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WEEK OF DECEMBER 26, 2013-JANUARY 1, 2014

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INSIDE



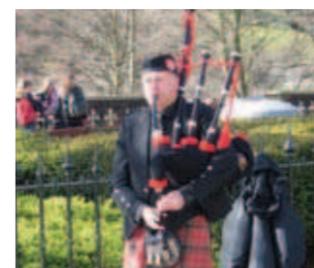
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LOOKING TO THE FUTURE

2014

LOCALS PREDICT YEAR OF HOPE

THE FINAL DAYS OF ANY YEAR ARE A PRECIOUS TIME OF REFLECTION AS we take stock of what we have accomplished and what we have yet to accomplish.

In that spirit we asked a variety of cultural, industry and government leaders their thoughts on the coming year.

Golfer Jack Nicklaus does not worry.

"It's been said that worry does not empty tomorrow of its sorrow; it empties today of its strength. I prefer to focus on and enjoy today," he says.

But Ray Graziotto, president of the Marine Industries Association of Palm Beach County, and president and CEO of the company that owns Loggerhead Marinas, frets that things are out of hand in Washington.

"There is no leadership, starting with the president. It's like watching children run around on the playground," he says.

Regardless of philosophy, one needs hope.

Or as philanthropist Roe Green says, "Patience for the coming year!!!"

— Scott Simmons

>> A8-9

Pro player beat lymphoma, will compete in 'Polo for a Purpose'

BY AMY WOODS

Special to Florida Weekly

A polo match and a powerful message will highlight a new fundraiser for the Leukemia & Lymphoma Society's Palm Beach Area Chapter on Jan. 4.

The honorary chairman of the event will deliver both.

Brandon Phillips, a 5-goaler who has hurried horses down the field during countless chukkers, has lined up five other professional players for a three-on-three exhibition match titled Polo for a Pur-



PHILLIPS

pose. Had the 36-year-old not beat the odds when diagnosed with non-Hodgkin's lymphoma as a teenager, the aspiring athlete never would have succeeded in the sport.

"At stage four, I was quite near the end," Mr. Phillips said. "They gave me a 50-50 shot of survival."

The then-14-year-old from King City, Canada, woke up one morning writhing in

pain from an ache in his left leg. A cancerous tumor had formed around his ureter, grew in size, caused his left kidney to stop working and eventually compressed the lymph nodes near his upper thigh.

"I had a soccer game the night before, and the next morning, I work up just aching," Mr. Phillips said. "I originally thought I was going to lose my leg, lose my kidney, for sure."

The date: June 7, 1992. The beginning of a summer filled with fútbol, rugby and

SEE POLO, A20 ▶

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COMMENTARY

Communities by choice



leslieLILLY

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Traveling around in Palm Beach County gives you a sense of appreciation for the extraordinary abundance that characterizes this part of South Florida. The region is a magnet, attracting thousands of new residents who settle comfortably into the life style of the Palm Beaches. The newcomers flock to high net worth rookeries within some of the wealthiest zip codes in the country.

They bring nest eggs to spend on interesting and fun things to do while building their social networks. Philanthropy is thus a perfect excuse and inspiration for a grand social season, overflowing with a full menu of cause-related, charitable events extending over several months. To see and be seen is a fund-raising accelerant for galas and donor appeals that replenish the budgets of local charities before the summer creep of humidity dampens everyone's enthusiasm for recreational philanthropy.

It is a challenge for area nonprofits to get on the charitable radar of residents from somewhere else. Migrants are loyal to their former homes, where families were raised, businesses were built, and donations given. That local

nonprofits must compete with charities "back home" is not just a Palm Beach County phenomenon. The Tampa Bay Times sums it up this way, after looking around in its own part of the state: "It's not just about who is — or isn't — giving. It's about where the philanthropy is going."

Florida charities still see plenty of donations going out of state. Of 41 philanthropic gifts by Floridians of \$1 million or more this year, 19 were sent out of state — perpetuating Florida's challenge of winning the hearts and wallets of rich residents who live here but keep stronger ties elsewhere."

The Florida Philanthropic Network agrees: charities have a long way to go to increase the proportion of philanthropic dollars that remain in the state. According to the association, so far this year, gifts given by Florida donors of at least \$1 million or more, a total of \$118 million, stayed in Florida; but an additional \$84 million in gifts of \$1 million or more went outside of the state. In 2012, of 47 gifts by Floridians of \$1 million or more, 19 went out of state. The outflow also includes grant dollars awarded by Florida Foundations. In 2009, almost 60 percent of Florida foundation grants went to charities out of state. Increasing the proportion of home-based philanthropy that "sticks" locally is an important issue affecting the sustainability of nonprofits addressing local needs.

Transplanted residents have philanthropic capacity but their familiarity

with opportunities for giving in Palm Beach County is often limited. Their greater awareness can increase giving to effective charities doing business in the county. This goal captured the imagination of Beverlee Miller and John L. Raymond, of Palm Beach.

Together, they founded Extraordinary Charities Inc., a nonprofit with the mission of introducing area philanthropists to deserving and often unrecognized charities in the county, focusing on organizations with annual budgets of less than \$3 million. With the support of multiple donors, the organization created the Directory for Charitable Giving, a publication designed to connect donors with local nonprofits.

The group selects nonprofits for inclusion in the directory based on their transparency, sustainability, effectiveness and uniqueness of approach to challenging issues. The first directory published in 2012 profiles 51 nonprofits. The recently released 2013 version adds another 25 charities to the original group, bringing the total of nonprofits featured to 76.

The group distributes the print publication to over 11,000 homes in Palm Beach County with annual household incomes of \$500,000 and above. They also distribute copies without charge to CPAs, estate planners and wealth advisors serving clients.

The group's founders and supporters say greater awareness about the highlighted charities increases giving; and

Mary Hammond, the group's director, writes in the 2013 edition of the directory, that new and recurring contributions to many of the agencies highlighted are evidence of the group's success.

In a recent interview with the Miami Herald, Linda Carter, president/CEO of the Community Foundation of Broward observed, "More and more people are now realizing this is home, even though they've come from someplace else."

She should know. That Foundation is the beneficiary of an estate gift of \$43.9 million from Mary Porter, a native of Pennsylvania and, prior to her demise, one of the nation's top 50 philanthropists.

Philanthropy is a proven gateway to a connection with place that is transformative. Extraordinary Charities Inc. reaches out to PBC's residents-by-choice to build their awareness about opportunities for giving locally. Giving where you live is a sign of recognition you really are at home — and isn't that where all philanthropy begins? ■

— Leslie Lilly is a native Floridian and the past President and CEO of the Community Foundation for Palm Beach and Martin Counties. Her professional career spans more than 25 years in the charitable sector, leading major philanthropic institutions in the South and rural Appalachia. She resides with her family and pugs in Jupiter. Email her at lilly15@gmail.com and follow Lilly on Twitter @lilly15.



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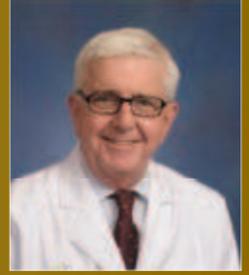
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OPINION

A manufactured ADHD epidemic



richLOWRY

Special to Florida Weekly

If at any time while reading this article your attention wanders, you may have ADHD. If you pause to check your email sometime during the next three paragraphs, you should consult a doctor. If you fail to read this article all the way to the end, you should get on Adderall, Ritalin or some other drug to treat your condition as soon as possible.

This isn't quite the standard for diagnosing attention-deficit hyperactivity disorder, but it's close. The New York Times ran a long exposé on how the drug industry has stoked the diagnosis and treatment of ADHD that had a revelatory quote from Keith Conners, a doctor who has long advocated for the recognition of the disorder.

Conners called the overdiagnosis of ADHD "a national disaster of dangerous proportions," telling the Times that the rising number of cases "is a concoction to justify the giving out of medication at unprecedented and unjustifiable levels." This isn't bomb-throwing from an out-

sider, but a critique from the namesake of the Conners ratings scale widely used to evaluate kids for ADHD.

There is no doubt that ADHD is a legitimate neurological condition that makes kids (and those around them) miserable, that blights their potential and that can be alleviated by prescription stimulants like Adderall and Ritalin. There also is no doubt that diagnosis and treatment of the disorder has run wildly out of control. According to the forthcoming book "The ADHD Explosion," 19 percent of high-school-aged males have received a diagnosis. The numbers differ from state to state. In North Carolina, an astounding 30 percent of boys over age 9 are supposedly suffering from ADHD. Overall, 6 percent of children and adolescents in the United States are on drugs to treat ADHD.

It's a wonder more kids aren't diagnosed with it, given the overlap between the description of the disorder and failings to which we are all prone. The New York Times points out that the American Psychiatric Association criteria for ADHD include "often has difficulty waiting his or her turn" and "makes careless mistakes," hardly rare childhood behaviors.

The drug companies — for whom

ADHD is a \$9 billion-a-year business — target mothers with alluring ads suggesting their children will become little angels through the wonders of risk-free stimulants. Their kids will get better grades, spend more quality time with the family and remember to take out the trash. Who wouldn't want their child thus magically transformed? According to the Times report, the Food and Drug Administration has constantly rebuked the companies for going beyond the evidence in selling visions of childhood Valhalla secured through the right drug.

Undertrained primary-care physicians and worried parents default much too often to the diagnosis of ADHD and to the answer of a prescription. The next frontier is adult ADHD, with the promise of a vast new pharmaceutical market made up of people deprived of ADHD diagnoses when they were children. Some of these diagnoses will be warranted and life-changing, but others will be overreach prompted by vague and dubious symptoms, like inattentive op-ed reading.

Sure, you got to the end of this article. But how about the next one? ■

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

Obama wrongs the Bill of Rights



amyGOODMAN

Special to Florida Weekly

President Barack Obama proclaimed Dec. 15 Bill of Rights Day, praising those first 10 amendments to the U.S. Constitution as "the foundation of American liberty, securing our most fundamental rights — from the freedom to speak, assemble and practice our faith as we please to the protections that ensure justice under the law." The next day, U.S. District Judge Richard J. Leon called Obama's surveillance policies "almost Orwellian" in a court order finding the National Security Agency's bulk collection of Americans' telephone metadata very likely unconstitutional. If that was not enough, the president's own task force on the issues, the Review Group on Intelligence and Communications Technologies, delivered its report, which the White House released, with 46 recommendations for changes.

One adviser to the panel, Sasha Meinrath of the Open Technology Institute, was skeptical, telling me that "intelligence-community insiders, administration officials, comprise the entirety of this five-member group. I do not see how you can do a truly independent review of surveillance when so many people are tied in." The panel is chaired by former CIA Deputy Director Michael Morrell, and is managed under the auspices of the Office of the Director of National Intelligence, run by James Clapper. Clapper is widely considered to have lied in a Senate hearing on this issue. When asked by Sen. Ron Wyden, D-Ore., if the NSA collected phone records on millions or hundreds of millions of Americans, Clapper replied, "No, sir." Following the Snowden leaks,

Clapper admitted to NBC News that his answer was the "least untruthful" manner to say no.

Judge Leon's ruling relates to just one of several filed after the June disclosures by former NSA contractor Edward Snowden about the vast, global surveillance system vacuuming up personal data from billions of people. A separate federal lawsuit in New York, ACLU v. Clapper, seeks to end the mass surveillance completely, and to have all the data collected so far deleted.

Anthony Romero, the executive director of the American Civil Liberties Union, called Edward Snowden "a patriot," noting: "As a whistle-blower of illegal government activity that was sanctioned and kept secret by the legislative, executive and judicial branches of government for years, he undertook great personal risk for the public good. And he has single-handedly reignited a global debate about the extent and nature of government surveillance and our most fundamental rights as individuals."

Jay Carney, Obama's press secretary, reiterated the White House's hard line this week: "Mr. Snowden has been accused of leaking classified information, and he faces felony charges here in the United States."

Currently in Russia, halfway through a year of temporary asylum he was granted there, Edward Snowden this week issued a public letter to the people of Brazil, in hopes of gaining permanent asylum there. In the letter, Snowden wrote, "Six months ago, I stepped out from the shadows of the United States Government's National Security Agency to stand in front of a journalist's camera ... with open eyes, knowing that the decision would cost me family and my home, and would risk my life. I was motivated by a belief that the citizens of the world deserve to understand the

system in which they live." He continued: "My greatest fear was that no one would listen to my warning. Never have I been so glad to have been so wrong."

The world continues to listen to Snowden. As he also said in his open letter, "The culture of indiscriminate worldwide surveillance, exposed to public debates and real investigations on every continent, is collapsing." A recent poll suggests at least 55 percent of those questioned consider Snowden a whistle-blower. Despite the polls, CNN anchor Brooke Baldwin blustered about potential amnesty for Snowden: "This is a hated man, what would he even do here?"

Adopted on Dec. 15, 1791, the Bill of Rights comprises the first 10 amendments to the Constitution. While praising it last week and ticking through "our most fundamental rights," President Obama failed to mention the Fourth Amendment. It reads:

"The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized."

Perhaps President Obama, the erstwhile constitutional-law professor, should go back and reread that amendment. ■

— 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

Going inside the canine brain

BY KIM CAMPBELL THORTON

Universal Uclick

We often see news stories of pets who have trekked hundreds of miles to get back home after becoming lost. How do they do it? Science is still trying to answer that question. Migratory animals use magnetic fields, scent cues and orientation of the sun, but the navigational ability of dogs and cats has been little studied. It's known, however, that they have mental mapmaking skills, good observational abilities, and fantastic senses of smell and hearing, and those capabilities no doubt play a role in allowing them to find home, even from someplace they've never been.

Researchers at Emory University used functional MRI to capture brain images of 13 alert, unrestrained dogs. During the scans, the dogs, who were trained to willingly enter the MRI machine and remain still, watched a person giving hand signals indicating whether the dog would or would not receive a treat.

According to the research, published by PLOS One, most of the dogs had a positive response in the caudate region of the brain — associated with decision-making, motivation and processing emotions — when signaled that they would receive a hot dog. The research lays the foundation for exploring canine neural biology and cognitive processes.

Interspecies video chat

If you miss interacting with Rover or Ruffles when you're at work or on vaca-



tion, the PetChatz two-way petcam is for you. The unit, which should be available in early 2014, allows owners to "call" pets, talk to them and even dispense treats from a hidden compartment. Pets can learn to respond to the ring, but whether they recognize the person on the screen is a matter of conjecture. But Lisa Lavin, a veterinary technician and co-developer of the device, says what's important is the boost to an owner's emotional welfare.

Dog research has human benefits

A researcher at the University of California, Davis' School of Veterinary

Medicine has identified the gene that causes a condition in Weimaraners known as spinal dysraphism. It's an inherited neural tube defect that causes the dogs to "bunny hop" with their back legs instead of moving normally. Dr. Noa Safra, whose findings were published in July 2013 in the journal PLoS Genetics, says the disease could be eliminated in the breed once a DNA test for the mutation is developed. The discovery also has benefits for human medicine. University of Iowa pediatricians who collaborated in the study found the same gene to be mutated in children with spina bifida. ■

Pets of the Week



>> **Toni** is a 4-year-old spayed pit bull. She is active and loves to play. She would do best in a home with no children.



>> **Shadow** is a 1-year-old spayed domestic shorthair. She can be quite laid back 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 hspb.org. For adoption information, call 686-6656.



>> **Tiny** is a spayed female tortoiseshell, approximately 1 year old, with distinctive markings. She's a small girl, very mellow, and likes her "quiet time" with people.



>> **Julius** is a neutered male orange tabby, 2 to 3 years old. He has soft fur, and gets along well with people and other cats. He would love a new "forever" home.

To adopt:

Adopt A Cat is a no-kill, free-roaming cat rescue facility 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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NEWS OF THE WEIRD

BY CHUCK SHEPHERD

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Hope you've got the key

■ In November, Michael Brown, 19, became the most recent person with poor decision-making skills forced to report to a police station (this, in College Station, Texas) in the middle of the night to ask that officers please remove the handcuffs he had been play-

ing around with. Following the officers' mandatory records check, it was learned that Brown had an arrest warrant for criminal mischief, and following a mandatory search, that he also had two ounces of marijuana in his pocket. ■

Can't possibly be true

■ Twice again, in November, men wrongfully convicted of major, chilling crimes, who were finally freed after serving long sentences, claimed upon release that they were — somehow — not bitter. Ryan Ferguson was released in Missouri after serving almost 10 years for a murder he surely knew nothing about (convicted because a prosecutor withheld exculpatory evidence). Derrick Deacon was freed in New York after nearly 25 years — served because the eyewitness (who finally recanted) had identified Deacon out of fear of retaliation by the Jamaican gang member she actually saw.

■ Many men have fallen for underage-sex stings (tricked by NBC's "To Catch a Predator" or by law enforcement nationwide), but perhaps Cliff Oshman, 64, of Daytona Beach, is the first to have brought his wife and young

daughter along to meet the girl he was seducing. Oshman was arrested in October, and as usual, the "victim" did not exist except as the persona of an undercover cop.

■ Dwarfs formerly could volunteer to be playfully treated in American nightclubs, but such venues now appear limited to Europe. A club in the German coastal town of Cuxhaven might be in trouble following a September incident in which a 42-year-old dwarf accidentally fell off of a podium before engaging in the club's contest, "Lilliputian Action," in which customers chase an elusive dwarf. And, London's Hippodrome Casino has reportedly run a series of ads seeking dwarfs (maximum height: 4 feet, 9 inches) for a special crew of bouncers and door guards to be unveiled in December. ■

Perspective

■ The daunting problems that faced the launch of the HealthCare.gov website in October were merely symptoms of the federal government's often snail-like pace at integrating digital innovations common to everyday America. A December *New York Times* report revealed that The Federal Register (the daily journal of the U.S. government) still receives original content from some agencies on

virtually obsolete 3.5-inch floppy disks — and (because of unamended legal requirements) its work-order authorizations from some agencies on disks hand-delivered inside the Washington Beltway by courier. Contractors can be frustrated as well since, though they operate with top-of-the-line digital efficiency internally, they must sometimes downgrade to interface with their government clients. ■

Least-competent criminals

■ A Tucson, Ariz., man apparently escaped a traffic stop in August, but not unscathed. After fleeing to a dead-end street, he climbed out the passenger window, but his foot got caught, and his still-moving car's back tire ran over his sprawled torso. The motorcycle officer was not able to catch the injured man, who staggered off into the neighborhood.

■ Lucas Burke, 21, and Ethan Keeler, 20, attempting to break into a safe at New Yard Landscaping in Hopkinton, N.H., in October, possibly seeking drug money, unwisely chose to use an acetylene torch. Included in the safe's contents was a supply of consumer fireworks, and, according to the police report, the resultant explosion "blew their bodies apart."

■ Vade Bradley, 39, was arrested on arson charges in Hayward, Calif., in August after burning down an apartment house carport, totally destroying six vehicles. He was siphoning other people's gasoline in the carport when he decided to light a cigarette.

■ Richard Boudreaux was charged in January with burglarizing Kenney's Seafood (where he previously worked) in Slidell, La., when he became the most recent perp to fail to outflank surveillance cameras. He had thought to wear a bucket over his head as he moved through the store — except he had waited until well inside (within camera range) before actually putting it on.

■ An already-distinctive man (367 pounds) was arrested in Everett, Wash., for a December grocery store shoplifting because he was also wearing an easily noticed purple sock and over two hours later was still wearing it when police caught up to him and questioned him.

■ A 23-year-old woman was arrested in Crestview, Fla., in November for shoplifting a "toy" from an adult store — before inquiring about a job there. She had professed her innocence until shown the surveillance video, when she said (according to the police report), "Oh, my God. Look at what I'm doing. ... I'm gonna cry." ■

SpongeBob somberpants

Her family wanted U.S. Army Sgt. Kimberly Walker (who was killed in a suspected domestic violence incident in February) to have a burial reflecting her delight at SpongeBob SquarePants and installed a 4-foot-high marker on her

grave in the character's likeness (at a cost of \$13,000). However, the Spring Grove Cemetery in the family's hometown of Cincinnati ordered it removed in October as inappropriate, and despite family and community pressure, is unyielding. ■

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LOOKING TO THE FUTURE



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RENA BLADES

President of the Cultural Council of Palm Beach County

■ **What are you most looking forward to in 2014?** At the Cultural Council we are looking forward to more than 20,000 separate cultural events, from music to visual art to dance and history. And, of course, we can't wait to host guests at the Muse Awards on March 13 at the Kravis Center, where we will celebrate the excellence in our cultural community.



■ **Are you worried about anything in the coming year?** We keep our eye on the stability of our cultural industry and remain concerned that our cultural institutions require larger endowments and reserves. Most of our institutions are less than 30 years old, so they've had less time than institutions in places like Boston, Cleveland and Philadelphia to grow their endowments. We are optimistic that funding is growing in our area, and we hope that the generous and capable philanthropists who call Palm Beach County home will increase their support over the coming year.

■ **Any resolutions?** If you're making a New Year's Resolution, we suggest it include supporting your local arts and cultural programs! My resolution? I resolve to wake up each day and relentlessly pursue the council's goals to bring arts and culture to all our residents and visitors — and to exercise more!

GREG RICE

Local TV personality and lifelong resident of Palm Beach County

■ **What are you most looking forward to in 2014?** The last year, really, the last several years, as a whole the economy has been troublesome, with our country digging a big hole that we never thought we would be in. But even with all the problems that occur in Washington, and other places, I'm optimistic that 2014 will be a much better year than we've experienced in the past, for the nation and in Florida.



■ **Are you worried about anything in the coming year?** I do know that we take too many things for granted. This is the time of year people get into a spirit, and stop and reflect on family and friends — health, jobs and careers.

I've been blessed with a lot of those. And after I lost John (his twin) in 2005, I don't take those things for granted. I make a point to tell those people who are close who are there for me that I appreciate them, and let them know how much they mean to me — nothing is guaranteed.

■ **Any resolutions?** I haven't made any. But I hope that the management and staff of the Miami Dolphins have made some. If they need me to come down and give them a good pep talk, I'm willing to go right now.

JACK NICKLAUS

PGA champion and golf course designer

■ **What are you most looking forward to in 2014?** I won't have to wait long for that — Jan. 6 and the BCS Championship Game, and hopefully a Florida State win and national title. That would be a good way to start the year. (Mr. Nicklaus' grandson, Nick O'Leary, plays tight end for the Seminoles). From there, I will just let the year play out and enjoy it as it comes.



■ **Are you worried about anything in the coming year?** No, I am not worried about anything. My health is good; I have a wonderful family, good friends; and I keep very active with my business interests. It's been said that worry does not empty tomorrow of its sorrow; it empties today of its strength. I prefer to focus on and enjoy today.

■ **Any resolutions?** My resolution is to not make one. Actually, no, I do have one. I would like to continue to get myself in better shape. I guess I got a good jump on the typical New Year's resolution, and I have lost 20 pounds. I'd like to continue on this path and lose another 10 pounds or so.

ROCCO MANGEL

Owner, partner of Rocco's Tacos

■ **What are you most looking forward to in 2014?** The opening of Rocco's Tacos & Tequila Bar in Brooklyn. It's our first restaurant outside of Florida. Growing up on Long Island, I always hoped to open a restaurant in my home state.



■ **Are you worried about anything in the coming year?** I worry that people are going to stop liking Mexican food.

■ **Any resolutions?** To drink more tequila and to not curse in front of my young daughter.

RAY GRAZIOTTO

Partner, president and chief operating officer of Seven Kings Holdings, which owns Loggerhead Marinas. President of the board of the Marine Industries Association of Palm Beach County.

■ **What are you most looking forward to in 2014?** I think for the most part, Florida is in really good shape. State leadership has kept us in sound fiscal condition. Our tax structure is still too high, but is competitive compared to other populated states in the U.S., especially those in the Northeast. We should be the beneficiaries of that and see continued growth here for the foreseeable future. While we have business in many parts of the state, I am particularly bullish on Palm Beach County. I think there is no better place to do business or to raise a family. I look forward to the continued economic recovery and to watching my children enjoy their teenage years.



■ **Are you worried about anything in the coming year?** The federal government, on the other hand, is a real mess. There is no leadership, starting with the president. It's like watching children run around on the playground. It's not a just Democratic or Republican problem. Both the Dems and the GOP are to blame. We have to come together and solve the real structural problems this country is facing. It won't happen unless both sides compromise.

■ **Any resolutions?** I have made the same resolution for three years: continued exercise and healthy eating.

STEVE WEAGLE

Meteorologist for WPTV-Channel 5 News

■ **What are you most looking forward to in 2014?** I'm hoping for another unusually quiet hurricane season in 2014. It worked well for us this past summer.



■ **Are you worried about anything in the coming year?** I fear we're in for a winter that feels like summer — with no end to the warm weather.

■ **Any resolutions?** I usually don't do resolutions. But if I can quit bread for a year, I'd be happy.

JACK LIGHTON

President and CEO, Loggerhead Marinelife Center

■ **What are you most looking forward to in 2014?** 2014 will mark my first-year-anniversary at LMC and I am most looking forward to announcing some very exciting local and global partnerships and plans for LMC's future. These partnerships will be a steppingstone toward accomplishing our vision: to be recognized locally and internationally as the leading authority in sea turtle education, research and rehabilitation.



■ **Are you worried about anything in the coming year?** As LMC continues to grow, my biggest concern is to ensure our organization keeps a close focus on our history and our roots (LMC founder Eleanor Fletcher and our local community). I want us to create a balance between our desire to become one of the world's leading sea turtle and ocean conservation centers, while maintaining our north Palm Beach County charm.

■ **Any resolutions?** Yes! What LMC researchers do on our beaches has always fascinated me. In 2014, I resolve to become trained and certified as a LMC beach nesting technician under the guidance of our research team.

ROE GREEN

Philanthropist and patron of the arts

■ **What are you most looking forward to in 2014?** Great art, which includes theater, dance and music.



■ **Are you worried about anything in the coming year?** I worry that the computer will make us lose our imagination, and that theater will become obsolete because everything can be done by machine. I worry that people won't be able to write!

GAIL CONIGLIO

Mayor of Palm Beach

■ **What are you most looking forward to in 2014?** We continue to work together to protect our beaches both with a long-term plan and committed funding sources. A healthy coastline protects our properties, and economic and recreational opportunities.



Looking forward on the political scene, she would like to see an end to the discord in Washington. "My wish for the New Year is that the election cycle and messy issues are resolved 'gently.'"

COMMENTARY

Land of opportunity

rogerWILLIAMS

rwilliams@floridaweekly.com



You hear it all the time: "I'm ADHD."

"He's got ADHD."

"My daughter has been diagnosed with ADHD."

The disorder seems to get diagnosed by doctors the way ducks seem to get shot by duck hunters: just point and shoot, or diagnose, as the case may be. At up to 100 yards.

"There goes one! Look, he's flappin' his wings. Point...Squeeze...ADHD!"

In the case of advertising videos made by drug companies, doctors paid to pedal pharmaceuticals can question a patient and make a diagnosis all in six minutes flat, according to "The Selling of Attention Deficit Disorder," a Dec. 14 report in *The New York Times*.

Maybe somebody should sell T-shirts emblazoned with the celebratory letters for this seemingly new and lucrative fashion in illness. The market could be huge.

After all, by some estimates about 40 million Americans are now said to have the disorder, which was diagnosed in about 3 to 5 percent of children 50 years ago, and jumped from 7.8 percent in 2003, to 9.5 percent in 2007, to 11 percent of those between the ages of 4 and 17 in 2011, according to the Centers for Disease Control and Prevention.

Now, one in seven children are diagnosed with ADHD by the time they're 18.

Can you imagine such a T-shirt market, at \$15 a pop? In Palm Beach County alone,

203,550 human beings could be walking around with ADHD, according to these numbers — and every last one of them in the market for a stylish fit that would proclaim the most fashionable disorder on the hoof, nowadays.

Oh wait, they do sell such T-shirts. Or at least they do to Adam Levine, lead singer for the band Maroon 5, who wears one that says "ADHD." But that might be because he's a paid promoter for the pharmaceutical company, Shire, makers of the drug Adderall, which is often prescribed for the disorder.

ADHD, by the way, is a synonym for Attention Deficit Hyperactivity Disorder. I would call that name as truth in advertising.

But I would not call the name "Adderall" truth in advertising.

"Addenol" was coined in 1994 by an entrepreneur named Roger Griggs. Mr. Griggs thought that a weight loss pill might help treat Attention Deficit Disorder, as it was called at the time, so he renamed it.

To do so, he took A.D.D., added the suffix "all," and ended up with the name Adderall.

"A.D.D. for all," says *The New York Times*.

"Shire, realizing the drug's potential, bought Mr. Griggs's company for \$186 million and spent millions more to market the pills to doctors."

I'm only being partly facetious when I say that if you're over 50 or so, you come from a world where ADHA didn't exist. In the eyes of the society then, there was no such thing, or a very little thing.

Instead, there was irritability and restlessness and inattention and hyperactive behavior — I think there was hyperactive behavior, or maybe there was just "wound-up" — but

there was no ADHD. Except in Holland. In Holland, the acronym stands for *Alle Dagen Heel Druk*, which, as you know, means *Very Busy Every Day*.

But now we have the disorder — a whole bunch of us have it, apparently.

And a whole bunch of us, an entire and well-paid industry, stand ready to treat it.

Thirteen board certified psychiatrists in Palm Beach County — medical doctors specializing in psychiatry — are listed by *Psychology Today* as having practices that focus on ADHD, along with roughly 70 more psychologists and psychotherapists or counselors whose names and practices appear in a search for ADHD treatment in Palm Beach County.

Many more medical doctors also diagnose and treat it with prescription drugs. And nowadays, pharmaceutical companies that have made billions producing those drugs for children are looking to a new and even bigger market: adults never before diagnosed.

Adults get diagnosed sometimes after their children are diagnosed, since the disorder is said to be genetic and doctors are beginning to diagnose back up the family tree, not down it.

Drug companies such as Shire apparently help with this process, by kindly teaching doctors how to recognize ADHD — sometimes by flying them to cushy, high-end resorts where other doctors, who are paid to do so, show them slides and lecture on how to make diagnoses.

Which is why I'm not writing about ADHD, here. I'm writing about advertising, and the slippery distinction between truth in advertising, and misrepresentation.

No doubt, ADHD exists. And it can be treated. But the meteoric rise in diagnoses in the United States corresponds with a history of intense and sophisticated advertising by drug companies — which massively exaggerated the benefits of the drugs, while playing down the sometimes serious side effects. That history led many more doctors to prescribe their medications to many more patients they diagnosed with the disorder. And it led some doctors to claim that the stimulant medicines were no more harmful than aspirin.

Such a claim is demonstrably untrue, and it's one of the reasons why the pharmaceutical company, Shire, makers and sellers of Adderall, agreed to pay \$57.7 million in fines for false advertising 10 months ago (Shire ads suggested transformations in the behavior and the success of children into adulthood that no research confirmed).

Money lies at the heart of the abuse, if there is abuse — and I think there is.

In 2002, the drug industry showed sales of \$1.7 billion for stimulant medication used to treat ADHD. And in 2012 that figure had risen to almost \$9 billion, *The New York Times* reported, using data from a company called IMS Health.

Since one billion is equal to 1,000 million, a fine of \$57.7 million, which sounds horrific in itself, amounts to not much more than a bee sting.

Once again, greed has turned the land of opportunity into an embarrassment of riches.

And the strong likelihood is that some people who do not have ADHD are treated for it anyway, with drugs that will do them no favors. ■

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Animal Rescue League Christmas Ball raises \$600,000

SPECIAL TO FLORIDA WEEKLY

A receiving line of adorable, adoptable, tail-wagging pets greeted more than 300 guests at the Peggy Adams Animal Rescue League's 42nd Annual Christmas Ball on Dec. 5 at Sailfish Club in Palm Beach. The 2013 Christmas Ball was the single largest revenue-generating event in the history of Peggy Adams Animal Rescue League, bringing in more than \$600,000.

"It's incredibly powerful to see this record-breaking level of commitment from the community to support the critical services Peggy Adams provides to the dogs and cats who need it most," said Pauline Pitt, event chair. "These funds will help us provide services for more than 20,000 animals."

During the ball, Ms. Pitt announced that the Animal Rescue League was on track to help more than 3,500 pets find forever homes and to perform almost 10,000 spay/neuter surgeries.

Board members and distinguished guests included Board President Joanie Van der Grift and husband, Paul, Vice President Nellie Benoit, Board Chair Lesly Smith, Vice Chair Jane Grace, Lord Charles Spencer Churchill, Carolina Herrera, Laurie and Steven Gottlieb, Virginia Burke, Janet Pleasants, Sandy and Bill Meyer, Nancy Brougher, Cathy and Jack Flagg, Vicky and Sam Hunt, and Emilia and Pepe Fanjul, among others. Guests had front row seats for the parade of animals, as the four-legged friends marched through the dining room to the tune, "How Much is that Doggie in the Window."

During the event, Pauline and George Michel adopted Coco, Dan Ponton adopted Avocado and Lydia and Robert Forbes adopted Luna.

In addition to animal adoption and spay and neuter services, Peggy Adams Animal Rescue League offers dozens of services, including a vaccine clinic open seven days a week, affordable vaccine packages, pet identification and micro-chipping, and behavior and training courses. Visit www.peggyadams.org for more information as well as additional events and fundraisers to support the league. ■

Silver Sailfish Derby set to launch 77th annual tournament

SPECIAL TO FLORIDA WEEKLY

In the fast-paced world of competitive billfishing, many tournaments continue to push the envelope in terms of high-stakes payouts and teams go to extreme measures in their preparation, the Silver Sailfish Derby has remained much the same since its inception.

Founded in 1935 by the West Palm Beach Fishing Club, or WPBFC, the Silver Sailfish Derby is recognized as the world's oldest sailfish tournament and continues to attract some of the best sailfish anglers, captains and crews in the sport. Even though six-figure payouts are not a part of the prize structure, the derby's loyal following and continued popularity is a testament to the unique character of the event. The 77th annual Silver Sailfish Derby is set for Jan. 9-11 from the Sailfish Marina on Singer Island. Captain's meeting is Jan. 8 at the WPBFC.

The 2014 derby is expected to draw approximately 45 boats and 200 anglers who will be vying for some of the most prestigious awards in competitive sailfishing. Part of what makes the Derby so special is the people involved. Many of the awards are sponsored by fami-



COURTESY PHOTO

The team from Absolut Joy toasts victory.

lies who have been associated with the event for decades. The derby's top awards include the Mrs. Henry R. Rea trophy, the Top Lady Angler in memory of Rose Hampp, and the Louis S. Boski award for Outstanding Angling Achievement. Other prizes include the Top Small Boat, Top Tag Team, daily angler and boat awards, and overall boat and angler awards.

The derby has embraced the digital age, featuring a virtual scoreboard allowing anyone with an Internet connection to follow the action as it unfolds. The

derby's scoreboard will go live just prior to the event and can be found on the WPBFC's website at www.westpalmbeachfishingclub.org. The derby Facebook page also offers event information, updates, stats and photos, www.facebook.com/silver-sailfishderby.

With more than three quarters of a century of angling history, there have been plenty of memorable moments in the derby and many tremendous catches. Perhaps none were more dramatic than the record-setting event in 2012 when 46 boats caught and released an unprecedented 1,174 sailfish. Derby anglers are hoping for a few cold fronts during this holiday season to help push the fish south so that more pages can be added to the history books.

Early registration deadline has ended, so the entry fees are \$1,275 per boat (if at least one angler is a WPBFC member) and \$1,600 per boat for non-members. Proceeds from the event benefit the many community initiatives of the non-profit West Palm Beach Fishing Club. For additional information on the Silver Sailfish Derby, contact the WPBFC at 832-6780 or register online at www.westpalmbeachfishingclub.org. ■

Rooney's Golf Foundation Tournament benefits local charities

SPECIAL TO FLORIDA WEEKLY

The 12th Annual Rooney's Golf Foundation Charity Tournament recently was held at PGA National to benefit four local charities.

A record total of \$46,500 was distributed to Autism Project of Palm Beach County, FAU Honors College, Pathways to Independence and Potentia Academy.

Local Rooney Family businesses, Palm Beach Kennel Club and Rooney's the Gastropub coordinated the tournament with a committee of volunteers. This year's honorary chairs were JD and Tiny from 103.1FM WIRK's morning show. Official sponsors included 1st United Bank and Preferred Air Conditioning & Mechanical Inc. Carrier.

"We enjoyed a beautiful day at the PGA Resort and want to thank our generous sponsors, hard-working committee and volunteers and the many participants and contributors." Alexis Barbish, Patrick Rooney Jr.'s assistant, said in a prepared statement. "Without them, the tournament would not be possible."

The tournament was played on the



COURTESY PHOTO

The Rooney's Golf Foundation Committee is: front row, Alexis Barbish, Janice Meeks, Sue Buechele, Kaitlyn Decker, Sarah Mears; back row, Patrick Rooney Jr., Duane Meeks, Kyle Henderson, Jessica Davis, John Davis, Beverly Kelly, Diane Reeves.

Champion, Palmer and Fazio Courses at PGA Resort; 240 golfers participated. The event featured Dr. Dunn's Instructional class and a deluxe buffet dinner and awards ceremony at the resort. Money also was raised through the tournament raffle, which featured vacation getaways, a flat screen HD TV, golf outings, dinners, sports and concert tickets and more.

Rooney's Golf Foundation has donated \$442,500 to local Palm Beach County charities since 2001. The money was

raised through the golf tournament, 5K and poker events.

The 4th Annual Charity Poker Tournament is scheduled for Jan. 18 in the Poker Room at Palm Beach Kennel Club. The 7th Annual RGF 5K will be held on April 19 at Rooney's the Gastropub in Abacoa, and the 13th Annual RGF tournament is scheduled for Nov. 7 at PGA National.

For more information, call Jessica Davis at 683-2222, Ext. 141, or Alexis Barbish at Ext. 146. ■

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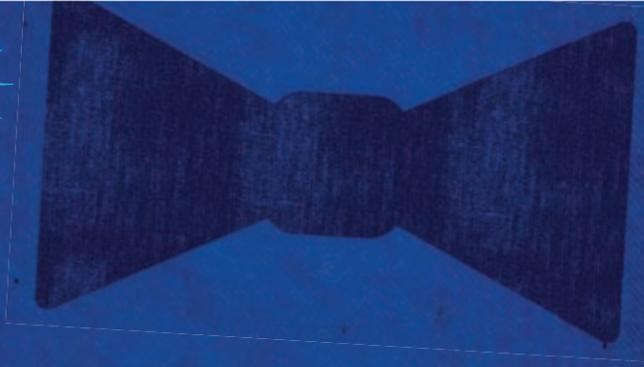
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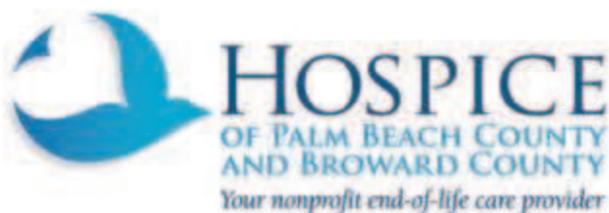
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Bruce Lewis shares his family's experience.

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HEALTHY LIVING

It's not too late to "do as I do" for your children



Tara (not her real name) couldn't listen to her mother bad-mouthing the next-door neighbor to her friends for another minute. Tara had always found this neighbor to be friendly and helpful. She couldn't understand why her mother enjoyed making fun of her...

Jordan closed his eyes in disgust as his father berated the coach. Jordan was really upset that the coach didn't play him much during the last game, but the last thing he wanted was for his father to make a spectacle of himself in front of the entire team...

Samantha prayed her mother wouldn't drink too much at the graduation reception. Her entire class and teachers would be there, and when her mother gets going, she becomes loud and boisterous. She could swear her friends are still talking about the time her mother got loaded and picked a fight with Jenna's dad...

Have you ever stopped yourself just as you were about to open your mouth because you realized your children were in earshot?

Have you ever noticed that when you are behaving your worst, your children somehow miraculously appear and see it all?

When we are caught up in the moment, we don't always consider that our behavior can have a huge impact on our children, no matter what their age.

Our children have strong feelings and are very conscious about how others react to our behavior. They can't help but personalize our actions. If they find our behavior embarrassing, they become self-conscious and ashamed; and may believe that our misbehavior is a negative reflection on them.

Most of us start out with the best of intentions. Although we have a huge investment in trying to teach our children right from wrong, we don't always stop to consider that they might form their own conclusions by observing what we don't want them to see.

It's easy for us to tell our children what not to do: "Don't smoke. Don't drink. Don't lie." We may wish that our children would do what we say, and not pay too much attention to observing what we do. Unfortunately, as we know, it doesn't work out that way.

Adolescents, in particular, are extremely sensitive to hypocrisy. When young people recognize that a parent says one thing, and acts another

way, it is very disturbing. When they observe their parents behaving poorly, they find themselves questioning every aspect of their present reality. If they have been invested in believing that their parents behave with integrity, they must now recalibrate their perspective.

It takes much more effort and discipline to practice what we preach. Knowing right from wrong, and the consequences of breaking rules, is not enough to guarantee that we will control our impulses and behave well. Demonstrating maturity and self-control will help us teach them to tolerate frustration, inhibit action and to behave appropriately. This is how young people learn problem-solving and communication skills and to become accountable for their actions.

Daniel Goleman, a world-renowned educator and author writes, "There is perhaps no psychological skill more fundamental than resisting impulse. It is the root of all emotional self-control, since all emotions, by their very nature lead to one or another impulse to act." He has written extensively about "Emotional Intelligence," a trait he describes as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships.

Even if you've been remiss in your behavior, it's not too late to become a good example.

Don't worry that it will seem hypocritical of you to change your behavior mid-stream.

You can actually come clean, and let your child know that you are committed to the hard discipline and restraint of making concerted changes.

If you were to say, "I know I can be hot headed when something really upsets me, but I'm working on keeping my cool," you are communicating a powerful message that you recognize the importance of maintaining appropriate control. When you are in the midst of trying situations, you can even share with your child

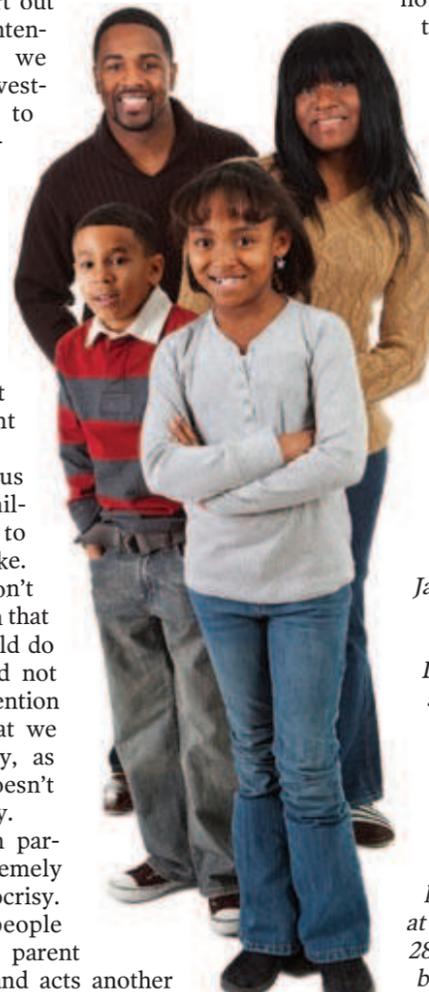
how frustrated you are; but that you are working hard to find alternative means for dealing with your upsets.

We know that our children often put us on a pedestal, expecting us to be better than we are. They count on us to show them the way, and to have a moral compass that they can emulate and follow. The responsibility can be awesome.

However, these expectations can nudge us to behave better than we might have otherwise. ■

— This column first ran on Jan. 6, 2011.

— 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 her Gardens office at 630-2827, or online at www.palm-beachfamilytherapy.com.





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Other risk factors for osteoporosis include regular consumption of alcohol, smoking and certain medications, including glucocorticoids, long-term use of some anti-seizure drugs, gonadotropin-releasing hormone drugs for endometriosis, certain cancer treatments and excessive use of antacids that contain aluminum.

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To reduce the risk of falls, rooms should be kept free of clutter, and carpets and area rugs need to be anchored to the floor. Rubber-soled shoes are suggested for better traction and a cane or walker can help with added stability.

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Even if you have already been diagnosed with the disease, you can take steps to slow its progression and reduce the risk of falls. For more information about osteoporosis, talk with your doctor or see www.pbgmc.com/en-us/our-services/medicalservices/pages/orthopedics.aspx. ■

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MONEY & INVESTING

Government puts a damper on the Christmas spirit

jeannetteSHOWALTER, CFA
showalter@wwfscsystems.com



There are two times of the year when this column becomes more personal: Christmas and Valentine's Day. Christmas engenders thoughts of giving to those we love. Valentine's Day engenders heartfelt thoughts of protecting and providing for those we love.

Through the year, the letters from my readers range from their likes/dislikes to corrections and admonishments. These letters are well received by me. I am grateful for those who regularly read my column, hold me to my money and investing task, and take the effort to cogitate, formulate, articulate and communicate their reactions. I am so appreciative for my diverse readership.

Most recently, in response to a column that I wrote on the economic dislocation caused by the Obamacare roll out, a reader wrote and debated some elements of my column. Beyond that, I was brought to a pause by some of her well expressed money attitudes. Her core point was that in our giving, daily business transacting and attitudes toward government action, we really do need to think of others and not just ourselves, not just our immediate family and not just the loves of our lives.

Here is what she wrote about "obesity of the spirit," printed with her permission:

"When you take more than your share, it causes obesity. Too bad we don't have a visual. It would make all of us check our behavior. I, too, fight these tendencies every day. The rise in health care for my small business began long before Obamacare was a reality. My only real comfort knows my fellow Americans will also have care. My anger is directed to those who would profit excessively to exploit the present situation, and I fear there is really a lot of that going on."

So who is taking more than their fair share? Is it the medical profession; by and large the answer is no; by and large, doctors, nurses and hospitals are not being overpaid. In fact, they might be underpaid relative to the service that they provide; the amount of costly education required, the surrender of personal free time in order to fulfill unseen responsibilities: off hour's phone calls; hospital on-calls; research and professional studies; and contributions to the community, etc.

For my part, I long held a gross generalization that doctors had a cushy life and earned excess profits. And perhaps that was true throughout the 1980s. After eye-opening discussions with doctors, especially a local oncologist who shared his all-consuming schedule that has characterized the entirety of his profession, my perspective changed. Beyond his practice "owning him," there are rigors, stresses, business liabilities, never-ending fear of patient lawsuits and pressure to remain abreast of medical advancements. The overall cost/benefit in these professions has changed, such that fewer and fewer doctors are

graduating from medical school and many are leaving traditional private practice and opting for concierge practices that allow them the time and freedom to pursue a total health solution for patients.

So who, in my estimation, suffers from obesity of the spirit? It is unfashionable to label government as exploiting health care for gain, as the current administration wants recognition for trying to do something good for all citizens.

However, when government's (supposedly) best intentions are poorly executed, planned, require extravagant budgets and widely acknowledged mistakes are not fixed, it collectively translates into government's obesity of the spirit. Some who are exploiting health care for excess gain include those grossly overpaid (at \$350 million plus) to build the Obamacare website and failed to deliver and certain career politicians who passed the (non) Affordable Care Act without having read/comprehended its contents and implications prior to its passage.

I often reflect on my deceased father's generous behavior to loved ones, fellow corporate employees and to the masses of the less fortunate. As a fatherless teen during the Depression, he went to work after high school graduation as a mail runner for Equitable Life (now part of AXA). The head of the legal department took a liking to my father and convinced the Equitable to pay for his night college and law school education at Fordham in NYC. My father was ever indebted and in years ahead, despite many Wall Street

law firms' continuous offers at substantively higher pay, my father was allegiant to Equitable for the entirety of his career. After corporate work hours, he gave free legal services to any widow as he recalled the dire circumstances of his widowed mother and those less fortunate — no obesity of the spirit there.

Not everyone is merry this holiday season; some are without employment, housing, encouragement, dreams, education, etc.

If we can still find ways to limit our obesity of the spirit and keep our eyes open to find ways to financially help our fellow man in our everyday life, we might find better solutions than what our already obese government mandates and, so often, is incapable of executing. Unfortunately for some, the recent increased taxation of individuals will most likely curb their generosity and charitable giving. The reality is that there are fewer after-tax dollars and the government grab has a way of squelching many a generous spirit. ■

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

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POLO

From page 1

his biggest passion — polo — tragically transformed into one of hospital stays, chemotherapy sessions and medical tests. Doctors, nurses and sick children replaced coaches, trainers and friendly teammates.

"I was just mainly pissed off," Mr. Phillips said. "It was really going to be my first summer playing tournaments at home and really concentrating on polo. I was more frustrated that everything was going to get messed up."

His parents spared their son the grim prognosis, enabling him to stay positive throughout the four-month ordeal.

"A lot of these things were kept from me, but I never for one second thought I was going to die," Mr. Phillips said. "I was in there with kids who had less-severe cancers than I did and were dying off. Every CAT scan I went through, I was visualizing in my mind that the tumor was gone."

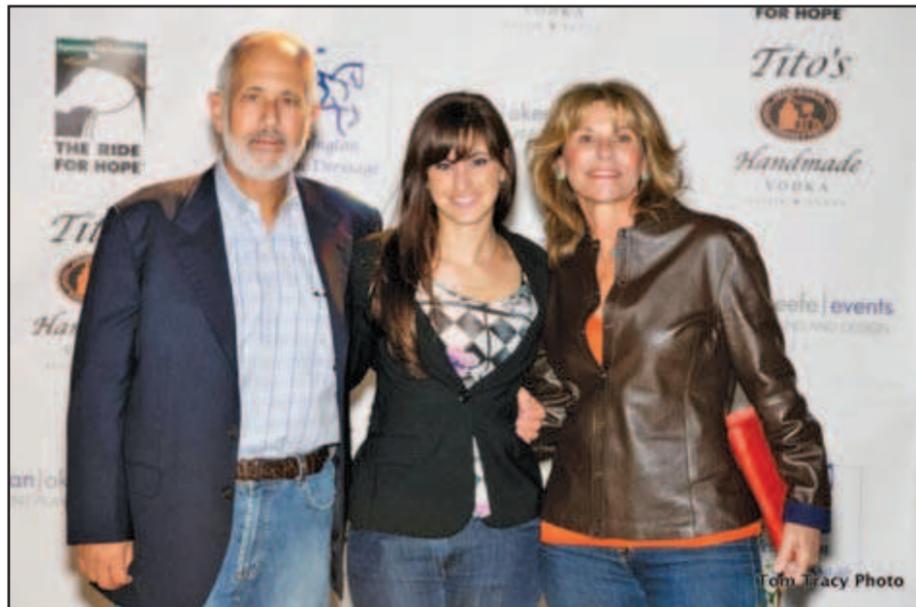
His perseverance resulted in recovery, remission and, to this day, no sign of relapse.

"I was trying to stay focused," Mr. Phillips said. "Everyone I noticed that was negative would end up dead."

Afterward, he never spoke of it. He returned to school and went to practice and hung out with his buddies. He didn't realize he could have died until a teacher posed the question.

"I guess I could have," Mr. Phillips said. "It's God's test. He wants to see if I can get through this, so screw him, I'm going to get through it. When you pass that test, you build on it. It's a hurdle."

At 17, he started playing polo professionally in Wellington, where he lives today. Thankful for his new lease on life, he channeled his energy into improving his forehand, backhand and belly shots,



Polo for a Purpose chairs are Richard Sirota, Ali Sirota and Lynda Sirota. Richard Sirota survived lymphoma.

never looking back. Today, he plays for KIG at Grand Champions Polo Club.

During the course of his 20-year career, he has collected such coveted trophies as the C.V. Whitney Cup and the USPA Piaget Silver Cup. He has reached the finals of the U.S. Open Polo Championship once and has a mission to win it if not next year, someday.

"It's kind of like the Stanley Cup of polo here," Mr. Phillips said of the match the Argentinian team Zacara won in 2013.

He and high-goalers Jeff Blake, Sugar Erskine, Kris Kampsen, Chris Nevins and Nic Roldan volunteered to participate in Polo for a Purpose to raise awareness about the Leukemia & Lymphoma Society and money to fight blood cancers.

Mr. Phillips, now comfortable sharing his story, wants those fighting their diseases to know the importance of staying positive.

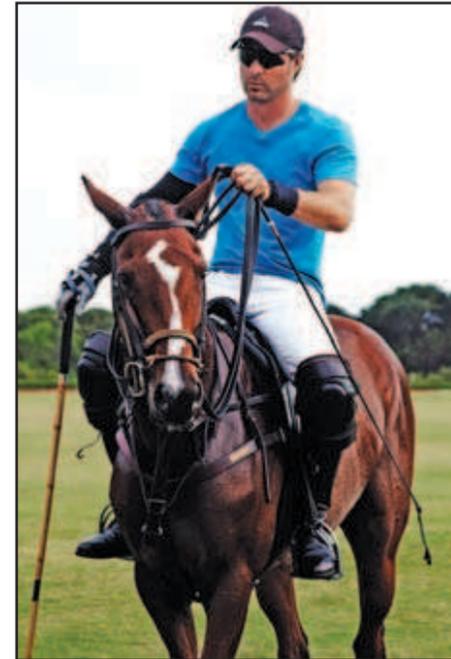
"I think I could really help a lot," he said. "I probably should have done this 10 years ago, but I finally got to a point where I didn't mind talking about it. I'm very honored to be doing it."

The event will take place from 11 a.m. to 2 p.m. and will include a champagne reception, a silent auction and a luncheon in addition to the exhibition match.

"I think it's important when it comes to nonprofits to have the younger crowd involved," said Ali Sirota, junior chairwoman of the event. "We want them to support a cause like this to raise money for an organization that can, hopefully, find a cure for this so our kids don't have to go through it."

Ms. Sirota's father, Richard Sirota, chairman of the fundraiser, developed Hodgkin's lymphoma in 1985, survived it, had a recurrence in 2005 but pulled through again.

"It's something that is clearly very



Polo pro Brandon Phillips was diagnosed with non-Hodgkin's lymphoma when he was 14. He said it had been important to remain positive during his recovery and remission. There is no sign of relapse.

close to the hearts of both me and my parents," Ms. Sirota said.

Polo for a Purpose marks a new event for an organization known mostly for its Team in Training and Light the Night initiatives.

"Brandon has been here every step of the way for this," said Pam Payne, executive director of the chapter. "He is awesome. He is just awesome." ■

in the know

- >> **What:** Polo for a Purpose
- >> **When:** Jan. 4, 2014
- >> **Where:** International Polo Club Palm Beach, 3667 120th Ave. South, Wellington
- >> **Cost:** \$100 to \$150
- >> **Info:** 616-8682 or lls.org/pb/polo

WEEK OF DECEMBER 26-JANUARY 1, 2014

PALM BEACH COUNTY COMMERCE

“You are not liable for any fraudulent charges on your (Target) account, and there are some simple things you can do to make sure your card was not used fraudulently.”

— Carrie Hurt,

president and CEO of the Council of Better Business Bureaus, in a prepared statement.

What to do if you used a credit card at Target

SPECIAL TO FLORIDA WEEKLY

The Better Business Bureau has some suggestions for Target customers who are concerned that their credit or debit cards may have been compromised by the data breach announced by the retailer this morning.

“First of all, if you used a credit card at Target in the past few weeks, don’t panic,” advises Carrie Hurt, president and CEO of the Council of Better Business Bureaus, in a prepared statement. “You are not liable for any fraudulent charges on your account, and there are some simple things you can do to make sure your card was not used fraudulently.

“Target has already issued a warning for consumers and is working with banks and credit card issuers to alert them to which numbers were stolen,” Ms. Hurt added. “You can expect to hear from your bank if your card information is identified as having been compromised, and you can always call the customer service number on your card if you have a question.”

BBB suggests the following advice.

For those who shopped at Target with a credit card:

- Monitor your credit card statements carefully (go online; don’t wait for the paper statement).

- If you see a fraudulent charge, report it to your bank or credit card issuer immediately so the charge can be reversed and a new card issued.

- Keep receipts in case you need to prove which charges you authorized and which ones you did not.

- For those who shopped at Target with a debit card:

- Do all of the above as for credit cards, but pay very careful attention to your account, as debit cards do not have the same protections as credit



cards and debit transactions withdraw funds directly from your bank account. Contact your bank for more information, or if you want to pre-emptively request a new debit card or put a security block on your account.

- For EVERYONE, not just those who shopped at Target:

- Beware of scammers who will likely use this highly public event to purport to be from Target, your bank or your credit card issuer, telling you that your card was compromised and suggesting actions to “fix” the problem.

- Check before you click. Phishing emails may attempt to fool you into providing your credit card information or ask you to click on a link or open an attachment, which can download malware designed to steal your identity.

- Don’t click on any email links or attachments unless you are absolutely certain the sender is authentic.

- For all businesses that collect customer information:

- Make sure you protect your cus-

tomers’ data. If a data breach can happen to a major retailer with significant data security measures in place, it can happen to any business.

- Check out BBB’s updated online guide Data Security – Made Simpler for free information on how to create a data security plan.

NOTE: Target is a BBB Accredited Business and a National Partner of the Council of Better Business Bureaus. For more than 100 years, Better Business Bureau has been helping consumers find businesses, brands and charities they can trust. In 2012, consumers turned to BBB 124 million times for Business Reviews on more than 4.5 million companies and Charity Reports on 11,000 charities, all available for free at bbb.org. The Council of Better Business Bureaus is the umbrella organization for 113 local, independent BBBs across the United States and Canada, as well as home to its national programs on dispute resolution and industry self-regulation.

Palm Beach Outlets Announces Job Fair at Northwood University

SPECIAL TO FLORIDA WEEKLY

On Jan. 9, Palm Beach Outlets will host a Job Fair at Northwood University in West Palm Beach.

Retailers will be on hand to interview candidates who are seeking positions ranging from sales associates to management. More than 100 stores will be hiring at the new outlet center.

Some of the stores participating in the job fair include, Saks Fifth Avenue OFF 5TH, J.Crew | Crewcuts Factory, Tommy Hilfiger Company Store, Aerosoles, Gap Factory Store, Rawlings Sporting Goods, Destination Maternity and more.

Palm Beach Outlets and Northwood University collaborated for the event, which runs from 10 a.m. to 7 p.m. on the campus of Northwood University at the Countess de Hoernle Student Life Center, at 2600 N. Military Trail, West Palm Beach, 33409.

“We are pleased to host this important community event on our campus,” said Northwood University President Dr. Tom Duncan. “As a business university, we are excited to partner with the Palm Beach Outlets Mall as it prepares to add over a thousand new jobs to the West Palm Beach economy.”

Says Palm Beach Outlets General Manager, Jim Roberts, “Palm Beach Outlets will create over a thousand jobs in the local market. The New Year will bring new opportunity for so many in our community.”

Located directly off Interstate 95 on Palm Beach Lakes Boulevard in West Palm Beach, Palm Beach Outlets is being developed by a partnership of New England Development and Eastern Real Estate.

Redevelopment of the property began in January 2013 and is expected to be completed on schedule for grand opening activities starting Feb. 14. The investment by New England Development and Eastern Real Estate will make Palm Beach.

An estimated 1,500 full- and part-time permanent positions in retail management and sales are projected to be created as a result of the redevelopment of Palm Beach Outlets. ■

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TRAVEL

Edinburgh boasts rich history, adventure

BY ELLA NAYOR AND JEFF CULL

enayor@floridaweekly.com
jcull@floridaweekly.com

Charm, intrigue and history fill the days and nights in Edinburgh, Scotland. The capital city of Scotland is a great holiday getaway for those craving a taste of royal living, posh shopping and the hearty conversation of locals. Edinburgh has it all.

Stroll up to the famed Edinburgh Castle at the top of Castle Rock and linger in the quaint shops and pubs located along the Royal Mile. Nibble on traditional Scottish foods such as Haggis and salmon. Sip a fine Scotch while listening to live music and making merry with the locals. Edinburgh is a place for all seasons and moments.

Here's a few must go's while in Edinburgh:

Edinburgh Castle

Each year more than a million visitors trek up the Royal Mile to Edinburgh Castle. The royal residence has been the center of many battles and strife over the centuries. Now visitors get a chance to check out the military fortress — complete with cannons — built into Castle Rock. Military ceremonies, historical reenactments are some of the many draws to Edinburgh Castle. And don't forget to bundle up, as the top of Edinburgh Castle can be quite windy. But the breath-taking views of the city and Garden of Princes cannot be missed! Inside the castle pad

through the rooms holding the Scottish Crown Jewels or visit the Scottish National War Memorial.

Royal Mile

Shops, and historic sites detailing the rich history of Scotland can be found along the Royal Mile — which leads to Edinburgh Castle. The Palace of Holyroodhouse is the official residence of the Monarch of the United Kingdom. Tours of the sweeping, grounds and gardens as well as the interior palace are available. Learn how the royals really live. Stroll through the majestic dining room and living areas of the palace. After your visit don't forget to pamper yourself with a bit of royal attention and fun at the classy and hip cafes, pubs and shops along the Royal Mile.

The Witchery — an upscale restaurant — considered to be haunted — is lively and bewitching with its medieval décor and atmosphere. Food is sumptuous and a sampling of one of their fine Scotches — a must! Along the way stop and watch a kilt being put together. Kilts and other traditional Scottish apparel and cultural mementos are available — yes including bagpipes.

With so many places to see and things to do, time seems to melt away in Edinburgh. Pack rainy gear and warm clothing — as Edinburgh is chilly, windy, rainy and sunny — usually all at once — as the locals will joke. And don't forget to enjoy every second of this city steeped in history and lore. ■



PHOTOS BY ELLA NAYOR / FLORIDA WEEKLY

The Great Highland Bagpipe dates back to the 15th century. Here, a bagpiper, in traditional garb, plays in the city center.



The Palace of Holyroodhouse is the official residence of the Monarch of the United Kingdom. The current queen spends one week there every summer holding court.



The Royal Mile is the main thoroughfare through the Old Town of Edinburgh. Today it's a mix of shops, restaurants, pubs and visitor attractions.



The bars come alive at night in Edinburgh with Scottish folk music.



Cannons defend Edinburgh Castle atop Castle Rock. There has been a royal castle on the rock since the 12th century and it is Scotland's most visited attraction.

PALM BEACH SOCIETY

Shop for a Cause, Bloomingdale's at The Gardens Mall



Carol Reitz and Dale Wright



Kelsey McNaughton and Mary Simses



Debra Tornaben and Mary Simses



Debra Tornaben and Ellen Huxley



Theresa Middleton and Debra Tornaben



Dunja Calvani, Ellen Huxley, Raphael Corey and Juliana Corey



Elaine Chirico, Mary Simses and Mary Ellen Pate



Mariah Leno and Katherine Galarraga



Marilyn Perlyn and Mary Simses

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PALM BEACH SOCIETY

Cultural Council of Palm Beach County launches exhibition season with photography exhibit



Roger Latham and Tammi Latham



Richard Wilson and Mikki Vicoli



Ray Gross, Gabriele Kraus and Tom Radca



Pam Saba, Alex Anderson, Cloe Gibson and Virginia Raittano



Kim Sargent, Joan Sargent, Brad Deflin and Diane Kisner



Glenn Jergensen, Rena Blades and Alex Dreyfoos



George Michel, Pauline Michel, Alex Dreyfoos and Renate Dreyfoos



Ellen Moses, Tony Serratore and Diane Johnson

COURTESY PHOTOS \ BRODIGAN PHOTOGRAPHY

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NETWORKING

Concierge loyalty program cocktail party at 50 Ocean in Delray Beach



Joan Nova, Christine Najac, Stephanie Immelman, Nancy Stewart



Stephanie Immelman, Stephen Chrisanthus



Angie Radmer, Martha Diaz



Mark Diener, Jennifer Hesser



Cathy Jean-Louis, Rande Spencer



Christine Najac, Joan Nova



Sheila Schwartz, Jeane Sisson, Ted Buckwald



Angel Rodriguez, Molly Brown



Christine Metzger, Sally Shorr, Kimberly Ricketts

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Palatial in Mirasol

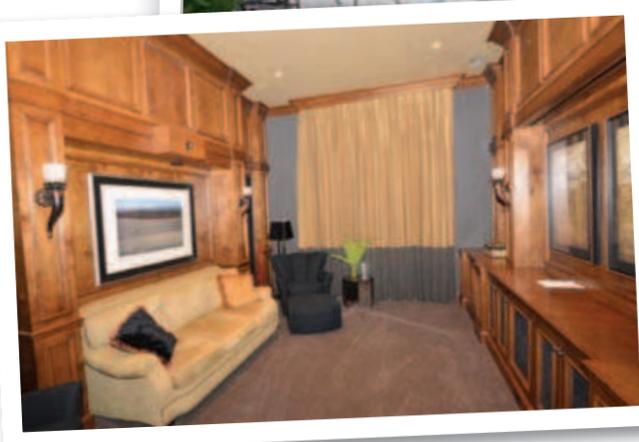
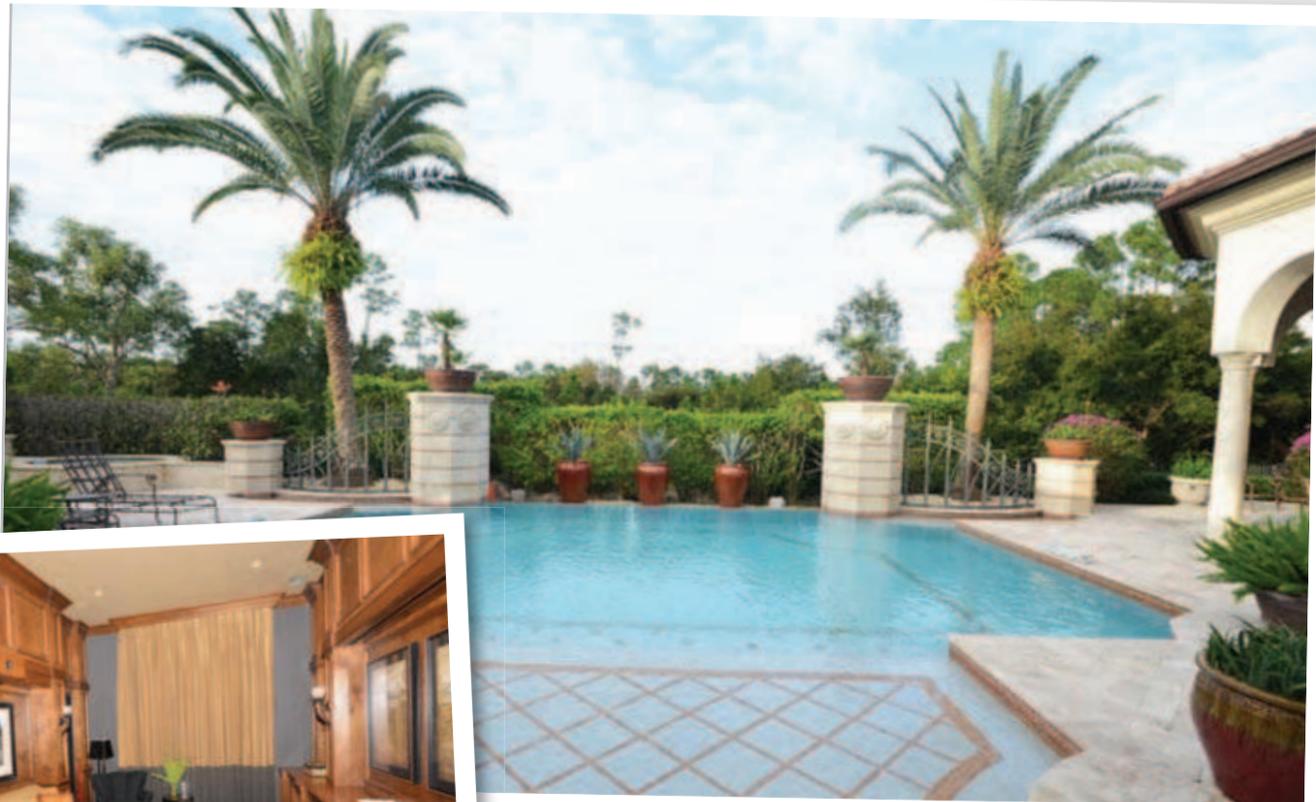
SPECIAL TO FLORIDA WEEKLY

This luxury residence offers a wealth of architectural detailing and unsurpassed quality. It is impeccably appointed from ceiling to floor in every spacious room. Features include a large lanai with gas fireplace, a summer kitchen overlooking the infinity edge pool and a spa.

The private estate at 111 Via Palacio in Mirasol, in Palm Beach Gardens, offers a chef's kitchen with butler's pantry, refrigerated wine room, commercial appliances, working island, top-of-the line cabinetry and counter-tops.

A formal living room and dining room boasts a stone fireplace with decorator appointments. The office/den is fully paneled. The master suite offers his-and-her separate baths, large walk-in closets and a covered lanai off the suite.

The home includes balconies in front and back, a 4-car garage, media room, impact glass and a central vacuum. A golf equity membership is available. Lang Realty lists the home at \$3,650,000. The agent is Carol Falciano, 561-758-5869. ■



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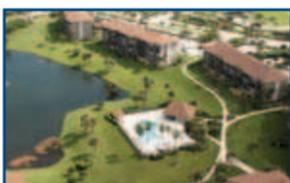
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Jupiter



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Jupiter Farms



4BR / 2BA
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Buyer and seller must take negotiations seriously for a sale to happen

heather PURUCKER BRETZLAFF



It has been a busy two weeks since the Thanksgiving holiday, which is an excellent sign of what to expect for the upcoming season. In addition to receiving an offer on one of my listings, I have also been working with three buyers.

Each one is looking for a different type of property; two of the three are very serious and have been researching the area and narrowing their choices for the past few months. One of my buyers submitted an offer in writing, which unfortunately was not accepted. They became discouraged and wanted to make a verbal offer on another property before they put anything else in writing, feeling as if they may be wasting time by putting an offer in writing.

I strongly advised against a verbal offer, convincing them to put their offer in writing. They did, and after only a few days, we came to terms with the seller. If we had submitted the offer verbally, it may not have been taken seriously and the negotiations would have come to a halt or maybe never even started.

As a real estate agent, I have a commitment to guide my clients in the best direction possible for a successful outcome. Submitting a written offer sends a message to the seller that the buyer is serious.

After all, if a buyer is serious about submitting an offer, they should be ready to make at least a small commitment, including signing the Florida FAR BAR contract as

an offer. Buyers do not need an earnest money deposit up front, and they do not need to commit to finalizing anything until they have a counter offer or acceptance. Buyers also can ask for an attorney review if they do not feel comfortable with the language — ultimately, an offer in writing is far stronger and considered more serious than any verbal offer.

In addition to feeling rejected by their first offer and not wanting to make an offer in writing, the husband was preparing to leave town on business. He would not have access to print the paperwork and get it signed while away. My solution: I faxed the documents to his hotel, and he e-signed via the Internet. The e-signed documents were sent it to his wife for her signatures, and they came back to me within an hour. It was seamless.

Next, he was concerned about the deposit. He did not want to send a check in the mail, nor did he have one. That was not a concern at all. Most of the deposits are now wired into the escrow accounts so if the offer is accepted, he would have the opportunity to wire the money on the due date, which is typically three days after the effective date.

“What if my offer is accepted, I wire the funds, and I cannot make it in time for the inspection?” he said. Again, a simple solution. I recommended two inspectors for him to contact, and after he decided which one he felt comfortable with, I scheduled the appointment to meet the inspector.

Everything is according to schedule and



it is important to remember to use the tools at hand to make the process of selling real estate a personal and professional experience. Anyone can throw out a verbal offer, but it doesn't resonate until it can be seen in writing. That is when the experience begins.

As a professional, it is crucial that I keep it a good and memorable experience for all involved. Buying a home is one of the most important decisions in people's lives, and writing a contract should be taken seriously. The agent should always make the process easy enough for the client to work through and understand.

Submitting an offer on paper and in writing ensures that everyone is on the same page

and there are no misunderstandings. It also gives a simple opportunity for the review of all details, or even further review by a real estate attorney.

Simply put, verbal offers often do not provide enough detail to be taken seriously.

Please do not get me wrong as several verbal offers are made by extremely qualified buyers but the sellers often think if they can't take the time to put this on paper, then they are either not serious or not qualified and do not want to waste their time. Buying or selling a home is an extremely serious process and should be treated as such from beginning to end. ■

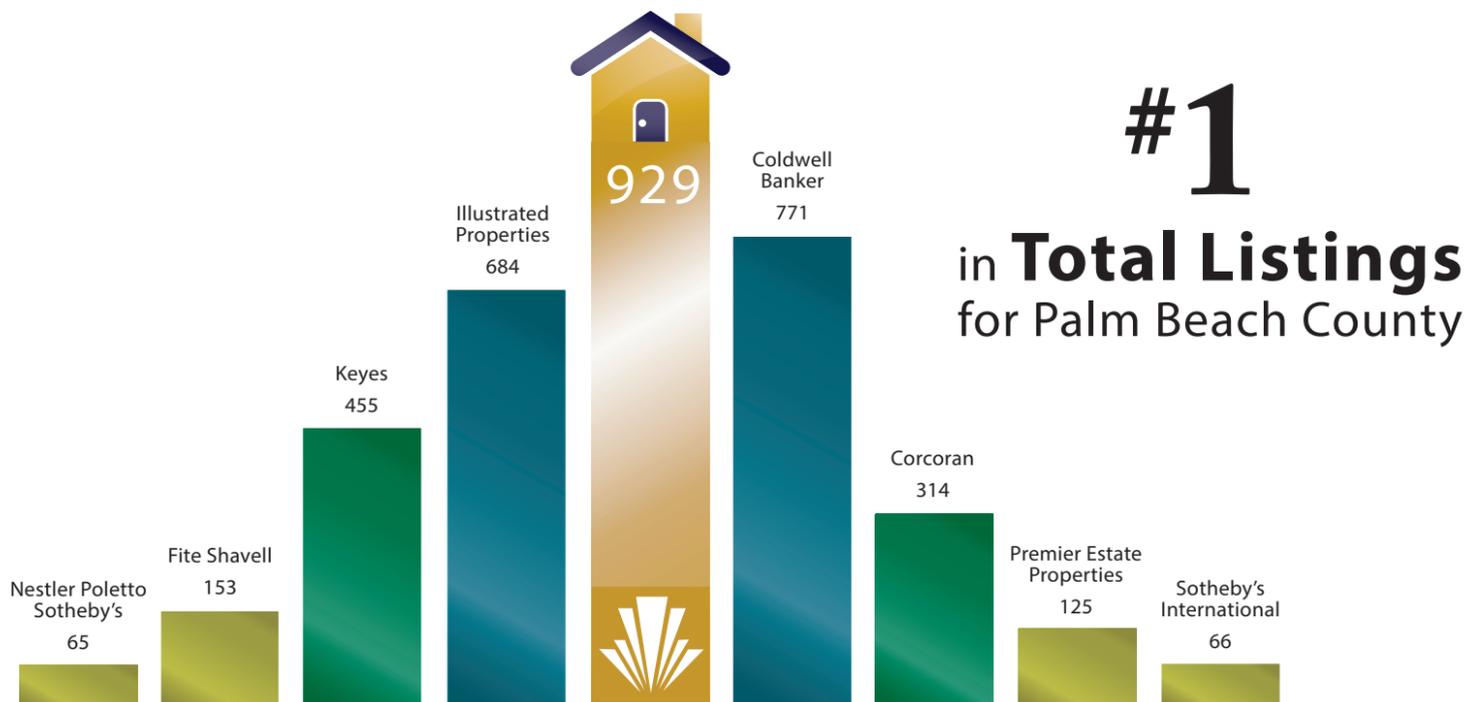
— Heather Purucker Bretzlaff is a Realtor with the Corcoran Group in Palm Beach. She can be reached at 722-6136.

running smoothly two weeks into the contract. It can be a pleasant and rewarding experience, especially if the negotiations begin in the professional manner they should.

I don't want to make it sound like buyers are the only people who want to work through a contract verbally. Many times it is another Realtor. When I first began selling existing homes, I submitted an offer on a \$3 million home. My buyer was expecting a counter offer and instead of a written offer, the agent wanted to negotiate through a text. I was very surprised and tried to work through it, but it frustrated my buyer and he felt his offer wasn't important enough for a formal counter, so he stopped negotiating and we moved onto another property.

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100 ARLINGTON ROAD

Renovated 3BR with tall ceilings, wood & stone floors, personal library, impact windows, salt-water pool & garage. Relax and enjoy this boater's paradise. \$1.9M
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131 N GOLFVIEW ROAD UNIT 5

3 BR/3 bath updated Penthouse with Intracoastal & golf views, marble floors, wrap-around balcony, private guest suite, open floorplan and low HOA fees. \$595K
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418 31ST STREET

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214 CHILEAN J

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- Richard & Janice P.

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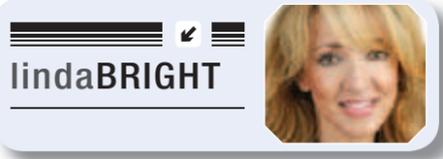
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live who you are

Consider the benefits of purchasing an existing home



When buyers embark on their venture to buy a home, a decision to consider is whether to buy new or purchase an existing home. There are benefits to each choice. Buyers of a new home may appreciate more energy-efficient appliances, contemporary decor, and that never-been-lived-in-before appeal.

Buyers of a home that has been lived in before may value the charm of mature trees that line older neighborhood streets and a more desirable location depending upon their needs and lifestyle.

Jerry and Jessica were referred to me by a client to whom I recently sold a luxury home.

They were undecided whether they wanted a new spec home, an existing home, or if they wanted to build. I discussed with Jerry and Jessica the benefits to consider in making their choice. Jerry and Jessica wanted to explore the options of a previously lived in home first. They were drawn to developed neighborhoods for the sense of an established community. The lush landscaping and mature trees reminded them of the communities where they had grown up.

We discussed the maintenance and repairs that often come with the purchase of an existing home. I advised them that in making an offer on an existing property they should make the



contract contingent upon inspection by a professional home inspector of their choosing. A thorough inspection by a professional tends to minimize the surprises or unanticipated repairs that can come with buying an existing house.

The identification of items in need of repair or replacement can be addressed or reflected in the final purchase price. Well maintained homes may require little improvement; the value in having the inspection may be peace of mind from the inspection and assurance of a professional.

Often there will be existing features in a resale property that are unique and a great benefit to the buyer.

For example, window treatments, lighting fixtures, built-in cabinetry,

security systems, home automation systems and landscaping may be benefits in purchasing an existing home. Existing homes are sometimes located in close proximity to amenities that suit the purchaser. They may provide convenient access to schools, dining, and shopping.

After viewing several new and older houses, Jerry and Jessica indicated that they would consider remodeling for the right location that best fit their needs. Overall the prices of the existing homes we viewed tended to be less expensive than the newer properties.

However, when Jerry and Jessica calculated the cost of adding window treatments, light fixtures, built-in cabinets, and landscaping, their decision to continue the search for an existing home

was strengthened.

They also appreciated the data that I shared with them showing the long and steady appreciation of the houses in the older neighborhoods over the years.

Ultimately, Jerry and Jessica decided to make an offer on a home which was built in 2005 and had many of the elements which were important to them, including location, mature landscaping, well maintained streets, and a neighborhood that had appreciated over the last eight years.

They hired a professional home inspector who provided them with a comprehensive report of the details of the home. The report reflected several minor repairs. The price they were purchasing the home at was a good value for the neighborhood and they felt comfortable the repairs were minor.

Jerry and Jessica closed on this home several months ago. They have made a few modifications to fit their needs and are thrilled to be settled in an established neighborhood. After weighing all the options, the choice of purchasing an existing home in a developed neighborhood was the best fit for Jerry and Jessica.

Consider all of your options when looking to purchase a house and you will rest assured that you made the best choice. In your exploration you will discover the house, whether existing or new construction, that best fits your needs. ■

— Linda Bright is a real estate professional with Mirasol Realty Operated by Fite Shavell & Associates, lbright@mirasolrealty.com, 629-4995.



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INTERNATIONAL REALTY

KOVEL: ANTIQUES

Commemorative flasks were once the perfect gift for barflies

BY TERRY KOVEL

Special to Florida Weekly

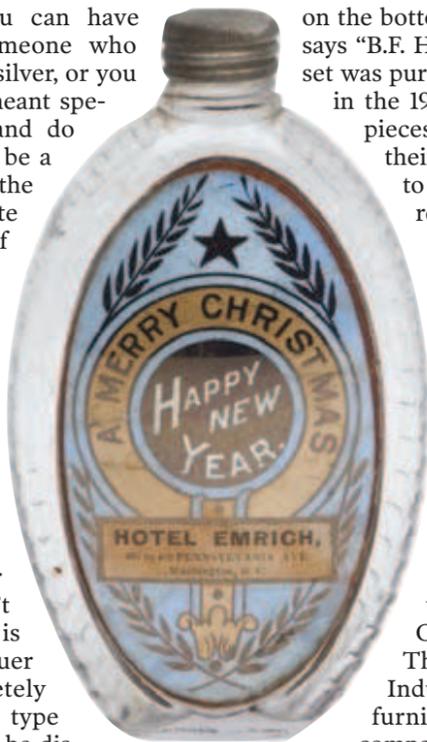
New Year's Eve celebrations have long included alcoholic drinks. A toast to the New Year is part of the party, along with music, noisemakers and a New Year's wish and kiss. In the early 1900s, bars were the hub of much social activity. Neighborhood folks would eat, drink and talk as they do today, but of course without a sportscast on a nearby TV set. Gifts from the saloon management to regular customers were expected. In the 1880s, a popular gift was a special small glass flask filled with whiskey. Its label read "Season's Greetings," and included the name of the giver — a hotel, bar or bartender. These holiday bottles are very collectible today. Price is determined by the shape and color of the bottle and the historic interest in the giver. Norman C. Heckler & Co., which operates online bottle auctions, recently sold a c.1900 gift bottle from the Hotel Emrich in Washington, D.C., for \$468. It had a label under glass, which added to the value.

Q: My grandmother, who was born in the late 1800s, had some pieces of silverware that I now own. I would like to preserve them and display them in a shadow box for my children. Is there something I can put on the silver to keep it from tarnishing?

A: Silver that is going to be displayed, not used for eating, can be lacquered to prevent tarnish. It should be cleaned

before treating. You can have it lacquered by someone who repairs and restores silver, or you can buy a product meant specifically for silver and do it yourself. This can be a difficult process if the piece has an intricate design. Every bit of the silver must be covered and the lacquer must be applied evenly. Lacquer will yellow over time and may crack. You can use Renaissance Wax, a micro-crystalline wax, instead of lacquer, but it will not prevent tarnish for as long. Silver can't be polished once it is lacquered. The lacquer has to be completely removed first. The type of box the silver will be displayed in also is important. It should have an airtight lid, if possible. Don't display the silver on felt, velvet or wool.

Q: I have a dining-room set that includes a French Provincial table with three leaves, a china cabinet with glass doors, six chairs and one armchair. All the chairs have been re-covered. A tag



"A Merry Christmas, Happy New Year, Hotel Emrich, 485 to 489 Pennsylvania Ave., Washington, D.C." is the wording on the label under glass on this holiday gift flask. It once held a half pint of whiskey. The bottle sold for \$468 at an online Norman C. Heckler bottle auction.

on the bottom of one of the chairs says "B.F. Huntley Co." The entire set was purchased at an estate sale in the 1970s. When were these pieces made and what might their value be? I'm going to sell them before we remodel.

A: B.F. Huntley, an employee of the Oakland Furniture Co., established his own furniture company in Winston-Salem, N.C., 1906. Later he acquired the Oakland Furniture Co. and two other furniture companies. In 1961 B.F. Huntley Furniture Co. merged with the Thomasville Chair Co. and became Thomasville Furniture Industries. Your vintage furniture is worth what comparable new sets sell for today.

Q: I have a very old glass plate that my great-grandmother gave me when I was 10 years old. That was 73 years ago. It's decorated with cigar bands on the back with a man's picture in the center. The back of the dish is covered with a felt-like material glued over the bands and cen-

ter picture. Can you tell me how old it is and if it has any value?

A: Cigar bands, the decorative strips of paper wrapped around cigars, were first made in the 1830s to identify brand names. Cigar bands made from the late 1800s until about 1920 are the most colorful and decorative. "Cigar band art," which is sometimes referred to as a form of folk art, was a popular home-made craft in the early 1900s. The bands were used to decorate dishes, coasters, bracelets and other items. Your dish was decorated by gluing the large picture, face down, to the bottom of the dish, then gluing cigar bands face down so they completely covered the rest of the dish's exterior. The bands were then covered with felt so that when the dish is turned upright, the bands can be seen but the back is protected by the felt. Old cigar band dishes are not hard to find. They sell for \$10 to hundreds of dollars, depending on age, condition and the talent of the maker. ■

— Terry Kovel and Kim Kovel answer questions sent to 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 photographs, 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.

Upcoming antiques and collectibles events

SPECIAL TO FLORIDA WEEKLY

Cresthaven Stamp & Postcard Show — 10 a.m.-2:30 p.m. Dec. 28, Holiday Inn Express, 2485 Metrocentre Blvd., West Palm Beach. Shows also are scheduled for Jan. 25, Feb. 22, March 22, April 26, May 31, June 28, July 26, Aug. 23, Sept. 27, Oct. 25, Nov. 22 and Dec. 27, 2014. Info: 969-3432 or 472-7020.

West Palm Beach Antique & Flea Market — Visit the West Palm Beach Green Market, then stroll a block north to this fun street market, open 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. For information, search Facebook or call 670-7473.

West Palm Beach Antiques Festival — See hundreds of dealers in antiques, collectibles and decorative items 9 a.m.-5 p.m. Jan. 3, 9 a.m.-5 p.m. Jan. 4 and 10

a.m.-4:30 p.m. Jan. 5 at the South Florida Fairgrounds, West Palm Beach. Tickets: \$8 adults, \$7 seniors, free for under 16. Two-day admission: \$12. A \$25 early buyer ticket allows admission at 9 a.m. Jan. 3. Discount coupon online at wpbaf.com. Information: 941-697-7475.

The Lincoln Road Outdoor Antique & Collectible Market of Miami Beach — This long-running market is 8 a.m.-6 p.m. Jan. 5 along Miami Beach's Lincoln Road. It's free; antiquecollectiblemarket.com.

Kofski Antiques Estate Sale — The company's estate sales are as much social events as they are sales. Kofski's second sale of the season includes furnishings from homes in Palm Beach and The Bear's Club. It's set for 9 a.m. to 3 p.m. Jan. 11-12 at 5501 S. Georgia Ave., West Palm Beach. Info: 585-1976. ■

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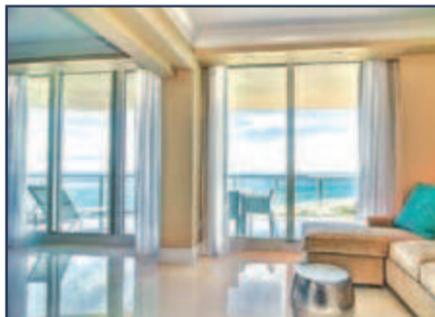
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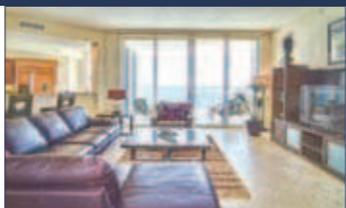
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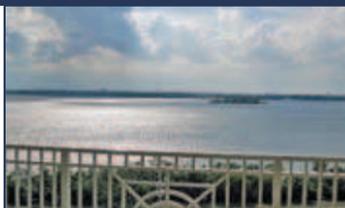
Beach Front PH 1903 3BR/3BA Spectacular views. This unit has 10FT Ceilings, marble floors and a private poolside cabana. **\$1,595,000**

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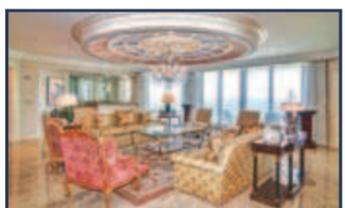
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SANDY DAYS, SALTY NIGHTS

How not to be a fan girl



In “Making a Literary Life,” author Caroline See wisely suggests that we reach out to the people we respect with a brief note of admiration. It’s a small world, she says, and a good idea to have our names on the minds of people we’d like to associate with.

Though I appreciated many of her suggestions in the book, I found this particular one hard to swallow. I’m naturally reserved, and it goes against everything I believe to flatter a stranger. Still, from time to time I force myself to send fan mail. Most has been met with radio silence.

Until recently.

For years, I followed the essays of a particular writer in *The New York Times* and after reading his most recent piece I thought, “What the hell?” Before I could reconsider, I dashed off a note and mailed it to him.

In addition to telling the essayist how much I enjoyed his work, I asked if he would share the name of an artist residency in France he had recently written about. I never expected to

hear back.

What a treat when, a few weeks later, I received a response from him in the mail. Only I wasn’t home to read it. My roommate told me over the phone that an odd-looking postcard had arrived that day.

“I can’t make out the signature,” she said, “but it’s from New York.”

“Read it to me.”

She hesitated. “Isn’t it personal?”

“I doubt it,” I said.

She read the card to me over the phone. In it the essayist thanked me for the kind comments I made about his writing and he gave me the name of the residency in France. My roommate reached the last line.

“I’m currently —” she paused. “I can’t read this word. It looks like ‘staying.’ ‘I’m currently staying at—,” she read the name of a famous retreat overseas.

“See you there,” she read at the end.

See you there? Well, that’s certainly forward, I thought.

I smiled a happy little smile and all my

natural reservedness disappeared. I decided to write him back that instant.

Scribbling the first line that came to mind, I penned something that struck me in the moment as especially witty: “But who’s watching your cat?” I even included two question marks, because I thought it made me look more casual and fun.

The response?

Radio silence.

When

I finally

came

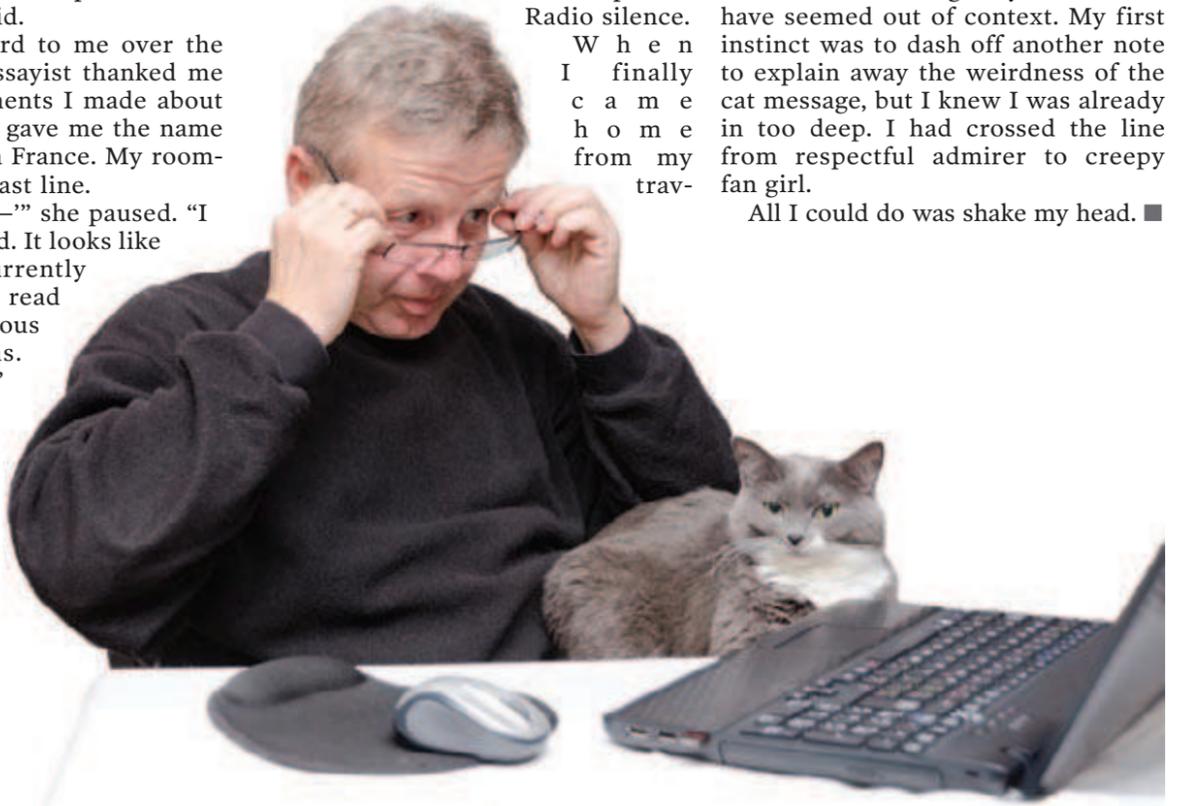
home

from my

trav-

els and found the original postcard, the one my roommate had read me over the phone, I immediately saw the mistake. He wasn’t *staying* at the famous retreat overseas. He was applying for it. Which means my second message — “But who’s watching your cat?” — had reached him at home, where he presumably was watching his own damn cat. I cringed to think how strange my letter must have seemed out of context. My first instinct was to dash off another note to explain away the weirdness of the cat message, but I knew I was already in too deep. I had crossed the line from respectful admirer to creepy fan girl.

All I could do was shake my head. ■



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CONTRACT BRIDGE

The head-in-the-sand approach

BY STEVE BECKER

When you play in a doubled contract, you sometimes have to decide how far to go to try to make your bid, and how far to go to try to minimize the loss.

Here is a sad case where the declarer, in a reckless display of total obliviousness, lost control of the hand and took a bad beating as a result.

West made a takeout double of the opening diamond bid, and East not unreasonably elected to leave the double in. West led the king of hearts and shifted to the jack of diamonds.

Declarer covered the jack with dummy's queen and took East's king with the ace. South promptly returned a diamond, hoping to dispose of the adverse trumps so that he could cash his spade tricks.

The idea of drawing trumps was greeted with enthusiastic approval by East, who proceeded to extract them all. West, in the meantime, discarded three spades and a heart.

East then made the fine play of shifting to the queen of clubs, trapping South's king. The defenders thereupon collected four clubs and three hearts to bring about a six-trick defeat, which came to a tidy 1,700 points.

Of course, penalties of this magnitude are almost always traceable to malfeasance in office, and this hand is no exception. Aside from the fact that a spade contract by North-South would have been far superior, the matter of declarer's line of play at one diamond doubled left a great deal to be desired.

South dealer.

Both sides vulnerable.

NORTH			
♠	AJ86	♥	98753
♦	Q2	♣	103
WEST		EAST	
♠	1032	♠	75
♥	AKQ102	♥	64
♦	J	♦	K10987
♣	AJ96	♣	Q852
SOUTH			
♠	KQ94	♥	J
♦	A6543	♣	K74

The bidding:

South	West	North	East
1♦	Dble	Pass	Pass

Pass

Opening lead — king of hearts.

The fact that East had left the double in made it a virtual certainty that he had started with five trumps. Warned by the bidding what to expect, South should have gone all out to minimize the damage.

After winning the ace of diamonds, he should have started cashing his spades instead of leading a trump. By playing this way, he could have assured scoring five tricks to hold himself to a modest set. As it was, though, all he scored was the ace of trumps. ■

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FILMS

From page 1

as if you were swatting flies in the heat of the summer.

Movies conveniently offer a respite from the ups and downs of holiday drama. Better, this is the time of year in which theaters are packed with potential Oscar nominees and other quality fare, meaning there's a lot of good stuff to choose from when you venture out.

But what to choose? Let my list be your guide.

When appropriate, I've included an indication of the film's Oscar chances — there are some definite must-sees out there for those who want to watch everything prior to Oscar night, which is March 2 (a week later than usual due to the Winter Olympics).



PARAMOUNT PICTURES

"Anchorman 2: The Legend Continues"

If you need a laugh

"Anchorman 2: The Legend Continues" might not be as funny as its 2004 predecessor, but in the interest of pure, unabashed silliness, it's hard to top.

If Will Ferrell and company are too juvenile for you, there's "Grudge Match," which pits Rocky vs. Raging Bull, or Sylvester Stallone vs. Robert De Niro, as retired boxers in a rematch 30 years after their last bout. I've only seen the trailer, but humorous comedic turns from Kevin Hart and Alan Arkin suggest it's a movie that doesn't take itself seriously and has fun with its characters.



To dazzle your eyes

"Gravity" is absolutely breathtaking, a film that literally allows us to see the Earth in a way that no one other than astronauts has ever experienced. It's a visual marvel and a true sight to behold. Director Alfonso Cuarón and his team literally created the technology needed to shoot the film and render it in such an authentic way, in much the same way as James Cameron did with "Avatar."

Although "Gravity" lacks the emotion needed for Oscar wins in most major categories, expect it to garner a number of technical awards, such as cinematography and visual effects.

Back down on Earth — Middle Earth, to be exact —there's "The Hobbit: The Desolation of Smaug," the second part of director Peter Jackson's obnoxious "Hobbit" trilogy. The story is more purposeful and driven this time around, and the visual effects nicely accentuate the storytelling. This is a flick for those times when you just feel like a fun fantasy adventure at the theater.



COURTESY PHOTO

Oscar Isaac and Justin Timberlake star in The Coen Brothers' "Inside Llewyn Davis."

To punish those around you

Recommend "Out of the Furnace" and/or "Homefront," two movies that are equally putrid. Send your worst enemies to either one, or to "47 Ronin," which stars Keanu Reeves as a samurai who sets out to avenge the death of his master. Does that sound like a good movie to you? Didn't think so. The film, which had its release delayed for reshoots, got off to a poor start in Japan and isn't screening for press in the U.S. For a \$175 million production, that's not good.



FOX SEARCHLIGHT PICTURES

"12 Years A Slave"

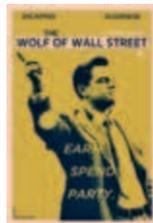
To touch your heart

The horrors of slavery aren't what many want to think about around the holidays, but the best film of 2013, "12 Years A Slave," is the clear Best Picture, Best Director (Steve McQueen), Best Actor (Chiwetel Ejiofor) and Best Supporting Actress (Lupita Nyong'o) front-runner and is essential viewing for lovers of American history. Just bring Kleenex and be prepared to be appalled.

A few best actress contenders are also in feel-good dramas in theaters now: Emma Thompson plays feisty "Mary Poppins" author P.L. Travers in "Saving Mr. Banks," and Dame Judi Dench is a mother who longs to reconnect with the son she gave up for adoption years earlier in "Philomena." Both are solid dramas that come from a place of good and mean well.

To let it all fly

Sometimes you just need to release some steam and let loose. Martin Scorsese's "The Wolf of Wall Street" is three hours of Leonardo



DiCaprio committing various acts of shocking debauchery (Oscar prospects for the film are still TBD), and Ben Stiller's "The Secret Life of Walter Mitty" follows a loner and dreamer who's forced out into the world on a grand adventure. Both Walter Mitty and the film itself



WALT DISNEY PICTURES

"Frozen"

have notable issues, but its message is a good one.

To get the kids to shut up

With its songs, humor and two — count 'em, two — princesses that little girls will want to be for Halloween next year, Disney Animation's "Frozen" is the best animated film of the year. It will compete with the Japanese film "The Wind Rises" (opens stateside in February) for the Oscar in the Best Animated Film category.

Alternatively, if you've already seen "Frozen," there's "Walking with Dinosaurs," about a baby dino that saves the day.

If you need a great story

The late '70s hair and costumes, the charismatic performances from Christian Bale, Amy Adams and Jennifer Lawrence, and the captivating con man story told by director David O. Russell all make "American Hustle" one of the best films of 2013. I predict it will compete head-



COURTESY PHOTO

Ben Stiller in "The Secret Life of Walter Mitty"

to-head with "12 Years A Slave" in most major categories come Oscar time, so it's a definite must-see.

If your kids are acting like spoiled brats, this will make them thankful for what they have

"The Book Thief" is a World War II drama set in Germany that has underperformed at the box office with only \$16 million thus far. Yes, it's depressing, but it's also powerful and well made, as it's rare to see a survival story of a young girl (played nicely by Sophie Nélisse) from inside Nazi Germany. With few material possessions, death all around her (literally and figuratively) and barely enough food, she's stripped of all she has — and she still finds more than enough to live and thrive. If nothing else, it's a nice message during this materialistic time of year.

To see what the future looks like

Spike Jonze, the master of existential works with such films as "Adaptation" and "Being John Malkovich," does it again with "Her," a futuristic drama starring Joaquin Phoenix as a depressed schmo who has no idea how to be happy. The good news is that he meets and falls in love with Samantha (voice of Scarlett Johansson), and she treats him well. The bad news (maybe) is that Samantha is only a voice on a computer operating system, but does have a personality of her own. The premise is ingenious and plays out wonderfully, with twists we don't expect and an intriguing commentary on what a relationship is and can be.

This one's not in theaters until Jan. 10; I put it in my list just to ensure it makes it onto yours. We can expect an Best Original Screenplay nomination for Mr. Jonze, and possibly a actor nod for Mr. Phoenix.

For music lovers

The Coen Brothers' ("No Country for Old Men") latest, "Inside Llewyn Davis," follows the title character (Oscar Isaac) for a week in 1961 as he sleeps on friends' couches and acts like a degenerate. Llewyn is a folk singer dedicated to his art and frustrated that the world hasn't rewarded him financially for it. Nice supporting turns (and songs) from Carey Mulligan and Justin Timberlake make this a unique experience, but aren't enough to get us to actually like Llewyn. It's a flawed film that doesn't live up to the Coen Brothers' standards, but because of their name, the brothers have an outside shot at a nomination for Best Original Screenplay.

Just when you think your family can't get any worse

At least you're not the Weston clan in "August: Osage County." The alcoholic father (Sam Shepard) disappears because he just can't take it anymore. The pill-popping mother (Meryl Streep) is vicious with her daughters (Julia Roberts, Julianne Nicholson, Juliette Lewis), and the poor men (Chris Cooper, Ewan McGregor, Dermot Mulroney, Benedict Cumberbatch) — who aren't exactly peaches themselves — struggle to hold it all together. A tough but rewarding drama, this one opens locally Jan. 10.

Finally, while Christmas stories get all the attention, New Year's-themed movies are few and far between. If you're looking for something to properly ring in 2014, here are two great films that feature a pivotal scene centered on New Year's: "The Apartment" (1960), which stars Jack Lemmon giving the best performance I've ever seen (yes, ever) as a corporate underling who allows his bosses to use his apartment to carry on affairs, and "When Harry Met Sally," in which Billy Crystal's Harry wants the rest of his life to start as soon as possible.

Happy Holidays! ■



COURTESY PHOTO

Cantor Yitzchak Meir Helfgot will join violinist Itzhak Perlman at Festival of the Arts Boca.

FESTIVAL

From page 1

Mr. Perlman joins a roster that includes the Bill T. Jones/Arnie Zane Dance Company, authors James Fallows, Daniel J. Levitin and Doris Kearns Goodwin, musician Arturo Sandoval, actress/playwright Anna Deavere Smith and the tenor trio Forte.



GOODWIN

Mr. Perlman's premiere of "Eternal Echoes," with Cantor Helfgot will include beloved liturgical and traditional works in new arrangements, backed by klezmer musicians and a chamber orchestra.

"It's so easy for him ... it's just effortless," Mr. Perlman said in the statement, explaining what led him to pursue his inspired collaboration with Israeli-born Cantor Helfgot, chief cantor at Park Avenue East Synagogue in New York.

The men joined together last year for an album, "Eternal Echoes: Songs and Dances for the Soul."

If that performance is a first for Florida, the festival also is doing a first as it offers an early bird special, with tickets at \$39 for events at the Amphitheater until Jan. 1 (quantities limited). Prior ticket buyers also have priority access to preferred seating at a 20 percent discount off regular prices, regularly priced up to \$125.

Festival of the Arts Boca runs March 6-15.

Since its inaugural year, the festival has attracted such artists as Mr. Perlman (three times), the Russian National Orchestra, Yefim Bronfman, Vladimir Jurowski, Sir James and Lady Jeanne Galway, Nina Kotova, Helene Grimaud and Yellowjackets.

Other artists have included operatic soprano Renee Fleming (twice), soloists from the American Ballet Theater, pianist/composer Conrad Tao, and jazz extraordinaire Eldar Djangirov, the U.S. debut of Milos Karadaglic, a classical guitarist from Montenegro, Ballet Hispanico, the Jazz Roots production of Piano Latino (Eddie Palmieri, Michel Camilo and Alfredo Rodriguez and their bands), young stars of the Metropolitan Opera, Jackie Evancho, Time for Three; Valentina Lisitsa; Patti Austin and Tony DeSare; Poncho Sanchez; "The Wizard of Oz" and "Casablanca" set to orchestra performed by the Boca Raton Symphonia and conducted by Constantine Kitsopoulos, Preservation Hall Jazz Band, KODO, Amadeus Leopold, Constantine Kitsopoulos, Boca Raton Symphonia, Cameron Carpenter, Valentina Lisitsa, Peter Oundjian, New World Symphony and Audra McDonald.

For more information, call 368-8445. To purchase tickets, visit www.festivalboca.com or call 866-571-ARTS. ■

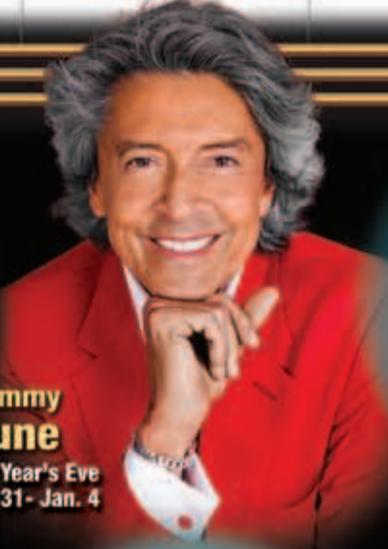


Season 2013 - 2014 at The Colony Hotel

Broadway's Hottest Stars are now playing The Royal Room!



The Four Freshmen
December 11 - 14



Tommy Tune
New Year's Eve
Dec. 31 - Jan. 4



Steve Tyrell
January 7 - 25



Marilyn Maye
Jan. 28 - Feb. 1



John & Bucky Pizzarelli
February 4 - 8



Clint Holmes
February 11 - 15



Regis Philbin
February 18 - 22



Amanda McBroom
February 25 - Mar. 1



Paulo Szot
March 4 - 8



Melissa Manchester
March 11 - 15



Tom Wopat
March 18 - 22



Marilyn McCoo & Billy Davis Jr.
April 1 - 12



Bill Charlap & Sandy Stewart
April 15 - 19



"The Best Dinner & Show South of Manhattan"
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Visit our website for Artist Reviews: www.thecolonypalmbeach.com

WHAT TO DO, WHERE TO GO

Please send calendar listings to calendar editor Janis Fontaine at pbnews@florida-weekly.com.

Thursday, Dec. 26

■ **Clematis by Night** — Dec. 26: No CBN. Info: clematisbynight.net.

■ **The Greatest Show On Earth** — Through Dec. 29 at the Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. Ringling Bros. and Barnum & Bailey presents Super Circus Holiday with elite athletes, acrobats, aerialists and clowns. Showtimes: 1:30 and 7 p.m. Thursday Dec. 26; 1:30 and 7 p.m. Friday Dec. 27; 11 a.m. and 3 and 7 p.m. Saturday Dec. 28; and 11 a.m. and 3 and 7 p.m. Sunday Dec. 29. Tickets start at \$15. Tickets: Ticketmaster.com and 800-745-3000. Info: ringling.com

Saturday, Dec. 28

■ **Cresthaven Stamp & Postcard Show** — 10 a.m.-2:30 p.m. Dec. 28, Holiday Inn Express, 2485 Metrocentre Blvd. (off 45th Street), West Palm Beach. Info: 969-3432 or 472-7020.

Sunday, Dec. 29

■ **Jack Hanna: Into the Wild LIVE** — Sunday, Dec. 29, at the Sunrise Theatre, 117 S. Second St., Fort Pierce. Tickets: \$29-\$35 adults. \$20 age 12 and younger. 772-461-4775; www.sunrisetheatre.com

Tuesday, Dec. 31

■ **Big Band Blast With the Indian River Pops and the New Gardens Band** — 8 p.m. Tuesday, Dec. 31, PBSC Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens. Tickets: \$35. Info: 561-207-5900; newgardensband.org

■ **Happy "Noon" Year Party** — 10:30 a.m. to 12:01 p.m. Dec. 31 at the Schoolhouse Children's Museum & Learning Center, 129 E. Ocean Ave., Boynton Beach. Celebrate the New Year with a balloon drop, an apple juice toast and a rocket launch. Members: \$3. Non-members: \$4. Info: 742-6780.

■ **The Indian River Pops and the New Gardens Band perform** — 8 p.m. Dec. 31 at the PBSC Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens. A Big Band Blast featuring musical memories from big band standards to "Phantom of the Opera." Includes party hats, favors and refreshments \$35. Info: 561-207-5900.

At The Arts Garage

180 NE First St. in Delray Beach. Info: 450-6357; artsgarage.org.

■ **The Hummingbird Wars** — Jan. 10-Feb. 2.

At The Bamboo Room

15 S. J St., downtown Lake Worth. Info: 585-BLUE; bambooroomblues.com

■ **JP Soars & The Red Hots** — 9 p.m. Friday, Dec. 27. \$10.

■ **The Long Run Eagles Tribute** — 9 p.m. Saturday, Dec. 28. \$12 in

advance, \$15 day of show.

At The Boca Theatre

Located at various venues. Info: 948-2601; brtg.org.

■ **"Respect: A Musical Journey of Women"** — Through Jan. 5. Mizner Park Cultural Arts. Musical by Dorothy Marcic details the journey of women through music. Combining excerpts of 60 songs, women's stories are shared about finding dreams, lost love, relationship issues, entering the workforce, gaining independence and more. Tickets: \$38.

■ **"Marilyn: Forever Blonde"** — Through Jan. 11. A recreation of what might have been Marilyn Monroe's last chance to tell her story in her own words. Conceived by award-winning producer and writer Greg Thompson. Tickets: \$25 prior to opening; \$30 after opening.

At The Borland

The Borland Center, Midtown, 4885 PGA Blvd., Palm Beach Gardens. Info: 561-904-3139; www.borlandtheater.com

■ **Disney's Beauty and the Beast, Jr.** — Friday through Sunday and Jan. 3-5. A KWP production of the classic tale based on the book by Linda Woolverton. Lyrics by Howard Ashman and Tim Rice. Directed by Kimberly Rommel-Enright. Music direction by Helen Buttery. Showtimes: 2 and 7 p.m. Friday and Saturday and 2 and 7 p.m. Jan. 3 and 4 p.m. Sunday Dec. 29 and Jan. 5. Ticket Price: Adult \$27, student \$21.60, group 10+ \$16.20.

At The Colony Hotel

The Colony Hotel, 155 Hammon Ave., Palm Beach. Info: 655-5430; www.thecolonypalmbeach.com.

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

In the Royal Room:

■ **Tommy Tune** — Tuesday Dec. 31 and Jan 3-4. Tickets: \$350 for New Year's Eve; \$130 for prix fixe dinner and show, \$65 show only in January

■ **Steve Tyrell** — Jan 7-11, 14-18 & 21-25. Tickets: Tues-Thurs \$135 for prix fixe dinner and show, \$70 show only; Fri-Sat \$150 for prix fixe dinner and show, \$85 for show only

■ **Marilyn Maye** — Jan 2-31 & Feb 1. Tickets: Tues-Sat \$120 for prix fixe dinner and show, \$55 show only.

■ **John Pizzarelli & Bucky Pizzarelli** — Feb 4-8. Tickets: Tues-Thurs \$125 for prix fixe dinner and show, \$60 show only; Fri-Sat \$135 for prix fixe dinner and show, \$70 for show only

■ **Clint Holmes** — Feb 11-15. Tickets: Tues-Thurs & Sat \$130 for prix fixe dinner and show, \$65 show only; Fri (Valentine's Day) \$150 for prix fixe dinner and show

■ **Regis Philbin** — Feb. 18-22. Tickets: Tues-Sat \$150 for prix fixe dinner and show

■ **Amanda McBroom** — Feb. 25-28 & March 1. Tickets: Tues-Thurs \$125 for prix fixe dinner and show, \$60 show only; Fri-Sat \$135 for prix fixe dinner and show, \$70 for show only

■ **Paulo Szot** — March 4-8. Tickets: Tues-Thurs \$130 for prix fixe dinner and show, \$65 show only; Fri-Sat \$140 for prix fixe dinner and show, \$75 for show only

■ **Melissa Manchester** — March 11-15. Tickets: Tues-Thurs \$130 for prix fixe dinner and show, \$65 show only; Fri-Sat \$140 for prix fixe dinner and show, \$75 for show only.

At Delray Center for the Arts

Delray Beach Center for the Arts, Old School Square at 51 N. Swinton Ave. in Delray Beach. Info: 561-243-7922; delray-centerforthearts.org.

■ **Free Friday Concerts at the Pavilion** — 7:30 p.m. Friday, Dec 27. Features The People Upstairs. Free. Food trucks and a cash bar. Bring your own seating. Rum Crew, Jan. 3. Info: 561-243-7922, DelrayArts.org

■ **School of Creative Arts Showcase** — Through Feb. 2; May 1-Sept. 28. Crest Galleries. Monday-Friday, 9:30 a.m.-4:30 p.m.; Saturday 10 a.m.-3 p.m. A multimedia exhibit showcasing drawings, paintings, collage, mixed media and photographs by adult and youth students and instructors.

■ **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.

■ **Holiday Carousel** — Through Jan. 1. Monday through Friday, 5-9 p.m.; Saturday, 10 a.m.-9 p.m.; Sunday 1-9 p.m. Old School Square Grounds. Rides: \$2.

At Delray Playhouse

The Delray Beach Playhouse, 950 N.W. Ninth St. in Delray Beach. All tickets \$30. Group rates available for 20 or more). Info: 272-1281; delraybeachplayhouse.com.

■ **"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.palmbeach-dramaworks.com.

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

■ **"Mr. Broadway: George Abbott"** — A presentation by J. Barry Lewis, 2 and 7 p.m. Jan. 7. Tickets: \$20

■ **Knowledge & Nibbles** — Meet the director and actors of "Old Times," 11:30 a.m.-1 p.m. Jan. 29. Tickets: \$25 guild members, \$30 non-members.

■ **"Old Times"** — Jan. 31-March 2

■ **"First Impressions: Frank Verlizzo"** — Interview by J. Barry Lewis, 2 and 7 p.m. Feb. 4. Tickets: \$20

■ **Knowledge & Nibbles** — Meet the director and actors of "Dividing the Estate," 11:30 a.m.-1 p.m. March 26. Tickets: \$25 guild members, \$30 non-members.

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

■ **"Author, Author: Israel Horowitz"** — Interview by Sheryl Flatow, 2 and 7 p.m. April 1. Tickets: \$20

■ **"Granada's Poet: Federico Garcia Lorca"** — A presentation by Mark Perlberg, 2 and 7 p.m. April 8. Tickets: \$20

■ **Knowledge & Nibbles** — Meet the director and actors of "Trust," 11:30 a.m.-1 p.m. May 14. Tickets: \$25 guild members, \$30 non-members.

At The Duncan

Duncan Theatre, Palm Beach State College, 4200 Congress Ave., Lake Worth. Info: 868-3309; www.palmbeachstate.edu/theatre/duncan-theatre.

■ **Amernet String Quartet** — Jan. 8

At The Eissey

Palm Beach State College, 11051 Campus Drive off PGA Blvd, Palm Beach Gardens. Tickets at 207-5900, unless otherwise specified, or www.eisseycampus-theatre.org.

■ **An Exhibit of Acrylic Paintings by Pat Heydlauff** — Through Jan. 15 in the Eissey Campus Theatre Lobby Gallery.

At FAU

University Theatre, FAU's Boca Raton campus, 777 Glades Road, Boca Raton. Info: fau.edu.

■ **Brahms Festival XXIII** — Jan. 12

At The Four Arts

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

■ **"Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes, poet and Ronald Searle, artist"** — Through summer 2015. On display in the Mary Alice Fortin Children's Art Gallery.

WHAT TO DO, WHERE TO GO

■ **“Deco Japan: Shaping Art and Culture, 1920-1945”** — Through Jan. 10. The exhibition is drawn from The Levenson Collection and is organized and circulated by Art Services International, Alexandria, Va.

At The JCC

The Mandel JCC, 5221 Hood Road, Palm Beach Gardens; 689-7700.

■ **Current Events** — Join lively discussions covering the most up-to-date topics including national affairs and foreign relations as it relates to the United States from 9:30 to 11:30 a.m. Thursdays at the Mandel JCC, 5221 Hood Road, Palm Beach Gardens. Free for members; \$5 guests.

■ **Classes for Kids:** Tracie’s Music Together, Pre-School Superstar Sports, Pre-School Tiny Toes Combo Dance: Ballet, Tap and Jazz, Youth Sports Club, Youth Director’s Cut Mixed Media Workshop, Youth Ballet and Jazz, Youth Gymnastics, Pre-School Gymnastics are offered. Call for times.

■ **Camp Shalom Winter Break: Game Day** — 9 a.m.-4 p.m. Dec. 27

■ **Winter Pre-School Sports Camp** — 9 a.m.-4 p.m. Dec. 30.

■ **Pre-school Gymnastics Winter Camp** — 9 a.m.-12:30 p.m. Monday and Tuesday, Dec. 30-31.

■ **Camp Shalom Winter Break Camp:** WOW Factory, 9 a.m.-4 p.m. Dec. 30, and New Year’s Eve Party 9 a.m.-4 p.m. Dec. 31.

■ **Youth Gymnastics Winter Camp** — 9 a.m.-12:30 p.m. Dec. 30-31

■ **Winter Sports Camp Second Week** — 9 a.m.-4 p.m. Dec. 30

■ **Winter Camp** — 9 a.m.-4 p.m. Jan. 2

■ **Winter Sports Camp** — 9 a.m.-4 p.m. Jan. 2

■ **Pre-school Sports Camp** — 9 a.m.-1 p.m. Jan. 2

■ **Gymnastics Winter Camp** — 9 a.m.-12:30 p.m. Jan. 2

At The Kravis

Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Info: 832-7469; www.kravis.org.

■ **Forbidden Broadway — Alive and Kicking** — 7:30 p.m. Saturday and Sunday Dec. 29-30; 1:30 p.m. Saturday Dec. 28, 7 and 10 p.m. Tuesday, Dec. 31. Rinker Playhouse. Tickets start at \$39.

■ **George Balanchine’s “The Nutcracker” performed by the Miami City Ballet** — 7:30 p.m. Thursday Dec. 27; 2 p.m. and 7:30 p.m. Friday Dec. 28, 1 p.m. and 6:30 p.m. Sunday Dec. 29; and 1 p.m. Monday Dec. 30. Dreyfood Hall. Tickets start at \$25.

■ **Midtown Men, with stars from the original cast of Jersey Boys** — Dec. 31.

■ **New Year’s Concert 2014: Salute to Vienna** — 8 p.m. Jan. 1.

■ **Neil Sedaka** — 8 p.m. Jan. 2.

■ **Gregg Allman** — 8 p.m. Jan. 4

■ **Audra McDonald** — 8 p.m. Jan. 5.

■ **Duo Amal** — 2 p.m. Jan. 5. Part of the Regional Arts Concert Series.

At The Lake Worth Playhouse

Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 586-6410; lakeworth-playhouse.org

■ **New Year’s Eve Party** — 8 p.m. Dec. 31. A big band concert, hors d’oeuvres and a champagne toast. Tickets: \$26-\$35.

■ **The Stonzek Theatre** — 709 Lake Ave., Lake Worth. Call the theater for show times. Info: 296-9382; www.lakeworthplayhouse.org.

At The Lighthouse

Jupiter Inlet 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.

■ **Twilight Yoga at the Light** — Monday 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! All levels. Beginners welcome. Bring a yoga mat and a flashlight. Donation. Class is weather-dependent (check website.)

At Living Room Theaters

On the campus of Florida Atlantic University in Boca Raton, 777 Glades Road. Call 549-2600 or visit fau.livingroomtheaters.com.

■ **Films:** Blue is the Warmest Color; The Great Beauty; Twice Born; You Will Be My Son; The Nutcracker; and Mother of George.

At Lynn University

Keith C. and Elaine Johnson Wold Performing Arts Center is at Lynn University, 3601 N. Military Trail, Boca Raton. Info: 237-9000.

■ **TAP** — The Show — Jan. 4-5

At The Lyric

The Lyric Theatre, 59 S.W. Flagler Ave., downtown Stuart. 772-286-7827; www.lyrictheatre.com

■ **Pure Zeppelin Experience** — Saturday, Dec. 28

■ **Dance Your Pants Off** — Jan. 8

At MacArthur Park

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

■ **First Day Hike** — 10-11 a.m. Wednesday, January 1. Welcome in the new year with a rejuvenating family friendly trek through a state park. MacArthur will sponsor a free, ranger-led hike on New Year’s Day as part of the America’s State Parks First Day Hikes initiative. Info: 561-624-6950.

■ **Learn to Kayak** — 10 a.m. Sunday, January 5. A land-based course of the basics, taught by reps from Adventure Times Kayaks. Free with park admission. Info: 561-624-6952.

At The Maltz

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

■ **Capitol Steps, New Year’s Eve** — 5 and 8 p.m. Tuesday Dec. 31. Tickets: \$50, \$60 and \$85 for VIP.

■ **Cirque Zuma Zuma** — Jan. 2. African acrobatic troupe.

■ **“Let’s Hang On”** — Tribute to Franki Valli and the Four Seasons — Jan. 3.

■ **“Simply Broadway”** — Jan. 5. A benefit concert for Brian Stokes Mitchell.

■ **“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

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

■ **Films:** “Wadja;” “Is the Man Who is Tall Happy?;” “Class.”

At PBAU

Palm Beach Atlantic University, 901 S. Flagler Drive, West Palm Beach. Recitals take place in the Helen K. Persson Recital Hall in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. For tickets: 803-2970 or ticketcentral@pba.edu.

At Palm Beach Improv

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

■ **Ralphie May** — Thursday through Sunday, Dec. 27-29. Tickets: \$25. Two drink minimum.

At The Plaza Theatre

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

■ **My Life on a Diet, with Renee Taylor** — Jan. 16-Feb. 9.

At The PSL Civic Center

Port St. Lucie Civic Center, 9221 S.E. Civic Center Place, Port St. Lucie. 772-

807-4488; ww.cityofpsl.com/civic/index.html

■ **The Rat Pack — Together Again** — Jan. 24.

■ **PSL Concert Band Performances** — Jan. 29, March 19

At The Sunrise Theatre

Sunrise Theatre, 117 S. Second St., Fort Pierce. Ticket prices vary. 772-461-4775; www.sunrisetheatre.com

■ **“Sleeping Beauty”** — Jan. 10

■ **“Swan Lake”** — Feb. 26

At 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.

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

■ **West Palm Beach Antique & Flea Market** — 9 a.m.-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, doughnuts, pies, cheeses, sauces and handmade crafts. Leave your pets at home. Visit pbgfl.com/greenmarket or call 630-1100. The meats, sauces, jewelry,

■ **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.

■ **Royal Palm Beach Green Market & Bazaar** — 9 a.m.-1 p.m. every Sunday. Commons Park, 11600 Poinciana Blvd. Royal Palm Beach, through April 27. Shop some of the areas finest vendors selling fruits and vegetables, fresh flowers and plants. Enjoy artisan foods,

WHAT TO DO, WHERE TO GO

baked goods and a unique selection of artists and crafters. www.rpbgreenmarket.com.

■ **Tequesta Green Market** — 9 a.m.-1 p.m., third Saturday of the month through April 2014 (next market is Dec. 21). Constitution Park, 399 Seabrook Road, Tequesta. All items are fresh from the farm. Provides locally-grown vegetables, fruits, meat, dairy and other farm products, as well as hand-made items to neighbors in the community. Admission is free. Call Wendy at 768-0476.

Ongoing Events

■ **Adolph & Rose Levis Jewish Community Center** — Venues vary. 9801 Donna Klein Blvd., Boca Raton. Last Friday of every month: Utopian Strings (free). Info: 561-852-3200; www.levisjcc.org

■ **American Needlepoint Guild** — 10 a.m. every second and fourth Monday (next meeting is Dec. 9), 110 Mangrove Bay Way, Jupiter. Call 747-7104 or email mbusler@comcast.net.

■ **The Artists of Palm Beach County** — Small Works Exhibit at Art on Park, 800 Park Ave., Lake Park. Most works will be 12 inches by 12 inches or smaller and will be priced at less than \$100. Enjoy drinks and refreshments at the opening reception on Black Friday from 5 to 8 pm. The show runs through Dec. 24. Hours are noon-6 p.m. Monday-

Saturday, extended hours through the holidays until 8 p.m. Friday and Saturday nights; 345-2842.

■ **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.

■ **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.

■ **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.

■ **Boca Raton Museum of Art** — Through Dec. 29: "Nancy Davidson: Let'er Buck." Through Dec. 29: "Dulce Pinzón: The Real Story of the Superheroes." Through Jan. 5: "Caught on Film": Photography from the Collection. Hours: Tuesday-Friday 10 a.m.-5 p.m.; Saturday-Sunday, noon-5 p.m.; Wednesdays, 10 a.m.-9 p.m.; closed Mondays and holidays. Admission: Free for members and children 12 and under; adults \$8;

seniors (65+) \$6; students (with ID) \$5. Boca Raton Museum of Art, 501 Plaza Real, Boca Raton (In Mizner Park). 561-392-2500; bocamuseum.org.

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

■ **Cultural Council of Palm Beach County** — Through Jan. 18, Cultural Council headquarters, 601 Lake Ave., downtown Lake Worth. "The Deep and the Shallow: Photographers Exploring a Watery World" features work by award-winning photographers. Silent auction: 6-9 p.m. Dec. 12. Free. Call 471-2901 or visit www.palmbeachculture.com.

■ **Deep Water Aerobics** — In the Palm Beach Gardens Aquatic Complex heated pool, 4404 Burns Road, Palm Beach Gardens. Classes: 9-10 a.m. Mondays, Wednesdays and Saturdays, 5:30-6:30 p.m. Tuesdays and 10:30-11:30 a.m. Fridays at All equipment provided. Drop-In fee is \$4 for residents, \$5 for nonresidents. Call Brittani Benko at 630-1145.

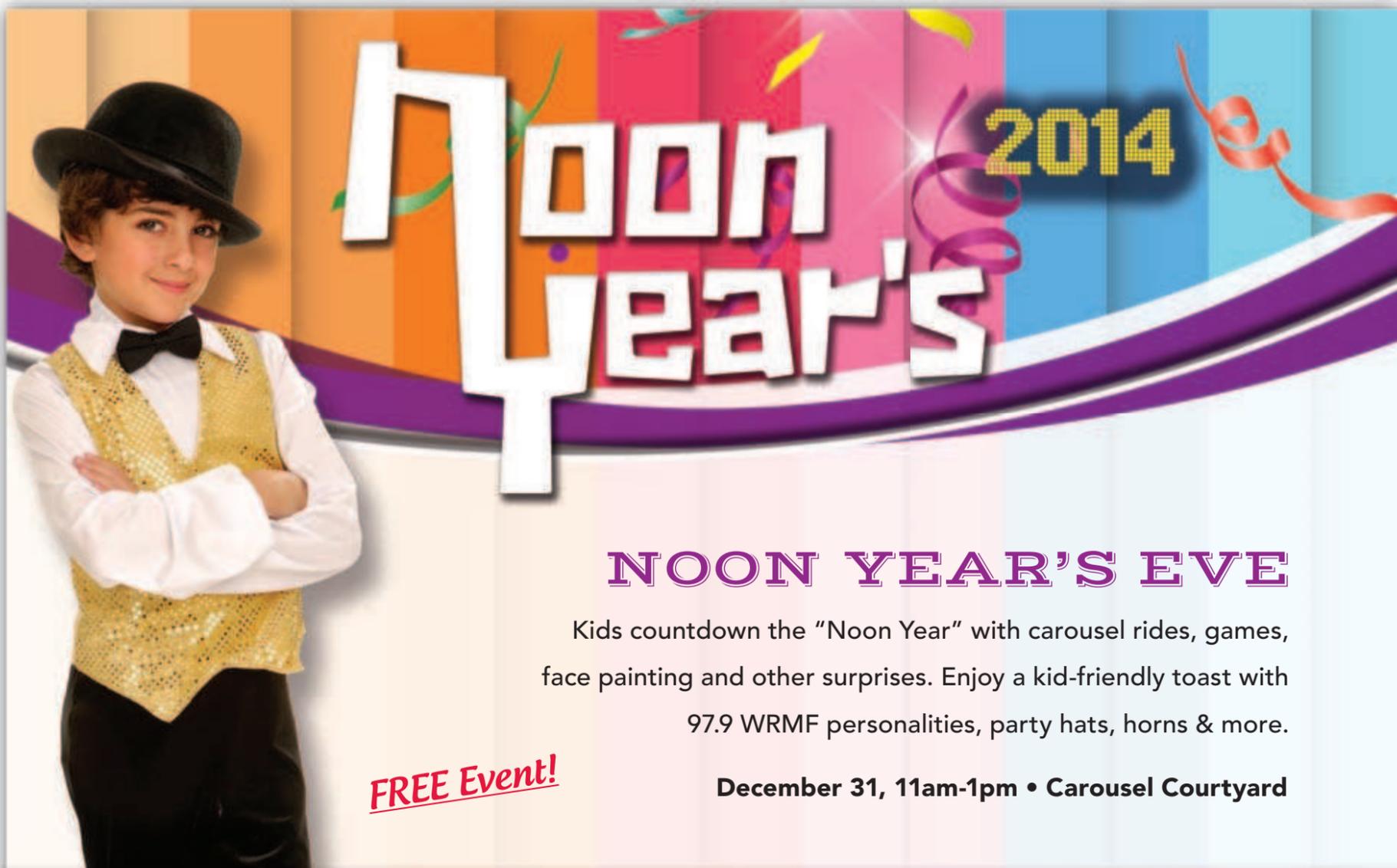
■ **Downtown Live** — 7 p.m. Fridays, Downtown at the Gardens' Centre Court, 11701 Lake Victoria Gardens Drive, Palm Beach Gardens.

■ **Flagler Museum** — Through Jan. 5: "Man of the Century: The Incomparable Legacy of Henry Morrison Flagler." Open 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Through April 19: Lunch in Café Des Beaux-Arts, 11:30 a.m.-2:30 p.m. Tuesdays-Saturdays, noon-3 p.m. Sundays. Tickets: \$40 non-members; \$22 members. Museum is housed in Henry Flagler's 1902 Beaux Arts mansion, Whitehall, at 1 Whitehall Way, Palm Beach. Tickets: members free; \$18 adults, \$10 youth (13-17) with adult; \$3 child (6-12) with adult; under 6 free. 655-2833; www.flaglermuseum.us.

■ **Food Truck Pow Wow** — 5-9 p.m. the first Friday of the month (next session Dec. 6), Constitution Park, 399 Seabrook Road, Tequesta. Includes live music; admission is free. Info: tequesta.org

■ **The Lake Park Public Library** — 529 Park Ave., Lake Park. Super Hero Hour, 3:30 p.m. Thursdays for ages 12 and younger; Adult Writing Critique Group, 10:30 a.m. to 1 p.m. Saturdays for age 16 and older; Anime, 6-7 p.m. Tuesdays for age 12 and older. All events are free. 881-3330.

■ **Le Cercle Francais** — Francophiles and Francophones can join for a monthly gathering at 6:30 p.m. the second Thursday of the month (next session Dec. 12), in members' homes. Call 744-0016.



NOON YEAR'S EVE

Kids countdown the "Noon Year" with carousel rides, games, face painting and other surprises. Enjoy a kid-friendly toast with 97.9 WRMF personalities, party hats, horns & more.

FREE Event!

December 31, 11am-1pm • Carousel Courtyard

Ring in the New Year at Downtown at the Gardens!

WHAT TO DO, WHERE TO GO

■ **Lighthouse ArtCenter** — Gallery Square North, 373 Tequesta Drive, Tequesta. Through Feb. 15: "Chris Gustin" and "Spotlight on New Talent." Third Thursday meets 5:30-7:30 p.m. the third Thursday of the month. Museum admission: \$5 ages 12 and older. Free for younger than 12. Free admission on Saturday. 746-3101 or lighthousearts.org.

■ **Lighthouse ArtCenter Midtown Gallery** — 4877 PGA Blvd., Palm Beach Gardens. Through Jan. 8: Lighthouse ArtCenter Artists' Guild's "Midtown Bash." Free admission. For an appointment, call 746-3101.

■ **Loggerhead Marinelife Center** — 14200 U.S. 1, Juno Beach. Kids Story Time at 11:30 a.m. Saturdays; Hatchling Tales at 10:30-11 a.m. Wednesdays. Free. Info: marinelife.org.

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

■ **John D. MacArthur Beach State Park and Nature Center** — 10900 Jack Nicklaus Drive, North Palm Beach. Nature walk, 10-11 a.m. daily. Info: 624-6952; www.macarthurbeach.org.

■ **Korean War Veterans Association meets** — The Lt. Richard E. Cronan Chapter #17 meets at 9 a.m. the second Sunday of the month at the Palm Beach County Fire Rescue Station 42,

14276 Hagan Ranch Road, Delray Beach. Open to all veterans who served from June 25, 1950 to July 27, 1953 at any location, as well as any veterans who has served in Korea since July 27, 1953. The chapter volunteers at functions including parades, flag-raising and funerals. Info: Robert Green at 5611-496-5533 or email bobwinwood@bellsouth.net.

■ **Morikami Museum and Japanese Gardens** — 4000 Morikami Park Road in Delray Beach. Through Feb. 23: "Contemporary Kogei Styles in Japan." Through Feb. 23: "Breaking Boundaries: Contemporary Street Fashion in Japan," displaying some of the most popular and imaginative clothing styles made and worn on the streets of Japan today. Hours: 10 a.m. to 5 p.m. Tuesday through Sunday. Info: 495-0233; morikami.org

■ **The North Palm Beach Library** — 303 Anchorage Drive, North Palm Beach. Knit & Crochet, 1-3 p.m. Mondays; Kids Crafts for ages 5-12, 2 p.m. Fridays. 841-3383, www.npblibrary.org.

■ **Norton Museum of Art** — 1451 S. Olive Ave., West Palm Beach. Through Jan. 12: "New Work/New Directions: Recent Acquisitions of Photography" and "L.A. Stories: Videos from the West Coast." Through Jan. 26: "The Four Princely Gentlemen: Plum Blossoms, Orchids, Bamboo, and Chrysanthemums." Through Feb. 23: "Phyllida Barlow: HOARD." Through March 23: "The Polaroid Years: Instant Photography

and Experimentation." Through Aug. 31: "Faux Real," by Mickalene Thomas. Art After Dark 5-9 p.m. Thursdays. Hours: 10 a.m. to 5 p.m. Tuesday, Wednesday, Friday and Saturday; 10 a.m. to 9 p.m. Thursday and 11 a.m. to 5 p.m. Sunday. (Closed on Mondays and major holidays). Admission: \$12 adults, \$5 students with a valid ID, and free for members and children age 12 and younger. Half-price admission every Thursday. Special group rates are available. West Palm Beach residents receive free admission every Saturday with proof of residency. Palm Beach County residents receive free admission the first Saturday of each month with proof of residency; 832-5196 or norton.org.

■ **Palm Beach Photographic Centre** — In City Center, 415 Clematis St., West Palm Beach. Through Jan. 4: "Memories from Friends of Palm Beach Photographic Centre." Hours: 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday. Info: 253-2600 or visit www.workshop.org or www.fotofusion.org.

■ **Palm Beach Zoo & Conservation Society** — 1301 Summit Blvd., West Palm Beach. "Wings Over Water" Bird Show: 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends. "Wild Things Show": 1 p.m. weekdays; noon weekends. Hours: 9 a.m.-5 p.m. daily. Tickets: \$18.95 adults; \$16.95 seniors, \$12.95 age 3-12, free for younger than 3. Info: 533-0887; www.palmbeachzoo.org.

■ **The South Florida Science Center and Aquarium** — 4801 Dreher Trail N., West Palm Beach. Science Nights: 6-9 p.m. the last Friday of the month. 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": Through April 20. Tickets: \$13 adults, \$9.50 age 3 to 12; \$11.50 for seniors 62 and older. Members and children younger than 3 are free. 832-1988 or visit www.sfsm.org

■ **Sunday on the Waterfront Concert Series** — Free concerts the third Sunday of each month from 4:30 to 7:30 p.m. at the Meyer Amphitheatre, downtown West Palm Beach. Info: 822-1515 or wpb.org/sow/.

■ **Wick Theatre & Costume Museum** — The Broadway Collection is an exhibit of costumes by the most honored and respected designers in the history of the American theater. Tours are led by theater professionals who give the visitor a "behind-the-scenes" look at the work of iconic designers. The Wick is open for tours, luncheons and high tea events. Tours typically start between 11 and 11:30 a.m. and are available from individual admissions to groups by appointment only. All tours include a guided journey through the collection and lunch. Tour & Luncheon (off-season): \$38. 7901 N. Federal Highway, Boca Raton. 995-2333 or thewick.org. ■

2014

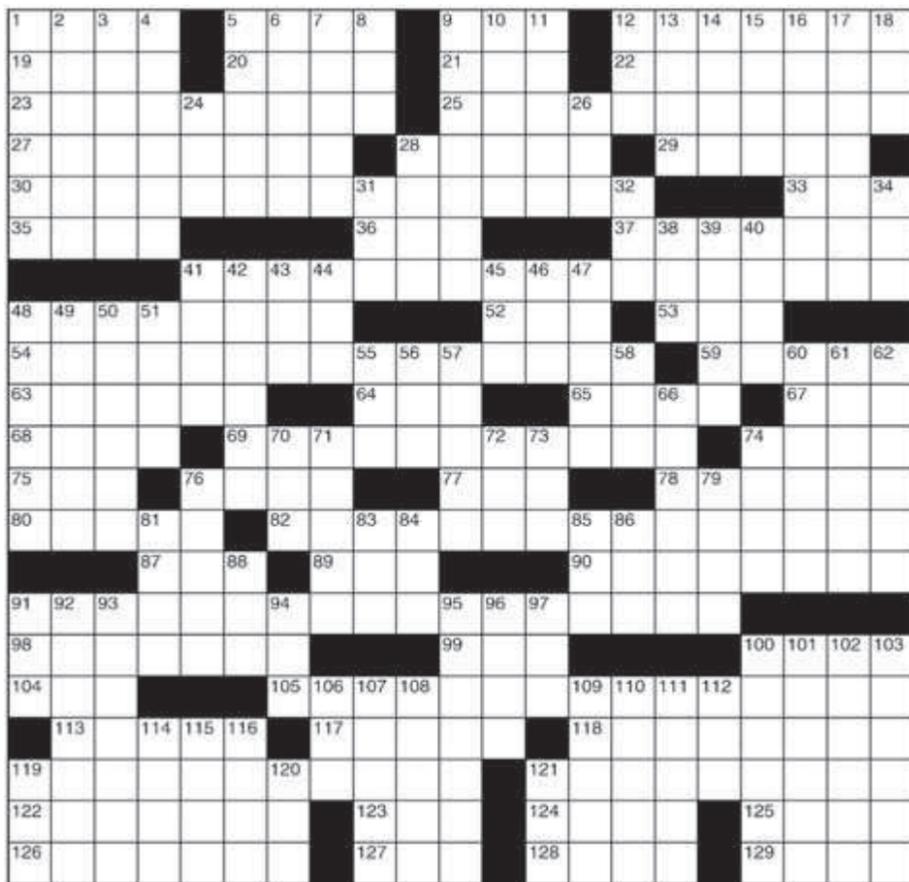
DOWNTOWN COUNTDOWN

Countdown the New Year with the band PWL. Join 97.9 WRMF and enjoy live entertainment, specialty acts, party favors, our amazing balloon drop & more.

December 31, 9pm-12:30am • Centre Court

PUZZLES

BAD MOVES



- ACROSS**
- 1 "No" voter
 - 5 Lhasa — (small dog)
 - 9 Obscured
 - 12 Curtain
 - 19 Sports side
 - 20 Rice and Curry
 - 21 Trick-taking card, often
 - 22 Plant ailment
 - 23 "To Kill a Mockingbird" novelist
 - 25 Wisconsin, with "the"
 - 27 Of the aorta, for example
 - 28 San Fran NFLer
 - 29 Alternative to a Roth IRA
 - 30 Annual hoops drawing
 - 33 Seek damages, perhaps
 - 35 Unit of force
 - 36 Poker great
 - 37 Captivates
 - 41 Internet pop-ups, e.g.
 - 48 Lurched side-to-side
 - 52 It's breathed
 - 53 One crying "Cut!": Abbr.
 - 54 Mouthpiece, tank, flippers, etc.
 - 59 Former Golden Arches burger
 - 63 — Space Telescope
 - 64 Sculling tool
 - 65 Marker bobbing on the water
 - 67 West of old Hollywood
 - 68 Big name in car rental
 - 69 Medieval lyric poets
 - 74 "Je t'——" (Fifi's "I love you")
 - 75 Wish undone
 - 76 "For — the Bell Tolls"
 - 77 Nissan
 - 78 Hotel giant
 - 80 Green basil-based sauce
 - 82 New Mexico tourist attraction
 - 87 NHL's Bobby
 - 89 "Yoo—!" ("Hey!")
 - 90 County seat near Cedar Rapids
 - 91 A South Asian capital
 - 98 World's lowest lake
 - 99 Horror maven
 - 100 Craven
 - 104 Smidgens
 - 104 Popeye's gal
 - 105 Libertarian presidential candidate of 2004
 - 113 — arms (soldier)
 - 117 Scottish tyke
 - 118 In a restless way
 - 119 1955 "Arabian Nights" adventure film
 - 121 Intrepid type
 - 122 Permatrust regions
 - 123 Filled up on
 - 124 Do followers
 - 125 This, in Avila
 - 126 Do a mailroom job
 - 127 Kin of "Inc."
 - 128 "The — lama, he's a priest": Nash
 - 129 Leopold's partner in crime
 - 1 Within reach
 - 2 Within reach
 - 3 Kill material
 - 4 Hinder
 - 5 Central courtyards
 - 6 Rice —
 - 7 Silvery fish
 - 8 Sugar suffix
 - 9 Regular visitor
 - 10 Quitter's cry
 - 11 Actress
 - 12 Pfeiffer
 - 12 Live
 - 13 Jurist Robert
 - 14 Suitor's gift
 - 15 "Keep — yourself"
 - 16 Seems to last forever
 - 17 Injured oneself
 - 18 Summer, to Sartre
 - 24 Go wrong
 - 26 Mutt's noise
 - 28 Tube lover's punishment
 - 31 Narc's find
 - 32 "Assuredly"
 - 34 Lion chaser?
 - 38 Flanders of Springfield
 - 39 "— brother's keeper?"
 - 40 Ford make, for short
 - 41 Public prosperity
 - 42 The noise of them that rejoice —: Isaiah 24:8
 - 43 "— Mir Bist Du Schön"
 - 44 Adj. modifier
 - 45 Joplin piece
 - 46 Suit's partner
 - 47 Pitcher Hideki —
 - 48 D flat's equivalent
 - 49 Big name in contact lenses
 - 50 Red gems
 - 51 Dies away
 - 55 Betting slip
 - 56 Catch cold
 - 57 Lawn growth
 - 58 Karel Capek sci-fi play
 - 60 Composer Kabalevsky
 - 61 Cranston a.k.a. "the Shadow"
 - 62 Microscopic
 - 66 Part of the Greater Toronto Area
 - 70 Bird of myth
 - 71 Siouan tribe
 - 72 Give the title
 - 73 Eggs in labs
 - 74 Guinness of "Cromwell"
 - 76 Fish bait
 - 79 "Terrible" guy
 - 81 Frog's kin
 - 83 Angling pole
 - 84 Hack (off)
 - 85 Insult. in rao
 - 86 Foldout bed
 - 88 "Norma —"
 - 91 Simple vow
 - 92 Emmy-winning Jane
 - 93 Fitness guru Jack
 - 94 "Thwack!"
 - 95 Gave a blue ribbon, say
 - 96 Acute
 - 97 Kauai, e.g.: Abbr.
 - 100 Fez dangler
 - 101 Melodious passage
 - 102 Thin down
 - 103 First U.S. space station
 - 106 Part of many Arabic names
 - 107 Political plot
 - 108 Singer/guitarist John
 - 109 President Martin Van —
 - 110 "What's in —?"
 - 111 Real imp
 - 112 Scots "no"
 - 114 Signals "OK"
 - 115 Frizzy hairdo
 - 116 Russian autocrat
 - 119 Slick 50 rival
 - 120 Solo finish?
 - 121 Sis' sibling

HOROSCOPES

■ **CAPRICORN (December 22 to January 19)** Don't just wait out that unexpected and unexplained delay in your career move. You could gain added respect if you ask why it happened and what you can do to move things along.

■ **AQUARIUS (January 20 to February 18)** Although your workplace strategies usually are accepted, you could be challenged by someone who isn't so favorably impressed. Be prepared to defend your positions.

■ **PISCES (February 19 to March 20)** Your friendship circle expands, with new people coming into your life at this time. Welcome them warmly. But don't neglect those cherished longtime personal relationships.

■ **ARIES (March 21 to April 19)** It's a good time to take a much-needed break from your recent hectic schedule and spend some time in quieter surroundings. Important news could arrive early next week.

■ **TAURUS (April 20 to May 20)** The Taurean traits of reliability and thoroughness could be well-tested when decision-makers consider your proposals and/or requests. Be prepared to answer some probing questions.

■ **GEMINI (May 21 to June 20)** A sudden attack of boredom leaves you with some tasks undone. It's OK to take a short respite. But get back to work by week's end so that you have time for other projects.

■ **CANCER (June 21 to July 22)** Avoid prejudging a situation just because it looks bad. Facts could emerge that would make

your position uncomfortable, to say the least. A relative has interesting news to share with you.

■ **LEO (July 23 to August 22)** This is a good time to begin reassessing some of your recent decisions about your long-range goals to see if they still have merit. Spend more time with loved ones this weekend.

■ **VIRGO (August 23 to September 22)** An unsettled situation at home or on the job early in the week could drain your energy levels, making it difficult to get your work done on schedule. But things improve by midweek.

■ **LIBRA (September 23 to October 22)** A temporary setback could give you time to go over your plans to find weaknesses you might have overlooked before. A romantic getaway with that special person is favored this weekend.

■ **SCORPIO (October 23 to November 21)** Professional and personal situations benefit once you set a positive tone in getting things off to a good start. Honest dialogue smoothes over any occasional display of balkiness.

■ **SAGITTARIUS (November 22 to December 21)** A problem with workplace colleagues or family members seems to defy even your sage counsel. But be patient. Your words eventually will lead to a resolution.

■ **BORN THIS WEEK:** You love to search for knowledge and share it with others. You would make an especially fine teacher. ■

By Linda Thistle

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

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, B12

◀ SEE ANSWERS, B12

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LATEST FILMS

The Wolf of Wall Street

danHUDAK

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★★★★½

Is it worth \$10? Yes

Money, drugs and hookers are a dangerous combination for anyone. When put in the hands of a hotshot young stockbroker without a conscience, they can be deadly. In the case of Jordan Belfort (Leonardo DiCaprio) in "The Wolf of Wall Street," he has a mansion, yacht, private jet, six cars, a steady supply of cocaine and everything else money can buy. Debauchery isn't a habit for him; it's a way of life.

Jordan is not an easy person to like, but he sure is fun to watch. He doesn't believe in excess, there's no such thing as "taking it too far" and his hedonism results in antics we enjoy observing. It's the late '80s, so anything goes. He's a terrible role model in many ways but, man, does the guy know how to have a good time.

Right-hand man Donnie (Jonah Hill), who's socially awkward yet just as big a party animal as Jordan, masturbates in public the first time he sees Jordan's future wife Naomi (Margot Robbie), who in all fairness is stunningly gorgeous.

Yes men, well-wishers, enablers and moochers surround Jordan and Donnie, but they're making millions pushing bad stocks, so they don't care. A few people are brutally honest with them: Jordan's father Max (Rob Reiner) is a temperamental voice of reason, attorney Manny Riskin (Jon Favreau) gives a few reality checks and, most importantly, FBI agent Patrick Denham (Kyle Chandler) makes it clear he's keeping an eye on Jordan.

How did Jordan get this way? His first day on the job he meets Mark (Matthew McConaughey), whom Jordan is impressed to hear earned \$1 million last year. Mark takes him to lunch, tells him how the business really works and how to succeed in it.

Mr. McConaughey is an absolute treat in these scenes, oozing sleaze and style, complete with puffy hair and a perpetual grin of self-satisfaction. The only shame is that he doesn't return after teaching these

important lessons.

Director Martin Scorsese's ("The Departed") film is based on a true story, with the screenplay written by Terence Winter from a book of the same name by the real Jordan Belfort. One imagines, given the source, that there's some embellishment in the craziness of the parties and stories depicted here, but so be it — truth is not imperative for the enjoyment of moviegoers. What is important, and at least feels authentic, is the rollercoaster life Mr. Belfort led and how well his story is told.

Mr. Scorsese is on top of his game, seemingly every few minutes finding something new for Jordan to take to an extreme. Because Jordan is out of control for so much of the three-hour movie, we often laugh at his craziness, knowing that ribald boys will be boys.



In some ways, the film takes a similar structure to "Goodfellas," chronicling a lavish life of grandeur that anyone would want followed by a precipitous fall. The regret in the end is not for sins committed, but rather for not covering

tracks better so those sins can continue.

Watching Jordan, it's as if he saw Michael Douglas' Gordon Gekko in "Wall Street" (1987) and said, "That's what I wanna be!" Greed is, indeed, good for a while, but in the end, as it often does, avarice becomes his undoing. Mr. Scorsese doesn't lay it on too thick in condemning Jordan for his misdeeds; doing so would, by extension, throw scorn at the audience for enjoying watching him be so naughty. But the director and longtime editor Thelma Schoonmaker do maintain the proper energy and tempo throughout.

"The Wolf of Wall Street" is full of shocking moments you will not soon forget and a morality that's nowhere to be found. It's an absolute trip. ■

in the know

>> **Jason Belfort** started writing the book on which the movie is based while he was in prison. Also, according to investorplace.com, he has only paid off \$11.6 million of his \$110 million government fine.

CAPSULES

American Hustle ★★★★★

(Christian Bale, Amy Adams, Bradley Cooper) Con man Irving (Mr. Bale) and his partner Sydney (Ms. Adams) are forced to assist an overzealous FBI agent (Mr. Cooper) in sting operations in late '70s New York. Funny, tense and brilliantly acted, the story keeps you guessing and it's a helluva lot of fun. One of the best movies of the year. Rated R.

Saving Mr. Banks ★★★★★

(Emma Thompson, Tom Hanks, Colin Farrell) Walt Disney (Mr. Hanks) and his creative team endure the difficulties of author P.L. Travers (Ms. Thompson) as they work to adapt Travers' "Mary Poppins" into a movie. The "Mary Poppins" pre-production scenes are a trip, especially for those who love that film, but Ms. Travers' flashbacks to her childhood with her alcoholic father (Mr. Farrell) weigh the narrative down. Rated PG-13. ■

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FLORIDA WRITERS

Faith and folly vie in mystical murder mystery

philJASON
pkjason@comcast.net



■ **“Rituals” by Mary Anna Evans.** Poisoned Pen Press. 286 pages. Hardcover \$24.95, Trade Paper \$14.95.

In her eighth Faye Longchamp Mystery, Mary Anna Evans sets her archaeologist heroine down in a Spiritualist enclave in western New York. Her rather tedious task here is to help professionalize a town museum in fictional Rosebower, lending her credentials and industry to assessing the archives and artifacts that have piled up over the years.



Evans

Faye’s scientific training makes her a skeptic regarding the psychic readings industry that flourishes in Rosebower, but she’s curious — as is her recently adopted daughter, 17-year-old Amande, who is assisting her on this assignment.

The big mystery is whether or not all this Spiritualist stuff is simply artful quackery — or is it earnest mass delusion? the immediate mystery, however, has to do with the death of Tilda Armistead, the

community’s most prominent practitioner of channeling communication with the dead.

Soon after performing an eerie séance that Faye attended, Tilda miraculously escaped from her burning home only to expire soon after from smoke inhalation. Avery, the fire inspector assigned to investigate, feels that the evidence points to arson and probably murder. Indeed, the door to the room Tilda escaped from had been nailed shut just ahead of the conflagration. But who would murder one of the town’s most revered citizens? And with what motive? And how in the world did Tilda get out of that room?

The cautious, deliberate and determined fire inspector unofficially teams up with Faye, multiplying the investigative brainpower.

Ennis LeBecque, in a stumbling and suspicious fashion, cares for his great-aunt Sister Momma, a semi-invalid whose herb and root elixirs are in great demand. Ennis is learning the business and building its online presence. However, he has something at stake that might lead him to doctor his aunt’s medications in ways

harmful to her and to patrons such as Tilda and Tilda’s sister, Myrna.

Tilda, after all, had been the town council leader and a key property owner controlling land on which a shady entrepreneur, Gilbert Marlowe, plans to build an attractive tourism development. Ennis is looking for part of that action, as is Willow, Tilda’s son-in-law and assistant to his wife, Dara, who practices the psychic arts in a showy manner that has not been respected by her mother or her Aunt Myrna.

If Dara believes that she is her mother’s heir, she could have a lot to gain, as could Willow, by inheriting land needed for Marlowe’s project. If Myrna, already a significant landholder, is the heir, then her life could be in jeopardy. Is it a coincidence that her health is deteriorating with alarming speed?

Watching events unfold in Rosebower is the novel’s most intriguing supporting character, Antonia Caruso. Better known in her younger days as the magician Toni the Astonisher, Antonia is preparing an exposé of what she believes is

fraud in the Spiritualism business. Interspersed among the numbered chapters of the novel are delightfully mean-spirited excerpts from her work-in-progress titled “Working notes for Pulling the Wool Over Our Eyes: An Unauthorized History of Spiritualism in Rosebower, New York.”

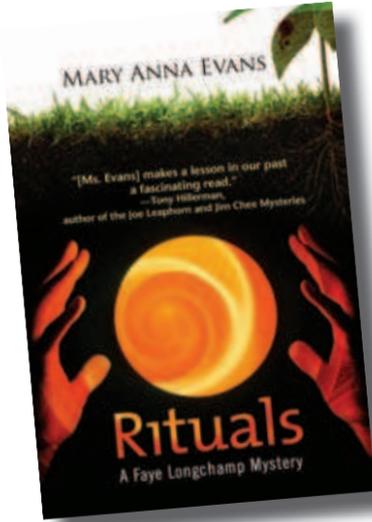
The author Evans uses this alternate narrator to good purpose. As the main line of the novel progresses, readers become more and more suspicious of even the most selfless and renowned practitioners of the psychic arts. Little tricks of deception are revealed.

But Toni the Astonisher — who is also Antonia the doubter — becomes less and less interested in bringing harm to the town and its citizens through her exposé. She comes to have some sympathy for the Armistead sisters and for those whose lives are touched in positive ways by sincere practitioners.

Indeed, she recognizes that a bit of showmanship does not turn a believing psychic into a quack.

Suspense, atmosphere and intriguing characters all coalesce within an unusual premise to make “Rituals” and its award-winning author likely candidates for even greater recognition. ■

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



PUZZLE ANSWERS

A	N	T	I	A	P	S	O	H	I	D	A	B	R	I	D	G	E			
T	E	A	M	T	I	M	S	A	C	E	R	O	O	T	R	O	T			
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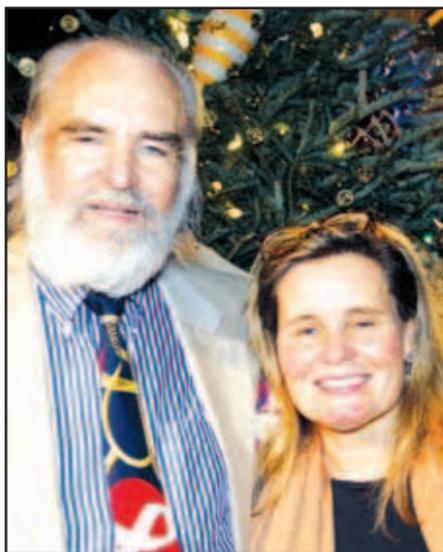
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Cynthia Palmieri, Jose Ama and Karyn Lamb



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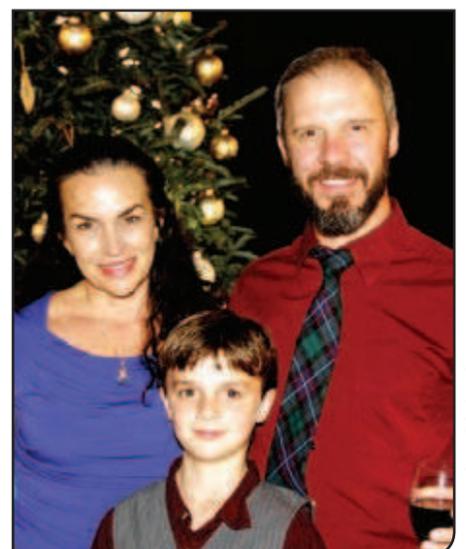
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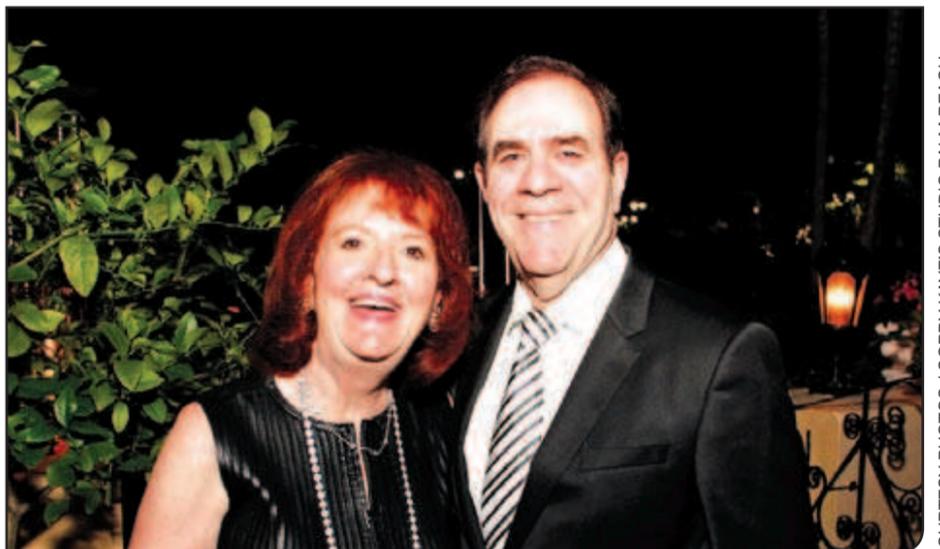
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JOHN SESSA / FLORIDA WEEKLY

THE DISH

Highlights from local menus

The Dish: Chicken tacos

The Place: Pelican Cafe, 612 U.S. Highway 1, Lake Park; 842-7272 or pelicancafe.com.

The Price: \$14.95

The Details: We love visiting Pelican Cafe for its doughnuts. That's right — doughnuts.

During a recent visit we were treated to a basket of the decadent cake doughnuts that had just the right amount of sweetness.

But it's not all about doughnuts.

Pelican Cafe also is a serious breakfast place, with omelets and Benedicts, pancakes and waffles.

The restaurant also offers serious lunch and dinner menus, and it was lunch that drew

us to the place for pizzas, fresh fish and these heavenly tacos.

The soft tacos were stuffed with tender chicken and crisp lettuce, then topped with avocado and drizzled with a subtle chipotle-infused sauce. Our server brought us a dish of jalapeño slices to pair with the tacos, as well as a selection of hot sauces.

Also worthy of note: those huge sweet onion rings served on the side. They were crispy on the outside, tender on the inside, and we were stuffed. ■

— Scott Simmons



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December 2013

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



Mind, Body, Spirit

Healing
Integrative
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at Jupiter
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BY MARK GOCKE, MD
Board Certified, Orthopedic Surgery

Every year, millions of people see a health-care professional for symptoms that diagnostic tests can't explain. In many of these patients, the cause of illness is underlying stress, particularly stress that isn't fully recognized. Managing stress — as well as any health condition — is all about taking charge of your thoughts, emotions and the way you deal with problems.

Jupiter Medical Center's Integrative Medicine Program combines the best of

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Nice and easy does it, part II

When planning travel for the elderly keep the old adage, "Nice and easy does it" in mind. I learned this from experience when traveling with my dad on his occasional pilgrimages to Las Vegas. Dad loved playing slot machines and to him, Vegas was the ultimate vacation destination. The problem was that as Dad aged, 60 years of smoking and a nasty bout with tuberculosis (a souvenir of the Korean War) had given him poorly functioning lungs and chronic obstructive pulmonary disease.

Not to be deterred by his shortness of breath, dad relished a trip to Vegas despite the fact that traveling from Florida to Vegas



Dana Carr
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requires a five-hour flight in an airline cabin pressurized to an altitude of 4,500 feet. (Think of Mile High Stadium in Denver and the visiting teams gasping from the thin air.) Basically, as air rises, gases expand allowing less oxygen per each breath. This, in turn, makes breathing more difficult for people with respiratory concerns.

For healthy people this is a minor concern. After a long flight you may feel tired and claim to be "jet lagged." Actually, this jet lag may be a mild case of hypoxia (depleted red blood cells) caused by extended time at the high pressurized cabin altitude. After a rest and some time near sea level, breathing the more dense air, people with healthy lungs feel better and claim to be over the jet lag. The red blood cells are reenergized by the more dense air at lower altitudes.

Flying is a much greater concern for the elderly who may have health related breathing difficulties. This could result in minor respiratory distress or become a major health risk. For my dad, simply

taking things "nice and easy" made all the difference.

For those with more advanced medical concerns, it is best to first check with your health care professional. Your doctor may advise you to travel with supplemental oxygen. Just one to three liters of O2 can make all the difference. Most major airlines allow the use of portable oxygen concentrators, when accompanied by a prescription signed by a doctor. Many home medical/oxygen suppliers will rent an oxygen concentrator on a weekly basis. To avoid any problems, make sure to check in advance with the airline for a list of approved equipment. It would also be wise to consider the help and assistance of a medical escort, especially if traveling alone or with another elderly person.

If one should find themselves in need of a professional medical escort, Air Trek is always more than happy to help. We have a Commercial Airline Medical Escort Service set in place to meet international and long

distance transportation needs for those who require or desire assistance onboard a commercial aircraft. Air Trek will take care of everything including booking airline tickets, helping with navigation through crowded airports (especially useful around the holidays), getting one to their desired destination and any additional needs that may arise.

Traveling to see family and friends or even a trip to Vegas, may be enjoyed by the elderly, just remember: Preplanning and "nice and easy" does it. ■

— Dana Carr is an airline transport pilot and serves as director of operations for Air Trek Inc., which is family owned and operated since 1978, and specializes in helping people travel throughout the world. Air ambulance information is available at www.medjets.com. Aircraft charter and luxury travel info is available at www.airtrek.aero.

Are you getting too much sleep?

Too much sleep? There's no such thing these days, is there? With today's fast-paced lifestyle, there's barely enough time to grab enough sleep let alone too much.

However, if you sleep eight hours a night or more and still awake less than refreshed, chances are you're getting too much sleep.



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What you need is not more sleep, it's quality sleep.

Quality sleep allows us to awake feeling refreshed and full of energy, ready to power through the day. It also allows us to sleep less hours, freeing up more time for us to do the things we want. A lot of people assume that because they're feeling tired all day or have a midafternoon 'slump' that they need more sleep. Not true! A lot of people believe that because they may have had a couple of late nights, they have to 'catch up' by having extra sleep.

Also not true! Sleeping for too long can damage your circadian rhythm. The circadian rhythm is your 24-hour "clock" con-

trolled by a central part of the brain. This clock tells us when we are sleepy by altering the body temperature by a few degrees.

When the body temperature is lowered, we feel sleepy. Conversely when it is raised, we feel awake and alert. When we sleep for a longer time, our body temperature does not rise as fast. This is why we feel sleepy and sluggish in the mornings.

The more tired we feel, the less physical activity we do. Inactivity keeps the body temperature down so it creates a vicious cycle.

Our body doesn't get exposed to sufficient sunlight to lower our melatonin levels, so we stay sleepy throughout the day. The

deeper stages of sleep (stages 3 and 4) are the most restorative. This is where the body regenerates. Most of stage 3 and 4 sleep takes place in the first 4 hours of our sleep.

The rest of the night is spent in REM (dreaming) sleep and the lighter stages. Stages 3 and 4 are also where the immune system repairs and strengthens itself. It is vital to get this type of quality sleep.

A good start is to make sure we get enough activity during the day, this gives us a three-fold benefit. It gets us out into the sunlight, which reduces our melatonin levels, it raises our body temperature so we feel energized and it tires us in a healthy way so we can have more deep sleep. ■

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3D technology provides state-of-the-art diagnosis and treatment for dental implant surgery

In the past, placing dental implants involved a lot of guesswork.

Dentists used to rely on traditional black-and-white X-rays, which displayed only two-dimensional images, inaccurate in size and detail. The dentist could not see the bone, soft tissues or surrounding vital structures beneath the gums, so he would have to approximate the location of surgical implant placement.

X-rays are fine for finding decay in teeth, but for dental implant surgery, 3D CT scans are now considered "the standard of care" in modern dentistry.

A CT scan is a volumetric image of your teeth, jaws, and surrounding vital structures. It shows, in high resolution and unparalleled detail, structures not visible with traditional X-rays.

3D CT scans provide both three-dimensional and cross-section views that are much more accurate than traditional two-dimensional X-rays.

These 3D computerized images provide detailed views of the facial structures that enable a qualified dentist to determine the quantity and quality of bone as well as bone density where the implants will be placed.

Vital structures such as nerves and sinuses are precisely located to add a great measure of safety not offered with traditional X-rays. With a 3D CT scan, the doctor can properly assess your specific case to determine if you're eligible for dental implants, whether bone grafting is necessary and plan

precisely where to place the implants

With this information, the dentist can determine the proper treatment approach for each individual patient, including the correct implant type, size and position for optimal implant placement.

These scans make implant placement more efficient and predictable while dramatically reducing the time a patient spends in the dental chair.

Cone beam CT technology emits very small amounts of radiation for the CT scan. In fact, the imaging requires less radiation than a traditional X-ray and the cone beam technology emits 80 to 100 times less radiation than a traditional medical grade CT scan of the same area.

You are seated in an open area unlike an MRI scan-and the CT scanner moves around your head. The scan will take place in the dentist's office and takes only 19 seconds.

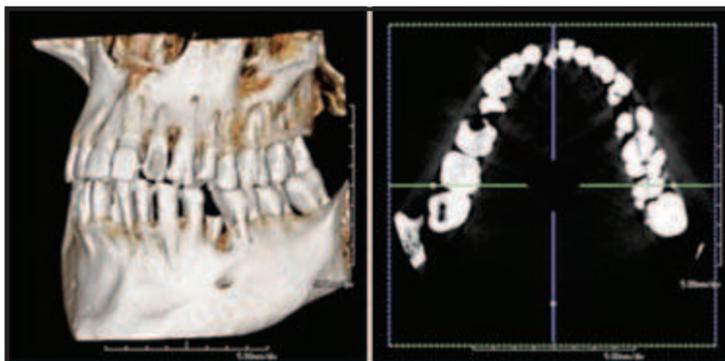
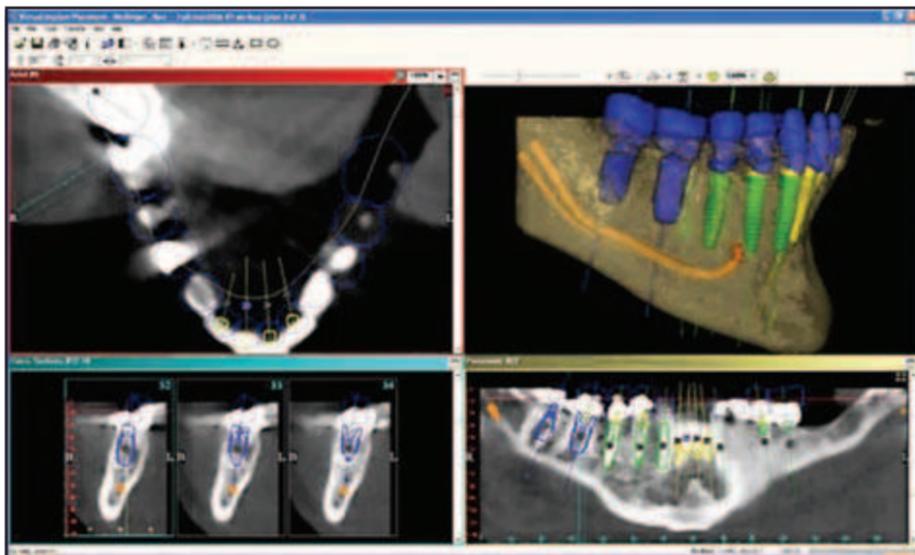
— Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate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



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3D scans provide detailed views of the facial structures that enable a qualified dentist to determine the quantity and quality of bone as well as bone density.

emy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology.

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tal 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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Kenneth A. Gordon, Esquire

Brinkley Morgan
Marital and Family Law Partner

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

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OYM Performance Center offers holistic alternative for tissue rejuvenation

Prior to his October 2012 Ironman, OYM Performance Center owner Matt Goforth knew he needed to carefully plan for ways to tend to his body's recovery not just after but also during the race. Coach Matt knew the dangerous effects that NSAIDs (nonsteroidal anti-inflammatory drug) can have on an already overactive liver, so he turned to a well-tested product by Hammer Nutrition to complement his integrative medical approach to wellness.

Naturally formulated Hammer Tissue Rejuvenator is a gluten-free product. One of its components, turmeric, is a highly effective anti-inflammatory, antioxidant and anti-carcinogenic agent. Turmeric contains curcumin, which Hammer Nutrition indicates has liver protecting and antibiotic properties as well.

"During my Ironman race, I kept several capsules of Tissue Rejuvenator handy in a pouch. Every two hours, I took a couple along with water," said Matt.

The Hammer Tissue Rejuvenator capsules helped Matt manage his pain throughout the Ironman event and the following day in a safe, natural way with minimal detrimental effects to his liver.

Not only did the product help Matt prevent tissue and joint injuries, it provided his system with nutrients to reduce soreness while promoting rapid tissue repair.

The product contains several well-known and non-traditional components.

Glucosamine sulfate is a raw material found in joint cartilage, ligaments and tendons that helps to promote elasticity of joint movement. It also functions as a mild anti-inflammatory. Like glucosamine, chondroitin sulfate is another important building block for the repair of damaged cartilage, which also promotes lubrication and cushioning in the joints.

Additionally, Tissue Rejuvena-

tor contains methylsulfonylmethane (MSM), which has been reported to decrease arthritic joint pain, enhance wound healing, and reduce allergic symptoms.

Depending on the severity of injury, Matt recommends taking four capsules about once or twice per day with plenty of fluids.

"If I feel some soreness coming on after a harder training session, then I'll take a capsule or two for prevention purposes to keep from needing any NSAIDs," he said.

Tissue Rejuvenator's unique blend of various enzymes not only aids in the complete absorption of the nutrient components in the product, but it provides potent anti-inflammatory benefits. Along with turmeric, additional herbs such as boswellia serrata, Devil's Claw and Yucca Root offer anti-viral, anti-fungal and antibacterial health benefits.

According to the company, the water-soluble flavonoid known as quercetin that it contains may also act as an anti-histamine.

Aside from its patented undenatured

Type II Collagen (UC-II), which is derived from chicken sternum cartilage, this product is primarily plant-based. However, it is not recommended for clients with shellfish allergies even though its glucosamine sulfate is made from the

shells rather than the flesh of the animals. Tissue Rejuvenator also contains chondroitin sulfate that is composed of shark cartilage.

Stop by the OYM Performance Center today. Owners Julie and Matt Goforth will be happy to introduce you to their complete nutrition line and other integrative medicine products. They're ready to discuss any additional questions you might have regarding ways to enhance your overall health and wellness. ■



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The holiday guide to divorce

There is a common belief that the two most difficult situations a person can face are death and divorce. This is not exactly true. It is not uncommon for at least one of the prospective divorcees to be well...enthused. Sometimes both people agree that separating is a logical and healthy thing to do. Regardless of whether or not you are the one being left, or the one leaving, there is one common truth, a new chapter is beginning. With the holidays upon us, particularly New Year's Eve, it seems a good time to reflect upon our lives, and make a few resolutions about how to best move forward. In order to gain a bit of perspective I'd like to first look back and consider just what this marriage thing is all about.



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In today's world, the institution of marriage has become a complex amalgamation of religion, commerce, societal norms, and marketing. This was not always the case. A historical view of western civilization shows us that marriage used to be about consolidating power and wealth, specifically real property, more than it ever was about love. In many cultures in the world arranged marriages are common, and the concept



of love more accurately describes the respect and familiarity that is bred from a long and successful union, as opposed to the sympathetic chemical and physical reaction that we expect almost immediately upon meeting a prospective mate.

It seems today people are motivated to marry as a result of Hollywood and Madison Avenue's glorified spin on love and relationships. Religion is also an enthusiastic proponent of marriage as a preferred lifestyle, and some might argue that the reason for this is to encourage the propagation of future devotees. Whatever one's reason to get married in today's world, the

specter and reality of divorce cannot be ignored. In order to survive, and in fact prosper, in the face of divorce a key element must be a profound respect for reality.

It is no secret that the holidays are especially difficult for those people going through the turmoil of a divorce. You cannot turn on the television during this time of year without being assaulted by endless programming depicting happy families gathered around a turkey, a tree, or some other Norman Rockwell-esque scene. It is important to remember that these various vignettes are not real, the people in

them are actors...acting happy. This is no more representative of real life than the sitcom Glee.

The key to survival during the holidays is to step outside your personal situation and appreciate all that life has to offer. Some specific suggestions which are guaranteed to assist in moving through this time of year are as follows:

■ **Help others.** There is no end to the amount of good deeds just waiting to be done. You can volunteer at your local homeless shelter, raise money for any number of good causes, and otherwise exercise the old adage that it is better to give than receive;

■ **Give yourself a gift.** There is no better time to treat yourself to something special. This does not have to involve the expenditure of money; it can simply be time off, a trip you've always wanted to take. Sign up for sailing lessons, cooking lessons, rumba lessons;

■ **Identify and acknowledge those around you whom you love, and who love you.** There is no better time to take stock of how lucky you are in the love and support department as opposed to however bad your current situation might seem.

The bottom line is that life is short, and positive relationships are precious. Our best times are truly defined by our troubled times. Pick one wonderful thing you can do for someone else, do it, and then pick another... and you're on your way. ■

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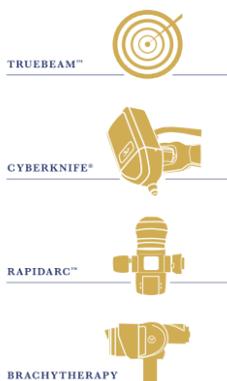
At South Florida Radiation Oncology, we believe everyone deserves the finest healthcare available, and when it comes to cancer care, we're committed to providing just that. Using the most sophisticated technologies in the world, our team of cancer care specialists treats cancer effectively and compassionately in virtually any part of the anatomy, even those cancers previously diagnosed as incurable or untreatable.

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Confessions of a sweaty yogi: Prescription for yoga

Is Yoga exercise, mental stress releaser, or alternative medicine? The answer is yes.

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. If you're looking for choices beyond drugs and surgery for a health condition or concern, you're likely finding that traditional western medicine isn't giving you many (or any) options.

Yoga — by which I mean a broad array of tools including asana (yoga poses), pranayama, meditation, etc. — has been shown in hundreds of scientific studies to benefit people with a wide variety of health conditions. Yoga lowers blood pressure, improves lung function, relaxes the nervous system, cuts cholesterol, boosts immunity and makes you more content, to name just a few documented effects.

Perhaps even more important, yoga is a methodology to change dysfunctional habits and attitudes into ones that serve you better. Patanjali wrote that the key to success in yoga is regular practice over a long period of time, and this idea is finding support in recent breakthroughs in neuroscience. We now know that the brain is capable of changing itself — of creating new patterns, new connections between neurons — and that the more you do something, the stronger those neural pathways become.

Yoga has many styles, forms and intensities. Hot vinyasa yoga, in particular, may be a good choice for stress management and increased vitality as well as detox. This style of practice is a third generation of yoga that incorporates all the therapeutic benefits of the heat with the healing movements of vinyasa. The philosophy of vinyasa yoga is to link movement with breath to form meditation in motion. It is also sequenced to link posture progressions and counter poses to heal the internal body as well. But most people can benefit from any style of yoga — it's all about your personal preferences.



Jennifer Martin

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The core components of yoga are:

■ **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. Poses not only have an external focus but more importantly internal benefits as well.

■ **Breathing.** Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

The health benefits of yoga

The potential health benefits of yoga include:

■ **Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

■ **Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.

■ **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia. It has also been proven to aid in chronic lower back pain.

So is yoga right for you? It is if you want to fight stress, get fit and stay healthy. Time to hit the mat and give it a try.

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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SPIRIT

From page 1

conventional and integrative therapies, taking a holistic approach to wellness to help patients achieve a healthy mind, body and spirit. We focus on the whole person with the goal of improving quality of life.

Integrative Medicine is used as an added form of treatment for many conditions, including:

- Heart Disease
- Diabetes
- Weight Control
- Management of Symptoms Associated with Cancer Treatment
- Back, Neck and Joint Pain
- Those Seeking a Healthier Lifestyle



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Integrative therapies can help patients manage chronic conditions or major medical events, as well as maintain a long term state of well-being. Medical research has shown health benefits from many of these therapies, and ongoing clinical trials continue to study the potential benefits.

Jupiter Medical Center's Integrative Medicine Program includes classes and lectures to the community such as:

- Mindful Living Stress Reduction (modeled after the Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical Center) is an eight-week course that will teach you new ways to cope with stress and improve your quality of life.

- Yoga and T'ai Chi can help you relax and reconnect your mind, body and spirit. They are proven to lessen the effects of stress, reduce anxiety and alleviate pain.

- Massage Therapy can help relieve stress and help you achieve a healthier lifestyle. It encourages relaxation, improves circulation, lowers blood pressure, and improves flexibility and range of motion by relaxing tense muscles.

- Aquatic Therapy reduces stressful effects of gravity on the body by offering little or no weight bearing to help improve range of motion and function quickly and safely.

- Integrative Medicine Lecture Series offers you an opportunity to meet the experts and learn more about a variety of topics, including acupuncture, herbal supplements, nutrition and food therapy, and achieving optimal health and longevity.

Acupuncture is also offered at Jupiter



Medical Center's Wellness Center by appointment. Acupuncture is becoming an increasingly popular treatment option for patients around the world. It is used to treat pain, anxiety, insomnia, headaches, weight control and more. Treatments are customized to each person and their desired results.

It's important to remember that these integrative therapies are not meant to replace conventional medicine — but rather work along with it. The goal of integrative medicine is to help patients achieve optimal health, even in situations where they simply don't feel well.

Achieve a sound mind, body and spirit with Jupiter Medical Center's Integrative Medicine Program. For more information, call (561) 263-5775 or visit www.jupitermed.com/IM. ■



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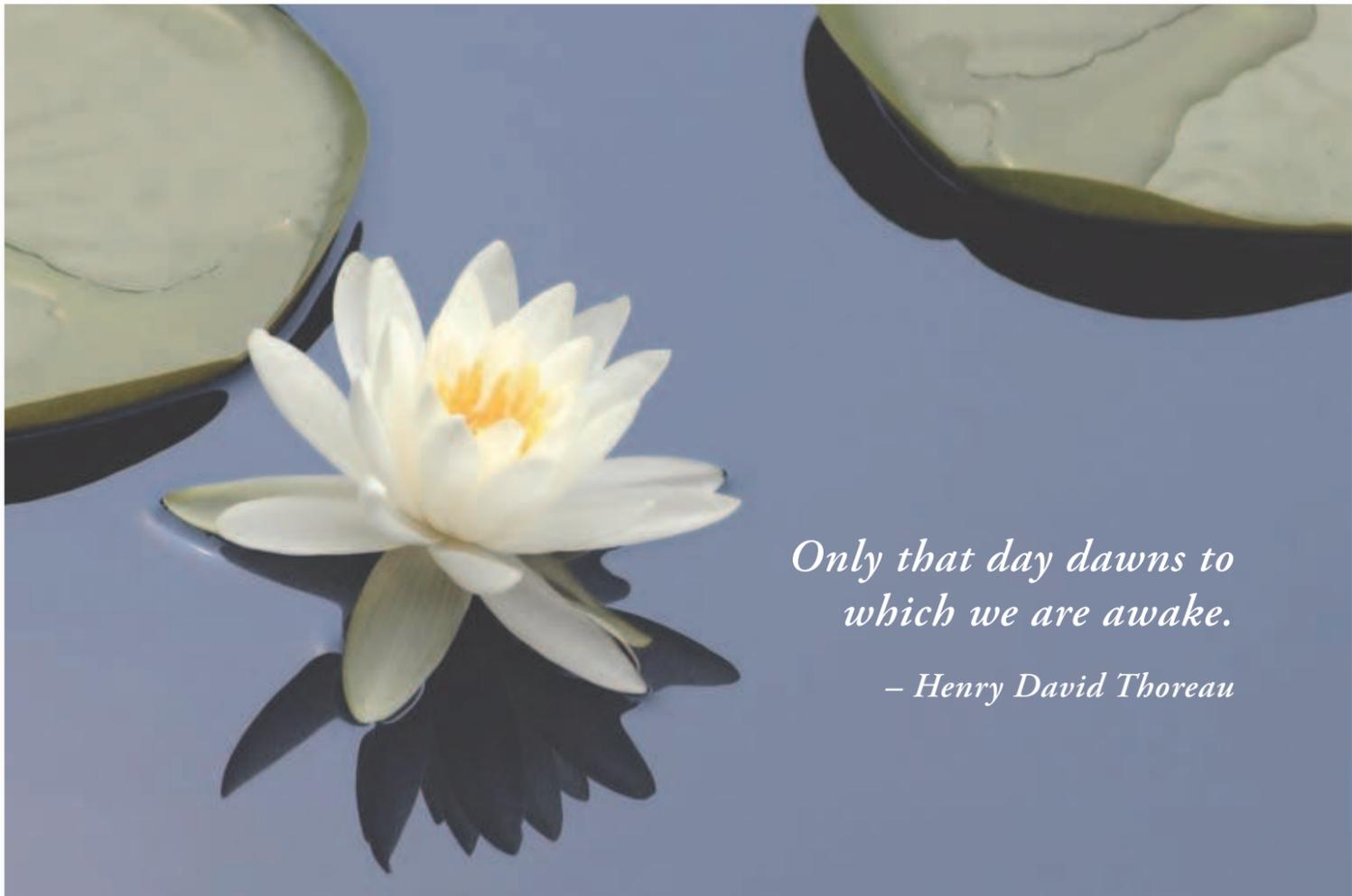
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which we are awake.*

– Henry David Thoreau

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Mindful Living - A Stress Reduction Program

Modeled after the acclaimed Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical Center, this comprehensive course is now available at Jupiter Medical Center. Thousands have benefitted from this eight-week course in stress reduction. Learn new ways of coping with:

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- chronic pain
- anxiety/depression
- autoimmune disease
- diabetes
- grief
- eating disorders
- work/family stress
- many other conditions

For more information, please call **Cyndi Drake** at **(561) 263-5775**. Tune in to **WJNO 1290AM** each Saturday at 10 a.m. for Jupiter Medical Center's "Maximum Health" with **Dr. Ken Grey, AP, DOM**.

Mindful Living Program - Includes CD and one all-day session. **Fee:** \$350

Location: Jupiter Medical Center, 1000 S. Old Dixie Highway, Jupiter

Mindful Living with Kim LaRue, Certified Health Coach, LMT, RYT

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Wednesdays, January 8, 2014 to March 5, 2014 • 6:30 p.m. - 8:30 p.m.

Mindful Living with Mimi Bailey, RN

Tuesdays, January 14, 2014 to March 11, 2014 • 6 p.m. - 8:30 p.m.

Reservations are required. Space is limited to 20 participants per session. Please call **(561) 263-5775**.

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