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WEEK OF JULY 25-31, 2013

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INSIDE



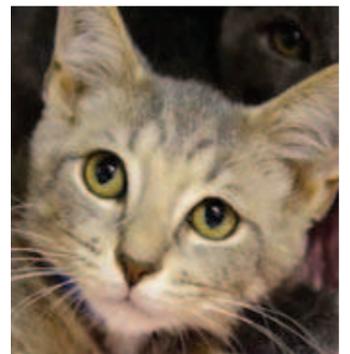
Really good bad movies

swede fest at Midtown promises great hilarity. **A25** ▶



Society

See who was out and about in Palm Beach County. **A18-19** ▶



Pick up Clem

This kitty and other homeless pets need homes. **A6** ▶



Meet Chef Eddie

The Cantina Laredo master also is passionate about art. **A35** ▶

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BY THE NUMBERS

1

FLORIDA'S RANKING FOR STRIKES PER SQUARE MILE



10

PERCENT OF THOSE STRUCK BY LIGHTNING WHO DIE

468

NUMBER OF PEOPLE KILLED IN FLORIDA FROM LIGHTNING STRIKES IN THE LAST 50 YEARS

5

AMOUNT OF SECONDS BETWEEN LIGHTNING STRIKE AND THUNDER WHEN IT'S A MILE AWAY



1 in a million

YOUR ODDS OF GETTING STRUCK BY LIGHTNING THIS YEAR

1 in 10,000

YOUR ODDS OF GETTING STRUCK BY LIGHTNING IF YOU LIVE TO BE 80

dodging lightning



Schools and parks install warning systems to prevent tragedies

>> **A8**

ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY

Clinics Can Help links surplus equipment to those who need it

BY RANDALL LIEBERMAN

Special to Florida Weekly

Jacques is a juvenile barn owl that was recently brought into the Busch Wildlife Sanctuary in Jupiter with a broken wing.

Because of his age and the nature of the injury, it will be a couple of months before it becomes clear whether Jacques will be able to be released back into the wild.

In that time, Jacques will require fre-

quent bandage changes, something that normally would provide a financial strain to the nonprofit sanctuary.

However, thanks to a partnership started six months ago between Busch Wildlife Sanctuary and Clinics Can Help, a West Palm Beach-based nonprofit, the sanctuary has an ample supply of bandages to



tend to Jacques' wounds.

Clinics Can Help, which was founded by Owen O'Neill of Palm Beach Gardens in 2005, is a nonprofit that collects and donates used or surplus medical equipment. Mr. O'Neill is happy that his company was able to help Busch Wildlife Sanctuary.

SEE CLINICS, **A8** ▶

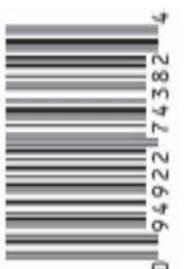
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COMMENTARY

Something to say



rogerWILLIAMS
rwilliams@floridaweekly.com

Writing from every corner of the Florida Weekly readership, the correspondents below offer both praise and criticism for the column, "Nothing to say," which appeared in print last week. Some comments have been edited for length.

R,
So lately, I have been re-reading Horace, as an openly admitted escape mechanism. I need to pick up Langston Hughes and throw some cold water in my face. Well-quoted and written.
Best regards,

— T. (Thomas Wallace, president, IDS Corporation)



Mr. Williams,
WONDER IF YOU HAVE ANYTHING TO SAY ABOUT THIS:

My name was Antonio West and I was the 13-month-old child who was shot at point blank range by two black teens who were attempting to rob my mother, who was also shot. A grand jury of my mommy's peers from Brunswick, Ga., determined the teens who murdered me will not face the death penalty ... too bad I was given a death sentence for being innocent and defenseless.

My family made the mistake of being

white in a 73 percent non-white neighborhood, but my murder was not ruled a hate crime. Nor did President Obama take so much as a single moment to acknowledge my murder....

There is not a white equivalent of Al Sharpton because if there was he would be declared racist, so there is no one rushing to Brunswick to demand justice for me. There is no White Panther party to put a bounty on the lives of those who murdered me. I have no voice, I have no representation and unlike those who shot me in the face while I sat innocently in my stroller, I no longer have my life.

So while you are seeking justice for Treyvon, please remember to seek justice for me, too... just like you did for Treyvon. Thank you and God bless!

— Scott Voit



Dear Mr. Williams,
Thank you for your commentary.

I think you may have been "cursed" by this Franciscan Benediction at some time: "May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart."

"May God bless you with anger at injustice, oppression, and the exploitation of people, so that you may work for justice, freedom and peace."

"And may God bless you with enough foolishness to believe that you can make a difference in this world, so that you do what others claim cannot be done."

Peace and grace,

— Ayork

Roger,
While you were saying nothing while having absolutely nothing to say, I noticed you left out the entertainment industry, George Soros, the Clintons' \$100 million in speaking engagements, people like Harry Reid, multi-millionaire, and Nancy Pelosi and many more politicians of both parties who had nothing before they began representing we the people. And how can we miss Al Sharpton and Jesse Jackson making millions on race issues?

— O.T Atkinson Jr.



Roger,
I enjoyed your opinion article about "Nothing to say." Especially "If shareholders are getting a return, why fault a guy for getting paid?" asked Mr. DeCarlo.

"The thing is, a government or a company, either one, is not a government or a company; it's you and me and Trayvon and George and Johnny and Dickie and Stevie and Jamie and Louie and Ireney and Gracia.

"And every single one of them and all of us have choices..."

Why not push or entice your readers to use the voicing options available to our elected officials (by writing to them).

Keep up the good work!

— Russ Tidaback



Dear Roger,
You got nothing to say. Well, I got something say.

I have something to say when: A young man chooses to start an altercation with a man with a gun, when he could have called 911 or ran home.

People refuse to accept the verdict of a jury in Florida and cry racism, yet celebrated an outrageous verdict in California from an admitted racist jury.

People are so angry about Trayvon but don't even know the names of the four black kids killed in Chicago over the July 4th holiday weekend. Maybe their community organizers in that city didn't do such a good job.

A government runs up a \$9 trillion deficit and expects us to pay for its mistakes and bad judgment. Is that un-American?

Corporations sell, invent and invest in things which save our lives, make our lives easier and essentially feed the world — yet this newspaper chooses to vilify them constantly. Exactly who pays for most things and pays for most people to have employment? Aren't taxes taken out of salaries?...

Stores remove Paula Dean from their shelves within minutes, yet play music using the same words over their speakers? And sell a magazine celebrating a terrorist?

Roger Williams has nothing to say about the salaries of civil servants living in the D.C. area and the outrageous benefit packages politicians receive nationwide.

Roger has nothing to say about a Congress without a budget.

I guess Roger and his Liberal friends can handle the consequences and choices when they mirror and support your socialist agendas.

— Ed Bennett

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OPINION

Wendy Davis, abortion extremist



richLOWRY

Special to Florida Weekly

Wendy Davis is the country's most prominent defender of late-term abortions. What Rosa Parks was to desegregation, what Eunice Kennedy Shriver was to respect for the disabled, what Elizabeth Cady Stanton was to women's suffrage, the Texas state senator is to abortion after 20 weeks of fetal development.

Texas just passed a law banning abortion after that point, a measure supported by the public and by common sense, but not by the stalwart Davis. For her trouble, she has been accorded fawning media coverage and showered with \$1 million in donations, showing that abortion radicalism sells in America — so long as it is pro-abortion radicalism.

A ban after 20 weeks, near the end of the second trimester, represents a minor restriction on abortion by any reasonable standard. Many European countries, which we tend to consider laxer on such matters, ban abortion well before 20 weeks. In Belgium and France, abortion is banned after 12 weeks.

Davis likes to say that less than 1 percent of abortions in Texas take place the 20th week or later, without realizing how that damns her own case. By her own admission, she is not even willing to give up 1 percent of abortions.

The 20-week benchmark isn't arbitrary. By then, the latest research suggests that fetuses feel pain, respected University of Utah expert Maureen Condit recently testified before Congress. It is her view that fetuses "deserve the benefit of the doubt regarding their experience of pain and protection from cruelty under the law."

The public basically believes the same thing. In Texas, a University of Texas/Texas Tribune poll found 62 percent of people support the ban. Nationwide, even a recent HuffPost/YouGov poll found that 59 percent support a ban after 20 weeks.

There is nothing outlandish or — assuming its supporters don't make suicidally stupid rhetorical mistakes — politically risky about the Texas law. It includes an exception for the health of the mother and for extreme fetal abnormality.

Wendy Davis always couches her position, of course, in terms of reproductive "health." In the very same breath, though, she opposes a provision

of the Texas law requiring that abortion clinics meet the same standards as outpatient surgical centers. Since abortion involves outpatient surgery, this would seem an uncontroversial measure, especially given that Democrats favor the strict regulation of practically every other business and activity in America.

The provision is drawn from the recommendations of the Gosnell grand-jury report that wanted tighter controls to prevent the kind of butchery that it had investigated from happening again. The requirements, like wider hallways, aren't frivolous. One of Kermit Gosnell's "patients" bled to death because his clinic couldn't properly accommodate a hospital gurney. Whistle-blowers from an abortion clinic in Houston have told horror stories reminiscent of Gosnell's unspeakable practices.

If the balance of the Democratic Party weren't invested in protecting abortion as a kind of secular sacrament — "sacred ground," as Nancy Pelosi calls it — it would recoil from Wendy Davis in embarrassment. Instead, it lionizes her. And why not? She exemplifies its moral and political bankruptcy on this issue. ■

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

Let the light of Mandela shine on U.S. injustice



amyGOODMAN

Special to Florida Weekly

As the world celebrates Nelson Mandela's 95th birthday, it is timely to reflect on his life, spent fighting for equality for people of color who long suffered under South Africa's apartheid regime. Mandela was arrested in 1962, a year before Martin Luther King Jr. would give his "I Have a Dream" speech in Washington, D.C. After 27 years in prison, Mandela was released in 1990. Four years later, he would become the first democratically elected president of South Africa.

We should use Mandela's incredible life to shine a light on injustice in the United States, as George Zimmerman is acquitted of killing Trayvon Martin, and as a massive hunger strike envelops the U.S. military prison at Guantanamo Bay, where scores of men have been held without charge for more than a decade.

When President Barack Obama visited South Africa recently, he took his family to Robben Island, the notorious apartheid-era prison off the coast of Cape Town. First Lady Michelle Obama said of the experience, "It was amazing to see Mandela's cell, a tiny room — about 6 feet wide — where he spent 18 of the 27 years he was in prison. He slept on a thin mat on the floor, and when he stretched out to sleep at night, his toes touched one wall, while his head grazed the other. The walls were two feet thick with no decorations, and he was given a bucket to use as a toilet."

President Obama signed the Robben Island guest book, writing: "On behalf of our family we're deeply humbled to stand where men of such courage faced down injustice and refused to yield.

The world is grateful for the heroes of Robben Island, who remind us that no shackles or cells can match the strength of the human spirit."

"We don't need a lecture; we need a leader," Col. Morris Davis told me. He is a retired Air Force colonel, and was the chief military prosecutor at Guantanamo Bay until he resigned in 2007, refusing to use statements obtained through torture. He went on: "When President Obama and his family visited South Africa, he took Sasha and Malia to visit (Robben Island). And at the same time, he's operating an island prison in Guantanamo, where the majority have been cleared to be transferred out. There are people that have been there for 11½ years that we have cleared to be transferred home, and they still sit in prison."

While Obama's two elections as president prompted many to declare a post-racial America, the Zimmerman trial verdict last week exposes that fallacy. Phillip Agnew is the executive director of Dream Defenders, a network of black and brown youth and their allies in Florida who are fighting for equal rights and education. Following the verdict, he told me: "It's our refusal as a country to acknowledge that we still have a race problem in America that creates environments for a man like George Zimmerman to walk around, as he does now, with a gun, looking to take down young people of color."

The Dream Defenders mobilized immediately after Zimmerman's acquittal, and descended on Tallahassee, the capital of Florida, where they occupied the offices of Republican Gov. Rick Scott. They want Scott to call a special legislative session to repeal Florida's "Stand Your Ground" law, which expands a person's right to use deadly force in a confrontation, and vowed to remain until their concerns are addressed.

"If Trayvon Martin had been born white, he would be alive today," civil-rights attorney and author Michelle Alexander writes on her Facebook page. "If he had been white, he never would have been stalked by Zimmerman, there would have been no fight, no funeral, no trial, no verdict. It is the Zimmerman mindset that must be found guilty — far more than the man himself. It is a mindset that views black men and boys as nothing but a threat, good for nothing, up to no good no matter who they are or what they are doing. It is the Zimmerman mindset that has birthed a penal system unprecedented in world history, and relegated millions to a permanent undercaste."

Meanwhile, in California, thousands of prisoners are also on the largest hunger strike in state history. Among their demands: an end to long-term solitary confinement, where more than 3,000 prisoners are held in the isolation units with no human contact and no windows — some of them for more than a decade.

Nelson Mandela told an interviewer in 1993: "Once you have rid yourself of the fear of the oppressor and his prisons, his police, his army, there is nothing that they can do. You are liberated."

From South Africa to Sanford, from Pelican Bay to Guantanamo Bay, courageous people are taking a stand, fighting for justice, a fitting birthday tribute to President Mandela. ■

— 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.

— THE GARDENS MALL —

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PET TALES

Lost and found

The kindness of neighbors can help stray pets find their way home

BY GINA SPADAFORI
Universal Uclick

In the couple of weeks on either side of the Fourth of July, I lost one pet and found another. Both stories had happy endings because both the owners and the finders knew what to do. One pet made it home because of a high-tech strategy, the other because of a low-tech one.

First, the pet I found, a healthy young yellow Labrador. I worried that I'd have to find him a home, since he didn't have a collar or tag. I live in an area more rural than suburban, and I feared he might have been dumped by owners hoping a farmer had room for a nice dog they couldn't keep. (We rarely do out here because we all have pets already, but that doesn't stop people from hoping ... and dumping.)

I took the dog to our neighborhood veterinary hospital to be checked for a microchip. I was delighted to be wrong about my guess that the dog had been dumped in the neighborhood. Score one for high-tech: The Labrador was not only chipped and registered, but the owner was a neighbor who was actively looking for his dog.

The lost pet was my own — one of my two indoor cats. Ilario slipped out unnoticed and had been gone several



Ilario had been missing for almost a month when neighbors helped get him home.

hours before I realized he was missing. He was microchipped and wearing a collar ID tag, and I reported him missing to the neighbors, the microchip registry and the county. As the days then weeks passed with no sign of him dead or alive, I sadly figured that he had been grabbed by one of the neighborhood coyotes.

But then, a lucky break: One neighbor mentioned to another that she'd seen a new cat wandering not far from my house, and that he seemed to be spending his days near yet another neighbor's outdoor aviary. That neighbor confirmed my cat was trying to eat his birds, and after two tries, I caught

Ilario in a live-release trap. He was thin, dirty and scared, but he was alive after a month on the lam.

Score that one for low-tech: Even though Ilario had a microchip and ID tag, he was too frightened to be approached, not even by me. But with the help of my neighbors and a Havahart trap, I have my cat back.

The lessons? Cover your bases with collar, tag and microchip, and don't give up when your pet goes astray. And if you find someone's pet, don't assume he's been dumped because he isn't wearing a collar. Start looking for an owner by taking the animal to a nearby veterinarian or shelter to be checked for a microchip.

And don't give up on the possibility of a reunion. Although the Labrador had escaped from his family less than 24 hours before I found him, my own cat was missing for almost a month before he was noticed by the neighbors.

Finally, be a good neighbor. Many pets, especially cats, don't roam far from home. If we all work together, we can get more pets reunited with the families who are missing them. If you see a pet who seems to be lost, help that animal and its owner. We can all use more happy endings — don't you think? ■

Pets of the Week



>> **Gus** is a 1-year-old neutered, tri-color American foxhound. He loves squeaky toys and playing with other dogs. He also loves to jog along with humans.

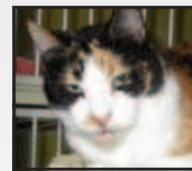


>> **Clem** is a neutered, gray and tabby domestic shorthair. He's about 1 year old. He's timid at first but then warms up to people.

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.



>> **Oscar** is a neutered tabby, 2 to 3 years old. He's a good-looking, friendly boy who gets along well with people and other cats.



>> **Regina** is a spayed calico with gorgeous markings, approximately 3 years old. She has a sweet personality, likes people, and loves to play.

To adopt: **Adopt A Cat** is a no-kill, free-roaming cat rescue facility located at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public Mon-Sat, 12 noon to 6 P.M. For additional information, and photos of other adoptable cats, see our website at www.adoptacatfoundation.org, or visit us on Facebook (Adopt A Cat Foundation). For adoption information, call 848-4911 or 848-6903.

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CLINICS

From page 1



COURTESY PHOTO

Owen O'Neill, founder of Clinics Can Help, with Jacques, a barn owl recovering at Busch Wildlife Sanctuary, from a broken wing.

“Our goal is to help all in need get the proper equipment and supplies to support their health,” Mr. O’Neill said. “Many of the supplies that we, as humans, use to care for ourselves can also be used to care for animals. When we learned that Busch Wildlife was in need of supplies, we did not hesitate to step in and do what we could to help.”

Added Amy Kight, animal care director of Busch Wildlife Sanctuary: “This is a wonderful partnership. It allows us to greatly cut costs to care for our animals. It also allows us to do something with human supplies we have collected that we couldn’t use.”

Among the supplies Clinics Can Help has donated to Busch Wildlife Sanctuary — in addition to bandaging material — are intravenous fluids, oxygen tanks and anesthesia equipment.

Ms. Kight got connected to Mr. O’Neill through Amy Pepper, a mother of one of the sanctuary’s volunteers.

Ms. Pepper is involved with Clinics Can Help because she is the director of Jupiter Community Health Services, which recently received exam tables, doctor’s stools and waiting room chairs from Clinics Can Help.

Jupiter Community Health Services is the fourth local free clinic serviced by Clinics Can Help. Twenty local medical agencies currently direct people to Clinics Can Help and 12 local hospitals donate their used and surplus equipment.

“I hold on to a dream of one day expanding internationally into impoverished countries such as Haiti and the Dominican Republic,” Mr. O’Neill said, “but for now there certainly is enough

need for our services here in Palm Beach County.”

Mr. O’Neill got the idea for starting Clinics Can Help in 2003 when he was working as an in-home hospice nurse. Mr. O’Neill was frequently being asked by client’s families what to do with their medical equipment when they no longer needed it.

Mr. O’Neill started collecting medical equipment in his garage and giving it out to those who were in need. Word-of-mouth spread and, due to increased demand for his services, Mr. O’Neill formed Clinics Can Help and later applied for grants to help him look for warehouse space.

For many years, Mr. O’Neill operated Clinics Can Help on a part-time basis while keeping a full-time nursing job. However, in 2011, the organization was given a repeating grant of \$105,000 for salaries by the United Way of Palm Beach County, allowing Mr. O’Neill to make Clinics Can Help his full-time occupation.

“We currently have five full-time employees,” Mr. O’Neill said. “Of course, the more staff we have the more people we can help. Currently we are a sustainable organization for the next three years.



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I'm looking to make it sustainable for the next 10 or 20 years."

Mr. O'Neill said that a survey Clinics Can Help did showed that more than 90 percent of people who come to the organization for medical supplies and equipment cannot afford them. All that is asked of clients is that they take good care of the equipment and bring back what is returnable when they are done.

"Everyone wants to take good care of their family members," Mr. O'Neill said. "Access to quality medical equipment is a critical part of access to quality medical care. This form of recycling assures equality for everyone. We have universal availability. We turn no one away. We assisted close to 1,400 clients last year. It's a simple, cost-effective way to increase access to medical care."

Local programs Clinics Can Help are involved with include "The Lending Closet," which provides medical supplies to individual patients; "Local Free Clinics," which supports local clinics with needed medical equipment and supplies; and "Discover Nursing," which supports local schools with medical equipment used to teach nursing and related medical fields.

Clinics Can Help also is in partnership with the Department of Children and Families for the Cribs R for Infant Baby Safety Project (CRIBS), where Clinics Can Help donates portable cribs to needy families that qualify.

Just before New Year's in late 2012, the Quantum Foundation made a surprise donation of \$100,000 to Clinics Can Help.

Kerry Diaz, the president of Quantum Foundation, said in a written statement: "Our board of trustees recognized the potential of Clinics Can Help and how a simple concept could really change the lives of those who need medical equipment. This grant is in recognition of the work they have done and the great trust we have in their future and ability to serve

in the know

Clinics Can Help

Clinics Can Help is open Monday through Friday, 9 a.m. to 5 p.m. Most items are available in stock, but some may not be. It is recommended that you call to check on availability before going to the warehouse. Equipment can be placed on hold for up to 48 hours for client pick-up. If an item is not in stock, Clinics Can Help will do their best to locate that item for you.

Location: 1550 Latham Road, Unit 10, West Palm Beach

Phone: (561) 640-2995

E-mail: owen@clinicscanhelp.org

Website: www.clinicscanhelp.org

Busch Wildlife Sanctuary

The Busch Wildlife Sanctuary is a nonprofit organization dedicated to the protection and conservation of Florida's wildlife and natural resources. The sanctuary has a two-fold mission of wildlife rehabilitation and environmental education. The sanctuary combines a nature center with a wildlife hospital.

Location: 2500 Jupiter Park Drive, Jupiter

Phone: 575-3399

E-mail: buschwildlife@aol.com

Website: www.buschwildlife.org

more people."

Mr. O'Neill says if you have any medical equipment lying around that you no longer need, consider donating it to Clinics Can Help. Monetary donations are also accepted. And, if you need medical equipment, you are certainly more than welcome to contact the organization.

"Most people want to do something good with the equipment to help others," Mr. O'Neill concluded. "By donating their surplus medical equipment, they are truly making a huge difference in someone's life. I am honored to be able to play a role in helping people get the equipment necessary to caring for their illness." ■



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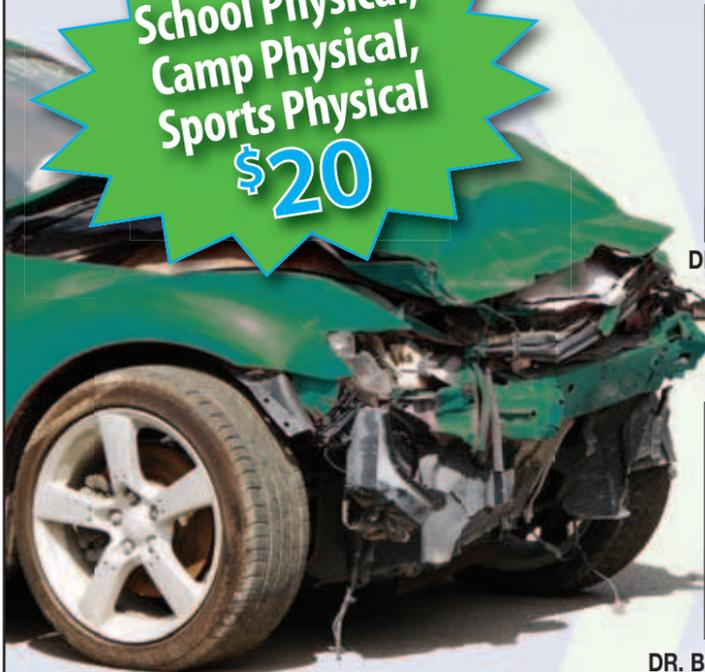
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*South Florida facilities are installing
new warning systems*

Dodging lightning

BY EVAN WILLIAMS

ewilliams@floridaweekly.com

WHEN VETERAN WEATHERMAN Mike Lyons delivers a broadcast, white dots on his radar screen indicating lightning often float out five or 10 miles ahead of or behind the “parent storm,” he said.

“A lot of people will look outside and the rain might have stopped and they’re thinking ‘we’re good,’ when in fact you’re not because the lightning is still close,” warns Mr. Lyons, chief meteorologist for WPBF 25.

That’s when most people are killed or injured by lightning — not at the height of, but just before or after a storm, many times when the sky is still largely dry, sunny and blue, weather and safety experts say.

Lightning alert systems that warn of such “bolts from the blue,” the common term used to describe them, are being installed at an increasing number of South Florida public schools, parks, and other facilities.

The WeatherBug Total Lightning Network, by a Maryland-based company called Earth Networks, was up and running recently at three Palm Beach County locations.

It went on at Southwinds, Osprey Point, and Park Ridge Golf Course the second week of July, said Eric Garber, Palm Beach County special projects coordinator. And the system is now being installed at The Morikami Museum & Japanese Gardens at Delray Beach. Other area facilities such as Calypso Bay and Coconut Cover Water-parks already have their own detection and warning systems.

Meanwhile, the Sunshine State continues to be the deadliest and most prodigious lightning producing state in the country, easily earning its other more dubious title, Lightning Capital of the United States.

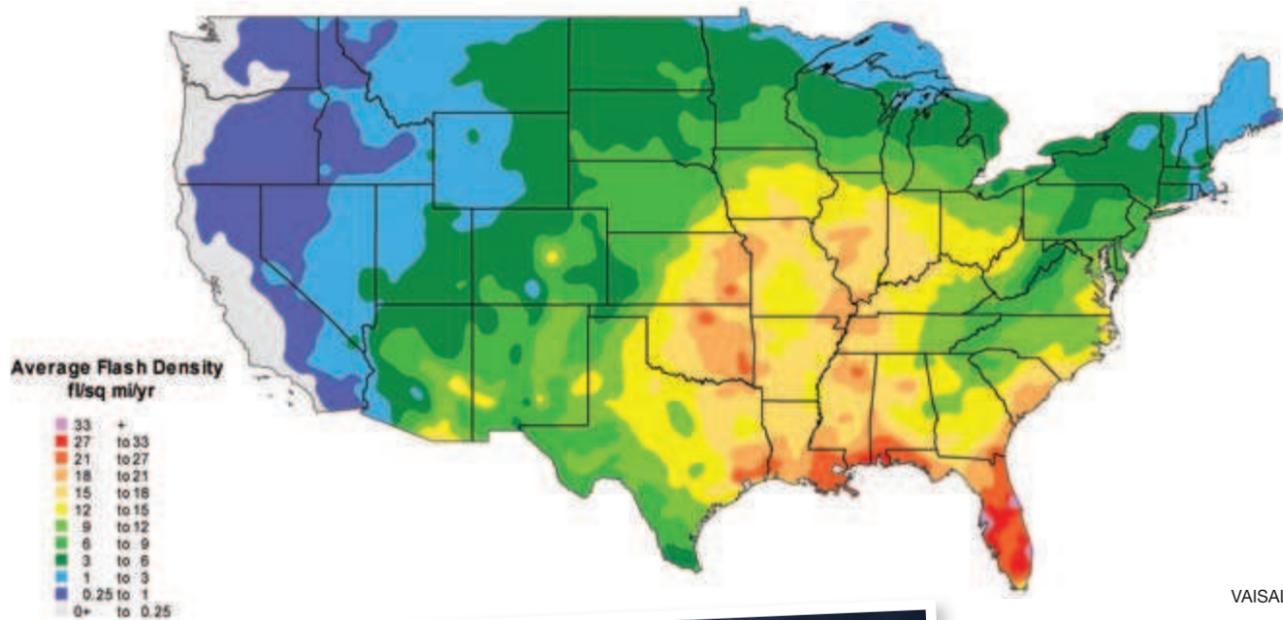
With the highest density of cloud-to-ground strikes in the U.S. — 24.7 per square mile, beating Louisiana’s 19.7, in a 1997 to 2011 analysis by Vaisala Inc. — and a large outdoorsy population, Florida has had more than twice the lightning fatalities of any other state. Between 1959 and 2012, lightning strikes killed 468 people in Florida, the National Oceanic and Atmospheric Administration says. And in an analysis of lightning strikes between 2006 and 2012, NOAA says three quarters of fatalities occurred between June and August.

“Probably the biggest misconception is they think when the storm is overhead, that’s when most victims get hit by lightning, and for the most part that’s not true,” said Collier County EMS Chief, Walter Kopka. “The lightning strike victims actually peak before the storm comes and after the storm leaves.”

WeatherBug

WeatherBug boasts lightning detectors that can spot not just cloud-to-

Cloud-to-ground lightning incidence in U.S. 1997-2011



VAISALA

ground strikes, but cloud-to-cloud lightning hundreds of miles from a warning site. A 15-second horn blast warns of a threat within a 10-mile radius, often minutes before the sky turns dark and begins to crackle. Three shorter five-second blasts will signal “all clear” well after the weather clears.

WeatherBug was also up and running in Lee County schools starting in January; and this summer is being installed at 17 Lee County parks and at three Charlotte County high schools — those latest changes coming nine months after an 11-year-old Fort Myers boy was struck and killed by lightning at a football practice.

“The (Lee County) school board decided after that tragedy they would dip into reserves to pay for the purchase and installation of the WeatherBug system throughout all of our high schools,” said Ron Davis, Lee principal on assignment for operations.

Elementary and middle schools in Lee and Charlotte receive mobile and online notifications of storms through the high schools’ systems.

Palm Beach County School District officials didn’t immediately return phone calls seeking comment about what the school system’s policy is on lightning safety and if they use any detection systems.

In addition to the alarm, officials can track weather on their desktop computers. They also receive text messages warning of an impending storm, said Charlotte Schools spokesperson Mike Riley in an email.

“The system sends out an audible blast and then turns on the lights, which are strategically located throughout the exterior of the school campus,” Mr. Riley wrote. “The lights remain on continuously until an ‘all clear’ is received. Not much different than a typical horn/strobe fire alarm detection system.”

Unlike in Southwest Florida, no spe-



COURTESY PHOTO

Florida has more lightning strikes and fatalities than any other state.

cific lightning incident led to the installations at Palm Beach County golf courses, said Mr. Garber, the special projects coordinator.

“We just feel as parks and recreation facilities we want to be good stewards and promote safety,” he said.

Golf course workers and patrons were getting used to the alarms last weekend. Once it sounds, there is a 15-minute countdown before an “all clear.” If new lightning pops up in that time, the clock resets.

“There were lightning alerts all weekend,” Mr. Garber said. “When lightning alerts are in place and we’re in a holding pattern we do not sell any tickets to the golfers. That’s the newest change now for us.”

The new systems are “great — as long as people listen,” said weatherman Mr. Lyons. “You can’t mess with the lightning here in South Florida because it is so frequent and can be so deadly.”

WeatherBug app

Not just officials, but everyone from soccer sisters to weekend weirdos can track lightning on the WeatherBug app, which is free. The app’s “Spark” feature “turns your smartphone into a personal lightning detector,” an advertisement reads, “...in real-time, based on data from the WeatherBug lightning detection network.”

“I’ve been using it myself well before we even got WeatherBug — nice app,”

Mr. Garber said. “The more facilities that get set up with WeatherBug, it allows them to provide more data to the end user, in this case us.”

Strike victims

Roughly one in ten people who are struck by lightning die, NOAA estimates. Hundreds of others with injuries, many thought to be unreported, suffer short and long-term effects to their bodies and nervous systems, from headaches and soreness to trouble concentrating and irritability.

The chances of your being struck are relatively low in any given year, roughly one in 775,000 to a million, NOAA says. But that figure varies widely depending on your lifestyle and increases dramatically with age. About 1 in 10,000 are struck in an 80-year lifetime. While strikes have effected every age group and demographic, the largest number of victims have been young males, statistics show.

“During my time you were a little more of a risk taker when you’re 20 years old and you think you’re going to live forever,” said weatherman Mr. Lyons.

Lightning bolts also wreak havoc on property: \$20.3 million worth in Palm Beach County, from January 1997 to March 31, 2013, says NOAA’s Storm Events Database.

Just in June, a Loxahatchee home was struck, burning a hole in its roof; a construction worker in Naples, Robert Wiley, was struck and killed; a Lee County patrol car was zapped and disabled on Interstate 75; and lightning hit Punta Gorda’s wastewater treatment plant, the “probable cause of several computer and instrumentation failures,” a city report said.

When thunder roars

The best advice to stay safe, Mr. Lyons said, is “When thunder roars, go indoors.” There is also the five-second rule, used to measure how far away

lighting is from you. Every five-second interval between a lightning strike and the thunder it produces indicates the flash was a mile away. Generally, if there is a 30 second-or-less interval between the flash and the bang (6 miles away or less), you're not safe outside.

But lightning can strike from 10 miles away or more, NOAA says; bolts from the blue have been documented traveling further. While counting can still be used to measure how far away lightning is, you should go inside if you hear any thunder at all. That's the only safe place other than the second choice, a car.

Huts, cabanas, dugouts, tents and other open shelters aren't safe.

Competing systems

In Collier County, schools and parks have used a warning system for more than five years by a competitor of WeatherBug, the South Florida company, Thor Guard. Its president, Bob Dugan, said school officials in Collier are considering buying a software upgrade that would allow people to track lightning on their devices.

"Say you're going to a football game at Immokalee High School," said Mr. Dugan. "You can go online, pick Immokalee High School on your phone, then when you're out there have the same info the coaches have."

Thor Guard covers all school facilities along with North Collier Regional Park,



COURTESY PHOTO

WeatherBug's outdoor station is equipped with a wind sensor, rain gauge and lightning sensor.

Sun-N-Fun Lagoon, Vineyards Community Park and Veterans Community Park.

"It emits a powerful train whistle when lightning is in the area," said Barry Williams, director of Collier County Parks & Recreation. "It works very effectively. There's no question in peoples' minds when it goes off."

Thor Guard boasts that their system "predicts" rather than detects lightning because it measures positive and negative charges in the air. It sounds the alarm eight to 20 minutes before those charges could create lightning.

Adjusting to the alarms

Lee County School officials are just becoming familiar with WeatherBug's alerts. One official said he received 150 notifications on his phone in one day when all 13 high school detection systems were busy.

"I can't speak highly enough about the system," said Fort Myers High School Principal David LaRosa, adding that it takes the guesswork out of when to go inside. "The teams know, they hear that alarm go off, they know they've have to evacuate the practice field, the game field, whatever it may be."

If lightning is detected within a ten-mile radius to a WeatherBug system, the alarm is "like a distant loud car horn," and strobe lights flash. At the same time, WeatherBug sends alerts to its public app, and directly to officials.

Principal Mr. LaRosa said he uses the WeatherBug app to monitor the threat of lightning near his home in south Fort Myers before he goes for a run. He heard the horn go off at Estero High School while he was attending a middle school track meet.

"I'm going to be honest with you the skies were clear, but that horn went off so the stadium had to be evacuated," he said. "Everybody was questioning why they were evacuating when there were clear skies. It was probably 15 minutes after that there was a big bolt of lightning that went across the sky."

After the horn goes off, the system automatically waits 30 minutes before sounding the all clear. Officials or app users can watch the 30-minute clock.

The device will keep resetting the 30-minute clock anytime it picks up more lightning happening within the 10 miles radius. As a result, the middle school track meet ended up being

in the know

Lightning deaths, injuries and property damage Jan. 1, 1996, to March 31, 2013

- >> **Palm Beach County:** seven deaths, 43 injuries, \$20.3 million in property damage
- >> **Broward County:** 12 deaths, 65 injuries, \$1.6 million in property damage
- >> **Lee:** nine deaths, 12 injuries, \$2.3 million in property damage
- >> **Charlotte:** two deaths, 13 injuries, \$742 thousand in property damage.
- >> **Collier:** three deaths, 16 injuries, \$743.6 thousand in property damage.

— Source: NOAA's National Climatic Data Center, Storm Events Database.

delayed 90 minutes.

"In prior years we would have played those games and endangered everyone in the stands and in the fields and everybody walking to the car," said Ron Davis, Lee Schools principal on assignment for operations. He added that people should expect some delays when the horns sound, including when kids are let out of school — the same policy as if there were other severe weather threats.

Neighborhoods near school or park systems will also hear the alarms. Fort Myers High School sits on the edge of a residential neighborhood near the Edison & Ford Winter Estates.

"I've let the neighborhood association over there know and I told them you're going to hear this horn go off. If your children are out playing you need to get them inside," Principal LaRosa said. "It's really been a positive for the whole neighborhood in regards to safety and lightning." ■

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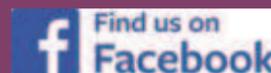
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MacArthur Beach State Park's Jr. Friends install recycling bin for fishing line

SPECIAL TO FLORIDA WEEKLY

MacArthur Beach State Park's Jr. Friends organization recently adopted and installed a monofilament recycling sign and bin on Jack Nicklaus Drive on the bridge near U.S. Highway 1. The project was initiated by former Jr. Friends president Adrienne Propp, after she noticed fishing line dangling from the power lines that run across the bridge, according to a prepared statement from MacArthur Beach. She presented the idea to the Jr. Friends and the board of directors of the Friends of MacArthur Beach and received a unanimous vote in favor of adopting the bridge. After many months

of research and permitting, installation day finally came. The Jr. Friends will continue to monitor the bin and clean it out frequently in hopes to reduce the damages caused by monofilament.

Monofilament is a single-stand, high-density nylon fishing line. When improperly discarded it can entangle wildlife including birds, manatees and sea turtles. The fishing line can last 600 years and can also be accidentally ingested by sea life.

The Jr. Friends of MacArthur Beach State Park is an organization made up of environmentally concerned high school students with the mission of generating supplemental resources to preserve, restore, and interpret the natural and



cultural assets of the park for present and future generations.

John D. MacArthur Beach State Park, Palm Beach County's only state park, is situated on a barrier island between the Atlantic Ocean and the Lake Worth Lagoon. The park is made up of 438 acres of pristine coastal land and contains four different communities or habitats including seven species of plants and 22 species of animals on the endangered or threatened list. ■

COURTESY PHOTO

Members of the Jr. Friends group include, from left, Andrew O'Neil, Morgan Ditaranto, Kaila Casasus, Adrienne Propp and Aubrey O'Brien.

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Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry.

He's been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastership from the Misch International Implant Institute. He's a member of The American Academy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology.

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Facts about facial fillers

More recently, doctors have implicated loss of volume and bone regression as contributors to facial aging. Facial fillers (aka dermal fillers) are a recent addition to plastic surgeon's tool kit to address volume loss, therefore restoring fullness and rejuvenating a patient's appearance. Facial fillers are now the second most common non-surgical cosmetic procedure in the US.

In my practice, fillers are used to build up cheeks, soften lines around the eyes and mouth and accentuate lips. Generally, any fold or depression in the face can be corrected with the proper application of facial fillers. I routinely use Radiesse, Restylane, Perlane and Juvederm Ultra. The many products available each have advantages and disadvantages which can be overwhelming for patients. It is important to select an experienced plastic surgeon who understands the products and can choose which will work best for you and the areas you would like to improve.

Consultations involve identifying the patient's specific concerns, explaining what to expect and discussing risks before any filler is used. Injections typically have minimal discomfort and progress is regularly checked with the patient using a mirror. The effects are immediate and there is very little downtime. There are few, if any, side effects and the most common reaction is subtle swelling for a few days.

My patients generally look relaxed, rested, rejuvenated and have a more youthful appearance overall. To see if fillers are right for you, please call my office to schedule a free consultation.

Dr. Lipan is originally from New York City and completed his undergraduate and medical education at Cornell University and the Mount Sinai School of Medicine. He graduated in the top quartile from medical school with a distinction in research. Following medical school, he trained at the University of Miami working with many well respected facial plastics and reconstructive surgeons. He was awarded first honors for research and had published articles in many top journals in his field. While in Miami, he and his wife embraced the South Florida lifestyle. Together, they have two daughters and live in Palm Beach Gardens.

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Hospice foundation appoints three new board members

SPECIAL TO FLORIDA WEEKLY

The Hospice of Palm Beach County Foundation appointed three community leaders to its board of directors, the organization said in a prepared statement.

James R. Borynack, chairman and CEO of Wally Findlay Galleries Inc.; Stuart B. Klein, attorney of The Wagner Law Group; and Pamela Goodman, retired fashion industry executive, have joined the board.

Mr. Borynack oversees America's second-oldest art gallery with a multifaceted senior staff in the company's world headquarters located in Palm Beach. The gallery has locations in New York, Palm Beach and Barcelona, and affiliate galleries in London and Paris. Mr. Borynack previously served as chairman of the National Hospice Foundation based in Alexandria, Va., and later served as chairman of the National Board of Governors.

Stuart B. Klein graduated from New York University School of Law with a con-

centration in corporate law and health law. He has served as an adjunct law professor at Nova Southeastern School of Law.

Pamela Goodman graduated from the University of Iowa and went on to work in fashion beginning with Macy's Inc. and moving on to The Limited Inc., where she rose from buyer to president and CEO of the Limited Express Division. She retired to Florida in 1995 and made the decision to focus on community service opportunities. She has served as the first vice president and later president of The League of Women Voters in Florida and president of the Homeless Coalition of Palm Beach County.

Hospice of Palm Beach County Foundation is the philanthropic arm of Spectrum Health, Inc. and its subsidiaries. The foundation raises funds to support the unfunded patient programs and services offered by Hospice of Palm Beach County which are not covered by Medicare, Medicaid or private insurance. For more information, see hpbfc.org. ■

Foundation adds four to board

SPECIAL TO FLORIDA WEEKLY

The Community Foundation for Palm Beach and Martin Counties has appointed four new board members: Ray S. Celedinas, Lore Moran Dodge, Christina Matthews Macfarland and Caroline B. Sory.

Ms. Celedinas is president and CEO of Celedinas Insurance Group in Palm

Beach. Ms. Dodge has served on several boards, including the Hospice Foundation of Palm Beach County.

Ms. Macfarland is a committee member for the Henry Morrison Flagler Museum's "Whitehall Society." Ms. Sory is a sustaining member of the Junior League of the Palm Beaches, and a member of the Garden Club of Palm Beach. ■

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HEALTHY LIVING

More than 95 percent of knee replacement patients report less pain



In 1968, the Green Bay Packers won the Super Bowl, the first Hot Wheels toy car made its debut, and Richard Nixon was elected President of the United States. It was also the year that the first knee replacement surgery was performed. Today, more than 715,000 knee replacements are done annually to help relieve pain and decrease disability in people with knee problems.

The knee joint, which is the largest in the body, can wear out for numerous reasons, such as inflammation caused by arthritis, injury or everyday wear and tear. Knee replacement surgery may be recommended if pain limits activities, chronic inflammation in the knee does not improve with rest or medications, the knee is stiff or deformed, or there is moderate to severe pain that occurs during rest. Most patients who undergo knee replacement surgery are between the ages of 60 and 80. However, the procedure may be beneficial to patients of all ages depending on the individual's levels of pain and disability.

If you are considering undergoing knee replacement surgery, the team of orthopedic physicians, nurses, and physical therapists at The Institute for Advanced Orthopedics at St. Mary's Medical Center is here to help. Our team provides a comprehensive range of both surgical and nonsurgical treatments for knee replacement, including self-education, physical therapy and pain management.

Here's what to expect during the surgery process:

A complete medical history will be taken prior to surgery, and a physical examination will be completed to assess the range of motion, stability, and strength in the knee. X-rays may be done to evaluate the extent of knee damage. Most patients are admitted to the hospital on the day of surgery and will be asked not to eat or drink anything after midnight before the procedure.

The majority of knee replacement procedures last approximately two hours and require some form of anesthesia, either general or spinal. During this time, the surgeon will make an incision that is 8 to 12 inches long in the knee area, move the kneecap aside, remove the damaged cartilage and bone, and then insert the new metal and plastic knee joint called a prosthesis. Before the incision is closed, the surgeon will



bend and rotate the knee joint to ensure that it functions properly.

After spending one to two hours in the recovery room, knee replacement surgery patients are moved to a hospital room where they will generally stay for several days before being discharged home. During the hospital stay, blood thinners, support hose and compression boots (inflatable leg coverings) may be necessary to help prevent blood clots and decrease swelling. A continuous passive motion machine could be used to bend the leg back and forth to increase blood flow and mobility.

Patients usually can resume normal daily activities three to six weeks after knee replacement surgery. Low-impact activities for exercise are encouraged

after recovery, such as walking, swimming, biking or playing golf. However, high impact activities including jogging, skiing and tennis will no longer be possible.

The success of the surgery will depend in large part on how well the patient follows doctor's orders at home the first few weeks after the procedure. More than 95 percent of patients report significant pain relief, greater mobility and an enhanced quality of life following surgery.

For more information about knee replacement surgery at The Institute for Advanced Orthopedics at St. Mary's Medical Center call 882.9100.

More information is also available at stmarysmc.com. ■

Stroke center director honored by Chamber of Palm Beaches

SPECIAL TO FLORIDA WEEKLY

Dr. Ali Malek, director of the neuro-intervantional program and the Comprehensive Stroke Center at St. Mary's Medical Center, was honored by the Palm Beach Chamber of Commerce with the Healthcare Professional Award, the hospital said in a prepared statement. Under Dr. Malek's leadership, the first brain procedure utilizing the Pipeline Embolization Device was performed in Palm Beach County on patients with life-threatening brain aneurysms. During the procedures, blood flow is temporarily halted causing the aneurysms to shrivel up and vanish by lining the blood vessel where the aneurysm existed, without going directly into the brain aneurysm itself. Before the pipeline, large aneurysms were filled with perma-

nent platinum coils increasing likelihood of permanent pressure on a nearby nerve or the brain.

Since joining St. Mary's Medical Center in 2008, Dr. Malek helped St. Mary's Medical Center become selected as a GE National Show Site for Interventional Radiology and use of the GE Innova 3131 Bi-Plane Suite technology. This addition catapulted St. Mary's Medical Center into the role of community leader for advanced interventional neurology procedures.

Time is brain, and until recent years there was little hope for those patients presented outside the three-hour window for stroke treatment. After the three-hour treatment window has expired, Dr.



Dr. Ali Malek

Malek uses some of the most advanced technology to do minimally invasive surgery by guiding a microscopic catheter into the patient's groin and track it up safely into the brain arteries and remove the blood clot, according to the hospital's statement.

St. Mary's Medical Center continues to build their ongoing focus of comprehensive neurological care to adults and pediatric patients. St. Mary's Medical Center has invested \$3.1 million dollars to date in some of the latest neurointerventional equipment and devices. St. Mary's Medical Center is one of only eleven hospitals in Florida designated as a Comprehensive Stroke Center. A Comprehensive Stroke Center

offers more aggressive stroke management than ordinary stroke centers, with a full continuum of services for stroke patients, including acute rehabilitation.

Dr. Malek joined St. Mary's Medical Center from the University of South Florida and Tampa General Hospital. He has served as faculty in the departments of neurology and neurosurgery, and as the director of the hospital's Neurosciences ICU for five years. Dr. Malek completed his neurology residency at the University of South Florida and was chief resident in his final year. Dr. Malek is triple board-certified in neurology, vascular neurology and neurocritical care, and also an integral part of the team at the Palm Beach Neuroscience Institute, a facility dedicated to the diagnosis and treatment of neurological, neurovascular and neurosurgical disorders. ■

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Stretching your house budget too much can cause regret



lindaLIPSHUTZ
llipshutz@floridaweekly.com

The serviceman climbed out of the attic and gave Myra the report. "Yeah, Ma'am. It's just what I suspected. The compressor's shot. You need a new unit."

Myra groaned and fought back tears. "Are you sure? Is there something you can do to fix this one?" The man shook his head, and said: "Nope. And, quite frankly, your other unit's on the way out also. If it were up to me, I'd actually replace them both. Although, you can probably get away with just replacing this one for the time being."

Myra couldn't even look at him. She knew she had no choice. There was no way the family could manage without air conditioning. She had never considered they would be strapped with the expense of changing the units.

She and her husband Mitch had already over-stretched their budget to change the kitchen countertops to granite. The bills were getting out of hand, and Myra worried Mitch would blame her again for buying this house in the first place.

Myra had always dreamed of living in "Hidden Crest," the lavish, sought after gated community. Mitch had questioned whether purchasing this home would be too much of a stretch. But Myra had convinced him that this house was way under-valued, and would be a great investment. She just knew this would be the chance of a lifetime for them to live in Hidden Crest.

Most seasoned homeowners know they can count on unanticipated costs — some major, some minor — when they purchase a new house.

Some wisely budget ahead, considering all potential outlays and contingencies, and making sure that purchasing this home is well within their comfort zone.

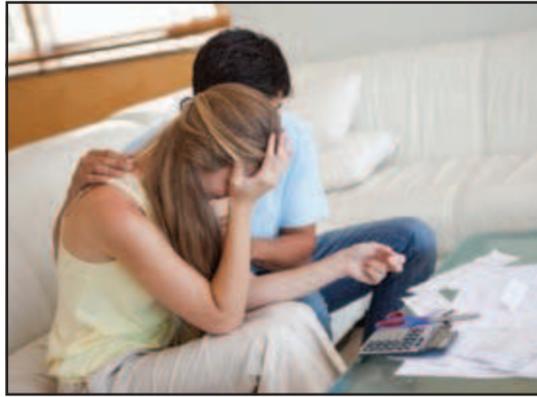
They may even go so far as to allow for an extra cushion that would serve as a built-in safety net, earmarked for necessary improvements and unforeseen emergencies. They reason, that if life in the new home goes forward without a hitch, they've been given a lucky bonus and they'll be able to sleep easier.

However, others may not heed their better judgment, and may commit to purchasing a home and lifestyle that far exceeds their means. They may actually know that this purchase could seriously overburden their budgets and peace of mind, but may delude themselves with the mindset: "It will work out somehow: maybe there will be an extra bonus. Maybe we can cut corners with our spending somewhere else, work extra hours, etc. etc."

Accustomed to ready credit options — purchasing today, postponing payments for a later day — many have adopted an instant gratification mentality, with little concern for financial realities or the inevitable consequences that undoubtedly could come crashing to a head.

So many of us believe that our homes are a reflection of our true worth. It's certainly understandable that striving to achieve an upward stature brings with it a level of pride and self-satisfaction.

There's certainly nothing wrong with these pursuits. In fact, this reaching can



There's tremendous value in considering the studies conducted by two acclaimed researchers, Elizabeth Dunn and Michael Norton. Their findings conclude that: "spending money on real estate doesn't necessarily mean investing in contentment." They report that the conventional advice to cut back on vacations, restaurants or other extras in order to save money for a home may actually compromise one's happiness. Spending money on enjoying meaningful experiences with significant others instead, rather than

become a strong motivator to push one's limits to achieve.

When we ignore an inner voice of caution and purchase material goods beyond our means, we may be succumbing to an insecure wish to improve our self-esteem by an outward show of material accomplishment. Some of us misguidedly believe these showy acquisitions will fill an inner void or will become a vehicle to impress our peers.

When we make choices we believe may enhance our status and exclusivity, but do so at the expense of prudent spending, we may have entered a slippery slope of dread and worry. If we're not able to comfortably spend and socialize the way our new neighbors do, we may feel inadequate and out of place. If we have to deny ourselves amenities we formerly enjoyed without question, we may find ourselves becoming resentful. Worse yet, we may begin to blame our partners for the extra burden of stress. "If only you worked longer hours, we'd have a greater cash flow." "If only you'd curtail your shopping, we wouldn't be so strapped.

acquiring material goods, enhances personal fulfillment. Dunn voices serious concerns that the trade-offs necessary to afford a more lavish lifestyle, may, over time, impede, rather than enhance, one's well-being.

The joys of our possessions can be a short-lived pleasure. Once the newness wears off, we are left with the discomfort of juggling monthly bills. We may find the second thoughts and regrets brought by over-stretching may erode the initial rush of excitement. Assuming a way of life that affords the ability to comfortably enjoy activities and experiences with the ones that matter most may ultimately become the richest lifestyle of all. ■

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

LOGGERHEAD
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Jr. Marine Biologist Summer Camp

Loggerhead Marinelifelife Center still has some openings for the 2013 Junior Marine Biologist summer camp program! LMC's summer camp programs are interactive, educational and stimulating. Geared towards children ages 6 through 17, camp includes engaging activities such as snorkeling, seining, scientific projects, Sea Turtle 101 and more.

Students participating in the JMB summer camp program will gain an understanding of various nature-related topics such as (but not limited to) ecology and marine biology, with an emphasis on conservation. Camp hours are 9am-4pm. Late pick-up is available for additional fee.

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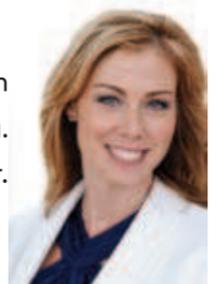


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6. Minx Boren, Chris Kellogg and Vicki Kellogg
7. Barbara McDonald and John McDonald
8. Phyllis Verducci and Kathe Thompson
9. Dottie Carson
10. Sarah Denison, Jaimie Goodman and Kelsie Timpe

COURTESY PHOTOS



Barbara Darnell and Nick Darnell



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WEEK OF JULY 25-31, 2013

PALM BEACH COUNTY COMMERCE

Leadership Palm Beach County announces 2014 members

SPECIAL TO FLORIDA WEEKLY

Leadership Palm Beach County recently announced participants in its 2014 Leadership Program, which aims to identify and unite diverse leaders in order to increase understanding of countywide issues and improve participants' ability to lead effectively.

LPBC's 10-month Leadership Program brings class members to significant sites throughout the county to meet with community leaders and gain hands-on experience with major industries and issues, according to a prepared statement from the group.

Christina D'Elosua, LPBC executive director, said in the statement, "We couldn't have been more impressed by the applicants for the Leadership Palm Beach County Class of 2014. This year's class is again comprised of top-tier leaders in a variety of industries that represent the diverse demographics of Palm Beach County. The class of 2014 is looking forward to deepening their civic commitment and awareness of diverse industries in Palm Beach

County, as well as meeting and engaging the county's top leaders.

Rikki Lober Bagatell, Shutts & Bowen LLP; Claudia Kirk Barto, Junior Achievement of the Palm Beaches and Treasure Coast; Zach Berg, Credit Suisse Securities; Denise Bleau, Ward, Damon Posner, Pheterson and Bleau, PL; Catherine Blomeke, The Arc of Palm Beach County; David G. Bollis, WTAS LLC; Mark J Burger, Mark J Burger CPA; Chrissy Cassata, United Way of Palm Beach County; Michelle Dryer, Workforce Alliance; Daniel Eisinger, 15th Judicial Circuit Public Defender's Office; Ray Ellis, PNC Bank; Sue Eusepi, AFLAC; Silvia Evans, Palm Beach Accounting and Financial Services;

Bill Foman, The Law Offices of Deitsch & Wright; Leon Fooksman, Digital Storyline; Jenni Garrison, Gunster; Lee Gordon, Law Office of Lee B. Gordon; Brad Hertzberg, Literacy Coalition of Palm Beach County; Feli-



sia Hill, City of Pahokee; Cynthia Kanai, Palm Beach Day Academy; Dr. Anita S. Kaplan, Palm Beach State College; Tom Kodadek, The Scripps Research Institute; Karin Kurtz, Sandy Pines Hospital; Stephanie Langlais, Max Planck Florida Institute; Heather MacDougall,

Akerman Senterfitt LLP; Max Macon, Florida Power & Light;

Lynn Martin, Girls on the Run Palm Beach; Noel Martinez, North Palm Beach Chamber of Commerce; Walt Maxwell, Rampell & Rampell, P.A.; Nick Moschella, The Palm Beach Post; Owen O'Neill, Clinics Can Help; John Peters, Palm Healthcare Foundation; Deana Pizzo, I.T. Solutions of South Florida; Michele Poole, North Ridge Electric; Kenny D. Rampersad, Palm Beach County Library System; Jack Rice, Legal Aid Society of Palm Beach County, Inc; Kelly Ring, Big Brothers & Big Sisters; Abbie Rosemeyer, Palm Beach Atlantic University; Rick Sar-

tory, Gulfstream Business Bank; Beverly Scott, City of Belle Glade; Keith Sonderling, Gunster; Pepe Sosa, Law Office of Jose D. Sosa, P.C.; Keely Taylor, The Palm Beach Post; Lisa Turner, Clerk & Comptroller, Palm Beach County; Alyona Ushe, Creative City Collaborative DBA Arts Garage; Caroline Villanueva, Florida Crystals Corporation; Sue Wandersman, Kaufman, Rossin & Co.; Kelly White, South University; Erica Whitfield, School District of Palm Beach County; and Greg Zele, Zele Huber Trial Attorneys, P.A.

Leadership Palm Beach County Inc., is an educational 501(c)(3) nonprofit organization designed to foster awareness of community issues and promote efficient communication and cooperative relationships between existing and emerging community leaders. LPBC's stated mission is to educate and unite leaders to build a better community. Initiated in 1983 through a collaborative effort of the local chambers of commerce, LPBC has prepared more than 1,000 graduates for enhanced community leadership roles. ■

MONEY & INVESTING

College plan needs to start early for kids to succeed in shifting economy



Center of Education and the Workforce released last month titled "Job Growth and Education Requirements through 2020."

The current employment picture is synopsised as follows: "All Americans younger than age 24 are almost twice as likely to be unemployed as the rest of the working-age population; the average growth rate of jobs at about 160,000 per month has not been enough to absorb both the existing pool of unemployed and the flow of new entrants into the workforce... we still have not recovered all the jobs lost in the last recession (some 2.6 million still need to be recovered)... the jobs lost do not look like the jobs — gained."

Stated more simply, prospects are not good for the younger adult. Prospects are not likely to change given the low rate of new job creation. Furthermore, the jobs being created in this recovery are different from the mix of jobs characteristic of pre-2008, which required a different mix, different type, different skill set, etc.

The Georgetown University report paints a picture of our employment future. There will be some 55 million job openings between 2010 and 2020 of which 24 million will be newly created and 31 million will come from retirements. Beyond the big picture, the study breaks down employment over the 2010 to 2020 period by sector of the U.S. economy. The largest increase in the number employed will be in financial services at 5.9 mil-

lion jobs — yes, the too-big-to-fail banks will be big employers. Health care ranks second at 4.1 million. In the 2-3 million jobs range, there are several industries: professional and business services; leisure and hospitality; government and public education; and wholesale and retail trade. Manufacturing pales in job growth at less than 500,000 jobs over the 10-year period. Efficiencies within manufacturing makes it a low-growth job sector. (Despite offering few jobs, manufacturing remains the largest dollar sector of GDP output for the U.S.)

What education is needed for these jobs? By 2020, "65 percent of all jobs will require some form of post-secondary education or training." This is 9 percent higher than 2000. Some "35 percent of the job openings will require at least a bachelor's degree, 30 percent of the job openings will require some college or an associate's degree and 36 percent of the job openings will not require education beyond high school." The number of jobs for high school grads will shrink.

The study took a look at the skills required for the various jobs. Physically intensive skills were of increasingly less importance; close to a majority of new jobs required intensive listening, speaking and reading skills. Besides these skills, employers highly value leadership, analytics and administration. Outside of math and engineering geeks, the employed will be expected to arrive in a job with core interpersonal and communication skills...

which certainly makes sense for financial services employers.

Similar to the national statistics, 65 percent of Florida's jobs will require post-secondary education by 2020. At present, Florida's statistic is 61 percent of jobs requiring post-secondary education, according to the report.

As the study offers insights into education requirements by sector and by state, it might be helpful for students and parents to look at the employment metrics before deciding a college location, field of endeavor and sector of industry to which they will seek employment. It will also be helpful to start early developing the needed communications skills for their industries that are not gained overnight or through one semester of courses. There is a lot that parents can do to hone these skills in simple ways. At the dinner table, parents can engage their children in discussions that force them to ask questions, explain topics in top-down fashion, read a news column or debate some of its contents. Parents must lead their children to keep America strong and competitive in the world. ■

— To view the entire study from the Georgetown Public Policy Institute, visit <http://cew.georgetown.edu/recovery2020>.

— Jeannette Showalter, CFA is a commodities broker with Worldwide Futures Systems, 239-571-8896. Find her on Facebook at Jeannette Showalter, CFA.



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COURTESY PHOTOS

Impeccable home with superb views at PGA National

SPECIAL TO FLORIDA WEEKLY

THIS HOME OFFERS ONE OF THE BEST VIEWS IN PGA National. Prime water and golf views of the Honda Classic are viewed from your own backyard. Overlooking the 17th hole of the champion course, this immaculate former model home has five bedrooms, 5½ bathrooms and a media room with a balcony overlooking the golf course. On the first floor are the master bedroom, two guest suites and a laundry room. Featured are crown molding, custom deco dents, a coffered ceiling in the formal dining room, wood cabinetry and granite countertops in the kitchen, and a wet bar with granite countertops. The master bathroom has marble flooring, an oval jetted Jacuzzi, dual vanities, bidet, and a large step down shower. PGT Windguard windows are featured throughout, and the home has a 40,000-kilowatt generator to power the entire home. A custom designed, heated pool/spa with a waterfall has an auto-chlorinator and Jandy system. The two-car garage is professionally finished with an organized storage system. Enjoy the Florida lifestyle and resort living in one of Palm Beach County's most popular golf and country club communities. The home is in Palm Beach Gardens' PGA National at 1102 Grand Cay Drive. It is centrally located and close to premier restaurants and shopping, popular beaches, the Turnpike and I-95. Lang Realty lists the home at \$1,049,000. The agent is Susan Winch, 561-516-1293, susanwinch88@gmail.com. Lang Realty, 6271 PGA Blvd., Suite 200, Palm Beach Gardens, 561.209.7900, langrealty.com. ■



Want the most money for your property? Stage your home

heather
PURUCKER BRETZLAFF



As the housing market continues to improve and inventory decreases, it is even more important for sellers to make sure their property is showing its very best. If the home is staged properly and presents itself well, the sellers will have the best opportunity to get the highest price possible.

I am writing about this because I have two clients with completely opposite viewpoints. One of my clients is not interested in staging his home because he feels that the home will sell under the current conditions of the market regardless of the presentation of the home. Another client is currently in the process of staging his home even though there is not a lot of competition in the neighborhood.

When staging a home, it is more than cleaning up personalized items and making sure the home is tidy when there is a showing. It involves setting up the home for a sale, which is not necessarily the way a family lives on a day-to-day basis. An example of this would be moving some furniture around so it is easy to get in and out of doorways, or repainting a room if it is a very personalized color. When staging, the home should be as appealing as possible to the majority of buyers.

Currently, I am working with clients who have a beautiful home in West Palm Beach. They understood that their personal items and furnishings may not exactly fit the needs of most buyers, but

their design and floor plan have many appealing features. In an effort to sell the home quickly and at the highest price possible, they decided to take the advice of staging certain areas.

I am capable of helping most of my clients move items in their homes and recommending ways to have their home look more presentable. I have even been known to hang pictures. But when the staging process is more involved, I usually call my colleague, Debbie Dytrych. She has been in the design business for several years and will work with a client on many levels — from hiring an electrician, selecting a painter, shopping for furniture and accessories — anything that involves staging the home for a sale.

Debbie met with my clients with the home in West Palm Beach and suggested changing the red paint color in their den to a more neutral color. There was large furniture in the room, and she moved a few of the pieces to another empty bedroom. She moved other furniture around in the home as well — from the living room to the dining room. She is purchasing furniture for the entry/foyer and living room for a perfect first impression!

One of the important details that Debbie always tells her clients is when you are selling your home and she or I make suggestions, it is the suggestion of a professional who understands what buyers look for when viewing a home. It

ed work and painted the den area. It looks much more presentable and the beautiful windows in the home offer a gorgeous view which enhances the finest features of the home.

With my previous experience of being in the custom-home building business,

staging a home can almost be looked upon as portraying a model home. If you have ever been in a model home, most of them are not turnkey. They appear uncluttered, neutral and have key features that accentuate the home versus detracting from the design or features of the home.



does not mean that your home is decorated or designed incorrectly or that we do not like the way you have furnished it. In fact, that is what a home is supposed to reflect when you are living in it; your style, your personality and your design. But when putting it on the market and photographing it for brochures, websites and videos, it is looked at from a totally different perspective.

As of this week, my clients had already moved several items from their home, refinished some floors that need-

If it is not in your budget to stage your home for sale, then my advice would be to simplify. Organize, clean out as if you are already moving and accentuate first impression areas such as the entryway and living room areas. ■

— 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.

Urgency is driving more focus on boards of non-profit organizations

leslieLILLY

llilly15@gmail.com



If you have been a board member of a charity, you know you have to earn and wear a coat of many colors to account for all the roles expected of you as a board member. This may not be clear from the start. The trajectory is long to accelerate up to the same speed as members steeped in the culture and business of the organization.

The genesis of board service begins with a recruitment effort, generally undertaken by a subcommittee of the board. The subcommittee vets a pool of candidates proposed by board members and other trusted advisors. The committee nominates the short list of prospects after it has whittled down a longer list; making the cut for election as a board member is an endorsement of one's leadership, which is self-evident and gratifying to prospective recruits.

Board representatives zero in on and explain to the candidates the organization's expectations of individual board members. These conversations tend to be the equivalent of a softball game. From the perspective of the organization, getting to "yes" is a factor of providing board candidates with enough but not too much information as to chill their interest; from the perspective of the board candidate, getting to "yes" is a measure of the self-investment required and the willingness to go all in. It is little wonder then, that the relation-

ship that ultimately results of individual board members with an organization and within the board overall, is a recipe for a dish everyone has; but once in the kitchen, everyone makes differently. No two boards are alike.

New board members are fated to suffer an information deficit of both past and present proportions. The official story of the organization is seldom the whole story but it is the story preserved by default. The longer an organization has been in existence, the more buried and fossilized are the artifacts of board policies and politics past. Terms of board service are deliberately staggered to counter this "newbie" effect and to sustain institutional memory, inclusive of substantive details that are absent from the public rendering of a board's prior decision-making. If there is an attack of selective amnesia, encouraged by current members uncomfortable with their own past responsibility for board deeds, new board members are at a disadvantage. Institutional fictions preserved with no fingerprints erode board accountability overall. Still, things happen to uncork disclosures that enlighten and inform one's obligation of stewardship as a new board member.

One such avenue is through a typical generosity afforded by the seasoned to the inexperienced board member: No question is too dumb to ask. The gratuity can invite opportunities for transformative board discussions. Another is self-assessment by the board of its own performance. A board that annu-

ally evaluates itself and its membership invites revelations that can open a new chapter in an organization's history and propel it forward by quantum leaps. An annual, rigorous self-assessment by an organization's board can make the difference between an organization that aspires to be great and succeeds and one that aims for good and sometimes



is. Jim Collins provides a conceptual framework for understanding characteristics that distinguish great organizations from those that are more run-of-the-mill. He describes them more fully in his monograph "Good to Great in the Social Sectors" on why business thinking isn't the solution for the social sector.

Urgency is driving more focus within the charitable sector on the issue of board leadership. The Great Recession has adversely affected millions of families. The rules of engagement are changing how nonprofits can be most effective in serving serve those suffering from a litany of social and economic

issues. It is no time for boards to stick to the ditch of conventional wisdom and check the boxes associated with the board's duties as if a storm passed but left the landscape untouched of the board's role in leadership and governance. Boards today have a rare opportunity for conversations that do not happen among nonprofit boards nearly often enough. This is an equal opportunity challenge that levels the playing field for participation by all board members because it is future-focused.

"Good to Great in the Social Sectors" says it best. It is a time for an organization to jointly consider what the organization stands for, its values, and why it exists; it is a time to understand what the organization can do best and uniquely contribute toward making a difference in the world; and it is a time to understand what best drives the organization's resource engine — time, dollars, and brand. Answering these questions leads to powerful results if a board is committed to leadership and a candid self-assessment of its own performance. ■

— Leslie Lilly is a native Floridian and past president and CEO of the Community Foundation for Palm Beach and Martin Counties. 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 @lilly15.

June's home sales slip but above one year ago

SPECIAL TO FLORIDA WEEKLY

Existing-home sales declined in June but have stayed well above year-ago levels for the past two years, while the median price shows seven straight months of double-digit year-over-year increases, according to the National Association of Realtors.

Total existing home sales, which are completed transactions that include single-family homes, townhomes, condominiums and co-ops, dipped 1.2 percent to a seasonally adjusted annual rate of 5.08 million in June from a downwardly revised 5.14 million in May, but are 15.2 percent higher than the 4.41 million-unit level in June 2012.

NAR Chief Economist Lawrence Yun said there is enough momentum in the market, even with higher interest rates. "Affordability conditions remain favor-

able in most of the country, and we're still dealing with a large pent-up demand," he said. "However, higher mortgage interest rates will bite into high-cost regions of California, Hawaii and the New York City metro area market."

According to Freddie Mac, the national average commitment rate for a 30-year, conventional, fixed-rate mortgage rose to 4.07 percent in June from 3.54 percent in May, and is the highest since October 2011 when it was also 4.07 percent; the rate was 3.68 percent in June 2012.

Total housing inventory at the end of June rose 1.9 percent to 2.19 million existing homes available for sale, which represents a 5.2-month supply at the current sales pace, up from 5.0 months in May. Listed inventory remains 7.6 percent below a year ago, when there was a 6.4-month supply. ■

Onshore Construction building three luxury custom homes

Onshore Construction & Development Inc. is building three custom home projects totaling approximately \$13 million and more than 36,000 square feet.

The first project located at 5215 Pen-nock Point Road in Jupiter will be approximately 15,000 square feet upon completion. Plans for this ultra-contemporary home include a glass staircase, carousel in a viewing garage to display automobiles and a moat around the front of the home, according to a prepared statement from the company.

The second project, located at 97 South Beach Road on Jupiter Island, will be approximately 11,000 square feet. This

oceanfront home is being built in the Old World Mediterranean style.

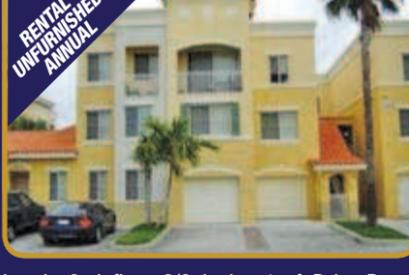
The final new project located at 11680 Lake Shore Place in Hidden Key, North Palm Beach, will comprise approximately 10,000 square feet of seaside coastal-style living.

For more information about Onshore Construction & Development, see onshorejupiter.com or call 744-8331.

Onshore Construction was founded in 1993 by Daniel Reedy and has since grown steadily into a mid-size company specializing in the construction of large custom estate homes in Palm Beach and Martin Counties. ■



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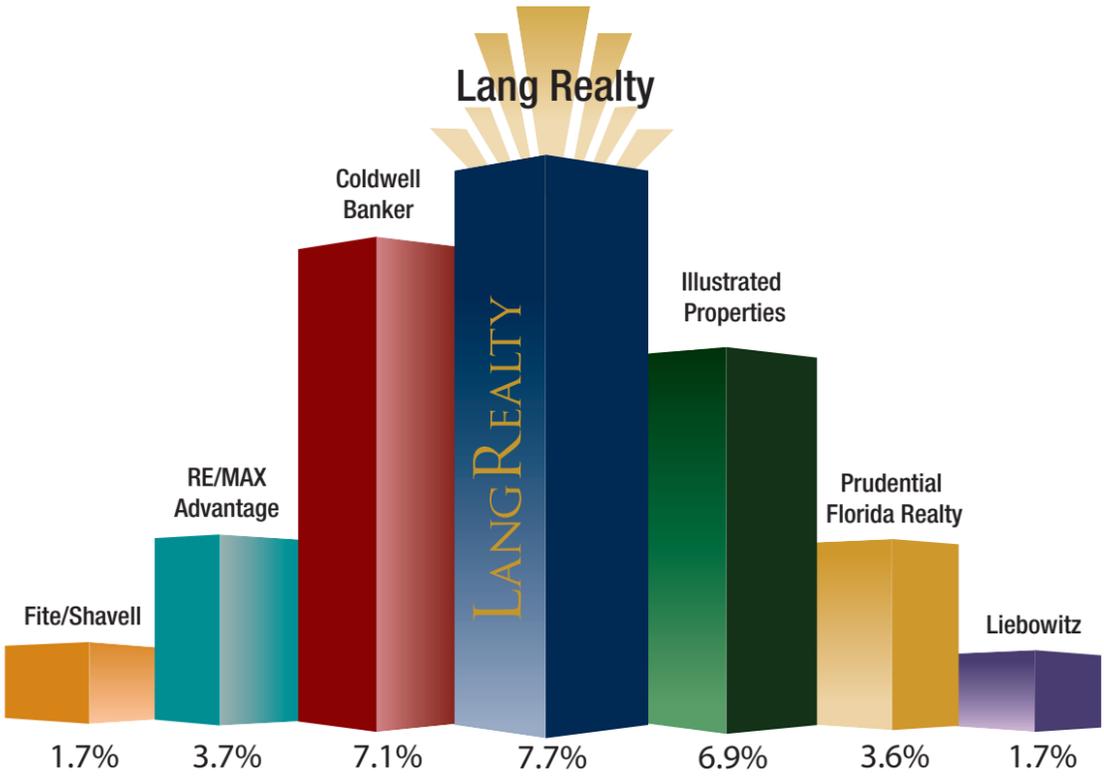


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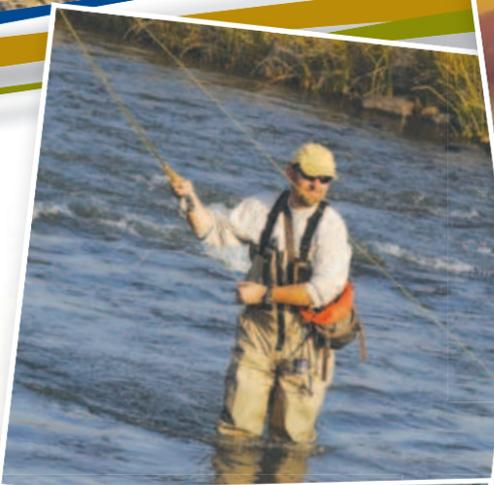
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WEEK OF JULY 25-31, 2013

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



COURTESY PHOTO

Monica Lewman-Garcia and John Burke star as LEGO creatures in their sweded version of "Ghost."

Reel-y BAD



COURTESY PHOTO

Demi Moore and Patrick Swayze in the original version of "Ghost."

swede fest brings laughably bad, laughably funny films

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

To create a film for swede fest, you have to want to do it badly.

Really badly.

Mainstreet at Midtown is gearing up for its second annual swede fest on July 27.

What's a swede?

It's a laughably bad remake of a mainstream film, and it takes its name from the movies Jack Black's character made to replace videotapes that were accidentally erased in the 2008 film "Be Kind Rewind." The video store was able to charge a higher rental on the films by saying they were Swedish.

This year's swede fest will boast about 40 of the

3-minute, low-budget films that draw on everything from "Point Break" to "Napoleon Dynamite" and "The Exorcist" to "Ghost."

"Some of them are really creative, and with some of them, the tagline is correct. It's a celebration of bad movies by good people," said Belle Forino, marketing manager for Mainstreet at Midtown.

She promises a laugh, regardless of how bad the film may be.

"They're all funny. Even in the movies that are a bit dodgy, there's an element that is quite creative," she said, adding that about 500 people attended last year's festival

After all, it's an excuse to be sublimely silly.

"This is how we let loose. I'm a jokester to begin

SEE SWEDE, A30 ►

TOTALLY WARPED

This year's tour has a youthful feel as it stops at Cruzan

BY ALAN SCULLEY

Special to Florida Weekly

This year's Warped tour has undergone a youth movement. At least that's how tour organizer Kevin Lyman sees things.

"It's a very young lineup, very kind of bubbling up feeling," he said in a late-June phone interview to advance the tour, which stops July 27 at Cruzan Amphitheatre in suburban West Palm Beach.

"Every day is just getting bigger. And the kids, you can just feel that energy, that by the end of the summer, this tour is going to be on fire. It's going to be one of those years where four months from now a lot of people are going to go 'All those bands were on Warped tour. I missed it. I didn't go this year because I didn't know, it wasn't like those big names that pop sometimes out on the Warped tour.' It's cool, and it's very eclectic, very young and a very energetic crowd. There's a lot of energy out here."

Mr. Lyman was on site during the first week of Warped tour when he called in for the interview. And while ticket sales were down a little for the first couple of dates, he expects the tour will once again post solid attendance as it moves through July.

"Our attendance was down a little this week, but not bad when we're doing 18,000 people in San Francisco and 24,000 people in Pomona (California, where there were two Warped dates)," Mr. Lyman said.

The slight downturn in attendance, Mr. Lyman said, is probably due to not having as many prominent acts from the alternative music world this year. In years past, Mr. Lyman has generally had a half dozen or more established acts with fairly large followings on Warped. For instance, last summer, Taking Back Sunday, New Found Glory, Yellowcard, Senses Fail and the Used were on the tour.

SEE WARPED, A31 ►

Life is a cabaret for musical couple

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Nearly a decade ago, music brought Eric Comstock and Barbara Fasano together.

Nine years later, that music still is bringing the couple together.

The duo — Mr. Comstock on vocals and piano and Ms. Fasano on vocals — will play a three-weekend return engagement July 26-Aug. 10 at The Colony's Royal Room cabaret in Palm Beach.

So what's special about the Royal Room?

"Everything," said Mr. Comstock by phone from New York. "We've been there many times. Before Barbara and I even married I had appeared there and loved it instantly. The only place that competes

at this point is Café Carlyle."

The space is intimate — performers literally can reach out and touch their audiences.

And the 90-room hotel itself is a boutique space. "We know everybody by name and look forward always to a reunion," he said.

It's a reunion that also marks an anniversary.

"We celebrated our first anniversary in Palm Beach and it was pretty much the commencement of our working together," Mr. Comstock said.

For that they can thank the standards they both love.

"Music literally brought us together. We were on a bill for a radio program called 'Everything Old is

SEE CABARET, A31 ►



COURTESY PHOTO

Barbara Fasano and Eric Comstock play the Royal Room.

SANDY DAYS, SALTY NIGHTS

Like two bantam roosters



In the artists' retreat in France where I'm spending the summer, there are just enough people to cause trouble. Now that July has come and the rains have finally stopped, a new group has settled in.

There's a man here now, a Belgian in his early 40s, who was here earlier in the summer. He's appealing in a bourgeois sort of way. He dresses well, he drives a nice car and he wears expensive cologne. If he's a touch vain — I'd swear his hair is two shades darker than the last time I saw him — his other qualities overshadow it.

The problem is that someone else here seems to have laid

claim to the place.

The Frenchman has been at the retreat for nearly four months, and it's clear that he considers himself the leader of our little pack. He's less vain than the Belgian, certainly, but he preens in his own French way. There are several young, pretty women in this new group, and the Frenchmen acts as if they were part of his personal harem. But the Belgian with his dyed locks and expensive linen shirts — he has other ideas. They're like two bantam roosters scratching in the yard. They circle and crow and make a fuss, their chest feathers all puffed out. It might be very serious if they weren't both so ridiculous.

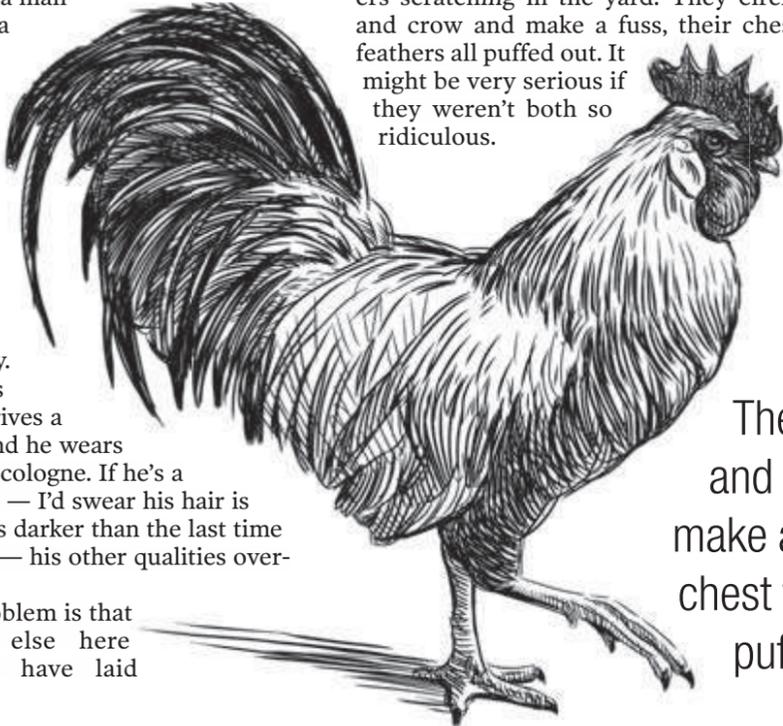
Last night we gathered for dinner, all 12 of us around one table like some large, unlikely family. There were candles lit and flowers put in vases and too many bottles of wine uncorked. The Belgian drank and drank while the Frenchman sat beside him and glowered. Midway through his second bottle of wine, the Belgian draped an arm around the woman next to him. She seemed amenable to this for a time, but when he started rubbing her back and leaned in close, she turned away. Disappointed, the Belgian looked across the table at me. He smiled drunkenly and reached out to take my hand. I shook my head, no. The Frenchman radiated anger

and I thought, surely, the two men were headed for a confrontation.

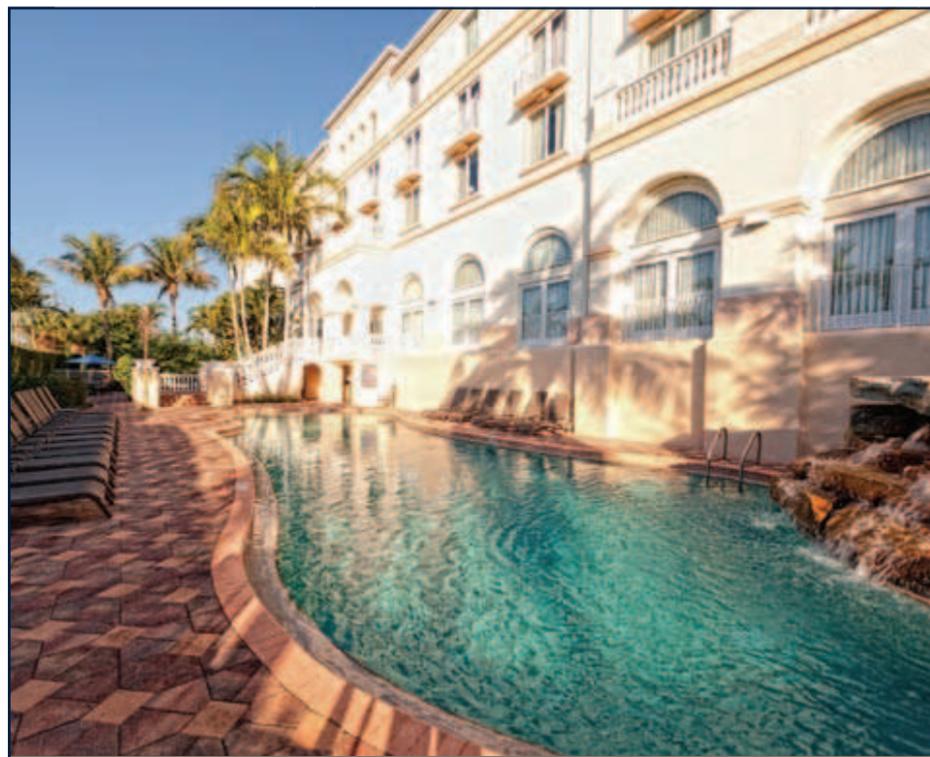
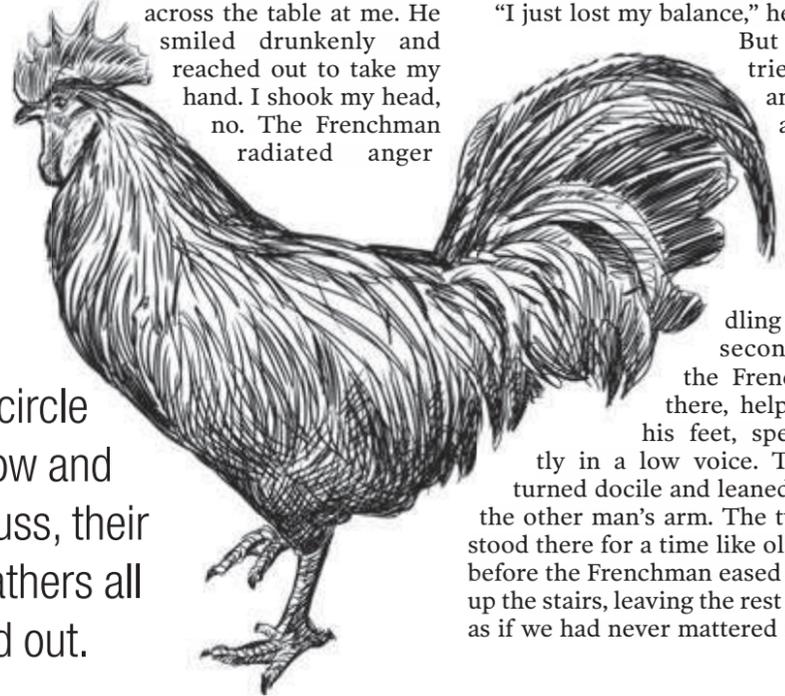
The Belgian left the table briefly and returned with a bottle of whiskey from his room. He poured glasses for everyone and in the process served himself a healthy dose. Not long afterward, the meal ended and some of us began clearing away the plates. The Belgian stood on wobbly legs and proceeded to tumble backward into the love seat. He spit out a slew of profanities, and as people moved to help him stand he pushed them away and brushed himself off.

"I just lost my balance," he quipped.

But then he tried to take another step and pitched forward into the wood box. He rolled around in the kindling for a few seconds before the Frenchman was there, helping him to his feet, speaking gently in a low voice. The Belgian turned docile and leaned heavily on the other man's arm. The two of them stood there for a time like old comrades before the Frenchman eased the Belgian up the stairs, leaving the rest of us below as if we had never mattered at all. ■



They circle and crow and make a fuss, their chest feathers all puffed out.



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CONTRACT BRIDGE

A matter of logic

BY STEVE BECKER

This deal occurred in a pair championship. The contract at every table was three notrump, and in each case declarer failed to make it. However, subsequent analysis showed that the contract should have been made.

The play was fairly uniform at the various tables. West led a heart, and declarer won East's jack with the queen. After cashing four club tricks, declarer led either a spade or a diamond. West took the ace of whichever suit was led and returned the king of hearts.

South could now have cashed eight tricks, but at some tables, when he attempted to establish a ninth trick, West took his other ace and ran his hearts to put the contract down two.

All the plays seem so normal that it is difficult to see where declarer went wrong. But the fact is that each declarer missed an opportunity to make the contract.

The winning play is to allow East to win the opening heart lead with the jack! Once South does this, the contract cannot be stopped.

Let's assume East returns a diamond. West takes the ace, but what can he do next? If he returns a heart, declarer scores the queen and finishes with 10 tricks; with any other return, South drives out the spade ace and winds up with nine tricks.

It can be argued that ducking the jack of hearts is easy to do when all 52 cards are in view, but actually the play can be supported by simple logic.

East dealer.

Both sides vulnerable.

NORTH

♠ Q 10 9
♥ A 6 2
♦ 8 4 2
♣ K Q 7 4

WEST

♠ A 6
♥ K 10 9 8 4 3
♦ A 10 5
♣ 9 2

EAST

♠ 7 5 4 3 2
♥ J
♦ 9 7 6 3
♣ 6 5 3

SOUTH

♠ K J 8
♥ Q 7 5
♦ K Q J
♣ A J 10 8

The bidding:

East	South	West	North
Pass	1 NT	2♥	3 NT

Opening lead — ten of hearts.

It is certainly reasonable to credit West with both missing aces as well as a six-card suit for his vulnerable overcall. Furthermore, the six-card suit must be assumed since the contract cannot be made if West has only five hearts (and both aces), whether or not declarer wins the first heart.

All indications thus point clearly to ducking the jack of hearts at trick one. ■

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At The Borland

The Borland Center for Performing Arts is at Midtown, 4885 PGA Blvd., Palm Beach Gardens. Call 904-3130 or visit www.theborlandtheater.com.

■ **"Wiley and the Hairy Man"** — An African-American folktale adapted for the stage by Susan Zeder. 7 p.m. July 26. Tickets: Students, \$10. Adults, \$15. Info: 222-4228.

■ **Mainstreet at Midtown's 2nd swede fest** — 7 p.m. July 27. Tickets: \$5 advance, \$6 at door.

At The Colony Hotel

155 Hammon Ave., Palm Beach. Call 655-5430 or visit www.thecolonypalmbeach.com

■ **The Royal Room** — Eric Comstock & Barbara Fasano, July 26-Aug. 10. Wayne Hosford, Aug. 16-31. 8:30 p.m. shows with doors opening at 6:30 p.m. for dinner on Fridays and Saturdays. The Polo Lounge — Tommy Mitchell pianist Tuesday through Thursday evenings; Motown Friday nights with Memory Lane; the Mel Urban Trio Saturday nights.

At The Cruzan

South Florida Fairgrounds, 601-7 Sansburys Way, suburban West Palm Beach. 795-8883, www.cruzanamphitheatre.net.

■ **Vans Warped Tour** — 11 a.m. July 27. Tickets: \$23.50-\$47.50.

■ **Black Sabbath** — 7:30 p.m. July 31. Tickets: \$25-\$143.50.

At Cultural Council

Cultural Council of Palm Beach County is at 601 Lake Ave., downtown Lake Worth; 471-1602 or palmbeachculture.com.



COURTESY PHOTO

Students from the Maltz Jupiter Theatre Paul and Sandra Goldner Conservatory of Performing Arts will perform Disney's "Aladdin, Jr." at 7:30 p.m. July 26 at Jupiter Community High School, at 500 Military Trail, Jupiter. The show will star students from the three-week Junior Conservatory summer camp (grades 3-5). Tickets: \$20 for adults, \$15 for children. Call 575-2223.

■ **County Contemporary: All Media Juried Show** — Through Sept. 7

■ **"We Were Here: The People of the Belle Glade Culture Welcomed You in 1513"** — Through Aug. 31

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.

■ **"Man of La Mancha"** — Through July 28, Wednesday through Saturday at 8 p.m.; Saturday and Sunday matinees at 2 p.m. Tickets: \$35/students \$10.

■ **"Company"** — Aug. 7-18, Wednesday through Saturday at 8 p.m.; Saturday and Sunday matinees at 2 p.m. Tickets: \$35/students \$10.

At The Eissey

The Eissey Campus Theatre is at Palm Beach State College, 11051 Campus Drive off PGA Blvd, Palm Beach Gardens. 207-5900; www.eisseycampustheatre.org.

■ **"Duetto"** — Painting Exhibition by Debra Lawrence and Robin Neary, through Oct. 9. Gallery hours: Monday-Friday 10 a.m.-5 p.m. and during performances.

■ **Palm Beach Chamber Music Festival** — 8 p.m. July 27: Mozart, Stravinsky, Villa-Lobos & Von Dohnanyi. Subscriptions: \$85. Single tickets: \$25. Call 1-800-330-6874, www.pbcmf.org.

■ **Mrs. Florida, Ms. Florida, Miss Teen Florida and US State Pageant** — 7 p.m. Aug. 10. Tickets \$25/\$35 VIP. 1-800-384-3600, www.mrsflorida.com 3 p.m. Aug. 11.

At The Four Arts

The Society of the Four Arts, 2 Four Arts Plaza, Palm Beach. Gallery and box office 655-7226 or visit www.fourarts.org.

At The Lighthouse

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. Admission: \$9 adults, \$5 children ages 6-18; children under 6 and active US Military admitted free. 747-8380, Ext. 101; www.jupiterlighthouse.org. Children must be at least 4 feet tall to climb. Tours are weather permitting, call for tour time. RSVP required for

tours, 747-8380, Ext. 101. Lighthouse Chickee Chats — Story time for kids 10 and under. 10:30 a.m. Aug. 6. Free, space is limited.

■ **Lighthouse Sunset Tour** — Aug. 2, 7, 16, 21. Sunset. \$15 Members/\$20 Non-Members. RSVP required, 747-8380, Ext. 101.

■ **Lighthouse Moonrise Tour** — Aug. 20. Sunset. \$15 Members/\$20 Non-Members.

■ **Hike Through History** — 8 a.m. Aug. 3. Free but limited space. Adults and children at least 5 years old. All children between 5 and 13 must be accompanied by an adult.

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.

At The Lake Park Public Library

Lake Park Public Library is at 529 Park Ave., Lake Park. All events are free. 881-3330.

■ **Kid's Monthly Movie Madness** — "Life of Pi," rated PG, at 5 p.m. July 25.

■ **Super Hero Hour** — 3:30 p.m. Thursdays. Ages 12 and under.

■ **Adult Writing Critique Group** — Saturdays 10:30 a.m.-1 p.m. 16 years and up.

■ **Anime** — 6-7 p.m. Tuesdays. Ages 12 and up.

At The Lake Worth Playhouse

The Stonzek Theatre is at 709 Lake Ave., Lake Worth. Playhouse: 586-6410; Films: 296-9382. www.lakeworthplayhouse.org.

■ **Movies:** July 25: "You Ain't Seen Nothing Yet" and "What Maisie Knew." July 26-Aug. 1: "Dirty Wars" and "The Hunt"

■ **Plays:** "In the Heights," through July 28. Tickets: \$26-\$30.

■ **"It Could Be A Wonderful World"** — Children's concert, 2 p.m. Aug. 10. Tickets: \$8 children 12 or under; \$12 adults; \$38 for a family of four.

At MacArthur Park

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

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WHAT TO DO, WHERE TO GO

■ **Nature walk** — 10-11 a.m. daily; Animal feeding — 11 a.m. weekends in the Nature Center.

■ **Go Snorkel** — Guided Reef Tour, 10 a.m.-noon Saturdays.

At The Maltz

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

■ **"Aladdin"** — 7:30 p.m. July 26. Performance held 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:** July 25: "Dirty Wars" and "In the House." July 26-Aug. 1: Call the theater for information.

■ **Live performance:** "The Story of Hansel and Gretel" — 7 p.m. Aug. 9-10, 3 p.m. Aug. 11. Tickets: \$15 adult and \$10 student. Order tickets through www.kwpproductions.com.

At North Palm Beach Library

303 Anchorage Drive, North Palm Beach; 841-3383, www.npblibrary.org.

■ **Meet the Author** — 5 p.m. Aug. 5. PleDussion about self-publishing with Elle Casey, New York Times best-selling local author of more than 20 self-published novels of romance, fantasy, paranormal, and action/adventure. Free.

■ **Knit & Crochet** — 1-3 p.m. Mondays

■ **Kids Crafts ages 5-12** — 2 p.m. Fridays

At Palm Beach Improv

Palm Beach Improv is at CityPlace, 550 S. Rosemary Ave., Suite 250, West Palm Beach; 833-1812 or palmbeachimprov.com.

■ **Chris Tucker** — July 26-28. Tickets: \$35.

■ **Dov Davidoff** — Aug. 1-4. Tickets: \$17-\$20.

At The Plaza Theatre

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

■ **"Waist Watchers the Musical"** — Through Sept. 1. Tickets: \$45

■ **"Steppin' Out with Tony, Frank & Bing"** — Aug. 5-6, 12-13, 19-20. Tickets: \$30

At Science Center

The South Florida Science Center and Aquarium, 4801 Dreher Trail N., West Palm Beach. 832-1988 or visit www.sfsm.org.

■ **"Savage Ancient Seas: The Ancient Aquatic Deep"** the water world of the late Cretaceous period. Through Sept. 16. Tickets: Adults \$11.95

■ **Science Nights** — 6-10 p.m. the last Friday of the month. July 26: Superhero Science Night.

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, 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 West Palm Beach Antique & Flea Market** — 9 a.m. to 3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. West Palm Beach green market vendors also will be there. For information, search Facebook or call 670-7473.

■ **Palm Beach Gardens Green Market** — 8 a.m.-1 p.m. Sundays. Under a roof, and partly indoors, at STORE Self Storage, 11010 N. Military Trail, Palm Beach Gardens; 630-1146 or visit www.pbgfl.com.

Thursday, July 25

■ **Some Like It Haute** — III Forks Prime Steakhouse and Cantina Laredo

Modern Mexican will host a fashion show 6-9 p.m. July 25 on the patio between the two restaurants at Midtown, 4635½ PGA Blvd., Palm Beach Gardens. Event will benefit Hospice of Palm Beach County. Info: 630-3660 or 622-1223.

■ **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.

■ **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. July 25: Valerie Tyson Band. Aug. 1: Party Dogs. Aug. 8: Kings County. Aug. 15: Sub Groove. Aug. 22: Sweet Justice. Aug. 29: Boombox. 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 Thursdays. Group Lesson 7:15-8 p.m.; Party 8-10 p.m.; Admission: \$20 (theme \$25) for entire evening, includes light buffet. 914 Park Ave., Lake Park; 844-0255.

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

Friday, July 26

■ **Palm Beach 22nd Annual Chamber Music Festival** — With music by Beethoven, Arrieu and Beach. 7 p.m. July 26: Helen K. Persson Recital Hall, Palm Beach Atlantic University, 326 Acacia Road, West Palm Beach; 8 p.m. July 27: Eissey Campus Theatre, Palm Beach State College, 11051 Campus Drive, Palm Beach Gardens; 2 p.m.; July 28: Crest Theatre, Old School Square, 51 N. Swinton Ave., Delray Beach. Cost: \$25 per concert or \$85 for 4-concert subscription. Students free. Tickets and information: 800.330.6874 pbcmf.org.

■ **Northwood Village Art & Wine Promenade** — 6 p.m. the last Friday of the month, 400 Northwood Road, West Palm Beach. Free. 822-1550 or

northwoodvillage.org.

■ **Palm Beach Zoo Safari Nights** — 5:30 to 9 p.m. Fridays through September with a different family-friendly theme. Dress to match the themes to be entered to win a Palm Beach Zoo \$150 value prize pack. Members free; non-members \$15.95 adults/\$9.95 children (3-12).

■ **Downtown Live** — 7-10 p.m. Fridays through Aug. 30. July 26: Highway to Hell - AC/DC Tribute. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

Saturday, July 27

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

■ **River Center Fishing Clinic** — 11 a.m.-2 p.m. July 27, Dubois Park, Jupiter. Participants must be between the ages of 5-15. River Center educator Nicole Sciandra, a native of South Florida and expert in fishing Florida waters, will lead the clinic. The cost to attend is \$10 per child and includes equipment, which will be provided by Fishing Headquarters. Parents must pre-register by calling the River Center and are encouraged to pay over the phone, as credit cards cannot be run at the site on the day of the clinic. To register, call the River Center at 743-7123

■ **Downtown Live** — 7-10 p.m. July 27: 2 Bit Horse. Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens; 340-1600.

Tuesday, July 30

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

■ **Free Summer Science Lecture Series** — Listen to speakers with scientific expertise from Loggerhead Marinelifelife Center, Inwater Research Group, Treasure Coast Wildlife Center and Florida Power & Light 6-7 p.m. Tuesdays in July, Loggerhead Marinelifelife Center, 14200 U.S. Highway 1, Juno Beach. July 30: Jodie Gless, Environmental Services, Florida Power & Light, "Croc Talk: FPL's Crocodile Management Program." Free; refreshments will be served; 627-8280, Ext. 119. ■

WEEK 3
22nd Annual
Palm Beach Chamber Music Festival

Eugène Bozza - *Scherzo* for flute, oboe, clarinet, horn and bassoon
 Gioachino Rossini - *Cavatine du Barbier de Seville* - *Air de Rosine* for trumpet, flute, oboe, clarinet, horn and bassoon
 Aram Khatchaturian - *Trio in g minor* for clarinet, violin and piano
 Antonín Dvořák - *Quintet No. 2 in G Major, Opus 77* for 2 violins, viola, cello and bass

7 PM FRIDAY, July 19 Helen K. Persson Recital Hall Palm Beach Atlantic Univ. 326 Acacia Rd., WPB	8 PM SATURDAY, July 20 Eissey Campus Theatre Palm Beach State College 11051 Campus Dr., PBG	2 PM SUNDAY, July 21 Crest Theatre Old School Square 51 N. Swinton Ave., Delray
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Bang!

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at The Borland Center for Performing Arts
• After party at Cantina Laredo

What is a swede? Glad you asked. It's a 3-minute, no-budget, laughably awful remake of a hit film. Amuse yourself by joining us. It's a big night out for \$5...

Visit www.swedefestpalmbeach.com for info and tickets.




This amateur film festival is enthusiastically presented by Mainstreet at Midtown, home of really cool events. Visit us at www.MidtownPGA.com for directions and event calendar. Midtown has free garage parking.



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COURTESY PHOTO

A scene from the sweded version of "The Thing."

SWEDE

From page A25

with," said John Burke, who stars in the remake of "Ghost." "We have a little creative spark and this is how we cope. We like to lighten up with humor."

The "we" in this equation includes Mr. Burke's co-workers, Jill Talbot and Monica Lewman-Garcia, at the security firm G4S, which has an office near Roger Dean Stadium in Jupiter. Ms. Talbot's partner, Stacy Robinson, also assisted with sets and costumes.

They drew inspiration from their Halloween costumes as the LEGO version of their company's protection officers.

But for the pottery scene in "Ghost"? Moviegoers of a certain age will remember the scene from the 1990 film in which Demi Moore and Patrick Swayze make love after foreplay at a potter's wheel as the Righteous Brothers' "Unchained Melody" plays in the background.

Now picture it with LEGO characters. "I played the ripped Patrick 'LEGO' Swayze. You can tell I've been working out in the clip," said Mr. Burke.

He challenges viewers to watch the original, then watch the "sweded" version and decide which is best.

Seriously, the 3-minute short required a fair amount of work.

"We talked about it a lot. Jill and Monica spent a few hours retrofitting the costumes we made for Halloween," Mr. Burke said. "One of the problems they ran into was the hair. Jill's partner Stacy Robinson came up with coconut lining that comes with hanging baskets."

They spray-painted the fiber to match the hair colors of the characters in the original film, black for Demi Moore and

brown for Patrick Swayze.

Ms. Lewman-Garcia bought a very noisy pottery wheel.

"They spent one afternoon doing that, then we met on a Sunday afternoon and probably worked on it two to three hours filming," Mr. Burke said. "Then I spent quite a bit of time editing."

So what can a LEGO character say?

"We opted not to do the dialogue because there's only like six lines of dialogue. I mean, how intimate can you get with a LEGO? Plus, we had to keep the PG-13 rating," he said.

Fans of the original film will remember how Mr. Swayze's character helped Ms. Moore's shape the clay in a suggestive manner before they dance across the room and end up passionately kissing in bed.

"At the end, the Monica character falls down, and I fall down on top of her," Mr. Burke said. "We just kind of ad-libbed on this. She collapsed on the floor and I fell on her."

Ouch.

Still, how much fun can you have for virtually nothing?

"We had a very minimal budget. It was spray paint, gas, our time; maybe some therapy after filming this thing," Mr. Burke said. "I guess the budget's still out." ■

in the know

- >>What: swede fest 2
- >>When: 7 p.m. July 27
- >>Where: The Borland Center for the Performing Arts, 4801 PGA Blvd., Mainstreet at Midtown, Palm Beach Gardens
- >>Cost: \$5 advance, \$6 at the door; \$8 VIP (ticket and commemorative lanyard/badge combo)
- >>Info: 630-6110 or swedefestpalmbeach.com

PUZZLE ANSWERS

CHICO	ETCH	OSAGE	TSOS
ROMAN	CHAI	SWIRL	HAIL
ALAND	CARL	CAROL	UGLY
BECAUSE	I	ALWAYS	WINDUP
RTE	EER	TOO	AUR
STUDYING	GALLNIGHT	FORMY	
PAR	MOS	TONES	ELOPE
EXAMS	RIGHT	DJS	GEE
DILATE	AEON	UTAH	NEO
ZELIG	DOOR	NEWPORT	
AFTER	SATIS	SFYMYTHIRST	
BROS	NAN	REIN	CATIN
SOY	NOLI	ROTC	OCTOPI
ZIT	IPO	WHAT	SHOULD
FLIER	SLUNG	RIO	SOD
IUSE	ASMY	PERSONAL	MOTTO
RCA	QUO	PRE	ION
IDRINK	THERE	FOR	ICRAM
UFOS	DEION	DIVE	NAIVE
MERV	AYARN	EVES	ELFIN
PREP	ESSAY	DENT	SLEDS

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

WARPED

From page A25

In 2010, All-American Rejects, Sum 41 and Andrew W.K. helped give the lineup some star power. In 2005, Fall Out Boy, My Chemical Romance and the All-American Rejects were on the tour just as they were breaking big.

This year, probably the most established acts are Hawthorne Heights, Reel Big Fish, Allstar Weekend and Bring Me The Horizon. Select dates will get a boost with Silverstein, the Used and Never Shout Never on the bill.



LYMAN

This year's Warped tour lineup took shape as it did largely because of the choice of available bands.

"It was who was available," Mr. Lyman said. "Some people were recording this year. There were a lot of acts I talked to

that I think you'll see next summer (on Warped) that were maybe getting out of (record deals). Major labels are dropping a lot of acts right now. So bands are kind of in a regrouping strategy and they weren't quite ready.

Next year they'll have their indie records releases based around Warped tour. It will be a fun position (for booking) next year."

So Mr. Lyman went for booking the best bands he could get, even if the group lacked name recognition. He had no shortage of options.

"There's a lot of talent out there, a lot of fantastic talent," he said. "There's a lot of stuff, and it's just kind of making that decision to make that lineup that you want and having to say no to a lot of people."

And just a week into Warped tour, Mr. Lyman said a number of acts are already making their presence felt.

"It's just kind of a year where we're going to roll out on the road and try to break some new acts," he said. "I've got a couple out here, like Echosmith, that I'm really excited about. Summer Set just seems to be catching a wave. And Crossfaith has got big crowds. When people come to the show, I send them out to all the small stages, and they all come back going 'Oh my God, my mind just got blown by that band.'"

"I mean, Echosmith, Crossfaith, Crown The Empire are all starting to do really just big crowds that grow every day," Mr. Lyman said. "And even on the electronic stage, artists like Itch are doing great and Wallpaper. Everyone that sees Wallpaper goes 'Oh my God, that was the best band I saw at Warped



COURTESY PHOTO

The Used



COURTESY PHOTO

Black Veil Brides

tour.' And then bands like Stick To Your Guns are doing really well out here. It's nice to see punk bands like Emily's Army having nice crowds, playing to nice groups of people. Real Friends is doing real well, and this little band, Citizen."

Mr. Lyman expects that as fans discover some of the under-the-radar talent on this year's tour, word will get out over the internet and by word of mouth, and the crowds will continue to build as the tour continues.

"I'm looking forward to the rest of

this summer watching what goes on," he said.

Mr. Lyman also thinks this year's Warped lineup fits the direction he has started to take the tour over the past few years. He has come to find that Warped now tends to draw from two main age groups — 13 to 19 and 24 to 30 — and the lineup is tailored to that audience.

But as Warped began to inch toward its 15th anniversary in 2009, the lineups still were peppered with acts that years ago had helped build Warped into the premier touring alt-rock festival of the summer — such as Bad Religion and NOFX. Mr. Lyman realized the audience that follows those long-established bands had gotten older as well and no longer came to Warped, and he has since passed over those types of veteran acts in favor of younger talent.

"I think we fit that world," he said of the younger audience. "Everyone right now at 19 wants to go to all of those other festivals, and there are so many festivals in America right now. Everybody wants to go to those three-day festivals (Bonnaroo, Coachella, Lollapalooza), but for the kids that come to Warped tour (it's different).

"To have the average attendance at the age of it being around 17 or 18 right

now, they feel like it's their own tour," Mr. Lyman said. "They don't feel like they're going to a nostalgia tour. They're going to their own tour."

The shift toward appealing to a younger audience largely explains why this year's lineup — although it has everything from electronica to Americana to a little hip-hop and ska — is weighted strongly toward hard rock/metal/metacore and punk pop/indie rock.

"I've kind of felt this resurgence of pop-punk, and now I'm feeling kind of a resurgence of punk in some ways, too," Mr. Lyman said. But the metalcore stuff, that's getting to be like this kind of core (for the tour) ... Sleeping With Sirens, Memphis May Fire, Bring Me The Horizon are definitely the bands with the biggest crowds out here right now." ■

in the know

>>What: Vans Warped Tour
>>When: 11 a.m. July 27
>>Where: Cruzan Amphitheatre, South Florida Fairgrounds, 601-7 Sansburys Way, suburban West Palm Beach
>>Cost: \$23.50-\$47.50
>>Info: 795-8883 or www.cruzanamphitheatre.net

CABARET

From page A25

New Again' with David Kenney. We were both on the bill and that's how we met," Ms. Fasano said. "Nothing happened. We said, 'Hello. How are you?' and shook hands."

The romance sounds like something from a Cole Porter or Noel Coward song.

"We connected via email," Ms. Fasano said. "He started responding to my announcements and we started having a very flirtatious exchange. Then Eric came to see one of my concerts and asked me out in advance to take me out to supper. Not just dinner, but supper. It sounds so elegant."

It sounds so perfect.

"It was one of those nights. We refer to it as the greatest first date ever," she

said.

Ms. Fasano said she had not known what to expect.

"I knew of him but I didn't know him," she said. "He was so much better than what I had imagined."

This is the part where it sounds like an old-time romance, say, with Fred Astaire and Ginger Rogers.

"He walked me to my front door, told the cab to keep the meter running and kissed me on the cheek," Ms. Fasano said.

Something sparked.

"Six months later, we were engaged and then we were married. It was kind of amazing. It was the right time, and, finally, the timing was perfect," she said.

The timing also was perfect the first time Rob Russell, The Colony's entertainment director, and Roger Everingham, the hotel's general manager, invited the couple to perform together that first time.

"Rob and Roger asked us to come

down together in the late summer of '05 and we went from there to a theater in St. Louis for a week and that was the beginning of the trouble," Mr. Comstock said.

They have not stopped.

The couple just completed a run at Brasserie Zédel in London, where they performed music from their New York show.

Palm Beach audiences may expect some of the same.

That would include come classics from the Great American Songbook, possibly some Gershwin and Porter. But expect some Joni Mitchell as well.

"The songbook is really living breathing song and it didn't stop at Cole Porter and Gershwin and Harold Arlen. There are wonderful songs that have been written after them," Ms. Fasano said.

Also, look for a song or two from the great Sammy Cahn; it's his centennial year. It also is the 100th birthday year of Mr. Cahn's songwriting partner, Jimmy

Van Heusen. The two of them wrote "Love and Marriage" and "Come Fly With Me," among others.

Those songs could be apropos of everything for Ms. Fasano and Mr. Comstock, who later this summer will play dates in East Hampton and on Martha's Vineyard.

"We have a love of music, and it's really beautiful to share that," Ms. Fasano said. "We don't have children and music is our baby. We nurture it and love it, and sometimes it's exasperating." ■

in the know

>>What: Eric Comstock and Barbara Fasano
>>When: Fridays and Saturdays, July 26-Aug. 10
>>Where: The Colony Hotel's Royal Room, 155 Hammon Ave., Palm Beach
>>Cost: \$100 per person for dancing, dinner and show
>>Info: 659-8100

FLORIDA WRITERS

Surviving the challenges of caring for aging parents



philJASON

pkjason@comcast.net

■ **Pauline Hayton, "If You Love Me, Kill Me." CreateSpace. 158 pages. \$6.99 (Kindle e-book, \$3.99).**

What happens when your life becomes a living hell? What happens when you reach your own retirement age and find yourself trapped in the most difficult, exhausting and demoralizing job you ever had — caring for aging parents who have begun a long, painful decline that seems to have no vanishing point?

How does one handle the battleground of resentment and guilt that turns your life into something very dark?

In Pauline Hayton's case, things kept going from bad to worse. After she lost her father, whose caretaker she also had been, her mother went into a deep decline. It reached the point that the author could not have more than 15 minutes between her mother's frantic, fearful yet commanding calls for her to come back to her room. Ms. Hay-



Pauline Hayton

ton could barely get anything else done before having to respond to her mother's voice.

Worse yet, that voice yelled out, "Barbara! Barbara!" Who was Barbara? Ms. Hayton never figured that out.

The story begins with Ms. Hayton revealing that she had survived deep conflicts with her mother that had been resolved through counseling. The resolution, however, left the author with a somewhat detached relationship with her mother: "I accepted her and her controlling ways (that caused me to leave home when I was 17) without allowing her to have power over me." She adds, "But I adored my father. He was a very special person."

So, when it was decided that her parents, both blind, should not face their declining years alone in England (where Ms. Hayton was born and raised), it was also decided that she and her husband would take care of them. During the first three years, the situation was managed well enough, and Ms. Hayton became closer than ever to her father as his caretaker. But then his health plummeted, and his death followed soon after.

Her mother's decline accelerated after the father's death. Then Ms. Hayton learned she had cancer. Eventually, her husband left, unable to handle the stress of the situation.

How much grief can pile up on a person? This question generates enormous



suspense in Ms. Hayton's harrowing narrative.

IF YOU LOVE ME, KILL ME

AN ELDERCARE STORY

PAULINE HAYTON

needs to show readers that, for most of us, saintly self-sacrifice has limits. She needs to assure those readers who are enduring similar situations and feelings that they are not monsters, that they are not alone, and that someone else understands and can articulate their suffering.

"If You Love Me, Kill Me" is scathingly honest in dealing with hard truths. It is not, however, unwaveringly dismal. There are uplifting passages in which Ms. Hayton describes her ability to regroup, to reformulate her outlook and even to find paths to the long-denied love for her mother.

About the author

Naples resident Pauline Hayton, who emigrated to the U.S. in 1991, started writing in 1996. Her other titles are: "A Corporal's War," based on her father's WWII experiences; "Naga Queen,"

which grew out of her research on the first book; and "Chasing Brenda," a lighthearted adventure in Nagaland (in northeast India), written after the author visited Magulong village where she and her husband support a school. More recently came "Myanmar: In my Father's Footsteps. A Journey of Rebirth and Remembrance," a travelogue of a trip taken in 2006 to visit the places where her father fought the Japanese in Burma during WWII. ■

KOVEL: ANTIQUES

Well-designed, less publicized pottery popular with collectors



terryKOVEL

news@floridaweekly.com

Ferock is a name that appears on art pottery but is not well known. In 2012, a vase marked "Ferock" was sold at a Humler & Nolan auction in Cincinnati for \$2,760. The auction house and a few collectors knew who made it and how rare it is. Frank Ferrell (sometimes spelled Ferrel) worked in Zanesville, Ohio, in the early 1900s. He also worked for Weller (1897-1905), Roseville (1918-1954), J. B. Owens and Peters and Reed, all nearby Ohio potteries. He is best known for his work at Roseville designing pottery lines.

The Ferock vase that just sold was made for the University of North Dakota from North Dakota clay. It was shown at the National Corn Exhibition in 1909. The Arts and Crafts style was interpreted with angular designs on one side and raised fold-like markings on the other. The 12-inch-high vase is covered with a matte, crazed, light beige glaze. It is pictured in two books about the University of North Dakota School of Mines pottery. The university's pottery opened in 1892 and its pieces were sold, but student work was not offered until 1909. It closed in 1949. Because the vase has such a complete history and was made by an important designer, it attracted the bids of serious collectors and brought a high price. Collectors today search for the less-publicized but well-designed pottery of the 1900-1950s era as well as later studio pottery. The best pieces of well-known art pottery like Rookwood and Weller can sell

for more than \$10,000 — too expensive for most collectors.

Q: About 25 years ago, I bought a solid copper lithographic printing plate at a yard sale. It weighs 15 pounds and is 10 by 6½ inches. The image is a navigational aid for the "Mahukona Harbor and Approaches" of Hawaii. It's also marked "No. 4101 C&GS." Does the plate have any value?

A: Copper printing plates like yours were made to print surveying charts for the U.S. Coast and Geodetic Survey. The survey that resulted in the manufacture of your plate was done in 1910. Today the U.S. surveying agency, which manages a national coordinate system for mapping, charting and other engineering applications, is called the National Geodetic Survey. It's part of the National Oceanic and Atmospheric Administration of the U.S. Department of Commerce. Survey plates as old as yours and in excellent condition can sell for \$150 or more.

Q: I have an Ada Lum cloth doll with embroidered Chinese features and a long braid in the back. It is dressed in blue "pajama-style" jacket and pants, woven sandals and a straw hat. There is a tag on the doll's wrist that says "Farmer, an original Ada Lum Doll" and "Made in Hong Hong." Can you tell me something about the maker?

A: Ada Lum began designing and making dolls in Shanghai in the 1940s. At first she made them just for friends, but as



This Ferock vase has an unfamiliar mark, but its Arts and Crafts design and important history brought an auction price of \$2,760 at Humler & Nolan in Cincinnati.

more people wanted them she started a business making dolls. When the Communists took over in 1949, Ada Lum and her family fled to Hong Kong, where she continued her business and employed other Chinese refugees. At first she worked out of her home, but by 1962 she had a shop in the Mandarin Hotel. Her dolls were popular during the 1950s and '60s and many were bought by American tourists. Ada Lum died in 1988. Value of your doll: about \$75.

Q: I have a 1920s tea cart made by the Paalman Furniture Co. of Grand Rapids, Mich. It's in excellent condition. Can you tell me its value?

A: Tea wagons, also called "tea carts," became popular in the early 1920s. They have a tray top, one or two shelves below and wheels so they can be pushed from the kitchen to dining room. Some have leaves that can be extended for use as a table. Paalman Furniture Co. was one of the best-known makers of tea wagons. The company was founded by John H. Paalman in 1916. He worked for several other furniture companies and was a designer and manager for Stickley before leaving to form Paalman Furniture Co. The company was sold in 1966. Vintage tea carts sell well today. Value of your tea wagon: \$250-\$300.

Q: I have a sugar and creamer set from the Pine Ridge Sioux Indians. I purchased them at a yard sale about 20 years ago. On the bottom it is signed "O. Cottier" and "Pine Ridge Sioux." It is

also marked with a pine tree design. I did some research. Olive Cottier is a sister of Ella Irving, aka Ella Woody aka Ella Cox, whose pottery is in the Smithsonian Institution. Just wondering if there is any value to my sugar and creamer set.

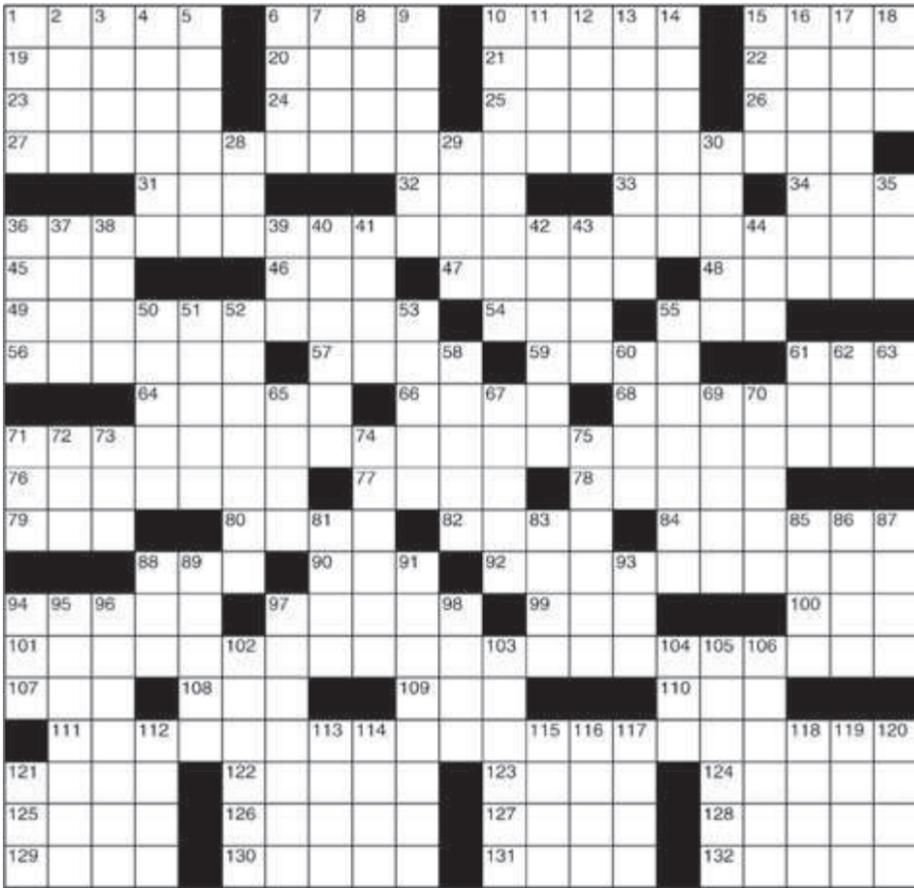
A: In the 1930s, the Works Progress Administration (WPA) set up a program to teach students at the Pine Ridge Indian reservation boarding school how to make pottery. Experienced artists and potters were brought in to teach. Olive Cottier (1909-1974) and her sisters, Ella and Bernice, were students in the program. Sometime after the WPA program ended, Ella bought a building in Pine Ridge, S.D., where the sisters continued to make pottery from local clays. Ella and Olive made the pottery and Bernice decorated it. Their pottery closed in the 1980s. Your sugar and creamer set is worth about \$75.

Tip: Save your broken dishes, vases and other decorative china to make mosaic stepping stones or tabletops for your garden. Chipped vases can still be used for flowers or turned upside to make toad homes. ■

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

PUZZLES

LIQUID FUEL FOR SCHOOL



- ACROSS**
- 1 Brother of Harpo and Groucho
 - 6 Impress in stone
 - 10 Kind of orange or Indian
 - 15 General — chicken
 - 19 Like Cato
 - 20 Spicy tea
 - 21 Move spirally
 - 22 Greet loudly
 - 23 — flowing with milk and honey
 - 24 Lewis of track
 - 25 Winter song
 - 26 Unsightly
 - 27 Start of a riddle
 - 31 I-80, e.g.
 - 32 Eternally, poetically
 - 33 Unduly
 - 34 Prefix for "ear" or "gold"
 - 36 Riddle, part 2
 - 45 A birdie beats it
 - 46 Yr. parts
 - 47 Voice mail prompts
 - 48 Run away to wed
 - 49 Riddle, part 3
 - 54 Pros at spinning LPs
 - 55 "Well, I'll be!"
 - 56 Widen, as pupils
 - 57 Very long time unit
 - 59 Ogden's state
 - 61 Prefix with conservative
 - 64 1983 Woody Allen film
 - 66 Jamb's place
 - 68 Rhode Island city
 - 71 Riddle, part 4
 - 76 Actor Pierce
 - 77 Restrain
 - 78 Dr. Seuss' "The — the Hat"
 - 79 Kind of milk
 - 80 — me tangere
 - 82 University mil. program
 - 84 Eight-armed cephalopods
 - 88 Skin blemish
 - 90 Debut on the NYSE
 - 92 Riddle, part 5
 - 94 Bird or plane
 - 97 Thrown
 - 99 City in Brazil, briefly
 - 100 Turf
 - 101 End of the riddle
 - 107 Nipper the dog's corp.
 - 108 Maintain the status —
 - 109 Start for existing
 - 110 Electrolysis particle
 - 111 Riddle's answer
 - 121 Sci-fi sights
 - 122 Sanders of baseball and football
 - 123 Seedy bar
 - 124 Innocent
 - 125 Griffin of talk TV
 - 126 Spin — (do some taletelling)
 - 127 Holiday preceders
 - 128 Like a pixie
 - 129 Get ready for surgery
 - 130 Emerson work
 - 131 Auto ding
 - 132 Winter vehicles
 - DOWN**
 - 1 Grumpy sort
 - 2 Golf target
 - 3 Apple type
 - 4 Baseless rumor
 - 5 At one's post
 - 6 Caesar's "Lo!"
 - 7 Bangkok cuisine
 - 8 Actress/ singer Irene
 - 9 Jewish campus organization
 - 10 Academy Award nomination
 - 11 Waver
 - 12 Snobs put them on
 - 13 Beards, e.g.
 - 14 Singer Cass
 - 15 Dull, heavy sound
 - 16 Big cactus
 - 17 Crankcase attachment
 - 18 Devious
 - 28 Six, in Italian
 - 29 Whip mark
 - 30 Checking account lure
 - 35 Bakery loaf option
 - 36 Whizzed
 - 37 Cabby's car
 - 38 River in Kazakhstan
 - 39 Abbr. for someone with only one given name
 - 40 Flip out
 - 41 Arthur of tennis fame
 - 42 Bodily harm
 - 43 Liza Minnelli ex David
 - 44 Bulling bravo
 - 50 Labyrinths
 - 51 Austere
 - 52 Dependent
 - 53 "It's — for!"
 - 55 Stummy districts
 - 58 GI's refusal
 - 60 Author Seton
 - 61 Negative conjunction
 - 62 Hosp. sections
 - 63 Mel of baseball
 - 65 "This — time for jokes!"
 - 67 As — (henceforth)
 - 69 "— way did he go?"
 - 70 Calico horse
 - 71 Sit-ups' targets
 - 72 To's counterpart
 - 73 Kid's amuser
 - 74 Cause to err
 - 75 He debated with Obama
 - 81 Tulip relative
 - 83 "Comin' — the Rye"
 - 85 Kick out of office
 - 86 Map out
 - 87 "... and — it all again!"
 - 88 Alphabet-ending letter
 - 89 Baghdad native
 - 91 A single cent
 - 93 Suited — tee
 - 94 Christmas tree, often
 - 95 Satan
 - 96 Animator Freleng, a.k.a. "Fritz"
 - 97 CBers' cops
 - 98 Dog's sound
 - 102 Dairy treat
 - 103 Like some grapes
 - 104 Be horizontal
 - 105 Des —, Iowa
 - 106 Standing by in readiness
 - 112 "Please reply" abbr.
 - 113 Actresses Carrere and Texada
 - 114 Israeli ring dance
 - 115 Almost half a dozen
 - 116 Cooking chamber
 - 117 Take 115-Down
 - 118 Prevalent
 - 119 Fervent
 - 120 YMCA part
 - 121 Sports arbiter

◀ SEE ANSWERS, A30

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HOROSCOPES

■ **LEO (July 23 to August 22)** Change is a major factor for the Big Cat through midmonth. Be prepared to deal with it on a number of levels, including travel plans and workplace situations.

■ **VIRGO (August 23 to September 22)** You might not like all the changes that have begun to take place around you. But try to find something positive in at least some of them that you can put to good use.

■ **LIBRA (September 23 to October 22)** A family member's unsettling experience could create more problems if it's not handled with care and love. And who's the best one to offer all that? You, of course.

■ **SCORPIO (October 23 to November 21)** It might not be the right time for you to start a new venture. But it's a good time to start gathering facts and figures so you'll be set when the GO! sign lights up.

■ **SAGITTARIUS (November 22 to December 21)** The sagacious Sagittarius should have no trouble deciding between those who can and those who cannot be trusted to carry out a workplace commitment.

■ **CAPRICORN (December 22 to January 19)** Surprise, surprise. It looks as if that one person you once thought you could never hope to win over to your side suddenly just might choose to join you.

■ **AQUARIUS (January 20 to February 18)** You might have to set aside your pride for now and accept a change

that isn't to your advantage. Cheer up. There'll be time later to turn this around in your favor.

■ **PISCES (February 19 to March 20)** Your creative self emerges as dominant through midmonth. This should help you restart that writing or arts project you've left on the shelf for far too long.

■ **ARIES (March 21 to April 19)** A longtime situation starts to move into a new phase. The question for the uncertain Lamb right now is whether to move with it. Facts emerge by midmonth to help you decide.

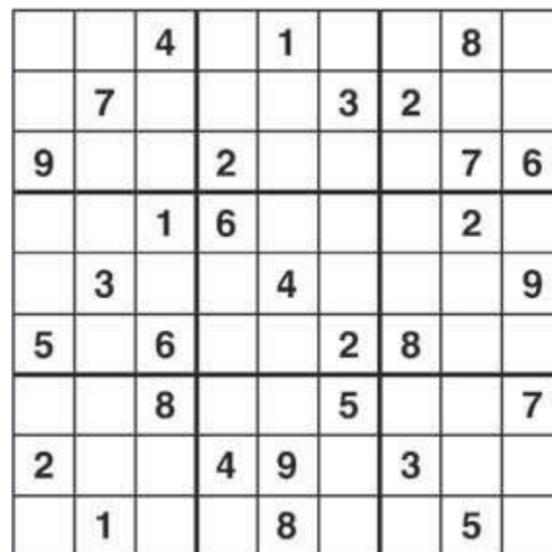
■ **TAURUS (April 20 to May 20)** A talent for organizing your priorities allows the Divine Bovine to enjoy a busy social life and not miss a beat in meeting all workplace and/or family commitments.

■ **GEMINI (May 21 to June 20)** What began as a dubious undertaking has now become one of your favorite projects. Your enthusiasm for it rallies support from other doubters-turned-believers.

■ **CANCER (June 21 to July 22)** Accept the help of friends to get you through an unexpectedly difficult situation. There'll be time enough later to investigate how all this could have happened so fast.

■ **BORN THIS WEEK:** You have a way of encouraging others by example to come out from the shadows and enjoy life to the fullest. ■

By Linda Thistle



Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging
★★★ Expert

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◀ SEE ANSWERS, A30

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With more than 4,000 applicants from 50 states and 75 countries, 3,793 restaurants earned awards this year, including 11 cruise ships in their first year of eligibility. The results are published, along with stories about some of the top winners, in the Aug. 31 edition of *Wine Spectator*.

Palm Beach County was no exception, with restaurants up and down its coast receiving accolades.

According to the magazine editors, this year's trends include the following:

"We see lists becoming more diverse. It's become a badge of honor for sommeliers to offer wines from the most far-flung regions and obscure grape varieties. The range of flavors is simply amazing,... Yet there's also renewed emphasis on the classics."

"Champagne selections are exploding, with a focus on small growers and specific terroirs."

Burgundy is once again very trendy, Italy's Piedmont is gaining and Bordeaux, considered somewhat boring a few years ago, is making a comeback.

More lists are going digital, with more iPad and other tablets in use to present selections and supplemental information.

"Whatever the format of the list, or its emphasis, the best restaurants build their wine programs the old-school way. They train their servers. They invest in their cellars. They offer selections keyed to their menus. And they respect, and showcase, the best wines in the world."

There are three levels of awards, based on the depth of wines available and how well they match the menu:

■ **Award of Excellence:** 2,870 winners. These restaurants offer a well-chosen selection of quality producers, along with a thematic match to the menu in both price and style. Typically the lists will feature at least 100 selections.

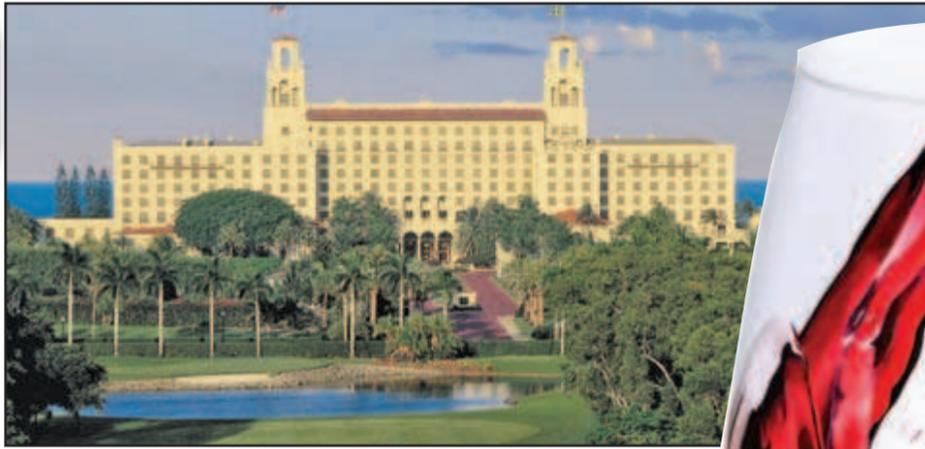
■ **Best of Award of Excellence:** 850 winners. These restaurants exceed the requirements of the award of excellence by displaying vintage depth with vertical offerings of several top producers from major regions or excellent breadth over several winegrowing regions. Typically they offer 400 or more selections, superior presentation, and some offer more than 1,000 selections.

■ **Grand Award:** 73 winners. The top level award is awarded to restaurants with "uncompromising, passionate devotion to the quality of their wine program." Typically they have more than 1,500 selections, with a serious breadth of top producers, outstanding depth in mature vintages, a selection of large format bottles, excellent harmony with the menu, and superior organization, presentation and wine service. There are two perennials in Florida: HMF (formerly L'Escalier) at The Breakers in Palm Beach, and Bern's Steak House in Tampa.

Local restaurants that won awards this year (Awards of Excellence, unless otherwise noted) are as follows:

■ **Juno Beach:** Captain Charlies Reef Grill.

■ **North Palm Beach:** Ruth's Chris



The Breakers, Palm Beach

COURTESY PHOTO



Seasons 52, Palm Beach Gardens

COURTESY PHOTO



The Riverhouse, Palm Beach Gardens

COURTESY PHOTO

Steak House

■ **Palm Beach:** Angle, The Ritz-Carlton (now Eau Palm Beach Resort & Spa); Cafe Boulud — Best of Award of Excellence; Cafe L'Europe — Best of Award of Excellence; The Flagler Steakhouse; HMF, The Breakers — Grand Award Winner (28,000 bottles, 1,550 selections, winner since 1981); Trevini Ristorante

■ **Palm Beach Gardens:** Cafe Chardonnay; The Capital Grille; The River House Restaurant; Seasons 52 (recognized for inexpensive wines)

■ **West Palm Beach:** The Blind Monk (new and recognized for inexpensive wines); City Cellar Wine Bar & Grill; Marcello's La Sirena — Best of Award of Excellence; Morton's, The Steakhouse; Ruth's Chris Steakhouse

In their first year of eligibility, there are 11 Award of Excellence winners (for the main dining room on each ship).

Celebrity Cruises garnered 10 of the awards. They are as follows:

■ **Cruise Line Restaurants:** Cosmopolitan (Celebrity Cruises Summit); Epernay (Celebrity Cruises Solstice); Grand (Celebrity Cruises Century); Grand Cuvée (Celebrity Cruises Silhouette); The Grand Dining Room (Oceania Cruises Riviera); The Main Restaurant (Celebrity Cruises Equinox); Metropolitan (Celebrity Cruises Millennium); Moonlight Sonata (Celebrity Cruises Eclipse); Opus (Celebrity Cruises Reflection); San Marco (Celebrity Cruises Constellation); Trellis (Celebrity Cruises Infinity). ■

For free access to complete information for all award winners, go to www.winespectator.com/restaurants.



FLORIDA WEEKLY CUISINE



COURTESY PHOTO

Eddie Estevez grew up in Coral Gables and made his way to the company that owns Cantina Laredo, which has a location at Midtown.

In the kitchen with...

EDDIE ESTEVEZ, Cantina Laredo

BY LOREN GUTENTAG
lgutentag@floridaweekly.com

"We do more than just feed you," says Eddie Estevez. "We are a very interactive restaurant and we make sure you have a good time."

Mr. Estevez, general manager of Cantina Laredo, was born in Coral Gables, where he not only had a passion for cooking, but also for art.

Though Mr. Estevez earned an associate of fine arts degree from Miami Dade College and an associate of science degree from the Art Institute of Fort Lauderdale, one could argue that he has put his art skills to work as a chef.

"We do a lot of tableside presentations," he says. "That's what makes the experience."

As the son of Cuban exiles, and living in places such as San Juan and Caracas, Mr. Estevez says that he was exposed to all types of cuisine. However, Cuban cuisine became his specialty

after working at his cousin's restaurant in Miami.

Continuing to study art as well as pursue a career in the culinary industry, Mr. Estevez says that he moved to New York in 1993.

Cooking, serving, bartending and working hard is what led him to open restaurants in New York, New Jersey, The Bahamas and Florida.

After living in The Bahamas for eight years, Mr. Estevez says that he not only opened multiple exciting restaurants, but he also met his wife.

"She's my biggest fan and best support system," he says. "It's hard to find that in this industry."

Together the couple returned to the states, where Mr. Estevez says he worked as kitchen manager at Chili's in Wellington.

But it was in 2007, when Mr. Estevez joined Consolidated Restaurant Co., that he began as executive chef at Cantina Laredo.

Mr. Estevez opened a second location in Hallandale in 2010.

With everything made from scratch, Cantina Laredo offers tableside guacamole, fajitas and tacos.

Mr. Estevez says he would compare the food to Mexico City cuisine.

"Our food is about freshness. It's not about being heavy and saucy like Tex-

Mex," he says. "We want to change a person's perception of what Mexican food really is."

Name: Eddie Estevez

Age: 47

Original hometown: Coral Gables
Restaurant: Cantina Laredo, 4635 PGA Blvd., Midtown, Palm Beach Gardens; 622-1223

Mission: "We want to let people know what we have to offer. We want to give our guests the whole dining experience with everything from great service to great food."

Cuisine: Modern Mexican cuisine

What is your footwear of choice in the kitchen? "I usually wear non-skid shoes that I get from Shoes for Crews. I like to get an executive-style shoe so that I can be in the front and back of the house."

What is your guilty culinary pleasure? "Southern fried chicken with mashed potatoes and gravy!"

What advice would you give someone who wants to be a chef or proprietor? "It's important to learn everything about the business. It's long hours and you need to be committed and have a strong support system. I believe that actually being in the field is how you gain experience to learn the front and back operations." ■

Cool Beans fundraiser honors one of its own

SPECIAL TO FLORIDA WEEKLY

Cool Beans Indoor Playground & Cafe, at Downtown at the Gardens in Palm Beach Gardens, will host "A Day for Evan," in memory of manager Evan Kaufman, from 10 a.m. to 6 p.m. July 28.

The fundraiser, which will include arts and crafts and free face painting throughout the day, celebrates the late 21-year-old Cool Beans manager, who died in a car crash in May.

All proceeds from the Downtown at the Gardens carousel and train, as well as 50 percent of admission to the Cool Beans playground on July 28 will be donated to the Mandel JCC, a non-profit organization close to Evan's heart.

Evan grew up at the JCC in West Palm Beach. As a teen, he worked at the JCC as a lifeguard, preschool camp counselor, and a Camp Shalom staff person.

The donation will benefit the Evan Kaufman Kavod award, created to recognize those who demonstrated the same honor and integrity of the JCC's mission statement that Evan did. A plaque will hang in the Mandel JCC and be updated each year with the award recipients' name.

"Evan would be proud to see how the community has rallied together on his behalf to support the JCC's Kavod fund created in his name, and it warms my heart to see how many lives he touched in his 21 years. Helping children in the community was one of his passions; every guest at the playground could see that," said Maxine Kaufman, Evan's mother.

For more information about the fundraiser, call Cool Beans at 627-1782 or visit CoolBeansPlayCafe.com.

"Surf & Turf" dinner: Chef Blake Malatesta of 50 Ocean in Delray Beach will offer a seaside summer-inspired "Surf & Turf" menu paired with a selection of Carey Chen's notable collection of wines on July 30.

Each of the dinner's five courses will be complemented by a wine selection chosen by noted marine artist and wine connoisseur Carey Chen, who will be on hand for the dinner.

It is set for 6 p.m. July 30 at 50 Ocean, 50 S. Ocean Blvd., Delray Beach. Cost is \$75 per person, plus tax and gratuity. There will be complimentary valet parking. Reservations available at 278-3364. ■

THE DISH

Highlights from local menus

The Dish: Falafel pita

The Place: The Pita Grille, 12100 U.S. Highway 1, North Palm Beach. 630-0115 or thepitagrille.com

The Price: \$9.95

The Details: Falafel is vegetarian comfort food.

The patties of ground chickpeas combine crisp and chewy textures with a mix of flavors that add up to hearty lunch.

At The Pita Grille, it comes wrapped in one of the namesake pitas with a mix of lettuce all drizzled with just the right amount of cool tahini.

Also worth noting: the fresh slaw was topped with a slightly tangy dressing and tossed with currants, which lent a sweet note.

It was the perfect mix that made for a near perfect lunch. ■



— Scott Simmons

SCOTT SIMMONS/FLORIDA WEEKLY

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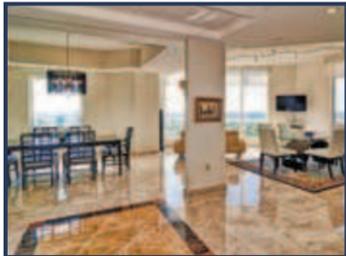
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JULY 2013

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

HOSPICE CARE

With not all being the same, your knowledge may affect the type of care your family receives

BY RICHARD F. CALCOTE, CHIEF FINANCIAL OFFICER

Hospice of Palm Beach County & Broward County

IF YOU ASK THE AVERAGE PERSON ON THE street, he or she is likely to tell you that hospice is a place where people go to die. People might tell you that hospice is one large, nationwide organization with "facilities" in each county or that all hospices are pretty much the same, and that services are provided for free.

While these are common perceptions, they are not correct. Hospice is a philosophy of care, not a place. There are over 5,300 hospice organizations in the U.S. Their common goal is to improve a patient's quality of life during his or her last six months, by offering a program of comfort and dignity. In addition, they serve the entire family,

SEE HOSPICE, B2 ►

INSIDE

Bodhi Hot Yoga: Relive stress, relax / **B3**

Exercise beneficial for caregivers / **B4**

To stretch or not to stretch/ **B5**



HOSPICE

From page 1

not just the patient.

In my observation, hospice may be the only healthcare field remaining where doctors still make true “house calls” — a practice that some of us remember as the standard years ago. Most hospice care is provided in a patient’s home by an interdisciplinary team of physicians, nurses, social workers and other professionals. Families help guide the care of their loved ones as the “captains” of the team.

Yet beyond this common basis, hospices can vary greatly — from their approach to care, to innovation in clinical techniques, to the range of services they offer, to the financial structure of their organizations.

Why each hospice is different: It all comes back to profit

Some of the key differences that can affect your family’s care are whether the hospice is for-profit or nonprofit, the size of the organization, and how patient-centered its philosophy is.

First, here’s a quick summary of the difference between a for-profit organization and a nonprofit. A for-profit organization functions to financially benefit its owners and/or shareholders. Profit is the goal, and the business pays taxes on that profit and distributes a portion of the remainder as dividends.

A nonprofit organization is guided by a mission, does not pay taxes, and uses its funds exclusively to operate and fulfill its mission. To maintain its nonprofit status, the organization must submit to extensive public oversight

and provide its financial records to the community. A nonprofit organization should make a surplus (profit) rather than a deficit, but those funds MUST be used solely for reinvestment back into its mission. In the case of a hospice, this means surplus funds go back to patient care.

Most hospice patients are covered under the Medicare Part A benefit and all licensed and certified hospices must comply with state laws and the Code of Federal Regulations governing hospice care. Nonprofits can also solicit community donations directly or through a foundation, and as a result can often provide more special programs and services than for-profits. They have the freedom to fund programs they consider to be important for patients and families, even if those services aren’t paid for by insurance. Where Medicare, Medicaid, and private insurance stop, the community efforts begin.

If you have experienced nonprofit hospice care for a loved one, you are aware that the needs of families are very deep at this time of life. Your local community’s donations probably affected your journey. The most innovative hospices are those that, through donations, care for the whole person in ways that reach beyond traditional medical care. The programs are far-reaching and varied, such as music therapy, clinical massage therapy, Reiki, aromatherapy, ongoing spiritual counseling, and extensive bereavement counseling for children and adults.

Hospice is one of the few industries where nonprofits are the primary innovators

In most industries, the for-profits have the funds to be innovative. Nonprofits simply don’t have the resources. Yet throughout the nation, it’s the non-

profit hospices that are breaking the traditional “mold” or approach to care.

For example, most hospices require that you cease curative treatments before receiving their care. Because Hospice of Palm Beach County & Broward County has focused on developing the resources for better patient care, we are one of only 4 percent in the nation capable of offering an “open access program.” Under this program, we offer discretionary, non-curative treatments such as transfusions, radiation, intravenous medications and chemotherapy to alleviate patient discomfort. These open-access programs are not covered by Medicare, Medicaid or insurance. Without the support from the local community, patient care beyond the basics would be much more difficult to accomplish.

Sequestration’s effects have arrived ... and they affect even hospices

With the onset of sequestration from Congress, funding through donations and hospice foundations has become more important than ever before. This summer, all hospices are facing a double effect from sequestration.

First, as of April 1, 2013, all hospices received a 2 percent reimbursement cut from Medicare across the board. Second, that same 2 percent cut affected physicians of all different specialties, and prompted a trend to delay referrals and admission to hospice programs until patients are nearer to death. Yet from a medical standpoint, research shows that hospice patients actually have better quality of life, have reduced hospitalizations, and, in some cases, live longer than they otherwise would have. The reason is as simple as you might guess: They are living life to the

fullest.

For consumers, the most important thing is to be aware of the options available to you and your loved ones, and to be cognizant of the differences. Talk through the options with your doctor. You should keep your doctor very involved in your loved one’s care, even when you enroll him or her in hospice. Look for a nonprofit hospice provider with a patient-centered philosophy. Check the services offered, which will vary even among nonprofits. With the changing healthcare climate, it’s important for you and your family to research your medical care thoroughly. And no matter what your journey, make today as special as it can be. ■

“The most innovative hospices are those that, through donations, care for the whole person in ways that reach beyond traditional medical care. The programs are far-reaching and varied, such as music therapy, clinical massage therapy, Reiki, aromatherapy, ongoing spiritual counseling, and extensive bereavement counseling for children and adults.”



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Confessions of a Sweaty Yogi: Awaken!

As founder of Bodhi Hot Yoga, I am truly connected to the word “Awaken.”

It is by definition in sanskrit exactly what the name Bodhi itself means. Although to me personally, the word means much more than a lingual expression. To me the name Bodhi, or awaken, means a physical, mental and emotional state that comes through, in my opinion — YOGA!

Think about it — what if we set our intention at the beginning of each class to awaken. How present would our yoga practice automatically shift to a feeling of truly being present. All of a sudden, the happenings of the day melt away and what you are left with is the present moment with heightened senses. Now carry this new “sense” of awakenings through the practice.

Touch.

Begin to feel the feet ground down through the mat as you lengthen up through the spine. Sweat may begin to develop touching the brow as you inhale and exhale the warm hot yoga room air. The body is already moving even standing in this stillness.



Jennifer Martin

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See.

As you open your eyes, notice your focus, not on your other classmates around you or the possible mirror image in front of you, but your dristi. Even

in the most challenging poses, it's this constant focus inward and outward that holds your alignment, builds strength, and — most importantly — mental clarity. It's ironic that this focus causes the rest of your worries and stress to blur away.

Hear.

Hear the sound of your breath as it

victoriously washes over the back of your throat. Now possibly also hear the background music that your teacher has chosen, which sets the mood of the class. Not necessarily fixating on either, but noticing the rhythm as the body begins to dance, forming meditation through movement as you flow between postures.

Taste.

You are probably dripping in sweat by now as the body releases all sorts of toxins. Negative emotions, pent-up stress, and long days just waiting to be sweat out. You realize that the taste of sweat is not only salty, but somehow sweet as it means you are working and releasing. Crying releases this same salty goodness whether they are tears of sadness or happiness. Each mean a chance to heal and renew, which is what you are enjoying in every challenging pose as you continue to awaken.

Smell.

As you lay in final savasana, essential oil is sprayed into the palm of your hand. With each breath you smell this intoxicating relaxing scent, inhaling strength and gratitude and exhaling any remaining thoughts.

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Wellness and the Hospice Caregiver

Cycling as a pathway to health for those who care for others

The desire to care for others is an admirable trait to be sure. As a loving family member, you may find yourself at a stage where you are responsible for the in-home care of a relative reaching the end of life. Or perhaps you are a hospice professional delivering services to your clients on a daily basis. Whatever your personal circumstances, you undoubtedly know that the emotional, social, mental and especially physical stresses of your job are enormous.

These stressful demands can take a tremendous toll on any caregiver's body and lead to serious illness, depression and burnout.



Robin Bradley Hansel

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An excellent self-assessment tool, which may provide insight into how one is coping, is available free from the American Medical Association. The 18-question survey (easily located online) asks caregivers to answer yes or no to statements prefaced by the phrase, "During the past week or so I have..."

Survey questions include:

- Felt completely overwhelmed.
- Felt a loss of privacy and/or personal time.
- Been edgy or irritable.
- Had back pain.
- Felt ill.

Once you have identified your need for personal help, check with your hospice organization for a list of local support groups and respite care to help address your emotional needs.

Then talk with your personal physician to determine if designing a weekly exercise program might be beneficial to your overall physical well-being.



COURTESY PHOTO

Matt Goforth and Julie Goforth, owners of On Your Mark Performance Center, say that short rides on a lifestyle bike may provide an excellent entry level outdoor activity for busy caregivers.

Ten minutes of brisk aerobic exercise a day is a good place to begin. If you need to be immediately available to your care receiver, you might measure a walking track around the inside of your house to do at a specified time each day. Or, consider acquiring a stationary bike to pedal for 10 minutes several times each day.

Outdoor activities, such as swimming, walking or cycling, are preferable whenever brief respite care for the family member can be arranged.

"A short ride on a lifestyle bicycle can provide an excellent entry level outdoor activity for a busy caregiver," states Julie Goforth of the OYM Performance Center Team. "Individuals are always welcome to come by the store to complete an interview process and ask questions when considering starting or upgrading a cycling program of any type," she continues.

At least two and a half hours of aerobic exercise per week should be the hospice caregiver's ultimate goal in order to establish a personal level of wellness. In addition to increasing the capacity of the lungs and heart musculature, regular aerobic exercise improves bone health, balance and a general feeling of well-being.

"We often see recreation-ists become enthusiasts. We're happy to help any level of cyclist achieve their personal fitness goals," OYM co-owner Matt Goforth concludes. ■



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To stretch or not to stretch? The answer is: Stretch

Should I stretch before or after I exercise?

Should I even bother to stretch at all?

These are the questions that every busy adult asks whenever he or she is planning to begin an exercise program.

The correct answer to the first question is "Do whatever is right for you." Some people need to lengthen their major muscle groups, such as the quadriceps (front of the thigh), hamstrings (back of the thigh), and calves, before they run, walk, swim, and/or lift weights for exercise.

For others, it's best to stretch at the end of a workout, re-lengthening the major muscle groups so they'll be ready to help you move through the rest of your day.

The answer to the second question is "Yes, stretching is important for everybody and is often the missing link in trying to understand why you injured yourself when you were exercising." Stretching helps you either warm up or cool down, whichever is needed for you to get the most out of your exercise. Not stretching in the way that you need puts you on the fast track to sustaining an exercise-related injury. As always, prevention is the best policy.

A dynamic warm-up is a fun and entertaining supplement or replacement, at times, to stretching if you're a stretch-first person. In a dynamic warm-up, you take important joints such as your hips, shoulders and lower back through complete ranges of motion, using large muscle groups for support. Dynamic warm-up activities are similar to core strengthening exercises and have unique names such as scorpion, hip crossover, drop lunge, and quad circles. You can mix-and-match a variety of dynamic warm-up activities on different workout days, creating ongoing interest that helps

you maintain your exercise routine.

A dynamic cool-down can serve as a similar supplement or replacement to stretching, at times, if you're a stretch-after person.

If you've been walking or running, rather than simply completing your walk or run, spend an additional few minutes walking or running with shorter strides and/or at a slower pace.

Walking backward at a slow pace is



another method for achieving a dynamic cool-down.

If you've been lifting weights, a series of deep-knee lunges will stretch your lower back and hips. A yoga-style downward dog will lengthen your spine, hamstrings, and calf muscles.

Moving your arms through big circles, both clockwise and counterclockwise, will open up your shoulder girdles and lengthen the muscles of your rotator cuffs.

Regardless of the method you choose, stretching is an important part of your regular exercise activities. The extra few minutes spent either warming up or cooling down will help you maintain your exercise program achieve long-term health and well-being.

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muscle groups for support. Dynamic warm-up activities are similar to core strengthening exercises and have unique names such as scorpion, hip crossover, drop lunge, and quad circles. You can mix-and-match a variety of dynamic warm-up activities on different workout days, creating ongoing interest that helps

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Options for dealing with Dry-eye Syndrome

Q **uestion:** What is the treatment for dry eyes?

A **nsWER:** Dry-eye syndrome is a condition that depending on the cause may not be completely curable. One way to treat dry eyes is to prescribe lubricating eye drops, commonly referred to as "artificial tears."

These drops may alleviate the dry, scratchy feeling. The next step would be to prescribe eye drops called Restasis, which help your body produce more tears by reducing inflammation often associated with dry-eye syndrome.

Silicone plugs — temporary or permanent — known as Lacrimal or Punctual Plugs — can be inserted in lacrimal (tear) drainage ducts in your eyelids to help keep tears on your eye from draining away. These can be inserted painlessly while you are in our office. These plugs are not felt once inserted.

Doctors sometimes recommend spe-

cial nutritional supplements for dry eyes, as studies have shown that supplements containing omega-3 fatty acids can decrease dry-eye symptoms, drinking more water can sometimes help, too, as mild dehydration often makes dry-eye problems worse. This is especially true in hot, dry and windy weather conditions.

Activities where the blink rate is reduced, such as when reading (especially under a ceiling fan), may also worsen dry-eye symptoms. If the problem is environmental, wear sunglasses when outdoors to reduce exposure to sun, wind and dust. In our Optical Department we carry special eyewear designed for dry-eye patients. The special frames are available for everyday visual needs or as sunglasses. ■

— *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 o 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.*



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Assisted living and hospice – partners for compassionate care at the end of life

Hospice is a philosophy of care focused on providing comfort and dignity when medicine cannot provide a cure. A common misperception about hospice is that it is somewhere people go. While hospice can be provided in a hospice center, most hospice care is provided in the person's home, including assisted living facilities.



Patricia Irby
SENIOR CARE COUNSELOR,
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Many assisted living facilities fully embrace working with the family and hospice program to provide comfort and support to residents at the end of life. The hospice philosophy of care is very much aligned with the assisted living model of promoting quality of life, dignity and personalized care in the resident's

op a coordinated plan of care focused on facilitating the highest quality of life by supporting the person's preferences and needs, and educating caregivers and family members.

Hospice services are covered by Medicare, Medicaid and often, private insurances. Volunteers, paid caregivers and others are often used to augment both the assisted living and hospice services for persons in need of constant supervision or care.

When a hospice plan of care is developed, the goal is typically to enable the dying person to remain living at home until the end.

assisted living home.

Hospices typically partner with family members, assisted living providers and other caregivers to treat the person holistically by providing medical care, pain management and emotional and spiritual support and counseling to the person and family members.

Hospice works with the assisted living community and the family to devel-

However, there are some situations that may require the person to be moved to an environment where more skilled care can be provided on a 24-hour basis.

This is sometimes the result of state regulatory requirements, but can also be due to the person developing a condition that requires care that is not avail-



able or is unable to be provided in the person's assisted living home.

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Kenneth A. Gordon, Esquire

*Brinkley Morgan
Marital and Family Law Partner*

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

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