



JOHN SESSA & COURTESY PHOTO  
**Scott Johnston, left, and Sabrina Johnston,**  
 who had transgender reassignment surgery.

# Being Sabrina

The triumphs of transgender

BY ATHENA PONUSHIS

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Sabrina Johnston shines more than most. At age 43, she has found herself, she knows herself, she embraces every facet of herself and she feels at peace.

A transgender female, Ms. Johnston feels evolved and enlightened. Every dirty look cast her way she transcends into a chance to see herself anew and fall in love all over again with the woman she has had the strength to become.

Sabrina Johnston was born Scott Johnston. She did not like her male body. She was unhappy. Coveting the transgender transformations of others, Scott Johnston found himself looking in the mirror. He stood in his bathroom, he held on to his sink, bracing himself to take an honest look at himself. "My eyes looked vapid. The essence of me, who I really was, my spirit was receding," Ms. Johnston remembers. "Who I was faking was almost taking over ... If felt almost like I was disappearing."

Ms. Johnston says that moment felt like a switch. She had never really allowed herself to entertain the notion of going transgender — "What would other people think? What would other people say?" — but in that moment, any inner dialogue fearing, "I can't," suddenly switched to, "What if I did?"

Her transgender journey no longer felt like an option, it felt like survival. So she began her transition and underwent gender reassignment surgery, creating her female form in her own way, as if Botticelli, painting Venus.

To those who do not know how to behold her, to those who give her dirty looks, Ms. Johnston smiles back. She

SEE SABRINE, A12 ►

## NOT JUST FOR THE BIRDS



Barred Owl



Northern Parula



Wood Duck

COURTESY PHOTOS

**'Tis the season our feather friends will be numbered throughout the state**

BY JAN NORRIS  
 jnorris@floridaweekly.com

READY TO COUNT THE SNOWBIRDS? Grab your binoculars and a notebook, and plan to get out in the bushes and swamps and get your feet wet. It's the 113th annual Audubon Christmas Bird Count, and through Jan. 5, birders across the state will be counting the feathered residents

SEE BIRDS, A8 ►



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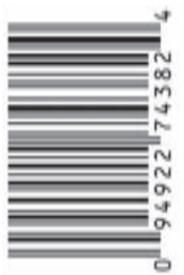
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## COMMENTARY

## Crossing the other Delaware: a personal view of Christmas

rogerWILLIAMS

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In the American cultural vernacular, which may prove as confusing to you as it frequently does to me, the first Christmas did not occur 2,012 years ago.

Instead, the first Christmas took place exactly 236 years ago, on a frigid night a few miles north of Philadelphia.

In this whimsical, transformative nation, holidays that began as one thing inevitably become another — and none more so than Christmas.

During the evening of Dec. 25, 1776, Christmas Love (defined as the love of Christ come, for Christians) must have seemed as remote as the North Pole to the 2,400 men who crossed the Delaware River out of Pennsylvania. They moved out in sleet and snow equipped with newly issued flints for their weapons on George Washington's command, gathering on the riverfront from positions near McKonkey's Ferry.

At that point the self-declared United States of America — where you and I will eat to our heart's content this Christmas — amounted to 174 days worth of upstart nation. Brand new, the nation was also under siege, wrapped in a winter storm, and starving.

Most of Washington's men couldn't swim, but they swallowed their fear. Ice floes in the river presented a significant danger to their heavily-laden boats as they labored in frigid darkness toward the Jersey shore.

None of it was pretty. In sloppy, struggling fashion, commanders and a regiment of experienced seamen from Marblehead, Mass., with others, finally landed the force mostly intact at Trenton, on the east bank of the river.

There, things changed forever. That fact remains the nation's most singular Christmas gift to itself.

The Americans caught the winter-encamped Hessian troops (competent professional soldiers in the pay of the British army) completely off guard and besotted from Christmas revelry. Thus they won the first real victory in our history, at the end of what had been a very bad year.

Had Washington been killed or captured (a distinct possibility since he was among the first to land on the far shore), history would have gone barking up a different tree.

It almost did, anyway. Previously, his men had succeeded only in having their rear ends kicked out of New York and chased all over New Jersey by the British and their allies.

But only six days before Christmas, Thomas Paine came out with a feisty pamphlet called "Common Sense," in Philadelphia. It included the most famous lines he ever wrote. The language was so compelling that against all reason it boosted morale among the half frozen, half sick, woefully undernourished Americans.

"These are the times that try men's souls," Mr. Paine wrote. "The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of his country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consol-

ation with us, that the harder the conflict, the more glorious the triumph."

No doubt many would have settled for an easier conflict and reduced rations of glory along with a hot meal, but they weren't given the choice.

For all those Americans, including women, children and the old people left to gather food, feed families and manage farms and homes, Christmas Love required sacrifice and the recognition of imminent mortality.

To all of them, everything must have seemed tenuous.

I've always thought of Christmas that way, too — as a time when existence can become, paradoxically, both sumptuous and desperate.

In such a time, each of us must cross our own Delaware — which means that each of us must define Christmas Love as any force or energy that allows us to make the crossing, no matter how tenuously or what shape it takes.

If, for example, you haven't spoken to a relative or an old friend with whom you've fallen out, you're facing the river.

If you haven't forgiven yourself for a mistake made in another time — which means confronting your own weakness or blindness, and moving on — you're facing the river.

If the echoes of the dead or the memories of Christmases past become not the voices of angels but a chorus of tyrants beckoning you to surrender the joyous moment in order to suffer the once-upon-a-time, you're facing the river.

Charles Dickens, the great British novelist, knew the music of this tune intimately,

which was why he wrote "A Christmas Carol."

In any case, something has to be faced and changed. And you have to face it and change it.

Christmas is a time to do that, just as it was for Washington and the men, women and children who faced his Delaware River.

For somebody I never knew, here's one more river. Late on Dec. 24, 1976, I drove out of the gates of Camp Lejeune, N.C. Carolina, home of the Second Marine Division, bound toward Wilmington, 50 or so miles to the south. I was bent on attending midnight Mass at an orthodox church.

The narrow two-lane blacktop ribboned a North Carolina night so black in the flat piedmont that I could see nothing beyond my own headlights for miles, until a flashing of red and blue came distantly into view.

I slowed, approached and passed. Two cars had collided head on. The bodies of five dead lay under sheets near the devastated wreckage. Midnight was 90 minutes away.

At the church, a packed Christmas celebration of such candlelit, incense-infused magnificence occurred — with chanting, bells, the sprinkling of holy water and all the sensuous ornamentation of celebratory life — that I've never been able to forget either the blood or the glory.

And now it's only Christmas Love I want for those who may still love the victims of that long ago night. May they, with all of us, find it in themselves to cross the Delaware. ■

— This column originally ran on Dec. 21, 2011.

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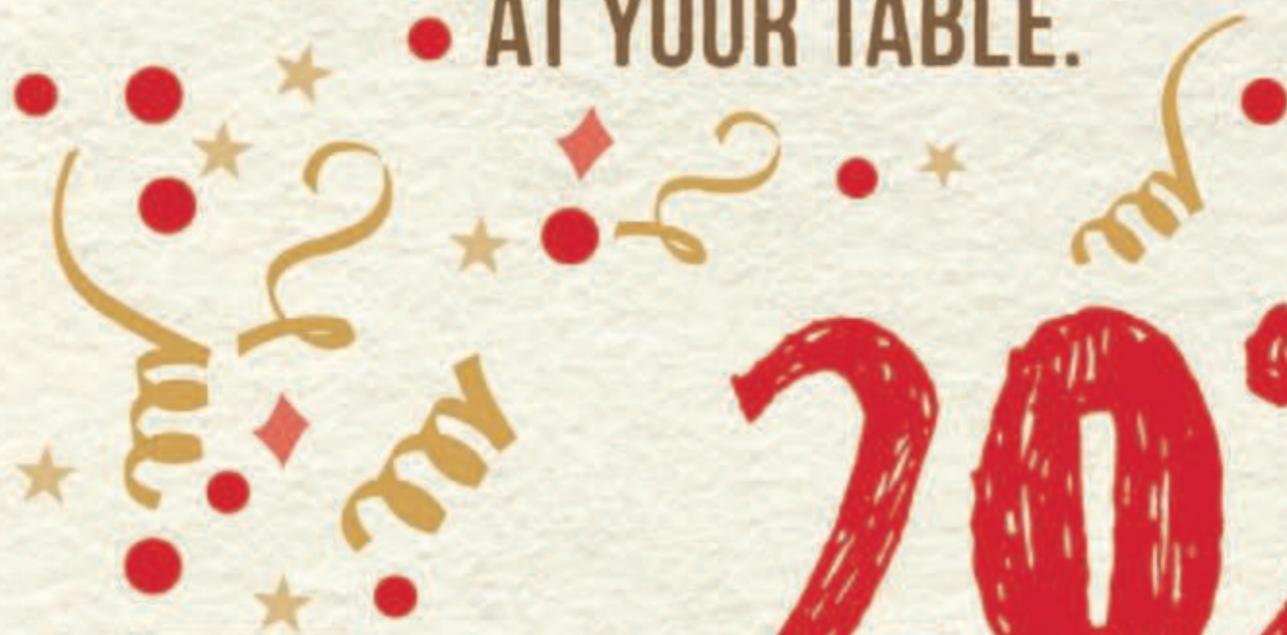
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**OPINION****The Battle of Lansing****richLOWRY**

Special to Florida Weekly

Michigan gave birth to the United Auto Workers. The union was founded at a convention in Detroit in 1935. After its famous sit-down strike in Flint, Mich., in 1937, the UAW won recognition by General Motors and, in the next several years, by Chrysler and Ford. It was the advent of an era of industrial unionization that may be coming to a symbolic end in the same place it started.

Michigan just passed the kind of "right to work" law that is anathema to unions everywhere and is associated with the red states of the Sun Belt, not the blue states of the Rust Belt. To say that such a development is stunning is almost an understatement. The union model hasn't just been central to Michigan's economy, but to its very identity.

At its inception, UAW officials got roughed up by company thugs at the famous "Battle of the Overpass," when Ford was still resisting signing a contract with the union. Some 70 years later, the union movement is getting

undone by simple economic realities.

The effect of right-to-work laws, which permit employees to work at unionized companies without joining the union and paying mandatory dues, is hard to pin down precisely, because so many other factors affect a state's economic condition. But Michigan began undergoing a real-world experiment after neighboring Indiana adopted a right-to-work law earlier this year, the first Rust Belt state to do so.

The early returns weren't encouraging. The Mackinac Center, a free-market Michigan think tank, reports that Indiana added 43,300 jobs — 13,900 of them in manufacturing — while Michigan shed 7,300 jobs. Michigan Gov. Rick Snyder, a Republican reformer but not a bomb thrower, says seeing 90 companies from around the country decide to settle in Indiana after the labor change influenced his willingness to sign a bill doing the same thing.

Michigan was already losing out to right-to-work states before having one on its border. Shikha Dalmia of Reason magazine points out that, with the exception of a brief foray by Mazda, no foreign automaker has set up shop in Michigan, despite the state's pool of experienced autoworkers. It is hard to

be a manufacturing state specializing in autos if you can't attract new automakers.

Election Day in Michigan brought a stark illustration of the declining political power of the unions when they failed to pass an amendment to the state's constitution banning right-to-work. More Michiganders voted "no" on the amendment, the Mackinac Center notes, than voted for President Barack Obama. The failure emboldened the Republican-held legislature to push ahead on a right-to-work measure.

The unions so fear right-to-work laws because mandatory dues are such a boon to them. There's nothing like forcing people to belong to your organization to boost the membership rolls and the treasury. In one month in 2011 after Gov. Scott Walker ended mandatory dues for public-sector unions in Wisconsin, the American Federation of State, County and Municipal Employees shed half its members, according to The Wall Street Journal.

So many decades after they, in effect, won the Battle of the Overpass, the unions have lost the Battle of Lansing. ■

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

**The trials of Bradley Manning****amyGOODMAN**

Special to Florida Weekly

Pfc. Bradley Manning was finally allowed to speak publicly, in his own defense, in a preliminary hearing of his court-martial. Manning is the alleged source of the largest intelligence leak in U.S. history. He was an intelligence analyst in the U.S. Army, with top-secret clearance, deployed in Iraq. In April 2010, the whistle-blower website WikiLeaks released a U.S. military video of an Apache helicopter in Baghdad killing a dozen civilians below, including two Reuters employees, a videographer and his driver. One month after the video was released, Manning was arrested in Iraq, charged with leaking the video and hundreds of thousands more documents. Thus began his ordeal of cruel, degrading imprisonment in solitary confinement that many claim was torture, from his detention in Kuwait to months in the military brig in Quantico, Va. Facing global condemnation, the U.S. military transferred Manning to less-abusive detention at Fort Leavenworth, Kan.

As he now faces 22 counts in a court martial that could land him in prison for the rest of his life, his lawyer argued in court that the case should be thrown out, based on his unlawful pretrial punishment.

Veteran constitutional attorney Michael Ratner was in the courtroom at Fort Meade, Md., that day Manning took the stand. He described the scene: "It was one of the most dramatic courtroom scenes I've ever been in. ... When Bradley opened his mouth, he was not nervous. The testimony was incredibly moving, an emotional roller coaster for all of us, but particularly, obviously, for Bradley and what he went through. But it was so horrible what happened to him over a two-year period. He described it in great detail in a way that was articulate, smart, self-aware."

Ratner said Manning described being kept in a cage in Kuwait: "There were two cages. He said they were like animal cages. They were in a tent alone, just these two cages, side by side. One of them had whatever possessions he may have had; one of them, he was in, with a little bed for a rack and a toilet, dark, in this cage for almost two months." Ratner quoted Manning from his testimony, recalling his words: "For me, I stopped keeping track. I didn't know whether night was day or day was night. And my world became very, very small. It became these cages." Ratner added, "It almost destroyed him."

After Kuwait, Manning was shipped to a brig in Quantico. Manning's civilian defense attorney, David Coombs, said earlier this month: "Brad's treatment at Quantico will forever be etched, I believe, in our nation's history, as a disgraceful moment in time. Not only was it stupid and counterproductive, it was criminal." The United Nations special rapporteur on torture, Juan Mendez, attempted to visit Manning, but then refused when the military said it could surveil and record the visit. He reported: "Solitary confinement is a harsh measure which may cause serious psychological and physiological adverse effects on individuals regardless of their specific conditions."

Manning's cruel treatment was described by officials as necessary, as he was a suicide risk. Yet Navy Capt. William Hocter, a forensic psychiatrist at Quantico, said he was no such risk, but was ignored. "I had been a senior medical officer for 24 years at the time, and I had never experienced anything like this," Hocter testified. "It was clear to me they had made up their mind on a certain cause of action, and my recommendations had no impact."

This first phase of the court-martial, which Coombs calls "the unlawful pre-trial punishment motion phase," considered a defense motion to throw out the entire case. While that is unlikely, observers say, the defense asked, as an

alternative, that the court consider crediting Manning with 10 days' reduction from any eventual sentence for each day he spent suffering cruel and degrading punishment in Kuwait and Quantico, which could in theory trim six years from his prison time.

Bradley Manning is charged with releasing the WikiLeaks trove of documents, which included the Baghdad massacre video, two separate, massive tranches of documents relating to U.S. military records from the Iraq and Afghanistan wars, and, perhaps most importantly, the huge release of more than 250,000 U.S. State Department cables, dubbed "Cablegate." In an August 2010 assessment, then-Secretary of Defense Robert Gates said the document release "has not revealed any sensitive intelligence sources and methods compromised by the disclosure." Manning has offered to plead guilty to releasing the documents, but not to the more serious charges of espionage or aiding the enemy.

Manning turned 25, in prison, on Dec. 17, which was also the second anniversary of the day a young Tunisian set himself on fire in protest of his country's corrupt government, sparking the Arab Spring. A year ago, as Time magazine named the generic "Protester" as the "Person of the Year," legendary Pentagon Papers whistle-blower Daniel Ellsberg offered praise that rings true today: "The Time magazine cover gives protester, an anonymous protester, as 'Person of the Year,' but it is possible to put a face and a name to that picture of 'Person of the Year.' And the American face I would put on that is Private Bradley Manning." ■

— Denis Moynihan contributed research to this column.

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

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# PET TALES

## Fast-track a perfect puppy

Crate-training the preferred way prevents accidents as your puppy grows

BY GINA SPADAFORI

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If you have a new puppy, it's time to learn about crate-training. Every year more people turn to this method, with good reason: It's easier on pups and people alike.

"I find the crate to be very effective when used in house-training for a couple of reasons," says my friend Liz Palika, who has spent more than three decades teaching dog obedience in the San Diego area. She's also the author of thousands of pet care articles and more than 50 books, including a recent one aimed at helping grade-school children train the family dog, "Dog Obedience: Getting Your Pooch Off the Couch and Other Dog Training Tips" (Capstone, \$21).

"First, when the dog is confined, he can't sneak off to another room or behind the sofa to relieve himself. Second, when in the crate, he learns and develops bowel and bladder control, because few dogs are willing to soil their bed," she notes.

Palika and I have been friends for many years, and we each recently added puppies to our families. Mine is Ned, a Shetland sheepdog, and hers is Bones, an English shepherd. She and Bones, along with her two other dogs, Bashir and Sisko, recently spent a couple of days visiting with me and my animal family — which now includes two goats, neither house-trained, by the way.

Of course, we talked dog training. We both like crate-training, and have used it for all our dogs for many years. Crate-training limits a puppy's options to three: 1) He's either empty and playing in the house; 2)



Crate-training is a tried-and-true way to teach puppies the house rules.

he's in the crate and "holding it" because he doesn't want to sit in his own waste; or 3) he's at the place you've chosen for him to relieve himself.

Puppies need to relieve themselves after they wake up, after they eat or drink, and after a period of play. Set up a schedule to accommodate his needs as you work to mold behavior, and remember that young puppies, especially small breeds or mixes, can't go very long without eating, drinking, sleeping or relieving themselves. A good rule of thumb: Puppies can hold it as long as their age in months. A 2-month-old pup can "hold it" in a crate for about two hours, for example.

Let the puppy sleep next to your bed in the crate — sleeping near you speeds the bonding process — and lead him to the chosen outside spot as soon as he's awake in the morning. When he goes, praise him thoroughly. Then take him inside for

breakfast. Feed him and offer him water, and then take him out for another chance to go. If he goes, more praise and back inside for play. If you're not sure he's completely empty, put him in the crate.

Ignore the whines and whimpers. If left alone, the puppy will soon be fast asleep and will stay that way until it's time for the next round of out, eat/drink, out, play, crate. Remember, too, the goal is for your puppy to roam free in your house, not to stay in a crate for life.

"A crate is not a storage container for a dog," says Palika.

Eventually, your pet will be spending more of his time loose in the house under your supervision, and he will start asking to visit his outdoor spot. Don't forget to confirm his early attempts at proper behavior by rewarding him with praise and treats.

If you spot an in-house accident, a stern "no" will suffice, followed by an immediate trip to the yard, and praise when he finishes up where he's supposed to. Clean up the inside mess thoroughly, and treat the area with an enzymatic solution to neutralize the smell.

With proper crate-training, the number of such incidents will be relatively few, and you'll end up with a dog who is not only reliable in the house, but also confident in his own ability to stay alone when you are gone. ■

### Pets of the Week



>>Blake is a 1-year-old Boxer mix. He weighs 55 pounds, has a lot of energy and needs a lot of exercise. He loves people and other dogs. He knows how to "sit."



>>Sister and Rocky are 6-year-old spayed and neutered siblings who need a forever home

where they can be together. Sister is a bit shy; Rocky is more outgoing. They qualify for the senior to senior program; adopters 55 and older pay no adoption fee.

To adopt: The Peggy Adams Animal Rescue League, Humane Society of the Palm Beaches, is located at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at hspb.org. Call 686-6656.



>>Bonnie is a Rottweiler mix, about 10 years old. Bonnie is gentle and sweet and would be best placed in an adult home with no other pets.



>>Lilo was originally brought to Safe Harbor as a stray. She was adopted out and unfortunately was brought back when her family moved and could not take her with them. She was born with an eyelid deformity but had surgery so her eyelashes would not scratch her eyes. She is still sensitive to bright light and prefers a quiet, dark place to nap. Lilo is a bit shy at first but very sweet and affectionate when she gets to know you. Lilo would be best placed as an only pet.

To adopt: For more information on these and other adoptable pets, call Safe Harbor's adoption center at 747-5311, ext. 2. Safe Harbor's new adoption center is at 401 Maplewood Drive, Suite 10, Jupiter.

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## 3,000 adoptions in 2012 sets record at animal shelter



COURTESY PHOTO

The Scanlon family adopted Tiger, setting the record of 3,000 animals in one year.

**SPECIAL TO FLORIDA WEEKLY**

At its 40th annual Christmas Ball, the Peggy Adams Animal Rescue League completed its 3,000th animal adoption for 2012 — more adoptions in one year than ever before.

Tiger, a Brussels Griffon/Cairn Terrier mix, was adopted by Timothy Scanlon and Sharon Scanlon, and their two sons, Peggy Adams said in a prepared statement.

At the ball, a parade of adoptable dogs and cats through the dining room is a highlight and a tradition. It was then that Tiger made history.

“Once he put his paw on me, that was it,” said Timothy Scanlon.

In 2011, adoptions at the shelter totaled 2,575.

“To have 3,000 adoptions in one year is amazing,” said Rich Anderson, director of Peggy Adams.

Peggy Adams’ mission is to provide shelter to lost, homeless and unwanted animals; to furnish medical and other services for the care of companion animals; to care for, protect and find quality homes for homeless and neglected animals; to advocate animal welfare, community involvement and education to further the bond between people and animals, for the mutual benefit of both. In 2012, the shelter will provide services to more than 20,000 animals, the statement said. For more information, see hspb.org. ■



## Fish for Life celebrates 10 years; Sailfish Marina hosts tourney Jan. 23-26

**SPECIAL TO FLORIDA WEEKLY**

Florida Fish For Life is celebrating 10 years as a non-profit charity that produces and operates a catch-and-release sailfish tournament in Palm Beach. To date, more than \$420,000 has been raised and donated to fight Colon Cancer. The proceeds benefit cancer centers in Southeast Florida and Philadelphia, Pa. The tournament is also known as one half of the Palm Beach Double Shot and will partner yet again with The Buccaneer Cup Tournament, which is celebrating 50 years. The two tournaments operate simultaneously, giving participants the option to fish one or both for the opportunity to win more in multiple categories.

This year the tournament will take

place January 23-26, and will be hosted at Sailfish Marina and the historic Palm Beach Sailfish Club. IndyCar Champion Ryan Hunter-Reay, long a supporter of the Florida Fish For Life Tournament, will participate.

In addition, a new “outboard division” is being offered. This will be an outboard motor only division and acts as a tournament within a tournament, giving more boat owners and anglers the opportunity to join.

The event is open to the public and tickets are available for sale to attend the award ceremony for those looking to looking to donate. The mission of Fish for Life is to raise colon cancer awareness.

For more information or to register see [floridafishforlife.org](http://floridafishforlife.org). ■

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# BIRDS

From page 1

and visitors to Florida. The count began Dec. 14.

Spotting the crested caracara, yellow-rumped warblers, American coots and white pelicans that have flown down for the winter have the birders all atwitter.

Birding, the new term for bird watching, is a growing hobby around the world, according to Dave Goodwin, president of the Florida Ornithological Society. His is one of several state groups that promotes the pastime and seriously studies birds.

The American Birding Association's most recent membership numbers show 20,000 birders nationwide, though Mr. Goodwin says the figures are somewhat misleading.

"There's no way to know how many birders there are," he said. The hobby encompasses everyone from people who put up backyard feeders to serious birders who "run all over to spot the rarities."

He says the growing interest in birds is fueled by easy access to information thanks to computers and smart phones, and by the equally fast growing hobby of digital photography.

"There are the large numbers of folks who show up at birding festivals — Florida must have close to a dozen now, with the Space Coast Birding and Wild-



SUE TAVAGLIONE / COURTESY PHOTOS

From the top: The barred owl, red-breasted nuthatch and the bald eagle are some birds to watch this year.

in the know

## Birding 101

If birding is calling you, you can get started simply by grabbing a field guide to state birds, a pair of binoculars and waterproof shoes. Keep a notebook handy if you want to start a life list.

Learn how to spot birds in the wild and the "rules" of birding by joining an organization with experienced birders, or go on group hikes and tours.

The lists below will get you started.

### Here are favorite field guides mentioned by several experienced birders:

- *Stokes Field Guide to the Birds of the Eastern Region* by Donald and Marion Stokes. (Little Brown and Co., 1996)
- *A Birder's Guide to Florida* by Bill Pranty. (Lane ABA Birdfinding Guides Series #175, 2005)
- *A Guide to the Great Florida Birding Trail, East Section*, edited by Susan Cerulean and Julie Brashears. (University of Florida Press, 2002)
- *Florida's Birds: A Field Guide and Reference* by David S. Maehr, Herbert W. Kale and Karl Karalus. (Pineapple Press, 2005)
- *Birding Florida: Over 200 Prime Birding Sites at 54 Locations (Where to Bird)* by Brian Rapoza. (Falcon Press Publishing, 2007)
- *Common Coastal Birds of Florida & the Caribbean* by David W. Nellis. (Pineapple Press, 2001)
- *Peterson Field Guide to Eastern Birds* by Roger Tory Peterson and Virginia Marie Peterson. (Houghton Mifflin Co., 2002)

### Websites for reference and organizations:

- Tropical Audubon Society — Southeast Florida: [www.tropicalaudubon.org](http://www.tropicalaudubon.org)
- St. Petersburg Audubon Society: [www.stpeteaudubon.org](http://www.stpeteaudubon.org)
- Tampa Audubon Society: [www.tampaaudubon.org](http://www.tampaaudubon.org)
- Pinellas County sightings and info: [www.pinellasbirds.com](http://www.pinellasbirds.com)
- Hendry Glades Audubon Society and info about STA-5: [www.hendrygladesaudubon.org](http://www.hendrygladesaudubon.org)
- Florida Audubon Society: [www.audubon-offflorida.org](http://www.audubon-offflorida.org)
- Florida Ornithological Society: [www.fosbirds.com](http://www.fosbirds.com)
- Information on the Great Florida Birding Trail: [www.greatfloridabirdingtrail.com](http://www.greatfloridabirdingtrail.com)
- Keep your own bird list and share reports to help map birds at this interactive site: [www.ebird.org](http://www.ebird.org)
- For all things birding in the United States, [www.birdzilla.com](http://www.birdzilla.com) lists birding organizations, information on species and links to birders in each state.

life Festival in Titusville (in March) being the largest in the entire country."

Florida is known among enthusiasts around the world as one of the prime areas in North America for spotting hundreds of species of birds. As part of the Atlantic Flyway, the state is a major layover stop for migratory waterfowl and other birds headed for the Caribbean or points south in fall and winter, and back again in spring and summer.

Other birds stop here to spend the winter, nesting in the mild climate where food sources are abundant.

Birders look forward to the fall and winter months when the bird population and number of unusual species jumps. But anytime is good for spotting birds in Florida, according to Paul Gray of Audubon of Florida. There are 30

chapters of the conservation society in Florida; the state is considered one of the biggest for bird study in the country.

"It's amazing how many birds are in our neighborhoods. You don't even realize they're there until someone shows you how to find them," he said.

Beyond the common birds like jays and cardinals and mockingbirds, there are rare birds in numerous protected areas.

"We're unique — far enough south in America where you find birds you can't find anywhere else in the United States," Mr. Gray said.

Birds like the Everglades snail kite, the limpkin, the Florida scrub jay and a mottled duck are examples.

"Florida is a great place to be," said Chuck Weber. The WPEC-Channel 12

news reporter is a longtime birder, and the compiler for West Palm Beach for the Christmas Bird Count. "Summertime is slow here, but wintertime makes up for it. The bird migration is good here and there are good places to bird close to where I'm at."

He said long trips aren't necessary to spot the winged creatures. "I like to stay in Palm Beach County. You can spend a lot of time driving, but a lot of times you'll see more interesting things in your own neighborhood. And if you spend less time driving, you have more time to bird."

During the winter migration months, he frequents Frenchman's Forest natural area in Palm Beach Gardens. Riverbend Park in Jupiter, John Prince Park in Lake Worth and Spanish River Park in Boca Raton are others that attract him and enthusiastic bird spotters from all around the state who go looking for the crested caracara, vermilion flycatchers, tropical king birds, burrowing owls, black-bellied whistling ducks and red-dish egrets.

Unlike other birders who compile a "life list" of birds they've seen, Mr. Weber says he's not fanatical about the hobby. "I'm not a diligent lister. I like the experience of it and seeing a diversity of birds."

"When I started birding, I did more of that. We'd try to see the rare birds. I went one time to Cedar Key to see a murrelet — a sea bird. It's a very incredible bird for Florida."

Other birders, such as Jo Key from Lake Clarke Shores, have taken vacations centered on bird watching tours.

in the know

Birding ethics:

Birders take their hobby seriously and most follow rules to protect the birds and the natural settings that support them.

These are the basics; some clubs have additional rules:

- Protect the birds and their habitats, using scopes and binoculars to spot rather than getting so close as to disturb nesting grounds.
- Walk around groups of birds on the beach or in fields rather than forcing them to fly.
- If viewing from your car, stay inside as long as possible. It acts as a viewing "blind" and the birds are less likely to fly if they don't recognize you as human.
- Be mindful of other birders and avoid crowding them or the birds, especially photographers who likely have set up at a specific vantage point.
- Use common sense in bringing pets or small children to a bird hike.
- Stay on roads, trails and paths to minimize habitat disturbance. Ask permission, or get a permit to bird on private or government-owned lands.
- Follow the American Birding Association's Code of Ethics and share it with others. Respect the wildlife and the rights of others.

Birding events:

Thousands of birders participate in the annual nationwide Christmas Bird Count. Held for the 113th year by the Audubon Society, the 2012 count takes place from Dec. 14 through Jan. 5. Bird spotters count and formally record all the birds they can find within their designated area at a specific time. The count is open to anyone; amateurs will be paired with veterans of the count. Information is available through any Audubon website.

The Space Coast Birding and Wildlife Festival is Jan. 23-28, 2013; information is at [spacecoast-birdingandwildlifefestival.org](http://spacecoast-birdingandwildlifefestival.org). Lectures by noted experts, field trips, photography workshops and vendors draw international as well as local birders.

The Big O Birding festival is March 12-16 in LaBelle. Workshops, field trips and photo sessions. For more information, go to [www.bigobirdingfestival.com](http://www.bigobirdingfestival.com)

The Florida Keys Birding and Wildlife Festival, with much of the same type of activities, is held the last week of September in Marathon; the website (not updated at presstime) is [keysbirdingfest.org](http://keysbirdingfest.org).

For information about nature photography workshops and tours to Corkscrew Swamp Sanctuary with John Lopinot: [www.JohnJLopinot.com](http://www.JohnJLopinot.com)

"I always pack my binoculars," she said. "I get in some birding time wherever. That's what's so great about it — you can do it anywhere."

Birding requires little as far as equipment and thanks to today's technology; links to other birders locally and around the world are immediate.

One example is a website run by Ron Smith.

Mr. Smith, a policeman and avid birder from Brandon, set up the site [pinellasbirds.com](http://pinellasbirds.com) to help other birders spot feathered rarities by collecting reports and photos from area spotters.

He posted the story earlier this month about a boat captain a few miles off Clearwater who spotted an unusual bird on his mast. Through a cell phone photo, a birder and fellow boat captain nearby determined it was a rare red-footed booby. With a digital camera, Capt. Stan Czapliki was able to capture the first sighting of this species in the area since 1963.

"Years ago, I'd drop a dime or a quarter in a pay phone and we'd have a phone circle," Mr. Smith said. "A few birders might show up in half an hour or later. Now you can call or text anyone directly from the field — everyone's got a cell phone."

Following the birder trail

Most also have access to a computer, where sites like the Great Florida Birding Trail provides a wealth of information about sites around the state where good birding takes place. One of those is STA 5 — a storm treatment area south of



SUE TAVAGLIONE / COURTESY PHOTOS  
Roseate spoonbill and saltmarsh sparrow

Clewiston.

Margaret Englander of LaBelle coordinates birding tours to the area managed by the South Florida Water Management District. The man-made wetlands are a jaw-dropping experience for birders, she said.

"It's a wonderful habitat. The birding oasis of South Florida," she said. "During the Christmas count, we usually report the highest numbers of some species in the U.S. — like the purple swamp hen and fulvous whistling duck. During February's Great Backyard bird count, in the Clewiston area, it's top 10 for the most birds totally counted — not the most species, but most birds."

She enjoys birding around the whole area. "Some mornings, I go driving up 29, over to 78 and across 80, and make the whole loop around the county."

"During the Great Backyard Count festival, private ranchers host birding trips on their land — we're in partnership with the ranching community. The area is unique," Ms. Englander said.

Birders are welcome to visit the STA 5 by reservation and they will be participating in this year's Christmas count.

Along with STA 5, one of the other top bird spots in the Southeast United States is the Corkscrew Swamp Sanctuary. It's a particular favorite of noted nature photographer John Lopinot of Royal Palm Beach.

He frequently leads his photography students to the swamp, about 15 miles east of Bonita Springs. "It's an amazing place," he said, because it has it all — wildlife, rare plants and birds and the last remaining virgin stand of cypress forest in the United States.

Photographers and birders and other nature lovers wake before dawn to be there at sunrise to spot the rarities as well as resident birds and wildlife. Sunrise and the hour before sunset are typically best times for viewing and for photos, Mr. Lopinot said.

He sends photographers to local parks and wildlife areas as well, such as Green Cay Nature Center near Boynton, the Pond Cypress Natural Area near Okeechobee and Jog Road in West Palm Beach and the Loxahatchee River area in Jupiter.

The numbers of birders who've found out about STA 5 and Corkscrew Swamp have grown exponentially since the release of the 2011 film "The Big Year." The movie was loosely based on the book of the same name by Mark Obmascik that follows three birders competing to fill out their "life list" of birds spotted.

Photography boosts birding

Mr. Smith says today's birders are just as likely to come to a hike with a digital camera and long lens instead of binoculars. "It's hard to take a bad photo today. It used to be I might take a whole roll of film and wait for it to be developed



to get the best photo of a bird. Now you can take 500 pictures of a bird and it costs nothing. Pick out the best one, and post it online instantly."

It verifies sightings, and keeps birders in check, he said. "Now, when you report spotting a particular species, you have a picture to prove it."

Some birders are reluctant to share sightings, but birding reports are key to conservationists who work to preserve the birds' natural habitats. Numerous organizations have bird rescue facilities throughout the state, and many state parks promote birding with educational pamphlets and guides.

The Great Florida Birding Trail, a self-guided 2,000-mile highway trail leading to 500 birding sites around the state, was established by the Fish and Wildlife Conservation Commission for awareness and to promote eco-tourism, a moneymaker for the state.

But conservation is a "mixed bag," Mr. Goodwin said. While state and local governments have spent a great deal to protect endangered lands in the past 30 years, there's a renewed battle for programs going forward in a tighter economy.

He's encouraged by the number of new birders he sees, however. "When I got active in birding in the early '70s, maybe 10 or 25 people would show up to see a rare bird. Today, hundreds might show up."

Some are inspired by the birds of prey, since many are the easiest to spot in the skies. Hawks and osprey are frequently sighted, and the bald eagle, brought back from endangered list by the Audubon society, is found throughout the state. Florida has the largest number of breeding pairs of eagles in the lower 48 states.

Learning to bird requires patience. "You have to get good at using your binoculars — it's a learning process. Same with bird I.D.," said Mr. Weber.

But it pays off in spotting the striking birds nearby, he said.

Many of his favorites are warblers. "Some birds I appreciate for the songs, and there are a lot of pretty birds in the warbler family. Bachman's sparrow isn't a showy bird, but it has an incredibly beautiful song. It's found in our pine-woods around our county."

"Another bird that comes to mind is the swallow-tailed kite. That's an incredibly beautiful bird — they're striking black and white and have a short tail. They summer here from South America, then go back to the tropics in the winter. When they soar, they're just beautiful to see." ■

Birding — Where to Bird

Birds are everywhere in Florida — you don't have to make a special trip to see spectacular winged creatures. It's the reason birders keep binoculars in their cars at all times. Local and state parks, beaches and rivers, marshes and fields will certainly deliver bird-viewing opportunities.

The best times to see and photograph birds is generally just after sunrise and an hour or so leading up to sunset. Some parks and trails close at sunset; plan your trips accordingly.

If you want to add to your life list, visit one of these prime birding areas:

One of the most popular birding sites in the Southeast United States is the **Corkscrew Swamp Sanctuary**. It's home to the last of the old-growth cypress forests, rare orchids and represents a number of habitats for large concentrations of birds and wildlife. A 2.5-mile boardwalk into the 14,000 acres provides easy access. (A 1-mile shorter boardwalk is best for kids.) To get to the sanctuary east of Bonita Springs, take County Road 846 (Immokalee Road) east from I-75 approximately 15 miles to the sanctuary — follow signs. General adult admission \$12; open daily year-round. 375 Sanctuary Road West, Naples. (239) 348-9151; [www.corkscrewswamp.org](http://www.corkscrewswamp.org)

**Fort De Soto State Park** is home to several bird habitats. Birding is popular all along Mullet Key leading to the park as well as inside it. A 2.25-mile canoe trail and several nature trails provide vantage points. A 2,200-foot barrier-free self-guided nature trail accommodates wheelchairs. 3500 Pinellas Bayway S., Tierra Verde. (727) 552-1862; [www.pinellascounty.org/park/](http://www.pinellascounty.org/park/)

**Stormwater Treatment Area 5** (called STA 5 by birders) is a man-made wetlands area 20 miles south of Clewiston. Birds and waterfowl flock to the area in some of the greatest concentrations in the state. Guided tours of the rustic levee trails are available through the South Florida Water Management District; reservations for individual parties are required and visitors are limited. The STA-5 schedule and information about reservations are posted on the Tropical Audubon Society's website at [www.tropicalaudubon.org](http://www.tropicalaudubon.org), or call (561) 682-6640.

Winter is the peak season at **Merritt Island National Wildlife Refuge**, which features 140,000 acres of protected lands near the Kennedy Space Center. It's a major stopover point on the Atlantic Flyway migration route and hundreds of thousands of birds can be seen making their way to and from their northern homes. Two adjunct refuges — the **St. John's National Wildlife Refuge** and **Lake Woodruff National Wildlife Refuge** — also are managed from Merritt Island. The Visitor's Center maintains a "recent sightings" list for birders and provides maps to the series of trails set through the impoundments where best birding is found.

Others: **Loxahatchee National Wildlife Refuge** west of Boynton Beach, **The "Ding" Darling National Wildlife Refuge** on Sanibel Island, **Chassahowitzka National Wildlife Refuge** in Crystal River and the Florida **Panther National Wildlife Refuge** in the Big Cypress Basin 20 miles east of Naples are favorite birding areas. For information on all of the above, go to the U.S. Fish and Wildlife Service website, [www.fws.gov](http://www.fws.gov).

For a comprehensive list of the Great Florida Birding Trail with maps, go to [www.floridabirdingtrail.com](http://www.floridabirdingtrail.com). ■

- C E L E B R A T E -

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# Researchers are optimistic, following record-breaking turtle nests

BY MARILYN BAUER  
mbauer@floridaweekly.com

When an endangered or threatened species returns to nest in record-breaking numbers, it is cause for hope, says Dr. Charles A. Manire, DVM, director of research and rehabilitation at the Loggerhead Marinelife Center in Juno Beach. And with this season's 800,000 hatchlings loosed and on their way to the Sargasso Sea, there is speculation we may soon see a comeback for the loggerhead turtle.



Dr. Charles Manire

"I am cautiously optimistic," said Dr. Manire. "It looks like the things we are doing are actually helping the population." Loggerheads, who have inhabited the planet since the time of the dinosaurs, are scrappy 200-plus pound reptiles whose life span of 25 to 30 years makes tracking conservation impact problematic.

"The Loggerheads have only been protected for the past couple of decades so we are just starting to see a return on conservation initiatives as the former hatchlings are returning to nest," said Kelly Martin, biologist with the center.

Kirt Rusenko, marine conservationist with Gumbo Limbo Nature Center in Boca Raton who has also reported record numbers of loggerheads, green turtles and leatherback turtles, agrees.

"We are hoping conservation measures and lighting controls are the cause for the big numbers," Mr. Rusenko said. "The biggest threats to the turtles are fishing interactions, pollution — they eat plastic bags because they look like jellyfish —

and lighting. Lighting probably kills more turtles than anything else."

When loggerhead eggs are hatched the newborns navigate their way to the sea by finding the lightest horizon with the darkest background, said Mr. Rusenko.

"They orient to the ocean because it reflects the starlight," he said. "If there is light on the beach the hatchlings will go towards those lights. Recently in Boca we are seeing more hatchlings disoriented by the light of the city inland. It's called city glow."

The 2012 season numbers are staggering. With 11,525 nests in Juno Beach, Jupiter and Tequesta, loggerhead totals have increased 51 percent over last year's 7,674 nests. There were a total of 13,173 sea turtle nests if you include the greens, 1,361 and leatherbacks, 287.

This season also marked the largest number of sea turtle crawls — 28,941 — ever recorded by the center. Of that number, 15,768 were false crawls, representing sea turtles that came ashore but for some reason were startled or unhappy with the area and returned to the sea without making nests or laying their eggs.

Extrapolating from the excavation of about 1,000 nests, Martin says 800,000 new loggerheads have joined the population.

"Clearly there are a lot of them," said Dr. Manire. "Hopefully a lot of them will survive to reinforce the population."

Gumbo Limbo reported the highest number of nests ever recorded by an



COURTESY PHOTO

With the record-breaking numbers of nests this year, researchers say that the loggerhead population grew by about 800,000.

increase of 33. There were 994 loggerheads, 116 greens and 33 leatherbacks.

"When we first started monitoring the turtle population, leatherbacks didn't even nest here," said Ms. Martin, of the Marinelife Center. "They are a new population colonized from females outside the area. They just took off and have gone from 100 to 1,000 in a very short period of time."

The nearly 10 miles of beach adjacent to the Loggerhead Marinelife Center is one of the most densely nested beaches in the world. This closely monitored expanse of shoreline accounts for 11 percent of the total loggerhead nests in the state of Florida.

"This area is home to the second largest sea turtle population in the world," said Ms. Martin, who noted the largest

population can be found in the Sultanate of Oman on the coast of the Arabian Peninsula. "We are conducting one of the most extensive studies out there and have gotten very good results since 1990."

Unfortunately for the sea turtle population, contact with the human population often proves fatal.

"If people want to help they should limit single use plastics especially plastic bags," said Ms. Martin. "And be aware of where their seafood comes from. The U.S. requires all fishermen to utilize TEDs — turtle exclusion devices."

TEDS, which date back to the 1970s, let captured sea turtles escape commercial shrimp fishing nets. Turtles are air-breathers, so getting caught in a net at the bottom of the ocean is fatal.

"The ocean has been thought of as a big dump," said Dr. Manire. "Cruise ships would dump their garbage at sea and cities would send out scows filled with urban trash. We are making the world aware that there are a huge number of species living in the ocean. It is not only the turtles that are impacted. There is a whole world down there. We have to teach young kids an appreciation for the ocean to have an impact on the generations to come."

The Loggerhead Marinelife Center is located at 14200 Florida AIA, Juno Beach. For more information, call 627-8280 or see [marinelife.org](http://marinelife.org). Gumbo Nature Center is located at 1801 North Ocean Blvd., Boca Raton. For more information, call 544-8605 or see [gumbolimbo.org](http://gumbolimbo.org). ■



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# SABRINE

From page 1

does not reflect their ugliness with ugliness, she reacts by being gracious. When she overhears crass whispers, she smiles and says hello, as if to say, "I just heard you. Would you like to hear about me?"

Ms. Johnston believes such negative encounters carry a positive purpose. Any brush she has with prejudice, she sees as meant to further awareness and bring about compassion, acceptance of others in her transgender community. As a public speaker, Ms. Johnston visits the auditoriums of colleges and universities, the offices of high school guidance counselors and the living rooms of families, hoping to be a source of strength for those in her community, those who she fears too often turn to suicide.

It took Ms. Johnson some time to realize that any prejudice projected toward her has nothing to do with her — "who I was or what I am" — but stems from the person projecting, what they are feeling, or rather, what her mere existence makes them feel.

"There's nothing wrong with what I'm doing," says Ms. Johnston, who over the course of her transition has found herself trying to hide, first trying to convince herself she was a gay male, later trying to pretend she was fully female. After much introspection, she came clean with herself: "Oh no, honey. That's not what your journey is about. Your journey is about finally being at peace."

Before her transition, Ms. Johnston felt like she created a construct of herself as a gay male. She tried to overcompensate for her disdain of her gender by being over-the-top, happy-go-lucky, playing Jack from "Will & Grace."

Ms. Johnston, then Scott Johnston, had a pivotal moment watching a transsexual drag queen perform in Fort Lauderdale. "She just looked amazing. She was just reveling in herself and who she was. I admired her. I wanted to be like that. I wanted to be that strong and be my very own true self, if you will."

When Ms. Johnston looks at pictures of herself as Scott she honors him and what he gave her, but she never experiences a moment of regret. Now when she stands before her mirror as Sabine, she revels in her female form, basking in what feels right.

"I've learned to be, to really be authentic and genuine with myself, be who I truly am," she says. "If we're not honest with ourselves then we truly can't have wonderful moments with other people. If we're hiding behind ourselves and our insecurities ... how can we share with others?"

These moments of which she speaks, these morsels of human connection, can be encapsulated by an exchange she had with a 5-year-old girl. Ms. Johnston was working at Capelli Design Salon, where she has worked as a hairstylist for 13 years, when a little girl in pigtails came up to her and professed, "I just wanted to tell you how beautiful I think you are."

The child approached Ms. Johnston on her own accord, even asking her mother before she walked over, "Mommy, may I go tell that lady how beautiful she is?"

Ms. Johnston thanked the child profusely. "It made my lifetime," she says. "For a little one to, where does that come from, that light in her?"

It's that light, that innocence, that authentic self that Ms. Johnston does not want to see squelched in others, especially those in her transgender community. Studies show a suicide attempt rate of 31 percent among the



Sabrina Johnston honors herself as Scott (right), but doesn't have regret, she says.

transgender population. Gay, lesbian and bisexual youths have twice the national suicide rate of heterosexual youths. If these youths are rejected by their families, suicide risks can increase up to eight times. Consequently, Ms. Johnston believes her public speaking and her example to be part of her life purpose.

Two anniversaries — one nearing, one just past — have her taking a moment to reflect on her purpose, as one of these anniversaries reminds her how it felt to be held captive by a gender; the other, how it felt to be held captive by a wheelchair.

Dec. 9 marked the three-year anniversary of her gender reassignment surgery. Jan. 29 will mark one year since her car accident, one in which she lost consciousness, ran off the road, broke

her feet, her right femur and her pelvis. Pondering her accident, Ms. Johnston cannot help but think: "You could have died. You're still here. Why?"

Again, she falls back on her public speaking, saying, "We all have a desire to have an effect on people. We want to leave our mark on the world. We want to feel like we matter ... Everyone wants to be heard, not just listened to, but heard."

So beyond her speaking engagements, Ms. Johnston finds purpose in her day-to-day life, representing the transgender community by simply being polite. When she goes grocery shopping, she makes it a point to make eye contact, to smile, to engage in conversation.

"These beautiful, single interactions



we have with people, when they have a big smile on their face and so do you, they all add up," says Ms. Johnston, who has been met with animosity as much as she has been met with support.

Ms. Johnston lost 30 percent of her clientele when she chose to transition. Her clients loved having a gay hairdresser. Scott was hot. Scott was hysterical. But they did not know what

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Sabrina Johnson, a stylist at Capelli in Juno Beach, works on a style for her sister, Christine Jock. When she was transitioning, Ms. Johnston says, she lost 30 percent of her clients.

“For me, my journey is ... about knowing who you are and being proud of who you are. I wear my transgender as a badge. Why hide? Hiding implies a sense of shame. I own it. I use it. I embrace both the female and male sides of me. Why wouldn't I?”

— Sabrina Johnston

to make of a transgender stylist, so some of them left.

Hairstylist Ginger Scheff was surprised Ms. Johnston did not leave, make her life easier, have her surgery and move to San Francisco. “The fact that Sabrina stayed here has made everyone else transition with her,” says Ms. Scheff, who has worked alongside Ms. Johnston since 1995. “She helped us grow.”

Hairstylist Patty Doherty adds, “You feel like you could conquer anything after what's she's done.” Ms. Johnston calls Ms. Doherty her salon mom. Ms. Doherty calls Ms. Johnston brave. “If Sabrina did it, then surely we could,” her words trail off in possibilities before Ms. Doherty reels them back in, “Not judge.”

When Ms. Johnston was in the midst of her transition, one woman once looked her up and down, berating her by saying, “I don't know what's going on with this place. This salon's so going downhill.” Ms. Johnston could have been ugly back but again chose to play transgender spokesperson. She had written a letter to all of her clients, informing them of the transition she had commenced. This woman was not her client, but Ms. Johnston slid the letter into her purse, telling her, “This is for you to read. It might help you understand a little bit of what's going on.”

In her letter, Ms. Johnston wrote: “I cannot begin to express the years



JOHN SESSA / FLORIDA WEEKLY

Sabrina Johnston, left, with her mother, Renate Traylor, center, and sister Christine Jock.

of angst I have experienced ... I have always felt that I was born the wrong sex, but I was reluctant to attempt any change because of the fear of judgment from society ... At this time I simply ask for your understanding and support.” Signed: “Sincerely, Scott.”

When Ms. Johnston confessed her feelings of gender dysphoria to her mother, her mother was not surprised. She remembered Scott as a little boy, playing with his toys, looking up ever so nonchalantly when he said, “I think something went wrong. I should have been born a girl.”

Renate Traylor, Ms. Johnston's mother, filed that moment away. She went to the library. She watched Oprah. In retrospect, she says, “I realize, when I look at her now and what she's become and her success in doing this, there were a great many ups and downs, it wasn't depression and it wasn't a walk in the park, it took a great deal of courage ... I don't know if I have that kind of courage.”

She thinks of how her child was picked on. “In the gay, lesbian, trans-

signment surgery.

Her sister sat by her bedside as she convalesced, stroking her hair, holding a washcloth to her forehead, now calling her little brother her little sis.

“If you could close your eyes and not visually see the person in front of you, would you know any different?” asks Christine Jock, Ms. Johnston's big sister. “Her soul is her soul. No matter if she's male or female, she's still the same to me, on the inside.”

Big sister maintains, if you could not visually see the change, there would be no change, there would just be her little sister, being true to herself. Therefore, big sister can be protective, especially when it comes to catty women or disingenuous men.

As far as dating, Ms. Johnston gives full disclosure up front. She would never want a man to feel like he was made a fool. She would never show up like, “Hey, I'm transgender.” So her relationships tend to start online, though she must remain wary of men who like to fetishize transgender females.

“There are very few men who are willing to integrate you into their lives,” Ms. Johnston says. “They want to keep you as their dirty little secret.”

Heterosexual men have shared with Ms. Johnston that they worry society will view them as gay if they are seen beside or attracted to a transgender female. For this reason, Ms. Johnston says many transgender females try “going stealth,” try to pull off living life as a biological female. Initially, Ms. Johnston found herself trying to live under the same guise.

“It became apparent to me, I was just trading one mask for another,” she says. “For me, my journey is not about that. Nor should it be for any transgender person. It's about knowing who you are and being proud of who you are. I wear my transgender as a badge. Why hide? Hiding implies a sense of shame. I own it. I use it. I embrace both the female and male sides of me. Why wouldn't I?” ■

gender community, there are a lot of suicides,” she says. “The public needs to realize this. They need to think of how they treat people. They are your fellow human beings. They need to be treated with dignity.”

She thinks of those in the transgender community who do not have the support of their families. “I don't understand that,” she says. “It's your child. You have to put yourself in their place and not think about what people are going to think.”

With the support of her mother, her sister, her salon and her most steadfast friends — her gay male friends — Ms. Johnston began her transition process. She went to Barnes & Noble, bought a baby book and chose the name Sabrina. She started taking hormones. She started psychotherapy. She started stockpiling women's clothing. She changed her name on her driver's license, her social security card, her bank account and all her bills, then she changed her gender. She spent \$6,000 on her rhinoplasty; \$4,800 on breast augmentation; \$20,000 on sex reas-

# NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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## Artful dodgers

The head of the Perse School in Cambridge, England, recently instituted a “10-Second Rule” for minor disciplinary infractions: Students could avoid punishment if they quickly produced a clever explanation for their misbehavior. “Getting children to talk their way out of a tight corner in a very short

period of time” said Ed Elliott, encourages creativity and could produce a generation of British entrepreneurs. Said a supporter, “Often the ones who get further are the artful dodgers,” who “bend the truth.” (Elliott warned, though, that “out-and-out falseness” would not be tolerated.)

## Can't possibly be true

■ A Tampa mother and daughter (ages 56 and 22, with their familial ties verified by a Huffington Post reporter), shoot scenes together for their pornography website (“The Sexxtions”), including threesomes with a man, but the women insist that they never incestuously touch each other.

■ Tiffany Hartford, 23, and George Sayers Jr., 48, were charged in Bethel, Conn., in December with selling unauthorized videos of Hartford having sex with another woman. That other woman charged, and a DNA test confirmed, that Sayers is Hartford's father and that the two have a baby (although both deny knowing they were father-daughter at the time they had sex).

■ Sheriff's officials in Deerfield Beach arrested nine people in October and charged them in connection with a betting ring that set point spreads and took bets not only on pro and college games but on

kids' games of the South Florida Youth Football League. Six thousand children play in the 22-team association.

■ Police in Geraldton, Australia, reported in November that they had captured a thief they were chasing in the dark through a neighborhood's backyards. As the thief came to a fence and leaped over it, he happened to land on a family's trampoline and was propelled backward, practically into cops' laps.

■ Guy Black, 76, was charged in Turbotville, Pa., in October with threatening housemate Ronald Tanner with a chainsaw. Tanner, defending himself with the only “weapon” within reach — an umbrella — managed to pin Black with it as the chainsaw jammed. (Most people who bring an umbrella to a chainsaw fight would be less successful.)

## Incredible

■ Deputy NYPD Commissioner Paul Browne told reporters in November that, in the 24 hours of Monday, Nov. 26, not a single criminal shooting, stabbing, or slashing was reported in the five boroughs. Browne said no police official could remember such a day, ever. (The city is on track to finish 2012 with fewer than 400 homicides—compared to the record year of 1990, when 2,245 people were murdered.)

■ “Braco,” a Croatian-born “healer” (although he rejects the term), seems to

make legions of sick or troubled believers feel better merely by entering a room and gazing at them in silence for a few minutes before leaving. (A *Washington Post* reporter, seeking relief from his allergies, attended a 100-person session in Alexandria, Va., in October, but found no improvement.) “Whatever is flowing through him,” said one transfixed fan, “is able to connect with a part of us.” Said another enthusiast, “The thing that makes Braco unique is he really doesn't do anything.” (*Washington Post*, 10-12-2012)

## Unclear on the concept

■ In October, People for the Ethical Treatment of Animals petitioned Irvine, Calif., to create a roadside memorial for the truckload of live fish that had perished in a recent traffic accident. (After all, fish, like humans, use tools, tell time, sing and have long-term memories, wrote PETA.) On the other hand, the traffic casualties that day were en route to the Irvine Ranch Market to be sold as food.

■ The governing Council of Brentwood, England, professes a “reputation as one of the most transparent” in the

country, but in November, responding to a Freedom of Information request for documents on a government contract, it merely released 425 totally-blackened (“redacted”) pages. The official explanation was that all of the papers concerning construction of a movie theater were deemed “commercially sensitive” and “not in the public interest.” (Following an outcry, the Council rethought the FOI request and disclosed “considerably more information,” according to the *Daily Telegraph*.)

## Egos on parade

■ Detroit police chief Ralph Godbee was suspended in October after an affair with a subordinate became public. Godbee's predecessor had been fired for the same reason (among other reasons), and in fact, Godbee had previously had an affair with the same subordinate who had been implicated with his predecessor.

■ The former mayor of Flint, Don Williamson, who resigned in 2009 while being targeted in a recall election, recent-

ly erected a large bronze statue of himself outside his home in Davison Township.

■ In June, former Detroit mayor Kwame Kilpatrick, having served 99 days in jail on obstruction-of-justice charges and still awaiting a federal corruption trial, asked Michigan prison officials to relieve him of “community service” parole obligations — because he had a number of paid speeches scheduled out of town.

## Perspective

■ Shortly after drug-possession suspect Patrick Townsend, 30, was arrested in Lakeland in November and had allegedly confessed into a detective's digital recorder, Townsend managed to snatch the unattended recorder from a table,

took a restroom break, and flushed it down the toilet. Townsend's subsequent advice to the detective: “Tighten up on your job, homie.” (“Destroying evidence” was added to Townsend's charges.) ■

# Celebrate season's cravings

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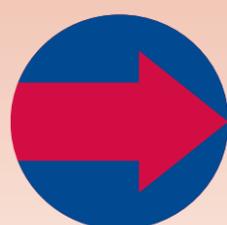
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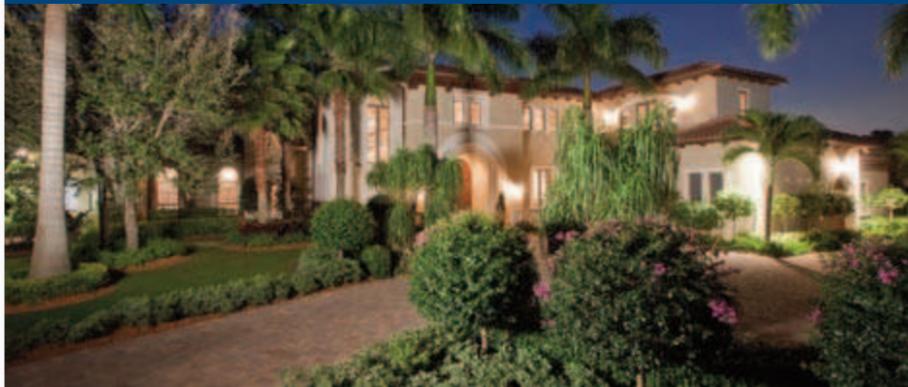
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# HEALTHY LIVING

## Reach out to your children in times of senseless tragedy and grief

**lindaLIPSHUTZ**  
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As many of us struggle to process the senseless attack on so many innocent people at the Sandy Hook Elementary School, we're also left with the formidable task of addressing the emotional concerns of family members, at a time we may be feeling at a loss for words.

Grief is hard enough for adults to process. When young people are faced with tragedy, the emotional toll can seem insurmountable. Our children count on us to be steady and strong, and a source of comfort. If we are overly burdened by our own grief, it will be important that we address our feelings and reach out for support so our children are not inappropriately impacted. It may be helpful to call upon a trusted family member or friend to assist us, or take advantage of the many professional services offered in the community.

Many of us are not likely to speak openly about things that upset us. However, our children are great observers and read us, even when we say nothing. They know what's upsetting us by the way we react, by what we say, and what we DON'T say. While it's not in our power to shield our children from life's heartaches (nor would it be advisable), there's much we can do to assist them in coping, and even growing as they face these ordeals.

We can certainly talk to our children about how sad we are, and let them know that it's challenging for us, as well, to work through the upset. However, it would be tremendously reassuring for them to see that we are still emotionally available to support them. Depending

upon their age and level of maturity, we will have to modify the conversations.

We can help our children learn to be resilient so they're better able to adapt to adversity and manage anxiety. Being resilient doesn't mean we don't experience difficulty or distress. Rather, we are teaching our children to cultivate a series of thoughts, behaviors and actions that will help them navigate life's challenges. The goal is to help them become confident that they have the inner strength and capabilities to handle adversity and become independent.

It will be important to help our children look at the big picture, and keep things in perspective. Sometimes when children are hurting, it may be difficult for them to comprehend that they will ever feel better. We can provide examples of previous upsets, and how they were able to successfully work through those problems. In doing so, we are highlighting our child's strengths and coping skills. Maintaining a positive outlook will hopefully enable our children to see the great things in life and keep going even when times are tough.

Even though it may seem that some children are too young to comprehend what is going on, we should assume they sense that something frightening has

happened. We should be mindful of over-exposing them to news coverage and distressing conversations. Although it's important to let them vent and ask questions, it's also helpful to guide them away from obsessive worry. Distractions and opportunities to enjoy play and leisure time can be a source of relief. If at all possible we should maintain the routines of our households as this provides a sense of comfort and continuity.

It's helpful to ask our children what they've heard, so we can clear up any misconceptions or misinformation. We should then answer in simple terms, and provide reassurance that events like this are not common and that the adults in the community are making every effort to keep them safe. Sometimes, no words are necessary. We provide comfort by our presence, and accessibility.

Paying attention to our children's moods and behavior is very important. If they seem moody, clingy or more withdrawn, it may be a sign that they are having an especially hard time coping. We should also look for any notable changes in sleeping, diet, concentration and ability to perform in school. If providing extra emotional support and reassurance does not seem to be sufficient, it may be time to reach out for professional assistance.

Adolescence is a time where young people may be experiencing highs and lows because of hormonal levels in their bodies. Severe upsets can make these shifts appear more volatile. We need to understand that our teenagers may react in confusing ways. It helps if we restrain from an overly emotional reaction in response. Better to let them know we're aware of the pressures they may be under, but count on them to be appropriate and responsible.

Even though our adolescents may not volunteer any worries or fears, it would be helpful to assume they've been impacted, and to let them know we're receptive to talking through any concerns. To open the door, it often helps with teens to make statements generalizing how people react in situations, without assuming it applies to them. This lets them know we are open to tough conversations and gives them the opportunity to save face.

It goes without saying that at trying times, we must be patient and concentrate on practicing self-care. Nerves may be frayed, and sensitivities raw. Family members may be triggered by comments that previously would be overlooked. Reassuring our loved ones how much we care about them, and offering a safe, supportive environment at a vulnerable time goes a long way to softening the blows. Just knowing we are there for them often makes all the difference. ■

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. A Palm Beach Gardens resident, she holds degrees from Cornell and Columbia and trained at the Ackerman Institute for Family Therapy in Manhattan. She can be reached in her Gardens office at 630-2827, online [palmbeachfamilytherapy.com](http://palmbeachfamilytherapy.com) or on Twitter @LindaLipshutz.



## First advanced GE scanner in U.S. installed at Jupiter Medical Center

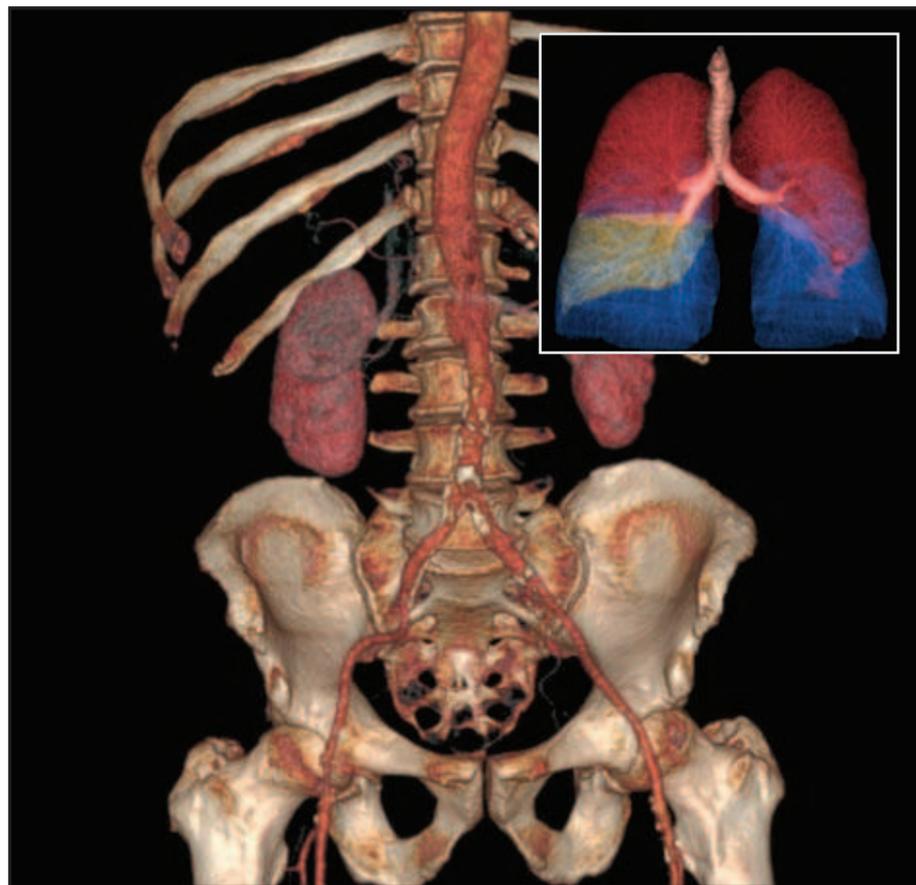
SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center has installed the Optima CT540 — the first installation in the U.S. of the advanced diagnostic computed tomography (CT) system from GE Healthcare, the hospital announced in a prepared statement. The system offers improvements in image performance, workflow and lower dose imaging, JMC says.

"Jupiter Medical Center has been a leader in dose-reduction strategies," said Dr. Lee Fox, chief of radiology at Jupiter Medical Center. "Investing in GE's new technology provides another important tool in lowering radiation dose while providing high quality diagnostic information. We are proud to be the first in the country to offer this technology."

The Optima CT540 allows radiologists and other healthcare professionals to "see" inside the body — using a series of X-rays — and help them better diagnose and treat patients at JMC. In the past, lowering the amount of X-ray radiation in a CT scan increased the image's noise, or cloudiness, which in turn created an undesirable trade-off between image clarity and reduced levels of diagnostic X-ray dose, JMC said in the statement.

"Patients are our top priority," said



Examples of images the scanner can provide: A lung and an abdominal aorta image.

COURTESY IMAGES

JMC's Sherri Lewman, director of imaging. "The new CT system helps us deliver superb care to our patients with significantly lower radiation dose levels and extraordinarily clear images. Having your imaging exams performed at JMC is your best option for the most accurate diagnoses."

CT, or computed tomography technology, is an advanced medical exam physicians use to diagnose serious illness or injury — especially when symptoms are not easily detected by a conventional physician exam. This system is and employed in a variety of settings, including the ER and outpatient procedures, the statement says.

Jupiter Medical Center is a not-for-profit 283-bed regional medical center consisting of 163 private acute care hospital beds and 120 long-term care, sub-acute rehabilitation and Hospice beds. JMC provides a broad range of services with specialty concentrations in orthopedics and spine, geriatrics, minimally invasive surgical procedures including robotic surgery, emergency services, cardiac services, obstetrics, cancer care and advanced diagnostics. Founded in 1979, the medical center has approximately 1,500 team members, 520 physicians and 700 volunteers. For more information, call 263-2234 or see [jupitmed.com](http://jupitmed.com). ■

# Osteoarthritis may be treated and the progression slowed



In the United States alone, there are approximately 10 million people diagnosed with arthritis — an inflammation of one or more joints. The most common type of arthritis — osteoarthritis — is usually caused by normal wear and tear, trauma, or the degeneration of the joint cartilage.

It comes with age and is often most painful in the joints that bear weight, such as the knee, hip and spine. Although anyone can develop osteoarthritis at any time, there are many risk factors for developing the disease, including family history or injury that may put stress on your cartilage.

Joints damaged from fractures, sports or other injuries may show signs of osteoarthritis. With osteoarthritis, the cartilage covering the bone-ends gradually wears away.

Bone growths, or “spurs,” can develop at the edges of the osteoarthritic joints. The joint becomes inflamed, causing pain and swelling — making continued use painful.

Hips are especially prone to developing arthritis as they receive a lot of wear and tear.

The first signs and symptoms of hip arthritis may appear as discomfort and

stiffness in your groin, buttock or thigh when you wake up in the morning. The pain gets worse when you are active and gets better when you rest. If you suspect that you may have osteoarthritis of the hip, it is important that you see your doctor for an evaluation. Without treatment, the condition will worsen, until resting no longer relieves your pain.

While the effects of osteoarthritis cannot be reversed, early nonsurgical treatment may help you to avoid pain, disability, and can also slow the progression of the disease.

If your condition is already severe, then surgery may be an option. Surgical options include removing the diseased or damaged joint lining, realigning the joints, fusing the ends of the bones together, or performing a total hip replacement — the most common surgical procedure for arthritis.

Today, total hip replacement surgery can be performed using a direct anterior approach with one incision, without detachment of the muscle from the pelvis. This approach allows for a shorter hospital stay, less pain, and a faster recovery.

However, this approach is not right for everyone. An orthopedic surgeon will review available options, and together you can determine the best surgical approach for you.

For more information on Jupiter Medical Center’s Joint Commission Certified, Comprehensive Orthopedic Center of Excellence, call 263-3633 or see [jupitermed.com/ortho](http://jupitermed.com/ortho). ■

# Tenet Florida partners with heart association for “Go Red”

SPECIAL TO FLORIDA WEEKLY

Tenet Florida announced a new collaboration with the American Heart Association, South Florida, as the organization’s presenting sponsor for the Go Red For Women campaign. Through this initiative, the employees and physicians of the Tenet Florida hospitals will participate in all aspects of the Go Red For Women campaign supporting research, education and community programs. This collaboration confirms Tenet Florida’s commitment to bringing cardiac excellence to the residents of South Florida, Tenet said in a prepared statement.

“With a strong emphasis on promoting heart health, the employees and physicians of Tenet Florida are honored to support the American Heart Association in this distinguished role,” said Marsha Powers, Tenet Florida’s senior vice

president of operations. “Our doctors are dedicated to providing comprehensive, advanced care for our patients utilizing the latest treatments and techniques. We round out the continuum of our elite, multi-faceted cardiac program by spearheading the Go Red For Women movement. Our goal is to raise critical awareness as we educate the community about the prevalence of heart disease in women.”

The facts surrounding women and heart disease are clear. More women die of heart disease than all forms of cancer combined. However, Go Red For Women has been impacting the health of women since its earliest days. Over the past 10 years, more than 627,000 women have been saved from heart disease. Heart disease and stroke are the No. 1 and No. 4 killers, respectively, of American men and women. ■

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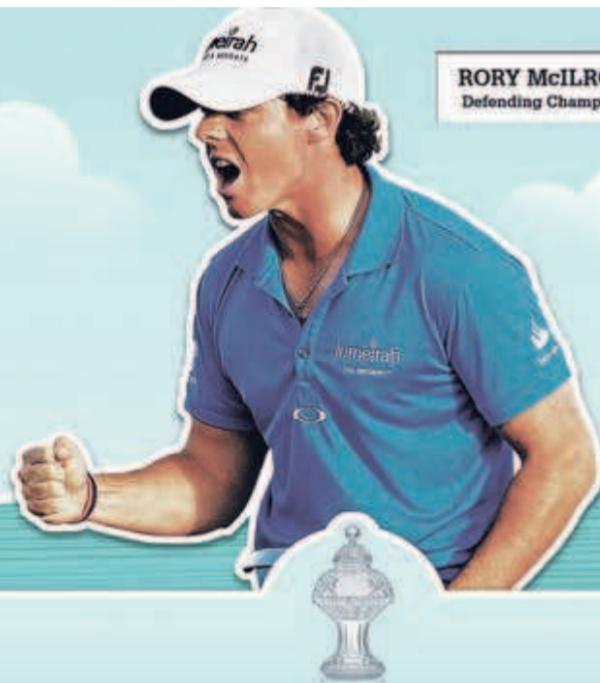
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# Loggerhead Marina collects record number of toys for area children

SPECIAL TO FLORIDA WEEKLY

Loggerhead Marina collected 1,051 toys — a record number — along with more than \$1,000 for the U.S. Marines Toys for Tots program. The new, unwrapped toys will brighten the Christmas holiday for less fortunate children in the community.

“This year’s toy collection was impressive in the volume of gifts that were donated,” said Ray Graziotto, president and COO of Loggerhead Marina. “We are very grateful to all of our customers, colleagues, and employees for their generous contributions that will make so many children and families’ holidays brighter.”

The Loggerhead Marina toy collection is part of the Marine Industries Association’s annual program. Mr. Graziotto is also the board president of the Palm Beach County association.

“I am proud to say that the MIA consistently collects more toys than any other organization in the county,” said Mr. Graziotto. “This year marks the 13th



The 1,051 toys set a record for the most collected by Loggerhead Marina.



The toys collected by Loggerhead Marina, shown with from left: Marin O’Leary, Jason Silverman, Joe O’Connor, Cynthia Evans, Elodie Nedimyer, Lance Corporal Bitgood, Alyssa Freeman, Sgt. Tommy Reichling, Mandy Hunt, Erik Bishop, Jason Hanna, Chris Hancock and Amanda Fontaine.

anniversary of the partnership between the MIA and the U.S. Marines. We look forward to finding out MIA’s grand total later this month when all of the drop-off sites have been collected.” ■

# 76th annual Silver Sailfish Derby Jan 10-12 out of Sailfish Marina

SPECIAL TO FLORIDA WEEKLY

The venerable West Palm Beach Fishing Club will host its 76th annual Silver Sailfish Derby Jan. 10 through 12, out of the Sailfish Marina on Singer Island. A captain’s meeting is Jan. 9 at the fishing club.

The event is recognized as the “World’s Oldest Sailfish Tournament.”

After last year’s event it could be recognized as the world’s most productive sailfish tournament, too. During the 2012, 46 boats caught and released 1,174 sailfish in three days. It was an angling feat that had never occurred anywhere in the world, the club said in a prepared statement. Derby anglers are hoping for a repeat performance of that unprecedented catch.

The 2013 tournament is expected to draw between 40 and 50 boats and approximately 200 anglers who will be vying for some of the most prestigious angling awards in competitive sailfishing. The Derby’s top angler award is the Mrs. Henry R. Rea trophy, a magnificent silver sailfish sculpture that dates back to the event’s origin in 1935. It is one of the most coveted awards in all of angling.

New are awards for the “Top Lady Angler” and the “Top Small Boat.”

Another new feature will be a virtual Silver Sailfish Derby scoreboard that will allow anyone with an Internet connection to follow the action as it unfolds. During the event the virtual scoreboard can be found at [westpalmbeachfishingclub.org](http://westpalmbeachfishingclub.org).

The Silver Sailfish Derby was established by the WPBFC during the Great Depression as a way to stimulate tourism and business in the Palm Beaches. At one time famous American author and avid big game angler



Angler Mike Weber with a Derby-record Wahoo.

Ernest Hemingway was a Derby trophy sponsor. While plenty of celebrities have participated in the event through the years, it is the Derby’s longstanding support of billfish conservation that has been its hallmark.

The Derby set the stage for the catch and release

ethic that is widely practiced by anglers today. It was among the first to promote catch and release fishing for sailfish, the club said in its statement.

Perhaps the most notable conservation contribution attributable to the Derby is the development of the red release pennant. The WPBFC began flying the pennants in 1938. Today, the little red pennant is recognized around the world as a way to signify a sailfish release. The Derby was also among the first tournaments to incorporate gamefish tagging for scientific purposes into a competitive format. The WPBFC has been committed to billfish conservation efforts by requiring the use of circle hooks, which reduces post-release mortality.

The early registration deadline for entry ends Dec. 20. The early entry fee is \$975 per boat (if at least one angler is a WPBFC member) and \$1,275 per boat for non-members. After Dec. 20, the entry fee increases by \$200 at each level. Call the fishing club at 832-6780 or register online at [westpalmbeachfishingclub.org](http://westpalmbeachfishingclub.org). ■

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<p style="font-weight: bold; color: #e91e63;">New York Times Bestselling Author, <b>EDWIN BLACK</b></p> <p style="font-weight: bold;">“Petropolitics, Oil and the Middle East”</p> <p style="font-weight: bold; color: #e91e63;">FEBRUARY 5, 2013, 7 P.M.</p>	<p style="font-weight: bold; color: #e91e63;">Memoirist and Poet, <b>NICK FLYNN</b></p> <p style="font-weight: bold;">“An Evening of Poetry”</p> <p style="font-weight: bold; color: #e91e63;">MARCH 12, 2013, 7 P.M.</p>
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## Roger Dean Stadium launches new, updated web site for 2013

Roger Dean Stadium has launched a newly redesigned website. The new site will keep its original web address, RogerDeanStadium.com, but have a modern, sleek design with simplified site navigation that makes the site more accessible for fans, the stadium said in a prepared statement.

One new addition to the site is the integration of the Roger Dean Stadium Facebook and Twitter updates. Fans can follow social media for more information on players, promotions and contests by staying connected to all of the stadium's news updates. Merchandise will be available for purchase online soon and will feature photos and information regarding the Team Store inventory, the statement said. Ticket sales, sponsorship opportunities, community involvement and visitor's information will be offered with better functionality. The site will also include multi-platform compatibility on computers, iPads, mobile devices, etc.

Exceleron Designs, a local web design and marketing company, is responsible for the site's improved look, according to the statement. Exceleron Designs is located at 1016 Clemons Street in Jupiter. Its goal is to work closely with clients to bring their vision to life in a visual engaging design for their specific audience. In the statement, Exceleron Designs owner and founder Ryan Kidd, says of the new site launch, "My team at Exceleron Designs was thrilled to be able to work with Roger Dean Stadium to create a site that was both visually appealing and user friendly."

The site will be undergoing new changes and updates in the coming weeks, according to the statement.

For more information see RogerDeanStadium.com or call 775-1818. For up-to-the-minute updates on everything that happens at Roger Dean Stadium, as well as special discounts and offers, follow Twitter @RDstadium or Facebook (Roger Dean Stadium).

Opened in 1998, the \$28 million Roger Dean complex/stadium is specially designed to house two Major League and two Minor League Baseball Teams. The stadium is home to the Miami Marlins and the St. Louis Cardinals for Spring Training. The Florida State League's Jupiter Hammerheads (Single-A Affiliate of the Miami Marlins) and Palm Beach Cardinals (Single-A Affiliate of the St. Louis Cardinals) make their home at Roger Dean Stadium from April through Labor Day. ■



## When sickness strikes

It's cold and flu season, when the transfer of germs and illness in the workplace increases.

### SPECIAL TO FLORIDA WEEKLY

With cold and flu season upon us, the transfer of germs and illness in the workplace increases. The Better Business Bureau advises business owners to take initiative in preventing the spread of illness.

Beginning in December or November each year, the flu affects millions of us. The Centers for Disease Control and Prevention says this germ bug costs businesses nearly \$10 billion in employee medical visits every year. Keep your employees healthy by maintaining a clean and productive work environment. The CDC has made it easier with a free employer tool kit, "Make It Your Business to Fight the Flu." Get the kit at cdc.gov.

Here are some tips to help protect employees and customers as much as possible:

\* Acquire products that ward off germs. Hand sanitizers, tissues and

disinfectants are all products that can aid employees in keeping the workspace clean. Make them readily available throughout your workspaces.

\* Advise employees to stay home. While sick employees may deem it necessary to attend work, their presence will only expose healthy employees to contagions. If employees are sick, they should stay home for at least 24 hours after they no longer show symptoms. Consider creating a leave policy that allows employees to work from home should they (or their children) fall ill.

\* Enforce good hygiene in the workplace. Institute the cleaning of shared equipment such as phones and computers, and wipe down common areas with disinfectant regularly. Remind employees of the importance of washing their hands, as well as covering their mouth when sneezing and/or coughing. Encourage them to "sneeze in your sleeve," rather than into their

hand, to reduce the spread of germs.

\* Promote flu shots. Search for on-site flu shots through your local hospital, retail pharmacy or other health-care provider, or consider reimbursing some or all of the cost for employees to receive the shot on their own.

\* Hold a health fair. Contact your local hospital to see if they provide health fairs for employers. If your business isn't large enough, you can possibly team up with others in your building, office park or neighborhood. If you are in a retail location, you can invite the community, as well. You can also contract the coordination of an on-site health fair with a company specializing in the service.

\* Be the example. It is important for the employer to follow the same advice being given to the employees. As the boss, it may seem impossible to take a sick day, but it is just as important for you to stay home and keep your germs out of the office. ■



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# MONEY & INVESTING

## The new round of easing: Is it good or bad for investors?

jeannetteSHOWALTER, CFA  
jshowaltercfa@yahoo.com



The Federal Reserve Bank announced a new round of quantitative easing on Dec. 12 aimed at bolstering the U.S. economy. The central bank said it would continue buying U.S. Treasuries after the expiration of a third round of quantitative easing at the end of the year. Fed officials said it would maintain its purchases of long-term Treasuries at the rate of \$45 billion per month. It is the fourth easing and has no specific end in sight. Rightly so, it has been relabeled "QE4ever."

With the QE4 announcement, the Fed's holdings of U.S. Treasuries may rise from the current \$1.6 trillion to \$3.6 trillion by 2016. Its total holdings of financial assets may rise from the current \$2.6 trillion to \$6 trillion or more by 2016. Interestingly, the Fed's new annual purchases of Treasuries and mortgage securities will approximate the anticipated annual \$1 trillion federal deficits projected for the next several years.

Maybe the various market participants thought, "Something made them do this. Is the weak economy further weakening? Is Europe getting worse? Have deflationary forces increased?"

This column has written about the Fed and how the Fed is monetizing the U.S. debt by printing money to buy such debt. (*Florida Weekly*: June 27, Oct. 4 and 18) This position is contrary to some of the most noted financial publications that have offered explanations in line with the Fed chairman's denial of

the same: "Monetizing the debt means using money creation as a permanent source of financing for government spending. In contrast, we are acquiring Treasury securities on the open market and only on a temporary basis (emphasis added), with the goal of supporting the economic recovery through lower interest rates." (Bernanke's speech to the Economics Club of Indiana, Oct. 1.)

Unlike the Weimar Republic's hyperinflation cartoons, the Fed has not filled wheelbarrows with freshly printed dollars and delivered them to the Treasury's door. Instead, the Treasury sells to the "dealer banks" which then sell them to the Fed. In lieu of wheelbarrows of cash, these bank intermediaries receive an electronic entry on the Fed's balance sheet liability called Bank Reserves. The only reason that the Fed can incur trillions of dollars of these IOU liabilities (and, in doing so, undertake huge debt to leverage ratios as equity is estimated to be only \$55 billion), is that the banks can convert these Fed IOUs from "electronic cash" and into U.S. dollars. The Bureau of Printing and Engraving is not working Weimar overtime but it is on call.

So, the no-monetization-is-happening camp that previously relied on Bernanke's statements now see "temporary" being redefined as a lot longer and within context of a lot larger. Still, they point to low inflation as proof that monetization is not happening.

However, what is actually happening is the Fed's money-printing is being offset by three strong deflationary trends. First, there's a huge drop in the velocity of money as domestic and foreign individuals and corporations hoard cash. Second, the international shadow banking system, which was once larger than

the international conventional banking system, has been hugely cut back. Third, there has been little money creation despite an increase in bank reserves — normally such increases translate into bank lending and a money multiplier effect. This time, there is no multiplier. John Williams, president of the Federal Reserve Bank of San Francisco, in a speech delivered July 2, said, "(There has been) a 200 percent increase in the monetary base, (yet) measures of the money supply have grown only moderately. For example, M2 has increased only 28 percent over the past four years."

No inflation harm, no monetization foul? Not so. A friend offered a worthy sentiment: "Minute by minute, the value of the dollar is being destroyed though the destruction is not visible right now." This destruction is hidden as long as the dollar is a safe haven to foreigners. And foreigners hold "nearly two-thirds of U.S. currency outside our border," according to Mr. Williams.

The dollar value destruction through the Fed's electronic printing might be akin to the silent, unseen, but ultimately calamitous destruction caused by termites. All looks well until one day the doorframe collapses and the next day, well, the dollar might lose world reserve status or Treasuries might find the Fed as the sole buyer.

My wise friend also cautioned, "What you don't learn slowly, you will learn in an instant." Wasn't that how we all (including the Fed) learned about the 2008 mortgage crisis? Oddly, the Fed's cure for the 2008 systemic crisis might be creating new systemic risks that we might one day learn in an instant. Exactly how the Fed's experiment will end is unknown. However, many think it

will end badly.

What is an investor to do if the possibility of a systemic crisis lurks? Hiding in cash is fraught with problems and getting out of equities or bonds just before the bubble bursts is wishful thinking. Investors might consider owning some gold and adding managed futures to their equity/bond portfolio as managed futures is uncorrelated to equities except in times of crisis when it has historically gone to a nearly perfect negative correlation. ("In Search of Crisis Alpha" by Kathryn Kaminski, 2011.)

Consult with your adviser as to suitability, visit with other advisers to gain breadth of opinion, and seek experts when appropriate. Lastly, consider forwarding this column to others as understanding the how and why of the Fed is very important. In my opinion, mainstream media is not telling the entire story. ■

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— *Jeannette Showalter, CFA, is a commodities broker with Worldwide Futures Systems. She can be reached at 239-571-8896 or jshowaltercfa@yahoo.com.*

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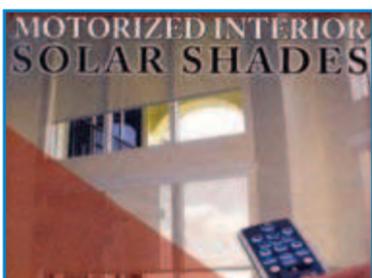
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# KOVELS: ANTIQUES

## Sleighs, planes and elephants: Santa's modes of transport vary

**terryKOVEL**  
news@floridaweekly.com



Santa Claus has changed in appearance throughout the centuries. At first he was St. Nicolas, a tall, thin man with a beard. In 1823, the famous poem "The Night Before Christmas" was published. It describes a jolly little man who was small enough to slide down a chimney. Early Santa figures usually walked with a bag full of toys, but by the 1850s, he was riding in a sleigh. Reindeer pulled the sleigh in snowy countries, flying through the air or running on wooded trails.

The legend of Santa Claus bringing toys at Christmas is now worldwide, so Santa's sleigh has been changed to suit different cultures and weather. A child in a tropical climate probably wouldn't recognize a sleigh or reindeer. Vintage pictures, figures, candy containers and even ornaments can be found with Santa riding more modern vehicles. Horses replaced reindeer. Airplanes, trains, cars and even airships replaced sleigh and reindeer. Toys are carried in a bag or box. There are even candy containers shaped like a baby elephant with a large Santa riding on his back. Some containers, known as "nodders," depict an elephant with a head that bobs up and down. They are favorites of Christmas collectors. The nodders, most made in Germany in the 1930s, sell for about \$700.

**Q:** I have a tapered jar with printing on the bottom that has to be read from the inside out. It says "No. 72, Pat. in U.S., Dec. 22, 1903, July 17, 1906, M 29." It's 4 inches high, 2½ inches wide at the top and 2 inches wide at the bottom. The top is grooved, as though it was meant to screw into something.

**A:** Your jar was part of an old Arcade wall-mounted coffee grinder. There

were three parts to the grinder. A different glass jar at the top held the coffee beans and the middle part ground them. The ground coffee emptied into your jar, which screwed into the bottom of the grinder. We found the answer by checking the patent numbers.

**Q:** My husband has a colorful menu for the 1941 Christmas dinner for U.S. Marines and Navy seamen stationed on Wake Island. What is it worth and how should we sell it?

**A:** Christmas dinner never took place on Wake Island in 1941 because Japanese forces captured the island on Dec. 23. Americans who survived the December battles for the Pacific island, a U.S. territory, were taken prisoner. At least one other copy of your menu has been sold online. You could offer it through an auction that sells historic Americana and military memorabilia. Several auction houses in the country specialize in that field. Many are listed in the directory link under "Free Resources" on our website, Kovels.com.

**Q:** I have inherited a unique combination dining table/pool table from my great-grandmother. She must have purchased it in 1902 or '03, because I found a 1903 magazine ad for the table among her papers. The table, made by the Combination Billiard

Manufacturing Co., has five heavy hand-carved legs and is 7 feet long. The ad says this particular style sold for \$125, but that other styles were available for \$30 to \$150. I had the cloth restored and I have the dining table top and the triangle for the balls. But I don't have the cues or balls. Can you tell me more, including the table's value today?

**A:** Around the turn of the 20th century, pool was enjoying a popularity boom among both men and women. During the same era, furniture manufacturers were becoming excessively creative in combining pieces of furniture. Pool-table beds, pool-table bookcase desks and pool dining table combinations were on the market. The Combination Billiard Manufacturing Co. of Indianapolis sold combinations like yours during the first decade of the 20th century. An Arts and Crafts model made by the same company at about the same time was up for bid at a fall Rago auction in Vineland, N.J. Presale estimate was \$1,500 to \$2,000.

**Tip:** Some people say you should shine the chrome on your 1940s toaster with club soda or lemon juice. ■

— 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.



COURTESY PHOTO  
This Santa's face and hands are made of a composition material. Santa holds a fir tree, and the elephant's head and tail nod. The 8-inch toy sold for \$720 at a Dan Morphy auction in Denver, Pa., this past September.

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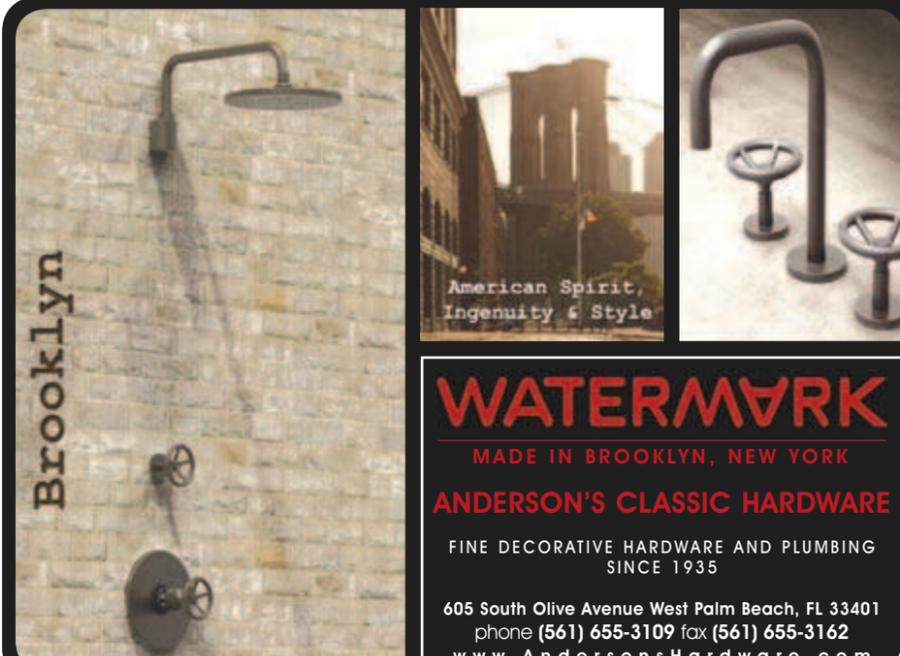
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 6. Beth Garcia and Chip Armstrong

7. Debbie Korzen, Lauren Robichaud, Betsy Paulus and Mackenzie Waldo  
 8. Amanda Lairsey, Rachel Gigea and Mike Powell  
 9. Mark Beatty, Gail McCormack and Keith Felberg  
 10. Jon Stanton, Ken Montgomery and Jordan Bernstein  
 11. Julie Korkowski, Melissa Misak and Stacey Federico  
 12. Carrie Browne and Greg Leach

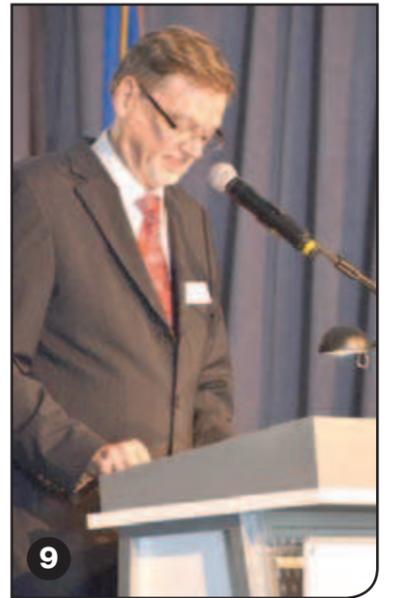
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# NETWORKING

Grand opening of the Max Planck Florida Institute in the U.S., in Jupiter



1. Dr. David Fitzpatrick, Steve Abrams, Cornelia Quennet-Thielen, Jeff Atwater, Karen Golanka and Dr. Peter Gruss
2. Carolyn Sloane and Richard Sloane
3. Steve Abrams
4. Robert Silvani, Juan Cocuy, Jeff Atwater and Richard Bernstein
5. Joe Russo and Bert Premuroso
6. Dr. Peter Gruss
7. Stephanie Langlais, John Caola, Greg Redinbo and Tony Carpenter
8. Craig Grant and Ken Pruitt
9. Dr. David Fitzpatrick
10. Bob Weisman, Steven Abrams, Verdenia Baker and Brad Merriman
11. Jack Sullivan and Peter Martinez

JOHN SESSA / FLORIDAS WEEKLY

We take more society and networking photos at area events than we can fit in the newspaper. So, if you think we missed you or one of your friends, go to [www.floridaweekly.com](http://www.floridaweekly.com) and view the photo albums from the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).



COURTESY PHOTOS

## Magnificent Old Marsh estate

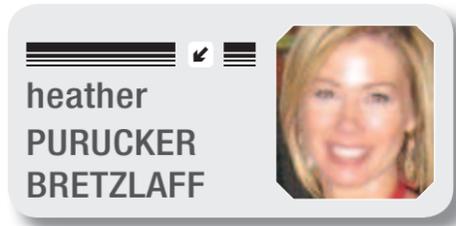
### SPECIAL TO FLORIDA WEEKLY

This estate in Old Marsh Golf Club in Palm Beach Gardens features Brazilian hardwood and imported marble/stone flooring throughout the home. The home offers a pecky cypress boxed beamed living room ceiling, a wood burning fireplace and a custom-designed wrought iron staircase. The kitchen features handmade Italian tiles, a butcher-block island, and SubZero and Thermador appliances. His-and-hers master bathrooms include onyx floors and showers with

body sprays and Waterworks fixtures. Intricate wood moldings are featured throughout the home. The estate, at 13421 Oakmeade, includes a generator, linear diffused air, surround sound, motorized chandeliers, impact glass windows and French doors. The outdoor lanai overlooks the peaceful marsh with expansive views from the one-bedroom, one-bathroom guesthouse. Fite Shavell & Associates lists the home at \$3,990,000. Agents are Heather Purucker Bretzlaff, 561-722-6136, [hbretzlaff@fiteshavell.com](mailto:hbretzlaff@fiteshavell.com), and Craig Bretzlaff, 561-601-7557, [cbretzlaff@fiteshavell.com](mailto:cbretzlaff@fiteshavell.com). ■



# Professionals can help homebuyers see a property's potential



heather  
PURUCKER  
BRETZLAFF

tions. They were completely different homes: one was a one-story; the other, a two-story. Each was situated on a half-acre of land, one with water views, and the other with marsh views. Typically with such drastic differences, a buyer usually is able to rule out one of the homes quickly.

In this case, however, we visited both homes three times and they still could not come up with any particular reason why they liked both the same. Each had a similar amount of living space and the same number of bedrooms/baths and garages. The interior styles were both very formal, and this was a key factor in why they could not make a decision. At this point, I knew I had to get someone else involved. I decided to call an architect I had worked with many times in the past, and had built one of the original homes at which we were looking.

My buyers were somewhat hesitant because they did not want to spend a significant amount of money to make changes to a \$3 million home

that was already in very good condition. However, my clients wanted a home that was very open and family-friendly. They were having a difficult time envisioning how they would make this happen.

The architect came to both homes with us and discussed ideas, reviewed the plans and made suggestions to work the design into something that the new owners could feel more comfortable and casual. As it turned out, changes to one of the homes

could be very simple. It was all mostly nonstructural changes that did not require a building permit. The other home would have required significant structural changes and the cost difference was somewhere between \$100,000 and \$150,000 between the homes.

This helped my clients envision what could be done and also helped them to understand that the first home would not only be more cost-effective to change, but the changes could be done quickly and efficiently without disrupting their family. The next step was to determine what the sellers were willing to accept for their home. Taking my advice, their initial offer was very reasonable, which allowed the sellers to engage quickly. After negotiating the terms, we came to an agreement and the buyers are now under contract, closing in 30 days.

The architect was a significant part of this transaction because he was able to assess the homes, provide drawings and guide the buyers through the process involved with the renovation. As with any home, new buyers make changes because they want to personalize the home to their liking. At times, it is advantageous involve another trade expert to help pull the overall transaction together, arriving in a win-win situation for all involved. ■

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





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**502B** - Only Fairmont available - direct lake views from all rooms! Largest 2BR/2.5BA, great room floor plan with 2 Master Suites & extended terrace. **Offered at \$625K**



**503C** - Finely finished with wood floors & CA style closets, this 3BR/3BA, 2494 AC sq. ft. Plaza model has unique design features. **Offered at \$595K**



**904A** - Exceptionally decorated TURNKEY unit! Contemporary designer furnishings. 2BR/2.5 BA, with 1,870 AC sq. ft. **Offered at \$525K**



**1205A** - Exquisitely finished with crème marfil flooring throughout. Expansive ocean views from this 3BR/3BA open Barclay model. **Offered at \$620K**



**1603B** - Lake, ocean & city views from this largest 3BR/3BA, 2622 AC sq. ft. Peninsula unit. **Offered at \$735K**

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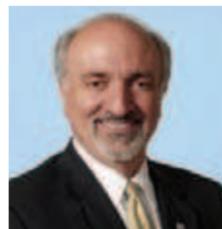
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JWeiss@JWeissProperties.com

## Featured Listings

Bayview Terrace



4BR, 3.5BA in Tequesta  
MLS #R3254651  
\$675,000

Soundings



4BR, 4BA in Hobe Sound  
MLS #R3308227  
\$1,495,000

San Michele



6BR, 7.5BA in PB Gardens  
MLS #R3241443  
\$1,540,000

Hobe Sound



2BR, 2BA in Hobe Sound  
MLS #R3251497  
\$425,000

Juno Beach



4BR, 3.5BA in Juno Beach  
MLS #R3323715  
\$1,250,000

Steeplechase



5BR, 4.5BA in PB Gardens  
MLS #R3280222  
\$1,100,000

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# Clerk's choir annual concert raises \$800 for charity

SPECIAL TO FLORIDA WEEKLY

Money fluttered down from the floors above the Palm Beach County Governmental Center atrium on Dec. 17, while members of Circuit Sound — the Clerk & Comptroller's employee choir — sang holiday favorites to raise money for charity.

Circuit Sound's performance raised \$800 for Helen Gatti. Ms. Gatti was nominated for the 2012 "Season to Share" campaign by 211 Palm Beach/Treasure Coast, for people in need.

Mrs. Gatti attended the performance, and afterward had lunch with Clerk

Sharon Bock.

"Each year, Circuit Sound picks a charity to benefit from their performance at the Governmental Center. This year, I asked them to select someone from the Season to Share list, because I was so moved by their stories," Ms. Bock said. "Mrs. Gatti has given so much of herself over the years, so it was nice to be able to give something back to her."

Circuit Sound performances have raised more than \$6,000 for local charities since 1997.

The 16 members of Circuit Sound practice and perform on their own time.

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**WEST PALM BEACH-IBIS**

NEW LISTING



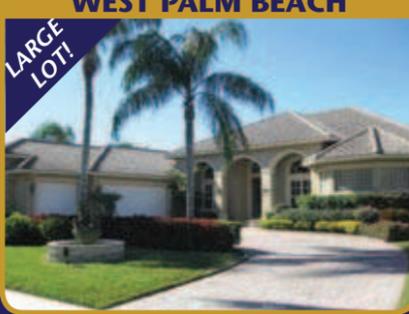
3BR/3BA - BUY A QUALITY LIFE STYLE - Enjoy the beauty of this home with an Expansive Lake View. This is the largest model in Blue Heron; bright open space. 3 Bedrooms, Office/Den. The pool and patio area are very attractive; a pleasure to entertain in this home!

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**PALM BEACH GARDENS-MIRASOL**

RENTAL - ANNUAL



5BR/5BA Fabulous Seville model with numerous upgrades - wonderful free formed heated pool & spa - beautiful den/office + 5 bedrooms - granite & stainless appliances - roman tub with jacuzzi - walk-in closets - dual sinks in MBR. Social membership!

UNFURNISHED ANN: \$5,000

CALL CAROL FALCIANO  
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**TESTIMONIAL**

Dear Dan and Dawn,

The sign of a great realtor is when your side of the process is the easy part. Most people don't realize the amount of research, preparation, timing and negotiating that goes on behind the scene until the deal is done. Between the two of us we have bought and sold over a dozen homes and our latest purchase with The Malloy Group was by far the most seamless of them all. Dan we always felt you were looking out for our best interest. Thank you for ALL you did to get us our dream house. We know this could not have happened without all your hard work. Your attention to detail did not go unnoticed.

Thank you for being the ultimate trustworthy professional. We are so happy we found a realtor that we now call our friend. We will tell everyone we know the Malloy Group is the only way to go when buying or selling a home.

— Suecie and Linda

NEW LISTING!



Charming lakefront home with all bedrooms on first floor and a large loft on the second floor. Granite counters in the kitchen and tile on the diagonal in the main living areas. Backyard is completely fenced in with views of the lake.

Asking \$250,000.

Call Dawn for details 561-876-8135

ANNUAL RENTAL



Fabulous freshly painted home with brand new carpet and flooring. Other features include a screened enclosed patio, corner lot with extra green space and use of Evergrene's resort style amenities.

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FOR SALE

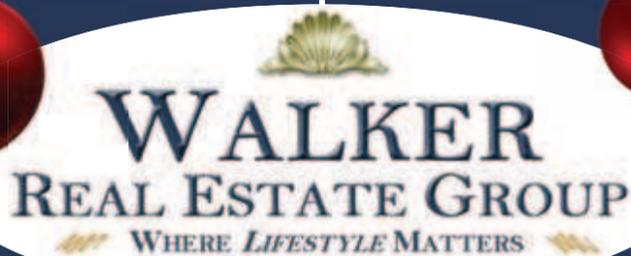


Eastpointe 2bdr/2bath 2 car garage. Beautiful single family home with serene views, parklike setting.

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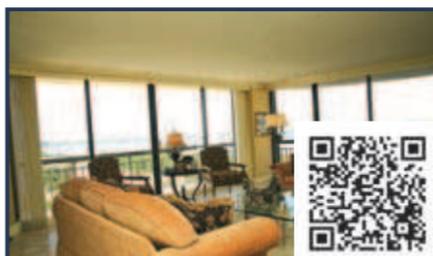
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**Beach Front 1601** 3BR/3.5BA. Direct ocean with magnificent views and marble floors. **\$1,499,000**  
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**Martinique WT803** 3BR/4.5BA – Beautiful views, 2 parking spaces and Cabana. **\$751,000**  
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**Martinique WT2302** 3BR/4BA on the coveted SE corner. Impact glass. **NOW \$899,000**  
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**Seawinds 2B** This low floor B unit has beautiful ocean & ICW views. Large balconies. Priced to sell. **NOW \$300,000**  
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**Martinique WT 2604** 2BR/3.5BA SW penthouse with beautiful views, new wood floors & Appliances. Remodeled. **\$749,000**  
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**Frenchman's Reserve** 2BR/2.5BA – The Rolls Royce of Chambord with luxurious upgrades including elevator. Hardly lived in. **\$789,000**  
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**Martinique WT 801** 2BR/3.5BA – Great views, bright and sunny. 8th floor unit price to sell. Complex has private restaurant. **\$419,000**  
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**Oceantree 1202** 2BR/2.5BA Direct Ocean, SE corner unit with breathtaking view of ocean & ICW. Remodeled throughout. **\$469,000**  
**Joan Tucker 561-531-9647**



**OAK HARBOUR** 3br/3ba Rare direct ICW courtyard home with (2) 40' Boat Slips, one with lift. Includes 1br/1ba guest cottage with kitchenette and LR. Heated pool, spa & summer kitchen. **\$1,499,000**  
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**Beach Front PH03** 3BR/3.5BA Spectacular views, 10Ft ceilings and private poolside cabana. **\$1,395,000**  
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WEEK OF DECEMBER 20-26, 2012

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

## 2013 NEW YEAR'S EVE GUIDE



### INSIDE



#### Passion's short shelf life

Can love live up to our expectations? **B2** ▶



#### 'The Hobbit'

A long movie about short people. **B13** ▶



#### Society

See who is out and about in Palm Beach County's social scene. **B10-11, 16, 18** ▶

Is Dec. 31 an evening of unbridled revelry? Or is it an opportunity to reflect on the 364 days that preceded it?

Regardless, it reminds us of the fleeting nature of time — last Dec. 31 may well seem like yesterday to many.

For that reason we celebrate an opportunity to start over, as it were.

That diet. This project. The next adventure. They all await us in the coming year.

So, to 2013, we raise a glass, or we see a show or we simply stand and celebrate with others.

And as we revel, let us remember to be safe and to savor each moment of the New Year before it is gone. ■

— Scott Simmons

## WHERE TO GO. WHAT TO DO.

**B4-5**

## Comedy writer takes a serious look at laughter

BY SCOTT SIMMONS  
ssimmons@floridaweekly.com

David Misch takes laughter seriously. Or at least he takes it seriously enough to write a book about it.

And the screenwriter will be in South Florida on Dec. 25 to talk about "Funny: The Book" at sessions in Palm Beach Gardens and Boynton Beach.

"The interesting thing is that laughter does come from some specific



MISCH

psychological components — surprise, patterns, resolution," Mr. Misch says by phone from California. "They're actually critical to every art form — music, dance, art."

Mr. Misch probably knows a thing or two about comedy.

After all, his screenwriting credits include "Mork and Mindy," "The Muppets Take Manhattan," "Saturday Night Live" and "Duckman."

His thoughts?

"Comedy is as interesting, profound and challenging as other art forms. Comedy doesn't get the same respect as drama," he says.

So what makes him laugh?

SEE COMEDY, **B6** ▶



#### The Dish

Our new feature pays a visit to Juno's Hurricane Cafe. **B19** ▶

# SANDY DAYS, SALTY NIGHTS

## Avoiding the short shelf life



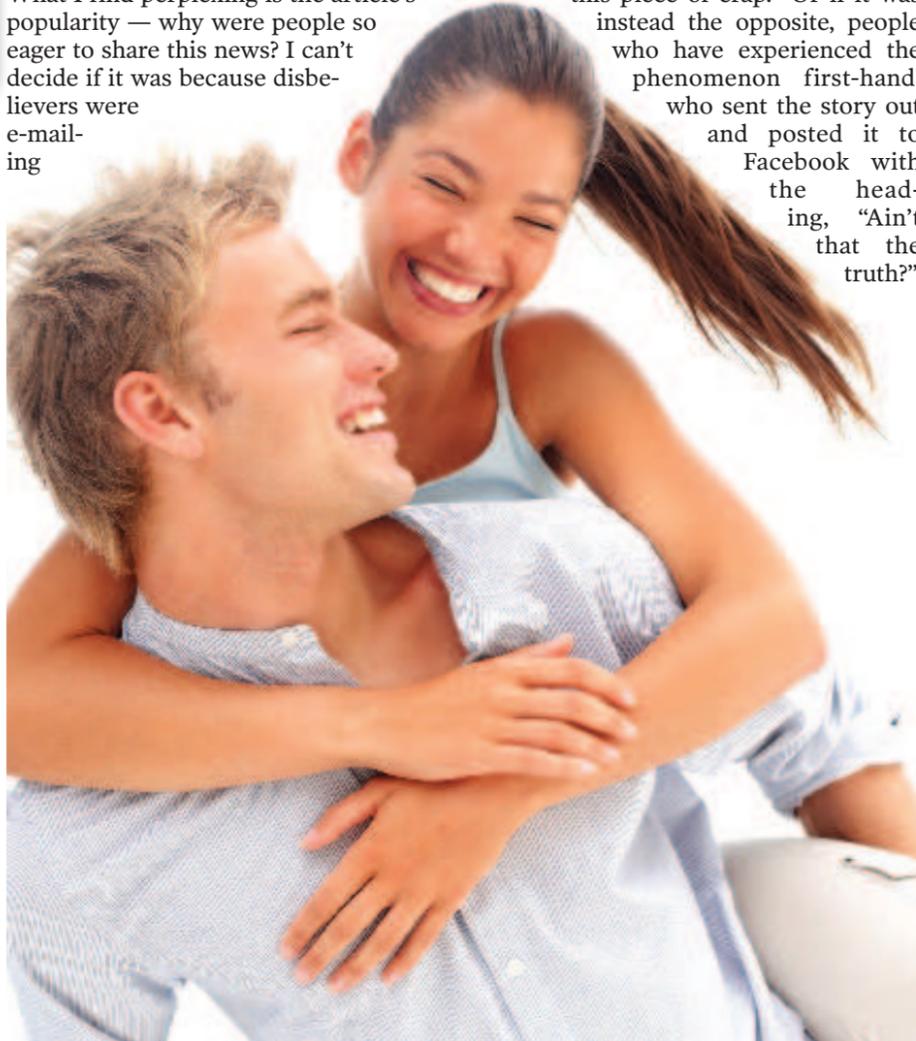
life changes.”

Which makes perfect sense to me. What I find perplexing is the article’s popularity — why were people so eager to share this news? I can’t decide if it was because disbelievers were e-mail-

ing it to their long-wedded parents and newly engaged friends saying, “Take a look at this piece of crap.” Or if it was instead the opposite, people who have experienced the phenomenon first-hand, who sent the story out and posted it to Facebook with the heading, “Ain’t that the truth?”

Because it certainly feels like the truth. When I think back to my own serious relationships, the two-year mark was a clear turning point, a time when the passion started to leach out of our affair and the crushing weight of our expectations caused our romance to founder. I have discovered that in relationships we have an infinite capacity for disappointment — both to disappoint our partners and to be disappointed by them. We are never sweet enough, never understanding enough; they never fill our well in exactly the way we need. Over time, these expectations and their attendant disappointments choke off the air that love needs to thrive. They suffocate all the romance between us like a blanket over a fire.

But in my eternally optimistic way, I like to think that perhaps there was a third reason the article was so popular. Not because it was circulated just by believers and apologists, but because there was another group — people like me — who sent the story to friends and family and even lovers. I like to think these were people who saw in the article a premonition of their own future and took it as a warning to love each other well. Perhaps they shared the story to acknowledge that love might be fleeting and our days of blissful togetherness finite but also with a certain hopefulness, as if to say that with vigilance and effort — and, yes, more sweetness and understanding — we might avoid this fate. ■



You may have read the recent article in the *New York Times* about the untenability of romantic passion, “New Love: A Short Shelf Life.” The story spent the better part of a week on the most-e-mailed list and generated more than 200 comments on the paper’s website. I sent it to everyone I knew.

“In fairy tales, marriages last happily ever after,” the article begins. “Science, however, tells us that wedded bliss has but a limited shelf life.”

According to a 2003 study cited in the article, researchers tracked nearly 2,000 couples for 15 years and found that the blissful shot to the arm that comes with being married lasted just two years.

“When love is new, we have the rare capacity to experience great happiness while being stuck in traffic or getting our teeth cleaned,” the article says. “We are in the throes of what researchers call passionate love, a state of intense longing, desire and attraction.”

But over time, this uptick in emotion begins to dissipate. The reason? According to the article, is that “human beings are, as more than a hundred studies show, prone to hedonic adaptation, a measurable and innate capacity to become habituated or inured to most

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# NEW YEAR'S EVE CELEBRATIONS

## PLACES FOR DINNER AND CHAMPAGNE

■ **American German Club** — Doors open at 7 p.m. Dec. 31, hors d'oeuvres at 7:30 p.m., and dinner from 8 p.m. to 9 p.m. Menu: Surf & Turf, stuffed baked potato, mixed vegetables, rolls and butter, cake and coffee. Beer, wine and soda included. Champagne toast at midnight. Dance with the Bob Houston Trio. Formal attire. Tickets: \$100. Reserved seating only. Club is at 5111 Lantana Road, Lake Worth. For reservations and tickets, call 294-2429.

■ **The Breakers Fantasy Ball** — The black-tie event begins at 7:30 p.m. with an open bar, raw bar and food stations featuring caviar and other specialty items, and hot and cold hors d'oeuvres, followed by a four-course gourmet dinner. Entertainment is provided by Zanadu performers and music provided by Powerhaus. Ring in the New Year with a special Champagne toast at midnight, party favors and buffet breakfast served at 12:30 a.m. Cost: \$350 per person plus service charge and tax for hotel guests and club members; \$375 plus service charge and tax for non-hotel guests; and \$250 per person plus service charge and tax for guests under the age of 21. Party-style seating for tables of 8, 10 and 12. For reservations, call 888-BREAKERS (273-2537) or 659-8488.

■ **Also at The Breakers:**  
 □ **The Flagler Steakhouse** — 5:30 p.m.-10 p.m. Three-course menu at the steakhouse, located at the Ocean Golf & Tennis Clubhouse.

□ **HMF** — 9 p.m.-2 a.m. Ring in 2013 with a live band and party favors, and watch the ball drop on the big-screen TV.

□ **Top of the Point** — First seating 5:30 p.m.-7:30 p.m. Second seating 8:30 p.m.-10 p.m. Prix fixe menu at the club, located at Phillips Point Club in West Palm Beach. Second seating is available to hotel guests and members only. For information, call 659-8488 or visit [www.thebreakers.com](http://www.thebreakers.com).

■ **Cabo Flats** — The Mexican-themed restaurant and club hosts a Fiesta Hola 2013, an all-day, all-night bash. This year's New Year Fiesta will feature a free Champagne toast, DJs spinning all night, giveaways, party favors, specials on bottle service, and Cabo surprises. Begins at 7 p.m. A la carte menu. Downtown at the Gardens, 11701 Lake Victoria Gardens Drive, No. 5101, Palm Beach Gardens; 624-0024.

■ **Carmine's** — La Trattoria, the Original Ocean Grill & Sushi Bar and Carmine's Coal Fired Pizza will offer New Year's Eve specials.

□ **The Ocean Grill** will have a balloon drop and complimentary Champagne toast at midnight. It's at 2401 PGA Blvd. (facing Prosperity Farms Road), Palm Beach Gardens; 472-7900 or [www.carminesog.com](http://www.carminesog.com).

□ **La Trattoria** will have live music by Franco Corso and a Champagne toast and party favors at midnight at the bar. It's at 2401 PGA Blvd., Palm Beach

Gardens; 775-0186 or [www.carminesla-trattoria.com](http://www.carminesla-trattoria.com).

□ **Carmine's Coal Fired Pizza Ristorante** will special three-course menus priced at \$25.95 and \$35.95 New Year's Eve. It's at 4575 S. Military Trail, Jupiter; 340-3930.

■ **Café Boulud at The Brazilian Court** — New Year's Eve dinner. Early seating for four-course dinner, 5:30 p.m. to 6:30 p.m., is \$95. Gala seating for five-course dinner, including midnight Champagne toast, party favors, DJ and dancing, from 8 p.m., is \$299. New Year's Day three-course brunch, from 11 a.m. to 2:30 p.m., is \$39. The Brazilian Court is at 301 Australian Ave., Palm Beach. For reservations, call 655-6060 or visit [www.cafeboulud.com](http://www.cafeboulud.com).

■ **The Chesterfield Palm Beach** — The New Year's Eve Gala begins at 7 p.m. with cocktails and hors d'oeuvres in The Leopard Lounge. Chef Gerard's five-course dinner at begins at 8 p.m., and there will be dancing all evening to live musical entertainment. There will be party favors and a Champagne toast at midnight. Cost: \$199 per person (exclusive of tax and gratuity). Guaranteed reservations are required. Those not reserving for the gala can reserve a spot in The Leopard Lounge after 8 p.m., subject to availability and a \$50 per person cover charge. Party favors and Champagne toast at midnight included. Jacket and tie are required for men. The Chesterfield is at 363 Coconut Row, Palm Beach. Call 659-5800, Ext. 154, for reservations.

■ **Cirque-A-Licious**

— The Big Top Dinner Show, in a tent at the Meyer Amphitheatre in downtown West Palm Beach, will open at 7 p.m. Dinner, catered by Anne Z's of Palm Beach, is served at 8 p.m. and a show by stars of Cirque du Soleil starts at 9 p.m. New Year's toast is at midnight, and the Cirque Band will play for



COURTESY PHOTO

Crooner Franco Corso will perform at Carmine's La Trattoria on New Year's Eve.

dancing before and after the show. Cost range are \$550-\$975 per couple. For information, call (941) 552-9952 or visit [www.bigtopdinner.com](http://www.bigtopdinner.com).

■ **The Colony Hotel** — The hotel will hold three parties for New Year's Eve.

□ **Clint Holmes** will perform a concert in The Colony's Royal Room. His hits include "Playground In My Mind (My Name is Michael)." The New Year's Eve Party in the Royal Room includes a one-hour reception with open bar and hors d'oeuvres, followed by a four-course gourmet dinner, the cabaret show with Clint Holmes, a Champagne toast at midnight and breakfast buffet in The Colony's poolside Palm Court. The cost is \$350 per person, plus tax and gratuity. Reservations accepted with \$100 nonrefundable deposit per person.

□ **Black Tie Society Gala with The Michael Rose Orchestra** in The Colony's Pavilion. The New Year's Eve Party in The Colony's Pavilion includes a four-course dinner, open bar, dancing to the Michael Rose Orchestra, plus a Champagne toast at midnight and breakfast buffet in the Palm Court. The all-inclusive price is \$200 per person. Reservations accepted with full payment. Or join the festivities at 10 p.m. for \$100 per person, including Champagne toast and breakfast buffet at 12:30 a.m.

□ **Polo Steaks & Seafood with DJ Kenny Mondo.** The New Year's Eve Party in Polo includes a one-hour cocktail reception with hors d'oeuvres, followed by a four-

course dinner and music and dancing to popular DJ Kenny Mondo. Cost is \$150 per person plus tax and gratuity, and includes a Champagne toast at midnight and breakfast buffet in the Palm Court. Reservations accepted with a \$50 nonrefundable deposit per person. The Colony is at 155 Hammon Ave., one block south of Worth Avenue, Palm Beach. For reservations, call 659-8100 or visit [thecolonypalmbeach.com](http://thecolonypalmbeach.com).

■ **Dirty Martini** — Free buffet from 7 to 9 p.m. Dec. 31 DJ Chris Parker will spin live music all night from 8 p.m. to 3 a.m. Free Champagne toast at midnight. There will be party favors and more. Tables of four are \$440. Includes: commemorative chef-served buffet, which includes 10 meals from which to choose; one bottle of toasting Champagne; one bottle of premium liquor, wine or Champagne; party favors and live entertainment. Dirty Martini is at Downtown at the Gardens, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. To purchase pre-sale tickets, call 799-1115 or visit [www.dirtymartini-palmbeach.com](http://www.dirtymartini-palmbeach.com).

■ **PGA National Resort & Spa** — Its New Year's Eve Gala is 8:30 p.m. to 12:30 a.m. Dec. 31, with a four-course dinner, dancing and Champagne. Black tie optional; jackets required. It's in the British Ballroom. Cost: \$110 plus tax and gratuity. PGA National is at 400 Ave. of the Champions, Palm Beach Gardens; (800) 863-2819.

■ **RA Sushi Bar Restaurant** — There will be New Year's Eve sushi, appetizer and drink specials and a special guest DJ to ring in 2013. It's 7 p.m. to closing. RA is at Downtown at the Gardens 11701 Lake Victoria Gardens Ave, No. 4105, Palm Beach Gardens. Phone: 340-2112.

■ **Red Tapas Bar New Year's Eve Kiss Party** — The Downtown at the Gardens restaurant and bar will feature drink specials, a free Champagne toast, music into the 2013 and an international tapas menu. 11701 Lake Victoria Gardens Ave., No. 3102, Palm Beach Gardens. Phone: 333-7331.

## PERFORMANCES

■ **Capitol Steps** — Political satire and more at 5 p.m. and 8 p.m. Dec. 31



COURTESY PHOTO

Singer Clint Holmes will perform a cabaret show at The Colony's Royal Room.



# NEW YEAR'S EVE CELEBRATIONS

at the Maltz Jupiter Theatre, 1001 E. Indiantown Road, Jupiter. Ticket: \$50, \$60 and \$85 for special VIP seats with Champagne toast, and meet and greet. Call 575-2223 or visit [jupitertheatre.org](http://jupitertheatre.org).

■ **Forbidden Broadway** — The show continues at 7 p.m. and 10 p.m. Dec. 31 in the Kravis Center's Rinker Playhouse, 701 Okeechobee Blvd., West Palm Beach. Tickets start at \$39 for the 7 p.m. performance and \$58 for the 10 p.m. performance (later performance includes Champagne toast). 832-7469 or [Kravis.org](http://Kravis.org).

■ **Indian River Pops New Year's Eve Gala** — The program has Viennese waltzes and Broadway and movie hits. Suzanne Galer is guest vocalist. There will be refreshments, audience participation and party favors. It's at 8 p.m. Dec. 31 at The Eissey Campus Theatre, 11051 Campus Drive, Palm Beach Gardens. Tickets: \$35. Call 207-5900.

■ **The Jove Comedy Experience** — The comedy team performs at 5 and 8 p.m. at The Atlantic Arts Theater in Jupiter with a show that will recap the year that was 2012, with equal doses of satire and parody that is the perfect alternative to the same old New Year's Eve traditions. The Atlantic Arts Theater is at 6743 W. Indiantown Road, Jupiter. Tickets: \$20.00 per person. Call 575-4942 or visit [www.bpt.me/301561](http://www.bpt.me/301561).



Forbidden Broadway returns to the Kravis Center this season. Its series continues 7 and 10 p.m. Dec. 31. COURTESY PHOTO

**PUBLIC EVENTS**  
 ■ **Burning Bowl and Guided Meditation Paddle Tour** — As participants paddle through the Jupiter Inlet Aquatic Preserve, they will write down the things they wish to be rid of in 2013, and later watch as the lists burn in a fire. Then they will write down things they desire for themselves and others in the New Year. Each list will be sealed in an envelope that will be sent to them toward the end of 2013. Sponsored by Jupiter Outdoor Center. Cost:

\$45 per adult and \$25 for children 12 and under; 747-0063.

■ **Downtown Countdown** — Count down the New Year with live entertainment, specialty shows, party favors and a balloon drop from 9 p.m. to 12:30 a.m. Dec. 31, Downtown at the Gardens' Centre Court, Palm Beach Gardens. Free; 340-1600.

■ **First Night** — Festivities begin at 4 p.m. Dec. 31 for this family event,

which offers visual and performing arts in non-alcoholic venues at various locations in downtown Delray Beach and continues through midnight. First Night buttons, which serve as admittance to all First Night activities and venues, can be purchased for \$10 in advance and \$15 on New Year's. Buttons can be purchased in advance at the 100-foot Christmas tree and the Greater Delray Beach Chamber of Commerce. Info available at [www.delraybeach.com](http://www.delraybeach.com).



COLANNINO

■ **Live Entertainment on the CityPlace Plaza** — Jason Colannino Trio plays acoustic rock from 5:30 p.m. to 8 p.m. New Year's Eve and Haywire plays rhythm & blues from 9 p.m. to 12:30 a.m. Free. CityPlace

is at Rosemary Avenue and Okeechobee Boulevard, West Palm Beach. [www.cityplace.com](http://www.cityplace.com).

■ **Noon Years Eve** — Kids can count down the Noon Year at Downtown at the Gardens with free carousel rides, games, face painting and other surprises. There will be a kid-friendly toast with WRMF 97.9 FM personalities at noon Dec. 31 with party hats, horns and more. It's from 11 a.m. to 1 p.m. at Downtown's Carousel Courtyard, Palm Beach Gardens; 340-1600. ■

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# COMEDY

From page 1

"I'm no longer an innocent," he says. "Between the fact that I've been a comedy writer for 50 years now and all the things I've seen, it's very difficult to get simple laughs out of me anymore. I love the Marx Brothers, Buster Keaton, Sarah Silverman and Lena Dunham."

Still, it's difficult for him to say what makes them funny.

"I think I probably can call myself an expert on comedy, but I am so not an expert on what is funny," he says.

The reason for that is simple.

"No one's sense of humor is better than another. What is funny is purely funny in the eye and the ear of the beholder," he says. "What I can try to do is tell what is funny."

But not why something is funny.

"If you explain comedy, you kill it," he says. "But my response is, not if you tell the joke first."

Now in his early 60s, Mr. Misch developed his comic talents as a teen.

By the early 1970s, he had a minor hit with the song "Somerville," about the Massachusetts town that's next to Cambridge.

"I was never a very good guitar player, but I did know enough chords to play a lovely melody. 'Somerville' I was quite proud of at that point," he says.

He honed his comedy writing skills working in television and film.

"Doing things like 'Mork' and 'The Muppets Take Manhattan' was like being in the belly of the beast," he says. "I loved being inside the innards, and seeing how Robin Williams did it. Rather than spoiling it, it increased my



enjoyment of it to see the challenges of making it work."

Mr. Williams preferred keeping things light.

"While Robin could be serious and you could have a serious side to him, but what he enjoyed was playing," Mr. Misch says. "Having a serious conversation was not his favorite thing to do. He enjoyed being on. That was what made him come alive."

Even with a small group.

"An audience counts one person on up. Jonathan Winters could do a

comedy bit by himself," he says.

Comedy goes back a long way.

But even the Greeks were reluctant to mine laughs as they first created theatrical works.

"It took 100 years for comedy to emerge theatrically. The first plays were tragedies," Mr. Misch says. "Plato and Aristotle thought laughter was a bad thing. They thought you were laughing at people who were inferior to you."

That notion of laughter has been debated through the ages.

Mr. Misch mentions the Umberto Eco novel, "In the Name of the Rose," set in a medieval Italian monastery.

"One of the key elements was whether God laughed. Is laughter inherently heretical? Because if you can laugh at anything you can laugh at God," he says. "Most theologians now say laughter is a gift."

And it's a gift that perhaps has not been given its due.

"To my mind, comedy and drama are equally important. I guess the more surprising thing is that there aren't any real differences," he says.

But it's amazing what a difference a comma can make.

"The difference of getting a laugh or not getting a laugh is a matter of punctuation or even a letter. Humor is the only one of the art forms that has a specific reaction each time," he says, adding, "There's a very clear way to know if you've succeeded or not."

Mr. Misch has passed some of that love of performing on to the next generation.

"My daughter is an opera singer, so she clearly got that from me," he says. "She's a student at a graduate school in New York ... She has a great sense of humor."

His wife is a physician.

"I tried to ply my daughter on the great comics, like Buster Keaton," he says. "She got a good dose and it served her well."

After all, a sense of humor is what elevates humans.

"Tom Stoppard wrote that laughter is the sound of comprehension. When there's a laugh, a mystery is solved. Having a sense of humor means that you're kind of smart." ■

## in the know

>>What: Chopshticks. Author David Misch talks about "Funny: The Book."

>>When and where: 3 p.m. Dec. 25 at Hayashi Restaurant, 4204 Northlake Blvd., Palm Beach Gardens, and 5:30 p.m. at Lore & Eric F. Ross JCC, 8500 Jog Road, Boynton Beach.

>>Cost: Palm Beach Gardens tickets, \$36. Price includes early dinner. Boynton Beach tickets: \$25, members; \$30, guests. Price includes dinner.

>>Info: Palm Beach Gardens tickets: \$36. price includes early dinner. Boynton Beach tickets: \$25, members; \$30, guests. Price includes dinner.

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# Broadway star Christine Andreas performs "Here's to the Ladies" with Palm Beach Pops

**SPECIAL TO FLORIDA WEEKLY**

Bob Lappin and The Palm Beach Pops are setting the stage for a tribute to the great ladies of the American Songbook with Broadway superstar and Tony nominee Christine Andreas, in "Here to the Ladies" Jan. 5-10. Her appearance comes in the third series of The Pops' 21st season. Ms. Andreas, who just ended performing in "La Cage Aux Folles" with Kelsey Grammar last year, is an audience favorite. Songs that will be featured during this concert include "Don't Rain on My Parade" and "Somewhere Over The Rainbow" among many other favorites.

Ms. Andreas returned to Broadway in April 2010 and starred nightly as Jacqueline in the Tony Award-winning production of "La Cage Aux Folles" with Kelsey Grammer and Douglas Hodge. Prior to "La Cage," she received nationwide raves starring as Margaret Johnson in the 55-week national tour of the Tony Award winning musical, "The Light In The Piazza."

"Christine Andreas is an outstanding actress with an incredible voice and our audience loves her. Her voice combined with the talent of our virtuoso musicians will most certainly result in a magical night celebrating the amazing women of the Great American Songbook," said Bob Lappin.

Best known for her work on Broadway, Ms. Andreas burst onto the New York theater scene starring as Eliza Doolittle in the 20th anniversary production of "My Fair Lady" of the Royal Shakespeare Company and garnering



Christine Andreas has starred on Broadway in "La Cage Aux Folles."

the Theatre World Award. Ms. Andreas received two Tony nominations re-creating Laurey in "Oklahoma!" and as Frankie Frayne in "On Your Toes." Ms. Andreas created the role of Marguerite St. Just on Broadway in the original production of "The Scarlet Pimpernel."

Concerts for Bob Lappin & The Palm Beach Pops begin Jan. 5-6 at the Carole

and Barry Kaye Performing Arts Center at Florida Atlantic University in Boca Raton, Jan. 8 at the Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens and Jan. 9-10 at the Kravis Center in West Palm Beach.

Tickets start at \$29 and are available by calling 832-7677 or at palmbeachpops.org. ■

# Holocaust documentary "Paper Clips" set for free library showing Dec. 23

**SPECIAL TO FLORIDA WEEKLY**

The West Palm Beach Library Foundation presents a free viewing of the family-friendly, award-winning documentary Paper Clips (rated G, 82 minutes), from 2 to 4 p.m. on Dec. 23 at the Mandel Public Library in West Palm Beach.

Struggling to grasp the concept of 6 million Holocaust victims, the film details how middle-school students in a rural Tennessee town studied the tragedy in a unique way. With messages about tolerance and diversity, it offers valuable perspectives on learning about other cultures, history and crimes against humanity. Following the film and discussion, light refreshments will be served.

The presentation is part of Banned and Burned: Literary Censorship and the Loss of Freedom, an emotional and unforgettable series of events that will feature the traveling exhibition, Fighting the Fires of Hate: America and the Nazi Book Burnings from the United States Holocaust Memorial Museum.

The eight-week presentation provides a vivid look at the first steps the Nazis took to suppress freedom of expression, and the strong response from the United States. For details on the exhibition and related events, see wpblibraryfound.org.

The library is at 411 Clematis St. in West Palm. For more information, call 868-7715. ■

**Ring in the New Year WITH FIDDLER ON THE ROOF**  
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# WHAT TO DO, WHERE TO GO

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

## At The Atlantic

The Atlantic Theater is at 6743 W. Indiantown Road, No. 34, Jupiter. Call 575-4942 or visit [www.theatlantictheater.com](http://www.theatlantictheater.com).

■ **The Jove Comedy Experience's "New Year's Eve Extravaganza"** — 5 p.m. and 8 p.m. Dec. 31. Tickets: \$20.

## At The Borland

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

■ **"Disney's The Little Mermaid"** — 2 and 7 p.m. Dec. 29, 3 p.m. Dec. 30, 7 p.m. Jan. 4, 2 and 7 p.m. Jan. 5 and 3 p.m. Jan. 6. Tickets: \$20 advance, \$25 at the door, \$12 groups of 10 or more. Call 339-4687 or visit [www.showtix4u.com](http://www.showtix4u.com).

## At The Eissey

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

■ **Indian River Pops Orchestra New Year's Eve Gala** — 8 p.m. Dec. 31. Musical surprises and sing-a-longs. Party hats, favors and refreshments. Season tickets \$125. Single tickets \$35. Information: [www.newgardensband.org/the-indian-river-pops-orchestra](http://www.newgardensband.org/the-indian-river-pops-orchestra).

## At The Four Arts

The Society of the Four Arts, 2 Four Arts Plaza, Palm Beach. Gallery and box office (561) 655-7226 or visit [www.fourarts.org](http://www.fourarts.org).

■ **"Painting the Beautiful: The Pennsylvania Impressionist Landscape Tradition"** — Through Jan. 20

## At The Kravis

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

■ **"Jersey Boys"** — Dec. 20-Jan. 6, Dreyfoos Hall. Tickets start at \$35.

■ **"Once Upon a Holiday"** —

Dec. 22-23. Rinker Playhouse. Tickets: \$20 adults, \$15 children 12 and under.

■ **"Forbidden Broadway"** — Dec. 26-31. Rinker Playhouse. Tickets start at \$39 (except for Dec. 31 at 10 p.m. — \$58, including champagne toast)

## 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.

■ **Super Hero Hour** — 3-5 p.m. each Thursday. For ages 12 and under.

■ **Kid's Monthly Movie Madness** — 5 p.m. Dec. 20. "Race to Witch Mountain" — rated PG.

■ **Story Time** — 10 a.m. Dec. 21. For ages 5 and under. Parents must attend with child.

■ **Adult Writing Critique Group** — 10 a.m.-noon Dec. 22. For ages 16 years and up.

■ **Young Writers Group** — 1:30-3 p.m. Dec. 22. For ages 9 and up.

■ **Basic computer class** — Noon-1:30 p.m. every Wednesday. Call 881-3330 to reserve a seat.

## At The Lake Worth Playhouse

The Lake Worth Playhouse is at 713 Lake Ave., Lake Worth. Call 586-6410 or visit [www.lakeworthplayhouse.org](http://www.lakeworthplayhouse.org). For films, call 296-9382.

■ **Downtown Dance's "The Nutcracker"** — 7 p.m. Dec. 22. Tickets: \$20 presale, \$25 day of show.

■ **New Year's Eve Swing Time** — 8 p.m. Dec. 31. Tickets: \$35.

■ **Film** — Dec. 20: "The Fitzgerald Family Christmas" and "Gregory Crewdson Brief Encounters"; Dec. 21-27: "Wuthering Heights" and "Barrymore"; Dec. 21, 10 p.m.: "Gary Davis Presents ... 2056 Escape from Zombie Island."

## At The Maltz

The Maltz Jupiter Theatre is at 1001 E. Indiantown Road, Jupiter. Call 575-2223 or visit [www.jupitertheatre.org](http://www.jupitertheatre.org).

■ **The Conservatory presents "The Best of Broadway"** — 7:30 p.m. Dec. 29.

■ **The Capitol Steps** — 5 and 8 p.m. Dec. 31.

## At The Mos'Art

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

■ **Film** — Dec. 20: "The Fitzgerald Family Christmas" and "Step Up to Plate 3"; Dec. 20, 7:30 p.m.: "Gary Davis Presents ... 2056 Escape from Zombie Island"; Dec. 21-24, 26-27: "Chasing Ice"; Dec. 21-22, 24, 26-27: "Chasing Plums"; Dec. 22-23, 26-27: Double Feature: "The Red Balloon" & "Plastic Bag."

■ **Live performance** — "This is a Fairy Tale?" 2 p.m. Dec. 22.

■ **Ballet in Cinema** — "The Nutcracker" 1:30 p.m. Dec. 23.

## At MacArthur Park

John D. MacArthur Beach State Park and Welcome and Nature Center is located at 10900 Jack Nicklaus Drive in North Palm Beach. Call 624-6952 or visit [www.macarthurbeach.org](http://www.macarthurbeach.org).

■ **"Feathers, Fur and Pachyderms Too"** — Exhibition by Janet Heaton, through Dec. 31.

■ **Nature walk** — 10-11 a.m. daily.

## Fresh Markets

■ **West Palm Beach Farmers Market** — 9 a.m.-2 p.m. Saturdays at 101 South Flagler Drive. Visit [wpb.org/greenmarket/](http://wpb.org/greenmarket/)

■ **Palm Beach Gardens Green Market** — 8 a.m.-1 p.m. Sundays. 10500 N. Military Trail, Palm Beach Gardens; (561) 630-1100 or visit [www.pbgfl.com](http://www.pbgfl.com).

## Thursday, Dec. 20

■ **Sand & Sea-Sun's Greetings** — The city of West Palm Beach will usher in the season in true Florida style, with 600 tons of sand and a month of festive events. Ringling Bros. and Barnum & Bailey present A Holiday Circus Spectacular on Dec. 20 from 6 to 9 p.m., during Clematis by Night. The city is hosting a slew of other free events during December. For a full list see [wpb.org/holiday](http://wpb.org/holiday).

■ **Free Doomsday Party celebrating the end of the Mayan Calendar** — 8 p.m. Dec. 20, Respectable Street Cafe, 518 Clematis St., West Palm Beach. "End of the World" music, costume contest, on-site art contest, free food (8 p.m. while it lasts), free henna tattoo art by Diana Spring (8:30pm-10:00pm), Mayan game of "Bul," Doomsday Drink Specials; special cake. Free admission; 543-8276 or [palmbeachpr@yahoo.com](mailto:palmbeachpr@yahoo.com).

■ **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/rivcenter](http://www.loxahatcheeriver.org/rivcenter).

■ **Bingo** — Noon every Thursday at the Moose Lodge, 3600 RCA Blvd. Palm Beach Gardens. Lunch available at 11 a.m. Packs start at \$15. \$250 games. 626-4417.

■ **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.

■ **Clematis by Night** — Live music 6-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach. Dec. 20: Justin Enco Band. Free; 822-1515 or visit [www.clematisbynight.net](http://www.clematisbynight.net).

■ **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](http://alexandersballroom.com).

■ **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.

■ **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.

## Friday, Dec. 21

■ **Downtown Live** — 7-10 p.m. Fridays at Downtown at the Gardens' Downtown Park (next to The Cheese-cake Factory), 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600. Dec. 21: Davis & Dow.

## Saturday, Dec. 22

■ **The West Palm Beach Antique & Flea Market** — 9 a.m. to 3 p.m. the second, third and fourth Saturday of each month on Narcissus Avenue just north of Banyan Boulevard in downtown West Palm Beach. For information, search for West Palm Beach Antique & Flea Market on Face-

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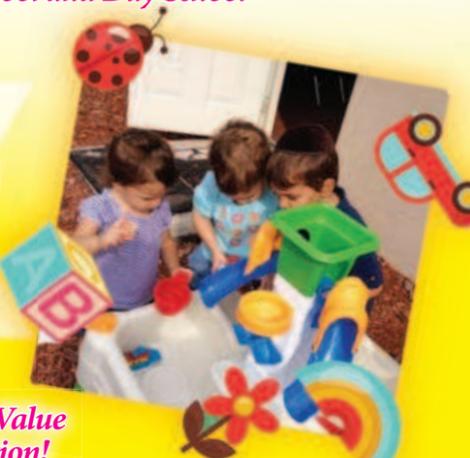
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■ **Kids Story Time** — 11:30 a.m. Saturdays, Loggerhead Marinelife Center, 14200 U.S. 1, Juno Beach; free. Visit [www.marinelife.org](http://www.marinelife.org).

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

■ **Downtown Live** — 7-10 p.m. Saturdays at Downtown at the Gardens' Downtown Park (next to The Cheesecake Factory), 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600. Dec. 22: The Feeder Band.

### Sunday, Dec. 23

■ **Calvary United Methodist Church's "Christmas Worship through Music" concert** — 10 a.m. Dec. 23. Calvary United Methodist Church, Federal Highway and 1st Avenue, Lake Worth. Free. Guest artists Judy O. Marchman (soprano), Dina Kostic (violin), Rebecca Diderrich (viola) and Susan Bergeron (cello). Featuring works by Greg Stepanich (premiere), Gustav Holst and others. 585-1786.

■ **Sunday Artisan Market at the Waterfront in West Palm Beach** — 11 a.m.-3 p.m. every Sunday through April 28 featuring everything creative but food. Clematis Street at Flagler Drive. Call (203) 222-3574.

### Monday, Dec. 24

■ **VIP Character Meet & Greet** — Little ones can get autographs, pictures and one-on-one time with their favorite characters including Disney's Buzz Lightyear and Woody, a parade of Princesses (with Prince Charming in tow), Mickey and Minnie Mouse, Dora and Diego, Barney and others. The event culminates with a special visit from Santa. Autograph books will be available for purchase 1-3 p.m. Dec. 24 at A Latte Fun, Downtown at the Gardens, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. \$24.95 per child (\$15.95 for siblings). 627-1782 or email [party@alattefun.com](mailto:party@alattefun.com).

■ **Celebrate Christmas Eve** — The Jewish Federation of Palm Beach County offers a Chinese food buffet and one complimentary cocktail during this event that begins at 7 p.m. Dec. 24 at Dirty Martini, Downtown at the Gardens, 11701 Lake Victoria Gardens Ave. in Palm Beach Gardens. DJ Chris Parker will be spinning the latest hits until 3 a.m. Cost: \$20 in advance; \$30 at the door. A percentage of the ticket sales will benefit the Lola & Saul Kramer Senior Services Agency Inc.'s Federation-funded Meals-on-Wheels program, providing meals to homebound seniors in the community. Call 799-1115 or visit [www.dirtymartinipalmbeach.com](http://www.dirtymartinipalmbeach.com) for advance ticket purchase.

■ **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.

■ **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; 1-2:30 p.m. Mondays; free/Friends of the

J; \$18 annual fee/guests; call 712-5233. JCC North, 4803 PGA Blvd., Palm Beach Gardens.

### Tuesday, Dec. 25

■ **Chopshticks: Screenwriter/Author David Misch discusses "Funny: The Book"** — 3 p.m. Dec. 25, Hayashi Restaurant, 4204 Northlake Blvd., Palm Beach Gardens. Tickets \$36, including early dinner. His screenwriting credits include "Mork and Mindy," "The Muppets Take Manhattan," "Saturday Night Live" and "Duckman." 630-7739.

■ **Ringling Bros. & Barnum & Bailey Holiday Circus Spectacular** — Dec. 25 — 3 p.m. and 7 p.m.; Dec. 26 — 1:30 p.m. and 7 p.m.; Dec. 27 — 1:30 p.m. and 7 p.m.; Dec. 28 — 1:30 p.m. and 7 p.m.; Dec. 29 — 11 a.m., 3 p.m. and 7 p.m.; Dec. 30 — 1 p.m. and 5 p.m. Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Tickets, \$15, \$20, \$30 and \$50 (VIP Floor) on sale now. Arrive an hour early to meet performers, try on costumes and see the animals up close. Call (800) 745-3000 or visit [www.ticketmaster.com](http://www.ticketmaster.com) or [www.ringling.com](http://www.ringling.com).

### Wednesday, Dec. 26

■ **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.

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

### Ongoing Events

■ **Flagler Museum** — Through Jan. 6: "Capturing the Cup: Yachting During the Gilded Age." Holiday evening tours, 7:05, 7:15 and 7:25 p.m. Dec. 20-21; and 6:50, 7:05, 7:15 and 7:25 p.m. Dec. 22-23. Tickets: \$25 for adults, \$15 for children ages 17 and under. Advance purchase required. Call 655-2833. Museum is open 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. 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.

■ **Jupiter Inlet Lighthouse and Museum: Lighthouse Sunset Tours** — At sunset on Dec. 21, 26. Take in sunset view and get a behind the scenes look at the lighthouse watch room. Tour 75 minutes. Tickets: \$15 members, \$20 non-members. Kids must be with an adult and at least 4 feet tall. RSVP required..

■ **Norton Museum of Art** — "Sylvia Plimack Mangold: Landscape and Trees," through March 3. "Clear Water and Blue Hills: Stories in Chinese Art," through Jan. 27. "Keep Calm and Carry On," through Jan. 20. 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 Dramaworks** — Through Jan. 6: Edward Albee's "A Delicate Balance." Tickets: \$55. Student tickets: \$10; Jan. 8 (2, 5 and 8 p.m.) Film: "The Stages of Edward Albee." Tickets \$10; Call 514-4042, Ext. 2, or visit [www.palmbeachdramaworks.com](http://www.palmbeachdramaworks.com). ■

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John F. Folinsbee (1892-1972), Bowman's Hill 1936, Oil on canvas, 34 x 50 inches  
James A. Michener Art Museum, Gift of Marguerite and Gerry Lenfest

# FLORIDA WEEKLY

Kick-off reception at the home of Bill



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## NOON YEAR'S EVE

Kids countdown the "Noon Year" with free carousel rides, games, face painting and other surprises. Enjoy a kid-friendly toast with 97.9 WRMF personalities, party hats, horns and more.

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# NOON YEAR'S



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2. Joel Kassewitz, Darcie Kassewitz and David Mack
3. Richard Kleid, Rhoda Kleid and Tim Moran
4. Maureen Woodward, Orator Woodward and Bridget Moran
5. Dan Szarszewski, Cheryl Szarszewski and Fred Hess
6. Bill Finneran, John Scarpa and Michael Falk
7. Carol Rohrig and Annie Falk
8. Michael Belisle and Linda Gary
9. June Frank and Jerry Frank
10. Elizabeth Grau and Jim Grau

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From the many events we cover. You can purchase any of the photos too. Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to [society@floridaweekly.com](mailto:society@floridaweekly.com).

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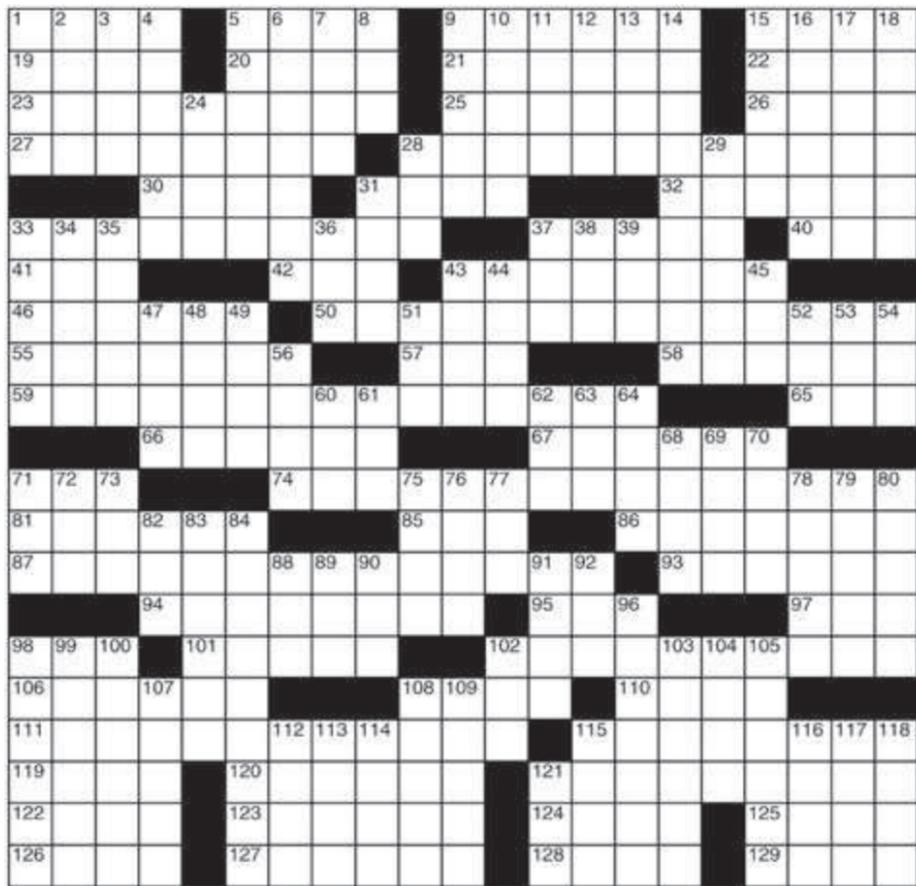
# NEW YEAR'S

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# PUZZLES

## CONFECTION COLLECTION



- ACROSS**
- 1 Magical stick
  - 5 Shoots (for)
  - 9 Haifa "Hit"
  - 15 Christmas verse opener
  - 19 Have — (freak out)
  - 20 G4 or G5 computer
  - 21 Honolulu's — Palace
  - 22 Wild West's Wyatt
  - 23 Shrub that's the source of briarroot
  - 25 Knots up
  - 26 Jazz great Fitzgerald
  - 27 Exposing bios
  - 28 Ben & Jerry's flavor
  - 30 Stripper St. Cyr
  - 31 Wee children
  - 32 "Tennis, —?"
  - 33 NASA's Spirit and Opportunity
  - 37 Wolflike carnivore
  - 40 "Life" actor Beatty
  - 41 From long —
  - 42 "Boy Blue" rock gp.
  - 43 Trained in the pool
  - 46 "Buenas —" (Juan's "Good night")
  - 50 Sun's setting
  - 55 See 51-Down
  - 57 Fair-hiring abbr.
  - 58 Ate away at
  - 59 College in Worcester
  - 65 McMahon and McBain
  - 66 Kenyan's neighbor
  - 67 Deadened
  - 71 "So that's your game!"
  - 74 Alternative to Barneys New York
  - 81 Renovate
  - 85 Motor City labor org.
  - 86 Lively, musically
  - 87 Beethoven's Ninth
  - 93 Actress Leachman
  - 94 Like the moon's surface
  - 95 Motorists' org.
  - 97 Roman 201
  - 98 "Ugly Betty" network
  - 101 Lumbering
  - 102 Small, short-term cash advance
  - 106 Singer Jackson —
  - 108 "Taps" co-star Penn
  - 110 King Ahab's father
  - 111 Hills over graves
  - 115 Ceylon, now
  - 119 Harrow rival
  - 120 Well-drilling structure
  - 121 Theme of this puzzle
  - 122 Beach grains
  - 123 Actress Peet
  - 124 Iowa State's city
  - 125 "— Eyes" (1975 hit for the Eagles)
  - 126 Murder
  - 127 Less sparse
  - 128 Ernie's bud
  - 129 Gas brand in Canada
  - DOWN**
  - 1 Part of kWh
  - 2 Plot unit
  - 3 Yuletide tune
  - 4 Resides
  - 5 Actor Danny
  - 6 Survivor's shout
  - 7 Vaulters land on them
  - 8 PTA subj.
  - 9 View
  - 10 Wagner of baseball
  - 11 Actor Thicke
  - 12 Escapade
  - 13 Solely
  - 14 Handle wrongly, as funds
  - 15 Pint-size
  - 16 Small non-speaking
  - 17 Dahl of "Sangaree"
  - 18 Neutered, as a pet
  - 24 Mane stuff
  - 28 Trig. ratio
  - 29 Even (with)
  - 31 "Star Trek: The Next Generation" counselor
  - 33 Wildly happy
  - 34 Score — (get points)
  - 35 Political satirist Mo
  - 36 Shady giant
  - 37 Bray ending
  - 38 Peruvian Sumac
  - 39 British isle
  - 43 One of Hershey's
  - 44 Letters after exes
  - 45 — -mo
  - 47 — d'oeuvres
  - 48 Fashion designer Marc
  - 49 Pond gunk
  - 51 With 55-Across, 1980s Chrysler chief
  - 52 Lime drink
  - 53 Struck (out)
  - 54 QB's gains
  - 56 Santa — (hot winds)
  - 60 Org. for dockworkers
  - 61 Artist Muniz who's the subject of the documentary "Waste Land"
  - 62 Having a single flat, musically
  - 63 Egyptian boy Pharaoh
  - 64 Jewish youth org.
  - 68 French seat
  - 69 Diabolic
  - 70 Audition CD
  - 71 Tolkien fiend
  - 72 Chuckle bit
  - 73 — -lacto diet
  - 75 Apartment building VIP
  - 76 1982-2005 Saudi king
  - 77 — Jima
  - 78 Sleep: Prefix
  - 79 Central New York city
  - 80 Red dye
  - 82 Ellipse bit
  - 83 Yacht basin
  - 84 Jet capacity
  - 88 — Croix, Que.
  - 89 Slangy affirmative
  - 90 Chain-clad actor
  - 91 Tandoori flatbread
  - 92 "Hurrah!"
  - 96 One ornamenting
  - 98 Head nun
  - 99 Merciless
  - 100 Ring around the sun
  - 102 Fathers
  - 103 In the thick of
  - 104 Every 12 mos.
  - 105 Prone (to)
  - 107 Gust-filled
  - 108 Catty
  - 109 — Rice
  - 112 Silent drama
  - 113 — Mills
  - 114 Portrait Studios
  - 115 "Ditto"
  - 116 Antis' calls
  - 117 Charlie's angel
  - 118 "It comes — surprise ..."
  - 121 Airport car

SEE ANSWERS, B15

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## HOROSCOPES

■ **SAGITTARIUS (November 22 to December 21)** Someone might make a surprising disclosure about a trusted friend or workplace colleague. Stay cool and reserve judgment until you get more facts.

■ **CAPRICORN (December 22 to January 19)** You might think you've found what you've been looking for. But appearances can be deceiving. Don't act on your discovery until you know more about it.

■ **AQUARIUS (January 20 to February 18)** You're no doubt anxious for that confusing situation to be cleared up. But don't press for a quick resolution or you might overlook some vital facts.

■ **PISCES (February 19 to March 20)** Now that your holiday distractions are easing, you need to apply yourself to getting those unfinished tasks done so you can begin a new project with a clean slate.

■ **ARIES (March 21 to April 19)** It's a good time for reunions with those very special people from your past. You could be pleasantly surprised by what comes to light during one of these get-togethers.

■ **TAURUS (April 20 to May 20)** The new year gets off to an encouraging start for the Bold Bovine who takes that demanding workplace challenge by the horns and steers it in the right direction.

■ **GEMINI (May 21 to June 20)** The clever Gemini will be quick to spot the

telltale signs of workplace changes that could open up new opportunities for the right person. (And that's you, isn't it?)

■ **CANCER (June 21 to July 22)** The Moon Child's post-holiday letdown soon lifts as you begin to get back into your comfortable routine. Someone from your past extends a surprise bid to reconnect.

■ **LEO (July 23 to August 22)** You've been the ultimate social Lion over the holidays. Now it's time to relax and recharge your energy so you can be at your best when you pounce on that new project.

■ **VIRGO (August 23 to September 22)** A relationship could be moving in a direction you might not want to follow. Step back for a better overview of the situation. You might be surprised at what you see.

■ **LIBRA (September 23 to October 22)** Emotions rule at the start of the week, affecting your perception about a decision. Best advice: Avoid commitments until that good Libran sense kicks back in.

■ **SCORPIO (October 23 to November 21)** A longtime friendship could take a romantic turn early in the new year. While this pleases your passionate side, your logical self might want to go slow.

■ **BORN THIS WEEK:** People respect both your wisdom and your deep sense of loyalty and compassion. ■

By Linda Thistle

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

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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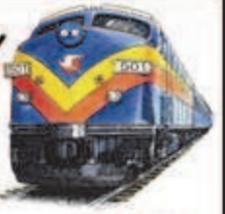
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# LATEST FILMS

## 'The Hobbit: An Unexpected Journey'



★★½  
Is it worth \$10? No

Peter Jackson sure has nerve. "The Hobbit: An Unexpected Journey," a prequel to Mr. Jackson's "Lord of the Rings" trilogy, begins with dwarves sitting around a dinner table saying, "Hey, we need to get to Erebor to reclaim our home." Fine. But after 170 minutes, the film ends with the dwarves barely close enough to see a far-off view of Erebor. Why does Jackson have to draw this out so much?

With the "Rings" trilogy, which was based on three J.R.R. Tolkien books, it made sense for Jackson to do this. But "The Hobbit" is only one (albeit dense) Tolkien book that doesn't lend itself well to three movies, as is Mr. Jackson's intention (roughly 125 pages of appendices will also help pad things out).

Worse, "The Hobbit: An Unexpected Journey" feels unnecessarily long. Perhaps because all the "Rings" movies were nearly three hours, Mr. Jackson felt compelled to repeat the length, but there are far too many scenes that you genuinely fear will never end. Dwarves eating dinner and singing two (!) songs, trolls chatting by a campfire, a kooky wizard (Sylvester McCoy) with racing rabbits and Bilbo (Ian Holm) hanging out with his nephew Frodo (Elijah Wood) are but a few examples of moments that should've been edited thoroughly.

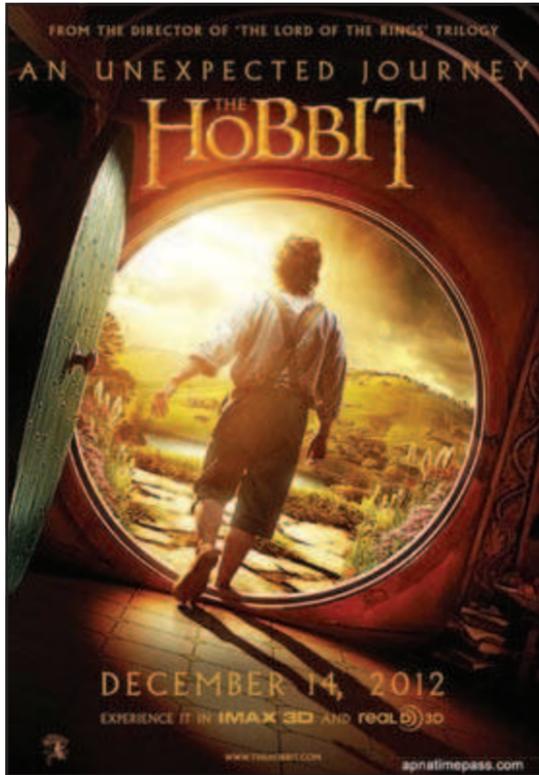
This is a three-hour movie that makes us feel we're being forced to watch the extended edition.

The Bilbo/Frodo scenes do serve one purpose: They set up the flashback to 60 years earlier in which Gandalf (Ian McKellen) tricks Bilbo (Martin Freeman) into hosting a dinner party for 13 dwarves. The dwarves need someone to help sneak them into Erebor so they can slay the mighty dragon that's taken their land. Bilbo agrees to go for reasons that are never explained. Thorin (Richard Armitage), the dwarf leader, doubts Bilbo at every turn, and even Bilbo agrees with him.

The premise is notably similar to "Fellowship of the Ring," and the connections to the "Rings" trilogy do not end there. Elves Galadriel (Cate Blanchett) and Elrond (Hugo Weaving) appear,

as do Saruman (Christopher Lee) and, after two hours, Gollum (Andy Serkis). Along with the aforementioned Gandalf, older Bilbo and Frodo, they all bring a familiarity to "The Hobbit" that makes it enjoyable to return to Middle Earth.

Aside from this inherent curiosity, the only other reason to see "The Hobbit" is if you can find a theater showing it in 48 frames per second. Here, briefly, is what that means and why you should care: The standard for normal, "realis-



tic" motion on screen is 24 frames per second. Seeing it in 48 fps means the picture will have twice as much visual detail and clarity. Images are clearer, crisper, bolder and more dynamic. Best of all, fast-moving action scenes never blur, allowing for a vivid, clean image throughout. There can be moments in which it seems like characters are moving a bit fast, and the hyper-realistic nature of calmer moments takes some getting used to, but once your eyes adjust you'll realize you've never seen anything that looks quite this good.

Sadly, though, "The Hobbit: An Unexpected Journey" is more visually impressive than it is a storytelling triumph. It's a movie to see, however, if you're eager to embrace the future of filmmaking, as this no doubt is the first step in getting us there. ■

in the know  
>> The second part of the trilogy, "The Hobbit: The Desolation of Smaug," is slated to open on Dec. 13, 2013.

# CAPSULES

### Anna Karenina ★★

(Keira Knightley, Jude Law, Aaron Taylor-Johnson) In 1874 Russia, Anna (Knightley) is unhappily married to Karenin (Law), but can't resist the mutual attraction she shares with a cavalry officer named Vronsky (Taylor-Johnson). It's filmed almost entirely as a stage show, which doesn't make sense, and Taylor-Johnson's unappealing turn as Vronsky renders it difficult to get into the story. Rated R.

### Life Of Pi ★★½

(Irrfan Khan, Suraj Sharma, Rafe Spall) Teenager Pi (Sharma) is trapped with a Bengal tiger while lost on a lifeboat in the Pacific. The 3D is breathtaking, and the story comes together nicely in the end. Next to "Crouching Tiger, Hidden Dragon," this is one of director Ang Lee's ("Brokeback Mountain") best. Rated PG.

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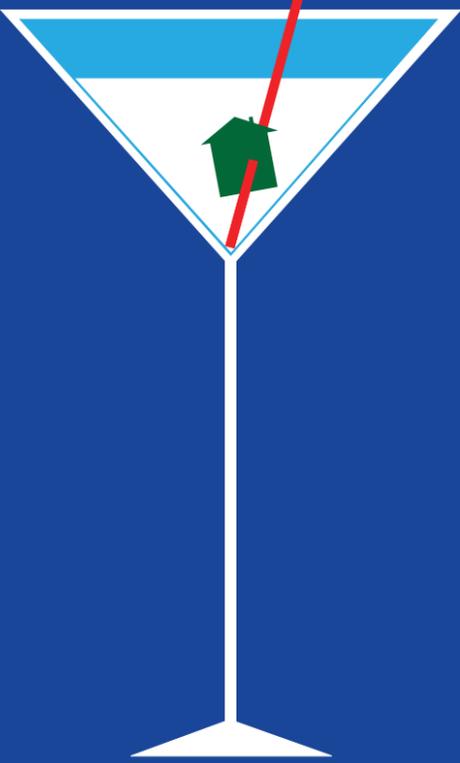
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## FLORIDA WRITERS

## The 'Visit Wizard' knows what makes great guests and hosts

philJASON

pkjason@comcast.net



■ **"The Art of the Visit: Being the Perfect Host, Becoming the Perfect Guest," by Kathy Bertone. Running Press. 272 pages. \$16.**

This beautifully designed book is as delightful to read as it is to look at. While Naples resident Kathy Bertone is quite serious about the etiquette of visits, she manages to keep the tone light and takes pains to build a personal relationship with her readers.

Many of her suggestions are merely common sense; others are "How come I never thought of that?" ideas that underscore her deep commitment to making visits successful for visitors and their hosts.

Perfection is no doubt an illusory goal, and the author strives to strike a balance between planning and attentiveness on the one hand and relaxed enjoyment on the other. Ironically, these "hands" go hand in hand. If you plan, you can relax.

Being the perfect host means making sure your home is prepared for your

guests' comfort and convenience. It means communicating in advance by asking questions about special needs and expectations. It means planning activities with an eye to pleasing as many people as possible, yet not pushing too hard or otherwise embarrassing someone who is reluctant to go bowling or boating.

Ms. Bertone insists that hosts should aim at restraint when things don't go well, offering flexibility and coolness under pressure to make guests' visits as pleasant as possible.

Tact and diplomacy are necessary skills, but there are limits, she says. Hosts need to be self-caring, and they should not let guests take advantage of them.

The devil (or angel) is in the details, and Ms. Bertone's book is nothing if not detailed.

Special chapters focus on hosting children, young adults and older guests. There is even a section for absent hosts: How to manage the use of your home by family and friends when you're away.

As you might imagine, the flip side — "Becoming the Perfect Guest" — reverses the perspective of the hosting advice. However, since the issues basically remain the same, anyone reading the book straight through will notice a degree of repetition, as well as references in the second part to something already covered in the first part.



enough: lists, lists and more lists, with kernels of advice usually elaborated by brief discussions and often made more vivid by colorful narratives of real or imagined situations.

The author's list of 12 attributes for being a great guest includes things that are fairly obvious, like "A Great Guest Is Grateful," to ones that are quite a bit more subtle, like "A Great Guest Is Respectful of Boundaries."

Having styled herself as the "Visit Wizard," Ms. Bertone exploits her moniker with graphically prominent "Visit Wizard Tips."

Here's an example of one of those pithy nuggets in the guest section: "Remember that your hosts actually live where you are visiting, so don't make them late for reservations or when taking you to their friends' home."

So has Ms. Bertone thought of everything? I'd bet on it. There's even a bonus chapter on hosting pets.

This lively, thoughtful how-to manual is extremely reader friendly and, given its design and production qualities, a very good value.

It is a useful, even necessary, book for just about anyone, and it could be an excellent gift as well. I'm going to keep a copy prominently placed in my guest room. ■

— Phil Jason, Ph.D., United States Naval Academy professor emeritus of English, is a poet, critic and freelance writer with 20 books to his credit, including several studies of war literature and a creative writing text.



BERTONE

## Disney's "Little Mermaid Jr." casts local youngsters for January run at the Borland Center in the Gardens

## SPECIAL TO FLORIDA WEEKLY

KWP Productions will present the first regional theater production of Disney's "The Little Mermaid Jr.," playing at The Borland Center For Performing Arts in Palm Beach Gardens starting Dec. 28 and running through Jan. 6. The 60-minute musical, designed for youth performers, is based on the 2008 Broadway production and the 1989 animated feature film. The cast contains approximately 33 local students from elementary to college, led by Kimberly Rommel-Enright, director, and Helen Buttery, musical director and choreographer.

Disney's "The Little Mermaid Jr." show times are Dec. 28 at 2 p.m. and 7 p.m.; Dec. 29 at 7 p.m.; Dec. 30 at 3 p.m.; Jan. 4 at 2 p.m. and 7 p.m.; Jan. 5 at 7 p.m. and Jan. 6 at 3 p.m.

This classic Disney title contains all of the songs from the Academy Award-winning animated feature film as well as three new songs from the Broadway show. "The Little Mermaid Jr." takes place in a magical kingdom beneath the sea, where a beautiful young mermaid named Ariel longs to leave her ocean home to live in the world above. But first, she'll have to defy her father, the king of the sea, escape the clutches of an evil sea witch and convince a prince that she's the girl with the perfect voice.

Tickets are \$20 for adults and \$15 for students. Purchase tickets at Showtix4u.com or at the box office 30 minutes prior to show time. The Borland Center is located at 4901 PGA Boulevard in Palm Beach Gardens.

Local cast members are:

**Ariel:** Victoria Devereaux (Dreyfoos



COURTESY PHOTO

Victoria Devereaux is Ariel and Alec Ruiz is Prince Eric.

High School — resides in West Palm Beach)

**Carlotta:** Amisha Russell (Palm Beach Atlantic — resides in Palm Beach Gardens)

**Chef Louise:** Sydney Wolff (Dreyfoos High School — resides in Wellington)

**Co-Pilot/Sailor:** Sidney O'Gorman (BAK MSOA — resides in North Palm Beach)

**Flotsam:** Michelly Gonzalez (Dreyfoos High School — resides in West Palm Beach)

**Jetsam:** Jaycie Cohen (Dreyfoos High School — resides in Lake Worth)

**Flounder:** Becca Suskauer (BAK MSOA — resides in Palm Beach Gardens)

**Grimsby:** Chris Konce (Palm Beach State College — resides in Palm Beach Gardens)

**Mersisters:** Emma Sue Harris (Dreyfoos High School — resides in Lake Worth); Taylor Blount (Dreyfoos High School — resides in West Palm Beach); Cara Young (Dreyfoos High School — resides in Wellington); Laura

Romero (Dwyer High School — resides in Palm Beach Gardens); Malley Puc (BAK MSOA — resides in Palm Beach Gardens); and Sydney Wolff (Dreyfoos High School — resides in Wellington)

**Pilot:** Alfredo Gonzalez (Atlantic High School — resides in West Palm Beach)

**Prince Eric:** Alec Ruiz (Dreyfoos High School — resides in Wellington)

**Scuttle:** Analisa Ruiz (Oxbridge Academy — resides in Wellington)

**Sebastian:** Sarah Hardwick (Dreyfoos High School — resides in Lake Worth)

**Triton:** Jonathan Raffoul (Boynton Beach High School — resides in Boynton Beach)

**Ursula:** Jonathan Clarke (Palm Beach Atlantic — resides in West Palm Beach)

KWP Productions is dedicated to inspiring the next generation of performers and theater-goers and is located in northern Palm Beach County. KWP Productions holds open auditions to the public. Audition requirements may vary by show. There is never a fee or charge for participating in a KWP Production show. For information, call 339-4687 or email info@kwpproductions.com.

Disney Theatrical Group operates under the direction of Thomas Schumacher. Through Disney Theatrical Productions, Disney on Ice and Disney Live!, DTG brings live entertainment events to a global annual audience of more than 19 million people in more than 50 countries. Under the Disney Theatrical Productions banner, the group produces and licenses Broadway musicals around the world. ■

# CONTRACT BRIDGE

BY STEVE BECKER

## The art of card reading

Card reading — the art of diagnosing how the unseen cards are divided — is the backbone of good card play. Knowing where the missing cards are located is like playing a hand with all 52 cards exposed, and to play a hand well when all the cards are in view is seldom a difficult challenge.

Consider this deal where declarer went wrong. East won the spade lead with the jack and continued with the A-K of spades. South ruffed the third spade, drew trumps, led the ten of diamonds from dummy and went up with the king after East followed low.

West won with the ace and returned the jack of diamonds to South's queen. Declarer later tried a club finesse that failed, and the contract went down one.

The critical clue that declarer missed (aside from East's failure to play the ace with a singleton diamond in dummy) was that East had passed as dealer and was therefore highly unlikely to hold the ace of diamonds (having shown up with the A-K-J of spades and a singleton heart on the first five tricks).

Once South assumes that West has the ace of diamonds, it becomes clear that instead of covering dummy's ten of diamonds with the king, he should play low from his hand. In the actual case, even though West wins the diamond with the jack, he is stymied.

A diamond return, whether high or low, allows South to score two diamond tricks with the help of a ruffing finesse

East dealer.  
North-South vulnerable.

**NORTH**

♠ Q 6 2  
♥ K Q 8 7 5 4  
♦ 10  
♣ Q 10 9

**WEST**

♠ 10 9 8 3  
♥ 3 2  
♦ A J 9 7 6  
♣ K 8

**EAST**

♠ A K J 4  
♥ 6  
♦ 5 4 3  
♣ 7 5 4 3 2

**SOUTH**

♠ 7 5  
♥ A J 10 9  
♦ K Q 8 2  
♣ A J 6

The bidding:

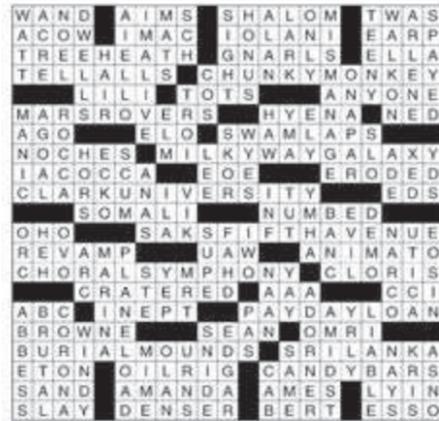
East	South	West	North
Pass	1 NT	Pass	2♦*
Pass	2♥	Pass	4♥

\* transfer to hearts

and in that way eliminate his potential club loser. A spade or club return also allows South to avoid the club loser — again with the aid of a ruffing finesse in diamonds — and so make the contract.

Either way, it turns out that East's pass as dealer is the same as shouting from the rooftops that West has the ace of diamonds — and it is this significant clue that should enable South to find the winning line of play. ■

# PUZZLE ANSWERS



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

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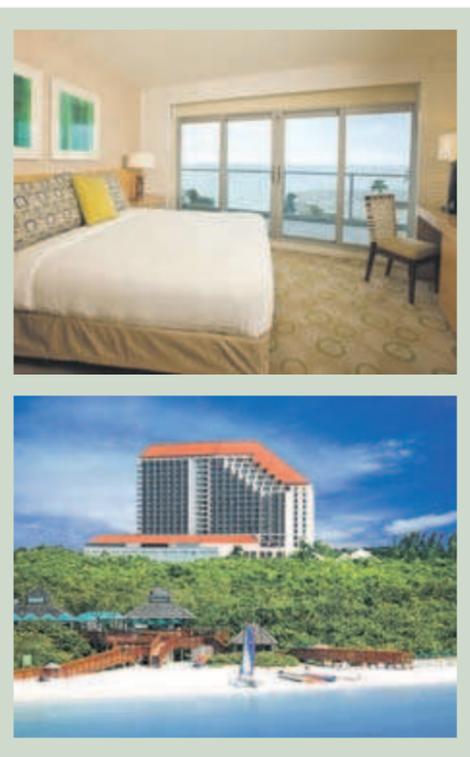
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# SOCIETY

National Philanthropy Day Luncheon raises nearly \$40,000 at Kravis Center



1. Christine Pitts, Matt Barnes and Amy Brand
2. Buzz Myura and Patty Myura
3. Beverlee Miller and Michael Finn
4. Ben Starling and Clare O'Keeffe
5. Harry Sargeant and Deborah Sargeant
6. Brian Edwards, Iva Grady and Jay Cashmere
7. Kathy Strother, Stephanie Langley and Cece Farris
8. Greg Belletsky
9. Patty Myura and Lois Pope
10. Blanche McCoun, Stanton Collemer and Melissa Parker
11. Countess Henrietta De Hoernle
12. Lorie Stinson

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# HOLIDAY SURPRISE

FPL volunteers decorate the Jupiter home of veteran U.S. Marine Corporal Joe Fitzgerald



Veteran U.S. Marine Corporal Joe Fitzgerald, his wife Janel and 2-year old son Kayden



1. FPL volunteers and the Fitzgerald family
2. FPL employee Heather Kirkendall provides gifts to Joe Fitzgerald, Janel Fitzgerald and their son Kayden
3. For the fourth year, FPL volunteers surprised a military family
4. A 'Thank You' sign was hung on the house
5. Decorations included Santa and a sock monkey
6. FPL employee Carissa Metzger installs LED lighting
7. FPL employee Heather Kirkendall installs LED lighting
8. The festive Fitzgerald home in Jupiter

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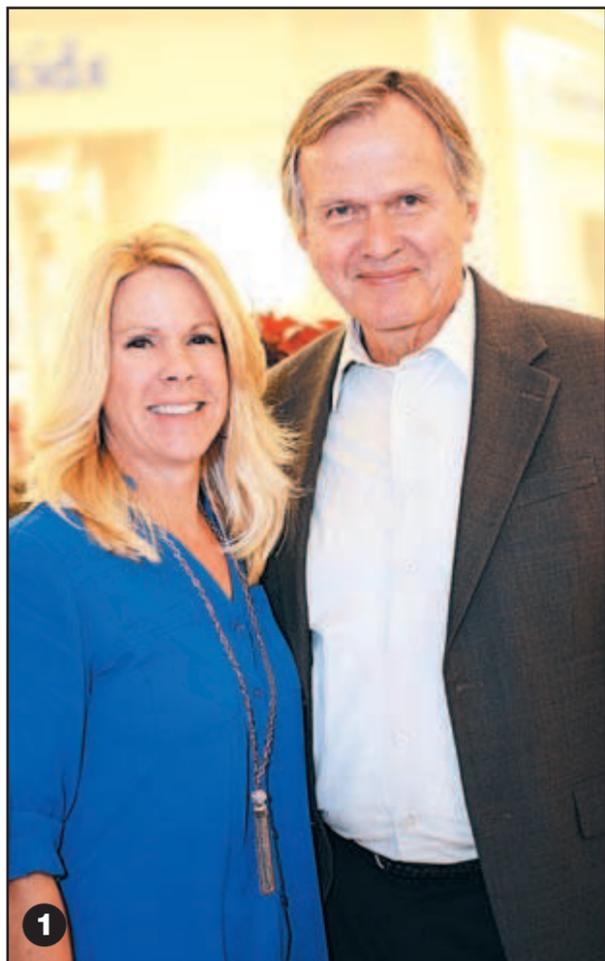
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# SOCIETY

## Leta Lindley Prader-Willi Classic Kickoff party, Nordstrom Court at The Gardens Mall



1. Donna Lewis and Jim McCarten
2. Michele Jacobs, Ira Levine and Barbara Noble
3. Carolina Hart and Jeanne Scott Kelly
4. Kapolvitz Sholom, Elaine Soloman and Ronnie Levine
5. Jeannie VanBoven, Leta Lindley and Michelle Wallace
6. Ron Hotchkiss, Naim Koyman and Sofia Koyman
7. Harold Wilkinson, Jill Wilkinson, Harold Wilkinson IV, Ronnie Levine, Ira Levine and Leta Lindley
8. Stacy Politziner and Drew Politziner

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# FLORIDA WEEKLY CUISINE



COURTESY PHOTO

Mark Frangione owns Pelican Cafe with his wife and business partner, Karen Howe.

In the kitchen with...

## MARK FRANGIONE, The Pelican Café

BY LOREN GUTENTAG  
lgutentag@floridaweekly.com

Mark Frangione, chef and owner of the Pelican Cafe, is part of the third generation of fine cooks.

Born in Greenwich, Conn., Mr. Frangione learned his passion for cooking as part of an Italian upbringing by his parents and grandmother.

Before establishing The Pelican Café in 2008, Mr. Frangione gained experience in the industry by starting as a food preparation chef. He has worked as a head chef at restaurants such as Mediterraneo, in Connecticut, where he trained with Chef Albert DeAngelis for eight years. He also was head chef at Grill F/X in New York City for five years.

After moving to Florida, Mr. Frangione and his wife, Karen, opened the Pelican Café in Lake Park. He said they have worked hard to make The Pelican Café a dining experience to remember with an emphasis on customer service, quality and authenticity.

The café is open for breakfast, lunch and dinner using third-generation recipes in which Mr. Frangione admits to “using his expertise and adding some flair.”

With the couple’s new recipe for the Decadent Donut, The Pelican Café was voted “best breakfast” in Palm Beach County by the Foodie Awards this year. In addition, they also received “honorable mention for best desserts.”

Since childhood, Mr. Frangione has

had a passion for food, and that extends to the 1930s house that is home to Pelican Café.

“It is quite the feat to be able to serve all three meals in an upscale fashion,” he says. “Not many restaurants in our area do what we do.”

**Name:** Mark Frangione.

**Age:** 51

**Original hometown:** Greenwich, Conn.

**Restaurant:** The Pelican Café, 612 U.S. Highway 1, Lake Park

**Mission:** “Quality food and great service is my No. 1 mission here in this little house. Down the road I’d like to open up the same style of an upscale restaurant.”

**Cuisine:** Upscale American fare and Italian favorites.

**Training:** Mr. Frangione has worked at six different restaurants to further his knowledge in the culinary field and was head chef at Mediterraneo restaurant for eight years as well as head chef at Grill F/X for five years.

**Footwear of choice in the kitchen:** “I wear sneakers, Ecco sneakers. These seem to do the job.”

**Guilty culinary pleasure:** “I eat everything and I love everything, but I am partial to a homemade pasta and ravioli.”

**What advice would you give someone who wants to be a chef?** “Observe everything within sight or hearing, because that’s how you’ll learn.” ■

## COOKIE CONTEST BENEFITS CHARITY



PHOTOS BY JAN NORRIS/FLORIDA WEEKLY

About 20 kids came Dec. 15 to decorate cookies at Prosecco Cafe in PGA Commons. Cash prizes were awarded and cookies and toys were donated to the Girls and Boys Club.



ABOVE: Eric Roby 2, of Palm Beach Gardens, thinks more is more in his decorating choices.

LEFT: Winner Anna McLean, 15, of Jupiter with her \$100 cookie.

## THE DISH

### Highlights from local menus

**The Dish:** Barbecue chicken flatbread

**The Place:** Hurricane Café, 14050 U.S. Highway 1, Juno Beach; 630-2012 or hurricanecafejuno.com

**The Price:** \$9.95

**The Details:** Hurricane Café is a favorite breakfast place, and we love to go there for generous salads and inspired sandwiches and wraps.

But we had not thought about ordering a flatbread until we saw a server bring one out to the table next to ours.

The flatbread was topped with lots

of diced chicken tossed in tangy barbecue sauce. Bits of thick-cut bacon lent a smoky flavor to the dish, which also had bits of red onion and was seasoned with just the right amount of cilantro. The crust was crispy and light.

The flatbread is also available as a hand-tossed pizza (\$13.95), as are the other flatbreads, including the classic mozzarella and pepperoni, and a meat lover’s pie with pepperoni, ham and Italian sausage.

Next on our list, the Moroccan flatbread, with chickpeas, feta, garlic, olives and marinated tomatoes. ■

— Scott Simmons



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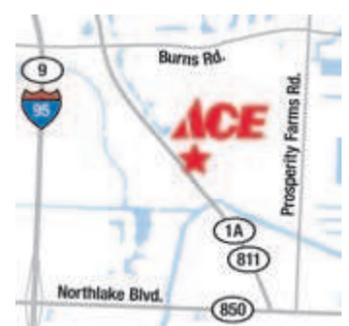
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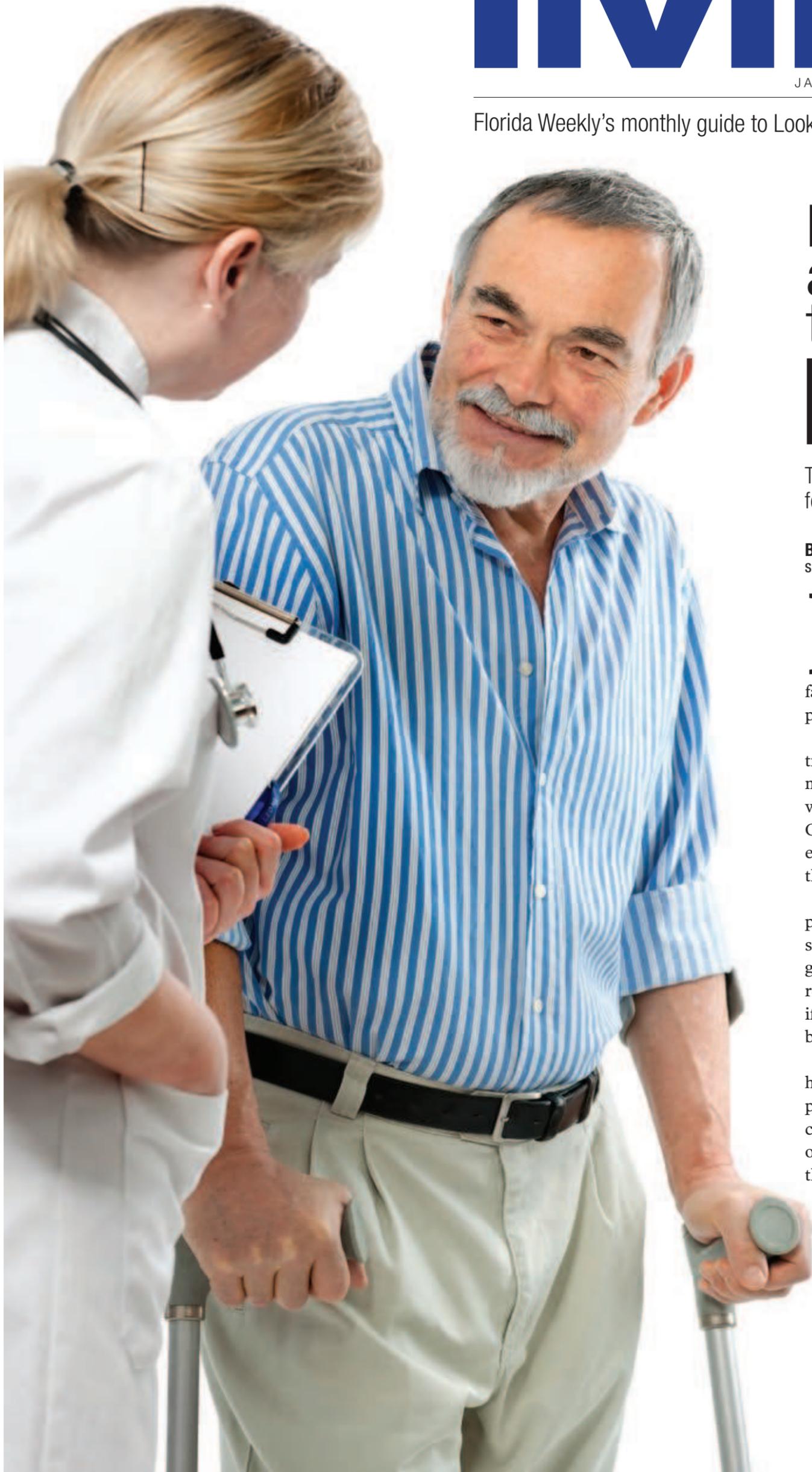


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# healthy living

JANUARY 2013

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



## Before and after the **FALL**

The importance of rehabilitation for senior adults

**BY ELIZABETH SCHWARTZ**

St. Joseph's Assisted Living and Memory Care

**F**or most people, a fall can be a painful inconvenience, but for senior adults it can be life changing. A minor fall or fracture can mean a long hospital stay and related complications.

In 2010, 2.3 million older adults were treated for non-fatal fall injuries and more than 662,000 of these patients were hospitalized, according to The Centers for Disease Control. That equals direct medical costs of more than \$30 billion.

Injuries from falls is often orthopedic related and requires additional surgeries. After an orthopedic surgery, rehabilitation is a key factor in recovery and healing time. But what if patients were able to receive rehabilitation before surgery?

It may seem out of the norm, but hospitals are discovering that prepping patients before surgery, especially seniors, with pre-habilitation, or pre-hab, can significantly increase their success and recovery.

SEE CARE, C2 ►

### **INSIDE:**

Limb institute is nationally recognized / **C3**

Women experience different heart symptoms / **C6**

Acupuncture can aid knee pain / **C7**



## SFRO presents survivorship clinic

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- Counseling
- Dietitian
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- Exercise physiology
- Cooking classes
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- Library

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- Serve as a healthcare process guide
- Assess your needs for additional services
- Provide direction for additional diagnosis and treatment
- Allay your concerns and answer your questions
- Provide educational material to assist your decision-making
- Familiarize you with therapies offered

### We can help by:

- Reducing delays in treatment and missed appointments
- Identifying service gaps and assisting with minimizing them
- Coordinating and streamlining insurance paperwork and referrals
- Ensuring proper follow-up care

For more information please call 877-930-SFRO (7376), or visit our website at [www.SFROLLC.com](http://www.SFROLLC.com) and go to our Resources page. ■

## CARE

From page 1

Pre-hab involves conditioning the body through exercise before it undergoes physical stress, such as a joint replacement surgery. Jupiter Medical Center has seen great success in its pre-hab program, says Stacey Justine, director of outpatient rehabilitation.

“Our goal is to see patients, mostly seniors over the age of 65, prior to surgery and provide rehabilitation services like occupational and physical therapy to prepare and strengthen their bodies for a procedure.”

Prior to surgery, seniors may have pain from a fall or existing condition like arthritis. While the pre-hab prepares their body for the surgery, post-rehabilitation is just as important for recovery and preventing repeat hospital visits after surgery, which can be costly.

Short-term hospital stays are typically considered between two and three weeks while a sub-acute or long-term stay could be up to 100 days. For many seniors living alone, self-care and transportation to follow-up rehabilitation appointments can be difficult. One solution to the gap is a short-term stay in a local assisted living community with licensed nurses and on-site rehabilitation since problems can often occur after the hospital stay.

“At St. Joseph’s of Jupiter, we have a program called Transitional Living Care that offers services like medication management, rehabilitation, fall prevention and fall risk assessment for patients from nearby hospitals like Jupiter Medical Center to come stay after surgery,” says Sherrian Daley, a registered nurse and

resident care director for St. Joseph’s Assisted Living and Memory Care. “It can be a great comfort for families concerned about their senior relative returning home alone and getting the right amount of follow-up care and rehab to prevent future falls and injuries that might put them back in the hospital.”

“It can be a great comfort for families concerned about their senior relative returning home alone and getting the right amount of follow-up care and rehab to prevent future falls and injuries that might put them back in the hospital.”

The program is for patients recovering from a hospital stay related to a recent illness, injury, surgery or fall. Rehabilitation services at St. Joseph’s are provided by Jupiter Medical Center therapists.

“It’s an important partnership for the community,” says Justine. “Together, we’re able to provide follow-up and comprehensive care for senior adults, which is critical to healing,” says Justine. “Pre-hab, combined with post-surgical rehabilitation, leads to better recovery so that seniors can return home and get back to living their lives.”

For more information about Jupiter Medical Center’s Pre-hab program, call 561-263-5775 or see <http://www.jupitermed.com/health-and-rehabilitation>.

For more information about St. Joseph’s Assisted Living and Memory Care, call 561-747-1135 or visit [www.stjosephs-jupiter.com](http://www.stjosephs-jupiter.com). ■

# ER



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## St. Mary's limb lengthening institute is nationally recognized for treatment

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CEO,  
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It is adjacent to the hospital and includes operating rooms, physician offices and a physical therapy center. Dr. Dror Paley, Medical Director of the Paley Advanced Limb Lengthening Institute, is a board-certified, fellowship-trained orthopedic surgeon and is nationally and internationally recognized for his expertise in deformity correction and limb lengthening.

Dr. Paley's worldwide reputation and expertise extends equally to children and adults in the diagnosis and treatment of special orthopedic conditions including congenital limb deformities, post-traumatic limb conditions, bone-healing problems, bone defects, skeletal dysplasias, metabolic disorders, foot deformities, peripheral nerve disorders and other miscellaneous developmental deformities.

For the past 22 years, Dr. Paley has dedicated his career to improving the lives of patients with limb disorders. He has performed more than 10,000 limb reconstruction surgeries and developed some of the most advanced surgical methods used for lengthening and deformity correction. The limb lengthening process works by gradually growing new bone and soft tissues (skin, muscle, nerves, blood vessels, etc). This new growth is called tissue regeneration.

Bone and soft tissue regenerate when they are distracted (pulled apart) at a very slow rate of approximately one mm per day. If the rate of distraction is faster than this, bone may fail to form between the two ends of the bone that are being pulled apart. Then, soft tissues, such as muscle, may experience contracture (get too tight) or nerves may become paralyzed. If the rate of distraction is too slow, premature consolidation may occur (the bone may consolidate too soon), preventing the lengthening device from further pulling it apart.

There are many different lengthening devices used. The most common are external fixators, which are devices that attach to the bone by means of thin wires or thicker pins that have a screw threading at their attachment to the bone.

There are also lengthening devices that are fully implanted inside the bone. These devices do not require external pins.

There are two phases of lengthening until the bone is fully healed: the distraction phase and the consolidation phase. The distraction phase is the lengthening phase. After the desired length is obtained, the newly regenerated bone is still very weak because of lack of calcium within it. The hardening and calcification of this new bone is called the consolidation phase.

For more about the institute at St. Mary's Medical Center and to view educational videos, please visit [www.paleyinstitute.org](http://www.paleyinstitute.org). ■

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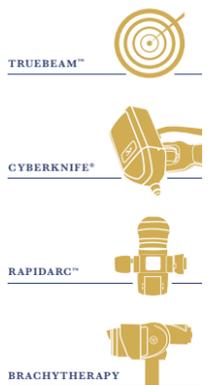
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## Your back is stiff and sore. What should you do?

**H**ow do you know whether your pain needs to be evaluated by your chiropractor? This is the age-old question. The answer needs to be specific to your particular problem, rather than a one-size-fits all solution. But there are good guidelines that everyone can follow.



**Dr. Michael Papa**  
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First, is your pain deep and boring (that is, does the pain feel like it's boring into you)? Deep and boring pain usually means something is seriously wrong. If you're woken up at night by this type of pain, a visit to your chiropractor or family physician is in order. Kidney stones and inflamed gallbladders are common causes for deep, boring pain that causes a person to awaken from sleep. Severe heartburn is in this category, too, and should be evaluated by your doctor.

But these types of problems are easy to categorize. You'll probably know, instinctively, that something is wrong. Musculoskeletal pain is rather more difficult to analyze. For example, you lean over in a twisting motion to grab the glass of water on your nightstand and you feel a sharp pain in your lower back. Next morning you have great difficulty getting out of bed. Your lower back is stiff and sore. What should you do?

Your best course of action will be based on a self-assessment. If you're experiencing pain that radiates down your leg, or numbness or tingling sensations traveling down your leg, you should call your chiropractor's office and ask to be seen right away. Or, if you don't have any radiating pain, but sneezing or coughing does provoke a radiating sensation, take the same action. Similarly, the amount of pain you're having will determine what you do. If the pain is severe, see your chiropractor.

If none of these criteria are present, decision-making gets a bit murky. How you handle your problem will depend on your tolerance for pain. If you have low tolerance, make an appointment to see your chiropractor and get some expert treatment. If you have a higher pain threshold, you might still call for an appointment just to make sure that nothing is seriously wrong. Certainly, if you haven't improved at all after 48 hours, you need to see your chiropractor.

There is another important scenario. If you have a medical condition such as cancer, an endocrine disorder, or a systemic infection, a sudden occurrence of back pain needs immediate attention, regardless of how or why you think the pain occurred. This is not to be an alarmist, but rather the recommendation is based on precaution. If there is an existing problem, then new issues need to be looked at closely, just to be sure.

These guidelines provide a sound basis for decision-making, but please remember they are just that — guide-



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lines. Each person needs to be comfortable with his or her own process. And, of course, it's always much better to be safe than sorry. Your chiropractor is always available to help you sort out these kinds of problems. ■

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*"central sensitization" as mechanisms-based classifications of musculoskeletal pain. Clin J Pain 27(8):655-653, 2011*  
Arendt-Nielsen L, Graven-Nielsen T: *Translational musculoskeletal pain research. Clin Rheumatol 25(2):209-226, 2011*

Casazza BA: *Diagnosis and treatment of acute low back pain. Am Fam Physician 85(4):343-350, 2012*

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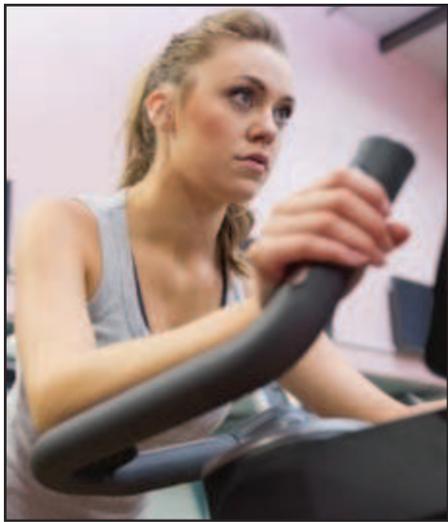
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More information on the *American Hospital Quality Outcomes 2013: Healthgrades® Report to the Nation*, including the complete methodology, can be found at [www.healthgrades.com/quality](http://www.healthgrades.com/quality).



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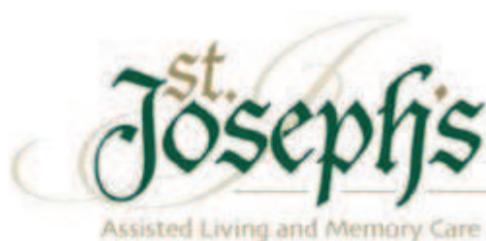
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## Women have different pain during onset of possible heart attacks

News media have been abuzz with stories concerning the fact that women often do not experience typical chest pain during a heart attack. An angina equivalent is a symptom or group of symptoms that have the same significance as chest pain and requires timely evaluation.

Symptoms experienced may include: shortness of breath, left or right arm pain, and pain between the shoulder blades, profuse sweating, and a sense of malaise, pain over the lower mid-chest, upper abdomen and palpitations. These symptoms are referred to as angina equivalents when they are caused by myocardial ischemia or inadequate blood flow to the coronary arteries.

Elderly patients and diabetics may also present with atypical symptoms such as those noted above during periods of inadequate blood flow to the coronary arteries. If one or more of these symptoms develop and are prolonged immediate medical attention should be sought.

Patients experiencing a possible acute coronary syndrome should not drive



**Dr. Mark  
Allen Sims,**  
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themselves or have a family member drive them to the emergency room, Emergency Medical Services should be contacted via 911.

### Typical anginal pain

Classic angina pain may present as pressure or burning over the med or lower portion of the breastbone, left upper chest, and left arm. At times the pain may radiate or move to the jaw, neck, or between the shoulder blades. Symptoms referred to previously as atypical may occur in association with typical angina symptoms these would include shortness

of breath, palpitations, profuse sweating, as well as nausea and vomiting. These symptoms if prolonged require immediate medical evaluation. ■

— This column is not meant to provide specific medical advice and is not an exhaustive explanation of angina pain and angina equivalents. This information should not take the place of advice and counsel of an individual's physician. Appropriate medical evaluation and counsel should be sought if these symptoms present.

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# Acupuncture can aid arthritic knee pain

One of the most common orthopaedic problems I see in my office (after back pain) is knee pain.

Typically, the pain is caused by degenerative conditions attributable to overuse and the aging process.

As we get older, the cartilage within the knee joint begins to wear down and thin out. Frequently, the area becomes

rough instead of smooth and there are calcifications and inflammation. As this progresses, inflammatory byproducts such as fluid results causing pain and discomfort. For many people this can become disabling, preventing them from functioning at a normal level. Walking or getting up from a chair becomes more and more difficult.



**Dr. Richard Tiegen**

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underwent a course of acupuncture treatment experienced a 40 percent decrease in pain and a corresponding 40 percent increase in function. Most interestingly, one year after the conclusion of the study, the patients were called back.

They had not received any acupuncture for a whole year yet overall they maintained 40 percent improvement in both areas — pain control and improved function. There were essentially no side effects. If the individual was also taking medication at the same time they were able to continue this as well.

I have seen many people add acupuncture treatment and improve significantly when compared to using only medication. Many people do not tolerate medication well. Frequently, medication can be reduced once acupuncture is started. It is a safe alternative to taking more pills. ■

The largest study ever done on acupuncture looked at the problem of arthritis of the knee and how it would respond to acupuncture treatment. The study was done at several medical schools throughout the US. The results were written up in the Annals of Internal Medicine. Overall, these results were extremely impressive.

It was shown that people with moderate to severe arthritis of the knee who



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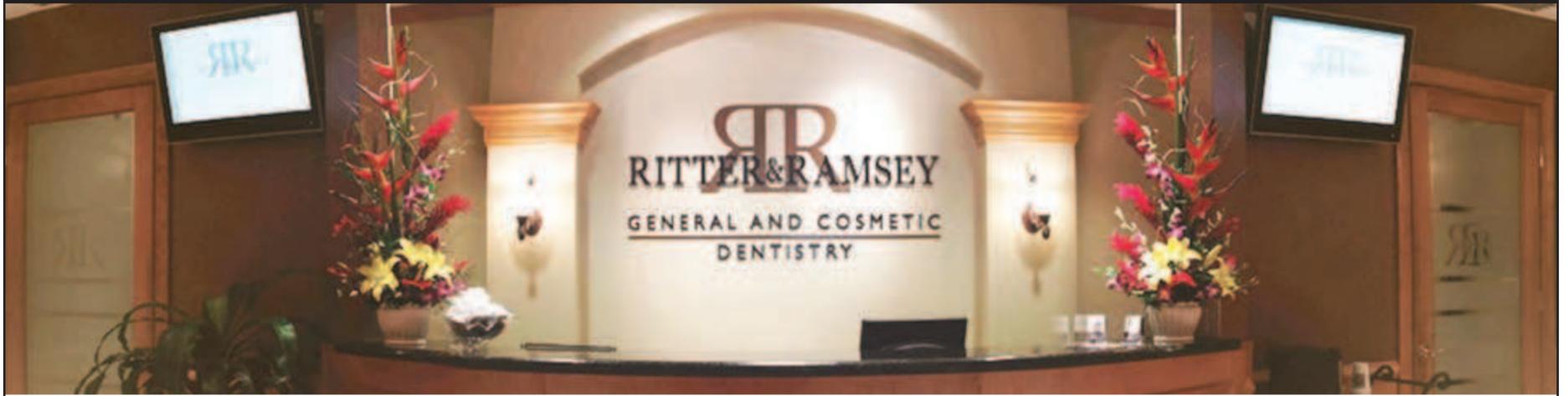
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