

PALM BEACH GARDENS & JUPITER
FLORIDA WEEKLY[®]
 IN THE KNOW. IN THE NOW.

WEEK OF APRIL 25-MAY 1, 2013

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Vol. III, No. 29 • FREE

“Yes, we buy the Club SunFest and basically, that’s our vacation. We feel we get away from everything. When you’re there, you feel like you’re someplace different, and we have a lot of friends that meet us there now.”

— **Kelly Dean Manganaro**, fan who married wife Linda at SunFest five years ago



INSIDE:
Bands
playing at
this year’s
SunFest.
 ▶A8



Take the field

Baseball is great at Roger Dean, but so are the hot events. **B1 ▶**



Money and Investing

EU’s little problem becomes a worldwide mess. **A15 ▶**



Antiques, limited

Limited production can make value go up. **A15 ▶**



Home alone

You can crate train your puppy painlessly, with a plan. **A6 ▶**

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COURTESY PHOTOS

The secret behind SunFest’s success? — Die hard ...

fans

▲ **ABOVE:** Linda and Kelly Dean Manganaro have been attending SunFest since the ’80s. They were married at SunFest five years ago.

▲▲ **INSET:** Fans from a previous SunFest rock with the music.

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

M

MEET THE DIE-HARDS.

Everybody knows at least one of them. Yes, the die-hards.

As in that elite group of SunFest fans who come every year, sometimes everyday, to see their favorite bands, check out the art and party along the downtown West Palm Beach waterfront.

Organizers expect about 165,000 people to attend the art and music festival, which marks its 31st anniversary May 1-5.

SEE FANS, A8 ▶

A presidential plate takes the cake

BY SCOTT SIMMONS

ssimmons@floridaweekly.com



SCOTT SIMMONS/FLORIDA WEEKLY
 This pottery plate bears the Roosevelt family crest.

Call me the incurable collector. If an item is decorative and it has a history, then I’m intrigued. That’s what drew me to a luncheon plate. It’s heavy, like restaurant ware. But it bears the Roosevelt family crest with the motto, “Qui plantavit curabit.” That’s Latin for “He who planted will preserve.” Perhaps that is a fitting epitaph for

Franklin Delano Roosevelt, who did so much to restore the American psyche during the Great Depression and later led the country through the worst of World War II.

For me, it was inspiring to find this plate amid the housewares and furnishings at True Treasures’ Northlake Boulevard store in Palm Beach Gardens.

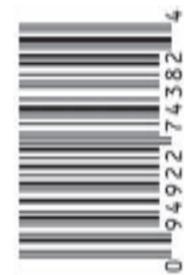
It was priced \$9.95, and had been there awhile; the original price was \$19.95.

But what cinched the purchase for me

SEE PLATE, A13 ▶

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Palm Beach Gardens, STORE will host summer GreenMarket

SPECIAL TO FLORIDA WEEKLY

The city of Palm Beach Gardens' GreenMarket will move to the STORE Self Storage Wine Storage beginning May 12. The STORE facility is located at 11010 N. Military Trail, just north of PGA Boulevard.

The facility offers a large breezeway for shade and overhead coverage. The summer market will run from 8 a.m. to 1 p.m. every Sunday through Sept. 1. The event will move back to its winter location just down the street in the fall, making it a permanent, year-round happening.

"The agreement with the city to hold the Summer GreenMarket at the STORE facility is the first public/private partnership for the city, and it shows their tremendous support for small businesses," said Jon Channing, owner of STORE, in a prepared statement.

There are breakfast offerings, along with organic produce, fruit, fresh fish, flowers, plants, locally produced honey, olive oils and spreads, homemade pastas and sauces, pastries and pies and custom jewelry.

While most vendors are local, some

drive from as far away as Melbourne and Miami. As of April 22, the vendor space for the STORE facility was sold out, according to the city's web site.

Palm Beach Gardens Mayor Robert G. "Bert" Premuroso said, in the prepared statement, "The covered breezeway will



be a cool incentive for our market shoppers and provide our vendors with the protection from the summer sun and inclement weather."

For the past two summers, STORE held a GreenMarket on Saturdays.

"Initially, we just wanted to help the vendors and provide local, year-round residents with a summer green market," Mr. Channing said in the statement. "We're thrilled the city wants to host it year-round and use our covered facility for the summer months. It's a perfect solution." ■

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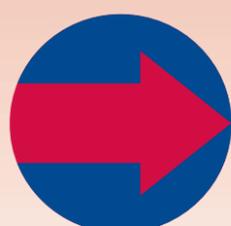
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OPINION

Jackie Robinson's achievement



richLOWRY

Special to Florida Weekly

Before he triumphed over prejudice, Jackie Robinson triumphed over himself.

The signal achievements of the pioneering baseball star, whose story is recounted in the top-grossing biopic "42," were perseverance and self-control. In the face of hatred from fans and opposing players, he showed no anger. In response to isolation from his teammates, he betrayed no self-pity. He went out every day and swung the bat and ran the bases and fielded his position, and displayed the character that his detractors lacked.

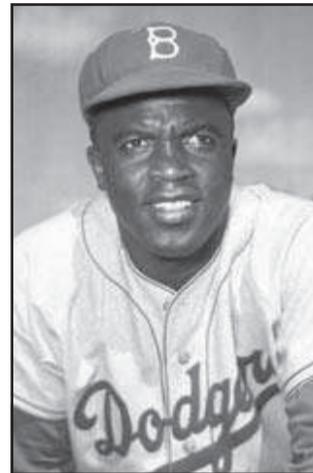
"42" is a paean to discipline and to an ethic that has eroded badly in American sporting life, and in our national life in general: "Please, don't express yourself or feel sorry for yourself, don't make excuses, don't worry about what someone else is doing or saying, just go out and do your job."

The first meeting between Robinson and Branch Rickey, when the team honcho broached making him a Brooklyn Dodger, with all the pressure and abuse that would entail, is one of the most mythogenic episodes in baseball

history. Rickey shouted insults at Robinson and demanded to know how he would respond to such provocation. Robinson asked if Rickey wanted a player who lacked the guts to fight back. Rickey responded, "I want a ball-player with guts enough not to fight back."

As a young man stationed at Camp Hood in Texas during World War II, he got court-martialed. One day, Lt. Robinson refused to move to the back of the bus when the driver told him to, and exploded in rage when the driver called him "n——." He was arrested, but eventually cleared of all charges.

Rickey hadn't sought out a shrinking violet. "He wanted someone big enough and strong enough to intimidate, and someone intelligent enough to understand the historic nature of his role," Jonathan Eig writes in his book "Opening Day: The Story of Jackie Robinson's First Season." We never would have heard of Robinson, of course, if he hadn't been a supremely gifted athlete (Rickey wanted to win the pennant, as well as do right). But baseball history is full of those; it is Robinson's dignity



when confronted with so many indignities that sets him apart.

Baseball then had a distinctively Southern flavor that could make even players who were white ethnics feel uncomfortable. A contingent of Robinson's own teammates wanted to boycott him, and so did rival players. He couldn't stay in some of the team's hotels. He got death threats. During all of this, he slumped and thought about quitting,

but kept on going, and eventually his talent spoke louder than words.

A legendary image — memorialized in a bronze statue outside the ballpark of the minor-league Brooklyn Cyclones — is of Kentucky-born Dodgers shortstop Pee Wee Reese draping his arm around Robinson on the field, in a gesture of support and in a rebuke to hostile fans. It may or may not have happened that way. But it's hard to make a statue to the essence of Robinson's accomplishment, to the lonely resolve one at-bat and one inning at a time. ■

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

Peace activists and patriots at the Boston Marathon bombing



amyGOODMAN

Special to Florida Weekly

Monday was Patriots' Day in Massachusetts, celebrating the day the American Revolutionary War began in 1775, at the Battles of Lexington and Concord. It is also the day of the annual Boston Marathon, which will now, sadly, go down in history as yet another episode of senseless mass violence.

Martin Richard's image has circled the globe since his murder that day. In it, the 8-year-old holds a sign he made that reads "No more hurting people. Peace."

The Richard family was watching the marathon when the bomb went off. His mother, Denise, and his sister, Jane, were seriously injured. His father, Bill, suffered shrapnel wounds. Martin's older brother, Henry, was not harmed — at least, not physically.

Across the street from the blast, Carlos Arredondo and his wife, Melida, were watching from the bleachers. They were waiting for a member of the National Guard who was running the race in memory of Carlos' son, Alex Arredondo, a U.S. Marine who was killed in the battle of Najaf, Iraq, in August 2004. Back then, immediately after he learned of his son's death, Carlos got into his van and set fire to it. He survived, with massive burns, then dedicated himself to peace activism, traveling the U.S. with a flag-draped coffin in memory of his son. Seven years after they lost Alex, in 2011, his younger son, Brian, who became depressed after Alex's death, committed suicide.

At the marathon, Carlos, who is originally from Costa Rica, was wearing a big

cowboy hat, and images of his fearless race to rescue people after the explosions also have gone global.

Within seconds, the lives of these two individuals, Martin Richard and Carlos Arredondo, from neighborhoods of Boston not far from each other, were thrust onto the world stage. Martin, a child tragically killed by an IED, and Carlos, a father who lost two sons as a consequence of the war in Iraq. I asked Carlos to recount those minutes after the marathon blasts:

"Everybody was on the ground. There was broken limbs, people with no limbs, people totally passed out, so many injuries today. I never see in my life like this. You know, it was a very, very horrible moment in that particular moment there. People was running. And a lot of people was really doing a great job in handling the best we could at the time ... it took really few minutes to understand that this was a IED explosion. And my first reaction, being a volunteer for the Red Cross, and my first reaction was to just go, you know, and do my duty. So many people was doing the same thing — police officers, National Guards, people from the stands, veterans. You know, everybody just got together... we didn't know if it was a third bomb waiting for anybody there, you know, but everybody removed the fence by their hands and pushed everything around."

Carlos focused on Jeff Bauman Jr., who had severe wounds to both legs: "I ripped up a T-shirt, and another gentleman helped me out, and we put this tourniquet on the legs. And then the first wheelchair that arrived, you know, I picked him up and put him in the wheelchair, and I dragged him out of there."

All the vast medical expertise in the many hospitals of Boston could not save

Martin Richard. His 7-year-old sister, who loves to dance, lost a leg, and his mother, Denise, suffered severe trauma to the head. Denise is the librarian at the children's school, the Neighborhood House Charter School, as well as an active member of a community organization. Bill has long been a respected activist in the community, helping to revitalize the area.

Seven years ago, on another Patriots' Day, after the Boston Marathon, I was in Boston's historic Faneuil Hall with the late famed historian Howard Zinn. The night was cold and rainy. It was April 16, 2007. News was coming in about a massacre in Blacksburg, Va., on the campus of Virginia Tech. Thirty-two people were killed that day, plus the shooter, who took his own life. This week, as the final mile, mile 26, of the Boston Marathon was dedicated to the 26 people killed in Newtown, Conn., even the most basic compromise element of gun-control legislation, a watered-down amendment on background checks, has failed in the Democrat-controlled Senate.

The first blast in Boston occurred behind a line of fluttering flags from around the world, reflecting the international stature of the oldest annual marathon in the country — flags that reminded me once again of the words of Howard Zinn: "There is no flag large enough to cover the shame of killing innocent people." ■

— 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 co-author of "The Silenced Majority," a New York Times best-seller.

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PET TALES

Home alone

Teaching a dog to relax in confinement is essential for a happy life

BY GINA SPADAFORI
Universal Uclick

There's nothing harder for a young puppy to learn than being alone. Dogs are social animals, just as we are. And when you bring a puppy home you're not only asking him to do something for which he isn't really wired, but also to do it for the first time, under the stressful circumstances of being in the new home.

Under those conditions, you'd scream, too. Especially if past experience had shown you that vocalizing brought your mom and littermates on the run. Alone? Scared? Scream, and you'll be surrounded by help.

And yet, the ability to relax alone is a critical skill for a modern dog. Being able to relax while isolated in a comfortable carrier is essential to riding safely in a car, resting after medical care at the veterinary hospital, and even being cared for away from home by strangers during times of disaster.

On the flip side, dogs who don't learn to stay alone are at higher risk of losing their homes or even their lives.

Veterinary behaviorists call the problem "separation anxiety," and see it in their practices constantly. Some dogs may be capable of learning not to be frantically destructive and noisy when alone through changes in their environment, behavior modification and medications such as Prozac. Others may suffer throughout their lives, even if they stay in their homes.



The ability to stay alone quietly in a crate is an important part of a modern dog's skill set, but it can be difficult to teach.

For all these reasons and more, it's essential to "crate train" a puppy. While crate-training has long been used to shape the equally important behavior we know as "house-breaking," the use of a crate to teach relaxed confinement is just as important.

There's a puppy at my house now, a retriever named Riley. I'm raising him for a couple of months before he goes to live with friends, and that means he's now learning many of his first, most important "grown-up" lessons at my house, including crate-training.

I know some people "cold turkey" a pup when it comes to crate-training, but I don't think that's necessary. While I never open the pen or crate door on a screaming puppy (and thus reward him for the noise), I set him up for a whole lot of "win."

With Riley, as with any young puppy, that means making sure he's tired or has just been fed before being crated, making it more likely he'll sleep.

I make the sessions short, and add a word and a treat to him going in. "Crate!" I say, throwing a toy or treat in and praising him for following the motion to go inside. Before he's ready to wake up, I wake him up and take him out for a walk.

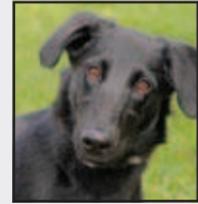
I also alternate between the putting him in the crate in my office while I'm working or the pen in the living room while I'm watching TV in the evenings. The pen is harder for him to endure, because it's around the corner from where I sit and he can't see me from there.

I prefer letting him fuss in the pen, since being distracted from a rerun of "The Big Bang Episode" is something I can live with short term. For someone self-employed, however, not being able to work because a puppy is crying is a much bigger deal. Fortunately, the crate in my office is right next to my leg, which means he's "behind bars" and learning, but not particularly isolated.

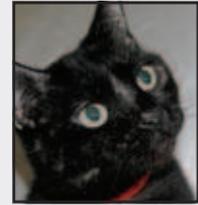
Like any normal puppy, Riley wants to be where the people and other dogs are. He's learning quickly that that's not always possible. This lesson takes time, and I'm patient.

I know that soon Riley will know that being alone isn't forever, and that's as important a lesson as any dog can learn. ■

Pets of the Week



>>**Blackie** is an 8-month-old neutered Labrador mix. He weighs 40 pounds. He was abandoned and left outside. He is easy going and is very energetic.



>>**Rose** is a 1-year-old spayed Tortoiseshell. She was found outside, taking a walk. She doesn't mind being picked up and held.

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. For adoption information call 686-6656.



>>**Rocky** is a neutered male tabby, approximately 1 year old. He has a very sweet and mellow personality, and enjoys being around people.



>>**Jake** is a neutered male orange tabby, approximately 6 years old. He is very friendly and loving. He lost a front leg at an early age, but has adapted most excellently.

To adopt: **Adopt A Cat** is a no-kill cat rescue facility located at 1125 Old Dixie Highway, Lake Park. For additional information, and photos of other adoptable cats, see our website at www.adoptacat-foundation.org, or visit us on Facebook (Adopt A Cat Foundation). For adoption information, call 848-4911.

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Jupiter's 23rd Turtle Trot May 4 at Carlin Park

SPECIAL TO FLORIDA WEEKLY

The 23rd Annual Turtle Trot 5K Run is May 4 beginning at 7:30 a.m. at Carlin Park.

The event includes a 5K race and Kid's 1-mile Fun Run. Entry fee for the 5K is \$30 for adults, \$25 for students 18 and under and seniors 65 and older through May 1, and \$30 for adults, students and seniors on race day. Kids Mile fee is \$10 through May 1 and \$15 on race day.

The trot is run from Carlin Park along A1A to the scenic Jupiter Inlet and back. A free tech shirt goes to the first 600 registered participants; available sizes are first come, first-served. Multi-Race will manage all timing and scoring.

There are awards 1st-3rd overall male and female and first three places for male and female runners in each of the 15 age groups.

New this year is the Kid's Fun Run, a 1-miler (ages 11 and under) Fun Run, with a start time of 7:10 a.m. A cotton T-shirt and finishers' medal will be



given to all Fun Run participants. It's not a timed race. Three or more runners may register as a team and an award will be given to the team with the most participants.

Teen and adult volunteers are needed for this annual race. Volunteers will assist with traffic control, water stations, registration and more.

All volunteers will receive a race T-shirt and continental breakfast. Teen volunteers may receive community service hours.

Register online at <https://register.racepartner.com/TurtleTrot>.

For information, call 741-2400. ■

Federal employees support Place of Hope

After being included in the Combined Federal Campaign (CFC) for the first time last year, Place of Hope received more than \$12,000 in allotments, beginning in April. Executive Director Charles Bender said the organization is amazed at the level of support it garnered as a newcomer to the program.

The nonprofit was included in the CFC thanks to the efforts of Tom Wilson,

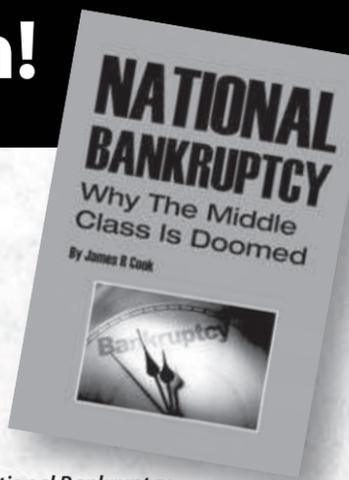
a licensed foster parent with Homes of Hope, a program of Place of Hope. Wilson, who is a federal employee with the Department of Agriculture at the Port of Palm Beach, recommended Place of Hope be a part of the campaign. Mr. Wilson presented the Place of Hope mission to several groups of local federal employees, so they would know to whom they were contributing. ■

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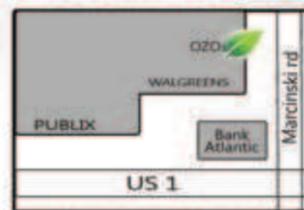
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SUNFEST

From page 1

But not all of them have a relationship with SunFest that is as special as the one Linda Manganaro and her husband, Kelly Dean Manganaro, share.

They had their first date at SunFest, and enjoyed it well enough that they were married at the festival on May 4, 2008.

This year marks the Lake Worth couple's fifth anniversary.

"That's where we sort of met, at SunFest. We met in '03," says Ms. Manganaro.

But the couple, who are artists, had been attending SunFest individually for 15 years before they actually connected.

So what was the attraction?

"Seeing old friends, and the music of course, and the art. Just kind of stepping out of everyday, normal life for a week, basically," says Mr. Manganaro, who took his wife's name when they married.

"Yes, we buy the Club SunFest and basically, that's our vacation. We feel we get away from everything," says Ms. Manganaro. "When you're there, you feel like you're someplace different, and we have a lot of friends that meet us there now, and our group has grown, which is just wonderful. Our table is getting bigger and bigger. We love music so much and, being artists, we get inspired when we see the different art and the food. It's a bit of everything."

SunFest is an opportunity for coming together.

"We have family that comes from out of state. Indiana," says Mr. Manganaro.

"New Jersey, sometimes," says Ms. Manganaro, finishing her husband's sentence.

"It's a special time because we all plan it. This is the plan to get together to just forget everything and relax and enjoy the sunshine and down by the water."

That combination of art, music, water and sunshine was a good one for the couple.

They had known each other tangentially for years.

Ms. Manganaro is good friend of Mr. Manganaro's mother, artist Betty Wilson.

But she had turned Mr. Manganaro down when he asked her out for Valentine's.

SunFest brought it all together.

"The timing was good for us at that point. I think we realized then how much we had in common with the music and the art. It was just a real good time for us, and the friends we all knew just really fit everything," says Ms. Manganaro.

The wedding made headlines, and it led to a favorite memory for the couple.

"Our special moment was when we got married there and Fergie stood on stage, and we loved her band, and she pointed us out, and said, 'You're the couple that got married here,'" Ms. Manganaro says of the Black Eyed Peas singer.

And what is the couple most looking forward to this year?

"Relaxing and just being there and just having another honeymoon vacation," she says.

"Honeymoon," her husband says, smiling.

"Yeah, that's our honeymoon vacation," she says.

Bringing people together

The Manganaros are not the only couple to bond over SunFest.

Jesse Furman introduced his future wife, Jen, to his parents during the festival.

"The first date we went on was to a Prince concert," Mr. Furman says. "The second date, I want to say it was Hootie and the Blowfish at SunFest, and my parents went along with my aunt and uncle. And that's where my family met my wife."



COURTESY PHOTOS

Melanie Robertson-Ober used to fly in from Germany each year to see SunFest. She says that there are bands this year each day she wants to see.

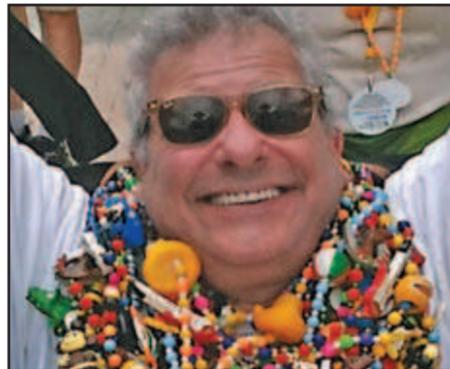
Mr. Furman, who grew up in Lake Park, had gone to SunFest many times over the years.

He now serves as managing director of the Atlantic Theater, guest-hosts "The Shed," a radio show on WJTW, and performs standup as part of The Jove Comedy Experience.

"This year's lineup is incredible," Mr. Furman says. "There's a lot of those bands, like the Smashing Pumpkins, that are products of my youth."

The variety of acts impresses him.

"I think the fact that you can go two blocks, just down the street, and on the local stage, hear incredible local bands, then go another block and hear a rapper, is amazing. The potpourri, the way they pick the lineup, is amazing," he says.



Jeff Margel with his collection of annual SunFest beads.

This year's lineup, for example, also includes up-and-coming blues singer Gary Clark Jr.

"That guy's a monster. Every 10 years a great blues guy comes along, he's the man. And the fact that you see him, that's incredible," Mr. Furman says.

The lineup also includes Boz Scaggs.

"I have Boz Scaggs' greatest hits at home and I'm not ashamed to admit it," he says, laughing. "It's just great to see him and see Gary Clark Jr., who's just a rippin' guitar player. It's pretty awesome."

Mr. Furman didn't make it to SunFest last year — his wife was seven months' pregnant and the heat and the crowds would have been too much for her.

Their daughter is 10 months old.

"Now that she's old enough to go with the grandparents for the night, we can go out and be adults," he says.

Going the distance

Thousands of people make SunFest their destination for going out and being adults.

Like the Manganaros, they see the festival as a vacation destination and are

willing to fly in for the week and book hotel rooms; SunFest estimates the economic impact at about \$15 million.

"It's amazing when you look at the people who come back," says Paul Jamieson, SunFest's executive director. "We have volunteers who've moved out of state who come back to volunteer."

And the draw?

"How many times do you go somewhere where everyone is there for the same purpose. Music, people, water, sun, palm trees. It is the best of what Florida has to offer. There's just an intangible there that people love," he says.

Mr. Jamieson is not alone.

"I lived overseas for awhile and would fly back from Germany to buy tickets to SunFest," says Melanie Robertson-Ober, an Australian who runs The Backyard Bar in downtown West Palm Beach.

Last year she didn't attend; this year is another story.

"There is someone I want to see every day. Last year, I was scratching to find two bands I even liked, so I did my own personal boycott," she says. "I'm looking forward to Train, Boz Scaggs and The Black Crowes. I looked at who was on every day and decided to buy a ticket again."

Cheap Trick also is on her list.

"I remember I would say about five years ago, I remember actually sitting down and making myself a timetable on an Excel spreadsheet to see which band was playing when. I was going from this stage to that stage to see this band," she says. "This year, there's really only one band per day that I want to see, which works fine for me."

And for those moments between performances?

"If I'm not watching a band that I want to see, I hang out on the barges," she says.

The art vendors remain a draw for her, too.

"I love going to see the art show. I think it's a fantastic pairing of art and music on the waterfront. Plus, there's just so many other people around that are SunFesters who go every year and I see the same faces," says Ms. Robertson-Ober.

She attended her first SunFest in 2001.

"It was the year that they had Cyndi Lauper and Chaka Khan. I just remembered saying to myself that it was an absolutely incredible SunFest. I just couldn't believe you could see so many wonderful acts at one time for the price. That was one of the years I was making myself a timetable and doing an Excel spreadsheet," she says.

in the know



>> **What:** SunFest

>> **When:** 5 p.m.-10 p.m. May 1-2; 5 p.m.-11 p.m. May 3; noon-11 p.m. May 4; and noon-9 p.m. May 5. Fireworks are 9 p.m. May 5. See sunfest.com for performance times.

>> **Where:** Along the West Palm Beach Waterfront between Okeechobee and Banyan Boulevards

>> **Cost:** Early bird (until April 27), \$8 (youth) to \$61 (5-day pass). Regular price (April 28-May 5), \$10 (youth) to \$69 (5-day) pass. Reserved seating, Club SunFest and Gold Backstage Pass also available.

>> **Info:** sunfest.com

>> **Scheduled:** Train • The Smashing Pumpkins • The Offspring • Ed Sheeran • Life in Color • The Black Crowes • Kendrick Lamar • Mac Miller • Slightly Stoopid • Big Sean • Gavin DeGraw • Phillip Phillips • Boz Scaggs • Cheap Trick • Barenaked Ladies • Jimmy Cliff • Edward Sharpe and The Magnetic Zeros • Dickey Betts & Great Southern • The Airborne Toxic Event • Reel Big Fish • Less Than Jake • Molly Hatchet • Gary Clark Jr. • Yellowcard • The Chevin • Tribal Seeds • The Lone Bellow • AAN • Kaleigh Baker & the Nem • Roadkill Ghost Choir • Breeze Davinci • Chris McCarty and The Underground Movement • Community Property • Dharmata • Future Prezidents • Jahguar • Making Faces • Rich Coccaro • SJ • Stiletto Red • The Curve • The Duppies • UNRB • Shatterglass

Unlike years past, she will not buy a Club SunFest pass.

"I still have bought a five-day pass."

Restaurants and bars along Clematis Street and throughout the downtown core tend to fill up during SunFest, but Ms. Robertson-Ober, whose restaurant/bar is just north of CityPlace on Rosemary Avenue, says business has dropped off the two years she has been open.

"We actually canceled our entertainment for Friday night," she says.

Perhaps it is the talent that SunFest books that draws at least a few of her customers.

"We spend more on talent than what the whole budget was when I started," says Mr. Jamieson, the SunFest executive director. He's been working for SunFest since 1990. His annual budget is just shy of \$6 million.

"The festival evolves and you see a whole new generation coming to SunFest — a new generation of patrons, a new generation of volunteers, board members, everything."

Jazz was the main attraction when the festival opened in the '80s. Dave Brubeck and Spyro Gyra were among the early headliners.

All that changed in 1991, when Sue Twyford, executive director of SunFest for 11 years, doubled the ticket price and brought in such stars as Harry Connick Jr. and Crosby Stills & Nash.

With that, the festival evolved and it began to draw musicians from many different genres.

Mr. Jamieson points to one of the bands coming this year.

"I'm most looking forward to Life in Color. I think that's just going to be so fun. Electronic music that is the thing right now, and the Life in Color people have a great brand and they've been doing it for some years now. It's just something totally new and different," he says.

For that diversity, SunFest fans can thank Ms. Twyford.

Ms. Twyford died suddenly 10 years ago, and a downtown park was named in her honor.

"I always stop and say hi," Mr. Jamieson says. "I think she gives us good weather, and a lot of what SunFest is



COURTESY PHOTO

SunFest 2013 will fill the West Palm Beach Waterfront May 1 through May 5.

today goes back to her and the leadership she gave.”

End of season, start of summer

The festival actually extends the tail end of South Florida’s tourist season.

But area seasonal workers view it as their opportunity to kick back.

“It’s the end of the season. You know, when you work seasonally, it’s the end of the season for loads of us and it’s a chance to just relax and let your hair down. You see people you haven’t seen all season because they’re working like you’re working. It’s just an overall vibe. It’s comfortable for me,” says Jeff Margel, a resident of downtown West Palm Beach and a private chef.

Take one look at a photo of Mr. Margel and you’ll know he lives the part of the consummate SunFest fan.

His neck is weighed down with strand

after strand of Mardi Gras-style SunFest beads he has collected over the decades.

“We’re going to weigh mine this year before I put them on,” he says, adding that there are at least two other SunFest fans who wear more of the plastic beads than he does.

That suits the mood of the festival.

“It’s just a very well organized five days of mayhem and fun. The concentration of what you find is so varied. There is no one person,” he says.

The festival attracts young and old alike.

“People like to bring their kids down, hang out at the waterfront. For the most part it’s just people who want to let loose and be finished with season,” he says.

“All the restaurant people, all the waiters, waiters, service staff, housemen, maids, chefs, chauffeurs are finally getting a break. They’re all there. That’s what

makes the crowd. It’s not only them, obviously, but for sure there’s a high concentration of that.”

While relaxing is important to Mr. Margel, he does enjoy the art.

“I love looking at all the exhibits. A lot of it doesn’t change but every once in a while you a slew of new things to look at,” he says. “It’s fun to see the waterfront totally transformed. There are people everywhere, music everywhere.”

Mr. Margel was excited that Boz Scaggs is on this year’s lineup.

He started attending SunFest in the early ’90s.

“I remember one year we had Little Feat, and Jimmy Buffett climbed onstage with them and did a little piece,” he says.

There were memorable performances by Bonnie Raitt and Bruce Hornsby.

“Morris Day was great. That’s like back when I was growing up and the funk scene was just starting to happen, there were folks like Morris Day who were just breaking it in,” he says.

If that took him back to his youth, then West Palm Beach’s revamped waterfront and seemingly revitalized downtown bring him squarely into the present.

“This place has grown and grown and grown, and I like to see the infusion of money and people into the area just to see it can continue and just to see that things are doing well,” he says. “Clematis Street has undergone a bunch of metamorphoses along the way.”

And SunFest?

“It’s an amazing undertaking that they organize that army of people every year. And it really works well,” he says. “Kudos to them.” ■

COURTESY PHOTOS

Bands including Barenaked Ladies, Train and Cheap Trick plan on taking the stage at this year’s SunFest.



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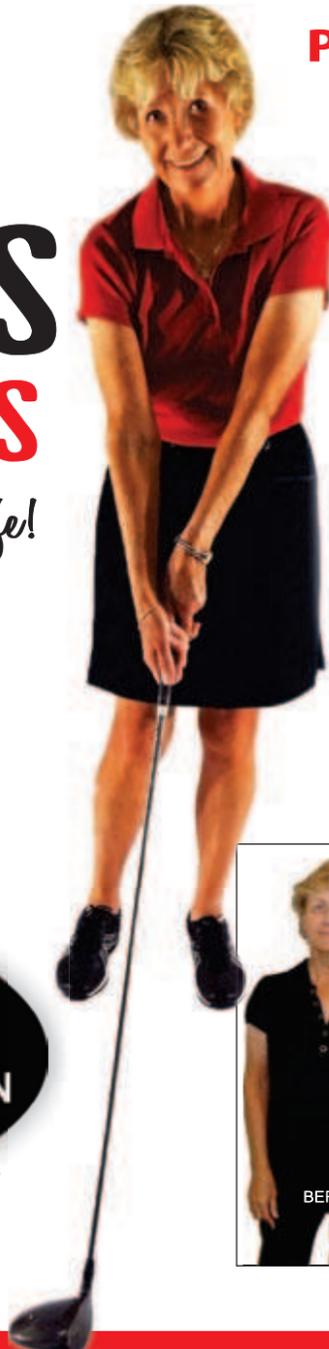
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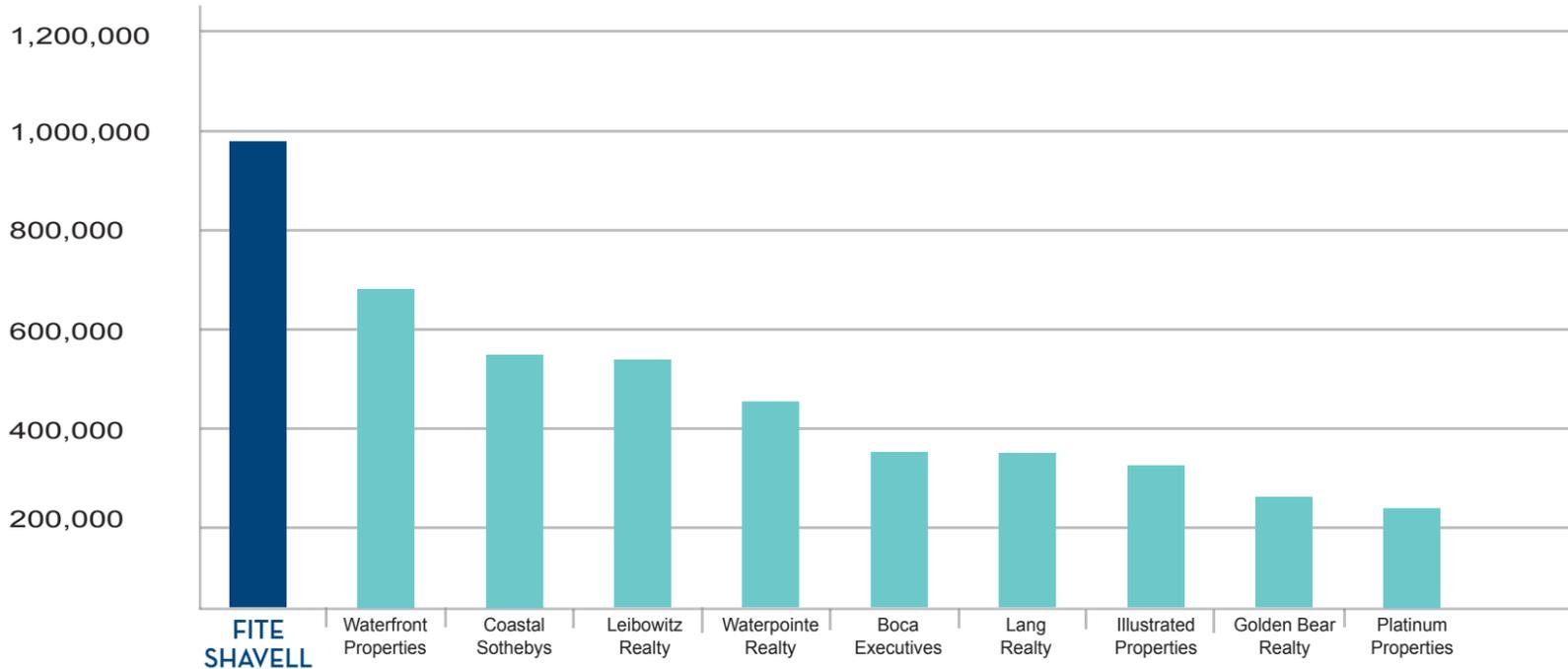


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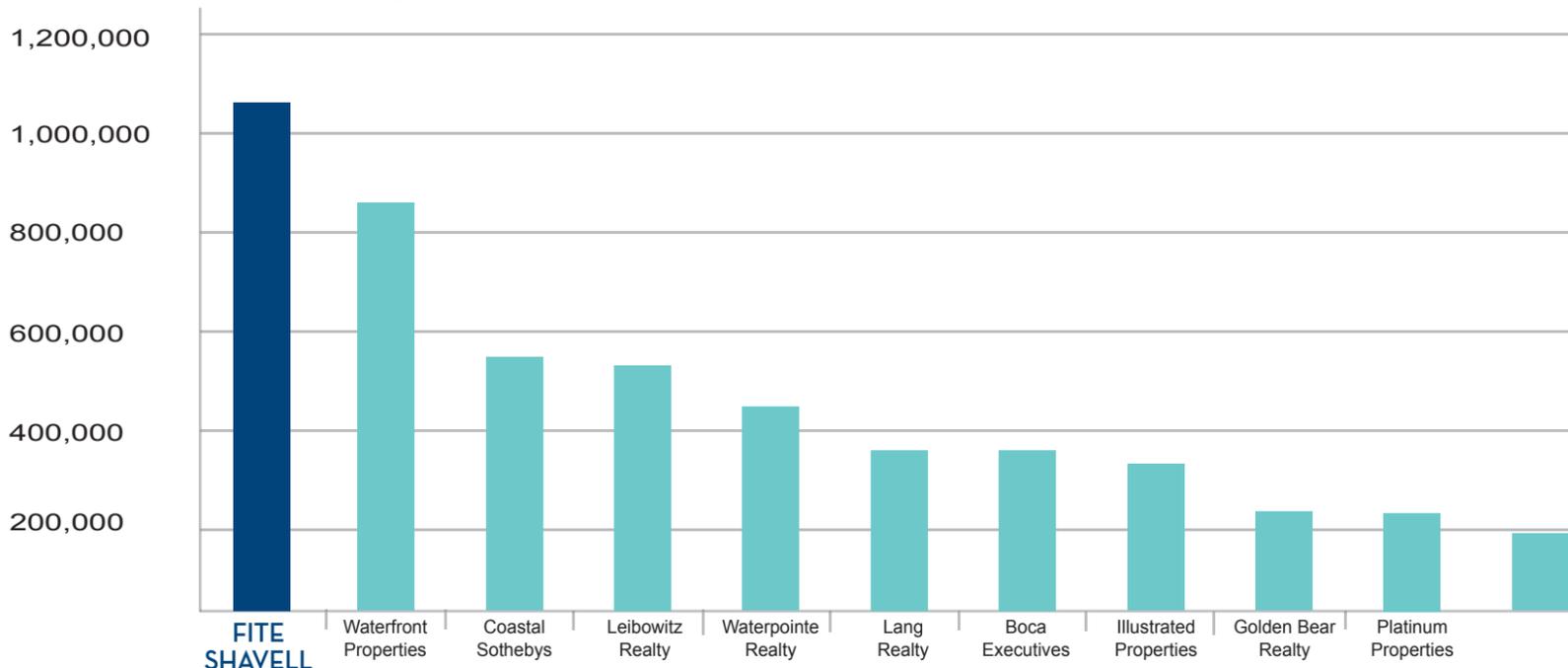
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HEALTHY LIVING

Retirement for two almost always means readjusting your thinking



lindaLIPSHUTZ

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Shari groaned when she saw the threatening skies. There was no way Mort would be playing golf, and she knew what was coming next. She had no doubt he'd be moping around the house making it clear he wished she'd cancel her regular Thursday bridge and lunch date. She didn't think it was fair to expect she'd give up everything just because HIS schedule opened up.

It really bothered her that Mort had not been adjusted well to retirement and that he relied so heavily on her. Mort had been a type-A workaholic and had never had time for friends or outside activities. Shari had repeatedly asked him to take time off to be with her, but he had always protested he was too busy. After years of hurt and heartache, she'd paved a fulfilling life for herself — part-time consulting work, but ample time for her friends and activities.

Even though Shari made sure to arrange many shared activities with Mort, she hated having to worry about how he'd fill his time apart from her. When she elected to go out with her friends when Mort had no plans, she couldn't really enjoy herself. She would be too concerned about how Mort was doing at home. And, she knew she'd pay for her good time in some way or another.

So many of us spent decades working hard and squirreling funds as we attempted to plan for the best retirement possible. In the process, we may have smugly believed we had taken the necessary steps to collaborate with our partners — scrimping, planning, and

compromising — to come up with a mutually agreed upon retirement roadmap.

However, we may not have spent sufficient time considering the role we expected our partner to play in filling our emotional and social needs. Clarifying the amount of “together time” versus the amount of “personal time” is often a loaded drama in many retired households. The picture becomes all the more complicated when one or the other feels responsible for the happiness or emotional well being of their partner.

Our previous work lives and family responsibilities may have provided a daily structure that offered a sense of purpose. Unanticipated financial, health or family struggles may add layers of stress that can overload relationships that had been fairly solid. With so much additional time together, we may be compelled to face emotional issues we were previously able to avoid. It's important to openly discuss the impact of our differences and to communicate that we are committed to helping our partner find their way.

Some of us by nature are more socially adept than our partners. We have a facility and ease with other people, and look forward to nourishing rewarding ties with other people. We may have spent a lifetime reaching out to others, and may, in fact, have a ready-made roster of people we look forward to spending time with. It becomes uncomfortable if our partner is envious or resentful of our activities and friendships outside the relationship. We don't appreciate having to answer for our time, and certainly may resent feeling guilty or defensive.

Others of us struggle to find purpose



and meaning in this chapter of our lives. Our previous work lives and family responsibilities may have provided the daily structure that offered purpose and identity. We may feel lonely and at a loss when we're unable to identify activities and friendships that offer a comparable challenge. We may project our unhappiness onto our partners and blame them for the ways our lives are feeling short. We may count on them to come up with solutions that our rightly ours to figure out.

We should pay careful attention to make sure these stresses don't polarize the relationship. It's much better to identify the conflict and to hammer out an agreement that addresses the conflicts and offers an agreeable middle ground. It's important to openly discuss the impact of our differences and to communicate that we are committed to helping our partner find their direction.

We will thrive the best as couples when we trust that we have the room to grow in our own way, individually

and jointly. Our success will obviously depend on our maturity and willingness to respect the other's differences, as we face the challenge of integrating the emotional needs of two complex personalities.

However, it may be helpful to recognize our strengths as a couple, and invest energy into mapping a plan that addresses each other's unique qualities. We will probably need to be patient, because we may each adjust and grow at very different paces. At the end of the day, we are all responsible to navigate our own way. ■

— 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 at 561-630-2827, online at www.palmbeachfamilytherapy.com, or on Twitter @LindaLipshutz.

The next generation and the transfer of wealth



leslieLILLY

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The first time I heard the term “transfer of wealth” I thought it meant taking money out of my pocket and putting it into my son's. I have since been educated. However, my initial understanding was not wholly inaccurate. It just didn't capture the enormity of wealth transfer when measured on the scale of all the assets of one generation passing on to the next. It's happening all around us.

The demographics of aging in Florida already point toward a crowded exit door. Over-flowing antique emporiums and consignment shops are the final resting place for thousands of households daily downsizing and fading away. Mortality is ushering an entire generation toward the inevitable, and the next generation is rising to fill the spaces and places left behind.

The demographics of this generational change are enormous. A massive swell of baby boomers born between 1946 and 1964 is moving toward the “white light” in a single wave on a comparatively tight schedule. The realization you can't take it with you is

more or less simultaneously occurring on a massive scale within households throughout the country. Mom and Dad must grapple with what to do with all the stuff accumulated throughout a lifetime of nesting. Once their deliberations are concluded and the curtain comes down, trillions upon trillions of dollars in financial assets will move inexorably as a lava flow, into the money vaults of the ascendant generation.

Who are these next generations of wealth holders? How well prepared are they for the complexities of managing their inherited wealth? What will be the effect on the country's cultural landscape? Will philanthropy be transformed by their vision and values?

The line is long of interests in pursuit of answering these and many more questions. The race is on to court the next generation of the rich. An explosion of programs targets children of the wealthy. Topics range from financial literacy, to prenuptial agreements, to managing family dynamics. Future business depends on keeping the children of wealthy clients or donors engaged.

Philanthropy has taken notice. There is no guarantee that the charitable commitment or interest of living donors will be replicated or increase as a result of the wealth transfer. Much depends on whether the children of major donors care as much or more than their parents about giving. Will they embrace philan-

thropy as a moral imperative? Do they carry the DNA of their parents to be charitable lifelong?

The charitable sector is investing in research and data gathering on the characteristics, attitudes, and behaviors that distinguish the differences between offspring and parent. If philanthropy is to be sustained and grow in a measure modestly proportionate to the total magnitude of the wealth transfer, the prospective needs, interests, and attitudes of the future donor base must be understood.

The Johnson Center for Philanthropy recently published a report that focuses on the transfer of wealth and the “NexGen” populations who will inherit its largesse: The “Gen Xers”, the population born roughly between 1965 and 1980 is 51 million strong; and the Millennials, the generation born after 1980, number about 75 million and already express a strong inclination for change spelled with a capital “C”. The report forecasts a relatively small number of Gen Xers and Millennials will inherit an estimated \$40 trillion; and that these NexGens will multiply this wealth as they go about creating new enterprises. NexGen philanthropy has the potential to be the most significant in our nation's history but there is no certainty the potential will be fulfilled.

Much is at stake. It's no time for the charitable sector to blink. NexGen

donors can propel forward the positive change our communities need. The Johnson report acknowledges the challenges of their time. Globalization, economic decline, and the growing scarcity of clean air and water are complexities that occupy a significant place on a far, far longer list of toxic issues. That being said, the report concludes the only way to get started is to get started, by encouraging and informing conversations across multiple generations; and to jointly seek effective, productive ways to engage NexGens in the philanthropic process. We have a deep mutual interest in helping them to succeed in their aspirations to change — really change — the world for the better. The NexGens are serious about transformational philanthropy; and philanthropy and the charitable sector are working to catch up. ■

— Leslie Lilly is a native Floridian and the immediate past president and CEO of the Community Foundation for Palm Beach and Martin County. Her professional career spans more than 25 years in the charitable sector, leading major philanthropic institutions in the South and rural Appalachia. She resides with her family and pugs in Jupiter. Email her at llilly15@gmail.com and follow Lilly on Twitter @llilly15.



SCOTT SIMMONS/FLORIDA WEEKLY

The back of the plate bears the National Youth Administration pottery mark and its city, Solvay, N.Y. The paper label is from the 1951 auction of some of the Roosevelts' possessions.

PLATE

From page 1

was the sticker on the back that reads, "Collection of President & Mrs. Franklin Delano Roosevelt." That paper label bears the auction lot number of "537."

It prompted a little research.

The plate was made by the National Youth Administration pottery in Solvay, N.Y., near Syracuse. The NYA was an agency of President Roosevelt's New Deal that focused on education and employment for Americans between the ages 16 and 25.

Research shows Eleanor Roosevelt visited the NYA pottery in October 1940.

An Associated Press report from Oct. 10, 1940, notes: "At the NYA pottery project shop in suburban Solvay, she was given a set of dishes especially made for her."

And in her Oct. 12, 1940, syndicated "My Day" newspaper column, Mrs. Roosevelt mentions visiting the pottery — but she makes no reference to the plates.

No one can say for sure whether the plate is from the set given to Mrs. Roosevelt that day.

But according to Michelle M. Frauenberger, museum collections manager at the Franklin D. Roosevelt Presidential Library and Museum in Hyde Park, N.Y., the plate was one of 12 listed in a Nov. 12-Dec. 3, 1951, exhibition and sale of items belonging to the Roosevelts that took place at Hammer Galleries in New York.

According to her information, the number on the back of my plate matches the auction lot number in her archives.

How thrilling is that?

But it is the presidential china itself — the fancy stuff made by Lenox, Castleton and Haviland for the White House — that can be worth thousands of dollars for a single plate.

This plate might be worth a few hundred dollars, but in a historical context, it is priceless because it is a product of its time and because of who received it.

Of course, presidents and their families receive hundreds, if not thousands, of gifts every year. Many of those gifts now are governed by laws created in the 1960s, and now may have to be declared in an annual disclosure report to the Office of Government Ethics.

But Mrs. Roosevelt probably received this plate in 1940, before those laws were in effect, and it has utensil marks — those subtle scratches in the surface from use, which makes one wonder: could the first couple have used these plates?

This plate still has its 1951 paper auction label, so it clearly has not been used in nearly 62 years.

Mrs. Roosevelt was known for preferring simple surroundings, like her Val-Kill cottage on the family estate in Hyde Park; these rustic, hand-decorated plates would have fit the bill quite nicely.

But somehow, the dozen plates ended up at auction and were dispersed who knows where.

Elena Johnson, owner of True Treasures, mused that you never know what you will find at one of her stores, and that there is no telling what lurks among the items in South Florida households.

Ms. Frauenberger notes, "None of these plates ended up in our Museum collection."

Until now.

"He who planted will preserve."

That's a great motto, and it is an inspiration to me.

Once this story is published and I have finished chattering about my presidential find, the plate will be packed off to the presidential library to become a part of its collection.

The library does not accept unsolicited donations.

"I've consulted with the Library's Director and Supervisory Museum Curator and am delighted to say we would be happy to

accept your generous offer," Ms. Frauenberger writes, adding, "We would also be happy to have a copy of your column to put in the file for the plate."

I'm truly honored, and I'm certainly inspired to seek out that next great find. ■



COURTESY PHOTO Eleanor and Franklin Roosevelt in 1941.

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because: 1) He took the time and effort to listen to me explain exactly how I injured myself. 2) He properly diagnosed the problem. 3) He prescribed the right treatment.

Could the 32 other chiropractors I drive by every time I visit Dr. Papa's office have gotten the same results? Possibly. Would I take a chance with them after seeing what Dr. Papa has achieved? Not in a million years."

— Rob Gramer, Engineer, Jupiter, FL

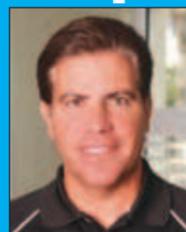
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WEEK OF APRIL 25-MAY 1, 2013

PALM BEACH COUNTY COMMERCE

Record keeping

How long should you keep financial records?

SPECIAL TO FLORIDA WEEKLY

Now that you have finished your tax return, how long should you keep all of those records? Keeping them forever could pose a security risk, as these records contain personal and financial information.

The question is, which documents should you keep?

The Federal Deposit Insurance Corporation says it can't tell you when it is safe to throw away financial documents, the Better Business Bureau reports. They do say to keep the information as long as the Internal Revenue Service can assess you additional taxes. Right now, that is approximately seven years. Laws change. Always check with your CPA for the latest laws.

Here's what the Better Business Bureau suggests.

■ **Credit Card Statements:** The FDIC says to save the statements for one year, unless they have tax significance. Suggested: Save for seven years if you have purchased a big item. If there is a fire or other disaster that affects your personal property, you can prove to the insurance company and/or the IRS that you did have the item and how much it was worth at time of purchase.

■ **Bank Account Statements:** Check with your financial institution and determine how far back they keep statements available to you.

■ **Canceled Checks:** Again if purchases are tax related, keep canceled checks seven years. If they are related to your house purchase, renovations or big items that you purchased, keep the canceled checks in a file just for those things — and keep them indefinitely. If you sell the house, keep them seven years longer. Banks are required to keep copies of checks for seven years.

■ **Deposit, ATM, credit card and debit card receipts:** FDIC reminds us to save them until the transaction appears on a statement and you know the amount is correct. If it is for a big item and it has a warranty, save the receipt at least until the warranty is up. Remember, you might want to save it longer for insurance and/or IRS reasons, if there is a disaster.

■ **Electronic Records:** Make sure you back up your data. Technology is always changing. Make sure you are using a method that is safe and allows the information to be easily retrieved.

To check the reliability of a company and find trustworthy businesses, see BBB.org. ■



10 Tenet Florida hospitals achieve green goals

SPECIAL TO FLORIDA WEEKLY

Tenet Florida hospitals achieve successful, measurable results in achieving green goals through implementing Stericycle's sustainable solutions service. The service includes a strong focus on sustainable initiatives, ranging from recycling to keeping pharmaceuticals out of the water and plastic and cardboard out of landfills, Tenet reported in a prepared statement.

The 10 Tenet Florida hospitals launched the sustainable solutions service in 2012 and have since accomplished:

- 152,254 pounds of CO₂ emissions annually prevented by using reusable

sharps containers.

- Not burning 7,841 gallons of gas and 2,879 BBQ propane tanks due to a use of reusable containers.

- Recycling 5.5 million pounds annually for a collective average of 25.9 percent of total waste compared to 3.7 percent prior to implementation.

- Regulated medical waste (commonly referred to as red bag waste) was reduced by 6 percent.

These integrated initiatives aim to green Tenet's Florida hospitals by including significant training on proper segregation techniques, Tenet said. Tenet Healthcare is a member of Practice Greenhealth, a nonprofit membership organization for best

practices and environmental solutions in the healthcare community.

Stericycle's services manage all 10 hospital's disparate waste streams to assure safe handling of all waste and to emphasize regulatory compliance. Hospital teams are trained by healthcare compliance specialists regarding Environmental Protection Agency and Department of Transportation regulations, and the 20 Joint Commission standards that focus on hazardous or pharmaceutical waste.

To help further reduce its footprint, the 10 hospitals chose Bio Systems reusable sharps containers. Each reusable container keeps an average of 600 disposable sharps contain-

ers from going to the landfill. For Tenet's Florida region, 152,254 pounds of carbon are not being emitted annually. This choice means that 260,631 pounds of plastic and 12,228 pounds of cardboard are not being sent to the landfill. These numbers equate to not using 7,841 gallons of gasoline or 2,879 propane cylinders for home barbecues.

Senior Vice President of Operations for Tenet Florida, Marsha Powers, said, "Our hospitals are proud to be using sustainable solutions and we are committed to driving environmental best practices, staying ahead of regulatory compliance and reducing costs." ■

MONEY & INVESTING

EU's little problem becomes worldwide mess

jeannetteSHOWALTER, CFA
showalter@wwfscsystems.com



As most know by now, the devastation in gold's price was started by the collective decision of the ECB, the European Commission, and the International Monetary Fund (nicknamed the "Troika") to force the little country of Cyprus to sell its gold.

Specifically, on Friday, April 12, 2013, the Troika informed Cyprus that it must sell gold reserves before any more bailout money would be received. This announcement of forced gold sales led to fears that the other struggling and larger EU countries (e.g. Greece, Italy, Portugal, Spain, Slovenia, etc.) might also be told to do the same.

Was the gold sale a good idea? No; it was a very bad idea. Consider an example that is comparable to Cyprus' predicament. If a borrower is hard pressed to make a repayment and has only one remaining asset that can be used for repayments, the lender would wisely not trash the value of that asset.

Further, if the borrower will have to use its scarce remaining resources to engineer a recovery (to allow future repayments to be made), then the lender would have double incentive to uphold the value of that asset.

As the Troika failed to take simple, positive steps, the wake of destruction enlarged. A would-be mini crisis turned into a worldwide market crisis. The Troika could have taken all of Cyprus' gold as loan collateral and then gold's value might have actually elevated. However,



ordering Cyprus to sell gold worsened world economic/confidence conditions, lowered the store of value that Cyprus and other countries hold in gold and lowered the value of the gold payment that these countries can make.

Specifically, Cyprus' central bank holds about 13.9 metric tons of gold. (Bloomberg, April 17.) Gold traded at \$1,599 on April 1 and by April 16, it was traded at \$1,323. So now, sale of 400 million Euros of "excess" gold will require approximately 20 percent more tonnage of gold to be sold. (OEC data feed) Also, the concurrent attack upon the Cypriot banks' depositors (in the form of "imposed losses" on uninsured deposits) is an economic death knell to Cyprus' banking sector, largely viewed as one of the only two viable businesses in Cyprus, other than tourism.

Longer term, two trends are emerging worldwide. First, absent a positive change in leadership, the Troika appears completely incompetent to handle the much larger problem of trillions in EU sovereign debt across multiple countries with economies much more critical than Cyprus'.

Second, the Troika's actions further the concept that governments are mov-

ing toward confiscation of assets (i.e. the taking assets outside the rule of law) and toward increasing levels and forms of taxation.

Though the U.S. citizenry might feel that aggressive taxation (and enforcement) is isolated to the U.S., the reality is that this aggressive trend is worldwide in many "democracies" and "republics." The taxation is meant to create specific economic results (whilst those taxed change their economic behavior to avoid increased taxation) and pay for unsustainable economic policies of governments.

Consider the following: France wants international sharing of bank account information so that all can hunt for their respective non-domiciled bank accounts. The Organisation for Economic Co-operation and Development in February proposed international tax standards, largely at the prompting of France, Germany and the UK. Egypt imposed a capital gains tax retroactive to several years earlier when there was no such capital gains tax.

Possibly the most noxious of these developments is that the EU wants to tax financial transactions (0.1 per cent on stocks and bonds and 0.01 per cent on derivatives) in its tax area and outside its own territories, heavily shifting the burden to the city of London, New York City and Singapore, as these are financial centers with high transaction levels. (In self-serving style, the EU would exempt secondary market trades of sovereign bonds.) Only 11 of 27 EU countries approved the tax. Britain was among 16 members that opposed the proposal.

Further, the EU rulers have defined the tax to include transactions outside the EU as long as the financial instrument was issued within their tax area. For

instance, the EU wants to collect a tax on Swiss equities traded in New York City, Hong Kong, London, etc. Of course, the U.S. Chamber of Commerce and Financial Forum have objected.

For those socialist-leaning governments desperately needing money to pay their bills, this disregard for international treaties and burden shifting to other parts of the globe makes perfect sense.

Back to gold: There are many sound reasons for owning gold as a part of the portfolio. One additional reason is that gold offers a hedge against world governments that are confiscating assets and tax burdening along their path to ultimate demise.

The trend worldwide is evident: run large government deficits and print money to pay for them, lower your country's currency value and aggressively tax your own citizens and create mechanisms to tax those outside your country.

The first two steps are inflationary and the latter is deflationary. So take your pick which one wins in the end — but either end game might be very good for gold. ■

— Jeannette Showalter, CFA, is a commodities broker with Worldwide Futures Systems, 239-571-8896. For mid-week commentaries, write to showalter@wwfscsystems.com.

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KOVEL: ANTIQUES

Artists create value by limiting production

terryKOVEL
news@floridaweekly.com



A 7½-foot-high safety pin that looks like a modern sculpture actually is a floor lamp made in 1975 by modern artist Yonel Lebovici (1937-1998). In the 1960s, he started making very unusual lamps and other items inspired by everyday objects. His marketing ideas were unusual for an artist at the time. He made a limited number of each creation, which means he was among the first to sell "limited editions." He was ahead of the huge popularity of limited-edition plates, figurines and other collectibles. In the late 1960s, machine-made plates and figurines often were limited to the number made in one year. Collectors paid more for those no longer made. In the 1990s, limited editions lost favor and prices fell. But to own "the-only-one-made" art piece by a known artist gives extra prestige to a collector, and prices are high. Work by an important artist limited to about 20 examples also entices collectors to pay higher prices. Mr. Lebovici was influenced by everyday household items, fish and perpetual motion. He created cordless lamps using the then-new low voltage technology. The large safety-pin lamp, from an edition of 10, auctioned for \$37,500 at Sotheby's in 2012.

Q: I'm wondering what my Marx-a-Serve Electric Table Tennis game is worth. I don't have the original box or instructions, but I have all the game pieces - the battery-operated base unit and nets, four ping-pong balls and two rackets. The base unit shoots out a ball and the player hits the ball back into the net. The ball then falls back into the machine for continued use.

A: Your game, with its original box, sold online recently for \$32. Without the box, it would sell for less — perhaps \$20 if the mechanism still works.

Q: Our grandmother left us an inkstand that has been in the family for more than 80 years. It's in the shape of a stag's head with long antlers that form a pen rest. The words "Niagara Falls" are on the top of the stag's head. A pressed glass inkwell sits right behind the head on a base that looks like a pile of leaves and acorns. The antlers are 5½ inches high, and the inkstand is about 6 by 4½ inches. What can you tell us?

A: Your inkstand is a well-known American design that dates from the early 1900s. We have seen it without any notation on the stag's head, but it was probably sold as a souvenir at many tourist sites. The head, base and antlers have been made in various colors and metals. Your inkstand, depending on its

condition, could sell for more than \$100.

Q: I inherited a plate from my aunt, who was an antiques dealer in the 1940s and '50s. The plate is octagonal and has an allover chintz pattern of flowers, leaves and berries. The bottom of the plate has a printed mark with a crown over the words "Crown Ducal Ware, England." Can you tell me how old the plate is? Is it valuable?

A: The trade name "Crown Ducal" was first used in 1916 by A.G. Richardson and Co. of Tunstall, England. The mark on your plate was used beginning in about 1925. The company began working in Tunstall in 1915 and in nearby Cobridge in 1934. A.G. Richardson was bought by Wedgwood in 1974. Chintz-pattern dishes have fallen in price throughout the past few years. Your plate is worth about \$50.

Q: I inherited some TWA airline memorabilia from an uncle who worked for Trans World Airlines years ago. I have a box of TWA playing cards, carryon bags, silverware, booties, etc. Are any of these items worth anything? How should I go about selling them?

A: There are collectors of airline memorabilia. You can find some of them by contacting one of the clubs for collectors, like the World Airline Historical



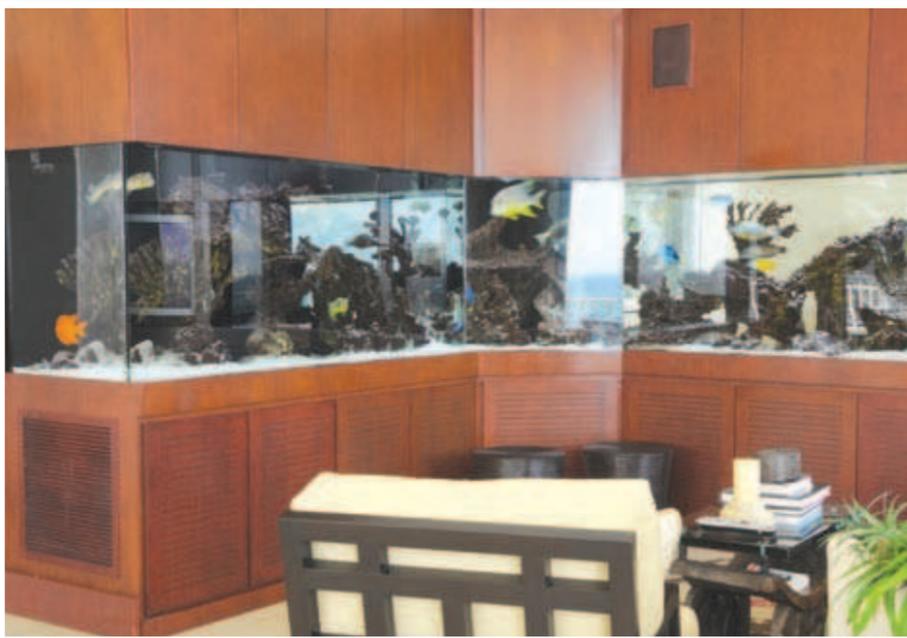
COURTESY PHOTO
A French artist named this large safety pin "Epingles de Nourrice" ("safety pin of the baby nurse"). It's a floor lamp that tops 6 feet. Purchase price at Sotheby's New York was \$37,500.

Society. The club website (www.WAH-Sonline.com) lists collector shows in the United States. If you find one near you, you can go to the show, meet collectors, see what things like yours are selling for and possibly find a buyer.

Tip: After you come back from a flea market or show where you examined merchandise, be sure to wash your hands. You could have handled something oily or dusty that left traces on your hands. When you unpack, wash your hands again to be sure all contaminants from the wrappings are gone. Gently clean any of your new purchases. And think about the weather when you're shopping. A change from very hot or very cold to room temperature can damage antiques. Try not to keep purchases in your trunk for very long.

Take advantage of a free listing for your group to announce events or to find antique shows and other events. Go to Kovel.com/calendar to find and plan your antiquing trips. ■

— 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 Kovel, (Florida Weekly), King Features Syndicate, 300 W. 57th St., New York, NY 10019.



Exclusive, with amazing views

SPECIAL TO FLORIDA WEEKLY

This apartment is in the exclusive Sloans Curve full-service oceanfront building. It's located at 2000 S. Ocean Blvd., #409S, Palm Beach. The southeast corner, three-bedroom, 3.5-bathroom apartment has direct ocean and

Intracoastal views, as well as views of the garden and tennis court. This unit has it all. It is ready to move in and is just 15 minutes to Palm Beach International Airport. Fite Shavell & Associates lists the residence at \$3,500,000. The agent is Karen Donnelly, 561-358-9353, kdonnelly@fiteshavell.com. ■



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Vacant lots are selling, and an architect can provide buyer a vision

heather
PURUCKER BRETZLAFF



As scarce as vacant property is to find in South Florida, there are still some very good properties available at a reasonable price. It would be an understatement to say that it has been nothing short of a difficult challenge to sell vacant land the past few years.

Most buyers cannot envision what type of home or building can be built on a piece of vacant land and that becomes difficult when the market is already slow. In addition, banks have not been lending on vacant land or if they are, it is at a very low loan to value ratio. Construction loans have been nonexistent until just recently.

But as we are seeing more new construction starts and lower inventory, vacant land is starting to get some attention as well. I just closed on a vacant lot last week and had another offer on a different vacant lot this week.

The first property happened to be within a golf course community and it sold to another member. It was on the market for quite some time and the buyer had an interest in it for the past several months, but didn't feel the urgency to purchase since the market was soft. He decided to hold off and then realized last month that property was beginning to sell around him, which created immediate urgency.

When he finally did make the offer, my sellers were able to negotiate a higher price with the new activity hap-

pening in the area, and with the recent sale of four other vacant lot sales within the community.

The second property was a much different type of transaction. It was an oceanfront parcel already cleared and ready to build, offering more than four acres on Jupiter Island. This property is a one of a kind, with endless possibilities.

Plans were already completed when the property was purchased, but this client was looking for something different than what was previously designed. Prior to meeting the potential client, my husband and I scheduled an architect and builder to be at the property for the meeting. They were aware of the clients' needs and had preliminary ideas to discuss.

As we pulled onto the property, the client arrived with an associate and his attorney. All six of us walked the property and discussed the various options and opportunities associated with this rare oceanfront parcel.

We spent about an hour on the property and then toured a home that the builder had built for another owner a few doors down. This allowed the client to feel what it would be like in a home overlooking the beach and ocean on a similar lot. He then left and went to view other properties in the southern Palm Beach area.

After touring the home with the builder and client, the architect created a rough sketch of a concept that could



be built on the property. This further allowed the buyer to envision what he could do with the property and was a valuable tool in creating credibility and raising the value of the property in the eyes of the buyer.

Currently, we are working through an offer on this property but it was with the help of the architect and builder that we were able to pull this together so the buyer could make a sound decision moving forward.

I have always found it to be extremely

beneficial to have business associates get involved when it is something that will benefit not only the buyer, but also the business associates. In this case, it gives the architect and builder first position after the sale is complete and the buyer proceeds with plans and the actual construction of the home. ■

— 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.

Florida metro construction up 15.3%

SPECIAL TO FLORIDA WEEKLY

For major-metro regions in Florida — Jacksonville, Miami-Fort Lauderdale-Pompano Beach, Orlando-Kissimmee-Sanford, Tallahassee and Tampa-St. Petersburg-Clearwater — the BidClerk Construction Index (BCI) found a 15.3 percent increase in construction projects that were actively bidding, the Florida Association of Realtors said in a prepared statement.

Private construction activity increased just 0.8 percent, but public construction increased 25.4 percent compared to the same period last year. In a quarter-over-quarter analysis for Florida construction projects in the major metro markets actively bidding, first quarter 2013 saw an increase of 35.3 percent compared to a decrease of 13.3 percent reported in 4th quarter 2012. First quarter public and pri-

vate projects increased 48.4 percent and 17.1 percent, respectively.

In a year-over-year analysis for the Miami region, for example, public and private construction projects increased 4.8 percent compared to one year ago. Quarter-over-quarter, the projects rose 37.3 percent. In Orlando, combined public and private construction projects that were actively bidding increased 10.8 percent compared to one year earlier. Construction projects quarter-to-quarter increased 12.8 percent. Combined public and private construction projects in the Tampa-St. Pete area increased 24.2 percent year-to-year, and 46 percent quarter-to-quarter. BCI's quarter-over-quarter analysis revealed that combined private and public construction projects that were actively bidding in the Tampa-St. Pete region experienced a large increase of 46 percent. ■

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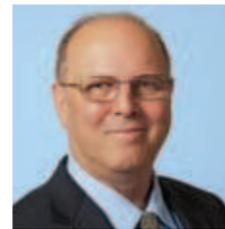
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JWeiss@JWeissProperties.com

Featured Listings

The Brigadoon



2BR, 2.5BA in Juno Beach
MLS #R3279767
\$440,000

Fox Run



3BR, 2.5BA in Jupiter
MLS #R3294271
\$500,000

Treasure Cove



Waterfront Lot
MLS #R3323286
\$365,000

River Bridge



3BR, 2.5BA in River Bridge
MLS #R3251808
\$235,000

Juno Beach



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

San Michele



6BR, 5.5BA
MLS #R3286093
\$1,250,000

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Ritz 2001B: 3BR/3.5BA + Den 3035 SF- **\$1,750,000 Under Contr.**

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Ritz 1104A: SOLD	Ritz 1605B: SOLD	Ritz 704A: SOLD
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Ritz 1101B: SOLD	Ritz 1506B: SOLD	
Ritz 801B: SOLD	Ritz 1106B: SOLD	

Ritz Carlton Seasonal & Annual Rentals

Ritz 1904A: 3BR/3.5BA	Ritz 1506B: 2BR/2.5BA
Ritz 1903A: 3BR/3.5BA	Ritz 1502B: 3BR/3.5BA
Ritz 1704A: 3BR/3.5BA	Ritz 1206B: 2BR/2.5BA
Ritz 1603A: 3BR/3.5BA	Ritz 1003B: 2BR/3.5BA
Ritz 801A: 3BR/3.5BA	Ritz 1102B: 3BR/3.5BA
Ritz 601A: 3BR/3.5BA	Ritz 1106B: 2BR/2.5BA
Ritz 303A: 3BR/3.5BA	Ritz 902B: 3BR/3.5BA
Ritz 302A: 3BR/3.5BA	Ritz 606B: 2BR/2.5BA
Ritz 2503B: 2BR/3BA	Ritz 1105B: 2BR/2.5BA
Ritz 1805B: 2BR/2.5BA	Ritz 801B: 3BR/3.5BA
Ritz 1605B: 2BR/2.5BA	

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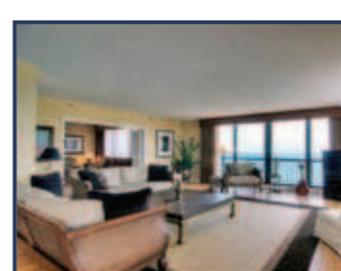
Martinique WT201 2BR/3.5BA
Unique completely renovated unit with spectacular large private terrace. A must see! **\$440,000**
Jeannie Walker - 561-889-6734



Oak Harbour 3BR/3BA Rare direct ICW courtyard home with (2) 40' Boat Slips. **\$1,499,000**
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Martinique WT803 3BR/4.5BA
Beautiful views, 2 parking spaces and a cabana. **NOW 699,000**
Jeannie Walker - 561-889-6734



Martinique WT2302
3BR/4BA on the coveted SE corner. Impact glass. **\$899,000**
Jeannie Walker - 561-889-6734



Beachfront 703 3BR/3.5BA
Spectacular direct ocean & ICW view. Marble floors. **\$899,000**
Jeannie Walker - 561-889-6734



Beach Front PH 2002
4BR/4.5BA Penthouse with over 4,000 Sq ft. of living space. Upgrades plus poolside Cabana. **\$2,150,000**
Jeannie Walker - 561-889-6734



Yacht Harbour 110
2BR/2BA Waterfront. Bring your boat and enjoy casual Florida living. 28' boat slip avail for rent from association. **\$139,000** Jeannie Walker - 561-889-6734



Frenchman's Reserve
2BR/2.5BA- Rolls Royce of Chamberd with luxurious upgrades including elevator. **\$789,000**
Kathy Miller - 561-601-9927



Martinique WT2304
2BR/3.5BA Amazing Views of ocean & ICW. Coveted SE corner on 23rd floor. **\$600,000**
Jeannie Walker 561-889-6734



Cote D' Azur 2-1403
2BR/2BA Remodeled with new kitchen, granite, appliances. Views of ocean & ICW. **\$295,000**
Joan Tucker 561-531-9647



Beach Front 1601 3BR/3.5BA
Direct ocean with magnificent views and marble floors throughout. **\$1,499,000**
Jeannie Walker - 561-889-6734



Martinique ET504 2BR/3.5BA
Coveted SW corner unit with breathtaking views of ocean and ICW. All window impact glass. **\$579,000**
Jeannie Walker - 561-889-6734



Marina Grande 2007
2BR/2.5BA Gorgeous ocean & ICW views. Fully furnished. Turnkey. **\$679,000**
Amy Wunderlich - 561-644-4212



Sanctuary 4BR/2.5BA with updated bathrooms. Spacious, bright pool home on premium and private preserve lot. Desirable PBG gated community with low HOA. **\$500,000**
Sharon Keller - 561-714-3284



Jupiter 2BR/2BA home in great community with no HOA. Large corner lot with room to park a boat. Must see! **\$195,000**
Myra Alexander 561-267-0700

WEEK OF APRIL 25-MAY 1, 2013

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



BASEBALL AND MORE

Six super events – including Baseball & Brews and the Mega Bash V – add to the fun at Roger Dean Stadium

BY THE FLORIDA WEEKLY STAFF

Baseball is back at Roger Dean Stadium.

Oh, wait. It didn't leave for very long.

Palm Beach County is lucky enough to have two Spring Training Teams and two minor league teams play at the stadium in Abacoa.

But baseball is just part of what happens at the sparkling, convenient venue.

The great American pastime is great, but there's a lot offered along with the games this spring and summer.

Stadium folks are calling it the Super 6: Star Wars Night; the

SEE BASEBALL, B4 ►

INSIDE



Naked truth

A male stripper tells his tale, and he's living the good life. **B2** ►



Society photos

See who was out and about in Palm Beach County. **B8-9, 14** ►



"Oblivion" is OK

Our critic says the Tom Cruise flick is worth a look. **B13** ►



Waterway treat

The Dish features a tasty salad from the Waterway Cafe. **B15** ►

Wanted: 80 youngsters with stars in their eyes

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

Attention, talented youth!

Andrew Kato wants you to audition.

Mr. Kato, the producing artistic director of the Maltz Jupiter Theatre, is looking for 70-80 kids to appear in productions of such main-stage productions as "Annie" and "The King and I," as well as a production of "Through the Looking Glass" and Shakespeare's "Hamlet."

The theater's fourth annual First Step to Stardom auditions are set for 11 a.m.-6 p.m. April 27 at the Jupiter Community Center.

"I think the reality is that talent exists everywhere and one of the things that is great about a regional theater is that we have this opportunity for young people, and our job is to harness that and develop that," Mr. Kato said.

Participants will learn a dance routine, receive acting lessons and learn a song

as part of the audition. Students are asked to wear dance clothing and dance shoes or sneakers (no sandals or open-toed shoes).

Above all, the Maltz staff wants kids to have fun.

"In the long term, it's really to our advantage to make the students have a great time when they come to it. We try to make it user friendly, try to make it

SEE MALTZ, B4 ►

SANDY DAYS, SALTY NIGHTS

The stripper with the happy ending



When Justin Whitfield started stripping, he needed the perfect stage name. “Johnny”? Not quite. He tried “Franco,” but when he started dancing at a club in Dallas there was already a “Franco” on the roster.

“How about Justin?” the club’s owner said.

Mr. Whitfield thought it over. He needed a name that would fit his cowboy image. “Justin” it was.

Nearly two decades later, “Justin Whitfield” has written a book about his time on and off the stage in the riotous world of male stripping.

In “Take it Off!,” co-authored with fellow stripper Taylor Cole, Mr. Whitfield answers pressing questions about male exotic dancers. (Do they hit on their clients? Yes. Do they stuff their trunks? Rarely.) Mr. Whitfield calls the book “part autobiography, part instruction guide, part guys telling stories around a bonfire.”

The best parts come from the authors’ anecdotes about how they made their way into the business. Mr. Whitfield — who is sweet and shy, even over the phone — says he didn’t hold a girl’s hand

until he was 17. He was always quiet and unsure of himself around women. But he loved to dance.

“When you grow up, you’re going to work at LaBare,” his mother teased him, talking about a popular male strip club.

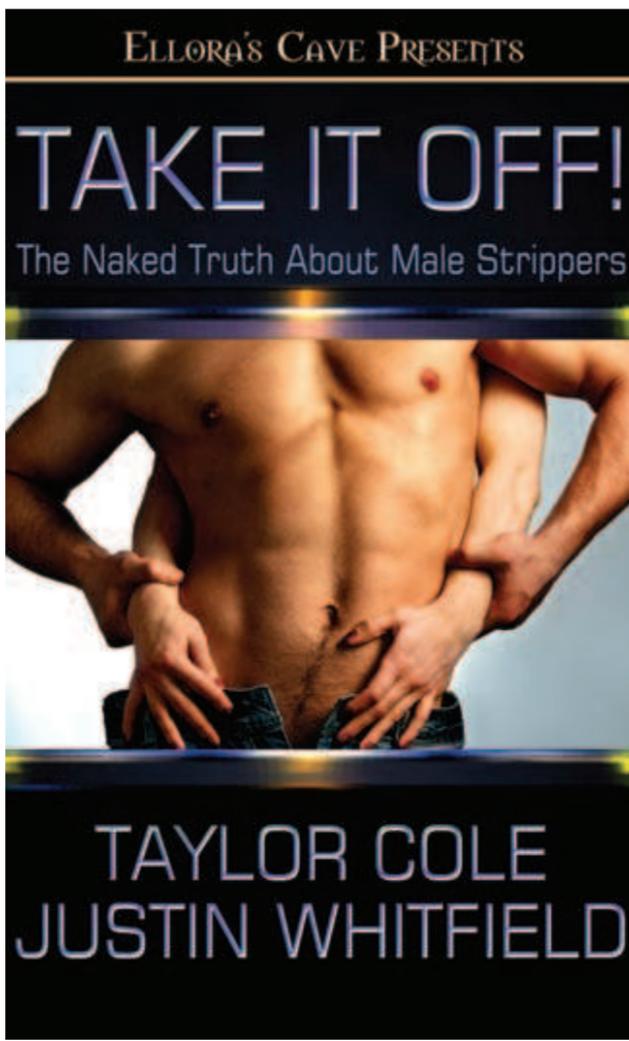
Mr. Whitfield says he started stripping as a way to meet women. The first months were hard — hard to get the hang of the routines, hard to make cash, as the new guy always slated first or last on the evening’s lineup. But over time, he figured out his own style and developed his image. He started making good money, and ladies waited in line to talk to him.

“Women love a man that knows how to move,” he says.

Perhaps too much.

The middle section of the book is filled with tales of the authors’ sexual escapades. They don’t say who wrote what, so I like to believe that Mr. Whitfield mostly sat this one out. The stories are filthy, pulled directly from pornography, and some of them read more like fiction than true-life events. Identical twins in a bathroom stall? Please.

But if you can get past these over-the-top scenes, the book



has some naughty charm — most of which, not surprisingly, is in the lives of the authors themselves. A lot of dancing careers, they admit, don’t end well. Male strippers live fast lives, addicted to adoration and easy money. That’s why they stay on at the clubs, dancing long past their prime, becoming the sort of sad old men who chase young men’s dreams.

But Mr. Whitfield, for one, has made good on his time in the circuit.

He hasn’t danced at a club in eight years, although he still manages a traveling company. He was prudent with his cash, and he saved up until he could buy his own sports bar. He’s married now, not to a female stripper — as a lot of male strippers are — but to an ultrasound tech. His bar makes enough money that his wife can stay at home with their two young children.

For this happy ending, it’s worth mucking through the filth. ■

— Artis Henderson has joined the Twittersverse. Follow her @ArtisHenderson.

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ArtCenter's Midtown Gallery exhibiting abstractions

An invitational exhibition at the Lighthouse ArtCenter Gallery at Midtown in Palm Beach Gardens showcases abstract painting created by new and emerging artists who have studied with Sibel Kocabasi at the Lighthouse ArtCenter. The paintings, created within the past two years, include the innovative use of materials and the incorporation of unconventional media and techniques.

The artists are Christine Fogel, Ira Fogel, Jacqueline Rood Leopold, Buddy Lurier, Beverly Marshall, Michael Rippey, Leila Schlesinger, Carole Shulz, Jules Slotnik and Lee Tregurtha.

The exhibition runs through July 31.

Curating the exhibition is award-winning artist, renowned curator and educator Ms. Kocabasi. She was born in Turkey and holds a Bachelor of Fine Arts degree in Turkish Traditional Arts, Kilim and Rug Design, from Marmara University of Fine Arts. She has a Master of Fine Arts degree in Painting from Florida Atlantic University.

"I have the privilege of working with this talented and ambitious group of artists. We have collaborated to design and present this exhibition, which I feel showcases the best of our group," Ms. Kocabasi said. "I have watched these talented individuals grow and improve their work at the Lighthouse ArtCenter, through hard work and via our weekly critique session of each other's process. I'm excited to have this opportunity to present their artwork to the public."

Ms. Kocabasi has organized and curated many group exhibitions both domestically and abroad. In 2007, she conceived and curated "Undertow," featuring the work of 29 artists from Miami and Palm Beach County at Mimar Sinan University in Istanbul, Turkey. In 2012, Ms. Kocabasi curated "Outside the Box," an exhibition of outdoor installations at the Whitespace - The Mordes Collection in West Palm Beach.

Ms. Kocabasi has exhibited nationally and internationally, including in the 10th Cairo Contemporary Art Bien-

nale. She is the recipient of the 2006 Hector Ubertalli Visual Arts award, as well as the 2010 South Florida Cultural Consortium Fellowship for Visual Artists in Palm Beach County. She teaches abstract painting at the Lighthouse ArtCenter School of Art in Tequesta.

The Lighthouse ArtCenter Gallery at Midtown is located at 4777 PGA Blvd. in Palm Beach Gardens. Gallery hours are Wednesday through Sunday from 11 a.m.



Prussian Flower, 18in x 14in Christine Fogel 2013

to 2 p.m., or by appointment.

For more information on the Lighthouse ArtCenter, exhibitions, programs and events, see lighthousearts.org or call 746-3101. The Lighthouse ArtCenter is located in Gallery Square North, 373 Tequesta Drive, Tequesta, one-half mile west of U.S. Hwy 1. Museum hours are Monday through Friday 10 a.m. to 4 p.m. with admission free for members and \$5 for non-members ages 12 and up. Saturday hours are 10 a.m. to 2 p.m., with free admission. ■

If you go

- >>What: Lighthouse ArtCenter Abstract Painting Exhibition
- >>When: Through July 31
- >>Location: Lighthouse ArtCenter Midtown Gallery, 4777 PGA Blvd., Palm Beach Gardens
- >>Gallery Hours: Wednesday through Sunday, 11 a.m. to 2 p.m., other hours by appointment
- >>Cost to view exhibition: Free admission
- >>Information: 746-3101

PUZZLE ANSWERS



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

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BASEBALL

From page 1

annual Mega Bash Fourth of July two-day celebration; an all-you-can-eat chicken wings celebration; the hot, hot ticket: Baseball and Brews; Back to School Night and the Tiki Bash.

In a chat with *Florida Weekly*, general manager Mike Bauer talks a bit about what's coming up.

Q. It seems like you all can't even take a breath between Spring Training baseball and Minor League. How do you all keep your sanity, going from one to the other?

A. We have one of the busiest ballparks in the country. In fact, we are the only one to host two Spring Training AND two Minor League teams. Not to mention the tournaments and other community events that we host. We have very few dark days here at Roger Dean Stadium. Due to this active schedule, we have to get creative when it comes to time off. We also split our staff in half during the Minor League season. Half work the Hammerheads and the other half works the Cardinals games.

Q. What are you looking forward to the most this season, in terms of baseball? What should the true baseball fan be looking for from the teams? Who are the up-and-coming players?

A. The great thing about Minor League baseball is the ability to get close to the players and to truly enjoy wholesome family entertainment. Our fans come to Roger Dean Stadium for the great promotions, good food and a great family night out. And oh yeah, there is some really good professional baseball being played just about every



JOHN SESSA/FLORIDA WEEKLY

Mike Bauer, general manager of Roger Dean Stadium, says he is particularly excited about the added events the ballfield will offer this summer.

night. We have a promotion created for just about every fan. We have fireworks, blockbuster movie nights, Scout sleepovers, Education days, camp days, etc.

Q. The Baseball & Brews event seemed to become hugely popular immediately. It's one of the hottest tickets in town. Why do you think that is?

A. Jupiter has become a craft beer town. We are happy to host the Jupiter Craft Beer Festival each year. Fran Andrewlevich and his team have put together a great event. It starts with a strong beer lineup and atmosphere, but they have also done a nice job of keeping it affordable. It's definitely one of my favorite events. It has become a very popular ticket in Palm Beach.

Q. What's the genesis of Star Wars Night? What are your hopes for that?

A. When you think about the Minor

League season here at the Dean, you think about fun events and promotions. Star Wars Night is one of those. In fact, it is our first Super 6 event of the year. I'm also a huge "Star Wars" fan, so when we starting talking about this event, it was a no-brainer for me. Star Wars Night is going to be great.

The 501st Everglades Squad will be joining us, as Darth Vader, R2D2 and about 15 to 20 other characters from the Star Wars saga roam the concourse and seating area throughout the night. These guys look amazing. They look like they just walked off the set. We will also have "Star Wars" novelty items for sale and most of our promotions that night will be "Star Wars" based. It will definitely be a night of Sci-Fi fun for all.

Q. Is there anything new planned for the 4th of July bash?

A. Mega Bash is always our marquis event of the summer. It takes place

every July 3 and 4 in conjunction with one of our Minor League games. Mega Bash V will consist of great Minor League Baseball, fireworks, a MEGA Kids Area and of course live music. We have two great tribute bands coming in this year. The first is a group called Piano Man. They are a Billy Joel Tribute that is amazing. They will play after the game on July 3. We have also lined up an '80s hair band group call Lazey Bonez. These guys are stellar. They will play all of your favorite hits from the 1980s. One of the band members was even part of the hit movie "Rock of Ages," starring Tom Cruise. You can catch them after the game on July 4.

For youngsters and seniors Roger Dean offers two discount programs.

The Silver Sluggers program is for fans 55 and older. For a \$25 membership fee, members get free admission every Wednesday night during the Florida State League Season (20 games for the season).

Also provided are a free hot dog and soda on Silver Slugger nights, an official Silver Sluggers membership card, an official Silver Sluggers gift, 10 percent off merchandise in the team store on Silver Sluggers nights, and baseball bingo on Silver Sluggers nights.

For kids up to 15 there's the Knothole Gang Kids Club. Membership costs \$25 and include admission to Tuesday night games (18 games for the season); a free hot dog and soda on Knothole Gang nights; an official Knothole Gang membership card and T shirt; 10 percent off merchandise in the team store on Knothole Gang nights; special invitations to autograph sessions, baseball clinics, scavenger hunts and more. ■

For more information or to register for membership for these programs, see palmbeachcardinals.com or jupiterhammerheads.com.

THE SUPER 6 AT ROGER DEAN

1. Star Wars Night When: April 27



What: Come get your picture taken with the characters from the "Star Wars" saga. Plus, there will be special Star Wars promotions, trivia, contests and more. Special "Star Wars" novelty items will also be available for purchase. May the force be with you ...

2. Mega Bash V When: July 3 and 4



What: Fireworks, live tribute bands, a MEGA Kid's Area and great Minor League Baseball action. Get your tickets early, as these are the busiest games of the year.

Special ticket prices: Adults \$9.50, Children/Seniors \$7.50.

3. SWINGS and Wings When: July 20



What: All-you-can-eat chicken wings presented by Whole Foods; local restaurants will serve their favorite wing flavors. Fans will vote for the winners. Participants will receive one complimentary beverage (Pepsi, bottled water, draft beer or house wine.)

Special ticket prices: \$20 in advance, \$25 at the door, \$18 for Season Ticket Holders.

4. Baseball & Brews When: Aug. 3



What: Sample more than 50 regional and national micro brews while watching the Jupiter Hammerheads take on the Lakeland Flying Tigers. All partici-

pants will receive a complimentary souvenir tasting mug. Only 1,500 tickets will be sold. Presented by Brown Distributing. Must be

21 years of age to participate.

Ticket prices: \$20 in advance, \$25 at the door, \$18 for Season Ticket Holders, \$12 for Designated Drivers.

5. Back to School Night When: Aug. 10



What: The first 500 kids 15 and under will receive a complimentary backpack as they walk

through the gates. Plus, visit with several vendor booths along our concourse to fill those backpacks with much-needed school supplies. This is the best way to prepare for the upcoming 2014 school year. Back-to-school-related promotions all night long.

6. Tiki Bash When: Aug. 24



What: "It's always 5 o'clock somewhere at the Dean." Come out with your flip-flops and Hawaiian shirts for an evening in paradise, and jam the night away to the tunes of Jimmy Buffett, island steel drums and Reggae music. TROPICALLY themed promotions, specialty island drinks, cheeseburgers and more as the stadium is transformed into an island oasis.

VIP Package: \$30 in advance, \$35 at the door. ■

For more information, call 775-1818 or see rogerdeanstadium.com.

MALTZ

From page 1

fun," he said.

But what are some of the things he is looking for?

"There are so many factors that go into whether someone gets a role or not. They can be as simple as a type or a height or the right combination of looks of the kids, certainly in a case like 'The King and I.' Our goal is to use only Asian children in the production. In 'Annie,' obviously, it leans heavily toward girls," he said. "That's all that's in it."

The past three First Step to Stardom events drew hundreds of children to the Maltz for auditions. Kids and teens who auditioned last year, for example, performed in "The Music Man," "Through the Looking Glass" and "The Laramie Project."

The theater literally had a cast of hundreds the season before that in "Joseph and the Amazing Technicolor Dreamcoat."

To prepare for the auditions, kids should relax.

"They can take the pressure off themselves. It's about finding the right type and fit," Mr. Kato said.

Right fit or not, kids will need to have some stage presence, be able to follow

basic choreography, have a sense of pitch and be able to carry a tune.

"In terms of Shakespeare, they need to have some understanding of the language," he said.

Learning is one of the fundamentals at the Maltz.

"Our mission includes educate, entertain and inspire. The educate part is so critical to us, not only through First Step, but through our conservatory, though being part of our conservatory is not a requirement to being in one of our shows," Mr. Kato said.

And he sees the potential for audience development, as well as casting, with events like this.

"The important thing is that they

come and have a positive experience, so even if they don't get a show, they will want to come to a show or develop their skills and try again later," Mr. Kato said. ■

in the know

>>**What:** The Maltz Jupiter Theatre's First Step to Stardom auditions

>>**When:** 11 a.m. to 6 p.m. on April 27

>>**Where:** Jupiter Community Center, 200 Military Trail in Jupiter

>>**Cost:** Free

>>**Info:** To register, visit www.jupitertheatre.org/fsts. Advance registration is strongly encouraged.

CONTRACT BRIDGE

Mandatory procedure

BY STEVE BECKER

The opening lead has a decisive effect on the outcome of many hands. Sometimes it defeats a contract, and sometimes it hands declarer the contract on a silver platter. Quite often it radically changes the course of play, since it might compel declarer to adopt an approach he would not normally have considered.

Take this deal where West has no clear-cut lead and decides to start with a trump. This turns out to be his best shot, because without the trump lead, South would eventually be able to ruff a heart in dummy and so acquire his 10th trick.

But the trump lead poses a direct threat to that plan and forces South to reconsider whether to try for a heart ruff in dummy. In the actual deal, if he tries for the heart ruff, he goes down against best defense.

Thus, let's say he wins the spade in dummy and leads a heart at trick two. East wins and returns a trump. When declarer then leads another heart, West wins and returns his last trump, and South eventually loses three hearts and a diamond.

However, the opening trump lead should persuade South that trying for a heart ruff is no longer a viable proposition, so he should seek another line of play. As it happens, there is one, and South should not dawdle in adopting it as his only realistic possibility.

South dealer.

Both sides vulnerable.

NORTH

♠ K Q J
♥ 9 6
♦ 9 8 7 5 3
♣ J 8 2

WEST

♠ 9 8 5
♥ K 10 8 3
♦ K 6 2
♣ 10 7 4

EAST

♠ 3 2
♥ A Q 7 4
♦ Q 10 4
♣ 9 6 5 3

SOUTH

♠ A 10 7 6 4
♥ J 5 2
♦ A J
♣ A K Q

The bidding:

South	West	North	East
1 ♠	Pass	2 ♠	Pass
4 ♠			

Opening lead — nine of spades.

Accordingly, after winning the first trick in dummy, he plays the A-J of diamonds, hoping to find the suit divided 3-3, in which case dummy's diamonds can be established. This counterstroke proves successful, and, in fact, if the defenders do not promptly cash two hearts, South finishes with 11 tricks. ■

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WHAT TO DO, WHERE TO GO

Please send calendar listings to pbnews@floridaweekly.com.

At The Atlantic Arts

The Atlantic Arts Theater is at 6743 W. Indiantown Road, No. 34, Jupiter. Call 575-4942 or visit www.theatlantictheater.com.

■ **"All the King's Women"** — April 26-28; tickets: \$15, \$12 students & children.

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.

■ **Murdered by Merlot** — Murder Mystery Dinner Show. May 2, 6:30 p.m. Tickets: \$90-\$70

■ **"Legally Blonde: The Musical"** — May 17-19. Tickets: \$20 adults; \$15 students

At The Colony Hotel

■ **The Polo Lounge** — Tommy Mitchell pianist Tuesday through Thursday evenings; Motown Friday nights with Memory Lane; the Mel Urban Trio on Saturday nights. 155 Hammon Ave., Palm Beach. Call 655-5430 or visit www.thecolonypalmbeach.com

At Dramaworks

Palm Beach Dramaworks' Don & Ann Brown Theatre is at 201 N. Clematis St., downtown West Palm Beach. Call 514-4042, Ext. 2, or visit www.palmbeachdramaworks.com.

■ **"Exit the King"** — Through April 28. Tickets: \$47 (preview); \$55 (evening/matinee); \$70 (opening night).

■ **Knowledge & Nibbles** — Lunch and discussion of the play "Dancing at Lughnasa," 11:30 a.m. May 22. Tickets: \$25 guild members, \$30 non-members. Reservations required.

At The Duncan

The Duncan Theatre at Palm Beach State College, Congress Avenue, Lake Worth. Call (561) 868-3309 or visit www.palmbeachstate.edu/theatre/duncan-theatre.

■ **Doktor Kaboom!** — May 4 at 11 a.m.

■ **Hitler's Daughter** — May 6 at 7:00 p.m.

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.eissey-campustheatre.org.

■ **Keep Flippin' Gymnastics "Flips Back In Time."** — 2 p.m. April 27-28. Tickets: \$18. Call 745-2511.

■ **Palm Beach State College Music Department Concert Band & Concert Chorus** — 8 p.m. April 30. Tickets: \$10.

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.

■ **Art Exhibition: "Florida's Wetlands"** — Through June 30 in The Mary Alice Fortin Children's Art Gallery.

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.

■ **"Priscilla Queen of the Desert"** — April 23-28. Tickets: starting at \$25.

■ **Shen Yun Reviving 5000 Years of Civilization** — 7:30 p.m. April 29-30. Tickets: starting at \$50.

■ **"Intergalactic Nemesis"** — 7 p.m. May 4.

■ **Spotlight on Young Musicians** — 7 p.m. May 9

■ **Celtic Woman** — 2 and 8 p.m. May 11

■ **Talent Expo Show** — 4 p.m. May 11

■ **"The Little Mermaid"** — 3 and 7 p.m. May 18

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.

■ **April 25:** Kid's Monthly Movie Madness featuring "Wreck-it Ralph" Rated: PG at 5 p.m.

■ **April 25:** Super Hero Hour 3:30-4:30 p.m. every Thursday. Come out and watch animated adventures of your favorite costumed Crusaders. Ages 12 and under

■ **April 26:** Story time from 10-10:30 a.m. for ages 5 and under. Parents must be in attendance with child. Call 881-3330 for more details.

■ **April 30:** Anime for ages 12 years and up. 6-7 p.m. every Tuesday. Watch entire series of popular anime

■ **May 1:** Basic Computer Class noon-1:30 p.m.. Call 881-3330 to reserve a seat. Space is limited

At The Lake Worth Playhouse

The Lake Worth Playhouse is at 713 Lake Ave., Lake Worth. Call 586-6410 or visit www.lakeworthplayhouse.org. For films, call 296-9382.

■ **Barnum the Big Top Musical** — Thursdays-Sundays April 11-28. Tickets: \$25-\$35

■ **Movies: April 19-25** — "Beyond the Hills," "The Silence." April 26-May 2 — "Upstream Color," "A Place at the Table." Auditions for "In the Heights," a summer musical celebrating Hispanic culture, 7 p.m. April 29-30.

At The Loxahatchee River Center

■ **The Loxahatchee River Center** — Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7123; or visit www.loxahatcheeriver.org/rivercenter.

■ **Public Fish Feedings at the Loxahatchee River Center** — 2 p.m. Saturdays at the Wild & Scenic and Deep Marine Tanks

■ **The Great American Clean Up** — April 27, registration starts at 8am and clean-up continues until noon. Volunteers should meet in Burt Reynolds Park near the kayak launch to register.

■ **The Friends of the Loxahatchee River Meeting** — Noon May 3. Featuring Steve Weagle, chief meteorologist for WPTV's Storm Team 5 discussing the upcoming hurricane season in South Florida. A light lunch is included; free and open to the public. Book signing and talk — "The Cross & the Mask" author, historian James Snyder. May 10, 6pm. Public welcomed; free. Both events are free and open to the public with limited seating; RSVP at 743-7123 or email RiverCenter@Loxahatcheeriver.org.

At MacArthur Park

John D. MacArthur Beach State Park and Welcome and Nature Center is at 10900 Jack Nicklaus Drive in North Palm Beach. Call 624-6952 or visit www.macarthurbeach.org.

■ **Nature walk** — 10-11 a.m. daily.

At The Maltz

The Maltz Jupiter Theatre is at 1001 E. Indiantown Road, Jupiter. Call 575-2223 or visit www.jupitertheatre.org.

■ **First Step** to Stardom student auditions (ages 5-18) - April 27

■ **"Oklahoma!"** — 7:30 p.m. May 18 and 2 p.m. May 19. Tickets: \$20 for adults; \$15 for children. Performances will take place at the Jupiter Community High School Auditorium, 500 Military Trail, Jupiter.

At The Mos'Art

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

■ **Films: April 25:** "Leonie" and "Like Someone in Love." April 26-May 2: "On the Road" and "The Gatekeepers." 7:30 p.m. April 27: "Where the Trail Ends"

At The Mounts

■ **Annual Spring Plant Sale** — More than 80 vendors with an amazing assortment of plants and goods. Starting at 9 a.m. April 27-28. Members free; Non-members \$10

■ **Urban Farming: Vegetable Growing & Bees Workshop** — 9 a.m.-1 p.m. May 4. Includes a take-home seedling. Members: \$30. Non-Members: \$40

■ **Mother's & Father's Day Gifts from the Garden** — 1:30-3:30 p.m.

May 4. Members: free, Non-members: \$5. Children: free

At The Plaza

Plaza Theatre, 262 S. Ocean Blvd., Manalapan; 588-1820 or www.theplazatheatre.net.

■ **"Waist Watchers the Musical"** — Rthrough May 12, and July 13 - September 1. Tickets: \$45.

■ **Fresh Pages, a new play-reading series: "Can I Really Date a Guy Who Wears a Yarmulke?"** — April 29 Tickets: \$10.

■ **"Being Alive"** — The Music of George Gershwin — June 17 and July 1; 7:30 p.m. Cabaret show tickets are \$30 each; \$75 for the series.

Fresh Markets

■ **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.

■ **Jupiter Green & Artisan Market** — 5-9 p.m. Fridays through April, Riverwalk Events Plaza, 150 S. U.S. 1, Jupiter. Free. Includes baked goods, fresh produce, arts and crafts, jewelry, pet products and more. Vendors welcome. Contact Harry Welsh at (203) 222-3574 or visit www.harrysmarkets.com.

■ **The Abacoa Green Market** — 8 a.m.-1 p.m. Saturdays through April, Abacoa Town Center amphitheater, 1200 University Blvd., Jupiter. Will open for the season Saturday at the Abacoa Town Center amphitheater. The market will feature fruits and vegetables, organic meats, sauces, jewelry, handbags, crafts and more. Info: 307-4944 or reggie.chasesun@gmail.com.

■ **West Palm Beach GreenMarket** — Shop more than 90 vendors featuring local produce, baked goods, herbs, teas, flowers and more. Free parking in the Banyan Boulevard and Evernia Street garages during market hours. 9 a.m.-2 p.m. Saturdays year-round at the West Palm Beach Waterfront, 101 S. Flagler Drive. Visit wpb.org/greenmarket.

■ **Palm Beach Gardens Green Market** — 8 a.m.-1 p.m. Sundays. 10500 N. Military Trail, Palm Beach Gardens; 630-1100 or visit www.pbgfl.com. April 21, 9 a.m. to 1 p.m. Party for the Planet — fun and educational with childrens activities.

■ **Sunday Artisan Market at the Waterfront in West Palm Beach** — 11 a.m.-3 p.m. every Sunday. Featuring everything creative but food. Clematis Street at Flagler Drive. Call Harry Welsh at (203) 222-3574 or visit www.Harrysmarkets.com.

Thursday, April 25

■ **Story time session at the Loxahatchee River Center** — 9:30 a.m. Thursdays, Burt Reynolds Park, 805 N. U.S. 1, Jupiter; 743-7123; or visit www.loxahatcheeriver.org/rivercenter.

■ **Le Cercle Francais** — Francophiles and Francophones can join for a monthly gathering at 6:30 p.m. the second Thursday of the month (next session May

WHAT TO DO, WHERE TO GO

9), in members' homes. Call 744-0016.

■ **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.

■ **Clematis by Night** — Live music 6-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach. April 25: Panic Disorder, May 9: Rosco Martinez Band; May 16: Across the Universe Band; May 23: Mighty Mongo; May 30: Damon Fowler Blues. Free; 822-1515 or visit 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.

■ **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.

■ **The Great Books Reading and Discussion Group** meets at 10 a.m. the first and third Thursday of each month (next session May 2) Barnes & Noble coffee shop, 11380 Legacy Ave., Palm Beach Gardens. Discussion in "Shared Inquiry" format. Free; 624-4358.

■ **Adult Discussion Group** — Contemporary topics of philosophical, political, socio-economic and moral implications. 6:30-8:30 p.m. the first Thursday of each month (next meeting is May 2) in the conference of the Jupiter Library, 705 Military Trail; call Irene Garbo at 715-7571.

Friday, April 26

■ **Shabbat B'Yachad (Shabbat Together)** — For young families, 10:30 a.m. the second Friday of each month, at 10:30 a.m. (next session is May 10) at JCC North (located in Midtown on PGA Boulevard). This free program is an opportunity for children to experience Shabbat's celebratory rituals with parents, family members or caregivers. Call 640-5603 or email VeronicaM@JCConline.com.

■ **Downtown Live** — 7-10 p.m. Fridays at Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

■ **Jupiter Green & Artisan Market** — 5-9 p.m. Fridays through April, Riverwalk Events Plaza, 150 S. U.S. 1, Jupiter. Free. Includes baked goods, fresh produce, arts and crafts, jewelry, pet products and more. Vendors welcome. Contact Harry Welsh at (203) 222-3574 or visit www.harrysmarkets.com.

Saturday, April 27

■ **Oceanfest** — 10 a.m.-6 p.m. April 27-28; Sorts, Arts, Music, Juno Beach, \$10 adults, \$5 children under 12, call 316-0869 or see oceanfestjuno.com.

■ **Downtown in Bloom** — 11 a.m.-8 p.m. April 27; 11 a.m.-6 p.m. April 28, Downtown at the Gardens, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. Admission is free; 340-1600 or downtownatthegardens.com.

■ **The West Palm Beach Antique & Flea Market** — 9 a.m. to 3 p.m. Saturdays on Narcissus Avenue just north of Banyan Boulevard in downtown West Palm Beach. For information, search for West Palm Beach Antique & Flea Market on Facebook or call 670-7473.

■ **Brew at the Zoo** — April 27; 6-9 pm, Party with the animals and tap into conservation awareness with live music and over 50 craft brews to sample. Live entertainment, must be 21. Tickets: \$35; VIP \$75. Palm Beach Zoo - info@palm-beachzoo.org

■ **The Symphonic Band's annual tribute to America and its armed services** — 7:30 p.m. April 27. Duncan Theatre, Lake Worth, and 7:30 p.m. May 4, Eissey Campus Theatre, Palm Beach Gardens. Tickets: \$15. Call: 832-3115 <http://www.SymBandPB.com>

■ **Downtown Live** — 7-10 p.m. Saturdays at Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600. April 27: Davis & Dow.

Sunday, April 28

■ **North Palm Beach Public Library** — Scrabble — 1:30-4 p.m. first

and third Sundays (next meeting is May 5). Library is at 303 Anchorage Drive, North Palm Beach. Free. 841-3383.

Monday, April 29

■ **American Needlepoint Guild** — 10 a.m. every second and fourth Monday (next meeting is May 13), 110 Man-grove Bay Way, Jupiter. Call 747-7104 or email mbsler@comcast.net.

■ **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. Call ahead if you need a partner; 712-5233.

■ **Timely Topics Discussion Group** — 1-2:30 p.m. Mondays, JCC North, 4803 PGA Blvd., Palm Beach Gardens. Lively discussion group covers the most up-to-date topics faced by our local community.. Free/Friends of the J; \$18 annual fee/guests; call 712-5233.

Tuesday, April 30

■ **Kenny B.** — The vocalist and saxophonist performs from 6:30 to 9:30 p.m. every Tuesday at The Tower Restaurant, 44 Cocoanut Row, Palm Beach. For reservations, call 659-3241.

■ **Rotary Club of the Northern Palm Beaches** — Every Tuesday at 7:15 a.m. at the Doubletree Hotel, 4431 PGA Blvd., Palm Beach Gardens. Contact Phil Woodall for more information at 762-4000 or email pabwoodall@bellsouth.net.

■ **Mah Jongg & Canasta Play Sessions** — 12:15-3:30 p.m. Tuesdays and Thursdays; JCC North, 4803 PGA Blvd., Palm Beach Gardens. Tables grouped by game preference and skill level. Beverages and goodies provided. Price: Free/Friends of the J; \$5/guests; 712-5233.

Wednesday, May 1

■ **Jewish son of WWII German soldier to speak** — The son of a highly decorated WWII German tank commander will discuss the experiences that led to his conversion to Judaism at 7 p.m. May 1 at the Chabad Jupiter Jewish

Center, 1209 Main St., No. 100, Abacoa Town Center, Jupiter. Bernd Wollschlaeger, MD, of Miami, is the author of the autobiography "A German Life — Against all Odds, Change is Possible." Admission is free; to RSVP and for more information, call 222-4083 or visit jewishjupiter.com.

■ **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.

Ongoing Events

■ **'Nights at the Museum'** — The last Friday of the month - 6-10 p.m. Members: Adults \$5, Children: free; Non-Members: Adults \$11, Children \$7 (3 and under free) The South Florida Science Museum, 4801 Dreher Trail N., West Palm Beach. 561-832-1988 or visit www.sfsm.org

■ **Cultural Council of Palm Beach County** — Through May 18: "Artist as Author," a collection of original artistic works and books by Palm Beach County artists: Dr. Mark Widick. Cultural Council headquarters, 601 Lake Ave., downtown Lake Worth. Call 471-2901 or visit www.palmbeachculture.com.

■ **Children's Research Station** — Loggerhead Marinelife Center program is designed to exercise children's science skills through an experimental lab. 3:30 p.m. Wednesdays and Fridays; 11 a.m., 1 p.m. and 2 p.m. Saturdays. Free. 14200 U.S. 1, Juno Beach; 627-8280.

■ **Flagler Museum** — Open 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Museum is housed in Henry Flagler's 1902 beaux-arts mansion, Whitehall; at 1 Whitehall Way, Palm Beach. Tickets: free for members; \$18 adults, \$10 youth (13-17) accompanied by adult; \$3 child (6-12) accompanied by adult; and free for children under 6. 655-2833.

■ **Lighthouse ArtCenter** — Museum is at Gallery Square North, 373 Tequesta Drive, Tequesta. Hours: 10 a.m.-4 p.m. Mondays-Fridays; 10 a.m.-2 p.m. Saturdays. Free admission Saturdays; 746-3101 or www.lighthousearts.org.



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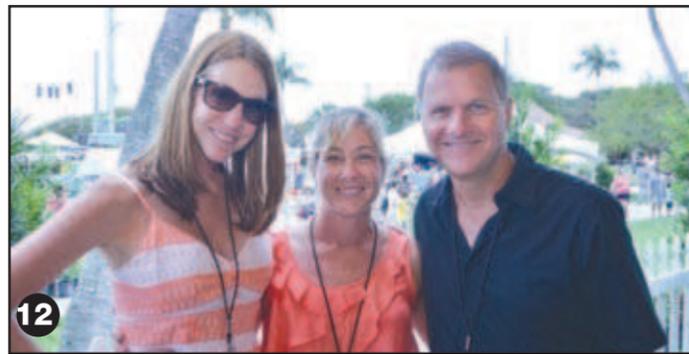
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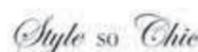
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WEEKLY SOCIETY

Head Marinelife Center, Juno Beach



1. Alice Waxman and Dawn Hoffman
2. Alice Waxman and Dan Jennings
3. Joanne Sokolowski, Johanna Rizzo, Nicholas Sokolowski, Heide Rizzo and Louis Rizzo
4. Charlie Wells and Jonathan Wells
5. Lisa Lucy and Robert Roon
6. Anthony Macaya, Victor Macaya Sr. and Victor Macaya Jr.
7. Chris Pepin and Jared Pepin
8. Mason Campbell and Kristin Campbell
9. Genevieve Waters and Josephine Kohring
10. Kristin Tessier and Vander Tessier
11. John Zedaker, Frankie Staples, Willow Staples, Addie Foley, Patrick Foley, Rachael Foley, Finnley Staples
12. Sally Sevaried, Tarry Graziotto and Mo Foster
13. Jamie Moore, Christina Denisco and Sandy Gilbreath
14. Frankie Staples, Jack Lighton, Rachael Foley and Finnley Staples

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APRIL
29-30

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—Charles Wadsworth, founding artistic director of the
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ShenYun.com

“Inspired...

These beautiful, gifted people are expressing something that's both pure and good.”

— Philadelphia Weekly



“I come away with feeling like a better human being for having experienced this magnificent event.

It speaks not only to my intellect, but it speaks to my heart. It was a complete edifying experience of the human spirit.”

— Omega Medina, former Sr. manager of
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EXPERIENCE SHEN YUN

CHINA WAS ONCE KNOWN AS *Shen Zhou*—The Divine Land. This profound name describes a land where deities and mortals coexisted, and a belief that the divine transmitted a rich culture to the people of the earth.

For thousands of years, Buddhist, Taoist, and other disciplines were at the heart of society. Calligraphy, music, medicine, attire, and much more were said to have been passed down from the heavens.

Unfortunately, over its past 60 years of rule, the communist regime has treated traditional Chinese values—centered on the idea of harmony between heaven and earth—as a threat to its existence. And in its systematic campaigns like the Cultural Revolution, it has uprooted traditional beliefs and destroyed ancient treasures—bringing traditional 5,000 years of civilization to the brink of extinction.

In 2006, a group of leading classical Chinese artists came together in New York with one wish: to revive the true, divinely inspired culture of China and share it with the world.

Entirely non-profit and independent of the Chinese regime, Shen Yun enjoys the artistic freedom of New York, enabling it to now bring these ancient traditions to the stage. Shen Yun and its mission have drawn top talent from around the world; many artists are winners of international competitions in dance, choreography, and music.

Shen Yun started with one company, and in a few short years grew to three dance companies and three orchestras, totaling some 300 artists. Each season, Shen Yun's equally large companies simultaneously tour the globe to approximately 20 countries and 100 cities with an all-new show, performing at the world's top venues, such as the Lincoln Center in New York, Kennedy Center in Washington, and the London Coliseum. The Shen Yun orchestras have played at Carnegie Hall.

Shen Yun's sold-out audiences include star actors, fashion leaders, government VIPs, and international celebrities. Don't miss the opportunity to see Shen Yun, April 29-30, at the Kravis Center for the Performing Arts, in West Palm Beach.

**“Spectacular...gorgeous...
a joyous celebration.”**

— Theatre Scene





THE SHEN YUN ORCHESTRA

Is it possible for the disparate sounds of East and West to find harmony? Many have tried and failed. But the ability to seamlessly blend these two systems to create one fresh, harmonious sound is what makes the Shen Yun Performing Arts Orchestra unique.

This is how the effect is achieved: A Western philharmonic orchestra plays the foundation, while traditional Chinese instruments lead the melodies. The sound produced is uniquely pleasing to the ear. The ensemble at once expresses both the grandeur of a Western orchestra and the distinct sensibilities of China's 5,000-year-old civilization.

The Chinese instruments include the erhu, dizi, pipa, and suona. While each of the Chinese instruments differs greatly in character, the emotions that these instruments are capable of invoking are as refined and subtle as they are complex. Through the performer's technical excellence and emotive expression, any human emotion can be depicted.

“This is the finest thing...

the finest thing I've ever been to in my life...This is the profound quintessential end of entertainment. There is nothing beyond this, nothing.”

— Jim Crill, Bob Hope Producer

“The show was excellent... the content rich, the stage effects were amazing, unique, and it was a large scale one-of-its-own-kind arts event.”

— Mr. Chi Cao, principal dancer for UK's Birmingham Royal Ballet Company, lead role in Mao's Last Dancer

“I'm quite astonished... I have learned quite a lot of ways of presenting entertainment.”

— Edward Bigelow, former company manager for New York City Ballet

“The dances were graceful, delicate, and beautiful! There was something pure, bright and very dignified about them. It gave me a real sense of goodness and meaning in life.”

— Anna Liceica, former soloist of American Ballet Theatre



VOCAL SOLOISTS

A trait that distinguishes the singers of Shen Yun is their use of bel canto technique to sing Chinese text. This means that the singer must, while continuing to meet the challenges inherent in bel canto technique, retain proper Chinese pronunciation and diction. Today, their ability to do this is unparalleled.

Moreover, the song texts the singers perform are original works written for these pieces. Brimming with philosophical reflection about human life and containing deep layers of meaning, the texts go beyond the boundaries of nation, race, and culture, and have been fondly received and appreciated the world over. Some audience members have even expressed that Shen Yun's vocal pieces are reminiscent of sacred music, calling them “hymns.”

“Beautiful sound... strikingly intricate melodies.”

— NYTheater.com



“Very elegant, very athletic and very skilled.”

— John McColgan, Riverdance producer

EXPERIENCE SHEN YUN

APRIL 29-30

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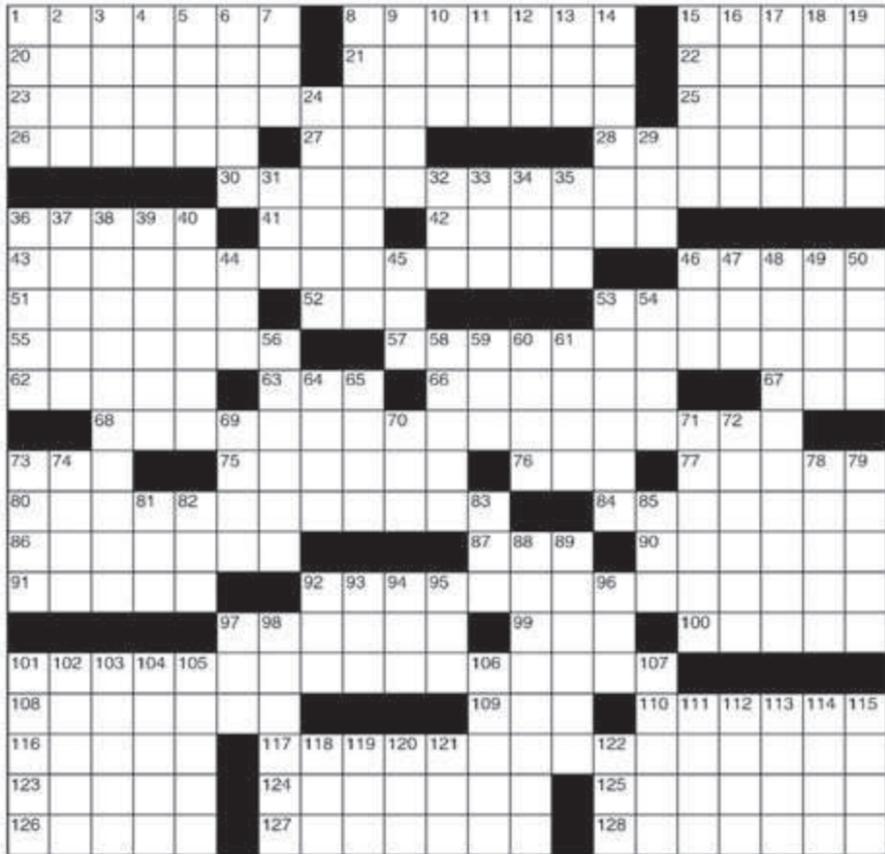
Online: www.ShenYun.com/West-Palm-Beach

WATCH WHAT AUDIENCES ARE SAYING:



PUZZLES

SWITCH UNITS



- ACROSS**
- 1 Requests at bar doors
 - 8 Liquid-filled vessel in which to clean things
 - 15 Map source
 - 20 Smears with animal fat
 - 21 Dish of soybeans boiled in their pods
 - 22 Horse sound
 - 23 Most valuable Scrabble square, reduced?
 - 25 Fish store favorite
 - 26 Peter of film
 - 27 Dress edge
 - 28 To that place
 - 30 Impersonal little kiss, enlarged?
 - 36 Celebs' rides
 - 41 Summer, in Québec
 - 42 Military order
 - 43 Very quickly, enlarged?
 - 46 "Casino" co-star Joe
 - 51 Williams of tennis
 - 52 Dog, often
 - 53 Time-stamps anew
 - 55 Jails
 - 57 NHL trophy, enlarged?
 - 62 Flight part
 - 63 Airport transport
 - 66 Tiny tot
 - 67 ROTC grads
 - 68 Alternate title of this puzzle
 - 73 Exec's deg.
 - 75 Food court pizza chain
 - 76 With 44-Down, Kenobi of sci-fi
 - 77 Cloverleaf components
 - 80 Failure to act promptly, enlarged?
 - 84 Now-rare skill
 - 86 Frequent downhiller's purchase
 - 87 Role-play
 - 90 — Butter (Nabisco cookie)
 - 91 Razz
 - 92 Harvard or Yale, reduced?
 - 97 Post-failure comment
 - 99 — you ready?
 - 100 Writer with morals
 - 101 Walk around looking for work, reduced?
 - 108 In proportion
 - 109 Thumbs-downs
 - 110 See 101-Down
 - 116 White wader
 - 117 Skeptically, enlarged?
 - 123 "The Cloister and the Hearth" novelist Charles
 - 124 "Free Your Mind" R&B group
 - 125 Nation next to Georgia
 - 126 Earnestness
 - 127 Wanted
 - 128 It has three-pointed antlers
- DOWN**
- 1 "Tell — the judge!"
 - 2 Flit
 - 3 Ad biz award
 - 4 Fido's food
 - 5 Drum effect
 - 6 Uncool sort
 - 7 Dallas-to-Laredo dir.
 - 8 Visitors' first words
 - 9 — to the list
 - 10 Blue
 - 11 Dr. provider
 - 12 La — (city in Bolivia)
 - 13 "Follow Me —" (Kipling poem)
 - 14 Final bowling frames
 - 15 Bit of hijinks
 - 16 Zipper parts
 - 17 Limber
 - 18 Feel similarly
 - 19 "Jaws" peril
 - 24 "All right, I get it!"
 - 29 Snicker bit
 - 31 One-eighty
 - 32 "— -di-dah!"
 - 33 Western Amerind
 - 34 Opposite of old, in Bonn
 - 35 La Brea stuff
 - 36 Talks like the cat Sylvester
 - 37 Not reactive
 - 38 2000 #1 hit for Santana
 - 39 Infant's bodysuit
 - 40 Spanish lady
 - 44 See 76-Across
 - 45 Some chess pcs.
 - 46 "At once!"
 - 47 — de vie
 - 48 Deadlocks
 - 49 Official doc.
 - 50 Cause adherents
 - 53 Fix, as a loose board
 - 54 They blink
 - 56 Swims with the fishes, maybe
 - 58 A couple of runners at the corners, in baseball
 - 59 — Lingus
 - 60 Sci-fi skipper
 - 61 Singer Lisa
 - 64 Limp as —
 - 65 Icy hazard
 - 69 Lith. and Ukr., once
 - 70 Workweek ender: Abbr.
 - 71 Address of "Dr. No"
 - 72 Infant's toy
 - 73 Hit 1990s computer game
 - 74 Scorch
 - 76 Spaghetti sauce brand
 - 79 Bug causing a sore throat
 - 81 They result in two outs: Abbr.
 - 82 "Lost" actor Daniel — Kim
 - 83 Moo goo — pan
 - 85 Artist Yoko
 - 88 Raised a din
 - 89 "Mother" of Calcutta
 - 92 Mad feeling
 - 93 Big name
 - 94 "Truly"
 - 95 Cato's 1,505
 - 96 100-yr. span
 - 97 Hairy sitcom cousin
 - 98 Liquefied
 - 101 With 110-Across, where divas deliver
 - 102 Prodding person
 - 103 Santa-tracking org.
 - 104 Belief set
 - 105 One feeding
 - 106 Provide, as with a quality
 - 107 Extensive, for short
 - 111 "How stupid —"
 - 112 Not new
 - 113 Lucid
 - 114 Author Wiesel
 - 115 Macy's logo
 - 118 Suffix with Carol
 - 119 Tellies
 - 120 — polloi
 - 121 Farming sci.
 - 122 Taint

◀ SEE ANSWERS, B3

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HOROSCOPES

■ **ARIES (March 21 to April 19)** You've set a fast pace for yourself. But as you approach your goal, you might want to slow down a bit in order to take time to reassess your situation and make changes while you can.

■ **TAURUS (April 20 to May 20)** Patience continues to be a virtue for the Divine Bovine. So as eager as you might be to get things moving, remember that time is on your side. Make good use of it.

■ **GEMINI (May 21 to June 20)** There's a wee bit of uncertainty in the early part of the week. But things clear up as more facts come to light. Spend quality time this weekend with family and friends.

■ **CANCER (June 21 to July 22)** An old friend's return could open new possibilities for both of you. But don't let yourself be rushed into anything. There could be some factors you haven't yet explored.

■ **LEO (July 23 to August 22)** This week offers a challenge you're raring to take on. And while eager to get started, do so slowly so that you can focus those sharp Cat's Eyes on every detail.

■ **VIRGO (August 23 to September 22)** Put your skepticism aside and listen to advice from colleagues who've been where you are now. What they say could be helpful as you get closer to a decision.

■ **LIBRA (September 23 to October 22)** A family matter might again

require your reassuring touch. Handle it, as always, with kindness and fairness, even if some of your kin prove to be especially difficult.

■ **SCORPIO (October 23 to November 21)** Your ability to tackle even the most intricate details of a project is likely to impress some very important people. A relative shares news later this week.

■ **SAGITTARIUS (November 22 to December 21)** The Archer's aim might be focused on the big picture this week, but don't overlook checking for those details you might have missed.

■ **CAPRICORN (December 22 to January 19)** You might feel awkward asking for assistance, but who would refuse the charming Goat's request? Do it, then go ahead and enjoy a musical weekend.

■ **AQUARIUS (January 20 to February 18)** Pour some cold water on that simmering misunderstanding before it boils over. The sooner things settle, the sooner you can move ahead with your plans.

■ **PISCES (February 19 to March 20)** You're in a highly productive period, which you feel can go on forever. But you could be courting exhaustion. Take time out to relax and restore your energies.

■ **BORN THIS WEEK:** You can combine a sense of adventure with a penchant for practicality. Have you considered a travel-related field? ■

By Linda Thistle

		2		6			1
3	5				1	4	
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		7		9			6
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Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging
★★★ Expert

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LATEST FILMS

'Oblivion'

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★ ★ ★
Is it worth \$10? Yes

Just once it'd be nice to see a movie set in a future where things are peaceful.

Where people are not corrupt and divisive (as in "The Hunger Games"), technology doesn't determine law and order ("Minority Report," "I, Robot") and Earth isn't a gigantic heap of trash ("Wall*E").

Is this too much to ask? For Hollywood, where conflict equals drama, the answer is definitely "yes."

In "Oblivion," which is sleek and stylish with beautiful cinematography and top-notch visual effects, Earth is ruined and the

people are nothing to brag about. Aliens called Scavs attacked and made the planet inhospitable, forcing humans to relocate to one of Saturn's moons, Titan.

Staying behind on Earth are Jack (Tom Cruise) and Victoria (Andrea Riseborough), who're responsible for maintaining the functionality of the drones that kill the remaining Scavs. Their contact at headquarters, Sally (Melissa Leo), keeps them on track. Why they need to continue to defend Earth even after humans can no longer live there is a question you're not supposed to ask.

Jack dreams about the Earth that once was, and about a woman he connected with atop the Empire State Building. When that woman, Julia (Olga Kurylenko), ominously crashes onto Earth in a space shuttle, and later is with Jack when they're captured by a group of renegade humans led by a sage figure named Malcolm (Morgan Freeman), Jack begins to question Sally's veracity and why he's on his mission.

The entire first half of the film is woefully too slow (it takes a full hour to

get to Malcolm), but there is a level of Meta mind-blowing sci-fi story twisting in the second hour that's quite enjoyable as it unfolds. Better, it's not so dense that it takes away from the inherent escapist fun; director and co-writer Joseph Kosinski ("Tron: Legacy") gives us just enough sci-fi to keep our mind stimulated while our eyes enjoy the show, which results in a nice balance that serves the film well.

And what a show it is! It's surprising "Oblivion" isn't opening in 3D, as the visual effects and production design would really pop in that format. However, a quick check into the film's production reveals that Mr. Kosinski considered 3D but instead decided on 4K resolution, which in laymen's terms means a much sharper, clearer and crisper picture than a normal 2K movie screen (for perspective, most HD televisions have a resolution of

1080). In other words, whether it's Jack's home high in the clouds, the aerial battle between Jack's jetfighter and the drones, or the vast openness of space, every scene in "Oblivion" looks fantastic. Kudos.

Credit also to Mr. Cruise, who continues to choose daring and provocative projects that, although not always especially effective, are always conceptually intriguing.

No doubt this one could use more comic relief, is too long and doesn't have much to offer in terms of new futuristic narratives. Nonetheless, as Mr. Cruise's films often do, "Oblivion" leaves you with the undeniable notion that you got your money's worth. ■

in the know

>> This summer, dystopian visions of the future are also featured in Will Smith's "After Earth" (June 7) and Matt Damon's "Elysium" (August 9). And later this year, watch for "The Hunger Games" sequel (Nov. 22).



TOM CRUISE
MORGAN FREEMAN
OBLIVION

Entertainment
EW.com

APRIL

CAPSULES

42 ★★★★★

(Chadwick Boseman, Harrison Ford, Lucas Black) Brooklyn Dodgers baseball player Jackie Robinson (Mr. Boseman) breaks the professional baseball color barrier in 1947. A story that isn't too over-the-top melodramatic and nice performances make this a movie worthy of Mr. Robinson's legacy. Rated PG-13.

Trance ★★★★★

(James McAvoy, Rosario Dawson, Vincent Cassel) A hypnotherapist (Ms. Dawson) helps an art auctioneer (Mr.

McAvoy) who's mixed up with some criminals remember where he hid a famous painting. Director Danny Boyle ("Slumdog Millionaire") provides luscious visual style to the twisty story that holds together well. Rated R.

Evil Dead ★★

(Jane Levy, Shiloh Fernandez, Jessica Lucas) Five people lost in the woods summon a demon that possesses their bodies and forces them to kill one another. Brutally violent and gory, this one's for true horror fans only. Rated R. ■

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- 3. Salesia Smith-Gordon, Eunice Baros, Tequisha Myles, Rachel Miller and Gary Betensky

- 4. Dave Aronberg
- 5. Nadine White-Boyd
- 6. Singer Iola Mosley
- 7. Gerald Kisner
- 8. Victoria Butler

- 9. Nicole Morris, Mustafa Wright, Lauren Stuhner and Nko Fallou
- 10. Melanie Bone and Tim Stone
- 11. John Howe, Rebecca Lesser and Gary Lesser
- 12. Pam Guerrier, Jim Baros, Eunice Baros and Lawrence Gordon

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FLORIDA WEEKLY CUISINE

Mother's Day brunch spots

Mother's Day is May 12. Here is a sampling of restaurants that have shared their plans for celebrating the day. Call now for reservations at one of these or at your favorite eatery.

■ **The Breakers** — The Palm Beach resort has four venues from which to choose for Mother's Day:

The Circle, 11:30 a.m. to 3 p.m., and the Ponce de Leon Ballroom, 10:30 a.m. to 3 p.m. The Breakers will serve its elaborate brunch in both rooms.

The Flagler Steakhouse, 11 a.m. to 4 p.m. The steakhouse will serve a three-course brunch in the golf and tennis clubhouse.

Top of the Point, 11 a.m. to 3 p.m. Mother's Day brunch also offers a panoramic view from the Phillips Point Club in West Palm Beach.

Mother's Day Brunch reservations are highly recommended; call 659-8488.

■ **Café Boulud** — Mother's Day Buffet Brunch, from 11 a.m. to 3 p.m. Cost is \$68 per person; \$36 for children 10 and under. Dinner will be served a la carte 5:30 p.m. to 10 p.m. Café Boulud is at The Brazilian Court, 301 Australian Ave., Palm Beach. Reservations: 655-6060.

■ **Chesterfield Palm Beach** — There will be two seatings of the brunch buffet at The Leopard Lounge and Restaurant, 11 a.m. and 1:30 p.m. Brunch includes egg and omelet station, seafood display with smoked Chilean salmon, caviar with blinis, jumbo shrimp cocktail, carving station with roasted beef tenderloin and salmon en croûte, fresh salads and vegetables, and a dessert table with cakes, pies and petit fours. Moms receive a fresh flower to take home. Complimentary valet parking is available. Prices: \$55 per adult and \$25 per child 12 and under. Reservations are required; 659-5800, Ext. 154 or chesterfieldpb.com.

■ **The Flagler Museum** — The museum's Café des Beaux-Arts will open specially for Mother's Day weekend from 11:30 a.m. to 2:30 p.m. May 11 and noon to 3 p.m. May 12. Guests enjoy panoramic views of Lake Worth and the West Palm Beach skyline while dining on the Gilded Age-style lunch of tea sandwiches, scones, and. Each mother will also receive a special corsage, keepsake photo and a \$10 gift card for the Museum Store. The museum is at Coconut Row and Whitehall Way, Palm Beach. Call 655-2833 or visit www.flaglermuseum.us for advance purchase.

■ **Sinclair's Ocean Grill** — The restaurant at Jupiter Beach Resort will serve a Mother's Day buffet complete with raw bar from 11 a.m. to 4 p.m. Cost is \$42.95 plus tax and gratuity; \$20.95 for children under 12. The resort is at 5 N. A1A, Jupiter. Reservations recommended; 745-7129.

■ **PGA National Resort & Spa** — Chef Donald Young will provide a brunch menu at Ironwood Steak & Seafood. Menu choices include fruits, cheeses, shrimp, salads, waffles, chicken, omelets, prime rib and special desserts. Cost is \$50. PGA National is at 400 Avenue of the Champions, Palm Beach Gardens. Make reservations at www.opentable.com

■ **Vic & Angelo's** — The restaurant will serve a la carte specials, along with its regular brunch, lunch and dinner menus on Mother's Day. Mothers will receive a free red rose.

Specials include everything from Lobster and Corn chowder (\$6.95) and Spinach and Goat Cheese Salad, with strawberries, blueberries, candied walnuts, and raspberry balsamic vinaigrette (\$12.95) to a Seafood Risotto, with lobster, clams, shrimp, calamari, cherry tomatoes, asparagus tips, and a touch of San Marzano tomato sauce (\$29.95). Desserts, including Grandma's S'mores, with Graham crackers, chocolate, marshmallows, peanut butter, strawberries, caramel sauce and vanilla gelato (\$10.95), will take care of any sweet tooth. Vic & Angelo's is in PGA Commons, 4520 PGA Blvd., Palm Beach Gardens. Call 630-9899 for reservations/information; www.vicandangelos.com. ■

Spoto takes Oyster Bar concept to Stuart

BY JAN NORRIS
jnorris@floridaweekly.com

John Spoto may have closed his Water Bar in Palm Beach Gardens, but he is expanding Spoto's Oyster Bar to Stuart.

"I'm done with other concepts," he said. "Spoto's (Oyster Bar) is the concept that works for us."

Originally the Oakwood Grill, a steakhouse, the Water Bar closed the week after Easter. Spoto said the season was disappointing there. "We had an excellent crew and we were putting out a good product."

Mr. Spoto first opened Spoto's Oyster Bar on Datura Street in downtown West Palm Beach. He later expanded to PGA Commons and opened the Oakwood Grill, reopened last season as Water Bar.

Spoto's Oyster Bar will remain open at PGA Commons.

Many of the Water Bar staffers have moved to Stuart. The new Spoto's took over the former Arthur's Dockside Restaurant in downtown Stuart on the water.

"I found out the city of Stuart was looking for something to put in that space," Mr. Spoto said. "It's always been a dream to be on the water. The city was wonderful to work with and I was very happy about it all."

The work began in February to refit the restaurant. "It'll be different from this Spoto's — we have the ability to do a sushi bar, so I'm doing that."

A fryer allows him to bring in some of the foods



COURTESY PHOTO

Spoto's Oyster Bar has opened in the former Arthur's Dockside Restaurant in downtown Stuart.

from the Water Bar to satisfy a new dining crowd. "We'll do calamari, coconut shrimp, fried whole-belly clams and fried oysters. Everything else will be the same. We'll have the sit-down oyster bar — and it overlooks the water. It's beautiful."

Docks allow boaters to arrive by water. A downtown crowd and theatergoers will have options for lunch and dinner, he said.

Lunch service was to begin the week of April 22; Sunday brunch begins Mother's Day.

"We're really excited and I think it's going to be a great fit up here."

Spoto's Stuart is at 131 S.W. Flagler Ave.; phone 772-220-7772. ■

Aw, shucks. Earfuls of fun at Sweet Corn Fiesta

SPECIAL TO FLORIDA WEEKLY

The 13th annual Sweet Corn Fiesta promises more than a kernel of fun April 28 at the South Florida Fairgrounds.

Organizers say they expect 4,000 people to attend.

"The main reason we present this event is to promote the spring sweet corn crop in the Glades," Ann Holt said in a statement, adding "Our local farmers cultivate more than 27,000 acres yearly and in May, they harvest and ship close to a million crates a week." But it's not all about corn.

The event also will feature musical entertainment by Quentin Benedict and The Krystal River Band and an old-fashioned bathing suit competition at 1 p.m. followed by a sweet corn shucking contest. At 3 p.m., the Florida Sweet Corn Exchange will sponsor an International Corn Eating Contest featuring the International Federation of Competitive Eaters (as seen on ESPN). The winner will take home \$2,000 and the title of International Corn Eating Champion. A local corn-eating contest also will be held. The winner will receive \$100 (must be 18 or older to enter).

The Sweet Corn Fiesta is 11 a.m. to 5 p.m. April 28 at Yesteryear Village at the South Florida Fairgrounds, off Southern Boulevard just east of U.S. 441. Admission is \$8 for adults, (\$7 advance); \$5 for children ages 6-11, and free to those 5 years old and younger. Parking is free. A \$5 unlimited rides wristband is available for kids. The last day to purchase discount advance tickets is April 27, available at www.sweetcornfiesta.com.

Saying goodbye: Two local legends of the food industry have died recently.

The Rev. Herman McCray, a local civil rights leader and the founder of McCray's Backyard BBQ, died April 16 at 72. His son Derrick operates McCray's, near Belvedere Road and Military Trail in West Palm Beach.

And Kenneth Camilli, founder of Camilli's Pizza on Park Avenue in Lake Park, died April 13 at 84. He had opened his first restaurant in West Duluth, Minn., in the 1950s, and opened Camilli's in Lake Park in February 1968. His son John and daughter-in-law Lilly currently run the restaurant, which has become an institution in northern Palm Beach County. ■

THE DISH

Highlights from local menus

The Dish: Chopped BBQ Chicken Salad

The Place: Waterway Café, 2300 PGA Blvd., Palm Beach Gardens; 694-1700 or water-cafe.com

The Price: \$13.95

The Details: With views like Waterway Café offers, the food almost could be beside the point. Fortunately, the menu these days seems a little livelier than we remember 20 years ago and more.

We wanted summery, casual fare, and this salad fit the bill nicely.

The chopped barbecue chicken was served atop a bed of mixed greens, with plenty of red onion, black beans, corn and tomato, with a nice hint of cilantro and cheddar cheese.

The corn almost certainly had been frozen, but the overall combination was refreshing, and the BBQ peppercorn dressing offered just the right zing.

Also worthy of note: The spicy conch chowder (\$5.50) and gazpacho (\$5.95) are perfect starters. ■

— Scott Simmons





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APRIL 2013

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

INSIDE:

My eye appears to be bleeding. What do I do? / **C2**

You can win the fight against heart disease / **C3**

Hip resurfacing might work for you / **C4**

Spinning is a great way to stay young / **C7**

THIS RESOURCE ROCKS

Agency provides support for seniors and caregivers

SPECIAL TO FLORIDA WEEKLY

We promote independence, dignity, health and wellbeing. We are Your Aging Resource Center.

Your Aging Resource Center, your local Area Agency on Aging, is a dynamic non-profit dedicated to serving seniors, adults with disabilities and their caregivers. The Elder Helpline is the heart of Your Aging Resource Center. Elder Helpline Specialists, fluent in English, Spanish and Creole, help seniors and their caregivers find answers to the many questions and challenges of growing older.

Our mission is to promote, support and advocate for the independence, dignity and wellbeing of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network.

Area Agencies on Aging are a result of the Older Americans Act and truly are your tax dollars at work!

Call your Elder Helpline 866-684-5885 if you are looking for:

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- Information
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- In home services
- Adult day care
- Home delivered meals
- Personal care
- Prescription savings

If you have questions about Medicaid, Medicare and long term care options, call your Elder Helpline.

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- I am under 65, but I have certain disabilities
- I have End-stage Renal Disease

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Specially trained volunteers provide free, unbiased and confidential one-on-one counseling and assistance with Medicare, Medicaid and other health insurance questions.

Let SHINE be your guide to help you with

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- Medicare Health Plan Choices
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- Medigap (Supplemental) Policies
- Long term Care Options
- Employer or Military Coverage
- Medicare Savings Plan

Call your Elder Helpline at 866-684-5885 to be scheduled with a SHINE Counselor.

Your Aging Resource Center serves seniors, adults with disabilities and caregivers in Indian River, Martin, Okeechobee, Palm Beach and St. Lucie counties. ■



What to do when your eye appears to be bleeding

Q **uestion:** I woke up this morning and it looks like my eye is bleeding what is going on?

Answer: A sub-conjunctival hemorrhage is similar to a bruise on the skin — it is like a “bruise” on the eye. It normally appears as a single, concentrated spot of red or



Dr. Monroe Benaim

Board Certified Ophthalmologist

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many diffuse red splotches, on the white of the eye.

The red represents blood under the conjunctiva, the clear membrane that covers the white of the eye called the sclera and the inner eyelids. The conjunctiva contains many blood vessels and capillaries,

the thinnest blood vessels in the body. These vessels can break, causing blood to leak between the conjunctiva and sclera. This minor bleeding under the eye's outer membrane is what causes the bright red spot to appear on the white of the eye.

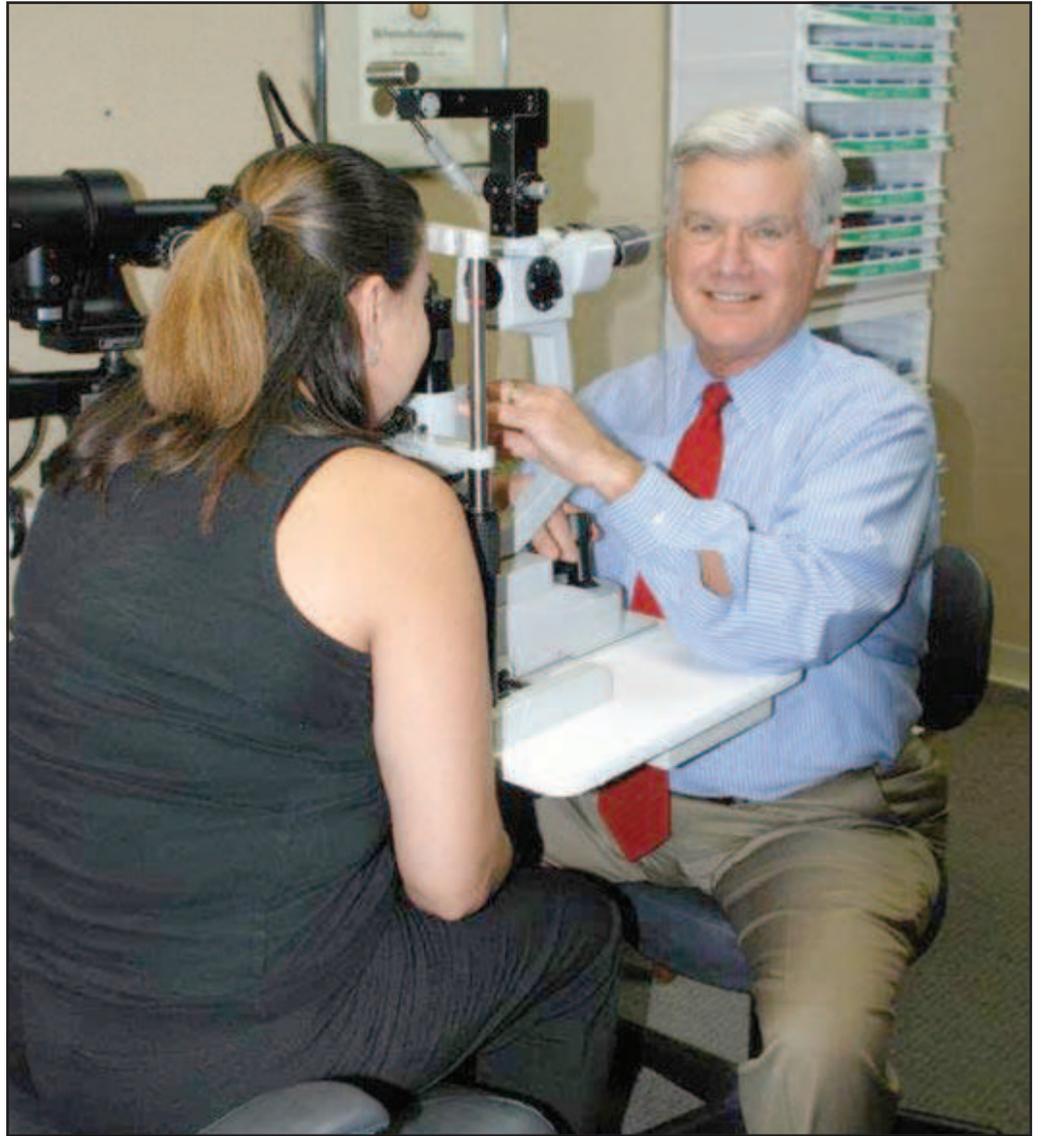
Seeing sub-conjunctival hemorrhages on your eye can be very alarming. A sub-conjunctival hemorrhage does not affect vision and generally does not cause pain,

either. There are normally no sensations or symptoms, other than the appearance of the red spot. In most cases the patient may not even be aware that he or she has a sub-conjunctival hemorrhage until someone points it out, or the person looks in the mirror.

The most common causes of sub-conjunctival hemorrhages are coughing, sneezing, straining or any similar action that temporarily raises blood pressure in the veins, leading to a small rupture in a blood vessel or capillary. Sub-conjunctival hemorrhage can also occur because of trauma to the eye, even minor trauma such as rubbing the eye. Generally treatment is not necessary and over time, the blood spot will slowly disappear, clearing up on its own. It could take days or weeks depending on the size.

Florida Eye Group is always happy to see you for all of your eye-care needs. Call 747-7777. ■

— *Dr. Monroe Benaim is an Ophthalmologist board certified by both the American Academy of Ophthalmology and the American College of Eye Surgeons. He has lived in Jupiter for 20 years. Dr. Benaim is a graduate of The Massachusetts Institute of Technology (M.I.T.), and he completed his Eye Surgery training at the University of Texas/Parkland Memorial Hospital in Dallas. Dr. Benaim is sincerely committed to providing patients with the highest level of vision and healthcare possible.*



COURTESY PHOTO

Dr. Monroe Benaim is committed to providing all patients with the highest quality of eye care.



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COURTESY PHOTO

You can change your lifestyle and reduce heart disease, diabetes risk

According to a recent report, cardiovascular disease claims more lives worldwide than any other disorder. Diseases of the heart and blood vessels, including coronary artery disease, are responsible for more than 4 million deaths in Europe each year and almost one-third of all deaths worldwide.

In the United States, coronary artery disease is responsible for nearly 20 percent of all disease-related deaths. Each year approximately 1.5 million Americans suffer a heart attack. Despite decades-long public health campaigns conducted across the globe, heart disease remains a powerful, formidable foe.

A large part of this problem is related to three classical risk factors for heart disease: high blood pressure, high cholesterol levels in the blood and diabetes. As worldwide epidemics of obesity and diabetes continue to worsen, it is easy to understand why heart disease remains a number one killer.

Obesity is strongly linked to high cholesterol levels, and the combination of diabetes and overweight/obesity is strongly linked to high blood pressure. As the epidemics persist, so does the prevalence of heart disease risk factors. No public health issue exists in isolation, and this is especially true for heart disease.

However, there is good news. Heart disease, hypertension, diabetes, high serum cholesterol levels, and overweight/obesity are all lifestyle disorders. This means that we can take meaningful action on our own behalf and begin to do things that will positively impact our long-term health and wellbeing. Such lifestyle changes are important for everyone, as people of all ages, races, and genders may be affected by lifestyle diseases.

Lifestyle changes primarily involve modifications to diet, engaging in con-



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sistent vigorous exercise, and getting sufficient rest.

For example, it is well known that many people in the developed world consume more calories than they need on a daily basis. The excess calories are stored primarily as fat. Reducing daily food consumption, while adhering to the basic principle of eating from a wide variety of food groups, including fresh fruits and vegetables, will likely result in weight loss and a normalization of high cholesterol levels.

Assisting in this process is the practice of engaging in regular vigorous exercise. A proven method is to exercise for 30 minutes five times per week. Such exercise can include walking, cycling, running, swimming and strength training. The specific choice of exercise is less important than the consistency. The payoff for your commitment to a healthy diet and regular exercise is significant.

Research shows that prevention strategies such as lifestyle modifications account for a 50 percent reduction in mortality from heart disease. This is a huge return on investment.

But in order to reap these rewards, a commitment of time and effort is required. In today's world, good health doesn't just happen. We have to work at it. It's up to us to choose whether we're worth it, whether we want to continue to enjoy a full range of relationships and activities, whether we want to be healthy and well for many years to come.

If the answer to these questions is affirmative, lifestyle changes become very important. ■

Sources: Carmon B: *Biochemistry to behaviour. Nature 493:S2-S3, 2013; Perk J: The power of disease prevention. Nature 493:S6, 2013; Winter KH, et al: Hypertension Prim Care 40(1):179-194, 2013*

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Hip resurfacing at Jupiter Medical Center: An alternative to hip replacement

Active adults suffering from hip pain due to degenerative hip disease and abnormalities such as osteoarthritis, post-traumatic arthritis, dysplasia or avascular necrosis now have an alternative to hip replacement surgery to ease their pain: hip resurfacing. Unlike total hip replacement, hip resurfacing resurfaces only a few centimeters of the bone, reducing pain and enabling individuals to return to high-demand occupations and recreational activities.



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During traditional hip replacement surgery, both the head and neck of the femur (thighbone) are removed and replaced with metal or plastic implants. In hip resurfacing, the head of the femur is resurfaced with a metal hip "joint" and the remainder of the thighbone is left intact, therefore preserving bone.

Some implants used in traditional hip replacement surgery are smaller than the bone which they replace. Hip resurfacing was originally conceived as a way to more closely match the size of the head of the femur bone, while potentially increasing stability and decreasing opportunity for dislocation — one of the most common complications of total hip replacement.

All forms of hip replacement allow improved mobility; however, hip resur-



facing more closely mimics the normal hip. After a total hip replacement, it is difficult to return to physical activities such as golf or tennis; only light activity is recommended. After hip resurfacing, patients can return to normal activities with little to no pain or stiffness.

Potential benefits of hip resurfacing include:

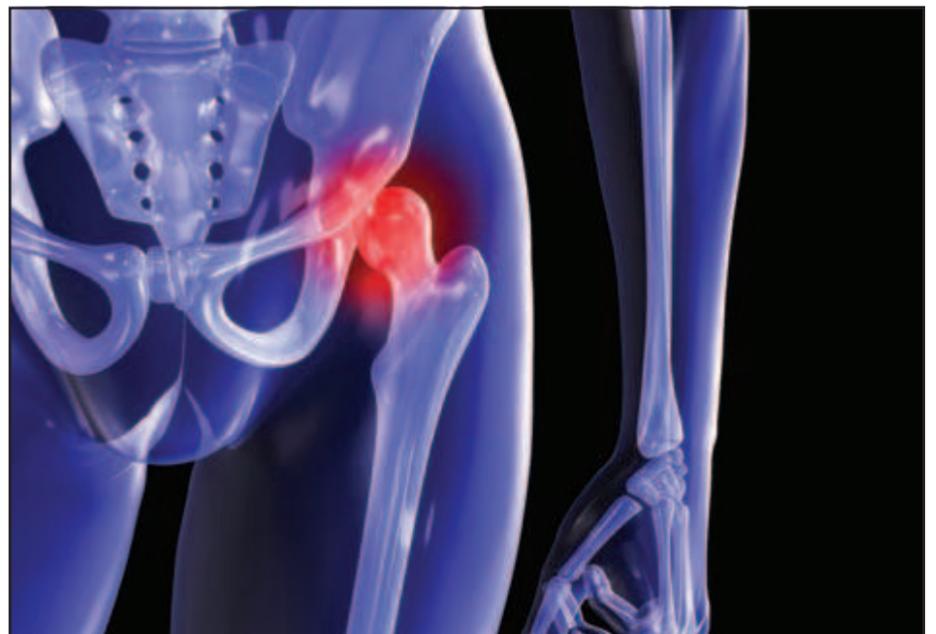
- **Bone Preservation** — With hip resurfacing, the ball and socket bones are resurfaced rather than completely replaced.

- **Improved Stability** — The size of the implant may also help retain hip stability and range of movement.

- **Pain Relief** — Hip resurfacing implants offer many years of pain relief for qualifying patients.

- **Faster Return to Activity** — Many hip resurfacing patients resume low-impact activities safely, free from pain and stiffness.

Hip resurfacing has many advantages, but is not for everyone. This procedure is intended for active patients who are under 60 years of age and in need of a hip replacement. Hip resurfacing is ideal for younger patients with strong bone quality since a total hip replacement only lasts between 15-20 years (possibly resulting in another



COURTESY PHOTO

replacement later in life).

Choosing hip resurfacing first eases the conversion to a total hip replacement if needed later in life. Adults over 60 who are living an active lifestyle may also be considered for this procedure, which is determined by a review of bone quality. Patients with osteoporosis, limb shortening of more than one-half inch, severe hip deformity and prior hip surgery are not good candidates for hip resurfacing.

Get back on your feet to get back to doing the things you love. The Anderson Family Orthopedic & Spine Cen-

ter of Excellence, certified by the Joint Commission for Total Joint Replacement for Hips, Knees and Shoulders, features all private patient rooms, a dedicated orthopedic and spine clinical coordinator, pre-operative patient educational classes, rehabilitation and pain management specialists, and the latest advances in joint replacement surgery. ■

— To learn more about the Anderson Family Orthopedic & Spine Center of Excellence, and to find out if hip resurfacing is right for you, visit www.jupitermed.com/ortho or call (561) 263-3633.

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Marital and Family Law Partner

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



Acupuncture can treat chronic pain, even dental symptoms

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



Dr. Richard Tiegen

ACUPUNCTURE AND ANTI-AGING PHYSICIANS GROUP
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Thousands of scholarly research papers were reviewed through Medline and a meta-analysis of the information was performed.

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

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

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

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

intractable pain in the upper right region of the mouth.

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

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

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

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

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

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Confessions of a Sweaty Yogi: Age is Only a Number

TIn the yoga world the thought is you are only as old as you feel and the good news is it's never too late to start living a healthy lifestyle. One of the simplest aspects of healthy living is exercise and there is an appropriate level for everyone and every age. As you age and/or become less active, the body's muscles tend to shorten and stiffen thus leading to acute or chronic pain and disease. This is just one of the reasons that activities such as yoga become an integral part of staying young and vibrant.



Jennifer Martin

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Many yoga teachers can make the practice of yoga seem effortless- outfitted in their lululemon fashions performing challenging poses easily with their youthful bodies and playful spirits. But the inevitable changes that come with getting older, at any age, are not always so easy to handle.

Check out these basic yoga poses which can be done at any age to strengthen and stretch the body:

Downward Facing Dog

A classic and well known yoga pose. Down dog improves upper body strength, promotes a healthy spine and stretches the back body

Plank

Helps build upper body and core strength. Drop the knees to modify if you need.

Chair Pose

Strengthening the thighs will help protect the knees against pain and injury.

Tree Pose

Balance is notoriously more difficult as we age. Tree pose is a simple balancing pose that will help maintain, or improve, your abilities.

Seated Twist

Twists promote a healthy spine and help alleviate tight muscles caused by inactivity and sitting.

No matter your numerical age, free your heart and clear your mind. Be grateful for the years and experiences that you have both endured and enjoyed. Appreciate all that your body has carried you through and don't get stuck in the singular moment. Yoga helps. Look at yourself, listen yourself. And then age and most importantly LIVE with the grace and vitality that is available. See you on the mat!

For details on any of the above poses a qualified yoga instructor will be able to answer any questions. And if you have any concerns about beginning a new yoga practice speak to your doctor.

— *For more information on Hot Vinyasa yoga as well as local class times visit Bodhi Hot Yoga at 9920 Alt A1A, Suite 801, Palm Beach Gardens, 33410, 561-835-1577, www.BodhiHotYoga.com*

Downward Facing Dog



Plank



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Seated Twist



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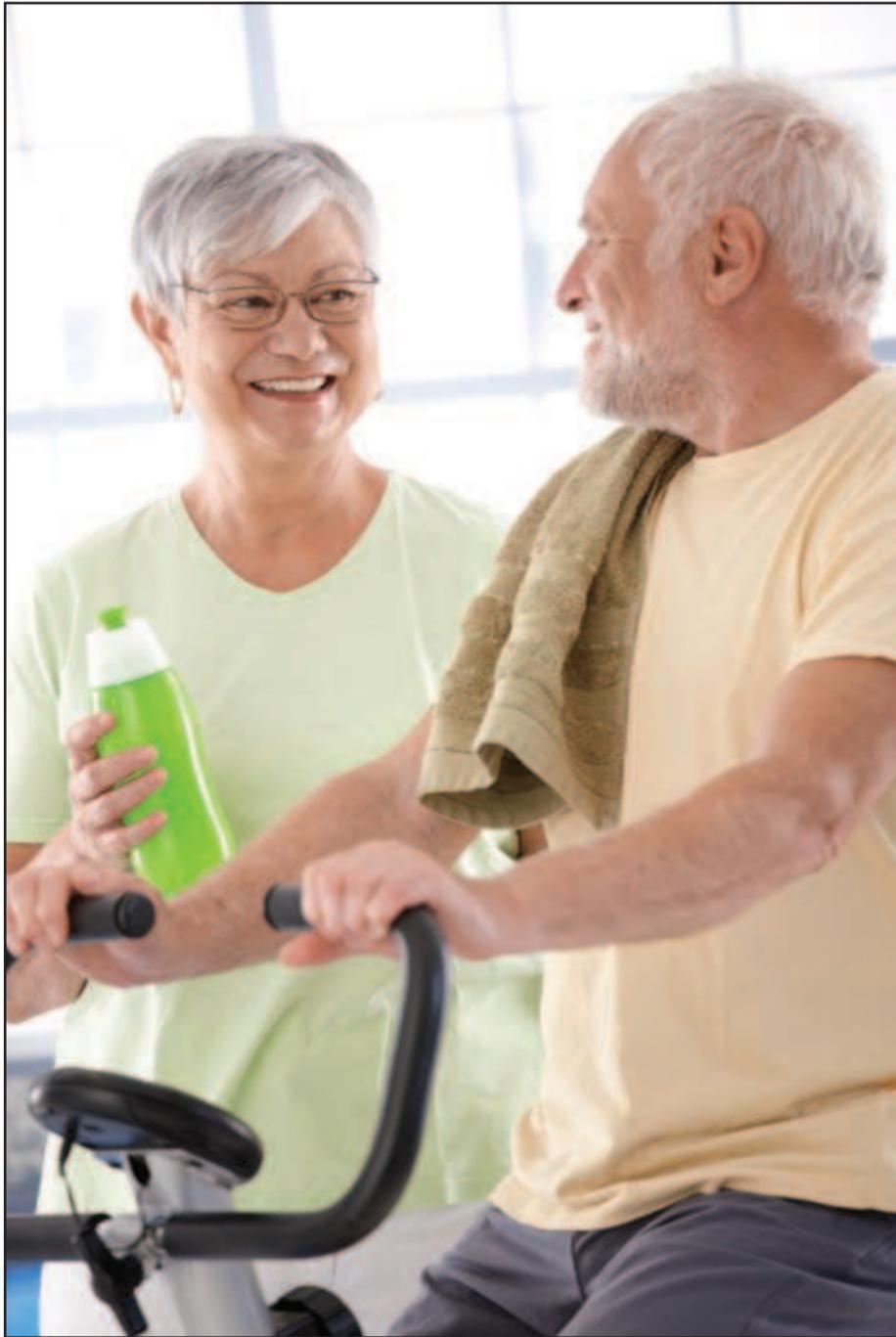
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Seniors stay forever young

If you've ever nixed the idea of exercising because you thought you were too old, think again. The older we get, the more important it is for us to stay active. Unfortunately, that also becomes harder with age. Muscle and joint pain lure us into being less physically active, which makes us more prone to injury and the aging process. It's a vicious cycle. But we here at Krank It would like to offer a solution to that problem: our world-renowned indoor cycling classes for beginners, tri-athletes and seniors.



Teresa Dabrowski
KRANK IT SPIN STUDIO
11911 US 1 Highway, Suite 105
North Palm Beach
(561) 848-1300
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For starters, cycling is much easier on the joints than many other cardio options. Any sport that requires running, for instance, will expose your body to a great deal of shock impact. Stationary bikes are so joint-friendly that they are regularly used in knee and ACL rehab programs. They allow you to train your muscles against various resistance levels without compromising joint stability. This is especially important for an aging body.

Another positive aspect of indoor cycling is that it eliminates any concerns with balance issues. Many seniors notice a significant loss in balance as they age. This would undoubtedly lead to some reservation in regard to riding bicycles, despite the obvious benefits. The last thing you want to do during any exercise routine is cause yourself serious injury. And being unsteady on a bicycle could certainly lead to physi-

cal trauma. Indoor cycling conveniently removes that element of risk without compromising the potential for cardiovascular and muscular gains. You can push yourself to your absolute physical limits without any worry of losing control of your balance or your bike.

Stationary bikes also make foul weather and road hazards irrelevant. No blizzard, thunderstorm or blistering heat wave can hinder your climate controlled riding session.

Indoor cycling also allows you to be free from concerns such as smog inhalation, negligent motorists, narrow road shoulders, and bike malfunctions (flat tires, loose chains, etc.) It's good to get outdoors and exercise whenever possible, but it's also important to keep from putting yourself at unnecessary risk, especially at an age when each fall is a little harder to get up from than the last.

The ability to choose your own resistance also makes indoor cycling an ideal fitness class for seniors.

On a mobile bicycle, your resistance level is largely dependent on your surrounding landscape. There might be more inclines in your area than you are prepared to handle, or there might not be enough. With a stationary bike, you will experience no such setbacks. Each bike comes with its own resistance knob. This allows the rider to raise or lower the workout intensity on the fly according to his or her own physical restraints and/or fitness goals.

Unfortunately, it's impossible to stop the aging process. But don't let that convince you that your days of activity are past.

Come and enjoy a safe and exhilarating workout experience at Krank It Spin Studio in North Palm Beach! ■

Just read what one of our patients has to say about us...

"Why I drive past 32 other chiropractors to visit Dr. Papa"



In just two weeks worth of sessions at Dr. Papa's office, my lower back pain (caused by a herniated disc in my lower back) barely registers anymore. Better yet, I'm more mobile. I don't have to stretch my back after every time I sit in a chair. It is easier for me to pick objects up off the floor. I even surfed a few days last week without a hitch (no pain the next day too!) I believe Dr. Papa was able to provide these quick results because: 1) He took the time and effort to listen to me explain exactly how I injured myself. 2) He properly diagnosed the problem. 3) He prescribed the right treatment.

Could the 32 other chiropractors I drive by every time I visit Dr. Papa's office have gotten the same results? Possibly. Would I take a chance with them after seeing what Dr. Papa has achieved? Not in a million years."

— Rob Gramer, Engineer, Jupiter, FL

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Move it or lose it

Five exercises to help seniors stay in the game

SPECIAL TO FLORIDA WEEKLY

For Americans 65 and older, falling down can be the worst thing to happen to them, according to statistics from the National Council on Aging, which also reports:

■ One in three seniors experiences a significant fall each year.

■ Every 18 seconds, a senior is admitted into an emergency room after losing balance and hitting the ground.

■ Every 35 minutes, an elderly person dies from a fall.

“The projected cost in health-care expenses for 2020 due to fall-related injuries in the United States is \$55 billion,” says Karen Peterson, the author of “Move with Balance: Healthy Aging Activities for Brain and Body.” She is also the founder and director of Giving Back, a nonprofit organization that grows and spreads programs that support senior health.

“It’s important for seniors to keep moving and learning. That’s what helps improve balance and coordination, and even helps build new neural pathways,” says Ms. Peterson. “But if you’re rather frail, or just very fearful of falling, you’re less likely to get up and move around.”

A fun, social program of games and activities that includes exercises specifically designed for seniors helps them address multiple issues, including those that tend to keep seniors sedentary, she adds.

Ms. Peterson’s program of exercises that she describes as suitable for “ages 55 to 105” won the MindAlert Award from the American Society on Aging. Here are some of the moves she recommends:

■ **The cross-crawl:** After various light warm-ups, begin with the basic cross-crawl, which focuses on the fundamentals of balance. March

in place, lifting the knees high. At the same time, reach across and touch the lifted knee with the opposite hand or elbow; alternate and keep going. This can be done sitting,

standing or lying down.

■ **Forward toe-touch dancer:** This exercise can be done with a chair for

assistance if necessary. With feet placed shoulder-width apart, simultaneously extend the left foot and right arm forward. Keep left toes pointed

down, touching the floor; or for more difficulty, maintain the toes a few inches off the floor. Repeat this move with left arm and right foot. Hold each pose for several seconds, and increase holding time.

■ **Side-step walk:**

Bring right foot across the left and step down three to five inches away from the left foot, ankles crossed. The closer the feet, the harder it is to balance. Alternate crossing the foot in front and then behind the other foot as you move along; repeat several times, then do the same with opposite feet. As a bonus challenge, try a reading exercise from a vision card, designed for stimulating the brain/visual system, while sidestepping.

■ **The cat jump:** This activity serves as practice in case of a fall; the muscle memory of the movement will be etched in your body. Bend your knees in a squat. Jump a little off the ground with both feet and land softly, like a cat, without jarring your body. Repeat until you are confident in your ability to prevent a spill.

■ **Counting backward:** To exercise the vestibular system, close your eyes and count backward from 100 by threes.

“Research shows that most falls are preventable,” Ms. Peterson says. “These and other exercises, performed regularly, are a great way to achieve safety and a revitalized lifestyle.”

“Move with Balance” also recommends several ways to make each exercise more challenging once it is mastered.

“It’s not fun if you’re not conquering a challenge,” the author says. ■



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NIH study sheds light on how to reset the addicted brain

Could drug addiction treatment of the future be as simple as an on/off switch in the brain? A study in rats has found that stimulating a key part of the brain reduces compulsive cocaine-seeking and suggests the possibility of changing addictive behavior generally. The study, published in *Nature*, was conducted by scientists at the Intramural Research Program of the National Institute on Drug Abuse, part of the National Institutes of Health, and the University of California, San Francisco.

"This exciting study offers a new direction of research for the treatment of cocaine and possibly other addictions," said NIDA Director Dr. Nora D. Volkow. "We already knew, mainly from

human brain imaging studies, that deficits in the prefrontal cortex are involved in drug addiction. Now that we have learned how fundamental these deficits are, we feel more confident than ever about the therapeutic promise of targeting that part of the brain."

Compulsive drug-taking, despite negative health and social consequences, has been the most difficult challenge in human drug addiction. NIDA researchers used an animal model of cocaine addiction, in which some rats exhibited addictive behavior by pushing levers to get cocaine even when followed by a mild electric shock to the foot. Other rats did not exhibit addictive responses.

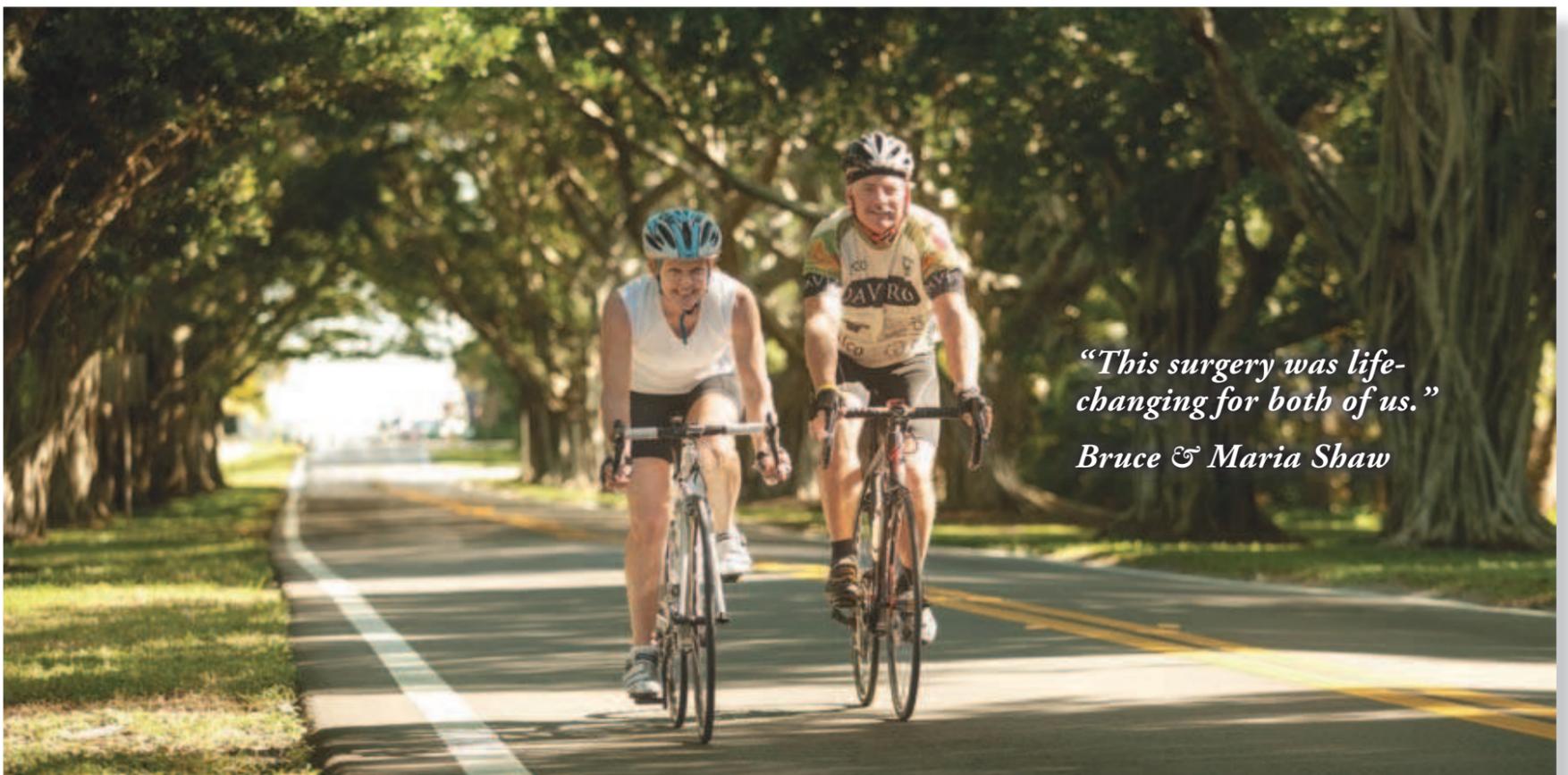
The NIDA scientists compared nerve cell firing patterns in both groups of rats by examining cells from the prefrontal cortex. They determined that cocaine produced greater functional brain deficits in the addicted rats. Scientists then used optogenetic techniques on both groups of rats — essentially shining a light onto modified cells to increase or lessen activity in that part of the brain. In the addicted rats, activating the brain cells (thereby removing the deficits) reduced cocaine-seeking. In the non-addicted rats, deactivating the brain cells (thereby creating the deficits) increased compulsive cocaine seeking.

"This is the first study to show a

cause-and-effect relationship between cocaine-induced brain deficits in the prefrontal cortex and compulsive cocaine-seeking," said NIDA's Dr. Billy Chen, first author of the study. "These results provide evidence for a cocaine-induced deficit within a brain region that is involved in disorders characterized by poor impulse control, including addiction."

In 2011, there were an estimated 1.4 million Americans age 12 and older who were current cocaine users, according to the National Survey on Drug Use and Health.

The study can be found at: <http://www.nature.com>. ■



*"This surgery was life-changing for both of us."
Bruce & Maria Shaw*

This Ride Made Possible By The Orthopedic & Spine Center at Jupiter Medical Center.

Bruce and Maria Shaw love the outdoors. But when hip pain made it difficult for Bruce to walk from the parking lot to the grocery store, he knew he needed help. Bruce had a hip resurfacing procedure at Jupiter Medical Center. Maria was so impressed with his results that she followed suit two years later. Today, they are pain-free and back on the right *bike* path.

Hip resurfacing may be an alternative to total hip replacement. It is especially beneficial for younger patients ages 40-55 with mild osteoarthritis. This bone-conserving procedure relieves pain and stiffness, allowing patients to quickly get back to their activities.

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Activities keep St. Joseph's residents happy and active

St. Joseph's does its part to ensure the heart health of its senior residents. According to the Centers for Disease Control, the term "heart disease," commonly called coronary artery disease refers to several types of heart conditions. Many seniors live with heart disease, making it the leading cause of death and one of the leading causes of disability in the United States and can prevent older adults from enjoying their later years in life. The good news is that heart disease is preventable, and exercise and a healthy diet can help fight heart disease at any age.

"It's never too late to eat healthy, exercise and manage stress," says Patricia Irby, senior care counselor at St. Joseph's. "We put a focus on wellness and health for all of our residents, whether they live with heart disease or not, and it's done in a fun and supportive environment."

The community offers daily exercise programs, including chair exercise, membership to the fitness center at Jupiter Medical Center (JMC) Fitness and Health and Wellness Center, on-site exercise equipment as well as a partnership with JMC's Outpatient Rehabilitation to offer physical, occupational and speech therapy.

"Our residents really take advantage of all of the fitness offerings and utilize our classes and activities," says Ms. Irby.

For heart disease prevention to be truly successful, exercise needs to go hand in hand with healthy eating. Johnnie Radcliff, St. Joseph's director of dining, works every day to provide heart healthy food choices for residents to eat.

"We make and serve heart health delicious meals," says Mr. Radcliff. "We thoroughly research recipes for amounts of salt, fat and calories to ensure low



SHUTTERSTOCK PHOTO

cholesterol levels for meals."

The dining room offers breakfast, lunch and dinner with a variety of menu choices each day.

One of the favorite meals that Chef Johnnie prepares is slow roasted pot roast with mashed potatoes and steamed vegetables and another hit is his cornbread casserole. Often on the menu are fresh fish, such as cod, grouper, red snapper and flounder, or chicken breast, beef tenderloins, fresh fruits, sweet potatoes, vegetable base soups, and oatmeal, egg whites, vegetables and sugar free desserts.

Mr. Radcliff says that providing heart healthy meals is an integral part of the dining experience for residents living at the community.

"Our dining is not only about tasty and nourishing meals but it is also a time for our residents to share stories and to socialize," he says.

Resident Flo Stangle knows firsthand the importance of staying healthy while living at St. Joseph's.

The 71-year-old resident attributes her continued good health and happiness to the many activities offered at her community. She takes advantage of chair aerobics and recently started playing the piano again after more than 40 years, a great activity to combat her progressive multiple sclerosis.

"When I first started, I couldn't move my right and left hand together," she says. "My physical therapist said play-

ing the piano was great for my illness and now it gives me a reason to wake up every morning."

Ms. Stangle says what she loves about living at St. Joseph's is the personal attention each resident receives in personalizing activities for their ability and enjoyment. She's come a long way from not being able to move both hands together. Her favorite song to play is "Clare De Lune," but as she says, she likes to "jazz it up."

"Life's too short not to do what you enjoy." ■

— For more information about St. Joseph's Assisted Living and Memory Care, call 561-747-1135 or visit www.stjosephs-jupiter.com.

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SFRO mission is to give state-of-the-art breast cancer treatment

At SFRO, our mission is to use state-of-the-art technology and treatment techniques to deliver the best possible care in order to achieve the best possible outcomes for our patients. For breast cancer, we have implemented a multi-disciplinary approach with Multi Modality Clinics (MMC's). This approach is a very beneficial one for patients because the process begins at diagnosis.

The benefits of the multi-modality clinic include:

- Patient care is expedited.
- Prior to starting treatment, the patient is seen and evaluated by all specialties, establishing an overall treatment plan.
- Patient outcomes are optimized.

Currently, the standard of care treatment for breast cancer after breast conserving therapy, is whole-breast external beam radiation therapy. The alternative option of accelerated partial breast radiation (APBI) is being explored in a current clinical trial, NSABP B-39. This trial will help determine if APBI will become a standard of care option for women with newly diagnosed breast cancer.



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The Walk to END Alzheimer's 2013

St. Joseph's is participating in the Walk to END Alzheimer's 2013! Join the residents, families and staff of St. Joseph's as we participate in the nation's largest event to raise funds and awareness for Alzheimer's care, support and research.

The walk will be Saturday, November 2nd, at the Meyer Amphitheatre in downtown West Palm Beach. We are on the MOVE to end Alzheimer's!

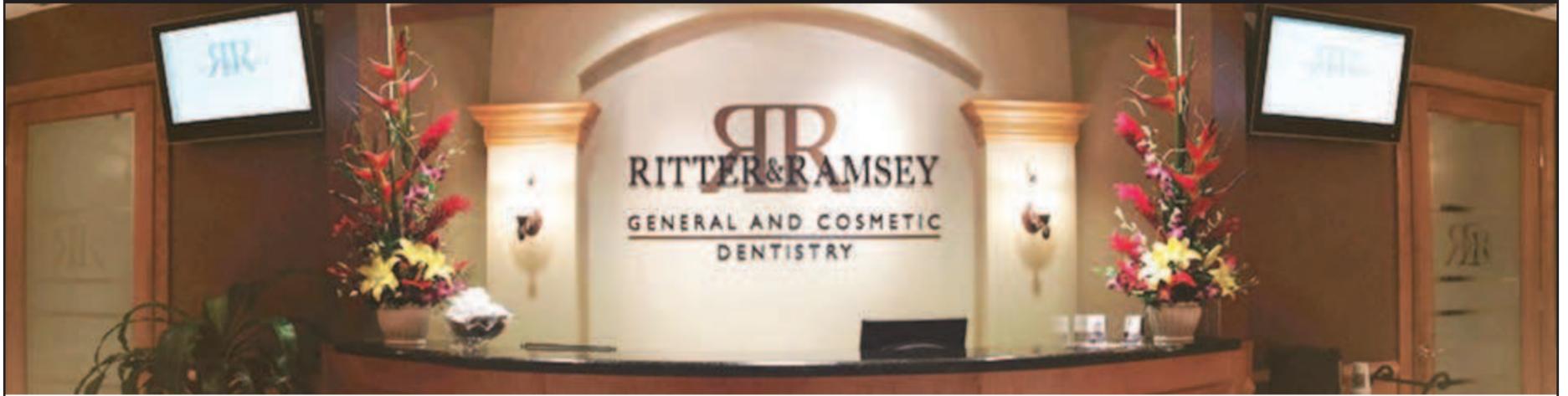


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