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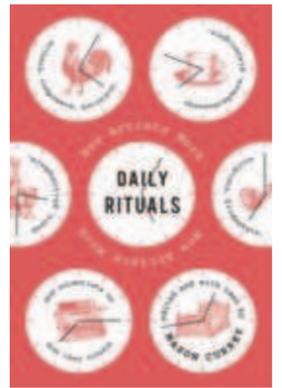
IN THE KNOW. IN THE NOW.

WEEK OF OCTOBER 24-30, 2013

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INSIDE



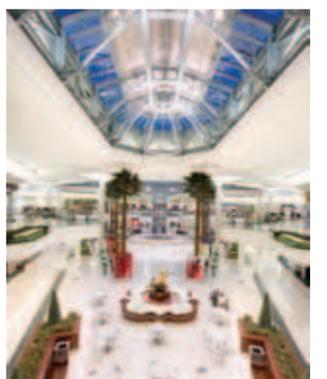
The work of creating
Author explores how artists work. **B1** ▶



Networking
See who was out and about in Palm Beach County. **A24, 26** ▶



Antiques
Vintage Halloween objects scare up profits. **A31** ▶



Business
The Gardens Mall welcomes new stores. **A23** ▶

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CONFUSING CARE



LOVE IT OR HATE IT— THE FACTS ABOUT THE AFFORDABLE HEALTH CARE ACT

48

BY ROGER WILLIAMS • RWILLIAMS@FLORIDAWEEKLY.COM

PHOTO ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY

Ibis breaks ground on \$33 million capital improvement project

SPECIAL TO FLORIDA WEEKLY

Ibis Golf & Country Club has begun a \$33 million capital improvement project that will expand and enhance the existing clubhouse and add a new Ibis Sports Village.

West Palm Beach Mayor Jeri Muoio and District Commissioner Keith James officially broke ground with members of Ibis.

In January, members of the club overwhelmingly approved plans for the project.

The Ibis Sports Village will consist of a two-story fitness complex, poolside Bistro,

full-service spa, and a resort-style aquatic center. Local construction and architectural firms The Weitz Company and Leo A Daly have been retained to build the projects.

"I'm so happy to be a part of this; it's going to be beautiful," Mayor Muoio said in a statement. "You couldn't have a better group of people building this project, and I look forward to the ribbon cutting." In the statement, Commissioner James added, "This is a very exciting day, and this is good news for the entire city and residents of Ibis."

"We're confident the new facilities will

create extraordinary amenities for our active membership to enjoy," said Stephen J. LoGiudice, general manager, adding, "The project will create many local jobs within our city." The overall project will involve several phases of construction with the full project scheduled to be completed in late 2015.

Ibis Golf & Country Club is an West Palm Beach country club community of 33 neighborhoods and 54 holes of golf on three Nicklaus-family golf courses. Ibis is on the edge of northern West Palm Beach. ■

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

OPINION A4
PETS A6
HEALTHY LIVING A20
BUSINESS A23

NETWORKING A24, 26
REAL ESTATE A28
ANTIQUES A31
ARTS B1

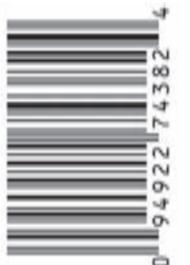
SANDY DAYS B2
EVENTS B6-8
PUZZLES B12
DINING B19



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COMMENTARY

The Four Freedoms from our own fields rise



They finally made the big time, and right out of the Sunshine State's tomato mud, too: the Coalition of Immokalee Workers, a few thousand strong.

En masse, the tough little bunch of field hands with eyes, brains and heart won a Roosevelt Institute "Four Freedoms" award last week in New York City — the less-famous equivalent of a Nobel Prize for do-gooders. Theirs is the 2013 "Freedom from Want" award, but it could have been any one of the others presented, as well.

If you've ever seen Norman Rockwell's 1943 paintings of the "four freedoms" defined by FDR just before we entered World War II, you'll know them instantly: Freedom from Want (Rockwell's Thanksgiving scene); Freedom from Fear; Freedom to Worship; and Freedom to Speak.

Suddenly, Coalition members Greg Asbed, his partner and wife, Laura Germino, along with Gerardo Reyes Chavez and Nely Rodriguez, were standing where all of them should be — with the likes of such previous winners as Studs Terkel, the Dalai Lama, Carlos Fuentes, Harry Truman, Jimmy Carter, Nelson Mandela and others.

In a two-decade effort, the Coalition has changed the way farm work is con-

ducted and understood in the United States, and especially in Florida.

None of those previous Roosevelt award winners were there in the flesh to witness the formal acknowledgement of this extraordinary achievement — some of them no longer operate in the flesh. But four others, people whose names are now famous in the Land of Do-Gooders, were present: Wendell Berry, Sister Simone Campbell, Ameena Mathews, and Paul Krugman, who also holds the Nobel Prize in Economics (2008).

They'd all come to receive a 2013 Roosevelt award.

Not that this extraordinary moment of glory for the home team made the front page of even a single Florida newspaper. It didn't, as far as I could tell, even though Immokalee is only 30 miles as the cormorant flies from Naples; 32 miles from Fort Myers; 86 miles from Miami and 88 miles from Palm Beach — all of which sport alert and agile print and electronic media outfits, some of them swollen to considerable size and wealth.

But hey, Jesus wasn't front-page news to the Romans, either. He was just another do-gooder.

I watched the ceremony unfold via podcast at St. Michael's Episcopal Church



NATIONAL ARCHIVES

Norman Rockwell's *Freedom from Want*.

appeared sweat-streaked and sobered from two decades of not just back-breaking hard work for low pay (hell, they've been doing that forever), but by their public resistance to what often went with that work: almost criminally low wages as a matter of course. Breathtakingly little sympathy for their lives on the part of many employers. Greed at their expense, excused away as the implacable narrative of "the market." Beatings, sexual abuse and kidnapping of individuals in the fields many times over the years. And a callous lack of compassion and understanding for their needs and hopes — for their children and grandchildren.

The callousness has come not just from employers or corporate leaders, but

on Madison Avenue with a feeling of pleasant confusion, as if my senses had suddenly been cross-wired. You don't put your hand in an oven expecting to feel cool water. You don't salt your meat expecting to taste sugar.

And you certainly don't expect to witness field hands walking down the aisle of an upper east-side church in elegant suits and ties while a string quartet performs Bach in the background.

By all rights, these folks should have

from many of the rest of us, too, simply because we've been too comfortable to pay attention, or too wrongheaded to recognize the rights of field hands.

The Coalition's fight is far from over, therefore. Only some, not all, of the corporations who buy food from Florida farmers have agreed that workers should be paid a penny more per pound for tomatoes they pick, for example — which is the bottom line. That's what Coalition members define as a "fair wage."

For 33 years, from 1978 until 2011, field hands got 40 cents to pick a 32-pound bucket of tomatoes. That's 30 years with no raise. So, by 2010 one man or woman had to pick about 2.25 tons of tomatoes in a day to make the equivalent of minimum wage, with no benefits of any kind.

"In 1990," says Mr. Chavez, "41 cents of every dollar you spent at the store would go to a farmer. In 2000, it was 24 cents of a dollar. That money was going to the top." It went to the owners of big retail franchises such as Walmart, who had changed the way business is done, and not to farmers or field hands.

So now, there is only one conscionable thing for any of us to do: Join the Roosevelt Institute, and join the Coalition of Immokalee Workers, and join any neighborhood store or business that insists these men and women get a fair wage for a day's work.

It's the conscionable thing to do, sure. And it's also the American thing to do for this most proud and American of organizations. ■



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

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OPINION**The Obamacare rollout train wreck**

richLOWRY

Special to Florida Weekly

Nancy Pelosi infamously said that we had to pass Obamacare to find out what's in it. The then-House speaker erroneously assumed, evidently, that people would be able to get onto the government-run exchanges created by the law.

So far the law's implementation has been as ugly as its passage. The rollout of Obamacare has been so disastrous that even "Daily Show" host Jon Stewart was plainly mystified and unconvinced when Health and Human Services Secretary Kathleen Sebelius came on his show the other day to offer reassurances.

Judging by the haphazard beginning — error messages have been the norm, and the federal website has had to be taken offline several times — you'd guess that this was a back-burner project for the Obama administration, or the start date for the exchanges had been sprung on it a few weeks ago. Of course, it is the president's most cherished initiative, and his team has had more than

three years to get the exchanges up and running.

Imagine the chaos if this were something the administration cared about less. The conservative trope used to be that Americans shouldn't want health care delivered by the people who run the post office. The new conservative trope could be that Americans shouldn't want health care delivered by the people who built HealthCare.gov.

A young man named Chad Henderson achieved instant media celebrity by claiming to have signed up for Obamacare on the federal exchange. So desperate were reporters to find someone who had managed this unlikely feat that they flocked to him for interviews about his amazing experience — except even he hadn't actually done it.

The website problems are the result, according to the administration, of overwhelming volume. Experts disagree. CBS quoted a sympathetic programmer named Luke Chung observing that "it wasn't designed well, it wasn't implemented well, and it looks like nobody tested it."

The *Washington Post* cited two allies of the administration who "said they approached White House officials this year to raise concerns that the federal exchange was not ready to launch.

In both cases, Obama officials assured them there was no cause for alarm."

Presumably, the administration will eventually make its website work, since it doesn't involve radically new technology. The more fundamental question is whether the larger project is sustainable when the exchanges need young and healthy people to sign up, at the same time they will have to pay sharply more under Obamacare.

The *San Jose (Calif.) Mercury News* quoted one Cindy Vinson, an Obamacare supporter, who was disconcerted to learn that she will have to pay \$1,800 more a year for an individual policy. "Of course, I want people to have health care," she said. "I just didn't realize I would be the one who was going to pay for it personally."

She might not have realized it because the president of the United States never mentions it. In all his speeches about Obamacare, he never quite gets around to the part about some premiums going up, which for people forced to pay more will probably be the most salient feature of the law.

But hey, what possibly could go wrong? ■

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

Oil, Azerbaijan and the strange case of Rick Bourke

amyGOODMAN

Special to Florida Weekly

Oil is the source of so much pain in the world. Around the globe, wherever oil is extracted, people suffer a constellation of injuries, from coups and dictatorship to pollution, displacement and death. Pipelines leak, refineries explode, tankers break up and deep-sea drill rigs explode. The thirst for oil disrupts democracies and the climate. Not far from the burgeoning fracking fields of Colorado, Frederick "Rick" Bourke sits in a minimum-security federal prison. His crime: blowing the whistle on corruption and bribery in the oil-rich region of the Caspian Sea.

Rick Bourke is perhaps best known for founding the luxury handbag company Dooney and Bourke. He is a philanthropist, and has invested his wealth into ventures seeking novel cures for cancer. In the mid-1990s, he met a Czech national named Viktor Kozeny, dubbed "The Pirate of Prague," who reaped tens of millions of dollars through controversial deals during the privatization of Czech national assets. Kozeny sought greater fortunes by recruiting investors for the takeover of SOCAR, the state-owned oil company of Azerbaijan, a former Soviet republic on the western shore of the Caspian Sea.

Kozeny promised unprecedented returns on the investments. Serious investors vetted the opportunity and sank huge sums into the enterprise, including Columbia University's investment fund, the insurance giant AIG, legendary hedge-fund manager Lee Cooperman, a longtime executive at Goldman Sachs, and former Senate majority leader George Mitchell. Bourke's attorney, Michael Tigar, summed up the result on the "Democracy Now!" news hour: "Kozeny was a crook. He stole every bit of Rick Bourke's money and all of the other investors' money. He bribed

Azeri officials. He lives today happily unextradited in the Bahamas."

Kozeny paid huge sums to the president of Azerbaijan, Heydar Aliyev. Like Russia's President Vladimir Putin, Aliyev was a former top-level KGB official. He gained control of the country shortly after the Soviet breakup. His son, Ilham, during the period of Kozeny's scheme, was the head of SOCAR. Kozeny employed a Swiss lawyer named Hans Bodmer to coordinate the complex scam. An American named Thomas Farrell, who runs a bar in St. Petersburg, Russia, became the bagman, ferrying duffel bags of cash to Baku, the capital of Azerbaijan.

The investment tanked, and Kozeny absconded with the remaining funds. Rick Bourke went to the Manhattan District Attorney's Office, which has a history of going after white-collar crime. He spoke with Assistant District Attorney Mariam Klipper, an expert on privatization in Eastern Europe. The DA's office indicted Kozeny, who skirted the prosecution and is enjoying relative immunity in the Bahamas.

As the lone whistle-blower, Bourke also cooperated with federal prosecutors. Nevertheless, they decided to set their sights on him. He eventually was found guilty under the Foreign Corrupt Practices Act, not for bribing anyone, but for alleged knowledge of the bribes, even though the entire case rested on testimony of the Swiss lawyer, Bodmer, and Farrell. At sentencing, former assistant district attorney Klipper wrote to federal Judge Shira Scheindlin, seeking a lenient sentence for Bourke: "He was extremely helpful," she wrote. He "came to my office voluntarily and spoke candidly and with conviction about the case. We did not offer anything in return. ... I never had reason to doubt him." While Bodmer and Farrell also were indicted, they received very favorable plea deals. They both quickly left the U.S.

Much of the court record is sealed, likely because of the involvement of intelligence agencies. In a remarkable twist

in the case, the former head of Britain's intelligence service, MI6, Sir Richard Dearlove, and the former deputy director of operations at the CIA, James Pavitt, both sought to testify on Bourke's behalf. They were reportedly denied the opportunity, perhaps to protect the intelligence value of both Bodmer and Farrell. In the murky world of petroleum geopolitics, it is very difficult to know.

The son of Heydar Aliyev, Ilham Aliyev, succeeded his father as president of Azerbaijan, ruling the country with dictatorial control. He just won his third term as president last week, with the initial election results being reported the day BEFORE voting began. Human Rights Watch issued a report in September, "Tightening the Screws: Azerbaijan's Crackdown in Civil Society and Dissent."

Rick Bourke sits in the federal prison in Englewood, Colo., sentenced to a year and a day. Former Washington Post reporter Scott Armstrong, who founded the National Security Archive and chaired the Government Accountability Project, spent years investigating the case. As a senior investigator on the Senate Watergate Committee, Armstrong uncovered the existence of President Richard Nixon's secret taping system. He knows corruption when he sees it, and considers Bourke a genuine whistle-blower. He summed up the case: "This elaborate set of frauds that Kozeny was involved in were in essence covered up by the United States government, who chose instead to bring the full weight of their investigative enthusiasm against the whistle-blower. And that just shocks the conscience." ■

— Denis Moynihan contributed research to this column.

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

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PET TALES

Stress less

A trip to the veterinary ER is never easy, but these tips can help you get through it

BY DR. MARTY BECKER AND
KIM CAMPBELL THORNTON

Universal Uclick

Taking a pet to the emergency hospital is something none of us wants to do. It's scary and stressful for you and your dog or cat. We've been there more times than we like to think about, and we have some tips to help you cope. We hope you won't ever need to use them, but tuck them away in the back of your mind just in case.

Protect yourself when handling a sick or injured animal. Even the most docile dog or cat can bite when in pain. Keep a muzzle on hand or ask your veterinarian to show you how to safely tie one using a scarf or tie.

Be patient. Your pet won't be seen in the order of arrival. Animals who are most unstable will be seen first.

"We do them in order of medical need," says our friend and colleague Dr. Tony Johnson, an emergency and critical care specialist at the Purdue University College of Veterinary Medicine. "If I have a hit-by-car and a dog with diarrhea, even if the dog with diarrhea has been waiting two hours, the hit-by-car is going to get seen first."

The only time someone jumps that line, he says, is if they're bringing in a pet to be euthanized.

Be prepared to wait as little as five minutes or as long as six hours. It all depends on what other cases are there or come in while you're waiting. If you think about it before you leave the house, grab a book or

your iPod in case you'll be there for a while.

If possible, have someone go with you or meet you there. You may need help getting your pet in and out of the car and into the hospital. And it's always good to have someone's hand to hold while you're waiting.

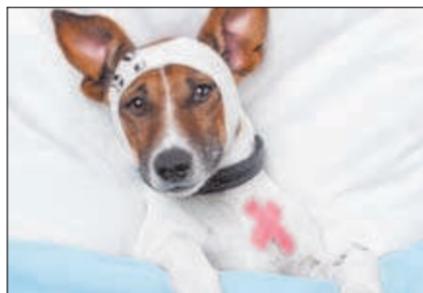
Designate a single person to communicate with the veterinarian, so he or she doesn't have to repeat information to multiple family members. Take notes or record the conversation on your smartphone so you can refer back to it.

Don't forget your wallet in your mad rush out of the house. Most veterinary hospitals won't treat your pet without proof that you can pay for care. Your regular veterinary hospital might do that if you've been a client for years — they know where you live and that you're probably not going to skip town — but an emergency hospital isn't in that position.

"It sounds avaricious, but there are not too many emergency hospitals that are going to do something on a handshake," Dr. Johnson says. "ERs usually see people once. They can't separate out the people who are a risk of not paying from those who aren't. They're not trying to be greedy."

Know when to go. Some things are obvious. Take your pet to the emergency hospital in the following situations:

- allergic reactions
- any animal bite
- bloated belly



Know when to take your pet to the emergency hospital.

- bloody diarrhea
- difficulty breathing
- distress from excessively hot or cold temperatures
- eye injuries
- frequent or projectile vomiting
- heavy bleeding
- ingestion of a toxic substance, such as anti-freeze, human medications or snail bait
- seizures
- serious trauma, such as being hit by a car
- straining to urinate or defecate
- sudden lameness
- unconsciousness or collapse
- venomous snake or spider bites

If you're not sure, well, we recommend erring on the side of caution. Like their counterparts in human medicine, veterinary emergency clinics are expensive, but sometimes the cost of a visit is a price worth paying for peace of mind. And when a visit saves your pet's life? Priceless. ■

Pets of the Week



>> **Cassey** is a 4-year-old spayed Labrador Retriever and Pit Bull Terrier. When she was first brought to the shelter, she had just given birth to 10 puppies. She is very sweet and loves people.



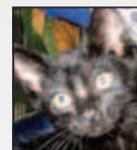
>> **Shadow** is a spayed domestic shorthair, 1 year old. She is laid back but likes to play with toys at times.

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 hspsb.org. For adoption information call 686-6656.



>> **Cara** is a spayed female longhaired diluted tortoiseshell, approximately 1 year old. She has distinctive long ear tufts and soft, fluffy fur. She enjoys being around people.



>> **Alfonso** is a male black shorthair, approximately 4 to 5 months old. He's a new arrival at the shelter. He's very friendly, and likes to play.

To adopt:

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

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2013 marks the 100th anniversary of the end of Henry Flagler's amazing life, and is the ideal year to reflect on the legacy of Flagler, the person who literally invented modern Florida. *Man of the Century* examines his accomplishments in the areas of business, development, and philanthropy through photographs, maps, documents, and artifacts. The exhibition illustrates the stunning impact that Henry Flagler had upon American business and Florida.



Henry Morrison Flagler at the opening of the Over-Sea Railroad to Knight's Key in January, 1908.

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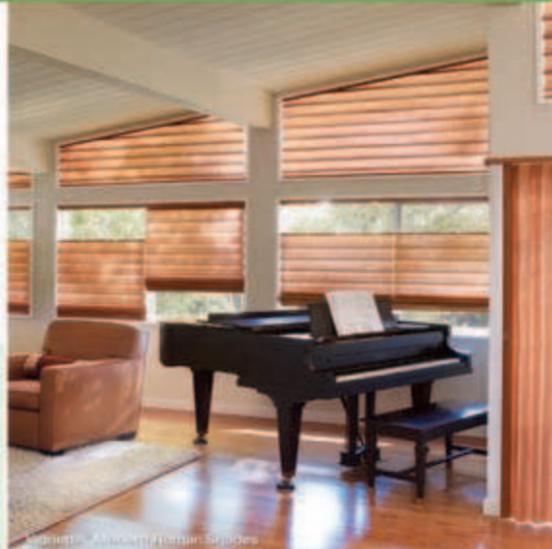
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Fundraiser invites guests to sleep in cars to end homelessness

Family Promise of North/Central Palm Beach County invites you to its inaugural overnight fundraising event, "Putting the Brakes on Homelessness," Oct. 25 in downtown West Palm Beach.

Attendees will camp out in their cars on Friday, Oct. 25, starting at 6 p.m., to raise money so that fewer children and their parents will be sleeping in cars this fall. The event goes to 6 a.m. Saturday, Oct. 26. The location is the Salvation Army Northwest Community Center, 600 Rosemary Ave. in West Palm Beach.

Participation fees are \$40 for the parking lot fee (includes parking space and driver's fee); \$20 passenger fee (for each additional individual within the vehicle); \$30 back seat driver fee (to attend from 6-11 p.m.) and \$30 rent-a-car fee (pay not to come).

All participants will receive an event

T-shirt, dinner and breakfast meals, entertainment and the satisfaction of helping local children return home.

Event sponsors and community partners Tire Kingdom, PNC Bank, PDQ, Palm Beach County Sheriff's Office, and West Palm Beach Mayor Jeri Muoio will be on hand for the festivities.

Palm Beach County has more than 1,650 children whose families are homeless. For many kids, the only shelter they share with their families at night is a car. Family Promise partners with the interfaith community to help local homeless children by empowering their families to regain self-sufficiency.

All participants will receive an event T-Shirt, dinner and breakfast and entertainment.

To register, call 318-8864 or email information@familypromisencpbc.org.



COURTESY PHOTO

Sponsors and organizers of Family Promise's Putting the Brakes on Homelessness include Scott Stoughton of Tire Kingdom, Tracy Collins of Tire Kingdom, West Palm Beach Mayor Jeri Muoio, Family Promise Executive Director Rhonda Clinton, Jim Reed of PNC Bank, Lucy Carr of PNC Bank, Sarah Green of Green Electric and committee member Kirt Danielson.

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To make an appointment in advance, visit www.oneblooddonor.org and use sponsor code 25404 or contact Dominic at 561-376-9145.

*T-shirt may vary from item shown.

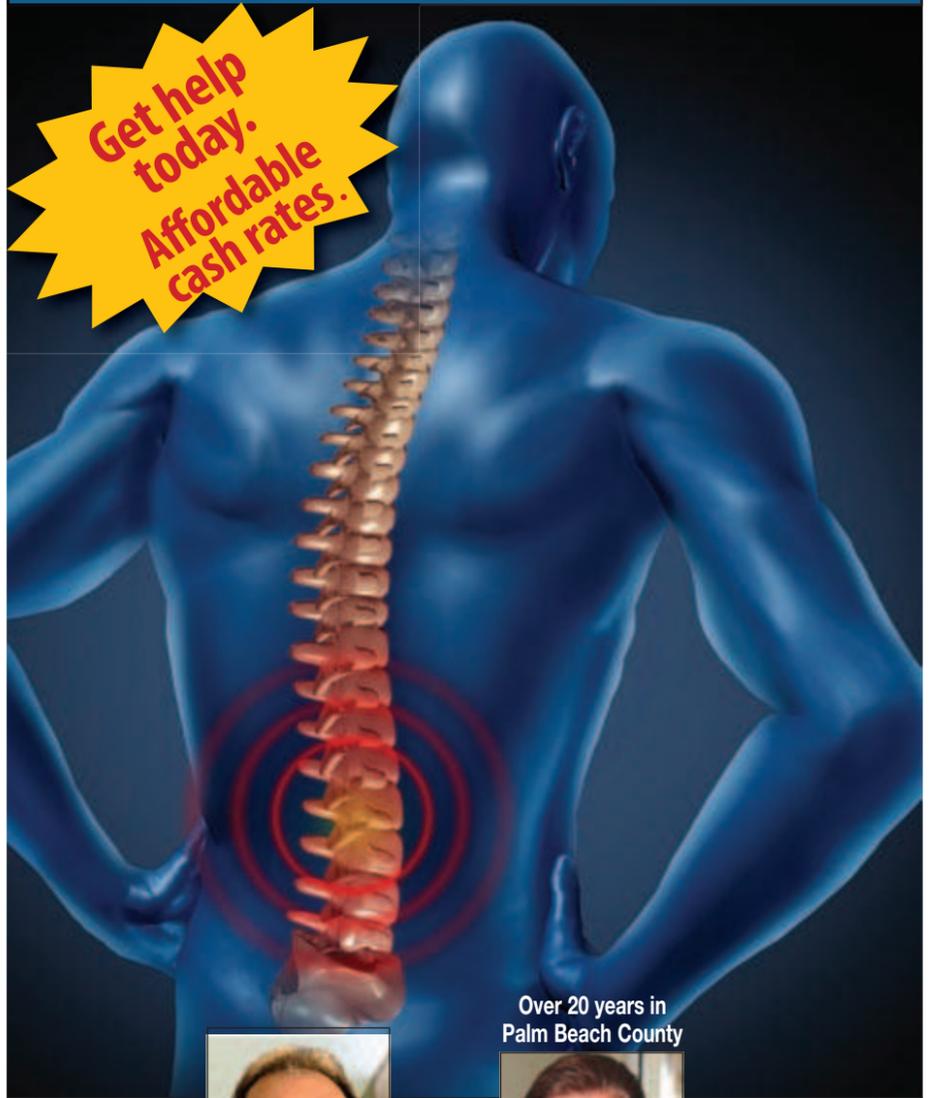
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CONFUSING CARE



LOVE IT OR HATE IT— THE FACTS ABOUT THE AFFORDABLE HEALTH CARE ACT

BY ROGER WILLIAMS • RWILLIAMS@FLORIDAWEEKLY.COM

PHOTO ILLUSTRATION BY ERIC RADDATZ / FLORIDA WEEKLY



COURTESY PHOTO

Deborah Neuhaus and Heinz Neuhaus with her oil painting. Ms. Neuhaus is optimistic that Obamacare might allow her to paint more instead of working full-time to afford health insurance.

through the online process themselves on behalf of would-be enrollees.

"I've been desperate for it for three years, and I still don't have it," said Deborah Neuhaus, 61, who has probably spent 30 or more hours in the first 10 days trying to get herself and her husband, Heinz, signed up. Mr. Neuhaus is a naturalized U.S. citizen from Germany. "This would not happen there, where nobody pays more than about \$500 a month," he said.

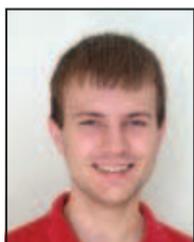
The owner of a small limousine service in West Palm Beach, Mr. Neuhaus had a heart attack in 2004. The couple have struggled since, and Mrs. Neuhaus, by vocation and desire a painter, was laid off last month from a job she'd held for 10 years just so she could keep health insurance for the couple.

Now, they're paying \$1,485 a month, which she hopes to reduce to less than \$300 a month under the new act.

WITH NO HELP FROM STATE OFFICIALS, AFFORDABLE health care under the federal program that launched more than three weeks ago is off to a frequently frustrating start for the Sunshine State's almost 4 million uninsured residents.

It's frustrating for many others who will be affected by it, as well — about 15 million of them here. But not for all.

Dan McNoughton, a 22-year-old computer science student at Valencia College in Orlando, did his research in advance, got online at 6:30 a.m. on Oct. 1 — the day the American ship of state changed course and turned directly into the wind of the Affordable Care Act — and within two hours had purchased a plan for \$70 a month.



MENOUGHTON

That plan will give him all the health care he could possibly need, he says, with co-pays for doctor's visits of only \$20 after the first three free visits.

"I had no problem getting insurance," Mr. McNoughton recalls. "I think it's because everybody else was still asleep that first day."

It's a significant step in the right direction for the Cape Coral native. His mother got cancer 12 years ago and became disabled, causing his father to quit a good job as a Publix manager to be able to take care of her and the kids, while working a

much lower-paying job in sales, before he got cancer four years ago and died earlier this year.

Between his 12th and 22nd year, Mr. McNoughton and his younger sister went from middle- or upper-middle-class living, as he describes it, to living in difficult circumstances after his parents were chopped down economically by health-care costs they couldn't afford, and defeated physically by disease.

"What I've seen is that we (Americans) have good health care, but if you have something major and you don't have the income to sustain a very expensive health-care plan and pay out-of-pocket, you have to make a choice: whether to keep the same standard of living and then just die, or whether to completely change your life and cash in your time, just to be able to live. And that doesn't seem like a well-thought-out or a fair system."

Which is why the Affordable Care Act seems a lot better than nothing to Mr. McNoughton.

"I'm kind of excited for this. It doesn't come close to solving half of the problems, but it's a step in the right direction,"

he concludes.

All the other birds

Mr. McNoughton may be the early bird who got the worm, but that still leaves all the other birds.

Although at least a million people qualify immediately on paper for subsidized insurance under the new federal program in Florida, only a few thousand at most have managed to enroll, so far. The exact numbers were not available at the end of last week from federal officials or their regional helpers contracted by the government.

Those men and women struggled to sign up even a small minority of people eager to take advantage of the new program.

Some of them, already trained to help as "navigators," had not received official certifications because the federal government remained shut down, with key officials furloughed.

Thus, they could not offer official aid to people calling in or visiting their offices for help, starting Oct. 1. Not only that, but Florida state officials banned them from working out of county health departments.

Once again in American life, need and politics had collided head on, it seemed, leaving individuals to struggle along.

The problems for many working-class citizens have amounted to two in October: First, the official government website for enrolling in private health-care plans (www.healthcare.gov) regularly and repeatedly broke down in mid process. Second, officials answering the phone on help lines sometimes have passed out conflicting information, or can not get

in the know

Where to find answers

- Visit www.healthcare.org
- Call 1-800-318-2596
- For an estimate of what a health plan could cost you and your family, visit <http://kff.org/interactive/subsidy-calculator>
- If you currently have insurance through your business, coverage should remain the same for now. Your employer may have information whether or not your plan is changing.

Essential coverage

Most health insurance policies are now required to cover these areas:

- ambulatory patient services
- emergency services
- hospitalization
- maternity and newborn care
- mental health and substance use disorder services, including behavioral health treatment
- prescription drugs
- rehabilitative and habilitative services and devices
- laboratory services
- preventive and wellness services and chronic disease management
- pediatric services, including oral and vision care.

The mandate

Everyone is required to buy health insurance. If you don't buy insurance, you're subject to a fine, which may be less than the cost of insurance. However, the fines will increase in years to come.

The fines

You can't go to jail or be prosecuted for tax evasion for failing to pay the fine. The IRS can, however, take the money out of your tax rebate if you have one coming to you. You'll also be responsible for medical bills if you need health care and aren't insured. Here's what the fines will cost:

- In 2014, \$95, or 1 percent of household income, whichever is greater.
- In 2015, it goes up to \$325 or 2 percent of your household income, whichever is greater;
- In 2016, it goes up to \$695 or 2.5 percent of your household income, whichever is greater; and...
- In 2017 and beyond, it goes up to \$695 plus a cost-of-living adjustment, or 2.5 percent of your household income, whichever is greater.

But the government computers broke down, the information she'd just spent hours putting into a federal file disappeared into the ether, the officials answering the phone kept losing their places in a computer queue or giving her different information about driver's licenses and naturalization numbers for Heinz, and so on. And so on. And so on, she explained.

Her advice to anybody else: "Have persistence. Persistence is what you need, and you have to keep persisting until you get it solved. Don't give up. Ask for help. It has to be solved."

From the front lines of officialdom

Besides, bugs should be expected in the first days and weeks — there's plenty of time to work them out, officials say.

"We had such good momentum coming into this, and it's sort of discouraging to see it drop off. But it'll get fixed," says John Foley, a legal aid attorney and the navigator coordinator for Palm Beach and three other east-coast counties.

"These problems really took the wind out of our sails," admits his colleague, Vicki Tucci.

"We get ready, we have hundreds of phone calls coming into the office, we have people walking into the office, hundreds are trying to gather information or sit down and make an appointment, and there are delays. We've had to reset appointments. The first person we sat down with couldn't get on the system."

It took about eight working days before the Palm Beach navigators signed up even the first person, she says. That was happening elsewhere as well, but it didn't seem to discourage officials.

"On a scale of 1 to 10, my level of optimism about this is a 10," says Lynn Thorpe, the navigator coordinator for 10 counties on the west coast. She directs the work of 18 navigators both full- and part-time, some mobile and some stationed in offices, all working from a federal grant that will pay their salaries for a year.

"People knew this was coming, they had time to get educated, and I think the call center is working out well," she says. "For people who are frustrated getting online themselves, they can call the 800 number and do their eligibility and create an account that way, (1-800-318-2596)."

No insurance plans in the new affordable care begin to provide coverage until Jan. 1, so individuals have until Dec. 15 to sign up for coverage that begins at the start of 2014, she says. And they have until mid-March to sign up for future coverage without being subject to penalties if they don't, starting in 2014.

Although nobody can be prosecuted for not signing up for health insurance, anybody who fails to sign up by next year can lose money in tax rebates, if they have those coming, according to federal rules.

But bugs or no bugs in the new process, "The train has left the station," says Tom Rice, president and CEO of Fawcett Memorial Hospital in Charlotte County, one of 160 in the Hospital Corporation of America chain based in Nashville.

"It's the biggest change in American life since Medicaid in the 1960s. I don't see us going back. When Medicaid started, it took several years to work out the bugs, I've been told, and that's going to happen here."

Although hospital administrators at St. Mary's Medical Center and at Good Samaritan Medical Center in Palm Beach County would not comment for this story, others around the state freely shared their thoughts as the Affordable Care Act struggled to lift off.

"We're all in a learning curve right now — our country, our state and our community," said Dr. Allen Weiss, president and CEO of NCH Healthcare System in Naples. "And we're cautiously optimistic that this will be good for the country, the state and the community."

Dr. Weiss sees Affordable Health Care as a work in longtime progress.

"This will help a million people — and

VOICES:

■ Laura Brenneman, nurse, teacher, health-care activist and doctoral candidate in health policy:

"I was at the Supreme Court both for the arguments and the decision. I spent the night on the sidewalk in front of the Supreme Court so I could see it. It's the biggest thing to affect health care in this country since Medicare and Medicaid in 1964 because it redefines us as a people who look out for each other and for ourselves as a community and nation.

"So I was the second person in line, a line made up of mostly people that were being paid by lobbyists and others — they were place holders, mostly homeless men, for somebody else who would show up early in the morning. They really needed health insurance themselves. They were being paid \$6 an hour, with no food. It was shameful.

"Most of the people who came early in the morning to take their places were lobbyists or young people doing internships. But the person next to me was holding a place for Michele Bachmann. She came early, she was quite gracious when I introduced myself, and we talked about it. When I challenged her about why not give Affordable Care a try, she said the way it would be fixed was through allowing insurances to cross state lines. I asked her how she thought that would work out for the banking industry.

"When Justice Roberts was reading the decision, at first, it sounded as though the decision was going to go against the Affordable Care Act. And Bachmann was just grinning, really excited.

"But when that changed and he got to the part about allowing it under taxation, her face fell. It just froze, it was an absolute change. There were two dissents, but Michele Bachmann just got up and stormed out. You're not allowed to move, to chew gum or make noise or shift around, but she just marched out."



■ Jim Nathan, president and CEO, Lee Memorial Health System:

"It's very possible that Florida will not be in a better negotiating position with the federal government than today.

"The feds want Florida, a big swing state, to be in this program. So, you see other states — Arkansas, Pennsylvania, Michigan, Iowa, Indiana — a number of other states, that have tried to figure out a different approach than just following Medicaid expansion guidelines. They're in the process of negotiating with the feds. I believe this is the time to do that.

"The money is being collected by the feds to pay for (uninsured people living below the poverty line), and we have an obligation to the state to collect this back — about \$51 billion over the next 10 years. If the money isn't here, everybody will suffer."



■ John Foley, Navigator, Legal Aid Society of Palm Beach County:

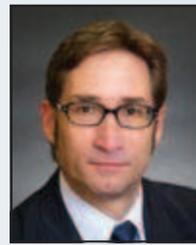
"There are (several) ways to do the exchanges, which is the marketplace: one is, the state runs what the federal government is running in Florida. New York has one, California has one — those are doing the same thing as the federal government, but they're working. In Florida, we rejected everything.

"We could change our mind, but they'd have to call an emergency session... that's unlikely.

"None of the groups oppose them. It appears to be a tea-party kind of thing. Even Gov. Scott decided to accept it.

"One positive thing: you hear these horrible stories, like about somebody with cancer and doing a fundraiser on Facebook — now, it's going to be easier to give them a couple thousand dollars and get them a policy on the marketplace.

"I can see charities for people who don't have insurance and can't afford the out-of-pocket expense. Who wouldn't want to do that?"



■ Ted Deutch, Democratic U.S. Representative based in Palm Beach:

"The Affordable Health Care plan is already three years old. It's working. I know from my own district, how: There are now over 6,000 young people on their parents' plan who wouldn't have been, before; close to 20,000 seniors have received prescription drug discounts; and almost 140,000 seniors are eligible for Medicare prevention services with no co-pays — there are 187,000 people, including 40,000 kids, who have insurance that is now free-of-charge to keep them healthier.

"A family of four making about \$50,000 a year can get a quality plan for \$280 a month.

"Some of the navigators are talking about having mental health practitioners with them — for a lot of people who have gone all their lives praying they don't get sick and knowing they'll wind up in an emergency room if they do, this is a dramatic step forward in their lives. That's been the most important part of the first (20) days.

"Unfortunately, Medicaid expansion has not yet come to Florida. I just spent four days with business leaders from south Florida, here for a summit. Medicaid expansion is a key issue for them. Employers won't pay a penalty for low-wage workers who enroll in Medicaid. This would help the state business community, and so... I don't understand the governor's decision to turn it back."



there are three million others. But you have to start somewhere.

"Here is something my parents used to say: 'Don't let perfect get in the way of good.'"

Who gets help

Clearly, no "perfect" exists in the new system, but there may be plenty of good for those who qualify, which is reason enough to move forward aggressively, many insist.

The two synonymous terms now being used in affordable care — "the exchanges" and "the marketplace" — describe where consumers can go to shop for competing health insurance plans. Depending on their locations in Florida, people can generally choose from about 60 to more than 100 options.

Although those plans are up for sale

to anybody, they're subsidized for individuals and families whose incomes fall between 100 and 400 percent of the so-called federal poverty level, which probably describes most people who work in the service industries, in common labor jobs, or in the mid- to lower strata of white-collar jobs.

The poverty level this year amounts to just less than \$11,500 for a single person, plus another \$4,000 or so for each additional family member. (For a family of four, therefore, the federal poverty level is defined as \$23,550.)

Individuals could earn up to about \$46,000 (400 percent of the poverty level), or \$94,200 for a family of four, and benefit significantly by getting tax credits or subsidies to help them pay for any plan they choose.

Under the new Affordable Care Act,

those struggling at or near the federal poverty level — people typically uninsured who wait to solve medical problems until extremely expensive emergency care is required — will pay little for health insurance.

And nobody at any income range in American life should have to pay no more than 9.5 percent of his or her annual adjusted gross income for health care.

Who gets hurt at the bottom

If that goal represents the top of the mountain of success, the effort to reach it remains at sea level in Florida, which has the second-highest number of uninsured citizens in the nation, behind California.

There, state leaders opted to set up their own program and added millions to federal dollars that flowed in to help for training and preparation prior to Oct. 1 — an open-armed embrace of a federal law under state terms that has proven remarkably successful in the first three weeks, according to news reports.

By contrast, Florida's elected officials led by Gov. Rick Scott rejected affordable care outright. Passed into law in 2010 then challenged after the fact, Affordable Care was upheld as constitutional by the Supreme Court last year, after which Gov. Scott tepidly agreed that it should be accepted.

But the Florida House of Representatives, guided by 34-year-old Panama City businessman and Republican House Speaker Will Weatherford, has chosen to reject both the federal plan for affordable care and a huge cache of Medicaid money aimed at those who live below the federal poverty level — another million people in Florida.

That program is called Medicaid expansion, and its absence in Florida creates a huge and costly irony.

Now, a person making between \$11,500 and about \$15,000 per year can buy health insurance that requires an \$80 co-pay for a doctor's visit, but costs exactly nothing per month.

But a Floridian making below that poverty level, say about \$11,000, qualifies for no subsidy help at all, as it now stands, and will end up having to pay \$2,785 per year for health insurance, estimates show.

But that almost-insolvent soul will likely get care if he or she goes to an emergency room. Then, it's everybody else who will get hurt.

Unless Florida's legislative leaders choose to reverse their decision and embrace Medicaid expansion, or unless Gov. Scott decides to override the legislative imperative to reject federal help as the Republican governor of Ohio did early this week, they will give up \$51 billion in federal money over the next 10 years — money coming in large part from taxes paid by Floridians, anyway, according to hospital officials, business leaders and the politicians from both parties who hope to accept the federal help.

Who gets hurt at the top

Not only that, but unless the politicians call an emergency legislative session before the end of this year — if, for example, they wait until spring to negotiate a state program that accepts Medicaid expansion — they will probably sacrifice more than \$1 billion, and perhaps as much as \$5 billion right off the bat, suggests Jim Nathan, president and CEO of Lee Memorial Health System based in Fort Myers, one the the five largest public health systems in the United States, according to safetynetsflorida.org.

Then everybody else suffers, not just the ones below the poverty level.

"It's not them, the million uninsured people that Medicaid expansion would have provided coverage for — it's the other 18 million Floridians who will get hurt," Mr. Nathan says.

Here's why: "There are four million uninsured people in the state of Florida. A mil-

CARE

From page 9

lion will be covered by exchanges that went on the market. And another million were to be covered by the expansion of Medicaid."

In effect, Florida taxpayers will pay for that second million twice — first by paying taxes to the federal government that will not come back to Florida, and second by having to pay for the care of the uninsured anyway, when it becomes both essential and expensive.

Of course, there's one other possibility that could result from the Legislature's rejection of Medicaid expansion, suggests Mr. Nathan: poorer health care for everyone, not just the uninsured.

"Everybody ends up suffering by not bringing the money back," he explains. "It's not like there are separate doors for the uninsured, the minimally insured, those on Medicaid and Medicare, the commercially insured and so on — no. Everybody goes in the same door.

"So if the money isn't here, everything suffers, for everyone. The programs, services, facilities, staffing — all of that will suffer. Then you have the fact that the money, which is creating jobs, won't be here to do that, so people will look to states that do have money. Which means we're reducing our recruitment and retention capabilities."

Oh, and one other thing: "We're also reducing our bond rating for borrowing."

Need a new hospital wing or an improvement to a cancer center? You can likely forget it under this strategy, he says.

The growing recognition of need

Businesses throughout Florida are recognizing the effects of the rejection of Medicaid expansion, too.

In a letter to state Republican legislators who voted to reject the federal help, David Miller, executive director of the Chamber of Commerce of Southwest Florida, put his concerns this way: "Our members are concerned about Florida's potential loss of \$51 billion in federal dollars... This is money that the taxpayers of Florida have already sent to Washington, and this money will go to other states if we do not find a solution.

"Current federal Medicare laws and regulations will reduce the reimbursement to Lee Memorial Health System alone by \$476 million over the next 10 years. Nearly half-a-billion dollars is a staggering amount of lost revenue for services that must still be provided to our residents and visitors. We must find solutions so we can continue to provide essential health services for our community needs," Mr. Miller said.

While such pleas are increasing in volume and number, the Republican-led State House, in particular, has been slow to respond, even in a state where almost one out of four are uninsured.

"Medicaid has been proven to be one

of the worst forms of insurance you can get in America," Rep. Weatherford said in a widely quoted public statement last month — but not for him and his family. A Medicaid program helped his parents pay a figure cited at \$100,000 to care for his late brother, Peter, who died of cancer.

That policy stance, especially after a federal government shutdown that is estimated will cost more than \$3 billion, has garnered the attention of elected leaders on Capitol Hill, including U.S. Rep. Ted Deutch, a District 21 Democrat based in Palm Beach, who blames Gov. Scott for not pushing the Legislature to expand Medicaid.

"He's the leader in the state, and he's done nothing," he says.

"What's so obvious to me is that Medicaid expansion is a no-brainer to everyone involved in Florida, except our governor and our Legislature. It has support from the business community, the medical community, from doctors and hospitals, from local officials, from mental-health advocates — from everybody else. By refusing to extend Medicaid to a million low-wage workers, the governor and the Legislature are short-changing Florida taxpayers."

The view from the other side

That's not how everybody sees it, however — especially not U.S. Rep. Trey Radel, a District 19 Republican elected to Congress last year with strong support from tea party advocates who also abhor the Affordable Care Act.

In particular, Rep. Radel cited as victims of the new laws people who make more than 400 percent of the federal poverty level — thus, those with incomes of more than about \$96,000 for a family of four.

"What we have seen from the Affordable Care Act, also known as Obamacare, is higher premiums and fewer choices for you and your family," he said in comments emailed from his press secretary, Amanda Nuñez.

"Right now, major employers in Southwest Florida are dropping health coverage because of the high cost, all while the American public is living under the threat of a fine if they don't buy what the government tells them to buy. This law is a mess for everyone involved."

In the case of Gary Carico, who manages a window tinting shop in Lee County, sticking with the private plan he and his children are on will mean paying a huge increase in monthly fees — from \$297 to \$571 (Mr. Carico is the husband of a Florida Weekly employee). So he will have to shop around, he says.

For Dan Vonderheide, a former resident of Fort Myers who now owns a website production company based in Louisville, Ky., a massive jump in insurance rates for the policy he's maintained to date put the lie to promises made by President Obama about the new health care.

"My plan for my family is more than doubling," he said last week. "If you like your plan, you can keep your plan, doesn't mean much." Those words are a close paraphrase of a promise President

Obama made starting in 2009.

Few or none understand just where the bottom line lies for such individuals, or for businesses, which are subject to a wide range of new obligations coming into effect between next year and 2017, depending in part on their size.

And it's difficult to understand why insurance rates for many working people who are not defined as poor or living at up to 400 percent of poverty will jump suddenly.

Even Jim Roach, who ran for Congress as a Democrat against Rep. Radel last year — in large part by promoting the Affordable Care Act, which he had read and studied through its entire 906 pages — is baffled by rising insurance rates.

"I don't know why the insurance companies are raising rates on insurance for some large corporations, or why some corporations are choosing to change the cost share with their employees," he says.

But one thing is certain in his mind: "It does not have anything to do with the poverty level or if you make more than 400 percent of it. It also does not appear to be blanket across the board."

For businesses that employ fewer than 50 people, the so-called SHOP exchange (an acronym for the Small Business Health Options Program) is lowering the price they will pay to help cover their employees, he adds.

As for the big corporations, "From what I have heard, there has been very little change to the big corporate insurance costs since their actuarial costs have not changed," he notes.

After the 2012 election, Mr. Roach joined the Republican party.

And he continues to disagree with Rep. Radel about some aspects of affordable care, but perhaps agrees about others.

"I have heard nothing but confusion and uncertainty coming from hospitals and health professionals as to how this law is going to work, what they should be prepared for and how much it is going to cost," says Rep. Radel, who would not offer an opinion about Medicaid expansion in Florida.

"That is a decision for the Florida Legislature and the governor," he observes.

As for the federal government shutdown that deeply affected the first two weeks of Affordable Care in Florida, Rep. Radel says this:

"I have been working with my colleagues in the House through late nights and weekends to get the government open. We (voted) 16 times to open all or parts of the government. All we (were) asking for (was) a delay of the Obamacare fine, known as the individual mandate, on you and your family.

"The president already gave businesses and corporations a waiver from the rules for a full year. He should do the same for taxpaying Americans."

How it works in brief

Whatever the outcome of the political shoot out, almost a million working indi-

viduals in the Sunshine State who qualify for the inexpensive, subsidized new rates will get up this week without insurance.

For those who aren't sure what's happening, several experts recommend first going on a private website such as the one maintained by the Kaiser Family Foundation, here: www.KFF.org/interactive/subsidy-calculator.

By putting in the relevant information — where you live, your age, your income — the calculator gives you an accurate sense of what you will pay in the federal program.

"If you've ever shopped for individual insurance before, you know it's a nightmare," says Laura Brennaman, a longtime emergency-room nurse, now teacher and health-care activist who lives on Florida's west coast, and is coincidentally earning a doctorate in nursing and health policy at the University of New Mexico.

"This will change all that, but it is not for people over 65, who qualify for Medicare, or for those (who are comfortably situated in life)."

On the new exchange, she says, the process is simplified and made transparent, so shoppers can compare one health plan to another, which used to be difficult if not impossible to do with clarity.

"So there are four levels: bronze, silver, gold and platinum," she explains.

Any plan labeled as one of those metals, for any income level, will do roughly the same thing: "The bronze pays 60 percent, the silver pays 70 percent, the gold pays 80 percent, and the platinum pays 90 percent."

People who expect to see a doctor very little, for example — young people, people in excellent health, people who don't smoke or drink excessively — may choose one plan with a higher co-pay, but people who may need to see the doctor several or many times might choose a plan with a low co-pay.

The closer you are to the federal poverty level, the cheaper it is — only 2 percent of your annual income for those earning up to 133 percent of the poverty level, for example.

There are many variations, Mrs. Brennaman says, but they will ultimately help both the insured, and those — the rest of us — who pay for all the medical costs of the uninsured or underinsured in their own policies.

"So if you make 100 to 150 percent of the poverty level, your premium will not exceed 4 percent, but the actuarial of that silver plan, for example, will be increased from 80 percent to 94 percent... it would mean you're getting Cadillac insurance for Chevy prices."

And in the end, it will also mean this: "People will not go bankrupt anymore over medical expenses."

And other people will not have to cover the costs after they go bankrupt.

As it turns out, that's a 20th century model in America that appears to be coming slowly and grudgingly to an end. ■

(Florida Weekly Editor Osvaldo Padilla contributed to this report.)



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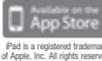
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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE

Pet souls released

■ Land developers for the iconic Stanley Hotel in Estes Park, Colo. (famous as the inspiration for the hotel in Stephen King's "The Shining") announced recently that they need more space and thus will dig up and move the hotel's 12-gravesite pet cemetery. Neighbors told the Fort

Collins Coloradan in September that they feared the construction noise, but somehow ignored the potential release of departed spirits (though an "Animal Planet" "dog psychic" who lives in Estes Park seemed to volunteer her services to calm the pets' souls). ■

Advice of counsel

■ After consulting with a lawyer, Evan Dobelle, president of Massachusetts' Westfield State University, accused of billing the state for unauthorized travel expenses, is reportedly considering claiming that he actually "self-reported" the violations as soon as suspicions turned up. Mr. Dobelle says he would thus be entitled to the protection of the state "whistleblower" statute, which shields inside informers when they expose wrongdoing. (Mr. Dobelle was placed on paid leave in October.)

■ In September, landlord Elwyn Gene Miller, 64, went on trial in Iowa City, Iowa, for spying on tenants in the small apartment building he owns — after apparently having constructed peepholes allowing him views into bathrooms and other areas, and having been spotted climbing from a crawl space after accessing one peephole. Nonetheless, as Mr. Miller's lawyer

pointed out, the law applies only to peeping for "sexual gratification," and there is no "first-hand knowledge or observation" that Miller was "aroused" at the time he was spotted. (At press time, the judge was mulling a decision.)

■ William Woodward of Titusville, awaiting trial on two murder counts in September, might normally have a weak defense under the state's "stand your ground" law (which requires an "imminent" threat of a forcible felony) because evidence indicates that any threats against him were made previously and not at the time of the shooting. However, in a court filing, Mr. Woodward's lawyers justified the pre-emptive ground-standing by referring to the "Bush Doctrine" employed by the U.S. in invading Iraq in 2003 (the U.S. "standing its ground" against Iraqi weapons of mass destruction). The judge promised a ruling by November. ■

Compelling explanations

■ A 77-year-old motorist told police in Kagawa Prefecture, Japan, that he was going the wrong way on the Takamatsu Expressway only because he had missed his exit 1 km back and thought it best just to turn the car around and retrace the path back to the ramp. Police said his short September jaunt had caused a collision, not affecting the man's own car.

■ In October, Jeffrey Laub, 39, was sentenced on several traffic charges, including leading police on a 111 mph, "Dukes of Hazzard-style" chase through Logan Canyon near Logan, Utah, with

the explanation only that he needed an emergency restroom because of something he ate. Judge Thomas Willmore called the excuse "one of the worst" he had heard, since Mr. Laub had passed several public toilets during the chase.

■ Riverview schoolteacher Ethel Anderson, 31, was convicted in September of having sex with a 12-year-old boy she was tutoring, despite her attempt to explain away the key evidence — "hundreds" of sexual text messages — as mere "rewards" to get his attention and encourage progress in math. ■

People with issues

■ Among the many arrested recently for having solitary sex in public was Philip Milne, 74, ultimately convicted in the U.K.'s Bedford Magistrates' Court of touching himself on a transit bus although he claimed he was merely "shampooing" his troubled genital area and resented "being treated like a hardened criminal." Also, Stuart Clarke, 48, of Provo, Utah, had explaining to do after an incident on Delta Air Lines in

2012. He said that he was rubbing his exposed penis only because it burned from accidental contamination with peppermint oil (which so distressed him that, upon landing, he left behind a checked bag). The FBI Joint Terrorism Task Force found that out and is currently investigating whether there is more to the "peppermint oil" story than embarrassment-avoidance. ■

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Hospice golf classic pairs 75 players with 25 pros

SPECIAL TO FLORIDA WEEKLY

Hospice of Palm Beach County Foundation has created a new event for the most discriminating golfers, the "Hospice Signature Golf Classic," in which 75 players will compete with 25 pros on Dec. 16 at the Medalist Golf Club in Hobe Sound.

The day will begin with brunch at 10 a.m., followed by a golf clinic at 11 a.m. The tournament begins with a shotgun start at noon. A cocktail reception awards ceremony, with live and silent auctions, immediately follows the tournament. Tom Tracy is the event chairman.

The event offers a rare opportunity to play one of the nation's most elite courses (a championship course in Hobe Sound that counts 22 PGA and LPGA tour pros as members, including Tiger Woods and Rickie Fowler) and get invaluable pointers in a golf clinic with renowned instructors Craig and Billy Harmon.

Craig Harmon has been ranked one of Golf Magazine's Top 100 Teachers since 1996. His brother, Billy, is ranked one of Golf Digest's Top 50 Instructors and can be seen frequently on the Golf Channel

on the show "On the Range" or a guest on the "Morning Drive."

The Harmon family has illustrious roots in the game of golf. Their father, Claude Harmon, was the 1948 Masters champion; their brother, Butch, is a professional golf instructor and former PGA tour pro; and their late brother, Dick, was ranked a top 100 national instructor.

"We were brought up with a love of the game and the tradition of giving back to our community," Craig Harmon said in a statement. "Billy and I are honored to share our expertise to help Hospice of Palm Beach County provide the special care families so critically need as they face the loss of a loved one."

The registration fee is \$1,700 per golfer or \$5,000 for a threesome to be paired with a pro. To register, or for more information, contact Lauryn Barry at 494-6884 or lbarry@hpbcf.org, or visit hpbcf.org/medalist.

Hospice of Palm Beach County Foundation is dedicated to raising money to support the unfunded patient programs and services offered by Hospice of Palm Beach County, which are



COURTESY PHOTO

Greg Leach, president of Hospice of Palm Beach County Foundation; Shaun Eldridge, committee chair; and Tom Tracy, event chair.

not covered by Medicare, Medicaid or private insurance. The foundation relies on the support of individuals and corpo-

rate partners who support the mission of Hospice of Palm Beach County. Call 494-6888 or visit www.hpbcf.org. ■

Tea Party plans meetings throughout the county

SPECIAL TO FLORIDA WEEKLY

The Palm Beach County Tea Party, the political movement, is having some upcoming meetings.

The next Jupiter Chapter meeting

will take place at 5:30 p.m. on Monday, Nov. 4, at Abacoa Golf Club (105 Barbados Drive) in Jupiter. Cost is \$13. Soup, sandwiches and pastries will be served.

The next Boca Raton Chapter meeting will take place at 6:30 p.m. on

Wednesday, Nov. 6, at the West Boca Branch of the Palm Beach County Library (18685 State Road 7) in Boca Raton.

The next Wellington Chapter meeting will take place at 7 p.m. on Monday,

Nov. 11, at Total Wine & More (960 S. State Road 7) in the Shoppes at Isla Verde in Wellington.

For more information about the meetings, e-mail info@palmbeach-countyteaparty.org. ■

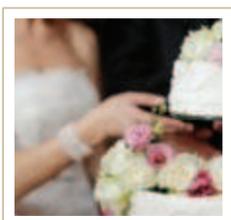


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Harbourside Place and Wyndham Grand Jupiter Beach will open its doors in July 2014 and host its **OFFICIAL GRAND OPENING in Fall 2014**. Reservations for cultural activities, conferences and events along the waterfront, atop the rooftop plaza and at the 4.5-Star Wyndham Grand hotel are currently being accepted.

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Happy Camper Foundation hosts Ghouls Gone Wild on Oct. 25

The Happy Camper Foundation will host its highly anticipated Ghouls Gone Wild 4 Halloween bash on Friday, Oct. 25, from 8 p.m. to 12 a.m., at the Abacoa Golf Club in Jupiter.

This year's theme, Willy Wonka and the Chocolate Factory, is full of sweet surprises including Oompa Loompas and spectacular performances by Karl Koppertop, the wandering magician, photo booths, the Amazing Mr. A on his Wonka trike and more.

All proceeds will help local children in financial need attend summer camp programs.

The bash is the vision of party planner Heather Lowenthal, of Posh Parties. The clubhouse will transform into a Wonka Wonderland complete with a chocolate fountain, full candy bar, candy trees, go-go dancers and a graffiti wall.

The event will be emceed by KVJ Morning Show host Virginia Lang and ESPN 106.3's Josh Cohen. Guests can purchase their very own Wonka Bars for a chance to win the lucky numbered golden ticket during this creative raffle.

Music will be provided by DJ Adam Lipson. Guests, who are encouraged to don festive Halloween looks to enter the costume contest, can enjoy an open bar and light fare. Tickets are \$100 and can be purchased at happy-camper.org.

Karen Cohen, event co-chair, said in a prepared statement, "Ghouls Gone Wild allows us to send dozens of children to summer camp programs each year. Creating an experience that brings nearly 300 people together for a great cause is what we work year-round for."

"Each year, the event grows beyond



COURTESY PHOTO

Back row, from left: Heather Robbins, Randi Cohen, Katy Gallagher, and Renee Becker., and front row, from left: Erica Palmer, Nika Ciarfella, Karen Cohen and Erica Dunhill, hold golden tickets that guests will have a chance to win.

our expectations. It's amazing to see how many people volunteer their time and services to create this top-notch event," added event co-chair, Randi Cohen.

Ghouls Gone Wild 4 is sponsored by Fite Shavell & Associates, Tire Kingdom, Tequesta Insurance Advisors, Palm Beach Metal, Image Skincare, Shopworks, Tracie's Music Together, Caler, Donten, Levine, Cohen, Porter & Veil, Law Firm of Cohen Norris Wolmer Ray Telepman Cohen, Cohen Commercial

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Founded by local mothers in 2008, The Happy Camper Foundation has awarded nearly 200 summer camp scholarships to local youth for local and out-of-state

programs ranging from dance, theater, and music, to surfing, sports, and science.

For more information about Ghouls Gone Wild 4, contact Karen Cohen at 758-0094 or Karen@happy-camper.org, or Randi Cohen at 758-0094 or Randi@happy-camper.org. For more information about the nonprofit, making a donation, volunteering, or applying for a summer camp scholarship, visit happy-camper.org.

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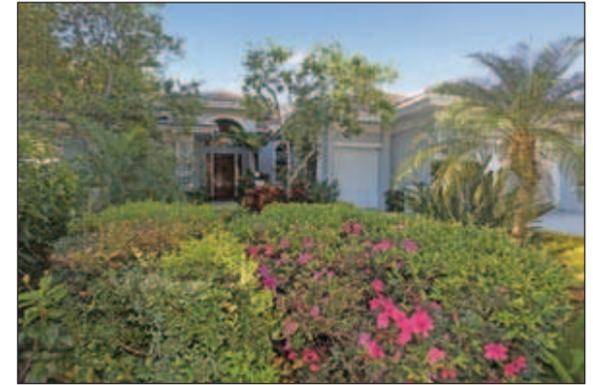
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Ibis Charities Halloween Food Drive Co-chairs John Hayes (left) and Hal Gottschall (right) with Palm Beach County Food Bank Executive Director Perry Borman. The food bank will be the beneficiary of the food drive, along with Grove Park Elementary School.

Two men join board at Palm Beach County Food Bank

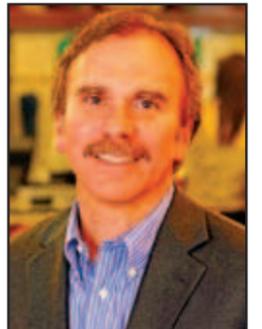
SPECIAL TO FLORIDA WEEKLY

The Palm Beach County Food Bank has announced that James Greco and Greg Howell have been elected to its board of directors.

Mr. Greco is the former CEO of Sbarro, one of the world's leading Italian quick service restaurant concepts. He has also served as CEO of Bruegger's Enterprises, Inc. and Fieldbrook Farms Corporation. He has been a member of the Dine Out Advisory Board of Share Our Strength and on the board of directors of both the Connecticut Food Bank and the International Dairy Foods Association. In 2009, Mr. Greco was named Operator of the Year, one of the industry's highest honors, by Nation's Restaurant News, which annually recognizes a CEO for outstanding leadership with this award. Mr. Greco and his wife reside in Boynton Beach.



Greg Howell



James Greco

Mr. Howell is the store manager of the Delray Plaza Publix, having worked his way up the corporate ladder from a starting position as a stock clerk 18 years ago. A native of Jamaica, Mr. Howell is involved with the United Way and other Publix-sponsored charities. He lives in Royal Palm Beach with his wife, Jennifer, and two children.

"We are pleased that these two businessmen with great local as well as national and international business experience and expertise will be helping to guide the efforts of the Palm Beach County Food Bank as we grow in our service to help feed the hungry in Palm Beach County," said Palm Beach County Food Bank Executive Director Perry Borman, in a prepared statement.

For more information on the Palm Beach County Food Bank, visit www.pbfoodbank.org. ■

Ibis residents to trick-or-treat for annual food drive

SPECIAL TO FLORIDA WEEKLY

This Halloween, adults in costumes will go door-to-door in the Ibis Golf & Country Club community to collect thousands of pounds of canned food as part of the Ibis Charities Halloween Food Drive.

It is the second year they have done it for the food drive. The food will be donated to the Palm Beach County Food Bank to be distributed to agencies that feed the hungry in Palm Beach County, as well as to families in need at Grove Park Elementary School in West Palm Beach.

In advance of the food drive, 3,500 brown paper Whole Foods grocery bags are being distributed to Ibis homeowners. Inside each bag is a flier informing residents that the most-needed items are pasta, rice, cereals, peanut butter, jelly, canned soups, vegetables, fruit and meat.

Co-chaired by Ibis residents John Hayes and Hal Gottschall, the food drive committee has set goals of collecting 18,000 pounds of food and \$10,000 in cash donations. Many of the cash donations come from Ibis residents who have not yet returned to their Florida homes for the winter

season, but wish to support this community effort. Last year in its inaugural effort, the Ibis Halloween Food Drive collected 14,500 pounds of food and \$8,000 in cash donations.

As co-chairs of the event, Mr. Hayes and Mr. Gottschall are confident that their motto of "Ibis Cares" will be well demonstrated in an outpouring of support from the development's 33 neighborhoods, home to more than 5,000 residents.

"We know that as many as 225,000 people in Palm Beach County are at risk of going to bed hungry each night during these tough economic times," Mr. Gottschall said in a prepared statement. "We want to make a positive impact in the fight against hunger while having some fun at this festive time of the year."

Mr. Hayes added that Palm Beach County Food Bank was chosen as the recipient of the food because it is the only food bank in Palm Beach County that does not charge agencies for food it distributes. It also devotes all of its resources and donations to feed the hungry exclusively in Palm Beach County.

Twenty-five percent of the food donated will be distributed by the

food bank to families in need at nearby Grove Park Elementary School.

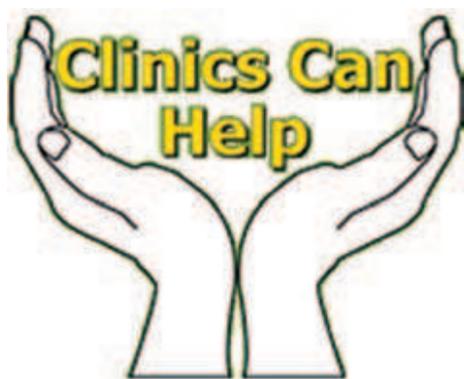
"We know it is a professionally-run organization and that all of our donations will go directly to feed the hungry here in our own county," Mr. Hayes said in the statement.

Palm Beach County Food Bank Executive Director Perry Borman said the Ibis Charities Food Drive is a model of community support and one that could be replicated in other communities.

"It is an absolute pleasure to work with a community that is so dedicated to helping those in need outside of their own neighborhood," Mr. Borman said. "The entire Ibis team of volunteers is very well organized and enthusiastic and we are extremely grateful for their efforts."

The Palm Beach County Food Bank is dedicated to fighting hunger and food insecurity in Palm Beach County by collecting and distributing food to dozens of soup kitchens, homeless shelters and food pantries in Palm Beach County.

For more information about the Palm Beach County Food Bank, visit pbfoodbank.org, or call 670-2518, Ext. 303. ■



Cabo Flats to host benefit for Clinics Can Help

SPECIAL TO FLORIDA WEEKLY

Clinics Can Help (CCH) is proud to announce they have partnered with Cabo Flats in Palm Beach Gardens to host a Cabo Cares fundraiser.

The event will take place from 6 p.m. to 8 p.m. on Nov. 6 at Cabo Flats.

"We are excited to partner with Cabo Flats and know they will be a great partner to Clinics Can Help," said

Owen O'Neill, executive director of Clinics Can Help, in a prepared statement. "This event will serve as a fun way to introduce our organization to an audience that may not know about our services. Plus, who doesn't want to enjoy the outdoor Florida weather in November while eating guacamole?"

Donation fees are \$20 if you RSVP and \$25 the night of and include a signature Cabo Flats margarita and complimentary appetizers.

Monies raised at the event will support the nonprofit organization's efforts to donate gently used medical equipment and supplies that assist more 1,400 returning clients and 400 new clients throughout the county each year.

To RSVP for this event, call Maureen Ashe at 640-2995.

To learn more about Clinics Can Help, visit www.clinicscanhelp.org. ■

Law topic of November women's business meeting

"The Law and How it Affects You" will be the topic of the November meeting of the Northern Palm Beach Chapter of the American Business Women's Association.

The event will be held from 6 p.m. to 8:30 p.m. on Wednesday, Nov. 13 at the Embassy Suites Hotel, located at 4350 PGA Blvd. in Palm Beach Gardens. Networking is from 6 to 6:30 p.m., with the dinner/program from 6:30 to 8:30 p.m.

The speaker is Brennan Grogan, Esq., an attorney at the Jay Steven Levine Law Group in Palm Beach Gardens. Grogan concentrates his practice on community association law, business litigation, bankruptcy and foreclosure defense.

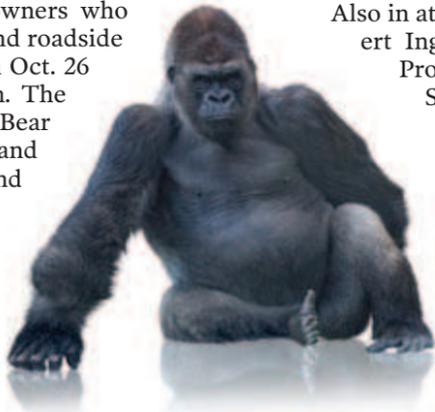
The cost is \$20. Guests are welcome. For more information, or to make reservations, call Dottie Smith at 772-545-7145, or Sharon Maupin at 329-4485. For directions to the hotel, call 622-1000. ■

Evening set to celebrate Center for Great Apes

SPECIAL TO FLORIDA WEEKLY

An Evening Celebrating the Center for Great Apes, a Florida sanctuary that rescues chimpanzees and orangutans from research facilities, exotic pet dealers, owners who can't care for them and roadside zoos is being held on Oct. 26 from 7 p.m. to 9 p.m. The event will be held at Bear Lakes Country Club and will have a cash bar and appetizers.

"It's a great opportunity to come to a great party, support a good cause, and do a little networking," said



Wally Baldwin, who serves on the board of directors for the Center, in a prepared statement.

The sanctuary founder, Patti Ragan, will be speaking about the sanctuary and some of its recent rescues.

Also in attendance will be Robert Ingersoll from the film Project Nim and Jimmy Stovall, Florida Highwaymen painter.

Tickets to the event are \$25. For more information contact Wally Baldwin at 667-1099 or baldwinwally@gmail.com. ■

SATURDAY AFTERNOON, OCTOBER 26TH TRACK WALK FOR CANCER

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FIFTH ANNUAL

Go Blue Awards Luncheon

November 8, 2013 - 11:00 a.m.

PGA National Resort & Spa | Palm Beach Gardens

Loggerhead Marinelife Center is proud to present this exciting and prestigious event recognizing those making strides in ocean conservation. Tickets start at \$75.00 and may be purchased on our website, marinelife.org/bluefriends, or by calling 561-627-8280, ext. 103.



For the past 13 years this year's keynote speaker, Jim Toomey has been creating the daily comic strip Sherman's Lagoon, which appears in over 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.

Special thanks to the 2013 Go Blue Awards Luncheon sponsors

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HEALTHY LIVING

Listen to your anger — it's often a message of something else



lindaLIPSHUTZ

llipshutz@floridaweekly.com

Once again, Jill asked herself: "Is it worth the fight?"

Jill could NEVER win an argument with her husband Ken.

The latest issue pertained to Jill's sister, Marlene. Ken COULD NOT STAND Marlene. Ken was still furious that Marlene hadn't flown to Florida from New Jersey to help when the sisters' mother had broken her hip. The bulk of the arrangements and caretaking had fallen on Jill's shoulders. Although she agreed with Ken that Marlene could have been more considerate, Jill loved her sister. Marlene's friends were making her a surprise 60th birthday party and Jill wanted to fly to New Jersey to attend. Ken reminded her that Marlene hadn't put herself out to attend Jill's special birthday event, and he didn't think Jill should assume the costs either. But Jill knew it wasn't about the money. Ken would be annoyed to be left alone and would resent her visit up north. He would make her life miserable before she left, and she'd pay for it big time when she came home.

So, again, Jill asked herself, "Was it worth the fight?"

We can learn a lot about ourselves when we step back to consider how we address highly charged, stressful events.

As the above vignette demonstrates, so many of us have great difficulty, not only understanding our angry feelings, but also clarifying an effective means of expressing ourselves. We may be too frightened of the consequences to speak up about what matters to us, or to take care of our emotional needs.

In her best-selling work, "The Dance of Anger," noted family therapist Dr. Harriet Lerner urges us to consider the way we navigate our most important relationships when we are hurt, angry or frustrated. She states:

"Anger is a signal, and one worth listening to. Our anger may be a message that we are being hurt, that our rights are being violated, that our needs or wants are not being adequately met,

or simply that something is not right. Our anger may tell us that we are not addressing an important emotional issue in our lives, or that too much of our self — our beliefs, values, desires, or ambitions — is being compromised in a relationship. Our anger may be a signal that we are doing more and giving more than we can comfortably do or give. Or our anger may warn us that others are doing too much for us, at the expense of our own competence and growth."

Many of us were raised in environments that discouraged our speaking up

taken the stance of solely blaming her husband for her predicament (ie. Ken is stubborn, pig-headed, etc. He's unfair to put me in this position.), she would have missed an opportunity to learn more about herself and the way she handles herself in tough situations.

Obviously, there are many possibilities to explain Jill's behavior. Jill might have so little confidence in herself she might truly believe her opinions don't matter. She might have understood that sometimes it was far easier for her to either argue vociferously or to sullenly

and accepting of our new growth. On the contrary, we may have unwittingly introduced a whole new dimension of anxiety to our relationships by changing the established rules. Our loved ones may understandably feel threatened or resentful and push back, hoping to return to the status quo. As Lerner, emphasizes, over and over, we should take time and care, when we make relationship changes. Giving ourselves, and our partners, the necessary patience and attention to absorb the impact can be enormously gratifying. ■



or voicing dissent. We were rewarded for "not making waves" and prided ourselves on the virtue of doing for others, even if we paid a huge personal price. However, those of us who noisily vented outrage often suffered comparable consequences.

Finding an effective middle ground—one where we take pride in addressing our most important feelings, but doing so in a way that will effectively be heard by others — requires patience, and the courage to be self-reflective.

It's easy to go to the place of blaming others. In the example above, had Jill

back down, rather than clearly state what was important to her and why (sticking to a firm position in the face of opposition.) Or, she might have discovered she was so worried about the stability of her marriage, she was too afraid of the consequences of rocking the boat. Taking the time, and self-care to understand herself and to make changes at her own pace requires a certain amount of courage.

Of course, even though WE'VE decided it's time to make changes in our relationships, there's no guarantee our loved ones will be appreciative

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

Palm Beach Gardens Medical Center receives heart-care award

SPECIAL TO FLORIDA WEEKLY

Palm Beach Gardens Medical Center recently accepted the Get With The Guidelines-Heart Failure Gold Plus Quality Achievement Award from the American Heart Association.

The recognition signifies that Palm Beach Gardens Medical Center has treated its heart failure patients according to the guidelines of care recommended by the American Heart Association/American College of Cardiology.

The Get With The Guidelines program is a quality improvement initiative that provides hospital staff with tools that follow proven evidence-based guidelines and procedures in caring for heart failure patients to improve outcomes, prevent future hospitalizations and prolong life.

"We are proud that the American Heart Association is recognizing Palm Beach Gardens Medical Center for our achievements," said Larry Coomes, CEO of Palm Beach Gardens Medical

Center. "Get With The Guidelines gives our professionals the tools and reports they need to help them effectively treat our coronary heart disease and heart failure patients."

The Get With The Guidelines program provides hospitals with a web-based patient management tool, decision support, robust registry, real-time benchmarking capabilities and other performance improvement methodologies. The quick and efficient use of guideline procedures can improve the quality of care for heart failure patients, save lives and ultimately, reduce healthcare costs by lowering the recurrence of heart attacks.

"The Palm Beach Gardens Medical Center team is to be commended for their commitment to improving the care of their patients," said Dr. Lee H. Schwamm, chair of the Get With The Guidelines National Steering Com-



mittee. "Recent studies show that patients treated in hospitals participating in the program receive a higher quality of care and may experience better outcomes."

Following program guidelines, patients are started on aggressive risk-reduction therapies if needed, including cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, diuretics and anticoagulants while in the hospital. Before discharge, they also receive education on managing their heart failure and overall health, including lifestyle modifications and follow-up care. Hospitals must adhere to these measures at a set level for a designated period of time to be eligible for the achievement awards.

According to the American Heart Association, about 5.7 million people suffer from heart failure. Statistics also show that each year, 670,000 new cases

are diagnosed and more than 277,000 people will die of heart failure. However, many heart failure patients can lead a full, enjoyable life when their condition is managed with proper medications, devices and healthy lifestyle changes.

Palm Beach Gardens Medical Center is a 199-bed acute care hospital serving the medial and healthcare needs of Palm Beach County and the Treasure Coast for more than 43 years. Palm Beach Gardens Medical Center was the first hospital in Palm Beach County to perform open-heart surgery, and has since remained one of the area's leading heart hospitals, having performed more than 15,000 open-heart surgeries. The hospital has achieved many awards and designations, including being named a five-star recipient for Coronary Interventional Procedure for eleven years in a row (2003-2013).

For more information about the hospital or a physician referral, call 625-5070, or visit www.pbhmc.com. ■



COURTESY PHOTO

Andrew Garnett, president/CEO of Special Needs Group, Owen O'Neill, executive director of Clinics Can Help, and scooter recipient Rita Echo.

Groups partner to provide scooters to those in need

SPECIAL TO FLORIDA WEEKLY

Clinics Can Help and Special Needs Group Inc. recently partnered to donate four \$2,500 mobility scooters to help four individuals in Palm Beach County with limited mobility achieve a greater quality of life.

Clinics Can Help identified four individuals in need (Rita Echo, 62; Annette Hill, 79; Frances Kelly, 79; and Lynda Wynds, 67), and Special Needs Group donated scooters to improve their mobility.

Clinics Can Help is Palm Beach County's only charity that recycles gently used medical equipment and supplies for those in need. Dania Beach-based Special Needs Group Inc. is the leading global provider of special-needs medical equipment rentals.

The first to receive a scooter was Ms. Echo, a 62-year-old woman with severe spinal stenosis. After two back surgeries and osteoarthritis to her legs and pelvis, she has very limited mobility and endurance. The scooter will allow her to walk her dog and visit her father, who lives a few blocks away.

The additional three mobility scoot-

ers went to Ms. Wynds, a 67-year-old woman who recently had a stroke that left her extremely weak on one side of her body; Ms. Hill, a 79-year-old woman with osteoarthritis and diabetic neuropathy; and Ms. Kelly, a 79-year-old woman with spinal stenosis and osteoarthritis in her legs and knees.

"When we heard about the situations of these four individuals, we knew that we were the perfect organization to help them," Andrew J. Garnett, president and CEO of Special Needs Group, said in a prepared statement. "Our mission is to deliver an accessible world, and that includes helping those right in our own area."

Owen O'Neill, executive director of Clinics Can Help, added: "For these people, this isn't just about a piece of equipment, it is a way to enhance their lives. These mobility scooters mean that they can go outside, be more mobile, and have an overall better quality of life."

To learn more about this donation, or more about how these organizations may be able to help, visit specialneeds-group.com or (800) 513-4515, or clinicscanhelp.org or (561) 640-2995. ■

Ask The Health & Beauty Experts

ASK THE COSMETIC SURGEON



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

Rhinoplasty

Question: What can be done to improve the appearance of my nose?

Answer: The nose is the central part of the face and is usually the first thing people's eyes are drawn to when they look at someone. If a person feels their nose is too large, they can choose to have a rhinoplasty, which is a surgical correction to reduce the size of the nose and make its appearance more in line with the rest of their facial features. Common features that are refined and corrected with a rhinoplasty include: a large bump on the bridge, a tip that is rounded and wide and a deviated nose.

During your consultation, we will discuss and prioritize the features which you are unhappy with. After examining your nose, I can better explain how those features can be corrected with surgery. The most common changes are to make the bridge of the nose flat, rotate and narrow the tip and straighten the nose.

Surgery takes 2-3 hours and afterwards, you will have a cast on your nose for a week. Expect to have swelling which will gradually reduce with time and a small incision between your nostrils which will heal to where it is barely noticeable.

As the swelling goes down, the end result will be a nose that better fits your other facial features. When these proportions are restored, overall facial attractiveness is enhanced. To see if a rhinoplasty is right for you, please call my office to schedule a free consultation.

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

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

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ASK THE DENTAL EXPERT



Jay L. Ajmo D.D.S., P.A.,
Cosmetic, Restorative & Implant
Dentistry Board Certified IV Sedation

Solutions for Fear of the Dentist

Question: I hate my smile, but I'm too afraid to go to the dentist. I have severe anxiety every time I think about it. What can I do?

Answer: If you hate your smile and hate the dentist at the same time, then sedation dentistry is your ticket to a beautiful healthy smile and oral health.

Sedation dentistry is the administration of a sedative medication to produce a state of calmness, drowsiness, or relaxation so you won't experience stress during treatment. The degree of your anxiety will determine the type of sedation you receive.

If you desire something to take the edge off, oral sedation may be something you may consider. Many dentists offer this level of sedation. It involves taking 1 or 2 sedative pills before treatment which will simply relax you.

If you are a true dental-phobe then IV sedation is what you need. IV Sedation can only be administered by a Board Certified IV Sedation Dentist and involves administering medication intravenously. The medications can be slowly adjusted, or titrated to achieve and maintain a deeper state of sedation so that you can undergo procedures with absolutely no memory whatsoever. Analgesics or pain killers can also be administered through the IV line, so you should experience absolutely no discomfort. Local anesthetic is still always administered to keep the area numb, but you won't know or feel you had any injections. The administration of IV medications for your appointment will allow you to undergo more extensive dental procedures such as cosmetic smile makeovers, dental implant surgery, dental reconstruction or cosmetic crowns without the stress or memory of the procedures.

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

Save the Humans Blood Drive coming to PGA Commons

SPECIAL TO FLORIDA WEEKLY

Get in the Halloween spirit and give blood from 3 p.m. to 8 p.m. Oct. 30 at PGA Commons.

All donors will receive special treats — a free T-shirt (while supplies last), Improv Comedy Club tickets, and other great giveaways from PGA Commons and its tenants. Plus, you'll get a wellness checkup, including blood pressure, pulse, temperature, iron count and cholesterol screening.

The OneBlood bloodmobile will be in the parking lot just west of Spoto's.

To make an appointment in advance, visit oneblood.org and use sponsor code 25404, or contact Dominic at 376-9145. ■



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MONEY & INVESTING

The tax man cometh, and cometh, and cometh

jeannetteSHOWALTER, CFA

showalter@wwfscsystems.com



The final filing deadline for taxes was on Oct. 1, but for many high-income filers, there is no rest for the tax weary. Taxes remain very much on their minds and, after reading this column, might be elevated to the top priority concern.

U.S. taxpayers in upper income brackets are feeling the effects of increased levels of taxation and they rightly worry that tax increases and new levies are not over. The issue of taxation has become a prominent global discussion, so much so, that the International Monetary Fund just released a report titled "Taxing Times." The IMF considers global taxation to be within the purview of its pontificating, as it is concerned about the world's monetary and debt conditions.

Taxation is thought by many political leaders to be the solution to their problem; i.e., government budget deficits can be lessened and existing high levels of world government debt relative to GDP can be lowered through a variety of taxation measures. (Of course, those operating from the perspective that government spending must be curtailed do not consider taxation to be the cure; they consider cutbacks in government spending to be the solution.)

The reality is that many advanced countries (including the U.S.) provide some form of government subsidy or support to more than 50 percent of their citizens and, in effect, have created a majority voting constituency that is aligned with largesse in government spending. The voting minority is aligned with cutbacks.

These voting majorities have helped create a worldwide group-think about taxation, as evidenced in the IMF's report.

Per the IMF report, advanced economies of the world share a common problem: "...the average gross debt ratio in advanced economies is expected to stabilize at slightly below 110 percent of GDP —

some 35 percentage points above its 2007 level... Maintaining public debt at these historic peaks would leave advanced economies exposed to confidence shocks and rollover risks and hampers potential growth. Thus, it remains important to lower public debt, although it will inevitably be a slow process."

So, per the IMF, the governments will move to capture more tax revenue dollars. How will it be done?

The report reviews the many varied forms of taxation and looks at their effects on long-term growth. The concern is quite simple: taxation forms that satisfy an immediate need for funds might negatively impact a country's GDP growth (and therefore diminish future tax receipts that are tied to economic activity).

In layman's terms, corporate taxation should be the last form of taxation to be toyed with (as increases and constant

changing of corporate tax rules discourages corporate capital investment/formation.) In IMF jargon: "The effects of the tax mix on long-term growth have been widely studied. The literature suggests that corporate income taxes have the most negative effect, followed by labor income taxes, then consumption taxes, and finally property taxes. In line with this "growth hierarchy," a recent IMF work finds, for a wide set of countries, that a revenue-neutral rebalancing that reduces income taxes while increasing consumption and property taxes is associated with faster long-term growth (Acosta-Ormaeche and Yoo, 2012)."

However, the IMF does suggest that the days of multinational corporate tax evasion are (and should be) numbered.

"For the United States (where the issue has been most closely studied) an upper estimate of the

loss from tax planning by multinationals is about US \$60 billion each year — about one-quarter of all revenue from the corporate income tax (Gravelle, 2013)."

Some of the "coolest" companies have led the multinational pack by creating "mind-boggling complexity" to evade taxes. "Google, Starbucks, and other household names have famously managed to pay very little corporate tax" but the issue is "likely an even greater concern for developing countries, typically more reliant on corporate tax receipts."

The IMF report, in its search for more taxation-grab ideas, poses the question: are the wealthy "a revenue source that could be tapped more?" The IMF expands the U.S. administration's "increase taxation on the wealthy argument" from income taxation into asset taxation.

The IMF rationale is: "Household wealth is very unequally distributed — even more so than income. In advanced economies, the top 10 percent own, on average, more than half of the wealth (up to 75 percent in the United States). It is, arguably, a better indicator of ability to pay than annual income — and indeed taxes on wealth and transfers have historically been a major source of revenue.

Now, however, they yield very little — slightly fewer than 2 percent of GDP on average in the OECD."

Possibly the most frightening part is the IMF report's ending... which proposed the merits of a special, onetime tax on the very wealthy. The very wealthy should take heed that the worst might possibly be yet to come, as a capital levy is already being suggested and discussed by world leaders. ■

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

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BUSINESS

WEEK OF OCTOBER 24-30, 2013

PALM BEACH COUNTY COMMERCE

Gardens turns 25 in style

Mall draws array of new retailers as it marks a quarter-century

SPECIAL TO FLORIDA WEEKLY

The Gardens Mall turned 25 this year.

But it continues to draw a sophisticated mix of stores that attract a sophisticated mix of shoppers from around the world.

As part of the mall's continued renovations and expansions, look for these new retailers:

Luxury retailer Jimmy Choo recently opened a 1,350-square-foot boutique. The store features an enhanced and varied collection of Jimmy Choo shoes, handbags, small leather goods, soft accessories, belts, sunglasses and fashions in a luxurious setting. Reflective of the architectural glamour of a 1940s boutique, the Palm Beach Gardens store's interior has decorative elements that include lush, tufted seating, mirrored tables and niches upholstered in reflective finishes.

LOFT, the hip, young extension of the Ann Taylor brand, recently renovated its store and reopened in the same location (on the lower level near Nordstrom), with a chic, contemporary update and expanded space that now offers 5,000 square feet of retail shopping. The LOFT has developed its own brand, offering more relaxed and casual fashions for work and home. Look for the latest colors and styles in dresses, separates, suits and accessories in versatile, feminine and affordable styles, along with unexpected details.

Celebrating its 20-year anniversary, Anthropologie moved its store to the upper level near Nordstrom, creating 9,048 square feet designed around its curated mix of clothing, accessories, home goods, gifts and décor items. Look for new globally sourced products, furniture, rugs, lighting, found objects, wall décor and women's apparel.

Everything But Water, a women's specialty swimwear retailer, joined the list of merchants this year. The store sets the mood in its 1,566-square-foot space with an atmosphere of gray driftwood slats on the exterior, cabana curtain accents in the fitting area, two bikini bars, and oversized, scene-setting photography from recent fashion shoots. The store features an assortment of bikinis, separates, one-pieces, D+ cup sizes, sundresses, cover-ups, hats, jewelry, sandals and more.

LUSH Fresh Handmade Cosmetics — an upbeat, British brand of ethical and innovative bath, body, skin and hair care — is soon to be making its debut at The Gardens Mall. LUSH's 1,046-square-foot space will display innovative products made out of fresh, organic fruits and vegetables, and the finest essential oils and ingredients that are ethically and sustainably procured from around the world.



COURTESY PHOTOS

The center of The Gardens Mall, which turned 25 this year. The mall has brought in a range of new shops, including shoe retailer Jimmy Choo. LOFT has renovated and Anthropologie has moved near Nordstrom.

The eco-friendly, in-store design includes a cozy kitchen table where customers can sit and discuss their skin and hair needs with an expert consultant.

Sportswear and lifestyle brand designer Robert Graham is set to open before the holidays in a 1,080-square-foot space. The store will carry the full range of the Robert Graham collection, including menswear and women's wear, premium denim, furnishings, accessories and outerwear. The brand's loyal consumer following collects pieces because of the distinctive design elements, bold prints and craftsmanship.

The new "imagined" store design by global entertainment retailer, Build-A-Bear, reopened in its same location on Oct. 18. Elements of the new interior design format merge the love of teddy bears with the best of technology to provide a richer, more interactive experience for guests. Through computerized platforms, guests can personalize the bear-making process and have a different experience each time they visit. Furry friends can choose from hundreds of "furbulous" fashion outfits and accessories, or suit up in their favorite MLB, NFL, NHL, and NASCAR gear, or even



live their fantasy as a Disney character or Harley-Davidson biker.

Kate Spade has established a global lifestyle brand synonymous with style, crisp color and playful sensibilities in 20 years. The powerhouse retailer is set to open a new store, offering 2,552 square feet of inspiring handbags, clothing, jewelry, shoes, eyewear, fragrances, bedding, tabletops and gifts, which personify the hallmark of curiosity and color that shapes all that is Kate Spade. Scheduled to open before the holiday season, the new merchant will be on the upper level

near Saks Fifth Avenue.

The Gardens Mall is one mile east of I-95 on PGA Boulevard in Palm Beach Gardens. The 1.4-million-square-foot, super-regional shopping center features more than 160 world-class retail specialty shops and restaurants. It is anchored by Nordstrom, Saks Fifth Avenue, Bloomingdale's, Macy's and Sears. The Gardens Mall is owned and managed by The Forbes Co.

For information about The Gardens Mall, call 775-7750 or visit the mall online at thegardensmall.com. ■

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PALM BEACH NETWORKING

North County Chamber Breakfast meeting at Jupiter Beach Resort & Spa



Steve O'Neill, Jimmy Fields and Tara Monks



Rita Craig and John Carr



Alina Cascante and Ray Dorsey



Debbie Nellson and Tara Chase



Max Macon and Don Hearing



Andy Newitt and Michael Cohen



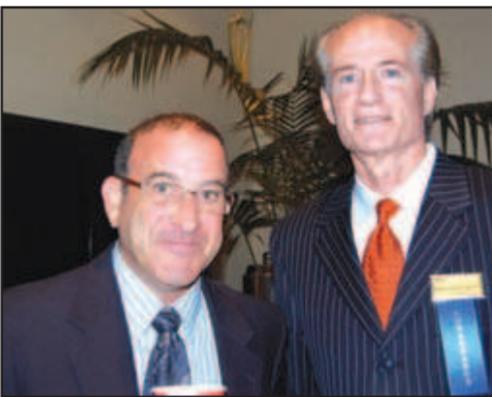
Della Porter and Carlos Berrocal



Rayma Buckles and Ed Lyons



Cheryl Seinfeld and Amie Goddeau



Jonathan Flah and Eddie Tybuszynski



Richard Pinsky and David Fifer



Christopher Morhardt and Rose Espittia



Justin Ackerman and Donna Goldfarb



Robin Beers and Noel Delvalle

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Halloween golf tourney, feast to benefit charities

SPECIAL TO FLORIDA WEEKLY

The inaugural Golf Feastival & Halloween Bash, a feast disguised as a golf outing, will be held Thursday, Oct. 31 at Bear Lakes Country Club, 1901 Village Blvd., in West Palm Beach. Registration starts at 11:30 a.m., with a shotgun start at 1 p.m.

What makes this golf outing unique is that local restaurants and other food and beverage vendors have come together to serve culinary samplings, mixed cocktails, wine and cigars on every hole. III Forks Prime Steakhouse and Cantina Laredo Modern Mexican are among the restaurants providing culinary samplings.

Golf is followed by a cocktail hour, a Haunted House Dinner Party — costumes strongly suggested — and a silent auction, all starting at 5:30 p.m.

Alpine Jaguar and Arrigo FIAT are sponsors of the hole-in-one contests. US Powergolf is providing awards for the “Longest Drive.” There also will be a “Putting Shoot Out Challenge” and other fun challenges on the course.

The event is being hosted by Fuoco Group and Businesses 4 Charity, a nonprofit that focuses on bringing together business and charities to raise money and awareness for community organizations.

Proceeds from the tournament will benefit Chabad of Palm Beach Gardens and Quantum House.

Golfing reservations are \$425 per person. Tickets for the cocktail hour and the Haunted House Dinner Party alone are \$125 per person.

For more information about the tournament or sponsorship opportunities, call Krysta Lyon at 209-1116. ■

Sanctuary Medical Center event benefits Junior League

Sanctuary Medical Center, The Junior League of Palm Beach and Just Ask Boo are hosting Passport to Beauty, a celebration to mark the opening of Sanctuary Medical Center’s newest location in Palm Beach Gardens, at 11505 Fairchild Gardens Avenue, Suite 101.

The event is Oct. 24 from 5:30 to 8 p.m. Ten percent of the evening’s sales will be donated to the Junior League of Palm Beach.

To RSVP call 886-0970 or e-mail events@sanctuarymedical.com. ■

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PALM BEACH NETWORKING

Jupiter Green & Artisan Market, at Riverwalk Events Plaza, Jupiter



1. Melinda Dean and Ione Walker
2. Kris Dorin and Michelle Florio
3. Chef Lippe and Rain Lippe
4. Lurbyn St. Van and Mary Fowler
5. Bob Canini and Mary Canini
6. Dave Voorhes, Ava Voorhes and Brett Voorhes
7. Thomas O'Rourke and Mary O'Rourke
8. Max Leblanc, Amin Sahaoui, Ernest Essiavie and Olivier Badout
9. Avery D'Amico and Kerri D'Amico

NINA CUSMANO / FLORIDA WEEKLY

Women's Foundation of Palm Beach County "Fashion Forward" cocktail reception at Nordstrom at The Gardens Mall



Ashleigh Bhole, Sylvia Siegfried and Amber Marzo



Giorgio Armani Beauty rep and Jenni Garrison



Jenni Garrison, Ashley Mock, Alyson Seligman and Michelle Oyola McGovern



Katherine Lande and Alyson Seligman



Lynn Walsh and Rachael Flanagan



Sarah Primrose, Livia Chaykin, Eva Greene and Amy Monagan

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Send us your society and networking photos. Include the names of everyone in the picture. E-mail them to society@floridaweekly.com.

COURTESY PHOTOS

Ways and Means



leslieLILLY
lilly15@gmail.com



There are few good things to say about the recent legislative drama in the nation's capital. However, there is one constructive outcome: A national civics lesson underscores the importance of the federal government's role in sustaining the quality of life for ordinary Americans. We take abundance for granted that a national commonwealth affords as a benefit of federal citizenship. Eliminate the presumption of federal commitments in support of life, liberty and the pursuit of happiness, and suddenly, it is your family and your community that are at risk.

Despite the down-play of the effects of the government shutdown, the economic pain was widespread and genuine.

Many nonprofit and community agencies suffered casualties, including services for the elderly; pre-school programs for children; hot meals for shut-ins; public services provided by a myriad of federal agencies; a financial hit to our nation's network of first responders; lost paydays for millions; and blocked access to our national parks — and that's just a short list.

Job losses and furloughs have hit employees in many nonprofit and publicly funded organizations, too. This generated demand for yet more support from among nonprofits and agencies to bridge the gaps created by the shutdown. Adding insult to injury, recipients of federal funds experienced delays or stop payments reimbursing them for the social services they rendered nonetheless.

Adding a government shutdown on top of the nation's economic miseries wasn't helpful. The Great Recession left a mark of ash on almost all communities. South Florida was especially hard hit. Yet state policymakers are alive and well who believe only a big dose of bitter austerity will make our nation's cheeks rosy again. The sequestration went into effect by default that made \$1.2 trillion in indiscriminate, across-the-board cuts to federal spending, beginning this year and through 2021, split between domestic and defense spending. Sequestration was supposed to be so obnoxious to both political parties that no possibility existed it would actually pass. You know the rest.

Even before sequestration, the Great

Recession walloped millions of families, creating a dramatic spike in demand for services among our most vulnerable citizens. Now we've started a new chapter in this tortured story. The most recent deal to end Congressional gridlock included an additional \$91 billion in sequestration cuts that will go into effect in January 2014. Keep in mind that cuts in FY013 already total \$64 billion and another \$250 billion in budget cuts at state levels have occurred over the last four years. Only a dangerously out-of-control Edward Scissorhands could manage so much whacking in so short a time. The slow hemorrhage of consequences is starting to spread out across the country.

Many policy makers presume nonprofits working to alleviate and end hunger, homelessness, and poverty are the Plan "B" for the social safety net that the federal government in majority provides. There are two problems with that assumption: The government shutdown and sequestration are undermining the capacity of nonprofits to sustain services and programs; and a sharp increase in and growing demand for services is occurring as funding sources

have declined. Experts on the charitable sector warn, "If allowed to continue, the sequestration cuts will hurt the work of nearly every charitable nonprofit in America — even nonprofits that do not receive any direct government funding."

While Congress fiddled, donors made donations or loans to nonprofits in financial crisis. Despite their good intentions and generosity, some think it the wrong signal for the charitable sector to be sending to lawmakers. Though private giving has traditionally supported government-funded social services, research shows charities created to subsidize government programs are increasing faster than the charitable sector overall. Legislators are thinking charities can replace the role of government in caring for the nation's vulnerable.

It is hard to predict where this trajectory will lead but there are signs philanthropy is not waiting on the sidelines to see how it all turns out. Robert Gallucci, President of the John D. and Catherine T. MacArthur Foundation, recently issued a call for action in an op-ed saying, "It's time for foundations to do more to help create a political

system that is credible, transparent, and responsive to the needs of ordinary people." He adds, when the process of governance is dysfunctional, grant-makers gets less for their money and innovative solutions die on the vine in the absence of supportive public policy. The charitable sector is necessarily vested in the ways and means to achieve Gallucci's democratic vision of governance; because, as my pastor used to say, without vision, the people perish. ■

— 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 has written and spoken frequently on issues affecting charitable giving and the nonprofit community and is recognized nationally and in Florida for her leadership in the community foundation field. She resides with her family and pugs in Jupiter. Email her at lilly15@gmail.com and follow Lilly on Twitter @lilly15.

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COURTESY PHOTOS

Stunning Colonial in historic West Palm Beach

SPECIAL TO FLORIDA WEEKLY

“Villa Vallette” is a stunning British Colonial Style Home at 211 Vallette Way, West Palm Beach, built new in 2010 and boasting more than 5,800 square feet with six bedrooms and 5.5 bathrooms, including two master suites.

The state-of-the-art kitchen opens

up to a huge family room lined with French doors, all opening up to a covered loggia and a 40-foot lap pool with a heated spa.

This amazing home features a one touch “smart lighting” system throughout controlling high-end light fixtures and four fabulous chandeliers; an elevator; hurricane impact windows

and doors, offering massive natural light; glistening marble floors; a butler’s hutch; gas fireplace; a beverage station on the second floor; super-sized pantry; two laundry rooms; central vacuum; 10 flat-screen TV’s; closet organizers in every closet; wine and beverage room; media room; office; second-level front porch; rear loggias; and three-

car garage. Villa Vallette is located in Historic West Palm Beach very near the Norton Museum and has beautiful views of the Intracoastal Waterway and Palm Beach.

Fite Shavell & Associates lists the home at \$2,150,000. The agent is Steve Simpson, 561-262-6263, ssimpson@fiteshavell.com. ■



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Stephanie Pew honored for MacArthur Beach volunteer work

SPECIAL TO FLORIDA WEEKLY

The president of the Friends of MacArthur Beach State Park, Stephanie Pew, has earned the President's Call to Service Award for her more than 4,100 volunteer hours. The President's Call to Service Award was created to honor those individuals that have dedicated more than 4000 volunteer hours in their lifetime and have set a standard and inspired other volunteers throughout their communities.

Ms. Pew was presented with an official President's Volunteer Service Award Pin, a personalized certificate of achievement and a note of congratulations from President Barack Obama.

Elected to the board of directors in

October 2006, Ms. Pew served on the Cultivation & Events Committee of the Capital Campaign Cabinet and became committee chair in August 2007.

As chair, Ms. Pew worked with the Friends and Park staff to create Blizzard on the Beach, the Capital Campaign public kick-off event on November 18, 2007. This event was a huge success under Ms. Pew's guidance, with record attendance of over 4,800 families.

Ms. Pew was also elected vice president of the board and continued as the chair of the Cultivation and Events Committee where she coordinated fundraising events benefitting the Endowment Campaign including Bark in the Park, Bob Milne Piano Concert, a second Blizzard on the

Beach and the first Shop "Til You Drop event.

Not only has Ms. Pew donated her time to the Friends of MacArthur Beach but she also donated \$500,000 to the Capital Campaign, naming the facility the Pew Family Natural Science Education Center.

Ms. Pew was elected as president of the board in October 2010. This fall Ms. Pew will step down as president but will continue to serve on the Board of Directors.

"We are so grateful to Ms. Pew for all the time, energy and resources she has put toward the Park. She is dedicated to the

success of the Park and to bringing quality, hands-on natural science education to the children of Palm Beach County," said Cheryl Houghtelin, Executive Director of the Friends, in a prepared statement. "We are sad to see her step down as president but know she will remain committed to the park," she adds.

"It is such an honor to receive this award," said Ms. Pew. "Working with the friends for the good of MacArthur Beach State Park has been a labor of love and I have enjoyed every minute of it."

John D. MacArthur Beach State Park is Palm Beach County's only state park. ■



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Palm Beach Show Group of Lake Worth acquires New York AVENUE Show

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Show Group recently announced the acquisition of the Antiques, Art & Design at the Armory Show, renowned as the AVENUE Show, from Manhattan Media. The prestigious and respected event is New York's oldest and longest running art and antique show.

The Palm Beach Show Group, headquartered in Lake Worth, currently owns and produces nine other internationally acclaimed art, antique and jewelry shows, each highly celebrated for its world-class participating dealers, exceptional merchandise and high production quality.

"We are delighted to be merging the AVENUE Show into our national offerings," said Scott Diament, president and CEO of Palm Beach Show Group, in a pre-

pared statement. "We have always known we wanted to have a premier venue in New York and this show on Park Avenue in the heart of the city is the perfect addition."

The Palm Beach Show Group will combine its organizational strength with marketing and managerial expertise to continue producing the prestigious and respected show under a new name: the New York Art, Antique & Jewelry Show.

"Our extensive marketing efforts will make an immense impact on the reach and participation associated with this show," Mr. Diament said. "We believe we possess all of the elements to take something as great as the AVENUE Show and make it exceptional."

For more information about Palm Beach Show Group, visit palmbeachshowgroup.com. ■

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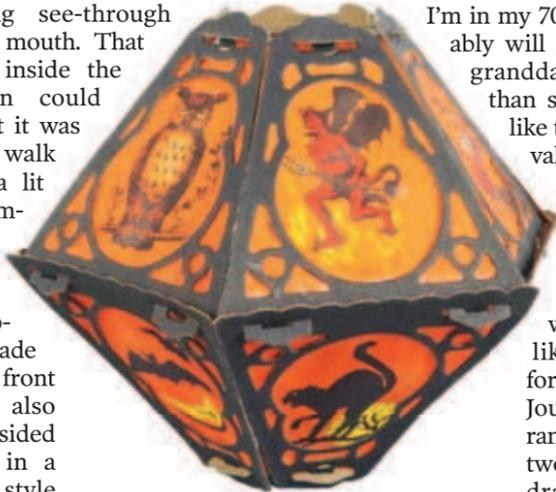
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KOVEL: ANTIQUES

Decorative lanterns lit the way on Halloween

BY TERRY AND KIM KOVEL
Special to Florida Weekly

Lanterns are among the earliest Halloween collectibles — and not just jack-o'-lanterns. The early-1900's jack-o'-lantern was made of metal. Within a few years, jack-o'-lanterns were being made of pressed paper with thin paper inserts creating see-through eyes, nose and mouth. That way, a candle inside the paper pumpkin could light a path. But it was dangerous to walk and run with a lit candle in a flammable container. By the 1920s, special Halloween lampshades were made for display in a front window. You also could buy flat-sided lanterns made in a "stained-glass" style with black cardboard strips and translucent orange paper. These lanterns were made in Germany and the United States until the 1940s. But beware — some were reproduced in the 1990s. Old lanterns usually have round, indented candleholders on the bottom; most reproductions have flat bottoms. A very famous 12-panel lantern was made in Germany in the 1920s and sold was by



This 8-inch-high paper lantern was made in the early 1920s. It was scheduled to sell at a Morphy auction in Denver, Pa., in early October. Presale estimate: \$400-\$600.

Beistle, an important American company that sold (and still sells) holiday decorations. A vintage example sells for more than \$500 today. One recently offered at Morphy Auctions had a presale estimate of \$400 to \$600.

Q: My mother left me a collection of Kewpie dolls, all in good condition. Please tell me something about them. I'm in my 70s now and probably will give them to my granddaughters rather than sell them. But I'd like to know if they're valuable.

A: Artist Rose O'Neill (1874-1944) drew the first Kewpies, little naked, winged, Cupid-like characters, for a Ladies' Home Journal story that ran in 1909. Within two years, O'Neill's drawings were turned into 3-D designs for Kewpie dolls and figurines. They were made with small blue wings and a red heart as a mark. The dolls were an immediate success, and several companies made Kewpies and Kewpie-related products. Kewpie dolls still are being made. They can be found in bisque, celluloid, composition or hard plastic. Collectors love Kewpies and will

pay hundreds, or even thousands, for rare old figurines and dolls.

Q: I have a large Wagner Ware fry pan with cover. It reads "Magnalite No. 4569." The pan is 10 1/2 inches wide and 3 inches deep. I'm wondering what it might be worth.

A: Your fry pan is a chicken fryer. Wagner Manufacturing Co. was founded in Sidney, Ohio, in 1891. After several changes in ownership, the company closed in 1999. Wagner made Magnalite, a cast aluminum cookware, from 1934 to 1999. The value of your fry pan depends on condition. The average price is under \$20.

Q: We own an old barber chair with a metal label that reads, "Koken Companies, Manufacturers, St. Louis, U.S.A." How do you suggest we sell it?

A: Ernest Koken, a German immigrant, was selling shaving mugs in St. Louis by 1874, when he was 19 years old. By the 1880s, he was selling barber chairs, and had started filing for patents on improvements to the chairs. His patents eventually included a reclining chair back and a hydraulic lift. His company, Koken Barbers' Supply Co., manufactured chairs until it went bankrupt in the 1950s. (A successor, Koken Manufacturing Co., is in business today; it bought the original company's assets.) Antique Koken barber chairs in excellent shape can sell for thousands, but they're not easy to transport. So it would be better to sell your chair locally via a trade-paper ad, Craigslist or a local shop or auction.

Q: My husband and I found a very old pen-and-ink calligraphic drawing of

a bird. It was stuck inside an old family Bible. The Bible dates back to the early 1800s, and the signed drawing is 7 1/2 by 8 1/2 inches. The bird in the center of the drawing is surrounded by lots of flourishes and doodads. I understand this type of drawing was done by students studying calligraphy back then. Can you give us an idea of value?

A: The art of calligraphy flourished in the United States during the 19th century. Elegant penmanship was a sign of refinement and was taught in private academies and writing classes. Drawings like yours were done with quills or steel pens, and typically have repeated cursive flourishes that also could be used in fancy handwriting. If your drawing is original, it could sell for \$50 into the low hundreds.

Tip: Paintings displayed in a dining room often are splattered with food and sometimes even pick up food odors. Have an oil painting professionally cleaned. ■

—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.



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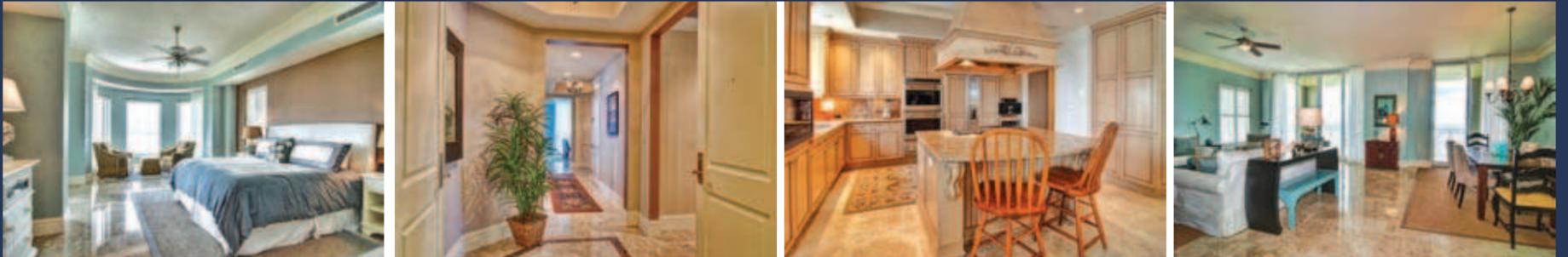
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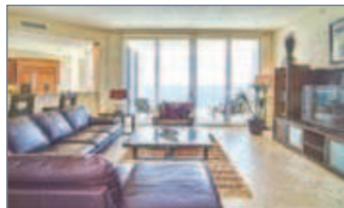
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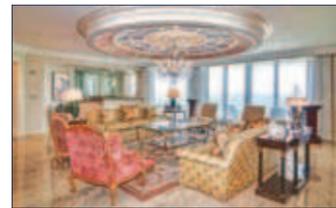
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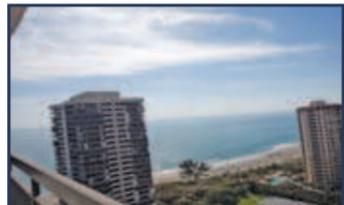
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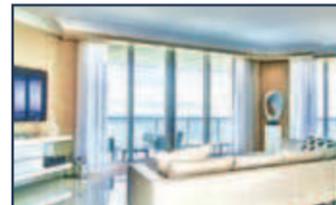
Martinique WT2304 2BR/3.5BA Amazing Views of ocean & ICW. Coveted SE corner on 23rd floor. **\$585,000**

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Ritz 1904B 2BR/2.5BA – One of a kind sophisticated luxury retreat. Stunning views and top of the line upgrades including Miele appliances. Contemporary design – sold fully furnished. **\$1,499,000.**

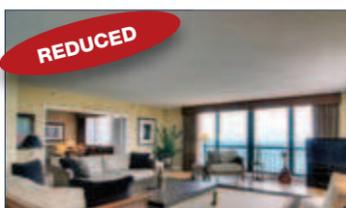
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Martinique ET1103 2BR/3.5BA One of a kind 11th floor ocean front condo with beautiful ocean & intracoastal views. Designer built-in furnishings. A must see. **\$649,000**

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WEEK OF OCTOBER 24-30, 2013

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

| **INSIDE** |



Hello, stranger

Meeting new people is harder than it should be, tougher than it looks. **B2** ▶



Wikileaks at the movies

"The Fifth Estate" looks at Julian Assange and beyond. **B13** ▶



Society

See who was out and about at Society events. **B10-11, 17, 18** ▶



Cuisine

Tiger Woods' former chef has opened Kitchen. **B19** ▶



Daily habits of artists

Writer's own routine prompts his blog, which leads to book about how other artists work

BY NANCY STETSON
nstetson@floridaweekly.com

"Be regular and orderly in your life like a Bourgeois so that you may be violent and original in your work." — Flaubert

Here's your free gift of today, 24 hours. How will you use them in pursuit of your art? The answers are as individual and idiosyncratic as artists themselves.

Some are morning people who sit down at their laptop or approach their canvas before the sun itself even considers rising; others don't perk up until after noon, even when fueled by multiple cups of coffee.

SEE ARTISTS, B4 ▶

Plaza cast delivers satisfying Simon

BY MARY DAMIANO
Special to Florida Weekly

If you own a theater with an older demographic, you will do Neil Simon. It's not only a mantra, it's good business. Simon plays make the audience happy, they make money, so it makes sense.

The hard part, of course, is doing Neil Simon well. Simon plays come with some baggage, because most of the audience is old enough to have either seen past productions or the movies based on the plays. There is always the

THEATER REVIEW

risk of comparison from the audience, or copycat performances from the cast. The Plaza Theatre in Manalapan does not fall into that trap. They do Neil Simon very, very well. Earlier this year the Plaza produced a fine production of Simon's "Chapter Two," and now they've raised the Simon bar with their current show, "Brighton Beach Memoirs." This is the second production of Neil Simon's autobiographical play in South Florida this year; Broward Stage Door Theatre in Coral Springs boasted a fine

production of the play this past summer. It's not surprising that "Brighton Beach Memoirs" is that popular. Aside from the durability and brand name that is Neil Simon, this is a funny play with believable characters that manages to warm the heart without manipulating it. "Brighton Beach Memoirs" is the first play in what's known as Simon's "Eugene Trilogy", three plays that follow his alter ego Eugene Jerome. "Brighton Beach Memoirs" was followed by "Biloxi Blues," in which Eugene enters

SEE PLAZA, B14 ▶

PHOTO ILLUSTRATION ERIC RADDATZ / FLORIDA WEEKLY

SANDY DAYS, SALTY NIGHTS

Meeting new people is harder than it looks



artisHENDERSON

sandydays@floridaweekly.com

A good friend just came out with a book and invited me to his book party, a fancy soiree held at an expensive boutique — the kind of place I'd never venture into on my own.

A model-beautiful blonde greeted me at the door and asked if I was there for the party. She pointed me toward an elevator at the back of the store, and as I made my way to the second floor I wondered which mutual friends would be at the event. But as the doors slid open and I stepped into the dazzling crowd, I quickly realized: none of them. A passing waiter offered me a glass of wine, and I must have given him a desperate look because he smiled encouragingly before disappearing into the throng.

Glass in hand, I lodged myself against the back wall, practically in the corner, trying to look as nonchalant as I could. My blood pressure ratcheted up as more people arrived, each lovelier than the last, and it became obvious that no one I knew would be coming.

I was thoroughly on my own.

My wine almost finished, the book signing still not started, I noticed someone next to me looking equally lost. He thumbed through his phone in



that desperate way people have when they're at a party without a plus-one. I weighed the awkwardness of introducing myself against the shame of standing there alone for another half-hour. Finally, I gathered my courage.

"So, do you know anyone at this party?" I said.

The man laughed. "My friend is coming, but he's running late."

I started to turn away, feeling foolish, but he smiled and introduced himself.

I smiled back and we started chatting. Before long we were comparing favorite books and TV shows. He had a good sense of humor and he laughed at my jokes. I actually thought, *Maybe this meeting-new-people thing is not so bad.*

But just as we settled into an easy conversational rhythm, his plus-one showed up. The second man worked in finance; they knew each other from a networking group. Not friends, exactly, but professional acquaintances. The financier let me know that they were there to network, not meet women.

"Well, we're going to walk around," he said.

I should have known better. Maybe if I were used to the social scene, I would have had a feel for these things. Maybe I would have known what a polite brush-off looks like. But the first man had been so nice and such a good social anchor at that strained party, that when he smiled and said I should join them, I did.

They stopped in an alcove and the two men grabbed more drinks. The financier talked business and it slowly dawned on me that I should have already made an exit. Before I could summon just what to say, the financier stuck out a fleshy hand.

"Well," he said, "it was nice meeting you. Take care."

I knew I had been dismissed even as I turned away. The moment stung and I silently kicked myself. Had I really thought it would be that easy? ■

Norton Museum of Art

2013-2014 EXHIBITIONS

MICKALENE THOMAS *faux real* / THROUGH AUGUST 2014

A MASTERPIECE REDISCOVERED: Vernet's *The Fishermen*
OCT. 10 - DEC. 8, 2013

NEW WORK/NEW DIRECTIONS: Recent Photo Acquisitions
NOV. 7, 2013 - JAN. 12, 2014

L.A. STORIES: Videos from the West Coast
NOV. 7, 2013 - JAN. 12, 2014

THE FOUR PRINCELY GENTLEMEN: Chinese Flower Paintings
NOV. 14, 2013 - JAN. 26, 2014

PHYLLIDA BARLOW: HOARD / DEC. 3, 2013 - FEB. 23, 2014

THE POLAROID YEARS: Instant Photography and Experimentation
DEC. 19, 2013 - MARCH 23, 2014

DAVID WEBB: Society's Jeweler / JAN. 16 - APRIL 13, 2014

TO JANE, LOVE ANDY: Warhol's First Superstar / FEB. 2 - MAY 25, 2014

QING CHIC: Chinese Textiles / FEB. 6 - MAY 4, 2014

INDUSTRIAL SUBLIME: Modernism and the Transformation of
New York's Rivers, 1900-1940 / MARCH 20 - JUNE 22, 2014

IMAGE: Mickalene Thomas (American, born 1971), *faux real* (detail), 2013. Vinyl, enamel paint, contact paper, and oil stick. This is the third site specific installation generously supported by Vanessa and Anthony Beyer as part of their commitment to Contemporary Art at the Norton Museum.

1451 S. OLIVE AVENUE, WEST PALM BEACH, FL 33401

www.norton.org





Marinelife Center gets its freak on for TurtleWeen festivities

SPECIAL TO FLORIDA WEEKLY

Northern Palm Beach County's hub for sea turtle rescue and research will have a haunted house.

Birds of prey also will be hanging out near a mad scientist's lab. Act up, and you could be sent to "jail."

Who knew the Loggerhead Marinelife Center could be such a scary place?

It will be, from 5 p.m. to 8 p.m. Oct. 26, when the Marinelife Center hosts its "spooktacular" TurtleWeen.

In addition to all those scary activities, visitors can snap a picture in the photo booth, and kids can partake in crafts, games and activities and make sweet treats to take home.

Be sure to dress up because there will be a costume contest.

The event is free, but children must have a purchased activity bracelet to engage in many of the activities. Bracelets are \$5 per child prior to the event, \$7 at the door. Adults and children 0-2 are free. More information is at www.marinelife.org/turtleween. ■

Drama club to produce two performances of "Our Town"

SPECIAL TO FLORIDA WEEKLY

The 75th anniversary of Thornton Wilder's "Our Town" is cause for celebration.

And the Eissey Campus Drama Club of Palm Beach State College will give free presentations of the 1938 play at 8 p.m. on Nov. 21-23 at the Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens.

The student cast and crew is producing this show as a service to the students and community, so admission is free (tickets not required).

This timeless drama of life in the mythical village of Grover's Corners, New Hampshire has become an American classic with universal appeal. Famed American playwright Edward Albee has called "Our Town" the finest play ever written by an American. Thornton Wilder's most frequently performed play, Our Town first opened on Broadway in 1938 to wide acclaim and won the Pulitzer Prize.

"Our Town" explores the relationship between two young Grover's Corners neighbors, George Gibbs and Emily Webb, whose childhood friendship blossoms into romance, and then culminates in marriage. When Emily loses her life in childbirth, the circle of

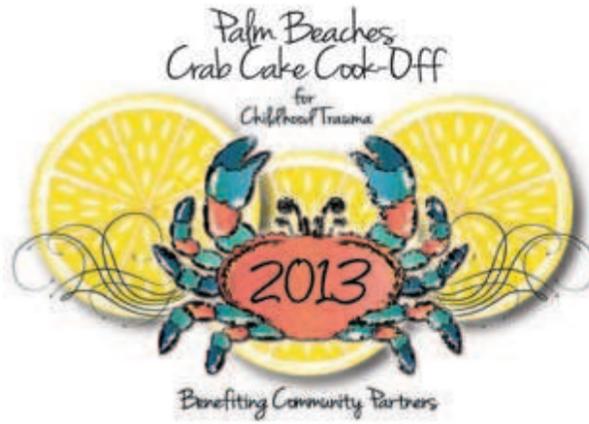
life portrayed in each of the three acts of Our Town — growing up, adulthood, and death — is fully realized.

The student cast will include Rusty Griffin as George Gibbs; Hope Tiffany as Emily Webb; Kristen Davis as Mrs. Webb; Thomas Jackson as Mr. Webb; Joslyn Taylor as Mrs. Gibbs; Kevin Taylor as Dr. Gibbs; Amy Kovalsky as Rebecca Gibbs; Alex Holland as Simon Stimson and Jim McConville as the stage manager.

The Palm Beach State College Eissey Campus Drama Club brings together students who share an interest in theater and performing arts. The club promotes learning about theater through activities and productions that enhance the educational goals of the college's theater appreciation courses. Membership is open to all students currently enrolled at the Palm Beach State Eissey Campus.

Plans for next semester include the production of the "The Fantastiks" — the longest-playing, off-Broadway musical hit — to be presented at the Eissey Campus Theatre March 20-22, 2014.

For more information about the Palm Beach State College Eissey Campus Drama Club, call John F. Sabo, director and adviser, at 785-7487. ■



NOV 2013
6:30 TO 9 PM

THIS MOUTH-WATERING PREMIERE CHARITABLE EVENT AWARDS THE BEST CRAB CAKE IN THE PALM BEACHES!

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Oct. 11 - Nov. 10, 2013

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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.

Theatre To Think About



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



ARTISTS

From page 1

Some work in bursts of manic energy for hours on end, while others, their time eaten up by a day job or family obligations, resort to stealing odd hours here and there.

Writer Mason Currey considers himself a morning person because he does



CURREY

his most productive work before lunchtime. But a few years ago, when he had a Monday deadline, he went into his office at Metropolis magazine on a Sunday afternoon "to try to knock it out," as he puts it.

"But I ran into this problem: when I try to write in the afternoon, I can't focus."

As part procrastination, part misery-loves-company, he began searching on the Internet for stories of writers who could only work in the morning.

"I found these great stories," he says. "I'm always fascinated by stories of how other writers work, other artists."

Someone should put that on a blog, he thought.

And because one didn't already exist, he created one, calling it Daily Routines. (As for his deadline story, he wound up writing it that Monday morning, at the last minute.)

Mr. Currey kept adding stories of artists' daily routines to his blog as he ran across them. Sometimes people sent stories to him. He wrote about artists, writers, architects, painters, composers, performance artists, poets, philosophers.

"I was thinking of routines, things people do every day, habits that aren't glamorous, but the unconscious acts that you repeat day after day that add up to letting you create something worthwhile," he explains.

For a while, his readership was limited to his family, friends and co-workers.

But when an editor at Slate.com asked readers to submit accounts about their morning routines, Mr. Currey wrote in about his blog. The subsequent online story then linked to it, sending thousands of new readers to his site.

Among them was an agent who thought Daily Routines would make a great book.

Mr. Currey wrote a proposal and the agent wrangled him a book contract. He let the blog go dormant ("The editors wanted me to save the best stuff for the book," he says) and starting working on the book, while still working as an editor at Metropolis. (He has since quit and moved across the country to Los Angeles, where he freelances for the online magazine core77.)

Ironically, he found his own daily routine changing. Before working on the book, he'd typically get up early only if there was an emergency or if it was crunch time at work.

"Once I had the book (deal), I realized that if I wanted to get it done, I'd have to get up early every day," he says. "If you have some time of day that is your best period, take advantage of that and arrange your schedule."

So he'd get up at 5:30 every morning, brush his teeth, make a cup of coffee and sit down and work on his book for a couple hours before going into the magazine office for his day job.



STATE ARCHIVES OF FLORIDA, FLORIDA MEMORY Ernest Hemingway, above, wrote while standing, "facing a chest-high bookcase with a typewriter on top, and on top of that a wooden reading board," Mr. Currey writes. Truman Capote wrote while horizontal. "I can't think unless I'm lying down."

As he notes in his book's introduction: "The word (routine) connotes ordinariness, or even lack of thought; to follow a routine is to be on autopilot. But one's daily routine is also a choice, or a whole series of choices. In the right hands it can be a finely calibrated mechanism for taking advantage of a range of limited resources: time (the most limited resource of all) as well as willpower, self-discipline, optimism. A solid routine fosters a well-worn groove for one's mental energies and helps stave off the tyranny of moods."

As he learned about other artists' habits in published interviews, biographies and personal journals as well as through conducting his own interviews, he learned that many of them did things to prevent distractions.

If work was not going well, the painter NC Wyeth would tape a piece of cardboard to the side of his glasses in order not to be distracted by the view outside his studio window.

Maya Angelou wrote in hotel or motel rooms almost as bare as a monk's cell.

For the longest time, the artist Joseph Cornell would assemble his boxes on his mother's kitchen table, after everyone had gone to bed. Novelist Richard Wright would write on a park bench, even in the rain.

Some writers could only work while in bed.

Truman Capote wrote while horizontal. "I can't think unless I'm lying down, either in bed or stretched out on a couch

Haruki Murikami wakes at 4 a.m. and writes for five or six hours; Ann Beattie finds she writes best at night. William Styron would sleep until noon and sit down at his typewriter at 4 p.m.

"Daily Rituals," released in late April, has been so successful that it was in its fifth printing five months later. Reviewers tend to focus on the more outrageous behavior of the artists Mr. Currey writes about, such as those who would start the day off with a glass of whiskey.

"I think that people latch onto these sort of outlandish and interesting behaviors, understandably," he says. But that's not the focus of his book, he adds. "It's a little misleading when we talk about the craziest things. Even the people who had bizarre habits still had the more mundane side of their routine, where they sat down and worked in spite of their addictions and obligations."

While many artists would jumpstart themselves with coffee, alcohol or drugs, many would also break for naps or take regular walks. "I was amazed by how many long walks there are (in the book)," Mr. Currey says. "People trying to build the perfect routine would be sure to squeeze in a walk (as part of it)."

Building down time into a schedule is important, many said, because they found that some of their best ideas would come when they temporarily stepped away from the work.

"I procrastinate just the right amount," the artist Maira Kalman told Mr. Currey. "There are things which help me get in the mood to work.

Cleaning for one.

Ironing is great. Taking a walk is always inspiring. Because my work is often based on what I see, I am happy to keep collecting and changing images until the last moment."

One recurring theme in the book is that you shouldn't wait for inspiration to do your creative work.

"Over and over again people from different creative disciplines said that if they waited for inspiration to strike, they wouldn't do anything," Mr. Currey says. "Work every day, don't wait for inspiration to strike. Out of that process, you'll get ideas, and you'll get inspiration. But you can't wait for it."

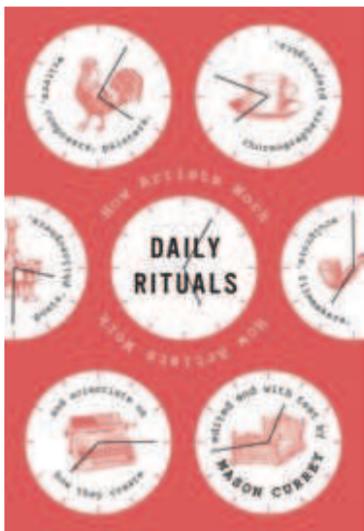
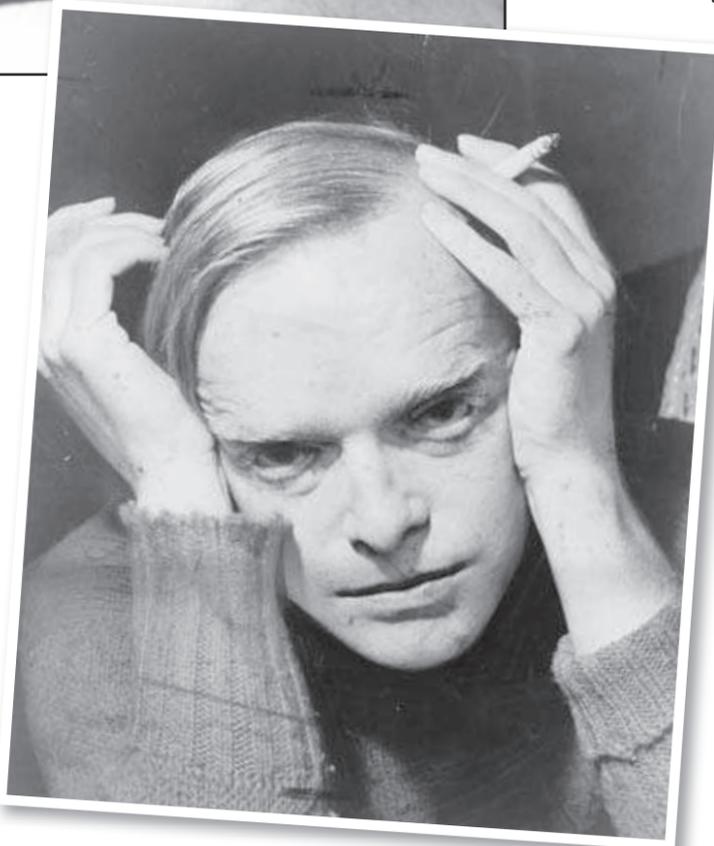
The painter Chuck Close told him: "Inspiration is for amateurs. The rest of us just show up and get to work."

Another theme that comes out of the book is that even the masters of different creative disciplines struggle on a daily basis to do quality work.

"That's kind of encouraging and depressing," Mr. Currey says. "For those of us who are trying to write or do other creative work, it is a struggle ... People have said that the writing never gets easier, but you learn to trust in the process, you learn to break through."

Those searching for a magic formula in "Daily Rituals" are bound to be disappointed.

"People are asking, what's the take-away? What's the perfect daily routine or the combination of materials and setting and time management that will let me be a great creative artist?" Mr. Currey says. "There is no magic formula. No one should be surprised. Everyone has to figure out their own combination of creative habits and rituals that work for them." ■



and with a cigarette and coffee handy," Mr. Currey quotes him saying in a Paris Review interview.

Edith Sitwell could also only write while in bed. (Mr. Currey writes: "Literary legend has it that Sitwell used to lie in an open coffin for a while before she began her day's work; this foretaste of the grave was supposed to inspire her macabre fiction and poetry. The tale is probably false.")

Thomas Wolfe wrote while standing up; at 6 feet, 6 inches tall, he used the top of the refrigerator as his desk. Ernest Hemingway also wrote while standing, "facing a chest-high bookcase with a typewriter on top, and on top of that a wooden reading board. First drafts were composed in pencil on onionskin typewriter paper laid slantwise across the board; when the work was going well Hemingway would remove the board and shift to the typewriter," Mr. Currey writes. (He also writes that contrary to popular literary legend, Mr. Hemingway did not begin every writing session by sharpening 20 No. 2 pencils.

in the know

Mason Currey's book, "Daily Rituals: How Artists Work," piqued our curiosity about the creative routines of South Florida artists. So we asked a few of them. Here's what they had to say.

Carolyn Austin,
Glass artist



AUSTIN

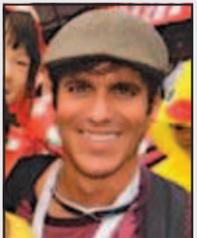
>>What inspires you to work on your art? My clients inspire me most. When they come into my studio to commission my work they are so excited at the idea of bringing their glass to life with my etchings. I am so thrilled to have them so pleased to display my works in their homes as well as return for more and refer me to others.

>>Is there anything special you do to spark that inspiration? I like to get to know my clients' likes and dislikes as well as visit the home to get a feel for the environment that I will be creating in. When I am creating pieces for my own pleasure I have to have a clean studio and gallery to be able to "think," moving artwork around and washing the floors gives me a clean slate in my mind and soul to enable me to create.

>>When do you typically work? I get a lot done in the early morning as far as prepping for my day, then it is usually a 9-5 or so day.

>>When do you know it's time to put the work away? When my body can physically do no more; most of my work is commissioned so I have deadlines but I do have to go home and enjoy my family and this wonderful life I am so blessed to be a part of.

John DeMatteo,
Musician, member of
the band Making Faces



DEMATTEO

>>What inspires you to work on your music? God, moods, emotions, stress relief, stories, reaching people in a positive way. Grooves inspire songs too. Sometimes it's laying down the rhythm and chords before writing lyrics.

Other times, it's the lyrics and melody first, then figure out a groove to go with it. "Ironic therapy" happens sometimes too...if I'm depressed, annoyed or angry I seem to write more upbeat happy stuff in attempt to "pull me outta my funk."

>>Is there anything special you do to spark that inspiration? I'm constantly thinking of topics to write about. Energy and focus is needed. A few push-ups and pull-ups (not too many) give me enough pep to clear my head. Blueberries and/or seaweed energize me — my alternative to caffeine.

>>When do you typically work? I'm definitely nocturnal, a textbook insomniac. I seem to write a lot while watching football with an acoustic guitar, (since ya don't need the volume on and can multitask). The emotions of football (Dolphin fan) pump me up or depress me very quickly. Watching football is an emotional roller coaster, and when these emotions are tapped ... songs can happen.

>>When do you know it's time to put the work away? When I'm beyond hungry. Sometimes I jam so long and forget to eat, then realize I'm a starving monster.

Sarah Nastri,
Artist, and Data and Media
Coordinator at Lighthouse
ArtCenter



NASTRI

>>What inspires you to work on your art? My artistic inspiration comes from people, architecture and happenings in my life.

>>Is there anything special you do to spark that inspiration? Looking through old work and materials.

>>When do you typically work? I work full time at the Lighthouse ArtCenter so I cannot work on art as much as I would like to. I like being involved in the art world and working with local artists. I try to fit art in after work and on the weekends. I like to get together with friends to work on art; we motivate each other.

>>When do you know it's time to put the work away? If I am determined to finish something, I don't stop working until I think it is complete. Sometimes I will leave it and look at it the next day.

John Vincent Palozzi,
Artist, poet. Vice president of
Artists of Palm Beach County
and vice president of Poets of
the Palm Beaches



PALOZZI

>>What inspires you to work on your art? Inspiration comes at any time and from every place. The job of an artist is to be open to the communication of inspiration 24/7. I can be inspired when I am meditating or sleeping, or from a picture or

story in a magazine or newspaper, or by a situation I observe unfolding in real life. Sometimes I sit quietly at the computer with a blank document on the screen, my fingers on the keyboard, and just start typing the first words that come into my mind. But a very good way to become inspired is to attend a class or teach a class. I have had no problem writing new poems and creating new collage the past few months because I teach a poetry class and a collage class every Saturday, and I do the same exercises I give my students.

>>Is there anything special you do to spark that inspiration? Reading other people's poetry and looking at other artist's work is a special way to become inspired. I am so grateful that we have such a large and diverse group of artists and writers in Palm Beach County, and that I have the opportunity to network, learn from them and call them "friend."

>>When do you typically work? I do not have a typical time, other than when I am teaching class. Otherwise it can be early in the morning, late at night, or in the middle of the day. Now that I am retired and am not forced to spend eight hours in the middle of the day doing something else, I feel free to pursue art and writing at any time for however long. Typically, though, once I start a project I am driven to continue on it until it is finished, or I drop!

>>When do you know it's time to put the work away? There comes a time. Sometimes it is not finished, but I know I can't, or shouldn't, continue any longer. Sometimes things need to marinate, or the yeast needs time to make the flour rise. But the end finally comes when I look at it or read it and say, "Yes! I like it!" There's a sense of satisfaction that I feel with the work that tells me I am finished.

— COMPILED BY SCOTT SIMMONS

Mandel
JCC
palm beaches

Palm
Beach
Gardens

brings culture to you
this november

Don't miss a myriad of entertaining, insightful
and enjoyable events at the brand new,
state-of-the-art facility this season.

TOUR OF MIAMI CITY BALLET

Saturday, November 2 ★ 11:15am departure / 9:30pm return
Pre-registration required by Friday, October 25th
Includes performance, behind the scenes tour, shopping, and
waterfront dinner at the famous Bayside Marketplace

INSIDE THE FOOD NETWORK A BOOK FESTIVAL EVENT AT THE MANDEL JCC PALM BEACH GARDENS

Sunday, November 3 ★ 4pm
Guest Author: Allen Salkin
*From Scratch: Inside the Tumultuous Billion-Dollar World
of the Food Network*

ACADEMY OF CONTINUING EDUCATION

Preview Complimentary Academy of Continuing Education Classes
Tuesday, November 12 and Thursday, November 14

PLUS, ENJOY THESE SPECIAL LECTURES:

Tuesday, November 12 ★ 2pm
Author Tania Grossinger, *Memoir of an Independent Woman*
Thursday, November 14 ★ 2pm
Lenny Krayzelberg, *Olympic Gold Medalist*



BOOK FESTIVAL LUNCHEON AT THE KRAVIS CENTER

Wednesday, November 20 ★ 11am
Guest Author: Leslie Maitland, *Crossing the Borders of Time*

92ND ST Y VIA SATELLITE

Notable speakers participating in panel discussions or
interviews on cultural and educational topics broadcasted live
from New York's 92nd St Y.

Monday, November 4 ★ 8pm
Ballen Isles Country Club: Allen Dershowitz and Jeffrey Toobin

Monday, November 18 ★ 8pm
Mandel JCC: A Conversation with Jeb Bush

Monday, November 19 ★ 8:15pm
Ballen Isles Country Club: Ari Shavit with David Remnick

For more information or to register,
visit JCConline.com/mandel or call 561.689.7700.

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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 561-450-6357 or visit artsgarage.org.

■ **Jeff Harnar (cabaret)** — 8 p.m. Oct. 25; \$25-\$45 (\$5 more at door)

■ **Troy Roberts** — 8 p.m. Oct. 26; \$25-\$35

■ **"The Longing & The Short of It: A Song Cycle" by Daniel Maté** — Nov. 1-24; \$30-\$45

■ **Tomcat Blake** — 8 p.m. Nov. 2; \$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.

■ **Igor & The Red Elvises** — 9 p.m. Oct. 25; \$15 (\$18 day of show)

■ **U2 by UV (The U2 Tribute Show)** — 9 p.m. Oct. 26; \$15 (\$18 day of show)

■ **Sonny Landreth** — 9 p.m. Nov. 1; \$32-\$37

■ **New Riders of the Purple Sage** — 9 p.m. Nov. 2; \$37

At The Colony Hotel

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

■ **The Polo Lounge** — Tommy Mitchell, pianist, Thursday and Saturday evenings; Motown Friday Nights with Memory Lane

At The Cruzan

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

■ **Luke Bryan, Thompson Square & Florida Georgia Live** — 7 p.m. Oct. 26. Tickets: \$47-\$867.

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

■ **"Annette Rawlings 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.

■ **The Who's Tommy** — Through Oct. 27, Crest Theatre. Guest production by Entr'Acte Theatrix. Thursday & Friday, 8 p.m.; Saturday, 2 & 8 p.m.; Sunday 2 p.m. Tickets \$20, children 12 and under are \$10, group rates available. For more information, visit entractetheatrix.org.



The New Gardens Band plays its season opening concert, "Kaboom!" at 8 p.m. Oct. 26 at the Eissey Campus Theatre, Palm Beach State College, Palm Beach Gardens. Tickets: \$20. Info: 207-5900.

COURTESY PHOTO

■ **Volunteer Delray** — 5:30-7:30 p.m. Oct. 25, Outdoor Pavilion; free admission. The Nonprofit Council of the Greater Delray Beach Chamber of Commerce invites you to find YOUR mission. Nonprofit members will showcase their organizations and volunteer opportunities before the Free Friday Concert. Stop by the booths to discover all the great work that goes on in the community. Sign up to volunteer at any organization that night, and you will be registered to win free drinks during the concert. For more information, visit DelrayBeach.com/nonprofit-council.

■ **Free Friday Concert: Pocket Change** — 7:30 p.m.; Outdoor Pavilion. This Fort Lauderdale band offers the smooth sounds of Motown, funk, R&B and soul. Rain or shine; bring your blankets and chairs, and bring the family, but no pets or outside food or beverages. Food trucks and cash bar available.

■ **Graceful Tropical Beauty of Orchids** — 9:30 a.m.-5 p.m. Oct. 25-26, Studio 2. A workshop for watercolorists led by Karen Eskesen. Fee: \$200. In the intensive workshop, participants will analyze the orchid's structure of blossom and leaf system, first in pencil drawing and then render it in color. Drawing, color-mixing, and quick color sketches will be followed by one or more finished paintings.

■ **Orchids on the Square** — 10 a.m.-5 p.m. Oct. 25-27, Vintage Gymnasium. \$5 admission. The Delray Beach Orchid Society presents their annual show and sale featuring orchid vendors, potting supplies, dazzling orchid displays and raffle prizes.

■ **Cornell Museum Exhibits** — Through Feb. 2. Tuesday-Saturday, 10 a.m.-4:30 p.m.; Thursday until 8 p.m.; Sunday, 1-4:30 p.m. Closed Mondays and major holidays. Admission \$8 general; \$6 seniors and students with ID; free for ages 10 and under. Palm Beach County residents receive free admission every Thursday. "ELVIS: Grace & Grit Exhibition": This fine art photography exhibition is from the CBS photo archive. The collection of 35 large format, candid and on-air photographs, shot by various CBS Television photographers, documents Elvis before the Las Vegas years - during his meteoric rise to stardom. "Flashback: A Retro Look at the '60s & '70s": Reminisce and enjoy a fun display of music, movie and sports memorabilia on loan from the community.

At Delray Playhouse

Delray Beach Playhouse is at 950 N.W. 9th Street in Delray Beach. Call 272-1281 or visit delraybeachplayhouse.com. All tickets \$30 (group rates available for 20+).

■ **"Driving Miss Daisy"** — Nov. 30-Dec. 15

■ **"You Can't Take it With You"** — Feb. 1-16

■ **"The Pajama Game"** — March 29-April 13

■ **"Doubt"** — May 24-June 8

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.

■ **"Of Mice and Men"** — Through Nov. 10

■ **The Naked Stage's 24 Hour Theatre Project 2013** — 8 p.m. Oct. 28

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

■ **"Old Times"** — Jan. 31-March 2

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

■ **"Tryst"** — May 16-June 15

At The Duncan

The Duncan Theatre at Palm Beach State College, 4200 Congress Avenue, Lake Worth. Call 868-3309 or visit www.palmbeachstate.edu/theatre/duncan-theatre.

■ **Saturday Family Fun Series: "The Teacher From the Black Lagoon and Other Stories"** — 11 a.m. Oct. 26. \$10.

■ **Symphonic Band of the Palm Beaches** — "American Journey." The music of Americana featuring pieces by Paul Simon, Scott Joplin and more. With pianist David Crohan. 7:30 p.m. Oct. 26. Subscriptions: \$65. Single tickets: \$15; 832-3115; www.symbandpb.com.

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.

■ **New Gardens Band** — Season opener "Kaboom! Feel the Beat!" Featuring the Palm Beach Atlantic University Percussion Ensemble. 8 p.m. Oct. 26. Tickets: \$20.

■ **North County Art Association Art Exhibit** — Through Nov. 6, Eissey Campus Theatre Lobby Gallery. This exhibit features acrylics, oils and watercolors on a variety of topics. The Lobby Gallery is open Monday-Friday from 10 a.m.-5 p.m. and at all performances.

■ **Ballet Palm Beach: "The Curtain Rises"** — 7:30 p.m. Oct. 25. Four works, all unique to Ballet Palm Beach, in the company's first production of the season. Tickets: \$15-\$35. balletpalmbeach.org or 207-5900.

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.

■ **Preschool Story Time: Not Too Spooky: Creepy, Monsters** — 10:30 a.m. Oct. 24, Four Arts Children's Library. For children birth to 4 years old. Free. Reservations not required. Call 655-2776.

■ **Preschool Story Time: Not Too Spooky: Cats** — 10:30 a.m. Oct. 28, Four Arts Children's Library. For children birth to 4 years old. Free. Reservations not required. Call 655-2776.

■ **Tab Hunter, Actor and Author, in Conversation with Film Historian Foster Hirsch** — 2:30 p.m. Oct. 30. Tickets: \$25; free for Four Arts members.

■ **Preschool Story Time, Featured Event: Trick-or-Treat** — 10:30 a.m. Oct. 31, The Philip Hulitar Sculpture Garden. Free. 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.

■ **Lighthouse Moonrise Tour** — Nov. 17, Dec. 17. Sunset. \$15 Members/\$20 Non-Members. RSVP required. 747-8380, Ext. 101.

■ **Twilight Yoga at the Light** — Oct. 28, Nov. 4, Nov. 11, Nov. 18, Nov. 25, Dec. 2, Dec. 9, Dec. 16, Dec. 23, Dec. 30. Meet on back porch of Lighthouse Museum 15 minutes before class time. Yoga with Mary Veal, Kula Yoga Shala, on the Lighthouse deck at sunset! Class is for all levels. Beginners welcome. Bring a yoga mat and a flashlight Class offered by donation. Class is weather-dependent (check website).

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

WHAT TO DO, WHERE TO GO

■ **Hike Through History** — 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 Chickee Chats – Story Time for Kids** — Nov. 5, Dec. 3. 10:30-11:15 a.m. Free; recommended for kids 10 and under.

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.

■ **The D* Word** — A Musical (*Ditched, Dumped, Divorced & Dating) — Through Nov. 10, Rinker Playhouse. Tickets: \$44.

■ **Sesame Street Live: “Can’t Stop Singing”** — Oct. 26-27, Dreyfoos Hall. Tickets: \$15-\$60.

At The Lake Park Public Library

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

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

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

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

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. 24: “Uprising” and “Il Futuro.” Oct. 25-31: “I Used to be Darker” and “C.O.G.”

■ **Stage** — Through Oct. 27: “All Shook Up”: \$26-\$30.

■ **Performance** — “The Tropicana,” a one-night only fundraising event, 7:30 p.m. Nov. 2. Tickets: \$40.

At Living Room Theaters

Living Room Theaters, on the campus of Florida Atlantic University in Boca Raton, is at 777 Glades Road. Call (561) 549-2600 or visit fau.livingroomtheaters.com.

■ **Films** — Oct. 25: “All the Boys Love Mandy Lane,” “Good Old Freda.” Oct. 27: “Capital.”

At Lynn University

Lynn University Conservatory of Music is at 3601 N. Military Trail, Boca Raton. (561) 237-9000.

Lynn University’s Keith C. and Elaine Johnson Wold Performing Arts Center is located at 3601 N. Military Trail, Boca Raton. (561) 237-9000.



COURTESY PHOTO

See Elmo and Abby in Sesame Street Live: “Can’t Stop Singing” on Oct. 26-27 in the Kravis Center’s Dreyfoos Hall. Tickets: \$15-\$60. Phone 832-7469 or Kravis.org.

■ **Elmar Oliveira Violin Recital** — 7:30 p.m. Oct. 24. Tickets: \$20.

■ **Lynn Philharmonia** — Jon Robertson leads the orchestra in Bach, Prokofiev and Dvorak, 7:30 p.m. Oct. 26 and 4 p.m. Oct. 27. Tickets: \$35-\$50.

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

At The Maltz

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

■ **The Green Room: Free open house** — 10 a.m.-2 p.m. Oct. 28. See the Maltz Jupiter Theatre’s \$2.5 million expansion and renovations.

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

■ **“Annie”** — Dec. 3-22

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

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

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

At The Mos’Art

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

■ **Movies** — Oct. 24: “Blue Jasmine” and “The Act of Killing.” Oct. 25-31: “After Tiller” and “The Citizen.”

■ **Ballet in Cinema** — Bolshoi Ballet performs “Spartacus,” 1:30 p.m. Oct. 27.

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

■ **Creepy Crawlies in the Garden** — 10 a.m.-noon, Oct. 26, The Pavilion. Just in time for Halloween! Treat the kids to some brain candy — fascinating facts about the “creepy crawlies” that

reside in the Garden. Children will go outside to search and dig for the many-legged creatures that live both above the soil and underground. For grades 3-5. \$10 per child. Space is limited. Pre-paid registration is required by Oct. 24.

At North Palm Beach Library

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

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

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

At Palm Beach Improv

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

■ **Oct. 24:** Hannibal Buress: The Rural Legend Tour. Tickets: \$25

■ **Oct. 25-27:** Lavell Crawford. Tickets: \$25

At Palm Beach Zoo

Palm Beach Zoo is at 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m.-5 p.m. everyday. Tickets: Adults \$18.95; seniors, \$16.95; children 3-12, \$12.95; free toddlers. 533-0887 or www.palmbeachzoo.org.

■ **“Wings Over Water” Bird Show** — 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends

■ **“Wild Things Show”** — 1 p.m. weekdays; noon weekends.

At The Plaza Theatre

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

■ **“Brighton Beach Memoirs”** — Through Oct. 27. Tickets: \$45 (special group rates available).

At Science Center

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

■ **Science Nights** — 6-9 p.m. the last Friday of the month (Oct. 25). October’s theme is Halloween. “Mad” mini-scientists are invited to come learn the spooky side of science with chemistry shows, make-and-take “creepy” crafts and sizzling experiments. Activities also include arts-and-crafts, animal dissections and dry ice experiments. Members: Adults \$5, Children: free; Non-Members: Adults \$12, Children \$8 (3 and under free). Planetarium shows and mini-golf are not included in event admission.

■ **“Titanic: The Artifact Exhibition”** — Nov. 16-April 20. Visit an exhibit of authentic artifacts from the RMS Titanic with extensive room recreations, put together by the only company permitted by law to recover objects from the wreck site of the Titanic. More than 25 million people worldwide have seen this exhibition over the last 18 years. Through the end of October, save \$2 on general admission tickets with ticket prices at \$13 for adults, \$9.50 for children aged 3 to 12; \$11.50 for seniors 62 and older. Center members and children under 3 are free. Due to the anticipated excitement surrounding this exhibit, be advised that visitors may incur a small wait time. For more information, or to purchase tickets, visit sfsiencecenter.org or call 832-1988.

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.

■ **West Palm Beach GreenMarket** — 9 a.m.-1 p.m. Saturdays at Waterfront Commons, downtown West Palm Beach (through May 31). 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.

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

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

■ **Royal Palm Beach Green Market & Bazaar** — 9 a.m.-1 p.m. Sundays (through April 27), Commons Park, 11600 Poinciana Blvd., Royal Palm Beach. Shop some of the area’s finest vendors selling fruits and vegetables, fresh flowers and plants. Enjoy artisan foods, baked goods and a unique selection of artists and crafters. www.rpb-greenmarket.com.

WHAT TO DO, WHERE TO GO

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

Thursday, Oct. 24

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

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

■ **“Women on the Run Palm Beach”** — The Junior League of the Palm Beaches Inc., in conjunction with the Women’s Foundation of Palm Beach County and the Political Institute for Women, will host a series of training initiatives to help women take the first steps toward running for elected office or a public service leadership position to be held 1-5 p.m. Oct. 24 and Nov. 21 at Junior League of the Palm Beaches headquarters, 470 Columbia Drive, Building F, West Palm Beach. Cost: \$60 per course. jlpb.org/our-events/women-on-the-run-palm-beach.

■ **“Finding Peace with Cancer: Science of the Disease and Love in the Community”** — By the Rev. Kate Kelderman, Associate for Ministry Development at Bethesda-By-The-Sea Episcopal Church, 7 p.m. Oct. 24, Peace Chapel, St. Mark’s Episcopal Church and School, 3395 Burns Road, Palm Beach Gardens. Free. Space is limited. RSVP no later than three days prior to each lecture to 622-0956, Ext. 226, or email RSVP@stmarkspbg.org.

■ **Pumpkin Paws for the holiday pet cause pet food drive and fundraiser** — 4:30-6:30 p.m. Oct. 24, Tequesta Terrace, 400 N. U.S. Highway 1, Tequesta. All pet food will go to the Kane Center Council on Aging of Martin County, Meals on Wheels and Passions for Paws Inc. in Palm Beach County to provide food to pets of seniors in the community who need assistance feeding their pets. Tickets: \$20. Call Karen with Tequesta Terrace at 207-6500 or call Cathy Knowles with the Kane Center at (772) 223-7800.

■ **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. 24: Cover Up. Oct. 31: Clematis by Fright.

■ **Fifth Annual Inferno Art Festival and Exhibition** — 7-10 p.m. Oct. 24, Armory Art Center, 1700 Parker Ave., West Palm Beach. More than 20 booths of affordable art. Sculptors, jewelers, painters, photographers, potters, printmakers and crafters. Artist demonstrations and performance art. Open artist studios. Costumes encouraged. Food truck. Live music. Complimentary beer and wine. Tickets: \$10 each; 12 and under free. 832-1776, Ext. 33.

Friday, Oct. 25

Palm Beach Gardens Fall Festival — This fun, family event will feature trick or treating on the trail, children’s activities, live music by Burnt Biscuit, a scarecrow contest, a candy corn count, food and drink items available for purchase and more, 6-8 p.m. Oct. 25, Burns Road Recreation Center, 4404 Burns Road, Palm Beach Gardens. Free; don’t forget your costumes, camera and trick-or-treat bag. Call 630-1100 or email recinfo@pbgfl.com for information.

■ **Celebrate! Pablo Picasso** — 11 a.m. and 2 p.m. Oct. 25, Boca Raton Museum of Art, 501 Plaza Real, Mizner Park, Boca Raton. Celebrate Pablo Picasso’s birthday! Join public highlight tours that focus on Picasso and his artwork and enjoy a cupcake in his honor. 392-2500, Ext. 105.

■ **12th annual Rooney’s Golf Foundation Charity Golf Tournament** — 1:30 p.m. Oct. 25. PGA National Resort & Spa, 400 Avenue of the Champions, Palm Beach Gardens. \$300 (Champion Course); \$225 (Fazio/Palmer Course); \$150 (Dinner Only). Call 683-2222, Ext. 141.

■ **Northwood Village Art & Wine Promenade** — 6 p.m. the last Friday of the month (next event Oct. 25), 400 Northwood Road, West Palm Beach. Free. 822-1550 or northwoodvillage.org.

■ **Downtown Live** — 7 p.m. Fridays, Downtown at the Gardens’ Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Oct. 25: Treebo (jazz/pop). Free; 340-1600.

Saturday, Oct. 26

■ **Poetry Writing Class** — 10 a.m.-noon, Oct. 26, Artists of Palm Beach County, 800 Park Ave., Lake Park. With poet John Vincent Palozzi. Students 16 and older and welcome. \$10/person/class. Space is limited. Pre-register at 345-2842..

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

■ **Demonstrations of Sado, The Way of Tea** — Noon, Oct. 26, Morikami Museum and Japanese Gardens, 4000 Morikami Park Road, Delray Beach. Experience sado in the tranquil setting of the Seishin-an, the Morikami’s authentic teahouse. Observe Japanese sado by the Omote Senke tea group, an ever-changing tea ceremony demonstration rich in seasonal subtleties. Visit morikami.org or call 495-0233.

■ **Creating Collage Writing Class** — 1-3 p.m. Oct. 26, Artists of Palm Beach County, 800 Park Ave., Lake Park. With collage artist John Vincent Palozzi. Students 16 and older and welcome (Younger children also welcome with adult supervision). \$10/person/class. Bring scissors and glue stick. All other materials provided. Space is limited. Pre-register at 345-2842.

■ **Downtown Live** — 7-10 p.m. Saturdays, Downtown at the Gardens’ Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens. Oct. 26: 5th Avenue (pop/rock). 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.

Sunday, Oct. 27

■ **GardensArt Exhibition and Art Reception** — Opening artist reception for Anthony Burks and Rolando Chang Barrero. This 50-plus-piece exhibition titled “Color Birds” is a mixed media display using color pencils and acrylic on wood and canvas. Reception is 1-3 p.m. Oct. 27; Exhibition open through Nov. 14, Palm Beach Gardens City Hall Lobby, 10500 N. Military Trail, Palm Beach Gardens. Call Amy Stepper at 630-1116.

■ **Annie V’s Halloween Adventure in the Gardens** — 2-4 p.m. Oct. 27, Ann Norton Sculpture Gardens, 2051 S. Flagler Drive, West Palm Beach. Suggested age: 2-9 years old. Come dressed as your favorite character to trick-or-treat. Enjoy Monster Mash Music, and tricks and treats from friendly goblins. All children must be accompanied by an adult. Free to members; \$15 per child for non-members. All parking at Palm Beach Day Academy on South Flagler Drive. RSVP to 832-5328.

Monday, Oct. 28

■ **Barre Pilates Classes** — Ages 16 years and up can participate 6:15-7:05 p.m. Mondays at the Burns Road Recreation Center, 4404 Burns Road, Palm Beach Garden. Sign up for a 6-week session or just pay the drop-in fee per class. For more information or to register, visit www.pbgfl.com/recreationandparks or call 630-1100.

■ **American Needlepoint Guild** — 10 a.m. every second and fourth Monday (next meeting is Oct. 28), 110 Mangrove Bay Way, Jupiter. Call 747-7104 or email mbsusler@comcast.net.

Wednesday, Oct. 30

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

■ **“Resolving Intra-personal Conflicts: An Unfinished Work”** — Lecture by Jutta Morris, Clinical Psychotherapist, 7 p.m. Oct. 30, Peace Chapel, St. Mark’s Episcopal Church and School, 3395 Burns Road, Palm Beach Gardens. Free. Space is limited. RSVP no later than three days prior to each lecture at 622-0956, Ext. 226, or email RSVP@stmarkspbg.org.

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. Reservations recommended. Free for members, general admission for non-members of \$7 per adults, includes the gardens; 832-5328 or ansg.org.

■ **Aqua Pilates** — 10-11 a.m. Tuesdays and 5:15-6:15 p.m. Thursdays at the Palm Beach Gardens Aquatic Complex, 4404 Burns Road, Palm Beach Gardens. All equipment provided. Drop-In fee is \$6 for residents of Palm Beach Gardens and \$8 non-residents. Call Brittani Benko at 630-1145.

■ **Armory Art Center** — 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.

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PALM BEACH

Spa After Dark Beauty Event, at PGA Nat



Sarah Gatewood, Karen Koenig, Emily Pantelides and Britney Linsley



Peter Robbins and Sarah Gatewood



Nicole Whitehorn and Jenna McDonagh



Heather Beasley, Matt Fialkoff and Aneta Miles-Kloczko



Leslie Dube, Amber Dawson and Andrew Knight

"Like" us on Facebook.com /PalmBeachGardensFloridaWeekly to see more events than we can fit in the newspaper. So, if you think we missed you, send us photo albums from the many events we cover. You can purchase a photo album. Include the names of everyone in the picture.

BOO BASH ON THE BOULEVARD

**Downtown at the Gardens
October 26, 4-10pm
Centre Court**

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COURTESY PHOTOS

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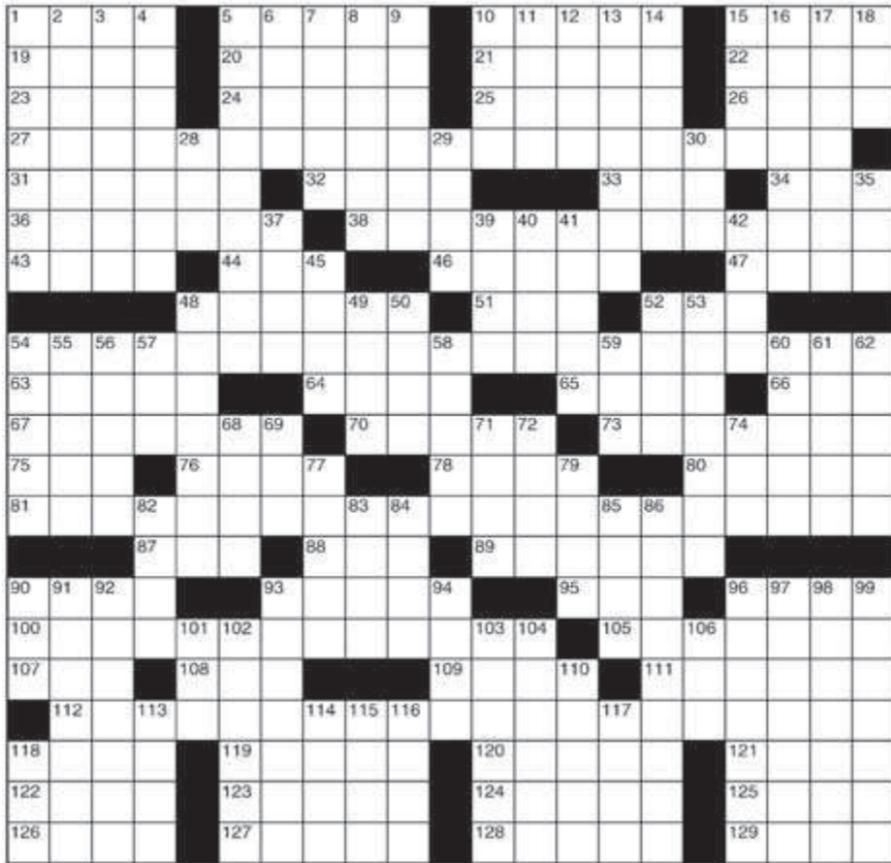
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Palm Beach Children's Hospital
at St. Mary's Medical Center

Palm Beach Gardens Medical Center

PUZZLES

STEALING HARTS



- ACROSS**
- 1 iPad downloads
 - 5 Erie, for one
 - 10 Up high
 - 15 Weapons
 - 19 "Doggone!"
 - 20 Greek salad morsel
 - 21 Soprano Lehmann
 - 22 Lunch, e.g.
 - 23 Mouse-like rodent
 - 24 Kind of pie
 - 25 Civil War side
 - 26 How thumbs are twiddled
 - 27 Start of a riddle
 - 31 Smoothing tool
 - 32 "A Streetcar Named Desire" director
 - 33 Kazan
 - 34 Sauna
 - 35 Sitter's sigh
 - 36 Big stink
 - 37 Former Web reference from Microsoft
 - 38 Riddle, part 2
 - 43 Bog grass
 - 44 Tip of a pen
 - 46 University of — Dame
 - 47 Spongy ball brand
 - 48 Her look was petrifying
 - 51 Dawdle
 - 52 James Clavell's "— Pan"
 - 54 Riddle, part 3
 - 63 In a caftan
 - 64 Be cruising
 - 65 French coin
 - 66 Eyeball
 - 67 Like hammy acting
 - 70 Travels like Huck Finn
 - 73 Largest city in Cyprus
 - 75 East Indian flatbread
 - 76 Inferior vena —
 - 78 Itty bit
 - 80 Big chipmaker
 - 81 Riddle, part 4
 - 87 Suffix with lion or priest
 - 88 USMC VIP
 - 89 Nonethical
 - 90 Snowy birds
 - 93 Nerds' cousins
 - 95 Neither go-with
 - 96 Mint output
 - 100 End of the riddle
 - 105 Like some snowy hills
 - 107 Catch, as a perp
 - 108 Next-to-last Greek letter
 - 109 The "A" of UAW, briefly
 - 111 "MMMBop" boy band
 - 112 Riddle's answer
 - 118 Slimy veggie
 - 119 Stick shift selections
 - 120 Photocopier additive
 - 121 Pulitzer-winning playwright
 - 122 Satyrical look
 - 123 Accept the loss, in slang
 - 124 "The Prophecy" co-star
 - 125 Nero's 602
 - 126 Small vortex
 - 127 Mamba, e.g.
 - 128 American patriot
 - 129 Silas
 - 129 E-mail button
- DOWN**
- 1 One giving counsel
 - 2 Irreverent
 - 3 Jack of "City Slickers"
 - 4 Acquired pop
 - 5 Equal business associate
 - 6 Emmy winner
 - 7 Specialized market
 - 8 Is of use to
 - 9 "Law & Order" detective
 - 10 One reuniting
 - 11 Filmmaker
 - 12 Ken or Lena of Hollywood
 - 13 Floodwater of a stream
 - 14 Inaptitude for music
 - 15 Lady friend, in Lyons
 - 16 Bureaucratic busywork
 - 17 Big stink
 - 18 Guileful
 - 28 Atop, to a poet
 - 29 Build up
 - 30 Fraternity letter
 - 35 See 59-Down
 - 37 Man Friday
 - 39 French writer
 - 40 Coup d'— (uprising)
 - 41 Have a tiff
 - 42 Module
 - 45 Pals
 - 48 Docs
 - 49 Incision reminder
 - 50 Operatic highlight
 - 52 Garr of Hollywood
 - 53 Unlike a people person
 - 54 Circus site
 - 55 Garciparra of baseball
 - 56 Steak cut
 - 57 — it ride
 - 58 Pixie-esque
 - 59 With 35-Down, leave in a hurry
 - 60 Lilylike garden plant
 - 61 Disney mermaid's name
 - 62 Batting game for tots
 - 68 Jumbo tubs
 - 69 Adam's partner
 - 71 Forum wrap
 - 72 Fruit waste
 - 74 Oshawa's prov.
 - 77 Seraph, say
 - 79 Middle name of Presley
 - 82 Flier's home
 - 83 Heroic act
 - 84 Cross in hieroglyphics
 - 85 Lovers' god
 - 86 Surprise candidate
 - 90 Hold title to
 - 91 Swatted
 - 92 Worked hard
 - 93 Neighbor of a Liberian
 - 94 Toast
 - 96 Unposed photos
 - 97 Truancy, e.g.
 - 98 Sweet red liqueur
 - 99 Actor Paul who played Victor Laszlo
 - 101 Typing class stat
 - 102 Old Missouri natives
 - 103 Conveyed via a tube
 - 104 "Lord Jim" star
 - 106 Fleming or McEwan
 - 110 "Labor — vincit" (Oklahoma's motto)
 - 113 Holy Mother
 - 114 Statistics
 - 115 "Parade" penner
 - 116 Tivoli's Villa d'—
 - 117 Ogreish
 - 118 Bullring call

◀ SEE ANSWERS, B9

HOROSCOPES

■ **SCORPIO (October 23 to November 21)** A more-positive mood might be difficult to assume in light of a recent problem involving the health of someone special. But by week's end, your emotional barometer should start to rise.

■ **SAGITTARIUS (November 22 to December 21)** Look for a changed attitude from a former adversary once he or she realizes you have your colleagues' full support. Now you can refocus your energies on that workplace project.

■ **CAPRICORN (December 22 to January 19)** This time, a difference of opinion might not be resolved in your favor. But be patient. It ultimately could all work out to your advantage, as new information begins to develop.

■ **AQUARIUS (January 20 to February 18)** A tug of war develops between the artistic Aquarian's creative aspect and his or her practical side. Best advice: Prioritize your schedule so you can give appropriate time to both.

■ **PISCES (February 19 to March 20)** You could be entering a career phase awash with job-related demands. But avoid being swamped by the overflow and, instead, keep treading water as you deal with demands one by one.

■ **ARIES (March 21 to April 19)** You enjoy the attention early in the week, but it might be a good idea to opt for some privacy by week's end so that you can have more time to consider an upcoming decision.

■ **TAURUS (April 20 to May 20)** You unearthed some surprising facts. Now you

need to consider how to use them to your advantage. Meanwhile, it might be best to keep what you've learned secret for now.

■ **GEMINI (May 21 to June 20)** A comment by a colleague piques your curiosity to know more. Best advice: You'll find people more likely to offer information if you're discreet when making your inquiries.

■ **CANCER (June 21 to July 22)** Your energy levels begin to rise by midweek. This allows you to catch up with your heavy workload and still have plenty of get-up-and-go to go out on the town this weekend.

■ **LEO (July 23 to August 22)** You're probably roaring your head off about a perceived slight from a longtime critic. Ignore it. That person might just be trying to goad you into doing something you might later regret.

■ **VIRGO (August 23 to September 22)** The early part of the week is open to spontaneity. Then it's time to settle into your usual routine to get all your tasks done. A personal situation could require more attention from you.

■ **LIBRA (September 23 to October 22)** A meeting of the minds on a workplace project might well develop into something more personal for Librans looking for romance. Aspects are also favorable for platonic relationships.

■ **BORN THIS WEEK:** You are an exceptionally loyal person, and you're respected for your ability to keep the secrets entrusted to you. ■

By Linda Thistle

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

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, B9

DNR? CPR?

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Or Six Thursdays at 7:30pm
Starting November 5, 2013

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LATEST FILMS

'The Fifth Estate'

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★★★
Is it worth \$10? Yes

In this technological age, the role of the individual has simultaneously become homogenized and powerful. Although millions of social media users around the world keep information superhighways busy with senseless chatter and pictures of waterskiing squirrels, there are times when select individuals use the power of connectivity for (what they believe is) the greater good.

Most famously, Julian Assange pioneered modern citizen journalism with his website WikiLeaks, which was founded in 2007 with the purpose of allowing anonymous whistle blowers the opportunity to unveil news leaks and other classified secrets.

"The Fifth Estate" chronicles the first three years of WikiLeaks.

Mr. Assange (Benedict Cumberbatch), a white-haired Internet activist from Australia with a clear disdain for corporate corruption, views himself as a revolutionary, a man of the people and for the people who wants to change the way we consume news. He also believes the public has the right know everything. "Privacy for individuals, transparency for organizations," he virtuously tells his right-hand man, Daniel Berg (Daniel Bruhl).

With the help of Mr. Berg and other volunteer support staff, WikiLeaks goes to great pains to ensure that the information revealed is truthful. Because the sources are anonymous, tips are submitted to an encrypted online platform and checked for veracity before they are published. Notable WikiLeaks revelations included footage of a military shooting in Iraq, Peruvian politician bribes and Sarah Palin's not-so-flattering views on government.

Most famously, in 2010 WikiLeaks, in conjunction with *The Guardian* in London, *The New York Times* and *Der Spiegel* in Berlin, released the Afghan War Documents, which chronicled U.S. government mistakes, deaths of civilians, Taliban attacks and more over a six-year period. Not surprisingly, the U.S. government wasn't happy



about the leaks, which threatened national security and the job status of two foreign attaches (played by Laura Linney and Stanley Tucci) and a White House staffer (Anthony Mackie), among others.

Mr. Bruhl, who deserves a supporting actor Oscar nomination for his work in "Rush" and is solid here, nicely complements Mr. Cumberbatch's eccentric Mr. Assange, who's a charismatic megalomaniac with a troubled past. Mr. Cumberbatch is good but not spectacular; after "Star Trek: Into Darkness" (he played Khan), his star remains on the rise, but this performance won't elevate him to A-list status. He's close, though.

The central question director Bill Condon ("Kinsey") raises — a question that is as much a sign of modern times as any film this year — is where should the line be drawn between the public's right to know and an organization's right to secrecy? We know how Mr. Assange feel about this, self-touting his efforts to expose all misdeeds as "social justice." On the flip side is the adage that "individuals are smart, people are stupid," meaning a single person can exercise rational thought and act accordingly when given information, but a herd mentality can sometimes overcome a group of people and chaos ensues.

Surely, it is possible that sometimes the government doesn't reveal information to the public for a good reason. How you feel about this will depend on your personal and political beliefs; what's notable is that this is one of the few films to bring that question to mind.

Mr. Condon's only notable misstep comes toward the end of the film, as WikiLeaks is viewed as a vanity project for Mr. Assange rather than grassroots citizen journalism. No matter: By that point, the intention of "The Fifth Estate" has been made clear, and the result is a message that's more dangerous than it is damning. ■

in the know

>> "The Fifth Estate" was adapted by Josh Singer ("Fringe") from the books "Inside WikiLeaks: My Time with Julian Assange at the World's Most Dangerous Website" by Daniel Berg and "WikiLeaks: Inside Julian Assange's War on Secrecy" by David Leigh and Luke Harding. Mr. Assange did not participate in the making of the film, and given that it's not exactly a flattering depiction of his likeness, it's doubtful that he would endorse it.

CAPSULES

Captain Phillips ★★★½

(Tom Hanks, Barkhad Abdi, Michael Chernus) Somali pirates hijack a cargo ship helmed by Capt. Richard Phillips (Mr. Hanks). It's based on a true story, and the performances and execution make this a solid movie that might just be around come Oscar time. Rated PG-13.

Gravity ★★★★★

(George Clooney, Sandra Bullock, voice of Ed Harris) After debris destroys their ship, astronauts Kowalsky (Mr. Clooney) and Stone (Ms. Bullock) work together to survive. The visuals are

stunning, and a strong lead performance from Ms. Bullock makes this one of the year's best. Rated PG-13.

Rush ★★★½

(Chris Hemsworth, Daniel Bruhl, Olivia Wilde) The rivalry between Formula One racecar drivers James Hunt (Mr. Hemsworth) and Niki Lauda (Mr. Bruhl) is chronicled in director Ron Howard's latest. It's a captivating drama that's less about racing and more about how two men who hate each other bring out the best in one another. There are also great performances from the two leads, especially Bruhl. Rated R. ■

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Rain or Shine

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.

Co-op to fete new residents of Lake Worth Artists' Lofts

SPECIAL TO FLORIDA WEEKLY

On Nov. 1, Clay Glass Metal Stone Gallery will hold a reception for its newest neighbors, the artists from the Lake Worth Artists' Lofts.

The Artists' Lofts, just west of the downtown core, are live/work spaces created by Lake Worth's CRA as part of the Arts Renaissance and the rapidly growing arts movement in the city.

Twelve diverse artists have taken these spaces and are quickly turning them into a working haven and a tightly knit community.

These artists will be displaying their works, performing and introducing themselves to their neighbors and the neighborhood during the Nov. 1 event at the co-op gallery.

The synergy created by the influx of talent in the community is palpable. The evening is free and open to the public.

A wine and food buffet, music and the mingling of the gallery's artists with the Art Loft artists will take place from 6 p.m. to 9 p.m.

Many of these lofts are now occupied by art-producing families as well as singles.

Among those either showing their works that evening or performing are drum makers and players, ceramic artists, furniture makers, jewelers and furniture makers.

Greg Karabensh crafts "celestial" drums with tonal variations displaying exquisite sound. Anna Karabensh performs on the drums and teaches drumming in the public schools.

Curtis Spoerlein and Annie Spoerlein bring fine furniture making and painting to the gallery mix as well as a young



COURTESY PHOTOS

Bassist Nick Nardone is among the artists living in the new lofts.

and growing family.

Andrea Lambrakis will bring an array of her ceramic works.

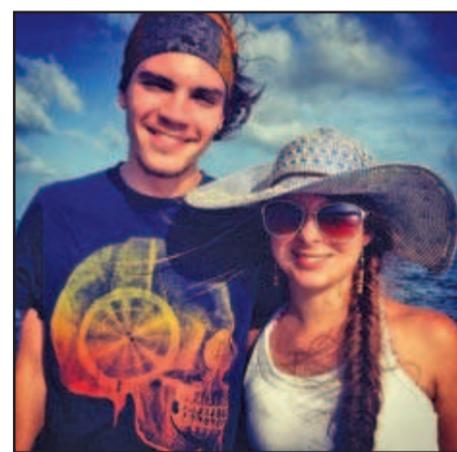
Anthony Fala of Antonio Design Studio is a high-end jeweler whose works are in many prominent shops and galleries throughout the county.

Nick Nardone is an independent bassist and touring artist.

Clay Glass Metal Stone Cooperative Gallery is sponsored by the Flamingo Clay Studio, a non-profit arts organization whose mission is to provide affordable studio and gallery space for three-dimensional artists.

The gallery is at 15 S. J St. in downtown Lake Worth. Hours are 10 a.m.-5 p.m. Sunday-Tuesday, 10 a.m.-10 p.m. Wednesday-Saturday.

Gallery openings are the first and third Friday of each month from 6 p.m. to 9 p.m., with special events in-between.



Greg Karabensh and Anna Karabensh perform on drums. Greg Karabensh crafts "celestial" drums that have tonal variations.

For information, call Joyce Brown at 215-205-9441 or JCLay6@aol.com. Gallery phone: 588-8344. ■

PLAZA

From page 1

the service, and "Broadway Bound," which shows him as a playwright.

When we first meet Eugene, it's 1937 and he's a not-quite 15-year-old Jewish kid in Brooklyn whose aspirations include being recruited by the New York Yankees, becoming a professional writer, and seeing a naked girl eat ice cream. Eugene lives a few blocks from the beach in Brooklyn with his parents, Jack and Kate, his older brother Stanley, his widowed Aunt Blanche, his older cousin Nora and younger cousin Laurie.

The Jerome household is over-crowded, but they are a family — they fight, they laugh and they get over-involved in each other's lives.

Simon casts Eugene as the observer of his family's foibles: Stanley's ethical quandary at work, Nora's big show business dreams, Laurie's health issues, Blanche's dependence, Jack's struggle to make ends meet and Kate's overbearing concern. Nothing much happens — "Brighton Beach Memoirs" is not plot-driven but rather a snapshot of a family whose love and bond will always overcome.

The Plaza Theatre's production directed by Andy Rogow features true-to-life performances — watching them is like peeking through a neighbor's window.

Jessica K. Peterson and Michael H. Small deliver stunningly authentic performances as Kate and Jack. They have chemistry and are completely believable

as the matriarch and patriarch of the Jerome family. Their scenes together imply a romance that's still alive, despite the way life has beaten them down.

Jacqueline Laggy, who plays Blanche, is also a standout. In Laggy's hands, Blanche's transformation from mousey widow to confident single mom is natural and quietly triumphant.

Eva Gluck plays Laurie with an element of slyness, while Blaze Powers brings the right amount of teenage angst to Nora.

Noah Jacobson brings some swagger to Stanley, while Ryan Mahannah delivers the right combination of teenage wonder and cynicism to Eugene. Unfortunately, Mahannah and Jacobson were still flubbing their lines during the first Saturday matinee, but this aspect of their performances should improve over time.

Michael McLain's scenic design makes use of every bit of the Plaza's stage and underscores the overcrowded Jerome household. Peter Lovello's costumes don't always feel period-perfect, but for the most part, they work.

Even if you've seen "Brighton Beach Memoirs," the fine performances in this production make this a play worth seeing again. ■

— Brighton Beach Memoirs runs through Oct. 27 at the Plaza Theatre, 262 S. Ocean Blvd., Manalapan. Performances 7:30 p.m. Thursday-Saturday, 2 p.m. Saturday and Sunday. Tickets are \$45. For tickets, call 588-1820 or visit ThePlazaTheatre.net.

— Mary Damiano writes for Florida Theater on Stage, a website that covers South Florida theater. Read her at FloridaTheaterOnStage.com.



**Breakfast
Lunch
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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

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Special Thanks to

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COURTESY PHOTO

Photographer Melinda Moore with her prize-winning image, "Laguna Beach."

Acclaimed photographer judges exhibition at Lighthouse ArtCenter

SPECIAL TO FLORIDA WEEKLY

Internationally known advertising and stock photographer Nancy Brown judged the exhibition and presented awards for the call-to-artists photography and digital-imaging exhibition "Photo Now!" The awards reception at the Lighthouse ArtCenter in Tequesta was held on Oct. 17. The exhibition closed Oct. 22.

Juror Nancy Brown has been a commercial photographer for more than 30 years, specializing in lifestyle and beauty images for advertising agencies, magazines, design firms, book publishers, and pharmaceutical agencies. After working out of her New York studio for 30 years, she now works from Boca Raton. Ms. Brown has published five photography books and was made a Nikon Legend in 2001. Getty Images is her stock agency.

The exhibition was sponsored by Bluewater Editions, a fine-art and innovative art printing business in Port Salerno.

"In the 1970s, Nancy Brown was my hero in an era when not many women were successful in commercial and advertising photography," Lighthouse ArtCenter Executive Director Katie Deits said in a statement. "Nancy succeeded in New York City competing against 'the big guys' in photography. I had several of her books and used her as a role model."

About the exhibition, Ms. Brown said, "It took me quite a long time to decide on the winners because there was so much fine work. I thought that the work in the show was done by mostly professionals and was pleasantly surprised to find out that most of the show was done by lay photographers who

love photography, as well as advanced photographers."

"The best-of-show image of Laguna Beach by Melinda Moore made me want to be there and enjoy the beautiful sky and be a part of the activity going on," she said. "The second place image, 'Moroccan Visit,' by Carol Erenrich could be a poster for Morocco because of the graphic style of the image and the figure in the photograph gave a mysterious feeling, which says 'Morocco.'"

Howard R. Wexler won first place for "Juno Beach"; Chris Gug was awarded third place for "Holy Waters"; fourth place went to Jason D. Page for "Andy Warhol"; and honorable mentions were awarded to Sandy Friedkin for "Grand Central Station," Lee Abbott for "Pelican" and John McManus for "Fantasy Hot Rod."

The Lighthouse ArtCenter is a member-supported nonprofit 501(c)(3) community arts organization, providing excellence in art exhibitions, instruction, education and ArtReach for all ages. Programs are funded in part by the Palm Beach County Cultural Council, the Palm Beach County Tourist Development Council and the Palm Beach County Board of County Commissioners.

For more information on the Lighthouse ArtCenter Museum, School of Art, exhibitions, programs and events, visit LighthouseArts.org or call 746-3101. The Lighthouse ArtCenter is at Gallery Square North, 373 Tequesta Drive, Tequesta, one-half mile west of U.S. Highway 1. Monday through Friday 10 a.m. to 4 p.m. Admission is free for members and \$5 for nonmembers. On Saturday, 10 a.m. to 2 p.m., admission is free for all. Closed Sunday. ■

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Join us for

TURTLEWEEN

Saturday, October 26, 2013
5:00p.m. to 8:00p.m.

Calling all ghouls and goblins! Come visit us at Loggerhead Marinelife Center on Saturday, October 26th for our "spooktacular" Turtleween event. Families are free but children older than 2 years participating in games and activities must purchase an activity bracelet for \$7 at the door and \$5 before October 24th, to be picked up at the center. For more information on the event, please visit our website at marinelife.org/turtleween.

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El Sol gets set for ArtFest with paintings, music and crafts

SPECIAL TO FLORIDA WEEKLY

El Sol's Sixth annual ArtFest 2013 — featuring original paintings by local artists, a variety of crafts and live entertainment — returns from noon to 4 p.m. Sunday, Nov. 3, in a new, outdoor setting at Jupiter's El Sol Neighborhood Resource Center, 106 Military Trail.

The festival's outdoor venue, a change from previous indoor festivals, affords a greatly expanded event featuring dozens of craft vendors and booths for artists and artisans plus fully catered food trucks. A Wellness in Motion van, provided by presenting sponsor Jupiter Medical Center, will offer free health screenings.

El Sol Center Director Jocelyn Skolnik said ArtFest 2013 is an opportunity for artists and artisans to showcase their unique artworks and crafts, many of them from other cultures.

They include necklaces and bracelets made by Mayan women of Guatemala and pottery from Peru. There also will



El Sol Center Director Jocelyn Skolnik displays some of the paintings by local artists that will be on sale at El Sol's ArtFest 2013.

COURTESY PHOTO

be multicolored bags and aprons created by women in El Sol's sewing skills vocational program.

"ArtFest is an opportunity to get an early start on your holiday gift buying while you enjoy the festival's many offerings," Ms. Skolnik said.

The festival's unifying theme is "Harvesting Hope," which is representative of the history that farming and harvesting have played in agricultural-based societies like Mexico and Guatemala, and the large footprint agriculture has in Palm Beach County.

Other ArtFest features include a chance drawing of a quilt designed by artisans at El Sol, plus face painting for children, live marimba players and salsa dancers.

Admission is free and a portion of the proceeds will benefit El Sol, a non-profit charitable organization. For more information, contact ArtFest Coordinator David Urieta at 460-2993 or artfest@friendsofelsesol.org. ■

Student's oil pastel design wins El Sol poster contest

SPECIAL TO FLORIDA WEEKLY

An oil pastel design by Chelsea Pontbriand, 16, has been chosen as the Grand Prize Award winner in a poster contest for El Sol's Sixth annual ArtFest 2013, scheduled for noon to 4 p.m. Sunday, Nov. 3.

Judges said Miss Pontbriand's design stood out because of its bold composition, strong colors and expression of the festival theme, "Harvesting Hope." The poster depicts rolling, stylized fields about to be

harvested with a bright sun (El Sol) shining over them.

Miss Pontbriand, a junior at Jupiter High School, said the design idea came to her "really fast" with the hardest part deciding what colors to use. She said she hopes to become a graphic artist. She previously won a logo contest for Indian Ridge School in West Palm Beach and placed second in two other area poster contests when she was in the ninth grade.

Miss Pontbriand will receive a \$100 cash

award to be presented at ArtFest and her poster will serve as the signature promotional tool for the free outdoor festival at Jupiter's El Sol Neighborhood Resource Center, 106 Military Trail.

Jupiter Medical Center is the presenting sponsor of ArtFest, which will feature original oil paintings by local artists, a variety of crafts, live music and entertainment, as well as fully-catered food trucks. For more information, email artfest@friendsofelsesol.org or call 745-9860. ■



COURTESY PHOTO

Chelsea Pontbriand was winner of the poster contest for El Sol's ArtFest 2013.

PALM BEACH SOCIETY

Key to the Cure Charity Shopping event at Saks, The Gardens Mall



Martha Gillespie-Beeman, Amy Shainman, Felicia Rodriguez, Jennifer Ross, Shanna St. John and Alana St. John



Riley Franklin and Sarah Franklin



Betty Patton and Amy Swan



Bonnie Stein, Chelsea Reed and Shawna Flanagan



Carol Maglio and Kathy Simon



Chris Hutchinson and Nicole Hutchinson-Joslin



Donna Pinelli, Billy Bates and Lisa Lickstein



Nancy Fagnano and Ryan Smallwood



Nikki Peksa and Michael Degeorge



Mimi Vaughan, Jeff Vaughan and CaroleAnn Vaughan



John Rimmer, Catherine Tolton and Terry Zmyslo



Lisa Koza and Krista Henley



Suzie Poncy and Shawna Flanagan



Martha Gillespie-Beeman, Patty Gillespie-Laine, Marsha Jablonski and Joanne Jablonski



David Lickstein and Lisa Lickstein



Julio Soto and Henry Payne



Mark Pinsky, David Harold, Tammy Avers and Jeff Kanski



Nancy Fagnano and Bunny Rusted

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PALM BEACH SOCIETY

Beyond Blind Institute's Sightless Chef Sizzler fundraiser at Red Tapas Bar & Grill, Downtown at the Gardens



Beth Koenig and Nick Koenig



Joanna Peluso and Matt Bornhorst



Joyce Gugel and Cheryl Averta



Roy Villacrusis, Honeylet Llagas and Charlie Soo



Maureen Condon and John Kelly



Kate Fitterer, Joyce Marraccini and Sheri Spedden



Pail Kamen and Aaron Jones



Donna Wexler, Leona Holland and Ron Holand



Korey Eck and Kim Eck



Mike Hinojosa, Joyce Gugel and Richard Incandela

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NINA CUSMANO / FLORIDA WEEKLY

CUISINE

Try some downright scary wines for a ghoulishly fun Halloween

jimMcCRACKEN

vino@floridaweekly.com



While kids focus on candy at Halloween, adult treats should be less sweet and pack a bit more voltage. So do your part and hand out the goodies to the door-to-door ghouls and goblins who come calling, then break out the grown-up beverages and have a bewitching evening of your own.

Finding something suitable to drink on Halloween is pretty easy. This is not the time for serious wine; it's the time for a wine with an appropriately demonic name.

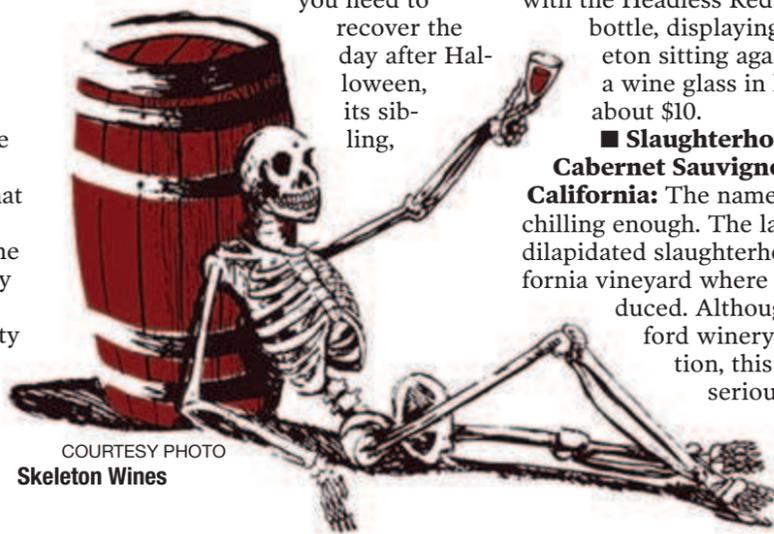
Following are some fitting party wines, with descriptions from their websites:

■ **Casillero del Diablo Carmenero, Concha y Toro, Rapel Valley, Chile:** "The beautiful vineyards of Casillero del Diablo are home to some of the finest wines in the world. But few outsiders know the dark secret that lies beneath them. For the locals say that in the depths of the cellar lives the Devil himself. A tale so infamous, they named the wine Casillero del Diablo, the Devil's Cellar." This devilishly tasty signature red is richly colored, with aromas and flavors of red fruits, chocolate and coffee. Priced at about \$15.

■ **Headless Red, Ash Hollow Winery, Walla Walla, Washington:** The label features a headless

rider galloping through the forest at midnight. "Headless Red is a sinfully delicious blend of ... Merlot, Cabernet Sauvignon ... hand harvested before dusk from Ash Hollow's Estate Vineyard. The wine carries aromatics of dark raspberry and bing cherries with whispering hints of earth, heady spices, with a subtle oak finish." Perfect for pairing with dark chocolate (probably stolen from your kid's goodies bag). Priced at about \$21.

■ **Poizin, Armida Winery, Dry Creek Valley, California:** "Poizin, the wine to die for! Simply delicious Sonoma County zinfandel in a spectacular skull-and-crossbones package." A blend of Zinfandel and petite syrah, the regular bottling is priced at \$25 and the reserve bottling comes complete with its own wooden coffin for \$60. If



COURTESY PHOTO
Skeleton Wines

you need to recover the day after Halloween, its sibling,

the Antidote, a blend of white grapes (mostly pinot grigio and sauvignon blanc) for about \$20.

■ **River of Skulls 2010 Mourvedre, Twisted Oak Winery, Calaveras County, California:** With a name like River of Skulls, you know it has to be good... An ankle bone of cherry aromas is connected to the shin bone of blackberries, which connects to the knee bone of spice and perfume. The knee bone is connected to the leg bone of cherry, blackberry and black pepper flavors, which connects to the hip bone, back bone and neck bone of a nice long vanilla finish. Priced at \$39, the suggested food pairing on the website is dead people. Seriously.

■ **Skeleton Wines Gruner Veltliner and Blauer Zweigelt (red), Austria:** This one is neck and neck with the Headless Red for the best bottle, displaying a drunken skeleton sitting against a barrel with a wine glass in hand. Priced at about \$10.

■ **Slaughterhouse Cellars Cabernet Sauvignon, Rutherford, California:** The name of this wine is chilling enough. The label features the dilapidated slaughterhouse on the California vineyard where this wine is produced. Although the Rutherford winery is a small operation, this is some very

serious wine, with the vineyard planted by Tuck Beckstoffer. If you find it, expect to pay

\$70 or more.

■ **The Velvet Devil Merlot, Charles Smith Wines, Washington State:** Every good Halloween party needs a little devil, and this one is priced at less than \$15. The website promises "classic merlot aromas of dark cherries, cedar, pipe tobacco. Anise, stone and cherry blossoms. Yeah, believe it! Naughty and nice, a true Velvet Devil."

■ **Vampire Wines, Paso Robles, California:** The website cites rumors that the winery is owned by vampires. There are, indeed, 12 Vampire wines from which to choose bottled under four labels: Vampire, Chateau de Vampire, Trueblood and Dracula. Featuring mostly red wines, the prices range from \$13 to \$35.

■ **Werewolf Cabernet Sauvignon, Transylvania, Romania:** A unique black bottle with a full moon and wolf scratches. "Werewolf Cabernet Sauvignon is noticeable for its dark red color. It has a scent of bell peppers and spice. It has an imposing taste with good structure and fine tannins." It's priced at less than \$10.

■ **Cover ups:** If you can't find any of these scary bottles for your Halloween party or want to serve something from your own collection for Halloween, you can make your own ghoulish labels or buy some. I found some on Amazon.com bearing names such as: Ye Olde Spider Venom 1897, Rat Poison, Doctor Rotgut's Famous Embalming Juice 1907 (Crisp and Refreshing), and Zombie Virus — Exquisitely Crafted from the World's Finest BRAINS. ■

Tiger Woods' former chef opens restaurant

BY JAN NORRIS

jnorris@floridaweekly.com

The former personal chef for Tiger Woods gave up the private chef road and went commercial. The result is Kitchen restaurant in West Palm Beach.

Kitchen opened Oct. 4 by chef Matthew Byrne, with front of house run by Aliza Byrne, his spouse. Opening night had seats filled by food lovers who know the chef by reputation and went to support him.

"Our motto is 'Keep it Simple;' buy the freshest ingredients and cook them minimally," Aliza Byrne said. "We wanted a restaurant that reflected how we live and entertain and cook at home. We want this to have the same feeling as walking into a dinner party, and walking out with an experience."

The space at the corner of Dixie Highway and Belvedere Road used to be Vagabondi.

"Carlos wanted out of his lease to do other things, so we bought out his lease, and bought all his fixtures. We completely reworked the space," she said. "We found a storage space in the back that we added drywall to and finished out — it's at the back of the kitchen and is now the Chef's Table. Private parties of up to 10 people can book the table where we serve a four-course chef's tasting menu for \$60 per person."

The food is comfort-style with a touch of French influences that the chef picked up working in Philadelphia. Roast chicken, and veal loin chops are among the standards on the menu.

"It's simple food, but people are loving it," Aliza Byrne said. The chef's signature dish is chicken schnitzel — a pounded and sauteed chicken breast



CHEF MATTHEW BYRNE AND HIS WIFE, ALIZA BYRNE, HAVE OPENED KITCHEN IN THE FORMER VAGABONDI SPACE AT BELVEDERE ROAD AND SOUTH DIXIE HIGHWAY IN WEST PALM BEACH.

with radish, sweet onion, arugula, mushrooms and a fried egg over all. Crab cakes with corn relish and aioli, a tuna tartare terrine, and a prosciutto and asparagus appetizer grace the menu that changes often.

"We're so lucky right now to get heirloom tomatoes from Walter at Farmhouse Tomatoes (in Lantana). We're trying to use as much locally grown produce as possible, but all good quality products. All our chickens are Murray chickens with no hormones or antibiotics; we use Bush Brothers' prime beef.

A beet dish features blue cheese sandwiched between slices of roasted red beets with microgreens and a walnut oil dressing.

A dessert medley recently included a chocolate mousse, strawberry shortcake and creme brulee.

"We have a nice wine list, all boutique items," Aliza Byrne said. She's a stickler for staff training and has an employee handbook and training manual for the staff.

"Great food is nothing without great service," she said. "We've got it all."

Kitchen is open Tuesday through Saturday for dinner only; in season, Mondays may be added. "Because of our parking lot, we're not allowed to serve lunch," she said.

Kitchen is at 319 Belvedere Road, West Palm Beach. Open Tuesday-Saturday, dinner only, 6 p.m.-10 p.m. Reservations suggested. 249-2281, www.kitchenpb.com or facebook.com/kitchenpb. ■

— Jan Norris is a food and travel writer. Read her online at JanNorris.com.



SCOTT SIMMONS/FLORIDA WEEKLY

THE DISH
Highlights from
local menus

The Dish: Pulled Chicken Sandwich

The Place: Burrito Bros., 1150 W. Indiantown Road, Jupiter; 972-6843.

The Price: \$8

The Details: We had been to Burrito Bros.' old location, and we had enjoyed the Mexican fare there.

But we were curious about the barbecue the restaurant had added to its menu since its move to the former Sony's on Indiantown Road.

Over the course of a couple of visits we tried a range of menu items and were not disappointed.

Pulled pork and chicken sandwiches each had tender meat tossed in a tangy barbecue sauce. Grilled chicken had nice grill marks.

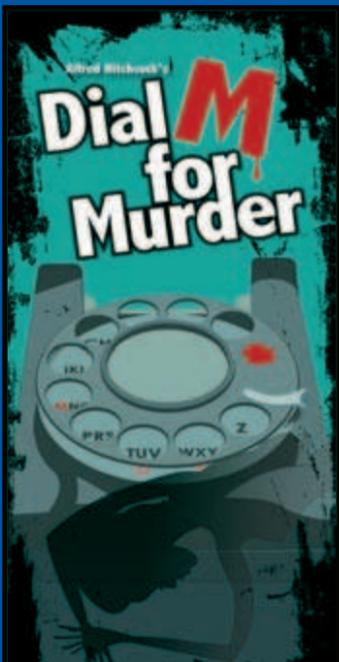
And Burrito Bros. got extra points for sides, with crispy fries and a side of French green beans that were crisp-tender.

Be sure to check out the sauces. We especially enjoyed the Moroccan barbecue sauce, which was loaded with mustard seed. ■

— Scott Simmons

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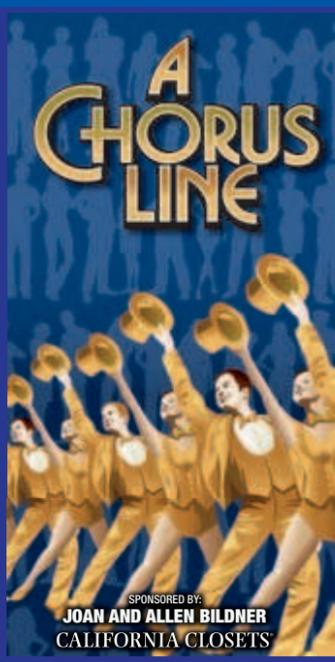
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This thrilling murder mystery, filled with suspense, jealousy, blackmail and backstabbers, will keep you on the edge of your seat.



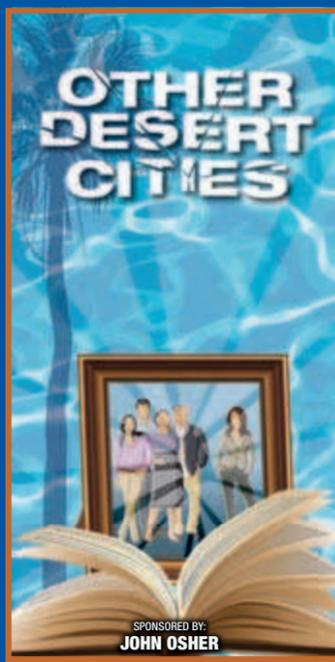
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FEB 7 at 7:30PM

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

St. Mary's Medical
Center aims to spread
awareness of

DIABETES SYMPTOMS

BY MARY JANE FINE
mjfine@floridaweekly.com

CHANCES ARE YOU KNOW SOMEONE WHO has diabetes. This metabolic disorder affects more than 25 million Americans, including approximately 6 million people who have the disease but have not been diagnosed. St. Mary's Medical Center supports the American Diabetes Association in its efforts to raise awareness of the disease and its serious complications. Diabetes is a chronic medical condition that occurs when excess glucose (sugar) builds up in the blood. It can cause numerous health problems if not properly managed. Some symptoms of diabetes may seem so insignificant or seemingly harmless that you may not even notice them for months or perhaps years. St. Mary's Medical Center wants people to know that being diagnosed early is the key to a lifetime of better health.

Symptoms of diabetes will vary to some extent depending on the type of diabetes you have. Pre-diabetes and gestational diabetes may not cause any symptoms. However, classic symptoms of type 1 and type 2 diabetes include excessive thirst and increased urination. This occurs because your kidneys have to work overtime to filter and absorb surplus sugar that has built up in the blood. When your kidneys can't keep up, this sugar is excreted into the urine along with fluids drawn from your tissues. A vicious cycle then begins, which prompts more frequent urination that leads to dehydration. This, in turn, is followed by drinking more fluids to quench your thirst and urinate even more.

Other common signs of diabetes include fatigue, weight loss and blurred vision. Fatigue may be caused by increased urination resulting in dehydration and the body's inability to properly use sugar for energy. An unexplained weight loss can occur when calories and sugar are lost due to frequent urination. High levels of sugar can pull fluid from tissues, including the lenses in the eye, and affect the ability to focus.

People with diabetes also may have slow-healing sores, tingling or numbness in the

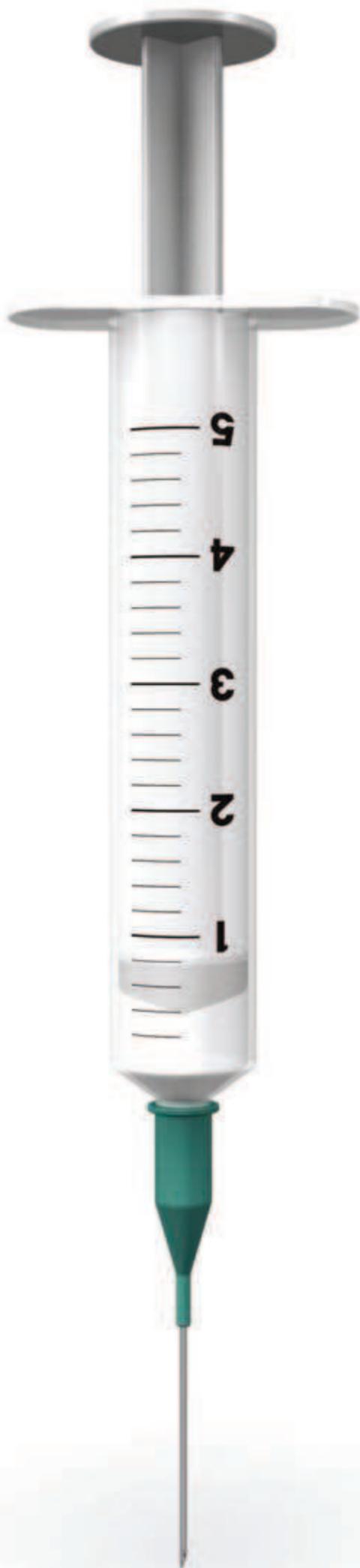
hands and feet, and tender gums. High sugar in the blood can impair the body's natural healing process and weaken its ability to fight infections. Women may be especially prone to bladder and vaginal infections. Nerve damage caused by high sugar levels can make your hands and feet tingle, or you might experience burning pain in your arms, hands, legs and feet. Because of the body's decreased ability to fight germs, you may notice your gums pulling away from your teeth or sores developing in your gums.

If you have any of these symptoms and think you may have diabetes, St. Mary's Medical Center is here to help. The hospital has highly skilled endocrinologists on staff that can test, diagnose and create a treatment plan based on your results. There are many steps you can take to protect your health and your kidneys. St. Mary's nutritionists and dietitians can get you on track to maintaining a healthy diet and exercising on a regular basis. Other steps you can take include taking medications as directed, monitoring blood glucose daily, checking your feet for sores, brushing and flossing your teeth daily and controlling blood pressure and cholesterol.

If left untreated, long-term complications associated with diabetes include cardiovascular disease, such as a heart attack, stroke and narrowing of the arteries. Other disabling and potentially life-threatening complications are skin problems such as bacterial infections, bone and joint problems including osteoporosis, and damage to the kidneys, eyes and feet. Pregnant women who have gestational diabetes may experience pre-eclampsia (high blood pressure) and increase their baby's risk of excess growth, low blood sugar, respiratory distress syndrome, jaundice and type 2 diabetes later in life.

Talk with your doctor if you notice any of these symptoms. Diabetes cannot be cured, but it can be successfully treated so you can live a healthy, active life. For more information about diabetes, please visit St. Mary's Medical Center on the Web at www.stmarysmc.com.

For a free referral to a physician near you, please 882-9100. ■



Ride to cure diabetes

On Your Mark Cycling and Performance Center has enjoyed a long-standing connection with the Juvenile Diabetes Research Foundation. Matt and Julie Goforth are proud of the mission of the JDRF Greater Palm Beach County Chapter. The organization's dedication to finding a cure for insulin dependent diabetes and its complications has been greatly inspiring to them on multiple levels. In addition to raising funds for research, the Greater Palm Beach Chapter of JDRF also serves to support and empower individuals living with type 1 diabetes, their families and their friends.



Robin Bradley Hansel

Green Treehouse Media, LLC

ON YOUR MARK PERFORMANCE

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www.oymbike.com

The longstanding connection between OYM Cycling and the JDRF goes back to a friendly invitation from one cyclist to another. About eleven years ago, Matt returned to his childhood home in South Florida area after completing his degree at the University of Florida. He was looking for a great local riding group. At the time, local cyclist Randy Clough was in a small ride group that went out on Wednesday nights. The group was mostly mountain bike riders using the

roads around West Palm, Lake Worth and Palm Beach as an "urban assault" training ride. One night, Randy met and invited Matt who to ride with the group on a regular basis, and the rest is a happy history.

Randy shares, "At the time I met Matt, my business partner, Dana Thomas, had a direct connection to JDRF through his son who had been diagnosed with type 1 diabetes. The ride program was fairly new for the Greater West Palm Beach Chapter of JDRF. Dana had joined in a couple of JDRF rides and then convinced me to participate."

Matt also understands the power of having a personal connection with this disease. "I have a close friend with diabetes and saw the ups and downs he went through during college. It takes discipline," he adds.

The Greater Palm Beach County chapter of JDRF works through the national organization's JDRF Ride to Cure Diabetes program to offer exciting opportunities for cyclists of all levels. Multiple fundraising and mileage options (usually between 30 and 100 miles) exist for participants in one of six national ride locations per year. The access to training with a USA Cycling certified coach and the variety of ride destinations designed for all fitness levels make this an exciting way to reach personal fitness goals while fundraising for a great cause. For more information on getting involved with Ride to Cure Diabetes with The Greater West Palm Beach chapter of JDRF see: <http://greaterpalmbeach.jdrf.org/>.

Confessions of a Sweaty Yogi: Yoga Can Help!

You probably don't think about diabetes — but you should. Diabetes can strike people at almost any age. More than

16 million Americans are affected — an increase of 33 percent from 1990 to 1998, according to the Centers for Disease Control. Research has shown this chronic condition can be controlled and greatly improved by conscientious lifestyle changes—i.e., weight loss, diet, exercise—and yoga can help.



Jennifer Martin

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Exercise is a big part of diabetes treatment because it increases insulin sensitivity and lowers blood sugar. A report in the New England Journal of Medicine (May 3, 2001) found people at a higher risk for contracting type 2 diabetes can reduce their chance of getting the disease by 58 percent by losing as little as 10 pounds, exercising, and adopting a healthy diet. And many have turned to yoga to battle the emotional and physical challenges of weight loss. Several Indian and European studies have indicated yoga also may help reduce insulin-regulating medication by lowering blood sugar levels. But because people under

stress have elevated blood sugar levels, it's difficult to determine whether asanas and meditation work because they relax patients or because specific poses stimulate the pancreas, causing it to release more insulin.

Either way, some believe a yoga intervention has to transcend the pancreas and insulin problem. What does yoga offer that ordinary exercise doesn't? Certain postures have a therapeutic effect upon various organs and glands. Those postures that benefit the pancreas and its functions are of the greatest interest to diabetics and pre-diabetics.

Among these are the backward bending postures such as Cobra Pose, Locust Pose, Bow Pose and Camel Pose. These postures bring stimulation to the pancreas, as they exercise the erector spinae, latissimus dorsi, obliques, deep intertransversarii and posterior abdominal wall. Also, most of these postures cause the internal viscera to stretch, bringing stimulation to the pancreas and other glands and organs that otherwise receive no stimulation.

Other postures such as Pyramid, Half Tortoise Pose, and Rabbit Pose provide stimulation and rejuvenation to the cells of the pancreas and other endocrine glands by way of compression.

Bodhi Hot Yoga is the perfect sanctuary for mind and body transformation. To see more studio information or class times visit our website.

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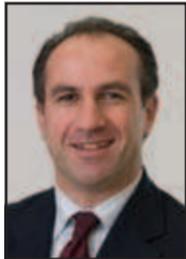
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Treatment needs to be individualized

BY ALEX S. MIRAKIAN, M.D.

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

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



This is best accomplished by acquiring a team of oncologists to advise you on your cancer and how best to treat it. Breast cancer will be diagnosed in approximately 230,000 women in the U.S. in 2013 with 40,000 women dying from the disease. Only lung cancer has a higher death rate. It is a very important health issue in our community and there is much misinformation that circulates about the disease and its treatments.

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

- 95 percent of breast lumps discovered by patients turn out to be benign.
- A breast lump that turns out to be cancerous is not usually painful.
- A bleeding nipple is rarely due to cancer.
- On average, about 1 in 8 women will eventually be diagnosed with breast cancer.
- The number of women diagnosed with breast cancer and the death rate from it are both decreasing, and thought largely due to the use of screening mammography, but precancerous tumors are increasing in number.
- Breast cancer also affects men.
- Risk factors associated with develop-

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

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

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

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

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

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

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

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

Family history, ethnicity play a role in deciding the right age for prostate screening

There has been significant recent debate regarding prostate cancer screening and treatment.

In 2012, a total of 241,740 men were diagnosed with prostate cancer, making it the most commonly diagnosed cancer of men in the United States today.

In large part, due to prostate specific antigen (PSA) screening, the number of men diagnosed with early stage disease has increased from 30 percent in 1989 to 1992 to 45 percent from 1999 to 2001.

Additionally, because of screening and early detection, death rates from prostate cancer have decreased by 4.1 percent annually from

1994 to 2001.

Despite these advances, in 2012, 28,170 men passed away from prostate cancer and many more men are living with metastatic prostate cancer that is affecting their overall quality of life and may ultimately take their lives.

The American Urology Association has issued guidelines state that the greatest benefit for PSA screening appears to be for men between 55 and 69. However, very importantly, this does not mean that PSA screening should not be performed in men younger than 55 or older than 69.

Younger men with higher risk factors such as family history or being of the African-American race, and men older than 69 who are in good health, should make PSA testing decisions based on discussions with their physician.

We see many men younger than 55 and older than 69 who are diagnosed, because of PSA screening, with prostate cancers that have a very high risk of spreading and causing local/regional problems or death.

To learn more, please contact us at (877) 930-7376. ■



Dr. Eugene Shieh

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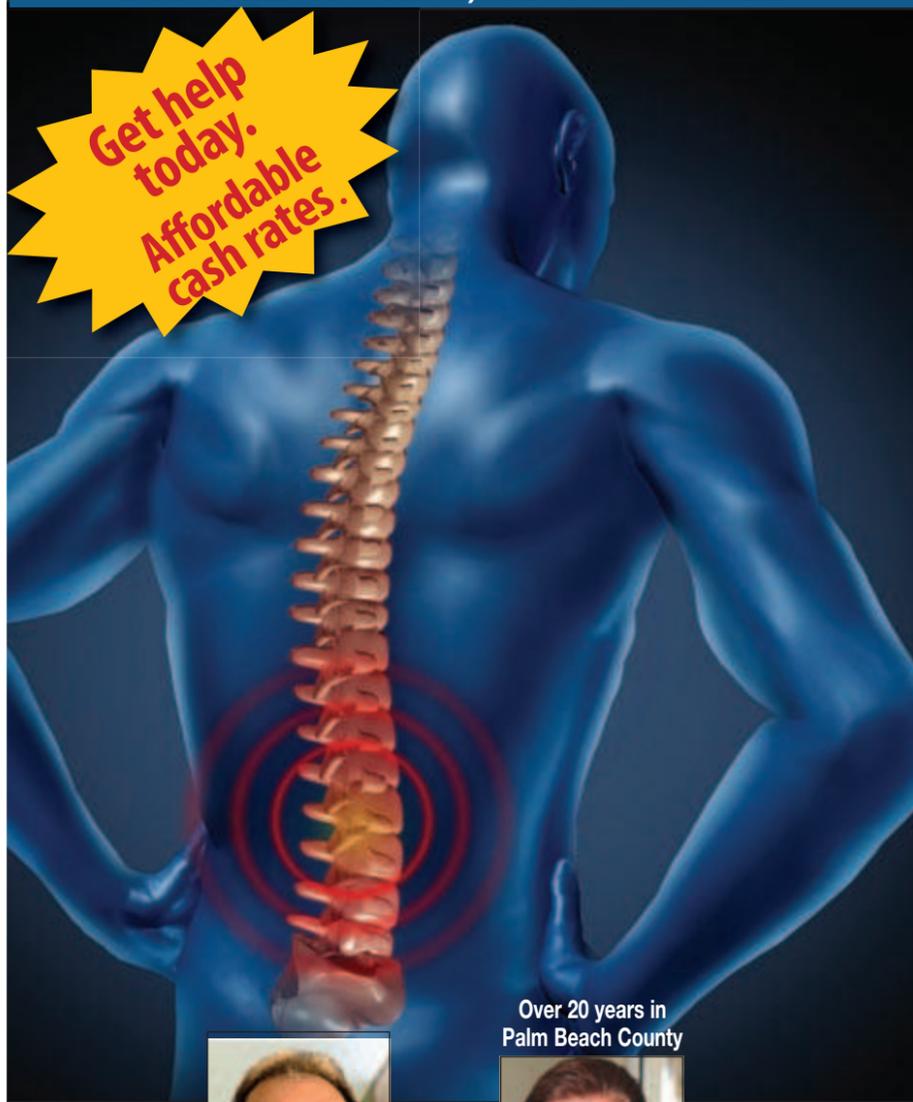
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Orange Theory Fitness combines best of cardio, resistance training

Q: What is Orange Theory Fitness?

A: It's a scientifically proven one-hour workout program that combines the best of cardio and resistance training so each client loses body fat while gaining lean muscle. It's based on 5-zone heart-rate training. Each client works with a personal trainer in a group setting. The workout includes 26 minutes of cardio combined with 26 minutes of resistance training that burns between 500-1,000 calories per session, and continues to burn calories for the next 24-36 hours.



Edward Fasulo

OWNER, FITNESS DIRECTOR

(561) 743-7770
www.orangetheoryfitness.com



COURTESY PHOTO

Owner and Fitness Director Edward Fasulo, front row center, with clients of Orange Theory Fitness in Jupiter. The program combines cardio and resistance training so clients lose body fat and gain lean muscle.

Q: How is this different from just running on a treadmill?

A: We work in group sessions with highly trained professionals, which keeps you engaged, motivated and on the right track. Everyone in an Orange Theory class wears a pod around their sternum that is connected to a wireless heart rate monitor, and that is displayed on a big screen. Our trainers guide you, instruct you and motivate you throughout the entire workout. We help keep our members' heart rates in the right zones throughout the workout. Stay in orange zone for 12-20 minutes, and you'll continue to burn calories hours after you've stopped working out.

Q: What is EPOC?

A: EPOC is your Excess Post Exercise Oxygen Consumption, and this is when your heart rate is at a certain level and where your body burns maximum calories during your workout (500-1,000), and then continues to burn calories for the next 24-36 hours after working out as your metabolic rate has been increased. Our personal trainers are professionals at helping you achieve maximum EPOC.

Q: Are the programs tailored?

A: Yes, we have first-time exercisers, athletes and everything in-between. We start each person off at their own pace and everyone works at their own level. Our personal trainers pay specific attention every step of the way to guide each person toward their individual goals. Each member progresses gradually every workout. You will never have the same workout twice.

Q: How fast does a typical client see changes?

A: It varies from person to person, but three weeks is typical for seeing changes in their body, mind and well-being, and this is without changes to their diet. When a client starts eating healthier, the changes are dramatic. ■

Orange Therapy is located at 6390 W. Indiantown Road, Suite 24, Jupiter.



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Why are super foods so super?

In recent years, media pundits around the world have proclaimed the extraordinary value of so-called super foods.



Dr. Michael Papa

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Blueberries, broccoli, and especially kale have been described as possessing remarkable, almost magical, properties. What is it about these foods that makes them so good for you?

From a basic perspective, adding fresh fruits and vegetables of all types to your daily diet is a very smart way to help improve

your current levels of health and well-being. Fresh fruits and vegetables are so important that many national agencies and organizations have promoted the "five to stay alive" rule — these groups recommend eating at least five portions of fruits and vegetables each day.

Fresh fruits and vegetables provide numerous health benefits, many of which are based upon the actions of biochemicals known as phytonutrients. Certain of these formerly mysterious compounds stimulate enzyme activity and others have actions similar to those of hormones. Many phytonutrients are powerful antioxidants that circulate throughout the body, scooping up and neutralizing free radicals. Free radicals are a normal byproduct of cellular metabolism, but too many of them will cause a lot of problems. Excess free

radicals have, for example, been linked to development of chronic diseases such as heart disease, diabetes, and even cancer. Blueberries, broccoli and kale are categorized as "super foods" owing to the abundance of phytonutrients they contain and make available to those who consume them.

The takeaway is not to load up on kale, broccoli, and blueberries in an attempt to make up for years of less-than-optimal dietary choices. Rather, the goal is to begin, today, to implement a healthful, balanced food plan. Diets lacking fresh fruits and vegetables in general, and lacking super foods in particular, will not provide you and your family with the resources needed to enjoy productive, energy-filled days. Resolving to follow the "five-to-stay-alive" plan will add literally missing ingredients to your daily health regime. As you upgrade your nutrition, you're automatically upgrading the functioning of all your body's systems.

With sufficient dietary phytonutrients, you can help prevent chronic disease, strengthen the immune system, combat the effects of obesity, and obtain numerous anti-aging benefits.

The vast array of advantages that will

likely ensue include more restful sleep; enhanced skin tone and muscle tone; increased reserves of energy throughout the day; and improved ability to focus and complete tasks successfully. Improved peace of mind will naturally occur as a consequence of these benefits, and an untapped reservoir of creativity may be revealed. Super foods truly provide super benefits. ■

— Sources: Liu RH: Health-promoting components of fruits and vegetables in the diet. *Adv Nutr* 4(3):384S-392S, 2013 Wu TY, et al: Pharmacogenetics, pharmacogenomics and epigenetics of nrf2-regulated xenobiotic-metabolizing enzymes and transporters by dietary phytochemical and cancer chemoprevention. *Curr Drug Metab* 14(6):688-694, 2013 Pasko P, et al: Rutabaga (*Brassica napus* L. var. *napobrassica*) seeds, roots, and sprouts: a novel kind of food with antioxidant properties and proapoptotic potential in Hep G2 hepatoma cell line. *J Med Food* 16(8):749-759, 2013



Flying...it's a family affair

As Air Trek Inc. celebrates its 35th year of providing Air Ambulance and Private Jet Aircraft Charter, brothers Dana, Lester, and Wayne Carr are reminiscing over three and a half decades in aviation.



Dana Carr

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Trek is defined as a long and never-ending journey. Our journey officially began October 16, 1978, with the incorporation of Air Trek Inc.

This is the beginning of our story...

Some kids dream of flying. For some

it is the fantasy of flight, but for a special few flying becomes a passion. My

brother, Wayne Carr, happens to be one of the latter. As a kid, Wayne dreamed of becoming a pilot. As a teen, flying became his passion.

At 19, Wayne worked as an auto mechanic and auto body repairman to pay for his private pilot's training.

Our journey begins one spring day when Wayne was driving home from work at Reedman Chevrolet in Longhorn, Pennsylvania.

He stopped by 3M airport (a small private airfield just miles from Philadelphia International Airport) and said, "I want to be a pilot." A "Discovery Flight" was scheduled for the following Saturday and thus a childhood dream was soon fulfilled.

This was just the start of a lifetime passion.

Vowing not to interrupt the training until earning his Private Pilot cer-

tificate, Wayne held back from a family move to Florida to complete the Private Pilot's course.

His training continued; through the use of the GI Bill while he was in the Air Force, Wayne earned his Commercial/Instrument Single & Multi Engine Land, Certified Flight Instructor.

After completing his Air Force service and returning home to Florida, Wayne added his Instrument and Multi Engine Flight Instructor, Airline Transport Pilot, Commercial Single and Multi-Engine Sea, Helicopter and Glider Certification along with their respective Flight Instructor Ratings.

In addition to these ratings, Wayne received Transport Category Type Ratings in Citation and Westwind jets, and most recently a DC-4 (a 4 engine radial prop used in WWII for cargo transport across the Atlantic).

Furthermore, he added an Airframe/Power Plant Mechanics Certificate with Inspection Authorization, allowing Wayne to fix what he flies. ■

— Dana Carr is an Airline Transport Pilot and serves as Director of Operations for Air Trek Inc.

Air Trek Inc. is family owned and operated since 1978, and specializes in helping people travel throughout the world by providing Air Ambulance and Luxury Aircraft Charter Services.

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Questions and answers about diabetes

Q: What is the difference between type 1 and type 2 diabetes?

A: In type 1 diabetes, the body does not produce insulin – a hormone needed for sugar to be used as energy. It's usually diagnosed in children and young adults, and can be self managed through insulin injections, blood glucose monitoring, balanced meals and exercise.



Yolanda Torres, RD, LDN, CDE

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In type 2 diabetes – or “adult onset diabetes” – the body is able to produce some insulin, but does not use it well. It's the most common form of diabetes and in many cases can be prevented by achieving a reasonable body weight. It is self managed by balanced meals,

exercise, self monitoring and medication. Although it's usually diagnosed in adults, diagnosis is on the rise in children and young adults.

Q: Why has the incidence of type 2 diabetes increased so dramatically in the last decade, especially in children?

A: A combination of lack of physical activity and increase in obesity. People have convenient access to fast food, and portion sizes have increased over the past 30 years. Adults and children are spending more time in front of the

television, computers and video games. This is due to increased popularity of social media and technology.

Q: How can Jupiter Medical Center help?

A: By providing education and empowerment. Knowing how to manage the condition can make a big difference. Diabetes can be controlled through a combination of diet, exercise, blood glucose monitoring and medication. Once diagnosed, people with diabetes can learn to effectively manage their disease and lead normal, healthy lives. Jupiter Medical Center's Diabetes Education program is the only outpatient hospital-based diabetes education program in Northern Palm Beach and Martin Counties. The program is recognized by the American Diabetes Association (ADA) for the caliber of service and quality of care provided to patients. We have upheld those standards continually for more than a decade. We provide a comprehensive team, including certified diabetes educators, certified insulin pump trainers, and a dedicated registered nurse and dietician, to effectively educate people with diabetes on how to manage their condition.

For more information on Jupiter Medical Center's Diabetes Education program, please visit www.jupitermed.com/diabetes or call (561) 263-5067. n

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



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Your smile makeover may include a number of treatment options depending on your personal needs and desires. It may involve replacing older crowns with new cosmetic metal free crowns which look so much more natural and will usually last longer. We could also enhance chipped, worn or dark teeth with cosmetic porcelain veneers for a brighter more youthful appearance. In some cases we may makeover the upper teeth and simply bleach the lower teeth and achieve outstanding results.



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Full mouth reconstructions involve replacing missing teeth with dental implants and replacing older dental work with new metal free state-of-the-art porcelains. Of course there is always an emphasis on the overall health and wellness of the mouth, but these treatments are always combined with cosmetic enhancements to achieve overall long term dental health and esthetics. A full mouth reconstructions may involve dental implants, crowns, bridgework or a number of necessary treatment modalities. Either way, the overall goal involves feeling healthy, looking your best, being able to eat meals properly and giving patients the ability to live life to the fullest.

What to Expect from a Dental Restorative Makeover

Whether you undergo a smile makeover or a full mouth reconstruction, you can expect great results and improved dental wellness. And thanks to advanced dentistry, you can usually have all necessary treatments performed in the same office with the mutual understanding that your mouth

will be healthy and your smile will look great. With Advanced Dentistry, patients can experience optimum dental care to support overall health and well being.

Learn More About Advanced Dental Care

If you would like to learn more about smile design and your many options out there for cosmetic dentistry and restorative dentistry or dental implant treatment, contact our Palm Beach Gardens office today. The entire team at PGA Center for Advanced Dentistry looks forward to meeting you in person and determining how we can best help you achieve your dental health goals.

— 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. Dr. Ajmo has 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 is an active 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. He focuses his practice on complete dental restoration, surgical placement of dental implants, cosmetic smile design and sedation dentistry. Dr. Ajmo has been serving patients in his Palm Beach Gardens office since 1987.

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- Do you have a family history of diabetes?
 - Has your vision become blurred?
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 - Are you losing weight suddenly without trying?
 - Do your hands or feet tingle or feel numb?
- Does your weight exceed recommended limits, and do you exercise very little or not at all?
 - Do you feel as though you're always thirsty?
 - Are you unusually irritable, tired and fatigued?
- Do you have to use the bathroom more often than usual?

If you answered "yes" to any of the questions above, you may be at risk for developing diabetes and should call **(561) 263-5067** today for more information. Jupiter Medical Center's Diabetes Education Center is the **ONLY** hospital-based education program in North Palm Beach County to be recognized by the American Diabetes Association. Our Certified Diabetes Educators are dedicated to educating people of all ages. We provide the tools our patients need to successfully manage and live with diabetes.

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