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WEEK OF SEPTEMBER 26-OCTOBER 2, 2013

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FLORIDA WEEKLY'S ANNUAL ISSUE
BREAST CANCER AWARENESS MONTH



Two women sit down to discuss breast cancer today from the vantage of savvy survivors.

the conversation

BY ATHENA PONUSHIS

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RAMONA J.A. YOUNG FOUND A LUMP IN HER right breast in May 1997. Her mammogram did not pick it up. She chose to have a lumpectomy. She went through chemotherapy and radiation.

Betsy Golub found a lump in her right breast in February 1998. Her mammogram did not pick it up. She too chose to have a lumpectomy. She too went through chemotherapy and radiation.

They endearingly refer to themselves as the breast cancer twins, finding laughter and solace in the synchronicities of their disease. But they have their differences.

Ms. Young conjures up Zora Neale Hurston. Her stories are personal. And as she shares them, you envision a scene where you can see yourself doing the same.

Ms. Golub has more of a Shirley MacLaine way. She's smart, funny and quick with a metaphor.

She takes a pronounced breath before she speaks and you revel in it because you know whatever she says, it will be good.



Looking back over their course of treatment, these women lend the strength of perspective and the weightlessness of no regret. When they ponder prophylactic or preventive mastectomies, they understand how fear and family history might lead to such extremes. Sitting down with Florida Weekly, they discuss the debate over screening and they agree: If mammography makes women vigilant, it's a good thing. But they admit: "Cancer makes money," so enters the monster of economics into the dispute.

SEE CONVERSATION, A8 ►

ANDREW SPILOS/FLORIDA WEEKLY
Ramona J.A. Young, top, has been cancer-free for 15 years; Betsy Golub is a 14-year cancer survivor.

Chemotherapy gets easier for Florida patients

BY EVAN WILLIAMS

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Susan Kristoff has a demanding full-time job, fighting the mutant cells she's lived with for 11 years. Cancer keeps her on the road, traveling from her condo in West Palm Beach to her sister's place in Orlando as she seeks the most effective treatments.

That has included Tykerb, a pill taken at home as a more targeted and less painful

alternative to chemotherapy at a clinic. But her insurance plan required a co-pay of \$3,000 per month because the medicine comes in the form of pills — while a co-pay for traditional chemotherapy at a clinic was around \$50 or less.

Cancer patients in Florida have faced this disparity between the cost of pills and clinical visits for years. Now, thanks to the advocacy efforts of people like Ms. Kristoff and groups such as Susan G. Komen for the Cure, that's changing.

The 2013 Cancer Treatment Fairness Act requires that Florida insurers provide coverage for oral cancer drugs that is on par with traditional treatments such as those delivered intravenously. It's set to take effect July 1, 2014.

For patients, it should help clear a path to the medicine their doctors prescribe, instead of being saddled with huge co-

SEE CHEMO, A15 ►

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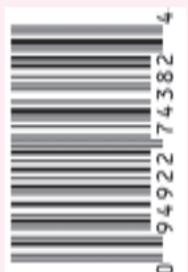
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COMMENTARY



Naming (not names) breasts

rogerWILLIAMS

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It's very difficult for me to write about breasts.

But I have been asked to, and if I hadn't been asked to, I would have volunteered anyway, like Neil Armstrong, who volunteered to fly into space and who became the first man to set foot on the moon.

Breasts are like moons, of course, conical moons, where every man and woman is the first to set foot. Or at least every man and woman first sets toothless gums.

What it comes down to, whether in a lunar landing module or a set of toothless gums, is this: All of us begin life at the breast.

Therefore, no one can deny that breasts number among the most powerful forces in our evolving lives.

So what do we do about it?

We do what we would do if our mothers handed us a 50-percent share in Apple, or a diamond mine, or Ted Turner's ranch in Montana, or a 12,000-square-foot home on the water surrounded by five or 10 acres of private beachfront: We honor breasts by taking care of them. Any breasts. All breasts.

A breast is a precious thing. Two breasts are twice as precious.

Breasts, and not anything else, are really the source of life.

While all of that seems obvious, it isn't — not to the many who try to ignore breasts. After we've first landed on them as infants,

and perhaps allowing for one or two other occasional uses, figures this army of the oblivious, breasts just get in the way.

I'm not the first one to point this out.

Men in particular are guilty of this massive miscalculation — they have breasts, too. And more importantly, so do the women in their lives.

A lot of problems arise from the neglect of breasts by both men and women, and the largest one is poor health.

I'm pulling punches, though. The largest problem that springs from neglect is mortality. Between now and about the first of October next year — in that 12-month period — roughly 200 people are likely to die from breast cancer on the southwest coast alone, and as many more in Palm Beach County.

Those numbers are demonstrable, but they're not inevitable.

They're so high, according to such unsailable organizations as Susan G. Komen for the Cure, because many women and men do not encourage each other — first, to seek annual mammograms over the age of 40, and second, to learn from their doctors how to conduct their own breast exams by touch.

When it comes to breast cancer, discovery is everything. Find a problem early, and you or the women you love (and even the men, occasionally) can reasonably plan on living a long life. Let it go long, and the real trouble starts.

Another problem that arises from such neglect, therefore, is aesthetic: Here at *Florida Weekly*, we have to keep printing editions on pink paper once each year during Breast Cancer Awareness month.

This may be one of the most painful expres-

sions of sympathy, empathy and reminder (memo to self: get a mammogram, learn to check) ever invented by God or journalist.

No doubt it violates every law of good taste ever laid down in the Great Book of Aesthetic Virtue, but we ignore that. Health is more important, especially healthy breasts.

There are some other things that can be carried out in the fight to make breasts more prominently a part of the public consciousness.

For example, you can spend a lot more time at nude beaches, either looking at breasts or displaying them, as is your wont. Afterward, of course, you can form discussion groups and write press releases for submission to local newspapers, radio and television stations describing this process.

Even more importantly, nowadays, is the use of social media. We encourage regular and even prolific exchanges about breasts on Facebook, Twitter, Tumblr and Instagram, for example.

Also, it might be helpful for women, in particular, to name their breasts, the way they might name their dogs or their children, and to insist that others give their titled breasts the respect they deserve.

New York Times best-selling author Darynda Jones agrees with us, apparently. She offers this helpful exchange in her book, "First Grave on the Right":

"My fore-parts, as you so ineloquently put it, have names.

"I pointed to my right breast. 'This is Danger.' Then my left. 'And this is Will Robinson. I would appreciate it if you addressed them accordingly.'

"After a long pause in which he took the

time to blink several times, he asked, 'You named your breasts?'

"I turned my back to him with a shrug.

"I named my ovaries, too, but they don't get out as much."

At *Florida Weekly*, names like "Danger" and "Will Robinson" strike us as slightly limited. We prefer fuller, more robust, more buxomly feminine names (at least for the breasts of females), such as Alexandrie, or Gabrielle, or Valentina, or Mme. Marie Antonia Josepha Johanna Antoinette.

But just Queenie and Beanie will do in a pinch.

Not "Danger," though — never. Breasts don't wear sunglasses, after all, and we don't want to imply that there is anything dangerous about them in the first place.

Do we?

Well no, not breasts that have been checked, carefully, both for decent names and for lumps.

Of course, it's only fair to warn our readers that some danger indeed does exist in deciding not to ignore breasts in ways we have previously ignored them.

Let me conclude, then, with this passage, in which a paterfamilias attempts to recite a favorite family story and gets a couple of key words wrong, from the writer Patrick Rothfuss.

Take it for what it's worth.

"The wild women in his lap," my father enthused, 'laying their breasts on his head.'

"There was a moment of stunned silence. Then my mother spoke slowly, with an edge to her voice. 'I think you mean wild beasts laying their heads in his lap.'"

"Do I?" ■

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OPINION**The dangers of Russian exceptionalism****richLOWRY**

Special to Florida Weekly

In his instantly notorious *New York Times* op-ed, Vladimir Putin was much too modest. At the end, he argued no country is truly exceptional. He, of all people, shouldn't be so dismissive. Russian exceptionalism is one of the profoundest forces in world history.

Without it, not nearly as many people would have been sunk in tyranny for centuries, casually sacrificed to the whims of their rulers, and immiserated. It has been the basis for the absolute power of czars and of Soviet dictators, and its spirit lives on in the amoral, lawless rule of Russia's top opinion writer.

If you want to understand the essence of American exceptionalism, you can quote Patrick Henry or the Declaration of Independence. If you want a taste of the Russian version, you can do worse than the anecdote about Czar Nicholas II — fated to suffer an ugly end at the hands of the communists — who was asked by a Western diplomat about regaining public confidence. The czar wanted to know whether he was sup-

posed to regain the confidence of the people, or the other way around?

Throughout its history, Russia has labored under what the historian David Satter calls "the quasi-deification of the Russian state," its special mission overawing picayune considerations of individual liberty or dignity.

Given its geographic vulnerability, with Mongol or Turkish invaders perpetually threatening, the Russian state required a vast military establishment and universal conscription. "Under these conditions," historian Richard Pipes writes, "there could be no society independent of the state. ... The entire Russian nation was enserfed: There was room here neither for a privileged aristocracy, nor for a class of self-governing burghers, nor yet for a rural yeomanry."

In the West, private property constituted a check on the power of government absolutism. In Russia, the monarch owned the entire realm up until the late 18th century, so there was no need to convene a parliament to exact taxes — and no leverage for the kind of revolt against the crown that forged the Magna Carta in England.

People did gain political and civil rights in the early 20th century. Almost immediately they were snuffed out again in a violent revolution. It brought

to power a mass-murdering dictatorship that sought the utter destruction of every hint of life independent of the state.

Vladimir Putin may scorn American exceptionalism, but we have a deep-rooted inheritance of liberty. As James Bennett and Michael Lotus demonstrate in their new book, "America 3.0," American exceptionalism is a centuries-old phenomenon growing out of organic English roots: the nuclear family, common law, representative government, constitutional limits on the state and private ownership of land.

It makes for a political culture hostile to autocracy and therefore deeply at odds with Russian exceptionalism. "Speaking of Russia," the 19th-century Russian philosopher Pyotr Chaadaev wrote, "people always imagine that they are speaking of a country that is like the others. In fact, it is not so at all. Russia is a whole separate world, submissive to the will, caprice, fantasy of one man — no matter whether he be called Peter or Ivan."

Or, he must imagine and hope, Vladimir. ■

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

Americans say 'no' to another Middle East war**amyGOODMAN**

Special to Florida Weekly

The likelihood of peace in Syria remains distant, as the civil war there rages on. But the grim prospect of a U.S. strike has been forestalled, if only temporarily, preventing a catastrophic deepening of the crisis there. The American people stood up for peace, and for once, the politicians listened. Across the political spectrum, citizens in the U.S. weighed in against the planned military strike. Members of Congress, Democrat and Republican, were inundated with calls and emails demanding they vote "no" on any military authorization.

The media credits Russian President Vladimir Putin with extending a lifeline to President Barack Obama, allowing him a diplomatic way to delay his planned attack. But without the mass domestic public outcry against a military strike, Obama would not have needed, nor would he likely have heeded, an alternative to war.

At center stage was Secretary of State John Kerry, testifying before the House Foreign Affairs Committee on Sept. 4. Anti-war activists from Code Pink sat silently behind him, their hands held high, painted red, symbolizing blood. Kerry asserted: "Now I remember Iraq. ... Secretary Hagel and I both voted in the United States Senate. Both of us are especially sensitive to never again ask any member of Congress to vote on faulty intelligence. And that is why our intelligence community took time, that's why the president took time to make certain of the facts ... in order to scrub and rescrub the evidence and present the facts to the American people."

Days earlier, Kerry used the phrase "we know" close to 30 times in his Aug. 30 case for war against Syria. "So now that we know what we know, the question we must all be asking is what we will do," Kerry said, reminiscent of similar pre-war ramblings of Donald Rumsfeld, who actually said: "There are known knowns. These are things we know that we know. There are known unknowns. That is to say, there are things that we know we don't know. But there are also unknown unknowns. There are things we don't know we don't know."

"You can fool all the people some of the time, and some of the people all the time," Abraham Lincoln famously quipped, "but you cannot fool all the people all the time." After 12 years of war in Afghanistan and Iraq, thousands dead, tens of thousands maimed and trillions of dollars spent, the U.S. public won't take the rehearsed oratory of an appointed official as sufficient grounds for war. Citizens of the United Kingdom weighed in, pushing their Parliament to vote against a military strike.

What are the facts? The regime of Bashar al-Assad stands accused of a heinous attack using chemical weapons, on August 21, in the Damascus suburb of Ghouta. A United Nations chemical-weapons inspection team arrived in Damascus, remarkably, three days before the attack. Its mission was to investigate allegations of chemical weapons use from last spring, in the towns of Khan al-Assal, Sheikh Maqsood and Saraqeb. U.N. Secretary-General Ban Ki-moon redirected the team to investigate Ghouta, and, after protracted negotiations with the Assad government, the weapons inspectors were allowed to do their work.

In their 40-page report, the inspectors summarize "clear and convincing evidence that surface-to-surface rockets

containing the nerve agent sarin were used." They did not say who launched the missiles, but they did examine the remnants of several of the rockets used. The team, directed by Swedish chemical weapons expert Ake Sellstrom, performed swift and exacting work under difficult circumstances (they were fired on by a sniper on their way to Ghouta).

A war crime was committed in Ghouta. Kerry says "we know" it was Assad. Russian Foreign Minister Sergei Lavrov countered, "We have serious grounds to believe that it was a provocation," suggesting the Syrian rebels staged the attack in order to draw the U.S. military into their fight against the Assad regime.

As a result of this week's developments, serious progress has been made. Syria has agreed to put its chemical weapons under international control. Iran, which strongly supports the Assad regime, has a new president, Hassan Rouhani, who will come to New York next week to address the United Nations General Assembly. He is expected to speak on the same day as President Obama. More importantly, Rouhani and Obama may actually speak to each other, the first meeting between U.S. and Iranian presidents since 1979.

The terrible, ongoing tragedy in Syria, and the U.S. public's persistent opposition to a military strike, could possibly create an opening for a much broader peace in the Middle East. ■

— Denis Moynihan contributed research to this column.

— Amy Goodman is the host of "Democracy Now!," a daily international TV/radio news hour airing on more than 1,000 stations in North America. She is the co-author of "The Silenced Majority," a *New York Times* best-seller.



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PET TALES

A tip to help

The 'ear-tipping' of free-roaming cats benefits pets, people and the community

BY DR. PATTI KHULY

Universal Uclick

As a veterinarian who practices in a warm climate, treating feral and free-roaming cats is a year-round adventure. "Trap, test, sterilize, vaccinate and release" is my mantra when it comes to dealing with this population of patients. But in recent years, I've taken to adding one more thing to that list: ear-tipping.

Tipping feline ears is a simple technique that requires an almost bloodless snip of the left ear to help identify the cats as having been sterilized and vaccinated. As such, it's considered a purely cosmetic procedure, which I know doesn't exactly sound like a good thing. But because it's performed with the cats' best interests in mind, this procedure definitely gets a pass on the animal welfare-o-meter.

In case you're new to this concept, here's a primer on ear-tipping:

The "ear-tip" is a highly effective device that those who care for feral cat colonies use to monitor the success of their efforts. It also helps animal control officials know which colonies of cats are well-managed and stable.

Not only is it useful, but unlike a canine ear crop, it's also considered absolutely painless when performed under anesthesia. In fact, cats uniformly recover without pawing at their ears or showing any other sign of distress relat-

ed to the loss of this tiny bit of cartilage.

Nonetheless, there is a downside to ear-tipping: Many people are reluctant to adopt cats with tipped ears. They view it as a slight on the animal's natural beauty.

I ear-tip only the homeless who come my way as feral or free-roaming cats. These "freebie" surgical candidates may leave my hospital and find loving forever homes, but the reality is that most will not. The really dismal reality is that all but the most friendly, healthy and comely will land back on the streets.

That's why my policy is to ear-tip almost all of them. Here's more of why:

1. Public safety: Since ear-tipped cats are typically rabies-vaccinated, identifying them as such enhances the safety of the human community at large.

2. Population management: Because ear-tipping helps in managing a community's colonies, it promotes the welfare of its stray populations.

3. Feline protection: It's the right thing to do for the individual cat. A cat who's not ear-tipped may end up in surgery for altering that has already been done, and who wants another experience under the knife?

In communities where cats are targeted for eradication, ear-tipping can make the difference between a free-roaming cat's life ... and lethal control. But because ear-tipping may reduce an

individual's adoptability, I've learned that concessions must sometimes be made to a cat's demeanor and appearance, depending on her individual circumstances. For example, is the cat truly wild, or a sweet, happens-to-be-homeless stray? Is the cat entering an established adoption program? Or is it at all possible that this "stray" free-roamer might possibly belong to a neighbor, and is really someone's pet?

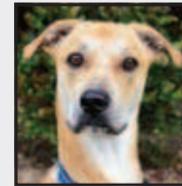
If the animal might be reasonably expected to have a home waiting for him, knowing as we do that humans may refuse to adopt a "marked" specimen, I'll often opt for leaving the ear alone.

Here's where some of you may wonder, "Surely there has to be a better way! Plastic surgery just sounds so harsh!" But given the current realities inherent to modern feline existence, where entire colonies can be eradicated pending one municipal official's say-so, why leave a life-and-death issue to chance?

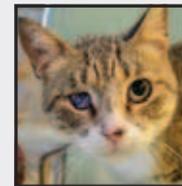
If what's best for everyone — especially for our free-roaming cats — is that they get their ears tipped, why should aesthetics stand in the way? ■

— Guest columnist Dr. Patty Khuly (drpattykhuly.com) is a Miami-based veterinarian and popular author, as well as a top veterinary blogger and the creator of *The Fat Dog Diet*, a smartphone app to help pet owners reduce their dogs' weight.

Pets of the Week



>> **Brownie** loves being around other dogs, and though he's high energy he is warm and affectionate, too.



>> **Kitty** was found in a shopping center in Homestead, and she was timid at first. She likes to be petted. Her right eye has chronic scarring.

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.



>> **Susie** is a spayed, brown-and-white female tabby, approximately 5 months old. She's very affectionate, and enjoys her "play time" with people and with other cats.



>> **Diana** is a spayed, female black-and-white tuxedo cat, 4 to 5 months old. She's mellow and likes to be around people — she really enjoys her head rubs.

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, 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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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.

Local businesses face tax deadline

SPECIAL TO FLORIDA WEEKLY

Tax deadline is looming for local businesses.

Anne Gannon, constitutional tax collector, says Sept. 30 is the final day to pay 2013 local business taxes.

The Tax Collector mailed 104,095 2013 local business tax renewal bills to Palm Beach County businesses.

"Every business in our county that provides services or merchandise to the public must pay business tax and display the Local Business Tax Receipt," Ms. Gannon said in a prepared statement.

The receipt must be displayed where customers can view it.

Taxes paid after Sept. 30 will be con-

sidered delinquent and subject to civil actions and monthly penalties.

Delinquent penalties are: Oct. 1, 10 percent penalty; Nov. 1, 15 percent; Dec. 1, 20 percent, plus \$10 collection fee; Jan. 1, 25 percent penalty, plus \$10 collection fee.

Ms. Gannon encouraged businesses to pay online.

E-checks are free.

Online credit card vendors charge a convenience fee per transaction.

Payments also can be made by mail or at a service center.

To save time, payments can be deposited in a lobby drop box at any service location. Service centers accept cash and checks only.

For information, visit pbctax.com. ■

Red Tapas set to sizzle with Beyond Blind benefit

SPECIAL TO FLORIDA WEEKLY

Red Tapas Bar & Grille promises an evening that will sizzle for a good cause. Literally.

From 4 p.m. to 7 p.m. Oct. 13, the bar and restaurant will host the Sightless Chef Sizzler to benefit Beyond Blind Institute.

Three top area chefs — Mike Hinojosa of Red Tapas, Roy Villacrusis of Aah Loi Thai and Sushi and Aaron Jones of the BBI — will be assisted by the "Sightless Chef Select" team of visually impaired and blind BBI chefs as they prepare an array of food.

Guests who buy a wristband will have access to the cooking demonstration in

addition to dishes from Red Tapas and all you can drink sangria. There also will be music, raffle items and a silent auction.

Red Tapas Bar & Grille features a combo of cultural cuisines, including Asian to Greek, Italian to Spanish and more. It also offers special sangria menu, extensive wine list and cocktails.

It's in Downtown at the Gardens, 11701 Lake Victoria Gardens, No. 3102, Palm Beach Gardens.

Wristbands are \$50 in advance or \$60 at the door. Attendance will be limited to the first 300 people.

To purchase wristbands for the Sightless Chef Sizzler, contact Cheryl Averta at (201) 803-5429 or Joyce Gugel with Beyond Blind Institute at (561) 799-3010. ■

FLAGLER MUSEUM 2013-2014 SEASON PROGRAMS



For a free Season Program Guide call (561) 655-2833, or e-mail: mail@FlaglerMuseum.us

Fall Exhibition

Man of the Century: The Incomparable Legacy of Henry Morrison Flagler
October 15, 2013 - January 5, 2014

Café des Beaux-Arts open for the Season in the Flagler Kenan Pavilion
November 29, 2013 - April 19, 2014

Annual Christmas Tree Lighting Festivities and Special Holiday Lecture
December 1, 2013, 2:00 p.m. - 5:00 p.m.

Holiday Evening Tours of Whitehall
December 18 - 23, 2013

Winter Exhibition

Stories in Sterling: Four Centuries of Silver in New York
January 28 - April 20, 2014

Flagler Museum Music Series

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Shanghai Quartet - Jan. 7
Yoonie Han - Jan. 21
Cuarteto Latinoamericano - Feb. 4
Atos Trio - Feb. 18
Talich Quartet - Mar. 4

Whitehall Lecture Series

Crimes of the Century
The Inventor and The Tycoon - Feb. 2
American Lightning - Feb. 9
The Devil's Gentleman - Feb. 16
Depraved - Feb. 23
American Eve - Mar. 2



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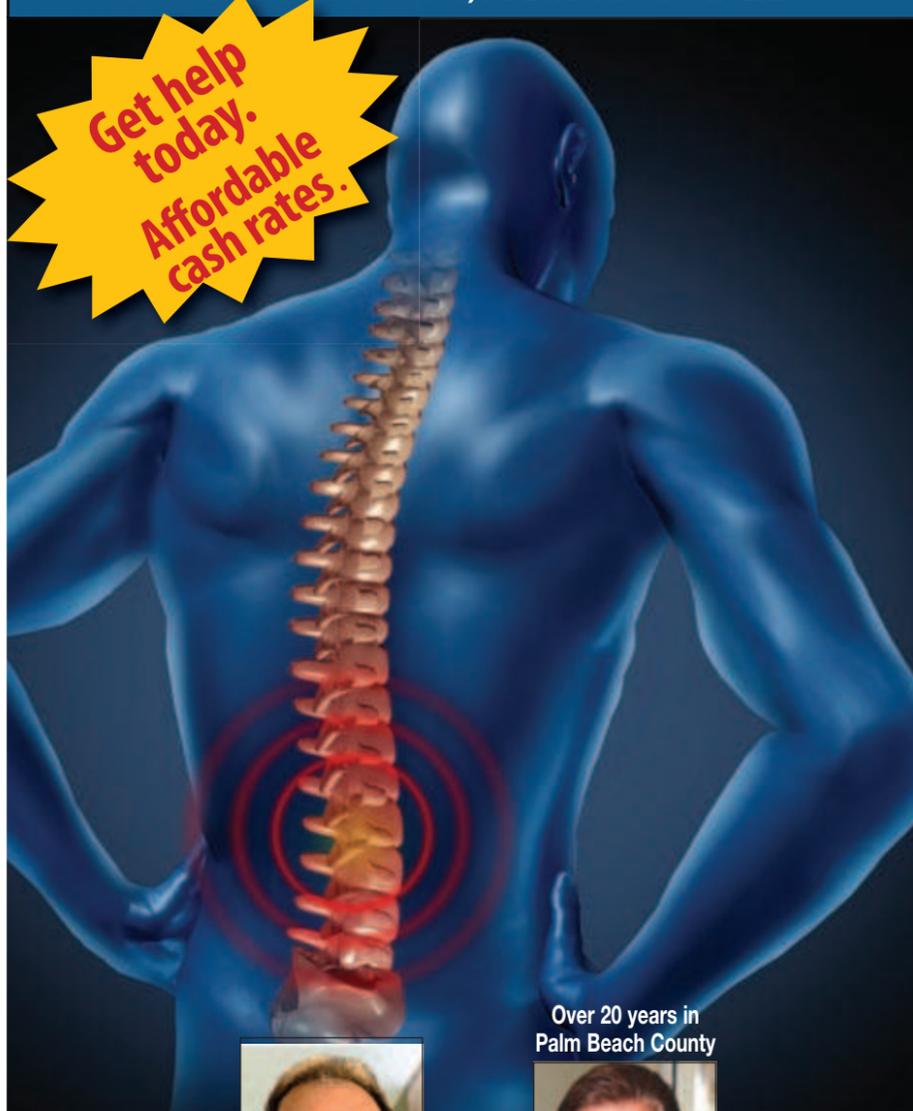


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- Corvel
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- Coventry
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- Dairyland Auto
- Progressive Auto
- Department of Labor
- Provident
- Fara, Rockport
- FirstHealth
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CONVERSATION

From page 1

Ms. Golub and Ms. Young cannot help but wonder if food might be linked to the root of their disease: How does altering food with hormones and preservatives play out anyway? They question the allocation of money at Susan G. Komen for the Cure: Why doesn't the rainbow coalition of cancer come together, pool their resources and find out how cancer starts? And as far as cancer coming back, they take comfort in their chosen belief: "Vodka kills my cancer cells."

Here's what else they had to say ...

FW: Considering all the changes in breast cancer care, how has your thinking changed? Knowing what you know now, what would you have done different?

Ms. Golub: Nothing. I did what I needed to do with medical seriousness and responsibility. And the rest of it, I did with a sense of humor ... The word "survivor" doesn't mean how long you live, it's how you live.

Ms. Young: I don't even use "survivor." I say I am cancer-free ... I'm 15 years free.

FW: Did you ever entertain the thought of a mastectomy?

Ms. Young: My surgery was scheduled for August. I went back to my doctor ... I said, "Look, take it off. I don't need it." He said, "Wait a minute," this is the surgeon without the greatest bedside manner, he tells it to you real fast. My aunt and stepmother were sitting there absorbing. I said, "Well, what would you tell your wife?" He said, "My wife would tell me the same thing you're telling me, 'Take it off. I don't need it.' However, the statistics do not bear out what you're saying," that if you remove it or you do the lumpectomy that your lifespan will be any different ... this is 1997. So he said, "Let me know what you decide." I went home. I got rid of my aunt and my stepmother because I couldn't deal with their emotions and mine, too. I fell on my knees. I cried. I prayed. I prayed and cried and cried and prayed until I crawled into my bed and went to sleep. And just before you wake up, your eyes haven't opened and there's nobody in my house but me, I hear a voice and the voice says, "Save your breasts." I sat straight up in bed, looking around to see who that was, it just startled me. And I went, "Thank you." Called the doctor and said, "OK. I'll do the lumpectomy." ... The voice was the defining moment. I didn't know whether to take the whole thing or not. Well, like I say, I cried and prayed. And I got the answer.

FW: How do you feel about prophylactic or preventative mastectomies? Do you feel there's more hysteria here? Do you feel American women have an "over-awareness" of breast cancer and are overly petrified?

Ms. Young: Fear is a powerful emotion ... Knowledge is also power ... Hysteria? They like to put that on women all the time. I don't think so. Knowledge? Yeah, we're knowledgeable.

Ms. Golub: When I was in college, a sophomore in college, I had a lump in my breast. It turned out to be a cyst. They operated on it. I was probably 18 years old. And I can remember going in the operating room thinking, "Well," and in those days, they didn't do lumpectomies, I mean you woke up, you just had no breasts. And I was a baby. And I thought, "Well, I will end up becoming Catholic and joining a convent because there will be no other place for me." ... But it turned out to be a cyst ... it had nothing to do with my breast cancer ... so I don't know what



ANDREW SPILOS/FLORIDA WEEKLY

"The word survivor doesn't mean how long you live, it's how you live," says Betsy Golub.

I would do, but I do know that breast, ovarian, prostate, pancreatic and colon cancer are now, they know that they're all genetically linked. I think that the more that they look at genes, the more that they know what genes can do, there may be other cancers related to that, so having a prophylactic mastectomy is only one part of the solution. A lot of women who are done bearing children will have their ovaries removed. I had a hysterectomy. I had my ovaries removed and that was fine. ... My gynecologist said let's take them out, so they were out and it was one less thing for anybody to be concerned about ... I think that it's a very personal decision for a woman, her family and her doctor to make.

FW: Do you feel it's more of a psychological decision or a medical decision?

Ms. Golub: As long as you don't become complacent about your healthcare. It's not a cure. It's not like a vaccine that says you're not going to get polio ... If I

had a strong family history and seen bad outcomes, I might do it.

Ms. Young: When I first got out of nursing school, my aunt's friend had breast cancer and she was dead in six months. That reverberated in my mind with my initial statement to my doctor, "How long do I have?" And I forgot about that until just now ... but I remember seeing this woman dying, I mean, I've seen a lot of death, but I remember seeing that and what she had and it was a secret then. It was a secret. You didn't tell anybody. Somewhere in my mind, I'm seeing this picture of something that doesn't look nice, but I erased most of it.

Ms. Golub: Mammograms were not available until the '60s. Radiation really burned people. They had terrible, concave holes in their chest.

FW: Once you have radiation, you can never have radiation on that spot again, right?

Ms. Golub: Yes. We have tattoos. See

Betsy Golub found a lump in her breast. An hour later it was still there. "We all find lumps and bumps, but there's something in the back of your head that says this one is different. You don't know why, but you just know."

She went for a mammogram and ultrasound. She remembers waiting in her "johnny" gown, reading the same advertisement again and again. She needed a needle biopsy ... now.

The next day she got the call. She had an aggressive form of breast cancer. She remembers saying, "Listen, don't hang up. I'm going to put the phone down and I'm going to cry for a minute, but don't hang up on me." She cried. She wrote down everything they told her. She thanked them.

Ms. Golub had a lumpectomy, chemotherapy and radiation. She lost her hair, her eyebrows and her eyelashes. She is a 14-year breast cancer survivor. She lives in West Palm Beach. She spent 10 years with the South Florida Komen affiliate, was the 2012 race chair. She volunteers through Planned Parenthood and Obama for America, which has morphed into Organizing for America.

"You might not have cavities . . . so why go to the dentist every year? Because you want to take care of your teeth. Well, it's the same thing with the rest of your body."

— Betsy Golub

that little blue mark? We could not get red roses.

Ms. Young: I say this to people sometimes when I meet them, "You joined the sorority that you didn't want to be in, huh? OK. But we're good sisters." And the bond that we have is almost immediate because, you know.

Ms. Golub: We've been down that same dark hall.

FW: When you think back on radiation, would you have given more thought to going through radiation?

Ms. Young: I didn't want to do it, but I did it. I did it out of fear.

Ms. Golub: I did my radiation and they made me feel comfortable doing it, but radiation rooms are usually very big and they're bright and the doors, it's kind of like the mouse outside is this big and when it's inside your house it's that big, so the doors, to me, looked that big ... Years later when I was with Komen, they gave us a tour of Bethesda Women's Health Center, there was a whole group of us there and they took us into the radiation room and everybody's up at the table and I'm up against the wall ... And that's when it hit me, I couldn't step into the room because I remember how terrified I was waiting for that door to open.

Ms. Young: Going to my chemo, I would say, "Give me the red poison that's healing me." And I would envision Pac-Man ...

Ms. Golub: That's what I did! Pac-Man! Chomp, chomp, chomp, chomp ...

Ms. Young: Yep, Pac-Man, eat it up, eat it up, eat it up.

FW: Where do you stand on the debate over screening? Do you feel mammography leads to over-diagnosis and unnecessary treatments? Do you feel that mammograms have led to more "survivors" or do you feel mammograms save lives?

Ms. Young: Well, we both found our own cancers. I had a mammogram in March. They missed it. I found it in May. And I inquired about that ... I would like to see some studies on thermography ... It allegedly shows more than a mammogram ... I had one thermography, and of course it's not covered by insurance ... It's an alternative ... And I think we need to explore anything that's noninvasive and healthier for us.

Ms. Golub: It's thermal imaging. If you watch NCIS or any of those programs, when they're out there looking for people in the woods with the helicopter and they have the heat-sensing thing and it glows whatever color it glows, they know there's people running through the woods there, so think of it as looking for the bad people running through your boobs.

Ms. Young: I had a calcification in my other breast. They said, "Well, we can watch that." And I was like, "No, we're not. We're not watching anything. Take it out of me." I'm one of those, "It's in there. It's not supposed to be there. Get it out." ... They took out that calcification and put a titanium chip in there so they know where it was ... I'm in charge of my body and I get very fired up, passionate, loud about who takes care of my body and what I can do to it or what I chose to do to it. It's my body.

FW: How do you feel about the National Institutes of Health and a federally funded task force declining to recommend universal screenings to women in their 40s, but maintaining that mam-



ANDREW SPILOS/FLORIDA WEEKLY

"...Be aware of your body, love your body, take care of your body," Ramona Young says.

Ramona J.A. Young was an operating room nurse for 20 years. She has seen lots of cancer. She has seen thousands of biopsies. Here's how she remembers her own: When her surgeon removed the specimen she told him, "Cut it." He said, "Cut it?" She said, "Yeah, cut it, because I know if you cut it and it gushes out fluid or substance, I'm good to go. But if it's solid mass, I have an issue." He cut it. It was solid mass. Ms. Young said, "That doesn't look good."

She remembers sitting on the side of the stretcher, swinging her legs as her thoughts ran away: "I'm getting ready to die. I better get my business in order." She made up her mind: "I can't die now. My son isn't married. I don't have grandchildren. I still have some things to do."

Ms. Young had a lumpectomy. She underwent chemotherapy and radiation. She lost her hair, her eyebrows and her eyelashes. She has been cancer free for 15 years. She lives in Boynton Beach. She serves on the mission/grant committee of the South Florida Komen affiliate and she has joined Get Covered America to help explain the new Affordable Care Act.

mograms should be started at age 50 and conducted every two years? Do you feel mammograms at a young age need to be questioned or sanctioned?

Ms. Golub: It's a very personal decision. I do think people should get a baseline at 40. I think the government has no right to tell me what to do with my body.

Ms. Young: Ditto.

Ms. Golub: And you know what? If it makes people vigilant about their bodies, then why not? Why do you go to the dentist every year? You might not have cavities ... so why go to the dentist every year? Because you want to take care of your teeth. Well, it's the same thing with the rest of your body ... Susan Love, she didn't use the word incidental, but inferred that people finding breast cancer through mammograms didn't work ... I was really angry with Susan Love because she was a breast surgeon, well-renown, she wrote a fabulous book on breast cancer, but she's into the economics. Now, maybe in terms of the

Ms. Young: We have to love the land, too. It's all connected, I believe.

FW: When someone like Angelina Jolie has a mastectomy do you feel like she glamorizes it?

Ms. Young: She's helping to make other people aware.

Ms. Golub: Do you remember when Nancy Reagan had a mastectomy? And then there was this huge controversy because doctors at that point were saying statistically there was no difference between a lumpectomy and a mastectomy and the question that people were posing was did she do a good thing or bad thing for women? At the end, I realized she did a good thing because she went to a portico or a porch or something from the White House and she talked to reporters and she showed that yes, you do survive breast cancer surgery.

FW: What has not been said? What would you like to see in print?

Ms. Young: My thing is awareness. I think young women, older women too, but young women because their life is in front of them, be aware of your body, love your body, take care of your body. I think that's been said but I don't know if it's been said enough.

FW: How do you feel about the politics of Komen?

Ms. Golub: To give Nancy Brinker credit, she was the first person to discuss breast cancer, but she did more than just bring awareness to breast cancer. When I was little and even when I was a teenager, if someone had cancer, drapes were drawn and people referred to it as the big "C" and they whispered. They would whisper around children. They didn't want children to even talk about it. She brought awareness to not only breast cancer but to cancer in general and she took it and made it a headline ... But Nancy Brinker let her own political agenda interfere. The incident with Planned Parenthood was not the only incident that put Komen in a bad light. And she did not act swiftly or surgically enough. She needed to extricate herself from Komen more quickly than she did. She announced that she intended to step down, but it took her many, many months to do so. And between the times she said she intended to step down and when she actually stepped down, she increased her annual salary to \$684,717 a year. Now I've been doing a little figuring. This came from Charity Navigator. That \$684,000-plus is based on a total revenue of \$342.5 million. OK, the CEO of the American Cancer Society has an annual salary of \$628,000, less than Nancy's and that is based on a total revenue of \$934 million. There's a significant percentage difference. Do I think what Nancy did to raise the level of awareness about cancer is phenomenal? There's no question in my mind. But I think that it is obscene that she got an increase and that the board approved it given the fact that revenues for races around the country and giving was down significantly.

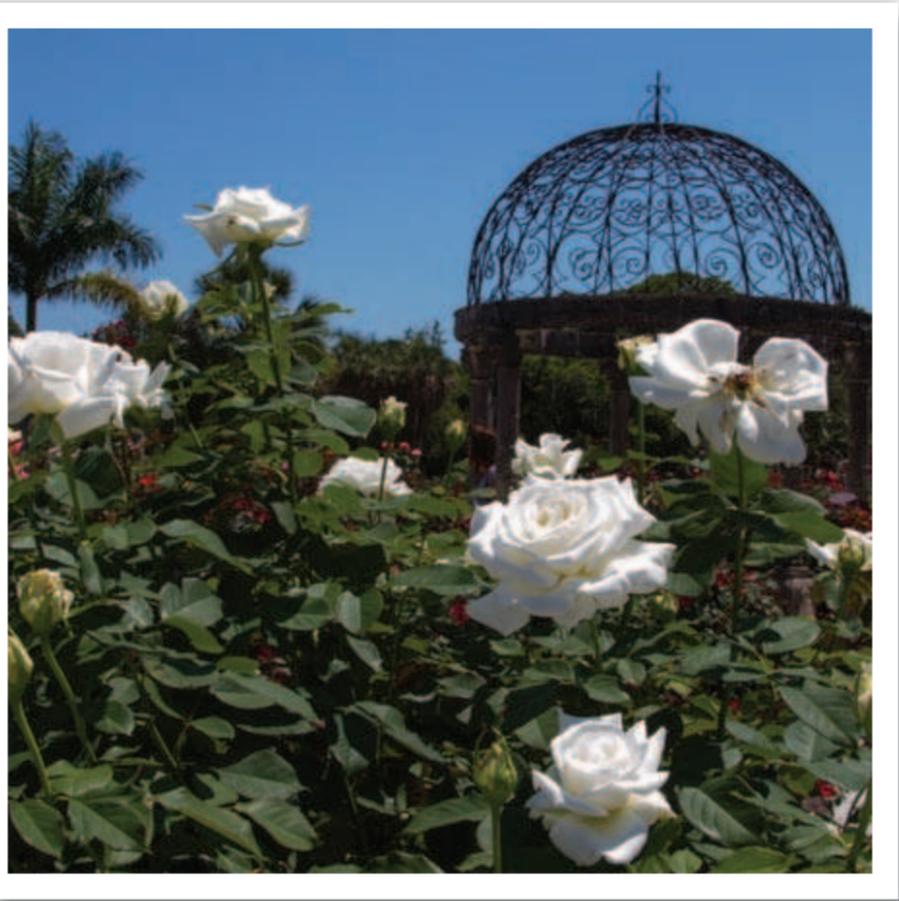
FW: How do you live without the fear of recurrence? How do you live without cancer in the forefront of your mind?

Ms. Young: They've been selling fear in this country for a long time ... You know, I went to the Canyon Ranch in Arizona and there was a labyrinth there and I walked it. And when I got there, there was a stone that someone had put there that said food and another one that said light or something like that, so I said OK. I came back out, don't ask me why I had a pen with me, but I came all the way out and I found a rock and I took it back in and I wrote fear and I left it there, so when I become afraid, I go, "Huh! I planted my fear in Arizona at the labyrinth of the Canyon Ranch." That's where it is. And I remind myself of that.

Ms. Golub: I think vodka kills my cancer cells. ■

Smelling Like a Rose

leslieLILLY
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The charitable sector is large and growing in this country. GuideStar, an agency sometimes characterized as a charity watchdog, calculates there are more than 1.8 million registered nonprofits in the U.S. These organizations generate total revenue of more than \$1.9 trillion annually; and they employ the nation's third largest workforce, says a recent study.

Given the size of the industry, the incentive is strong to self-regulate and strengthen nonprofit management and performance. Being on the offense helps mitigate against the threat of fraud and abuse by rogue charities.

All nonprofits are subject to a reputational hit when charities go off the reservation with illegal or ill-considered behaviors or decisions. The potential damage done scares off donors and destroys the public's trust — and charities are in the trust business.

State and federal laws provide a regulatory framework for oversight, but with this many IRS-registered charities, it is inevitable that good intentions go awry or deliberate malfeasance creeps in.

Sector-wide standards of policy and practice provide meaningful guidance to nonprofits to give support and keep them on the straight and narrow. Organizational principles and policies, adopted voluntarily, ensure consistency among and across peer institutions, instructing boards and staff alike, of rules of the road widely accepted by one's peers for doing charitable business.

Most nonprofits thus take very seriously the need to operate with transparency and accountability because it is the right thing to do and because they know the public is watching.

A number of resources provide informational tools to third parties as a means of enforcement, and help shed light on, and provide public disclosure of data describing in great detail how

and with what effect charities manage their finances and business activities. Searchable databases of registered nonprofits enable donors, clients and an interested public to assess nonprofit performance and make informed decisions about giving to specific charities.

GuideStar is one of the larger agencies providing this service. It publishes and makes accessible an extensive on-line database profiling tens of thousands of charities, including "mission, legitimacy, impact, reputation, finances, programs, transparency, governance, and so much more."

With this kind of gunpowder in play, charities have no wish to ignite controversy. They pay close attention to the stories their information communicates to the public and are increasingly wedded to transparency (or should be) regarding their governance, finances,

operations and programs. The sector's overall self-interest in an attitude of openness is to assure charities pass the fabled "sniff test" by stakeholders, and exit smelling like a rose.

The high standard of accountability and transparency we expect of charities requires increased investment in the professionalism of nonprofit staff and an organization's management and leadership. Nonprofits that are skillfully managed by a competent staff who operate well-designed programs and receive the knowledgeable oversight of an informed, attentive board, do not "just happen." Investing in a charity's governance, staffing, business and operational skills, financial expertise and program leadership strengthens and sustains their legitimacy and credibility in serving local communities. For these reasons, capacity-building is understandably an important priority. Yet resources

are often limited that are devoted to this purpose. Many charities have a small staff and modest annual budget.

In Palm Beach County, to overcome these challenges, foundations and nonprofits have joined forces to create solutions that address commonly shared needs for building organizational capacity. These efforts also help charities be more effective as advocates for the communities they serve.

This partnership approach to capacity-building in the county strengthens nonprofits individually and the nonprofit network overall through the value-added of collaborative efforts.

Several current partnerships come to mind: The No Margin, No Mission Initiative, launched earlier this year, advances an earned income training and planning program for area Palm Beach County nonprofits. The Chamber of Nonprofit Health and Human Service Agencies, founded in 2008, brings its membership together to meet, share common ground, and collaborate with a unified voice. The Spirit of Giving is a county-wide network formed in 2007, of 60-plus Palm Beach County nonprofits whose membership shares resources, knowledge, time, talent and treasure, with a focus on children and families in South County.

Allegany Franciscan Ministries and the Quantum Foundation jointly funded the No Margin, No Mission Initiative and the Chamber of Nonprofit Health and Human Service Agencies in Palm Beach County. South County residents Dick and Barbara Schmidt and the Schmidt Family Foundation were catalysts and donors in support of the formation of the Spirit of Giving, founded in 2007. ■

— *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.*

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Rooney companies to hold annual golf tourney at PGA National

SPECIAL TO FLORIDA WEEKLY

Hit the fairways and help several not-for-profits.

The 12th Annual Rooney's Golf Foundation Charity Golf Tournament, set for Oct. 25 at PGA National, will benefit the Autism Project of Palm Beach County, FAU Honors College, Pathways to Independence and Potentia Academy.

Local Rooney Family businesses Palm Beach Kennel Club, Rooney's the Gastropub and Rooney's Beer Company will coordinate the tournament with a committee of volunteers. Official sponsors are 1st United Bank and Preferred Air Conditioning & Mechanical, Inc. / Carrier.

"We are looking forward to yet another exciting event with our 12th Annual RGF tournament. Each and every year, we work hard to make this tournament better than the previous one for the players, sponsors and charities. And this year is no exception! We promise a fun day with incredible golf at a fast pace at world class PGA, plus players enjoy delicious lunch and dinner buffets, great

goodie bags and prizes and the ever-popular raffle drawings," RGF Tournament Director Alexis Barbish said in a statement. "All the players and the volunteers and sponsors have a great time and in the end our charities benefit."

The tournament will be played on PGA National Resort & Spa's Champion, Palmer and Fazio Courses. Beginning at 11 a.m., players can participate in Dr. Dunn's Instructional class. The tournament gets underway at 1:30 p.m. with a shotgun start. After the tournament, there will be a buffet dinner and an awards ceremony. Raffles and prizes will be available, with a chance to win a Preferred Air/Carrier Air Conditioning System, vacation packages, a flat-screen HD TV, dinners, sports and concert tickets and more.

Rooney's Golf Foundation has donated more than \$396,000 to local Palm Beach County charities since 2001.

To participate as a player / sponsor, purchase raffle tickets, or for more information, contact Jessica Davis or Alexis Barbish at 683-2222, Ext. 141. ■



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Palm Beach Heart Ball soiree kicks off social season

Nearly 80 supporters of the American Heart Association's most established Heart Ball in the nation gathered on Sept. 11 to officially launch the 2014 Heart Ball season at the second annual Summer Soiree, a gala kickoff reception. The event was the first of a series of events that will lead up to the 59th annual Palm Beach Heart Ball on Friday, Feb. 14. Julie Rudolph, 2014 Palm Beach Heart Ball chairman, and Dr. Angela Vecellio, 2014 Palm Beach Heart Ball junior chairman, hosted the Summer Soiree, held at The Sailfish Club.

Ms. Rudolph graciously thanked the loyal guests for their generous support of the Heart Ball throughout the years and their early support of the 2014 event. The Palm Beach Heart Ball is the oldest Heart Ball in the nation and the longest, continuous charity event on Palm Beach. Past gala chairmen at the Summer Soiree include Pam Dupuis, Arlette Gordon, BJ Kemp, Alice Tarone, Joyce Vaughn and Kathryn C. Vecellio.

Efforts are well underway for the 2014 event. The Ball, held traditionally on Valentine's Day, will feature an "Open Your Heart" theme as guests enjoy a romantic Friday evening complete with fashion, jewelry and philan-

thropy. Christian Siriano will be at the gala and will donate a unique "Fashion Experience" to be auctioned off. During the cocktail reception, a rough diamond will be cut and then auctioned off in the ballroom, provided by Heart Ball sponsor Diamante Atelier.

All proceeds raised go toward research, education, and community programs; all of which advance the American Heart Association's lifesaving mission of building healthier lives, free of cardiovascular diseases and stroke.

Sponsors are Diamante Atelier, Mr. and Mrs. Howard M. Rudolph, Mr. and Mrs. Leo A. Vecellio, Jr., Kelly Tractor, The Frederick W. McCarthy Family Foundation, Ms. Melissa Sullivan, Mr. and Mrs. Robert Tomsich, Cleveland Clinic, Mrs. Hermé de Wyman Miro and International Society of Palm Beach, Mrs. Robert G. Gordon, Helene and Stanley Karp, Mr. and Mrs. Joseph W. O'Connor, Jeffrey and Lee Alderton, Dr. Elizabeth Bowden, Michael and Annie Falk, Hanley Center Foundation, Mr. and Mrs. Rick Keitel, Mark and Michele Packer, Ray and Judi Richards, and George and Frances Purnell.

For more information, call 697-6621. ■

Babes host Sunday Funday at Jupiter Pointe Club & Marina

SPECIAL TO FLORIDA WEEKLY

This year's Bluewater Babes Fish for a Cure fishing tournament is sold out, but a Sept. 29 event offers fun at Jupiter Pointe Club & Marina, Tequesta.

Bluewater Babes is hosting the event from noon to 5 p.m.

A \$10 donation will get a free drink, passed hors d'oeuvres, live music, a pool party and more.

There will be a raffle for a one-year free boat membership from Jupiter Pointe Club & Marina.

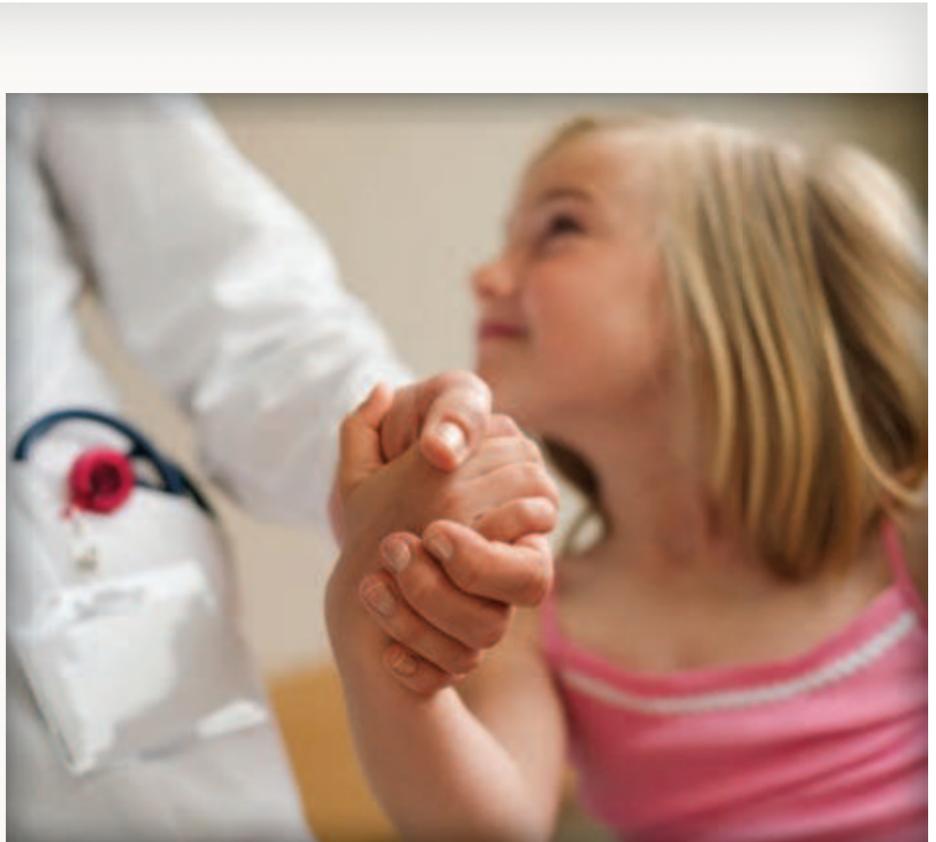
Palm Beach County's premier and highly successful women's fishing tournament, Bluewater Babes Fish for a

Cure, raises money for two local charities: Cancer Alliance of Help and Hope and H.O.W.-Hearing the Ovarian Cancer Whisper.

Since its inaugural year in 2009, Bluewater Babes Fish for a Cure has raised more than \$130,000 for these two charities.

The volunteer committee who helps organize and run this event is comprised of mostly women who are either breast cancer survivors, have family members with cancer, or have been touched by someone affected by cancer.

Last year's event had a record 93 boats and more than 1,000 guests joined in the evening events. ■



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As a patient, it is important to know that you have a choice when it comes to your immediate medical needs. ER visits are necessary when a medical condition is life or limb-threatening. If a medical condition is not life-threatening, an Urgent Care Center can be a less costly and faster alternative to the ER.

Our team of dedicated and highly-skilled healthcare professionals at Jupiter Medical Center's ER and Urgent Care Center are here for all your immediate medical needs. You can walk-in at both of these locations, or schedule an appointment for minor emergencies.

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- School & Sports Physicals
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Jupiter Medical Center offers October lectures, classes

Jupiter Medical Center offers lectures and classes. All require registration by calling 263-4437. October events include:

Nutrition for a Healthier Lifestyle Classes — A series of four classes, taught by a registered dietitian. Cost is \$59 (includes healthy eating starter kit). Wednesdays, Oct. 2, 9, 16 and 23, Noon – 1 p.m. Wellness Center, 1004 S. Old Dixie Hwy., Jupiter

Oh, My Aching Back! — An interactive discussion about the causes of back pain, as well as the latest minimally invasive surgical techniques for the relief of back pain. Bring your MRI or CT scan to receive a complimentary

review. Featuring Robert Biscup, MS, DO, Board Certified, Orthopedic Surgery, Spine Specialist. Friday, Oct. 11, 3:p.m.-4:30 p.m. | Raso Education Center - Clarke Auditorium.

No Bones About It: Advances in Orthopedic Surgery — Minimally invasive surgery is revolutionizing the field of orthopedics. If you are experiencing knee or hip pain, join us for an informative discussion about your surgical options.

Learn about the hana Table for anterior hip replacement and MAKOpasty robotic partial knee resurfacing.

Featuring Andrew Noble, MD, Board Certified, Orthopedic Surgeon. Tues-

day, Oct. 15, 6:30 p.m.-7:30 p.m. Raso Education Center - Clarke Auditorium

Women Talk — Menopause: Hormones, Bioidenticals and Symptom Management — Women Talk is an informative lecture series dedicated to the healthcare needs of women.

Menopause is one of the most challenging times in a woman's life, join us for an informative discussion about the symptoms of menopause, how to manage those symptoms and current treatment options.

Featuring Susan Poncy, MD, Board Certified, Obstetrics & Gynecology, Medical Director, Women's Health Program at Jupiter Medical Center. Tues-

day, Oct. 22, 5:30 p.m.-6:30 p.m. Raso Education Center - Clarke Auditorium

Digestive Health Lecture Series — Is Gluten-Free the Way to Be? Many people suffer from celiac disease — and some don't even know they have it. Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye.

Join us to learn the ins and outs of this digestive disease including causes, symptoms and treatment options.

Featuring Bernard Stein, MD, Board Certified, Gastroenterology. Thursday, Oct. 24, 5:30 p.m.-6:30 p.m. Raso Education Center - Clarke Auditorium. ■

OCTOBER MAMMOGRAM SPECIAL

Screening Mammogram \$65 at Niedland Breast Screening Center at Legacy Place, Palm Beach Gardens. For more information or to schedule an appointment, call (561) 263-4414.

Healthy Women. Healthy Community.

National Breast Cancer Awareness Month



The Power Of Pink Physician Panel & Afternoon Tea

Topics include genetics and the importance of knowing your family history, breast health and screening guidelines, and the latest breast surgery and reconstruction techniques.

Featuring David Lickstein, MD, Board Certified, Plastic Surgery; Elisabeth McKeen, MD, Board Certified, Oncology, Medical Director, Genetics Program at Jupiter Medical Center;

Susan Poncy, MD, Board Certified, Obstetrics & Gynecology, Medical Director, Women's Health Program at Jupiter Medical Center; John A.P. Rimmer, MD, Board Certified, General Surgery, Breast Specialist, Medical Director, Kristin Hoke Breast Health Program at Jupiter Medical Center; and Talya Schwarzberg, MD, Board Certified, Oncology.

Thursday, October 3, 2013 | 2 p.m. – 4 p.m. | Abacoa Golf Club, 105 Barbados Drive, Jupiter



Advances In Research & Treatment Of Breast Cancer

Medical research for breast cancer causes, prevention and treatment is world-wide. Join us for an informative discussion on the promising research findings of breast cancer vaccines as well as the latest treatment options.

Featuring David M. Herold, MD, MBA, Board Certified, Radiation Oncology, Medical Director,

Radiation Oncology, Foshay Cancer Center at Jupiter Medical Center; Keith L. Knutson, PhD, Director, Cancer Vaccines and Immune Therapies Program, Vaccine & Gene Therapy Institute of Florida; John A.P. Rimmer, MD, Board Certified, General Surgery, Breast Specialist, Medical Director, Kristin Hoke Breast Health Program at Jupiter Medical Center; and Sumithra Vattigunta, MD, Medical Oncologist.

Thursday, October 3, 2013 | 5:30 p.m. – 7 p.m. | Raso Education Center – Clarke Auditorium



Integrative Medicine Lecture Series: Measures In Breast Health & Breast Cancer

Presentations include The Prism Perspective - holistic views on breast health; and Positive Patterns - preventing abnormalities with healthy choices in food, supplements, exercise and care.

Featuring Ken Grey, Acupuncture Physician (AP), Doctor of Oriental Medicine (DOM).

Thursday, October 10, 2013 | 5:30 p.m. – 6:30 p.m. | Raso Education Center – Clarke Auditorium



Be "In The Know" With Your Breast Health

Join Jupiter Medical Center's physician experts for a panel discussion and special book signing by Letty Cottin Pogrebin. Topics include genetics and your family history, infertility and treatment options, and prophylactic mastectomy and reconstruction.

Featuring David Lickstein, MD, Board Certified, Plastic Surgery; Gene Manko, MD, Board Certified,

Obstetrics & Gynecology; Elisabeth McKeen, MD, Board Certified, Oncology, Medical Director, Genetics Program at Jupiter Medical Center; and John A.P. Rimmer, MD, Board Certified, General Surgery, Breast Specialist, Medical Director, Kristin Hoke Breast Health Program at Jupiter Medical Center.

Monday, October 14, 2013 | 7 p.m. – 9 p.m. | Mandel Jewish Community Center, 5221 Hood Road, Palm Beach Gardens (cost is \$10; \$8 for Friends of the JCC)*

* To register visit JCCOnline.com/mandel



Women Talk: Menopause: Hormones, Bioidenticals & Symptom Management

Join us for an informative discussion about the symptoms of menopause, how to manage those symptoms and current treatment options.

Featuring Susan Poncy, MD, Board Certified, Obstetrics & Gynecology, Medical Director, Women's Health Program at Jupiter Medical Center.

Tuesday, October 22, 2013 | 5:30 p.m. – 6:30 p.m. | Raso Education Center – Clarke Auditorium

Space is limited. Registration is required:
jupitermed.com/events
 or call (561) 263-2628.



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BREAST CANCER AWARENESS MONTH



ERIC RADDATZ / FLORIDA WEEKLY

Chemotherapy pills could cost more than \$1,000 a month. The price should decrease dramatically once new legislation takes effect.

CHEMO

From page 1

pays as they battle a deadly disease.

“There will be more options for patients—they will have the option to take that oral medication,” said Kathy Kerley an oncology patient navigator at Fawcett Memorial Hospital in Port Charlotte.

Otherwise called the oral parity bill, it was approved by state legislators in May with relative ease, then signed into law, even though the insurance industry opposed it.

Florida insurers aren't in favor of the rule, but they plan to comply with it, said Jim Bracher, executive vice president of the Florida Association of Health Plans.

“At this point it's the law of the state so the companies will do it,” he said. “That's just the way it is.”

The campaign for a parity bill began in 2011, led by Ms. Kristoff, then state chairperson of the public policy collaborative for Susan G. Komen for the Cure.

Jeri Francoeur, current president and public policy chair for Komen's Central Florida affiliate, took over that position after Ms. Kristoff became sick. She helped develop a coalition of doctors, pharmaceutical company lobbyists, legislators and others that pushed the legislation through in 2013.

Senate Majority Leader Lizabeth Benacquisto, R-Fort Myers, sponsored the bill in the senate. She helped usher it into existence with emotional testimony about her mother, who succumbed to cancer.

For doctors, patients and family members, the new measure creating economic parity between two different delivery methods of cancer treatment was a major victory, if long overdue.

“This bill patches what has been for a long time a real flaw in the system,” said Naples oncologist Dr. Joel Grossman, with Florida Cancer Specialists, which counts itself as the largest independent oncology/hematology practice in the United States. “There are a lot of

flaws in the system and I would say this is a low-hanging fruit kind of flaw. It's surprising this hasn't been fixed before this.”

And it still hasn't been fixed — at least not until the new rule goes into effect next summer. Until then, when he determines an oral medication is the right course of treatment, the patient as well as his staff may have to begin a new battle full of headaches and delays — finding a way to pay for it.

Until the law takes effect, health insurance companies will only cover the pills under the pharmaceutical part of their plans and not under office visits. Ironically, those with no insurance or low income have found more help paying for the drugs.

One route that some patients and family members have taken was to quit their jobs and take lower paying ones so they would qualify for low-income assistance from various sources. Others simply opted for less effective but less expensive treatments, Dr. Grossman said.

“It's a real kick in the teeth,” he said. “You write the prescription, talk to them, go through the side effects, make sure it doesn't conflict with their other treatments and then they come back and say, ‘OK, my co-pay is \$5,000.’”

The haggling over co-pays led to perverse economic choices for patients struggling with a deadly illness.

“It's tragic when someone says they won't go on treatment because they can't get it paid,” Dr. Grossman said. “But I have seen people do poorly because of that.”

Cancer drugs in pill form generally come with far fewer harsh side effects, he said — such as nausea, vomiting, hair loss and infections from IV drips — than traditional clinical chemo. The pills are designed to more precisely target specific cancer cells, while minimizing trips away from home. The drugs can also be mail ordered.

“The people that are far away from a facility don't have to worry about it,” Ms. Kristoff said.

Meanwhile, drug manufacturers are producing an increasing array of cancer pills that oncologists prescribe more than ever.

“Oral drugs to treat cancer have been increasing and increasing,” said Dr. Grossman. “Really, this is across the board in multiple different kinds of cancers,” including leukemia and breast cancer. Iressa is an oral drug used to treat a common form of lung cancer, for instance. Tykerb, which Ms. Kristoff took, is used to treat breast cancer.

Florida's parity bill came on the heels of 22 other states and the District of Columbia, which have all passed similar bills since 2008, as use of oral cancer medications became more widespread. ■



Kristoff



Benacquisto

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ASK THE DENTAL EXPERT



Michael Lipan, M.D.,
Facial Plastic Surgeon
Gardens Cosmetic Center

Earring complications

Question: Can torn earlobes be repaired?

Answer: Ear piercing is one of the oldest forms of body modifications. Today, both women and men attach jewelry to their ears, most commonly to the earlobe. Unfortunately, this practice can frequently cause complications. Earlobe tears and keloids are issues I see most commonly.

Keloids are caused by scar tissue accumulation. This frequently occurs along the top curvature of the cartilage. Removal of the scar tissue can be done under local anesthesia to restore the natural contour at the edge of the ear. The main risk is recurrence.

The earlobe is made of skin and fat and is sensitive to heavy earrings or traumatic pulling. This can elongate an ear piercing hole or tear through the edge of the earlobe causing the lobe to split. Repairs are done under local anesthesia in our procedure suite. Various techniques are used depending on the type of tear and fine sutures are placed for a week until the skin heals. Re-piercing is avoided for at least 8 weeks. The scar heals well in this area and again, the goal is to recreate a smooth contour at the edge of the repair.

If you are experiencing complications from an ear piercing and want to see if one of these repairs are right for you, please call my office to schedule a free consultation.

Dr. Lipan's interests are focused on facial plastic surgery, having completed a fellowship at Stanford University, a position accredited by the American Academy of Facial Plastic and Reconstructive Surgery.

Originally from New York City, Dr. Lipan completed undergraduate work at Cornell University, went on to graduate in the top quartile of his class with a distinction in research at the Mt. Sinai School of Medicine, and then trained with well-respected facial plastic and reconstructive surgeons at the University of Miami. Dr. Lipan resides in Palm Beach Gardens with his wife and their two daughters.

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Jay L. Ajmo D.D.S., P.A.,
Sedation Dentist
PGA Center for Advanced Dentistry

Implants and the need for sinus-lift surgery

Question: I need dental implants, but my dentist said I need sinus-lift surgery first. Is this always needed?

Answer: Molar teeth are often lost due to decay, infection or failed root canals. Once one or more molars are lost, patients find it difficult to chew their food properly. When upper back teeth are lost, bone is lost too. Simultaneously, the maxillary sinuses often dip down leaving inadequate bone for dental implant placement. With the modern technology used today, 3-D digital CT scans reveal if you actually need sinus lift surgery. The scan will accurately show the implant dentist how much bone is present while precisely revealing the proximity of the maxillary sinuses. Sinus lift surgery consists of elevating the floor of the sinus and adding bone-graft material through a small opening made where the tooth used to be or from the side via a small access under the gum. Sinus lift surgery dramatically increases bone volume to support dental implants and is one of the most successful forms of bone grafting. Dental implants can replace one or multiple missing back teeth, allowing patients to chew their food properly as if they had their natural teeth.

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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HEALTHY LIVING

Couples who share chores, share a happier relationship

lindaLIPSHUTZ
lipshutz@floridaweekly.com



The Sunday football game was well underway. Beth could hear groans coming from the family room. Matt's team must have made a boneheaded move, because Matt was disgusted. Beth could not care less. She was so exhausted, she couldn't see straight.

The pile of dishes in the sink loomed, and there were two loads of laundry to sort and iron. And, she hadn't checked yet to see if the children needed help with homework, or if they were prepared for the coming week.

So later that night, when Matt attempted to nuzzle her neck invitingly, she gave him the cold shoulder. How typical! He never showed any interest in her unless he wanted something. Well, now, SHE wasn't interested. Where was HE when she needed help in the kitchen? How come HE never paid attention to the children's assignments?

There's no question, we all need down time.

However, many working parents argue that their workday never ends — that there's NEVER any time to relax. They contend they may physically leave the workplace, but it's only to assume the stressful demands of domestic responsibilities. And, it's not just the physical chores of housework and carpooling we're talking about. Many parents complain they carry the emotional burden of plan-

ning, anticipating and organizing everyone's schedules. They may believe that it's always up to them to have their radars up, while their partners are oblivious, and nonplussed.

Studies are showing that many of today's young couples have more liberated views about gender roles and are making great strides to challenge stereotypes in their relationships. So, we must be careful not to generalize when speaking about the sexes. However, when folks are convinced they're shouldering the lion's share of domestic demands, without the participation of their spouse, resentment brews. They may not feel comfortable to openly express how they're feeling, so they may hold back. But over time, left unchecked, there can be a breaking point.

Particularly distressing is when a petty, unattractive pattern of behavior emerges — whereby one nags in frustration, and the other begins to defensively tune the other out, backing off in disgust. As the two become more deeply entrenched in this demoralizing cycle, it doesn't take much to trigger the upset. Sadly, the gripes may actually be valid, but both parties feel victimized. They may be too upset to actually listen to the other's position. In this climate, there's rarely resolution. Intimacy has been stifled, and both parties feel woefully misunderstood. The end may understandably result in marital estrangement.

A much-touted study by British researcher Wendy Sigle-Rushton entitled "Men's Unpaid Work and Divorce: Reassessing Specialization and Trade" contends that divorce rates are lower in families where husbands help more with housework, shopping and childcare. It belies a more traditional theory that

marriages are most stable when men focus on paid work and women are responsible for housework. It further reports that the fathers' contribution to housework and childcare can stabilize the marriage, regardless of the mothers' employment status.

The message we can glean from this study is huge.

Couples who collaborate to have a respectful understanding of each other's needs and expectations may be able to balance the load more effectively. It's helpful when couples openly acknowledge their differences. We may have very different standards about cleanliness, timeliness, and gender role belief systems. We may have been shaped by our upbringing and may have been influenced by our parents' behavior, or peer group experiences. Today's economic climate may dictate how both parties need to contribute to the household, adding additional pressures.

And, of course, this scenario is not just an issue with young families. Many retirees share the same gripes. Retirement may require a re-evaluation of expectations as we negotiate the newfound time with each other.

It's important that the parties speak openly, and specifically, and to express a willingness to compromise. When possible, it helps when there is a clear delineation of tasks, (of course, with flexibility when circumstances get in the way.)

Sometimes, in an effort to head off conflict, the parties may become non-specific or vague. While this may avoid an initial upset, it's likely there will be a blow up at some point, with accusations that there was a deliberate shirking of responsibilities.

Once we begin looking at our partner through a negative filter, we'll find ourselves regularly jumping to dire conclusions. We should refrain from assuming the worst, and attributing suspect motivations. While it's tempting to lecture or accuse our partner of being lazy or inconsiderate, we don't win. We may feel justified in our rants, but we've lost any collaborative edge.

We also need to remember that our partner may not do things the way we'd like. If we criticize when they're actually making honest efforts, we can't expect them to have any gusto to try again.

Of course, smart individuals take the time to learn what matters to their partner. They go out of their way to demonstrate they'll go the extra mile to lighten their loved one's load.

There are studies that contend that one of the biggest turn-ons is when a partner tackles household drudgery, not only without being asked, but with a smile on the face. We're obviously not naïve enough to believe this will be sufficient to solve the complicated challenges couples face in their intimate lives. But let's not under-estimate the positive allure of the partner who rolls up his sleeves to tackle life's challenges side by side. ■

— *The example at the beginning is fiction.*

— *Linda Lipshutz, M.S., LCSW, is a psychotherapist. 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.*

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age 30	1 in 232
age 40	1 in 69
age 50	1 in 42
age 60	1 in 29
age 70	1 in 27
Lifetime	1 in 8

Source: American Cancer Society
Breast Cancer Facts & Figures
2011-2012.

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2009 - 2012**

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2009 - 2012**

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PALM BEACH NETWORKING

Northern Palm Beach chamber annual mayor's breakfast, at the Palm Beach Gardens Marriott



Bart Berthaut, Frank Compiani and Noel Martinez



Elaine Morlock, Jill Lachaise, Ed Gruvman and Lori Bonino



Ray Dorsey and Tom Cole



Kyle Cain and Rick Upson



Hannah Sosa, John Carr and Della Porter



Pamela Landi and Sue Tomlinson



Jamie Taylor and Scott Deutch



Dean Mergenthaler and Bob Bingeheimer



Erin Devlin and Amy Works

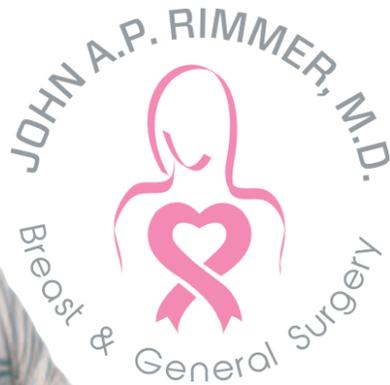


Nick Sisois and Sarah Sacks

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NINA CUSMANO / FLORIDA WEEKLY

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PALM BEACH SOCIETY

“Making a Difference in Honor of Clara Zabriski” raises \$10,000 for foster children



Bruce Zabriski and Tom Pavlock



Eva Freitas and Jackie Gaines



Clara Eagan Zabriski died of cancer two years ago



David Aiken, Leon Koehler, Bernie Adair and Jim Huber



Carl Domino, Sarah Zabriski, Sharon Domino and Mason Domino



Sarah Zabriski, Bruce Zabriski and Rod Filasky



Front, Sarah Marmion Zabriski, Cheryl Valentini, Sheila Marmion, Lisa Tumminello, Julia Pavlock, Carl Domino, Thomas Bean, Elizabeth Marmion; back row, Evan Zabriski, Bruce Zabriski and Neal Zabriski

COURTESY PHOTOS

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

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BREAST CANCER AWARENESS MONTH



ArtyBras fundraiser back, with uplifting goals

SPECIAL TO FLORIDA WEEKLY

ArtyBras will celebrate, entertain and inspire with whimsical ArtyBras creations, with festive pink décor, pink dresses, pink drinks and pink hors d'oeuvres in abundance at the 4th Annual ArtyBras Fashion Show and Exhibition on Oct. 22 at the Lighthouse ArtCenter Museum.

The money raised through the auction and sponsorship efforts surrounding this unique event will benefit the Margaret W. Niedland Breast Center

at the Jupiter Medical Center and the Lighthouse ArtCenter, a nonprofit Museum and School of Art.

ArtyBras this year is chaired by Jeff and Veronica Lichtenstein.

"ArtyBras helps to celebrate those who have conquered cancer, as well as bringing attention to the fact that women (and men) need to have their annual checkups at facilities such as the Margaret W. Niedland Breast Center," Mr. Lichtenstein said.

"Artists have really stepped up to the challenge for this exhibition in past

years," said Katie Deits, Lighthouse ArtCenter executive director. "With humor and grace, these creations help fight a killer disease that has affected so many of our loved ones. Many of the artists who create ArtyBras have had breast cancer or are honoring friends or family who have had the disease."

A goal of \$15,000 has been set for the entire exhibition with funds being raised by People's Choice voting, the auction of the ArtyBras, underwriting and sponsorships, including a new category of sponsorship in which local

small businesses can enter their ArtyBras and receive recognition while helping to raise money and spirits at the same time.

Artists, survivors or anyone else who wished to participate in the fun of raising money and awareness by creating an ArtyBras brought in their creations, which are now on display in the West Gallery of the Museum.

Tickets for the Pink cocktail party are \$20.

For information, visit LighthouseArts.org or call 746-3101. ■



In a world of fast food and fad diets, it's easy to forget how to eat healthy. Good nutrition is the one thing that matters most in your diet, health and lifestyle. The food choices you make affect your weight and how your body functions. Reaching and maintaining a healthy weight is the key to good health. Jupiter Medical Center is offering "Nutrition for a Healthier Lifestyle," a series of four classes, taught by a registered dietitian. Topics include:

- Healthy Eating For Women & Men
- Supermarket Savvy/Grocery Store Tour
- Emotional and Personality Impact on Eating
- Food Label Reading/Portion Distortion
- Dining Out Guidelines/Physical Activity
- Healthy Eating on the Run/Fitting it into Your Lifestyle

Nutrition For A Healthier Lifestyle Classes Wednesdays: October 2, 9, 16, & 23, 2013 • 12 noon to 1 p.m.

Jupiter Medical Center Wellness Center • 1004 S. Old Dixie Hwy., Jupiter • Cost is \$59 (includes healthy eating starter kit)

Reservations are required. Space is limited to 12 participants (minimum of 4 required to hold class). For more information or to register, call (561) 263-4HER(437) or (561) 263-4HIM(446).

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BREAST CANCER AWARENESS MONTH



3D Mammography: Revolutionizing Breast Imaging at Jupiter Medical Center

SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center is dedicated to finding breast cancer early, offering women in Palm Beach and Martin counties access to leading edge technology and innovation in the fight against breast cancer. We all know that the earlier breast cancer is detected, the better the chance of survival.

Accredited by the American College of Radiology as a Breast Imaging Center of Excellence, the Margaret W. Niedland Breast Center at Jupiter Medical Center was the first facility in Palm Beach and Martin counties to offer innovative new technology - 3D mammography (tomosynthesis).

3D mammography is revolutionizing how breast cancer is detected, providing increased diagnostic accuracy and finding breast cancer at an earlier stage - which means more lives can be saved. Exams are performed on a digital mammography unit that takes multiple low-dose 3D images of a compressed breast from different angles. Because of the 3D imaging capability, radiologists are now able to view breast tissue layer by layer, one millimeter at a time.

This technology is extremely useful for all women, especially those who have dense breast tissue. On a traditional digital mammogram, dense breast tissue appears white and sometimes

can hide masses, such as cancer. 3D mammography overcomes this obstacle and has been proven to provide an eight percent increase in breast cancer detection with a 25 percent decrease in callback rates to find those cancers. Women who have dense breasts, those who are having their first baseline mammogram, or women with a greater than 15 percent calculated lifetime risk of breast cancer are good candidates.

In addition to 3D mammography, the Breast Center offers ultrasound with elastography, positron emission mammography (PEM), minimally invasive biopsies, including an upright stereotactic unit, wide-bore breast MRI and bone density tests. The Center also offers clinical breast exams and breast cancer risk assessments. Cancer genetics screening and testing is available to women determined to be at a higher risk of developing breast cancer.

The Breast Center team includes several breast health specialists and a patient navigation team providing education and support, as well as a dedicated diagnostic radiologist who reads more than 10,000 mammograms each year.

Women in our community can rest assured knowing that the latest breast



cancer diagnostic and treatment technology is available through Jupiter Medical Center's Comprehensive Breast Care program, which was the first program in Palm Beach County to be accredited by the National Accreditation Program for Breast Centers. The program encompasses the Margaret W. Niedland Breast Center for diagnosis, and the Kristin Hoke Breast Health Program for treatment.

In addition to the Jupiter location, Jupiter Medical Center's Niedland Breast Screening Center is open at Legacy Place in Palm Beach Gardens. The Niedland Breast Screening Center is located at 11310 Legacy Place, Suite 110, next to Miami Children's Hospital Nicklaus Outpatient Center. The Center is equipped with 3D mammography, bone densitometry, advanced body composition and also offers blood draws in one convenient location, with plenty of parking and easy access.

For more information about 3D mammography, visit www.jupiter-breastcare.com/tomo. To schedule an appointment, call 263-4414.

Jupiter Medical Center is the recipient of the HealthGrades 'America's 50 Best' Award™ for three years in a row (2011-2013) and the Distinguished Hospital Award - Clinical Excellence™ for nine years in a row (2005-2013). ■

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BREAST CANCER AWARENESS MONTH

A different approach to breast reconstruction

SPECIAL TO FLORIDA WEEKLY

Breast cancer. The two words strike fear in the hearts of women. And the fear multiplies if a cancer patient requires a mastectomy, or surgical removal of the breast. Dr. Matthew Goodwin helps these patients through this traumatic experience by rebuilding their breasts. He is trained in the most advanced techniques in reconstruction, offering options to breast cancer patients not commonly provided by most reconstructive plastic surgeons in South Florida. The most commonly performed type of breast reconstruction is with the use of a prosthetic implant either in a single or staged surgery. While this technique can provide excellent results, there are circumstances in which it may not be the most appropriate method of reconstruction. These include patients who have had effects from radiation therapy, previous failed implant reconstruction, or are uncomfortable with the idea of having a breast implant. Some patients have excess abdominal tissue that they'd like removed with the added benefit of creating a breast. Historically, the method of using

abdominal tissue to reconstruct the breast has been with the TRAM (Trans-Rectus Abdominus Myocutaneous) flap. This involves taking the abdominal fat and skin attached to the underlying rectus abdominus muscle and bringing it to the chest to form the breast. The blood supply either can be based on the muscle tunneled up through the abdomen to the chest (pedicle TRAM) or separated from the abdomen and reattached to the blood vessels in the chest as a free flap (free TRAM). These methods are time-tested and remain a mainstay technique in reconstruction. However, they require taking the abdominal muscle, which can lead to abdominal wall weakness or hernia, especially when both breasts are being reconstructed. Dr. Goodwin offers an advanced method of reconstruction that preserves the abdominal muscle known as the DIEP (Deep Inferior Epigastric Perforator) flap. In this technique, the lower abdominal fat and skin are brought to the chest to reconstruct the breast similar to the TRAM flap. However, instead of using the muscle, the blood vessels that perforate through the muscle are carefully



lift of the other breast. Once healed the patient now has all her own natural tissue as a reconstructed breast and maintains her abdominal muscle often with an improved cosmetic contour. While the abdomen is the most common donor site for breast reconstruction, there are others including the back, buttock, flank, and thighs. These may be considered if the previously discussed options aren't ideal. These advanced reconstructive techniques require microvascular surgical skills. Dr. Goodwin feels the complexity of the surgery is best performed in conjunction with another microvascular-trained surgeon. Dr. Goodwin performs DIEP flap reconstruction at Good Samaritan Medical Center with Dr. Avron Lipschitz, who practices in Martin County. They are the only two surgeons in Palm Beach and Martin Counties offering this technique in breast reconstruction. The reconstructive plastic surgeon considers the patient's medical history, physical condition and goals when counseling her on the ideal method of breast reconstruction. It is important to fully inform her of her surgical options. ■

dissected to preserve as much of the muscle as possible. The blood vessels in the lower abdomen are then divided and then reattached to the vessels in the chest. Often secondary procedures for finalizing the reconstruction are required for optimum breast symmetry and contour. These may include a reduction or

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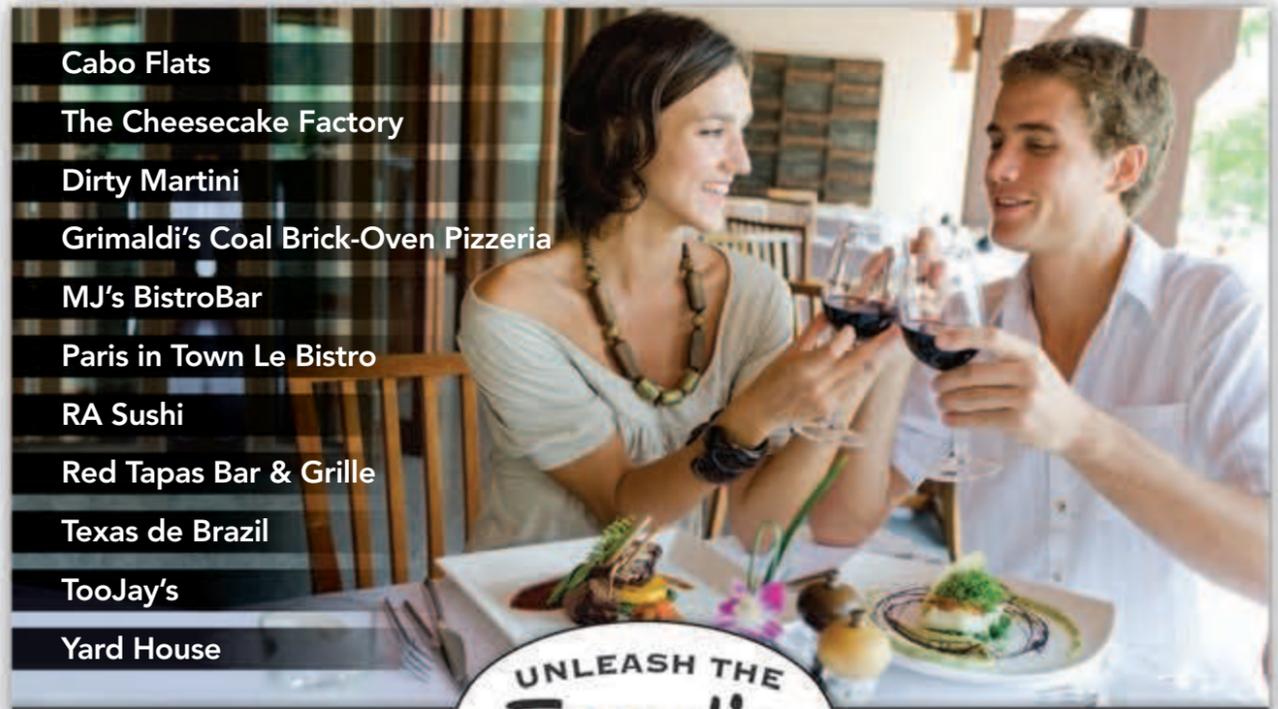
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BREAST CANCER AWARENESS MONTH



CALENDAR OF EVENTS

Sept. 28

Pink the Night — Honor Martin County's community of First Responders who have stood strong through breast cancer personally or as a co-survivor. It's 7 p.m.-11 p.m. Sept. 28, Martin Downs Golf Club, 3801 SW Greenwood Way, Palm City. Cost: \$50, with cash bar; (772) 486-2780.

Oct. 1-Oct. 31

Palm Beach Gardens Medical Center — The hospital will offer \$99 mammograms — no insurance — for October. For a diagnostic screening, a prescription is required. Insurance accepted. \$99 cost without insurance. For any Medicare beneficiary, if cost is not covered by Medicare, cost will be limited to \$99. Medicare can choose to pay at the time of service or request that the claim be submitted to Medicare to see if it will cover the service. The hospital is at 3360 Burns Road, Palm Beach Gardens. Call 625-5070 to schedule before Oct 31 to receive a free makeup/cosmetic bag.

Oct. 1

Busting the Myths of Women's Breast and Gynecological Health — Presented by Dr. Beth Lesnikoski and Dr. Antonella Leary, 5:30 p.m.-7:30 p.m. Oct. 1, The Borland Center, 4885 PGA Blvd., Palm Beach Gardens. There will be wine, cheese, hors d'oeuvres, pampering services and a lecture. Reservations required; 548-4535.

Oct. 3

The Power of Pink Physician Panel & Afternoon Tea — Join Jupiter Medical Center's physician experts for an afternoon tea at Abacoa Golf Club. Topics include genetics and the importance of knowing your family history, breast health and screening guidelines, and the latest breast surgery and reconstruction techniques. Featuring Elisabeth McKeen, MD, Board Certified, Oncology, Medical Director, Genetics Program at Jupiter Medical Center; John A.P. Rimmer, MD, Board Certified, General Surgery, Breast Specialist, Medical Director, Kristin Hoke Breast Health Program at Jupiter Medical Center; Susan Poncy, MD, Board Certified, Obstetrics & Gynecology, Medical Director, Women's Health Program at Jupiter Medical Center; Talya Schwarzberg, MD, Board Certified, Oncology; and David Lickstein,

MD, Board Certified, Plastic Surgery. Thursday, October 3, 2 p.m.-4 p.m. Abacoa Golf Club, 105 Barbados Drive, Jupiter. To register, call 263-2628.

Sari Asher Center 2nd Annual Golf Classic — Kick-off cocktail party is 6 p.m.-8 p.m. Oct. 3 at Nick & Johnnie's, 207 Royal Poinciana Way, Palm Beach. Golf classic begins at 7 a.m. Oct. 19 at The Breakers Rees Jones Course at Breakers West, 1550 Flagler Parkway, West Palm Beach; corinnedanielson@saricenter.org. 578-5900.

Oct. 9

8th Annual Pink Ribbon Luncheon — "New Choices, New Hope," with Dr. Louise Morrell, medical director of the Lynn Cancer Institute; Aileen Pruitt, former oral and IV chemo recipient; Michele Donahue, passionate Komen advocate; Andrea Wesley, breast cancer survivor. 10 a.m.-1 p.m. Oct. 9, Woodfield Country Club, 3650 Club Place, Boca Raton. Tickets: \$135; info at komensouthflorida.org.

Nights at Niedland — It's a pink-tastic party! Visit Jupiter Medical Center's two locations during two nights. Appetizers & Pink Champagne • Breast Health Information • Boutique Shopping • Health Risk Assessments • Healthy Stations with Interactive Demonstrations • KOOL 105.5 Guest Appearance by Mo & Sally • Makeup & Skin Care Demos with Samples • Meet & Greet with Physicians • Raffle Prizes & Pink Giveaways • Spa Services • Tours • Wine & Chocolate. Wednesday, Oct. 9, 5:30 p.m.-7:30 p.m. the Margaret W. Niedland Breast Center, 1025 Military Trail, Suite 200, Jupiter

For a second event on Thursday, Oct. 24, 5:30 p.m.-7:30 p.m., visit Niedland Breast Screening Center, 11310 Legacy Place, Suite 110, Palm Beach Gardens. Registration is required for the events, call 263-2628.

Oct. 10

Taste of CityPlace — Food and cocktail tastings at 21 CityPlace restaurants, 5:30 p.m.-9 p.m. Oct. 10 at CityPlace, West Palm Beach. Presented by Midtown Imaging and Good Samaritan Medical Center's The Comprehensive Breast Center. Wear pink to support breast cancer awareness. A portion of the proceeds will benefit the American Cancer Society's Making Strides Against Breast Cancer. Tickets: \$20 advance,

\$25 day of event; available at CityPlace Guest Services or at cityplace.com/info.tastcityplace.

Girls' Night Out — Tastings of Florida wines, sidewalk sales, goody bags, ladies event T-shirts, artist and jewelry vendors, plus live music from the Chase Stites Band, 6 p.m.-10 p.m. Oct. 10, downtown Lake Worth. A portion of proceeds will benefit Komen South Florida.

Oct. 12

Turn Up for Pink — This event will provide awareness to the community about early detection for breast cancer. Mammography screenings will be provided. Donations for Komen South Florida will be accepted. 10 a.m.-3 p.m. Oct. 12, MCI Technology, 3650 Shawnee Ave., West Palm Beach.

Oct. 14

Letty Cottin Pogrebin — The author of "How to be a Friend to a Friend Who's Sick" and co-founder of Ms. Magazine, will kick off the 19th Annual Mandel JCC of the Palm Beaches Book Festival at 7 p.m. Oct. 14. The event, held during Breast Cancer Awareness Month, is in partnership with Jupiter Medical Center. It will be held at the new JCC, 5221 Hood Road, Palm Beach Gardens. For more information about the book festival, including the signature book luncheon, contact Lisa Blumberg at 712-5209 or LisaB@jcconline.com. Register for the events online at jcconline.com. Featured books are available for purchase at JCConline/books.

Oct. 16 to Oct. 20

Key To The Cure Shopping Event — Join Saks Fifth Avenue in Palm Beach Gardens for its annual Key to the Cure Event. Two percent of purchases from the Charity Shopping Weekend, Oct. 16 to Oct. 20, will be donated to the Kristin Hoke Breast Health Program at Jupiter Medical Center, as well as 100 percent of the local proceeds from each limited edition T-shirt (\$35) sold. For more information or to purchase tickets, see www.jmcfoundation.org or call 263-5728.

Key To The Cure Private Cocktail Reception — Oct. 16, 5:30 p.m. - 9 p.m. Saks Fifth Avenue, Gardens Mall, 3101 PGA Blvd., Palm Beach Gardens, \$40 per entry ticket, \$75 per couple entry.

Oct. 19

Making Strides Against Breast Cancer of Palm Beach — Join Jupiter Medical Center at the American Cancer Society's Making Strides Against Breast Cancer, a noncompetitive fund raising walk, and help us continue to save lives and create a world with less breast cancer and more birthdays. For more information or to register for a team, visit www.jupiterbreastcare.com/events or www.facebook.com/jupitermedical.

Saturday, Oct. 19, at 9 a.m. Meyer Amphitheatre, West Palm Beach

Oct. 26

The 2nd Annual Every Boob Counts 5K Race/Walk — 7:30 a.m.-11 a.m. Oct. 26, John Prince Park, 4759 S. Congress Ave., Lake Worth. Event promises to be a fun and spirited. Medals for all finishers. Run or walk on this certified course in honor or memory of someone who has been affected by breast cancer. Proceeds to Komen South Florida to increase breast cancer awareness, promote the importance of early detection and provide support and resources to those in our local community.

Featuring Accuchip Timing; First 850 registered runners/walkers guaranteed a T-shirt and medal. Visit everyboobcounts.com.

8th Annual Golf for the Cure

— King Point's Golf for the Cure event will be a shotgun — best ball tournament. It's 9 a.m.-1 p.m. Oct. 26, King's Point, 7000 W. Atlantic Ave., Delray Beach. For more information, visit kingspointdelray.com/komencontact.html.

Oct. 30

Brake for Breakfast with Jupiter Medical Center — Join KOOL 105.5 and Jupiter Medical Center's Comprehensive Breast Care Program for Brake for Breakfast. Make a quick pit-stop on your way to work at our women's health fair. Drive through for information on women's breast health screenings including mammography, breast self-exams, the latest breast cancer technology, and more.

Pick up a complimentary goody bag and insulated lunch bag filled with breakfast items. Wednesday, Oct. 30, 6:30 a.m.-9 a.m. Jupiter Medical Center's Urgent Care Center, 5430 Military Trail (Abacoa Shopping Center on the corner of Military Trail & Donald Ross Road in Jupiter) To register, call 263-2628. ■

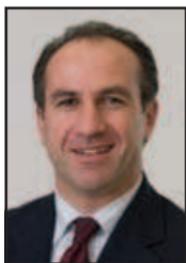
Treatment needs to be individualized

BY ALEX S. MIRAKIAN, M.D.

South Florida Radiation Oncology
Board-Certified Radiation Oncologist Diplomate
American Board of Radiology

Breast cancer is often publicized when a celebrity is diagnosed and undergoes a particular treatment, which can sometimes influence the public as to how they should proceed with their own treatment. This can often lead to confusion and worst of all inappropriate treatment. It is very important to remember, therefore, that treatment for any cancer diagnosis be individualized as much as possible to achieve the greatest chance of cure with the least side effects.

This is best accomplished by acquiring a team of oncologists to advise you on your cancer and how best to treat it. Breast cancer will be diagnosed in approximately 230,000 women in the



U.S. in 2013 with 40,000 women dying from the disease. Only lung cancer has a higher death rate. It is a very important health issue in our community and there is much misinformation that circulates about the disease and its treatments.

Below are some interesting facts about Breast Cancer that may not be well known.

■ 95 percent of breast lumps discovered by patients turn out to be benign.

■ A breast lump that turns out to be cancerous is not usually painful.

■ A bleeding nipple is rarely due to cancer.

■ On average, about 1 in 8 women will eventually be diagnosed with breast cancer.

■ The number of women diagnosed with breast cancer and the death rate from it are both decreasing, and thought largely due to the use of screening mammography, but precancerous tumors are increasing in number.

■ Breast cancer also affects men.

■ Risk factors associated with developing breast cancer include being female

(only 1 percent of breast cancers occur in men); increasing age — 95 percent of women diagnosed are older than 40 with a slight decrease in the incidence when over the age of 80; early menstruation, late menopause, few or no pregnancies, late first pregnancy, failure to breast feed, and hormone replacement therapy all increase the risk; known genetic mutation/syndromes; family history or personal history of prior breast cancer; prior abnormal breast biopsies; and lifestyle factors like a high alcohol intake, little exercise and possibly smoking also increase risk.

■ Treatment is usually decided upon by a team of oncologists including a surgeon, radiation oncologist, a medical oncologist and often a reconstructive surgeon.

■ Breast conservation is almost always recommended where possible and usually involves a lumpectomy, lymph node biopsy, whole or partial breast radiation, and possibly chemotherapy, and endocrine therapy (pills). Reconstruction is usually reserved following mastectomy if performed.

■ While whole breast radiation typically takes six weeks to deliver, accelerated partial breast radiation is a newer technique allowing completion in only 5 days following lumpectomy with less side effects.

Clearly, it is very important to communicate effectively with one's primary care physician to discuss screening guidelines and risk assessment for breast cancer so that an individualized approach can be developed and followed.

Most cancers can be effectively treated when picked up in their early stages, so if diagnosed, you should ensure that the advice you obtain for treatment is based on a combined decision from all of your treating oncologists rather than on personalized accounts or popular magazines and TV shows.

Each patient is unique and deserves to be treated in that manner by trusted, informed and expert caregivers.

Contact SFRO for more information, at 877-930-7376. ■

BREAST CANCER AWARENESS MONTH

Sign-up is open for the 2014 Susan G. Komen Race for the Cure

CONTRIBUTED BY SUSAN G. KOMEN SOUTH FLORIDA AFFILIATE

It's never too early to sign up for the Susan G. Komen South Florida Race for the Cure — and this year, it's even more important to mark your calendar right away.

Last year, Komen South Florida received requests for \$2.5 million from 22 nonprofits, and they could only grant out \$797,000 because of a 38 percent drop in grant funds.

“Without Komen South Florida,

there's a good chance that some members of our community would not get the screening, treatment, and educational services they require,” added Dayve Gabbard, executive director of Susan G. Komen South Florida. “In order to continue reaching underserved communities in Martin, Palm Beach, and St. Lucie counties, we need the public's help.”

Last year, Susan G. Komen South Florida funded 4,774 patient care services through its grantees. That's 1,022 clinical breast exams, 2,213 mammo-

grams, 977 ultrasounds, 207 biopsies, 11 cyst aspirations, 94 MRIs, and 250 treatments. Education and navigation services totaled 57,807 and included health events, radio outreach, translation services, and breast cancer survivor support groups.

“With 75% of the money raised by Susan G. Komen South Florida staying in our community, every dollar counts,” added Ms. Gabbard. “In fact, if each Race participant raised an extra \$10, Komen could fund more than 4,000 additional clinical breast exams for

women in financial need.”

Visit KomenSouthFlorida.org/2014 to learn about fundraising opportunities and register for the Race for the Cure. ■

If you go

- >>**What:** Komen South Florida Race for the Cure
- >>**When:** 5:30 a.m. Jan. 25
- >>**Where:** Meyer Amphitheatre, downtown West Palm Beach
- >>**Cost:** Fees range from \$25 to \$45

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BUSINESS

WEEK OF SEPTEMBER 26-OCTOBER 2, 2013

PALM BEACH COUNTY COMMERCE

Departure, hiring, promotions announced at Roger Dean

SPECIAL TO FLORIDA WEEKLY

Lisa Fegley, Roger Dean Stadium assistant general manager, general manager of the Palm Beach Cardinals and director of group ticket sales for the past eight seasons, is leaving the organization, Roger Dean announced. Her numerous leadership positions have been filled by internal promotions.

Alex Inman will continue in his current position of event services manager, along with filling the key roles of assistant general manager and general manager of the Palm Beach Cardinals. Mr. Inman began his career at Roger Dean Stadium in 2009. Ms. Fegley's responsibilities as director of group ticket sales will go to Jason Cantone. Mr. Cantone is the current ticket office manager and will be completing his sixth season at

the ballpark.

Ryan Moore has been hired as the other assistant general manager and the general manager of the Jupiter Hammerheads. Mr. Moore will also be the director of corporate partnerships. Mr. Moore has spent the last four years working for the Gwinnett Braves, the AAA-affiliate of the Atlanta Braves, as the director of ticket sales.

Several other internal promotions have been made in the front office.

Ralph Perrone, of West Palm Beach, has been promoted to work under Mr. Moore as the corporate partnership account manager. Mr. Perrone will work



FEGLEY

his third season in 2014. After completion of his 2013 event services internship, Drew Moomey has been named assistant ticket office manager. Additionally, the grounds crew has promoted Cory Wilder to the assistant director of grounds. Wilder, from Nebraska, has just finished his fourth season on the grounds crew.

It was not announced what Ms. Fegley, an eight-year employee, planned to do next.

Due to the promotions listed above, two positions are now available for the 2014 season: Ticket office manager and a second corporate partnership account



INMAN

manager position. The 2014 internships are also available. More information on these specific positions and how to apply can be found at RogerDeanStadium.com or by calling 755-1818.

Opened in 1998, the \$28 million Roger Dean complex/stadium is specially designed to house two Major League and two Minor League baseball teams. The stadium is home to the Miami Marlins and the St. Louis Cardinals for Spring Training. The Florida State League's Jupiter Hammerheads (Single-A Affiliate of the Miami Marlins) and Palm Beach Cardinals (Single-A Affiliate of the St. Louis Cardinals) make their home at Roger Dean Stadium from April through Labor Day. This year-round facility can accommodate the smallest birthday party to the largest corporate outing. ■

MONEY & INVESTING

Income inequality is a domestic and international issue



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The issue of income inequality polarizes. It seems to divide groups between those who believe that income inequality in the U.S. is "unfair" and those who believe that the inequality reflects just rewards for intense labor, extensive sacrifice, commitment to higher levels of education, high degree of capital risk taking, etc. There is possibly truth to both sides of the aisle.

This debate's importance was recently elevated by the Securities and Exchange Commission in that the SEC has proposed a requirement that publicly traded companies annually report the "gap in pay between chief executives and rank-and-file employees (which) has been growing steadily... Now regulators (the SEC) want companies to tell investors just how wide it is." The proposal comes as part of the rollout of the Dodd-Frank legislation. (DealBook, "The SEC proposes greater disclosure on pay for CEO's," Sept. 18, 2013.)

The proposed rule "would require public companies to report the ratio of top executive compensation to the median compensation of their employees. Median pay is the point at which half the employees earn more and half earn less" (DealBook). The SEC's five

member commissioners were split on the proposal with three voting for the proposal and two voting against the proposal. The public now has a 60-day comment period before the SEC brings the matter to a final vote.

Some facts about the current income inequality situation

Economic inequality is often defined in multiple ways, as inequality of: earned income (earned in the private sector), total income (earned and unearned income) and/or assets owned. Many of the U.S. foundations and entities reporting on this topic focus on wages or unearned. The data supporting the U.S. studies can be more easily garnered from public company reports that list executive compensation and compensation for all employees. But reports on earned income of executives fail to capture the value of executive perks, option programs and other mechanisms ... which often dwarf executive wages.

Wage inequality in the U.S. has been increasing in the past decade. Compare the present to the 1960s/1970s when the U.S. really had a meaningful middle class.

■ "Executive pay is now more than 277 times an average worker's pay, compared with just 20 times in 1965," according to the Economic Policy Institute (DealBook).

■ "Between 1979 and 2007, wages for the top 1 percent rose almost 10 times as fast as those for the bottom 90 percent: 156.2 percent versus 16.7 percent,"

("State of Working America, 12th edition," Economic Policy Institute).

■ "These disparities are especially pronounced in the explosion of CEO pay, which in the late 1970s was about 30 times that of a typical worker. Today, it is more than 200 times that of a typical worker. From 1978 to 2011, CEO compensation grew more than 725 percent. Private-sector worker compensation grew only 5.7 percent." ("State of Working America")

The problem of income disparity is international in scope as this trend characterizes most of the developing world. Most international statistics do not cover earned income only in that such data is not readily available; rather, total income is measured, which includes earned income and non-earned income (i.e., unearned income is mostly investment income).

Some think the disparity problem is worst in the U.S. "The United States has a higher degree of income inequality than almost any other developed country.... In fact, the most recent data compiled by the Organization for Economic Cooperation and Development (OECD) shows that Chile, Mexico and Turkey are the only OECD member countries that rank higher than the U.S. in terms of inequality. And it's only getting worse." (The Global Post, the Ford Foundation)

With the problem having some definition, the question is whether anything can or should be done to mitigate or resolve the problem. The U.S., in embracing capitalism, has generally preferred

that market forces adjust inequalities and that the U.S. government stay out of the affairs of business, especially compensation issues. The SEC's proposed rule, if enacted, will certainly raise employee, shareholder and board of directors' awareness of the issue.

Much of today's corporate gains come from globalization, technology's productivity gains, and the heightened role of risk capital. But for many corporations, their existence was created on the backs of yesteryears' laborers.

Possibly the SEC's idea is a very good one. Some reporting companies will be quite proud of their legacy and others should be embarrassed by their executives' grotesque greed, all at the expense of employees and shareholders.

Consider writing to the SEC in support or objection to their proposed rule. ■

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

— Trading futures and options on futures and Forex transactions involve substantial risk of loss and may not be suitable for all investors. You should carefully consider whether trading is suitable for you in light of your circumstances, knowledge and financial resources. You may lose all or more of your initial investment. Opinions, market data and recommendations are subject to change at any time.



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KOVEL: ANTIQUES

Before plastic, iron toys tickled imaginations

BY TERRY AND KIM KOVEL

Old toys are very different from those made today. Toymakers of long ago did not try to encourage creativity. A toy was made to resemble a known part of life — a house, car or pet — or perhaps a fantasy — a rocketship or robot. Or they were puzzles meant to teach the alphabet or arithmetic, or character dolls from stories that told of good behavior or gave lessons from the Bible. In the late 19th century, a group of cast-iron bell-ringer toys became popular. These were pull toys with a platform and four wheels. The figures on the platform moved when the toy's wheels turned. The "Trick Elephant Bell Ringer," with its name in raised letters on the side, was made by the Gong Bell Manufacturing Co. of East Hampton, Conn. When the toy was pulled, the wheels moved and the elephant turned and hit the bell. The elephant stands on a pierced and painted platform, suggesting that he is a circus performer. The painted iron toy, about 5 inches high and 8 inches long, sold for \$1,230 at a Skinner auction in Boston.

Q: My wife bought what our family refers to as "our dog chair" at a garage sale for \$9. It was in a great deal of disrepair and we had it professionally redone. It's made of walnut, upholstered in leather, and has carved dog's heads at the end of each arm. The dogs' faces and collars are slightly different from one another. We were told that one is a female and the other male. I'm not sure if that makes sense. What can you tell me about this chair?

A: Chairs with arms that end in animal heads were popular in Victorian times and later. Dog heads are the ones most often found. Your chair is unusual because the heads are slightly different, but whether or not they represent a male and female dog is something only the maker would know. It's not possible to give an accurate value for your chair since the maker and age are unknown,

but you can be sure that your wife got a good value for \$9 and an interesting conversation piece after it was refurbished. Value: about \$200.



An elephant that could ring a bell was the feature of this antique toy. The clever toy, rare and entertaining but with minor paint loss, sold for \$1,230 at a Skinner auction in Boston last fall.

Q: I have a perfect set of dishes, marked "Monarch China, Made in Occupied Japan, Montana Rose." The pieces are decorated with roses and trimmed in gold. There are 96 pieces in the set, which includes 12 place settings and various serving pieces. Can you tell me something about the dishes and how much they're worth?

A: Your dishes were made between 1947 and 1952, when Allied forces occupied Japan after World War II. They were made specifically for export. Sets of Monarch China's "Montana Rose" pattern dishes have sold recently for \$120 to \$250.

Q: My aunt gave me a silver tea set that includes a coffeepot, teapot, sugar, creamer and tray. The coffeepot has a mark on the bottom that says "1883"

silver-plated flatware and sterling-silver flatware. The value for your tea set depends on its condition, style and the total number of pieces in the set. A five-piece set that included a waste bowl sold for \$175 earlier this year.

Q: My grandfather gave me a beautiful little cup about 50 years ago, when I was a little girl. I don't remember ever hearing any history about it. It's made of some type of metal and stands about 8 inches high. It's embossed with birds and cattails, and is on a pedestal base that's engraved "Third Swiss Festival N.Y., July 18th, 1875." It is marked "Meriden Company." Can you tell me anything about this curiosity?

A: The Third Swiss Festival was held at Jones' Woods, a picnic grounds and resort in Manhattan, in 1875. The event included competitions in bowling, equestrian movements, gymnastics, marksmanship, wrestling, singing and dramatic presentations. A silver cup was awarded as first and second prizes in the singing competition. Meriden was a silver-plate manufacturer in Meriden, Conn. The silver plating may have worn off your cup, leaving the base metal exposed, or it may be a metal replica sold as a souvenir of the event.

Tip: Watercolors and sketches should be kept out of sunlight. Hang framed works on a wall that is shaded. ■

— 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 e-mail 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.

Antiques shows come to fairgrounds, downtown West Palm Beach

SPECIAL TO FLORIDA WEEKLY

Fall officially has arrived, and with it comes antiques season.

The West Palm Beach Antiques Festival should start to grow in size in October as hundreds of dealers in antiques, collectibles and decorative items converge on the Expo Center

at the South Florida Fairgrounds in suburban West Palm Beach.

The show is open noon to 5 p.m. Oct. 4, 9 a.m. to 5 p.m. Oct. 5 and 10 a.m. to 4:30 p.m. Oct. 6 at the South Florida Fairgrounds, West Palm Beach. Tickets: \$7 adults, \$6 seniors, free for under 16. A \$10 early buyer ticket allows admission at noon Oct.

4. Discount coupon online at wpbaf.com. Information: (941) 697-7475.

And look for the West Palm Beach Antique & Flea Market to return Oct. 5 with its usual 9 a.m. to 3 p.m. schedule on Saturdays along Narcissus Avenue, north of Banyan Boulevard. It has a variety of dealers offering everything from vintage trunks

and suitcases to furniture, linens and other decorative items.

Added incentive for heading to downtown West Palm Beach: the show's opening coincides with the resumption of the West Palm Beach GreenMarket.

For information, search Facebook or call 670-7473. ■

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COURTESY PHOTOS

Expansive estate, magnificent views in Mirasol

SPECIAL TO FLORIDA WEEKLY

This exquisite estate provides one of the most magnificent water views in Mirasol in Palm Beach Gardens. It offers approximately 120 feet of frontage and a southern exposure. This Paul Courchene-built model home, at 114 via Palacio, has views of the largest

lake in Mirasol as well as a view of the 14th hole of the Sunset Course. The home features more than 8,100 square feet of living area; five spacious bedroom suites and a master bedroom suite with his-and-hers separate baths, and large walk-in closets with custom finishes. The home offers a full three-car garage, with a golf-cart garage.

The finest finishes are offered in every room, from Jerusalem stone floors to a gourmet kitchen. Quality custom cabinetry is featured throughout. Also offered are a “smart” electronic package, five balconies, an elevator, impact glass and a spiral stairway. Lush landscaping surrounds the estate, which also features an extravagant resort-style

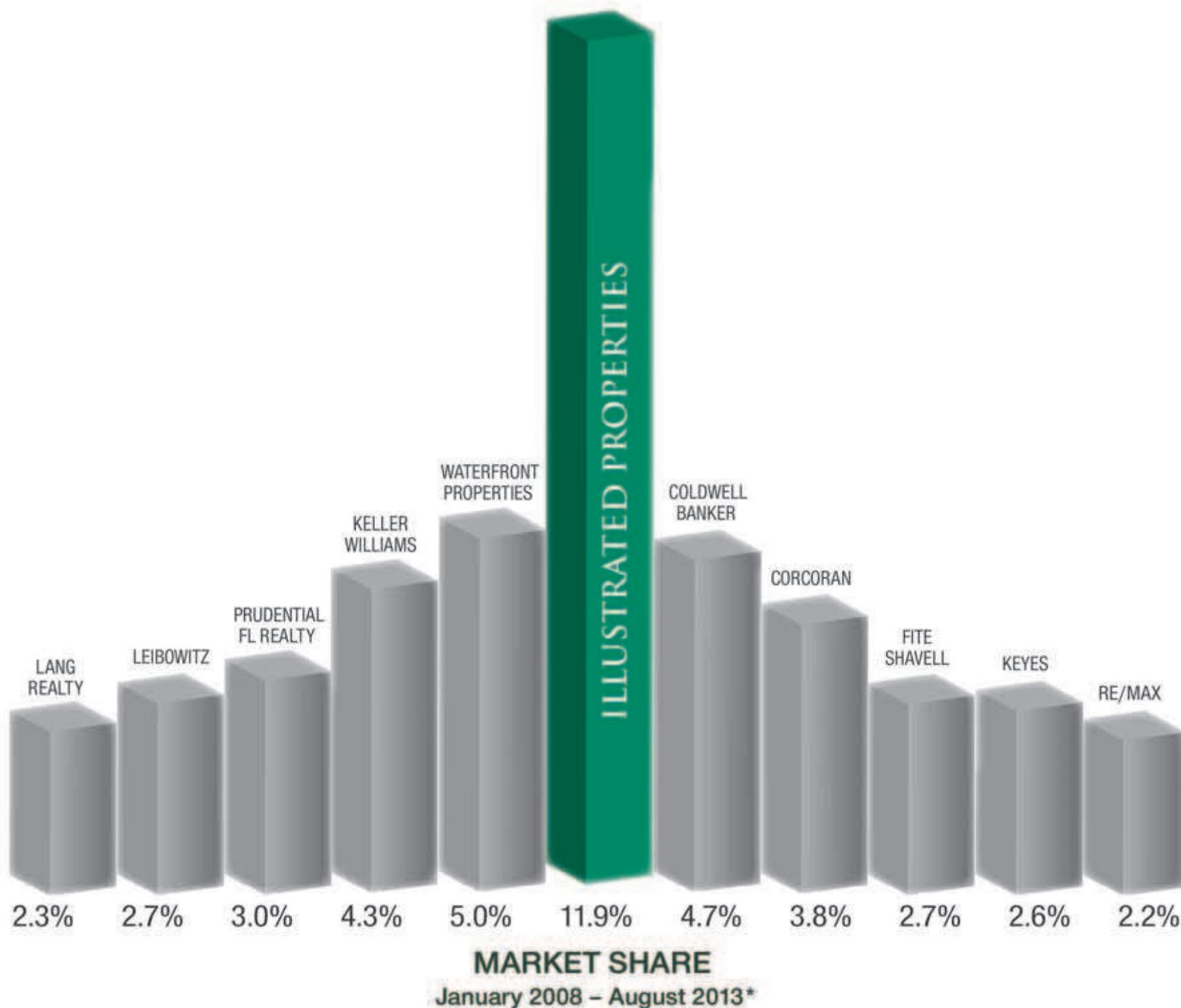
pool and spa. The Country Club of Mirasol has received the Platinum Club of America award as the 16th most highly respected residential community in America. Lang Realty lists the home at \$4,400,000. The agent is Carol Falciano, Mirasol Lang Realty, 561-758-5869, carol@mirasolpalmbeach.com. ■



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Mother-son team join Lang Realty

Susan Pepler and Steven O'Neill have joined Lang Realty's Jupiter office. The mother and son team are well known for being the "Beach to Barn Real Estate Team" (www.beachtobarn.com), according to Lang.

Ms. Pepler has 27 years of experience and has lived in Jupiter since 1982. She specializes in country club communities, waterfront and equestrian properties.

"We joined Lang Realty for many reasons, including their stellar leadership team, superior marketing and ethical reputation. Steven and I look forward to the many opportunities to grow Lang Realty in northern and western Palm Beach County," said Susan Pepler.

Steven O'Neill has followed in the family business and joined Beach to Barn Real Estate Team in 2009. As a waterfront specialist, Steven holds a U.S. Coast Guard captain's license and is familiar with all of South Florida's waterways and channels. Steven is a licensed yacht broker and works to find the right boat to go with waterfront property.

"We are thrilled to have Sue and Steven join our Jupiter office. It's a rare commodity to have agents that are true experts in waterfront and equestrian properties," said Doreen Nystrom, sales manager of Lang Realty's Jupiter and Palm Beach Gardens office.

Lang has more than 360 agents. ■

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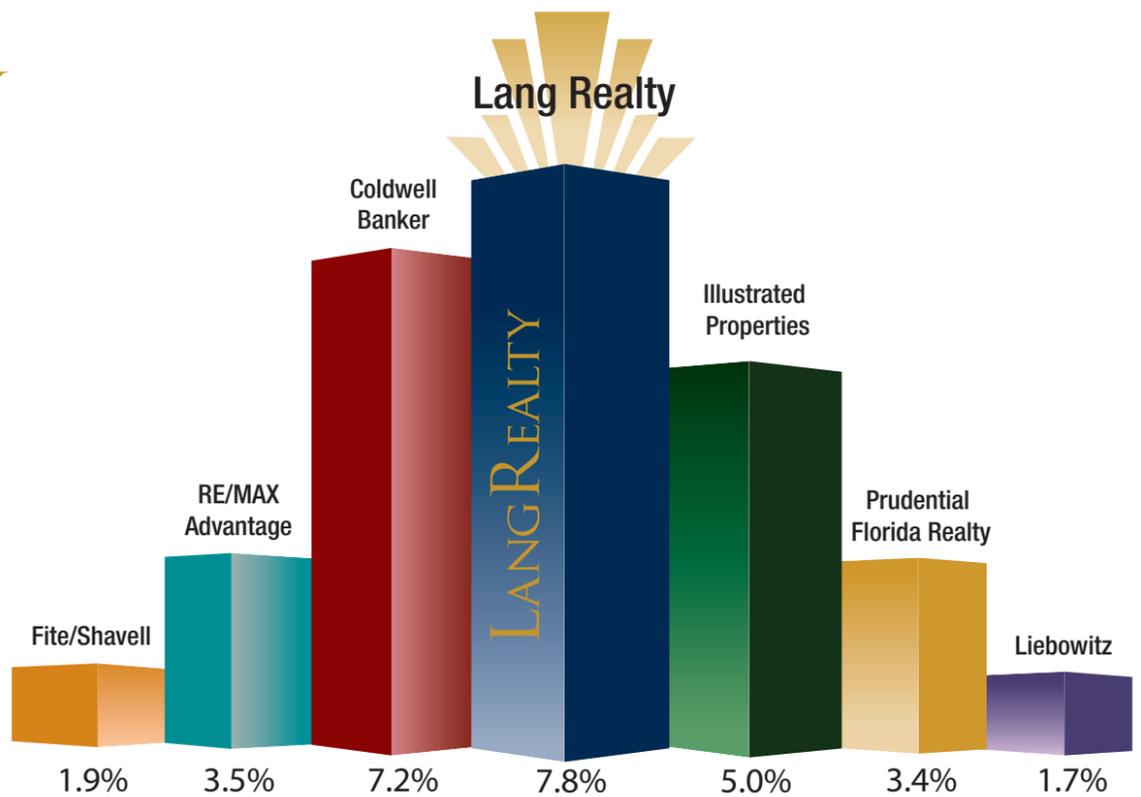
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A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

'Anna Nicole'

delivers opera's
21st century
tragic heroine

BY NANCY STETSON

nstetson@floridaweekly.com

It's the perfect blend of high art and low art, pageantry and tabloid trashiness.

"Anna Nicole," the opera about Anna Nicole Smith, made its American debut at the Brooklyn Academy of Music in New York on Sept. 17.

Operas are full of tragic heroines, women who are taunted and battered by life.

And Anna Nicole Smith certainly qualifies.

An exotic dancer and 1993 Playmate of the Year, she married J. Howard Marshall II, a billionaire 63 years her senior, only to become a widow 13 months later.

SEE ANNA, A42 ►

COURTESY PHOTO

ArtCenter's guild set for Midtown Bash

SPECIAL TO FLORIDA WEEKLY

Call it an opportunity for the Lighthouse ArtCenter to shine a beacon on its own.

The ArtCenter will present "Midtown Bash," a show of work created by members of its guild. The opening reception will be 5:30 p.m.-7:30 p.m. Sept. 27.

The public is invited for this free event to meet the artists, and to see a preview of this eclectic exhibit.

The art will include the finest work of local professional artists. Photographs, sculpture, ceramics, paintings and drawings will be displayed in this gallery setting at the Mainstreet at Midtown plaza on PGA Boulevard, just west of Military Trail.

"Once again, we offer an opportunity for the public

to be amazed at the range of talent of our member artists," said Katie Deits, the ArtCenter's executive director.

The 19 Artists' Guild members featured in this exhibition are Ilene Adams, Gerri Aurre, Jean Chase, John Cooksey, Katie Deits, Judy Flescher, Eduardo Gomez, Esther Gordon, Diane Hutchinson, Chris Kalmbach, Susan Kennedy, Rick Lewis, Deborah Neuhaus, Quince Quaintance, Manon Sander, Joetta Schneider, Tom Tomlinson, Robin Vogel and Tanya Witzel.

The artists will be on hand to discuss their art, and Lighthouse ArtCenter staff will host the evening. ■

SEE A40 FOR DETAILS ON THE EVENING ►

COURTESY IMAGE
Manon Sanders'
"Daily Dose"
is part of the
Midtown Bash
exhibition.



Plaza Theatre's "You Made Me Love You" will enchant senior patrons

BY BILL HIRSCHMAN

Theater Review

Before the lights went down at The Plaza Theatre on Sept. 18, the 82-year-old Brooklynite was telling his seatmate in the audience how the world was going to hell in a handbasket. He waxed about his youth when you could get into a fight without guns going off and marijuana was only used by jazz musicians.

And while he omitted that it was also a time of racism, sexism and a spirit-crushing Depression, he was receptive and ripe for a soothing reaffirmation of his memories. He got it.

The Plaza's cabaret revue "You Made Me Love You" — a celebration of the music made popular by Al Jolson, Eddie Cantor and Fanny Brice — is comforting soul food for The Greatest Generation, delivered in a creamy concoction poured by a trio of smooth and sincere singers probably born after all three titular icons had died.

The audience was hopelessly and happily seduced by the eighth bar of the title song. Throughout the matinee, the stage lights caught beaming faces whose lips mouthed the lyrics.

The auditorium became a decidedly irony-free zone with a retro purity encapsulated in nearly 40 songs that barely acknowledged the possibility of gray skies. The closest it veered toward introspection was the mild heartbreak of "I'm Always Chasing Rainbows," affectingly crooned by John Lariviere.

The tux-and-gowned cast — Lariviere, Jon Zimmerman and Melissa Boher Jacobson — were blessed with vibrant voices more at home with these richly melodic tunes than in other Plaza

shows we've seen them in. Ably backing on the baby grand was Mark Galsky, playing solid arrangements by Vic Glazer. They gleefully mugged for the audience, raised eyebrows, popped out their eyes like Barney Google, punctuated their songs by pumping a cocked arm in a "by golly" motion.

The fourth wall evaporated. The performers frequently walked right up to the lip of the stage, even across the non-existent footlights to kiss a patron's hand or warble directly into their eyes. The men led two women from the audience to glide across the stage while Jacobson sang "The Anniversary Waltz."

Wisely, none of the three attempted to imitate the three legends even though they adopted many of the standard flourishes and licks inextricably linked with each vaudeville/Broadway star's signature numbers.

Jacobson poured herself into Brice's torchy "My Man." But she was just as good impersonating Brice's Baby Snooks eye-rolling persona down to the pink and lace baby's outfit and oversized lollypop.

The show biz charm of Zimmerman, armed with a permanent Pepsodent smile and twinkle in the eyes, was evident as he wooed the audience into joining in on the refrain of "Making Whoopee." He gets points for keeping a straight face as he threw himself unreservedly into that last verse and chorus of the painfully anachronistic Jolson



COURTESY PHOTO

John Lariviere and Melissa Boher Jacobson as Eddie Cantor and Fanny Brice in "You Made Me Love You."

tune, "My Mammy," by nearly crying out the spoken ludicrous lyrics ("It's my Mammy I'm talkin' about, nobody else's! / Mammy, Mammy, I'm comin' / I'm so sorry that I made you wait! / Look at me, Mammy! Don't you know me? / I'm your little baby!")

Lariviere has a warm, more down-to-earth appeal and he's especially effective with a heartfelt ballad.

These revues provide two public services. Back in the day, almost every song had a protracted introduction with a different melody, even a different key that then slid into "the song" that most people whistle and hum later. But these shows resurrect all those intros rarely done today. So, one, it reveals the undeniable skill for words and music that over-familiarity has robbed of the main piece. Two, it creates a game you can

play with yourself: Guess what well-known standard is coming up after the introductory stanza is played. I mean did you know there was just such an intro before "California, Here I Come." Thought not.

Boomers have no room to laugh snidely. As that sage theologian Sylvester Stewart said, "Different strokes for different folks / So on and so on / And scooby doobie doobie / Ooooh, sha-sha." Proof? Later in the season, Plaza is doing a cabaret of Linda Ronstadt and James Taylor music. Really. So I'm anxiously waiting another decade for the nostalgic jukebox musical of the Justin Timberlake/ Miley Cyrus/Bruno Mars oeuvre.

Bottom line: If you are under 70 or have no personal connection to this music, this is likely something to pass on. But if you are 70 or older, this is a guaranteed crowd-pleaser.

What: "You Made Me Love You"

When: Through Sept. 29

Where: The Plaza Theatre, 262 S. Ocean Blvd., Manalapan.

Times: 7:30 p.m. Thursday-Saturday, and 2 p.m. Wednesday, Saturday and Sunday. Running time 1 hour 45 minutes including one intermission.

Tickets: Start at \$30. Call 588-1820 or visit theplazatheatre.net. ■

— Bill Hirschman is editor, chief critic and reporter for Florida Theater on Stage, a website devoted to news and reviews about South Florida theater. See more at southfloridatheateronstage, or call Mr. Hirschman at 954-478-1123.

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Indian River Pops Orchestra announces 13th season

SPECIAL TO FLORIDA WEEKLY

The Indian River Pops Orchestra's 13th season will offer the orchestra's special brand of symphonic light classics, movie score favorites, and many of Broadway's most memorable highlights, along with surprises, said Maestro Owen Seward.

From Tchaikovsky's popular "Capriccio Italian," to great film scores, on to Broadway, with highlights from "South Pacific," featuring soprano Dorothy Yanes, the Indian River Pops Orchestra's season opener, "Some Enchanted Evening," promises to truly be a captivating evening of musical favorites. Two "enchanted" concerts will be held; the first on Saturday, Nov. 2, at 7:30 p.m. at the Lyric Theatre in Stuart, and then again on Sunday, Nov. 3, at 7 p.m. at the Eissey Campus Theatre in Palm Beach Gardens.

The orchestra will combine musical forces with the Robert Sharon Chorale, a children's choir, bell ringers, vocalists Lorrianno Colozza and Seth Muse, and more to ring in the holiday season with "Holiday Greetings with the Pops." The holiday concert will be held on Sunday, Dec. 15, at 7 p.m. at the Eissey Campus Theatre.

It's a party on New Year's Eve! From the favorite big band standards to the stunning music of Andrew Lloyd Weber's "Phantom of the Opera," this will be a gala of enduring musical memories.

Musical surprises galore will include Viennese Waltzes, and in the tradition of Guy Lombardo, a big band bash with the New Gardens Band and Broadway singers. The "New Year's Eve Gala" will begin at 8 p.m. at the Eissey Campus Theatre and will include party hats and favors, refreshments, and great fun.

Nationally renowned jazz pianist Copeland Davis is back by popular demand to rock the house alongside the POPS orchestra, with electrifying hits, jazz/pops style. "Copeland Davis and the POPS" will take the stage on Sunday, Feb. 23, at 7 p.m. at the Eissey Campus Theatre, followed by a second concert at The Lyric Theatre on Saturday, March 1, at 7:30 p.m.

A special presentation of the most celebrated works of the 20th century will take place with the Indian River POPS and Robert Sharon Chorale on two dates in April. Burana is an epic work by composer Carl Orff of bawdy and sometime erotic poems, set to exciting and evocative music. This work remains an international favorite because of the exciting music and bold text. Burana will happen on Sunday, April 6, at 7 p.m. at the Eissey Campus Theatre and on Saturday, April 12, 7:30 p.m. at the Duncan Theatre in Lake Worth.

Two concerts saluting Broadway will be held in May. With full orchestra and special guest vocalists, this annual favorite includes over a dozen hits from as many Broadway shows to bring down the house! "The POPS on Broadway" will be held on Saturday, May 3, at 7:30 p.m. at the Lyric Theatre, and again on Sunday, May 4, at 7 p.m. at the Eissey Campus Theatre.

Individual concert tickets are \$25. For season subscription prices, call the Eissey Theatre, 207-5900, or the Lyric Theatre (772) 286-7827. The Eissey Theatre is located at 11051 Campus Drive in Palm Beach Gardens. The Lyric Theatre is located at 59 S.W. Flagler Avenue, downtown Stuart and the Duncan Theatre is located at 4200 Congress Avenue Lake Worth, 868-3309. ■

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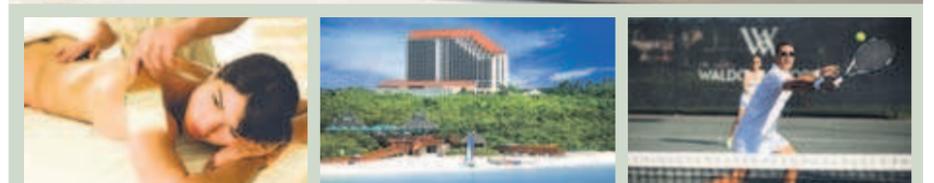


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WHAT TO DO, WHERE TO GO

Please send calendar listings to pbnews@floridaweekly.com.

At The Bamboo Room

The Bamboo Room is at 15 S. J St., downtown Lake Worth. Call 585-BLUES or visit bambooroomblues.com.

■ **The Georgia Satellites** — 9 p.m. Sept. 27; \$33-\$38

■ **Page & Plant: Unleaded Tribute To Led Zeppelin** — 9 p.m. Sept. 28; \$10

■ **The Lee Boys** — 9 p.m. Oct. 4; \$12

■ **Tim Reynolds and TR3** — 9 p.m. Oct. 5; \$30

At The Borland

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

At The Colony Hotel

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

■ **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.

■ **Keith Urban, Little Big Town and Dustin Lynch** — 7 p.m. Oct. 5. Tickets: \$35-\$1,027

At Cultural Council

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

■ **"Palm Beach County Art Teachers Association Exhibition"** — Through Nov. 9

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. Individual tickets go on sale Sept. 16.

■ **"Of Mice and Men"** — Oct. 11-Nov. 10

■ **"The Lion in Winter"** — Dec. 6-Jan. 5

■ **"Old Times"** — Jan. 31-March 2

■ **"Dividing the Estate"** — March 28-April 27

■ **"Tryst"** — May 16-June 15

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.

■ **People to People Student Ambassador Programs** — An educational information meeting by Ambassador Programs Inc., 2 p.m. and 4 p.m. Oct. 6. Free. RSVP to 800-669-7882, www.ptprsvp.com or www.peopletopeople.com

■ **"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.

■ **"Dracula"** — By Reach Dance Company and O Dance Company, 8 p.m. Oct. 12 and 2 p.m. Oct. 13. Tickets: \$20/adults, \$15/student and senior. Available online at www.reachdancecompany.com

■ **Symphonic Band of the Palm Beaches** — "Liberty Fanfare," John Williams' stirring tribute to the rededication of the Statue of Liberty. With pianist David Crohan. 7:30 p.m. Oct. 19. Subscriptions: \$65. Single tickets: \$15; 832-3115 www.symbandpb.com

■ **FAU Wind Ensemble Concert** — With Kyle Prescott, conductor, and special guests the Jupiter Middle School Symphonic Band with Paul Destito, conductor. 7 p.m. Oct. 21. Free; no tickets required; call 297-3826.

■ **Jazz Ensembles & Troubadours** — By the Palm Beach State Music Department, 8 p.m. Oct. 22. Tickets: \$10/adults; free to any students (K-12 and college), limit one.

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 U.S. 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** — Oct. 1, Nov. 5, Dec. 3. 10:30-11:15 a.m. Free; recommended for kids 10 and under.

■ **Hike Through History** — Oct. 5, Nov. 2, Dec. 7. This two-mile trek passes through historic points of interest on the 120-acre Jupiter Inlet Lighthouse Outstanding Natural Area. The hike departs from the flagpole at the Jupiter Inlet Lighthouse and is weather dependent. Program is open to adults and children. Minimum age 5, ages 13 and under must be accompanied by an adult. Hikers footwear, active wear, a hat, and a full water bottle or canteen should be carried. Admission is free but space is limited; RSVP required. 747-8380, Ext. 101.

■ **Lighthouse Moonrise Tour** — Oct. 18, Nov. 17, Dec. 17. Sunset. \$15 Members/\$20 Non-Members.

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.

■ **"America's Got Talent Live"** — 8 p.m. Oct. 5. Tickets start at \$20.

■ **An Evening with C.S. Lewis** — David Payne returns to portray the celebrated author, 2 p.m. and 6 p.m. Oct. 6. Tickets: \$40. Info: davidpaynedrama.com

At The Lake Park Public Library

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

■ **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.

■ **Story time** — "Otis," by Loren Long, 5 p.m. Oct. 3.

At The Lake Worth Playhouse

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

■ **Films** — Sept. 26: "Short Term Twelve" and "In a World." Sept. 30-Oct. 3: "Evocateur" and "Film Socialisme."

■ **Sept. 27-29:** LDUB Film Festival; \$9-\$30.

■ **Oct. 3-8:** Two one-act plays by Woody Allen, "Riverside Drive" and "Central Park West"; \$15. Oct. 23: Comedian Lisa Landry; \$26-\$30.

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.macarthurbach.org.

■ **Nature walk** — 10-11 a.m. daily

At The Maltz

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

■ **"Dial M for Murder"** — Oct. 27-Nov. 10

■ **"Annie"** — Dec. 3-22

■ **"A Chorus Line"** — Jan. 14-Feb. 2

■ **"Other Desert Cities"** — Feb. 16-March 2

■ **"The King and I"** — March 18-April 6

At The Mos'Art

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

■ **Movies** — Sept. 26: "Jewtopia" and "It's So Excited." Sept. 27-Oct. 3: "I Give It A Year" and "Blackfish"

■ **Live performance** — "Into the Woods" 7 p.m. Sept. 27-28

At North Palm Beach Library

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

■ **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.

■ **Sept. 26-29:** Aries Spears. Tickets: \$22

■ **Oct. 4-6:** Sebastian Maniscalco. Tickets: \$20

At The Plaza Theatre

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

■ **"You Made Me Love You"** — Through Sept. 28. Tickets: \$30 and up.

At Roger Dean

Roger Dean Stadium is at Abacoa Town Center, 4751 Main St., Jupiter; 630-1828 or rogerdeanstadium.com.

At Science Center

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

■ **Science Nights** — 6-9 p.m. the last Friday of the month. Sept. 27

■ **Science of Beer & Wine** — 6-9 p.m. Oct. 10. The evening will include food, music, giveaways, trivia and special demonstrations, including a liquid nitrogen beer ice cream demonstration. Established local brewers including Brewzzy and PRP Wine will guide guests through the beer and wine making process, while offering samples, of course. Advance tickets: \$15 members; \$20 nonmembers. Day of event: \$15 members; \$30 nonmembers.

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.

■ **Food Truck Pow Wow** — 5-9 p.m. the first Friday of the month, beginning Oct. 4, Constitution Park, 399 Seabrook Road, Tequesta. Includes live music; admission is free. Info: tequesta.org.

■ **Abacoa Green Market** — 9 a.m.-2 p.m. Saturdays at Abacoa Town Center, 1200 Town Center Drive, Jupiter. Info: reggie.chasethesun@gmail.com.

■ **The West Palm Beach Antique & Flea Market** — 9 a.m. to 3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. Resumes Oct. 5. For information, search Facebook or call 670-7473.

WHAT TO DO, WHERE TO GO

■ **Palm Beach Gardens Green-Market** — 8 a.m.-1 p.m. Sundays through September. 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, Sept. 26

■ **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.

■ **Clematis by Night** — Live music 6-9 p.m. Thursdays, Clematis Street at the Waterfront, downtown West Palm Beach, 822-1515 or visit www.clematisbynight.net. Sept. 19: Blue Audio. Sept. 26: The Brass Evolution. Oct. 3: Impulse. Oct. 10: Big Sky. Oct. 17: Jerry Wayne's Private Party Band. Oct. 24: Cover Up. Oct. 31: Clematis by Fright.

■ **Palm Beach Chamber Music Fall Festival** — 7:30 p.m. on Oct. 10 and Nov. 14 at Lynn University's Wold Performing Arts Center in Boca Raton and 7:30 p.m. Oct. 11 and Nov. 15 at St. Andrew's Episcopal Church in downtown Lake Worth. Tickets: \$20 per concert or \$45 for three-concert subscription. Free admission for students (with ID). For Lynn tickets, call 237-9000 or visit www.lynn.edu/tickets. For Lake Worth tickets, call 800-330-6874 or visit www.pbcmf.org

■ **Adult Discussion Group** — Contemporary topics of philosophical, political, socio-economic and moral implications. 6:30-8:30 p.m. the first Thursday of each month (next meeting is Oct. 3) in the conference room of the Palm Beach Gardens Library, 11303 Campus Drive, Palm Beach Gardens; call Irene Garbo at 715-7571.

■ **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.

■ **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.

■ **The Great Books Reading and Discussion Group** meets at 10 a.m. the first and third Thursday of each month. Barnes & Noble coffee shop, 11380 Legacy Ave., Palm Beach Gardens. Free; 624-4358.

Friday, Sept. 27

■ **Downtown Live** — 7 p.m. Fridays, Downtown at the Gardens Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Sept. 27: Maurice Frank & Friends. Free; 340-1600.

■ **Northwood Village Art & Wine Promenade** — 6 p.m. the last Friday of the month, Sept. 27, 400 Northwood Road, West Palm Beach. Free. 822-1550 or northwoodvillage.org.

■ **Tate Stevens** — Performs Live at Jr's Buckwild Country Bar 10 p.m. Sept. 27. Line dancing 7 p.m.-8:30 p.m., \$5 cover after 10 p.m. Marriott Palm Beach Gardens, 4000 RCA Blvd. PBG. 622-8888. jrsbuckwild.com.

Saturday, Sept. 28

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

■ **"HerStories: Voices of Change"** — Empty Closet Women's Theater is presenting its debut show 7 p.m. Sept. 28 at Compass Gay & Lesbian Community Center of the Palm Beaches, 201 N. Dixie Highway, West Palm Beach. Tickets: \$15, general seating; \$20, table seating at the door or \$10 general seating, \$15 table seating by ordering online at www.emptyclosetwomenstheater.com.

■ **National Plug In Day** — FPL's free "Family Fun Day" event will highlight the benefits of "plugging in" vs. "filling up" and feature electric vehicle ride-and-drives, entertainment, food, children's activities, and raffle prizes, 10 a.m.-2 p.m. Sept. 28, Centennial Square, 100 S. Clematis St., downtown West Palm Beach. Free.

■ **Pink the Night** — First Responders Stand Strong Through Breast Cancer to meet and honor 2013 Martin County First Responder survivors and co-survivors. 7-11 p.m. Sept. 28, Martin Downs Golf Club in Palm City, 3801 SW Greenwood Way, Palm City. Visit www.komensouthflorida.org/pinkthenight for more information, including tickets and donations, or call Amanda Allen at 514-3020, Ext. 10.

■ **Downtown Live** — 7-10 p.m. Saturdays, Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Sept. 28: Treebo. Free; 340-1600.

Tuesday, Oct. 1

■ **"Sing Out-Kidz!"** — Singing classes for kids ages 7-13, 4-5 p.m. Tuesdays through Oct. 22, Burns Road Community Center, Palm Beach Gardens. Cost: \$112 residents, \$128 non-residents. Materials included. To register, call 630-1100 or visit www.pbgfl.com.

Wednesday, Oct. 2

■ **Hatchling Tales** — 10:30 a.m.-11 a.m. Wednesday. Loggerhead Marinelife Center, 14200 U.S. Highway 1, Juno Beach; 627-8280 or info@marinelife.org.

Ongoing Events

■ **The Ann Norton Sculpture Gardens** — Oct. 2-Nov. 10: "One Man's View: a Collection of Chinese Art and Antiquities, The Shepps Collection," an exhibition and collector sale benefiting the Ann Norton Sculpture Gardens. A preview catalog of the work is available at www.ansg.org/exhibition. Guided Tours of the exhibition will be held each Wednesday, at 11 a.m. Reservations recommended. Free for members, general admission for non-members of \$7 per adults, includes the gardens; 832-5328 or ansg.org.

■ **Armory Art Center** — Through Oct. 26: "Red Morgan: Witness: Gospel by the Cane Fields." Through Oct. 19: "Mark Cohen: The Good, the Bad, and the Ugly." Through Nov. 9: "Collaboration: African Diaspora." Armory Art Center is at 1700 Parker Ave., West Palm Beach. 832-1776 or armoryart.org.

■ **Artists of Palm Beach County Art on Park Summer Exhibit** — Mondays-Saturdays noon-6 p.m. Through Sept 27. Free. Everyone welcomed. Art on Park Gallery, 800 Park Ave. Lake Park. 345-2842, www.artistsofpalmbeachcounty.org.

■ **Lighthouse ArtCenter** — Through Oct. 22: "Photo Now!" and "Arty Bras." 3rd Thursday, 5:30-7:30 p.m. Museum admission: \$5 ages 12 and above. Under 12 free. Saturdays, free admission. Gallery Square North, 373 Tequesta Drive, Tequesta; 746-3101 or lighthousearts.org.

■ **Norton Museum of Art** — Through Aug. 31, 2014: "Faux Real," by Mickalene Thomas. Through Oct. 13: Masterpiece of the Month, "Portrait of Yinli, Prince Guo, 1717." Through Oct. 20: "Architecture in Detail - Works from the Museum Collection." Through Oct. 20: "Block by Block: Inventing Amazing Architecture." Oct. 10-Dec. 8: "A Masterpiece Rediscovered: Claude-Joseph Vernet's 'The Fishermen.'" Art After Dark: 5-9 p.m. Thursdays. 1451 S. Olive Ave. in West Palm Beach. Open Tuesday, Wednesday, Friday and Saturday, 10 a.m. to 5 p.m.; Thursday, 10 a.m. to 9 p.m.; and Sunday, 11 a.m. to 5 p.m. (Closed on Mondays and major holidays). General admission is \$12 for adults, \$5 for students with a valid ID, and free for Members and children ages 12 and under. Thursdays are half-price for everyone. Special group rates are available. West Palm Beach residents receive free admission every Saturday with proof of residency. Palm Beach County residents receive free admission the first Saturday of each month with proof of residency; 832-5196 or norton.org.

■ **Palm Beach Photographic Centre** — Through Nov. 16: Kadir Lopez, two exhibitions; "The Conflux of Eternities" and "An American Presence in Cuba." The Photographic Centre is in the City Center, 415 Clematis St., downtown West Palm Beach. Hours are 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday; call 253-2600 or visit www.workshop.org or www.fotofusion.org.

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

■ **Palm Beach Zoo** — Zoo Safari Nights are 5:30-9 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). Zoo is at 1301 Summit Blvd., West Palm Beach; 547-9453. "Wings Over Water" Bird Show: 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends. "Wild Things Show," 1 p.m. weekdays; noon weekends. Hours: 9 a.m.-5 p.m. everyday. 1301 Summit Blvd., West Palm Beach. Tickets: Adults \$18.95; seniors, \$16.95; children 3-12, \$12.95; free toddlers. 533-0887 or www.palmbeachzoo.org. ■

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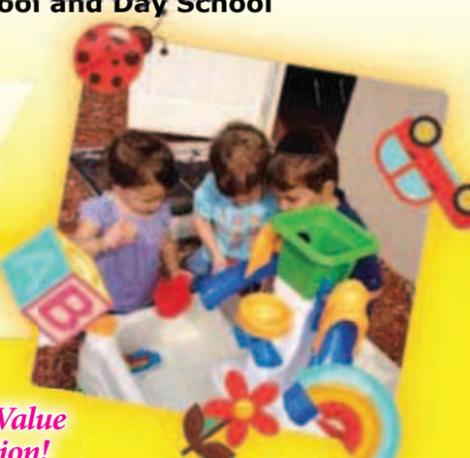
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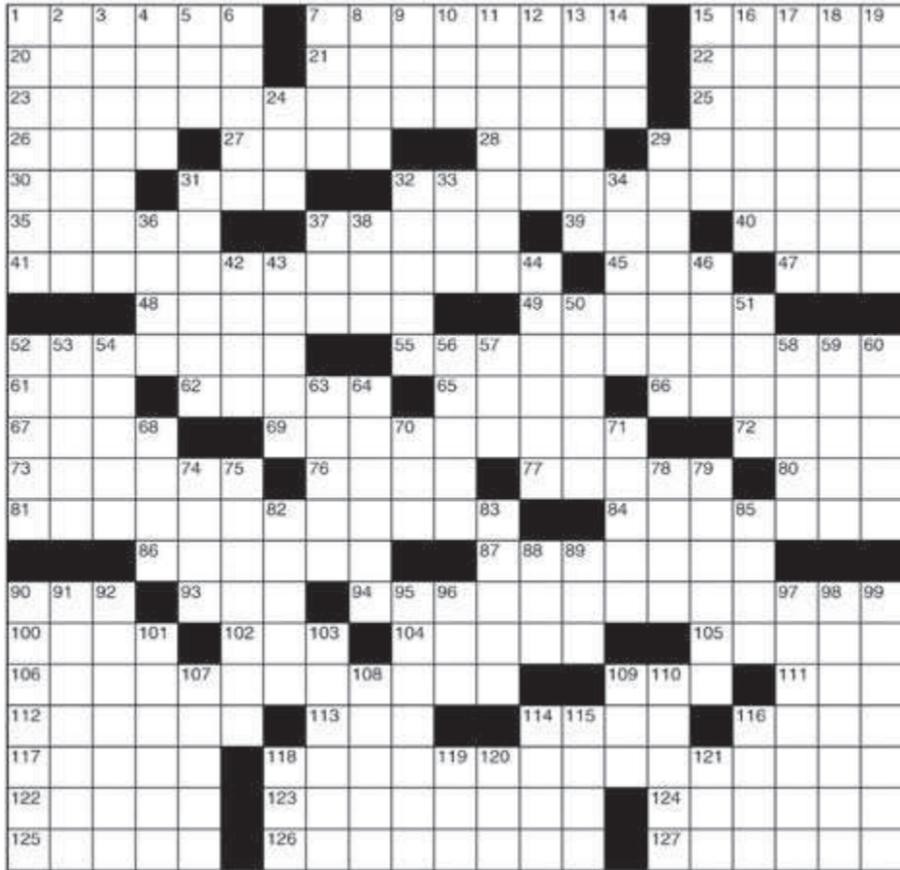


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PUZZLES

NETTLE DETECTOR



- ACROSS**
- 1 Evil spirits
 - 7 Avoidance of reality
 - 15 Words before "war" or "God"
 - 20 Leaning type
 - 21 Personal magnetism
 - 22 Benton of "Hee Haw"
 - 23 Solitary ivory-painted finger part?
 - 25 Spring (from)
 - 26 Twice pent-
 - 27 12:00 in the daytime
 - 28 Place for a headpiece
 - 29 Words after many book titles
 - 30 Singer DiFranco
 - 31 Poisonous evergreen
 - 32 What a woodpecker is?
 - 35 Bellybutton type
 - 37 China's Zhou
 - 39 Pigs' place
 - 40 Be thrifty
 - 41 Armstrong and Diamond riding bikes?
 - 45 Ending for form
 - 47 Took charge
 - 48 Haifa native
 - 49 Abrupt increase
 - 52 Putting chips in up front
 - 55 Cathedral next to the University of Oklahoma?
 - 61 Brit's lav
 - 62 Novelist Charles
 - 65 Weapon fill
 - 66 State in southwest India
 - 67 Gaunt
 - 69 Albacore got ready to pray?
 - 72 CVI halved
 - 73 Bassett of "Malcolm X"
 - 76 Official plural of a popular Toyota hybrid model
 - 77 Flute and Henning
 - 80 Sketch show since '75
 - 81 Library patron creating less clutter?
 - 84 Warms up, as leftovers
 - 86 Relative of Ltd.
 - 87 Not shown on TV, e.g.
 - 90 Sore
 - 93 Tow-offering org.
 - 94 Seamster imitated a horse?
 - 100 Bullfight bravos
 - 102 Joanne of "Wagon Master"
 - 104 Court staff member
 - 105 British singer Lewis
 - 106 Skills needed for a business workplace?
 - 109 Actress Longoria
 - 111 Sneaking
 - 112 Old town shouters
 - 113 — -mo
 - 114 Kismet
 - 116 Swedish auto
 - 117 Salon tint
 - 118 Occurrence of events not quite eerily at the same time?
 - 122 Blissful sites
 - 123 Neckerchief
 - 124 Given for a time
 - 125 Colas, e.g.
 - 126 Obliquely
 - 127 Pncey violins
 - DOWN**
 - 1 Scorn
 - 2 Aigner of fashion
 - 3 Composer Henry
 - 4 "Three Sisters" sister
 - 5 Not a one
 - 6 View
 - 7 Cavern comeback
 - 8 Tibia's place
 - 9 Meowing pet
 - 10 Form of "be"
 - 11 Disinfectant ingredient
 - 12 Singer Hayes
 - 13 Silly smiles
 - 14 Bad, to Yves
 - 15 Go out with —
 - 16 Locust trees
 - 17 Petty
 - 18 Set eyes on
 - 19 Deal with, as a difficult question
 - 24 "Incredible!"
 - 29 "Has fortune smiled on you yet?"
 - 31 Private aye?
 - 32 Calvin —
 - 33 Not, to Scots
 - 34 "Who can — to?"
 - 36 Tennis' Nastase
 - 37 Ovine female
 - 38 Oilers' gp.
 - 42 Writer Sarah — Jewett
 - 43 Pester a lot
 - 44 Tallied a total
 - 46 Tennis' Arthur
 - 50 Painter Veronese
 - 51 Catapult
 - 52 Composer Berg
 - 53 Nary a person
 - 54 Fiji neighbor
 - 56 Jack of old films
 - 57 Only U.S. pres. to resign
 - 58 Mrs. Mikhail Gorbachev
 - 59 Singer Black
 - 60 Welcomes
 - 63 Super- —
 - 64 Fascinated
 - 68 Legendary snow beast
 - 70 Assist
 - 71 Shroud site in Italy
 - 74 "Havana" actress Olin
 - 75 Skee-Ball locales
 - 78 "The Hoax" star Richard
 - 79 Aussie lass
 - 82 Ayn Rand hero
 - 83 Precepts
 - 85 Leg up
 - 88 Fish-fowl link
 - 89 Bible boat
 - 90 Freeloads
 - 91 Tenor Kraus
 - 92 Stated the meaning of
 - 95 Honda models
 - 96 Type
 - 97 Cry of praise
 - 98 Intertwisted
 - 99 Couches for sleeping
 - 101 Earth tone
 - 103 Dethrone
 - 107 Grossly dull
 - 108 TV's Stewart
 - 109 End-of-list abbr.
 - 110 Face hiders
 - 114 Literary Huck
 - 115 Biol. branch
 - 116 Burn painfully
 - 118 Pistons' org.
 - 119 Ripken of baseball
 - 120 "Step — crack ..."
 - 121 Umlaut part

SEE ANSWERS, A41 ▶

HOROSCOPES

■ **LIBRA (September 23 to October 22)** A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns with an associate you can trust.

■ **SCORPIO (October 23 to November 21)** Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.

■ **SAGITTARIUS (November 22 to December 21)** Your continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.

■ **CAPRICORN (December 22 to January 19)** You might think it would be best to reject a suggestion others insist would be unworkable. But you might be surprised by what you find if you give it a chance.

■ **AQUARIUS (January 20 to February 18)** Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.

■ **PISCES (February 19 to March 20)** There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

■ **ARIES (March 21 to April 19)** Your Aries charm helps persuade others to listen to your proposal. But it's still a

long way from acceptance, unless you can stand up to the tough questions that are set to follow.

■ **TAURUS (April 20 to May 20)** Plan to share a weekend getaway from all the pressures of your hectic workday world with a very special someone. You could be pleasantly surprised at what develops.

■ **GEMINI (May 21 to June 20)** Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.

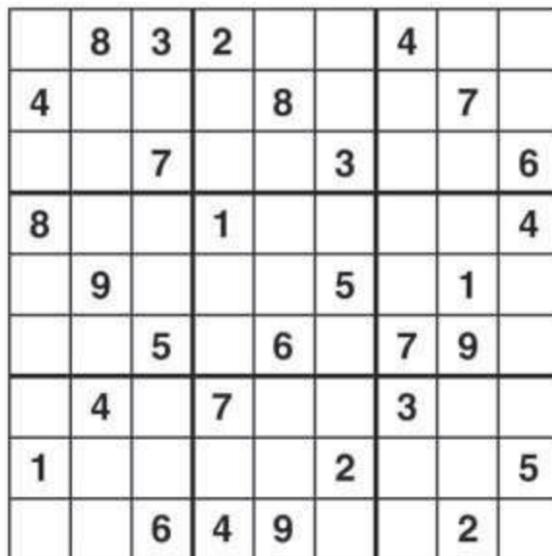
■ **CANCER (June 21 to July 22)** If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.

■ **LEO (July 23 to August 22)** Expect recognition for your efforts in getting a project into operation. Besides the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.

■ **VIRGO (August 23 to September 22)** Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.

■ **BORN THIS WEEK:** Your honesty not only helps you make decisions for yourself, but also helps others find the right choices for themselves. ■

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

SEE ANSWERS, A41 ▶



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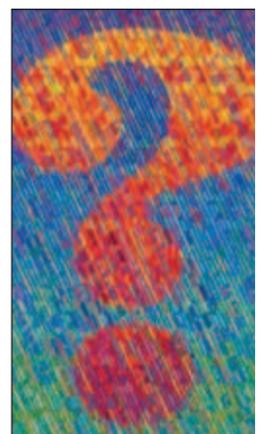
LighthouseArts.org

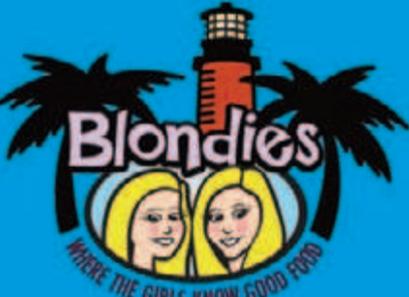


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October 24, 5:30 - 9 p.m.
Midtown Children's Festival
November 24, 11 a.m. - 3 p.m.
or other times by appointment.





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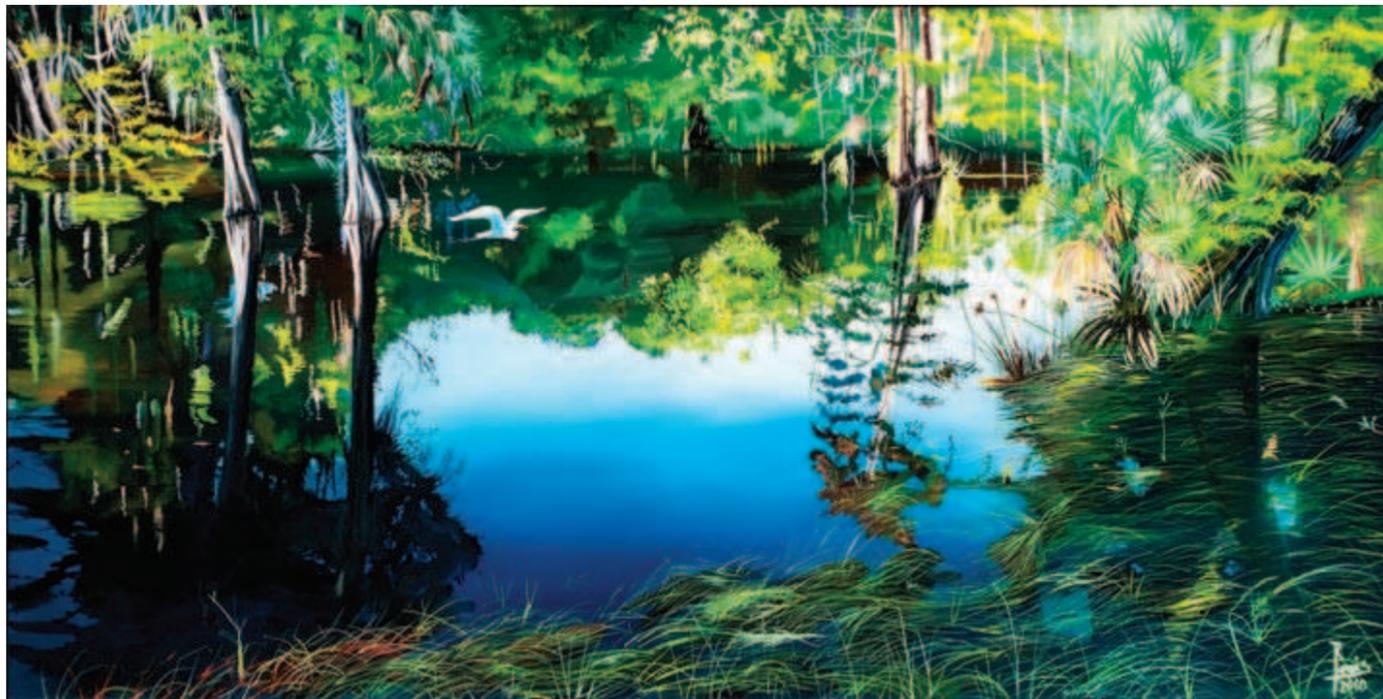
The Conran sisters, AKA the Blondies of Tequesta, not only have fun in the sun, but also have fun in the kitchen.
- Loren Gutentag, Florida Weekly

There is a distinctly cheery, vivacious vibe that greets any Blondies visitor.
- Shawna Gallagher Vega, Jupiter Courier

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- Libby Volgyes, The Palm Beach Post

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COURTESY IMAGES

Rick Lewis specializes in painting Florida landscapes, such as "Twin Cypress Reflection," a 24-inch by 48-inch oil on canvas.

ArtCenter Guild hosts Midtown Bash

Artist Guild show to highlight a range of media

in the know

- >>What: Lighthouse ArtCenter's Artist Guild Midtown Bash
- >>When: 5:30-7:30 p.m. Sept. 27; 5:30-9 p.m. Oct. 24 and 11 a.m.-3 p.m. Nov. 24. Also open by appointment.
- >>Where: Lighthouse ArtCenter Midtown Gallery, 4877 PGA Boulevard, Palm Beach Gardens
- >>Cost: Free
- >>Info: 746-3101 or lighthousearts.org



Florida artist Deborah Neuhaus will show her painting "Sunny Beach."

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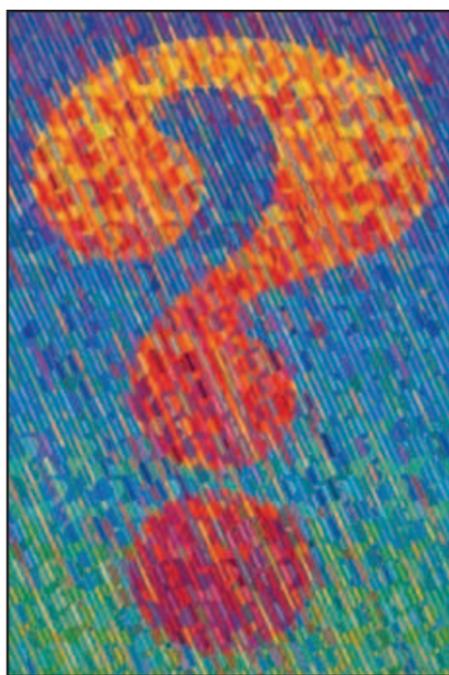
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ABOVE: "Winter Visitors," by Diane Hutchinson
LEFT: "Questions," by John Cooksey

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Rock the Light at the Lighthouse

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Rock the Light Concert returns Nov. 23 to the Jupiter Inlet Lighthouse Deck. The entertainment line-up emceed by Sunny 107.9 FM features classic rock band The Lost Bobs followed up by the Titans of Rock, America's favorite tribute band, Bon Jovi Tribute-Livin on a Prayer and Journey Tribute, Never Stop Believin'.



The evening includes gourmet food trucks, beer and wine, and auctions and raffles to benefit the Jupiter Inlet Lighthouse and Museum. The event is 6:30 p.m.-10:30 pm. Tickets are \$50 per person and are limited.

Information about sponsorships is available by calling 747-8380. Tickets are on sale now in the lighthouse gift shop or by phone 561-747-8380 x101. ■

PUZZLE ANSWERS



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



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ANNA

From page A33

Unfortunately, Mr. Marshall had not updated his will, and his widow spent at least a decade fighting in the courts for her portion of his estate.

Struggling with the pain caused by her oversized breast implants, she grew addicted to pills and alcohol. She played bit parts in movies and television, finally starring in her own reality TV show on E!

Anna Nicole wanted to be the next Marilyn Monroe, but instead became tabloid fodder, the punch line of jokes. Her life was such a disaster that a biography about her was titled "Train Wreck."

She gave birth to a daughter just days before her son died of an overdose. Soon afterward, Anna Nicole died of an overdose of prescription drugs in Hollywood, Fla. She was 39 years old.

"She did have a tragic life," says soprano Sarah Joy Miller, who portrays Anna Nicole in the American debut.

"I don't believe (the opera) is laughing at her at all," she adds. "It's very much in the spirit of who she was. When you looked at her life, she loved being in the public eye, no matter what her circumstance.

"(Throughout her life as) a sex kitten, a beauty and then the reality television show, she presents herself as being ridiculous. It's her version of Lucille Ball. I think she laughs at herself. I think she would really enjoy that there's an opera out there about her."

Violetta and Anna Nicole

Earlier this year, Ms. Miller starred as Violetta in "La Traviata" at the Palm Beach Opera in West Palm Beach. (Her husband, David Miller, a member of Il Divo, also performed in the opera as Alfredo, Violetta's love interest.) In 2012, for the PBO's 50th anniversary gala, Ms. Miller sang an aria and the drinking song from "La Traviata" and was invited to return this past January to perform in a fully staged production.

She describes the experience of performing her first Violetta as "so wonderful, a dream of an experience, with Renata Scotto directing ... I love that company so well."

Daniel Biaggio, general director of the PBO, describes her performance as Violetta as "sparkling."

Ms. Miller, he adds, is "one of those people who have such a radiant personality on stage. She draws the focus of the audience to her beautiful, open face that is so expressive ... She has this incredible ability to access the top register of her voice, and throw off the coloratura passages with ease."

And though Violetta and Anna Nicole might seem to be disparate roles, Mr. Biaggio sees similarities.

"A lot of the motivating factors are the same" between the 19th century heroine and the 21st century one, he says. "There are some fateful decisions that are made at a (pivotal) moment. There's a great underlying humanity for both of them, who mean to do the right thing and mean to do well."

Mr. Biaggio will fly to New York for the Sept. 28 closing performance of "Anna Nicole."

Bawdy but charming

Like the celebrity herself, "Anna Nicole" the opera is audacious, bawdy, over the top and more than a little trashy. It's also cheeky and irreverent, thanks to the witty librettist Richard Thomas, who co-wrote "Jerry Springer: The Opera."

The star makes her entrance kneeling on an oversized gold armchair, surrounded by TV reporters. "I want to blow you all/I want to blow you all ... /A kiss," she sings coquettishly.

"That really sums her up, and her sense of humor," Ms. Miller says. "(She had) a dirty sense of humor, but a lightness about her. There is something charming about it."

Mark-Anthony Turnage, who was com-

missioned by the Royal Opera in London to write "Anna Nicole," composed the music to include elements of jazz and show tunes, as well as some burlesque/stripper music, heavy on the horns.

As the chorus sings in the beginning: "It's a unique story/So you won't be bored/This actually happened/Though some of the details are sketchy/And vary according to whose account you read." They also introduce the opera as "one big nihilistic tale/an absurdist story of woe."

The opera doesn't mock Anna Nicole as much as it portrays her humanity and her difficulties in life as she fights to escape poverty and then struggles to become famous. It's an indictment of our celebrity-obsessed culture and media's desire to record everything, especially the more sordid moments.

It's probably the only opera to contain country line dancing, strippers pole dancing, a woman using a toilet, a breast implant scene and "The Larry King Show."

There's an aria celebrating breasts, listing increasingly ridiculous slang terms, and another about Jimmy Choos and the sound they make on a red carpet. ("This is the sound of fame," Anna Nicole sings.)

But there's also more than one death scene, and body bags.

Toward the end, the star sings, "Made some bad choices/made some worse choices/Then ran out of choices."

The breasts

When Anna Nicole tries to make money as a lap dancer, potential customers ignore her. The other dancers tell her she needs to get breast implants. They send her to Dr. Yes, who persuades her by saying, "Get real, get surgery/Or go back to poverty."

She finally acquiesces, but requests, "Let's start small."

He replies, "If you start small, why bother at all?"

After hemming and hawing, she finally gives in, singing, "Oh, whatever. Supersize me."

And he does.

The bowling ball-sized breasts cause severe back pain and start Anna Nicole's fatal addiction to pills.

Ms. Miller wears a pair of prosthetic breasts for the role.

"It's really interesting to wear them," she says. "They're quite comfortable. They're not heavy."

And although they don't affect her singing, she says, they do affect her balance.

"It's hard to find my grounding," she says, noting that posture and spinal alignment are key for opera singers.

In addition to 6-inch heels and breast prosthetics, Ms. Miller, who's a slim 5 feet, 9 inches tall, wears a body suit in Act II to reflect Anna Nicole's weight gain.

"That's harder on my physical body than my voice," she says. "It's incredibly physically exhausting."

The other night, she twisted her arm, but didn't realize until afterward that she'd done so.

"What opera requires is a certain relaxed strength," she says. "You want to have strength in your body but also be relaxed."

The opera also demands emotional stamina.

"Once we get close to the show, I feel dread when we get into Act II," she

confesses. "It's heavy and difficult, and I have to put myself through that emotional journey every time we do it.

"But all in all, it's a fantastic artistic experience. There are so many extremes of her life I experience so quickly. It's been a learning experience. Exhausting, but enjoyable as well."

More firsts

Because Anna Nicole was a native Texan, Ms. Miller had to learn how to sing with a Texas twang. But that wasn't the most difficult thing, she says.

"Anna Nicole" was the first time she's ever sung an opera in English; she's more used to singing in French or Italian.

In English, she says, "We're more consonant-heavy in the way we express ourselves. It was a completely different world for me."

She also celebrated another first; opening night of "Anna Nicole" was the same day her first solo album, "A Glorious Dream," a collection of opera arias, was released.

She'll perform at (le) Poisson Rouge in New York Oct. 30, and also at St. Bart's Music Festival in January again.

"And I'd love to come back to Florida," she says. "I love Florida."

Challenges and rewards

"I feel that people either totally get this opera, or they don't," Ms. Miller says.

(Purists and traditionalists tend to fall into the latter camp.)

"What we are striving to do with this production is humanize Anna Nicole Smith, not make her something she wasn't," she says. "She wasn't perfect. This is a person who went through all these struggles, the Anna Nicole we saw on the news (and in) the sensational headlines. I'm sure there was a lot behind the scenes that we didn't see."

Many great performers have portrayed Violetta in "La Traviata," she says.

"We don't have film of Violetta. It was a story. And so someone can get on stage and be a very thin, brunette Violetta, or a blonde, voluptuous Violetta. We don't question that.

"The interesting thing about portraying a character in an opera who was an actual person is to

not make it some sort of imitation. You're trying to find the essence and heart of the character, also knowing that people are going to expect that they're watching Anna Nicole. It's a different type of challenge than any other kind of opera."

She watched everything Anna Nicole did and also watched a lot of Marilyn Monroe, because Anna Nicole idolized her and wanted to be like her.

But one incident this summer gave Ms. Miller a revelation about the woman.

Dressed as Anna Nicole, she rode on a float in the New York Gay Pride Parade.

"It was an interesting moment for me," she says. "One of the things she represented for people was this feeling of love and acceptance, no matter who or what you are."

When people saw Ms. Miller as Anna Nicole, she says, they would "light up and wave and blow kisses. There was just this love, adoration. I think she represented that acceptance. She was longing and wanting that, and so she gave that in a lot of ways.

"It was a beautiful realization that helped and guided me in finding her." ■

See 'Anna Nicole' on DVD

"Anna Nicole" had its world premiere at the Royal Opera House in London in September 2011. The American premiere by the New York City Opera at the Brooklyn Academy of Music in New York closes Sept. 28, but the London premiere was taped, so opera aficionados — and Anna Nicole Smith fans — still can see that production.

Starring Eva-Maria Westbroek as the title character, "Anna Nicole" is available on DVD and Blu-Ray, in English and with English subtitles. Contains explicit language and adult situations.

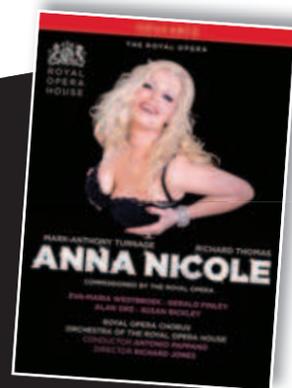
Can this opera be saved?

When it was founded in 1943, the New York City Opera was called "the people's opera" because of its mission to make opera available and affordable to everyone. It is a rare opera company that continually champions American composers and new works.

"Anna Nicole" is the company's first opera of the 2013-14 season. It might also be the last.

The opera company, which left Lincoln Center in 2011 because of financial difficulties, has announced an urgent \$20 million fundraising campaign on its website and needs to raise \$7 million by the end of September. It has started a \$1 million campaign on Kickstarter, the online fundraising site.

For more information, call (212) 870-5626 or visit www.nycopera.com.



Sarah Joy Miller portrays Anna Nicole Smith.

FLORIDA WEEKLY CUISINE

Thrill of the grill requires care in picking right wine

One of the challenges of grilling is figuring out what wine will work well with the finished product.

Whether you are having a big, brawny steak, or more delicate chicken, seafood or veggies, the wine needs to complement the smoky char flavors imparted to the food by grilling.

I find it easier to pair wines with the foods grilled, rather than picking a wine then trying to decide which dish would go best with it. It is harder to adjust the flavors of grilled items so it's best to start with those and find a wine that will complement them.

When grilling red meat, you need a wine that will stand up to the big flavors without overwhelming them. Cabernet is a classic choice, as the tannic structure works with the smokiness of the meat as well as the proteins and fat. I recently tasted La Vite Lucente 2009, a super Tuscan produced by Tenuta Luce Della Vite in Italy. This blend of merlot, cabernet sauvignon and sangiovese is smooth and balanced with big fruit flavors. A smooth aged chianti riserva, made from sangiovese, would also work.

When you smoke food you introduce more flavors in the rub or sauce, as well as a great amount of smoke. You need a bigger red wine here with some spice and oak to allow the flavors of the meat and the wine to balance. A good choice here is shiraz or zinfandel. William Hardy Shiraz has enough depth of flavor to go well with smoked meats and even heavier barbecue sauces.

Barbecue sauce flavors pose the



jimMcCRACKEN

vino@floridaweekly.com

most challenges. Tomato and vinegar flavors are hard to pair with wine, and heavy sauces are even more challenging. With lighter sauces, stick to zinfandel and shiraz. With heavier sauces, skip the wine and stock up on a well-chilled, hearty beer.

If you are grilling seafood, chicken or vegetables, choosing a dry rosé lets you drink a chilled wine, but has some of the berry flavors and structure similar to a red wine, which goes well with the smoky flavors. One of my favorites is made by Tablas Creek Vineyard, a cooperative project of wine importer Robert Haas and Chateau de Beaucastel, the famous Rhone wine producer.

White wines are more traditional matches for seafood and chicken. A California sauvignon blanc is well suited here because it will not have the grapefruit notes that other New World wines (think New Zealand here especially) tend to have. Waterstone Sauvignon Blanc from Napa Valley is crisp enough to balance with the stronger grill flavors.

For those who are confirmed red drinkers, look toward a lighter-bodied pinot noir from Oregon. The Ponzi Pinot Noir is light enough to enjoy chilled but has enough tannins and structure to complement many seafoods or grilled vegetable dishes. ■



COURTESY PHOTO

Shop for plants and flowers, as well as food, at area GreenMarkets.

Area GreenMarkets set to reopen in October

SPECIAL TO FLORIDA WEEKLY

The West Palm Beach and the Gardens GreenMarkets are set to reopen the first weekend of October.

Look for the West Palm Beach GreenMarket to open at 9 a.m. Oct. 5, at Waterfront Park, Clematis Street and Flagler Drive. It will continue Saturdays through May 31. Hours are 9 a.m.-1 p.m. Info: wpb.org/greenmarket.

The Gardens GreenMarket will return to the Palm Beach Gardens City Hall Municipal Complex at 8 a.m. Oct. 6. Organizers say there will be more than 120 vendors at the market, which will continue 8 a.m.-1 p.m. each Sunday. First up: a salsa contest, set for 11 a.m.-noon Oct. 6. For info, visit pbgrfl.com/greenmarket or call 630-1100.

Park Avenue update: Dean Lavalley, owner and founder of the eight-restaurant Park Avenue BBQ & Grille, confirmed that neighboring World Thrift is the buyer of his oldest location, on North Dixie Highway in Lake Worth.

The restaurant closed Sept. 3 after being open 22 years. The thrift store, which has had issues with parking, is expected to demolish the building for a parking lot. The remaining eight restaurants in the chain, which stretches from Boca Raton to Port St. Lucie, still are open.

Local gardens: Around the corner from the former Park Avenue BBQ, Urban Growers Community Farm and Gray Mockingbird Community Garden

will host Local Foods — Local Gardens from 11 a.m. to 4 p.m. Sept. 28 at the Scottish Rite Center, 2000 N. D St., Lake Worth.

There also will be a local foods barbecue sponsored and served by the Scottish Rite Center.

There will be lessons in gardening and cooking, as well as a vegan food truck.

Info: 246-0148 or graymockingbird.com.

Wine pairings at In the Kitchen:

Erik McLauthlin, vice president of Seven Hills Winery, will offer a tasting of five of his wines on Sept. 30 at In the Kitchen.

Chef Lenore Pinello has created five courses to pair with five Seven Hills Winery wines and will instruct guests in preparing each of the menu items while they enjoy both her food and the wines offered and explained by Mr. McLauthlin.

Selections include Spicy Asian Tuna Tartar, Salad of Little Gems with creamy goat cheese, Fennel and Sausage Stuffed Mushroom, Braised Short Rib of Beef and Rich Chocolate Souffle. Cost is \$90 per person; reservations required. It's 7 p.m. to 9:30 p.m.

In the Kitchen is at Gallery Square North, 389 Tequesta Drive, Tequesta; 747-1117.

Reopened: Romeo n Juliette's Caffe has reopened after a summer break. Expect to see a remodeled space. It's open 5 p.m.-10 p.m. Monday-Saturday at 1544 Cypress Drive, Jupiter; 768-3967 or rnjcaffe.com. ■

Wine Picks of the Week

>>**La Vite Lucente 2009 (\$30):** Big mouth-filling flavors of dark cherry and plum, with a touch of chocolate. Good structure with enough balanced acid to stand up to grilled meats.

>>**Marchese di Frescobaldi Nipozano Riserva Chianti Rufina 2009 (\$20):** Well-suited for grilled meats with aromas and flavors of black cherry, berries and violets. Full bodied with complex layers of fruit, acid and a slight mineral finish.

>>**Tablas Creek Rosé Patelin de Tablas Paso Robles 2012 (\$20):** This Rhone-style rosé is made with grenache, mourvedre and cunoise grapes. Clean refreshing aromas of cherry and berries add to the stone-fruit flavors on the palate, ending with a structured balanced finish with a light spice.

>>**Two Hands Bella's Garden 2010 (\$75):** From the aroma to the palate and on to the finish, complex flavors of black cherry and plum mix with pepper and spice. The complex finish goes on for a long time, balanced and supple but well structured with acid for those big flavors.

>>**Waterstone Sauvignon Blanc Napa Valley 2012 (\$18):** Mostly sauvignon blanc with 18 percent semillon, a classic Bordeaux blend, flowery citrus aromas lead to lemon and tangerine on the palate, with crisp acidity and a touch of oak (90 days in used French oak barrels) gives a lingering finish.

THE DISH

Highlights from local menus

The Dish: Golden Fried Shrimp

The Place: Juno Beach Fish House, 13980 U.S. 1, Juno Beach; 626-2636 or junobeachfishhouse.com

The Price: \$11.95

The Details: Call us old-fashioned, but sometimes there's nothing finer than a crispy plate of fried shrimp.

These nice-size shrimp were rolled in panko then fried to tender perfection.

The slaw that accompanied was crisp and creamy, and the fresh fruit, while not particularly inspired, also was fresh and tasty.

Also a nice lunch: the Blackened Mahi Sandwich, with firm, fresh dolphin and tangy remoulade. ■

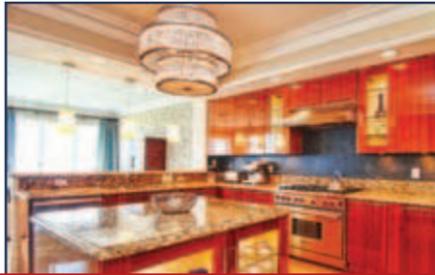
— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

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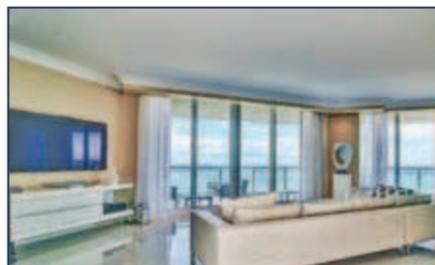
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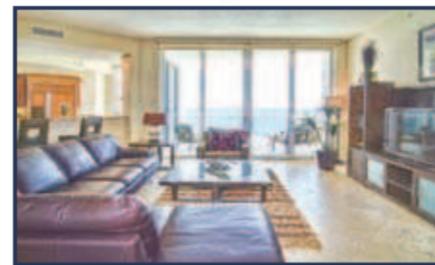
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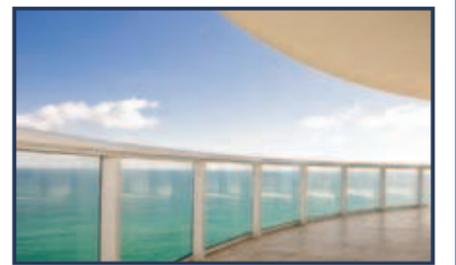
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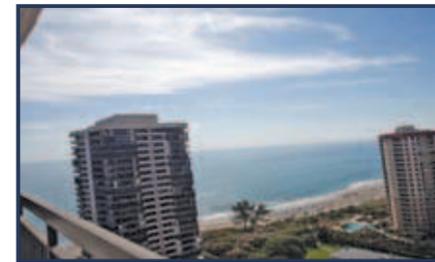
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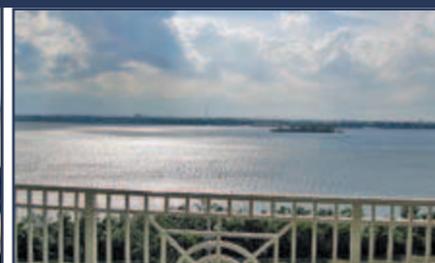


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