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FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF JANUARY 9-15, 2014

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Vol. IV, No. 14 • FREE

BY THE NUMBERS

12,281

melanoma cases in Florida per 100,000 people from 2008-2010

4.6

The approximate age of our sun in billions of years

30

Recommended lowest SPF number to block two types of ultraviolet light

OUR SUN

... friend *and* foe

A8

by evan williams • ewilliams@floridaweekly.com

Turning palm fronds into greenbacks

BY ATHENA PONUSHIS

aponushis@floridaweekly.com

WHEN YOU THINK FLORIDA, YOU SEE PALM trees. Ben Bolusky has pegged the palm as Florida's icon. He cannot picture a coastal resort, seafood shack or theme park without the silhouette of a palm tree being instantly there.

The CEO of the Florida Nursery, Grower & Landscape Association, Mr. Bolusky has numbers to back up his praise. "Florida's nursery growers sold \$406 million worth of



KATHY GREY / FLORIDA WEEKLY

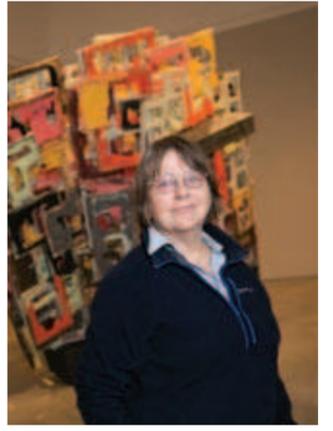
Greg Sillcocks removes a sea grape tree from a Florida home.

palm trees in 2010 to landscape and retail businesses. Palms represented nearly 10 percent of the \$4 billion in flower, plant and tree sales by growers in Florida that year," he says, citing an economic impact study by the University of Florida.

But those numbers do not account for the sales of palm tree collectors, men like Greg Sillcocks, who spend their days chasing down trees. If the Discovery Channel were looking to film another reality show saga

SEE GREENBACKS, A12 ▶

INSIDE



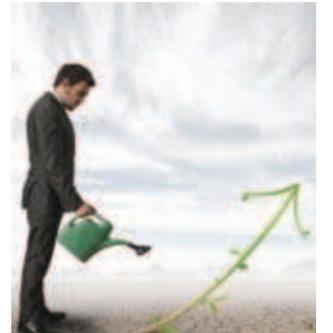
Broken homes

In a Norton Museum exhibit, artist Phyllida Barlow displays upturned houses. **B1** ▶



Society

See who was out and about in Palm Beach. **A20, 22-25, 31** ▶



SCORE a resource

Palm Beach County nonprofit can help your business. **A19** ▶



Kovel antiques

Classic cane handles were versatile. **A28** ▶

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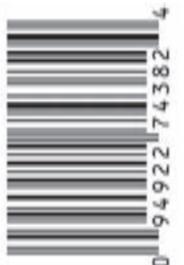
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COMMENTARY

The joy of cooking



leslieLILLY

llilly15@gmail.com

With the holidays behind us, and a few chores remaining to return to our routines, we savor memories of the food and cultural traditions that distinguish the celebrations we enjoy with family and friends.

The centerpiece of holiday-inspired productions is often the food we make and share with others.

The preparations begin weeks in advance and require ingredients only justified because our biggest joy comes but once a year.

We use flour, cheese, butter, cream, sugar and eggs with abandon. Everyone has his or her own list of must-haves that go into an extended holiday menu. Dieting is the consequence of sinning mightily, and, by the austerity of our New Year's pantry, we do now heartily repent; but, aaah, it was fun while it lasted.

Food occupies an important place in the cultural traditions of all people. However, it takes a special kind of person to appreciate how food and culinary traditions are a means to understand who we are and where we come from.

John Egerton was such a man, a "Southern writer who broke the bread of reconciliation" by tapping the richness of the Southern cuisine and culture.

He was one of the notables who passed away in 2013 at the age of 78,

leaving behind a remarkable legacy. Said The New York Times obituary, "...he used the written word, humility, and ultimately the power of the southern table to champion racial reconciliation and lead a new generation of cooks to look beyond clichés and divisions to understand the region." (Note to Paula Deen: Listen up.)

Egerton, a distinguished author and journalist, founded with others, the Southern Foodways Alliance at the University of Mississippi.

The Alliance celebrates the diverse food cultures of an American South in order to "set a common table where black and white, rich and poor — all who gather — may consider our history and our future in a spirit of reconciliation."

The Times observed that Egerton once said the South's contradictions explain how it is some of the nation's finest writers come from a region that also has the highest number of illiterates.

Contradictions were, to Egerton, like the South's bread to its butter. They are a recurring theme in the region's social and economic history and they are still present: to wit, a Southerner smart enough to become a duck-calling, millionaire celebrity but whose ignorance and bigotry communicate such on a grand scale he is otherwise as dumb as a fence post.

A grateful nation watches on because, apparently, who doesn't love a blasphemous, anti-intellectual redneck as long as he or she is not your neighbor?

All the more reason why Egerton and

his colleagues were ahead of their time in valuing the role of food in setting a table big enough to accommodate all who share in its diverse pleasures.

For the Alliance, the breaking of bread together is more than an opportunity for a shared meal in the community of others. It's a time for estranged Southern kin to break new ground with unprecedented conversations: "

We tell honest and sometimes difficult stories about our region. We embrace Southern history, the realities of the Southern present, and the opportunities for Southern futures.

In other words, we don't flinch from talking about race, class, religion, gender, and all the other biggies."

The Alliance also does not take itself too seriously, admitting on its web site to having "once constructed a bacon tree, draped with slices of cured pork belly."

Egerton was right: Southern food and culture invite healing revelations among those who share the bond of place but remain as strangers to one another.

My own dinner table provided such an experience. Years ago, an African-American woman came to visit me in my home in Kentucky.

My husband and I lived in an old 14-room mansion in the Bluegrass that looked very much like Scarlett's battered Tara in "Gone with the Wind."

My dad was visiting at the time and offered to prepare the evening meal. A native of South Carolina, he was a superb country cook, planted an enormous garden, and hunted and fished to augment his take-home from Winn-Dixie.

Never having socialized with my colleague outside the office, I was self-conscious about the contradiction in hosting a Hilton Head descendant of slaves in an antebellum home that slaves undoubtedly built.

The intersection of our disparate lives was a contradiction, too, but the South's rampant discrimination against blacks and women were the warp and weave of a singular cloth we shared.

She made no comment on arrival at the pillared mansion. Settled in and introductions made, Dad retreated to the kitchen to serve up our plates.

The menu? Stewed pork neck bones with white rice and gravy; collard greens and ham hocks; sliced, ruby-ripe tomatoes; homemade chow-chow; and a hot, iron skillet full of golden, buttermilk cornbread.

She took one look at this fine spread, smiled, as if seeing me for the first time, and said, "Now I know who you are and where you're from."

And she was exactly right. ■

— 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 llilly15@gmail.com and follow Lilly on Twitter @llilly15.



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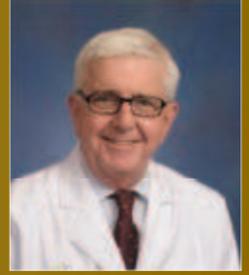
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OPINION**A year of shamelessness****richLOWRY**

Special to Florida Weekly

All things considered, it was a year without shame.

It was the year that Miley Cyrus French-kissed a sledgehammer in the music video for her song "Wrecking Ball," and cavorted naked on said wrecking ball. The former Disney star popularized the act of twerking in a performance at the MTV Video Music Awards that was so luridly infantile, it wasn't outrageous so much as pathetic. Yet it worked. Cyrus made us yearn for the good taste and restraint of the era of Lady Gaga, not to mention the golden age of classic Britney Spears.

It was the year the president of the United States posed in a selfie with other foreign leaders at a memorial service for Nelson Mandela. He evidently had a grand time, but made us nostalgic for the period before our presidents posed in selfies with other heads of state, i.e., the long stretch of American history ending on Dec. 9, 2013.

It was the year Anthony Weiner admitted in the midst of his New York City mayoral campaign that he had continued to sext after resigning from Congress for sexting. Under the delightfully absurd alias "Carlos Danger," he had sent pictures of his private parts to a 22-year-old woman, whose notoriety instantly launched her career in adult film and as a spokesmodel for an adultery-facilitating website. Weiner made us fondly recall the self-effacing modesty of past New York City politicians like Ed Koch and Rudy Giuliani.

It was the year that Toronto Mayor Rob Ford denied smoking crack, before admitting smoking crack — probably "in one of my drunken stupors." The good mayor made us miss the decorum and straightforwardness of former Illinois Gov. Rod Blagojevich.

It was the year Dennis Rodman nominated himself as goodwill ambassador to North Korea, touchingly pronouncing himself Kim Jong Un's "friend for life." He excused the dictator's brutal rule by explaining that the Supreme Leader is only 28 years old. "The Worm," as the former basketball player is known, made Jane Fonda's infamous visit to North Vietnam in 1972 seem an effective, well-calibrated act of international

diplomacy in comparison.

It was the year Lance Armstrong confessed to cheating in every single one of his Tour de France victories. Armstrong made us miss the sportsmanship of Rosie Ruiz, who won the Boston Marathon years ago in record time by neglecting to run the entire course.

It was the year that New York Yankees star Alex Rodriguez alleged a vast conspiracy encompassing most of Major League Baseball to bust him for using performance-enhancing drugs — again. The third baseman leads the league in misplaced sense of victimhood. Rodriguez made us long for the guilelessness of Mark McGwire and Sammy Sosa.

It was the year something truly outlandish happened on "The Real Housewives of Somewhere or Other." It was the year "Mob Wives" got crazy. It was the year that "16 and Pregnant" descended into moral chaos. They all made us remember a time when "Jersey Shore" represented a more decorous, elevated form of reality television.

So good riddance to a year of shamelessness. It is sure never to be excelled — except by 2014. ■

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

**Congress to the unemployed:
Eat confetti****amyGOODMAN**

Special to Florida Weekly

Is this really how we want to start the new year, by denying unemployment benefits to more than a million Americans who have lost their jobs? The bipartisan budget agreement passed by Congress and signed by President Barack Obama protects military spending, but promises to throw the most desperate in our economy into increased financial hardship, thrusting hundreds of thousands of families beneath the poverty line. The long-term unemployment rate is at the highest it has been since World War II, while the percentage of those receiving the benefits is at its historic low. Meanwhile, Wall Street bankers are popping the corks, celebrating a banner year for the stock market. As brokers await their bonuses, many more of the unemployed will head for the breadlines.

"This is the wrong thing to happen at the wrong time for our economy," Imara Jones told me. He is the economic justice contributor for Colorlines.com, and served in the Clinton White House, where he worked on international trade policy. "Jobless benefits are actually stimulative to the economy," he said. "Every \$1 we provide to someone of unemployment benefits yields \$1.60 in economic activity. And that's why the loss of these benefits is going to rob our economy of \$41 billion." People living on the edge financially spend what they have to get by. Those in the top echelons of our economy, the top 1 percent, can take their income and hold on to it, or

stash it away into an offshore account.

The unemployment-insurance program traditionally granted 26 weeks of replacement pay for workers who lost their jobs through no fault of their own. The extended benefits, signed into law by President George W. Bush, lengthened the time period to up to 99 weeks. Benefits average just \$300 a week. According to *The Washington Post*, the average job search lasts 35 weeks, so the current 26-week benefit will create added stress on families already struggling.

Congress could renew the extended benefits. Sen. Jack Reed, a Democrat of Rhode Island, and Sen. Dean Heller, a Republican of Nevada, have put forth a bill that would preserve the extended benefits for three months. Heller said in a press release: "Providing a safety net for those in need is one of the most important functions of the federal government. As Nevada's unemployment rate continues to top the charts nationwide, many families and individuals back home do not know how they are going to meet their basic needs."

Although this proposal is bipartisan, it is expected to be blocked by Republicans when it comes to a procedural vote around Jan. 6, unless five more GOP senators can be convinced to support it. Even if it passes the Senate, the bill would still face a House of Representatives controlled by Republicans who are generally hostile to any extension.

On the other end of the economy, a year-end stock-market rally is expected to boost the massive bonuses Wall Street is preparing to hand out. The largest Wall Street firms have reportedly set aside more than \$91 billion for year-end bonuses. In response, an activist group called The Other 98% has launched a petition calling on employees of Chase,

Citigroup, Wells Fargo, Goldman Sachs, Morgan Stanley and Bank of America to donate their bonuses to the 10 million Americans displaced by the housing crisis.

Alexis Goldstein worked for years on Wall Street, and now is the communications director for The Other 98%. She told us on the "Democracy Now!" news hour, "Wall Street could take \$60 billion out of their bonuses and help ... fund something called the National Housing Trust Fund for two years. It's a program that, if funded at \$30 billion for 10 years, could end homelessness in America." She points out the bonuses are essentially publicly financed because Wall Street banks obtain funds from the Federal Reserve at very low rates. These banks also can afford huge bonuses, she says, because "they continue to commit crimes that are very profitable." Goldstein noted two criminal settlements made by JPMorgan Chase, one for \$13 billion for mortgage fraud, and another for \$300 million for manipulating electricity rates in California.

Inequality entered mainstream public discourse through the activism of Occupy Wall Street. The cold, economic reality of it is hitting more homes this week, as unemployment benefits expire. Congress can, and should, renew them. Whether it does depends on people who care speaking out. ■

— 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

Road dogs

Want your dogs to be welcome when you travel? Plan ahead and be considerate

BY KIM CAMPBELL THORTON

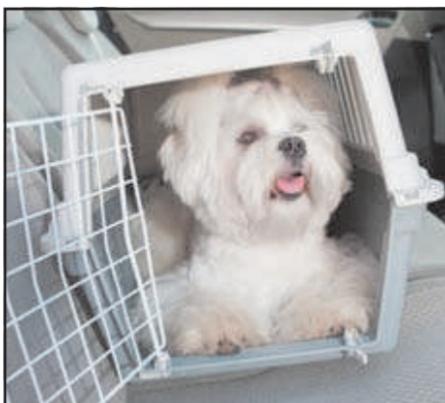
Universal Uclick

Many of us travel during the holidays to visit family or to experience the beauty of a celebration in a favorite place. We did both over the Christmas holiday, packing up the dogs for a road trip to Santa Fe, N.M., for the Yule festivities, followed by a visit with family in Magdalena.

Dogs are part of my family, but bringing them along requires a good bit of packing and preparation, not to mention higher than normal levels of supervision. Our 6-year-old cavalier, Harper, is an experienced traveler who took her first plane ride when she was just 6 months old, but senior dog Gemma and foster dog Kibo were unknown quantities as far as staying in hotels or other people's homes.

I'm happy to say that they conducted themselves respectably during their stays in three different hotels, four different rooms, and visits to two different homes, including one with other dogs. There was a close call in a hotel hallway and in one of the homes, but a sharp eye and quick responses ensured that we didn't have any potty accidents to clean up along the way. From 20 years of traveling with dogs, here are my best tips on having a successful trip at any time of year.

■ Reserve a room early at a pet-friendly hotel, especially if you are visiting a tourist destination such as Santa Fe. The streets were crowded with visi-



A crate keeps your pet safe in the car and provides a comfortable place to relax in a hotel room.

tors, and we weren't the only ones with dogs. Confirm that the room is pet-friendly a few weeks beforehand.

■ If you're driving to your destination, fill a gallon jug with water from home and mix it with the tap water at the places you visit. Even though the water is treated, different areas have different "bugs" in the system, and your dog will be less likely to have stomach upset from the change.

■ Some dogs suffer motion sickness. If yours is one of them, ask your veterinarian about Cerenia to prevent nausea and vomiting. Give it with a small amount of food half an hour to an hour before you hit the road.

■ Make feeding time easy, especially if you feed an unusual brand or a raw

diet. Before you leave, contact pet-supply stores at your destination to make sure they carry your dog's food in case you run out. We pack dehydrated food and just add warm water.

■ Even the best-trained dog can have an accident in a strange place or get sick and vomit or suffer diarrhea. Bring along a bottle of odor and stain remover and towels for cleanup — don't use the hotel's towels or the ones in your sister-in-law's bathroom!

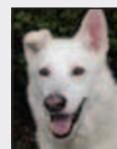
■ A hard and fast rule for us is that all dogs must empty their bladders before setting paw in hotel or home. That's especially important if you're visiting a home (or hotel) where there are other dogs.

■ When visiting family, let the dogs meet outdoors before they all go inside. Gemma grouches in the presence of strange dogs, but once she has a few minutes to adjust — and realize she's in their territory — she settles down and becomes polite.

■ Take into account unusual conditions or places. Santa Fe's chilly winter climate was a shock to tiny Gemma, used to warmer California weather, but she stayed warm and cozy in a red fleece coat. At a crowded event, she rode in a tote bag, but otherwise she explored "The City Different" on her own four legs.

The best part of our trip? Being told that our dogs would be welcome back any time. ■

Pets of the Week



>> **Nico** is a 7-year-old neutered German shepherd mix. He is a gentle, good-natured boy who came to Peggy Adams as a stray. He's comfortable meeting new people.

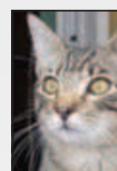


>> **Precious** is an 8-year-old spayed domestic shorthair. She'll do just about anything to get your attention. She would do well as the only pet in a home.

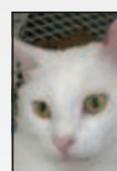
Both pets are eligible for the Senior to Senior program; adopters 55 and over pay no adoption fee.

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 hsfb.org. For adoption information, call 686-6656.



>> **Vicki** is a spayed female tabby, approximately 12 months old. She lost her home when her owners lost theirs, and would love a new "forever home." She is very affectionate, and loves to play.



>> **Teddy** is a neutered male white shorthair, approximately 2 years old. He has a sweet personality, and enjoys contact with people.

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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Rooney's Golf Foundation hosts annual poker tournament

SPECIAL TO FLORIDA WEEKLY

Rooney's Golf Foundation will host its 4th Annual Charity Poker Tournament on Jan. 18.

The event will take place in the Second Floor Tournament Room at Palm Beach Kennel Club.

Proceeds from this event will benefit Autism Project of Palm Beach County, FAU Honors College, Pathways to Independence and Potentia Academy.

For a \$50 donation, players of all levels can enjoy the tournament, a buffet, greyhound racing and prizes.

The Texas Hold'em tournament will begin at 6:30 p.m. and the top prize is a 2014 WSOP Circuit Seat — a \$1,600 value. In addition, the top 10 percent will win cash and prizes.

Registration begins at 5:30 p.m. A deluxe buffet and complimentary beverage will be available for all players. Non-playing participants can enjoy the buffet and greyhound races for \$25.

The event will also feature a raffle for items like getaways, dinners, sports



and event tickets, plus celebrity bounties.

Rooney's Golf Foundation has donated \$442,500 to local Palm Beach County charities since 2001. These funds are raised through the golf tournament, 5K and poker events.

The 7th Annual RGF 5K Run/Walk will be held on April 19 at Rooney's Pub in Abacoa and the 13th Annual RGF tournament is scheduled for late October/early November at PGA National.

For more information, call 683-2222. ■

Loggerhead Marina members collect more than 1,500 Toys for Tots

SPECIAL TO FLORIDA WEEKLY

Loggerhead Marina members collected more than 1,500 toys for the U.S. Marines Toys for Tots program. The new, unwrapped toys brightened the holidays for children of less fortunate families living in Palm Beach County. It was a record-breaking year for Loggerhead Marina's holiday toy drive.

"It's always a thrill being part of an event that resonates strongly within our community. We owe all the success to a tireless group of customers, colleagues, and employees for their generous contributions," said Ray Graziot-

to, president and COO of Loggerhead Marina. "These toys will truly make the holidays a lot happier and brighter for so many children and families throughout our county."

In addition to the toys collected from Loggerhead Marina members, the Marine Industries Association of Palm Beach County (MIAPBC) collected more than 18,000 toys from the community before, during, and after the Palm Beach Holiday Boat Parade. The boat parade collects more toys for Toys for Tots than any other single event in Palm Beach County. ■



Garden club features herbs

Simon and Garfunkel sang about them. Now, the West Palm Beach Garden Club and Donnie Brown of the Evening Herb Society of the Palm Beaches are inviting cooks, foodies and anyone else who might be interested to learn about the growing and use of parsley,

sage, rosemary and thyme — and other culinary herbs.

Members and guests are all welcome to attend the meeting at 10 a.m. on Jan. 13 at Palm Springs Library, 217 Cypress Lane in Palm Springs. For further information, call Lynn Jones at 585-1226. ■

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BY EVAN WILLIAMS
ewilliams@floridaweekly.com

T

HE SUNSHINE STATE IS STILL TRYING TO NEGOTIATE a stable relationship with its namesake, a 4.6 billion-year-old yellow dwarf star.

It loves us: People flock to the beaches to bask in its rays, making business boom.

It loves us not: Left unchecked, it can age skin to the tone of a fossilized redwood tree. (Former Gov. Charlie Crist — you may be at risk.)

“The sun is the No. 1 culprit for damaged skin,” said Jodi Kerry, an esthetician and permanent makeup artist at Spago Day Spa in Punta Gorda.

It loves us: It creates some of the most clement winters in the country in our own backyards, with sunshine days about two-thirds of the year in South Florida.

It loves us not: Sunshine causes the most common cancer in the United States, that of the skin, occurring in about one in five people.

But it doesn’t have to be this way between us forever. As you get out on the trails and the beaches and the byways and skyways or even just driveways this year, *Florida Weekly* has consulted with experts to help you (and Fido) enjoy the outdoors in harmony with the sun.

Vitamin D

It’s true that sunlight helps your body produce vitamin D but that fails to convince dermatologists it’s the best source for that. A healthy diet, or vitamin supplements, and even just the normal amount of time you’re in the sun may be plenty. And your ability to produce vitamin D with sunlight decreases with age.



HARRIS

“An average person gets 18 hours of incidental sun exposure per week,” said Dr. Keith Harris, a Fort Myers dermatologist. “You don’t realize just the things you

do — going to the grocery store or getting the mail — they add up and you don’t have to go lay on a beach to get enough sun to produce vitamin D.”

Pets

Heat stroke is the biggest problem for dogs being out in the sun. Keeping water on hand and not letting them get too much exercise in the heat (sometimes they don’t know when to stop) can help.

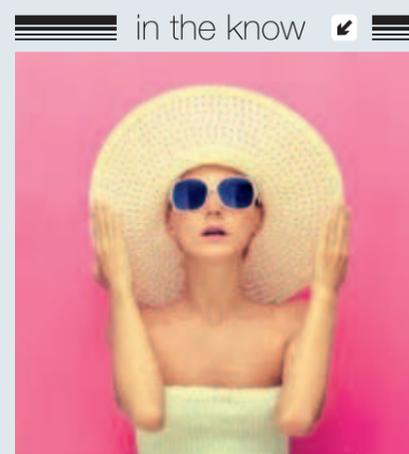
“They don’t usually get sunburned, but they can get their

noses (burned), especially if their noses are pink,” said Dr. Robert G. Roy, medical director and owner of Palm Beach Veterinary Specialists.

Hairless dogs, like variations of a Chinese crested, are the most likely to get a sunburn. Applying sunscreen can help. “And some of those dogs can do OK in the sun because a lot of them, even though they have no hair, they have dark pigment in their skin,” Dr. Roy said. “But they can still get sunburned so you still have to be careful with them.”



COURTESY IIMAGES
Hairless dogs like this Chinese crested could benefit from sunscreen.



Tips on staying cool and protected

- >> Clouds are not an effective sunblock and can sometimes make the effect of light worse by reflecting it (along with elements like water, sand and snow).
- >> Avoid tanning and tanning beds; both expose the skin to ultraviolet rays that cause cancer.
- >> Wear protective clothing such as lightweight tightly woven fabrics or clothing specially made to block the sun, along with a broad-brimmed hat.
- >> Use extra caution near water or sand, things that can reflect the sun’s rays and amplify them.
- >> Keep your yin and yang in balance.

Sunscreen

- >> Get a 30 SPF or higher sunscreen labeled “broad spectrum,” meaning it blocks the two most damaging types of ultraviolet light, UVA and UVB (longwave and shortwave). Follow the directions on the tube carefully. Apply liberally to dry skin 15 to 30 minutes before going outdoors. Reapply every two hours even on cloudy days and after swimming or sweating.
- >> Also use “broad spectrum” sunglasses.

— Source: EPA

Yin and yang of sun exposure

Healthy exposure to the sun should be a part of a larger lifestyle choice, suggests Itamar Hofler, a doctor of traditional Chinese medicine and acupuncture physician in Bonita Springs. It’s based on finding a balance between the energies of yin (female, moon, cool) and yang (male, sun, hot).

When you sit out in the sun for prolonged periods, “Let’s be honest, you’re cooking yourself,” he says. “If you want to make your skin look like leather, sit out in the sun all day. If you’re 40, you’ll look 90.”

But on the other hand, sunlight “nourishes us. It strengthens us. We need sunlight. If you want to help somebody stay depressed, keep them inside. But again I stress, an extreme of anything is negative.”



Keep Fido cool

- >> Never, ever leave your dog in the car.
- >> Make sure your dog has unlimited access to fresh water.
- >> Make sure your dog has access to shade when outside.
- >> Take walks during the cooler hours of the day.
- >> When walking, try to stay off of hot surfaces (like asphalt) because it can burn your dog’s paws.
- >> If you think it’s hot outside, it’s even hotter for your pet — make sure your pet has a means of cooling off.
- >> Keep your dog free of external parasites (fleas, ticks) and heartworms — consult your veterinarian about the best product for your pet.
- >> Consider clipping or shaving dogs with long coats, and apply sunscreen to your dog’s skin if she or he has a thin coat.

— Source: American Veterinary Medical Association

Healing light

A lack of sunlight has been cited as a cause for mood disorders by some mental health professionals, said Dr. Don Baracskey, medical director of SalusCare (formerly Lee Mental Health and Southwest Florida Addiction Services), which provides mental health and substance abuse care.

The condition, usually added on as a cause for diagnoses such as depression, is called seasonal affective disorder.

"It's historically been tied to sunlight, or really, light," Dr. Baracskey explained. "It's a diagnosis that probably wasn't really bought into until you get into the 1980s. And it's definitely more diagnosed up in northern climates."

He recalls light boxes being prescribed for patients, which insurance companies would cover. They provided a kind of light similar to ubiquitous fluorescent office lights, except you could set it on your desk and be near it for 15 or 20 minutes at a time to improve your mood. One complication, Dr. Baracskey said, is that sometimes people would sit there too long and come back with mild sunburns.

In any case, there also is speculation that sunlight could lower melatonin levels, which helps you feel more energetic during the day, and therefore get deeper, more restful sleep at night. Research may be lacking in the direct connection between sunlight and depression or a circadian rhythm, but he speculated that could change in time. "There are probably a number of brain chemicals that affect each other in a way we don't fully understand at this point," he said.

Non-melanoma skin cancer

Skin cancer is a primary concern when treating sun lovers, said Dr. Craig Eichler, a Naples dermatologist. But he notes that a booming beauty industry has helped create an even stronger motivation for patients to comply with his recommendations.

"Just to know that they're going to look more youthful is often helpful to get them to be more careful with sun exposure and try to protect themselves as best they can," he said.

The overwhelming majority of wrinkles, dark spots and other skin changes that occur with age are sunshine related. If you don't believe it, just consider where the sun don't shine.

"If you look at a 90-year-old's buttocks, it's going to look pretty youthful for the most part," Dr. Eichler said.

Overexposure to the sun's ultraviolet (UV) rays is the most common cause of skin cancers. They can show up just about anywhere on the body and in a variety of colors and textures. There are two main groups.

Non-melanoma skin cancers (basal cell and squamous cell carcinomas) are the most common types and aren't considered deadly because they generally don't spread to other areas of the body. These are the types that people often get removed in doctor's offices, but if left untreated can result in more painful operations.

"Even a basal cell carcinoma, left alone long enough, can do other damage that can be destructive to struc-

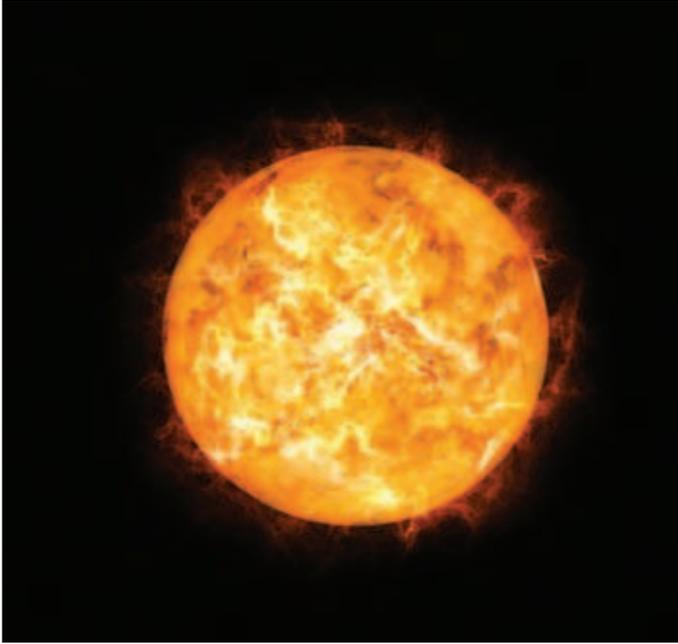
tures whether it's near your eye or ear or nose," said Dr. Harris.

Melanoma skin cancer

The second group, melanomas, are less common, but can be deadly. The mortality rate goes up dramatically as it begins to spread throughout the body, but if caught early, can be close to 100 percent survivable. For both types, early detection is key, said Dr. Harris.

One blistering sunburn in childhood or five non-blistering burns over time have a similar effect: they roughly double your chance of getting a melanoma.

"It's like a lot of things in life when



It takes about eight minutes for light and energy from the sun to travel to Florida.

COURTESY PHOTO

you're young, in your teens and 20s and 30s, you're doing the things that you have no idea that 30 years from now they're going to come back and bite you whether that's cholesterol... or sun exposure," Dr. Harris said.

And a "healthy tan" is a misnomer. Tanning (in the sun or a tanning bed) only contributes to skin damage and increases the risk of cancer.

Skin tans when ultraviolet light hits skin cells, damaging their DNA. The damaged DNA causes the cell to produce melanin, which creates the tanned color.

"The tan is really an effect of the skin trying to protect itself from further damage," said Dr. Eichler.

A sunscreen with SPF 30 or higher that is labeled "broad spectrum," sun protective clothing, and limiting outdoor activities during the most intense sunlight of the day can all help you stay healthy.

A rule of thumb, Dr. Eichler said, is that if your shadow is longer than you are, the sunshine is at its most intense. You'll be exposed to the least sun damage when your shadow is shorter than you are.

One thing everyone agreed on is that living with the sun, like any good relationship, involves compromise.

"I encourage people to be active so I don't expect them to be hermits and never get outside," Dr. Eichler said. "But when you're going to be exposed to ultraviolet light you do what you can to protect yourself." ■

in the know

Melanoma cases in Florida

From 2008 to 2010: total melanoma cases and the rate per 100,000 people

- >> Florida: 12,281
- >> Charlotte: 195
- >> Collier: 318
- >> Lee: 532
- >> Palm Beach: 1,157

— Source: Florida Department of Health

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COMMENTARY

The monolith debate



rogerWILLIAMS

rwilliams@floridaweekly.com

At a sizeable dinner party the other night I whipped out my smart-phone computer and made motions to look up something none of us knew.

I forget what, now. And since I can't Google my own memory, I can't find out with a computer.

I held up the phone reverentially, then paused, like Stanley Kubrick's ape pausing before the monolith in his film, "2001: A Space Odyssey."

Indisputably, the object before me is making the world new in ways not entirely clear, I said. Having one of these, I continued portentously, is like sitting in the middle of the Library of Congress — you can find out almost anything, instantly.

It was a dramatic moment, even though using a cell phone at an elegant dinner party is bad manners, per se.

But nobody questioned my manners. Instead, they questioned the thing itself.

Monoliths are sometimes shady characters, after all, even when they're as little as a cell phone. The first thing that Stanley Kubrick's monolith taught his movie ape to do was pick up a bone, turn it into a club, and beat another ape to death.

One of the guests, a retired Foreign Service official, immediately insisted on showing me "the other side" of the monolith debate.

When he was young, he recalled, people actually had to learn things, to memorize and remember things — not to rely on little computers.

People had to keep it up here, he explained, tapping his skull.

He was suggesting that civilization had fallen into a steep decline since then because of these electronic aids, which work against our ability and even our need to remember or to think for ourselves.

The monoliths are doing away with real education and thinking, and replacing it with catalogues of mere information, it would seem. If you can't even ask a good question, which takes thinking, you won't ever find a great answer.

And that's not all. When it comes to "social media," the monoliths are also killing off communities with real centers, which is what the word "media" means (the Latin phrase, in media res, means "in the center of things").

You can't love a monolith, even if the creature of your desires appears vividly on its screen, for example. Not yet, anyway. To have a single great love, to have a single great community, to have a single great civilization, you have to be there in the flesh.

I've been stewing about it ever since the dinner party, in part because those arguments carry weight.

But I still think they're wrong.

Monolith or no monolith, a good education should require the reading of acclaimed literature. It should offer disciplined, empirical thinking and exploring — otherwise known as science and math

— combined with frequent exercises in music and the visual arts.

It should also demand a lot of physical work and play along with frequently scheduled conversations about ethics, distilled from the sometimes-dark alchemy of love, war and death.

So what about the tools used in that good education — printed books, for example? And what about these infernal computers: big ones, little ones, laptops or pads or smart-phones? Do they obstruct engagement, or enhance it?

In the end, I can only think of this personally, in terms of my marriage and my guns — guns, which may be primitive monoliths.

The fine American novelist A.B. Guthrie Jr., who wrote the screenplay for the classic, 60-year-old film, "Shane," defines the use of guns this way: "A gun is a tool, Mar-ian, no better or no worse than any other tool — an axe, a shovel or anything. A gun is as good or as bad as the man using it."

The same is true of computers in general and smart phones in particular.

In the case of my marriage, let me offer the critics of the new technologies this line from the poem, "Crazy Jane talks with the Bishop," by the great Irish poet, W.B. Yeats: "But love has pitched his mansion in/ The place of excrement."

Think of computers as a place of excrement, if you will.

About 15 years ago, I was writing for a daily paper here in Florida. When I learned one evening that my father was cancer-ridden and dying, I quit my job and drove home to Colorado the next day with my

oldest and then only son, who had just turned 18.

I moved in with my parents. My son moved back in with his mother in Kansas. My father died 10 months later. Several months after that, I received a letter offering me a job back at the paper where I had once worked, from an editor there — a woman I'd never met or seen.

But I'd heard about her, and I'd read a bit of her writing, which popped off a page like hard corn off a hot pan.

So I just said no. Because I had just taken another job.

But we began to correspond. And every single day for the next 60 or 80 days, we corresponded.

The monolith let us do that. By computer, I watched her heart, her mind and her peerless passion for living and loving unfold in front of me.

On the day I met her, finally, I had no way of recognizing her except by the energy in her walk, because I'd never seen even a single photo of her.

But I saw her coming down the street and I knew instantly who she was by the way she strode toward our first meeting.

I'd fallen deeply, completely in love, via monolith.

Without one, I don't think it would have happened.

And because she isn't stupid, when I asked her to marry me a couple of weeks later, she said no.

Later, that answer changed.

And I admit, it took getting away from the damned monolith. ■

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Rollergirls: Palm Beach County derby team wants to join big leagues

BY AMY WOODS

Special to Florida Weekly

Blocking, jamming and knocking over opponents have distinguished the sport of roller derby for decades, as have the scantily clad women who rollick around the rink.

The Dub City Derby Girls, a Palm Beach County-based team admittedly guilty on all counts wants to lend a little legitimacy to its legion by becoming a member of the Women's Flat Track Derby Association.

Jenn Herseim, a Dub City Derby Girls player who goes by the name "Peace Corpse" when strapped into skates, said inclusion in the association "is like joining the NFL for the world of derby."

"It's a huge deal," said Ms. Herseim, a 26-year-old West Palm Beach resident. "That's the only thing that roller-derby teams have to show that they have reached a level that they're not just playing around with themselves."

The team spent more than three months applying for the international governing body's apprentice program and will undergo evaluation for a year. If successful, they will join the ranks of the Gotham Girls in New York City, the Angel City Derby Girls in Los Angeles and the London Rockin' Rollers in England.

"It's a pretty in-depth process before you become a league," Ms. Herseim said. "Some teams decide not to do WFTDA because they might not want to play at



KEN LEBLEU / COURTESY PHOTO

DubCityTeam: The Dub City Derby Girls play at Palm Beach Skate Zone in Lake Worth. For information, call 827-1610 or see dubcitygirls.com.



that level. We kind of talked about it as a team. It shows that we're serious about roller derby. We still have fun, though."

How do the Dub City Roller Girls have fun? They paint their faces before bouts. They don fishnet stockings and hot pants. They yell without abandon as their alter-egos emerge.

"It's a really empowering sport," Ms. Herseim said. "As a female, traditionally, you're taught when you're younger that you shouldn't take up space, to be quiet, etc. Roller derby is the complete opposite of that. It's loud. It's self-esteem- and confidence-boosting because of that. It's just a stress-reliever to hit somebody."

Roller derby consists of a pair of 30-minute halves broken down into two-minute jams. Four blockers and one jammer make up the team, and points rack up when a jammer — identified by a big star on her helmet — passes a blocker from the opposing team. Blockers can't elbow or trip skaters, and if they do, they earn a trip to the penalty box during the otherwise no-holds-

barred game.

"It's a unique sport," Ms. Herseim said. "You don't usually get to see full-grown women knocking each other over on skates. Once you get to know the sport, it's addictive. We have fans that come from all over. It's entertaining, but there's strategy involved."

Those who remember the roller derby televised during the '70s and '80s know the onscreen action often surpassed the World Wide Wrestling Federation's sensationally staged antics. The spills taken on the flat tracks of today happen authentically.

"Before every bout, we have a demonstration, because there's bound to be fans and people who have no idea how to play roller derby," Ms. Herseim said. "It's still a subculture. It's definitely underground. But we're trying to make it a little more mainstream. It's coming back."

Dub City Derby Girls Vice President Angela Collet said the team saw large turnouts this season to its home games at Palm Beach Skate Zone in Lake Worth. They finished with an 18-1 record.

"The attendance has greatly

increased," Ms. Collet, aka "Looncifer," said. "We've grown a much bigger fan base this year."

She anticipates the three-year-old organization will cap a successful 2013 with approval from the state for 501(c)(3) nonprofit status.

"It would greatly help us gain sponsorships for traveling, uniforms, things like that," the 26-year-old Lake Worth resident said. "In the meantime, we've been doing multiple fundraisers — car-washes, garage sales — anything we could do to raise money."

"It's interesting to see guys and girls play together," Ms. Collet said. "If a guy's a really big, muscular guy, and he's not really great on skates, then a smaller-size girl probably can take him out. It's not always about muscles."

Playing co-ed will sharpen the Dub City Derby Girls' skating skills and strategies — a crucial component for acceptance into the 212-league WFTDA.

"So far, they seem organized and ready to do this," said Morgan Combs, area coordinator for the apprentice program. "If that tenacity and attention to detail keeps up, they will be awesome." ■

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GREENBACKS

From page 1

with the hunt and adrenalin of Alaska king crab fishing or striking gold, the television powers that be may want to consider the life of palm collectors — lives spent moving trees and always looking for more trees to move.

Mr. Sillcocks says there are only four companies in the state that do what he does. He named his business Collector of Palms. His truck has a picture of Popeye with a big palm slung over his shoulder. Mr. Sillcocks has been collecting exotic palm trees, finding them and selling them to landscapers, since 1982.

Boy, oh, boy, does he have stories. He once found a treasure trove of Sylvester palms in Fort Pierce. The guy he bought them from had a black-and-white photograph of his great grandfather planting those trees in 1893. Sentimental as those Sylvesters may be, the man was going through a divorce and his wife was getting the house, so he sold the trees. Mr. Sillcocks sold them to Universal Studios.

Another time, he found a beauty of a banyan tree in Clewiston, for Mr. Sillcocks does not limit his business to palms. He cut that 110,000-pound banyan back to a stump, a 16-foot-wide, 25-foot-long stump. He hired state troopers to escort that stump up the back roads to Universal Studios. Took them three days to move that stump from Clewiston to Orlando, going 40 mph, pulling over to let the cars go by.

Just last year, Mr. Sillcocks found a gumbo limbo tree in Cape Coral that he moved by barge, pushed by a tugboat around Key West, for a billionaire couple settling into Palm Beach. He will not say how much the couple spent on the tree, but says they spent \$40,000 on the barge.

"Pretty wild," Mr. Sillcocks says of the tree-collecting business. He got into the business by working for a landscaper in Clearwater. He was finding trees and moving trees while his boss drove a Porsche, banking off of his back.

Now working for himself, Mr. Sillcocks might be the guy who knocks on your door

and says, "Hi, I'm Greg. Let me give you my business card. You might be interested in this. I'm a supplier of exotic palm trees. Just so happens, you have one. I want to buy it. What do you say?"

Maybe you bought that tree when it was little, planted it because you thought it was pretty, but didn't know its worth. Maybe the birds and the bees pollinated that seed. Now that tree's big and Mr. Sillcocks wants to pay you cash money for it.

"And I want you to plant a new seed, grow another tree for me," he says.

One woman in Cape Coral has grown him three trees — Canary Island date palms — his big-money tree.

But Mr. Sillcocks does not want to talk about the money he makes. He does not want people to think he's shortchanging them, says he pays them good money. He would rather remind them of the work he does: He digs his trees out by hand, lifts them up by crane, root prunes them, trims them, cleans up all the trimmings, fills the hole in the ground, wraps the trees up safe and rigs them to move them down the road.

He does not advertise. He has a reputation. "I'm really good at what I do," he says.

Back in the boom of the '90s and early 2000s, Mr. Sillcocks was living out of hotels, chasing trees. Now he lives in Cape Coral. Says he's surviving. He's looking forward to 2014. He feels business picking up. And he has a photographic memory. He knows the trees on the east coast, waiting for him in Melbourne, Satellite Beach, Stuart, Port St. Lucie and Fort Pierce. He knows where the trees grow fat on the west coast, loving the salt and sand of Cape Coral, Port Charlotte, Punta Gorda, Bonita Springs, Estero and Lehigh Acres.

Mr. Sillcocks does not feel in competition with nurseries. He's looking for trees that are 10-years-old or older. He says nurseries don't want to hold onto a tree that long. Nurseries want to sell a tree within three to five years, so they can plant more trees to sell. He says nurseries sell trees with 2-foot trunks, but collectors are looking for trees with 10-foot trunks, 20-foot trunks, 30-foot trunks and more.

Matt McGraw, customer service and marketing manager for PALMCO, a palm tree wholesaler on Pine Island, feels nurs-



COURTESY PHOTO

Greg Sillcocks and an employee plant several Phoenix reclinata palms that he found at a Lehigh Acres golf course.

eries and tree collectors have a symbiotic relationship. "Collectors provide a valuable service in that they can sometimes locate hard-to-find specimens that cannot be found in a farm or nursery setting," he says.

PALMCO grows 27 varieties of palms, planting a few hundred to a few thousand of each every year, depending on the popularity of the variety. Over the last five years, the farm has sold an average of 18,000 to 20,000 palms per year. The farm grows its palms nice and uniform, as most clients place large orders for the "same" tree.

PALMCO ships trees to the Florida Panhandle, Alabama, Louisiana, all over the Southeast and over to the Bahamas. Workers find it amusing when they get a phone call from Minnesota or Michigan, some client looking for his annual poolside palm tree. No matter how hard he tried to save the one from the year before, palm trees up

north just don't keep.

"Palms are not as well a known Florida agricultural product as say citrus or sugarcane, but it's still an interesting industry," Mr. McGraw says. "Farming palms, your return on investment can sometimes take quite a bit longer. It takes so much longer to grow palms than fruit."

He says it can take three to seven years to grow a palm. A tree can cost \$30 to \$75 a year to grow, considering labor, land, fuel, fertilizer, water and so on. Wholesale palm trees will sell for \$125 to \$8,000 a tree, depending on size and quality.

As far as sales, Mr. McGraw says palm trees go hand-in-hand with construction. If people are not building, they are not landscaping. But he has noticed more and more apartment complexes are renovating spaces, giving him hope that construction and the economy are on the upswing, making nurseries and tree collectors alike happy. ■

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Meals on Wheels receives grants topping \$70,000

SPECIAL TO FLORIDA WEEKLY

Meals on Wheels of the Palm Beaches, which provides nutritious meals to homebound seniors, recently received grants totaling more than \$70,000 from four local foundations.

The funds will be used to help expand the 3-year-old program in 2014 — both geographically and in the number of seniors it serves.

Following extensive reviews, Meals on Wheels of the Palm Beaches received a \$20,000 grant from the Quantum Foundation, a \$20,000 grant from the Edward T. Bedford Foundation, a \$15,000 grant from the Walter and Adi Blum Foundation and \$15,000 from the Mary Alice Fortin Foundation, Meals on Wheels said in a prepared statement.

“These grants are extremely important to the success of our program and we’re grateful to all three foundations,” said Charles Ring, executive director of Meals on Wheels of the Palm Beaches, in the statement. “Because we choose not to receive any government funding, we rely heavily on the community for support. These three organizations have been leaders in helping us provide meals to older residents in need.”

In addition, Extraordinary Charities — a local nonprofit organization that promotes charitable giving — recently selected Meals on Wheels of the Palm Beaches for inclusion in its 2014 Directory for Charitable Giving.

Currently serving about 14,000 meals a year in the West Palm Beach area, Meals on Wheels plans to increase that number to 20,000 meals in 2014 as it expands to provide meals for Lake Worth and Riviera Beach residents

“We will also be needing additional volunteers as we continue to grow,” Mr. Ring said. “By next year, we’ll have 100 to 110 trained volunteers preparing meals or making deliveries.”

To find out more about how you can volunteer for Meals on Wheels of the Palm Beaches or to make a financial contribution, see mealsonwheelspalmbeaches.org or call 802-6979.

An affiliate of the Meals on Wheels Association of America, the organization provides nutritious mid-day meals to those who are unable to prepare their own. A community-based organization, Meals on Wheels of the Palm Beaches relies on local residents for both financial support and volunteers, and operates without government funding. ■

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Resource Depot hosts tours to show new space in West Palm Beach

SPECIAL TO FLORIDA WEEKLY

Resource Depot's recent move from Riviera Beach to its new facility at 2510 Florida Ave. in West Palm Beach allows an expanded focus on reuse and repurposing for environmental, artistic and financial sustainability for the community.

With more than 8,000 square feet to house donated materials for reuse, Resource Depot will host creative workshops and exhibits of the artistic transformation of mundane items into creations of beauty and function in the coming year, the nonprofit agency reported in a prepared statement.

Visitors can also tour the exhibition gallery and Eco-Chic Boutique, both full of creative ideas of reuse and repurposing, in addition to purchasing a bin of reusable materials to take for projects. Resource Depot will host a RE-Location Celebration 5:30 p.m.-7:30 p.m. Jan. 14 at its new location. A ribbon-cutting ceremony is scheduled for 6:15 p.m. that evening. The event will connect Palm Beach County's creative arts commu-

nity, city officials and business leaders with the members, teachers, supporters and volunteers who are a daily part of life at the center.

"Resource Depot is not simply an outlet for 'stuff,' but a creative hub where people of all ages, interests and skill levels can gather to create, share inspiration and partake in a resourceful lifestyle in their own individual way. It is a place where the commonality is a love of art, education and the environment," said Sue Kadenbach, Resource Depot's board of directors' representative from Florida Power & Light, in the statement. "We are thrilled to finally realize our dream of sharing Resource Depot with the community in so many new ways."

Resource Depot, founded in 1999, promotes sustainable communities through creative reuse, giving new life through arts and educational programs to thousands of pounds of materials each year, which would otherwise be destined for our landfills. Through the dedication of staff, volunteers, donors and members, in the last year alone, Resource Depot's



COURTESY PHOTO

Resource Depot's new facility offers more than 8,000 square feet for the nonprofit. Visitors can tour the space during a grand re-opening on Jan. 14.

programs provided almost 750,000 kids in schools and families the opportunity to explore creatively through using reusable materials to be used as learning resources, the statement said.

In keeping with its green marketing

philosophy, Resource Depot encourages those interested to join the creative reuse movement online via their website and social media to share learning and inspiration. See resourcedepot.net or call 882-0090. ■

Johns Hopkins hosts conference in West Palm on women's health

SPECIAL TO FLORIDA WEEKLY

A heart-healthy breakfast. The latest findings on women's health issues. New advances in preventing, detecting and treating diseases in women.

A one-day event by Johns Hopkins Medicine encompasses all three at its sixth annual A Woman's Journey health

conference and luncheon on Jan. 23 from 9 a.m. to 2 p.m. at the Palm Beach County Convention Center.

Conference attendees may attend two seminars of their choosing and have lunch with members of the Johns Hopkins faculty. Johns Hopkins doctors and specialists will present eight hour-long seminars including the role statins play in decreasing the risk of heart attack

and stroke; sleep disorders; neurologic diseases and why they seem so prevalent, along with efforts to stunt their progression; attention deficit and hyperactivity disorder (ADHD) in adults; medical and surgical therapies for hair loss in women; dietary supplements and more.

"As women, it is important that we empower ourselves to make wise decisions about health care for ourselves and

our families," Susan Keenan, a co-chair for the event, said in a prepared statement. "We invite women to join us for a day filled with information about preventing disease, preserving our health and learning about discoveries that will impact the future of medicine."

For a schedule of the sessions, speakers and registration information, see hopkinsmedicine.org/awomansjourney/

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COURTESY PHOTO

A health aide performs a screening on Tocia Freeman, South County Service Center manager for the county Tax Collector's office, as part of the "Journey to Good Health" program.

'Journey to Good Health' improves lifestyles for staffers of Tax Collector's office

SPECIAL TO FLORIDA WEEKLY

In 2011, Palm Beach County Tax Collector Anne Gannon tackled another, quite different issue she found to be taxing: Called "Journey to Good Health," it was a program she implemented, aimed at helping employees better understand their risks of chronic disease and discovering tools to make significant lifestyle changes. "Health care is a major expense for any organization and we're doing what we can to lower our agency's risk of major claims and provide our employees with excellent health care," Ms. Gannon said in a prepared statement.

Year after year, the elective program has seen increased participation and improved employee results. In the past year, 80 percent of eligible employees participated in the screenings, which include clinical laboratory values, biometric measures and a risk factor questionnaire. Screening results track risk factors associated with cardiovascular diseases and Type 2 diabetes. These diseases can be reversed and, by doing so, risk factors for hypertension and certain cancers can also be significantly reduced. Following screening, a health report card is sent to participants with lab results, risk level indicators and ideal levels to aim for.

Of the 224 screened in 2013, 169 participants were invited to attend classes to learn to manage their risks in one or more of the three areas of focus: cholesterol, diabetes and weight. The classes feature a registered dietician to educate employees on diet choices and new ways to prepare old favorites. At-risk participants can also receive one-on-one counseling with the dietician to address specific concerns and eating habits. All participating employees are welcome to attend the classes. In 2013 new elective classes were added to reach new levels of wellness beyond diet and exercise and participating employees also received a discount on healthcare premiums.

One staff member said that since the classes, she and her husband "have introduced healthier foods in our diet, like steamed carrots and nuts. We don't eat fried foods any more. We set up an elliptical machine and weights for both

of us to work out on. We both drink a lot of water and are as active as we can be given the demands of our jobs."

Another benefit, the staff member said, is that "my wardrobe has doubled. I kept all my skinny clothes, many of which are now coming back into rotation."

Ms. Gannon, a marathon runner and yoga lover fueled by a plant-based diet, said she wants her employees to reap the benefits of good diet choices and frequent exercise, as well as lower their risk of a major health event.

"The Journey to Good Health program has become a part of our agency culture and we're seeing more and more employees embrace a healthier lifestyle — and they're doing it together. A doctor may tell you that you need to lower your cholesterol, but the program not only shows them their risk, it shows them their ideal level and gives them the tools to get there," Ms. Gannon said in her prepared statement.

The results from the past year showed the following:

- 53 participants of the 8-week program lost a total of 455 pounds.
- 69 percent of the High Risk Total Cholesterol Group decreased their risk with an average reduction in total cholesterol of 11 percent.
- 18 lost an average of 19 pounds.
- 67 percent of the High Risk Diabetes Group lost an average of 8.75 pounds.
- 15 identified as "pre-diabetic" were removed from the "pre-diabetic" classification at re-screen.
- 9 with elevated triglycerides were identified as "within normal limits" at re-screen.
- Only 1.9 percent had "slightly" elevated blood pressure (either systolic or diastolic) compared to a national average of 31 percent.

Since the program's inception, the agency has seen a significant reduction in prescription medication claims and, while the long-term health care savings is not known, Ms. Gannon said she is confident that major incidents from complications with preventable diseases has been reduced. ■

Ask The Health & Beauty Experts

ASK THE COSMETIC SURGEON



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

What do you consider to be the most significant change in your practice for 2013?

In South Florida chronic sinusitis with nasal obstruction, headaches, and facial pressure is one of the most frequent problems I encounter. We try to solve the sinus symptoms with antihistamines, cortisone nasal sprays, allergy shots and when infection complicates the "sinus" ...antibiotics. Unfortunately, when the infections become chronic and resistant to medical therapy, the problem is due to the sinuses not draining properly. A CT scan of the sinuses confirms the chronic nature of the disease process with thickening of the sinus lining, polyps and fluid (aka pus). For the past several years we have been doing computer image guided surgery with aggressive surgical drainage under general anesthesia. A 4 to 6 week recovery was required.

The most SIGNIFICANT CHANGE IN MY PRACTICE TODAY is Balloon Sinuplasty. I have confirmed that Balloon Sinuplasty works in eliminating the need for aggressive sinus surgery. Today, in my office under local anesthesia in as little as 30 minutes I can cure headaches, sinus pressure, and nasal drainage due to chronic sinusitis. The recovery is 1-3 days and, if necessary, a deviated septum may be corrected as well. If you or someone you know suffers from chronic sinus symptoms of headache, facial or cheek pressure, altered sense of smell and discolored mucous, have them call for an appointment. Medicare and most insurances cover Balloon Sinuplasty in the office.

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

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ASK THE DENTAL EXPERT



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

Veneers help you look years younger

Question: I just hit 52 and see many stars have beautiful teeth no matter how old they are. How can I look like that?

Answer: I'm getting close to the big "Five-O" myself, and I recommend investing in porcelain veneers. I did it 14 years ago and, like my patients say, it is "the best thing I ever did for myself."

Although a significant investment at \$1,400 per tooth, 10 upper porcelain veneers will permanently change the color and shape of your teeth. Many patients opt to have veneers to create straight teeth versus braces. They don't stain and, with proper care, can last a very long time. Some of my patients have the same veneers I placed 20 years ago with no need to re-do them.

Veneers are not crowns. The teeth are not drilled down to stumps or "spikes." We just remove .8 millimeters of enamel off the face of the teeth to allow thin facings of porcelain to be permanently affixed to the tooth's surface. Usually, patients are given local anesthesia to numb the teeth for this process, which can take two to three visits.

Studies show the first body part that someone notices upon meeting someone for the first time is the smile. Nothing shows age more than teeth. Veneers cost as much as used car, but will not depreciate, never fade and could, perhaps, last a life time.

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

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

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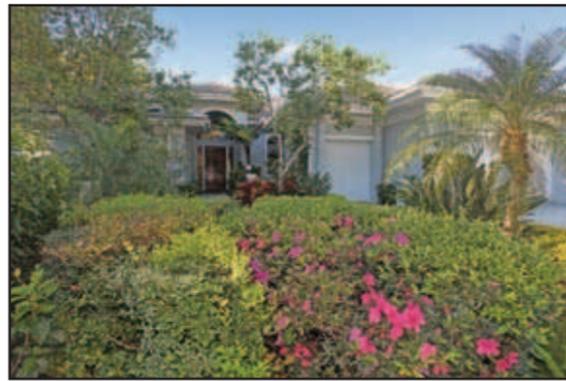
123 ECHO LANE

Charming 3BR home on quiet cul-de-sac offers great golf course views. Overlooks 16th hole. Lovely outdoor entertaining area with screened lanai. Renovated kitchen. New wood floors. Two car garage with golf cart garage. Web ID 3012 **\$1.199M**



216 LOCHA DRIVE

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100 TERRAPIN TRAIL

Custom built 4BR/3BA sits on an oversized lot. Ideal for vacationing or full time residence. 14' ceilings and hardwood floors. Master suite offers lake views. Web ID 2938 **\$1.099M**



116 TERRAPIN TRAIL

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118 WEOMI LANE

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152 SOTA DRIVE

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107 SOTA DRIVE

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HEALTHY LIVING

Forget so much your daily life is affected?

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davideCARBONE
CEO, St. Mary's Medical Center



You put your keys somewhere ... and now you can't find them.

You go to the kitchen ... and you can't remember what you needed.

Don't worry. Most likely you will be able to locate your keys and get that drink of water.

These mild memory lapses are usually just part of the normal aging process.

But when forgetfulness begins to impact daily activities, you may need to talk with your doctor or pay a visit to the Memory Disorder Center at St. Mary's Medical Center.

The Memory Disorder Center is one of 15 state designated memory centers in the state of Florida offering comprehensive evaluations of memory disorders. It serves as a diagnostic, treatment and referral center for individuals who are experiencing changes in their memory and/or other cognitive functions, which may be affecting their daily lives.

In your 20s, you begin to lose brain cells a few at a time and your body starts to make less of the chemicals that brain cells need to work.

As you age, these changes affect your

memory. Short-term memory (what you had for breakfast) and remote memory (where you spent your childhood) usually do not change. But recent memory (the name of someone you met recently) may be affected by aging.

To combat these minor memory gaps, try staying more organized. Keep lists, color code or label items, follow a routine and mark dates on a calendar. Remember to put important things, like keys, in the same place every time.

Other things that can help refresh your memory include repeating someone's name when you first meet them and remembering a location by relating it to a familiar landmark.

Some memory loss, however, may have other causes, such as depression, thyroid disease, nutritional deficiencies, drug side-effects, stroke, head injury, alcoholism, mild cognitive impairment (MCI) or dementia.

People with MCI experience memory lapses and often struggle to perform self-care tasks, such as taking medications. They are able to function independently, but may need prompting to remember.

A typical medical evaluation by the experts at the Memory Disorder Center at St. Mary's may include:

- Taking a health history and completing a physical examination to rule out treatable conditions.
- Performing a neurological evaluation



to check the patient's balance, sensory abilities or reflexes.

- Reviewing results from laboratory tests to exclude possible metabolic conditions or vitamin deficiencies.

- Using cognitive or neuropsychological tests to evaluate mental functions.

- Performing brain scans using MRI or CT Scans.

- Obtaining a complete memory history

and functional assessment.

Alzheimer's disease is the main cause of dementia, a condition of increasing memory impairment that affects daily activities.

More than 5 million Americans over the age of 65 are affected by Alzheimer's. The main risk factors for developing the disease are age and family history. There is no cure for the disease, but drugs are available to treat the symptoms of Alzheimer's.

While memory loss cannot be prevented, some steps you can take to help reduce your risk of developing memory problems are exercising regularly, following a healthy diet, engaging in social activities and keeping your brain active.

The difference between normal cases of forgetfulness and more serious problems is that, with dementia, symptoms gradually get worse over time. It's one thing to forget where you parked the car on occasion, but quite another to frequently miss appointments.

Talk with your doctor if you feel memory loss may be preventing you from performing daily tasks or affecting your quality of life.

To sign up for a free memory loss screening or a series of six MindSet classes to exercise your brain and improve brain health, call 882-6363. For more information on the Memory Disorder Center, please see stmarysmc.com. ■

Have we been overlooking the emotional needs of our young sons?

lindaLIPSHUTZ
llipshutz@floridaweekly.com



Ryan overheard his so-called "friends" wisecracking in the high school locker room. He prayed he was wrong in what he'd heard.

But, no, they were talking about Tara hooking up with that obnoxious senior Ryan couldn't stand. Tara and Ryan had been exclusive for six months already. He'd been head-over-heels about her from the moment he first saw her.

Ryan had too much pride to confront Tara directly to hear her explanation. He was hurt beyond words, and humiliated that his friends were having a field day at his expense.

Later that evening, Ryan sat in his room, listlessly surfing the Internet, but deliberately avoiding Facebook. A couple of his friends texted him, but he deleted their posts. He didn't want to hear from anyone, even his supposed "best friend" Jared. His mother kept poking her head in the room, asking if anything was up, but he told her everything was fine.

So, have we been letting our young sons down?

Have we made erroneous assumptions about their emotional well-being?

Rosalind Wiseman, a nationally acclaimed author and educator contends that well-intended adults have unintentionally overlooked and misunderstood the highly complex emotional and social pressures today's young men are facing. And, in doing so, we continue to miss important opportunities to help

young people more successfully navigate their increasingly confusing and complicated lives.

Wiseman is the author of the much acclaimed "Queen Bees and Wannabes," a book (written in 2002) that explored the emotional pressures of school-aged girls and the nuances of their social hierarchies. But as time passed, it troubled her that "an entire generation of parents who panicked about the "hookup culture" and its effect on their daughters, often found it easy to write off the emotional lives of their sons."

Ms. Wiseman expressed concern that many adults failed to see boys as complex, nuanced individuals. As Wiseman pondered this glaring discrepancy in the way adults treated the two genders, she vowed to come up with answers.

"Boys often wind up portrayed as either opportunistic perpetrators of the worst sexual behaviors or thoughtless beneficiaries of an era in which boys get sex and girls get hurt."

Wiseman wisely asked the question: "But is that what they want?" To find the answer, she spent two years examining research and talking to experts. She interviewed pediatricians, learning specialists, and most importantly, conducted detailed ongoing conversations with hundreds of boys and young men (straight and gay) across the United States, spanning a large cross-section of locations and socio-economic strata.

Wiseman's findings are reported in her current work: "Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World."

This book attempts to reveal the way boys think and to show parents, educators and coaches how to reach out and

help boys overcome their most common, yet difficult, challenges.

There is much discussion about a culture that often encourages boys to act like men, and to control their expression of emotions. Many groups of boys have a code of honor that strongly demands silence in tough situations, often leaving young people in the moral dilemma of whether to voice their values, even if it meant challenging their peers.

Wiseman cautions that many young men in fact feel deeply about what happens in their romantic relationships and friendships. However, they may not have the skills to sort out their feelings or trust enough to reach out for emotional support.

They may struggle on their own to process challenges, lacking many of the communication skills their female peers have mastered. Sadly, they appear to be paying a large price for this deficit in elevated rates of depression and falling levels of academic achievement.

Wiseman points out that our sons' friends usually see a different side of them than we do — not better or worse — just different.

She emphasizes two main points: "First, when we say that boys are simple and easy, (for example, that they have a fight and then it's over), we are doing a real disservice to boys and the more complex lives they lead. Well-meaning parents often stop boys from confiding when they make assumptions all is well. We contribute to their lack of communicating." She notes that the same parents who overlook the emotional needs of their sons are the ones who may be acutely attuned to the emotional needs of their daughters. Many young women have developed more sophisticated skills to express their emotional needs.

Wiseman warns: We assume boys are easy because they keep quiet, and in the process we sentence them to a lifetime of being misunderstood. If we don't recognize and appreciate the challenges they're facing, no matter how much we love them and want to help them, they won't see us as a resource. Instead, they'll see us as an essential part of the problem. You don't need to take my word for it. Listen to them."

Many boys have learned from a young age to avoid over-sharing, and may shrink back from too much interest from their parents. They may squirm if there are too many questions, or if they perceive parents as hovering or over-reacting. Their parents may be the most well intended, and in fact consider themselves to be quite close to their sons. According to Wiseman: "To convince boys you have good advice to share, a parent often has to respect their boundaries and above all: Stop trying to fix the problem yourself."

As Wiseman aptly sums up: "Treating boys as emotionally illiterate has costs. It shames them into hiding how much they want meaningful connections in their intimate relationships and leaves them unprepared to process their feelings — or convinces them they can't go to anyone for support when they are in pain." ■

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

WEEK OF JANUARY 9-15, 2014

PALM BEACH COUNTY COMMERCE

Need to grow your business? SCORE can help

SPECIAL TO FLORIDA WEEKLY



For small businesses looking ahead into the New Year, optimism competes with worry: the reality of health care costs, whether the economic “rally” will materialize for small business and other bottom-line apprehensions.

Palm Beach SCORE, marking 40 years of nonprofit service to area small businesses, will hold a Small Business Symposium called “Show Me the Money” Jan. 25 from 8 a.m. to 1 p.m. at Keiser University, 2085 Vista Parkway in West Palm Beach. The event is designed to help entrepreneurs discover available resources to grow their businesses, answer management questions and offer resources to help owners find necessary funding.

“Recent surveys show that small business owners are frustrated by the lack of access to capital needed to grow their business,” Penny Pompei, the event coordinator and Palm Beach SCORE vice chair, said in a prepared statement. “They are concerned about impacts of health care costs on their bottom line and what the economic outlook really holds for our area. Palm Beach SCORE is addressing these concerns with Comerica Bank and leading experts.”

SCORE chapter chair Jerry Steinberg echoed Ms. Pompei’s sentiments, saying in a prepared statement: “Attending ‘Show Me the Money’ is a great deal for business owners, entrepreneurs and those thinking about starting a business. There are only



100 tickets available, and each person who registers will be handed a \$25 gift card at the end of the symposium, making the event virtually free. That’s a 100 percent return on their investment.”

A keynote opening session covering the economic outlook for the cities in Palm Beach County features Jeri Muoio, mayor of West Palm Beach; Scott Maxwell, president of Palm Beach County League of Cities; and Samuel Ferreri, chair, Regional Planning Council. Tips for Women Entrepreneurs will be led by Minx Boren, Executive Women of the Palm Beaches and Victoria Hughes, Florida Women’s Business Center.

A series of workshops includes Demystifying SBA Loans; Small Business Retirement Planning; Trouble with the IRS? What are your Options?; Estate & Trust Planning for Small Business Owners; Tax Planning for 2014; Bank and Alternative Lender Options; Understanding Your Business Credit Rating; Adjusting to Obama Care’s Small Business Options; Credit Counseling for Small Business Owners; and Tips for Women Entrepreneurs. A Loan Fair offers lenders on-site to help start the loan process. SCORE’s Counseling Corner will have speed counseling with Certified Mentors, and an exhibit area will feature service provider/vendors ready to help business owners with their needs.

To register, go to Palm Beach SCORE palmbeach.score.org. The \$25 registration fee will be handed back at the end of the symposium in a gift card. Cost at door is \$50. Registration is limited to first 100 business owners to apply. ■

Lighthouse Cove Adventure Golf opens near Jupiter Inlet

SPECIAL TO FLORIDA WEEKLY

Lighthouse Cove Adventure Golf, a tropical fishing village-themed miniature golf destination, has opened at A1A and Jupiter Beach Road. The city’s first mini golf, Lighthouse Cove features two 18-hole courses, Paradise Falls and Lost Lagoon. The holes were designed to incorporate Jupiter’s history. Tickets are

\$12 a round for adults and \$10 a round for children and seniors, according to a statement from Lighthouse Cove.

Lighthouse Cove dining options include The Burger Shack and 3 Scoops Ice Cream.

“Jupiter is a beautiful area and we are very eager to bring mini golf, along with premium burgers and ice cream, to the city’s residents,” stated owner

Patty Bartoli, in the written statement. She continues, “We are confident that Lighthouse Cove Adventure Golf will attract locals as well as tourists and groups looking for a fun-filled, family orientated activity with delicious food.”

Lighthouse Cove offers specials for guests who sign up for a birthday club, along with birthday party packages that can be tailored to include extras such as

face painting and favors. Group pricing is available for organizations such as camps, schools, and corporations, and charities can host mini golf ‘Fun Raising’ Marathons. Gift cards and a Lighthouse Cove loyalty program that allows patrons to earn freebies for repeat visits are also available.

See lighthousecoverjupiter.com for more information. ■

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PALM BEACH SOCIETY

Association of Fundraising Professionals' awards luncheon at the Kravis Center



Matthew Barnes and Anjanette Hanna



Diane Bergner, Jay Cashmere and Amy Brand



Patty Myura and Anne Keresey



Kristin McCabe, Barbara Golden and Jerry Golden



Amy Brand, Norman Shaw and Diane Bergner



Helen K. Persson family



Palm Beach State College Foundation table



Vicki Pugh and Dana Brooks



Sarah McKenzie, Jenny Mahoney and Amber Butyn

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G37 Sedan

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equipped, HomeLink

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Infiniti
M Sedan

LEASE \$ **499*** **ZERO
DOWN**
FOR PER MONTH 39 Month Lease

Two or more vehicles available at this price.



Model 93013
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Bluetooth, iPod
equipped, HomeLink

2013
Infiniti
G Convertible

LEASE \$ **529*** **ZERO
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#131574A \$28,988



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certification warranty
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car, very clean
#Z2735 \$33,988



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PALM BEACH SOCIETY

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Samantha Marulli, Robert Murphy and Brooke Chapman Marshman



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Andrew Krinsky and Rick Howard



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Rebecca Jagle and Katherine Lande



Norka Saad and Jen Lubell

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LILA PHOTO



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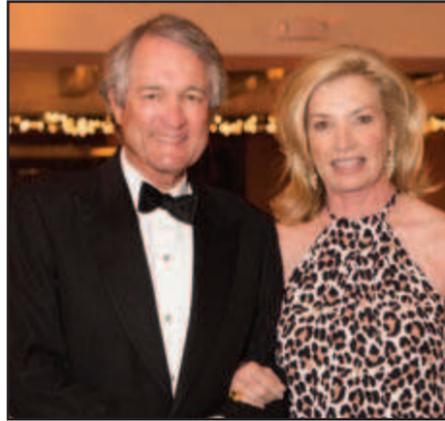
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PALM BEACH SOCIETY

Peggy Adams Animal Rescue League Christmas Ball, the Sailfish Club



Robert Garvy, Carol Garvey, Jack Flagg and Cathy Flagg



Jerry Seay and Pauline Pitt



Vicky Hunt and Sam Hunt



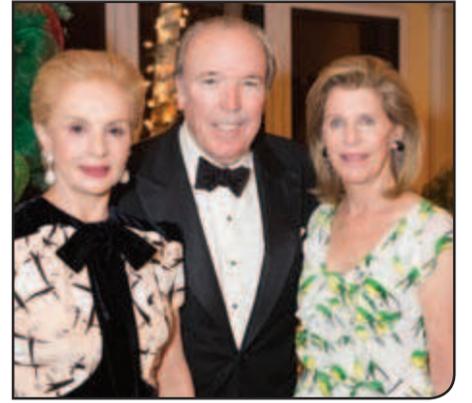
Lesly Smith



Elizabeth Elliot and Mark Elliot



Bill Hamm and Candy Hamm



Carolina Herrera, Pepe Fanjul and Emilia Fanjul

LUCIEN CAPEHART PHOTOGRAPHY

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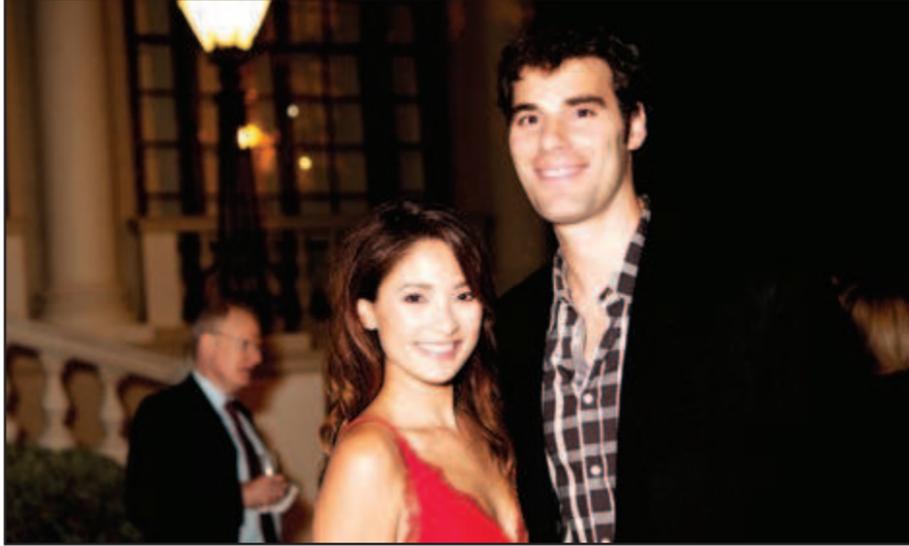


PALM BEACH SOCIETY

Rendina Family Foundation "Raising the B.A.R." Golf Tournament at The Breakers



Michael Rendina and Lainie Rendina



Shannon DiGennaro and Scott DiSalvo



Marji Rendina and David Rendina



Dennis Witkowski, Maureen Witkowski and Richard Rendina



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Leslie Coulson and Frank Coulson



Trish Rendina and Richard Rendina



Bill Wunder, Debbie Wunder and Steve Barry



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Elegant home in exclusive **Old Palm Golf Club**

SPECIAL TO FLORIDA WEEKLY

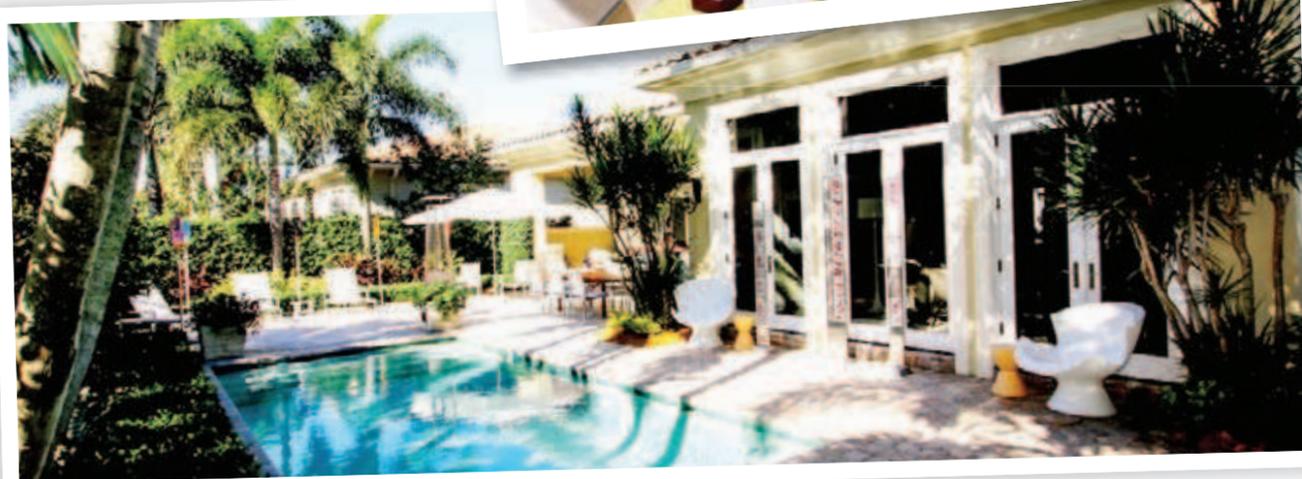
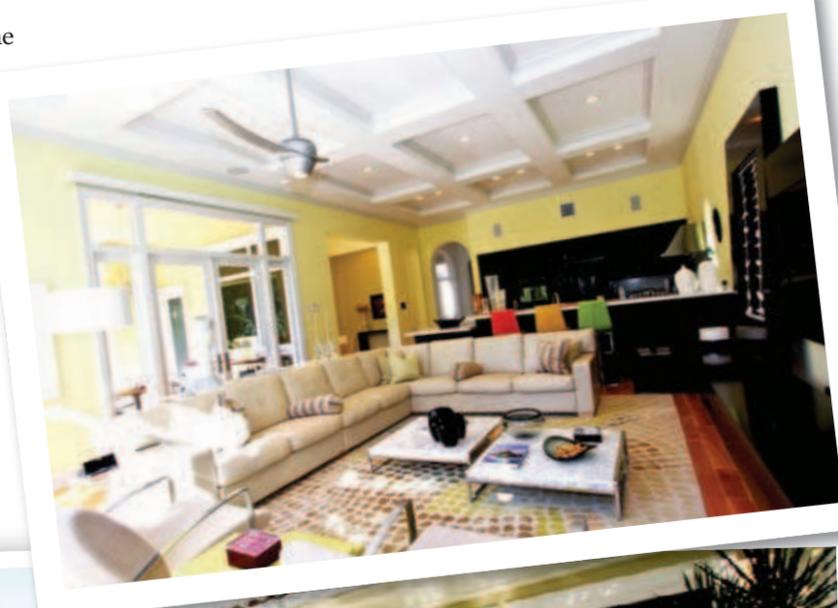
This one-story custom, expanded Flora model home is in Palm Beach Gardens' Old Palm Golf Club, among the world's most beautiful and luxurious golf club communities. It offers four bedrooms, 3½ bathrooms plus an outdoor, full cabana bath. The home at 11310 Caladium Lane features 3,641 square feet of under-air living space and a light, open floor plan with desirable southern exposure. A serene and private waterfall view capture your attention in the main living area of this home with an abundance of easy access French doors and light-filled rooms. This immaculate custom home offers clean lines, marble and wide-plank hardwood floors, hurricane impact windows, and a top-of-the-line Servant home automation system which can conveniently be controlled from anywhere by your iPhone or iPad. The gourmet kitchen features spacious stone countertops, double ovens, a wine refrigerator, a six-burner stove, warming drawer, and a second sink in the expansive center island.

The spacious and private outdoor patio — surrounded by lush tropical landscaping and inviting heated salt water pool, Jacuzzi, and built-in natural gas Lynx kitchen, refrigerator and full outdoor cabana bath — is perfect for outdoor dining and entertaining.

The luxurious master bedroom offers breathtaking views of the serene tropical outdoors and features his-and-her built-in closets. The master bathroom features a large shower with spa water features, dual granite vanities, and free-standing tub. The private second

master suite is located in the front of the home with well-appointed upgrades. A light, bright and open dining room is well-positioned adjacent to the kitchen.

Numerous upgrades such as motorized blinds, new laundry room appliances, and front entry closets are a few of the details located throughout this tastefully decorated home. Old Palm Golf Club community offers more than 4,000 acres of lush natural beauty. The Raymond Floyd designed golf course is perfect for all levels of play. The country club, with its exceptional amenities and concierge service, will cater to your every need. The home is listed at \$1,695,000 by Fite Shavell & Associates. The agent is Linda Bright of Mirasol Realty/Fite Shavell & Associates, 561-629-4995. ■



MONEY & INVESTING

Real estate's new normal is good news for everyone



In May 2012, the headline for this column was "National housing study reports the worst is over." And ain't that the wonderful truth?

The title referenced a then-recent study: "A credible, nonprofit think tank group has released a comprehensive report on the state of the U.S. housing industry that indicates the worst is over. The Demand Group is forecasting a turn in U.S. housing after six years of steady declines and after a loss of value of some \$7 trillion in that asset class." The 18-month-old study is worthy of reading if just to understand the basis for the correct forecast.

In fact, since May 2012, the U.S. housing market has seen significant improvement in prices. In Florida, the turnaround is very clear. New residential construction abounds on the Florida west and east coasts, in the form of new builds by homeowners and speculative builds by developers, investors and contractors.

Most buyers want to know the future before they make any new residential real estate investments. While the future is not knowable, there are some tea leaves that would suggest that residential real estate can continue upward and that will, in turn, continue to grow the economy.

There are many factors that impact residential housing prices.

1. As the total U.S. population grows, more households are formed. Unless they are incredibly hard pressed, children will exit the parental home and establish their own home. While there is stagnation in growth of the U.S. population, there remains pent-up demand for housing by households formed post-2008.

2. As prices rise, the investment aspect of home ownership becomes increasingly more attractive to those looking for investment opportunities. Most investors are not capable of buying into a falling market and cannot predict when the bottom is in place, so they wait for the market turn and evidence of a meaningful price recovery or stabilization.

3. As prices rise and the economy is improving, the banks become less squeamish about lending and credit terms become less stringent. They are also able to lend at higher interest rates. Some might think that rising interest rates dampen demand, but often buyers fear even higher interest rates one year or two years out. For example, the recent rate rise did not dampen housing sales: "According to Freddie Mac, a 30-year, conventional, fixed-rate mortgage rose to 4.26 percent in November from 4.19 percent in October; the rate was 3.35 percent in November 2012." (National Association of Realtors).

4. And in Florida, we also benefit from follow-the-leader behavior. Northerners move to Florida, then their friends come to visit and like it here, then one of the

spouses begins to bug the other that they, too, need to buy now before prices rise even more, etc. No doubt, there are some snowbirds soon returning who are lamenting not having purchased last year — or lamenting having sold too low. They might be surprised by the rise in sale and rental prices since the end of last (snowbird) season. There's a pretty good chance that those folks will pull the trigger this year as they face relatively tight inventory levels. Per the National Association of Realtors, the total national housing inventory at the end of November was 2.1 million existing homes available for sale; this represents a 5.1-month supply at the current sales pace. This unsold inventory of 2.1 million homes is slightly more homes than a year ago.

5. Buyers are influenced by the rent versus buy comparison and, per Trulia's online real estate research (most recent report of September 2013), it is still cheaper to buy a home than rent, even after the rise in mortgage rates. "Homeownership remains cheaper than renting nationally and in all of the 100 largest metro areas. But rising mortgage rates have narrowed the gap between the cost of buying and the cost of renting. The 30-year fixed rate is now 4.80 percent, compared with 3.75 percent one year ago (according to the Mortgage Bankers Association). This jump in rates has raised the cost of buying relative to renting. As a result, buying is 35 percent cheaper than renting today, versus being 45 percent cheaper than renting one year ago." Specifically, in the South Florida markets, buying was cheaper than renting

in Miami (36 percent); Fort Lauderdale (47 percent); West Palm Beach (52 percent); and Fort Myers/Cape Coral (46 percent).

6. The stock market has been robust in the past several years and exceeded prior highs. Most individual investors do not like to sell their losers but are more inclined to sell their winners. At this point, most equity investors are back to even or if heavy into technology or NASDAQ stocks, they have money falling out of their pockets and they are willing to reallocate to real estate.

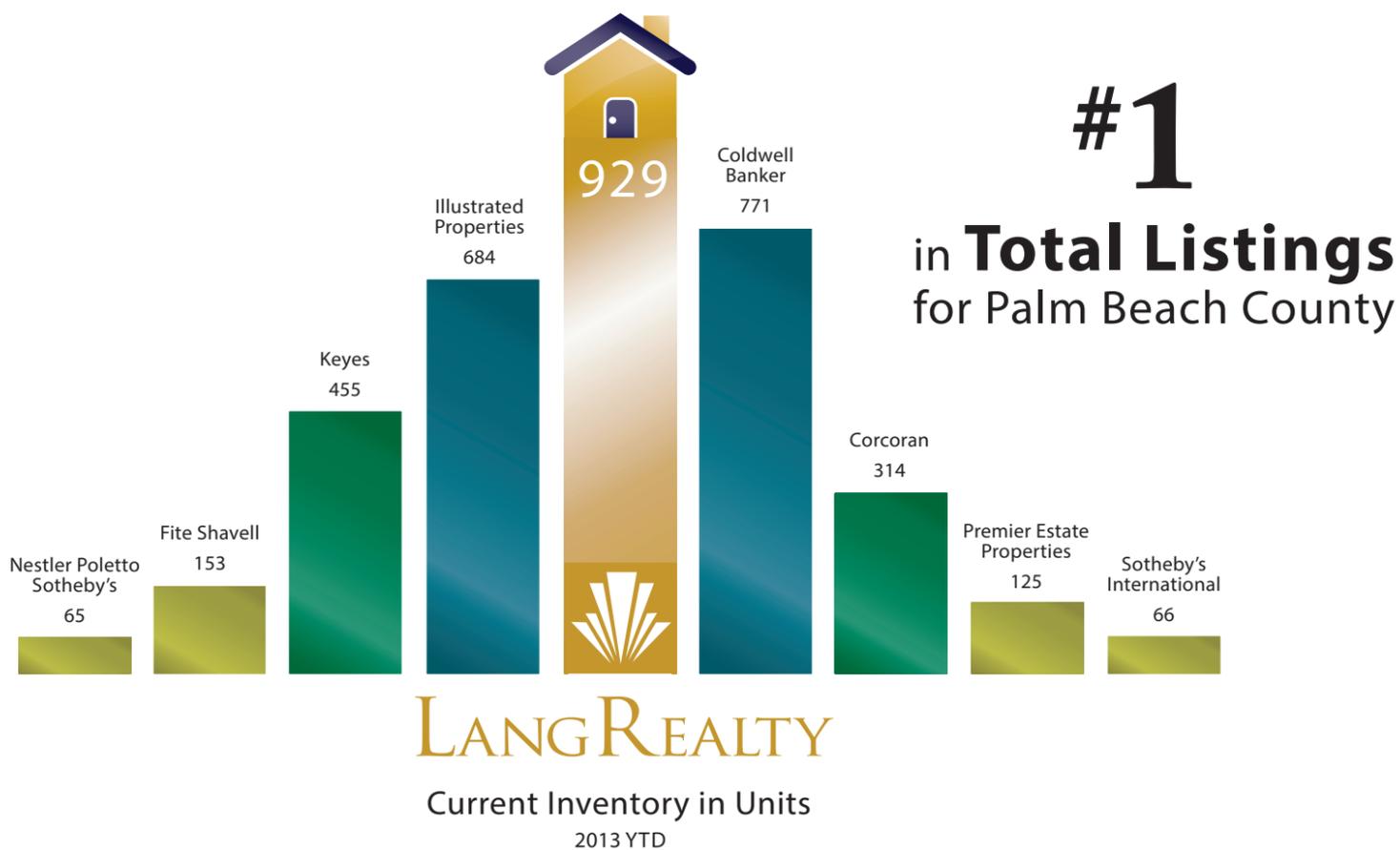
Residential real estate is somewhat a self-fulfilling prophecy; a residential housing recovery provides meaningful GDP growth in that related expenditures are made: furniture, appliances, carpet, lighting, landscaping.

It would seem that there is room for continued improvement in the housing market. That's good news for South Florida, which is very real estate intensive and sensitive. ■

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

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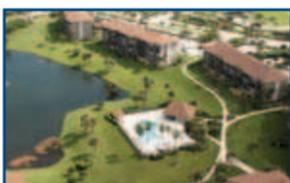
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KOVEL: ANTIQUES

Classic canes served as functional fashion

BY KIM AND TERRY KOVEL
Special to Florida Weekly

Canes were used not only to aid in walking, but also as part of European and American fashionable dress in the 18th and 19th centuries. Many canes had an extra function, too. Some held swords, guns, flasks, telescopes, cameras, fans, seats, perfume, poison, drugs or hidden papers. Many had silver, gold or jeweled handles or even handles that were modeled heads of presidential candidates. Elegant but fragile handles were made of porcelain. In the late 19th century, the famous Meissen porcelain factory in Germany made elaborate cane handles that look like small figurines. They were shaped to be easy to hold and carried, but would break if dropped or hit. Few of these cane handles have survived, and they often are sold without the cane shaft. A three-quarter figure of a woman extending into a curved cane handle was auctioned by Cowan's Auctions of Cincinnati in October 2013. The handle, with Meissen's blue crossed-swords mark inside, sold for \$800.

Q: I have an 8-by-10-inch painting by A.E. Hayes. I have been told that it's an example of "tin foil art." It's in a very old frame and the back is sealed with old tape. If I remove the tape, I'm likely to ruin the painting. Can you tell me how this painting was done?

A: Your painting is a piece of "tinsel art," which is a form of reverse-painting on glass. It was popular from about 1850 to 1890. Most tinsel paintings were of

flowers. The painting was done in reverse order. Flowers or other foreground details were painted on the glass first and then the background was painted. Pieces of crumpled foil were added to unpainted parts of the picture. Then the picture was framed with the clear glass in front, the foil in the back. The picture was backed with cloth or paper and sealed with a piece of cardboard or thin wood. When the painting was hung, the foil glimmered in the glow of candlelight or gas light. Most tinsel pictures were done by young women for their own homes. Perhaps A.E. Hayes was one of these women. Good early tinsel paintings sell for \$100 to \$500, depending on size, subject and condition.

Q: I inherited an old cider press from my uncle. Stenciling on it reads, "The Higganum Mfg. Corporation Manufacturers, Higganum, Conn., USA." It still works. We made cider with it the other day. Can you tell me anything about its

history and value?

A: Higganum Manufacturing Co. was founded by brothers George and Thomas Clark in 1867. The company made cider

This porcelain cane handle must have been used carefully to remain unbroken for over 100 years. The woman figure was made by the Meissen porcelain factory of Germany. It sold for \$800 at an October 2013 Cowan's auction in Cincinnati.



mills, wine presses, lard presses, wagon jacks and agricultural equipment. It was incorporated by about 1880. In 1892, the company was renamed Clark Cutaway Harrow, after its most successful product. Several of the factory buildings burned down in 1914, but the company continued to operate for several more

years. The rest of the property was sold in 1942. Your cider press was probably made in about 1880, before the company name was changed. Value: About \$100.

Q: When I was a young boy, my grandfather gave me a violin he said was very valuable because it was a genuine "Mittenwald." Stamped inside the instrument it reads, "Joan Carol Klotz, in Mittenwald, An. 1788." I searched the Internet and found that Johann Carol Klotz (1709-1769) was a violin maker in Mittenwald.

However, the names are spelled differently on my violin and the date doesn't fit. What do you think? Is this a valuable violin?

A: Millions of violins supposedly made by famous German makers are fakes made in the early 1900s. Authentic old violins are very rare. Several members of the Klotz family made violins in Mittenwald, which has been known for its violin makers since the late 17th century. The date on your violin is a problem since Joan (Johann) died in 1769. To find out if your violin is authentic, first show it to a professional violinist and ask if it appears to be a fine old violin. Then have a reputable musical instrument dealer or appraiser look at it. You will have to pay for an appraisal, but authentic old violins made by members of the Klotz family are rare and sell for thousands of dollars.

Tip: From 1954 to 1963, an American radio had a small triangle or circle on the dial between the 6 and 7 and 12 and 16. It was a Civil Defense mark. ■

— 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.

Antiques season gets into high gear

It's a busy time for collectors, with multiple antiques shows and events each weekend for the next couple of months. Here's a look at the weekend and beyond:

■ **The Stuart Antique Show** — This show offers a lot of homegrown charm. It is open 9 a.m.-5 p.m. Jan. 11 and 10 a.m.-4 p.m. Jan. 12 at the Martin County Fairgrounds, 2616 SE Dixie Highway, Stuart; 941-697-7475 or floridaantiqueshow.com.

■ **Kofski Estate Sale** — This high-end sale will feature items from homes at The Bear's Club and Palm Beach, 9 a.m.-3 p.m. Jan. 11-12 at 5501 Georgia Ave., West Palm Beach; kofski.com.

■ **The 22nd Annual Antiques Show & Sale** — The Vero Beach Museum of

Art's annual show continues through Jan. 12 at the museum, 3001 Riverside Park Drive, Vero Beach. Tickets: \$10; 772-231-0707.

■ **Palm Beach Winter Antiques Show** — See fine art and antiques in a new venue, as this show, open Jan. 16-19, moves to the West Palm Beach Marriott, 1001 Okeechobee Blvd., West Palm Beach. Hours are 11 a.m.-7 p.m. Jan. 17-18 and 11 a.m.-5 p.m. Jan. 19. Special preview benefiting the Historical Society of Palm Beach County is 6-9 p.m. Jan. 16. Tickets: \$15 (good for all three days). Preview tickets: \$100 advance, \$125 at the door; wine, champagne, hors d'oeuvres, complimentary valet parking and early buying. Info: dolphinairs.com. ■

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<p>MIRABELLA - PALM BEACH GARDENS</p> <p>NEW LISTING</p> <p>This very charming Bella model has a private/yard. Architectural Details and Quality finishes are presented throughout. The kitchen has been upgraded with stainless appliances, cabinetry and granite. Master Bath has been upgraded.</p> <p>\$346,500 CALL: KAREN CARA 561-676-1655</p>	<p>GREENVIEW COVE - WELLINGTON</p> <p>NEW LISTING</p> <p>Stunning, light and bright 5BR/4.5BA custom built home designed for entertaining inside and out. Surround sound in all main living areas as well as the outdoor patio. Spectacular new kitchen, granite counters, double ovens. This home has it all, must see!!</p> <p>\$699,000 CALL: SUSAN WINCH 561-516-1293</p>
<p>RIVERBEND - TEQUESTA</p> <p>NEW LISTING</p> <p>This 2nd floor 2BR/2.5BA townhouse is move in ready. Meticulously maintained with new carpet and updated kitchen.</p> <p>\$79,900 CALL: HELEN GOLISCH 561-371-7433</p>	<p>PGA NAT'L - PALM BEACH GARDENS</p> <p>NEW LISTING</p> <p>Beautifully remodeled 2/2 condo in Prestigious PGA National. Raised ceilings giving spacious feelings throughout. Stainless steel appliances, new wood and tile flooring. New crown molding throughout. Great opportunity to live in one of the most desirable communities in Palm Beach Gardens.</p> <p>\$224,900 CALL: FRANK LEO 561-601-0224</p>

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418 31ST STREET

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511 32ND STREET

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MIRASOL GOLF & COUNTRY CLUB

Popular 4 BR/4.5 bath. Great room floor plan with expanded pool area, southern facing yard, french doors, summer kitchen & golf membership. \$811K
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214 CHILEAN J

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- Nick P.

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SOUTH FLORIDA

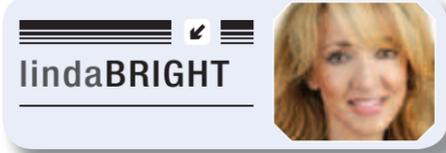
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In today's competitive market there are many factors that contribute to the success and failure of purchasing your dream home.

When a potential buyer finds an ideal home, there are several steps the agent and buyer can take to increase the likelihood of a successful purchase.

I recently observed this with my experience with my clients Jeff and Carol. Jeff and Carol made a special trip from New York to find their dream home. A property had just come on the market that I believed fit all of their needs.

I was confident that because of low inventory, the many upgrades in the home, the location of the property and the pricing of the home, it would be desirable to many other buyers as well. Jeff and Carol toured the property and were delighted to find that the home included many features they had been looking for, such as streaming natural light in almost every room, floor-to-ceiling windows and a spacious open floor plan. As they entered the home Jeff and Carol were captivated by the breathtaking water view, visible from the living and family rooms.

As we toured the property, there were other potential buyers there that appeared very interested as well. Jeff and Carol were ready to make an offer immediately; they did not want to miss this opportunity.

They initially wanted to make an offer much lower than the market value of the property. I prepared a detailed analysis of the comparable sales over the last six months for their review. After careful assessment of the sales data, Jeff and Carol realized the initial offer price they wanted to begin with would not be a strong offer. The supporting sales history indicated a much higher price than they wanted to offer.

I explained to the buyers that the best approach for buyer and seller to come to terms is to set realistic expectations by reviewing equivalent home sales in the area, what was special and unique about this home and property on which they are making and why they would need to proceed with a solid offer.

We discussed that the best strategy was to proceed with a strong offer, as it appeared the sellers would be receiving

multiple offers.

Many buyers wait until they locate a home to obtain a preapproval letter from their bank if they plan to finance. This process will delay the ability to place a strong offer if the buyer does not have the approved documents to submit with an offer.

Jeff and Carol planned on financing; they followed my advice and had a pre-approval letter from their bank available to submit with the offer.

We submitted the offer with a one-week inspection and 30-day closing; these terms usually are appealing to a seller.

The seller's agent indicated there was another offer submitted at the same time and the seller would review both options.

Jeff and Carol were very anxious to have an answer from the seller, but they

hoped that the special measures they had taken would provide them with an advantage.

We received a counter offer for a higher dollar amount than Jeff and Carol had submitted on their original offer. The seller did not change the terms of the offer, so Jeff and Carol hoped that they had an advantage.

Before they increased their offer price, they wanted to view the home again, so we promptly scheduled a visit of the property. Jeff and Carol walked into the home, looked at each other and said, "This is the home we have been looking for."

That same day, Jeff and Carol raised their offer price and the sellers accepted.

Jeff and Carol confided in me after the transaction that three of the rooms in the home were very similar to their existing home, including the furnishings and some of the artwork. They also knew the exact spot that their dog Smith would have his bed by the family room French doors looking out the window at the lake. They also learned that the sellers' first home was in the same town in New York that they were moving from. Jeff and Carol were thrilled to find such a perfect fit.

If you are looking for a home, consider the strategies Jeff and Carol used. When you find the home that's right for you and proceed with knowledge and a strong offer, you'll maximize your chances of success. ■

— Linda Bright, real estate professional, Mirasol Realty Operated by Fite Shavell & Associates, lbright@mirasol-realty.com, 629-4995.



OLD PALM GOLF CLUB | \$6,650,000 | WEB: 0076003
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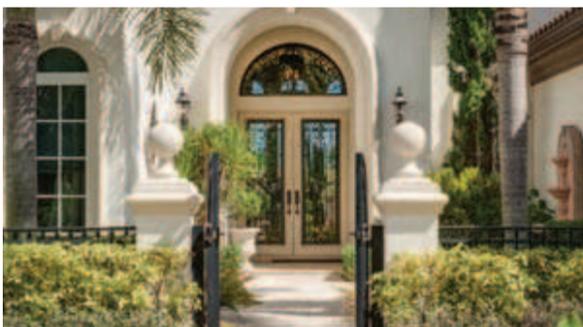
OCEANFRONT BEAUTY | \$5,300,000 | WEB: 0076055
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PGA VILLAGE WATERFRONT | \$1,100,000 | WEB: 0076210
Doc Ellingson | 772.229.2929



MALLARD CREEK | \$679,000 | WEB: 0076061
Cam Kirkwood | 561.714.6589

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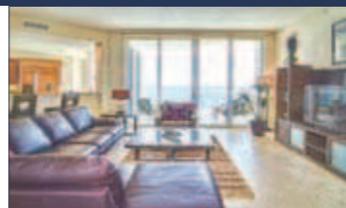
Martinique WT1402 RARE 3BR/4.5BA on the coveted southeast corner. Direct Ocean with breathtaking views of the ocean, intracoastal and city lights at night. Totally renovated with a contemporary flare and water views from every room. The kitchen has all high end appliances including Wolf cooktop. Thermador microwave and oven, Bosch dishwasher and Sub Zero refrigerator. Beautifully designed custom made cabinets and granite countertops. New washer and dryer and Kohler fixtures and sinks in most areas. Fabulous window coverings, marble floors in the main living area. Custom kitchen opening with detailed molding allows for stunning views of the ocean. **\$899,000**
For a private tour please call Jeannie Walker (561) 889-6734

For more information on these Great Buys and Next Season's Rentals, email us at

Info@WalkerRealEstateGroup.com



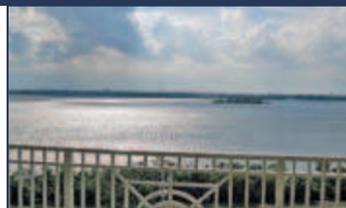
Beach Front PH 2002
4BR/4.5BA Penthouse with over 4,000 Sq ft. of living space. Upgrades plus poolside Cabana. **\$2,150,000**
Jeannie Walker - 561-889-6734



Beach Front PH 1903 3BR/3BA Spectacular views. This unit has 10FT Ceilings, marble floors and a private poolside cabana. **\$1,595,000**
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Martinique ET304 2BR/3.5BA Coveted SW corner unit. Ocean views, porcelain floors throughout. Light and bright with neutral tones. **\$499,000.**
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One Singer 601 3BR/3BA W Penthouse. Spectacular views of the Intracoastal & City. One of only 15 exquisite residences with gated entrance. Private elevator foyer. **\$1,600,000.**
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Ritz 1704A 3BR/3.5BA Beautiful ocean front fully furnished residence. Professionally decorated with private elevator access. **\$2,699,000**
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Martinique WT201 2BR/3.5BA Unique completely renovated unit with spectacular large private terrace. A must see! **\$399,000**
Jeannie Walker - 561-889-6734



Martinique WT2304 2BR/3.5BA Amazing Views of ocean & ICW. Coveted SE corner on 23rd floor. **\$585,000**
Jeannie Walker - 561-889-6734



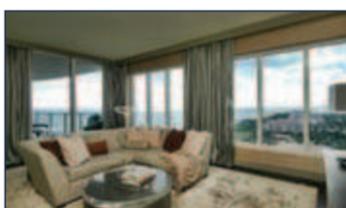
Ritz 2502A 3BR/3.5BA Designer ready unit with amazing ocean views and expansive glass balconies. Price includes a furnished pool side cabana. **\$3,945,000**
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Resort 1750 3BR/3.5BA Ocean views from this private residence at the Resort on Singer Island - beach front living at it's absolute finest. Outstanding amenities! **\$1,299,000**
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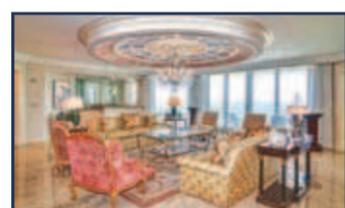
Martinique ET1103 2BR/3.5BA One of a kind 11th floor ocean front condo with beautiful ocean & intracoastal views. Designer built-in furnishings. A must see. **\$649,000**
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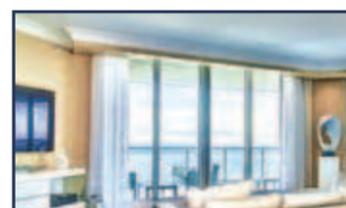
Ritz 1603A 3BR/3.5BA Model residence designed by internationally known interior designer Charles Allem. Gorgeous views of the Ocean, Intracoastal & PB Island. Sold fully furnished. **\$3,495,000**
Jeannie Walker - 561-889-6734



Beach Front 703 BEST BUY AT Beach Front 3BR/3BA with spectacular direct ocean and ICW views. Gourmet kitchen. **\$875,000**
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Ritz 2003A 3BR/3.5BA One of only a few highly sought after "03" on the market. Panoramic views of the ocean. Utmost attention to detail with numerous upgrades. **\$3,700,000**
Jeannie Walker - 561-889-6734



Ritz 1904B 2BR/2.5BA - One of a kind sophisticated luxury retreat. Stunning views and top of the line upgrades including Miele appliances. Contemporary design - sold fully furnished. **\$1,499,000.**
Jeannie Walker - 561-889-6734



Martinique ET702 2BR/3.5BA Breathtaking ocean and intracoastal views from this coveted SE corner unit. Marble floors, wet bar & two parking spaces. **\$695,000**
Jeannie Walker - 561-889-6734

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WEEK OF JANUARY 9-15, 2014

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



Artist Phyllida Barlow stands in front of one of her "brokenupturnedhouse" works at the Norton Museum of Art.

COURTESY PHOTO/LILA PHOTO

Instant UPHEAVAL

Norton shows highlight "HOARD" and focus on Polaroid images

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

The Norton Museum of Art seems split in two directions right now.

Enter the lobby, turn right and you have entered the world of Phyllida Barlow.

Turn left and wander down the hall and you come upon the world of instant images with "The Polaroid Years: Instant Photography and Experimentation."

You never know what will develop. And that exhilaration is what seems to drive

SEE NORTON, B8 ▶



David Levinthal's "Untitled Barbie #80 from the Barbie series, 1997-98," part of the Norton's Polaroid exhibition.

COURTESY PHOTO

INSIDE



Society

See who was out and about in Palm Beach County. **B10-11, 16-18** ▶



Sandy Days, Salty Nights

You never know who will be sending out red flags. **B2** ▶



Things to Do

The Kravis Center hosts a production of "Porgy & Bess." **B4-6** ▶

A look at the best films of 2013

danHUDAK

www.hudakonhollywood.com



It was a year that didn't start well and had a disappointing summer, lowlighted by the mind-numbing blur that was the last 30 minutes of "Man of Steel." And yet, 2013 ended up being a pretty darn

good year at the movies overall, thanks in large part to films that pushed barriers, dared to be different and "wowed" us at times when we expected anything but.

Here are my picks for the 10 best films of 2013.

■ No. 10: "Rush"

Movies are often an escapist entertainment, but that doesn't mean we don't want them to feel honest. One

of the best things about Ron Howard's film was the bitter hatred that fueled Formula One drivers Niki Lauda (Daniel Bruhl) and James Hunt (Chris Hemsworth, aka Thor) during their 1976 season. Highlighted by an Oscar-worthy performance from Mr. Bruhl, Mr. Howard never sugarcoats the fact that these two guys want to beat one another more than they want to win for themselves. Available on home video Jan. 28.

SEE FILM, B9 ▶



On a wing and a prayer

Park Avenue BBQ's Casa Blanca Wings take flight on Thursdays. **B15** ▶

SANDY DAYS, SALTY NIGHTS

Plenty of red flags — but they're all mine



When a friend loaned me her copy of “Temptations of the Single Girl: The Ten Dating Traps You Must Avoid,” I tried not to roll my eyes. I’ve had it with dating guides and their contradictory advice. But this one seemed different. The book bills itself as “a modern fable,” and a fictional story provides the narrative backbone.

In the story, single girl Kelly must learn to avoid the temptations that wreck many relationships, and by the 10th insight (spoiler alert) she’s figured it out.

“She knew how to set up her dates and she knew what to ask. She knew what to avoid and what to look for. She had a process and tools that worked. Her single girlfriends marveled and scratched their heads, trying to figure out what Kelly was up to. She smiled coyly and insisted she was simply learning to date smarter.”

All of which sounds good to me.

We seem to consider love less science than alchemy, and we rarely approach relationships in a systematic way. Mostly we cross our fingers and hope for the best.

In the ninth chapter, we follow Kelly

on a first date with a new man. Before she meets her potential match, she takes careful notes of the questions she plans to ask him.

“It felt more like going for a job interview than a date. *This guy doesn’t know it*, she thought with a little smile, *but*

he’s interviewing today for the job of boyfriend-leading-to-husband.”

On the date itself, Kelly grills the man about his past relationships: If he’d ever been married, how long since his last partnership, why that particular romance ended. This, according to the

book, is how smart girls proceed.

But I was a little worried. It felt wrong to approach a date with a list of qualifications to tick off. Still, when a handsome man I met at a holiday party invited me out for drinks, I thought, *Here’s my chance*. I drew up my list of questions, committed them to memory and then set out to meet him at the local pub.

He turned out to be funny and an engaging storyteller, and soon I was having such a good time that I forgot all about my list. Until he started asking questions of his own.

“So, you’re more of a cat person?” he said.

I nodded.

“Well, that’s a red flag.” He laughed as if he were only kidding.

I laughed too, but I had the uneasy feeling he might be taking notes.

He ordered a second round of drinks and settled back in his chair then gave me a measuring look.

“Have you ever been in a serious relationship?” he asked.

I started to tell a joking story about the ins and outs of dating, but I realized he was serious.

Next he wanted to know if I was marriage-minded and if I planned to have children. Suddenly, I understood what was happening: He had his own pre-screening questions.

There was all that wise dating advice thrown back at me — only he was the one dating smart. ■



th Annual
TASTE OF COMPASSION
JANUARY 20, 2014

Norton Museum of Art
1451 South Olive Avenue West Palm Beach

6pm VIP Reception - 7pm Event
\$100 per person / \$150 VIP Gallery

Co-Chairs *Ken Wade & Shannon Ball*

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“A Chorus Line” opens Jan.14 at the Maltz

SPECIAL TO FLORIDA WEEKLY

“A Chorus Line” takes the stage at the Maltz Jupiter Theatre from Jan. 14 through Feb. 2.

The production features an iconic plot that follows the audition process of theatre “gypsies” as they try to land a job in a Broadway show.

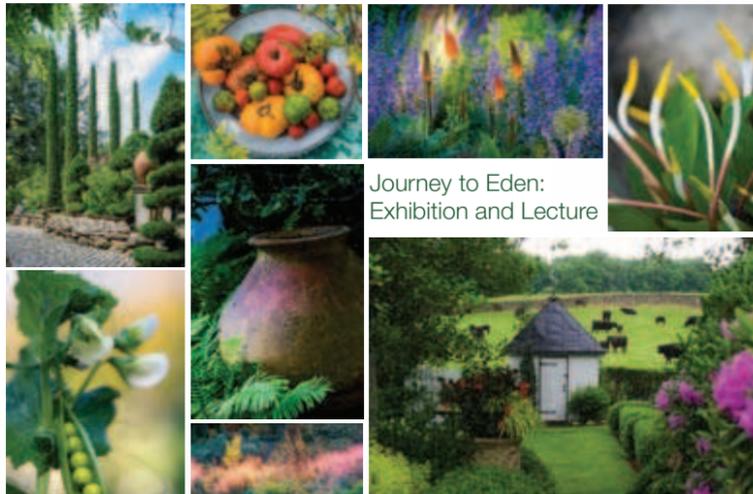
Complete with a large orchestra, timeless scenic design and cast of 26 triple-threat performers, “A Chorus Line” is packed with unforgettable Marvin Hamlisch and Edward Kleban songs, including “What I did for Love” and “One.”

“A Chorus Line is a revolutionary work of musical theatre artistry, capturing, for the first time, the dancer’s life,”

said Josh Walden, the show’s director and choreographer, in a prepared statement. “The original creators were ahead of their time by believing in the potential of putting a slice of real life — scripted and performed by the dancers who were actually living those lives — on stage for a paying audience to observe.”

Mr. Walden was seen onstage in the Maltz’s Carbonell Award-winning production of “Hello, Dolly!” and served as choreographer for the theater’s 2010 original musical “Academy.”

“A Chorus Line” is sponsored by Joan Bildner and Allen Bildner and California Closets. Tickets start at \$52 and may be purchased by calling 575-2223 or at jupitertheatre.org. ■



Journey to Eden: Exhibition and Lecture

Photos by Rob Cardillo



ANN NORTON SCULPTURE GARDENS

2051 Flagler Drive
West Palm Beach, Florida 33401

Journey to Eden

Jan 8 - Feb 9, 2014

Twenty works by noted nature photographer Rob Cardillo will fill the Gallery at the Gardens. Cardillo, whose works have appeared in the New York Times, Better Homes and Gardens, The American Gardener, Country Gardens, Landscape Architecture, Organic Gardening and Southern Living will share his unique perspective on gardens and plants.



The Gallery at Ann Norton Sculpture Gardens
2051 Flagler Drive • West Palm Beach, FL 33401
561-832-5328 • www.ansg.org
Gallery Hours Wed-Sun 10-4pm

PUZZLE ANSWERS

B	E	L	A		H	A	R	T	S		B	S	M	T		S	C	O	U	R				
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Step Up To The Plate

Wounded Warrior Amputee Softball Team

VS

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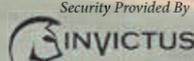


January 18, 2014

Opening ceremony by
Double Amputee Parachutist
Sgt Dana Bowman



WWW.DANABOWMAN.COM



Master of Ceremonies - Jim Sackett (WPTV/NBC-Retired)



Roger Dean Stadium

Doors open at 8:30 AM
Opening Ceremonies at 10:00 AM
1st of 2 Games Begins at 11:00 AM

General Admission - \$20
VIP Tkts - \$75

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Anyone Interested in doing more contact:
ibisFriendsofVeterans@Gmail.com
or 720-425-0603

WHAT TO DO, WHERE TO GO

Please send calendar listings to Calendar Editor Janis Fontaine at pbnews@floridaweekly.com.

Thursday, Jan. 9

■ **Art After Dark** — 5 to 9 p.m. Jan. 9, at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. On View: Supercar Artcars, by Laurence Gartel (Palm Beach County 2014 Supercar Week). Jazz duo Davis and Dow perform (5 to 9 p.m.); Opening: Palm Beach Day Academy: Start to Finish (5-7:30 p.m.) Tour: New Work / New Directions: Recent Acquisitions of Photography (5:30 p.m.); Curator's Conversation: The Polaroid Years led by William and Sarah Ross Soter Curator of Photography Tim Wride (6:30 p.m.) Half price admission, free for age 12 and younger. Info: 832-5196; Norton.org.

■ **Clematis by Night** — 6-9 p.m. Thursday in Centennial Square, West Palm Beach. Features Mitch Woods & His Rocket 88's who have been playing the blues for two decades. Jan. 16th: Suenalo. Jan. 23rd: Sweet Chariots. Jan. 30th: The Kincted. Feb. 6: Marijah & the Reggae Allstars "Bob Marley's Birthday" Info: clematisbynight.net.

■ **The Palm Beach Symphony performs** — 7:30 p.m. Thursday, Jan. 9, Flagler Museum, 1 Whitehall Way, Palm Beach. Program: The Four Seasons. Tickets: \$50, \$10 students. Info: 655-2657; palmbeachsymphony.org

■ **World Quilt Show** — Thursday through Sunday, Jan 12, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. 561-366-3000; www.quiltfest.com

Friday, Jan. 10

■ **LIVE: Les Miserables** — Friday through Sunday, Mos'Art Theatre, 700 Park Ave., Lake Park. Info: 561-337-6763; mosarttheatre.com

■ **Celebrate the First Anniversary of the Multilingual Society** — 6 p.m. Friday, Jan. 10, at the Multilingual Society, 210 S. Olive Ave., West Palm Beach. West Palm Beach Mayor Jeri Muoio will cut the cake. Free. Info: 561-228-1688. Email: nk@multilingualsociety.org

■ **The Complete Works of William Shakespeare (abridged)** — 6-8 p.m. Friday and Saturday, Jan. 10-11, at the Veterans Plaza outdoor amphitheater, 10500 N. Military Trail, Palm Beach Gardens. Presented by The Palm Beach Shakespeare Festival. Sponsored by the BallenIsles Charities Foundation Inc. and The City of Palm Beach Gardens. Free. Info: 561-630-1116; www.pbgfl.com; www.pbshakespeare.org.

■ **Music on the Plaza at Mainstreet at Midtown** — 6-8 p.m. Friday, Jan. 9, Mainstreet at Midtown. 4801 PGA Blvd in Palm Beach Gardens. Its fifth season offering live music in the plaza kicks off with Motown band, The Sh-Booms from Orlando. Jan. 16: retro powerhouse dance band The Bulldogs from Fort Lauderdale. Jan. 23: rockabilly favorites Slip & The Spinouts; and Jan. 30: local legend J.C Soars and his rare quartet. Info: midtownpga.

Saturday, Jan. 11

■ **Boca Fest** — Saturday and Sunday, Jan. 11-12, Shops at Boca Center, Boca Raton. 561-746-6615; www.artfestival.com

■ **Manatee 101 Biology and Ecology of the Florida Manatee** — 11 a.m. Saturday Jan. 11, John D. MacArthur Beach State Park, 10900 Jack Nicklaus Drive, North Palm Beach. John Cassidy, FWC Manatee Biologist, will speak about the biology and ecology of the Florida Manatee; where to find them, what they eat, why we need to protect them. Info: 561-776-7449.

■ **Beach Clean-up** — 9 to 11 a.m. Jan. 11, MacArthur Beach State Park, 10900 Jack Nicklaus Drive, North Palm Beach. Trash bags and gloves will be provided. Community service hours. Info: 561-776-7449, Ext. 109.

■ **Annual Birding Workshop** — 8 a.m. Jan. 11, Pine Jog Environmental Center, 6301 Summit Blvd, West Palm Beach. Guest speakers include James Curry, from the TV show Nikon's Birding Adventures; Clive Pinnock speaks about hawk ecology; Greg Braun on piping plovers and shorebirds. Early registration is \$25 for "chapter-only members," \$30 for nonmembers, and \$35 at the door. Info: 561-385-9787. Email Paton White at: patonwhite@aol.com.

■ **The Art of the Rag: Concert and History of Ragtime** — 2 p.m. Jan. 11, FAU's John D. MacArthur Campus Lifelong Learning Society Auditorium, 5353 Parkside Drive, Jupiter. Robert Milne, a French horn virtuoso and pianist who has played with the Rochester Philharmonic and Baltimore Symphony, speaks. \$25 members; \$35 nonmembers. Info: 561-799-8547.

■ **MacArthur Under Moonlight Concert: Staber and Chasoff** — 7 to 9 p.m. Jan. 11, MacArthur Beach State Park, 10900 Jack Nicklaus Drive, North Palm Beach. Folk music under the full moon. \$5 adults, age 10 and younger free. Info: 561-624-6952.

Sunday, Jan. 12

■ **Oshogatsu: Japanese New Year Celebration** — Jan. 12, Morikami Museum and Japanese Gardens, 4000 Morikami Park Road, Delray Beach. The celebration of the new year is one of Japan's most important annual events, and this party features entertainment, including the popular taiko drumming performances, food, games and crafts. Info: 561-495-0233; morikami.org

■ **Jr. Friends of MacArthur Park meets** — 2-4 p.m. Jan. 12, John D. MacArthur Beach State Park, 10900 Jack Nicklaus Drive. Make friends and earn community service/volunteer hours. Grade 6 through college-age students work on a service project at the park including beach clean-ups, plant identification/exotic plant removal, building maintenance, planting, boardwalk enhancement or maintenance, trail maintenance, but also includes kayaking, cook-outs, assisting at special events. Info: Janice at janicekerber@macarthurbeach.org

■ **Bluegrass Music with the Conch Stomp Band** — 1-3 p.m. Jan. 12, 1-3:00 p.m., John D. MacArthur Beach State Park, 10900 Jack Nicklaus Drive, North Palm Beach. Free with park admission. Info: 561-624-6952.

■ **Birding at MacArthur Park** — 12:30 to 1:30 p.m. Jan. 12, John D. MacArthur Beach State Park, 10900 Jack Nicklaus Drive, North Palm Beach. A ranger-led educational walk identifying many species of birds. Free with park admission. Info: 624-6952.

■ **David Holt and Josh Goforth perform** — Jan. 12, Mizner Park Cultural Arts Center, 201 Plaza Real, Boca Raton. 561-405-4254; www.miznerparkcac.org

■ **Auditions for Todd Caster's "Little Piggies"** — 5 p.m. Sunday, Jan. 12 at the clubhouse at Tamberlane, 5530 Tamberlane Circle, Palm Beach Gardens. Planned show dates of the Village Players production are March 13-16. Needed: Males and females ages 30-ish to 76-ish. Info: villageplayersofthepalmbeaches.webs.com or telephone (561) 641-1707.

Monday, Jan. 13

■ **It's What You See: Exclusive Luncheon with Harry Benson** — 1:30 a.m.- 2 p.m. Monday, Jan. 13, Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Benson, a Scottish born photojournalist, arrived in America with the Beatles in 1964, and like McCartney, is still in the game. His 60-year career as a photojournalist saw his work in LIFE, Time, Newsweek, Town & Country, Vanity Fair, Quest, Paris Match, G.Q., Esquire, W, Vogue, Harper's Bazaar, and Architectural Digest. Benson will discuss his incredible experiences and vision. Tickets: \$100. Reservations: Debbie at 561-472-3341 or dcalabria@palmbeachculture.com

■ **Oxbridge Academy Hosts College Counseling Seminar** — 6:30 p.m. Monday, Jan. 13, Oxbridge Academy Auditorium, 3151 N. Military Trail, West Palm Beach. Families preparing to begin the college application process are invited to this seminar with tips for navigating the complicated procedures. Info: 561-972-9600.

Tuesday, Jan. 14

■ **FOTOfusion** — Jan. 14 through Jan. 18, Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach. Seminars, talks, exhibitions. Info: 253-2600; www.fotofusion.org

At The Arts Garage

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

■ **Calvin Newborn & the Al Waters Sextet** — Friday, Jan. 11. Jazz Project.

■ **The Hummingbird Wars** — Through Feb. 2. Theater.

■ **Bob Margol** — Jan. 18. Garage Blues.

■ **Randy Brecker** — Jan. 25. Jazz Project.

At The Bamboo Room

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

■ **Bill The Sauce Boss Wharton** — 9 p.m. Friday, Jan. 10. \$12. One More Round, A Tribute To Johnny Cash — 9 p.m. Saturday, Jan. 11. \$12.

■ **Tinsley Ellis** — 9 p.m. Thursday, Jan. 16. \$20.

■ **Ana Popovic** — 9 p.m. Friday, Jan. 17. \$34, \$29.

■ **John Hammond Jr.** — 9 p.m. Saturday, Jan. 18. \$27, \$22.

■ **Thomas Wynn & The Believers** -- 9 p.m. Friday, Jan. 24. \$10

At The Boca Museum

Boca Raton Museum of Art, 501 Plaza Real, Boca Raton (In Mizner Park). 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 younger; adults \$8; seniors (65+) \$6; students (with ID) \$5. 561-392-2500; bocamuseum.org.

At The Boca Theatre

Venues vary. Info: 948-2601; brtg.org.

■ **"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.

■ **"Pippin"** — Jan. 24- Feb. 9.

Chamber Music Society

The Chamber Music Society of Palm Beach, Mar-a-Lago, Palm Beach. Concerts begin at 7 p.m. with no intermission. Before the concert, meet the artists at a cocktail hour from 6-7 p.m. at Mar-a-Lago. For info or an invitation, call 561-379-6773. Paolo Bordignon, harpsichord; Matthew Dine, oboe; Stephen Taylor, oboe; music by Albinoni, Bach, Mozart and Berlioz, 7 p.m. Tuesday, Jan. 21. Jon Manasse, clarinet; Jon Nakamatsu, piano; music by Brahms, Bernstein and Paquito d'Rivera, 7 p.m. Tuesday, Feb. 11. Anderson & Roe, piano duo, Greg Anderson, Piano; Elizabeth Joy Roe, Piano. Music by Bach, Stravinsky and Mozart, 7 p.m. Thursday, March 20. Trio Les Amies, Carol Wincenc, Flute; Cynthia Phelps, Viola; Nancy Allen; Harp. Music by Debussy and Ravel - 7 p.m. Thursday, April 10.

At 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.

Cabaret in the Royal Room

■ **Steve Tyrell** — Through Saturday, Jan. 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 28-31 & Feb 1. Tickets: Tues-Sat \$120 for prix fixe dinner and show, \$55 show only.

At Delray Beach Center

Old School Square at 51 N. Swinton Ave. in Delray Beach. Info: 561-243-7922; delraycenterforthearts.org.

At the Pavilion:

WHAT TO DO, WHERE TO GO

■ **Free Friday Concerts** — 7:30 p.m. Friday, Jan. 10, at the Pavilion. Features Jay Blues Band. Free. Food trucks and a cash bar. Bring your own seating. Info: 561-243-7922, DelrayArts.org

In the Crest Galleries:

■ **School of Creative Arts Showcase** — Through Feb. 2; Crest Galleries. A multimedia exhibit showcasing drawings, paintings, collage, mixed media and photographs by adult and youth students and instructors.

In the Crest Theatre:

■ **Paula Poundstone** — Saturday, Jan. 11 at the Crest Theatre.

■ **Happy Birthday, Elvis: A Tribute Show** — Sunday Jan. 12 at the Crest Theatre.

■ **Capitol Steps** — Jan. 30

■ **In the Cornell Museum** — Through Feb. 2. Tuesday-Saturday, 10 a.m.-4:30 p.m.; Thursday until 8 p.m.; Sunday, 1-4:30 p.m. Closed Mondays and major holidays. Admission: \$8 general; \$6 seniors and students with ID; free for ages 10 and under. Palm Beach County residents receive free admission every Thursday.

■ **"ELVIS: Grace & Grit Exhibition"** — This fine art photography exhibition is from the CBS photo archive. The collection of 35 large format, candid and on-air photographs, shot by various CBS Television photographers, documents Elvis before the Las Vegas years - during his meteoric rise to stardom. "Flashback: A Retro Look at the '60s & '70s": Reminisce and enjoy a fun display of music, movie and sports memorabilia on loan from the community.

At Delray Playhouse

950 N.W. 9th Street in Delray Beach. All tickets \$30. Group rates available for 20 or more). Info: 272-1281; delraybeach-playhouse.com.

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

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

■ **"Doubt"** — May 24-June 8

At The Dolly Hand

The Dolly Hand Cultural Arts Center, Palm Beach State College Campus, 1977 College Drive, Belle Glade. 561-993-1160; www.palmbeachstate.edu/theatre

■ **Godspell** — Jan. 16

■ **Flipside: The Patti Page Story** — Jan. 21

At Dramaworks

Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Call 514-4042, Ext. 2, or visit www.palmbeach-dramaworks.com.

■ **The Lion in Winter** — Extended through Sunday, Jan. 12. \$60.

■ **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 Horovitz" — 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 "Tryst," 11:30 a.m.-1 p.m. May 14. Tickets: \$25 guild members, \$30 non-members. "Tryst" — May 16-June 15

At The Duncan

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

■ **Twist and Shout: The Beatles Experience** — Wednesday, Jan. 15.

■ **Paul Taylor Dance Company** — Jan. 17-18.

■ **Yuki Numata Resnick, violinist** — Jan. 22

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.

■ **"The Reunion"** — 7:30 p.m. Thursday, Jan. 9. Learn how partisans survived in the forests and fought the Nazis in this film narrated by Liev Schreiber. Part of inSIGHT through Education presents iSERIES 2014, Acts of Courage. Also features a special appearance by Allen Small and the Young Singers of the Palm Beaches. Subscriptions: \$60. Single tickets: \$25. Info: 207-5900.

■ **The Cuban Jazz Project** — 8 p.m. Friday, Jan. 10. Features Havana Vibes 2014 featuring Alexis Bosch and musicians Orlando Sanchez, Roberto Garcia, Yissy Garcia, Nestor del Prado and Alfredo Chacon in a harmonic and unique trip through the Caribbean rhythms and contemporary jazz. Tickets: \$25 and \$35. Info: 561-207-5900; www.gclefjazz.com

■ **Saladino Dance Productions presents Singin' & Dancin' in the Rain** — 8 p.m. Saturday Jan. 11 and 2 p.m. Sunday, Jan. 12. A song and dance tribute to the great Hollywood legend Gene Kelly! Tickets: \$35/orchestra and \$30/balcony. Info: 561-207-5900; www.saladinodance.com

■ **The Symphonia, Boca Raton** — 7:30 p.m. Monday, Jan. 13. Part of the SYMPHONIA's acclaimed Connoisseur Concert Series with Alexander Platt, guest

conductor. William Wolfram, piano soloist and Jeffrey Kaye, trumpet soloist. Program: Rossini Overture to La Scala di seta. Shostakovich Piano Concerto No. 1 in C minor. Schubert Symphony No. 6, "Little C Major". Tickets \$35-\$55. Info: 561-207-5900 Website: www.thesymphonia.org The Benjamin School's 18th Annual Variety Show "Made in the USA" — 2 p.m. and 7:30 p.m. Tickets: \$20-\$25; 626-3524 or go to www.thebenjaminschool.org

At The Eissey Gallery

Info: 207-5905.

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

■ **The Benjamin School** — Jan. 17 through March 2. An exhibition by the students of The Benjamin School.

At The Flagler Museum

The Flagler Museum, One Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. The museum is housed in Henry Flagler's 1902 Beaux Arts mansion, Whitehall, which he built as a wedding present to his wife. Tickets: free for members; \$18 adults, \$10 youth (13-17) with adult; \$3 child (6-12) with adult; under 6 free. 655-2833; www.flaglermuseum.us.

■ **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.

■ **Yoonie Han performs** — Jan. 21. Part of the Flagler Museum Music Series.

At FAU

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

■ **Brahms Festival XXIII** — Sunday, Jan. 12.

■ **Heather Coltman, piano, and the Amernet String Quartet** — Jan. 29.

At The Four Arts

The 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.

■ **Opera from the Met: Tchaikovsky's "Eugene Onegin"** — Saturday, Jan. 11

■ **Encore Theater: William Shakespeare's "MacBeth"** — Jan. 25

At The Kravis

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

■ **The Gershwins' "Porgy and Bess"** — Through Sunday, Jan. 12.

■ **Men are From Mars; Women are From Venus** — Through Sunday, Jan. 12

■ **In the Mood** — Monday, Jan. 13.

■ **Emily Skinner's Broadway Her Way** — Friday and Saturday, Jan. 10-11

■ **Martha Graham Dance Company** — Tuesday, Jan. 14

■ **Chris Botti** — Wednesday, Jan. 15

■ **Indigo Girls** — Thursday, Jan. 16

■ **My Buddy, with Sandy Hackett** — Jan. 16-19

■ **Engelbert Humperdinck** — Jan. 17

■ **Debbie and Friends** — Jan. 18

■ **Rock of Ages** — Jan. 18

■ **Orpheus Chamber Orchestra** — Jan. 19

■ **The Dancer's Space: Act II** — Jan. 19, Feb. 2 and 16 and March 2 and 30.

At The Lake Worth Playhouse

The Lake Worth Playhouse, 713 Lake Ave., Lake Worth. Info: 586-6410; lake-worthplayhouse.org

■ **Ain't Misbehavin'** — Jan. 16-Feb. 2.

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

At The Lighthouse

Jupiter Lighthouse and Museum, Lighthouse Park, 500 Captain Armour's Way, Jupiter. Admission: \$9 adults, \$5 children ages 6-18; children under 6 and active U.S. military admitted free. 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.

■ **Sunset Tours** — Friday, Jan. 17 and 22

■ **Lighthouse Moonrise Tour** — 5 p.m. Jan. 15.

At The Lighthouse

Lighthouse ArtCenter, Gallery Square North, 373 Tequesta Drive, Tequesta. Admission: \$5 ages 12 and older. Free for younger than 12. Free admission on Saturday. 746-3101 or lighthousearts.org.

■ **"Chris Gustin" and "Spotlight on New Talent"** — Through Feb. 15.

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.

■ **Film: The Jewish Cardinal.**

At Lynn University

Keith C. and Elaine Johnson Wold Per-

WHAT TO DO, WHERE TO GO

forming Arts Center is at 3601 N. Military Trail, Boca Raton. Info: 237-9000.

■ **Remembering Hamlisch, Brubeck and Houston** — Sunday, Jan. 12.

■ **Glamour Girl** — The Life and Times of Jan McArt — Monday, Jan. 13.

■ **Haydn** — Jan. 16. Part of the Mostly Music Series.

At The Lyric

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

■ **Academy Orchestra presents Francesco Attesti** — Sunday, Jan. 5

■ **Atlantic Classical Orchestra** — Friday, Jan. 10. Opening night master works.

■ **The Fabulous Hubcaps** — Saturday, Jan. 11

■ **Earl Turner's Box of 45s** — Monday, Jan. 13

■ **The Machine performs Pink Floyd** — Jan. 15

■ **Best of Broadway: Songs of Andrew Lloyd Webber** — Jan. 16-17

■ **Nina Kotova and Angel Romero** — Jan. 18

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.

■ **Beach Clean-up** — Saturday, Jan. 11.

■ **Manatee 101** — 11 a.m. Saturday, Jan. 11, in the Pew Family Natural Science Education Center. Find out about manatees from John Cassidy, Manatee Biologist, Florida Fish and Wildlife Conservation Commission.

■ **Moonlight Concert** — 7 to 9 p.m. Saturday, Jan. 11. Dick Staber and Judith Chasoff perform folk and bluegrass. Admission: \$5; free for younger. Info: 561-776-7449, Ext. 109.

■ **Birding at MacArthur Beach** — 12:30 to 1:30 p.m. Sunday, Jan. 12. Join a ranger-led walk identifying many species of birds. Info: 561-624-6952.

At The Maltz

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

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

■ **Masters of Motown** — Jan. 20

The Mandel JCC

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

■ **Get the Job Done-Needlepoint** — 10-11:30 a.m. Jan. 9.

■ **iPad/iPhone Basic Instruction** — 7-8:30 p.m. Thursday, Jan. 9.

■ **"Nuplicate" Bridge Class- New Player Duplicates** — 7-9 p.m. Jan. 9

■ **Flower Arranging: Fresh and Professional** — 10 a.m. to noon Friday, Jan. 10 through Jan. 31.

■ **Family Author Event with Sue Hepker** — 10 to 11:30 a.m. Sunday, Jan. 12. Features the author of "This is the Challah."

■ **Family Pool Party** — 1-4 p.m. Jan. 12

■ **International Performing Arts Broadcast of Swan Lake** — 1 p.m. Jan. 12

■ **Bridge-Special lesson followed by Supervised Play Session** — 9 to 11 a.m. Jan. 13-Feb. 17.

■ **Novel Tea with Author Dara Horn** — 2:30 p.m. Jan. 13.

■ **Belly Dancing classes begin** — 7-9 p.m. Jan. 13-Feb. 3.

■ **Still Life Workshop with Acrylic Paints** — 6-9 p.m. Jan. 14

■ **Digital Photography** — 7-9 p.m. Jan. 14

■ **2014 Camp Shalom registration opens** — Jan. 15

■ **Back to Health Presents: Non-Surgical and Drug-Free Approaches to Back Pain** — 9:30-10:30 a.m. Jan. 15

■ **Painting Existentially** — 6-8 p.m. Jan. 15

■ **Palette Knife Painting Demo** — 6-8 p.m. Jan. 16

■ **Book Club via Skype** — 7 p.m. Jan. 16

■ **Men's Book Club** — 7 p.m. Jan. 16

■ **Opening Night of The Donald M. Ephraim Palm Beach Jewish Film Festival** — 7 p.m. Jan. 16, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Features "When Comedy Went to School." — The festival continues through Jan. 26 with screenings 54. Ticket prices vary. Get tickets at www.pbjff.org. Info: 736-7531; palmbeachjewishfilm.org.

■ **Current Events Discussion Group** — 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.

■ **In the Bente S. & Daniel M. Lyons Art Gallery:**

■ **"The Art of Esther Nisenthal Krinitz"** — From Tuesday Jan. 7 through Feb. 1. Krinitz, a Holocaust survivor, used the techniques of embroi-

dery, fabric applique and stitched narrative captioning to capture her haunting memories. An opening night reception will be held at 5 p.m. Tuesday Jan. 7. A film about her experience, "Through the Eye of the Needle," will be shown at The Donald M. Ephraim Palm Beach Jewish Film Festival.

At The Morikami

The Morikami Museum and Japanese Gardens, 4000 Morikami Park Road in Delray Beach. Hours: 10 a.m. to 5 p.m. Tuesday through Sunday. Info: 561-495-0233; morikami.org

■ **"Contemporary Kogei Styles in Japan"** — Through Feb. 23. Nearly 90 contemporary arts and crafts or kôgei-style works comprising ceramics, textiles, lacquerware, dolls, and works of metal, wood, bamboo, and glass made by 40 of Japan's most influential and leading kôgei artists

■ **"Breaking Boundaries: Contemporary Street Fashion in Japan"** — Through Feb. 23. Some of the most popular and imaginative clothing styles made and worn on the streets of Japan today. The chic clothing is accompanied by a selection of photographs of stylish street wear captured on the fashionable boulevards of Japan.

At The Mos'Art

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

■ **Films:** Twenty Feet from Stardom; The Selfish Giant; Tech; What's in A Name.

■ **Live Music: Steve and Cindy** — 7 p.m. Jan. 18. The singer/songwriters who have penned songs for Garth Brooks and Linda Ronstadt, perform. Part of the Garden Folk Concert series. \$18 in advance, \$20 at the door. Info: fsl143@comcast.net or 301-807-7801; www.gardenfolkconcerts.org

At The Multilingual Society

Multilingual Society, 210 S. Olive Ave., West Palm Beach. Info: 228-1688; multilingualsociety.org

■ **Guided tour in French at Norton Museum** — 11 a.m. Jan. 11 at the Norton Museum, 1451 S. Olive Ave, West Palm Beach. Features a tour of "The Polaroid years." Meet docent Renate Gross in lobby. The tour is followed by a lunch and conversation in French. Info:

■ **Exhibition opening reception** — 6:30 p.m. Jan. 17 at the Multilingual Society. An exhibition of 30 plein air paintings of local landscapes throughout Palm Beach County by artists Brennan King and Ralph Papa. Also included are select Paris paintings by King and sketches of Italy by Papa.

At The Norton

The Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. 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 admis-

sion every Thursday. 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. Info: 832-5196 or norton.org.

■ **"New Work/New Directions: Recent Acquisitions of Photography"** — Through Sunday, Jan. 12.

■ **"L.A. Stories: Videos from the West Coast."** — Through Sunday, Jan. 12.

■ **"The Four Princely Gentlemen: Plum Blossoms, Orchids, Bamboo, and Chrysanthemums"** — Through Jan. 26.

■ **"Phyllida Barlow: HOARD"** — Through Feb. 23.

■ **"The Polaroid Years: Instant Photography and Experimentation"** — Through March 23

■ **"Faux Real," by Mickalene Thomas** — Through Aug. 31

At The Improv

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

■ **Rosie O'Donnell** — Friday through Sunday, Jan. 10-12.

■ **Jon Lovitz** — Jan. 17-19.

■ **New Faces of Comedy Open Mic** — Jan. 22

At The Zoo

The Palm Beach Zoo & Conservation Society, 1301 Summit Blvd., West Palm Beach. 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.

■ **"Wings Over Water" Bird Show** — 11 a.m. weekdays; 11 a.m. and 2 p.m. weekends. "Wild Things Show": 1 p.m. weekdays; noon weekends.

At The Science Center

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

■ **"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.

■ **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.

At The Plaza

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

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

AN ARTIST'S LIFE

In this series of occasional stories, visual and performing artists discuss their work habits

Mixed-media artist Trina Slade-Burks also writes and teaches — she is an instructor at Armory Art Center in West Palm Beach.

Founder of A.T.B. Fine Artists & Designers LLC. with her husband, Anthony Burks Sr., Ms. Slade-Burks also is co-founder of Afro Boy (w/Alexie Figueroa), which promotes visual artists and provides image building for businesses and collaborates arts with entertainment.

SLADE-BURKS

She also is creator of a Palm Beach County art network called Collaboration.

What inspires you to work on your art? Visiting galleries and museums with unique, innovative work inspires me. And believe it or not, when I go to visit my home in New York I get inspired because of all the energy around the city.

Is there anything special you do to spark that inspiration? I like no one around, I like listening to music: classic hip-hop, classic R&B or classic rock 'n' roll. Once I put out my materials and maybe do a few sketches or layouts, I usually get the inspiration to work.

When do you typically work? I'm



The cover of Trina Slade-Burks' book, "2Faced: The Devil's Advocate."

COURTESY PHOTO

a multidiscipline artist. I write poetry and create mixed-media visual artwork. I am an author and have produced five published books including my poetry and artwork.

I typically work when I'm not curating shows or teaching classes — usually late night when everyone's either asleep, or when everyone's out of the house in the afternoons.

When do you know it's time to put the work away? It's hard to explain; however, once I sign the piece, it's finished. Call me superstitious, I tend to not like to touch the work once it is signed, and I often get frustrated when I have to go back after it has been signed. ■

South Florida Fair gears up for New York-themed fest

SPECIAL TO FLORIDA WEEKLY

The city that never sleeps is coming to the 2014 South Florida Fair, Jan. 17-Feb 2, in West Palm Beach. The 102nd annual South Florida Fair's theme — "New York City: Be a part of it!" — will feature many "Big Apple" sights and sounds beginning with the entrance. As guests enter the main gates, they will be welcomed to a replica of Manhattan's Times Square.

Additional new attractions include Las Vegas-trained hypnotist Catherine Hickland; a high dive show featuring divers leaping off a platform at over 80 feet in the air (equivalent to an eight story building) and reaching speeds over 55 miles per hour; and Jimmy Rifle of the Gator Boys presents Scales, Tales and Teeth Road Show.

Main stage national entertainment appearing on the Coca-Cola Stage at the Party Pavilion include Brooke Eden, Craig Morgan, Cassadee Pope,

Eddie Money, The Leroy Van Dyke Country Gold Tour, The Swon Brothers, The Lone Bellow and The Fab Four, The Ultimate Tribute Band Competition. A number of local acts are featured at other stages during the Fair as well.

There will be thousands of farm animals and feathered friends gathered in the Agriplex. The Wade Shows midway will bring more than 80 rides and attractions.

The South Florida Fair, is at 9067 Southern Blvd., West Palm Beach. Advance discount tickets are on sale through Jan. 16 at any Publix, BB&T, Bud's Chicken & Seafood and TD Bank branches in Palm Beach County. Adult admission, 12 and older, is \$10 advance, \$15 gate. A child's admission, under 12, is \$5 advance, \$8 gate (5 years and younger are free) and seniors 60 and older, pay \$7 in advance, \$9 gate. Call 793-0333 or visit southfloridafair.com. ■

Artists Showcase to host exhibition

SPECIAL TO FLORIDA WEEKLY

Artists Showcase of the Palm Beaches and The Friends of the Lake Park Public Library will present "Contemporary Art Perspective — A Gathering to Explore Color & Image V" at the Lake Park Public Library from Jan. 9 through Feb. 27.

The show opens with a reception

from 6 p.m. to 8 p.m. Jan. 9.

Participating artists include Lee Glaze, Lupe Lawrence, Kianga Jinaki, Crystal Bacchus and Tracy Guiteau, among others.

There will be artist lectures from 3 p.m. to 5 p.m. Jan. 11, 18 and 25, and Feb. 1, 8, 15 and 22.

The Lake Park Public Library is at 529 Park Ave., Lake Park. ■

HIBEL MUSEUM OF ART

CELEBRATE EDNA HIBEL'S 97TH BIRTHDAY at Hibel Museum of Art

- January 12th
Free concert with "Cuatro Artistas" from 1-4 playing Brazilian Fusion.
- January 13th
Elegant full English Breakfast Tea from 1-4 for \$37 in honor of the museum's 37th anniversary.
- Opening: "Portraits are Personal" Exhibit
- Future concerts from 2-4 PM:
2/9: Billington & Gonzalez - Classical flute and guitar
3/9: Maltz Theatre Youth Touring Co. - Broadway show tunes
4/13: Yoko Kothari - Classical Piano
- Future Teas:
2/24: Maddy Singer - Speaker
3/24: Valerie Ramsey - Speaker
4/28: Motivational speaker TBD
\$20/pp or Table of 4 for \$60

RSVP for all events the Friday prior to the event. Space limited.

FOR MORE INFORMATION EMAIL:
HibelArtMuseum.org
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NORTON

From page 1

the museum as it continues to evolve under the direction of Hope Alswang.

Ms. Barlow's show, third in the Norton's annual series Recognition of Art by Women (RAW), is titled "HOARD," and features galleries filled, not with the clutter that makes for reality-TV fare, but, rather, large-scale sculptures and room-size installations made from repurposed material.

In this exhibition, open through Feb. 23, it is about the accumulation of the objects that make the art.

Cement, plywood and pallets all come together to form — and inform — her works.

Some are monumental, as in her "untitled: eleven columns; standing, fallen, broken," a 2011 installation of polystyrene, paint, fabric, cement.

Several columns soar heavenward in the gallery, while others lie scattered about the floor, much as ancient ruins.

Other pieces, such as her series of "broken upturned houses," threaten to topple across the room.

"It's not a compilation of objects that are overlooked. It's a different perspective that has been transformed into sculpture on a monumental scale despite the reference to anti-monumentality," said Norton curator Cheryl Brutvan, who organized the exhibition.

"I'm not aiming to make colossal works. I'm aiming to make something that reaches the space that I can't reach and also to shift the way in which a work occupies a space," Ms. Barlow said during a tour of the show.

Some of the works were borrowed from other institutions; others were created especially for this exhibition.

Ms. Barlow, born in England in 1944, came of age in the years after World War II, where areas of London were still being rebuilt after the Nazi Blitz.

She lived in London during the Irish Republican Army bombings, where the broken glass covered the ground "like fallen snow," so she knows upheaval.

It is in that upheaval that she finds her inspiration. For the upturned houses, she looked to New Orleans.

"There was a program on the radio — on the BBC — which was revisiting New Orleans after Hurricane Katrina. It was a documentary program," she said.

She was drawn by survivors' stories. "One particular story was incredibly extraordinary for me. It was this man who wanted to go and find where he had lived," she said.

He had been among the thousands who sought shelter in the wretched conditions of the Louisiana Superdome.

He walked in the direction of his neighborhood until he recognized a tree



Chuck Close (American, b. 1940) 5C (Self-Portrait), 1979. Five Polaroid Polacolor prints mounted on board

COURTESY IMAGES

that stood at the corner of his street.

"Then he saw this devastated building," Ms. Barlow said. "What's interested me is he didn't call it 'house.' He said, 'I saw my home.' I think to me that way of naming things is very interesting in relating objects that maybe don't have a name."

Home is a very specific word.

"He didn't say, 'that's my house.' He said that was my home," she said, adding she found his statement to be deeply moving. "But he said it was completely turned upside down and the building was sitting on the roof."

The constructions are canted slightly, much as an upturned house would be.

But they seem right at home in this exhibition.

Also right at home at the Norton: Those Polaroids.

When Edwin Land created his instant cameras in the 1940s, it revolutionized the photographic industry. With these cameras, home photographers could see an image in minutes, rather than hours or days waiting for film to be processed and prints to be developed.

That was a multistep process, though, that involved waiting to peel the negative from the positive. The catch: if the user peeled back the layers too quickly, it yielded an underexposed image.

By 1972, Polaroid had created the

SX-70 camera, one in which the film integrated all the layers to expose, develop and fix the photo.

This exhibition, open through March 23, brings together about 180 Polaroid pictures by more than three dozen artists.

It spans four decades, from 1972 — the year the SX-70 camera was released — to the present.

The list of photographers represented is impressive.

Ansel Adams, Walker Evans, Chuck Close, Richard Hamilton, Robert Mapplethorpe, Andy Warhol and William Wegman make up the older generation of photographers, while such talents as Bryan Graf, Anne Collier, Lisa Oppenheim, Dash Snow and Mungo Thomson represent a younger generation.

"We thought this show would be a good one because it's all about instantaneousness," said Tim Wride, the Norton's William and Sarah Ross Soter Curator of Photography.

Curator for the show is Mary-Kay Lombino, The Frances Lehman Loeb Art Center Curator of Contemporary Art and Photography at Vassar College.

"Ansel — you know his famous quote, 'The negative is the score and the print is the performance.' Well, here he has everything faded into one so it's a jazz riff," Mr. Wride said during a tour.



William Wegman (American, b. 1943) Splitting Image, 2005, Polaroid print

Seeing Adams' work in that format is overwhelming to some degree; then again, so is seeing the large-format Polaroid self-portraits of Chuck Close, who lobbied to keep the works he shot for Polaroid together after the company closed and tried to sell off its collection.

Mr. Close's five-print, T-shaped 1979 self-portrait is one of the iconic images of the exhibition. But so are his huge, single-image portraits, some made in the '70s, some more recently.

David Levinthal's Barbie prints, with fashion shots of the doll, are here, as well as abstract works by André Kertész. But most impressive of all is the 900-print abstract installation Los Angeles-based artist Matthew Brandt created last fall using a new instant film produced by The Impossible Project, a company created by 10 former Polaroid employees who bought the last operating Polaroid factory to save the process from extinction.

Be sure to bring your Smartphone.

Apropos of everything in a photography exhibition, it's best viewed through a lens. ■

in the know

>>What and When: Phyllida Barlow: HOARD," open through Feb. 23, and "The Polaroid Years: Instant Photography and Experimentation," open through March 23.

>>Where: Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach

>>Cost: General admission is \$12 for adults, \$5 for students with a valid ID, and free for Members and children ages 12 and under. Special group rates are available. Thursdays are half price for everyone. 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.

>>Info: 832-5196 or www.norton.org

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FILM

From page 1

■ No. 9: "Fruitvale Station"

Based on a true story, the film follows an early-20s African-American named Oscar Grant during the last day of his life in Oakland on New Year's Eve in 2008. After multiple arrests in the years prior, Oscar vows to be a better father, son and boyfriend, but a late-night altercation with Bay Area police officers finds him unjustly killed. It's a sad story very well acted by Michael B. Jordan as Oscar, and I daresay it's still a socially relevant story as well. Available on home video Jan. 14.

■ No. 8: "Frozen"

Disney Animation ("Tangled") has done it again with this gorgeous musical. It's a simple story of innocent sister Anna chasing her cursed sister Elsa into the mountains after Elsa freezes their kingdom in ice. The songs, highlighted by Idina Menzel's rousing rendition of Elsa's "Let It Go," are all showstoppers, and the story is funny and sweet in all the right ways. In theaters now.

■ No. 7: "Spring Breakers"

Coming-of-age stories tend to conclude with a teenager figuring out who he or she is and finishing the film with a bright, satisfying smile. Although it has those elements, "Spring Breakers" also dares to suggest that sometimes finding oneself leads to answers society won't like. Add to this various teenage debaucheries, graphic nudity and an Oscar-worthy James Franco as a rapper/gangster, and you have the most daring film of the year. Available on home video.

■ No. 6: "Her"

Writer/director Spike Jonze's ("Adaptation") latest meta-existential project stars Joaquin Phoenix as a loner named Theodore in a futuristic Los Angeles. His life takes an intriguing turn when he falls in love with his computer operating system (voiced by Scarlett Johansson) and believes they have a real relationship. Does he? One of the best things about the film is that it prompts us to wonder what the future holds for relationships, what qualifies as a real relationship and whether a physical presence is needed for someone to be truly special to you. One of the smartest and most thoughtful films you'll see, it's in limited release now and expands nationwide Jan. 10.

■ No. 5: "The Spectacular Now"

Rarely do teen coming-of-age stories feel this authentic, genuine and true. Shailene Woodley's Aimee is pretty but doesn't know it, a high school outcast with a bright future. Miles Teller's Sutton is the popular guy everyone likes, but is headed nowhere. They date, but reality hits and yields some surprising and not-so surprising revelations. Any movie that so faithfully and earnestly recalls the angst of teenage emotion is a must-see for me, and this film did it better than any in recent memory. Available on home video Jan. 14.

■ No. 4: "Star Trek Into Darkness"

I find it stunning how director J.J. Abrams is taking the original "Star Trek" canon and incorporating it into his new vision for the franchise. Yes, it was ridiculous to try to keep the identity of the villain a secret for so long, but the anticipation for the film itself was well worth the wait, as this was easily the best film of the summer. For the great visuals, action and story, J.J. Abrams, I salute you. Available on home video.

■ No. 3: "Gravity"



Chiwetel Ejiofor portrays Solomon Northup in the movie "12 Years A Slave."

It might lack a deep emotional story, but this work of art is the most technically ambitious and beautifully rendered film I've seen in a long, long time. With its breathtaking visuals of Sandra Bullock's and George Clooney's astronaut characters floating adrift in outer space, director Alfonso Cuarón has rightfully asserted himself as a legit Oscar contender. If you haven't seen this yet, you should do so ASAP — and in 3D on the biggest screen possible. Your eyes will thank you for it. In theaters now.

■ No. 2: "American Hustle"

You know those movies that are so much fun you want more of everything they have to offer? This is one of them. Starring Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence, director David O. Russell's ("Silver Linings Playbook") latest is a perfectly written, acted and directed period piece of the late '70s that oozes style and charisma. It's funny, suspenseful and charming — the type of story that movie lovers crave and don't get nearly enough of. In theaters now.

■ No. 1: "12 Years A Slave"

The emotional impact of "12 Years A Slave" is unlike any I've felt since "Schindler's List" (1993). Slavery in the United States has never before been this exposed, this downright sickening in terms of the harsh brutality that many African-Americans endured. The story follows a free Northerner named Solomon Northup (Chiwetel Ejiofor) as he's kidnapped and sold into slavery. Director Steve McQueen gets great performances out of every member of his cast, and the result is a film that will leave you infuriated at the injustice that was once commonplace in the country we call home. Powerful, riveting and wonderfully acted, "12 Years A Slave" is in theaters now.

Honorable mentions

Here are some films that, while wonderful in their own way, just missed that special something to crack the Top 10:

The Muslim American experience was given a thought-provoking twist in "The Reluctant Fundamentalist"; the awkward insecurity of youth was wonderfully brought to bear in "The Way Way Back"; Hugh Jackman gave a strong dramatic performance in "Prisoners"; and Tom Hanks will likely earn his sixth Oscar nomination for "Captain Phillips."

Speaking of Oscar noms, expect to see Matthew McConaughey and Jared Leto on the list for their great turns in "Dallas Buyers Club."

Also, "The Best Man Holiday" perfectly mixed humor, pathos, holiday sentiment and the value of friendship; and Martin Scorsese's "The Wolf of Wall Street" is equal parts bawdy, ribald and absurd, all in a good way. ■

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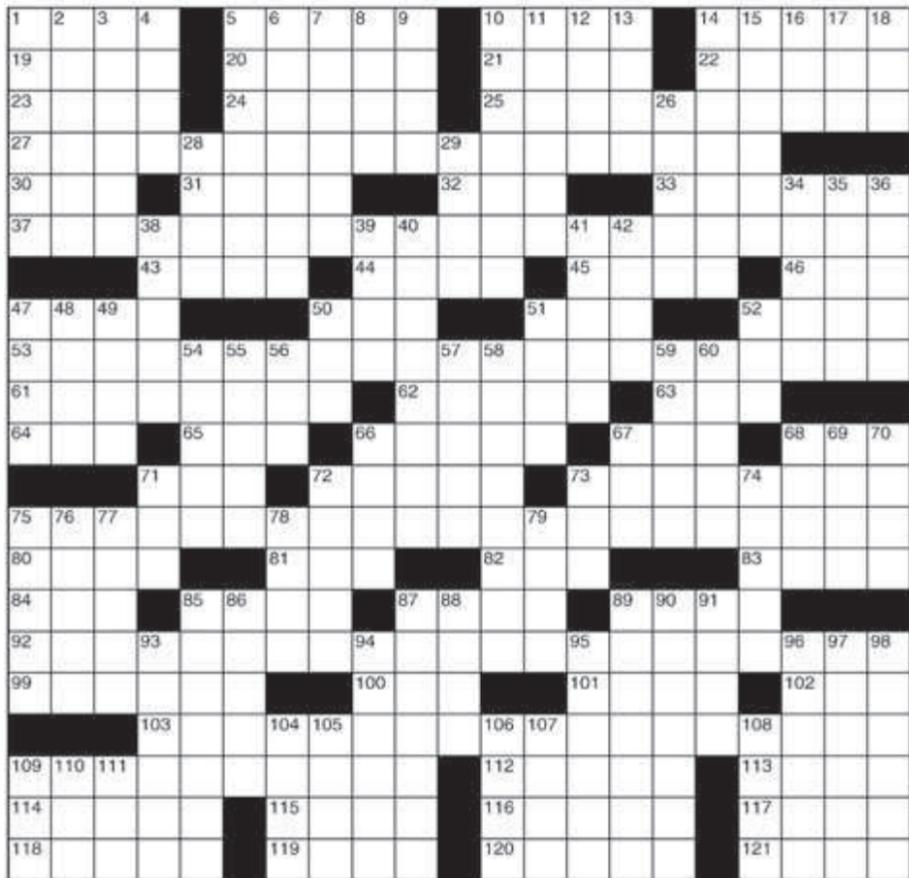
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- ACROSS**
- 1 Composer Bartók
 - 5 Does' mates
 - 10 Cellar, in ads for apts.
 - 14 Clean vigorously
 - 19 Neeson of film
 - 20 — a time (item by item)
 - 21 San — (Riviera resort)
 - 22 Stop for a bit
 - 23 Brutish beast
 - 24 Aunt's husband, in France
 - 25 Coerced
 - 27 Start of a riddle
 - 30 "— be great if ..."
 - 31 Filly's feed
 - 32 Pitching star
 - 33 Perceived to be
 - 37 Riddle, part 2
 - 43 Imitate a supermodel
 - 44 Toe the mark
 - 45 Dickens villain Uriah
 - 46 That girl's
 - 47 "Horton Hears —"
 - 50 Mr. Capote, to his friends
 - 51 "La Cage — Folles"
 - 52 Cogito-sum connector
 - 53 Riddle, part 3
 - 61 Part of a PA system
 - 62 Maims
 - 63 Ely or Paul
 - 64 Ida, neighbor
 - 65 Point a pistol
 - 66 Port city in Florida
 - 67 Eatery bill
 - 68 Quarterback
 - 71 "What's the —?" ("Same thing, right?")
 - 72 Gillis of an old sitcom
 - 73 El Capitan's national park
 - 75 Riddle, part 4
 - 80 Time of Christmas
 - 81 Poetic time after dusk
 - 82 Tonic go-with
 - 83 Cash spitter-outers
 - 84 River in Switzerland
 - 85 Big name in PCs
 - 87 Long drink
 - 89 Counterpart of "Sir"
 - 92 End of the riddle
 - 99 Bible book before Job
 - 100 Veiled
 - 101 Be sore
 - 102 Metal source
 - 103 Riddle's answer
 - 109 Cities plus their suburbs
 - 112 Oldsmobile of 1999-2004
 - 113 Like most cupcakes
 - 114 From Tehran or Tabriz
 - 115 Post-Q run
 - 116 More critical
 - 117 Suit option
 - 118 Was gutsy enough
 - 119 Apt name for a herding dog
 - 120 Simplified
 - 121 Pablo's "this"
- DOWN**
- 1 Totally fail
 - 2 Fraction equal to .125
 - 3 Texas border city
 - 4 "Right on!"
 - 5 Big to-dos
 - 6 Funicello of "Zorro"
 - 7 Form anew, as a sentence
 - 8 Perfumed powder
 - 9 Editor's "put this back in"
 - 10 Overgrown with limbs
 - 11 Filmmaker Eisenstein
 - 12 Nero's 3,100
 - 13 Dorothy's dog
 - 14 Add zest to
 - 15 Redeemed, as a check
 - 16 Make public
 - 17 Profit from
 - 18 With 48-Down, Burgundy or Chianti
 - 26 Fritter away
 - 28 Not "for here," in a restaurant
 - 29 "— it up and spit it out" ("My Way" lyric)
 - 34 India's Jawaharlal
 - 35 Lay — (fail miserably)
 - 36 Old Detroit beer brewer
 - 38 Winning by a single point
 - 39 Honked thing
 - 40 United Arab Emirates' capital
 - 41 Closes
 - 42 Voluptuous
 - 47 Tennis situation
 - 48 See 18-Down
 - 49 Many a flat-screen
 - 50 Eliot's Rum — Tugger
 - 51 "— boy!"
 - 52 Vast span
 - 54 Hiker's path
 - 55 ET tales, say
 - 56 — pah band
 - 57 Herb in curry powder
 - 58 Broken chord
 - 59 Rub off
 - 60 Prize won by Obama
 - 66 Tattered
 - 67 Singer
 - 68 Color lightly
 - 69 Tabloid tidbit
 - 70 Disarray
 - 71 Viña — Mar
 - 72 John of farm equipment
 - 73 "Round — virgin ..."
 - 74 Port city in Florida
 - 75 Stupefied
 - 76 — Ark
 - 77 Rid of some rodents
 - 78 Fork (off)
 - 79 Virgo, e.g.
 - 85 Mass near a tonsil
 - 86 Around, in a date
 - 87 Instigates
 - 88 Extensive
 - 89 "Mother —" (old Irish song)
 - 90 Olympic track star
 - 91 1940s film critic James
 - 93 Actress Courtney — -Smith
 - 94 Perot running mate
 - 95 Puts H2O on
 - 96 Utters
 - 97 Writer
 - 98 Really must
 - 104 Is incorrect
 - 105 Netting
 - 106 Walk across a stream
 - 107 Kulk of figure skating
 - 108 In the flesh
 - 109 — cap stock
 - 110 Eventful time
 - 111 Roofer's goo

◀ SEE ANSWERS, B3

HOROSCOPES

■ **CAPRICORN (December 22 to January 19)** Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

■ **AQUARIUS (January 20 to February 18)** Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.

■ **PISCES (February 19 to March 20)** Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

■ **ARIES (March 21 to April 19)** Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

■ **TAURUS (April 20 to May 20)** Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

■ **GEMINI (May 21 to June 20)** You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

■ **CANCER (June 21 to July 22)** Your

eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

■ **LEO (July 23 to August 22)** This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

■ **VIRGO (August 23 to September 22)** You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.

■ **LIBRA (September 23 to October 22)** Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

■ **SCORPIO (October 23 to November 21)** The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

■ **SAGITTARIUS (November 22 to December 21)** This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

■ **BORN THIS WEEK:** Your capacity for care and compassion helps to bring comfort to others. ■

By Linda Thistle

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

Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging ★★★ Expert

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LATEST FILMS

'Lone Survivor'

danHUDAK

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★★★

Is it worth \$10? Yes

The inclination to reveal the end of the movie in its opening moments is inexplicable, unfathomable and unforgivable. It has worked exactly two times in film history — "Sunset Boulevard" (1950) and "American Beauty" (1999) — both of which were masterpieces for a variety of reasons. Every other time it's been attempted, the technique has yielded the same futile effect: The audience observes the hero in a damaged state, then there's a jump to the beginning of the story, meaning all the life-or-death scenarios in which the hero embarks have zero legitimate suspense because the viewer has already seen the character later in the story.

Why undermine the entire movie with an unnecessary flashback?

"Lone Survivor" makes this mistake. The opening shows Marcus Luttrell (Mark Wahlberg) in a helicopter receiving medical attention, clearly alive but very banged up. We then jump to three days earlier. Not sure about you, but if I'm watching a movie called "Lone Survivor" and it begins with the ending and shows a major movie star still alive, I kinda feel like I know who the lone survivor is. The idea that we're supposed to be interested in seeing how he gets hurt is irrelevant. The fact remains that director Peter Berg's ("Battleship") movie would be more interesting, dramatic and tense if we didn't know who survives.

It's a shame, too, because this is otherwise a pretty darn good movie.

In Afghanistan in June 2005, Operation Red Wings sends four Navy SEAL Team 10 members into the mountains to capture/kill Taliban leader Ahmad Shah (Yousuf Azami). The team includes Luttrell, squad leader Mike Murphy (Taylor Kitsch), Danny Dietz (Emile Hirsch) and Matt "Axe" Axelson (Ben Foster). All is well until they encounter three goat herders — and elderly man, a teenager and a boy — and take them hostage. The SEALs decide to let them go and evacuate the area, but soon find themselves in a gunfight with Taliban mercenaries.

The shootout on the mountain is harrowing, lengthy and tough to watch. The SEALs communicate well, work together, use intelligence and skill, but

they are so outnumbered it's almost an impossible fight to win.

These scenes, as well as the strategic planning and discussions, are nicely shot and edited; the director creates a palpable sense of immediacy that successfully puts us on the hill with these heroes. As a result, we see and feel true heroism, and it's inspiring. Too bad we already know who survives.

It appears Mr. Berg is intent on championing the SEALs heroism and courage — and understandably so. No doubt having the real Luttrell on set, especially while on the mountain, helped ground the film in realism. However, neither intention nor authenticity excuses the narrative disservice done by ruining the ending.

Being a bit more stealthy in story



structure, but just as impactful — virtues the SEALs no doubt would appreciate — would have been the way to go here.

The script, written by Mr. Berg, is based on a book by the real Mr. Luttrell and Patrick Robinson. I ask: How often do moviegoers know the writers of a movie? Or even care? For marketing and entertainment purposes, the "truth" of the situation could have easily been hidden (or at least downplayed) by Universal Pictures in order to allow "Lone Survivor" to work better dramatically. ■

in the know

>> Video of Navy SEAL training comprises the opening credits, and images of the real individuals involved are shown before the closing credits. In all ways imaginable, this movie is a love letter to the Navy SEALs.

CAPSULES

The Hobbit: The Desolation of Smaug ★★★

(Martin Freeman, Ian McKellen, Richard Armitage) Bilbo (Mr. Freeman), Gandalf (Mr. McKellen), Thorin (Mr. Armitage) and 12 other dwarves head for a showdown with Smaug, a fire-breathing dragon. The action and effects are superb and it's a worthy middle installment in this "Hobbit" trilogy, but it's too long, and it lacks a clear ending. Rated PG-13.

'The Wolf of Wall Street'★★★★½

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), debauchery becomes a way of life. With morality nowhere to be found, he and his colleagues, especially his right-hand man Donnie (Jonah Hill), aren't easy people to like, but they are fun to watch. Rated R. ■

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CUPCAKES

Director Eytan Fox (Yossi & Jagger, Walk On Water) returns with a stylized, gossamer-light musical comedy about life, love and friendship. When heartbroken Tel Aviv baker Anat gets together with her friends to watch a Eurovision-style song contest, the catchy tune they write to cheer her up unexpectedly ends up as Israel's entry for the contest! But will the good-natured friends survive the cut-throat world of the pop business? This hit musical comedy is the guiltiest pleasure of the year.

January 24, 1:30 pm - Frank Theaters, Delray Beach

January 26, 1:45 pm - Cobb Theatres, Palm Beach Gardens



DANCING IN JAFFA

World champion ballroom dancer Pierre Dulaine has a dream: to see Jewish and Palestinian Israeli children dance together. Focusing on Dulaine's dedicated and tireless work, this inspiring documentary follows several children as they slowly overcome their fears: first, of dancing with a member of the opposite sex and later of dancing with someone who comes from a very different background. Filled with warmth, courage and lighthearted humor, the film proffers hope that for a new generation Dulaine's dream will become reality. Official selection 2013 Tribeca Film Festival

January 25, 7:30 pm - Frank Theaters, Delray Beach

January 26, 4:00 pm - Cobb Theatres, Palm Beach Gardens

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FLORIDA WRITERS

Teenage girls are hell in Neapolitan mystery novel

■ **“Naples: Paradise Can Be Deadly” by Diane Ketcham. Tidelow Press. 312 pages. Trade paper \$14.95.**



philJASON
pkjason@comcast.net

Diane Ketcham's New York journalist A.J. (Agatha Jasmine) Billings is staying real close to her boyfriend, Naples area Congressman James “Whit” Whitman. The couple is making all the right moves to enhance Republican Party chances in the upcoming elections. There are fundraisers galore, many focused on the re-election of Carson Wicklow, chairman of the governing county commission.



Ketcham

“Jazz” is enjoying her hot relationship with Whit, though she's a bit perturbed at having her identity reduced to the woman in his life. After all, she is — or has been — an independent somebody.

As one might expect in a mystery story, there's trouble in Paradise. A young man has vanished without a trace, leaving his tennis-playing girlfriend, an acquaintance of Jazz, getting nowhere with the local constabulary. They just don't take her missing person complaint seriously.

When Jazz tries to help, she too is stonewalled. What's going on here?

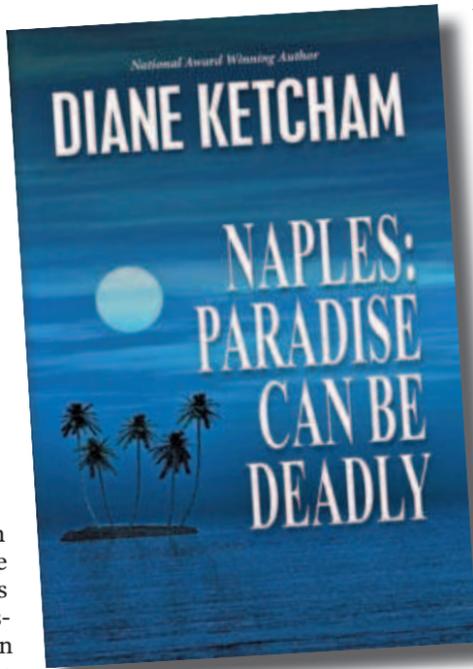
Worse, Commissioner Wicklow's gorgeous teenage daughter Cara, who has been incarcerated in a hard case private school for troublesome girls (for her own good) is found dead. It looks like suicide at first, but a closer look suggests murder.

What's a somewhat bored, award-winning journalist to do? Check out the secretive school and the teenager's friends, that's what. Why not connect with her boss-editor at the New York paper and get assigned to do a feature on this weird school and the even weirder sorority whose initiation rites are extraordinarily perverse ... and dangerous?

There is one person who is likely to give Jazz the best insights into Cara: her twin sister Chasen, who has been somewhat reclusive since the murder. Yes, I said twin sister. Use your imagination.

The tenuous state of Jazz's love life and domestic life is a cause of additional suspense throughout the novel. Her large, diarrhea-prone Labrador retriever is not at all welcome in the condominium where she and Whit live, and confronta-

tions with the condo overlords threaten. And why is Whit spending so much time with Mara, the former stepmother to Wicklow's twins? Is it just election campaign business — or something more?



Such shifting of perspectives can misfire, but Ms. Ketcham handles it effectively.

Also effective are the many humorous touches that are part of the novel's weave. Though the story line focuses on plenty of suffering and on serious concerns, somehow Ms. Ketcham is able to

inject a lighter touch to balance the tone and relieve the tension. Yes, murder mysteries can be funny.

Readers who know the Naples area will enjoy the tour of familiar locations: Fifth Avenue, Waterside Shops, Ave Maria, Coconut Point and even the community meeting room at the *Naples Daily News* building on Immokalee Road. With a Naples map in hand, you can follow the action. Ms. Ketcham has stopped just short of product placement, but maybe next time.

How does the author know so much about journalism, political campaigns and writing thriller fiction?

Well, she was a national award-winning columnist for *The New York Times*. Her columns about Long Island were judged the best in the nation and the best in New York. Before these efforts, she was press secretary and chief of staff for a New York congressman. She also worked in television and was seen on WLIW-TV as a weekly commentator.

Ms. Ketcham's first novel, “The Vanishing A-List,” won two national mystery/thriller awards. “Naples: Paradise Can Be Deadly” is available from major online booksellers; signed copies are available from the publisher at www.tidelowpress.com. ■

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



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CONTRACT BRIDGE

Famous hand BY STEVE BECKER

This deal features Edwin Kantar, Los Angeles star, who played it in a national team-of-four championship. West led a diamond against four hearts, and East cashed two diamonds before returning a trump. Looking at all four hands, you might think the contract would fail by either one or two tricks.

But Kantar analyzed his prospects thoroughly and came up with an inspired line of play that brought home the game. He decided that his best chance was to play East for specifically the K-x of spades and the king of clubs, which East was likely to have on the bidding.

Accordingly, after playing three rounds of trumps, Kantar cashed the ace of spades and then led a spade to dummy's eight! This worked out just as he had hoped when East was forced to win the trick with the king, thus establishing an extra spade trick in dummy on which Kantar could later discard one of his club losers.

But that wasn't all Kantar accomplished with this play, for East now had to return a club or yield a ruff-and-discard, allowing South to escape his other club loser. So Kantar miraculously wound up making four hearts, finding a way to avoid losing any clubs at all.

Note that it would not have helped West to play the nine of spades on the

East dealer.

East-West vulnerable.

NORTH

♠ Q J 8 4
♥ J 6 4 2
♦ 7 3
♣ Q 8 6

WEST

♠ 10 9 6 3
♥ 9 8 3
♦ J 9 2
♣ J 9 4

EAST

♠ K 5
♥ 7
♦ A K Q 8 6 4
♣ K 10 7 2

SOUTH

♠ A 7 2
♥ A K Q 10 5
♦ 10 5
♣ A 5 3

The bidding:

East	South	West	North
1♦	Dble	Pass	1♠
2♦	2♥	Pass	3♥
Pass	4♥		

Opening lead — two of diamonds.

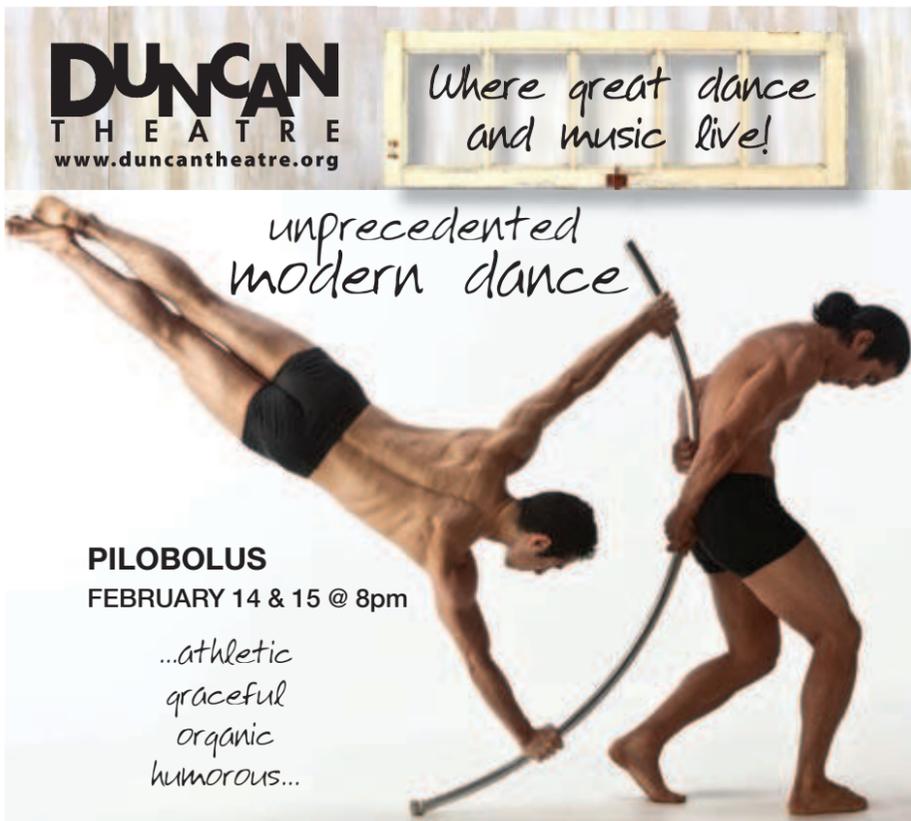
second spade lead. Kantar, consistent with his play, already had assigned East the doubleton king of spades, and he would have proceeded on that assumption regardless of which spade West produced on the trick. It isn't easy to talk a fellow like Kantar out of a preconceived notion. ■



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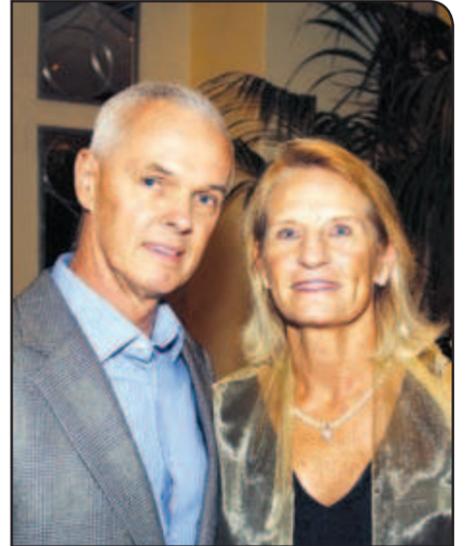
Big Dog Ranch Rescue Winter Bark Bash, Jupiter Beach Resort



Jacqueline Snell and Chris Snell



David Pfleegor, Lyndsie Pfleegor, Francesca Boyer and John Boyer



Rick Davis and Nancy Davis



Dan Lassiter, Bob Simons, Karen Sharpe and Tracy Sharpe



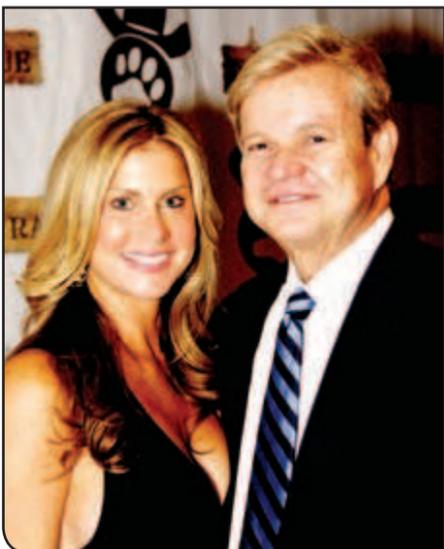
Christopher Warburton, Caroline Warburton and Sean Andros



Karen Wolfe, Ashley Clark and Carrie Deitz



Farrah Mullen, Paul Thomas and Julie Thomas



Susy Benjamin and Greg Fagan



Tara Gilday, Andrew Hope, Michele Hope and Patty Morelli



Lachlan Cheatham and Tonya Cheatham

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PALM BEACH SOCIETY

Juno Beach Civic Association's Holiday Program Event at The Waterford



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Bill Kollmer and Donna Hamilton



Chris Banker



Joan Doyle and Tom Doyle



Juno Beach Walking Club



Donna Hamilton and Steve Smith



Bob Bosso, Donna Hamilton and Bob Hamilton



Bob Cheviot, Patrice Cheviot and Ephren Ortiz



Irene Falcone, Marty Ortiz, Erna Spencer and Joan Walsh



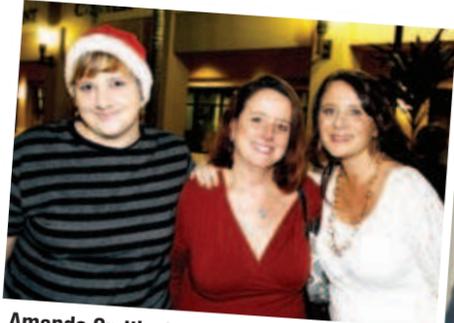
Charlie Falcone, Mort Levine, Sherrie Shaw and Jack Kneuer

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COURTESY PHOTOS

PALM BEACH SOCIETY

Cool Yule event at Midtown, Palm Beach Gardens



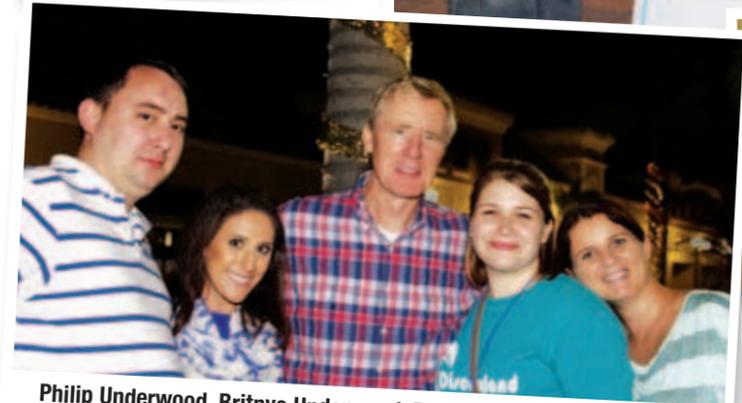
Amanda Smith, Jackie Miele and Tiffany Barkley



Victoria Prieto, Giselle Espinosa and Gabriela Prieto



Hamed Kian, Gary Selvin, Nina Fusco, Jim Mentern, Hilary Greever, Eric Frikel, Amy Morly, Tammi Bennett and Chuck Bennett



Philip Underwood, Britnye Underwood, Raymond Underwood and Jennifer Sardina



Keith Svane, Phyllis Svane, John Stepp, Rigby Stepp, Toi Stepp and Colbie Stepp



Michelle O'Keefe and Sharon Hardy



Ann Cadaret, Tom Sandberg, Kristen Sandberg and Ashley Sandberg



Sarah Stacy, Guy Cosmo and Louisa Cosmo



Walter Oakden, Christine Oakden, Walter Oakden III and Mallory Oakden



Yvonne Pottle, Michele Haire, Reece Haire, Steve Brotman, Chelse Brotman and Betsy Ewer



Wes Spurge and Lori Pendergrass

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FLORIDA WEEKLY CUISINE

PGA National offers food, drinks, music at iClub

SPECIAL TO FLORIDA WEEKLY

PGA National Resort & Spa already had iBar and Ironwood Steak and Seafood.

But now the resort has added iClub Piano Bar, which opens Jan. 11 with a special performance billed as PartiGras.

iClub, in the resort's main lobby, will be open Thursday through Saturday from 6 p.m. to 9 p.m., and will feature pianists and vocalists performing jazz, classical and contemporary favorites. The lounge will be enclosed in glass walls and offer seats for 40 to 50 guests who can sip cocktails and nibble on tapas and desserts. It's all part of the resort's \$100 million in renovations.

As for PartiGras, the Jan. 11 Mardi Gras-themed evening will feature MarchFourth, an instrumental musical and performance group from Portland, Ore., inspired by Mardi Gras meets Cirque du Soleil.

It will bring a cast of stilt walkers, hula hoopers and acrobats. The band will lead guests throughout the resort grounds for a progressive dinner of Cajun-inspired cuisine. Guests will be the first to discover the new iClub Piano Bar as vocalists and musicians from iClub perform at each stop along the way.

Single tickets to PartiGras are \$95 in advance or \$120 at the door and include entertainment; Cajun-inspired fare; unlimited beer and non-alcoholic beverages; and one specialty cocktail. Special room packages, starting at \$325, offer two tickets to the event and resort room accommodations. A portion of all proceeds from the evening will benefit the American Red Cross.

For PartiGras tickets, call 627-2000 or visit www.partigras.eventbrite.com. For more information about iClub Piano Bar and PGA National Resort & Spa, call 800-863-2819 or visit pgaresort.com.

Dinner, dancing at Pelican: Hal Holander and Diane DeNoble will perform music in styles ranging from standards to current dance music each Monday from 6:30 p.m. to 9:30 p.m. at Lake Park's Pelican Café.

The restaurant also has announced expanded hours for season. Breakfast and lunch are served 9 a.m.-2 p.m. Tuesday-Friday and 8 a.m.-2 p.m. Saturday and Sunday. Dinner is 5 p.m.-9:30 p.m. seven days a week.

And look for the restaurant's weekday breakfast special: two eggs, bacon or sausage, toast, potatoes and a short stack of pancakes for \$7.95. It's served 9 a.m.-10 a.m. Tuesday-Friday.

The Pelican Café is at 612 U.S. High-



COURTESY PHOTOS

Vocalist Dawn Marie will be a regular featured act at iClub at PGA National.



PGA National will open iClub with MarchFourth.

way 1, Lake Park; 842-7272.

Aussie wine pairing: Sommelier Melanie Ober, and Chef Michael Ober offer an Australian wine tasting and pairing on Jan. 9 at the Backyard Bar.

Menu pairs the following: Jim Jim Unoaked Chardonnay 2011 with Prawns Sautéed in Lime Cilantro Butter over Mixed Basil Salad; Torbreck GSM The Juveniles with an Aussie Sausage Roll

and Turkey, Tarragon & Orange Zest Baked in Pastry with Wild Berry Reduction; The Piping Shrike Shiraz with Lamb Shaslik in Dukkah Demi Glaze with Red Onion Jam, Roasted Red Pepper Mousse and Fried Potato Stix; and Torbreck The Bothie with Pavlova with Passionfruit & Mango.

Cost is \$30 per person. The event begins at 6:30 p.m. and seating is limited. The Backyard Bar is at Palm Beach

Hibiscus House, 213 S. Rosemary Ave., West Palm Beach. Reservations required; 339-2444.

Winter wines and beers: Rooney's the Gastropub plans a Winter Wine/Beer Tasting starting at 7 p.m. Jan. 22.

Menu features Prosciutto Wrapped Fig paired with Kim Crawford Sauvignon Blanc Marlborough New Zealand 2012 and Rooney's Old Irish Ale; Pan Seared Diver Scallop paired with Gavi San Pietro Italy 2011 and Rooney's Lager; Pan Seared Moscowy Duck paired with Tolentino Malbec Mendoza Argentina 2012 and Guinness Stout; and Mascinated Berries, Zabaglione, Pierouette Cookie paired with Butterfly Kiss Pink Pinot Grigio California 2011 and Due South Caramel Cream Ale. Cost is \$49 food and beer, \$55 food and wine, \$40 food only, \$10 beer only and \$16 wine only.

Rooney's the Gastropub is at 1153 Town Center Drive, Jupiter; 694-6610 or RooneysGastropub.com.

Gone: Red Tapas Bar at Downtown at the Gardens has closed. The space also has been home to Max's Grille and 51 Supper Club. Downtown spokesman Kendall Rumsey says the search is underway for a new tenant. ■

THE DISH

Highlights from local menus

The Dish: Casa Blanca wings

The Place: Park Avenue BBQ & Grille, 525 U.S. 1, North Palm Beach; 842-7427 or pabbqgrille.com

The Price: \$8.95

The Details: These wings, offered as a lunch special on Thursdays, may be one of the finest tasting items on the Park Avenue BBQ menu.

The recipe goes something like this: Take 10 chicken wings, marinate them, roll them in spices, then grill them to tender perfection.

They're not breaded, they're not fried, so they make for virtually guilt-free eating. Well, almost — they come with a side, and we opted for fries and blue cheese dipping sauce.

So much for keeping the calories down.

But we think they would be even tastier with Park Avenue's new mustard-based sauce, called The Heater.

That's something we'll try the next time we're hungry for wings on a Thursday. ■

— Scott Simmons



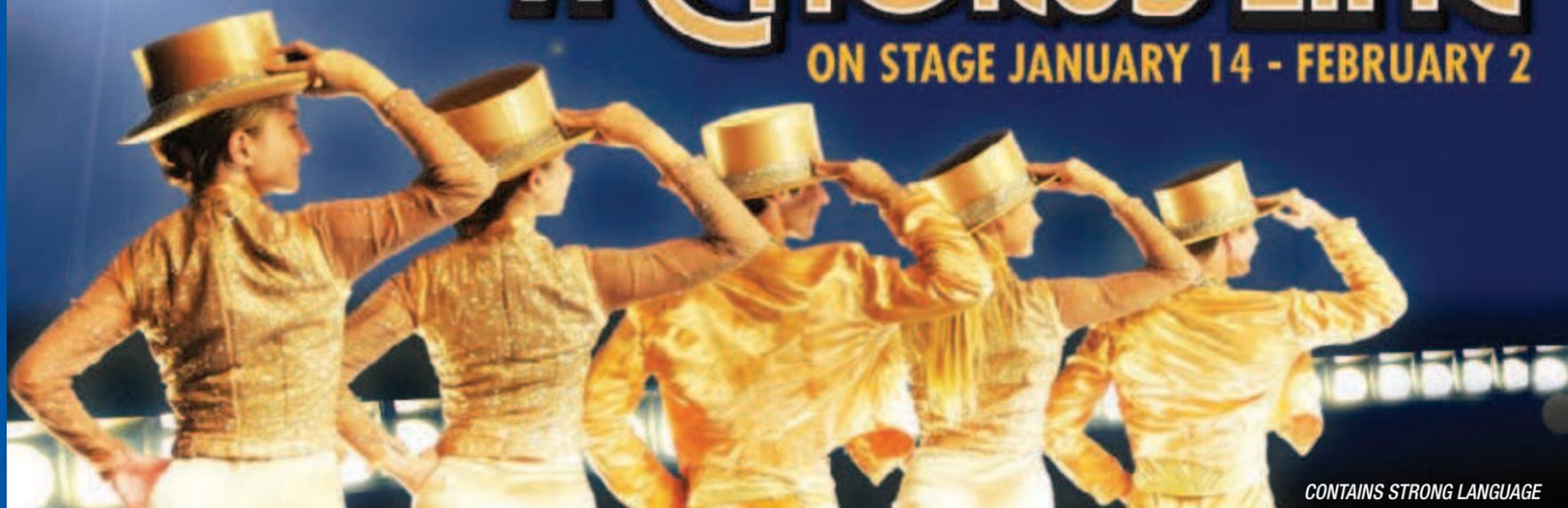
SCOTT SIMMONS/FLORIDA WEEKLY

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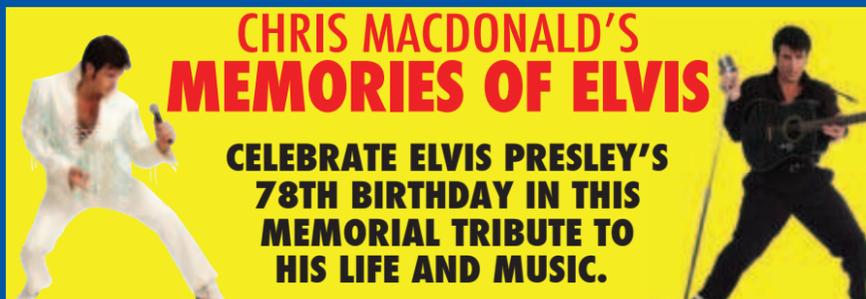
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JANUARY 27 at 7:30PM

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FEBRUARY 8 at 8:00PM

AN EVENING WITH
AVERY SOMMERS



MARCH 3 at 7:00PM

MICHAEL LONDRA'S
CELTIC FIRE



MARCH 7 at 7:30PM

YESTERDAY
A TRIBUTE TO THE BEATLES



MARCH 8 at 8:00PM

FOR TICKETS: (561) 575-2223 FOR GROUP SALES: (561) 972-6117

www.jupitertheatre.org

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Jupiter FL 33477

