if Cheryl takes steps to approach the situation differently. She might then say: "I don't appreciate the way Brenda handled this. However, SHE'S in charge of the meeting. I'll speak to her privately to let her know I was uncomfortable about what happened. I'm sure we'll find a way to work this out. If not, I'll consider just how I'd like to handle this later on, when I'm not so upset." With this more balanced way of approaching the situation, Cheryl is more likely to maintain her composure and head off any arguments. ■

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

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Raft-up and manatee safety tips for a safe boating Labor Day

SPECIAL TO FLORIDA WEEKLY

Labor Day Weekend is a popular time for boaters to raft-up with friends in a scenic cove or near a sunny sandbar.

Here are some tips from the Sea Tow Foundation boaters should keep in mind while rafting-up over the long weekend:

- Choose your raft-up spot carefully. Pick an area that is sheltered from the wind and waves. Stay clear of navigation channels and cruising lanes.
- The first boat in the raft-up should position itself with the whole group in mind, and set both a bow and stern anchor.
- When approaching the raft-up, have fenders and lines ready. Tell passengers to keep their arms and legs inside the boat at all times. Approach the raft-up slowly. Tie up to one of the end boats using bow and stern lines.
- Stagger the boats. Position them so each one is slightly ahead of or behind the boat next to it. This will keep rigging from touching if the boats are rocked by a wake.
- Boaters who can't stay long should tie up on the outside of the raft-up to facilitate their departure.
- Turn off your boat's engine to eliminate the chance of carbon monoxide poisoning, and so your prop won't be turning with people in the water.
- Exercise common courtesy. Ask a boat owner for permission before boarding his or her boat, even if you are just crossing their deck or platform.
- Designate a sober skipper for the trip home. Pack plenty of water and juice for hydration.
- Even in hot weather, children should



wear life jackets. This will keep them safe, particularly when walking from boat to boat or swimming off the raft-up.

- Appoint weather watchers for the whole group.

Boaters need to make it a safe Labor Day weekend for manatees, too.

Collisions with boats continue to be the leading known cause of manatee injuries and deaths. Since manatees must surface to breathe and they prefer shallow waters, boaters should observe all manatee speed zones and caution areas in manatee habitat to reduce the risk of boating collisions with these marine mammals, and to reduce the number of watercraft-related manatee injuries and deaths.

If you're on the water for the final big weekend of the 2012 summer boating season, remember that if you see an injured, dead, tagged or orphaned manatee, or a manatee that is being harassed, call the Florida Wildlife Commission hotline number at 1-888-404-FWCC (3922) or #FWC or *FWC on cellular phones, or use VHF Channel 16 on marine radios. ■

FITNESS PROFILE

Teacher, Krank It spin instructor gains endurance from cycling

Krank It is an exclusive indoor cycling studio with state-of-the-art equipment and premier instructors. The studio offers a unique experience — 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. Riders get stronger with every pedal stroke. Krank It is located at 11911 U.S. Highway One, Suite 105, Palm Court Plaza, North Palm Beach. Call 848-1300.

Name: Teresa Dabrowski

Age: 32

City: Jupiter

Occupation: Second-grade teacher and spin instructor

Family: Husband Robert, who works in commercial real estate

Activities: Running, biking, swimming and teaching

Q. How did you decide to join the studio?

A. I started teaching at Krank It as a spin instructor in January. I've been teaching at LA Fitness the past couple of years and wanted to pick up another class or two. The past-manager of Krank It left, so I fell into this amazing opportunity to help run/manage/kick

off this brand new spin studio.

Q. Did you have a training or exercise routine before you joined?

A. Yes, I loved biking and being outdoors but needed something to work on speed and hill climbing — since we can't find many hills in South Florida! I started indoor cycling a few years ago and loved it. It helped build my endurance and also helped my running.

Q. Some women say they find it difficult to make time for exercise or training. How do you carve out the time in your schedule?

A. It's not about having time. It's about making time. Exercise and staying healthy is so important to me, not only physically, but mentally. I saw a quote once that I will never forget: "A one hour workout is 4 percent of your day."

Q. Is there an aspect of the program that you like the best? If so, why?

A. I love meeting people that come in and out of the studio with the same goals in mind. They come in happy, and they leave happy — and sweaty. I love to see people push their limits and always give it 110 percent.

Q. Do you have any specific fitness goals?

A. I create daily fitness goals. Whether it is to increase the speed on my bike, running for speed/intervals, swimming more distance or practicing more yoga, setting goals is always on the top of my mind. I also write down

my goals: one-year, 5-year and 10-year.

I am currently training for Ironman Florida, which is in November (2.4 mile swim, 112 miles on the bike, 26.2 mile run). I'm hoping to be around the 11-hour mark so all of my current fitness goals are revolving around distance and a little speed work.

Q. How would you describe the atmosphere at the (gym/studio/ etc)?

A. We want to create a personable and friendly environment so people feel welcome and excited about the workout. We get to know people by their first names and always make sure they feel confident about the class.

We also use technology to increase knowledge of power and endurance. Our Keiser M3 bikes help riders train with more precision, accuracy and intensity. Our bikes are sturdy and have a magnetic flywheel, which causes no friction and makes cadence smooth throughout each revolution. The computer display acts as a training tool to monitor intensity, conditioning and performance within targeted heart rate zones.

We also have a 100-inch monitor on which we show different riding videos so you feel as if you are virtually riding through an Ironman or Tour de France ride.

Q. Do you have any advice for women who might be considering starting a training program?

A. We have so many options of classes to take. Ranging from a 45-minute interval class, 60-minute rock-and-roll ride, brick workout (30-minute spin/30-minute run), 60-minute 80s ride, century rides (100



COURTESY PHOTO

Teresa Dabrowski teaches spin, teaches second grade, and is training for an Ironman competition.

minutes), and many more.

We also offer a Cycling 101 class so 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. This class will cover all the fundamentals of spin. We offer this class one time per month. ■

Firefighter returns to work after rare surgery by Jupiter Medical Center surgeon

SPECIAL TO FLORIDA WEEKLY

Firefighter Anthony Ramos was performing routine physical training with his squad at a Rockledge fire station, and took his turn practicing with the hose line. Struggling with the hose, blasting water at approximately 150 pounds per square inch, he heard a loud ripping sound.

"It felt like you lost a wheel on your car and your transmission failed," said Mr. Ramos, in a prepared statement from Jupiter Medical Center. Wearing 60 pounds of gear, Mr. Ramos ripped his right pectoralis major muscle under the water pressure and completely detached it from the humerus bone.

Pectoralis major tears (pec tears), although rare, occur mostly in athletes performing sports-related activities. Weightlifters, wrestlers, tennis players and even football players can rip the pectoralis major from too much strain. Most common in weightlifting, pec tears can occur from the bottom of a heavy bench-press or initiation of a dumbbell chest fly. The injury is extremely painful and often rips loudly, similar to the sound of Velcro.

A pec tear is manageable and one can live with the injury, but will lose muscle function. Exercises like pushups and chest-flies become impossible, and activities involving the chest muscles become extremely difficult.

Associated pain in the shoulder and bicep pain is often common, and those injured often mistake a pec tear for a shoulder or bicep injury. The longer one goes without repairing the

pectoralis major, the more the muscle belly retracts over the tear, limiting range of motion and activity.

"I couldn't pick up my daughter and my two-month old son, let alone patients (while) on duty," said Mr. Ramos. "It was very frustrating... all I wanted to do was play with my kids."

Mr. Ramos was in fact, mistakenly diagnosed with a shoulder injury and even cleared to go back to work at the fire station after a few months. As he struggled to handle patients and perform his engineering duties at the fire station, Mr. Ramos took research matters into his own hands. Through internet forums and blogs, Mr. Ramos discovered Matthew Stiebel, an orthopedic surgeon at Jupiter Medical Center specializing in sports medicine, with a history of more than 40 pectoralis major repairs.

Only a handful of surgeons in the United States perform a large volume of pectoralis repair procedures. With an extensive background in orthopedic surgery for athletes, Dr. Stiebel handles patients from as far as Germany, Mexico and the Netherlands. Within the first few minutes of his physical examination, Dr. Stiebel was able to diagnose Mr. Ramos' pec tear, confirmed later by a pectoral MRI.

"I wanted to hug Dr. Stiebel for finally confirming that something was still wrong with my chest (and not my shoulder). You know when your tire on your car is flat. I knew something wasn't right. I was so fortunate to find Dr. Stiebel in South Florida. The next closest doctor I found was in Puerto Rico," said Mr. Ramos.



COURTESY PHOTO

Firefighter Anthony Ramos tore his right pectoralis major muscle. He had it repaired by Dr. Matthew Stiebel, an orthopedic surgeon at Jupiter Medical Center.

Dr. Stiebel completed an orthopedic surgery residency at McGill University and a sub-specialty fellowship in sports medicine at Boston University after undergraduate and medical school degrees at Yale University. His specialties include complex shoulder and knee injuries, and the repair of pectoralis major muscle tears and their subsequent outcomes. Dr. Stiebel learned this pec repair technique from Dr. Anthony Schepsis, the surgeon credited with developing the technique.

"I have to mobilize and free up the

whole muscle. I put heavy sutures through the muscle in a special kind of weave, designed by Dr. Skeptis," explained Dr. Stiebel. "I make a trough or a cavity in the proximal humerus and drill holes in the lateral side of it. Then, I pull the muscle into the trough I've created, pull the sutures out of the holes I make in the bone and tie them over a bone bridge. The trick is to mobilize the muscle and free it away from all the adhesions to make sure the nerves around it are okay. To get a good repair the muscle has to go to the bone. You can't repair the muscle back to the tendon."

A pec-tear patient is generally kept overnight in the hospital following surgery, and wears a sling from four to six months before beginning rehab. They can begin strengthening the pectoral major as early as three months and can go back to weightlifting or sports around six months. Patients regain an average of 90 to 95 percent strength back in the pectoral muscle after having the surgery.

Mr. Ramos was just cleared to go back to work as a full-time firefighter a few months after his pec repair procedure. "I can't say enough good things about Dr. Stiebel and my pec surgery. I had an amazing experience at Jupiter Medical Center. I was nervous about having such major surgery, but my injury was affecting my very livelihood. I just wanted to pick up my kids again."

To learn more about Jupiter Medical Center's Orthopedic Center of Excellence, call Judy Delloso at 263-3633 or see jupitermed.com/ortho. ■

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ARTS & ENTERTAINMENT **A21**

WEEK OF AUGUST 30-SEPTEMBER 5, 2012

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



POPSPOTSNYC.COM / COURTESY PHOTOS

Then and now: The covers of iconic albums superimposed on modern-day shots of the exact spots where the original pictures were taken.

Album cover
discoveries

*New
Yorker
follows
clues
to learn
locations*

BY NANCY STETSON

nstetson@floridaweekly.com

WHEN IT COMES TO REAL ESTATE, THE SAYING goes, the three most important things are: location, location, location.

For commercial real estate agent Bob Egan in New York, the adage holds true for his hobby as well: He tracks down where the covers of classic rock albums were shot.

He posts the results, along with his entire step-by-step search process, on his website, PopSpotsNYC.com.

Using the minimal visual clues an album cover's photograph offers — a cobblestone sidewalk, an unusually shaped window, a building in the background — he figures out the exact location the cover was shot.

SEE COVERS, A24 ►



Get your presidential debate on at Maltz Jupiter Theatre

SPECIAL TO FLORIDA WEEKLY

Looking for a fun-packed place to watch the presidential debate on Oct. 22? Complete with patriotic food, drinks and a pipe-and-drum corps?

Head to the Maltz Jupiter Theatre.

The theater "is proud to salute the U.S.A. by hosting the official North Palm Beach County viewing party, in partnership with the Northern Palm Beach County Chamber of Commerce," the Maltz announced.

Doors open at 6:30 p.m. for the free,

nonpartisan event. The event will feature a mini-tradefair showcasing the most popular destinations in the north Palm Beach County area. American-themed food and drinks will be served.

Guests will be seated by 7:30 p.m. for pre-debate festivities at 7:45 p.m. The event will include a raffle for prizes and patriotic performances by the Palm Beach County Fire Rescue Honor Guard and Pipes and Drums Corps, as well as students from the Maltz Jupiter Theatre Paul and Sandra Goldner Conservatory

of Performing Arts. Broadcast live from Lynn University in Boca Raton on a movie theater-sized screen, the telecast debate will begin with remarks from university officials at 8:30 p.m. The 9 p.m. telecast debate will be moderated by CBS's Bob Schieffer.

After the broadcast, audience members will be treated to dessert in the lobby. The event is free, but reservations are recommended by calling the box office at 575-2223. The theater is in Jupiter at 1001 Indiantown Road. ■

Kravis launches arts academy for kids, teens

DeGeorge charitable trust
funds new program

SPECIAL TO FLORIDA WEEKLY

The Raymond F. Kravis Center for the Performing Arts has launched the De George Academy for Performing Arts for children and teens.

A gift of the Lawrence J. and Florence A. De George Charitable Trust, the new academy will provide year-round professional performing arts instruction and coaching, performance experience and audition preparation for students in kindergarten through grade 12. In particular, the academy will target economically disadvantaged youth demonstrating a strong interest in the performing arts, Kravis said in a prepared statement.

"The goal of the De George Academy for Performing Arts is to spark students' interest and engagement in the arts and promote future arts involvement and patronage," said Judith Mitchell, chief executive officer of the Kravis Center.

"The training the academy will provide is not currently offered in local schools and directly addresses the needs of students whose parents cannot afford private music, dance or acting lessons nor, as in many cases, even have a willing family member to support their interest by watching or listening. These students currently have a distinct disadvantage when they go through the audition process for Bak Middle School of the Arts, the Dreyfoos School of the Arts, a performing arts college or a career in the performing arts," Ms. Mitchell added.

The selection of participating students in the new academy will be coordinated through the Kravis Arts Ambassadors at selected schools. Program participation is fully funded, including supplies and materials.

The Kravis Center's De George Academy will offer opportunities for students to support their artistic growth, including:

Workshops

■ Fall and Spring Saturday-morning technique and audition preparation workshops will be held October through March for recommended elementary students, from grades 3 to 5, focusing on skill building and geared to admission requirements for Bak Middle School of the Arts. Selected middle- and high-school youth mentors will also assist the teaching artists and students in the studio

■ Student workshop series for middle- and high-school students from September through May, including Kravis On Broadway workshops and master classes. These workshops will be taught by Broadway cast members and visiting teaching artists.

Performance opportunities

Upcoming Stage Awakenings student performance opportunities include:

SEE KRAVIS, A25 ►

SANDY DAYS, SALTY NIGHTS

A deft hand with many women



artisHENDERSON

sandydays@floridaweekly.com

At the retreat where I'm staying for the next two weeks, men are — as they always are at these things — in short supply. In this particular setting, there are three women to every one man. And there is one man here who has captured everyone's attention.

He's an intellectual, a sort of modern-day philosopher, here to read the great French thinkers — Derrida, Foucault. He has bright blue eyes and tanned skin from all the hiking and running he does. His hair is dark, and the edges of his eyes crinkle when he laughs. He's older than most of us and has a maturity and a confidence that must come with age. When he talks, though, it's hard to know which of us he's speaking to.

"You are a citadel," he says one night at dinner, seemingly to the long-haired woman next to him. But after a moment I realize he's talking more generally.

"Women," he says to clarify.

The long-haired woman blushes and toys with her wine glass, and the man smiles beatifically at her before turning his beaming grin on me. And then the woman next to me.

I want to ask what he means by "citadel." That we are impervious to his charms? Or that we are something

to be conquered? But I don't want to appear naïve or inexperienced. The other women gathered around the table certainly seem to know what he means.

I find that we watch each other and gauge his affections. I see how he gives the tall beauty a private look as we sip cocktails on the patio. When she talks, I notice how she touches the smooth skin of his forearm. He laughs at something she says and the next time he makes a point, he touches his fingers to her arm, as if to confirm something only the two of them know.

On other nights I hear him speaking to the long-haired woman in another part of the house, the kitchen or the stairwell. They talk in low voices so it's impossible to know what they discuss. I imagine it's some form of "good night." Then I hear the sharp, unmistakable sound of a kiss on a cheek. There are two kisses, in the French style, a gesture that is perfunctory and entirely unromantic. Almost.



Sometimes we sit on the patio before dinner, the three women and this man. We talk in circles, over and around each other, surveying, like hawks. The man starts to relay a story but stops himself, saying, "I don't remember which of you I already told this to."

I can't help myself. I say, under my breath, "I'm sure it's easy to get us confused."

He looks at me then — only me

— and his bright eyes are suddenly serious. The other two women launch into their own conversation, so they don't see the look that passes between us. The man says in a voice only I can hear, "Oh, no. I could never get you confused."

I start to smile at him, a private smile, but then I realize he does not mean me alone. Of course, he is talking about all three of us. ■

CREATIVE MEMORIES-FAVORITES

CODE TO LIVE BY

PULL IN YOUR GUT
 HOLD YOUR HEAD HIGH
 SMILE
 REMEMBER THE JOY
 REMEMBER THE LOVE
 REMEMBER THE HAPPY TIMES
 REMEMBER YOUR ONE OF THE LUCKY ONES
 YOU HAVE HAD IT BETTER THAN OTHERS
 YOU ARE ENTITLED TO MAKE MISTAKES
 YOU ARE ENTITLED TO BE A LITTLE DAFFY
 YOU ARE ENTITLED TO TRY AND FIND HAPPINESS
 LIVE YOUR LIFE RIGHT
 STOP, THINK, BEFORE YOU ACT
 DON'T BE INFLUENCED BY WHAT YOU DON'T
 BELIEVE
 LIVE ACCORDING TO YOUR VALUES
 REMEMBER YOU HAVE LIMITATIONS
 FORGIVE YOURSELF
 AND ALWAYS THANK GOD FOR THE BLESSING
 OF THE DAY

BR Barbara

creative memories-favorites will
 open it's new location this January
 and feature a special
 "Salute to the Military" themed exhibit

CONTRACT BRIDGE

BY STEVE BECKER

It's magic

Assume you're in four spades doubled and West leads the queen of clubs. East wins with the ace and returns the nine, at which point it looks as though you'll make the contract easily.

But when you play the king of clubs, West ruffs and shifts to the queen of diamonds. You cover with the king and ruff East's ace, and now, with two club losers staring you in the face, it appears you must go down one. True, you could try to avert one of the losers by taking a heart finesse, but you know from the bidding that the finesse will lose.

As you study the matter more closely, however, you note that the setup has all the makings of a loser-on-loser play. The distinguishing feature of this relatively rare play is that you exchange a trick you don't have to lose for one that you do have to lose, and by a strange but satisfying alchemy wind up gaining a trick in the process.

So, after ruffing the diamond, you lead a trump to the ace, ruff a diamond, cash the ace of hearts, ruff a heart and then ruff dummy's last diamond. Having attended to these details, you now lead the queen of hearts. West has no choice but to cover with the king, and you let him win the trick, discarding one of dummy's losing clubs.

This deliberate concession of a trick you don't have to lose is remarkably effective. West is forced to return a heart or a diamond, and in either case

you discard dummy's remaining club as you ruff in your hand. Thus, the only tricks you lose are a club, a club ruff and the king of hearts, and you wind up making four spades doubled. ■

South dealer.
North-South vulnerable.

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

The bidding:
 South West North East
 1 ♠ 2 ♥ 4 ♠ Dble
 Opening lead — queen of clubs.



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COVERS

From page 21

His website includes the original album cover and images of what the location looks like today. He also superimposes the album cover — in perfect angle and proportion — onto the image of the street today; the past and present co-existing in one very striking image.

“In one viewing, as you look at the picture, it’s there but it’s not there at the same time,” he says. “You do get the sense that time has gone by. You also get the excitement that the place is right there and you can see it.”

The albums, mostly from the ’60s and ’70s, include such iconic records as Bob Dylan’s “The Freewheelin’ Bob Dylan” and “Highway 61 Revisited,” The Who’s “The Kids Are Alright,” Simon and Garfunkel’s “Wednesday Morning, 3 AM,” Billy Joel’s “52nd Street” and Steely Dan’s “Pretzel Logic.”

And though it’s not a rock album, he tracked down the exact location where the 1957 original cast album cover of “West Side Story” was shot.

That one was pretty simple to figure out, he says: the area looked like the Hell’s Kitchen neighborhood of Manhattan. He also noticed an address painted on a trashcan Tony and Maria were running past.

Another easy one was figuring out where the photo on the cover of Neil Young’s “After the Gold Rush” was taken. It shows the musician walking past a nondescript brick wall with a black iron fence in front of it.

Not much to go on. But Mr. Egan ate regularly at a restaurant across the street, and recognized the wall and fence.

“Every time I went to the souvlaki place, (I’d look across the street and say) ‘That’s the same place as the Neil Young album.’ It didn’t seem to be that hard.”

The site today doesn’t look exactly the same as it did in 1970.

Mr. Egan learned why: “They’d dug up the street (since then),” he says. “The photographer wrote in to me.”

So did Graham Nash, of Crosby, Stills, Nash and Young. He told Mr. Egan he had the spot exactly right, explaining, “I was standing right in back of the guy when he took the photograph.”

Mr. Egan also knew the cover of “The Freewheelin’ Bob Dylan” was taken nearby, on Jones Street at West 4th — that iconic image of Dylan and his then-girlfriend Suze Rotolo, huddled together in the winter cold, his hands stuffed in his pockets, her arms linked around his, as they walk down the center of a snowy New York street.

“Friends would pretend to take pictures walking down the street,” he says. “I even took my mother-in-law’s picture with her husband (with the two of them in the same pose.)”

Mr. Egan, who’s 59, started sharing his passion for old rock album covers a year and a half ago when he started his PopSpotsNYC site.

Since then he’s been on the “Good Morning America” website, the topic of a Buzz: 60 video spot and written about in British papers *The Sun* and *The Telegraph*, which called him a “pop culture detective.” And on Aug. 8, *The Wall Street Journal* ran a half-page story about him in its New York Metro section.

“I’m shocked,” he says. “That my little thing that I do out of my room here gets all this attention is funny to me. It’s like somebody else’s life.”

He was surprised to learn that the cover of Dylan’s “Highway 61 Revisited” was shot on the stoop of a house he’d passed regularly.

He tracked down the cover of Dylan’s autobiography, “Chronicles: Vol. 1” and was especially proud of finding where a Saturday Evening Post cover photo of



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Finding where the “52nd Street” cover was shot was tricky, since the building had been remodeled and tenants have changed.

Dylan was shot.

Mr. Egan considers it his “most interesting and satisfying one.” “Ultimately,” he says, “it turned out it was in a section of town with streets that had been completely leveled; the streets didn’t exist anymore. It was 57 years ago, a travel back through time to find an exact spot where a photographer stood and took Dylan’s picture, and the street doesn’t exist anymore.”

“The fact that it was so old. I found it for future generations, so they can find out where it was, based on what I found.”

The landscape changes so fast in New York, he says.

“It’s nice for me to take a picture before it goes,” he says.

Mr. Egan uses a variety of tools to trace the album covers to their origins.

First, he says, “I love New York. I know New York so much that if an album was taken here, I have a pretty good guess where it was, just visually.”

Back in the late ’70s, he wrote a book called “The Bookstore Book,” a guidebook to all the bookstores in New York. As part of his research, he walked or rode a bicycle on every street in Manhattan below 125th Street.

He also knows the city well through his real estate dealings.

“It’s my knowledge of New York combined with... my little bits of arcane knowledge,” he says.

He also uses Google maps and Bing, as well as various reference materials at the New York Public Library, including old telephone books, old maps and photos.

If he can’t identify the building the musician’s standing in front of, well, maybe he can get a clue from the building next to it, or one in the background.

Also, he says, he gets the impression



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Above: Bo Diddley’s “Have Guitar Will Travel” from 1960 over a shot of the current location in Brooklyn. Left: The cover of Steely Dan’s “Pretzel Logic” shot outside of Central Park.



ioned and couldn’t relate to people.”

His blog doesn’t just have a local appeal; rock fans are curious to learn about the sites where their favorite albums were shot, and visitors to New York use it as a guide of places to visit.

He’s heard from people overseas who are planning on visiting New York and want to see some of the sites.

He has about a hundred more classic album covers to put up on his blog, he says. Most of them are by classic rock acts.

He knows bands from the ’80s and ’90s, but “they’re not the ones I concentrate on,” he says. “I skewer my things to an older audience.”

“The golden era of record covers is over. Graphically, they’ve shrunk and are not that exciting any more.”

His blog, he says, is “a labor of love (where) I can share my knowledge of New York City with the public.”

Everyone is so interested in it, he says, and it’s fun to do.

“Also, it’s like living a detective story.

“But it’s challenging to me. Right here’s a picture — where is it? I have to go through a thought pattern, and when I finally get the eureka moment, it’s very fun, very enjoyable.” ■

from various photographers that back then, they’d meet the rock stars right outside their homes or recording studios, walk around the block, and take their pictures. So if he knows where a musician was living or recording at the time, it’s likely his or her album photo may have been shot nearby.

“I’ve always been interested in where famous things happened,” he says.

Mr. Egan grew up in Massachusetts. (His mother lived in Punta Gorda for almost 30 years, and now lives in Port Charlotte.)

After college, he moved to New York City and lived in Greenwich Village for 25 years.

“All the guidebooks listed stuff about people who lived here in the ’20s, like Djuna Barnes, e.e. cummings, Eugene O’Neill. That was interesting. But wasn’t it cooler that Neil Young shot his album cover right here?”

“The old guidebooks were old fash-



COURTESY PHOTO

The gift by the Lawrence J. and Florence A. De George Charitable Trust will provide year-round professional performing arts instruction and coaching, performance experience and audition preparation for students in kindergarten through grade 12.

KRAVIS

From page 21

■ Audition conducted by a staff panel and professional stage director on Feb. 2.

■ Rehearsal/workshop with coaching provided by a director on Feb. 9.

■ Performance for peers and arts community in Persson Hall on Feb. 16.

The academy will also offer special S*T*A*R Series performance experiences for selected K-2 classes. A select group from one elementary school will also participate in an interactive post-performance workshop with the cast.

Also offered will be a Summer Arts Intensive for elementary and middle school youth, providing a sampling of performing arts experience in various disciplines such as theater, music and dance with the opportunity to focus on specific interests.

“The new De George Academy for Performing Arts will be one of the Student Arts Enrichment Programs under the auspices of the Kravis Center’s Education and Community Outreach Department,” said Ms. Mitchell. “At the Kravis Center, we firmly believe that by sowing the seeds of creativity in one child’s imagination, we are providing a solid foundation for their future cultural appreciation. A number of quality programs, coordinated through our Education and Community Outreach Department, help us plant those seeds.”

These programs include the Kravis Center’s Admission Waiver Program, Afterschool Programming, the Alan Lebow Award for Excellence in Shakespearean Performance, ArtsCamp, ArtsCrew, Arts Insider Series, Beyond the Stage, Kravis On Broadway Student Workshops, Master Classes, the Pleasant City Arts Education Immersion Program, Spotlight on Young Musicians, Stage Awakenings and the Student and

in the know

Kravis Center education programs, based on the 2011-2012 season:

>>46,763 students attended 117 S*T*A*R Series performances of 27 productions.

>>5,065 students attended 22 performances of 5 presentations through the Kravis-On-The-Road Series.

>>50 students took part in the ArtScholars program, attending five performances and discussions with artists in conjunction with performances.

>>902 teachers participated in the 37 professional development events that were presented throughout the year.

>>1,870 patrons attended the various ArtSmart classes and lectures.

>>4,406 students participated in the 96 Student Arts Enrichment events, which included various Master Classes, Beyond the Stage performances and Kravis Arts Crew events.

>>964 students and teachers participated in the Student and Educator Rush Ticket Program.

Educator Rush Ticket Program.

For more information about the De George Academy for Performing Arts or any of the programs coordinated by the Kravis Center’s Education and Community Outreach Department, call 651-4251 or see Kravis.org/education.

The Raymond F. Kravis Center for the Performing Arts is a not-for-profit performing arts center whose mission is to enhance the quality of life in Palm Beach County by presenting a diverse schedule of national and international artists and companies of the highest quality; by offering comprehensive arts education programs; by providing a Palm Beach County home in which local and regional arts organizations can showcase their work; and by providing economic catalyst and community leadership in West Palm Beach, supporting efforts to increase travel and tourism to Palm Beach County.

The Kravis Center is at 701 Okeechobee Blvd., West Palm Beach. ■

PUZZLE ANSWERS



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

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WHAT TO DO, WHERE TO GO

Please send calendar listings to pbnews@floridaweekly.com.

At The Lake Park Public Library

Lake Park Public Library is at 529 Park Ave., Lake Park. Refreshments and raffles. Events are free unless noted otherwise. 881-3330.

■ **Anime Club** — For ages 10-18, 5-6 p.m. Sept. 4.

■ **Twilight Tales** — 5:30 p.m. Sept. 4.

■ **Basic Computer Class** — Noon-1:30 Sept. 5. Call 881-3330 to reserve a seat.

■ **Teen Book Club** — 6-7 p.m. Sept. 5 for ages 13 and up.

■ **Family Movie Night featuring "Ponyo"** — 6 p.m. Sept. 6.

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** — Aug. 30: "To Rome With Love" and "Ai Weiwei: Never Sorry." Aug. 31-Sept. 5: "China Heavyweight," "Union Square" and "Bill W."

Fresh Markets

■ **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 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, August 30

■ **Family Promise 1st Anniversary Celebration** — Special event is designed to bring the faith community together for a night of food, fellowship and fun. A spaghetti dinner will be prepared and served by the youth of Family Promise affiliate congregations, who also will provide entertainment, 6-8 p.m. Aug. 30, Trinity United Methodist Church, 9625 N. Military Trail, West Palm Beach. Tickets: \$10 presale/\$15 day of event; 318-8864.

■ **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. Aug. 30: Valerie Tyson Band. Free; 822-1515 or visit www.clematisby-night.net.

Friday, August 31

■ **Gems Rock Nights at the Museum** — Come see all that glitters and discover gems and minerals in their natural form. Guests will also learn how minerals are used in everyday life. The evening will feature panning for gemstones, Geode cutting, crafts and activities for guests of all ages at the South Florida Science Museum, 4801 Dreher Trail N., West Palm Beach. Activities end at 9 p.m. with the observatory open from sunset-10 p.m. (weather permitting) Aug. 31. Museum members: Adults \$5, children free. Non-Mmembers: adults \$11, Children \$7. Children under 3 are free. Planetarium shows and miniature golf are not included with admission. Visit www.sfsm.org or call 832-1988.

■ **Raw Gallery and Studio** — New Artist's Showcase space opens with an exhibition of "New Works-Fall Collection" by Greg Pitts, a self-taught, outsider artist. An opening reception will be held 6-9 p.m. Aug. 31 in conjunction with the Northwood Art and Wine Promenade. Raw Gallery and Studio is at 508 Northwood Road, West Palm Beach. www.rawgallerystudio.com or 252-1435.

■ **Downtown's Rock n Roll Summer** — 7-10 p.m. Fridays at Downtown at the Gardens. Aug. 31: Us Stones. Downtown at the Gardens' Downtown Park (next to The Cheesecake Factory), 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Ariana Savalas** — The daughter of film and television star Telly Savalas performs a show inspired by music from the 1930s-'50s from Aug. 31-Sept. 1 at The Colony Hotel's Royal Room, 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, September 1

■ **West Palm Beach Antiques Festival** — The show is open 10 a.m.-5 p.m. Sept. 1 and 10 a.m.-4:30 p.m. Sept. 2 at the South Florida Fairgrounds, off Southern Boulevard just east of U.S. 441, suburban West Palm Beach. Tickets: \$7 adults, \$6 seniors, free for those under 16. A \$10 early buyer ticket that allows admission at 8 a.m. Sept. 1 offers admission for the entire weekend. Discount coupon available online at festivalofantiques.com. Information: (941) 697-7475.

■ **Livin' on a Prayer** — Bon Jovi tribute, 7-9 p.m. Sept. 1, Seabreeze Amphitheatre, Carlin Park, 750 S. State Road A1A, Jupiter. Free admission. Picnic baskets and pets on leashes are welcome. 966-7099.

■ **Beading classes** — 3-Wrap Bracelet Class (popular "Chan Luu-style bracelet"), 1-3 p.m. Sept. 1 at New Earth Gifts & Beads, Legacy Place, Palm Beach Gardens. \$30; includes materials. All classes are prepaid. Call 799-0177 to register.

■ **Writing Groups** — Young Writers Group, 1:30-3 p.m. Aug. 25 and Adult Writing Critique Group, 10-11 a.m. Aug. 25, at the Lake Park Public Library, 529 Park Ave., Lake Park. Free; 881-3330.

■ **The Inward Journey Meditation** — Join Rev. Marcia MacLean and Rick Brugger RScP as they read from the works of Howard Thurman, share insights with each other and take it into a silent meditation. 7-8 a.m. Aug. 25, Carlin Park, Jupiter. Free; www.CSL-PalmBeaches.org.

■ **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.

Sunday, September 2

■ **Kids Shofar Factory** — 10:30 a.m. Sept. 2. Students can make, drill, carve and sand their own shofar — a ram's horn — and take it home for start of Rosh Hashanah at Chabad Jewish Center of Jupiter, on the ground level at 1209 Main St. No. 110 in Abacoa's Town Center. Admission free and free arts and crafts, free snacks will be served. Cost of supplies for youngsters making their own shofar is \$8. Phone: (561) 694-6950. jewishjupiter.com.

■ **Beading classes** — Introduction to Wire Wrapping, 1-3 p.m. Sept. 2, New Earth Gifts & Beads, Legacy Place, Palm Beach Gardens. Step-by-step instruction to create various types of rings using wire wrap techniques. \$30. All classes are prepaid. Call 799-0177 to register.

■ **Summer Jam 2012** — Outdoor music festival featuring Toots and The Maytals, Shaggy, Seven Mary Three, Nonpoint, JJ Grey and Mofro, Rootz Underground, Ky-Mani Marley, The Supervillains, B-Liminal, Dharmata, Rustico Drop, Azmyth and NerVer. It's noon to 11 p.m. Sept. 2 and noon to 10 p.m. Sept. 3 at the Meyer Amphitheatre, Datura Street and Flagler Drive, downtown West Palm Beach. Tickets: \$30 for a one-day ticket and \$50 for a two-day ticket. No coolers, umbrellas, tents or dogs over 15 pounds permitted. Food, beverage and alcohol are available. Information: www.musicjam-productions.com or 844-0018.



COURTESY PHOTO

Ky-Mani Marley and a host of other acts will perform at Summer Jam 2012, noon to 11 p.m. Sept. 2 and noon to 10 p.m. Sept. 3 at the Meyer Amphitheatre, downtown West Palm Beach. Tickets: \$30 for a one-day ticket and \$50 for a two-day ticket. No coolers, umbrellas, tents or dogs over 15 pounds permitted. Food, beverage and alcohol are available. Information: 844-0018.

■ **Sunrise Meditation Group** — Group meets at 6:30 a.m. each Sunday at boardwalk post No. 30 on Juno Beach. Arrive 5-10 minutes early. Bring water and a towel or two. Contact mxspitzer@gmail.com for information.

Monday, September 3

■ **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 Center of the 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, September 4

■ **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

WHAT TO DO, WHERE TO GO

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. Indian-town Road, Jupiter; 747-0030.

■ **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, September 5

■ **"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

■ **The Cultural Council of Palm Beach County** — Through Nov. 10: "Continuum," an exhibition of works by students and graduates of Florida Atlantic University's Master of Fine Arts Program, cultural council headquarters, 601 Lake Ave., downtown Lake Worth. Call 471-2901 or visit www.palmbeachculture.com.

■ **The Bamboo Room** — Aug. 31: Suénalo, 9 p.m. Sept. 1: Galo's Tribute to Santana, 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 Nov. 10: "Olympix 2012" and "FOTOCamp Memories 2012." 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.

■ **Irving Berlin Salutes America** — This cabaret revue, playing nationally since 2002, will pay tribute to one of the greatest composers of all time, Irving Berlin. Through Sept. 9 at the Plaza Theatre, Plaza del Mar, 262 S. Ocean Blvd., Manalapan. Tickets: \$32; 588-1820 or www.theplazatheatre.net.

■ **"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



SCOTT SIMMONS/FLORIDA WEEKLY

The West Palm Beach Antiques Festival is open 10 a.m.-5 p.m. Sept. 1 and 10 a.m.-4:30 p.m. Sept. 2 at the South Florida Fairgrounds. Tickets: \$7 adults, \$6 seniors, free for those under 16. A \$10 early buyer ticket that allows admission at 8 a.m. Sept. 1 offers admission for the entire weekend. Discount coupon online at festivalofantiques.com. Information: (941) 697-7475.

140E, West Palm Beach. By appointment only. Call Christi Thompson at 366-4218 for information.

■ **Palm Beach Improv** — Aug. 31-Sept. 2, Carlos Mencia. At CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-1812 or www.palm-beachimprov.com.

■ **Lighthouse ArtCenter** — Museum is at Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Mondays-Fridays; 10 a.m.-2 p.m. Saturdays. Cost: Members free, \$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." Through Sept. 30: "Clubs, Joints and Honky-Tonks." Through Oct. 24: "Watercolors from the Collection." Art After Dark, with music, art demonstrations, is 5-9 p.m. Thursdays. Admission: \$12 adults, \$5 visitors 13-21; free for members and children under 13. Hours: 10 a.m.-5 p.m. Tuesday-Saturday; 1-5 p.m. Sunday. 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. Cost of a five-class fitness card that allows

for flexible attendance is \$26.50 for Jupiter residents and \$33 for non-residents. A five-class Zumba card is \$31.50 for Jupiter residents and \$39.50 for non-residents; 10-class cards also are available. Classes meet in the community center, behind the Police Department on Military Trail, Jupiter. For information, contact instructor Kathy Andio at 236-4298 or www.empoweringinsolution-withkathy.com.

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

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

September Events

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

■ **Fashion's Night Out at The Gardens Mall** — Kick-off is 6-7 p.m. Sept. 6, and mallwide event is 6-9 p.m. There will be a Vodka Luge, food tastings, fashions, make-overs,

music, more than 60 in-store retail events with gifts, prizes, specials and happenings. The Gardens Mall is at 3101 PGA Blvd., Palm Beach Gardens. Check for updates at www.facebook.com/TheGardensMall.

■ **The Great Books Reading and Discussion Group** meets at 10 a.m. the first and third Thursday of each month (next meeting is Sept. 6) in the coffee shop at Barnes & Noble, 11380 Legacy Ave., Palm Beach Gardens. Discussion follows the "Shared Inquiry" format promoted by The Great Books Foundation and used by more than 800 Great Books Groups around the country and by groups and classes in colleges and universities. Free; 624-4358.

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

■ **Center for Spiritual Living Palm Beaches' First Sunday** — 10 a.m. meditation, 10:30 a.m. celebration Sept. 9. It's at 2926 Lone Pine Road, Palm Beach Gardens. More Info at: www.CSLPalmBeaches.org.

■ **Auditions for The Village Players production of "Picnic"** — Auditions for the play by William Inge will be 5 p.m.-6:30 p.m. Sept. 9 and 16 at the North Palm Beach Community Center, 1200 Prosperity Farms Road, North Palm Beach. Four men and seven women of all ages are needed. The play dates are in November 2012. Call 641-1707 or visit www.villageplayersofnpb.com.

■ **River Totters Arts n' Crafts** — 9 a.m., second Wednesday of each month (next session is Sept. 12). Arts and crafts for kids. Loxahatchee River Center, 805 N. U.S. 1, Jupiter. Cost \$3; call 743-7123.

■ **Chorus auditions for Palm Beach Opera's 2013 International Season** — Auditions will be held Sept. 14-15 and are available by appointment only. The 2013 season operas that include chorus are Verdi's "La Traviata" (Jan. 18-20) and Rossini's "La Cenerentola" (Feb. 15-17). There also will be auditions for a child performer for Benjamin Britten's "The Turn of the Screw." All auditions are by appointment and applicants must complete the audition request form at www.pbopera.org.

■ **Loxahatchee River Cleanup** — 8 a.m.-noon Sept. 15 at three locations: Burt Reynolds Park; Jupiter Pointe; and on the Northwest Fork of the Loxahatchee River. Some kayaks and paddleboards will be provided at each location, and participants are welcome to use their own. The Loxahatchee River Center, organizer of the event, encourages the use of 5-gallon buckets and washable gardening gloves in place of plastic garbage bags and vinyl gloves. Some buckets and gloves will be provided by the River Center, but volunteers are encouraged to bring their own. Pick-up tools, snacks, and water will be provided at each location. Volunteers will get wet, so please dress accordingly. Wear hats, loose comfortable clothing, protective sun gear, and sunscreen. Volunteers ages 16 and 17 need a signed parent consent form to participate. An adult must accompany those 15 and younger. Pre-register for the cleanup at RiverCenter@Loxahatcheeriver.org or by phone at 743-7123. ■

Florida Classical Ballet Theatre season includes "Cinderella," "The Nutcracker"

SPECIAL TO FLORIDA WEEKLY

The Florida Classical Ballet Theatre 2012-2013 season includes "Cinderella" and "The Nutcracker."

The season begins with the timeless fairytale, "Cinderella" on Oct. 6, which offers the hauntingly beautiful score by Prokofiev.

Florida Classical Ballet Theatre dances into the holiday season on Thanksgiving weekend with the company's tradition of "The Nutcracker." underscored by Tchaikovsky's magical music, the beloved ballet tells a story of a little girl named Clara who receives a gift of a Nutcracker on Christmas Eve. From treacherous mice, a blustery snowstorm, to the Land of the Sweets, The Nutcracker is the perfect way to ring in the holiday season and introduce children to the beauty of classical ballet.

On March 16, Lewis Carroll's stories of "Wonderland," its wacky inhabitants and unusual happenings are the inspiration for FCBT's original ballet with fanciful sets and fresh costuming. Join Alice as she sips tea with The Mad Hatter, plays croquet with The Queen of Hearts and follows the White Rabbit through Wonderland.

The season closes on May 17 with "Short Stories," a collection of short dance stories and inspired pieces featuring "Fish Tale" with music by Mozart. It centers on a con man, a "mermaid" and

a seaside town at the turn of the century. Other pieces on the evening program include a new work inspired by local artist Pamela Larkin Caruso and a tango with music by Astor Piazzolla.

The company is located in Palm Beach Gardens and is the only local professional ballet company in Palm Beach County. All performances are at the Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens. Tickets begin at \$15 and can be purchased online at fcbt.org or by calling 207-5900.

The season line-up:

Eissey Campus Theatre, at Palm Beach State College, 11051 Campus Drive, Palm Beach Gardens

■ **Cinderella**

Saturday, Oct. 6 — 2 p.m. and 7:30 p.m.

■ **The Nutcracker**

Friday, Nov. 23 — 7:30 p.m.
Saturday, Nov. 24 — 2 p.m. and 7:30 p.m.

Sunday, Nov. 25 — 2 p.m.

■ **Wonderland**

Saturday, March 16 — 2 p.m. and 7:30 p.m.

■ **Short Stories**

Friday, May 17 — 7:30 p.m.
As part of its educational outreach, FCBT invites Palm Beach County Schools to special school performances of "Cinderella" and "Wonderland."



COURTESY PHOTO

Florida Classical Ballet Theatre is located in Palm Beach Gardens and is the only professional ballet company in Palm Beach County. Performances are at Eissey Campus Theatre.

Through these works children will experience not only the beauty of classical ballet but also the classic literature of Lewis Carroll. Student tickets are \$5 and chaperones are free. The "Wonderland" performance will be March 15 at 1 p.m. For more information call 630-8235.

Artistic Director Colleen Smith founded Florida Classical Ballet Theatre in 2001 to give local artists and dance students the opportunity to perform in full-length classical ballet productions. FCBT is a non-profit 501(c)3 organization dedicated to preserving the art of classical ballet, enriching the community through the beauty of ballet and impacting young lives through

the discipline of dance. FCBT's dance school is located at The Esther Center in Palm Beach Gardens with classes offered to students beginning at age 3. For more information about the dance school, call 630-8235.

FCBT has several community outreach and education programs and collaborates with the Palm Beach County Library System and the Palm Beach County Literacy Coalition with the common goal of exposing local residents to the beauty of the arts.

For more information on Florida Classical Ballet Theatre, visit fcbt.org, see Facebook, or follow the company on Twitter. ■

Learn about vegetables, hit a plant sale at Mounts Botanical in September

SPECIAL TO FLORIDA WEEKLY

Classes about growing vegetables, an orchid plant sale and a lecture on succulents are all offered in September by the Friends of Mounts Botanical Garden.

Mounts Botanical Garden is Palm Beach County's oldest and largest public garden. Mounts displays tropical and subtropical plants from around the world, including plants native to Florida, exotic trees, tropical fruit, herbs, citrus, palms and more.

As a component of the Palm Beach County Cooperative Extension Service, and through its affiliation with the University of Florida IFAS, Mounts is the

place to connect with extension horticulturists, master gardeners, the Florida Yards and Neighborhoods Program and professional horticultural advisors. Mounts also offers a variety of horticultural classes, and garden-related events and workshops.

Located at 531 N. Military Trail in West Palm Beach, it is open Monday-Saturday from 8:30 a.m. to 4 p.m. and Sunday from noon to 4 p.m.

The suggested donation for entry is \$5 per person.

For more information or to register for programs, call 233-1757 or see mounts.org.

■ **Farm-Your-Backyard: Vegetable Growing**

Sept. 8 — 9 a.m. to 1 p.m.
Mounts Exhibit Hall A — Clayton Hutcheson Complex
\$30 for members, \$40 for non-members

Learn the secrets of vegetable gardening in South Florida from Arthur Kirstein, Coordinator of Agricultural Economic Development, and Mounts Horticulturalist Mike Page. The focus of this workshop is to implement successful agriculture techniques to manage small vegetable projects. Tips and techniques on site preparation, seedling establishment, planting, maintenance and harvesting will be covered. A tour of the Mounts vegetable garden will finish the program.

■ **Everything Orchids: A Shady Affair Plant Sale**

Sept. 15-16 — 10 a.m. to 4 p.m.
Throughout the garden
Free for members, \$5 for non-members

This annual plant sale offers attendees a great opportunity to acquire the best orchid and shade loving plants. Many of the area's premier plant ven-

dors will be selling a blooming variety of begonias, bromeliads, orchids, ferns, hoyas and aroids. Magnificent tabletop arrangements will be auctioned off in a silent auction to benefit the Garden. Fun and informative lectures will be offered on such topics as basic orchid care, shade loving plants and carnivorous plants.

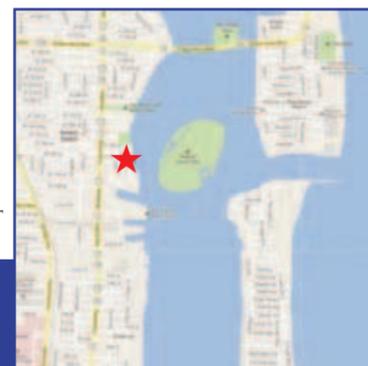
■ **Succulents: The Crown Jewel of the Garden**

Thursday, Sept. 20 — 6 to 7:30 p.m.
Mounts Exhibit Hall A, Clayton Hutcheson Complex
\$10 lecture fee

Guest lecturer Alan Stopek of Efflorescence will explain how succulents provide excitement and elegance with their dazzling architecture strengthening any and all landscape design concepts. Attendees will learn more about these versatile plants and the various ways to use them in landscapes. ■



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SCOTT SIMMONS/FLORIDA WEEKLY

Learn to kayak at John D. MacArthur Beach State Park during the month of September. The park offers a land-based course that will give beginners the skills they need to hit the water.

Kayak, see nature, hear music at MacArthur Beach state park

SPECIAL TO FLORIDA WEEKLY

Learn to kayak. Learn to fish while kayaking. See some fabulous birds. Hear some terrific bluegrass music. Help the environment.

Head to John D. MacArthur Beach State Park during September. The park is located at 10900 Jack Nicklaus Drive, North Palm Beach. Here's a list of what's going on.

■ Learn to Kayak!

Sunday, Sept. 2, 10 a.m. (about 1 hour)
Representatives from Adventure Times Kayaks will teach a land-based course that gives beginners the skills necessary for kayaking. Reservations are recommended. The program is free with park admission. For information and reservations call the Nature Center at 624-6952.

■ Recreational Skills: Introduction to Kayak Fishing

Saturday, Sept. 8, 1 p.m.
Ranger Bill Wilson instructs kids and adults of all ages on the basics of kayak fishing. Lessons will be on land. Come and learn what equipment, tackle and gear are necessary to catch the big one. For more information and reservations call the Nature Center at 624-6952. Free with park admission.

■ Birding at MacArthur Park

Sunday, Sept. 9, 9:30 a.m.
Bird lovers can join a ranger-led educational walk identifying many species of birds that make their home in John D. MacArthur Beach State Park. Reservations required. Visitors should bring binoculars or rent them at the Park's Nature Center. Program is free with park admission.

■ Bluegrass Music with the Conch Stomp Band

Sunday, Sept. 9, 2-4 p.m.
Come listen to the Conch Stomp Band play a variety of bluegrass songs. Fun for all ages. This program is free with park admission.

■ International Coastal Clean-up

Saturday, Sept. 15, 8 a.m.-noon
The International Coastal Clean-up is the world's largest one day volunteer

effort to clean up the marine environment and John D. MacArthur Beach State Park is one of the many beaches that has been chosen to host the event. Gloves and trash bags will be provided for all volunteers, as well as event T-shirts while supplies last. Please bring a reusable water bottle to fill up. Keep Palm Beach County Beautiful sponsors this event, for more information, visit their website, www.keeppbcbeautiful.org. To sign up for this event, please go to the [Keepbcbeautiful](http://www.keeppbcbeautiful.org) website and register or call Art at 776-7449, Ext. 109.

■ Bluegrass Music

Sunday, Sept. 16, 1-4 p.m.
Nathan Rich and the "Untold Riches" bring their foot-stompin' and hand-clappin' bluegrass music to the Park's Amphitheater. The concert is free with park admission of \$5 per carload.

■ Walking Tour

Saturday, Sept. 22, 11 a.m.
Join a park ranger on a walking tour through one of South Florida's last remaining hardwood hammocks. There will be several species of butterflies to identify and observe. Reservations required. Call the Nature Center at 624-6952. Free with park admission.

■ Kayak Rentals

Daily, 9 a.m.-3 p.m.
Rent a single or double kayak and explore the estuary. Manatees, great blue herons and osprey are some of the wildlife you will see. Hourly, half day and full day rates are available. Call the Beach Outfitters and Gift Store at 622-1525, Ext. 101, for more details.

■ Animal Feeding

Weekends, 11 a.m.
Observe resident sea turtles and tropical fish at feeding time and learn more about these amazing creatures.

■ Daily Nature Walks

Daily at 10 a.m.
Join a staff naturalists for a one-mile walk through four distinct habitats, and learn about the park's ecosystems and history. Walk is free with park admission. ■

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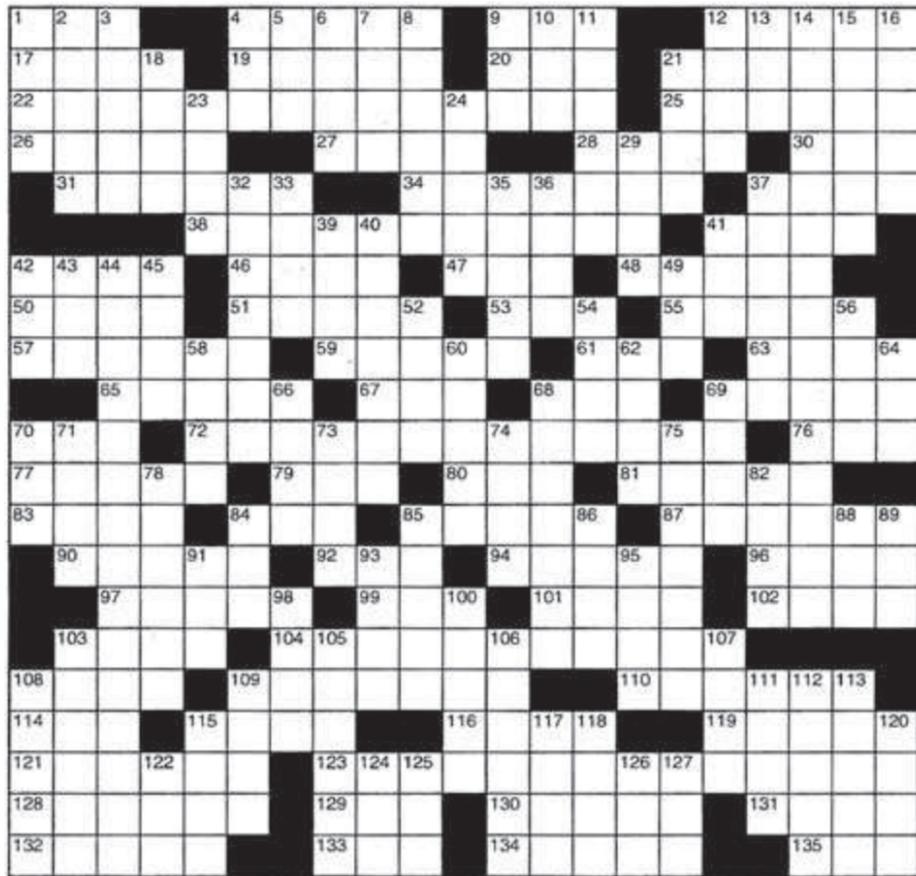
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FLORIDA WEEKLY PUZZLES

WELL-ROUNDED



- ACROSS**
- 1 Existed
 - 4 Obscure
 - 9 Apply lightly
 - 12 Fashionably nostalgic
 - 17 Choir member
 - 19 City on the Mohawk
 - 20 Actor
 - 21 Tognazzi
 - 22 Shrivel up
 - 22 Joe Harnell hit
 - 25 In distress
 - 26 Actress Shire
 - 27 Individual performances
 - 28 Asta's father
 - 30 Police hdqrs.
 - 31 Profited
 - 34 NATO member
 - 37 Churchill's successor
 - 38 Jason Biggs film
 - 41 Coasted
 - 42 Fugue composer
 - 46 — Bator
 - 47 Grab all the goodies
 - 48 Anthony Quinn role
 - 50 Pennsylvania port
 - 51 Crack up
 - 53 Taxi
 - 55 Condemns
 - 57 Where to find a fennec
 - 59 Parasite
 - 61 Casserole cover
 - 63 Place of origin
 - 65 Pack peppers
 - 67 New Deal agcy.
 - 68 Reggae's Marley
 - 69 "Roots" Emmy winner
 - 70 Blanc or Brooks
 - 72 The Cyrkle hit
 - 76 Narcs' org.
 - 77 Sheepish sound
 - 79 Sandra of "A Summer Place"
 - 80 Neighbor of Tenn.
 - 81 Tracking tool
 - 83 Singer
 - 84 Spud bud
 - 85 Vote in
 - 87 Dull
 - 90 Time and again
 - 92 It may be fake
 - 94 Stringed instrument
 - 96 Machu Picchu native
 - 97 Tolkien character
 - 99 Attained
 - 101 Football's Van Brocklin
 - 102 Like kids at Christmas
 - 103 Drescher of "The Nanny"
 - 104 Hollywood award
 - 108 Banister
 - 109 Cheeseboard choice
 - 110 Jet of yore
 - 114 Fury
 - 115 Encounter
 - 116 "— Lama Ding Dong" ('61 tune)
 - 119 Dropped the ball
 - 121 "Blue Velvet" singer
 - 123 Merv Griffin creation
 - 128 Salad
 - 129 "— Man" ('67 hit)
 - 130 Senator Hatch
 - 131 Mix
 - 132 Cafe vessel
 - 133 Craggy hill
 - 134 Peter of Herman's Hermits
 - 135 Lady lobster
 - DOWN**
 - 1 Float on the breeze
 - 2 Jones of "Show Boat"
 - 3 Type
 - 4 Except
 - 5 Monty's milieu
 - 6 What the shoe does
 - 7 — Rios, Jamaica
 - 8 Ancient tongue
 - 9 Couple
 - 10 Past
 - 11 Tiny tree
 - 12 Indian export
 - 14 Gary Lewis & the Playboys hit
 - 15 Let
 - 16 Phantom instrument
 - 18 Skip
 - 21 Beaver's dad
 - 23 "I could — horse!"
 - 24 Biblical book
 - 29 "Mockingbird" singer
 - 32 Attempt to equal
 - 33 Oscar — Renta
 - 35 Tennyson's Arden
 - 36 Green org.
 - 37 Wades through a crowd
 - 39 Julia of "Havana"
 - 40 Babe in the woods
 - 41 Theater sign
 - 42 Arthur of "Maude"
 - 43 Griffon greeting
 - 44 Minnie
 - 45 Driver film
 - 49 Bizarre
 - 52 Rosemary or basil
 - 54 Hunk of gunk
 - 56 Hook's henchman
 - 58 Transport
 - 60 Plot
 - 62 Bridge support
 - 64 Bikini part
 - 66 Whirlpool
 - 68 Like mountain air
 - 69 With 117 Down, Italian statesman
 - 70 Exec's deg.
 - 71 Actor
 - 73 Shorten a sail
 - 74 Hgt.
 - 75 '59 Ritchie Valens hit
 - 78 Starry
 - 82 Pearce piece
 - 84 Remnant
 - 85 Carve a canyon
 - 86 Implement
 - 88 Member of the mil.
 - 89 Joke
 - 91 Tons of time
 - 93 Hard on the eyes
 - 95 Author Hubbard
 - 98 Brute
 - 100 Pied-a—
 - 103 Breakfast food
 - 105 Get the better of
 - 106 Kevin of "SNL"
 - 107 Part of EMT
 - 108 Shipbuilding need
 - 109 Passed-on item
 - 111 Fleming and Linkletter
 - 112 Consequences alternative
 - 113 Skater Sonja
 - 115 Budge
 - 117 See 69 Down
 - 118 Fluffy coil
 - 120 Bruce of "Coming Home"
 - 122 "Whether — nobler in the mind..."
 - 124 Medical grp.
 - 125 Corn portion
 - 126 Perch part
 - 127 Waugh's "The Loved —"

SEE ANSWERS, A25

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HOROSCOPES

■ **VIRGO (August 23 to September 22)** A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

■ **LIBRA (September 23 to October 22)** Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

■ **SCORPIO (October 23 to November 21)** You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

■ **SAGITTARIUS (November 22 to December 21)** People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

■ **CAPRICORN (December 22 to January 19)** Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

■ **AQUARIUS (January 20 to February 18)** You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

■ **PISCES (February 19 to March 20)** Your loving reassurance helped

revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

■ **ARIES (March 21 to April 19)** A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

■ **TAURUS (April 20 to May 20)** Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

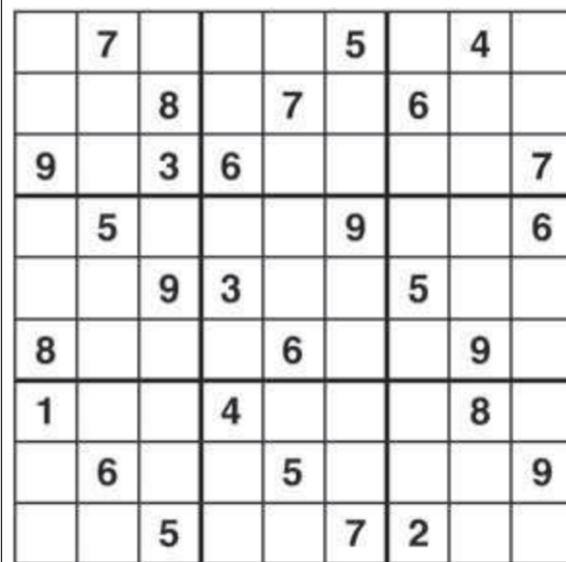
■ **GEMINI (May 21 to June 20)** Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

■ **CANCER (June 21 to July 22)** Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

■ **LEO (July 23 to August 22)** Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

■ **BORN THIS WEEK:** You are a wonderful matchmaker who can bring people together to form long-lasting relationships ■

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, A25

Deli Selections

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LATEST FILMS

'Cosmopolis'



★★
Is it worth \$10? No

Eric Packer needs a haircut. For most people this is a simple, common pursuit to which they've grown accustomed. But for Eric, who's a billionaire asset manager on the brink of losing it all, the never-ending ride across town to his father's old barber on the worst traffic day of the year is a symbol of his insatiable lust for hedonism. He's a man who has everything but is satisfied by nothing, and it's this drive to find purpose in his hollowness that serves as the backbone for "Cosmopolis."

To engage his senses, Eric (Robert Pattinson) interacts with a number of people in the back of his stretch limo, including: a network security expert (Jay Baruchel) who assures him all is fine; his favorite prostitute (Juliette Binoche); his estranged wife (Sarah Gadon); a female jogger (Emily Hampshire) he'd never really "seen" before; a financial expert (Samantha Morton) who's brutally honest, and more. Eric's day gets worse as it progresses, then finishes with a face-to-face confrontation with the man (Paul Giamatti) who's trying to kill him.

Pattinson is an interesting choice for Eric, as he's been criticized for poor acting in the "Twilight" movies and he's now playing a character who lacks emotion. In truth, the bland, expressionless look on his face and his flat dialog delivery are distinctly in tune with his character's motives, which are both obvious and dubious.

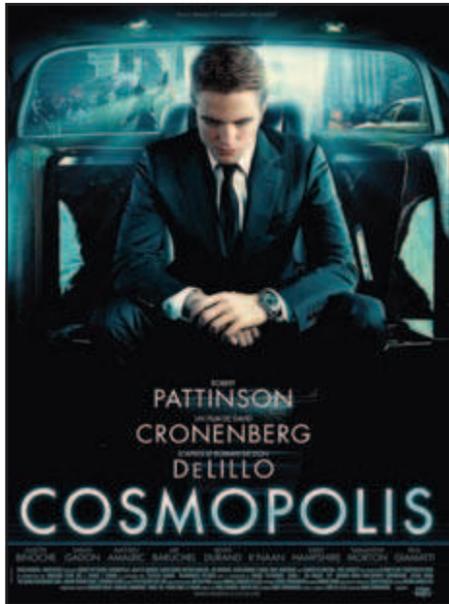
It might not seem like he's stretching much here acting-wise, but his performance is very good.

Besides, you can't blame him for the stilted line readings taken from author Dom DeLillo's book. Of the many flaws in writer/director David Cronenberg's ("Eastern Promises") narrative is the impression that he's so enamored with DeLillo's source material (which I have not read) that he can't craft it into a good movie.

More often than not, staying blindly loyal to source material is a mistake done to appease book fans at the expense of the film's end result. This sense is reinforced by what goes

on outside the limo: The day starts out perfect and serene, but gradually devolves into riots and murder.

It is, in many ways, a study of urban decay and the hollowness of avarice, a metaphysical poem on the big screen that attempts to update "Taxi Driver" for the 21st century. You can get away with this density in a book because the reader has time to absorb the themes; in a movie, however, it's too quick and the themes are lost, or at least notably more difficult to observe.



Cronenberg might think he's up for this challenge, but his narrative is too abstract; more absolutes, such as a "you talkin' to me?" moment of quiet fury (or any sign of emotion), would allow Eric to seem more real as either hero or villain and would allow the audience to root accordingly. Unfortunately, we grow just as indifferent to Eric as he is to the world, leaving us with cerebral engagement but lacking feeling, which isn't enough. As audience members, we need to care about someone or something; in this film, nothing engages us.

"Cosmopolis" is the type of movie that critics generally laud while casual movie fans wonder what the hell is going on. Allow me to save you from wondering by suggesting you skip this altogether. ■

in the know

>> Rob Pattinson was not the first choice for Packer; Colin Farrell was originally cast, but dropped out to work on "Total Recall."

CAPSULES

2 Days In New York

★★★
(Chris Rock, Julie Delpy, Alexia Landau) Marion (Delpy) and Mingus' (Rock) happiness is tested when her crazy French family visits them in New York. Because their relationship feels real, we happily relate to the strain they face, even if some of the funny parts fall flat. A sequel to Delpy's "2 Days In Paris" (2007). Rated R.

ParaNorman ★½

(Voices of Kodi Smit-McPhee, Anna Kendrick, Leslie Mann) Outcast Norman (Smit-McPhee) is the only person in his town who can speak with the dead, which comes in handy when a

centuries-old curse wakes the dead. The story is predictable, and the animation is woefully unacceptable. We've been spoiled by quality too many times to settle for poor visuals and voices that don't match mouths. Rated PG.

The Expendables 2 ★

(Sylvester Stallone, Jason Statham, Jean-Claude Van Damme) Barney (Stallone) takes his team of meatheads for what should be an easy job (yeah, right), but things go awry when they encounter a villain (Van Damme) who kills one of Barney's men. This is worse than the original (which I liked) in every way, but the worst offense is the muted, dark color that erases any vibrancy the movie could have. Rated R. ■

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FLORIDA WEEKLY SOCIETY

H&M's "Baby Loves Disco" at The Gardens Mall in Palm Beach Gardens



1



2



3



4



5



6

COURTESY PHOTOS

1. Nikita Kohrang, Briana Colman
2. A DJ spins tunes for the young dancers
3. Winning dancer Kory Crawford
4. Daphne Rogers, Sarah Rogers, Madeleine Rogers
5. Youngsters sing along
6. Young dancers

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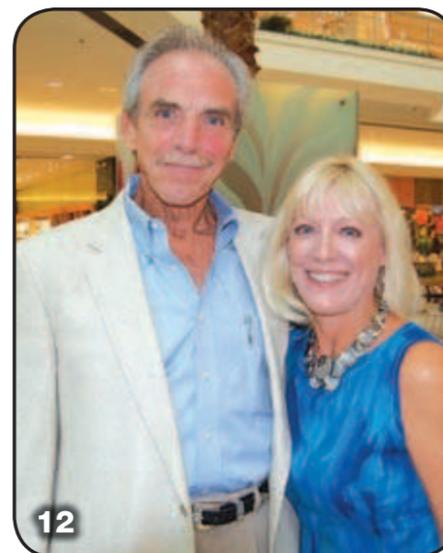


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FLORIDA WEEKLY SOCIETY

“Art Arribada,” reception and auction fundraiser for Loggerhead Marinelife Center, at The Gardens Mall



1. Michael Lyden, Diana Heiser
2. Alane Foster, Rena Ueltschi
3. Sue Fairchild, Candy Martin
4. Deborah Jaffe, Mo Foster, Sally Severeid

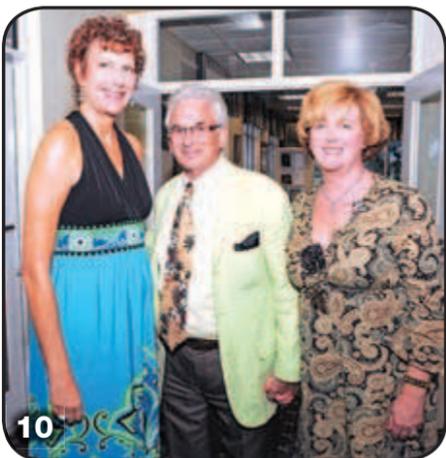
5. Todd Hutchinson, Laura Hutchinson, Peter Waxman, Hollie Waxman
6. Ken Gordon, Enid Atwater
7. Betty Kehr, Jim Galloway, Janice Bruson
8. Ray Graziotto, Michele Jacobs, Brian Waxman

9. Tommy Cutt, Tom Longo, Charles Manire
10. Craig Grant, Susie Dwinell
11. Beverly Clark, Nicole Clark
12. Jim Jackson, Lynne Wells
13. Emily Mateer, Kate Fratalia

KELLY LAMONS/FLORIDA WEEKLY COURTESY PHOTOS

FLORIDA WEEKLY NETWORKING

Arthur R. Marshall Foundation summer-intern graduation celebration, at Lake Worth Golf Club



- 1. Leslie Lilly, Jeri Muoio
- 2. Nan Gallagher, Roberta Drey
- 3. Doris Hastings, Barbara Johnson, Nancy Roth
- 4. Charlie Pelizza, Sylvia Pelizza
- 5. Jimmy Cates, Kathe Thompson, Paul Suschak

- 6. Ellen Daniels, Nancy Marshall, Ann Paton, Ali DiNovo
- 7. Steve Jackson, Christine DiRocco
- 8. Ann Paton, Irma Anapol
- 9. Michael Sedan, Josette Kaufman, Norman Gitzen
- 10. Lisa Peterfreund, Steven Kaufman, Debra A. Cohn

- 11. Karl "Max" Wallace, Danielle Koushel, James O'Connell, Mary Crider, Kyle Dollman
- 12. Tomas Boiton, Jeri Muoio, Jack Lansing

COURTESY PHOTOS

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FLORIDA WEEKLY CUISINE

Crab Cake Cook-Off to benefit Parent-Child Center

FLORIDA WEEKLY STAFF REPORT
pbnews@floridaweekly.com

Ten restaurants are sharpening their claws to compete in the first annual Palm Beaches Crab Cake Cook-Off for Childhood Illness & Trauma on Oct. 20 to raise funds for children coping with life-changing physical and mental illness and trauma.

The Parent-Child Center, which provides childhood social-emotional therapy and support for victims of trauma, abuse, neglect and critical illness, is launching the event to bring awareness and money to the more than 5,000 kids it serves each year.

Paradiso Ristorante will host a Crabs and Crowns VIP Cocktail Kickoff Sept. 14 at its Lake Worth location.

Nine other favorite local eateries signed on for the inaugural competition, including Café Joshua, Carrabba's West Palm Beach, Cod & Capers, Dixie Grill and Bar, Guanabanas, Hogsnappers, Palm Beach Ale House, Riggins Crab House and The Conch and Crab. Guests will taste each team's crab cake and will cast their votes for People's Choice Award, as well as participate in wine and beer tastings.

There will be entertainment and prize drawings. A panel of judges and food writers will determine winners based on taste, texture and originality of recipe. "The Community Partnership Group and Parent-Child Center are known by parents and partner agencies for our profound positive impact on children's lives, but because we've mostly worked with government and corporate foundations for funding, the larger community does not know our name or what we do," the agency's development director, Laura Morse, said in a statement. "We have been here serving for 30 years, but as our children are under greater threat than ever, we are sharing our mission with the Palm Beaches communities for volunteer support and donor funds. If you really want to help children overcome life's worst obstacles, come here and work with us," Ms. Morse added.

The crab cake cook-off is 6:30-9 p.m. Oct. 20 at the Lake Pavilion and Terrace at downtown West Palm Beach's Waterfront. The VIP event is Sept. 14 at Paradiso, 625 Lucerne Ave., downtown Lake Worth.

For guest tickets, media and sponsorship information, visit www.GoCPG.org and click on the crab button at the top of the page. Call 841-3500, Ext. 1081



Grimaldi's will give VIPs a voucher for a free pizza for their birthday. Local locations include Downtown at the Gardens (above) and Clematis Street, in downtown West Palm Beach. SCOTT SIMMONS/FLORIDAWEEKLY

Starting Sept. 14, Café 155 will be open 7 a.m.-3 p.m. Monday through Saturday, and 7 a.m.-1 p.m. on Sunday.

For those who prefer to dine at home, Café 155 offers local delivery with a \$15 minimum order. For take-away orders or delivery, call 659-8109 or email: greg@cafe155.com.

The Colony is at 155 Hammon Ave., just south of Worth Avenue, Palm Beach.

Free birthday pizza at Grimaldi's: Note to VIPs: Grimaldi's Pizzeria offers every Grimaldi's VIP a free large one topping pizza for his or her birthday.

Register online or in person at Grimaldi's and receive an electronic voucher good for a free large one-topping pizza.

Locally, Grimaldi's has two locations, one at Downtown at the Gardens, 625-4665, and another at 1 N. Clematis St., downtown West Palm Beach, 833-8787. Register online at www.grimaldispizzeria.com/newsletter.

Events at Whole Foods: The Whole Foods Market at Downtown at the Gardens will offer a variety of events and classes in September.

Here's a sampling: First up, Thirsty Thursdays, 4-7 p.m. Thurs days in September. Sample a variety of beers and wines.

Chat n' Chew with Courtney is 10 a.m.-noon Fridays. Drop by the Healthy Eating Center to discuss a variety of healthy topics, from incorporating more veggies into your diet to cooking without oil to the benefits of your favorite fruit.

Grilling for a Good Heart! is noon-3 p.m. Sept. 8, 15 and 22. This fundraiser for the stores walk team to participate in the American Heart Association will offer many heart-healthy items on the grill each week from fresh grilled veggies and seafood to heart-healthy meat options. One hundred percent of sales will benefit the American Heart Association Heart Walk, to be held Sept. 29 in West Palm Beach.

Cheese 101 is 6:30-7:30 p.m. Sept. 26. Space is limited, register online at www.acteva.com/go/palmbeachgardens.

Whole Foods is at Downtown at the Gardens, 11701 Lake Victoria Gardens Ave., Suite 6101, Palm Beach Gardens. Phone: 691-8550. ■



for additional information.

Expanded menu at The Colony: The Colony Hotel's Café 155 recently added a number of "Healthy Living" items to its breakfast and lunch menu.

The sit-and-snack or grab-and-go eatery is now offering such fare as freshly baked croissant, muffins or scones, oatmeal and breakfast burritos in the morning, or custom salads, sandwiches and lunch specials later in the day.

"Café 155's daily lunch specials include mini-burgers, Chicken Francese, fresh fish and rice and even freshly roasted turkey served with mashed potatoes and gravy, or as a turkey sandwich with cranberry relish, or even a build-it-yourself turkey salad," said the chef de cuisine, Steve Darling, in a statement. "Additional crowd favorites include our snappy Tuna Nicoise and Chinese Chicken Salads, and hand-carved prime rib and pork loin sandwiches."

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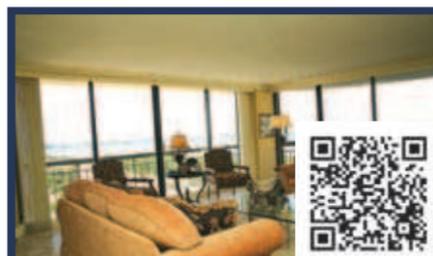
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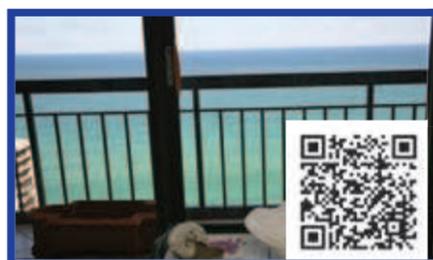
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Ritz 601A 3BR/3.5BA Direct Ocean & ICW views. Over 3,600 Sq Ft. of living space. Professionally finished.
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REACHING NORTHERN PALM BEACH COUNTY'S MOST AFFLUENT READERS

healthy living

September 2012

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

Assisted **LIVING**

What you should know
as you choose a facility

BY MARY JANE FINE
mjfine@floridaweekly.com

The time has come, or it's coming. You can see it, sense it, much as you wish you were wrong. Your mother can no longer fix her own meals or bathe herself or remember which pills to take and how many of them. Your father just isn't the man he used to be, capable and independent and healthy as a Clydesdale stallion. Your parent needs help, and soon, help beyond your ability to provide it.

A stroke. Dementia. A series of heart attacks. A broken hip that won't mend, and all the associated problems it triggers.

Now what?

The answer, quite often, is assisted living.

SEE ASSISTED, B6 ►

INSIDE:

TAKE STEPS to prevent soccer injuries/ **B5**

ACUPUNCTURE can ease chronic dental pain/ **B8**

PAVILION AT JMC offers range of services/ **B9**

The one question I keep asking: Am I listening?

The mornings in Park City, Utah, during the summer are infused with a rather particular array of sensory flavors. There is the mixture of mountain foliage coupled with the mint-like tang of cool mountain air, which generally tends to point even the most



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jaded folks toward a feeling of good will and endless possibility. It is amazing how glorious it is to simply linger over morning coffee pondering what the day's activities will entail. Given the projected perfect weather of the day; a mid-day high of about 75 and an evening low of 56, all bundled in cloudless blue skies, there is an

abundance of choices such as hiking, biking, rafting, shopping and lunching. These are the days when anything seems possible, and it does not matter what the grand design is, or may be, you're just happy to be.

Sitting here over my particularly aromatic morning coffee I pause to think about South Florida, my home friends and clients. This southward contemplation is due in part to the potential arrival of Tropical Storm or Hurricane Isaac, and in part because I am acutely aware of how precisely opposite this morning is and will be for some of my clients. Empathy is one of the most important things that a family law attorney can possess. It is an important component



for any lawyer to possess, and it is sometimes the most difficult attribute to maintain. One of the most important tools in the practice of both professional and personal empathy is the ability and the willingness to simply listen. It is not so easy to turn off the seemingly never-ending commentary that runs in our minds, particularly when hearing another person's story of woe. Difficult or not, this is one of the most important skills a family lawyer can possess. There is no question that you need to have someone representing you in a family court matter who is intelligent, articulate, persuasive, and experienced. But if your lawyer can combine empathy while earning your confidence in a plan of how to achieve your goals, that is perhaps the most important skill of all.

Webster's dictionary defines empathy as, "... 2: the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings,

thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit matter; also: the capacity for this."

The timely and appropriate use of empathy in a divorce case is more complicated than one might imagine. The ability to vicariously experience the feelings, thoughts, and experience of a client can be a tricky business. When most clients first retain their lawyer, there is usually a significant gap between their rational minds and their emotions. This fact coupled with a lack of information about the legal process, all works to create an amalgam of uncertainty, fear and despair that does not promote the clear and concise communication of their thoughts and feelings. Clients are often too upset to tell you the specifics of what is bothering them and likely have only the vaguest notion of what results

they want to achieve at the conclusion of the divorce process.

And so we come back to the simple yet rare, exercise of really listening. I don't recall where I heard the phrase, "I know you hear me, but are you listening?" One of the necessities of really listening to a divorce client is the understanding that you are going to have to listen to that client's communication over time. This is due in part to the fact that divorce is similar to death in that there are various stages most people go through such as: denial, anger, bargaining, depression and finally acceptance. There is no question that it is a different exercise to accurately listen to and empathize with a client when their feelings, experience and desires are often vastly different in the denial stage than in the acceptance stage. In order to truly do our clients a service representing them in a divorce, it is crucial that a lawyer acknowledge the complexity of ascertaining what a client's true goals and desires are in the case, and working towards achieving those results. This of course assumes that the client's course of action is within the bounds of ethics, morality and the law.

Maintaining the objectivity and patience necessary to open one's mind and ears, and close one's mouth is oftentimes difficult for an attorney, particularly in a divorce case. It is vitally important that lawyers dealing in this area of the law take the time to ensure and cultivate their own peace of mind and objectivity. As such, I now meander off to enjoy my day in the mountains, to clear my mind, and to prepare myself to come back and really listen to my clients. ■

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Are you ready for the flu season?

According to the Centers for Disease Control, five percent to 20 percent of Americans catch the flu each year. There are about 200,000 flu-related hospitalizations each year leading to 3,000 to 49,000 flu-related deaths on an annual basis.

The flu is a viral respiratory infection that also is medically known as influenza. Common flu is spread from person to person in secretions of the nose and lungs, like sneezing and cough. There are three types of influenza viruses, which are designated as A, B and C. Influenza C usually causes mild respiratory

illnesses while, influenza A and B are responsible for severe public outbreaks of respiratory illnesses occurring every winter. Type A is further divided into subtypes like H1N1 (Swine Flu).

The influenza vaccine is an annual vaccine given to protect against the most common strains of influenza A and influenza B. The flu shot is an inactivated vaccine (containing killed virus). It is given with a needle, usually in the upper arm.

There also is a nasal spray flu vaccine that is made with the live, weakened, flu virus that is also known as Live Attenuated Influenza Vaccine (LAIV.) This form of vaccine is given to healthy people ages 2 to 49 years of age, who are not pregnant. It is recommended that people get their seasonal flu vaccine as soon as it becomes available. Vaccination before December is best; however, it

can be available as early as August.

Who is eligible for vaccination?

Everyone older than 6 months of age should get the flu vaccine every flu season; however, it is of special importance for the following groups to be vaccinated because they are at higher risk of serious flu-related complications:

- Pregnant women
- Children younger than 5
- Individuals over the age of 50
- People who live in nursing homes or other long-term care facilities
- Health-care workers
- Household contacts of persons with high risk of complications from the flu or children under the age of 6 months.

Who should not get vaccinated?

The following people should not receive the flu vaccine unless otherwise directed by their physician.

Those who:

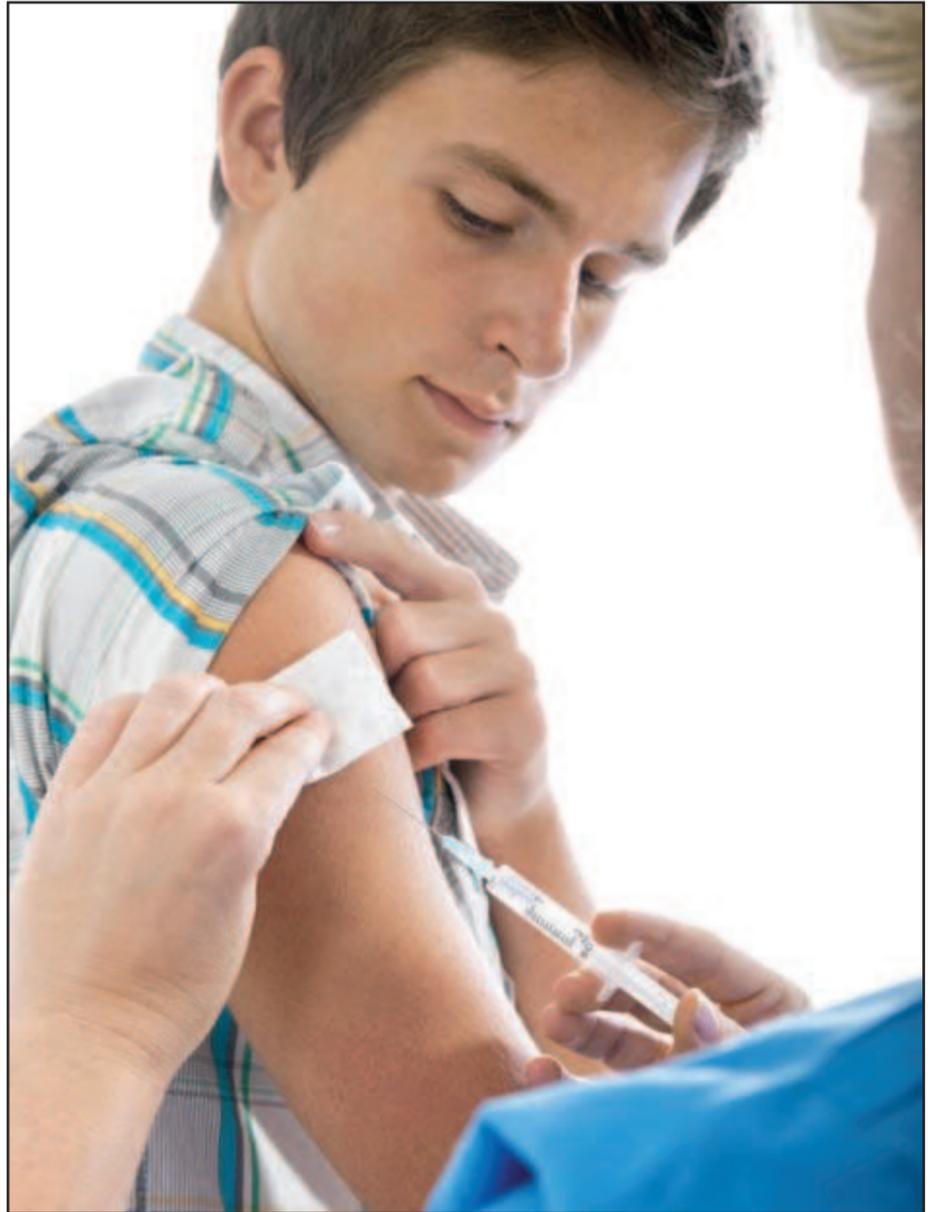
- Have a history of allergies to chicken eggs
- Have severe reaction to vaccine
- Have moderate to severe upper respiratory illness with fever (will have to wait until symptoms resolve)
- Have history of Guillain-Barré Syndrome

Vaccine side effects

Side effects for the flu shot include soreness, redness or swelling at injection sites, low-grade fever and aches.

The nasal spray may cause runny nose, wheezing, headache, vomiting, muscle aches and fever in children. Side effects in adults may include runny nose, headaches, sore throat and cough.

For more information about the safety of the flu vaccine, go to CDC.gov under the "Influenza Vaccine Safety" area. ■



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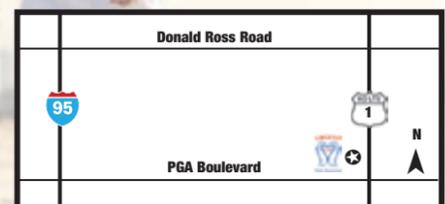
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Take steps to prevent kids' soccer injuries

Ever since 1984, the year soccer passed baseball as the most popular team sport in the United States, participation in this sport has skyrocketed. With increasing numbers of children running and kicking their way down soccer fields across America, doctors of chiropractic are urging parents to take a step back and learn how to protect their children from the potential injuries this popular sport can cause.



Dr. Michael Papa

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Although soccer can be a great overall sport for children, some youngsters are enduring mild to severe head traumas, neck injuries, damage to the cervical spine, headache, neck pain, dizziness, irritability and insomnia as a result of their

participation, according to the September 2000 issue of the *Journal of the American Chiropractic Association* (JACA).

Each year, in fact, youths under age 15 suffer more than 227,100 soccer-related injuries, according to recent reports.

What are some common soccer injuries?

■ **Lower extremity injuries** — Sprains and strains are the most common lower extremity injuries. The severity of these injuries varies. Cartilage tears and anterior cruciate ligament (ACL) sprains in the knee are some of the more common injuries that may require surgery.

Other injuries include fractures and contusions from direct blows to the body.

■ **Overuse lower extremity injuries** — Shin splints (soreness in the calf), patellar tendinitis (pain in the knee), and Achilles tendinitis (pain in the back of the ankle) are some of the more common soccer overuse conditions. Soccer players are also prone to groin pulls and thigh and calf muscle strains.

Stress fractures occur when the bone becomes weak from overuse. It is often difficult to distinguish stress fractures from soft tissue injury.

If pain develops in any part of your lower extremity and does not clearly improve after a few days of rest, a physician should be consulted to determine whether a stress fracture is present.

■ **Upper extremity injuries** — Injuries to upper extremities usually occur from falling on an outstretched arm or from player-to-player contact. These conditions include wrist sprains, wrist fractures and shoulder dislocations.

■ **Head, neck and face injuries** — Injuries to the head, neck, and face include cuts and bruises, fractures, neck sprains and concussions. A concussion is any alteration in an athlete's mental state due to head trauma and should always be evaluated by a physician. Not all those who experience a concussion lose consciousness.

■ **Muscle injuries** — Poor flexibility and muscle tightness often are cited as risk factors in muscle strains, tendon injuries, and especially re-injuries of strained muscles. The groin, hip flexors and ankle dorsiflexors (pointing your toe up) are tight in soccer players. Don't neglect stretching.

Ankle sprains often occur during

tackling. Sounds like technique may be an issue.

Plus, over half of those with an ankle sprain will re-injure it and half of those do so within two months of the first injury. Follow the doctors' and therapists' orders about rehab. You may view a sprained ankle as a nuisance, but if you return too soon, you are putting yourself at risk for another, possibly more serious, injury — ankle or otherwise.

Protection of a sprained ankle (e.g. taping or lace-up ankle supports) for a year or more has been suggested. So practice the technique. If injured, don't try to come back too early. Follow rehab orders to the letter and protect prior sprains. Your team needs you on the field, not on the sidelines.

■ **Knee injuries** — The risks of non-contact knee injuries include:

Laxity — loose ligaments due to either prior injury or genetics.

Muscle Imbalance — one leg being stronger than the other.

Flexibility — People with knee injuries have pretty flexible hamstrings.

■ **General motor skills** — Knee ligaments seem to tear during landing, stopping or cutting in an erect stance (straight knee and straight hip). This is especially true in females. Players (girls especially) should play with a lower center of gravity (the old "ready position") and absorb these shocks by flexing the hips and knees. Start teaching this when they are young.

■ **Head injuries** — These occur during head-head contact or head-ground contact, mostly in the penalty area and near the midline (when competing for goal kicks, punts, clears, etc). Especially dangerous are head flicks, where a player flicks the ball off their head, usually backward. ■

Youth soccer injury prevention and treatment

>>> **Encourage** a broad spectrum of sports — like soccer, skating and skiing, for example — to develop the whole body. Over-playing and over-training are problems exacerbated by ambitious parents, peer pressure and adult role models. Children need their rest time.

>>> **Think RICE** — rest, ice, compression, and elevation of the injury — which is the recommended procedure. Keep the injury iced until the swelling is down, applying ice no longer than a 20-minute session. After 20 minutes, ice fatigues the blood vessels and causes a heat reaction that actually increases swelling. Leave the ice off for about an hour and reapply. Then, try to get the child to move the injured area as soon as possible. If pain persists, take your child to a chiropractor or other health-care professional.

>>> **Warm up and stretch** — Research has shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling or running or walking in place for three to five minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.

>>> **Protect yourself** — Wear shin guards to protect your lower legs. Wear soccer shoes with molded cleats or ribbed soles. Shoes with screw-in cleats are associated with a higher risk of injury. But shoes with screw-in cleats should be worn when more traction is needed.

>>> **First aid** — Be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, or minor tendinitis, strains, or sprains.

>>> **Seek help** — If any problems or symptoms concern you or your child, we would be happy to provide a consultation or evaluation to determine if an issue is of concern.

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ASSISTED

From page 1

The resident?
 “It’s typically someone that needs some gentle supervision with activities of daily living,” says Edith Pecan, director of marketing for the Lourdes Pavilion at McKeen Towers in West Palm Beach. “Just a little bit of extra help, with people around, a more upbeat setting.”

Planning ahead is key.
 “The best time to look is six months to a year before your parent will need to make the move,” Paula Carder, co-author of “Inside Assisted Living: The Search for Home,” told Consumer Reports recently. “If you wait until your parent is being discharged from a hospital or rehab center, you’ll have fewer choices.”

The typical Lourdes Pavilion resident is 86, older than the typical resident might have been some years ago. “I think people have stayed home longer,” Ms. Pecan speculates, “whether because of the economy or because more resources are available for longer to help them stay at home.”

Once the determination is made to seek help, a family often will visit McKeen Towers six times before deciding to place a loved one there. The adult children will visit first, then return, sometimes with another sibling or a family friend, for a second visit and a tour, before bringing the intended resident along to assess the surroundings and learn what’s in store.

“It’s a big decision, and we always urge people to take their time. The parent is often reluctant. They’re apprehensive about what will happen — especially our parents’ generation, who remember places before this,” Ms. Pecan says, referring to the sort of old-school nursing homes that warehoused the elderly.

McKeen Towers offers independent living, assisted living and skilled nursing care units, all located along the Intracoastal Waterway. The facility’s assisted-living units are studios and one-bedroom apartments, furnished with a resident’s own things. “That’s what the founder envisioned,” Ms. Pecan says, “what makes it their own home.”

But the personal living quarters are only a part of the picture. Families seeking assisted-living care need to assess many aspects of the life and care available.

A number of websites — including AARP, the Assisted Living Federation of America (ALFA) and Consumer Reports — carry long lists of questions to ask in advance of selecting a facility. All recommend taking a tour to assess



the staffing level, noting whether aides seem to know residents’ names and talking to residents about their experience with service and care.

That service and care do not come cheaply. Medicare does not pay for assisted living, which means that, unless a person has long-term-care insurance, he or she generally relies on savings, pension and/or Social Security to pay the monthly cost. Sometimes, Veterans Administration funds can help offset the cost.

The website AssistedLivingFacilities.org places Florida’s average fee at \$2,400 a month. The cost at McKeen Tower’s Lourdes Pavilion’s 34 assisted-living units is higher, between \$4,700 and \$6,200 for one person. “But that includes breakfast, lunch and dinner; electricity, water, cable, housekeeping, visits to the doctor and up to 30 minutes a day of personal care and prompts — for instance, ‘It’s time for breakfast,’” Ms. Pecan says. “And there are no hidden charges, no a la carte at the end of the month, for housekeeping or laundry or bathing.” Each of the two 17-unit assisted-living floors is overseen by an aide, she notes, with registered nurses always available. Founded and owned by the Carmelite Sisters, the facility also is home to eight nuns, some trained in nursing.

Estimates put the nation’s assisted-

living population at more than 900,000 in 39,500 facilities. Because no federal agency oversees the industry, each state determines licensing and inspection requirements and procedures.

In Florida, the Department of Elder Affairs is responsible for establishing regulations; the Agency for Health Care Administration is responsible for licensing, inspections and oversight.

Florida’s late Sen. Claude Pepper, the elderly champion of the elderly, was largely responsible for the passage, in 1980, of the Residents’ Bill of Rights, which promised that assisted-living residents would be protected and treated with dignity.

Last year, Gov. Rick Scott vetoed a legislative effort to water down some of the rules and restrictions governing the state’s assisted-living facilities, following a surge of complaints about patient abuse and neglect. The governor formed a task force, the Assisted Living Workgroup, to develop recommendations for improving Florida’s ability to monitor the quality and safety of those facilities.

Ms. Pecan urges the families of potential residents to assess, as she says, “the overall condition of the home’s common areas, as well as the personal living quarters, and be cognizant of how the other residents look — and really look at the staff. Are they friendly? Are they engaging with residents or are they

looking down as they walk by?”

“That’s why, for one thing, you come to look around six times and at different times of the day. You don’t just take a planned tour and leave it at that.”

She recalls a recent visit from the son and daughter-in-law of a widower whose ability to care for himself had greatly diminished: “They were finding that, every day, they’d have to go over and do more and more for him, and they were unable to live their own lives. That drove them to come in and see us because, to be honest, they wanted their own lives back, and we were the solution.”

Feelings of guilt can make the decision to seek care for an elderly parent agonizingly difficult. “A person usually says, ‘I’m fine. I’m not ready (for assisted living). I don’t need anything,’” Ms. Pecan says. “Famous last words.”

Families will tell her about a parent who, for example, repeatedly gets lost while driving, or who forgets to eat. “Their children will open the fridge and find it full of food,” she says, “the Styrofoam containers with leftovers from the restaurant they visited, together, two weeks ago.”

Finding the right setting, the place in which a parent will feel most comfortable and cared for, is the outcome every family hopes for. A family doctor or local senior center often can provide help, as can state and national agency and organization websites. A selection:

■ **Assisted Living Federation of America** — The largest national association exclusively dedicated to professionally operated senior living communities for seniors. ALFA works to influence public policy by advocating for informed choice, quality care, and accessibility for all Americans. See alfa.org. In Florida, contact ALFA’s senior director of government operations Paul Williams, pwilliams@alfa.org or 703-562-1138.

■ **American Association of Retired Persons (AARP)** — A non-governmental organization and interest group that acts as an advocate for its membership and is one of the nation’s most powerful lobbying groups. See aarp.org. Toll-Free Nationwide: 888-OUR-AARP (888-687-2277) Check out its “Assisted Living: Weighing the Options” and “Assisted Living: What to Ask” features.

■ **Eldercare Locator** — Local information, referral resources, and contact information for state and local agencies, from the United States’ Health and Human Services Department. See eldercare.gov, or call 800-677-1116.

■ **Consumer Reports** — The monthly magazine that publishes reviews and comparisons of products and services, based on reporting and its survey research center. Check out its “Choosing an assisted-living facility” feature. See consumerreports.org. ■



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Acupuncture can treat chronic pain, even dental symptoms

In 1997, a 12-member group of medical experts convened to issue a formal consensus statement about the effects of acupuncture. This was done under the auspices of the National Institute of Health.



Dr. Richard Tiegen

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Thousands of scholarly research papers were reviewed through Medline and a meta-analysis of the information was performed.

The results strongly indicated that acupuncture was effective in treating dental pain.

The same was true for various other disorders such as adult post-operative and chemotherapy nausea.

A recent case verified this once again. A new patient came in to see me for evaluation of chronic dental pain.

He had undergone dental procedures 20 years ago and wound up with strong,

intractable pain in the upper right region of the mouth.

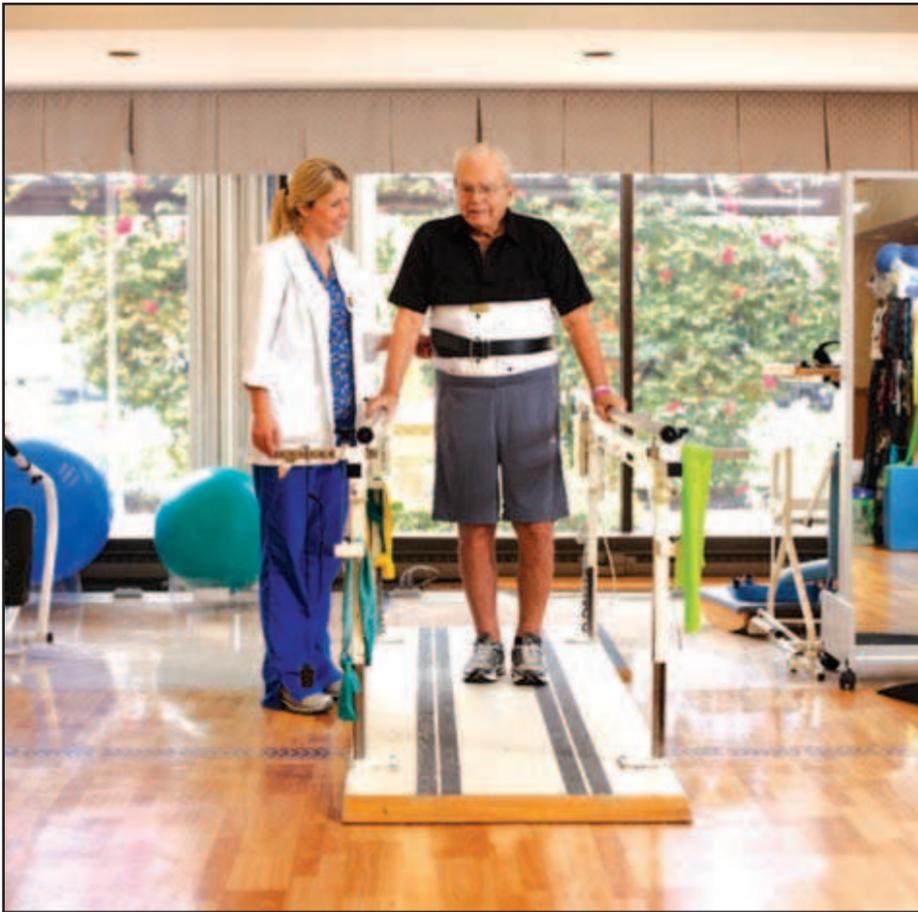
Powerful pain medications were prescribed but to no avail. The pain did, however, subside several years ago. Again, he underwent dental procedures, this time an implant. Again the pain returned. Again, nothing helped.

I was contacted by the oral surgeon who performed the implant. We reviewed the case and the patient came in for an initial exam. Although this did not reveal anything to account for the problem, the pain continued. X-rays showed what appeared to be a healthy implant.

The patient was distraught. I agreed to treat with acupuncture but told him we would try only three times. If there was no improvement it probably would not work with additional treatment.

The first two sessions showed no change. When he returned for the third treatment the pain was gone. It was completely resolved. Although we do not fully understand how acupuncture works it still does — often when other methods fail.

Consider acupuncture for chronic pain. Many times it can be effective even when other efforts fail. ■



COURTESY PHOTO

The Sub-Acute Inpatient Rehabilitation area of The Pavilion at Jupiter Medical Center can help people get back on their feet after surgery or an injury.

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After surgery, illness or injury, getting back on your feet is not always easy.

The Pavilion Sub-Acute Rehabilitation Center

provides inpatient care to individuals requiring a customized therapy plan in a facility conveniently located on the Jupiter Medical Center campus.

The Pavilion provides the highest standards of care, delivered with compassion by skilled team members who take a multidisciplinary, goal-oriented approach to help all patients reach their maximum level of independence.

Therapists guide patients through a variety of therapies to restore the patient's independence as quickly as possible, getting them back home and returning them to a normal quality of life.

The multidisciplinary team of clinical experts (including a medical director, physician assistant, nurses, physical, occupational and speech therapists, dietitians and social worker) work together with input from the patient and family, determining the most effective and efficient treatment plan to maximize the patient's independence. This plan is monitored and adjusted throughout their stay, and is always under the direction of a physician.

The Pavilion offers the following services:

- 24/7 Admissions
- Sub-Acute Inpatient Rehabilitation
- Skilled Nursing Care

■ Respite Care — Whether you're going on vacation or simply need a break, The Pavilion's 24-hour skilled nursing services are available for you and your loved one.

■ Alzheimer's and Stroke Support Groups for the community on the first Wednesday of the month

■ Family Counseling

■ Patient Education and Coaching
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Plastic surgery helps patients look as young as they feel

Yesterday's His & Hers: monogrammed bath towels.

Today's His & Hers: plastic surgery. Times have changed.

The staging ground is in the Palm Beach Gardens waiting room at Hass Plastic Surgery & MediSpa, where one has time to contemplate whether a spouse's transformation might just beg some in-kind action.

"The wife will have a facelift," Dr. Andrea Hass says, explaining what has become a frequent occurrence, "and her husband will be in the waiting room thinking, 'Gee, she's going to look great out by the pool; maybe I should do my eyes.'"

They've come to the right place. Drs. Andrea and Brian Hass, (or Dr. A and Dr. B, as they're known to staff and patients) — are a husband-and-wife cosmetic surgery team who understand the marital desire to keep pace with a mate's appearance. With their combined training, they can rejuvenate almost every body part a patient might wish to upgrade.

Andrea Hass is an oculoplastic surgeon, meaning she specializes in surgery for the eyes and brow.

Her husband, plastic surgeon Brian Hass, does surgeries farther south on the body such as: face and neck lifts, nose-jobs, ear reshaping, breast augmentations, breast lifts or reductions, as well as the body contouring procedures of liposuction and tummy tuck.

The flat-screen in their reception area previews some of the types of sur-

gical outcomes patients might expect: a before-and-after of a 52-year-old woman's facelift; a 16-year-old girl's rhinoplasty in which a ski-bump nose is replaced with an upturned pixie one; an 80-year-old man's lower lid bags are removed.

Brochures in the office explain how Botox or Dysport can help erase frown lines and Juvéderm or Restylane can fill nasal fold and marionette lines.

"Why do people have plastic surgery?" Jill Wilkinson asks rhetorically. "They want to feel good about themselves. Why do people dye their hair? Why do they buy nice clothes or whiten their teeth? A young woman might have a bump on her nose. An older woman's breasts go south. A man might have sagging neck skin or love handles. It's all about putting things back where they belong or making it even better."



A framed cartoon in one exam room tells the story: A large, naked woman standing at a counter, saying, "Hi, I need to get my birthday suit taken in."

Ms. Wilkinson is the marketing director and one of the patient coordinators at Hass Plastic Surgery & MediSpa.

She meets with potential cosmetic patients and learns what procedures they're considering.

She escorts them to an exam room to meet the doctors, then has the post-consultation conversation about fees and scheduling.

In recent years, the desire to look

good, to look younger, is often tied to the country's economic downturn — to layoffs and the need to be re-hired.

"It's a competitive market," Ms. Wilkinson says. "I was just meeting with a patient who is in-between jobs and now wanted to freshen her looks for her job interviews."

Dr. Andrea Hass expands on that point. "It's especially true for executives in their 40s, 50s and 60s," she says. "If they've lost jobs, they've got to convince potential employers they can work another 10, 15 years."

The connection between jobs and plastic surgery, she says, is "huge."

She notes that she and her husband have seen a pent-up demand lately, since the economy has begun to stabilize.

People seem to feel freer to spend the money on turning back the appearance clock with cosmetic enhancing procedures.

Although both the doctors perform some reconstructive surgeries, they estimate that 80 percent of their surgeries are cosmetic. (Insurance generally does not cover cosmetic procedures, unless it is a medical necessity and even then they may not always cover it.)

"Let's face it," she says, "we live in Baby Boomer Central. People are living longer. They don't feel old, so why should they look old? Besides what does 50, 60, 70 or even 80 really look like these days?"

Many of those who want to look as young as they feel choose injectables, the doctor says, referring to products that are injected into the facial areas to eliminate wrinkles or to build volume.

Botox is a prescription medication injected into muscles to temporarily eradicate severe frown furrows on one's forehead.

It works by temporarily blocking muscular nerve signals (in effect, paralyzing certain muscles) to weaken the muscle so it can't contract and cause frowning. The effect typically lasts for three to six months.

Hyaluronic acid products such as Juvéderm or Restylane are primarily used to smooth wrinkles, restore volume to area around the mouth or raise recessed scars and restore lost volume in the mid face.

The American Society for Aesthetic Plastic Surgery (ASAPS) cites Botox (and the similar products) as the most frequently performed non-surgical procedure, while breast augmentations are the most popular surgically.

More than 10.2 million surgical and non-surgical cosmetic procedures were performed in the United States in 2008, the ASAPS notes, citing a recent survey

— an increase of 162 percent since the group began collecting statistics in 1997.

The injectables, Dr. Hass says, have become more popular in recent years because improvements have rendered them longer lasting and less painful.

Next to injectables, face and eye lifts are the most-often requested procedure they see, says Dr. Hass.

"People act younger in South Florida than those of the same age in the North or Midwest. They have healthier lifestyles and do outside activities year round. They feel good so they want to look as good as they feel," Dr. Hass adds.

Age isn't the only reason people feel the need to improve their looks.

"The mommy makeover procedures are also extremely popular," says Dr. Hass. "Women will have tummy tucks, liposuction or cosmetic breast surgeries to get their pre-baby bodies back."

Why did she choose ocular plastic surgery for her specialty?

"The short version is, I've always liked working with my hands and working on projects. Growing up, I did lots of arts and crafts, needlepoint, and embroidery. I could always visualize the end product before I started. So, in relating that to my medical training, it's very similar. Being able to rejuvenate the eyelids and brow and giving someone back a more youthful appearance is extremely fulfilling. I like hearing my patients' excitement about how energized they feel about their looks. Plus it's something they wake up to every morning."

Ms. Wilkinson smiles at that statement and adds, "You see, we're really not just in the plastic surgery business — we're in the self-confidence business." ■

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Get In Shape For Women's program offers small-group personal training for women. A personal trainer works with one to no more than four women at a time in a private, upscale studio for as little as \$19 a session.

Each training session consists of 30 minutes of weight training, 25 minutes of cardio and nutrition coaching, for a balanced fitness program that produces amazing results.

Karen L. of Palm Beach Gardens calls the program "Life-changing. It is a fun, fabulous way to get in shape. The trainers and management are unequalled. I love it."

Another member at the Palm Beach Gardens studio recently lost 45 pounds in less than six months. Mary G. of Boca Raton just celebrated losing 100 pounds in less a year. She did it by following the unique four-part program. No fad diets or diet pills. Just dedication to transforming her life and being held accountable for her progress.

Accountability is one of the aspects that separates this program from other group-training programs. At Get In Shape For Women, you are held



FLORIDA WEEKLY
Manager Michele Dien, front, and Krissy Piasecki are two of the certified personal trainers at Get in Shape for Women in Palm Beach Gardens.

accountable to the system of weight training, cardio and nutrition. Trainers

also important to help decrease the risk of osteoporosis and certain inju-

ries related to a loss of muscle strength, poor posture and muscle imbalances. first help you set an achievable goal, and then hold you accountable for reaching it by having you weigh in weekly and record your body-fat percentage once a month to make sure you hit your goal.

The unique weight-training program is one of most popular reasons women join this gym. Weight training plays a vital role in body transformation, injury prevention and overall health and well being. Weight training increases muscle tone, which increases resting metabolism. For example, if you increase your muscle tone by just five pounds, you will increase your resting metabolism by approximately 200 calories per day (1,400 calories per week). You also will burn approximately 200 calories during your weight-training workout. Weight training three times per week will yield an additional 600 calories burned. In total, you can burn approximately 2,000 calories per week from weight training and its metabolic response.

Weight training is also important to help decrease the risk of osteoporosis and certain inju-

ries related to a loss of muscle strength, poor posture and muscle imbalances.

At Get In Shape For Women, 30 minutes of weight training is followed by 25 minutes of cardiovascular training.

The workouts can be customized to ability. All exercises are done under the direct supervision of a certified personal trainer. These exercises include free weights, Life Fitness weight machines, lunges, squats, core training, pushes and pulls that work every muscle in your body for optimal results.

Losing weight is the primary reason consumers seek personal trainers. Nutrition and eating habits are a common topic throughout the Get In Shape For Women facility.

The program offers a six-day-a-week nutrition program that includes six small meals a day. By eating six small and frequent high-quality meals (consisting of fruits and vegetables, high quality lean protein, complex carbohydrates, healthy fats and eight to 10 glasses of water), per day, clients decrease their daily caloric consumption by approximately 500 calories, or 3,500 calories per week. One pound of fat equals approximately 3,500 calories, which means that coupled with a weight training and cardio training program, the program can yield close to two pounds of body-fat lost per week. This is not a quick fix or temporary weight loss.

The Get in Shape for Women studios in Palm Beach Gardens and Boca Raton are part of one of the fastest growing health chains in the last 10 years. The first studios opened more than 6 years ago in Boston, and there are now 97 studios. Since each member gets her own permanent training time, some studios have a wait of more than a year to join. Both studios in Florida are less than 2 years old, so there is still space available. ■

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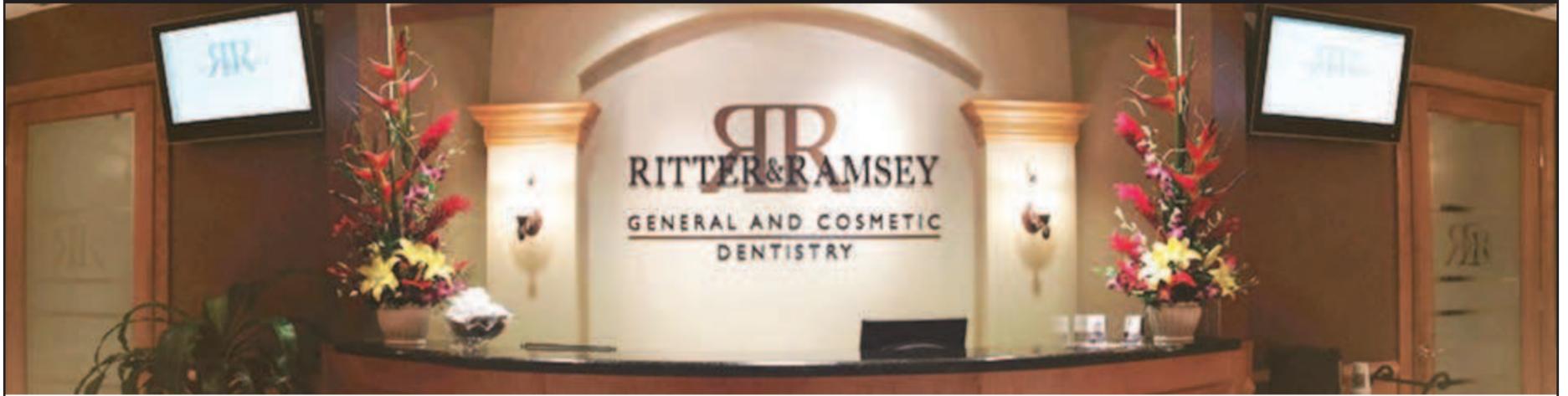
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Kenneth Gordon is Board Certified by the Florida Bar as a specialist in Marital and Family law. Mr. Gordon's emphasis is in handling complex family law matters including: dissolution of marriage, alimony, parental responsibility and timesharing disputes,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



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