

PALM BEACH GARDENS & JUPITER

FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF OCTOBER 3-9, 2013

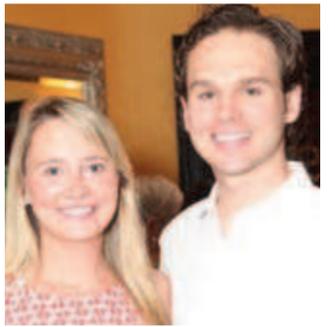
www.FloridaWeekly.com

Vol. III, No. 52 • FREE

INSIDE



Smiling, scary faces
Iconic faces are featured in the art of Mark Cohen. **A27** ▶



Society/Networking
See who was out and about in Palm Beach. **A17-18, 20-21, 38**



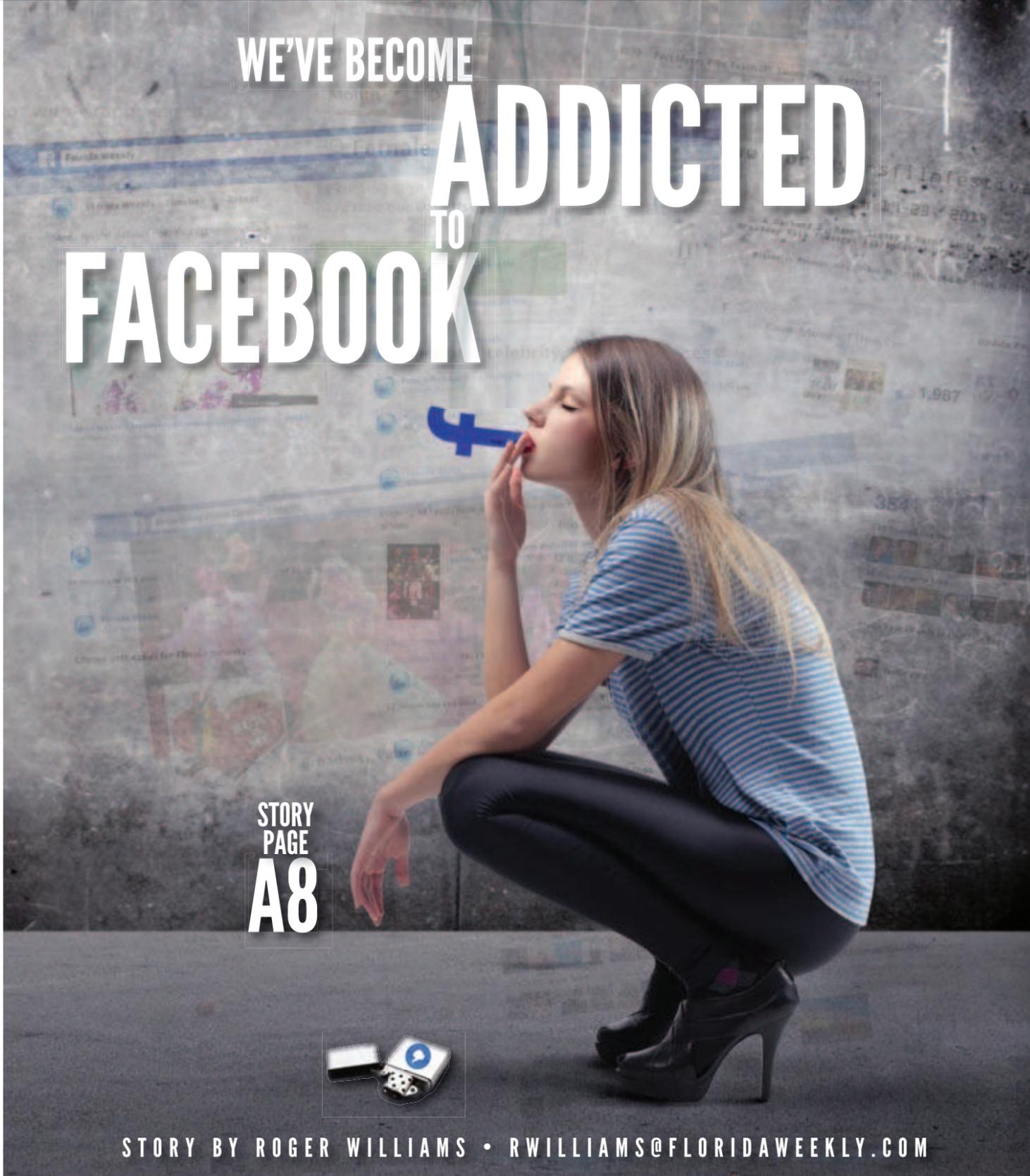
Business
Survey: Affluent Floridians better off than before recession. **A23** ▶



Cuisine
The Palm Beach Food & Wine Festival lineup announced. **A39** ▶

Download our FREE App today

Available on the iTunes App Store. ▶



STORY PAGE
A8

STORY BY ROGER WILLIAMS • RWILLIAMS@FLORIDAWEEKLY.COM

PHOTO ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY

Marinelife Center set to honor environmental activists

SPECIAL TO FLORIDA WEEKLY

The Loggerhead Marinelife Center wants to award those who care for the planet.

The sea turtle research and rehabilitation center hosted a kick-off Sept. 26 at PGA National Resort & Spa for its fifth annual Go Blue Awards Luncheon, during which it announced the 2013 award finalists.

A panel of judges selected finalists in four categories from dozens of nominations. Winners in each category will be

revealed at the Fifth Annual Go Blue Awards Luncheon on Nov. 8 at PGA National Resort & Spa, featuring Mission Blue Executive Director and world-renowned cartoonist Jim Toomey as keynote speaker. WPTV News Channel 5 meteorologist Glenn Glazer will emcee the event.

The Eleanor Fletcher Award, named for the founder of Loggerhead Marinelife Center, recognizes an individual who has exemplified a lifelong, extraordinary commitment to ocean conservation education

through their work or volunteer activities. Finalists for the award include Dr. Guy Harvey, founder, Guy Harvey Ocean Foundation; Steve McCulloch, founder and program manager of Marine Mammal Research & Conservation Program, Harbor Branch Oceanographic Institute; and Ken Nedimyer, founder and president of the Coral Restoration Foundation.

The Blue Ambassador of the Year Award recognizes a person who has made significant contributions in ocean conservation

SEE GO BLUE, **A10** ▶

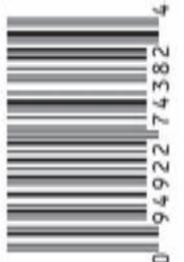
PRSR1 STD
U.S. POSTAGE
PAID
FORT MYERS, FL
PERMIT NO. 715

OPINION A4
PETS A6
HEALTHY LIVING A16
SOCIETY A18,20-21,38

ANTIQUES A22
BUSINESS A23
REAL ESTATE A24
ARTS A27

SANDY DAYS A28
EVENTS A30-31
PUZZLES A34
DINING A39

Palm Beach Gardens Medical Center **ER** SETTING THE GOLD STANDARD IN EMERGENCY CARE IN THE HEART OF OUR COMMUNITY 561.625.5070 Call for a physician referral



COMMENTARY

Peeking at the behind behind the National Security Agency



Last week, I wrote about breasts. I didn't choose that assignment. It chose me.

So you can probably understand why I waited for days — right up to my writing deadline on Monday afternoon — for some editor at Florida Weekly to offer me the next assignment either by phone or electronic mail so the NSA would know it wasn't my fault.

"Hey Rog, can you do something for us this week?"

"Sure," I'd say, smiling in knowing anticipation.

"Good. I want you to write about asses."

I'd pause for a moment in mock surprise. "Well.... OK. If I have to," I'd reply.

But to my very real surprise, those marching orders never arrived.

As I pointed out previously to readers, I love breasts — especially healthy breasts. The same is true of asses, but in a more circumspect way. Some asses I admire, and some I don't.

Which makes me want to write about them all that much more.

Without orders from the office, however, I was left to do on Monday afternoon what I learned long ago (about 60 seconds after I climbed off a government bus to be introduced to my very first Marine

Corps drill instructor), not to do on any occasion, ever: I was left to volunteer.

No, they didn't ask me to write about asses. So I'm doing it on my own this week, simply because I can. Somebody has to, after all. Who could resist a chance to write about asses, anyway — especially prominent, even magnificent asses?

I use that adjective in the Latin sense, of course: magna means great. "Magnificent," therefore, suggests great big noticeable asses, protrusions so fulsome they become unmistakable. I'm talking about asses so big they're self-evident to any one, across any language and culture.

Whether you come from New Hampshire or New Guinea, from the New World or the Old, when you see the kind of ass I'm talking about, you'll know it for what it is.

You'll say, "There goes a real ass!"

Or, depending on your origin, you might say:

Ahi va un verdadero buey! (Spanish).

Or, Voila un veritable cul! (French).

Or, 或者, 。(Chinese).

Or, Det går en real ass! (Norwegian).

Or even, There goes a damn Yankee! (Southern).

It'll all amount to the same thing, of course: a universally recognizable, certified USDA choice Grade A Ass.

Now, there are many adjectives used in traditional discourse to describe such a magnificent creation: Fat, for example, as in Fat Ass.

You can also say, hard ass, tight ass, pain-in-the ass, dumb ass, horse's ass, and so on.

But I prefer to be more specific — more graphic, more precise. I am, after all, a Florida Weekly professional.

Therefore, I'll just use a single specific name to describe a single specific Ass of the Week.

In future weeks I may select other names for this award, but this week the winner is — are you ready for this?

Gen. Keith Alexander, director of the NSA. I think NSA is an acronym for National Security Asses, but it might be National Security Agency. You can look it up, to be sure.

Gen. Alexander, ranked at four stars, has spent a significant amount of time in recent months and years assiduously (ass-iduously, which means showing a lot of perseverance) ignoring the Fourth Amendment to the U.S. Constitution.

The Fourth requires authorities like the NSA or the sheriff's departments of Collier or Charlotte or Lee or Palm Beach counties, for example, to prove to a judge BEFORE they do it that your privacy as an American citizen should be violated by a search because the evidence is strong that you may have broken the law.

I'm in favor of that, and as far as I know, the sheriffs in question, who appreciate the U.S. Constitution, are also in favor of it.

Unfortunately, records released by Edward Snowden show that Gen. Alexander (GA) doesn't give a fig for the Fourth.

The general, who has previously claimed that his spy agency searches the records of Americans only based on links to foreign terrorists or people who might

be terrorists, has in fact been collecting data on all of us and searching whatever he damn well feels like searching, whenever he chooses.

Not just email and cell-phone records, but social media records fall under his Hooverian eye — Facebook activity.

Which means that you are now probably linked to a long chain of potential terrorists who "like" such widely distributed Facebook offerings as this quote (but it could be one of thousands), attributed to that pinko terrorist, John Lennon:

"When I was 5, my mother told me the most important thing was to be happy. When I went to school, they asked me what I wanted to be when I grew up. 'I want to be happy,' I said. 'You don't understand the assignment,' they told me. 'You don't understand life,' I told them."

So, you might wonder: By whose definition these days would you or John Lennon or anybody else be a terrorist, or a sympathizer?

Not by a judge's.

No, you're judged worthy of tracking by a guy whose first name is General. A guy who doesn't have to answer to any civilians, apparently not even to another guy whose first name is President.

As a self-proclaimed "patriot," Gen. Alexander is therefore not just a Gen. Ass, but an All-American Ass (AAA), referred to by some as a Triple A Ass.

Congratulations, General, from all of us here on the other side — sure as hell not your side — of the Fourth Amendment. ■

Children's Medical Care Is Soaring to New Heights.

Helping a five year old overcome a battle with cancer.

Reconstructing a child's misshapen leg.

Performing heart surgery on a patient who is only 12 hours old.

Palm Beach Children's Hospital has elevated the quality of children's medical care in South Florida.

Our goal: to provide advanced care that is less invasive, requires less recovery time and alleviates the need for families to travel. Palm Beach Children's Hospital helps ensure that children have access to the care they need - close to home.

More than 170 doctors representing 30 specialties.

 **Palm Beach Children's Hospital**
at St. Mary's Medical Center

 901 45th Street, West Palm Beach

Learn more at PalmBeachChildrens.com



For your free KITE,
call 561-841-KIDS

Scan with your smartphone's QR code reader

cardiology &
cardiac surgery

limb reconstruction
& lengthening

neurosurgery

emergency
trauma care

oncology

neonatal
intensive care

Call **561.625.5070**

before Oct 31, 2013
& receive your
free cosmetic bag!



Mammography

at Palm Beach Gardens Medical Center

Don't let the *busyness* of life distract you
from what is really important...

your health

Early detection is the key in battling breast cancer. The most important screening test for breast cancer is the mammogram. Win the fight against breast cancer by preventing it. Make the time. Make the call. Schedule your mammogram screening today. Call us at...

561.625.5070.

Age: a major factor

A woman's chance of getting breast cancer increases with age. Your chance by your current age is:

age 20	1 in 1,681
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.

**FIVE-STAR RECIPIENT FOR WOMEN'S HEALTH
FOR 4 YEARS IN A ROW
2009 - 2012**

**RANKED AMONG THE TOP 5% IN THE NATION FOR
WOMEN'S HEALTH FOR 4 YEARS IN A ROW
2009 - 2012**

**RECIPIENT OF THE HEALTHGRADES WOMEN'S HEALTH
EXCELLENCE AWARD FOR 4 YEARS IN A ROW
2009 - 2012**

No prescription required for an annual screening mammogram.
For a diagnostic screening a prescription is required. Insurance accepted. \$99 cost without insurance.

For any Medicare beneficiary if your cost is not covered by Medicare your cost will be limited to \$99.
Medicare recipients can chose to pay at the time of service or request that the claim be submitted to Medicare to see if it will cover the service.

3360 Burns Road, Palm Beach Gardens • pbgmc.com

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

Publisher

Michelle Noga
 mnoga@floridaweekly.com

Editor

Betty Wells
 bwells@floridaweekly.com

Reporters & Columnists

Scott Simmons
 Athena Ponushis
 Tim Norris
 Jan Norris
 Mary Jane Fine
 Loren Gutentag
 Artis Henderson
 Linda Lipshutz
 Roger Williams
 Jim McCracken
 Heather Purucker Bretzlaff
 Nina Cusmano

Presentation Editor

Eric Raddatz
 eraddatz@floridaweekly.com

Graphic Designers

Paul Heinrich
 Natalie Zellers
 Mitzi Turner
 Hannah Arnone
 Chris Andruskiewicz

Account Executives

Barbara Shafer
 bshafer@floridaweekly.com
 John Linn
 jlinn@floridaweekly.com

Circulation Managers

Willie Adams
 Maggie Humphrey

Circulation

Evelyn Talbot
 Frank Jimenez

Published by

Florida Media Group LLC

Pason Gaddis
 pgaddis@floridaweekly.com

Jeffrey Cull
 jcull@floridaweekly.com

Jim Dickerson
 jdickerson@floridaweekly.com

Street Address:

FLORIDA WEEKLY
 11380 Prosperity Farms Road, Suite 103
 Palm Beach Gardens, Florida 33410
 Phone 561.904.6470 • Fax: 561.904.6456

**Subscriptions:**

One-year mailed subscriptions:

\$31.95 in-county

\$52.95 in-state

\$59.95 out-of-state

Call 561.904.6470

or visit us on the web at
 www.floridaweekly.com
 and click on subscribe today.



Copyright: The contents of the Florida Weekly are copyright 2013 by Florida Media Group, LLC. No portion may be reproduced without the express written consent of Florida Media Group, LLC.

OPINION**The impossibility of gun control****richLOWRY**

Special to Florida Weekly

The Navy Yard massacre won't revive the gun debate in Congress for a simple reason: There is no gun-control agenda this side of a total ban and confiscation that would have stopped Aaron Alexis.

The Toomey-Manchin bill could have passed Congress unanimously. The assault-weapons ban could still be in place. Gun-controllers could have achieved their long-ago goal of barring the private purchase of handguns. And every step of his mayhem at the Washington Navy Yard would have been unimpeded.

The media rushed, based on erroneous reports from law enforcement, to place in his hands an AR-15, the popular rifle that has been used in mass shootings before and that an assault-weapons ban would prohibit.

The front page of the *New York Daily News* blared "Same gun, different slay." The newspaper's columnist Mike Lupica worked himself into lathers of dud-geon over the offending gun. "They call

semiautomatics like this sports rifles," he fumed. "You bet. Mostly for the sport of killing innocent people, and killing them fast."

But according to law enforcement, Alexis used a shotgun, a weapon, as it happens, that has been endorsed and promoted by the vice president of the United States. At a Facebook town hall earlier in the year, Vice President Joe Biden urged a mother concerned about safety: "Buy a shotgun, buy a shotgun."

This may be fine advice, but there should be no mistake: Shotguns are dangerous. When it comes to "the sport of killing innocent people," almost any gun will do, especially if it is in a permissive environment where no one else is likely to be armed. This makes a hash of the conceit that the government can ban a few select guns and make shooting rampages less likely.

Other common panaceas would have had no effect, either. Alexis bought his shotgun from a duly-licensed dealer, not at a gun show. He passed a federal background check with no problem. He didn't have a high-capacity magazine. He reportedly got the handgun or handguns he also may have used in the attack after shooting a security officer.

So the Navy Yard rampage demon-

strates the essential sterility of the gun-control debate. It is true that James Holmes and Adam Lanza used AR-15s. But Seung-Hui Cho and Jared Loughner used 9 mm semiautomatic pistols. And Aaron Alexis used a shotgun. The common theme is that they were all deeply disturbed young men whose acts of murder had a sickening aspect of utter senselessness. The *Daily News* got it backward. Its headline should have read "Different gun, same slay."

Maybe this time we can have a real debate about mental illness. When Aaron Alexis called the Rhode Island police a month ago to tell them that enemies were harassing him with a microwave machine, it was clear that he was suffering paranoid delusions and needed help. But the authorities let him go his merry way, evidently to sink deeper into the madness he mistook for reality.

It needs to be easier to compel treatment for the mentally ill. There will be another Aaron Alexis. If we can't predict what gun he'll use, we already know his mental state. ■

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

Climate-change protests heat up**amyGOODMAN**

Special to Florida Weekly

Last week, far out in the Arctic Ocean, the Greenpeace vessel Arctic Sunrise approached a Russian oil-drilling platform and launched a nonviolent protest, with several protesters scaling the side of the platform. They wanted to draw attention to a dangerous precedent being set. The platform, the Prirazlomnaya, owned by Russian gas giant Gazprom, is the first to begin oil production in the dangerous, ice-filled waters of the Arctic. The Russian government responded swiftly and with force, deploying special-forces soldiers, their faces masked by balaclavas, threatening the peaceful Greenpeace activists with automatic weapons, destroying their inflatable boats by slashing them, arresting 30 and towing the Greenpeace ship to the northern Russian port of Murmansk. At last report, the protesters faced a potential charge of piracy.

This protest is remarkable for its sheer audacity. But it is by no means the sole protest lately against runaway fossil-fuel extraction and consumption. People are speaking up around the globe, demanding action to combat global warming. In North America, a broad coalition has been growing to stop the proposed Keystone XL pipeline, as well as to stop the exploitation of Alberta's tar sands, which the pipeline is designed to carry.

On Sept. 21, the last full day of summer in the Northern Hemisphere this year, thousands of people "drew the line" on Keystone XL at protest gatherings around the continent. In Nebraska, they actually built a barn on the route of the proposed pipeline, which locals fear will spill oil onto the fragile sandhills ecosystem and

pollute the vital Ogallala Aquifer. On the same day, the International Women's Earth and Climate Summit met in Suf-fern, N.Y. It was a gathering of women from around the world, all renowned in their own way for fighting for urgent action on climate change. Among them was Melina Laboucan-Massimo, of the Cree indigenous nation, from northern Alberta. She described the impact of tar-sands extraction on her people:

"The tar sands cover over 141,000 square kilometers, about the size of England and Wales combined, or the size of Florida. The mines are larger than many large cities. This region we call the northern lungs of the planet, the boreal deciduous forest, and it's being deforested for the mining. We suffered what might be the worst oil spill ever in Canada, with 4.5 million liters of oil spilled, which destroyed ancestral lands. We call what is happening cultural and environmental genocide."

The Keystone XL pipeline requires U.S. government approval, as it will cross the northern border from Canada on its way to the Gulf Coast. The approval process has been delayed, due to massive protests. After more than 1,250 people were arrested in front of the White House in 2011, in what was the largest act of civil disobedience in the U.S. in 30 years, President Barack Obama said he would delay the decision. Since then, Friends of the Earth (FOE) has exposed a clear conflict of interest with the group hired by the U.S. State Department to conduct an environmental-impact study of Keystone XL. FOE found that Environmental Resources Management, a London-based consulting firm, covered up its business ties to TransCanada, the fossil-fuel corporation that will own Keystone XL. Likewise, another watchdog group, Oil Change International, just reported that "Michael Froman, the U.S. trade

representative in charge of negotiating a variety of secretive 'free trade' agreements, is apparently siding with Big Oil in demanding that Europe weaken its climate laws." Oil Change's Steve Kretzmann explains, "Unless Europe weakens its climate laws, U.S. diesel exports, which will contain tar sands, will be less competitive."

Canadian environmental activist Tzeporah Berman also was at the women's summit. She spoke about how the Canadian government, under conservative Prime Minister Stephen Harper, has silenced scientists in a desperate bid to stifle criticism of Keystone XL. She told me: "Last week in Canada, we had hundreds of scientists hit the streets in their lab coats protesting the federal government because they can't speak. They are being muzzled. To the extent that the eminent, journal *Nature*, last year, published an editorial saying it is time for Canada to set its scientists free." James Hansen, the former director of NASA's Goddard Institute for Space Studies, wrote on Keystone XL, "If Canada proceeds, and we do nothing, it will be game over for the climate."

The climate casualties are mounting, from the thousand-year flood that devastated entire towns in Colorado, to northern India, where floods and landslides from one storm last June killed more than 5,700 people. The hope lies in the global grass-roots movement that is growing, demanding serious action to halt climate change before it is too late. ■

— 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.



FALLING DOWN

is part of

GROWING UP

WHEN KIDS NEED GREAT EMERGENCY CARE, WE ARE HERE.

24 Hour Emergency Care

Our emergency facilities are open 24 hours a day for the treatment of emergent medical conditions in adults and children. We provide the same emergency care that patients receive in our hospital based emergency room, only closer to home. As an off-site emergency room, we offer a uniquely convenient, comfortable and welcoming atmosphere, with minimal wait time.

Physicians at JFK Emergency Care are Board Certified in Emergency Medicine and are committed to providing our patients with the highest level of care and personalized attention. We'll have your child back on the playground in no time.

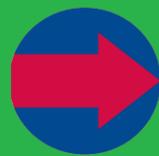
**To Speak to a Nurse 24 Hours a day or for a Physician Referral,
please call 561-548-4JFK (4535).**



**JFK
EMERGENCY**

Care Services
in Palm Beach Gardens

Mainstreet at Midtown
4797 PGA Boulevard
Palm Beach Gardens, FL 33418
561-548-8200



**JFK
EMERGENCY**

Care Services
in Boynton Beach

Shoppes at Woolbright
10921 S. Jog Road
Boynton Beach, FL 33437
561-548-8250

Affiliated with The Children's Hospital at Palms West



PET TALES

Help an old friend

Simple changes can improve a senior pet's quality of life

BY GINA SPADAFORI
Universal Uclick

When I started writing about pets for a living almost three decades ago, I had one middle-aged dog and one young one. When I sat down to write this article, my final "Pet Connection," I again had one middle-aged dog and one young one (as well as three cats, one horse, two goats, two ducks and 23 chickens, but who's counting?). In the years between that first column and this one, I've held many pets in my arms at our veterinarian's for the final good-bye, most of them dogs.

Even though I know the signs of aging pets mean the hardest part of sharing a life with them is inching ever closer, I never regret having an old dog around. To me, an older dog is one of the most beautiful of life's many gifts to us. It doesn't matter what time has done to the animal's actual appearance — an older dog looks special to me, and always will.

I know I'm not alone in this feeling, but I sometimes realize that I am in the minority when it comes to leveraging the strategies — often simple and relatively inexpensive — that can make an older dog feel years younger. This time can be a special one for both of you, but it's up to you to make the most of it.

The place to start is with your veterinarian. With my senior pets, I go to twice-yearly comprehensive wellness

exams, which include not only a complete physical and dental examination, but also diagnostic tests to see what's going on "under the hood." With my last three dogs, those diagnostics paid off by revealing health issues that weren't yet showing, including cancer and renal failure. In all three cases, diagnosing, addressing and treating the conditions early allowed me to enjoy extra time with all three of these dogs.

But even when tests reveal nothing abnormal, I've been able to take my veterinarian's advice based on those twice-yearly visits to improve the lives of my senior dogs. My veterinarian has been able to suggest dietary changes and nutritional supplements, for example, that eased the pain of arthritis. I've always worked in partnership with my veterinarian, and that's never more helpful than when managing an aging pet.

Once I have a pet's medical needs addressed, I look at changes to make at home. These include:

■ **Beds.** Think soft. Think cushioned. Think low. Think heated. Your dog will thank you for all of these comforts, especially in cold weather.

■ **Clothes.** Older dogs, like older people, have a more difficult time maintaining their body temperature. This problem is even more pronounced in slender, short-coated breeds like the greyhound or whippet. So check out the sweater selection at your local pet-supply store.

■ **Ramps and steps.** If your dogs are allowed on the couch and the bed, consider buying or building steps to help the dog who can no longer make it in one jump. A permanent ramp going down the back-porch step or a slide-out one to help your dog into the car will also be appreciated.

The most important thing you can do for an older dog? Keep him moving, every day (avoid "weekend warrior" syndrome), and keep his weight at or just below normal. For my dog Heather, I added a life preserver so she could continue to swim almost daily in the river near our home, providing her with low-impact exercise that wasn't overwhelming.

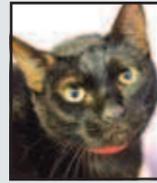
In the 30 years since I started helping others help their pets, nothing makes me happier than thinking about how many wonderful pets I've known — and not just my own, of course. You can't make time slow down, and you can't change the too-short life span of the animals we adore. But you can make the most of the time your pet has, and you should always try. Start by talking to your veterinarian, today. ■

— Gina Spadafori has retired from the Pet Connection team. Kim Campbell Thornton, an award-winning writer and the author of many pet-care books, has taken over as Dr. Marty Becker's writing partner for Pet Connection.

Pet of the Week



>>**Quincey**
A 3-year-old neutered male Pit Bull mix. Once out of the kennel he is "a big ball of mush" — he even rolls over for belly rubs. He knows how to sit and give a paw.



>>**Velvet**
A 1-year-old spayed female domestic shorthair. She is a bit reserved at first, but once she gets to know you she is the sweetest cat in the world.

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.



>>**Roscoe**
A neutered male, predominately black and white, six months old. He likes to be around people, and loves to play — he's a rough-and-tumble boy!



>>**Dorito**
A neutered male orange tabby, 6 months old. He's very affectionate, and really enjoys his "cuddling time." He gets along well with other cats.

To adopt:

Adopt A Cat is a no-kill, free-roaming cat rescue facility located at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public Mon-Sat, 12 noon to 6 P.M. For additional information, and photos of other adoptable cats, see our website at www.adoptacat-foundation.org, or visit us

Orangetheory® FITNESS

Affordable Group Personal Training

- HEART-RATE BASED INTERVAL TRAINING
- BURN UP TO 500-1,000 CALORIES IN A 60 MINUTE SESSION
- BURN CALORIES UP TO 36 HOURS POST WORKOUT
- MEMBERS CAN LOSE UP TO 8 POUNDS A WEEK

COMING SOON

PRE-OPENING RATES

Jupiter, FL
6390 W. Indiantown Rd.
Jupiter, FL 33458
Chasewood Plaza
561.743.7770

Facebook and Twitter icons.

BRB
BEREBI
BRONZE DOOR
HARDWARE

LISBURN available through

ANDERSON'S CLASSIC HARDWARE
Fine Decorative Hardware and Plumbing Fixtures
for the Discriminating Homeowner Since 1935

605 South Olive Avenue • West Palm Beach, FL 33401
561-655-3109 • fax (561) 655-3162 • www.andersonshardware.com

the back porch

A fabulous boutique with a flair for the unique!

Voted #1 Best Houseware Store in the Palm Beaches and Treasure Coast.
Located on the SE corner of US Highway One
and PGA Boulevard next to Paris in Town
561.799.1878 www.thebackporchstore.com
Monday - Friday 10 - 5 Saturday 10 - 2 Closed Sunday



Junior League, Junior Assembly join forces for Cotillion season

SPECIAL TO FLORIDA WEEKLY

The Junior League of the Palm Beaches and Junior Assembly are joining forces for this year's 2013-2014 Cotillion season.

Cotillion, the Junior League's oldest program, brings dancing and etiquette into the 21st century for sixth- through ninth-grade students, while Junior Assembly offers instruction to kindergarten through fifth grade.

Students enrolled in the program can participate in six themed dances that will be held at two new locations in Palm Beach, the Mar-a-Lago Club and the Beach Club, from October to April. Slots are available for \$350 per child, and \$315 for additional siblings. The first event, "Groovin in the Graveyard," will be held Oct. 9. It combines the philanthropy of non-profits with life skills intended to enrich the lives of participating students, instilling in them a lasting sense of self worth.

The event schedule promises an opportunity to take lessons in traditional styles of dance from instructor Sara Boyd, and learn proper manners

and social etiquette from Wendy Fernsell. The program culminates with a dance for all grade levels at the Red Carpet Ball, at which parents can join in on the fun.

The dances are: "Groovin' in the Graveyard," Oct. 9 at The Beach Club; "Turkey Trot," Nov. 3 at The Beach Club; "Snowflake Ball," Dec. 11 at Mar-a-Lago; "Disco Fever," Jan 15 at The Beach Club; "Cupid's Ball," Feb. 12 at The Beach Club; and the "Red Carpet Ball," April 16 at Mar-a-Lago. Ages and times are divided as follows: Kindergarten-second grade from 4:15 p.m. to 5:15 p.m., third-fifth grade from 5:30 p.m. to 6:30 p.m., sixth-ninth grade 6:45 p.m.-7:45 p.m., with the Red Carpet Ball as an all ages event from 5 p.m. to 7 p.m. Additionally, seventh-ninth grade Cotillion Court members each receive 10 community service hours for their participation.

To purchase tickets for sixth through ninth graders, visit the Junior League eStore at www.jlpb.org. For K through fifth grade, contact Monnie Gilder at (917) 913-6125, or juniorassemblypb@gmail.com. ■

Oct. 17 spelling bee helps literacy coalition

SPECIAL TO FLORIDA WEEKLY

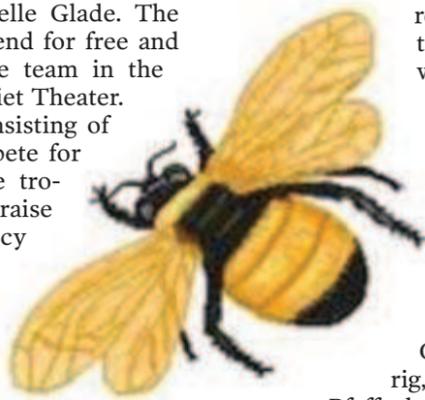
The Literacy Coalition's annual Great Grown-Up Spelling Bee is Oct. 17, starting at 6 p.m. at the Harriet Himmel Theater at CityPlace. The event benefits the Literacy Coalition of Palm Beach County and its programs serving the community from Boca Raton to Jupiter and west to Belle Glade. The public is invited to attend for free and cheer on their favorite team in the upper level of the Harriet Theater.

Corporate teams consisting of three people will compete for the coveted first place trophy while helping to raise awareness of literacy efforts in Palm Beach County. Trophies also will be awarded for second and third place. The cost for a team is \$1,000 and includes a table for 8 (three team members and five additional guests), and food and beverages.

WPTV NewsChannel 5 Chief Meteorologist Steve Weagle is emcee for the Bee. Buzzby Book Bee, the Coalition's mascot will, again, be on hand to entertain the teams and the audience. There also will be an audience participation game where one lucky person will

receive a special prize for guessing the correct spelling of a list of words.

Last year, the team from NextEra Energy spelled their way to the top prize beating out 20 other teams to be declared the overall winner and took home the coveted first place traveling trophy.



NextEra Energy returns to defend the title and will compete with the following teams — Akerman Senterfitt, Comerica, Duffy's Sport Grill, Florida Crystals Corporation, Friends of the Palm Beach County Library System, Greenberg Traurig, P.A., Haile Shaw & Pfaffenberger, P.A., Ice Legal, P.A., Lesser, Lesser, Landy & Smith, Levenger, Lynn University, Palm Beach State College, PGA of America, Publix Super Markets Charities, Squire Sanders, SV Microwave, TD Bank, The Palm Beach Post and WPBF 25 News.

For more information about the Literacy Coalition, its programs or to sign up a corporate team for the Spelling Bee, contact the Coalition office, 800-273-1030. ■

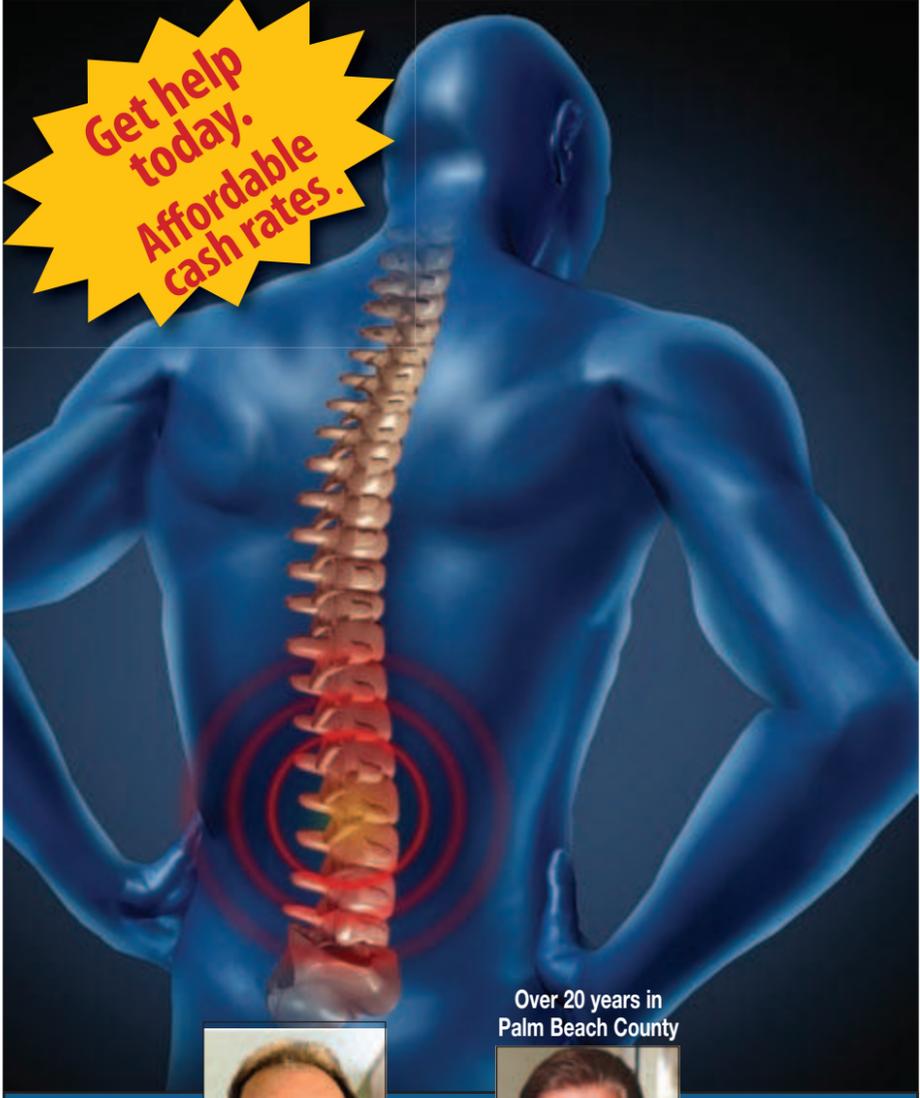
Back Pain?

WE ACCEPT THESE INSURANCES

~ Chiropractic & Physical Therapy Insurance List ~

- AARP
- BCBS Multiplan
- Department of
- Medicaid – 21 y/o and younger
- Beechstreet
- Labor
- GHI Travelers
- Aetna
- Nationwide
- Providian
- Golden Rule
- Medicare
- Cigna
- Fara, Rockport
- Tricare
- Alignetworks
- Neighborhood Health Partnership
- FirstHealth
- Great West
- MedRisk
- Corvel
- State Farm
- UHC/Optum Health
- Allstate
- PHCS
- Focus
- Heartland Therapy
- Mercury Auto
- Coventry
- Summit
- UMR
- Ameriprise Metropolitan
- Prime Health Services
- Gainsco Auto
- Healthy Palm Beaches
- Casualty
- Dairyland Auto
- Tech Health
- Universal Smart Comp
- Network Synergy
- Progressive Auto
- Geico
- Humana
- Three Rivers
- Vista
- Liberty Mutual
- Wellmed

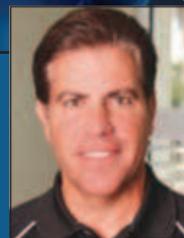
WITHOUT THE USE OF DRUGS, INJECTIONS OR SURGERY



Over 20 years in Palm Beach County



DR. BRUCE GOLDBERG
Chiropractor, Acupuncture



DR. MICHAEL PAPA
Chiropractor Clinic Director

Get Back in the Game Full Chiropractic & Physical Therapy Facility

Treat Neck Pain, Back Pain and Sciatica caused by

- BULGING/HERNIATED DISCS
- FACET SYNDROME
- DEGENERATIVE DISC DISEASE
- FAILED BACK SURGERY

GIFT CERTIFICATE

\$150 VALUE COMPLIMENTARY CHIROPRACTIC EXAMINATION & CONSULTATION **\$150 VALUE**

This certificate applies to consultation and examination and must be presented on the date of the first visit. This certificate will also cover a prevention evaluation for Medicare recipients. The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment. Expires 10/25/2013.



2632 Indiantown Road
Jupiter
561-744.7373

9089 N. Military Trail, Suite 37
Palm Beach Gardens
561-630-9598
www.PapaChiro.com

WE'VE BECOME ADDICTED TO FACEBOOK



STORY BY ROGER WILLIAMS • RWILLIAMS@FLORIDAWEEKLY.COM

PHOTO ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY

ITS REACH IS VAST — MORE THAN ONE OUT OF EVERY SEVEN PEOPLE, ABOUT 1.1 BILLION of us, use it. Half of us check in for an average of 20 minutes every day.

We do it in 70 languages (translated by an army of contracted language experts), and each of us has an average of 130 “friends,” a word partially co-opted nowadays to mean “acquaintance” or even “familiar stranger.”

In the world of Facebook — a virtual company that will reach its 10th birthday Feb. 4, 2014 — most friends are not friends in the traditional sense.

Instead, they're frequently people who have never met the befriended, but are free to peer through the electronic looking glass into the befriended's life. They can also stare into the lives of just about anybody else who freely shares another online life with the original friend.

“The jury is still out on how the meaning of relationships will change with Facebook, but what happens is, we are now living in a fishbowl,” says Russ Sabella, professor of counseling at Florida Gulf Coast University and the author of several books about social media and children.

“People are sharing their health concerns, their marriage and family concerns and others, probably with the intent of doing it with a smaller audience than they really have.”

That means that everything you put on Facebook is visible potentially to anyone who wants to see it. Although people know that, they forget it.

“My wife is always telling me, ‘You don't get it, they're not your friends,’ and she's probably right,” says Bruce Dash, a gregarious retired Palm Beach

firefighter and food aficionado aiming to write for pay about the remarkable range of cuisines found across South Florida.

Facebook may help him do that, he figures — but that doesn't mean it's a boat he can depend on in the storm.

“Of the 250 ‘friends’ or so I have, I can probably count on about 20. Scott Simmons (a *Florida Weekly* writer and real, not just virtual friend of Mr. Dash) has 4,000 ‘friends.’ Of those, he can probably count on 1 to 2 percent for anything of substance.” (Mr. Simmons actually has 720 friends.)

So, suggests Professor Sabella, “Here's what you have to remember: Information is power, and can be used against you, whether by an insurance company that begins to better understand your health situation, or employers who decide you aren't really who they thought you were, or somebody else.”

Somebody else such as the government. The *Sunday New York Times* reported that the NSA, a government spy agency, is tracking the Facebook

activity of American citizens.

Last year, though, all that sharing and using — with its intensely targeted advertising that relies on elaborate demographics and statistical profiles of user habits — was worth \$5.1 billion in revenue to the company, which supports 4,619 employees, according to statistics-brain.com.

In a now-famous and even infamous story, a few Harvard students started Facebook, led by then-sophomore Mark Zuckerberg — he's now worth about \$16 billion, according to several sources. Now, almost one out of two people between the ages of 18 and 34 check it every morning when they wake up, some 28 percent of them before they even get out of bed.

That doesn't mean young people take to it like bees to honey, however.

“I think there's a big difference in the way people use it depending on their age,” says D.P. Workman, an 18-year-old whose relationship with Facebook rocketed off the virtual launching pad before falling back to Earth like a space shuttle with second thoughts. (Mr. Workman is the stepson of the writer.)

“A lot of older people use it to connect with people they used to know or are associated with but wouldn't want to be real friends with,” he says.

“But a lot of younger people use it as a social connector — except because there's the disconnection from being in-person with someone, there's a loss of inhibition, to some extent. So you see a lot of people talking really tough, or trying to pick up girls or boys. There's a lot of pretty immature and pointless stuff.”

“So I've stopped using it because I've come to the point where I really only want to connect with the people I see on a daily basis. And the ones I don't see I talk to on the phone. I deleted all the ‘friends’ on my list, and I went from about 400 to 18. There was really no point in maintaining a profile at all.”

Not everybody feels that way.

In the United States, where more than 310 million of us lived at last count in 2010, almost 240 million use the Internet, roughly 133.5 million of them getting online to check Facebook.

That's a penetration of 43 percent, just over half of them female (53 percent).

Where does that leave us in Florida, here where the sun shines almost every day — here where beaches lie only minutes from everyone, and a thriving culture of good times awaits anyone who wants to get out of the house or office and into it?

It leaves many of us glued to our devices — the smart phones and pads and computers.

Florida ranks fourth among Internet users in the country, with 14.8 million of the Sunshine State's 18.7 million residents getting on line regularly (almost 80 percent), but only 7.8 million, or about 42 percent, using Facebook.

For deep Facebook penetration, try the state of Washington, where 57.7 percent of all residents use it (Illinois is second, with 54.8 percent, according to internetworldstats.com). Conversely, those who want to escape the species we might call Facebookians would do well to move to Delaware (only 24.2 percent of residents use it) or West Virginia (28.7 percent).

That's in our world, more or less. Meanwhile, on the Planet Gossip — a proverbial name for Washington, D.C. — statistics show that more than 260 percent of the population uses Facebook.

In other words, many people have multiple pages, which veteran Facebook users recommend for those who conduct both personal and business lives on Facebook.

The impact of ‘friend’ship

The effects of all this on any one person or all people remain uncertain — but the possibilities do not.

“Escapism,” explains Stacey Chadwick Brown, a psychotherapist and director of Human Services at Florida SouthWestern State University, the former Edison State College. “It's healthier than liquor, better than Pac-man games, intellectual stimulation, humor, etc.”

But, she warns, “Facebook addiction is a real thing. It can serve as a distraction for those avoiding responsibilities. It can create a barrier to communication within relationships — talking to others instead of (your) spouse. Emotional affairs can happen as well, via Face-



Stephanie Davis on Facebook

Stephanie Davis, *Florida Weekly's* social commentator, offers a few thoughts about the Facebook community in which she serves informally as a master of ceremonies:

"I wondered: How many couples have gotten together who had known each other in elementary or middle schools?"

So I put it out on Facebook, and just about everybody who responded knew at least one. I think I know of 10. The thing is, that beautiful girl you knew in school, or the one you took to the eighth-grade dance? You were never supposed to see her again. But Facebook changed that.

"Some relationships grow deeper. So maybe there's a lady at work, and you don't really know her but you're Facebook friends, and you get to see the things she likes... I've seen friendships like that grow into dating because of Facebook."

"What scares me about Facebook are loose cannons — people who don't think before they write something on Facebook that could hurt people. I think of Facebook as sort of like a big cocktail party. Everything you say, everybody can hear it. There's no whispering, no going into a corner."

"So I have almost 2,000 friends and I keep different lists. I have a list for loose cannons, for example; they don't see everything I post."

"I have a separate list of Republicans and Democrats, too. If I post something that is more liberally bent, the Republicans won't see it. I'm not interested in arguing (politics) with them — what's the point? And I don't want somebody saying, 'She supports Obama so therefore I'm not going to read her column.' I don't post a lot of stuff about politics, anyway. They don't want my opinion and I'm not interested in theirs." ■



"What scares me about Facebook are loose cannons — people who don't think before they write something on Facebook that could hurt people. I think of Facebook as sort of like a big cocktail party. Everything you say, everybody can hear it. There's no whispering, no going into a corner."

— Stephanie Davis,
Florida Weekly's social
commentator



"The jury is still out on how the meaning of relationships will change with Facebook, but what happens is, we are now living in a fishbowl ... People are sharing their health concerns, their marriage and family concerns and others, probably with the intent of doing it with a smaller audience than they really have."

— Russ Sabella,
professor of counseling at
Florida Gulf Coast University and
the author of several books about
social media and children

book."

Ms. Brown offered those thoughts in Facebook messages.

Recognizing this, some people just plain refuse to call it Facebook, opting instead for a tag that gets to the heart of the matter.

"The friend who introduced me to the thing calls it 'Facecrack.' It can really suck you in," says Santiago De Choch, a widely traveled pundit and now organic farmer and gardener.

"Are you kidding? You have most of your friends and family in the same place; you have all the bands and maga-

zines and stuff you like feeding you constant updates; you have a number of exes posting pics of themselves wearing bikinis on the beach; you have the guilty schadenfreude of that Mr. Popularity or Ms. Bitch from senior high reduced to fat, balding wrecks; you have e-mail, videos, music, reading, shopping and working all for the price of one: free. Of course you'll spend time there, sometimes too much." (To see Mr. De Choch's illuminating and funny analysis of Facebook, go to <http://avocado-grove.wordpress.com/2013/09/25/facebook-follies/>.)

So you have to recognize Facebook as a tool, no better or worse than the person who uses it. Which sounds an awful lot like an argument for guns.

Can it be used as a weapon?

Well, there is the potential for social (not physical) violence, says Stephanie Davis, the *Florida Weekly* writer and columnist who has turned socializing into a witty and even elegant community art under the "Downtown Diva" banner.

"I wish I had a doppelganger. I've always felt this way, but these days, Facebook has added a whole new element to wanting to be everywhere at once — and it's even worse when I find out about a party after the fact," Ms. Davis reported.

"Recently, I was perusing my Facebook newsfeed and saw that a friend had posted pictures from a recent soiree. They showed that all the guests (most of them mutual friends) clearly had a wonderful time. So where was I? Not invited, that's where I was. I pouted as I clicked 'Like' on a few of the pics just so they'd know I noticed."

The value of 'friendship'

The heart of Facebook, though, remains a contemporary miracle of sorts, not to mention a frequent pleasure, for many Floridians, from the traditionally anti-social to the uber-social.

It can help people, too.

By charming people, by warming them with instant, shared experience, "It can help alleviate depression, create endorphin action, create happy hormones and serotonin production — it's biologically significant that you can laugh. It's biologically significant to feel connected," says the therapist, Mrs. Brown.

The retired firefighter, Bruce Dash, knows the truth of this well.

"Firefighters don't do a good job of preparing for afterwards," he explains. "As a 25-year firefighter, I had a huge network, married with three kids, pets, and my phone was full. All of a sudden I went home and my phone turned off."

"So I went from a busy, happy, talkative person to having the rug pulled out from under me."

Then later, he recalls, "Facebook came along. I love Facebook. But if you have no real determination, no guts, and you're just a homebody, it's only a non-moneymaking way to communicate with people who you don't know."

In short, its use requires "balance," a word used both by Professor Sabella, and by Madison Mitchell, a spokeswoman for Goodwill Industries of Southwest Florida.

Mrs. Mitchell recently posted this affectionate greeting on Facebook: "I can't believe my handsome man is going to be 40 a week from today! Noah, you've still got it ... can't wait to celebrate it with a long weekend of loving! Oh, and today also marks seven weeks of wedded bliss!"

That's probably as intimate as she'll ever get in social media, she says.

"In some ways we have lost some privacy, in our relationships on Facebook. I have to remind myself, if you put something out there, they are going to see it," she says.

So she's careful, but a user nevertheless who does not see Facebook as a detractor from her street socializing.

"My 10th high school reunion is coming in 2014, but I already know what everybody is doing," she explains. "I know who's married, who has kids, who might be getting a divorce — but I'm still going to the reunion."

"You have to balance it. I do a lot of Facebook, but I am always busy outside of it. You still have to go out there and socialize, it doesn't take the place of that."

"To the people I'm not close to, I'll send a Facebook message — congratulations on the baby, or the marriage. But the people I'm close to, I go to."

In effect, Mrs. Mitchell has grown up with Facebook, since her 10th reunion will also be Facebook's 10th anniversary.

But the perspective for Cynthia Mott is broader. A writer and native Floridian, she relies on a wide circle of all-ages family and friends who tease, chat and share experiences the way they might at a picnic on the Peace River in Charlotte County, close to their homes. For Ms. Mott, Facebook is nothing more or less than the next step.

"For me, it's just another form of ever-morphing communication," she explains.

"When I started riding in cars as a

child, we only had whoever happened to be riding in the car with you, which in my case always included two annoying younger sisters who routinely stuck something over my line on our too-small backseat! After sisters came CBs, then Motorola radios, (then) wired into the car big bag phones, (then) small portable cell phones, and now a whole bouquet of other means of instant communication and contact. I see Facebook as just another tool in the ever-evolving, distance-shrinking world of human contact."

Sometimes that contact is about personal living, and sometimes it's about business — with a personal touch.

Melissa Vogt, marketing for the Broadway Palm Theatre in Fort Myers, always responds within minutes to contacts on the theater's Facebook page — which isn't as easy as it sounds.

A marketing whiz, Ms. Vogt has now built up a huge following on Facebook.

"What would happen if Facebook vanished tomorrow? I'd lose 7,200 friends," she says, sighing in mock horror.

That's not going to happen, of course.

"From a business standpoint it's such a great tool. You could create a full-time position for social media in general, easily."

"It's free — it costs you nothing, except for time. And it's fun for people — they can have it on their phone, their tablet or the computer. They don't have to pick up the phone and ask questions anymore."

"Trying to gain more 'likes,' on our business page — that's a daily grind. You have to engage your audience. Post things that they are going to find interesting."

"Our biggest thing is contests — it's the easiest way to gain a large group of fans. You give away tickets or do silly things. Right now we're running 'The Worst First Date Story,' which is in conjunction with an off-Broadway show, 'You Say Tomato, I Say Shut Up.' So our page is going crazier than usual."

Is all the new success — the new friendships, the new higher interest, the new community of humans — a result of the phenomenon known as Facebook?

Everybody admits that nobody really knows.

But for many, including Ms. Vogt, the anecdotal evidence is strong.

"We had a Billy Joel (tribute band) concert last year, and it was a really tough sell for us," she says. "And I was in the restroom, and I heard a lady a couple of stalls over talking. She said, 'I'm so glad I saw this on Facebook.'"

"Every so often that happens, and it feels so good." ■

Ladies, be attractive to your new man

Question: Dear Kelly, I am not sure how to handle the "equality" issue while dating. While in the early phase of dating a new man, when should a woman offer to pay? Should we be "going Dutch?"

Answer: "Don't give him gifts, make him dinner or pay for dates - not in the early dating phase."

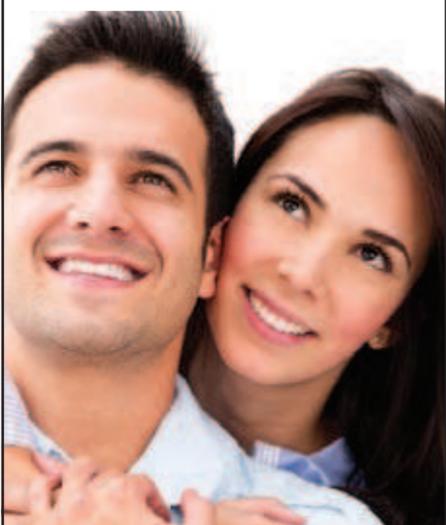
I know this may sound unfair, but "who pays" is often the difference between romance and friendship. If a man complains about paying or if he is out of his economic league, and you still like him, let him know you don't care where you go and that you feel great being with him, but that you don't want to pay. Having a picnic, walking on the beach, and browsing a bookstore are all romantic ways to get close to each other. Forget about cooking dinner or trying to make dating "reciprocal" from the get go. A bowl of popcorn and a drink is fine once in a while.

When you give a man gifts AND all of your attention, you may end up giving MORE than you receive; this is "OVER-FUNCTIONING."

Ladies, please don't function from your masculine energy while dating. This may feel aggressive and forward to a man - it's totally unattractive to him. Develop your feminine energy to attract the man you want. If you don't know any worthy men, I certainly do!

PS. - To the men who may not enjoy this advice...don't hate the players, hate the game. The alternative - being alone - is no fun. Remember, we have your rib.

Kelly Leary is the Co-Founder of Precision Dating. She has 22 years in the dating industry and a master's degree in psychology. She has been featured on the ABC News, Talk Radio, Palm Beach Post, and Vero Beach 32963 Magazine. She prescreens all of her clients first. Clients are photographed and background checked. No computer needed! Her club services clientele from age 28 to 78 with some exceptions! For more information, please call (561) 577-DATE in the Palm Beaches. RSVP at www.precisiondating.com.

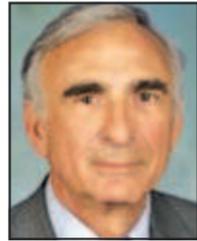


Palm Beach Dramaworks names 3 new members to board

SPECIAL TO FLORIDA WEEKLY

West Palm Beach's only resident theater has added three men to its board of directors.

Larry Goldfein of Palm Beach, Lew Kramer of Palm Beach Gardens and Carlton Moody of West Palm Beach have been elected board members for Palm Beach Dramaworks.



GOLDFEIN

Mr. Goldfein serves as special counsel to Eisner Amper Accountants & Advisors. He has had a wide range of experience, first as a technical and trial attorney with the Office of Chief Counsel, Internal Revenue Service in Washington, D.C., and as a managing partner of the law firm of Roberts & Holland. He also worked on Wall Street as a partner in an investment banking firm, and in 1990 joined Eisner. Volunteer positions have included serving as Trustee of Temple Sharry Tefila (NYC), member of the Board of Directors for Alzheimer's Association (NYC chapter), President of Birchwood Country Club (Westport, Conn.), member of the Board of Directors of the NYU Medical Center's Electrophysiology Department, and Treasurer of Banyan Country Club (Palm Beach).



KRAMER

Mr. Kramer completed a nearly 40-year career as a partner at Ernst & Young, working with the firm's largest global clients before retiring in June 2009. He served on EY's United States Executive Board for the three years prior to his retirement and previously served as EY's National Director of Audit Services. He has been a director of L-3 Communications Corp. since July 2009,

and serves as chairman of its Audit Committee and a member of its Compensation and Executive Committees. His current volunteer activities include serving as president of the board of United Neighborhood Houses of New York, an umbrella organization for 38 community centers that help 500,000 New Yorkers in need, and on the board of the New York March of Dimes. He remains active mentoring students at his alma mater, Bernard Baruch College. He also attended the Advanced Management Program of the Harvard Business School. He is past president of Fairview Country Club (Greenwich, Conn.).



MOODY

Mr. Moody, a lifelong educator, began his career as a teacher in Evanston, IL and rose to become superintendent of several large school systems, including deputy superintendent of Stamford (Conn.) Public Schools, and superintendent of Schools, Cleveland Heights/University Heights (Ohio).

His affiliations have included being a member of the Governing Board of the Minority Student Achievement Network (organization of school districts across US working to solve the issue of minority student achievement); member of the Education Research and Development Institute (advisory group of about 80 superintendents that assess and review educational products and services); member of AASA (American Association of School Administrators), member of NSBA (National Association of School Boards), and member of ASCD (Association of Curriculum Development). He is chair of Palm Beach Dramaworks' Education Committee.

Palm Beach Dramaworks' season opens Oct. 11 with John Steinbeck's "Of Mice and Men." For more information, visit palmbeachdramaworks.org. ■

LifeWave to give pain patches to Purple Heart recipients

SPECIAL TO FLORIDA WEEKLY

LifeWave, a global health technology company, has announced a long-term donation to the Military Order of the Purple Heart (MOPH) in an effort to reach veterans who have been wounded in combat, but can't afford to provide themselves with pain management. These individuals live with pain from injuries sustained in battle, and in most cases expensive pharmaceutical drugs do not provide sufficient pain relief, the company said in a prepared statement.

LifeWave's donation, with a retail value in excess of \$2.1 million, will include health technologies designed to deliver these veterans fast, natural, and drug-free pain relief. In addition, LifeWave staff, medical doctors and support personnel will be made available to the MOPH for the purpose of providing expertise on product usage as well as other services.

Thomas Burke of Palm Beach Gardens first developed LifeWave's relationship with the MOPH and has been responsible for organizing nearly all of the humanitarian aid LifeWave has provided during its 11-year history as a company, the statement said.

The current membership of the MOPH is about 45,000, and most of those who work in the organization are volunteers. The majority of money donated reaches those in need.

It is estimated that more than 1,000 Purple Heart recipients will be able to experience drug-free pain relief each month because of the LifeWave donations, specifically the patch technologies IceWave and Aeon.

For information about LifeWave, call Mr. Burke at 951-3700. For information about the Military Order of the Purple Heart, call (407) 579-6190. ■

GO BLUE

From page 1

in South Florida through volunteer-related activities. Award finalists include Evan Miller, Indian River Lagoon Clean Water Activist; Christian, Derek and Landon Petrisko, founders, Wild Over Wildlife Club; Dr. Kirt Rusenko, marine conservationist, city of Boca Raton/Gumbo Limbo; and Debbie Sobel, president, Sea Turtle Conservation League of Singer Island.

The Blue Friend of the Year Award recognizes a person who has made significant contributions in ocean conservation through work-related activities. Award finalists include Marty Baum, Indian Riverkeeper; Jodie Gless, Environmental Services, Florida Power & Light Co.; Scott and Karen Lamberon, founders, "Professor Clark the Science Shark;" Amy Lesh, dive instructor, Jupiter Dive Center; Alessandra Medri, senior environmental analyst, ERM Palm Beach County; and Carly Mejeur, art teacher, Palm Beach Maritime Academy.

The Blue Business of the Year Award recognizes a business that has made outstanding contributions toward promoting and encouraging conservation, restoration, or preservation of marine life and/or marine ecosystems through their business practices, products or

technology. Finalists for the award include Coral Restoration Foundation; Ocean Classrooms; Pura Botanica; and Reef Environmental Education Foundation.

Here's the skinny on the awards ceremonies:



TOOMEY

For the past 13 years, Jim Toomey has created the daily comic strip "Sherman's Lagoon," which appears in more than 150 newspapers in North America.

"Sherman's Lagoon" is a combination of Toomey's two lifelong passions: drawing and the sea. Toomey is also active in ocean conservation and serves as the executive director of Mission Blue, a network of non-profits dedicated to creating marine protected areas.

He has presented at a variety of venues ranging from the Royal Society in London to a kindergarten class. Toomey has also been featured in many of his client newspapers, as well as Wired magazine and Discovery Channel's Shark Week.

The 2012 Go Blue Luncheon committee members are Anita Bailey, Linda Barth, Brenna Bertram-Salman, Bob Chlebek, Rebecca Collier, Rosemary Eastman, Janet Edwards, Jerri Engelbrecht, Luisa Frasco, Vicki Gerard,

Lynne Gibbons, Kelli Johnson, Brian Johnson, Judy Lamb, Chelsea Lasater, Brittany Miller, Ellen Morley, Betsy Munson, Kay Odom, Beverly Reddington, Barbara Savastano, Carl Stearns and Pete and Lynne Wells.

The panel of judges that selected this year's finalists and winners include Dr. Sylvia Earle, oceanographer, aquanaut and author, National Geographic; Dr. Gary Adkison, Director, U.S. Shark Foundation; James Harvey, co-chairman, Guy Harvey Foundation; Greg Marshall, biologist, inventor and filmmaker, National Geographic; Sally Murray, daughter of Loggerhead Marinelife Center founder Eleanor Fletcher; Susan Murray, granddaughter of Loggerhead Marinelife Center founder Eleanor Fletcher, senior director, Oceana Pacific; and Dr. Edie Widder, president/CEO, senior scientist, Ocean Research and Conservation Association.

Sponsors of the Go Blue Awards Luncheon include Pete & Lynne Wells, The Capital Grille, Robert Chlebek, Cultural Council of Palm Beach County, Florida Power and Light Company, Florida Weekly, Gretchen Scott, Jupiter Magazine, Loggerhead Marina, Palm Beach County, Palm Beach Tourist Development Council, PGA National Resort and Spa, Tiffany & Co. and Whole Foods Market.

To purchase tickets to the Fifth Annual Go Blue Awards Luncheon, or to learn more about sponsoring the luncheon, visit marinelife.org/bluefriends. ■

Keeping the lights on



they often succumb to and contract a severe case of “project-itus” — a strategy intended to transform what is “old” in general support costs into what is “new” again, by projecting these costs as project expenses.

Charity watchdogs exacerbate the situation. They promulgate the conventional wisdom that the more anorexic the spending on administrative expenses, the more fashionably fundable a charity. Horror stories are partly responsible: Unethical charities cajole with sad stories a generous contribution, only to do a bait and switch on how gifts are actually used. Of a dollar given, a nickel goes to those in need and ninety-five cents pays the administrative costs of the charity carpetbagger. It is a terrible fraud. Its remedy is transparency that allows a donor to make an informed judgment about a charity’s finances. The unintended consequence of making, for donors, simple work of a complex judgment, i.e., less is more when it comes to administrative expenses is that charities get short-changed of the legitimate expense of dollars to underwrite their qualification as efficient, fiscally responsible, effectively managed organizations with competent, professional staff.

GuideStar, BBB Wise Giving Alliance, and Charity Navigator, the country’s leading repositories of information on nonprofits, have recently had a serious change of heart on this matter. They jointly issued an open letter to America’s donors to correct the

misconception they themselves help create: The proportion of expenses spent by an organization for overhead is an appropriate metric to measure an organization’s efficiency or worthiness for funding. The Great Recession exposed how anemic nonprofits are when faced with challenges to their economic stability. Many foundations took stock and adopted in reply a reversal in policy to allow requests for general support. Another fortuitous outcome of their enlightenment was the deepening of resolve by foundations to invest more in capacity building. The impact of the recession on nonprofits left few illusions about the depth of the structural and organizational changes required if nonprofits are to be sustained in such altered circumstances. Two area funders have joined forces in Palm Beach County with the launch of a bold, new approach to helping charities evolve into stronger, better-financed version of themselves. Allegany Franciscan Ministries is a regional, non-profit Catholic organization whose mission it is to improve the overall health of individuals by increasing access to health services and information. The funder has invested more than \$60 million in more than 1,300 organizations in its multi-county service area, which is inclusive of the county. Allegany’s partner in the initiative is the Quantum Foundation, a private foundation with more than \$130 million in assets. Quantum Foundation supports health care projects within

Palm Beach County and it is the largest healthcare funder in the county.

The two foundations jointly funded an “Earned Income Training and Business Planning Initiative” for charities. Following the training sessions, four nonprofits were selected to receive 14 weeks of “personalized coaching and technical assistance” with the No Margin, No Missions consulting team to develop a business plan tailored to an earned income strategy specific to each group. The groups selected were 211 Palm Beach/Treasure Coast, Center for Independent Living Options (CILO), Health Council of Southeast Florida and Palm Beach Rehabilitation Center. The four organizations will soon convene to present their completed business plans, share what lessons they have learned and identify the challenges ahead to generating and diversifying revenue and scaling up the impact of their work. What they learn will be helpful to all nonprofits struggling with these issues and funders, too. ■

— 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 @llilly15.

GETTING HEALTHY

Is What Get In Shape For Women Is All About!

DISCOVER PALM BEACH COUNTY'S PREMIER BODY TRANSFORMATION STUDIO

Women Only • Guaranteed Results
Four Members Or Less Per Session With Trainer
Boutique Fitness Environment

One Hour Training Sessions Include: Strength Training • Cardio • Nutrition • Accountability

Join Us and Our Partner

CELEBRATION OF LIFE

Supporting Breast Cancer Survivors and Caregivers

OCTOBER 24TH- 7-10PM - THE BOARDWALK ON 18TH ST. IN BOCA

DRINKS • SNACKS
DOOR PRIZES
FREE GIFTS
BEAUTY CONSULTS

Member, Marge S.
Lost 150 LBS!

“ The program works for me! The personal approach that takes your individual fitness level into consideration while pushing you and encouraging you to do your best. I will always be grateful to the fitness team at Get In Shape For Women.”

Marge S.
Member Since 2012

Results Start
When You Do!

Small Group Personal Training

CALL OUR PALM BEACH GARDEN LOCATION
561-799-0555
4755 PGA Blvd.
Palm Beach Gardens, FL 33418

CALL OUR WEST BOCA RATON LOCATION
561-477-4774
9186 Glades Road
West Boca Raton, FL 33434

October Special!

FREE WEEK TRIAL
+ \$100 OFF ANY PROGRAM PACKAGE

Includes:
3- One Hour Group Training Sessions
with a Personal Trainer
OFFER ENDS: 10/26/2014

New Mandel JCC in Palm Beach Gardens debuts health and wellness classes

SPECIAL TO FLORIDA WEEKLY

The Mandel JCC, which opened in late August, has introduced an extensive health and wellness program, with more than 100 classes available each week. The community center offers group fitness classes, personal training, small group training, large-scale and specialty wellness programs, and healthy living lectures for adolescents to seniors.

Classes like Chair Yoga and Tai Chi are offered for those who prefer a gentle workout, while Cycle Fusion, Butts N Gutts, and Fitcamp are available for adults ready to kick it up a notch.

The JCC also offers yoga, pilates, Zumba and other popular workouts. Most group classes take place in the fitness studio;

however, the Mandel JCC also offers pool-based classes, such as Aqua Zumba and Aquafit, at the expansive aquatics center. Classes start most days at 7 a.m., with offerings throughout the day including lunchtime and until 8 p.m.; a complete schedule is available at jconline.com/Mandel.

"We're immensely proud of the caliber of health, wellness and fitness classes we can now offer the community," said Mindy Hanken, director of the Mandel JCC Palm Beach Gardens. "Rather than providing treadmills and elliptical machines like typical gyms, the JCC is focused on more contemporary, functional fitness offerings that provide an excellent workout during entertaining classes taught by highly qualified instructors."

The Mandel JCC also offers Specialty

Wellness Classes that run in sessions so participants can more deeply benefit from a focused curriculum.

Specialty classes include Parent N Me Yoga, Prenatal Wellness, Ladies Fit Social Club, Couch 2 5K, Stroller Fitness, and more. There are also several specialty classes that are taught by Prime Time Sports Training (PTST). Some of these classes, like QuickFit, are designed for beginners. Others, like Miami Flex and R.I.P.P.E.D., are geared toward more advanced students and professional athletes.

Children are also encouraged to join in the fitness fun, with a variety of classes and sports leagues available for all different ages during eight to 10-week sessions. Gymnastics, soccer and many other classes are open to kids age two through

fifth grade. Elementary and middle school children can choose from a number of specialty classes, including martial arts, extreme dance, and tennis.

With the addition of this multi-faceted fitness and wellness program, Mandel JCC named Catie Fagan its Wellness Coordinator in spring 2013. In this role, she is responsible for planning, executing, recruiting, overseeing, and maintaining all aspects of the wellness, fitness, and aquatics programs at the Mandel JCC. She also oversees the Mandel JCC's instructors and special guests for the dozens of events planned each season.

For more information about the Mandel JCC, including its schedule of fall programs, see jconline.com/mandel or call 689-7700. ■

This Nature Walk Made Possible By The Orthopedic & Spine Program at Jupiter Medical Center.

Walter Wang is a world traveler who loves fishing and hiking in exotic locations. When hip pain caused Walter to cut back on traveling and walking required a cane, he knew he needed help.



"Having a patient navigator walk me through this journey made my experience unforgettable. She was my lifeline."
— Walter Wang

He reached out to Judy Delloso, Orthopedic & Spine Nurse Navigator, and she walked him through the entire experience – from pre-op classes, to surgery and rehabilitation.

Judy served as Walter's advocate, communication hub and clinical resource. Today, Walter is pain-free and back to globe-trotting.

From Pre-hab to Re-hab, Nobody Does Orthopedics Better Than JMC.

To learn more about our comprehensive orthopedic program, call Judy Delloso, Orthopedic & Spine Nurse Navigator, at (561) 263-3633 or visit jupitermed.com/ortho. To find an orthopedic or spine surgeon who's right for you, call our Physician Referral Service at (561) 263-5737.

• Total Shoulder, Hip & Knee Replacement • Sports Medicine • MAKOplasty® Partial Knee Resurfacing • Spine Surgery • Arthroscopic Shoulder Repair • hana® Table for Anterior Hip Replacement



Back Pain? We Can Help. Back pain affects 8 out of 10 people at some point in their lives. If you suffer from back pain join us for a discussion regarding minimally-invasive surgical techniques for the relief of back pain. Bring your MRI or CT scan to receive a complimentary review by Dr. Biscup. Featuring Robert Biscup, MS, DO, Board Certified, Orthopedic Surgery.

Friday, October 11, 2013 | 3:00 p.m. to 4:30 p.m. | Raso Education Center, Clarke Auditorium



Advances In Hip And Knee Surgery If you suffer from hip or knee pain, there are surgical advances in the field of orthopedics happening each and every day. Join us to learn about the latest techniques, including MAKOplasty® for partial knee resurfacing and the hana® Table for anterior hip replacement, and find out if these treatment options are right for you. Featuring Andrew Noble, MD, Board Certified, Orthopedic Surgery.

Tuesday, October 15, 2013 | 6:30 p.m. to 7:30 p.m. | Raso Education Center, Clarke Auditorium

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



The Anderson Family Orthopedic & Spine Program

1210 South Old Dixie Highway, Jupiter, Florida 33458 • jupitermed.com/ortho

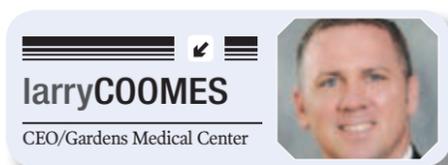
Recipient of the HealthGrades® "America's 50 Best" Award™ for 3 Years in a Row (2011-2013)



Certified by the Joint Commission for Total Joint Replacement for Hips, Knees and Shoulders



Dengue fever cases rise; here's how to avoid it



With cases of Dengue fever on the rise in our surrounding communities, it is more important than ever to protect yourself from those disease-carrying mosquitos. This isn't easy, as for many of us, stepping outside at night means being swarmed by the pesky insects.

Aside from the itchy bites, mosquitoes can cause serious health problems. New cases of Dengue fever were recently announced, bringing the total count in the Rio-Jensen Beach areas to 20. Thirteen of the patients are Martin County residents, two are visitors from out of state, four are from St. Lucie County and one is from Palm Beach County.

Dengue fever was eradicated from most of the United States until recently, but it is still widespread in the Caribbean and other tropical parts of the world. The disease can cause body aches, high fever and rashes. The most severe form of Dengue can cause bleeding and death.

The best way to prevent mosquito-borne illnesses such as Dengue fever is to prevent mosquitoes from biting. Here are some steps you can take to keep you and your family safe from mosquitoes:

- Use an insect repellent containing DEET, picaridin or oil of lemon eucalyptus when you are outdoors. Follow package directions on how to apply the repellent and how often to reapply.

- Proper clothing can keep mosquitoes at bay. If possible, wear long-sleeved shirts, long pants and socks to keep mosquitoes from reaching exposed skin. Mosquitoes can bite through lighter-weight fabrics, so you may need to spray your clothing with insect repellent.

- Take extra precautions during the evening and early morning when mosquitoes are more active.

- Mosquito-proof your home by installing well-fitting screens on doors and windows and draining any standing water near your house. Look around your house for clogged gutters, empty flower pots and other containers where water can stand and allow mosquitoes to breed.

- If there are areas near your home such as vacant lots, get your neighbors together for a clean-up day where you work together to eliminate mosquito-friendly environments.

By taking these steps, you will have a much higher chance of avoiding buzzing mosquitoes and keeping you and your family healthy.

If you do, however, develop symptoms of Dengue fever, Palm Beach Gardens Medical Center's ER staff is ready to care for you 24/7.

The ER team specializes in treating all kinds of emergencies — from minor injuries to critical care, from emergency illness to severe injuries. And, our newly renovated emergency department is designed to help better serve you by delivering efficient care in a comfortable setting.

For a free physician referral, please call 625-5070. ■

Get Florida Weekly delivered to your mailbox for only

\$31.95*
PER YEAR

FLORIDA WEEKLY
IN THE KNOW. IN THE NOW.



*Rates are based on standard rate postage. A one-year in-county subscription will cost \$31.95 to cover shipping and handling. Call for out-of-county and out-of-state postage and pricing options.

Subscribe online at www.FloridaWeekly.com or Call 561.904.6456

Learn to Play or Improve Your Game from PTR Certified Tennis Pro, Dave Matthew.

15 years teaching kids to adults to enjoy and master the game of tennis

For lessons please call 561-529-1716 ~ Insured

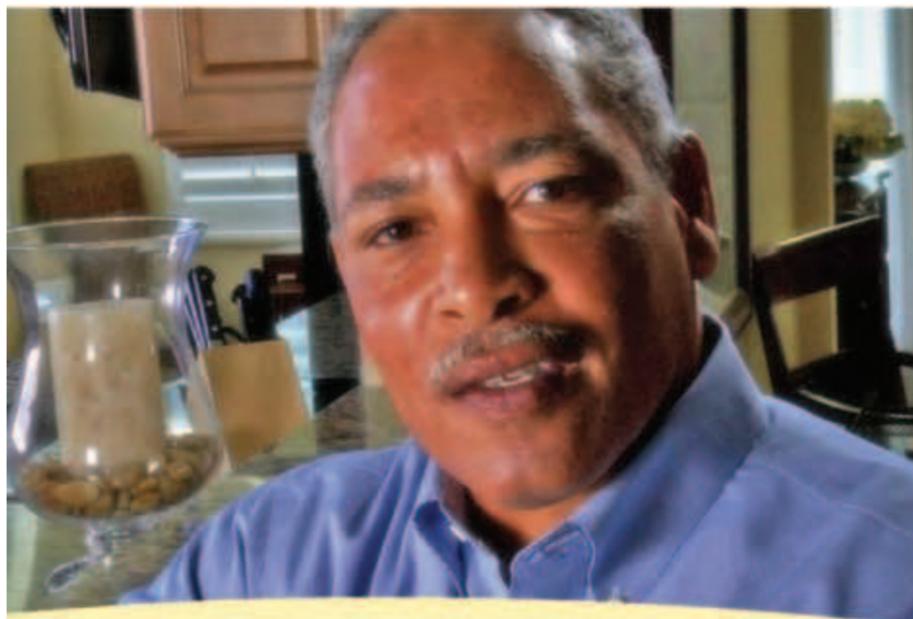
Not all hospices are the same...
You have a choice.

As a nonprofit hospice, our compassionate care is based on *YOUR* needs and comfort.

Our hospice care allows you to...

- Stay in your own home
- Continue seeing your doctor
- Continue medications and treatments that ensure comfort

Expert Medical Care
Emotional Support • Spiritual Care
Music Therapy • Grief Support



Bruce Lewis shares his family's experience.

"Hospice of Palm Beach County helped us through each stage of Mom's illness. They were always responsive and so kind - whenever we needed support, whenever we had questions. It's as though they put cushions around us and our hearts, holding us up. They were a shining light in a difficult time." *Bruce Lewis*



HOSPICE
OF PALM BEACH COUNTY
AND BROWARD COUNTY
Your nonprofit end-of-life care provider

Palm Beach County
Referrals & Admissions
561.227.5140 • hpbc.com

Broward County
Referrals & Admissions
954.267.3840 • hobc.org

Ask The Health & Beauty Experts

ASK THE DENTAL EXPERT



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

Techniques that reduce fear of the dentist

Question: I have a terrible fear of going to the dentist. What should I do?

Answer: If you fear going to the dentist, you are not alone. Dental phobia, or fear of the dentist, is one of the most common fears, second only to public speaking.

The key to coping with dental anxiety is to discuss your fears with your dentist. Once your dentist knows your fears, he will be better able to work with you to determine the best ways to make you less anxious and more comfortable.

The good news is that today there are a number of strategies that can be tailored to the individual to reduce fear, anxiety, and pain. You may have heard of Sedation Dentistry described in a variety of ways: "Anxiety Free Dentistry," "Mild Oral Sedation," or "Twilight State." Some dentists offer mild oral sedation which involves prescribing a sedative to relax & reduce stress. All of these procedures refer to you being given a sedative before treatment.

For patients who want to be totally unaware of the treatment or are in need of longer dental procedures, IV sedation is the preferred treatment.

IV Sedation is highly reliable, safe & effective for comfort & amnesia during all types of dental treatment. IV Sedation can only be administered by a Board Certified Sedation Dentist, and it's onset is immediate & can be increased easily & rapidly to meet the individual's needs. This is a huge advantage compared to oral sedation.

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.

Jay L. Ajmo D.D.S., P.A.
PGA Center for Advanced Dentistry
7100 Fairway Dr. Suite 59
Palm Beach Gardens, FL 33418
561-627-8666 • www.PGAdentistry.com

ASK THE COSMETIC SURGEON



Dr. Douglas Dedo,
Board Certified Facial Plastic and Reconstructive Surgery, Cosmetic Surgery, Head and Neck Surgery and Otolaryngology.

Difficulty breathing through your nose

Question: Doctor, why can't I breathe through my nose?

Answer: "Sinus", nasal obstruction, facial pressure and headaches are the most common presenting complaints I see in my practice. Frequently, the patient has tried over the counter antihistamines (zyrtec, allegra, claritin), decongestants (sudafed, the "D" in combination drugs) and nasal sprays. There are two parameters that affect air passing through your nose:

1. Bone/cartilage
2. Nasal lining

If you have a broken nose, and /or a deviated septum you will have a narrowed air passage and notice one side is always blocked or "tight". If the lining of your nose swells as it reacts to the air you breathe there is more obstruction. The antihistamines dry up the mucous and reduce the post nasal drip. The decongestants constrict the blood vessels in the lining of your nose and keep them from swelling.

We examine the nose to see if the septum is blocking one side, and/or is the lining engorged and blocking your nose further?

A sinus CT diagnoses sinusitis. Treatment is based upon the diagnosis. For sinusitis, a new in office procedure called balloon sinuplasty is done with or without a septoplasty. As the sinuses are opened with the balloon, headaches, chronic sinusitis, and facial pressure are relieved! Most insurance companies, including medicare, pay for this treatment. A rapid 2 day recovery time makes this a safe and effective procedure.

For more information, please call my office for a consultation: 561-776-7112 or visit us at palmbeach-sinus-doctors.com.

Dr. Dedo has been serving the South Florida community for over 35 years and is Triple Board certified in Facial Plastic and Reconstructive Surgery, Cosmetic Surgery, Head and Neck Surgery and Otolaryngology. Dr. Dedo has held leadership positions in the American Academy of Facial Plastic and Reconstructive Surgery, the local hospital community as well as the past President of the Palm Beach County Medical Society. He has written 45 articles and chapters for textbooks and medical journals.

Gardens Cosmetic Center
4060 PGA Blvd. Suite 203
Palm Beach Gardens, FL 33410
561-626-3223
www.gardenscosmeticcenter.com

Breast cancer is not just a woman's disease

SPECIAL TO FLORIDA WEEKLY

When you think of breast cancer, you don't think of men.

And that may be because men are most frequently diagnosed with skin, prostate, lung and colon cancers.

But breast cancer accounts for approximately 2,240 new cancer cases per year and causes roughly 410 deaths annually.

The most common symptoms of male breast cancer include a lump or swelling in the chest area, nipple discharge and skin dimpling or puckering. Men most likely to develop breast cancer are between the ages of 60 and 70, have a family history of the disease or a BRCA2 gene mutation, have been exposed to radiation, have high estrogen levels caused by liver disease, have a genetic condition such as Klinefelter's syndrome or are overweight or inactive.

"Men forget that their breast tissue can become cancerous because society has labeled breast cancer as a woman's disease," Dr. Marilyn Raymond, medical director of the Comprehensive Breast Center at Good Samaritan Medical Center, said in a statement. "Men can and do get breast cancer and should go to their doctor and insist on a mammogram if they feel a lump."

The long-term prognosis for men with breast cancer is similar to that for women diagnosed with the disease.

But male breast cancer often is identified at a later stage, making it more difficult to treat. That's why it's important for men who are more susceptible to developing breast cancer to be proactive and take steps to develop a breast-screening program.

A number of tests may be used to diagnose the disease:

■ A clinical breast exam can detect lumps or determine the size and location of the mass.

■ A mammogram can show images of the breast tissue using a series of X-rays.

■ A breast ultrasound can help evaluate an abnormality using sound waves to generate images of structures inside the body.

■ A nipple discharge examination can detect cancerous cells in fluid

from the nipple.

■ A biopsy can confirm a cancer diagnosis and help determine if further treatment is needed. There are three types of biopsies: fine-needle aspiration biopsy extracts a few cells from the suspicious breast lump, core needle biopsy removes a tissue sample for analysis, surgical biopsy removes all or part of the breast lump.

If cancer is detected, additional tests may be ordered.

"Men with breast cancer should speak to their doctor about genetic testing," Dr. Raymond said. "A significant amount of male breast cancer is due to the inherited BRCA mutation."

Doctors may perform an estrogen and progesterone receptor test to evaluate how the cancer cells multiply and if hormone therapy may stop the cancer from growing. Human epidermal growth factor receptor-2 testing measures a growth factor protein that can cause cancer cells to spread rapidly. In this case, monoclonal antibody therapy could halt the spread of cancer.

Treatment options for male breast cancer depend on many factors, including the size and location of the cancer, whether it has spread, the type of cancer and the man's age and overall health. Chemotherapy uses drugs, taken either orally or by injection, to kill cancer cells. Radiation therapy uses high-energy X-rays to target cancer cells. Hormone therapy may help destroy cancer cells that have spread or shrink breast tumors.

Surgical operations include a:

■ Simple mastectomy — removal of all breast tissue is removed.

■ Modified radical mastectomy — removal of the entire breast and some underarm lymph nodes.

■ Radical mastectomy — removal of all breast tissue, lymph nodes and chest wall muscle.

While male breast cancer is rare, it can be successfully treated when detected early.

For more information, talk with your doctor or visit the American Society of Clinical Oncology website at www.cancer.net. For a physician referral, call Good Samaritan Medical Center at 1-877-22-TENET. ■

Palm Beach Kennel Club sets breast cancer events

SPECIAL TO FLORIDA WEEKLY

All through the month of October, Palm Beach Kennel Club will support area charities during Breast Cancer Awareness Month.

For a \$20 donation, patrons will receive an "On Track To Beat Cancer" T-shirt, with all proceeds benefitting local charities.

Other activities during the month include:

■ A Pink Ribbon Feature Race will be held every Saturday afternoon during October. On Oct. 26, there will be a special "On Track To Beat Cancer" Award Race featuring the kennel club's fastest and most talented Greyhounds. In these special events, all eight Greyhounds will be wearing pink blankets. All profits from these races will go to local cancer

charities.

■ The Poker Room will also join in for this important cause with special events.

■ The "Pink" Drink Special will be

offered.

■ A Track Walk for Cancer is Oct. 26. Walk the racing track and show your support.

The benefitting charities include the American Cancer Society, National Canine Cancer Foundation (south Florida Chapter), The Kelly Rooney Foundation, Northwood University's Dig Pink and PBA / Connie Vanderwey Memorial Scholarship. ■



Got Download?

FLORIDA WEEKLY
IN THE KNOW. IN THE NOW.

The iPad App

It's Local. It's Entertaining. It's Mobile.

It's FREE!

Search Florida Weekly in the iTunes App Store today.

FLORIDA WEEKLY
IN THE KNOW. IN THE NOW.

Visit us online at www.FloridaWeekly.com



Many women dread having a MAMMOGRAM.
To help alleviate your fears, we invite you
to an evening of PAMPERING:

*Mocktails, Massage,
Mammogram and More.*

Tuesday, October 15, 2013
4:30 P.M. – 7:00 P.M.

West Palm Hospital Breast Care Center
4631 Congress Ave, Suite 100, West Palm Beach, FL

Join us for a fun-filled evening including:

- Hors d'oeuvres and refreshments
- Decadent desserts
- Mini massage or beauty treatment
- One-on-one Q&A with breast specialists

And then without stress or anxiety, you're ready to have a mammogram - one of the most important cancer screenings available for women. Our Breast Center of Excellence provides digital mammography in a spa-like environment, where you will be comfortable during the exam and confident with the results.

To schedule your digital mammogram and
register for an evening of pampering, call
1.877.9MAMMOS (1.877.962.6667).
Tell your friends to call too.



West Palm Hospital
Breast Care Center

4631 Congress Ave. • Suite 100 • West Palm Beach, FL 33407



HEALTHY LIVING

Giving, receiving criticism requires humility, attention

lindaLIPSHUTZ
llipshutz@floridaweekly.com



Arlene believed it had started out innocently enough. With the best of intentions, she'd approached her son Tim, with the Sunday classified section in her hand. Before Arlene could open her mouth, Tim said: "Mom, I told you. I have my OWN way of looking for jobs. Please stay out of it."

But Arlene couldn't let it go. "I'm only trying to help. My friend Mary found a job last month by scouring the classifieds."

Tim replied in a controlled, but angry way. "Mom, get off my back. I said I have my own system. No one goes to the classifieds anymore. Everything's online these days. Please stay out of it!"

Now, Arlene was on the defensive. "I don't like your attitude. I was just trying to be helpful. Maybe we 'old-timers' know a thing or two about looking for jobs."

Before she knew it, Arlene was adding things she couldn't take back: "Your father and I have been doing everything we can to be supportive. We haven't asked a dollar for rent. You don't even show any gratitude." Tim stormed out of the house, muttering under his breath.

Arlene hated having words with her son. She knew how demoralizing it had been for Tim to approach his parents

with the news he'd been let go by his employer, admitting he couldn't afford to live independently. Tim had worked hard to get his degree and had been so proud to land this job. He'd always been conscientious and considerate of the family. Arlene genuinely understood that her son wasn't feeling good about himself. And, in fact, Tim had been trying desperately to find another position.

She wanted the kind of relationship where Tim felt close enough to confide in her but somehow or other they were always at odds. If only Tim weren't so touchy.

Of course, none of us like to be criticized.

It feels uncomfortable. And, we're placed in the unenviable position of considering some unflattering things about ourselves. So, it's not uncommon to react defensively, protecting ourselves with righteous indignation. We may feel victimized, offering justified excuses, or worse yet, deflect responsibility by accusing our accuser of more egregious wrongdoings. Sadly, this only serves to escalate the conflict, and sorely gets in the way of closeness and collaboration.

From time to time, most of us may get caught up in the scenario of framing the other person's behavior as unreasonable. We don't like to consider that we may also be part of the problem. When we have the courage to look within ourselves and to consider how we may be

contributing to the difficulties, we can actually open the door to more rewarding relationships.

Paying attention to our defensive reactions may be a first step in softening the conflict. We should remind ourselves that the other person has something important to tell us, but may not always deliver the message in a palatable way. If we find ourselves feeling flustered or on the spot, we can certainly acknowledge this by saying: "You know, I'm feeling on the defensive here. I'm having difficulty listening to you right now. I know what you have to say is important. Why don't we take a break, and then start over." When we address the defensiveness head on, we may be able to deflect a lot of the animosity.

I'm not suggesting that it's easy for Arlene, in the fictionalized example, to tolerate rude or disruptive behavior, nor should she have to. However, let's consider another way she might have answered Tim. "Tim, I've clearly upset you. I know how frustrating this job search has been. I guess I can seem pushy when I keep offering suggestions. I'll step back a bit, but please know I'm here as a sounding board." While there's never a guarantee this approach will make the difference, Tim is much more likely to be forthcoming (and open to critical feedback) when his mother owns her part.

Defensive exchanges can be further minimized if a person begins with a positive statement. There may have been

value if Arlene had begun by acknowledging what she admires about Tim. She would have been far more likely to avoid getting his defenses up, and would have increased the likelihood of having a reasonable discussion. Of course, this is only effective if Arlene is sincere and truly means what she has said. Patronizing statements will be patently obvious and can only serve to antagonize the situation.

We are certainly more effective if we are able to approach our important relationships, with humility and a message of receptivity. It takes tremendous restraint to stay present in a relationship, while the other person is criticizing us. However, when we are able to say: "Please tell me what is important to you. I am willing to listen to criticism and hear you out," we are letting them know how much we care and that our relationship can tolerate differences of opinion. ■

— The example at the beginning is fiction.

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

Jupiter Medical Center honored with ATHENA Award in Business

SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center was honored by the Chamber of Commerce of the Palm Beaches when it received the ATHENA Award in Business. The Medical Center was recognized for having a long-standing history of promoting and supporting the advancement of women in non-traditional roles along with supporting advanced education opportunities through JMC's tuition reimbursement program.

"We are extremely proud of the nurturing environment we have created at Jupiter Medical Center. We have a special culture at Jupiter Medical Center — one that celebrates success and embraces tomorrow's leaders, giving them the tools and mentoring they need to succeed," said John Couris, president and CEO of Jupiter Medical Center. "Through internal team member development, to our community outreach activities and our services specifically geared toward the unique healthcare needs of women, our organization truly cares for the health and wellness of the women of our community."

The ATHENA Awards, presented by Wells Fargo, honor individuals, businesses, and young professionals, who have achieved professional excellence, mentored, actively served the community, and helped women to reach their leadership potential.

At Jupiter Medical Center, 83 percent of the department directors and managers, and 40 percent of the senior leadership team, are female. The Medical Center recently created The Leadership Institute for team members to hone and learn new leadership skills.

Beyond the nurturing environment within the organization, Jupiter Medical Center's culture is to encourage team members to give back to the community in which they live and work, and the



COURTESY PHOTO

Representatives of JMC with the ATHENA award are, from left, Dr. Susan Poncy, medical director, Women's Health Program; Paul Chiapparone, chairman, board of trustees; Terri Wentz, chief ambulatory care officer; Stacey Brandt, vice president, Marketing and Strategic Business Development; John Couris, president and CEO; Jennifer Doss, board of trustees member; Dr. Donna Pinelli, medical director, Walsh Robotic Surgery Program; and Karen Golonka, board of trustees member and Jupiter mayor.

organization leads by example.

Jupiter Medical Center sponsors a number of organizations and events in the community that directly benefit women, including the American Cancer Society's Making Strides for Breast Cancer, March of Dimes March for Babies, Honda Classic Executive Women's Day, Komen Race for the Cure and Bluewater Babes Fish for a Cure, to name a few.

In addition to the community outreach, Jupiter Medical Center offers a

number of services specifically tailored to women, including the Women's Health Program, the Margaret W. Niedland Breast Center, Niedland Breast Screening Center, and the Florence A. De George Children's and Women's Services.

For more information about Jupiter Medical Center, see jupitermed.com or call 263-2234. To find a physician, call the Physician Referral Line at 263-5737.

A nonprofit 283-bed regional medical center consisting of 163 private acute

care hospital beds and 120 long-term care, sub-acute rehabilitation and hospice beds, Jupiter Medical Center provides a broad range of services with specialty concentrations in oncology, imaging, orthopedics and spine, digestive health, emergency services, lung and thoracic, women's health, weight management and men's health. Founded in 1979, the Medical Center has approximately 1,500 team members, 520 physicians and 700 volunteers. ■

PALM BEACH NETWORKING

Girls Night Out at Theaology Salon & Day Spa in Midtown, Palm Beach Gardens



Erin Graham, Rachael Dutt and Heather Moody



Aracely Coronado and Kristie Andrews



Jessica Marra, Zac Williams and Adriana Batista



DJ Springer and DJ Fergie



Shari Robinson, Victoria Case and Cheyanne Wilsey



Janice Loisselle and Paola Ardela Riley



Hillary Marino, Rachele Williams and Marsha Kegel

"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.

PALM BEACH SOCIETY

Cocktails in Paradise, Sundry House, Delray Beach



Ann Margo Cannon, Julie Fanning and Tim Fanning



Anna Hennessy and Mike Hennessy



Beatriz Mavlios and George Mavlios



Clayton Peart, Jarrod Becker and Barbara Sagemen



Daniel Tessoff and Rachel Strassner



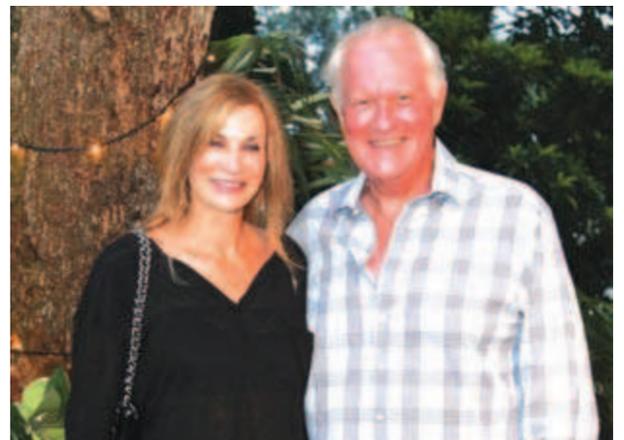
Dee Wade, Mike Wade, Allison Reckson and Todd Reckson



Gail-Lee McDermott, Marilyn Egan and Dottie Patterson



James Berwind, Stephen Mooney and Kevin Clark



Jeanne Beasley and Jim Beasley



Keith Williams, Stephen Mooney, Grier Pressley and Kristy Pressley



Ken Peltzie, Sharon Poss and Steven Abrams



Marco Schlenz



Marco Schlenz and Thomas Solomon



Scott Veloza, Tom Kirchhoff, Carol Kirchhoff, Scott Moses and Rachel Strassner



Daisy Sundy and daughters with Young Friends of the Historical Society of Palm Beach County

"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.

COURTESY PHOTOS / LUCIEN CAPEHART PHOTOGRAPHY



FLAMINGO PARK

Beautifully renovated 3BR/2.5BA + den townhome in sought-after neighborhood. Large living areas & high ceilings. Minutes to CityPlace, beach, PBIA, I-95 & more. Web ID 3062 **\$1,975/Mo.**



JONATHAN DUERR
305.962.1876

UNDER CONTRACT IN 3 WEEKS



ISLANDS OF JUPITER

Gorgeous 5BR/5.5BA riverfront estate with 132 ft. of water frontage. Custom built in '04 with 5,135 SF of living space. Hurricane impact windows. Web ID 3113 **\$1.975M**



SUSAN DESANTIS
561.301.4888



THE ENCLAVE

Wonderful Intracoastal, Ocean & pool views from renovated 3BR/3BA apartment in Palm Beach. Sought-after, pet friendly building with gatehouse & doorman. Web ID 3043 **\$1.6M**



JOAN WENZEL
561.371.5743



COVE

Beautiful pool & Intracoastal views from this 3BR/2.5BA + Den renovated condo. Custom moldings and marble floors. Direct access to pool deck & cabana included. Web ID 3130 **\$589K**



JONATHAN DUERR
305.962.1876

PALM BEACH

26th Annual Ocean Conservancy International Coastal Cleanup, organized by



Troy Tharitimant, Gary Tharitimant and Angelina Tharitimant



Mikulas Karasek, Monika Karaskva and Pavel Karasek



Naomi Kamasawa and Masami Kamasawa



Sarah Hatfield, Joseph Hatfield, Kelly Jones, Alex Jones, Regina Wine and Nya Wine



Widelande Jean and Karen Gonzalez



Brittney Gutin, Janet Edwards, Barbara Savastano, Beverly Reddington, Doris Urban, Bonnie Alvarez and Carl Stearns

"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 paper. You can purchase any of the photos too. Send us your society and networking photos. Include

Fashionably Fun

Find your Inner Fashionista at The Boutiques of Downtown at the Gardens.

STYLE SO CH
 LOLA CHIQ B
 URBAN OUTF
 MOLLÉ BRIDA
 IZOD • ZOEY V
 CECI PALM
 CRAZY 8 • K

PH SOCIETY

by the Blue Friends Society of Loggerhead Marinelifelife Center, Juno Beach



ones, Darcy Murray, Aiden Murray, Aaron Murray,



Eric Anderson and Micah Anderson



Jack Lighton and Bonnie Alvarez



Carl Stearns and Adam Gutin



Jack Lighton, Tommy Cutt, Carl Stearns and Adam Gutin



Tommy Cutt and Bill Parker

COURTESY PHOTOS

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. E-mail them to society@floridaweekly.com.

Discover Your Downtown

FREE Garage & Valet Parking

DowntownAtTheGardens.com



11701 Lake Victoria Gardens Avenue
Palm Beach Gardens, FL 33410

561.340.1600



PHIC • WHOLE PET ESSENTIALS
BOUTIQUE • SWOOZIES • LF
FITTERS • BLESSED BOUTIQUE
DALS • HIBISCUS BEACH KIDS
WILLOW • COUTURE OPTIQUE
BEACH • I LOVE JEWELRY
KEOLA • AVID SPORTSWEAR

DOWNTOWN LIVE

**LET THE LIVE MUSIC MOVE YOU
EVERY FRIDAY AND SATURDAY NIGHT!**

Don't miss the weekend nightlife in Centre Court where the Rock 'n' Roll is electric, the Jazz is smooth, the Acoustic is sweet, and the listening is easy. **DOWNTOWN** at the Gardens is your destination for nighttime celebration and live rhythms that will make you anything but blue.

**FRIDAYS AND SATURDAYS
7-10PM, CENTRE COURT**

SPONSORED BY:



Palm Beach Gardens
Medical Center



DowntownAtTheGardens.com



FREE Valet and
Garage Parking

MONEY & INVESTING

The Fed plays 'Red Light, Green Light' with the market



Domestic and international investors are always mindful of the U.S. central bank, the Federal Reserve, since there is long-standing history that investors are best to align themselves on the Fed's side of the investment divide. Investors generally don't want to find themselves in an investment position that is opposite to the central bank's intent for the economy and for the bond/equity markets. Hence, the bull market expressions: "Don't fight the Fed" and "The Fed's got your back."

How does an investor know what the Fed's intent is? The Fed often gives very clear signals, akin to the childhood game of "Red light! Green light!" If the Fed takes actions to lower interest rates and ease credit conditions (or suggests it will do so), then most often this is a "green light" for equity and bond investors. If the Fed takes action to raise rates and tighten credit, it is correspondingly a "red light" for bonds, certainly, and possibly for equity investors.

For the past four-plus years, the U.S. central bank has been the "wind in the sails" for bond and equity investors. Through its several-fold quantitative easing, the Fed has been at the epicenter of the supposed economic recovery.

This recovery has been weak, and accomplished through great incurrence of debt on the Fed's balance sheet.

The U.S. equity and bond markets could be at important inflection points. The U.S. Bond market has been in a bull market of rising prices and lower rates for close to 30 years. The U.S. equity market has been in bull mode since March 2009, having experienced one of the longest, strongest, sustained percentage advances in the past 100 years, possibly due to all the Fed's monetary measures. In slang investment vernacular, these markets are "long in the tooth." If this is on investors' minds, it is very much on the Fed's mind as well.

Reading the mind of the Fed has been easier in the past. The Fed has historically been straightforward about intent and actions (whether popular or not) and has moved decisively and not suddenly retreated upon signaling a monetary policy reversal. Also, what makes reading the Fed's signal clear is the economic context within which the signal is given.

For instance, if the economic environment was in recession and the Fed was waving the flag of lower rates as its monetary goal, then chances were pretty good that rates would go lower and the bond and equity bull markets could charge ahead.

However, if the economy was strong and the Fed was declaring the equity market had frothy valuations (for example, the dot-com bubble) then chances were good that the Fed would take

actions to raise interest rates, trim equity expectations and cut off bond gains.

Despite historically greater clarity, investors who are now trying to read the Fed's tea leaves are very confused. Investors think they hear and see the Fed signal that interest rates will rise — only to hear that interest rates will not rise, and vice versa. Easing will be tapered until easing won't be tapered. On-again and off-again messages give the investing public concern that the Fed wants to get out of the business of easing and would exit this role, except that the credit markets would (and recently did) sell off deeply.

Investors have also become confused by leadership at the Fed. After many years under Ben Bernanke, years that made for big equity and bond gains, President Obama made it clear that the Fed chairman would soon be replaced and a short list of candidates was being developed, without valid reasons given.

Succession to Bernanke only made Fed policy more unclear, as some candidates were dovish and others want the Fed to put on the brakes. The credentials of the candidates for replacement seemed to take a backseat to the disposition of the candidates on interest rates. Now that hawkish Larry Summers has declined candidacy, it appears that dovish Janet Yellen will be appointed. And so went the bond market; up, then down, then up, etc.

Investors often incorrectly make an assumption that the Fed really has "nailed" quantitative easing's cause/

strategy and effect. They assume that the Fed has its monetary manipulations down to a science. However, it seems that the Fed recognizes it is easing in uncharted waters; Bernanke et al are figuring out the next part of their game plan with some temerity.

For instance, this summer's statement that QE would be tapered by end of the year was not wanted by the bond market and it had a major sell-off. So the Fed's strategy then reversed. The Fed said that tapering would not happen and then the bond market rallied.

So, the Fed is feeling the markets out to see how much price sensitivity there is to its withdrawal of easing. Bond holders found out the hard way that the market is highly sensitive to a change in Fed policy. ■

— 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.

KOVEL: ANTIQUES

Product premiums are collectable oddities



Look in your grandmother's china cabinet for unusual glass and china. You may find some special pieces originally given away as product premiums during the early 20th century. There was no television, and radio was just getting developed, so "ads" often were objects that would be kept by the family. Colorful trade cards, sets of pressed glass or Depression glass, dishes of all kinds, souvenir spoons, printed handkerchiefs and even furniture were available. A small cup we inherited puzzled us for many years. The 3³/₈-inch-high porcelain cup is decorated with bright pink carnations and gold trim. But inside the rim of the cup, where you see it when finished drinking, are the words "Armour's Bouillon Cubes." The underside of the cup says "C.T. Altwasser." The maker was easy to identify. We list a few pieces of its china in each edition of "Kovels' Antiques & Collectibles Price Guide." C. Tielsch & Co. of Altwasser, Germany, was in business in Silesia, Germany, from 1845 to 1945. Armour & Co. was founded in Chicago in 1867 as a meat-packing plant. It also made buttons, glue, fertilizer, margarine and other items from by-products. The Armour brand name still is used in the United States for meat and other products. Bouillon cubes were

originally used to turn hot water into a tasty drink that aided digestion. Bouillon was also used in cooking, just as it is today. The Armour cup must have been a popular premium, because many are still available at flea markets and shops. They sell for \$20 to \$25 each.

Q: I found a 25-piece set of Golden Wheat dishes in my mother's attic. The mark on each dish includes the words "Golden Wheat, Made in USA, 22K Gold, Oven Proof," with a sheaf of wheat on each side. The set includes six dinner plates, six salad plates and a few serving pieces, but only a couple cups, saucers and soup bowls. What is the set worth?

A: Golden Wheat dishes were premiums first inserted in boxes of Duz detergent during the 1950s. Each month, a different packaged dish was inserted in a box of detergent. The pattern is a realistic image of five standing sheaves of wheat, and the rim of each dish was edged in gold. There is disagreement about the company that made the dishes, because the very same mark was used by Scio Pottery of Scio, Ohio; Homer Laughlin China Co. of Newell, W.Va.; and French Saxon China Co. of Sebring, Ohio. It is possible all

three pottery companies made dishes for Duz. Because so many dishes were made and so many people saved them, they are not rare and prices are low. Another problem is that defining a "set"

is impossible because many of the dishes made it into homes one at a time. We have seen a 22-piece set offered for \$35.

Q: We were left a large figural owl by my wife's grandparents. It's about 3 feet tall and weighs 40-50 pounds. It appears to be made of fired clay. The base looks like tile used for roofing or old piping. It's marked "Evens & Howard, St. Louis, Mo." We don't intend to sell it, but we're interested in the background.

A: Evens & Howard Fire Brick Co. was incorporated in 1867, but a brickworks had been operating at the company's location since 1837. Fire bricks were used to line fireplaces, furnaces, fireboxes, ovens, etc. The bricks were made from clay dug from mines in St. Louis and Glencoe, Mo. The clay was weathered for at least six months before it was made into bricks. The company began making sewer pipe in 1858. It also made fire-clay chimney tops, hot-air flues and floor tiles. Evidently the

company also made figures like yours. Evens & Howard remained in business until at least the second decade of the 20th century.

Q: I have a set of old metal ice tongs marked "Gifford Wood Co." I bought them at an estate sale more than 50 years ago. Can you estimate age and value?

A: Any tool marked "Gifford Wood Co." was not made earlier than 1905, the year Gifford Brothers of Hudson, N.Y., merged with William T. Wood & Co. of Arlington, Mass. The company specialized in tools to carry and handle ice. Gifford Wood Co. ice tongs often are offered for sale online. Prices range from \$20 to \$50, depending on size, quality and condition.

Tip: Do not put wax on a wooden toy to preserve it. The wax may yellow and disturb any markings or paper decoration. ■

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



Look online or in an antiques shop for a porcelain cup like this advertising premium for Armour bouillon. It was made in about 1915 and sells for \$20-\$25.

BUSINESS

WEEK OF OCTOBER 3-9, 2013

PALM BEACH COUNTY COMMERCE

A BMO Private Bank survey shows that more than half of Florida's affluent residents feel more secure financially than before the recession.

Feeling better

SPECIAL TO FLORIDA WEEKLY

Affluent Floridians feel they are more financially secure today than they were before the 2008 economic downturn, according to a study released today by BMO Private Bank. The study is the second in a series by BMO Private Bank examining trends among high-net worth individuals (those with investable assets of \$1 million or more) in Florida and across the country, the bank said in a prepared statement.

The study revealed that more than half (54 percent) of affluent individuals in the Sunshine State say they are better off now than before the recession. Further, 59 percent are optimistic about what the future holds for the U.S. economy.

Other key highlights of the study include:

- Florida's affluent are most confident about the technology (88 percent) and energy (88 percent) sectors — well above the national averages (80 and 77 percent, respectively). They are least optimistic about manufacturing (49 percent) and agriculture (39 percent).

- They believe stocks (76 percent) and real estate (66 percent) will yield good returns over the next five years, and they are among the most likely in the country to choose bonds (44 percent) as a top investment option.

- They are spending more or the same on club memberships (78 percent), entertainment and leisure (76 percent), and travel and vacations (74 percent) than they did before September 2008.

"It's promising to know that high-net worth Floridians are feeling good about the economy and their financial position within it," said Michael J. Dyer,



managing director, BMO Private Bank in West Palm Beach. "Their renewed spending and optimism will continue to invigorate the economy both nationally and globally."

On a national level, the study found:

- Almost two-thirds (61 percent) of high-net worth Americans say they are better off today than they were before the recession.

- Sixty percent of the nation's affluent are optimistic about what the future holds for the U.S. economy.

- They are most bullish about the technology (80 percent), health (78 percent) and energy (77 percent) sectors and least optimistic about the prospects for the manufacturing (50 percent), agricultural (46 percent) and mining (43 percent) sectors.

- They are spending more money or the same amount as before September

2008 in a number of areas, including:

- Entertainment and leisure activities (86 percent)
- Travel and vacations (83 percent)
- Club memberships (81 percent)
- Collections and hobbies (80 percent)
- Clothing and accessories (77 percent)

BMO Private Bank offers a range of wealth management services that include investment advisory, trust, banking and financial planning to meet the financial needs of high net worth clients.

BMO Private Bank is a brand name used in the United States by BMO Harris Bank N.A. Member FDIC. Not all products and services are available in every state and/or location.

The online survey was conducted by

Pollara between March 28 and April 11, 2013 with a sample of 482 American adults who have \$1M+ in investable assets (including a sub-sample of 41 Florida residents). The margin of error for a probability sample of this size is 4.5 percent, 19 times out of 20. ■



"It's promising to know that high-net worth Floridians are feeling good about the economy and their financial position within it. Their renewed spending and optimism will continue to invigorate the economy both nationally and globally."

—Michael J. Dyer, managing director, BMO Private Bank in West Palm Beach. "

Do You Want to Buy, Sell or Rent Real Estate on **SINGER ISLAND?**

contact the specialists

DERMOT OBRIEN Broker
561.317.1177

Islands Realty *the sand is our turf* | info@islandsrealty.com | www.IslandsRealty.com



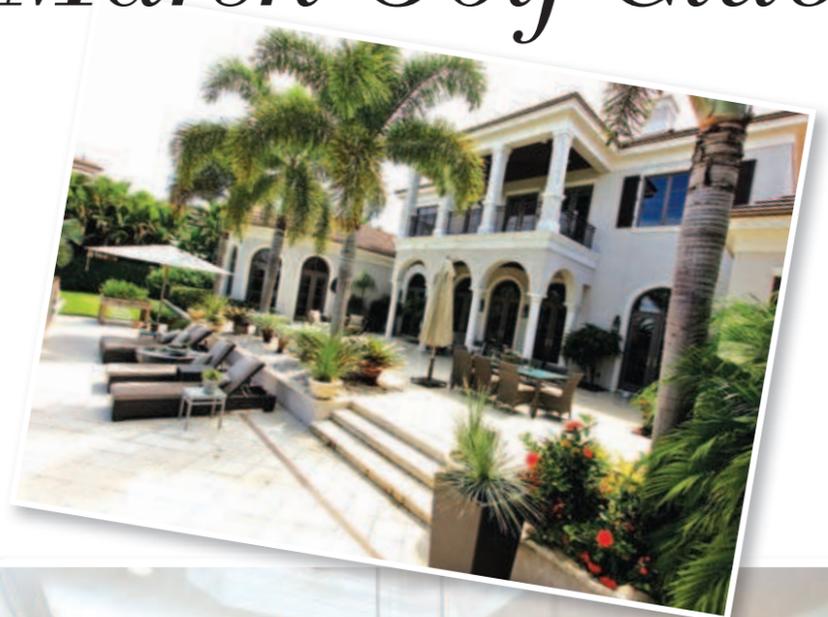
COURTESY PHOTOS

Hidden gem in Old Marsh Golf Club

SPECIAL TO FLORIDA WEEKLY

This magnificent estate in the Old Marsh Golf Club, in Palm Beach Gardens, was built in 2007 by Purucker Builders. The five-bedroom, 6½-bathroom home is located at 12941 Marsh Landing, on 2/3 of an acre. It's a very private piece of land overlooking the 1st hole on the championship Old Marsh Golf Course. It features a luxurious separate master suite wing and bathroom. The kitchen is designed for the

gourmet, with everything a chef would want. This home is meant for entertaining, with wonderful spaces to relax around an oversized pool and loggia area. The estate offers a private gym, complete with a bonus room for storage, on the second floor. The three-car garage includes space to park a golf cart. Fite Shavell & Associates lists the home at \$3,495,000. The agent is Sonja Abrahamsen-Stevens, 561-573-9198, sstevens@fiteshavell.com. ■



Clerk's office seeks old cell phones for domestic abuse victims

SPECIAL TO FLORIDA WEEKLY

October is Domestic Violence Awareness Month, and Clerk Sharon Bock is asking everyone in Palm Beach County to bring their used cell phones and chargers to their closest clerk's office location so they can be donated to domestic abuse victims.

All phones and chargers collected throughout October will be donated to Aid to Victims of Domestic Abuse and the YWCA Harmony House.

Phones and chargers will be accepted from through Oct. 31 at the following locations:

- Belle Glade: Room S-100, West

County Courthouse

- Delray Beach: Room 1S-127, South County Courthouse

- Palm Beach Gardens: Room 1211, North County Courthouse

- West Palm Beach: Room 322, third floor, Main Courthouse

- Royal Palm Beach: Suite 500, Mid-western Communities Service Center

All phones are sent to be refurbished, and personal information removed from them. The agencies give the phones to their clients so they can make emergency calls. Phones that can't be refurbished will be recycled, with money going back to the domestic violence agencies. ■

OPEN HOUSE SUN. 12-3 pm

Twelve Residences from the 900's

THE ESTATES of North Palm Beach

Anne LoGiudice 561-676-0029
www.EstatesNPB.com

kw | LUXURY ESTATES PLUS
4455 Military Trail, Suite 100, Jupiter

1-866-647-7770 • (561) 209-7900 • gardens@langrealty.com
www.langrealty.com
6271 PGA Boulevard, Suite 200 • Palm Beach Gardens

PGA - PRESTWICK CHASE

NEW LISTING!

Beautiful 2 bedroom, 3 bath, Townhouse in sought after Prestwick Chase, furnished-turnkey. Kitchen, Living-room and Den have vertical blinds. Master bedroom has huge walk-in closet, plenty of storage. Enjoy tropical landscape and Florida living at its best.

\$185,000
CALL: FRANK LEO
561-601-0224

IBIS - LARKSPUR LANDING

NEW LISTING!

Enjoy beautiful sunsets with forever golf views in this fully furnished 3 bedroom, 2.5 bath home. Upgraded kitchen cabinets with granite countertops. The oversized screen enclosure is perfect for outdoor living. Located in a charming community in Ibis with heated pool and spa.

\$159,000
CALL: RONA REVLEN
561-313-7930

MIRABELLA AT MIRASOL

FOR RENT OR SALE

Spectacular renovated "Cortina" model with 4 bedrooms, 2.5 baths, approximately 2,500 sq. ft. Features a huge screened-in swimming pool with large paver patio and covered lanai. Accordion hurricane shutters on all windows and doors. Home has been completely repainted inside and out. All new light fixtures and high end stainless steel Samsung appliances.

Offered for Sale \$475,000
Offered for Rent \$3395
CALL: MARC SCHAFER
561-531-2004

PGA - DUNBARWOODS

ANNUAL RENTAL

Beautifully remodeled 3 bedrooms, 2 bath unit on first floor. Florida room, ceramic tile, carpet, walk-closets. Centrally located in PGA National. Ready to move in.

\$1400 per month
CALL: DEBBIE ARCARO
561-371-2968

Lang Realty has sold more homes over \$400,000 in Palm Beach County over the past 5 years than any other real estate company.

Company	Market Share
Fite/Shavell	1.9%
RE/MAX Advantage	3.5%
Coldwell Banker	7.2%
Lang Realty	7.8%
Illustrated Properties	5.0%
Prudential Florida Realty	3.4%
Liebowitz	1.7%

Market Share
January 2008 – June 2013
All property types. Data based on RMLS/Trendgraphix reports Palm Beach County 2013.

For all your Real Estate needs, call (866) 647-7770

www.LangRealty.com

Jupiter
601 Heritage Drive, Suite 152
Jupiter, FL 33458
(561) 623-1238

Palm Beach Gardens
6271 PGA Blvd., Suite 200
Palm Beach Gardens, FL 33418
(561) 209-7900

West Palm Beach
222 Lakeview Ave., Suite 166
West Palm Beach, FL 33401
(561) 340-1200

Delray Beach
900 E. Atlantic Ave., Suite 16
Delray Beach, FL 33483
(561) 455-3300

Manalapan
277A South Ocean Blvd.
Manalapan, FL 33462
(561) 853-1100

Boynton Beach At Hunters Run
3200 Clubhouse Lane
Boynton Beach, FL 33426
(561) 853-2300

Boca Raton
2901 Clint Moore Rd., Suite 9
Boca Raton, FL 33496
(561) 998-0100

Port St. Lucie
9700 Reserve Blvd.
Port St. Lucie, FL 34986
(772) 467-1299

real people. real results. real estate.

Featured Agents



Matt Abbott
561.352.9608
MAbbott@PlatProps.com



Don Beyersdorf
561.400.8230
Don@DonBeyersdorf.com



Rita Boesky
561.596.9977
Rita@RitaBoesky.com



Jessica DesPlaines
561.202.7061
JKDesplaines@gmail.com



Tina Hamor
561.703.7624
TinaHamor@comcast.net



Lisa Machak
561.951.9514
Lisa@LisaMachak.com



Margot Matot
561.707.2201
MargotMatot@yahoo.com



Candace McIntosh
561.262.8367
Mcintosh5755@bellsouth.net



Juliette Miller
561.310.7761
JulietteMiller1@gmail.com



Dan Millner
561.379.8880
Dan@MillnerHomes.com



Thomas Traub
561.876.4568
Tom@TomTraub.com



Sandy Trowbridge
561.758.1055
Sandy@SandyTrowbridge.com

When you do what you love it shows. Our firm has become one of the fastest-growing real estate firms in the area. Home buyers and sellers have trusted Platinum Properties Realty, Inc. to be their partner.

It starts with our people.

Our agents care, listen, and know what is needed to get the job done because they love what they do. They approach buying and selling a home as if it was their own. Our agency retains a small and friendly feel, yet offers a professional team, comprehensive range of services, and thorough knowledge of the market.

What does this mean to you?

Plain and simple - we get you results. Contact one of our featured agents today, and ask about the Platinum Properties Advantage Program to sell your home faster and for a higher selling price.

Visit PlatinumHomeSearch.com for all South Florida listings!

2BR / 2BA



Brigadoon
RX-9968278
\$540,000

3BR / 2BA



125 Cape Pointe Circle
RX-9958050
\$435,000

3BR / 2BA



17166 126th Terrace N.
RX-9967162
\$329,000

2BR / 2BA



1515 Treemont Avenue
RX-9966811
\$288,900

3BR / 2BA



12335 165th Road N.
RX-9958290
\$330,000

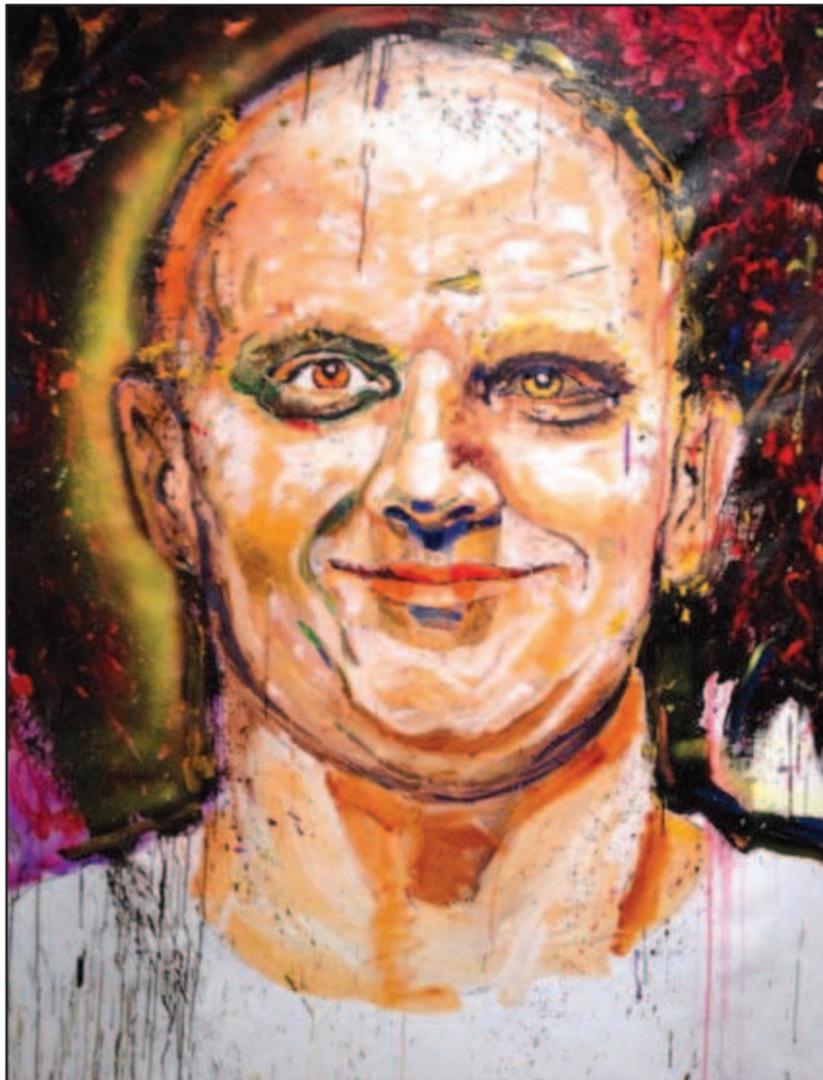
Jupiter | Juno Beach | Port St. Lucie

PLATINUM
PROPERTIES
REAL ESTATE, INC.



WEEK OF OCTOBER 3-9, 2013

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



COURTESY IMAGES

Mark Cohen's monumental canvases include the iconic, like Alfred E. Neuman (left), and the scary, like killer Jared Loughner (right), seen in detail.

The good, the bad, THE BIZARRE

Mark Cohen's canvases in Armory show cast iconic faces in a different light

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

The faces loom large from the canvases.

Frankenstein's monster has that familiar, slightly bemused look on its face.

Howdy Doody bears an uncanny resemblance to Alfred E. Neuman.

Golda Meier casts a benevolent gaze across the room.

And killers Jared Loughner and James Holmes stare out with vacant expressions.



COHEN

6 feet in height.

And for that, we might be able to thank his career.

Welcome to the world of Mark Cohen.

Many of Mr. Cohen's canvases in his exhibition, "Mark Cohen: The Good, the Bad, and the Ugly," are huge in scale, often 5 and



"Frankenstein"

SEE ARMORY, A32 ►

Plaza Theatre looks to Neil Simon for next play

SPECIAL TO FLORIDA WEEKLY

The Plaza Theatre journeys back to 1937 Brooklyn for its production of Neil Simon's "Brighton Beach Memoirs."

The show, which runs Oct. 10-27, is a coming-of-age comedy in which a Polish-Jewish teen experiences puberty, sexual awakening and a search for identity while coping with a huge extended family.

The show stars Ryan Mahannah as

the main character, Eugene Morris Jerome. Noah Jacobson plays his older brother Stanley, while Jessica Peterson and Michael Small portray his parents, Kate and Jack. Rounding out the cast are Jacqueline Laggy as Kate's sister Blanche, and Blaze Powers and Eva Gluck as Blanche's daughters. Andy Rogow directs. Noah and Eva are students at Dreyfoos School of the Arts.

"Neil Simon is one of the most beloved

American playwrights of all time," Plaza Theatre Director Alan Jacobson said in a statement. "His work is relatable to everyone, and as so many of our residents and visitors either lived in, vacationed in, or are familiar with Brighton Beach, we wanted to include our 'Back to the Boardwalk' exhibit to complement the show."

"Brighton Beach Memoirs" runs Oct. 10-27, with evening performances at 7:30

p.m. and matinees at 2 p.m. Wednesdays, Saturdays and Sundays. Tickets: \$45 each, with special group rates available. A dress rehearsal to benefit Clinics Can Help, which recycles medical equipment and supplies for those in need, takes place at 7:30 p.m. Oct. 9. Tickets: \$10. Tickets may be purchased at the box office at 262 S. Ocean Blvd, Manalapan, on-line at www.plazatheatre.net or by calling 588-1820. ■

SANDY DAYS, SALTY NIGHTS

Too much space can be a relationship liability



bowed, the candle flickering, and then she stood, dusted herself off, and decided to get on with her life.

"I finally, seriously let that dream go," she told my friend.

And then what happened? What always happens in these yarns. She met her Big Love. A marathon runner who happened to be handsome and kind. And a surgeon. Just. Like. That.

My friend offered me this story during my own recent down moment, a tale of hope with a moralistic punch line.

"You just have to create space for love," my friend said, "and it will come to you."

It's a lesson I've heard before.

Several years ago I picked up Katherine Woodward Thomas's relationship advice book, "Calling In 'The One': 7 Weeks to Attract the Love of Your Life." I read the how-to guide with one eyebrow raised, not sure if I could swallow its New Age-y approach to love.

The final section of the first chapter, "Making Space for Love," asserted that in



order to find a partner, we need both metaphorical and physical space. Mrs. Woodward Thomas encouraged love-seekers to clean out their closets and adjust their beds. She also suggested they create breathing room in their schedules and their hearts.

"We all must master the ability to release who we are for the possibility of who we might become," she wrote.

She's not wrong, and I admire this idea of making room.

But what happens when we create an overabundance of space?

There are some of us who make a career out of looking for love, who keep our closets not just roomy but empty. We expend so much effort on being open and accommodating — ready for love at any possible moment — that we forget to root ourselves in our own lives. We become weightless and untethered, floating through life, always looking for the next heartthrob.

Perhaps the trick to finding love, then, is to strike a balance between this openness and a certain grounding closed-ness. That way we can make space in our beds without forgetting to stake our claim to half of it. ■

UNLIMITED

Auto Wash Club

561-WASH-ME-2

Jupiter • WPB • Gardens

6812 W Indiantown Rd., Jupiter, FL 33458

Next to McDonald's
Also Visit Us At...

4109 Northlake Blvd. at Northlake & I-95
1850 Okeechobee Blvd. at Okeechobee & I-95

3

LOCATIONS
TO SERVE
YOU

- ★ 48 Hr. Rain Guarantee
- ★ Monday is Mens' Day
- ★ Wednesday is Ladies' Day
- ★ Thursday is Seniors' Day

Text AW to 247411
to receive Specials
unlimitedautowashclub.com

\$25⁰⁰

Express Hand Wax

Price subject to change based on condition/size of vehicle. Includes popular Wheel Deal Wash Package. With coupon. Valid in ALL 3 locations. Cannot combine discounts. Expires 11/3/13

Unlimited Exterior Washes

\$9⁹⁵

\$14.95 Gardens Location Per Month For FIRST Month

Come all month as Long and as often as you like.
No contracts to sign, CC Required. Reg. \$24.95.
6 Month Commitment Required. Valid at Jupiter & West Palm Beach locations only. With coupon. Not valid with other offers. No Discounts for Seasonal Customers. Expires 11/3/13

Complete Detail Inside & Out

\$69⁹⁹

Reg. \$89⁹⁹

Price subject to change based on condition/size of vehicle. With coupon. Valid in ALL 3 locations. Not valid with other offers. Expires 11/3/13

\$13⁹⁹

A \$19⁹⁹ Value

JUPITER SPECIAL "The Works"

Wheels Cleaned, Interior Windows, Vacuum, Blow and Hand Dried. Dash & Jamb Wiped & Tires Shined, Interior Shine, Hand Applied Teflon Wax, In Tunnel Sealer Wax.
With coupon. Cannot be combine discounts. Expires 10/13/13

ARTS COMMENTARY

A western with depth and a cool cowboy – much to my surprise



Several years ago, I read a column by a woman of color who confessed that although she was an African-American living in a large metropolitan city, she loved country music.

I've been thinking about that story lately, because I'm facing a similar dilemma.

I grew up in New York City, know how to navigate the subway and feel very comfortable surrounded by tall buildings.

When it comes to movies, I'm much more Tom Ford than John Ford. (Though I do intend to view some John Ford movies because they're classics and, I suspect, surpass genre.)

But lately, I've been captivated by a cable TV series about cowboys, of all things.

No one is more surprised than me. I've never been much for cowboys or westerns, with all those dirt roads, snorting horses, rifles and funny clothing. I could never figure out why people idolized John Wayne.

And yes, even though my last name is Stetson, those cowboy hats seemed a little silly. And all those cowboys who would say nothing more than "Yep" or "Nope" and spit on the ground were absolutely Neanderthal.

It was all so foreign to me. Then there was the stereotypical misrepresentation of Native Americans as "savages."

My good friend Kate Whitehawk would tell me stories of watching westerns as a child. They'd laugh at all the mistakes the white filmmakers had made — for example, how they would arbitrarily mix different tribes together. Or the way they'd put dark make-up on some white people to try to make them look Native American.

They'd cheer for the Indians. My friend Kate died a year and a half ago, and I miss her. I miss our late-night long-distance conversations. She had great insight. She helped this city girl develop a deeper love and appreciation of nature. She taught me about her people's ways.

We shared a passionate love for good books, movies and music.

I wish I could tell her about this show.

I wonder what she would say. How in the world did I wind up watching a television series set in Wyoming?

I started in Los Angeles. I was a latecomer to the TV series "Southland," which is set in Los Angeles and filmed on its streets.

Another police procedural? I initially thought. *Not interested.*

But I'd read good things about it, so I rented the first season.

I was soon hooked.

The show, created by Ann Biderman, is more of a character-driven drama than a typical police procedural. It not only looks at the unexpected, violent situations cops face on the streets, but examines how the job affects their personal lives.

"Southland" ran for one season on

NBC and then for four more seasons on the cable channel TNT. (All five seasons are now available on DVD.)

Executive producer Christopher Chulack and cinematographers Cameron Duncan and J. Michael Muro moved on from "Southland" to work on "Longmire," a contemporary crime thriller set in Wyoming.



I was initially dubious, but remembered how rewarding "Southland" was.

So I rented "Longmire."

I've been pleasantly surprised.

As a promotional trailer for the A&E cable series says: "Absaroka County, Wyoming. When you get right down to it, it's not all that different from New York City. Both

have their good points and bad points. Both have wealth and poverty. Both have problems with race, corruption, with violence, greed and murder."

"Longmire" possesses a richness and a depth not often seen in westerns.

There's a reason it's A&E's most-watched drama.

Walt Longmire, the sheriff in town, is a widower. Though his wife's been dead just a year and he's still mourning her loss, people expect him to function as if nothing has happened.

As part of his job, he has to notify people when a loved one has been killed. It's a task he dreads, knowing firsthand the pain of loss.

Sheriff Longmire, played by Robert Taylor, isn't a man of many words, but he talks more than your typical cowboy on any screen. And when he does say something, there's intelligence and wit behind it. He's also not afraid to show emotion.

Katee Sackhoff (Starbuck from "Battlestar Galactica") plays Victoria, a new deputy who has transferred from Philadelphia. Wyoming is as foreign to her as the craters of the moon.

The series, though, is actually filmed in New Mexico. There are vast expanses of land and snow-capped mountains. And the sky, at least to me, looks just as big.

There's almost a Zen peacefulness to the show, and the directors aren't afraid to have moments of silence. (As trumpeter Nicholas Payton has said, "It's where you choose to put silence that makes sound music. ... Silence is what makes sound sexy.")

Ms. Sackhoff explains in the short feature titled "The Camera's Eye: Realizing the World of Longmire": "There are these big, dramatic pauses, whether it's done with the scenery or by the actor pausing, or the written pause from the writer, (or) the director asking you to take this moment, there is a real intention to what the spaces are, and they really want you to make sure that you're catching every single detail, so you understand the weight of it."

Lou Diamond Phillips plays Sheriff Longmire's friend, Henry Standing Bear. And the great thing about the Cheyennes onscreen — they're actually played by Native American actors and locals.

The series, which will air its third season next year, is based on Craig Johnson's novels about Walt Longmire.

I like the A&E series so much I just might check out one of the books. ■

PUZZLE ANSWERS

C	R	A	B	W	A	L	K	A	T	R	I	P	D	O	D	O	M	A	
N	O	G	O	A	R	E	A	L	A	T	T	E	J	U	I	C	E	R	
O	V	E	R	N	I	G	H	T	G	U	E	S	T	S	T	A	T	E	N
T	E	N	D	N	A	E	O	R	E	S	H	A	K	E					
E	S	T	E	F	A	N	B	R	E	A	K	I	N	G	W	A	V	E	S
T	H	E	S	T	O	C	K	M	A	R	K	E	T	L	M	N			
H	A	L	O	E	S	E	E	N	T	O	D	D	P	D	A				
O	R	A	N	D	E	N	L	U	C	R	E	A	F	R	O	S			
U	M	P	C	O	M	P	U	T	E	R	H	A	R	D	D	R	I	V	E
O	S	C	A	R	I	A	N	N	M	A	D	A	M	E					
U	N	I	N	V	I	T	E	D	V	I	S	I	T	O	R	S	E	C	O
R	I	N	N	A	R	A	R	I	N	C	R	T	A	V	O	N			
L	A	G	W	I	R	E	B	E	E	S	E	N	A	T	E				
B	R	O	N	A	S	C	A	R	V	E	H	I	C	L	E	S			
A	L	V	E	O	L	I	O	I	L	I	N	U	R	E					
P	A	I	R	O	F	C	Y	M	B	A	L	S	O	L	E	S	T	R	A
O	B	O	E	S	S	E	A	O	P	S	O	L	E	S	T	I	E	S	
G	E	L	A	T	O	T	H	E	Y	O	F	T	E	N	C	R	A	S	H
E	L	E	V	E	N	T	A	L	O	N	A	L	A	C	A	R	T	E	S
E	S	T	E	R	I	S	O	L	M	O	S	G	Y	M	C	L	A	S	S

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

LOLA'S Seafood Eatery

Check the board for Lola's daily specials

Whole Fried Belly Clams • Lobster Rolls
Ipswich Steamers • Fish & Chips
Fish Tacos • Chowder

MAINE LOBSTER ROLL \$16.00 (Reg. \$19.99) Includes: Fries or Side Salad Expires 10-18-13

Palm Beach Gardens 4595 Northlake Blvd. 561-622-2259

Stuart 860 South Federal Hwy. (Next to the Dunkin' Donuts) 772-219-3340

St. Lucie West 962 St. Lucie W. Blvd. (772) 871-5533

Open 7 Days A Week

www.lolasseafood.com

FRIED BELLY CLAM ROLL \$12.50 (Reg. \$14.99) Includes: Fries or Side Salad Expires 10-18-13

PELICAN CAFE

Please Join Us For A Special Night Of
Live Music
Thursday, October 3rd
Featuring **Jean & Johnny "Bee"**
7:00pm – 9:30pm

Jean Mosessian has a Boston University education in Classical Music and Operatic Vocal study, Jean has successfully made the transformation into the world of Jazz. Jean has conducted choirs performed on many New England stages and entertained in many genres of music from Opera to Broadway to Jazz and Pop.

Johnny "Bee" Beers hails from hometown Washington, DC, by way of Ocean City, Maryland. Johnny is a graduate of the University of Maryland; studied jazz, blues and pop music. Recent local performances include The Breakers, The Ritz Carlton, and Renato's.

The Pelican Café "Where Nantucket Meets The Florida Keys"
Celebrating 5 Great Years in Beautiful Palm Beach County

Please visit thepelicancafe.com for more information
Reservations Accepted **561-842-7272**

Serving: **Breakfast • Lunch • Dinner**

612 US 1, Lake Park • www.thepelicancafe.com
Located 3/4 mile south of Northlake Blvd. on west hand side of US 1

Hours: Open Tues - Sun (Closed Monday) Breakfast & Lunch: Tues - Fri: 11am - 2pm / Sat & Sun: 8am - 2pm. Dinner: Tues - Sun: 5pm - 9pm

WHAT TO DO, WHERE TO GO

Please send calendar listings to pbnews@floridaweekly.com.

At The Arts Garage

The Arts Garage is at 180 N.E. First St. in Delray Beach. Call 450-6357 or visit artsgarage.org.

■ **Antonio Adolfo & Hendrik Meurkens Group** — 8 p.m. Oct. 4; \$25-\$35 (\$5 more at door)

■ **Joey Gilmore Band** — 8 p.m. Oct. 5; \$25-\$35

At The Bamboo Room

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

■ **The Lee Boys** — 9 p.m. Oct. 4; \$12
■ **Tim Reynolds and TR3** — 9 p.m. Oct. 5; \$30

■ **Applebutter Express & Come Back Alice** — 9 p.m. Oct. 11; \$10 (\$13 day of show)

■ **Nikki Hill** — 9 p.m. Oct. 12; \$12 (\$13 day of show)

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 Delray Beach Center

Delray Beach Center for the Arts is located in Old School Square at 51 N. Swinton Ave. in Delray Beach. Call 243-7922 or visit delraycenterforthearts.org.

■ **Stitch Rock Indie Craft Fair & Bazaar** — noon-6 p.m. Oct. 5. South Florida's largest annual indie craft fair & bazaar brings back old school crafting techniques with new school flair. More than 80 vendors. Door prizes, food, sweets and drinks. Fashion show at 3 p.m. Admission: \$5, children 12 and under free. Visit rockthestitch.com.

At Dramaworks

Palm Beach Dramaworks' Don & Ann Brown Theatre is at 201 N. Clematis St., downtown West Palm Beach. Call 514-4042, Ext. 2, or visit www.palmbeachdramaworks.com. Individual tickets went on sale Sept. 16.

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

At The Eissey

The Eissey Campus Theatre is at Palm Beach State College, 11051 Campus Drive off PGA Blvd, Palm Beach Gardens. 207-5900; www.eisseycampus theatre.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 or www.ptprsvp.com or www.peopleto-people.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.

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.

■ **"Engineers of Victory" by Paul Kennedy** — Book discussion group in The King Library, 5:30 p.m. Oct. 8 and 11 a.m. Oct. 9. Free. Reservations not required. Call 655-2766.

■ **Preschool Story Time: Fire Prevention Day** — For children birth to 4 years old. 10:30 a.m. Oct. 10. Palm Beach Fire Rescue will make a presentation in the Four Arts Children's Library. Free. Reservations not required. Call 655-2776.

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. 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. www.jupiterlighthouse.org.

■ **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 Sunset Tour** — Oct. 4, Oct. 23, Nov. 1, Nov. 6, Nov. 15, Nov. 20, Dec. 20. Sunset. \$15 Members/\$20 Non-Members. RSVP required. 747-8380, Ext. 101.

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.

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

■ **Adult Writing Critique Group**

— Saturdays 10:30 a.m.-1 p.m. 16 years and up.

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

At The Lake Worth Playhouse

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

■ **Films** — Oct. 3: "Evocateur" and "Film Socialisme." Oct. 4-10: "You Will Be My Son" and "Blue Caprice."

■ **Plays** — Oct. 3-8: Two one-act plays by Woody Allen, "Riverside Drive" and "Central Park West"; \$15.

■ **Show** — 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.macarthurbeach.org.

■ **Nature walk** — 10-11 a.m. daily

■ **"Learn to Kayak!"** — 10-11 a.m. Oct. 6. A land-based course that gives beginners the skills necessary for kayaking. Reservations are recommended. The program is free with park admission.

■ **Nature Photography Workshop: "The Ins and Outs of Outdoor Portraits"** — 9 a.m.-1 p.m. Oct. 12. Taught by Bruce Bain and Durga Garcia. For beginner and advanced photographers. Bring your own camera. Wear light clothing, and bring sun block and mosquito repellent. Drinks and snacks will be provided. \$35 (not including park entry). Call 776-7449, Ext. 110.

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** — Oct. 3: "I Give It A Year" and "Blackfish." Oct. 4-10: "Blue Caprice" and "Letters to Jackie." Oct. 4 and Oct. 6: "Road to Peace" (Palm Beach Dharma Center). Oct. 5; Manhattan Short Film Festival (4 and 7 p.m.).

At The Mounts Garden

Mounts Botanical Garden is at 559 N. Military Trail in West Palm Beach. Call 233-1757 or visit www.mounts.org.

■ **Urban Farming: Sustainable Backyard Vegetable Growing & Raising Backyard Poultry** — 9 a.m. to 1 p.m. Oct. 5, Exhibit Hall A & The Garden. Cost: members \$35, non-Members \$40.

■ **Mounts' horticulturist Mike Page will demonstrate how to raise tomatoes and vegetables in a sustainable way** — with fewer pesticides. In the second part of the program, participants will learn about raising backyard poultry. The instructor will discuss local laws and provide tips on how to make friends with neighbors.

■ **The Evening Garden at Mounts** — 5:30 p.m. to sunset Oct. 9, Mounts Auditorium & The Garden. Cost: members \$25, non-Members \$30. Mounts Education Coordinator Laurie Albrecht leads an enlightening talk on how to create mood and atmosphere from dusk to dawn in the garden.

Learn about night bloomers, fragrant flowers, nocturnal pollinators and moonlight reflections. Beverages and light snacks will be available before and after the program.

At Palm Beach Improv

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

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

■ **Oct. 10-12:** Rickey Smiley: Tickets: \$25.

■ **Oct. 13:** Florida's Funniest Comedian: Tickets: \$12.

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 of Memory Lecture Series** — 8:30-10 a.m. Oct. 5. Reservations not required, but reserves your seating, as lecture seating is limited. Free for members; \$5 guests. RSVP to 855-1647.

■ **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.

■ **West Palm Beach GreenMarket** — 9 a.m.-1 p.m. Saturdays at Waterfront Commons, downtown West Palm Beach (through May 31, 2014). Includes vendors selling the freshest produce, baked goods, plants, home goods and more. Admission is free. Parking is free in the Banyan and Evernia garages during market hours. Info: wpb.org/greenmarket.

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

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

WHAT TO DO, WHERE TO GO

■ **Gardens GreenMarket** — 8 a.m. to 1 p.m. Sundays, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. More than 120 vendors with just-picked, orchard-grown goods, a wide selection of seasonal vegetables and fruits, fragrant herbs, honey and homemade old-fashioned breads, doughnuts, pies, cheeses, sauces and handmade crafts. Leave pets at home. Visit pbgfl.com/greenmarket or call 630-1100.

Thursday, Oct. 3

■ **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.

■ **Brazil: South America's Emerging Giant** — 9:45 a.m. and 12 p.m., Oct. 10. Jeffrey Morton, Ph.D., a professor of international law in the Department of Political Science at Florida Atlantic University, will give two lectures analyzing Brazil as an emerging force. FAU's John D. MacArthur Campus, Lifelong Learning Society Auditorium, 5353 Parkside Drive, Jupiter. \$20 members; \$30 non-members. 799-8547.

■ **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. Oct. 3: Impulse.

■ **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; topic: The Affordable Healthcare Act) in the conference room of the Palm Beach Gardens Library, 11303 Campus Drive, Palm Beach Gardens; call Irene Garbo at 715-7571.

Friday, Oct. 4

■ **West Palm Beach Antiques Festival** — See hundreds of dealers in antiques, collectibles and decorative items noon-5 p.m. Oct. 4, 9 a.m.-5 p.m. Oct. 5 and 10 a.m.-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.

■ **Tropical Night at CityPlace** — 6 to 11 p.m. Oct. 4. Latin music, food and fun. Learn how to salsa from onsite dance instructors. Popular artists Hec-

tor Tricoche, Nestor Torres, Diana Castilla, David Lucca and 12-piece orchestra YARE. CityPlace, downtown West Palm Beach. Free. 366-1000; cityplace.com.

■ **Downtown Live** — 7 p.m. Fridays, Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Oct. 4: Billy Bones (pop/rock/instrumental). Free; 340-1600.

Saturday, Oct. 5

■ **Golf and tennis tournament** — The Alumni Association of Palm Beach Atlantic University annual golf and tennis tournament and auction Oct. 5 at the PGA National Resort & Spa. The golf tournament begins at 7 a.m. with breakfast followed by a helicopter ball drop at 8:15 a.m. A shotgun start at 8:30 a.m. begins the tournament where golfers will compete on the Champion and Squire courses. Cost is \$275 per player, which includes cart, greens fee, breakfast, lunch and a tournament golf shirt. The cost is \$125 per player and includes a mixed-up tennis tournament, tennis shirt, breakfast and lunch. The awards luncheon will be held at 1 p.m.; 803-2972 or www.pba.edu/golf-committee-13.

■ **A Taste of the GreenMarket** — 9 a.m. - 1 p.m. Oct. 5, Opening day of the 19th season of the West Palm Beach GreenMarket. West Palm Beach Waterfront, West Palm Beach. Performance by the Miami Six Orchestra 9 to 11 a.m. Admission is free. Free offerings from participating vendors while supplies last. Mimosas available for purchase. Free kids activities. Parking is free in the Banyan and Evernia garages during market. 822-1515; wpb.org/greenmarket

■ **"Touch-a-Truck"** — Kids 8 and under can see their favorite big trucks up close, 10 a.m.-1 p.m. Oct. 5, North Palm Beach Community Center, 1200 Prosperity Farms Road, North Palm Beach. Contact Bill or Nancy at North Palm Beach Recreation, 841-3386, nhensler@village-npb.org or began@village-npb.org.

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

■ **Downtown Live** — 7-10 p.m. Saturdays, Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Oct. 5: Brazilian Beat Trio. Free; 340-1600.

■ **Ginger's Dance Party** — 8-10

p.m. Saturdays, Palm Stage, Waterfront Commons, downtown West Palm Beach. Free. 822-1515; wpb.org/gingers.

Monday, Oct. 7

■ **"Christmas in October"** — 6-10 p.m. Oct. 7 and 9 a.m.-2 p.m. Oct. 8, St. Mark's Episcopal Church and School Youth Center and Gymnasium, 3395 Burns Road, Palm Beach Gardens. Jewelry, clothing, handbags, children's apparel, home goods, skin care and much more are available all under one roof. Proceeds benefit St. Mark's School. Visit stmarkspb.org, or call 622-1504

Tuesday, Oct. 8

■ **"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. 9

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

■ **Oxbridge Academy Open House** — 5:30-7:30 p.m. Oct. 9. Learn more about Oxbridge Academy, the independent high school in West Palm Beach. Tour the 54-acre campus, meet faculty and talk to current students. Need-based financial aid is available. Oxbridge Academy of the Palm Beaches Auditorium, 3151 N. Military Trail, West Palm Beach. Free. RSVP at 972-9617.

Ongoing Events

■ **Ann Norton Sculpture Gardens** — Through 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. 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. 19: "Mark Cohen: The Good, the

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

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

■ **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.

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

■ **Norton Museum of Art** — 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.'" Through Aug. 31, 2014: "Faux Real," by Mickalene Thomas. 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; free for members and children ages 12 and under. Thursdays are half-price for everyone. West Palm Beach residents receive free admission Saturdays 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 Atlantic University** — Presentation of "Reeling" by Barry Kornhauser, 7:30 p.m. Oct. 9-12 and 2 p.m. Oct. 12, Fern Street Theatre, 500 Fern Street, West Palm Beach. Tickets will be \$15 for general admission or 2 for \$25; \$10 for seniors 65+; and \$5 for students with ID. Call 803-2790. ■

JUPITER Green & Artisan MARKET
FRIDAYS YEAR-ROUND 5 TO 9PM!
Best town! Best location! Best vendors!
 Riverwalk Plaza 150 S US HWY 1, under Indiantown Bridge
 /JUPITERGREENARTISANMARKET
 WWW.JUPITERGREENMARKET.COM

The Love Garden
CRYSTAL TREE PLAZA
 1/2 mile south of PGA Blvd on US Hwy 1
 1201 US Hwy 1 • North Palm Beach
 Open Mon - Sat 10 - 5:30pm • Sun 11 - 4pm
 Huge Selection of Faux Custom Florals, Trees and Home Accessories
 Our Goal is to exceed your expectations....
561-691-5884

ARMORY

From page A27

"I'm advertising, first. That's my career. But in the back of my mind I always wanted eventually to paint because that was my education," he said. "Even though I was an ad person, I've always been an art director and a designer. Even when I had my own business I was always art directing and designing."

After all, art always has been a part of Mr. Cohen's life.

"Art has always kind of been on the periphery, and I got to the point where I couldn't wait any longer," Mr. Cohen said. "When you get to be my age, time starts to become a real issue."

Mr. Cohen turned 70 this year.

"The speed starts picking up and passing you by very quickly, so I did a lot of research because I was living in Palm Beach Gardens when I decided to pursue painting and I looked all over South Florida to find the place where I felt comfortable," he said.

He had visions of going back to school, and checked out colleges and universities with an eye toward pursuing a master's level painting program.

"Then a friend told me to take a look at the Armory, so I came down here and wandered around. I went online and looked at the individual instructors here," he said.

There was one who appealed to him: artist Miroslav Antic.

"He had training in Europe," Mr. Cohen said. "He came to the United States and became a successful painter. He became a teacher at the Boston Museum school, which is one of the



COURTESY IMAGE

Also at the Armory: Red Morgan's "Baptism" is part of an exhibition of his work open through Oct. 26. "Diaspora," a Harlem Renaissance-style show, is open through Nov. 9.

best classroom situations in the whole country. I came back down here and I talked to him. I spent an hour with him and that was all I needed because he absolutely knew his stuff. That's when I started taking his painting classes, and then really the big issue became what to paint."

For two years, Mr. Cohen explored different directions of art.

"The issue of what to paint is the issue artists face all the time," he said.

He began to follow pop artist Jim Dine, known for his heart themes.

"There's like five subjects that he paints, and he paints them again and again and again, and that's pretty much what all of these guys do, and women. They paint the same thing again, and again and again. So I thought, OK, what

would I be interested in?" he said. "So Miro got me interested in Andy Warhol."

There's nothing like a little inspiration.

"So when I looked at Andy Warhol's stuff, a big part of what he did was just do people and I had an affinity for him because when I started reading about him, most people know him as a guy who basically did silk-screen portraits, which basically started with a photograph," he said. "The reason he did that was because he was so good with his hands at drawing that he wanted to take the drawing out of the equation and go to a simpler, faster, more business-like way of producing art. ... That intrigued me."

Mr. Cohen wanted to highlight his

own skills.

"But I didn't want to give up what I can do with my hands — I can draw. (Warhol) wanted to give that up because he had a different end game," he said.

Unlike the clean, mass-produced quality of a Warhol work, Mr. Cohen's canvases have layer upon layer of paint and texture. The light captures those layers and casts shadows over parts of the works. Sometimes, the canvas hangs loose and unstretched, with folds from where it was wrapped around the roller.

At first glance, his paintings are portraits of icons.

There are such cultural leaders as Alfred Hitchcock, Woody Allen, Charlie Chaplin and Jimi Hendrix. Abraham Lincoln plays off of other political leaders, including Bashar al-Assad, who in turn plays off of the killers he has depicted.

Mr. Cohen gestured toward the canvases of Loughner.

"Juxtapose him against Dick Cheney and how many people has he killed?" Mr. Cohen asked.

But the sheer scale makes the works less about the subject matter and more about the compositions themselves.

"I'm really not interested in a photographic image," he said. "In fact as I go down the road, I see these images becoming less and less and less recognizable." ■

in the know

>>What: "Mark Cohen: The Good, the Bad, and the Ugly"

>>When: Through Oct. 19

>>Where: Armory Art Center, 1700 Parker Ave., West Palm Beach

>>Cost: Free

>>Info: 832-1776 or armoryarts.org

Market Moving Day
Sunday, October 6

The Gardens GreenMarket every Sunday
8:00am-1:00pm

Seafood • Bakery Items • Cheeses
Sauces • Hand Made Crafts
Fresh Produce • Flowers • Plants • Breads
Prepared Food & Drinks • Live Entertainment

10500 N. Military Trail, Palm Beach Gardens, FL 33410
561-630-1100 www.pbgfl.com

Rain or Shine • Please Leave Your Pets at Home

**CITY OF WEST PALM BEACH
VETERANS DAY PARADE
& LIFESTYLE EXPO**

NOVEMBER 10, 2013 @ DOWNTOWN WEST PALM BEACH

Entertainment Stage, Health & Wealth Seminar Series, and Grand Tasting Tent

Vendors Including local businesses, merchants and non-profits and in a special partnership with the PBC Veterans Committee, Inc.

THE CITY OF WEST PALM BEACH VETERANS DAY PARADE HONORING VETERANS AND FEATURING LOCAL VETERANS ORGANIZATIONS AND COMMUNITY GROUPS

Want to support the Veterans and have booth for your Business in Downtown West Palm Beach?
Call Tom at 95.9fm Seaview Radio 561 - 627 - 9966

FLORIDA WRITERS

Heart, head and habits complicate an exotic, multi-cultural romance

philJASON
pkjason@comcast.net



■ **“A Sahib’s Daughter” by Nina Harkness. Tollymore Publishing. 266 pages. Trade paperback \$13.99, Kindle ebook \$2.99.**

This gorgeous, exotic romance takes readers through almost half a century beginning in 1933, but its main focus is the 20 years of 1959-1979. These years focus on three generations of Indian and Anglo-Indian women — Prava, Ramona and Samira — ending soon after the birth of Samira’s daughter.



Nina Harkness

Written in an elegant, vivid prose style, the novel explores the relationships between adventurous men from England and Northern Ireland who leave their lower middle-class situations for opportunities on tea plantations in India and the women they meet there.

“Sahib” is a respectful title for white Europeans of social status living in colonial India, roughly equivalent to sir or master, and it applies

to the young Brits we meet who hold minor administrative positions on the vast, remote tea plantations that employ large numbers of native functionaries, field workers and household helpers.

The pivotal year in the decades the novel embraces is 1947, when India becomes an independent nation and yet maintains patterns of its colonial heritage, including social and economic hierarchies based on class and race. How these play out in the lives of the principal characters is among the book’s most fascinating elements.

Who is an appropriate mate for an Indian woman? Is marriage to a white planter a desired goal or a pairing doomed to grief? What is the status of racially blended individuals? How is it different in India from the UK? What are the chances for a comfortable entry or re-entry into English or Irish lifestyles for the family created in India? Where is home?

The answers vary with the outlook and circumstances of the people themselves. In the end, they are individuals just as much as they are representative figures.

The most complex set of circum-

stances has to do with Samira, who is courted by two men. First comes Ravi, the exceedingly handsome and dashing Indian man for whom she feels enormous passion. But Ravi’s attentions to her are inconsistent, and his periods of inattention are not sufficiently explained. We eventually find out that his parents are not at all pleased with mixed-race Samira as a proper wife for their son, and they are putting enormous pressures on him to accept an arranged marriage.

Next comes widower Justin, a tea planter whose first wife, the Irish-woman Lorraine, died in an accident. Despondent Justin is roused from his numbed life by the much younger Samira, who likes him in most ways, but without deep passion.

Tired of waiting for Ravi, and eventually hearing him admit that he is bending to his parents’ will, Samira accepts Justin’s proposal on the rebound. When he takes her to meet his family and plan a wedding in Northern Ireland, matters become extremely complicated, especially as Samira seems helpless in a world without servants. In addition, she is surprised to discover that she is

pregnant. The author’s handling of setting is one of this novel’s great strengths. Whether describing the home of a plantation manager, the social club that is at the center of community life, the modest clusters of commercial enterprises, the larger towns and cities or the back-home Irish neighborhoods, Ms. Harkness is a marvelous stage-setter. All the notes a film director would need for location shooting, set design and even costume design are lavishly available in “A Sahib’s Daughter.”

As the main characters move back and forth between England or Northern Ireland and India, we see the degrees of dislocation that the shifting environments and cultures bring to each of them. Identity is often compromised and confused.

Step into this colorful novel and enjoy the sights, tastes and smells of the Dooars region, Assam, Darjeeling and Dehli; savor the delicious romances; feel the tensions of cultural conflict and change.

For more information about Naples resident Nina Harkness and her book, visit www.ninaharkness.com. ■

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



THE ONLY RUSH YOU NEED IS THAT OF THE OCEAN WAVES.



Book the Best of Waldorf Astoria and receive a \$50 resort reward for every night of your stay.*

When you arrive at Edgewater Beach Hotel, you can expect attentive service and the comfort of a spacious suite. What may surprise you are the amazing activities that will either awaken our sense of adventure, or give you the relaxation you are longing for. Escape the everyday, from \$159 per night.

Book today by calling 888.564.1308, or visiting EdgewaterNaples.com.

EDGEWATER
BEACH HOTEL
A WALDORF ASTORIA HOTEL

HILTON HHONORS
©2013 Hilton Worldwide

*Visit EdgewaterNaples.com for complete terms and conditions.

Oct. 11 - Nov. 10, 2013

OF MICE AND MEN

by **John Steinbeck**

Director **J. Barry Lewis**
Producers **Stephen Brown and Jamie Stern**

Two migrant workers, George and his simple-minded friend Lennie, dream of a better life in this poignant, classic tale of loneliness and isolation, oppression and cruelty, humanity and dignity.



Call the Box Office for Showtimes
561-514-4042

201 Clematis Street, West Palm Beach
www.palmbeachdramaworks.org

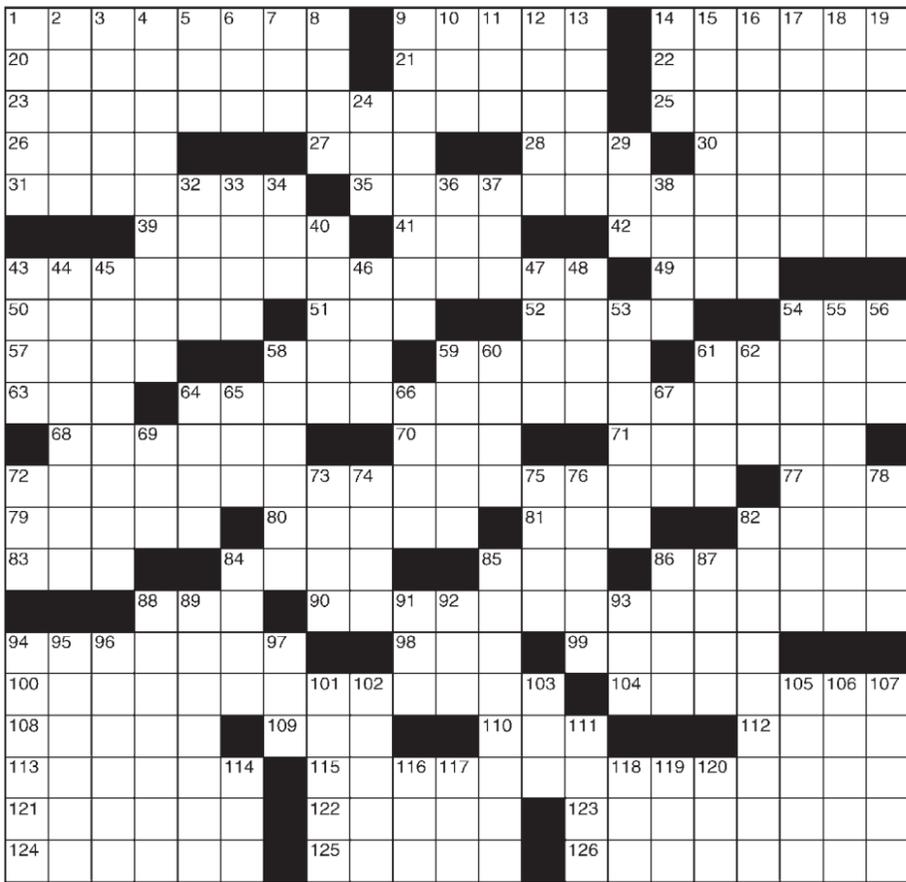


Palm Beach County Florida
THE BEST OF EVERYTHING
A TOURIST DEVELOPMENT COUNCIL FUNDED PROJECT



PUZZLES

SOMETHING IN COMMON



- ACROSS**
- 1 Move belly-up on all fours
 - 9 Take — (do some traveling)
 - 14 Capital of Tanzania
 - 20 Restricted zone
 - 21 Espresso with steamed milk
 - 22 Reaming appliance
 - 23 One using a spare bedroom
 - 25 New York's — Island
 - 26 Minister to
 - 27 Scottish refusal
 - 28 Metalliferous rock
 - 30 Quiver
 - 31 Gloria of pop
 - 35 Surf zone sights
 - 39 Bicycle spokes, e.g.
 - 41 With 3-Down, many a tax auditor
 - 42 Inventors of new words
 - 43 What many corporations are listed on
 - 49 Trio after K
 - 50 Angels' rings
 - 51 Poetic dusk
 - 52 Husband of Sarah Palin
 - 54 Droid or iPhone, e.g.
 - 57 9-Down seaport
 - 58 Lions lie in it
 - 59 "Filthy" gain
 - 61 Retro hairstyles
 - 63 Strike and ball caller
 - 64 It's smart to back this up
 - 68 19th-century king of Sweden and Norway
 - 70 Sothern of "Maisie"
 - 71 Butterfly's title
 - 72 People who call without being asked
 - 77 Prefix with car or law
 - 79 "Soap Talk" co-host Lisa
 - 80 — to go (fired up)
 - 81 Kind of PC monitor
 - 82 Stratford's river
 - 83 Hang behind
 - 84 UPI bulletin
 - 85 Pollen carrier
 - 86 Capitol body
 - 88 Good bud
 - 90 Daytona 500 entries, e.g.
 - 94 Tiny air sacs in the lungs
 - 98 OPEC supply
 - 99 Toughen, as to hardship
 - 100 Loud couple in a marching band
 - 104 Artificial fat
 - 108 They require double reeds
 - 109 It's all wet
 - 110 Missions, for short
 - 112 Rail supports
 - 113 Italian-style ice cream
 - 115 What this puzzle's seven longest answers have in common
 - 121 High dice roll
 - 122 Bird claw
 - 123 Priced separately, as 46-Down items
 - 124 Nitrate and nitrite, e.g.
 - 125 Actor Edward James —
 - 126 Phys ed
 - 266 Sawbucks
 - 267 Gads about
 - 268 See 41-Across
 - 269 Abuts
 - 270 Obi- — Kenobi
 - 271 NPR's Shapiro
 - 272 Drumstick
 - 273 Madeline of "Clue"
 - 274 Like Casbah natives
 - 275 Hellenic "T"
 - 276 Hwy.
 - 277 "There, there"
 - 278 — dish
 - 279 45 spinners
 - 280 Defeat in a pool race
 - 281 "Julia" star Carroll
 - 282 Scale range
 - 283 Less bold
 - 284 James of westerns
 - 285 Diner bill
 - 286 Env. addition
 - 287 Lot in life
 - 288 Fusses
 - 289 Actor Cage, to friends
 - 290 Transgress
 - 291 Request
 - 292 Victor's color
 - 293 — "Forgettin'" (1982 pop hit)
 - 294 "How Great — Art"
 - 295 Goddess of concord
 - 296 Sliding by
 - 297 Eatery list
 - 298 Aquatint, e.g.
 - 299 War film, when tripled
 - 300 Actor Mulroney
 - 301 Of the earliest ages
 - 302 Pigeon shed
 - 303 Ending for enzymes
 - 304 Chemist Mendeleev
 - 305 Red Square honoree
 - 306 Banquet coffeepots
 - 307 Uses a "+"
 - 308 Italian monk
 - 309 Vena —
 - 310 "... — quit!"
 - 311 Rikki-tikki- —
 - 312 Women's patriotic org.
 - 313 It aired "Crossfire"
 - 314 Google find
 - 315 Work to get
 - 316 Actress — de Matteo
 - 317 Wine cooler
 - 318 Rome's — Fountain
 - 319 Snake eyes
 - 320 Of one's forebears
 - 321 Dog relative
 - 322 Gets bloated
 - 323 Torah locale
 - 324 Emerald Isle
 - 325 Deprive (of)
 - 326 Farm alarm?
 - 327 Weep
 - 328 U.S. spy org.
 - 329 Brian of rock
 - 330 Orbital point
 - 331 Stereotypes
 - 332 Bluish-purple
 - 333 Suffix with robot or poet
 - 334 — come (in the future)
 - 335 Taj —
 - 336 UV ray-blocking stat
 - 337 Pageant crown
 - 338 Takes ten
 - 339 Embers
 - 340 Male caribou
 - 341 Roll- — (deodorants)
 - 342 A hardwood
 - 343 "— hoo!"
 - 344 Bridge writer Culbertson
 - 345 "Rambo" site
 - 346 CL doubled

SEE ANSWERS, A29

HOROSCOPES

■ **LIBRA (September 23 to October 22)** Watch that you don't take on more than you can handle when offering to help someone with a personal problem. There might be hidden factors you weren't told about.

■ **SCORPIO (October 23 to November 21)** That major move you've been considering could come sooner than you expected. Make sure you'll be ready with the facts you need when decision time arrives.

■ **SAGITTARIUS (November 22 to December 21)** Languishing relationships can benefit from a break in routine. Get out of the rut and do something new and maybe more than a little unpredictable this weekend.

■ **CAPRICORN (December 22 to January 19)** Although you don't think of yourself as a role model, your ability to make a tough decision at this time sets an example for others, who admire your courage.

■ **AQUARIUS (January 20 to February 18)** You need to move any remaining obstacles out of your way before you can take on a new challenge. Seek advice from close, trusted friends and associates.

■ **PISCES (February 19 to March 20)** A career change appears increasingly likely to happen during the next several weeks. It's a good idea to start now to prepare, so you can be ready to make the move when the time comes.

■ **ARIES (March 21 to April 19)** A bid for you to step in and take over an

incomplete project could prove to be an excellent learning experience that you can take with you when a new opportunity opens up.

■ **TAURUS (April 20 to May 20)** It's a good time for socializing, both with family and with friends. Your aspects also favor developing new relationships, any or all of which might become especially meaningful.

■ **GEMINI (May 21 to June 20)** Your success in handling a recent difficult situation prompts a request to handle another workplace problem. But this is one you should accept only if you get all of the relevant facts.

■ **CANCER (June 21 to July 22)** New information about a past decision raises some unsettling questions from an old friend. Be prepared to explain your actions fully and, if necessary, to make adjustments.

■ **LEO (July 23 to August 22)** This is not a good time to share personal secrets, even with someone you've known for a long while. What you don't reveal now won't come back to haunt you later.

■ **VIRGO (August 23 to September 22)** Pushing yourself to meet a project deadline is admirable. But be careful not to leave out important details in your rush to complete your work and send it off.

BORN THIS WEEK: You have a strong sense of obligation to justice, which inspires others to follow your example and do the right thing. ■

By Linda Thistle

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

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, A29

In Bookstores Everywhere

GROVE POINT PRESS
thegrovepointpress.com

WEST PALM BEACH ANTIQUE & FLEA MARKET

GRAND RE-OPENING
for 2013-2014 Season
Every Saturday
GPS 200 Banyan Blvd.
(Downtown WPB at Narcissus Ave. and Banyan Blvd. in front of the Old City Hall)

I FOUND IT!
at the West Palm Beach Antique & Flea Market
CALL 561-670-7473
www.wpbantiqueandfleamarket.com

Palm Beach Zoo sets 16th "Boo at the Zoo"

SPECIAL TO FLORIDA WEEKLY

The public is invited to have a howlin' good time at Palm Beach County's most-loved Halloween event: "Boo at the Zoo!" Guests can enjoy trick-or-treating, the decorate-your-own pumpkin patch, giveaways, haystack hunt, roving animal encounters, not-so-scary wildlife presentations and much more. The popular tradition continues this October at the Palm Beach Zoo. The 16th annual "Boo at the Zoo" will take place on the following dates and times Oct. 18-20 and Oct. 25-27 from 10 a.m. to 5 p.m., and will have evening hours Oct. 18 and Oct. 25, 5:30 p.m. to 9 p.m.

"Boo at the Zoo" is by far our most well-attended annual event," said Claudia Harden, marketing manager for the zoo. "On a good year, we average more than fourteen-thousand attendees. We hope to continue that successful trend this year."

One way the zoo is following its mission of environmental conservation is by only offering candy from companies that are a part of the Roundtable of Sus-

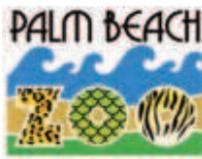
tainable Palm Oil. "As a conservation organization, we want to promote those who are doing what they can to protect wildlife in their natural habitats," said Harden.

In addition to the stations presented by the zoo, local businesses and organizations will be set up so children can trick-or-treat at the specific locations. Games, arts and crafts, a haystack hunt (\$1 fee) and a child-friendly haunted house in the Florida Pioneer House will entertain young visitors. Children can also purchase a pumpkin to decorate on-site at a pumpkin patch. All funds raised will go toward the care and feeding of the zoo's animals.

The zoo is inviting local businesses and organizations to participate in "Boo at the Zoo." For more information, vendors can email info@palmbeachzoo.org.

The Palm Beach Zoo is at 1301 Summit Blvd. in West Palm Beach, Florida. The zoo is open from 9 a.m. to 5 p.m. every day except Thanksgiving and Christmas.

For information, see palmbeachzoo.org. ■



Jupiter celebrates fall with Harvest Festival

SPECIAL TO FLORIDA WEEKLY

It may not feel like fall yet in Florida. But Jupiter promises a little autumnal fun for the whole family with its Harvest Festival at the Riverwalk Events Plaza.

The free event, set for 1-6 p.m. Oct. 5 under the Indiantown Road bridge, will have craft vendors, food vendors offering seasonal treats and more. Beer and wine will be for sale by the Knights of Columbus, including the locally marketed Monk In the Trunk beer. Free parking is available at the parking garage just south of the events plaza.

The schedule includes:

■ Country Line Dancing with Nicole from 1:30 p.m. to 2:15 p.m.

■ Live Music by the Warren Silvers Band from 2:30 p.m. to 5:30 p.m.

■ Donut Eating Contest at 3:15 p.m. for adults and kids, with fresh donuts from the Jupiter Donut Factory. Sign up at the town of Jupiter table at the event to participate.

■ A dunk tank and pumpkin patch hosted by Jupiter High School Criminal Justice Academy.

■ Free Baby Farm Animal Petting Pen.

■ Free carnival games.
■ Free kids' craft activity table.
■ Free bounce house for kids.

For information, visit www.jupiter.fl.us. For information on becoming a vendor, contact Jennifer Chaparro at 741-2365. ■

American Red Cross announces season of parties, show house

The American Red Cross Palm Beaches — Treasure Coast Region has announced a variety of society events for the season.

Here's a look at what's ahead:

The Red Cross will host a Kickoff Reception for the 57th International Red Cross Ball from 6 p.m. to 8 p.m. Sponsors and supporters of the 57th International Red Cross Ball are invited to a kickoff reception aboard the Lady Kathryn V at the Palm Beach Docks. The Red Cross Ball on Feb. 7 will welcome ambassadors, dignitaries and philanthropic leaders from around the world. By invitation. Kathryn C. Vecellio is chairman. Call Jennifer Durrant at 650-9105 or email Jennifer.Durrant@redcross.org.

The Red Cross Beach Bash is set for 8 p.m.-midnight Dec. 28 at The Beach Club, Palm Beach. This signature event, sponsored by Lilly Pulitzer, will bring together 500 of the Palm Beach region's next generation of philanthropic leaders to benefit the American Red Cross. The evening's theme, "A Story Written in the Sun," will honor the late fash-

ion icon Mrs. Pulitzer, and "bringing it back to Palm Beach," the birthplace of the brand's beginnings. Tickets are \$200. Bobby Leidy is the chairman. Call Alison Freeman at 650-9133 or email Alison.Freeman@redcross.org.

The 57th International Red Cross Ball will take place 7 p.m.-midnight Feb. 7, and there will be ambassadors, dignitaries and philanthropic leaders from around the world. Tickets are \$1,000. Call Jennifer Durrant at 650-9105 or email Jennifer.Durrant@redcross.org.

The 38th American Red Cross Designer's Show House Preview Party will be 6 p.m.-9 p.m. Feb. 19 at a private residence at 124 Churchill Drive, West Palm Beach. The Show House Preview Party offers a first look at this showcase. This year's Show House returns to a house showcased by the American Red Cross 20 years ago. The house will be open to the public Feb. 20-March 22. Tickets are \$200 and include one admission to show house on a later date. Bill Kopp is the chairman. Call Alison Freeman at 650-9133 or email Alison.Freeman@redcross.org. ■

Advertorial

Not your typical car dealer

SPECIAL TO FLORIDA WEEKLY

Buying a car at the best of times is a stressful and often frustrating experience. Even with tools like CarFax and AutoCheck, the used car customer may not really have the information needed to make an informed decision.

One business is out to change that.

North Palm Beach resident Bill McLaughlin has come up with an alternative — one he hopes changes the way all of America shops for cars and trucks.

Mr. McLaughlin, the former president and CEO of Starwood Vacation Resorts, was looking for something post retirement to "get him out of the house" when he hit on a way to not only make money but help others.

"I've always been a car guy," he said.

Setting himself up as an auto manufacturer's representative, he began to attend closed auctions, buying as many as 15 off-lease vehicles at a time, mostly for Northeast dealerships looking for rust-free Florida cars. His client list grew to include new car dealers from New York to Georgia — dealers sold on Mr. McLaughlin's stringent testing and practice of charging the dealerships only \$500 over his cost.

He started AutoMax of America in 1992, scouring the country for luxury brands, transporting them to Florida then shipping them out as soon as possible.

"AutoMax doesn't look like your typical car lot," he said of the 5401 North Haverhill Rd #105 in West Palm Beach. "It looks more like a maintenance place with 30-50 cars set up to ship to different parts of the country. Through word of mouth and friends



COURTESY PHOTO

Bill McLaughlin started Automax in Lake Park.

of friends we started getting requests direct from the consumer and so we set up a website."

A car buyer can log on to automaxofamerica.com and enter in exactly the type of car he or she is looking for from color, make, options, model to mileage.

"I put in an order last Monday and we just picked up two trucks from Bill in less than a week," said Buddy Wittmann of Wittmann Building Corporation in Palm Beach. "There were only five of these trucks in the U.S. You couldn't ask for a more reliable and honest salesperson."

It takes about a week for Mr. McLaughlin to find the requested car. He charges consumers the same \$500 over wholesale fee he charges dealerships and if you are a veteran or in the military, the price is reduced to \$250.

"I have access to 100,000 to 150,000 cars every week," Mr. McLaughlin said. "I can find the exact car you are looking for. I charge less than what the dealerships charge in dealer's fees."

Mr. McLaughlin, who served four years in the military, was born in West Point. His father was an instructor there. He says he has been around the military his whole life and is committed to helping active service men and women, and veterans, find affordable cars.

"I don't make any money on those cars," he said. "It's hard to find a quality car for less than \$2,000. People don't realize how much work goes into what we do."

Mr. McLaughlin's cars come with the CarFax and AutoCheck reports in addition to his own condition report and post-sale inventory. He recommends all car buyers purchase extended service warranties because the cars he specializes in — BMW, Acura, Porsche, Mercedes-Benz, Lexus — can be expensive to service. If your warranty is about to expire or you don't have one - call and ask about our extended warranty service. For information, call 632-9093 ■

This article appeared in Florida Weekly on 10/11/2012.

Affordable Group Personal Training

- HEART-RATE BASED INTERVAL TRAINING
- BURN UP TO 500-1000 CALORIES IN A 60 MINUTE SESSION
- BURN CALORIES UP TO 36 HOURS POST WORKOUT
- MEMBERS CAN LOSE UP TO 8 POUNDS A WEEK

COMING SOON

PRE-OPENING RATES

Jupiter, FL
6390 W. Indiantown Rd.
Jupiter, FL 33458
Chasewood Plaza
561.743.7770

Annette Rawlings solo exhibition set for Cultural Council of Palm Beach County

SPECIAL TO FLORIDA WEEKLY

The Cultural Council of Palm Beach County's latest solo exhibition is original works by Annette Rawlings, scheduled to open Oct. 12 in the Lawrence A. Sanders Foundation Artist Resource Center at the council, 601 Lake Avenue, in Lake Worth. The exhibition is free and runs through Nov. 9.

Annette Rawlings has been compared to notable modern masters over her 40-plus year career.

The simplicity of Rawlings' paintings in style and composition lend a lyrical yet controlled fluidity to the canvas, the statement said. Her reclining figurative forms flow effortlessly into subtle landscapes emblazoned with the colors of the southwestern sky. Her portraits, with hues developed specifically for each painting, imbue a fancifully honest view of each sitter. Modigliani's portraiture, Gauguin's colors and Leger's lines influenced Rawlings' work, though her painting speaks with a self-composed voice all her own.

"We are pleased to show the work of Annette Rawlings," said Rena Blades, president and CEO of the council. "Her work and career prove she is a prime example of a professional artist in Palm Beach County."

The public is invited to meet Rawlings for A Gallery Talk with Annette Rawlings on Saturday, Oct. 19 at 3 p.m. To register, call Nichole Hickey at 472-3336. It's free to members; \$10 for non-members.

The Cultural Council is Palm Beach



Palm Beach Dream No. 4, 2013, Gouache on cold pressed 100% cotton paper, 12 x 16 inches

County's official arts agency and serves non-profit cultural organizations and professional artists throughout the county.

The Cultural Council's responsibilities include marketing the county's cultural experiences to visitors and residents, administering grants to organizations and artists, expanding arts and cultural education opportunities, advocating for funding and arts-friendly

policies, and serving cultural organizations and artists through capacity building training and exposure to funders and audiences. For more information, see palmbeachculture.com.

Admission to the Cultural Council's galleries, Jean S. and Frederic A. Sharf Information Center and Roe Green Uniquely Palm Beach Store is free and open to the public Tuesdays through Saturdays, 10 a.m. to 5 p.m. ■

Young Friends to hold season kick-off at Norton

SPECIAL TO FLORIDA WEEKLY

The Young Friends of the Norton Museum of Art will hold its annual Season Kick-Off party at 6:30 p.m. Oct. 9 at the museum. The Norton will be closed to the general public, but more than 100 Young Friends and their guests will enjoy a cocktail reception, music from DJ Ilya Tatarov, a curator-led tour, exclusive access to some of the museum's newly reinstalled galleries and more.

The evening begins with a tour of "Block by Block: Inventing Amazing Architecture," an exhibition of 10 landmark skyscrapers from around the world, each masterfully constructed with LEGO® toy building bricks. Guests will also be able to take in "faux real," the new, site-specific artwork in the Norton lobby by Mickalene Thomas.

The party is free for members of the Young Friends and \$50 for guests, but guests who want to become Young Friends members can put the cost of admission toward membership.

The Season Kick-Off party begins an exciting season for the Young Friends, which will include more opportunities

to mix and mingle, enjoy curator-led exhibition tours, purchase discounted tickets to the "David Webb" Premiere, and attend the group's signature fundraiser, "A Midseason Night's Dream." More information is available at norton.org/youngfriends.

For more information about the Young Friends of the Norton contact the Norton's Young Friends Liaison, Jonathan Wemette, at 832-5196, Ext. 1120, or wemettej@norton.org.

The Norton Museum of Art is at 1451 S. Olive Ave. in West Palm Beach. It is 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. Call 832-5196 or visit www.norton.org. ■

**Breakfast
Lunch
Dinner
Great Steak**

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

The sisters behind Tequesta's Blondies diner pay a delicious tribute to favorite family recipes.
- Libby Volgyes, The Palm Beach Post

WHERE THE GIRLS KNOW GOOD FOOD!

181 N. US Highway 1
Tequesta
Located in Beall's Outlet Plaza

561-744-0806
www.blondiesgoodfood.com
Monday-Saturday
7am-9pm
Sunday
7am-3pm



TRANQUILITY AWAITS
ON YOUR COAST.



Book the Best of Waldorf Astoria and receive a \$50 resort reward for every night of your stay.*

When you arrive at Waldorf Astoria Naples you can expect exceptional restaurants, a luxurious spa and unparalleled service. What may surprise you are the amazing activities that will either awaken your sense of adventure, or give you the relaxation you are longing for. Escape the everyday, from \$139 per night.

Book today by calling 888.722.1269, or visiting WaldorAstoriaNaples.com.



WALDORF
ASTORIA®
NAPLES

HILTON
HHONORS

©2013 Hilton Worldwide

*Visit WaldorfAstoriaNaples.com for complete terms and conditions.

VIP WEEK Stop by for your V.I.P. Card* **VIP WEEK**

Gently Used Furniture & Accessories from Antiques to Mid-Century & Contemporary

*Good for 20% Off. Store Wide for a year. **I FOUND IT!** *Good for 20% Off. Store Wide for a year.

Buying single items to entire estates 7 Days A Week
561-557-2881
Live Oak Plaza 9249 Alt A1A, North Palm Beach



JOIN US

October 11-20, 2013

ENJOY A TASTE

OF

THE BEACHES OF FORT MYERS & SANIBEL

AND JOIN US FOR FRESH LOCAL CUISINE, SPECIAL PRIX-FIXE MENUS, THE AREA'S TOP CHEFS AND UNIQUE CULINARY EXPERIENCES. THIS DELICIOUSLY LOCAL AND SUSTAINABLE CULINARY CELEBRATION FEATURES WINE TASTINGS PAIRED WITH LIVE MUSIC, EXCLUSIVE COOKING DEMONSTRATIONS, TOURS AND CLASSES.

RESERVE NOW AT TASTEDELICIOUSLEE.COM



A TABLE APART • ANDY'S ISLAND SEAFOOD

BAYFRONT BISTRO • BISTRO 41

BUBBA'S ROADHOUSE & SALOON

BLUE WINDOWS BISTRO • BROADWAY BISTRO

CAFE ESCAPE RESTAURANT & BAR • CHARLEY'S BOASTHOUSE GRILL

CHIP'S SANIBEL STEAKHOUSE • CHLOE'S

CRISTOF'S ON MCGREGOR • IL CIELO • KEY LIME BISTRO

LAMOTTA'S ITALIAN RESTAURANT & PIZZERIA

LOS CABOS CANTINA • MARKER 92 WATERFRONT BAR & BISTRO

MATANZAS ON THE BAY • MATZALUNA ITALIAN RESTAURANT

PINE ISLAND BOTANICALS • RABBIT RUN FARM • SUNSHINE GRILLE

SWEET MELISSA'S CAFE • TARPON BAY • TARPON LODGE & RESTAURANT

THE MELTING POT • THE NAUTI MERMAID DOCKSIDE & GRILL

THE OLD CAPTIVA HOUSE • THISTLE LODGE

TIMBERS RESTAURANT & FISH MARKET • TRADITIONS ON THE BEACH

TWISTED VINE BISTRO • WICKED DOLPHIN RUM

WISTERIA TEA ROOM & CAFE



THE BEACHES OF
FORT MYERS & SANIBEL
**RESTAURANT
WEEK**



TASTEDELICIOUSLEE.COM
OCTOBER 11-20, 2013

PALM BEACH SOCIETY

Community Foundation celebrates naming its building the "Center for Philanthropy" in West Palm Beach



Brad Hurlburt, J.B. Murray, Andrea Bradley and John Lacy



Brad Hurlburt and Christie Hardcastle



John Lacy and Danielle Blangy Cameron



Sandra Close Turnquest and Gloria Ortega Rex



Andrea Bradley, Brad Hurlburt and Mark Cook



The Community Foundation and the tenants of the Center for Philanthropy

"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.

COURTESY PHOTOS

DOCKSIDE SEAGRILLE

ALL DAY EVERY DAY
 \$4 Martinis • 2-for-1 Draft Beer & House Wine
EVERY DAY 4-7PM
 2-for-1 Cocktails

\$10 OFF WITH ANY \$20 PURCHASE
One coupon per table. Coupon has no cash value. Not valid toward tax or gratuity. No change or credit will be issued. Cannot be combined with any other offer. Minimum party of two. Expires 10-31-13

766 NORTHLAKE BOULEVARD, LAKE PARK

MON-THURS 11:30AM-9PM • FRI-SAT 11:30AM-10PM • SUN 12NOON-9PM • 561.842.2180 • WWW.DOCKSIDESEAGRILLE.COM

STIMULUS PACKAGES

DOLLAR LUNCH BUFFET
 Monday-Friday 12 - 3 pm
 All items are \$1 each plus tax. Including Beverages, Wine and Beer.

EARLY BIRD BUFFET
 Wed. & Thurs. 5 - 7 pm
 All you can eat buffet
 Carved Meats • Fresh Vegetables
 Salad Bar • Dessert
 \$11 per person plus tax

EARLY BIRD COMPLETE
 Sit-Down Dinner
 Sat. - Tues. 4:30 - 6pm • \$12.95

SEAFOOD BUFFET
 Friday Night 6 - 9 pm
 Oysters on a Half Shell
 Salmon, Crab Cakes
 Stuffed Flounder
 Seafood Salad Bar and more
 Dessert
 \$21.95 per person

NOT TO BE INCLUDED WITH ANY OTHER OFFERS

FLORIDA WEEKLY CUISINE

In the kitchen with... **MIKE HINOJOSA,** Red Tapas Bar and Grille

BY LOREN GUTENTAG
lgutentag@floridaweekly.com

The color red represents love, passion and desire — three words that are synonymous with Chef Mike Hinojosa's vision of Red Tapas Bar & grille.

"My goal at Red Tapas is to completely turn this place around," says Chef Hinojosa. "The food here is made from the heart and with passion. That's how you get great food."

Chef Hinojosa, originally from Puerto Rico, moved to Coral Springs at 15. Although he says that his first job was at a pizzeria washing dishes, cooking became second nature to him.

"I've always loved to cook with my mom for the holidays," he says. "My mom taught me everything about Spanish cooking and Spanish spices, but working at the pizzeria opened my eyes to new flavors, new spices, and I loved it."

Chef Hinojosa says that he worked at multiple fast-food restaurants throughout high school, but as graduation approached his culinary dreams were put on hold when he joined the Army and spent two years in Germany.

Upon returning to Florida, Chef Hinojosa says that he couldn't deny or avoid his passion for culinary.

"Cooking is my calling," he says. "I had to deal with the fact that this is who I am, this is what I was meant to do, and this is what I love."

Chili's, Red Lobster, Carrabba's, The Capital Grille, and Seasons 52 are some of the restaurants in which Chef Hinojosa has worked. Grateful for the many opportunities, Chef Hinojosa says that he walked away from each restaurant with more knowledge of the industry than he could have ever imagined.

"While Carrabas taught me how to cook large volumes of food, Capital Grille taught me about the business side of the chef world, as well as how to cook and serve fine food," he says. "Another thing I learned is that you have to have thick skin in this business. People will try to knock you down, but being knocked down will only make you a better chef."

Chef Hinojosa is determined to shape the future of Red Tapas.

"Red Tapas is all about discovering new tastes and creating a relaxing atmosphere to unwind," he says. "Soon, we will be updating the menu and adding exciting things to make Red Tapas the place to be."

Oversized red lips on the wall and fiery red bar tops set the tone for a trendy night out where tasting the fla-



COURTESY PHOTO

Chef Mike Hinojosa was born in Puerto Rico but started his culinary career in Florida.

vors of the world one bite at a time is a guarantee.

"When I hear guests say that the food is amazing, there is nothing better than that," he says. "But, when guests join their tables together to experience, share food and basically have a party, the Red Tapas concept comes alive and I can go home to my wife and kids completely satisfied."

Name: Mike Hinojosa

Age: 41

Originally from: Puerto Rico

Restaurant: Red Tapas Bar and Grille, 11701 Lake Victoria Gardens, Palm Beach Gardens; 333-7331 or red-tapasbar.com

Mission: "I want to turn this restaurant around. Soon enough we will be updating the menu, and I want Red Tapas to be the first place that comes to mind when people say, 'Hey, let's go have some delicious food in a relaxing environment.'"

Cuisine: New American Cuisine

What's your footwear of choice in the kitchen? "I wear Mozo shoes. They're Italian made with a light rubber sole," he says. "Of course, they're also non-slip."

What is your guilty culinary pleasure? "Well, if you were to ask me what I would want as my last meal, it would definitely be Osso Buco Milanese served with risotto; I take a lot of pride in my risotto," he says. "But, my weakness is ice cream! Ben & Jerry's Wavy Gravy is my favorite flavor, but sadly they stopped making it."

What advice would you give someone who wants to be a chef? "You have to have a passion and be prepared to be on an opposite schedule from everyone else. It's a really hard business and it isn't made for everybody. Being a chef is really cool, though, because we are one of a few — not many can do what we do and many don't want to do what we do." ■

A mix of old and new at P.B. Food & Wine Festival

SPECIAL TO FLORIDA WEEKLY

It starts on a Friday the 13th, but those participating in the Palm Beach Food & Wine Festival should consider themselves lucky to be attending.

The festival, which takes place Dec. 13-17 at venues throughout the county will be a feast for the eyes and the palates. It also will benefit a range of charities.

"The 2013 lineup offers a collection of world-class talent and exclusive venues, ideal for wine and food enthusiasts in the area and tourists who want to visit Palm Beach. This year we are also offering a new kids' series and late night soirées, in addition to the return of our signature events," festival organizer David Sabin said in a statement.

It kicks off at the Four Seasons Resort Palm Beach, starting with Chef Talk, an open dialogue for the hospitality trade about reality TV success between Amanda Freitag, Robert Irvine, Jeff Mauro, Johnny Iuzzini, Marc Murphy and host Marc Summers. Next up: The chefs' athleticism will be put to the test during a beach volleyball game.

That evening, world-renowned culinary master Daniel Boulud hosts the annual opening reception, Daniel & Friends, at his eponymous café at the Brazilian Court in Palm Beach. The evening will feature passed hors d'oeuvres, small plates and cocktails prepared by Boulud and his team at Café Boulud.

Other returning events include:

■ Amy Freitag, Robert Irvine, Elizabeth Falkner, Jeff Mauro, Dean Max, Darryl Moiles and Marc Murphy are on-hand for the afternoon pool party Chillin' N' Grillin' at Four Seasons Resort Palm Beach, with host Ted Allen. Pastry chef Johnny Iuzzini will prepare a grilled dessert.

■ Look for Southern fare at The Breakers Palm Beach with "An Evening in the Garden of Good and Evil," hosted by the resort's Executive Chef of Banquets Jeff Simms and Master Sommelier Virginia Philip.

■ Head west for an al fresco afternoon of recovery with Lindsay Autry, Timon Balloo, Michael Ferraro, Darryl Moiles, Marc Murphy, Clayton Miller, James and Julie Petrakis, Daniel Serfer, Stephen Stryjewski and Marc Vetri. The chefs will create a farm-to-table afternoon during Southern Comfort: A Hair of the Dog Experience at Swank Specialty Produce, a hydro-natural farm in Loxahatchee.

■ Inspired by his South Carolina restaurant, The Ordinary, Chef Mike

Lata brings Sustain by The Ordinary — a pop-up concept — to life, with the help of PB Catch's Aaron Black.

— Chefs Todd English and David Burke, along with pastry chef Joanne Chang, join chef/owner Clay Conley for The Last Supper at Buccan, the final evening event before the Grand Tasting.

The festival closes with the main event, its 7th Annual Grand Tasting at 150 WORTH. This food fiesta highlights nearly 100 chefs, restaurants, mixologists, sommeliers, vendors and vintners, culminating with the Grand Chef Throwdown competition featuring last year's winner Eric Grutka.

Other events are in the offing.

Tickets and event details for the Palm Beach Food & Wine Festival 2013 are available at tpbfoodwinefest.com.

Demonstration dinners at In the Kitchen: Chef Lenore Pinello will host dinners at her Tequesta shop/classroom, In the Kitchen. Most evenings are BYOB.

■ **Autumn in Provence** — 6:30 p.m. Oct. 10. Includes such fare as a salad of fresh autumn greens, country pâté with fresh figs, soupe au pistou, chicken breast Provençal and a frangipane apple tart. Cost: \$75.

■ **Mangia Mama's "Little Italy" Favorites** — 6:30 p.m. Oct. 17. Menu features fresh mozzarella bruschetta, fettuccine with roasted pomodoro, antipasto salad, chicken scapariello, potato croquettes, mini zeppoles and affogato. Cost: \$75.

■ **A Tour of Europe Wine Dinner** — 6:30 p.m. Oct. 29. Dinner includes four wines from Sherbrook Cellars. Menu offers potato latkes with crème fraîche, mixed greens with pan a tomate, butternut squash ravioli, beef Bourguignon and chocolate mousse tart. Cost: \$85.

In the Kitchen is at Gallery Square North, 389 Tequesta Drive, Tequesta. Reservations required; call 747-7117 or visit www.inthekitchennow.com.

Closed: Mondo's American Bistro in North Palm Beach has closed.

A sign on the door reads, "It is with heartfelt regret Mondo's is now officially closed."

The sign thanks patrons for their support, and cites "a poor economy combined with the fact that there simply are too many chain restaurants resulted in our inability to stay afloat."

Mondo's had been open 22 years. ■

— Send your food news to Scott Simmons at ssimmons@floridaweekly.com.

THE DISH

Highlights from local menus

The Dish: The Mustang Burger

The Place: Chuck Burger Joint, Midtown, 4665 PGA Blvd., Palm Beach Gardens; 629-5191 or chuck-joint.com

The Price: \$6.40

The Details: Take Bush Brothers beef, combine it with Michael Curcio's know-how and you end up with a burger like the Mustang.

Mr. Curcio, founder of Chuck Burger Joint, offers a

patty made from the proprietary beef blend cooked medium, then stacked on a perfectly toasted roll with bacon and Tillamook Cheddar, direct from Oregon. A dollop of the special Chuck Spread completes the sandwich nicely.

Take one bite and you understand why Chuck Burger Joint was crowned "King of All Burgers" for the second year in a row this summer at the PGA National Craft Beer Festival and Burger Bash.

It's a winner. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY

Singer Island • Palm Beach Gardens • Jupiter • North Palm Beach • Juno Beach

Representing The Palm Beaches Finest Properties



FEATURED RESIDENCE

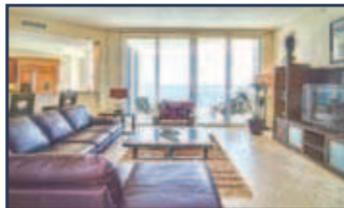
Ritz 1904B 2BR/2.5BA This one-of-a-kind luxury residence has been professionally finished to the utmost standard of sophistication. The contemporary design is reflected with clean simple lines and light colors. A large wrap around balcony with glass railings provide stunning views of the ocean and south to Palm Beach. The gourmet kitchen features Italian cabinetry, granite counters and Miele appliances. The master suite and guest suite have ocean views that are truly second to none. This residence is being sold fully furnished. \$1,499,000. For a private tour, please call Jeannie Walker (561) 889-6734.

For more information on these Great Buys and Next Season's Rentals, email us at **Info@WalkerRealEstateGroup.com**

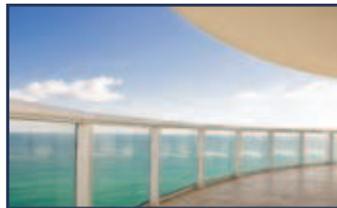
Recipients of the 2012 Ritz Carlton Residences® Singer Island Power Broker Award



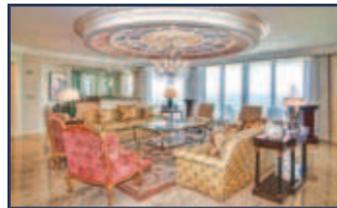
Beach Front PH 2002
4BR/4.5BA Penthouse with over 4,000 Sq ft. of living space. Upgrades plus poolside Cabana. **\$2,150,000**
Jeannie Walker - 561-889-6734



Beach Front PH 1903 3BR/3BA Spectacular views. This unit has 10FT Ceilings, marble floors and a private poolside cabana. **\$1,595,000**
Jeannie Walker - 561-889-6734



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



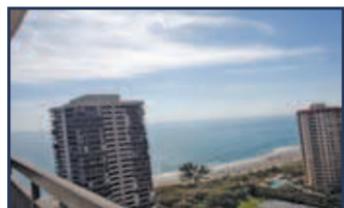
Ritz 2003A 3BR/3.5BA One of only a few highly sought after "03" on the market. Panoramic views of the ocean. Utmost attention to detail with numerous upgrades. **\$3,700,000**
Jeannie Walker - 561-889-6734



Ritz 2502 3BR/3.5BA Designer ready unit with amazing ocean views and expansive glass balconies. Price includes a furnished pool side cabana. **\$3,945,000**
Jeannie Walker - 561-889-6734



Martinique WT201 2BR/3.5BA Unique completely renovated unit with spectacular large private terrace. A must see! **\$399,000**
Jeannie Walker - 561-889-6734



Martinique WT2304 2BR/3.5BA Amazing Views of ocean & ICW. Coveted SE corner on 23rd floor. **\$585,000**
Jeannie Walker - 561-889-6734



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

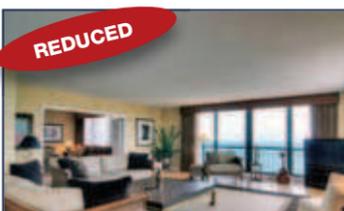


Beach Front 703 3BR/3BA Spectacular direct ocean and ICW views. 2700+SF w/marble floors throughout, over \$12K in window treatments. Best buy at Beach Front. **\$899,000**
Jeannie Walker - 561-889-6734



Martinique ET1103 2BR/3.5BA One of a kind 11th floor ocean front condo with beautiful ocean & intracoastal views. Designer built-in furnishings. A must see. **\$649,000**
Jeannie Walker - 561-889-6734

LUXURY RENTALS AVAILABLE.....RITZ CARLTON, RESORT, BEACHFRONT



Martinique WT2302 3BR/4BA Coveted SE corner unit with impact glass. Beautiful views of ocean and ICW. fully furnished, immediate availability Turnkey. **\$849,000**
Jeannie Walker - 561-889-6734



One Singer 601 3BR/3BA W Penthouse. Spectacular views of the Intracoastal & City. One of only 15 exquisite residences with gated entrance. Private elevator foyer. **\$1,600,000.**
Jeannie Walker - 561-889-6734



PB Shores 606 2BR/2BA top floor Co-op. New hurricane windows & shutters, stove, dishwasher & dryer. View from every room. **NOW \$312,500**
Sylvia Jeannin - 561-926-0234



Cote D'Azur 2-1403 2BR/2BA Remodeled with new kitchen, granite, appliances. Views of ocean & ICW. **NOW \$285,000**
Joan Tucker - 561-531-9647



Martinique ET702 2BR/3.5BA Breathtaking ocean and intracoastal views from this coveted SE corner unit. Marble floors, wet bar & two parking spaces. **\$695,000**
Jeannie Walker - 561-889-6734