

PALM BEACH GARDENS & JUPITER

FLORIDA WEEKLY®

IN THE KNOW. IN THE NOW.

WEEK OF JANUARY 16-22, 2014

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“The traffic pattern starts to increase, and we see an increase in who we see on the floor.”

—Michele Jacobs,

corporate director of marketing and operations for The Forbes Company, which owns The Gardens Mall



ADAM BARON / FLORIDA WEEKLY

You know season is here when there are waiting lists at local restaurants. Carmine's Trattoria in Palm Beach Gardens draws a crowd on a Saturday.

Well-seasoned

If it's January, then it's the height of the season in Palm Beach County

BY SCOTT SIMMONS

ssimmons@floridaweekly.com

Season is upon us. Yes, that time of year in South Florida when everything from roads to restaurants is crowded with winter residents and visitors. So who are they? “Everybody who’s freezing from up North,” said Jorge Pesquera, president and CEO of Discover Palm Beach County, for-

merly the Convention and Visitors Bureau. “The people who are tired of scraping ice off of windshields.”

There were about 5.5 million visitors to Palm Beach County in 2012. The numbers for 2013 aren’t out yet, but they are expected to be close to 6 million, according to Brittany Schnorr, industry relations specialist for Discover Palm Beach County.

Tourism generates a total annual economic

SEE SEASON, A8 ▶

Roger Dean set to host a star-spangled tryout

SPECIAL TO FLORIDA WEEKLY

Oh, say, can you see . . . that Roger Dean Stadium is looking for South Florida’s top talents to sing or play the national anthem prior to Spring Training games for the Miami Marlins and St. Louis Cardinals?

Interested singers are encouraged to be there when auditions are held at the stadium on Feb. 1, beginning at 10 a.m.

What are judges looking for?

“Well, we need people that can sing,” said Mike Bauer, the stadium’s director.

The anthem must fit within a 90-second timeframe. Auditions will be judged against the traditional performance of “The Star Spangled Banner.”

“We want people to showcase their vocals and sing. They’re welcome to bring an instrument,” Mr. Bauer said, citing a trumpeter who plays the anthem.

The audition process can be intimidating. “When we try you out, we have to try you out on the mike in the stadium,” he said.

And what about Mr. Bauer? Does he sing? “No, you do not want me out there at all. I’m not a singer,” he said, laughing.

Because of the demand for auditions, tryouts will be held for those who RSVP before Jan. 31. Hopefuls should call Sarah Campbell at 630-1847 to reserve an audition slot. ■

INSIDE



Singular sensation

Maltz opens with dance classic, “A Chorus Line.” B1 ▶



Society/Networking

See who was out and about in Palm Beach. A21-24 ▶



Outlets soon to open

Palm Beach Outlets Mall to debut on Valentine’s. A19 ▶



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Gardens Golf Course reopens after \$2.5 million rehab. A27 ▶

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COMMENTARY

On the road again



leslieLILLY

llilly15@gmail.com

Closing the books on 2013 is still underway but the outlook for the future year in philanthropy warrants some cautious optimism.

The *Chronicle of Philanthropy's* post mortem on last year's giving suggests that large donations made a comeback in 2013, with the \$3.4 billion in gifts to charities made by the nation's wealthiest donors.

Universities and colleges were the major beneficiaries of the revival in big gifts, receiving more than 40 percent of the contributions. The article goes on to say that U.S. donors made 1,408 gifts of \$1 million or more, totaling \$13.96 billion.

The not-so-good news is that this figure represents fewer gifts and a smaller total than in 2011, though the average gift size grew to \$9.9 million, the highest value accorded to individual gifts since the economy took a nosedive.

The Million Dollars Donors Report also just arrived, an annual snapshot of big gifts worldwide, published by Coutts, a private bank and wealth manager, this year in association with the Lilly Family School of Philanthropy.

The report is an in-depth analysis of million-dollar or more gifts. It confirms

that an impact of the recession is a significant decline over the last six years in gifts made by million-dollar donors.

No reversal of this trend is forthcoming despite an uptick of million-dollar gifts in 2011. The report says the modest "recovery" stalled out in 2012 and economic uncertainties continue to affect donor behaviors.

The report concludes that individual donors are nonetheless an optimistic bunch and predicts those with the thickest wallets will give at least as much in the next three to five years — if not more — as they have given in the past. The hopeful forecast is good news for premier charities with big-gift pipelines.

During the worst of the recession, charities saw their contributions from major donors shrink. Money coming in at the rate of a million or more dollars per gift is a highly efficient way to regain your equilibrium.

The recession affected the funding of all charities and some charities more so because of the public perception that, in the context of hard times, their missions are of less importance. Nonprofits providing health and human services are less vulnerable to funding cuts than arts, culture and humanities organizations.

Social services nonprofits have a higher "bless-their-hearts" quotient among the charity-minded and enjoy streams of public funding historically devoted to their cause.

However, that's changing: Austerity is the new sheriff in town and fiscal bul-

lets are being fired indiscriminately at anything that looks like humanities, a hand-out or even a hand-up. Meanwhile, no donor or foundation is delusional enough to think foundation grants or individual gifts will roll back the tide of misery the devastation of public funding portends for safety net services; nor do they presume, because a "great nation deserves great art," public funding will rescue the arts.

Charities make certain assumptions about where their sources of revenue and income will come from that keep the lights on and the doors open. Few have the luxury of an endowment or rainy day fund of sufficient size to provide streams of capital that can fill the financial gaps when annual fundraising falls short or revenue declines from earnings, fees or services.

Boards are recalculating business plans in order to regain their lost confidence in the financial sustainability of the organizations they serve. The new math depends on development and revenue production. Despite the breathless enthusiasm for new social media and technologies, there is no "new-new thing" that is the singular game changer for nonprofits that, say, winning the lottery or receiving an enormous bequest might be. The charitable sector is deep in the throes of re-structuring business models in pursuit of long-term stability. Some will go out of business and should. Others will reinvent themselves because they must.

The Nonprofit Times writes arts and cultural organizations are a case in point: Any number of well-established, well-managed institutions saw their business models collapse or their endowments wither.

Audiences stayed home and contributions fell precipitously. Boards tapped endowments, often aggressively, to cover operational deficits created by commitments made in prosperous times, without the foreshadowing of the economic turmoil ahead. The sum effects, said the Times, are years of recovery ahead in a complex environment in which assumptions about audience expectations and everything else are rapidly changing. Most nonprofits share the challenges faced by arts and cultural organizations to achieve greater financial sustainability in uncertain times. They all may seek and choose a different route to reach their destination but their destinations are essentially the same. With changes this fundamental rocking the charitable sector, everybody is on the road again. ■

— Leslie Lilly is a native Floridian and past president and CEO of the Community Foundation for Palm Beach and Martin Counties. Her professional career spans more than 25 years in the charitable sector, leading major philanthropic institutions in the South and rural Appalachia. She resides with her family and pugs in Jupiter. Email her at llilly15@gmail.com and follow Lilly on Twitter @llilly15.



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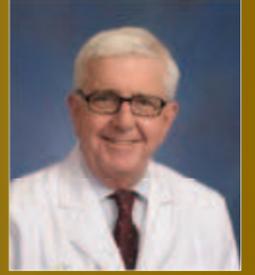
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OPINION**Obama versus nuns**

richLOWRY

Special to Florida Weekly

It takes some doing to get embroiled in a court fight with nuns who provide hospice care for the indigent. Amazingly, the Obama administration has managed it.

Its legal battle with the Little Sisters of the Poor is the logical consequence of Obamacare's conscience-trampling contraception mandate. The requirement went into effect Jan. 1, but Supreme Court Justice Sonia Sotomayor issued a New Year's Eve injunction against enforcing it on the Little Sisters.

They are Catholic nuns who follow the doctrinal teachings of the church and therefore oppose contraceptive and abortive drugs and sterilization, all of which Obamacare mandates that employers cover in their insurance plans. Given the ongoing delays, waivers and exemptions associated with the law, it would seem natural simply to let the Little Sisters go about their business of pouring out their hearts for the sick and dying.

But this is a fight the administration won't walk away from. For it, it is a matter of principle. And the principle is that the state trumps the convictions of people with deep-held religious beliefs.

When the contraception mandate first caused an uproar, the administration contrived a so-called accommodation for religiously oriented groups (actual churches have always been exempt). But whoever crafted it had a sick sense of humor. The very same document by which a group registers its moral objection to contraceptives and abortifacients also authorizes the insurer to cover them for the group's employees. What the accommodation gives with one hand, it takes away with the other.

The Little Sisters refuse to sign such a document. They happen to be in an unusual situation because they get their insurance from another religiously affiliated organization opposed to contraceptives and abortifacients, so it may be that these drugs don't get covered no matter what. But the Little Sisters can't be sure of this — the regulations are complicated and subject to change.

Regardless, they don't want to sign. They want no part in authorizing coverage of contraceptive or abortive drugs. Enthusiasts for the mandate scoff. What

the nuns are objecting to, they insist, is just a piece of paper.

Just a piece of paper? So is a mortgage. So is a wedding certificate. So is a will.

The Little Sisters deserve deference. Their religious sensibility is different than that of the mandarins of President Barack Obama's administrative state. In a dispute over what their conscience tells them to do or not to do, the Little Sisters are better positioned to know than anyone else.

Besides, who is harmed if the Little Sisters don't provide contraception coverage? They are a voluntary organization. They aren't imposing their views on anyone. Who, for that matter, is harmed if a secular organization run by people with moral objections to contraceptives and abortifacients refuses to cover them? Employees are still free to go out on their own and get contraceptives, which are widely available. If this sounds like an outlandish imposition, it is what people managed to do throughout American history all the way up to last week.

Instead of respecting the moral views of the Little Sisters, the administration hopes to grind them under foot by force of law. For shame. ■

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

The FBI, the NSA and a long-held secret revealed

amyGOODMAN

Special to Florida Weekly

This week, more news emerged about the theft of classified government documents, leaked to the press, that revealed a massive, top-secret surveillance program. No, not news of Edward Snowden and the National Security Agency, but of a group of anti-Vietnam war activists who perpetrated one of the most audacious thefts of government secrets in U.S. history, and who successfully evaded capture, remaining anonymous for more than 40 years. Among them: two professors, a day-care provider and a taxi driver.

Passionately opposed to the U.S. war in Vietnam, this group of seven men and one woman was certain that the FBI, under the direction of J. Edgar Hoover, was spying on citizens and actively suppressing dissent. In order to prove their case, they broke into an FBI field office in the Philadelphia suburb of Media, Pa., on March 8, 1971, and stole all the files inside. What they found, and mailed to the press, exposed COINTELPRO, the FBI's counterintelligence program, a global, clandestine, unconstitutional practice of surveillance, infiltration and disruption of groups engaged in protest, dissent and social change. Their courageous act of nonviolent burglary shook the FBI, the CIA and other agencies to the core. They triggered congressional investigations, increased oversight and the passage of the Foreign Intelligence Surveillance Act. These activist burglars, most of whom have come forward this week, revealing their names for the first time, have not only a remarkable story to tell about the past, but a critical and informed perspective on Snowden, the NSA and government spying today.

"The citizens' right to dissent is the last line of defense for freedom," John

Raines told me. He was a professor of religion at Temple University when he, his wife, Bonnie, and the others who intended to break into the FBI office formed what they called the "Citizens' Commission to Investigate the FBI." Since John and Bonnie Raines had three children under the age of 10 at the time of the burglary, I asked how they decided to engage in an act that could have sent them both to prison for years. John replied, "We routinely ask, as a society, mothers and fathers to take on as part of their work highly dangerous activities. We ask that of all policemen. We ask that of everybody that works for the fire department. We ask that of mothers and fathers who are sent overseas to defend our freedoms in the Army and Navy. We routinely ask of people to take on jobs that risk their families." He went on, "As citizens, we stepped forward and did what we had to do because nobody in Washington would."

Under the leadership of a physics professor from Haverford College, Bill Davidon, the group met and meticulously planned their action. John and Bonnie Raines hosted most of the meetings in their attic. Bonnie posed as a college student writing a paper on career opportunities for women in the FBI, and got an inside look at the Media field office. Keith Forsyth, the cabdriver, took a correspondence course in locksmithing and made his own lock-pick tools to avoid notice of authorities. They chose the night of March 8, 1971, because international attention was gripped by the world heavyweight boxing match between Muhammad Ali and Joe Frazier. The bout, said Forsyth, "would add to the distraction, not only of the police, but of just people in general."

They broke into the office, stole all the files inside and took them to a farmhouse an hour outside of Philadelphia. They pored over the liberated documents, shocked at what they read. One memo detailed an FBI conference on the New Left, predicting that more FBI inter-

rogations of activists would "enhance the paranoia endemic in these circles and will further serve to get the point across there is an FBI agent behind every mailbox." That line struck a chord with one of the reporters who received the leaked documents, Betty Medsger of *The Washington Post*. President Richard Nixon's attorney general, John Mitchell, tried to get the *Post* to suppress Medsger's stories. "Two editors, from the beginning, realized it was a very important story and pushed it — Ben Bradlee and Ben Bagdikian," she told me. The paper published, and history was made. At the time, Medsger did not know the identities of the activists. This week, she published a book, "The Burglary: The Discovery of J. Edgar Hoover's Secret FBI," in which she names most of the burglars, with their assent. A documentary film has also been produced, soon to be released, titled "1971."

In response to the book's revelations this week, naming the burglars, FBI spokesman Michael Kortan said, "A number of events during that era, including the burglary, contributed to changes in how the FBI identified and addressed domestic security threats, leading to reform of the FBI's intelligence policies and practices, including the creation of investigative guidelines by the Department of Justice."

If we were to apply Michael Kortan's standards to Edward Snowden's revelations about the NSA, President Barack Obama would drop the charges against him and welcome him back to the U.S., with thanks. Let's hope Snowden doesn't have to wait 43 years. ■

— 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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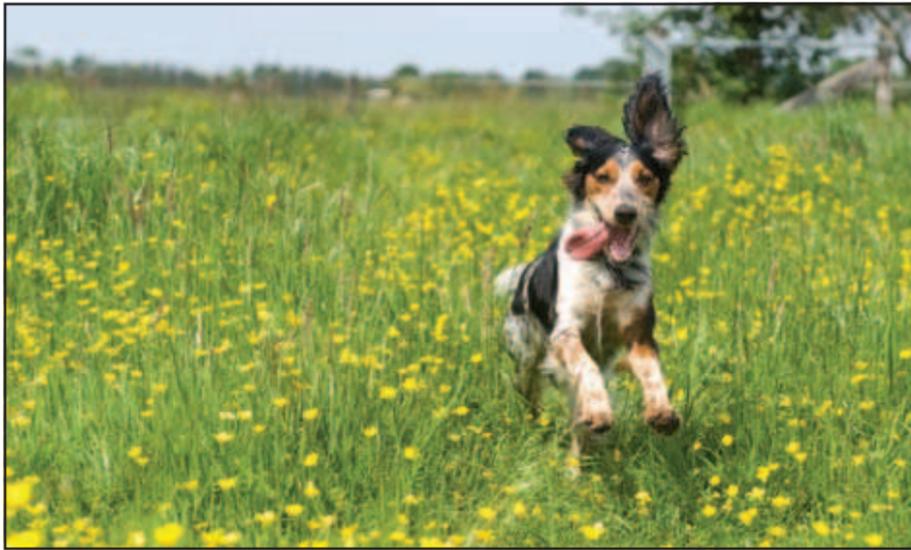


PET TALES

Dogs react to magnetic fields, resist allergens

SPECIAL TO FLORIDA WEEKLY

We know that several animal species align their bodies to the Earth's magnetic field lines when performing certain behaviors such as grazing, hunting or migrating, but until now it wasn't known whether dogs did the same thing. In a two-year study published in *Frontiers in Zoology*, European researchers proved magnetic sensitivity in dogs by measuring the direction faced by 70 dogs of 37 different breeds when defecating or urinating and comparing the data to geomagnetic conditions at the time. Turns out that when the Earth's magnetic field is calm — only about 20 percent of the daylight period — dogs prefer to line up along the north-south axis.



New research demonstrates the science behind how dogs help humans fend off allergies and asthma.

Got dust? And dogs?

Good news — your child may have less risk of developing asthma and allergies. A new study suggests that exposure to dust from homes with dogs may change the immune response to allergens and other asthma triggers by affecting the makeup of the bugs that inhabit the gut: the microbiome. The findings, published in *Proceedings of the National Academy of Sciences*, show that dog-associated house dust can play a key role in preventing allergic inflammation. They help demonstrate how environmental exposures may protect against airway allergens and asthma.

Food delivered for people, pets

Seniors who receive food deliveries from Meals on Wheels have been known to share the meals with their beloved pets when nothing else is available, so the organization created WALOP (We All Love Our Pets), a national initiative to deliver pet food to clients who need help feeding their animals. Since 2006, WALOP has focused on serving the relationship between people and pets, building a financial and nutritional safety net for them through donations, volunteers and help from shelters, other pet groups and organizations such as

Banfield Charitable Trust, which provides grants to member programs.

Popular dog names

According to a survey by website Rover.com, the most popular dog names of 2013 were Bella, Lucy, Bailey, Daisy, Lily, Molly, Lola, Maggie, Sadie and Chloe for females, and Max, Charlie, Buddy, Jack, Cooper, Rocky, Riley, Toby, Bear and Harley for males. The names frequently overlap with those given to children, cementing dogs' role as beloved family members. ■

Pets of the Week



>> **Max** is a 2-year-old neutered Labrador Retriever mix. He is high energy, and loves human companionship.



>> **Jill** is a 5½-year-old spayed domestic shorthair. She is smart and likes to play. She'll be an adorable, loving pet for her new owner.

To adopt:

The **Peggy Adams Animal Rescue League**, Humane Society of the Palm Beaches, is located at 3100/3200 Military Trail in West Palm Beach. Adoptable pets and other information can be seen at hspsb.org. For adoption information, call 686-6656.



>> **Desmond** is a neutered brown tabby, approximately 1 to 2 years old. He's very friendly and playful, and has good interactions with people and with other cats.



>> **Diana** is a spayed black-and-white tuxedo cat with striking features, approximately 9 months old. She's pretty mellow, and likes to be around people — she really enjoys her head rubs!

To adopt:

Adopt A Cat is a no-kill, free-roaming cat rescue facility 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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Clerk Bock, businesses offer free weddings on Valentine's Day

SPECIAL TO FLORIDA WEEKLY

Here's a sure sign that love is in the air: Cupid (aka Clerk Sharon Bock, the National Croquet Center and local community partners) will give 40 couples a Valentine's Day wedding to remember — for free.

Registration is now open for the fourth annual group wedding ceremony, which is set for 11 a.m. Friday, Feb. 14, at the National Croquet Center in West Palm Beach. Clerk Bock will preside over the ceremony, and the Croquet Center www.croquetnational.com is once again donating its facility.

"In the last three years, I've married nearly 100 happy couples on Valentine's Day," Clerk Bock said in a prepared statement. "Helping these couples to start a new life together is one of the best parts of being Clerk & Comptroller in Palm Beach County."

The Croquet Center has enlisted other businesses to donate their services for the wedding. No taxpayer money is spent on the ceremony.

"It's so nice to be able to give back to the community like this every year," said Sandy Coto, director of events at the National Croquet Center. "The couples are always so excited, so we're thrilled to partner with Clerk Bock to be a part of this day."

This year, the following businesses will volunteer their services to the Valentine's Day Wedding:

- Creations by Blanca (www.creationsby-blanca.com) – Flowers and boutonnieres for couples.
- Desiree Dawn Events (www.desiree-dawn-events.com) – Wedding day event coordination.
- Kim Fontaine Photography (www.kimfontaine.com) – Wedding photography and a free digital download for couples.



fontaine.com) – Wedding photography and a free digital download for couples.

• Mix It Up DJ (www.mixitupdj.com) – DJ services at the event.

• Palm Beach Parking and Valet Service: Traffic and parking assistance.

• Regency Party Rental (www.regencyparty.com) – Wedding-day décor.

• SandyJames Fine Foods (www.sandy-james.net) – Champagne toast for couples, cupcakes and staffing at the event.

Couples can register for the 2014 wedding by calling the Clerk's office at 355-2468 during business hours or by sending an e-mail to ccpbc@mypalmbeachclerk.com. Registration for the ceremony will continue through Feb. 11, or until all 40 spaces are filled.

More information about the Valentine's Day wedding is available at mypalmbeachclerk.com.

All couples taking part in the Valentine's Day wedding must present a valid marriage license at the ceremony. More information about license requirements and fees is available on the Marriage Licenses & Ceremonies section of the clerk's website.

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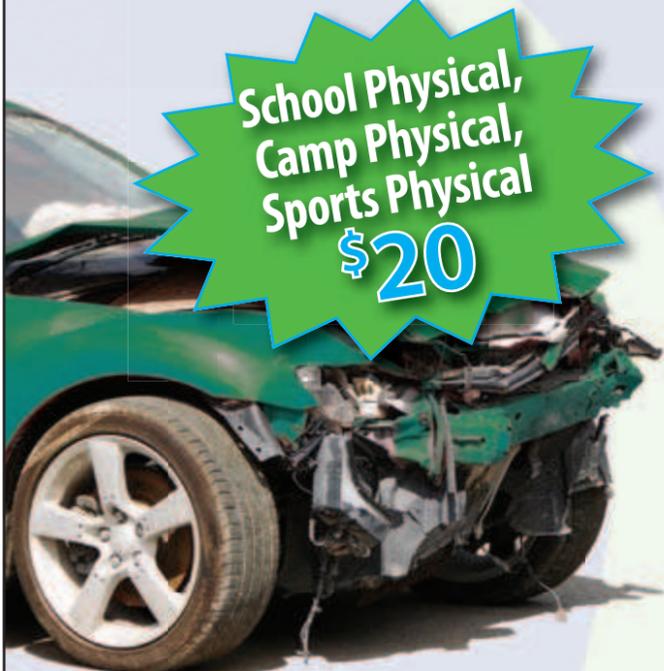
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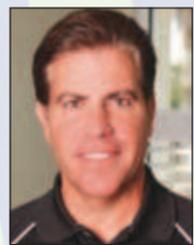
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ADAM BARON / FLORIDA WEEKLY

The parking lot at Carmine's Trattoria at Prosperity Farms Road and PGA Boulevard in Palm Beach Gardens, like other lots at restaurants and markets, can get jammed during season.

SEASON

From page 1

impact of more than \$5 billion in the local economy, producing \$30 million in bed-tax revenue and lodging sales of approximately \$572 million, and that's just the hotel guests.

"We have worked our way back from the depths of recession," Mr. Pesquera said. "We're forecasting to finishing this year at 72 to 75 percent occupancy, a big gain from last year."

That represents a potential 4.5 percentage point increase, he said.

Other signs point to a continued rise in tourist traffic.

Look no further than your local restaurant.

Gallery Grille in Tequesta was packed during a recent lunch visit in which actor Burt Reynolds held court at an adjoining table. Park Avenue BBQ & Grille was running a waiting list on a Tuesday night at its North Palm Beach restaurant. The Breakers is seating patrons as quickly as chairs empty in the Palm Beach hotel's lobby bar, HMF. The parking lot at City Diner in West Palm Beach was filled to capacity for its Monday breakfast crowd. And no 7 p.m. reservations were to be had on a recent Friday at Carmine's Trattoria in Palm Beach Gardens.

That's consistent with what merchants are seeing.

"We definitely see a rise in traffic," said Michele Jacobs, corporate director of marketing and operations for The Forbes Company, which owns The Gardens Mall. "The traffic pattern starts to increase, and we see an increase in who we see on the floor."

It's not just at one particular type of retailer, either.

"I think it's really across the board at the mall. Our traffic increases everywhere," Ms. Jacobs said.

The increase extends to cultural institutions as well.

"We have seen record ticket sales this year," said Mark Alexander, director of the 700-seat Duncan Theatre on the Lake Worth campus of Palm Beach State College. "We believe that people have been buying them from wherever they summer or spend fall. They log in from the North-



PESQUERA

east and are buying tickets because they know they're going to be here in January and February."

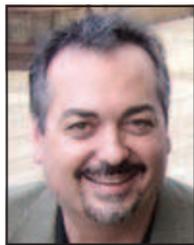
But local residents also are giving ticket sales a boost.

"There are significant increases from year-round residents, and that's the challenge and a goal for any Palm Beach County arts organization," Mr. Alexander said.



DEITS

Katie Deits, executive director of the Lighthouse ArtCenter, agreed, saying she knows season has arrived, "when our classes at the Lighthouse ArtCenter fill up."



ALEXANDER

During a recent visit to the Tequesta museum and art school, students were arriving for a watercolor painting class with artist Barbara Carswell.



JACOBS

That class has about a dozen students, many of whom spend summer elsewhere.

"The parking lot is full of cars with out-of-state plates," said Barbara Broidy, the ArtCenter's curator.

This is prime time.

"The season really starts at the latter part of December and goes through April," Discover Palm Beach County's Mr. Pesquera said. "There's three blocks of time. The key winter months are January, February and March."

There are shoulder seasons of April and May and October and November.

June, July, August and September are the slowest months of the year, but tourism officials do not write them off.

There is budding tourist trade with Brazilians, who frequently visit the state during those off months. Most of that business has been in Miami-Dade and Broward counties.

"We've had almost 2½ to three years of tour operators and travel trade in Brazil to start creating an awareness of Palm Beach County," Mr. Pesquera said. "They travel during those times."

Ms. Jacobs said those Latin American tourists and other visitors from abroad tend to shop for high-tech items.

"The market visitor is only here for a short time. They're shopping for things that perhaps they might not find in their hometown. The international shopper is looking for the name brands and smart phones and tablets to take back home," she said.

The explanation for that increase in traffic?

"I just think we've done a better job of trying to get people to stay," Mr. Pesquera said.

Those visitors seem to spread their numbers pretty evenly too, he said, citing opportunities throughout the area for everything from kayaking to deep-sea fishing, golfing or hanging out on the beach.

But if there is one key area of growth, he concedes, it's "probably the central part of the county. There's a lot of government- and business-related tourism in the central part of the county. There is airport cluster of hotels, if you will. That may be one area that stands out a little bit."

That's in the heart of the Duncan Theatre's reach.

"I'm sure those storms they've had in that part of the country have encouraged people to come," Mr. Alexander said. And buy tickets, he would add.

"I'm very encouraged about our entire season and I know we're getting support from both our part-time residents and our full-time residents," he said, mentioning the theater has its second largest subscriber base of all time.

"We have 1,891 subscribers. That translates to 7,915 tickets, which is second to our biggest year, the 2005-2006 season with 1,929 physical subscribers," he said, adding he expects to surpass that number.

Mr. Alexander said he knew it was season the moment he started seeing crowds.

"There has been a big increase in waits for tables. We're excited and we're loving that they're here," he said.

It may be less obvious at The Gardens Mall.

"Our seasonality has dropped and our year-round business has continued to grow," Ms. Jacobs said.

in the know

By the numbers

- >> **5.5 million** — total number of visitors in 2012
- >> **\$5 billion** — total economic impact
- >> **\$30 million** — bed tax revenues
- >> **\$572 million** — lodging sales
- >> **72 percent to 75 percent** — estimated occupancy rates this year

She grew up in Palm Beach County and began her retail career a quarter-century ago at The Gardens. The season marks an opportunity to help others, she said.

"For us, it's our 25th anniversary, which we are celebrating this year, and we're very proud that we have identified 25 local charities that have invested in our community," she said. The mall's owner, Sid Forbes, will be donating money to those charities.

"We're pleased to do things above and beyond what we've done in the past, both from supporting them from an awareness point of view and a fundraising point of view," she said.

But aside from that, season brings cooler temperatures. The shadows are longer.

And come December, the lights are just a little brighter.

Perhaps Mr. Pesquera puts it best:

"When I drive on Flagler Drive and I look over to the other side of the Intracoastal and I see a lot more lights on Palm Beach, I know the season has started."

That's true. The big houses are shuttered for summer, awaiting the winter return of their glittering occupants and the parties they host.

And he offers a bit of advice for those visiting the island.

"One thing I tell everybody they must do is go to the garden behind the Royal Poinciana Chapel in Palm Beach. There is a beautiful fountain and kapok tree between the Seagull Cottage, Flagler's first house, and Whitehall, which is now the Flagler Museum. It's just such a magical place," he said.

You get the best of both parts of the Intracoastal Waterway.

"The skyline of West Palm Beach along that part of the Lake Trail, that is one of the most beautiful places in Palm Beach County." ■

Drivers distracted about 10 percent of the time

THE UNIVERSITY OF FLORIDA

Drivers eat, reach for the phone, text, or otherwise take their eyes off the road about 10 percent of the time they are behind the wheel, according to a study using video technology and in-vehicle sensors.

Risks of distracted driving were greatest for newly licensed teen drivers, who were substantially more likely than adults to be involved in a crash or near miss while texting or engaging in tasks secondary to driving, according to the researchers from the National Institutes of Health and Virginia Tech.

"Anything that takes a driver's eyes off the road can be dangerous," said study co-author Bruce Simons-Morton, Ed.D., M.P.H., of the Eunice Kennedy Shriver National Institute of Child Health and Human Development, the NIH institute where the study was conducted. "But our study shows these distracting practices are especially risky for novice drivers, who haven't developed sound safety judgment behind the wheel."

The study of drivers in the Washington, D.C., area and in southwestern Virginia appears in the Jan. 2 New England Journal of Medicine.

Experienced adults were more than twice as likely to crash or have a near miss when dialing a cell phone as when they did not dial and drive, but did not have an increased risk while engaging in other tasks secondary to driving.

However, the researchers found that distracted driving substantially increased the risks for new drivers. Compared to when they were not involved in secondary tasks, novice teen drivers were:



ASPEN PHOTO

■ Eight times more likely to crash or have a near miss when dialing.

■ Seven to eight times more likely when reaching for a phone or other object.

■ Almost four times more likely when texting.

■ Three times more likely when eating.

Talking on a cell phone did not increase risk among the adult or teenage

drivers. However, because talking on a cell phone is preceded by reaching for the phone and answering or dialing — which increase risk greatly — the study authors concluded that their results provide support for licensing programs that restrict electronic device use, particularly among novice drivers.

They also stressed the need for education about the danger of distracted driving.

Citing earlier studies, the researchers noted that about 6 percent of drivers are 15 to 20 years old. Further, these younger drivers are involved in 11 percent of accident fatalities and 14 percent of reported crashes that result in injury. The study authors concluded that these data and their results indicate distraction appears to be an important contributor to this increased crash risk.

To conduct the study, the researchers analyzed video from cameras installed in the cars of about 150 drivers. About one-quarter of the drivers were novices, having had their license for no more than three weeks. The remaining drivers had, on average, 20 years of experience and ranged in age from 18 to 72.

Footage was taken whenever the cars were in motion, over a period of 12 to 18 months. Sensors recorded acceleration, sudden braking or swerving, drifting from a lane and other data.

When a crash occurred, or drivers had a near miss, the researchers documented whether the drivers were engaged in a distracting activity.

They identified episodes when drivers talked, dialed or reached for a cell phone, reached for another object in the car, adjusted the car's temperature or radio controls, ate, drank, looked at a crash or something else outside the car, or adjusted a mirror, seatbelt or window in the car. The researchers also compared the frequency of these activities when a crash or near miss occurred to their frequency during segments of uneventful driving.

For more information, visit www.nichd.nih.gov. ■

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HEALTHY LIVING

You can beat procrastination, if you slog through those boring tasks



lindaLIPSHUTZ

llipshutz@floridaweekly.com

Brenda couldn't put it off anymore. She'd promised herself a dozen times she would tackle her work assignment this weekend, but she'd run out of excuses. Her husband Brian had promised to be in charge of the kids so she'd be able to put her full attention to the project, so she had no one to blame but herself.

But she couldn't discipline herself to sit at her laptop to start the assignment. First, she'd make a cup of coffee. Then she remembered she'd forgotten to call her daughter's soccer coach, so she certainly had to take care of that before anything else.

Brenda didn't know where the day had gone. It was 3 when she finally opened the file, and now she was feeling the pressure. She'd promised Brian she'd be finished in time to meet her in-laws by 6. It was so embarrassing — Brian was so organized and never had a problem finishing what he'd set his mind to.

Friends, the holidays are behind us. Many of us have already started the New Year with an ambitious "to do" list. I know, I know. We've promised ourselves that THIS YEAR will be different. In the past, we may have fallen short, and somehow never accomplished what we'd set out to do. But, yes, this will be the

year we motivate ourselves to accomplish important goals.

Most of us know full well what's in our best interest to tackle. We either get distracted, or make excuses but if we're not mindful we're apt to stand in the way of our own productivity.

Researchers have described procrastination as a needless, often irrational delay of an important task in favor of a less important, but oftentimes, more rewarding task in the short run. Studies have shown that many of us succumb to impulsivity, rather than patiently plodding along to achieve future rewards. All of us have been known to procrastinate to some extent. We may check emails, make phone calls or daydream — anything more interesting than facing the workload on our plates. Chronic procrastinators often find themselves caught up in a demoralizing cycle of anxiety, self-doubt and loathing as their avoidance compounds problems and invites criticism from others.

Dr. Timothy Pychyl, a psychology professor at Carleton University in Ottawa, Canada, has spent much of his career studying "why and how we can sabotage our best intentions with needless delay."

According to Pychyl, "When it comes to self-sabotage, procrastination is king. Why? Because procrastination is the gap between intention and action, and it is in this gap that the self operates. The undermining behavior lies in not closing the gap.

We make an intention to act, the time comes, but instead of acting we get lost in our own deliberation, making excuses

to justify an unnecessary and potentially harmful delay. Who makes this decision? We do. The self, in fact, sabotages its own intention."

Let's be realistic. Most of us have responsibilities that are necessary, but just not enjoyable.

Pychyl aptly notes that we may intellectually KNOW what we ought to be doing, but we don't feel like doing it. So, we focus on short-term mood repair: turn on the game to check the score, stroll into the kitchen for a snack. In other words, feel good now, worry about our responsibilities later. We may delude ourselves into thinking we will have the energy and drive to blast through the work pile TOMORROW, but there's no guarantee this strategy will be effective.

Much has been written on why we procrastinate. While it's obvious that the reason varies with personalities and situations, there are clearly some explanations that are most prevalent. Most of us wish to avoid tasks that are unpleasant, although we usually have no choice but to face these expectations.

Sometimes, when we haven't made a serious commitment to a goal, we won't be motivated to do the heavy lifting to accomplish it. Some folks may procrastinate as a conscious or not so conscious way of sending a negative message or getting back at another person perceived as overly demanding or controlling.

Some of us are wired to be more easily distracted or to have poor impulse control, compromising our ability to focus and show patience. Understandably, this

group faces a challenge when facing tedious, exacting tasks.

Pychyl urges us to recognize that we can have negative emotions without acting on them and giving in to them. We can train ourselves to develop the willpower to stick with aversive tasks and see them through.

We can plan strategies that will give us the best environment to have a positive attitude about our workload. For example, we can set up an organized workplace, away from distractions and temptations, and plan a realistic daily agenda. Breaking down assignments to smaller entities may enable us to steadily complete segments, with a sense of satisfaction, which may encourage us to ultimately complete the total assignment without being overwhelmed.

Brian Tracy, who has written extensively about time and life management, describes the 80/20 principle, stating that "20 percent of your activities will account for 80 percent of your results." The most valuable tasks you can do each day are often the hardest and most complex. But the payoff and rewards for completing these tasks efficiently can be tremendous. He is convinced that starting and accomplishing the first important task, although requiring a certain amount of exertion, may be just what it takes to jump-start increasing motivation and productivity. ■

— Linda Lipshutz, M.S., LCSW, is a psychotherapist serving individuals, couples and families. She can be reached in her Gardens office at 630-2827.

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9th annual ForEverglades benefit features Couric, Keaton, Zac Brown Band

SPECIAL TO FLORIDA WEEKLY

The mission: Protecting and restoring the Everglades.

This year's missionaries: TV journalist, author and talk show host Katie Couric; actor, conservationist and fly fisherman Michael Keaton; and GRAMMY Award winners the Zac Brown Band.

The Everglades Foundation announced that Ms. Couric will serve as host for the 9th Annual ForEverglades Benefit at The Breakers Palm

Beach on Feb. 15, with Mr. Keaton serving as the foundation's Honorary Chair.

The Zac Brown Band will perform as musical headliner, performing their top country, Caribbean rhythm and R&B hits.

"We have an amazing line up of celebrity support to kick off our 20th anniversary celebration," Eric Eikenberg, Everglades Foundation CEO, said in a prepared statement. "Restoring and protecting America's Everglades is very important to all of us and having

Katie, Michael and Zac lend their support in bringing attention to this cause is humbling not only for me but for the entire organization and its supporters."

More than 7.5 million people rely on America's Everglades for their drinking water supply.

Florida's agricultural, boating, tourism, real estate, recreational and commercial fishing industries all depend on a healthy Everglades ecosystem, supporting tens of thousands of jobs and contributing billions to our economy.

Its waters flow from the Kissimmee River to Lake Okeechobee, along two estuaries, through the central Everglades, into Everglades National Park, and Florida Bay. America's Everglades brings millions of visitors each year who contribute hundreds of millions of dollars to Florida's tourism economy.

Katie Couric is the host of "Katie," a daily syndicated daytime talk show that premiered in September 2012. She is an award-winning journalist and TV personality, well-known cancer advocate, and New York Times best-selling



Couric

author of "The Best Advice I Ever Got: Lessons From Extraordinary Lives."

Michael Keaton became popular for his early comedic film roles, most notably his performance as the title character of Tim Burton's "Beetlejuice" and Bruce Wayne in Burton's "Batman." Mr. Keaton has appeared in various other films, including "Night Shift," "Mr. Mom," "Clean and Sober," "Pacific Heights" and "Jackie Brown." He also provided voicework for Pixar's "Cars" and "Toy Story 3."

The Zac Brown Band — Zac Brown, Jimmy De Martini, John Driskell Hopkins, Coy Bowles, Chris Fryar, Clay Cook, and Daniel de los Reyes — join a diverse lineup of artists who have performed at previous ForEverglades Benefits including Jimmy Buffett, Kenny Chesney, Dave Matthews, Sting, John Mellencamp, ZZ Top, Gloria Estefan, and Diana Ross.

The three-time GRAMMY award winners and multi-platinum artists have become one of music's most heralded acts with their third studio album "Uncaged" (Atlantic/Southern Ground).

The ForEverglades Benefit raises funds annually to support the science, policy, communications, and education programs of the Everglades Foundation.

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Arthur R. Marshall Foundation names two to board of directors

SPECIAL TO FLORIDA WEEKLY

The Arthur R. Marshall Foundation for The Everglades — which promotes the restoration and preservation of the greater Everglades ecosystem through science-based education and outreach programs — has announced two new members of its board of directors: Marie Bedner, co-owner, operations manager and chief financial officer of Bedner Farm and Bedner's Farm Fresh Market, Boynton Beach; and Chris Facka, senior director of BNY Mellon Wealth Management, Palm Beach.



Bedner



Facka

Ms. Bedner, a Florida native, has been involved in agriculture in Palm Beach County for 28 years. Bedner's Farm is South Florida's first and largest family owned and operated indoor green market producing fresh products from their 80 acres near the Arthur R. Marshall Loxahatchee National Wildlife Refuge.

Wellington residents, Marie Bedner and her husband Steve have been actively involved with the Arthur R. Marshall Foundation for several years. Ms. Bedner currently serves on the board of the Florida Fruits & Vegetable Association, the advisory board for Gulfstream Business Bank and

was recently inducted to the Board of Trustees at Bethesda Hospital.

Chris Facka began his career as a financial advisor, market development manager and branch manager with Wells Fargo Advisors' Private Client Group. He holds a BA degree from Harvard University and an MBA from DePaul University, as well as the "certified financial planner" designation in financial management. Today, as senior director of BNY Mellon Wealth Management in Palm Beach, he is responsible for new business development in the Southeast region. He resides with his family in Jupiter.

Two appointments were also named to the Arthur R. Marshall Foundation's advisory board: Bonnie Lazar, a realtor at Keller Williams Realty Services and Michelle Poole, owner and CFO of North Ridge Electric Inc. and a noted advocate regarding Shaken Baby Syndrome.

West Palm Beach resident Bonnie Lazar began her career as a realtor in New York State, and has been affiliated with the Realtors Association of the Palm Beaches (RAPB) since 2001, first as a member and then rising through the leadership ranks to President. She has extensive experience in sales and management and is recognized as a leader in the real estate industry. Ms. Lazar is past president of the Regional Multiple Listing Service, and serves as vice president of the West Palm Beach Lions Club.

Ms. Poole served on a local, statewide and national basis, including working with Secretary of Labor Elizabeth Dole in setting standards for women in jobs traditionally held by men. She was also recognized as the 2012 Advocate of the Year for the National Center on Shaken Baby Syndrome. She resides in Lake Worth. ■

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 UC Berkeley PhD in cell biology, Chief Science Officer of Doctor's Best

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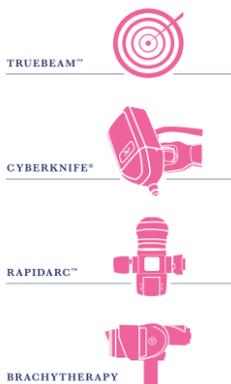
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Gardens Medical Center celebrates 30 years of open-heart surgeries

SPECIAL TO FLORIDA WEEKLY

They call it “a heartfelt first” — becoming the first hospital in Palm Beach, Martin, Okeechobee, Indian River and St. Lucie counties to provide open-heart surgery service. Now, Palm Beach Gardens Medical Center is marking the anniversary of that major milestone, which came about 30 years ago, in November 1983.

The first open-heart surgery patient was 81-year-old George Flynn, who endured severe damage to his heart in a car accident. Cardiac Surgeon Dr. Richard Faro and his team successfully performed the surgery, saving Flynn's life. Since then, Palm Beach Gardens Medical Center continues to be one of the leading heart hospitals in Palm Beach County and the Treasure Coast.

“We are very proud of our achievements in cardiac care for the past 30 years,” CEO Larry Coomes said in a prepared statement. “We're always searching for new cutting-edge procedures that will increase our capabilities and help more patients. We look forward to seeing what Palm Beach Gardens Medical Center will accomplish in the next 30 years.”

The hospital has completed more than 16,000 open-heart procedures, 100,000 cardiac catheterizations and now provides TAVR, a minimally invasive heart procedure for patients with severe aortic stenosis.

Healthgrades named the hospital as a five-star recipient for heart failure eight years in a row.

For more information on Palm Beach Gardens Medical Center's cardiac program, see pbgmc.com. For a free heart attack screening, call 625-5070.

Palm Beach Gardens Medical Center is a 199-bed acute care hospital serving the medial and healthcare needs of Palm Beach County and the Treasure Coast for more than 43 years.

It was the first hospital in Palm Beach County to perform open-heart surgery, and has since remained one of the area's leading heart hospitals having performed more than 15,000 open-heart surgeries.

Palm Beach Gardens Medical Center offers comprehensive cardiac care, orthopedics, diagnostic imaging, general surgery, outpatient surgery and 24 hour-emergency care.

The hospital has achieved many awards and designations, including being named by Healthgrades as one of “America's 100 Best Hospitals for Stroke Care” for two years in a row (2012-2013) and a five-star recipient for Coronary Interventional Procedure for 11 years in a row (2003-2013). Palm Beach Gardens Medical Center also earned the American Heart Association Get With The Guidelines Gold Plus Award for stroke and earned Chest Pain Center Accreditation from the Society of Chest Pain Centers. ■



5080 PGA Blvd Suite 105, PB Gardens, FL 33418
www.kabukiwpb.com | 561.776.8778

St. Mary's offers lone children's cancer unit



All kinds of cancer, including childhood cancer, have a common disease process — cells grow out of control, develop abnormal sizes and shapes, ignore their typical boundaries inside the body, destroy their neighboring cells, and ultimately, can spread (or metastasize) to other organs and tissues.

As a child's cancer cells grow, they demand more of the body's nutrition. The cancer takes a child's strength, destroys organs and bones and weakens the body's defenses against other illnesses.

Some positive news is that cancer affects only 14 of every 100,000 children in the United States each year. Among all age groups, the most common childhood cancers are leukemia, lymphoma and brain cancer. As children enter teens, there is an increase in the potential for osteosarcoma (bone cancer). The sites, treatment and cure rates differ for each type of childhood cancer.

The needs of children and adolescents can be very different from those of other cancer patients. The Palm Beach Children's Hospital at St. Mary's Medical Center is the only healthcare facility in Palm Beach, Martin, Indian River, St. Lucie and Okeechobee counties with a separate unit that specializes in caring for young people with cancer and non-malignant blood diseases such as hemophilia and sickle cell anemia.

The Palm Beach Children's Hospital's team of pediatric oncologists and hematologists is nationally recognized for the diagnosis, treatment and research of childhood leukemia, solid tumors, hemophilia and other bleeding disorders, hemoglobinopathies, bone marrow failure states, immune deficiencies and certain genetic disorders.

Unlike cancer in adults, the factors that trigger childhood cancer are not often linked to lifestyle or environmental risks factors (i.e. tobacco and alcohol use, poor diet and/or sedentary lifestyle). In most cases, childhood cancers arise from non-inherited DNA changes in cells that take place very early in life, or sometimes even before birth.

Sometimes, a doctor might spot early

symptoms of cancer at regular check-ups. However, some cancer symptoms (fever, swollen glands, frequent infections, anemia or bruises) are often associated with common infections and conditions, and thus may not be detected as cancer related. This is why cancer has already spread to other parts of the body in 80 percent of children who are diagnosed with cancer.

Once the cancer has been diagnosed, it's important for parents to seek help from a medical center that specializes in pediatric oncology (treatment of childhood cancer). As one of only a handful of community hospital programs nationwide that participate in the Children's Oncology Group — a co-op group supported by the National Cancer Institute — the physicians at the Palm Beach Children's Hospital work with other world-renowned specialists searching for a cure.

The treatment for childhood cancer can include chemotherapy, radiation and/or surgery. The type of treatment depends on the type and severity of the cancer. The good news is that childhood cancers tend to respond better to treatments than adult cancers. However, the cancer treatments such as chemo and radiation can cause long-term side effects.

For more information about childhood cancer treatments, talk with your pediatric oncologist or call the Palm Beach Children's Hospital at St. Mary's Medical Center at 561-841-KIDS for a free referral to a physician near you. Please visit the hospital's pediatric oncology page for more information. ■

Ask The Health & Beauty Experts

ASK THE COSMETIC SURGEON



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

ASK THE DENTAL EXPERT



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

What can be done to improve facial scars?

Scars on the face and neck are problematic since they are readily visible to other people. Motor vehicle accidents, assaults, dog bites, skin cancer removal and even surgical scars can all heal in an unfavorable manner. Any wound takes about 12 months to fully heal but sometimes a scar that will heal poorly can be identified sooner.

Scar direction, color, depth and location will determine if the scar is more or less noticeable. A hypertrophic scar or keloid involves overgrowth of scar tissue. Medical and surgical management can be discussed after a full evaluation. Scar creams based in silicone can promote better healing if used soon after the injury. If scar surgery is recommended, the procedure itself takes about 1-2 hours and is performed in our accredited operating suite usually using local anesthesia. Advanced techniques such as z-plasty can be used to modify the orientation and length of the scar. Most patients are able to return to normal activity between 3-4 days when most swelling subsides.

After surgery, the scar is checked regularly and patients are taught proper wound care. Maintaining moisture and avoiding sun exposure are the two most important factors to promote favorable healing. Sometimes steroid injections are used to reduce the recurrence of a hypertrophic scar or keloid. To see if a scar revision or keloid excision is right for you, please call my office to schedule an appointment.

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

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

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

Tooth versus implant

Question: Should I have my tooth extracted and have a dental implant placed? I heard they are better than my tooth.

Answer: Dental implants are a great tooth-replacement device. Of all the tooth-replacement options, these dental prosthesis best mimic a natural tooth and stimulate the jawbone to maintain its density and volume.

The key word here is replacement — not substitution. Root form implants have been in the development since the early 1980s. Teeth have been in development for billions of years. There are no substitutes for natural teeth but your natural teeth.

If you have a tooth that is broken down and cannot be saved, the best replacement is a dental-implant-supported crown. If you had periodontal disease and you are trying to get the last bit of life out of those teeth, at the expense of losing your jawbone, then at this point, you would be advised to extract those teeth, preserve the remaining bone, and place implant-supported restorations.

The dental implant would make better use of the remaining bone and help preserve it rather than destroy it.

So, if you have teeth that can be viable with some dental intervention, keep them. If the teeth that are compromised are more of a negative than a positive, your dental-treatment dollars will be better used on replacing these teeth with dental-implant restorations.

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 Master-ship 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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202 ECHO DRIVE

Situated on a nearly half-acre lot. 3BR/3.5BA, 3758 SF home with den, exercise room plus incredible water and golf course views. Marble floors, crown molding and crystal chandeliers. Oversized backyard with south exposure plus heated pool. Web ID 3224 **\$1.875M**



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

One of the only remaining custom estate lots. With rear SE exposure, this parcel offers golf and water views. Two lots that can also be subdivided. Web ID 3037 **\$2.495M**



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

Custom 4BR/5.5BA with pristine lake views. Light & bright. Relaxing Florida room with wall to wall sliding glass doors overlooks tropical pool/spa area. Web ID 3032 **\$999K**



152 SOTA DRIVE

Desirable oversized lot with lake views. Full set of architectural drawings for a custom estate incl. Luxury golf club community with all the amenities. Web ID 2853 **\$749K**



107 SOTA DRIVE

Rare opportunity to build your dream home on this vacant lot and a half. Beautiful lake views with a desirable southeastern exposure. Web ID 2822 **\$749K**



118 WEOMI LANE

Immaculate 3BR/3BA home including courtyard with heated pool/spa perfect for entertaining. Impact glass, French doors & marble floors. Web ID 2878 **\$699K**

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MIRABELLA

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Can divorce be a New Year's resolution?



kennethGORDON
brinkleymorgan.com

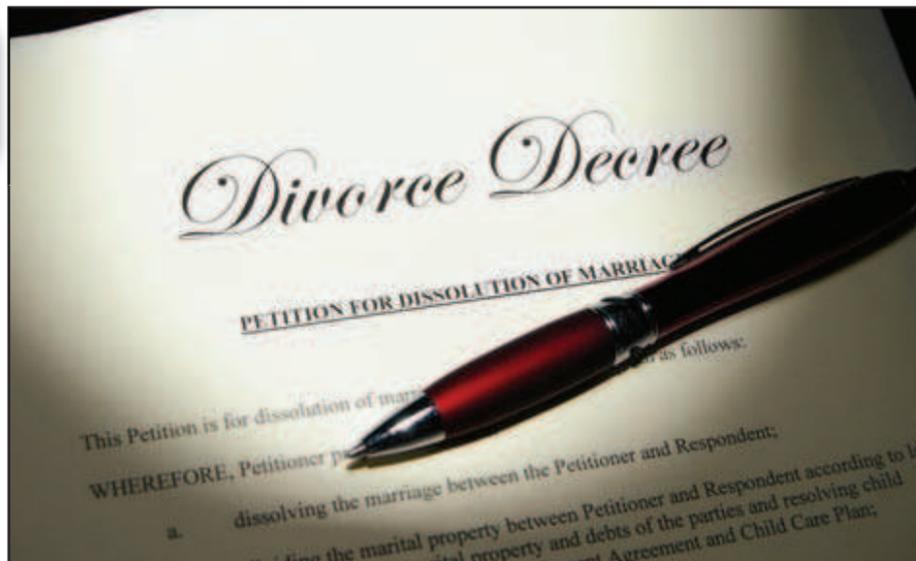
I cannot say for sure whether I have ever met someone who hasn't fallen prey to the almost inescapable pressure to make New Year's resolutions. It makes sense, I suppose, to use the New Year as a starting point to finally accomplish some personal goal or another.

I personally know that every Sunday night also seems to hold the promise of a fresh start the following Monday morning. Not to say these resolutions always work, or even often work, however the desire to improve seems to be hard-wired into us. This opportunity to annually engage in a group endorsed "fresh start," seems to illuminate the fact that hope does indeed seem to spring eternal.

The most common resolutions I hear are to lose weight; get in shape; quit smoking and other health and fitness related endeavors. I have also heard people resolve to spend more time with family; work on a relationship; and on occasion find a relationship.

I submit that there is another common resolution made each year which is usually kept either secret, or shared only with the closest of friends and family, and that is the decision to end a marriage — in other words get divorced.

Decisions to divorce, like many other New Year's resolutions, are seldom spur-of-the-moment decisions made at some party on December 31. Usually the thought process and ultimate decision to end one's marriage spans many months and even years, and so the ques-



tion remains regarding whether or not the decision to divorce should really be considered a New Year's resolution. One of the reasons this particular topic occurred to me is the increase in new divorce clients that my partners and I see each year immediately after the first of the year. In addition to just a fresh start, there are also some common sense reasons why people wait until the first of the year to get divorced, such as taxes, bonuses and children returning to school.

Regarding the issues of taxes, there are four different tax rate schedules, or designations that can be utilized when filing one's Federal Income Tax Returns each year. They are: married filing separately; single; head of household; and married filing jointly. Each of these designations can result in materially different tax consequences, and as such a person, or a couple may decide to begin or finalize a divorce in the beginning of a new year. It is not uncommon, even

if people arrive at settlements prior to the end of the year, to wait until the following year to actually receive a Final Hearing and Final Judgment to allow for them to file Married Filing Jointly, which often has advantageous tax ramifications.

Another reason people wait until the beginning of the year to file for divorce has to do with prospective annual bonuses that one spouse or the other may be receiving from their employment. The issue of income is often, along with children's issues, one of the most highly contested issues in a divorce case. When one files for divorce can be highly relevant to how much money one receives, or pays, in the context of a divorce. For example, income earned during a marriage is considered to be a marital asset that is in turn presumed to be divided equally between the parties to a divorce.

Conversely, once a divorce action has been filed one or both parties' income

becomes a non-marital asset belonging solely to that spouse. In the event that there is a large year-end bonus due to one spouse the filing date may well be important.

Also, it is not uncommon for people to wait until their children turn eighteen and leave for college prior to filing for divorce. Most people would agree that no one likes to spoil the holidays if it can be avoided. I have borne witness to numerous situations where one or both parents want to wait until after the holidays to break the news to their children if the children are still living at home; and sometimes parents use the winter break to break the news to visiting college or adult children.

Whatever reason one may have to seek a divorce, it is usually an incredibly difficult and challenging endeavor. Part of my philosophy in counseling divorce clients is to advise them to make a concentrated effort to visualize how they would like the next chapter in life to unfold, and to begin the process of creating that new life.

While divorce is almost always a painful process, it does end. It is this new chapter in a person's life, like the New Year and its resolutions, which requires planning, commitment and a willingness to make each year, month, day and moment the best it can be.

So if you made a resolution to seek a divorce, take some time to imagine what you want your post-divorce life can be like and resolve to make it as wonderful as you envision it to be. ■

— Kenneth A. Gordon is a partner at Brinkley Morgan and a board certified specialist in marital and family law. He can be reached at 954-522-2200, or at brinkleymorgan.com.

MONEY & INVESTING

It's not too late to resolve to fix your finances



jeannetteSHOWALTER, CFA
showalter@wwfsc.com

If new year's resolutions were ever so easily accomplished, then there would be little need for the psychological uplift attached to Jan. 1. If they were so easy to stick with, the same resolutions would not appear year after year on our lists. And so, a few weeks after we've made (and possibly broken) our resolutions, I'm here to remind you why it's so important to stick with them.

So what are the top new year's resolutions? A recently conducted Harris poll identified them and, in Dave Letterman countdown style, they are:

10. Set aside time for yourself.
9. Stop procrastinating.
8. Improve a relationship.
7. Stop smoking.
6. Manage stress better.
5. Eat healthier.
4. Get a new job.
3. Exercise.
2. Improve your finances.
1. Lose weight.

Not surprisingly, two and four are directly related to wealth or money (e.g., improved finances and a new job, which is more often than not a better-paying job).

Six of these top 10 are directly related to physical health and a seventh (improving a relationship) is indirectly tied to

mental, physical and emotional health but, in actuality, these health-related goals are indirectly tied to saving money and better finances.

For example, weight loss can improve finances. A person who is obese has annual medical costs \$1,429 higher than someone of a normal weight, according to the Centers for Disease Control and Prevention.

As there are some 72 million obese people in the U.S., just do the simple math: 72 million people each saving on average of \$1,429 equals \$102,888,000,000. Yep, you read that number correctly. Eliminating obesity could create \$103 billion in savings per year.

Collectively, as a nation, we would begin to experience these hefty savings from fewer hospitalizations, fewer doctor visits, lower insurance payments and copayments. But because the effects of obesity are primarily made manifest in later years of life, many obese individuals might not fully and immediately benefit financially.

"The problem with being obese is that it leads to lower health outcomes later in life," says Jay Zagorsky, an economist at Ohio State University. "If you put on an extra 30 or 40 pounds right now, there is no reason to believe that for the next decade you will have more doctor visits than if you keep the extra weight off... Instead, the effect of a poor diet may not show up until many years into the future. So, people should understand that losing weight may not result in savings right away." (Bankrate.com.)

But planning for our future health is critical right now; if there is any time when

we need to face fewer financial burdens, it is when we are older, when we have fewer income-generating opportunities to cover medical expenses and when our illnesses might disallow many types of employment.

Another weight/health resolution improves chances of getting a new job. "All things being equal, employers will probably not hire an overweight (or) obese person over others because of the risk of future health care costs... Studies have found that discrimination based on weight in the workplace is more prevalent for women than men, especially white women in professional occupations," says Barbara O'Neill, a professor at Rutgers University and co-author of "Small Steps to Health and Wealth."

A third weight/health resolution improves retirement funding. One-quarter of respondents to the 2005 Health Confidence Survey, sponsored by the Employee Benefit Research Institute, reported that they decreased their contributions to a retirement savings plan as a result of the increased cost of health care and 45 percent reported decreasing other savings.

Clearly, smoking is a health issue and a current decrease in wealth beyond the risk and costs associated with lung diseases. A non-smoker's net worth has been found by researchers at Rutgers to be about 50 percent higher than that of light smokers and about twice the level of heavy smokers. And an increasing number of employers are requiring employees who smoke to pay higher health insurance premiums than non-smokers and/or they are pay-

ing incentives to those who quit. In some states, workers can be fired for refusing to quit smoking.

What to do? Eliminate unhealthy behaviors. As hard as it might be, new routines must replace deeply entrenched unhealthy behaviors. For instance, "Eliminate a \$10 a day smoking or junk food habit... and you can save \$3,650 annually. And that's just the immediate savings. There are also savings over the long-term for the rest of someone's life. The Centers for Disease Control estimates that just a 10 percent weight loss could reduce an overweight person's lifetime medical costs by \$2,200 to \$5,300.

Not only do we as citizens need to take responsibility for many aspects of our health, but we also need to encourage and help those who are floundering with poorer health and excess weight. Your help might be as simple as forwarding this column to others. ■

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

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

WEEK OF JANUARY 16-22, 2014

PALM BEACH COUNTY COMMERCE

LOVE TO SHOP?

Palm Beach Outlets Mall set to open on Valentine's Day

SPECIAL TO FLORIDA WEEKLY

Palm Beach Outlets Mall will open in less than a month, bringing to the West Palm Beach area about 100 outlet stores and big-box stores Whole Foods and Nordstrom Rack. Hundreds of jobs are being created.

The mall, on 84 acres at Palm Beach Lakes Boulevard and I-95, will open on Feb. 14, Valentine's Day.

It's the former site of the Palm Beach Mall.

At a job fair held Jan. 9 at Northwood University, so many jobseekers showed up that there was a traffic jam. More than 1,500 applicants had filled out job applications before noon.

Organizers temporarily closed the line, then reopened it in about an hour. In the end, more than 5,000 people filled out applications.

General Manager Jim Roberts said more than 1,000 jobs will be created.

"Opening on Valentine's Day gives us the perfect opportunity to give the public a gift they will not only love, but have been anxiously awaiting for," said Mr. Roberts. "To celebrate on Valentine's Day and Major Jeri Muoio's birthday is an added bonus. We are thrilled to be giving the community the gift of Palm Beach Outlets."

About 100 stores will open on Valentine's Day. In a second phase, big box retailers like Whole Foods and Nordstrom Rack will open along the Interstate 95 boundary.

Palm Beach Outlets is being developed by a partnership of New England Development and Eastern Real Estate.

New England Development is a national real estate development and management company, with more than 50 million square feet of retail, commercial and residential space.

Founded by CEO Stephen R. Karp, New England Development has 35 years



COURTESY IMAGES



ABOVE: A rendering shows one of the outlet mall's shopping areas. **LEFT:** The mall is nearing completion in this recent photo.

of retail development, leasing and management experience. The developer of some of the country's most widely recognized and successful regional malls, New England Development is also known for developing mixed-use complexes featur-

ing retail, residential, hotel and office uses; outlet centers; power centers; marinas; golf courses; resort and convention hotel properties; and even an entire planned community.

Eastern Real Estate is a privately held commercial real estate firm with expertise in capital investment, real estate development, and asset management.

For more information, see pboutlet-mall.com.

Located directly off Interstate 95 on Palm Beach Lakes Boulevard in West

Palm Beach, Palm Beach Outlets is being developed by a partnership of New England Development and Eastern Real Estate.

The investment by New England Development and Eastern Real Estate will make Palm Beach Outlets the premier outlet shopping attraction in the Palm Beach market.

More than 1,000 full and part-time permanent positions in retail management and sales are projected as a result of the redevelopment of Palm Beach Outlets. ■

STORES SET TO OPEN ON FEB. 14

- | | | | | | | | | | |
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IN MY WORDS

Sixty-Five Roses makes a difference in fight against CF

BY MARY WEISS
Special to Florida Weekly

Friday, Sept. 11, 1965, is a day that changed our lives forever.

At 3 o'clock that fateful day, my husband, Harry, and I were told that their precious 4-year-old son, Richard, had cystic fibrosis.

Although he had no sign of illness, I had a sense that something was wrong with Richard from an early age. When he was 4 months old, he had an episode of "pyloric stenosis," better known as "projectile vomiting."

Neither term meant anything to me as a young mom.

The doctor told me to take Richard to the hospital. After four days the diagnosis upon discharge was "improper feeding technique." This was totally puzzling to me because I was breast feeding Richard, as I had our older son Arthur for 1½ years without a problem.

Although I kept nursing him as I had, Richard never had another episode of projectile vomiting.

As years passed, I constantly worried about Richard's lack of growth and Arthur's repeated sinus infections that required numerous surgeries. The boys developed very well in every other way. I grew up in New York and often took the boys to doctors in the city to confirm their health.

Each time, in Montreal and New York, I

was told that the only problem was that I was "too nervous. Too apprehensive."

One day there was a story on television about the starvation in Rwanda that showed a little boy with painfully thin arms and legs and a distended/swollen stomach who was suffering from extreme starvation.

Much to my horror, the boy's frailty resembled Richard's, except Richard was eating more than anybody I knew.

Several days later, coincidentally, there was a Public Service Announcement on TV showing a healthy looking little girl rocking on a hobbyhorse. The announcer said, "It is hard to believe that this child is afflicted by a fatal disease. Please support the Cystic Fibrosis Foundation." I was puzzled because I had never heard of cystic fibrosis. A few days later, Richard had a routine appointment with the doctor. I asked if it was possible that Richard had cystic fibrosis.

The doctor said, "Get that silly idea out of your head." A few days later Richard had a terrible bout of diarrhea and was fading before my eyes. I called the doctor, saying, "Don't tell me I'm crazy. There IS something wrong with Richard."

He told me to bring Richard to the hospital and on Friday, Sept. 11, Harry and I were told that Richard had cystic fibrosis. The doctor said that he was 98 percent sure that Arthur had it also, which would have been the cause of his repeated sinus infections. I did not know that I was already pregnant with our third child, Anthony, who, against all odds, also was born with CF!

After two days of despair, I concluded that the ONLY way we could handle this tragedy was to fight it and to find a cure.

And so began a 50-year journey to find a cure for this terrible inherited, incurable disease.

CF is a recessive genetic disease that affects the pulmonary and digestive systems. It requires daily rounds of respiratory therapy, taking multiple medications daily and frequent hospitalizations.

We moved to Palm Beach seeking a more temperate climate than the harsh Montreal winters. I soon saw that philanthropy was a way of life here and started the CF chapter in my home. Thankfully, I met wonderfully supportive, caring friends who joined me in my quest to find a cure.

They helped me develop a fundraiser at The Flagler Museum that was a great success.

As many charities need a theme for events, one day, Palm Beach residents Baylie Rosenberg and Nancy Murray were at my home planning the brunch. I told them of an event that Richard created. I had broken my foot and while it was healing I called EVERY fraternal and civic organization asking to present a program on CF only for the purpose of public education.

After many repeated calls saying, "This is Mary Weiss from the Cystic Fibrosis Foundation asking for time to make a presentation," Richard said, "Mommy, I know what you're working for."

Puzzled, I said, "Ricky, what am I working for?"

With the innocence of a child, Ricky answered, "You're working for 65 roses."

I was stunned — Ricky didn't know that he had CF — I took his frail body in my arms and said, "Yes Ricky, I'm working for 65 Roses."

I shared this story with Nancy and Baylie, who immediately saw that 65 roses would be the perfect theme for the event. And so it came to be. There have been Sixty-Five Roses galas at The Breakers every year since that have raised more than \$10 million.

Only the innocence of a child could turn a horror (cystic fibrosis) to a thing of beauty and hope (Sixty-Five Roses).

In addition to founding the Palm Beach CF Chapter, Harry and I founded the annual CF gala in Montreal, which has raised more than \$9.4 million for care and research across Canada. It is in recognition of our boundless determination to find a cure for this terrible disease that we were awarded the Queen Elizabeth II Diamond Jubilee Medal, which is presented to Canadians who have made significant contributions to their communities and nation or have made achievements abroad that bring credit to Canada.

Money raised through Sixty-Five Roses and other events have enabled the CF Foundation to establish a CF Care Center at St. Mary's Hospital serving about 120 CF patients in the tri-county area. ■

— *The Sixty-Five Roses Cocktail Party is set for 6:30 p.m. Jan. 16 at The Breakers. For more information, contact the Cystic Fibrosis Foundation's office, 700 S. Dixie Highway, Suite 100, West Palm Beach; 683-9965; or cf.org.*

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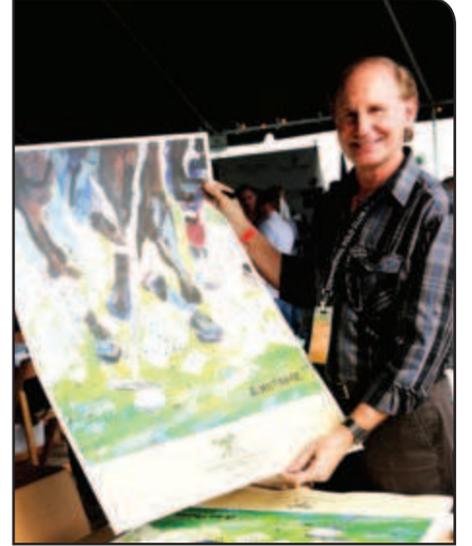
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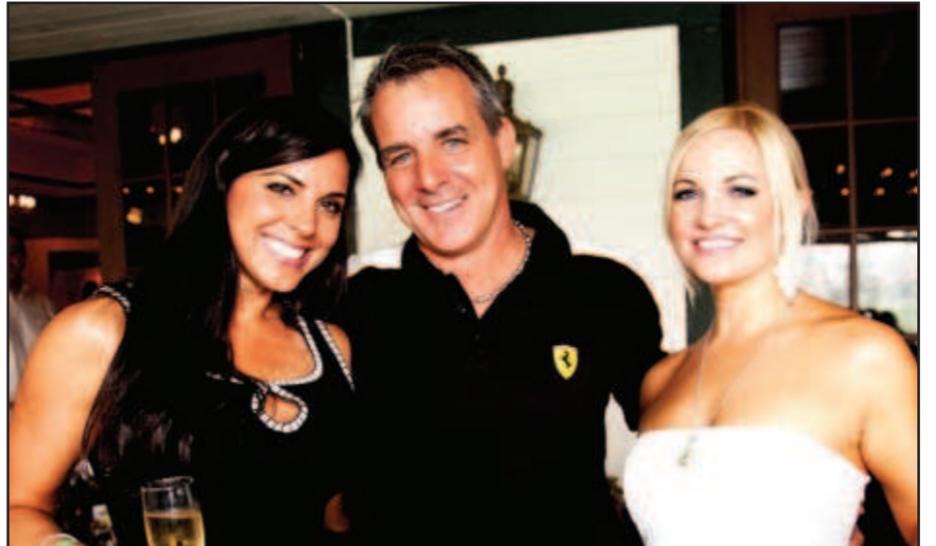
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PALM BEACH SOCIETY

Chamber Music Society of Palm Beach concert and cocktail party, Mar-a-Lago



Carol Jager and Douglas Jenks



Irene Athans and Carter Clarke



Herme de Wyman Miro, Ari Rivkin and Tova Leidesdorf



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Henry Laufer and Marsha Laufer



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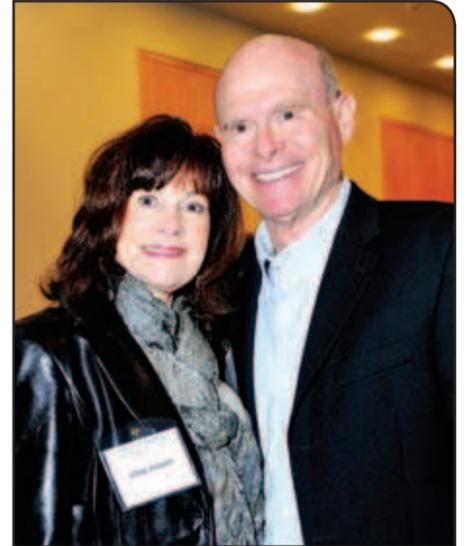
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Chris Baker, Charles Weissman, Juliette Weissmann and Matthias Haury



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Private, custom home in exclusive
BREAKERS WEST

SPECIAL TO FLORIDA WEEKLY

This impeccable custom home is located at 1909 Flagler Estates Dr., in the exclusive Flagler Estates section of Breakers West. Gorgeous views overlook the 4th fairway of the Rees Jones golf course. The three-bedroom, 4 1/2-bath home is situated on more than half an acre with lush tropical landscaping and an abundance of privacy. Enjoy the outdoor living area with expansive entertainment areas, including a screened-in pool/spa and covered lanais. The newly designed chef's kitchen includes plenty of storage and top-of-the-line appliances including Wolf, Subzero and Bosch. Dual master baths are

perfectly designed with exquisite marble and granite detail, perfect for relaxation. Additional fine features include a wet bar with refrigerated drawers and wine storage, built-ins throughout the home, a two-car garage, plus a golf-cart garage with additional space for parking, and a private entrance gate into Flagler Estates Drive. Light, bright and airy, this home is move-in ready. Various memberships are available including Breakers West and the Breakers Ocean Club, but they are not required. The Corcoran Group lists the home at \$1,225,000. Agents are Craig Bretzlaff, 561-601-7557, craig.bretzlaff@corcoran.com, and Heather Bretzlaff, 561-722-6136, heather.bretzlaff@corcoran.com. ■



KOVEL: ANTIQUES

Delight awaits for collectors of classic fortune tellers

BY KIM AND TERRY KOVEL

Special to Florida Weekly

Fortune tellers have been popular for centuries. In the United States, many 20th-century amusement parks had fortune teller machines that enticed customers. Put a coin (or, in later years, a dollar bill) in the slot, and the life-size figure in the glass-fronted booth nodded and moved its mouth, hands and even eyes while giving you a card telling your future. The most famous fortune teller machine is the 100-year-old Zoltar, the exotic figure featured in the movie "Big." He turned a boy into a grown-up Tom Hanks. But many machines featured female gypsy fortune tellers dressed in appropriate clothes. The most famous of these is Esmeralda, a machine that has been made by several manufacturers, many of them unknown, since the early 1900s. An Esmeralda even sits on Main Street in Disneyland. She moves, hands out a fortune card and then winks.

The rarest fortune-telling machine known today was discovered in a restaurant in Virginia City, Mont., about seven years ago. It's about 100 years old and spoke to you in a 100-year-old voice if you inserted a coin. The machine is said to be worth more than \$2 million. Vintage fortune teller machines sell for thousands of dollars. New ones are being made today and can cost \$9,000 or more.

Q: I was given a child's rocking chair more than 40 years ago. I would like to know more about it. It's stamped "Gardner's Patent, May 21, 1872." It is wood

with brass tacks and has holes in the seat in a pattern of a star in a circle. Can you tell me something about the maker, age and value?

A: Gardner & Co. was in business from 1863 to 1888 in Clarksville (now Glen Gardner), N.J. The company made several types of plywood chairs. George Gardner held the patent for a plywood seat made of a layer of canvas and three layers of veneer running in opposite directions. Value of your child's rocking chair is \$150 to \$200.

Q: I have eight place settings of Stangl Pottery's Thistle pattern dishes, plus serving pieces. Can you tell me how old they are and what they're worth?

A: Stangl Pottery of Flemington and Trenton, N.J., was originally named Fulper Pottery. The name of the pottery was changed to Stangl Pottery in 1929, three years after Johann Stangl became president of the company. The pottery was sold in 1972 and closed in 1978. Stangl made Thistle pattern from 1951 to 1967. Your set probably is worth about half of what similar new sets sell for today.



DUMOUCHELLES / COURTESY PHOTO

Esmeralda, the vintage fortune teller, will nod, turn her head, move her jaws and hands, and even blink. An Esmeralda machine was offered at two different 2013 auctions, but she did not attract a high enough bid to sell.

Q: I have an Aladdin lamp that has been in our family for generations. The knob on the burner is marked "Mantle Lamp Co., Nu-Type, Model B, Aladdin, patents pending, Made in U.S.A., Chicago, Ill." It has a green glass shade with a landscape design on it. I'd like to know more about it and how old it is.

A: The Mantle Lamp Co. of America was founded by Victor Johnson in 1908. The company trademarked the name "Aladdin" that same year. In 1926 Johnson bought a glass factory and began manufacturing glass lamps, shades and chimneys. His lamps were sold by traveling salesmen. Although electricity was common in cities, there were still many rural homes without it, and kerosene lamps continued to sell well. Nu-Type burners were first made in 1932. Model B burners were introduced

in 1933 and were made until 1955. The Mantle Lamp Co. merged with Aladdin Industries, a subsidiary, in 1949. The lamp division was sold to a group of investors in 1999 and became the Aladdin Mantle Lamp Co., which still is in business in Clarksville, Tenn. Your lamp was made

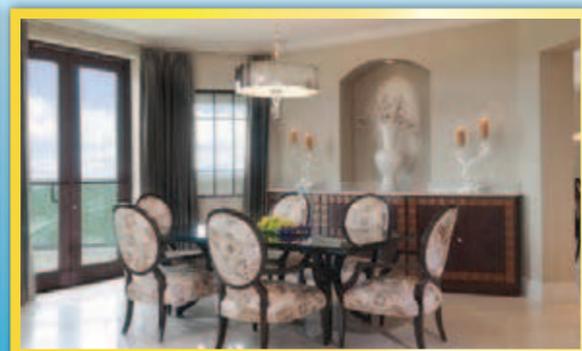
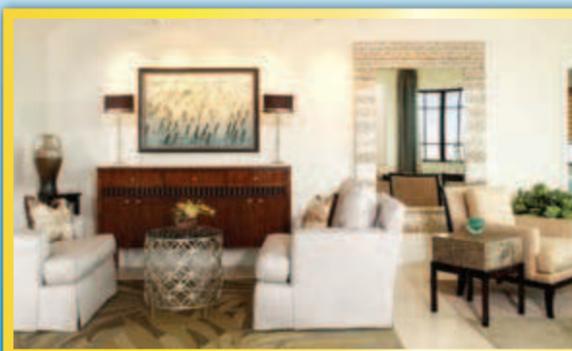
between 1933 and 1949, when the company merged with Aladdin Industries and moved to Tennessee. Aladdin Knights of the Mystic Light is a club for collectors of Aladdin lamps. The club's website, AladdinKnights.org, can give you more information about Aladdin lamps.

Q: My father served in the British army in World War I. I have his camera and case in excellent condition. Please tell me what the camera is worth and any other information you might have.

A: The value of an old camera depends on the maker. You can find information by searching online or by going to your local library. If you don't know the model number of your camera, look at photos of vintage cameras by that maker and try to find one like it. If you check values online, remember that the asking price may be higher than what the camera eventually sells for.

Tip: Do not wrap or store scrapbooks in anything made of PVC rigid or flexible plastic. ■

— Kim and Terry 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.



LANDMARK AT THE GARDENS

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The Landmark is Palm Beach Gardens only luxury high-rise. Created by Diane Parisian Design LLC, this 4,123 total sq. ft. penthouse received 3 Silver Florida Prism Best Awards for 2012. The only Landmark penthouse ever offered for resale includes 3,300 AC sq. ft. of living space with 3 bedrooms plus library/den & 3.5 baths and unparalleled views.

The Landmark's ideal location providing exceptional luxury services and amenities is just steps away from world-class shopping and fine dining. Laura Giambona, resident agent, specializes in selling and leasing at The Landmark. Unit is offered at \$1,650,00 furnished and \$1,575,00 unfurnished.



For further information on this property and others at The Landmark, contact **Laura Giambona** at 561.352.5214 or laura@bocaexecutive.com.

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Palm Beach Gardens Golf Course gets back into swing of things

BY AMY WOODS

Special to Florida Weekly

Since its debut, the newly redesigned 18-hole Palm Beach Gardens Golf Course on the edge of the Loxahatchee Slough Natural Area has seen many a happy golfer play on its fresh Celebrations grass and new TifEagle greens.

"I think they've done a great job with the greens," said Kurt Herrmann, a Palm Beach Gardens resident who has patronized the course for more than 20 years. "It's more difficult now. I love it."

Drainage dilemmas and irrigation issues — exacerbated not only by the links' location in low-lying wetlands but also by its aged pipes — prompted the \$2.5 million, six-month overhaul.

Bill Morrison, visiting from New Hampshire, hadn't teed off on the course since April.

"It's fantastic," Mr. Morrison said. "It's dynamite. I've played others, and this, by far, is in the best condition."

Upward of 150 golfers per day swing their clubs along the scenic course between the Beeline Highway and Northlake Boulevard, bringing a smile to the face of golf operations director Tim Kasher.

"Rave reviews, that's what we're hearing," Mr. Kasher said. "The first couple of weeks, they couldn't say enough good things about it."

The par 72 course welcomed back its players Dec. 9, following the annual Mayor's Veterans Golf Classic fundraising tournament for the VA Medical Center in Riviera Beach. One hundred thirty-six participants helped raise more than \$27,000 for homeless veterans and those who need financial assistance.

"It was nice to see the golfers again," Mr. Kasher said. "Then, to hear them say great things like that, that was the icing on the cake to me."

A unanimous vote by the Palm Beach Gardens City Council approving the project got the ball rolling last spring. The facility closed June 1. Its original target date of Nov. 11 — Veterans Day — instead turned into Pearl Harbor Day.

Dusenberry Designs headed the detailing of the course, which included everything from reshaping the surfaces using backhoes and bulldozers, to planting coco plum, live oaks, wax myrtles and other native species, to relocating awkwardly placed bunkers.

"I was, at first, almost overwhelmed," Mr. Kasher admitted. "It was a very aggressive timeline. It was a very big undertaking. We all pulled together. We met weekly. It really was a team effort. And all of that was reinforced when we opened. We didn't know how it played."

"It plays nice," attested Melissa Ramnauth, a 16-year-old Canadian visitor participating in Winter Break Golf Camp. "The greens run nice. The bunkers and the trees they added are nice. I like it."

Tad Burnett, a senior designer for Dusenberry Designs, said while the project presented its own set of hazards, it finished smoothly.

"I think this site, in particular — one of the things that makes it so unique is the



COURTESY PHOTOS
The rising sun seen from the first hole of the Palm Beach Gardens Golf Course. The course reopened in December after a \$2.5 million facelift.



fact that it is surrounded by these beautiful wetlands," Mr. Burnett said. "What makes it so beautiful is what makes it more challenging."

The goal: to create a set of dynamic holes that fit the needs of both the average and the above-average patron.

"Matt and I wanted to be able to address all of their concerns ... but also give them a product that exceeded their expectations," Mr. Burnett said of Matt Dusenberry, Dusenberry Designs' principal. "I think we, as a team, we checked

all the boxes, so to speak. I'm really proud of the project, the way it turned out. I'm just excited to see how it goes, how it's received for its first big year."

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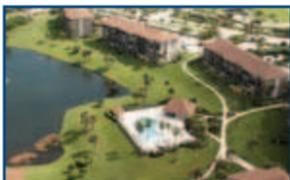
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Attorneys receive awards

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Gardens law firm of Domnick & Shevin started the New Year right with a trio of awards.

Sean Domnick, a partner in the firm, was selected for inclusion in the 20th edition of the Best Lawyers in America for 2014 in the practices of Malpractice Law and Personal Injury Litigation-Plaintiffs. Mr. Domnick also was named a Fellow of the Academy of Florida Trial Lawyers by the Florida Justice Association and was awarded the Best Lawyers 2014 West Palm Beach Personal Injury Litigation-Plaintiffs Lawyer of the Year. A Florida native, Mr. Domnick earned both his bachelor's and

law degrees from the University of Florida.

Harry Shevin, a partner in the law firm, was also selected for inclusion in The Best Lawyers in America, in the practice area of Personal Injury Litigation - Plaintiffs. Mr. Shevin, also a Florida native, earned both his bachelor's and law degrees from the University of Florida.

The law firm, which specializes in personal injury, wrongful death, medical malpractice, catastrophic injury, product liability and mass torts, was ranked in the 2014 Edition of Best Law Firms. The firm is located in Suite 3201 in Downtown at the Gardens. Their website is www.acallforjustice.com. They can be reached at 888-878-1372. ■

Trancer to hold trunk show at Envy of Palm Beach

SPECIAL TO FLORIDA WEEKLY

In the 1960s, she might have said, "It's my bag."

These days, designer Susan Trancer shows the one-of-kind hand-painted purses — clutches to weekend totes and backpacks — for which she is known at trunk shows.

She's announcing one such show (snacks and refreshments included) for Jan. 24 from 1 p.m. to 5 p.m. at Envy of Palm Beach in Gallery Square South, 376 Tequesta Drive, in Tequesta.

Her collection of hand-painted and crafted bags combines the beauty of natural materials, creative design, masterful craftsmanship and functionality.

Eco-friendly and crafted in Palm Beach Gardens, almost all components are made in the USA, the exception being what she calls "exotic repurposed bone and horn buttons — beautiful relics that would have otherwise ended in landfills."

For more information, call 744-9700. ■

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Palm Beach County's new foreclosure case numbers lowest since 2006

SPECIAL TO FLORIDA WEEKLY

The total number of new foreclosure cases filed in 2013 was at its lowest point in seven years, with new foreclosures down 36 percent in 2013 compared with 2012.

There were 9,857 new foreclosures filed in 2013, compared with 15,419 filed in 2012. The last time the number of new foreclosure cases filed in Palm Beach County dropped below 10,000 was in 2006, when 5,144 foreclosure cases were filed.

"The biggest contributors to our decline in foreclosure cases in 2013 were the improving economy and changes to Florida's foreclosure laws," said Clerk

Sharon Bock in a prepared statement. "This is a positive sign for Palm Beach County, and one that I believe will continue throughout 2014."

The number of new foreclosure cases filed in December followed the trend. There were 587 new foreclosures filed in December, an 8.7 percent decrease from 643 cases filed in November, and a 49.2 percent decrease from 1,155 cases filed in December 2012.

The improving real estate market was reflected by the number of mortgages and deeds recorded in Palm Beach County during 2013. There were 75,661 deeds recorded in 2013, an 18 percent increase from 64,097 deeds recorded in 2012, and 46,384 mort-

gages recorded, a 20.3 percent increase from 38,553 mortgages recorded in 2012.

Numbers for deeds and mortgages recorded in December were mixed. There were 6,221 deeds recorded in December, a 17.2 percent increase from 5,310 deeds recorded in November and a 7.7 percent increase from 5,774 deeds recorded in December 2012. There were 3,055 mortgages recorded in December, a 23 percent increase from 2,484 mortgages recorded in November, but a 6.3 percent decrease from 3,259 mortgages recorded in December 2012.

The Clerk's office is the keeper of Palm Beach County's official records, and records all deeds and mortgages submitted

for recording in Palm Beach County.

There were 10,220 properties sold at foreclosure auction out of 16,084 scheduled for sale in 2013, according to statistics from Grant Street Group, the facilitator of ClerkAuction.

In December, 795 properties were auctioned, according to Grant Street. Of those, 631 were sold back to the plaintiff — typically a bank or mortgage company — in the foreclosure proceeding, and 164 were sold to a third party.

There were 445 sales canceled in December, out of 1,240 scheduled for sale. The cancellation rate was 35.9 percent, compared with 37.8 percent in November. ■

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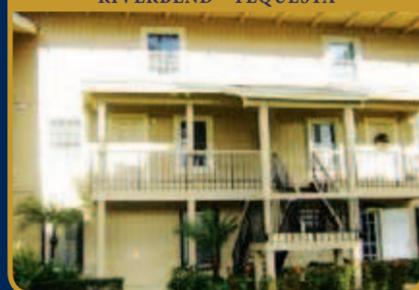
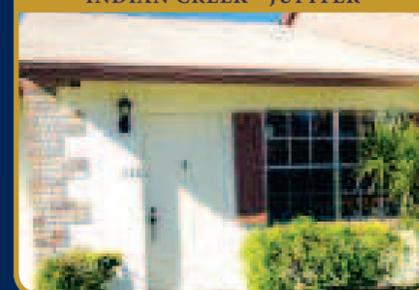
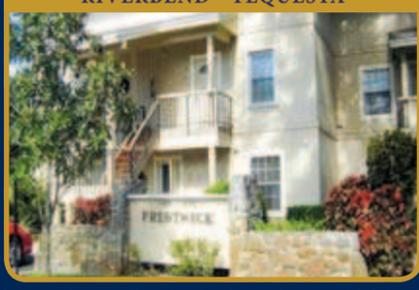
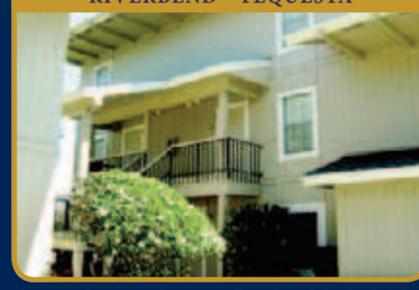
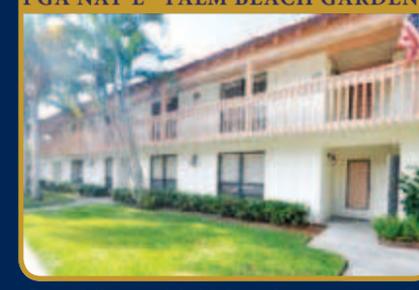
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<p style="text-align: center; font-weight: bold; font-size: small;">RIVERBEND - TEQUESTA</p>  <p style="font-size: x-small;">Immaculate, well maintained townhouse with lots of updates. New tile flooring and newer A/C. NO MEMBERSHIP REQUIRED!</p> <p style="text-align: center; font-weight: bold; font-size: small;">\$79,500 CALL: HELEN GOLISCH 561-371-7433</p>	<p style="text-align: center; font-weight: bold; font-size: small;">PGA COMMONS - PALM BEACH GARDENS</p>  <p style="font-size: x-small;">Lightly used home includes everything except a few personal items. Close to Restaurants, Shopping and more!</p> <p style="text-align: center; font-weight: bold; font-size: small;">\$269,000 CALL: MICHAEL RAY 561-385-5483</p>	<p style="text-align: center; font-weight: bold; font-size: small;">RIVERBEND - TEQUESTA</p>  <p style="font-size: x-small;">Immaculate townhouse in Riverbend. Light, bright and great golf views. Fazio designed golf course - NO MEMBERSHIP REQUIRED!</p> <p style="text-align: center; font-weight: bold; font-size: small;">\$79,500 CALL: HELEN GOLISCH 561-371-7433</p>	<p style="text-align: center; font-weight: bold; font-size: small;">PGA NAT'L - PALM BEACH GARDENS</p>  <p style="font-size: x-small;">Beautifully remodeled 2/2 condo in Prestigious PGA National. Raised ceilings throughout, stainless steel appliances, new wood and tile flooring. New crown molding. PGA Nat'l offers 5 championship golf course and is home to the PGA Tour's Honda Classic. Close to Downtown at the Gardens and Gardens Mall.</p> <p style="text-align: center; font-weight: bold; font-size: small;">\$224,900 CALL: FRANK LEO 561-601-0224</p>



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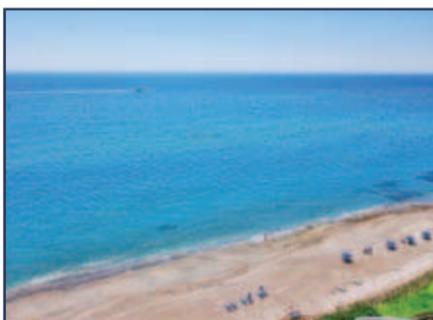
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Martinique ET304 2BR/3.5BA Coveted SW corner unit. Ocean views, porcelain floors throughout. Light and bright with neutral tones. **\$499,000.**
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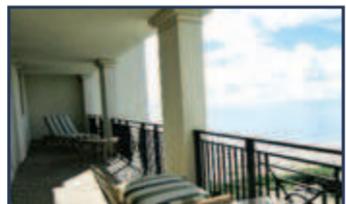
One Singer 601 3BR/3BA W Penthouse. Spectacular views of the Intracoastal & City. One of only 15 exquisite residences with gated entrance. Private elevator foyer. **\$1,600,000.**
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Ritz 1704A 3BR/3.5BA Beautiful ocean front fully furnished residence. 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**
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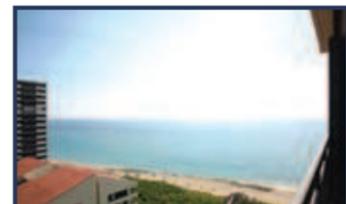
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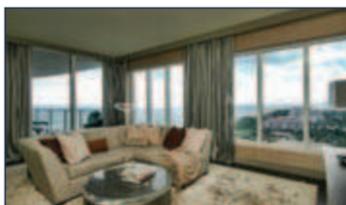
Ritz 2502A 3BR/3.5BA Designer ready unit with amazing ocean views and expansive glass balconies. Price includes a furnished pool side cabana. **\$3,945,000**
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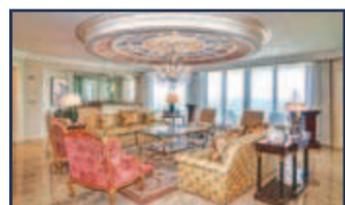
Martinique ET1103 2BR/3.5BA One of a kind 11th floor ocean front condo with beautiful ocean & intracoastal views. Designer built-in furnishings. A must see. **\$649,000**
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Ritz 1904B 2BR/2.5BA - One of a kind sophisticated luxury retreat. Stunning views and top of the line upgrades including Miele appliances. Contemporary design - sold fully furnished. **\$1,499,000.**
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Martinique ET702 2BR/3.5BA Breathtaking ocean and intracoastal views from this coveted SE corner unit. Marble floors, wet bar & two parking spaces. **\$695,000**
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WEEK OF JANUARY 16-22, 2014

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE



COURTESY PHOTO

ONE SINGULAR STORY

Maltz opens with timeless "A Chorus Line"

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

Josh Walden and Elizabeth Earley arrive in full costume for interviews to talk about the Maltz Jupiter Theatre's production of "A Chorus Line," which continues through Feb. 2.

Well, they're not really in costume, but the musical is all about dancers surviving the audition process, and these two seem perfectly comfortable in warm-ups and T-shirts, which is what the cast will wear onstage in the show.

The Marvin Hamlisch-Edward Kleban musical turns 39 this year, but it's hard to think of "A Chorus Line" as anything but contemporary.

SEE MALTZ, B9 ►

INSIDE



Society

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



Sandy Days, Salty Nights

Our relationship columnist conjures a little love voodoo. **B2** ►



Things to Do

Pianist Yooni Han performs at the Flagler Museum. **B4-6** ►

Jewish film festival returns with new name, leader

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

It has a new name, a new patron and a new director.

But the 24th edition of the Palm Beach Jewish Film Festival, now called The Donald M. Ephraim Palm Beach Jewish Film Festival, remains committed to showcasing the best of Jewish cinema.

The festival, which runs Jan. 16-26, brings together 39 films, documentaries and shorts that will screen at four venues across the county.



EPHRAIM

Ephraim, for whom the festival was named after he donated \$1 million. "In the spring I was approached by them as to whether I'd be willing to make a

It also brings together a group of people who are passionate about film.

"I always loved film, even from the time I was from a young man, and I love the film festival," said Donald

contribution."

The festival benefits the Mandel Jewish Community Center.

"The proceeds of what we do go to the JCC and help the JCC with its charitable efforts. It's all about maximizing those returns," he said.

To ensure the quality of the films screened, the festival has a committee of volunteers that reviews films for inclusion.

"I've been involved with (the festival)

SEE FILM, B8 ►



Heroic sandwich

La Fontana serves up a tasty chicken and mozzarella hero. **B19** ►

SANDY DAYS, SALTY NIGHTS

My tricky voodoo



Last year for my birthday my mother gave me a voodoo doll that she bought from a one-legged priestess in New Orleans. The doll arrived at my apartment wearing a pink satin dress and smelling like perfumed oil. A pamphlet tucked into the box promised she would bring me love with an "80-90% success rate."

So I shouldn't have been surprised when suitors started materializing: the best friend of my first boyfriend who was handsome but had a lisp; a French philosopher whose erotic emails in English, his second language, made me wince; a man on a plane who pretended not to know the wife and three children who sat next to him and then laughed self-consciously at the end of the flight and said, "My wife probably thinks I'm hitting on you."

It was an embarrassment of romantic riches. Or just an embarrassment.

The love doll seemed to work on whoever came into her orbit with the same unwieldy results.

My roommate, dateless for almost a year, met a man at a wedding. We pretended to ignore his quirks.

When I left town for a month, a perpetually single friend came to stay in my apartment. She claimed the love doll made her nervous, but she met a man as soon as she returned home to the Midwest. So what if on their first night together he pulled out a set of leather restraints and asked, "Are you into this?"

For a while, these encounters were fun. But after a time they became exhausting. The men were all wrong in some important way.

I wondered if perhaps my mother had made a mistake when she bought the doll. Voodoo is tricky; you have to get the spell just right. Better not to wish at all than to wish for the wrong thing.

I asked Mom specifically what she had said to the one-legged priestess, and she gave an uncertain shrug.

"I asked for a variety of men," she said.

A variety? We were doomed.

When I finally tired of the love doll's tricks, I researched ways to deactivate her. I found the website for the store where she had been purchased and came across a set of instructions that were not included in the initial package.

"Tell her your wishes, desires and needs," the instructions said. "Ask her to bring these needs, wishes and desires into reality."

Here was the problem. In order for the magic to work, I first needed to make a wish. But I couldn't begin to imagine where to start.

My husband was killed in Iraq seven years ago, and since then I seem to have lost the ability for wishing. Wishing for love, anyway. I've wished for other things, like to become a writer.

To my great surprise and delight, my first book was published this month, a memoir about my husband's

death. I'll be doing readings in Punta Gorda and Fort Myers in Southwest Florida, and then across the country — in Washington State, Texas, Connecticut, New York and Philadelphia among other places. I would be honored to see you there. ■

— See Page B7 for more about Ms. Henderson's book, "Un-remarried Widow."



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FLORIDA WRITERS

From Tampa to Siberia and back to solve a murder mystery

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■ **“The Veiled Lagoon” by Henry Hoffman. Martin Sisters Publishing. 214 pages. Trade paper \$15.95.**

In Henry Hoffman’s second “Adam Fraley Mystery” and his fifth novel overall, the case Adam investigates comes about in an unusual way.

A man named Charlton Quigley contacts him because he is suspicious of the newspaper report about a young woman’s accidental death. Quigley’s acquaintance with the late Vickie Murin stems from the fact that she was the waitress at a coffee shop he frequented.

During their many conversations, Quigley had developed a sense of Vickie’s character and circumstances that led him to mistrust the reported facts. He is willing to pay Adam, whose ad Quigley found at the back of his church’s newsletter, to look into the matter.

Oh, by the way: Vickie’s husband is a detective in the sheriff’s office, a man who seems to have gotten over his loss

a bit too quickly.

Since the novel begins with a scene describing the murder, that is not the mystery. Rather, as in the classic Columbo television series, the steps by which the criminal is brought to justice are the building blocks of suspense. The obligatory battle of wits between detective and perpetrator could loom larger in Mr. Hoffman’s novel, but there is plenty to hold the reader’s attention.

First and foremost is the introduction of a new character (let’s hope as a series regular). Tamra, whom Adam hires as a secretary and assistant (officially “office manager”), is a real treat for the reader. Her “bright steely demeanor,” her “discerning green eyes,” her dark red hair and her abundance of the critical ingredient called “moxie” add a force to the novel that makes this reader miss her when reading scenes from which she is absent. Tamra’s intelligence, eagerness to learn and desire for adventure all combine to make her a supercharged Della Street.

There are signs of possible romance in the office, though Adam is still dazzled somewhat by his college mentor, a woman who is at least as fascinating as Tamra.

A series of chapters set in Siberia introduce us to fascinating natural and cultural landscapes. Why does Henry Hoffman take us there? When Adam discovers that Detective Murin is a fairly recent immigrant from Russia who has a childhood sweetheart, Alina, living in a Siberian town, he arranges a trip to

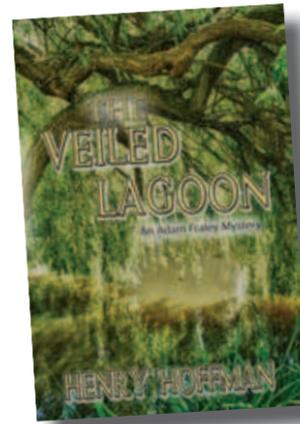
deepen his understanding of his suspect’s background. Murin seems interested in bringing this woman back into his life — a motive for murdering Vickie.

Adam breaks into Alina’s home and finds a piece of potentially important evidence.

The competent guide whom Adam finds to assist him in Siberia is another fine character, but perhaps the two of them talk a bit too much about matters that take us far beyond the needs of the plot.

Getting Adam away from the novel’s principal setting in the Tampa Bay area allows for scenes in which Tamra is left without her boss’s guidance. These include scenes in which Murin attempts to romance her while simultaneously trying to find out what she’s up to. The detective is leery of an attractive woman who shows up at his favorite haunt and works for a private investigator. Should he threaten or flatter? Is Tamra in danger?

It would seem so, as she feels a strong attraction for Murin — even though she realizes he is a dangerous man and possibly a murderer. She’s caught up in the attraction while testing her own skills and powers.



How the evidentiary case against the well-regarded detective comes into focus is something, dear reader, you will have to find out for yourself. Find out, as well, how Adam Fraley happened to get stuck in a Siberian chimney and how he extricated himself.

More about the author

In the late ’60s, just out of college, Mr. Hoffman was the wire editor for the *Emporia Gazette*, a Kansas newspaper that was purchased and

brought to national prominence by William Allen White, a giant in the history of newspaper journalism and publishing. Mr. Hoffman also did some sports writing and other jobs.

He later switched to a career in library science and headed the Fort Myers-Lee County Public Library (the branch, not the system) from 1982 to 1998.

Mr. Hoffman’s earlier titles are “Bound,” “Drums along the Jacks Fork” and “Flaherty’s Run.” His first Adam Fraley novel, “Bridge to Oblivion,” was awarded Gold Medal (first place) for Florida Fiction by the Florida Publishers Association. ■

— 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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- Jay Hunter Morris, Tenor January 22 ■
- Krasnoyarsk National Dance Company of Siberia February 5 ●
- Europa Galante with Fabio Biondi February 12 ●
- Walnut Street Theatre “Driving Miss Daisy” February 19 ●
- Arnaldo Cohen, piano March 12 ▲
- Flamenco Vivo Carlota Santana “A Soul of Flamenco” March 19 ▲

The Sunday Concert Series

3 p.m. • Tickets: \$20

- Calder Quartet January 19 ■
- American Chamber Players January 26 ■
- Keyboard Conversations® with Jeffrey Siegel, February 2 ●
- “Mistresses and Masterpieces: Music of Chopin, Liszt, Schumann, and Brahms”
- Benjamin Grosvenor, piano February 9 ●
- St. Lawrence String Quartet February 16 ●
- Trio Solisti February 23 ●
- Elias String Quartet March 9 ●
- Keyboard Conversations® with Jeffrey Siegel, March 16 ▲
- “The Miracle of Mozart”
- Jerusalem String Quartet March 23 ▲
- Dailey & Vincent April 13 ▲

Tickets available: ■ 11/13/13; ● 1/15/14; ▲ 2/26/14

WHAT TO DO, WHERE TO GO

Thursday, 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. The festival continues through Jan. 26 with 54 screenings. Ticket prices vary. Get tickets at www.pbjff.org. Info: 736-7531; palmbeachjewishfilm.org.

■ **Free Lecture: Keeping the Jupiter Inlet Light** — 4 p.m. Thursday, Jupiter Inlet Lighthouse & Museum, 500 Captain Armour's Way, Jupiter. Steve Kruspe, operations chief and lighthouse, gives presentation. Free. Presented by the Loxahatchee River Historical Society. Donations welcomed. RSVP: 747-8380, Ext. 101. jupiterlighthouse.org

■ **Art After Dark** — 5 to 9 p.m., at the Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Half price admission, free for age 12 and younger. Info: 832-5196; Norton.org.

■ **Clematis by Night** — 6-9 p.m., Centennial Square, West Palm Beach. Features Suenalo. Jan. 23: Sweet Charlots. Jan. 30: The Kinected. Feb. 6: Marijah & the Reggae Allstars "Bob Marley's Birthday." Info: clematisbynight.net.

■ **"Godspell"** — Jan. 16, The Dolly Hand Cultural Arts Center, Palm Beach State College Campus, 1977 College Drive, Belle Glade. Info: 993-1160; www.palmbeachstate.edu/theatre

■ **Last of the Knotts** — Jan. 16-Jan. 26, Actor's Workshop & Repertory Company, 1009 N. Dixie Highway, West Palm Beach. 833-7529; www.actorsrep.org

Friday, Jan. 17

■ **The River Center's 4th Annual Loxahatchee River Photography Contest Exhibit and Winner's Ceremony** — 5 to 7 p.m., 805 N. U.S. 1, Jupiter. Info: 743-7123; www.loxahatcheeriver.com/rivercenter.

■ **Fifth Annual Pride Night** — Jan. 17, Maltz Jupiter Theatre, 1001 E. Indiantown Road. Kicks off with hors d'oeuvres at 6:30 p.m. followed by a performance on stage of "A Chorus Line" at 7:30 p.m. and a post-show dessert meet and greet. Tickets: \$39. Mention the password PRISCILLA for the special rate. Info: www.jupitertheatre.org for additional information or to purchase tickets online; Phone: 575-2223.

■ **Lynda J. Loudon speaks: What's Your Style?** — 1:30 p.m. Jan. 17, North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. Explore the art of designing beautiful rooms during this free interactive lecture with Loudon of LJ Design Interiors. Free. Info: 841-3383.

■ **South Florida Fair** — Jan. 17-Feb. 2, South Florida Fairgrounds, 9067 Southern Blvd., suburban West Palm Beach. 793-0333; www.southfloridafair.com

■ **John Matz** — Tenor performs 7:30 p.m. Jan. 17, in Helen K. Persson Recital Hall in Vera Lea Rinker Hall in Palm Beach Atlantic University, 326 Acacia Road, West Palm Beach. Part of the Distinguished Artists Series. Tickets: \$20, \$10 students with ID. Info: 803-2970; www.pba.edu/das-calendar.

Saturday, Jan. 18

■ **Downtown Delray Beach Festival of the Arts** — Saturday and Sunday, Jan. 18-19, Downtown Delray Beach. 746-6615; www.artfestival.com

■ **Rooney's Golf Foundation Charity Poker Tournament** — 6:30 p.m. Jan. 18 in the 2nd Floor Tournament Room at Palm Beach Kennel Club, 1111 N. Congress Ave., West Palm Beach. Proceeds from this event will benefit Autism Project of Palm Beach County, FAU Honors College, Pathways to Independence and Potentia Academy. Donation: \$50, includes the Texas Hold'em tournament, a buffet, greyhound racing and prizes. Registration begins at 5:30 p.m. Non-poker-playing guests: \$25, includes the buffet and racing. Info: 683-2222 (Jessica at Ext. 141 or Alexis at Ext. 146).

■ **Gert Olsen Open House** — 10 a.m. to 5 p.m. Jan. 18-19 at Olsen Studio, 11650 177th Place N., off Haynie Lane, south of Indiantown Road, Jupiter. Features sculptures set among five acres of pine and palmettos, plus an indoor gallery and courtyard display. Also features several other local artists. Info: 744-5565

Sunday, Jan. 19

■ **Orpheus Chamber Orchestra Performs** — Jan. 19, Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Features an all-Beethoven program with pianist Nobuyuki Tsujii. Concerts feature Beethoven's "Overture to Coriolan," Symphony No. 2 in D Major, and Piano Concerto No. 5 in E-flat Major, Emperor. Tickets: \$25 and up. Info: 832-7469; Kravis.org. The orchestra also appears at Broward Center for the Performing Arts in Fort Lauderdale on Jan. 20, and at the Indian River Symphonic Association, Vero Beach on Jan. 21. Info: www.orpheusnyc.org.

Monday, Jan. 20

■ **Palm Beach Poetry Festival** — Jan. 20-25, Delray Beach Center for the Arts, Old School Square, 51 N. Swinton Ave., Delray Beach. 868-2063; www.palmbeachpoetryfestival.org

Tuesday, Jan. 21

■ **The Palm Beach Poetry Festival** — Jan. 21-25, Crest Theatre, Old School Square, 51 N. Swinton Ave., Delray Beach. Award-winning poets and poetry events. Info: palmbeachpoetry-fest.org.

■ **Flipside: The Patti Page Story** — Jan. 21, The Dolly Hand Cultural Arts Center, Palm Beach State College Campus, 1977 College Drive, Belle Glade. Info: 993-1160; www.palmbeachstate.edu/theatre

■ **Christian speaker and author James Choung** — 8 p.m. Jan. 21-22, in the DeSantis Family Chapel, PBAU, 300 Okeechobee Blvd., West Palm Beach. The author of "True Story: A Christianity Worth Believing In" will talk. Info: www.pba.edu/Choung-chapel-speaker-13

LOOKING AHEAD

■ **A Woman's Journey** — 9 a.m.-2 p.m. Jan. 23, at the Palm Beach County Convention Center, 650 Okeechobee

Blvd., West Palm Beach. Johns Hopkins doctors and specialists spotlight the latest findings in women's health issues plus new advances in preventing, detecting and treating diseases in women. Get info, a schedule of the sessions, a list of speakers and registration information at www.hopkinsmedicine.org/awomansjourney/palm_beach/ or call 410-955-8660.

■ **The Boca Raton Theatre Guild opens with "Pippen" at The Willow Theatre** — at Sugar Sand Park, 300 S. Military Trail, Boca Raton. Jan. 24 through Feb. 9. Tickets: \$35. Preview tickets: \$30. At 347-3948. Info: 948-2601; brtg.org.

■ **ArtPalmBeach** — Jan. 24-27, Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach. 239-495-9834; www.artpalmbeach.com

At The Arts Garage

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

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

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

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

At The Bamboo Room

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

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

■ **Ana Popovic** — 9 p.m. 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 Borland

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

■ **The Ann Hampton Callaway Quartet** — 7 to 10 p.m. Jan 25. Benefits the Jupiter Performing Arts Fund and band programs in Jupiter public schools. Tickets: \$75 VIP (includes a cocktail reception), \$35 general. Info: www.jpaf.org or 888-872-5723. Borland: 904-3139; www.borlandtheater.com

■ **Feb. 1: Irish Comedy Tour**

■ **Feb. 21: Jonathan Edwards**

At 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 379-6773.

■ **Paolo Bordignon, Harpsichord, and two oboists, Matthew Dine and Stephen Taylor** — Jan. 21.

At The Colony Hotel

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

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

Cabaret in the Royal Room:

■ **Steve Tyrell** — Through Jan. 18 and Jan. 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 and Feb 1. Tickets: Tues-Sat \$120 for prix fixe dinner and show, \$55 show only.

At Old School Square

The Delray Center For The Arts, Old School Square, at 51 N. Swinton Ave. in Delray Beach. Info: 243-7922; delraycenterforthearts.org.

At the Pavilion:

■ **Free Friday Concerts** — 7:30 p.m. Friday, Jan. 17, at the Pavilion. Features the Fabulous Fleetwoods. Free. Food trucks and a cash bar. Bring your own seating. Info: 243-7922, DelrayArts.org

At The Crest Theatre

■ **Chapin Lecture Series presents Story Musgraves** — Jan. 16. Tickets: \$30 and \$45.

Flipside: The Patti Page Story — Jan. 17 through Jan. 19.

Brian d'Arcy James — Jan. 27-28.

Capitol Steps — Jan. 30.

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.palmbeachdramaworks.com.

■ **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.

■ **Harold Pinter's "Old Times"** — Jan. 31-March 2, with specially priced previews on Jan. 29 and 30. A three actor play where past and present converge, and reality and unreality collide. Directed by J. Barry Lewis, features Shannon Koob, Pilar Witherspoon and Craig Wroe. Performances: 8 p.m. Wednesday through Saturday, 7 p.m. Sunday and matinees at 2 p.m. Wednesday, Saturday and Sunday. Tickets: \$60. Preview performances are \$52 and Opening Night tickets are \$75. Student tickets: \$10.

At The Duncan

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

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

WHAT TO DO, WHERE TO GO

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

■ **Kurt Elling** — Jan. 25.

■ **Jeanne Robertson** — Feb. 7

■ **Pilobolus** — Feb. 14-15.

■ **Women of Ireland** — Feb. 24.

At The Eissey

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

■ **Peter Pan** — Jan. 22

■ **Linda Eder** — Jan. 31.

At The Flagler

Flagler Museum, One Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Tour 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 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.

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

At The Kravis

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

■ **Indigo Girls** — 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.

■ **Fahrenheit 451** — Jan. 23-24

At The Lake Worth Playhouse

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

■ **Ain't Misbehavin'** — Through Feb. 2.

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** — Jan. 17 and 22

■ **Moonrise Tour** — 5 p.m. Jan. 15.

At Lynn University

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

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

■ **Philharmonia No. 4: Mozart, Brahms, Sierra and Strauss** — Jan. 18-19.

■ **Philip Fowke in recital: The Art of Encore** — Jan. 25

■ **Collaborative Spotlight: Miami Brass** — Jan. 29

At The Lyric

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

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

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

■ **Gaelic Storm** — Jan. 22

■ **Glenn Miller Orchestra** — Jan. 23

■ **John Pizzarelli Quartet** — Jan. 25

■ **Capital Steps** — Jan. 27

■ **Acoustic Evening with Keb' Mo'** — Jan. 28

■ **Mel Tillis** — Jan. 31

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.

■ **Artists of the Natural World: Invitational — Art Show and Sale** — Jan. 17-Feb. 20. Ten top painters and sculptors will exhibit their works for enjoyment and purchase.

■ **Bluegrass concert** — 1-3 p.m. Jan. 19. Untold Riches performs folk

and bluegrass. Admission: \$5; free for younger. Info: 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: 624-6952.

At The Maltz

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

■ **"A Chorus Line"** — Through Feb. 2.

■ **Masters of Motown** — Jan. 20.

■ **Swingin'** — Jan. 26.

■ **Chris McDonald's Memories of Elvis** — Jan. 27.

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

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

At JCC

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

THIS WEEK:

■ **Jan. 16:** Palette Knife Painting Demo — 6-8 p.m.; Book Club via Skype — 7 p.m.; Men's Book Club — 7 p.m.

■ **Jan. 17:** Bridge Workshop: Major Suit Raises — 9:30-11:30 a.m.

■ **Jan. 18:** Kid's Night Out, Mystery Madness — 5:30-9:30 p.m.

■ **Jan. 19:** Duplicate Bridge Game — 12:30-3 p.m.

■ **Jan. 20:** Camp Shalom Day (K-5th grade) — 9 a.m.-4 p.m.

■ **Jan. 21:** ACE Class: Sex After 60 — 10 a.m.; ACE Class: The Short Story is Back — 10 a.m.; ACE Class: Bits & Pieces of Your Life: Creative Writing for Beginners — 10 a.m.; ACE Class: Mayor Bert Premuroso — noon; ACE Class: "The Other Woman": Tales of Passion in Jewish Tradition — noon; ACE Class: Gems, Jewelry and Precious Metals — noon; ACE Class: Latinos in the Making of the United States of America: Yesterday, Today and Tomorrow — 2 p.m. ACE Class: Myth and Reality in Israel — 2 p.m.; ACE Class: Men Let's Talk — 2 p.m.; Still Life Workshop with Acrylic Paints — 6-9 p.m.; Chef Rico's Healthy Cooking Demonstration and Samplings — 7-9 p.m.

■ **Jan. 22:** Back to Heath Presents: "Shouldering" Shoulder Pain — 9-10:30 a.m.; Really? There Were Jewish Gangsters? Cultural Tour — 9 a.m.- 6:15 p.m.

■ **Jan. 23:** ACE Class: Don't Fall for Me — 10 a.m.; ACE Class: Painters that Made NYC the Capital of Fine Arts — 10 a.m.; ACE Class: What Does My Dream Mean? — 10 a.m.; ACE Class: From the Other Side of the Bench — noon; ACE Class: The 7 Most Important Effective Parenting Lessons I learned from my Jewish Tradition — noon; ACE Class: Sanford Meisner Acting Technique — 2 p.m.; ACE Class: Putting Your Financial House in Order — 2 p.m.; ACE Class: Examining Current Local Legal Issues — 2 p.m.

■ **Current Events Discussion Group** — A lively discussion covering the most up-to-date topics from national affairs and foreign relations. 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:** Through Feb. 1: "The Art of Esther Nisenthal Krinitz." Feb. 11 through March 27: "The Sculpture of Mehri Danielpour." April 1 through May 20: "Let My People Go: The Soviet Jewry Movement 1967-1989." May 22 through July 20: artwork from the Tzahar Region. Info: 712-5209.

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: 495-0233; morikami.org

■ **"Contemporary Kogei Styles in Japan"** — Through Feb. 23. Nearly 90 contemporary arts and crafts or kogei-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 kogei 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: fsll43@comcast.net or 301-807- 7801; www.gardenfolkconcerts.org

At Multilingual Society

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

■ **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.

■ **Italian Cooking class** — 3 p.m. Jan. 18, Paradiso Restaurant, 625 Lucerne Ave, Lake Worth. Cooking class/demon-

WHAT TO DO, WHERE TO GO

stration with chef Angelo. The menu: salmon tartare, sheep ricotta gnocchi, pistachio encrusted branzino and nitrogen gelato al zabaglione. Reservations required.

At Palm Beach Improv

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

- **Jon Lovitz** — Jan. 17-19.
- **New Faces of Comedy Open Mic** — Wednesday, Jan. 22
- **Gabriel Iglesias** — Jan. 23-26
- **Whitney Cummings** — Jan. 31-Feb. 1

At Palm Beach Polo

The 2014 Palm Beach Polo Season is open now through the Maserati U.S. Open Polo Championship on April 20 for grandstand viewing, field tailgating, lawn seating, field-side champagne brunch at The Pavilion, and exclusive sponsor boxes. Tickets start at \$10. Info: 204-5687; InternationalPoloClub.com.

- **Jan. 19:** Joe Barry Memorial Cup (20 goal)
- **Jan. 26:** Joe Barry Memorial Cup (20 goal)
- **Feb. 2, 9, 16, 23:** Ylvisaker Cup (20 goal)

At Palm Beach Opera

Performances at the Kravis Center for the Performing Arts, 701 Okeechobee Blvd., West Palm Beach. 833-7888 or 832-7469; www.pbopera.org

- **Jan. 24-26:** "Macbeth"
- **Feb. 21-23:** "Barber of Seville"
- **March 21-23:** "Tales of Hoffmann"

At Palm Beach Zoo

The Palm Beach Zoo & Conservation Society, 1301 Summit Blvd., West Palm Beach. Hours: 9 a.m.-5 p.m. daily. "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. Tickets: \$18.95 adults; \$16.95 seniors, \$12.95 age 3-12, free for younger than 3. Info: 533-0887; www.palmbeachzoo.org.

■ **The Food Truck Safari** — Saturday, Jan. 18, at the Palm Beach Zoo, 1301 Summit Blvd., West Palm Beach. Live music, zoo keeper talks and up-close animal encounters. Admission: \$9 adult members, \$10 adult non-members, \$6 child members, \$7 child non-members, younger than age 3 free. Food trucks accept cash or credit.

At 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 Theatre

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.

At Showtime

Showtime Dance & Performing Arts Theatre, Southeast Mizner Blvd., Boca Raton. Some plays performed at the Willow Theatre; most performed Saturday and/or Sunday. 394-2626; www.showtimeboca.com

- **"Pocahontas"** — Through March 1
- **"Les Miserables"** — Jan. 25-Feb. 9 (a teen and young adult production)
- **"Sleeping Beauty"** — March 8-April 26
- **"Return to Broadway"** — May 3-4 (in the Willow Theatre)

At The Sunrise Theatre

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

- **Chris MacDonald's Memories of Elvis Rocking Birthday Bash** — Jan. 17
- **"Swan Lake"** — Feb. 26
- **The Summer Of Love Concert** — 7 p.m. Jan. 16. Tickets: \$39/29/19, \$49 VIP includes a meet & greet.
- **The National Touring Company Of Rock Of Ages Book By Chris D'ariento** — 7 p.m. Jan. 19. Tickets: \$55/\$45
- **Teatro Lirico D'europa Presents L'elisir D'amore** — 7 p.m. Jan. 23. Tickets: \$55/45

Fresh Markets

■ **Sailfish Marina Sunset Celebration** — 6 p.m. Thursdays. Arts and crafts, live entertainment, food. Sailfish Marina, east of the Intracoastal, just south of Blue Heron Boulevard, Palm Beach Shores; 842-8449.

■ **Jupiter Green & Artisan Market** — 5-9 p.m. Fridays, Riverwalk Events Plaza, 150 S. U.S. 1, Jupiter. Baked goods, fresh produce, arts and crafts, jewelry, pet products. Vendors welcome. Info: 203-222-3574; www.harrysmarkets.com.

■ **West Palm Beach GreenMarket** — 9 a.m.-1 p.m. Saturdays at Waterfront Commons, downtown West Palm Beach. Fresh produce, baked goods, plants, home goods and more. Free. Parking is free in the Banyan and Ever-

nia garages during market. Through May 31. Info: wpb.org/greenmarket.

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

■ **West Palm Beach Antique & Flea Market** — 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. Info: 670-7473.

■ **Gardens GreenMarket** — 8 a.m.-1 p.m. Sundays, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. More than 120 vendors of orchard-grown goods, seasonal vegetables and fruit, herbs, honey, and homemade breads, doughnuts, pies, cheeses, sauces and handmade crafts. No pets. Info: pbgfl.com/greenmarket; 630-1100.

■ **Royal Palm Beach Green Market & Bazaar** — 9 a.m.-1 p.m. Sundays, Commons Park, 11600 Poinciana Blvd. Royal Palm Beach, through April 27. Fruit and vegetables, fresh flowers and plants, artisan foods, baked goods and a selection of artists and crafters. Info: www.rpbgreenmarket.com.

■ **Tequesta Green Market** — 9 a.m.-1 p.m. on the third Saturday of the month through April, at Constitution Park, 399 Seabrook Road, Tequesta. Locally-grown, fresh-from-the-farm, vegetables, fruits, meat, dairy and other farm products, and handmade items. Free admission. Info: 768-0476.

Ongoing Events

■ **Art After Dark** — 5-9 p.m. Thursdays, Norton Museum of Art, 1451 S. Olive Ave., West Palm Beach. Evening of tours and toasts, music and films. Half-price admission every Thursday means you pay just \$6 adults and \$2.50 for students. Info: 832-5196; Norton.org

■ **The Benjamin School Student Exhibition** — Jan. 17 through March 2 in the Eissey Campus Theatre Lobby Gallery, 3160 PGA Blvd., Palm Beach Gardens. Info: 207-5905; www.eisseycampus-theatre.org

■ **Boca Raton Museum of Art** — Through March 30: Futurism: Concepts and Imaginings features 38 works from Italian Futurists. Admission: Free for members and children 12 and younger; adults \$8; seniors (65+) \$6; students (with ID) \$5. At 501 Plaza Real, Boca Raton. Info: 392-2500; bocamuseum.org.

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

■ **The Cornell Museum** — Old School Square, 51 N. Swinton Ave., Delray Beach. Through Feb. 2: "ELVIS: Grace & Grit Exhibition" a fine art photography exhibition. Though Feb. 2: "Flashback: A Retro Look at the '60s and '70s. Admission: \$8 general; \$6 seniors and students with ID; free for age 10 and younger. Free admission for Palm Beach County residents every Thursday.

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

Drive, Palm Beach Gardens.

■ **Holden Luntz Gallery** — 332 Worth Ave., Palm Beach. Through Jan. 25: All That Glitters: A Fashion Photography Group Exhibition. Features fashion photographers Albert Watson, Arthur Elgort, Horst P. Horst, Kimiko Yoshida and Andre de Plessel. Feb. 1-22: Haute Couture: The Polaroids of Cathleen Naundorf. Info: 805-9550; www.holdenluntz.com

■ **Journey to Eden** — Through Feb. 9, Ann Norton Sculpture Gardens, 2051 S. Flagler Drive, West Palm Beach. Twenty works by nature photographer Rob Cardillo. Info: 832-5328; www.ansg.org

■ **Lighthouse Artcenter** — Gallery Square North, 373 Tequesta Drive, Tequesta. Through Feb. 15: "Chris Gustin" and "Spotlight on New Talent." Winter art class and workshop registration is now open. The Third Thursday Art Group meets 5:30-7:30 p.m. the third Thursday of the month. Info/register at 748-8737; 746-3101; lighthousearts.org.

■ **Loggerhead Marinelifelife Center** — 14200 U.S. 1, Juno Beach. Kids Story Time: 11:30 a.m. Saturdays; Hatchling Tales — 10:30-11 a.m. Wednesdays. Free. Info: 627-8280; marinelifelife.org.

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

■ **Live Music** — 6:30 to 9:30 p.m. Mondays at the Pelican Café, 612 U.S. 1, Lake Park. Featuring Hal Hollander and Diane DeNoble. Info: 842-7272.

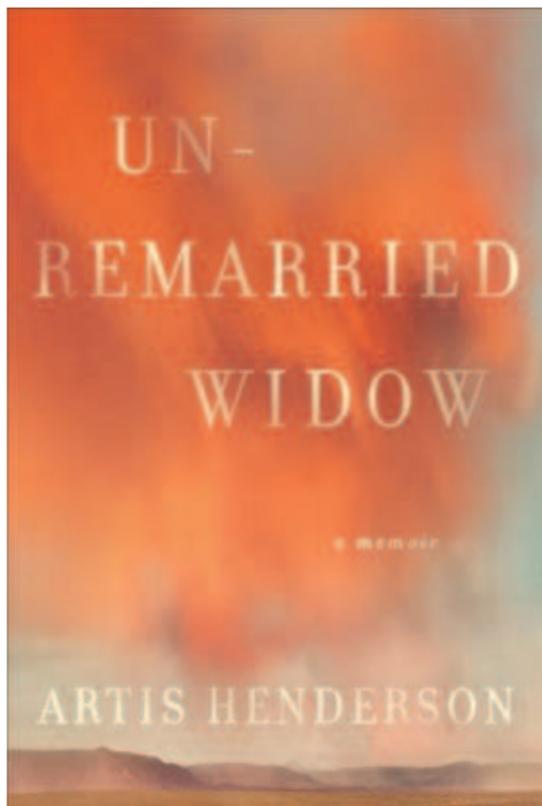
■ **John D. MacArthur Beach State Park and Nature Center** — 10900 Jack Nicklaus Drive, North Palm Beach. Nature walk — 10-11 a.m. daily. Info: 624-6952; www.macarthurbeach.org.

■ **Music on the Plaza** — 6 to 8 p.m. Thursdays, Mainstreet at Midtown, 4801 PGA Blvd., Palm Beach Gardens. This week: The Bulldogs. Jan. 23: Slip and the Spinouts. Jan. 30: JP Soars & Gypsy Blue. Info: www.midtownpga.com

■ **The Norton Museum of Art** — Through Jan. 26: "The Four Princely Gentlemen: Plum Blossoms, Orchids, Bamboo, and Chrysanthemums." Through Feb. 23: "Phyllida Barlow: HOARD." Through March 23: "The Polaroid Years: Instant Photography and Experimentation." Through Aug. 31: "Faux Real," by Mickalene Thomas. Art After Dark: 5-9 p.m. Thursday. Admission: \$12 adults, \$5 students with a valid ID, and free for members and children age 12 and younger. At 1451 S. Olive Ave., West Palm Beach. Info: 832-5196 or norton.org.

■ **The Palm Beach Photographic Centre** — City Center, 415 Clematis St., West Palm Beach. FOTOfusion is going on now, with lectures, classes, exhibits, and more. Hours: 10 a.m.-6 p.m. Monday-Thursday, and 10 a.m.-5 p.m. Friday and Saturday. Info: 253-2600 or visit www.workshop.org or www.fotofusion.org.

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



Florida Weekly columnist's memoir garners praise in New York Times review

BY KATHY GREY
kgrey@floridaweekly.com

Loss is a fickle demon that derails or defines, but always leaves its mark.

Seven years ago, *Florida Weekly* "Sandy Days, Salty Nights" columnist Artis Henderson was torn down by that demon when her young husband, Miles, was killed in Iraq.

From the ashes of that loss, Ms. Henderson rose to become a Columbia graduate student of journalism, working with a professor known for his ability to "deliver people who produce books," as Ms. Henderson puts it. And ultimately, that came to be.

She emerged from that class with a 50-page book proposal, got an agent and signed a contract with Simon & Schuster in early 2011. Since then, she said, "It consumed me. It was so sad, what I was writing. I got up every morning and I'd work all day. Even when it felt bad, I wrote. Well, every day it felt bad."

Ms. Henderson's memoir "Unremarried

Widow" is just out and was reviewed Jan. 5 by Lily Burana of *The New York Times*, who describes Ms. Henderson's work as a "meticulously conveyed love story" with "a powerful look at mourning as a military wife."

Ms. Henderson's pain flows through the memoir subtly, the *Times* review indicates — so subtly that readers may mistake it for remoteness. But, Ms. Burana hastens to clarify, "... you can finish it in a day and find yourself haunted weeks later ... Henderson held back so the reader's own feelings could flood in and finish the job."

The memoir has a "happy-as-it-can-be" ending, Ms. Burana writes.

Indeed, the positive review is bittersweet.

"The one person in all the world I'd like to have see this and be proud of it is not here," Ms. Henderson said.

But the loss that derailed Ms. Henderson continues to define her.

"When Miles died, I had nothing," she said. "Now it's just me. This is who I am." ■

PUZZLE ANSWERS



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

KRAVIS CENTER FOR THE PERFORMING ARTS



Indigo Girls

with Orchestra

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"Two of the most mutually simpatico voices in folk-pop." — *The Seattle Times*

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Contains adult material.

Sponsored by Donald and Linda Silpe

Jackie Mason

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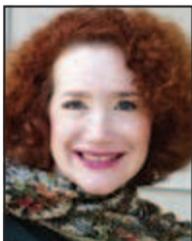
COURTESY PHOTOS

“The Art of Spiegelman” explores the work of illustrator Art Spiegelman, who through comics retraces his parents’ story as they survived the Holocaust.

FILM

From page 1

for about six years. I sort of started out on the film review committee where we review the films during the year that we select for showing. Then I was invited onto the board that is advisory with respect to how the festival is run, and even later I became a member of the board of the JCC,” he said.



WEDNER

That group is pretty passionate about the films it screens, according to the festival’s new director, Ellen Wedner.

“That was one of the sales points for me, frankly, was there was a level of commitment from the JCC, then I got to meet the screening committee, all of whom know a lot about film,” said Ms. Wedner. “The comments afterward were really insightful commentary.”

She also knows a thing or two about running a film festival — she created two South Florida festivals, KidFlix and the Miami Gay and Lesbian Film Festival, now in its 16th year. She served as managing director of the Miami International Film Festival, and under her leadership, the Miami Jewish Film Festival was voted Best Film Festival 2009 by Miami New Times. She also served as artistic director of the Fire Island Pines International Film Festival in 2010.

She laughed when asked what her objective was for the Palm Beach festival.

“Basically, I’m praying that it’s all



“When Comedy Went to School,” which features Larry King (above), Jerry Lewis, Jackie Mason, Robert Klein and Sid Caesar, examines the world of comedians who built their careers at the Borscht Belt resorts of the Catskills Mountains.

going to run orderly and that people are going to have a good in-theater experience. I think of these people as our guests,” she said.

But there’s more to it than that.

“I realize that you might not love all of the films. That’s why they make chocolate and vanilla. We try to create a diverse experience for everyone,” she said.

And different experiences.

“The Israeli films are different from the French films, which are different from the Czech films,” she said.

There are films with Holocaust themes, but it’s not all about that time.

“We don’t want to be known as the Holocaust festival. We do feel a responsibility to deal with those issues. Some of the best films that represent the Holocaust are ‘Through the Eye of the Needle’ and ‘The Art of Spiegelman.’”

Mr. Ephraim has a lifelong love of film dating back to one of the earliest movies he remembers seeing: Disney’s 1937 “Snow White and the Seven Dwarfs.”

“I do remember that after seeing that film, the wicked witch was vivid in my mind,” he said. The family home had a detached garage. “You had to go into this dark garage to open it from the inside and I envisioned the wicked witch waiting for me.”

It is a memory Mr. Ephraim has carried with him more than 70 years; Ms. Wedner said she hopes her audiences respond the same way.

She cited a vintage advertising campaign for Levy’s rye bread.

“You don’t have to be Jewish to love Levy’s, and you don’t have to be Jewish to love the film festival,” she said.

And if she has favorites, she is not sharing.

“They’re all my babies at this point and it’s like sending them out into the world,” she said. ■

in the know

>>What: The Donald M. Ephraim Palm Beach Jewish Film Festival

>>When: Jan. 16-26

>>Where: Opening night is 7 p.m. Jan. 16 at the Kravis Center, 701 Okeechobee Blvd., West Palm Beach. Screenings are at Cobb Theater at Downtown at the Gardens in Palm Beach Gardens, Frank Theatres at Delray Marketplace in Delray Beach and The Norton Museum of Art in West Palm Beach. See palmbeachjewishfilm.org for details

>>Cost: Reel Pass, \$136; Mandel Friend / Member Reel Pass, \$118; opening night, \$20; general admission, evening films, \$12; general admission morning and matinees, \$10; Mornings at 11 (five films Monday-Friday, value \$50), \$40.

>>Info: 877-318-0071 or palmbeachjewishfilm.org

In “Eye of the Needle,” a seamstress-turned-artist shares her story of survival through needlework; the other film follows Art Spiegelman, known for his creation of MAUS, a series of comics that retraces his parents’ story as they survived the Holocaust.

It’s quite a mix.

“I think we have a great selection this year,” Mr. Ephraim said, citing the opening night documentary film, “When Comedy Went to School.” The film takes a nostalgic look at the birth of stand-up comedy from the golden era of the Borscht Belt in upstate New York’s Catskills Mountains.

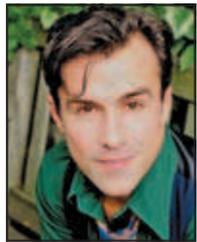
“A lot of the comics that we’ve known over the last 20 to 30 years had their grounding in the Catskills,” Mr. Ephraim said. Catskills talent agent Anthony Rapp and comedian Dick Capri will be guests at opening night.

MALTZ

From page 1

"For me, as a director and choreographer, it's an opportunity for me to apply or to direct actors in the most open and sincere and honest way," Mr. Walden said.

It's the nature of the piece "being about revealing human beings and revealing honesty and really drawing from the most raw that a person can be," he said. "There's just absolutely no set, there is nothing to kind of mask the person onstage as to who they are."



WALDEN

Near 40 years on, the characters are iconic: Zach, the director, and his assistant, Larry.

Dancers Cassie, Bobby, Judy, Richie, Val, Mark and Diana round out a cast of hopefuls at an audition. Each has a

story that informs the dancing.

"I share similar stories, most definitely. I remember being a boy seeing the last 'Company' on Broadway in 1990 and hearing some of these revealing things," Mr. Walden said.

Each character has a story. One is gay, another injures himself, but all have dreams.

Chief among the characters is Cassie. "Playing Cassie is very humbling. It's also such an honor," said Ms. Earley, who



EARLEY

is making her debut at the Maltz. "I think anyone who plays this role can really identify with the struggle."

She had a relationship with Zach and had lived with him for several years.

"Basically, Cassie is someone who has crested and done well in her career, yet she has gone away and failed. She comes back to her homeland, which is New York, and tries to make something of herself once again," Ms. Earley said.

Zach tells her she's too good a dancer to be auditioning for a role like this.

"She's gone from the soloist position to the back of the line. It's vulnerable to experience that," Ms. Earley said. "I think anyone who is an artist can identify with the struggle of fighting for yourself when you've lost everything."

That is the heart of this story.

"This is the kind of show that really allows us to open up our mouths. As dancers you don't have the opportunity to express yourself vocally," Ms. Earley said. "Even though this is 2014

"This is the kind of show that really allows us to open up our mouths. As dancers you don't have the opportunity to express yourself vocally."

— Elizabeth Earley,
actress

and this was 1976, not that much has changed, so we have an opportunity to show what we go through on a daily basis in New York City. Despite it being decades later, we get to show patrons exactly what we go through on a regular basis."

Mr. Walden agreed.

"The stories onstage were so bold and revealing and almost made me feel uncomfortable because they were so honest," he said of the performance he saw as a young man.

Twenty-four years on, the stories still resonate with him, and have helped him in building a career that has taken him across the country.

Two seasons ago, Mr. Walden appeared in the Maltz's Carbonell Award-winning production of "Hello, Dolly!" and served as choreographer for the theater's 2010 original musical "Academy."

For years, he has worked with director/choreographer Marcia Milgrom Dodge, who led the cast of "Hello, Dolly!" They most recently worked together last year in a musical version of "Sense and Sensibility."

"She's my mentor, She's my artistic mother," he said of the director.

He seems to have taken a cue from affable Ms. Dodge, and clearly delights in helping the actors to shape these iconic characters.

"It's not a god complex, but there's something wonderful about being in charge, about being the leader and provoking beautiful choices and allowing the actors to feel so comfortable with you and the material that they just bring forth their amazing selves."

And tell an iconic tale in song and dance. ■

in the know

- >>What: "A Chorus Line"
- >>When: Through Feb. 2
- >>Where: Maltz Jupiter Theatre, 1001 E. Indian-town Road, Jupiter
- >>Cost: \$52 and up
- >>Info: 575-2223 or jupitertheatre.org



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Wednesday, Feb. 12th * 7PM

\$25 * At the Mandel JCC, Palm Beach Gardens

HISTORICAL AUTHOR EVENT

Author: A. Scott Berg, *Wilson*

Thursday, Feb. 20th * 5:30PM

FREE * At the Mandel JCC,
Palm Beach Gardens

THE 19TH ANNUAL BOOK FESTIVAL PRESENTS JCC AT THE NORTON

Author: B.A. Shapiro, *The Art Forger*

Wednesday, Feb. 26th * 11AM

\$85 * At the Norton Museum of Art,
West Palm Beach

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Vietnam: The Real War with

Pete Hamill, Peter Arnett

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Thursday, Feb. 27th * 8:15PM

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SOCIETY

Downtown at the Gardens New Year's daytime event for kids, nighttime party



Alyson Seligman and Sarah Seligman



Damaris Smith and Justin Smith



Gianna Schinella, Megan Schinella and Hello Kitty



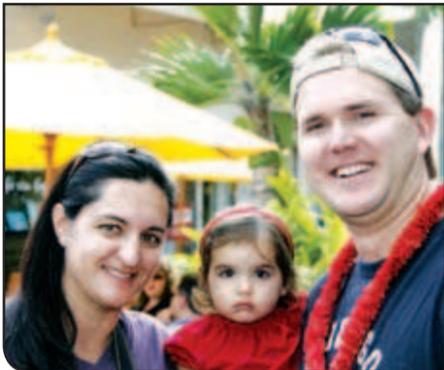
Giordano Mancini, Karina Brody, Vince Mancini, Sabrina Mancini and Natalie Mancini



Rui Dutra and Kelly Kasten



Jeff Hess, Penelope Hess and Courtney Hess



Lis Johnson, Sadie Johnson and Chris Johnson



Maria Suarez, Adrianna Suarez and Michael Suarez



Marta Magarelli, Danielle Magarelli, Ottavio Magarelli and David Magarelli



Mason Ashby, Ben Ashby, Erica Evans, Finley Evans, Eileen Ashby and Isla Ashby

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Sebastian Delgado, Erica Sanchez, Anna Mora and Mariann Delgado



Nia-Symone Frisco, Tanya Frisco and Naomi Frisco



Autum Marsh, Jackelyn Feliciano, Josh Plack, Lauren Plack and Bella Edgeworth



Brian McGonigal, Tammie McNeal and Pam Kessler



Carlos Balsia, Daniella Balsia, Carlos Arraigh and Amanda Jara



Charles Hendricks, Christian Reyes, Karren Reyes and Zenaida Watson



Alexander Scaperotto, Tom Scaperotto, Sebastian Scaperotto and Susan Scaperotto

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ANDREW SPILOS / FLORIDA WEEKLY

JANUARY 25, 2014
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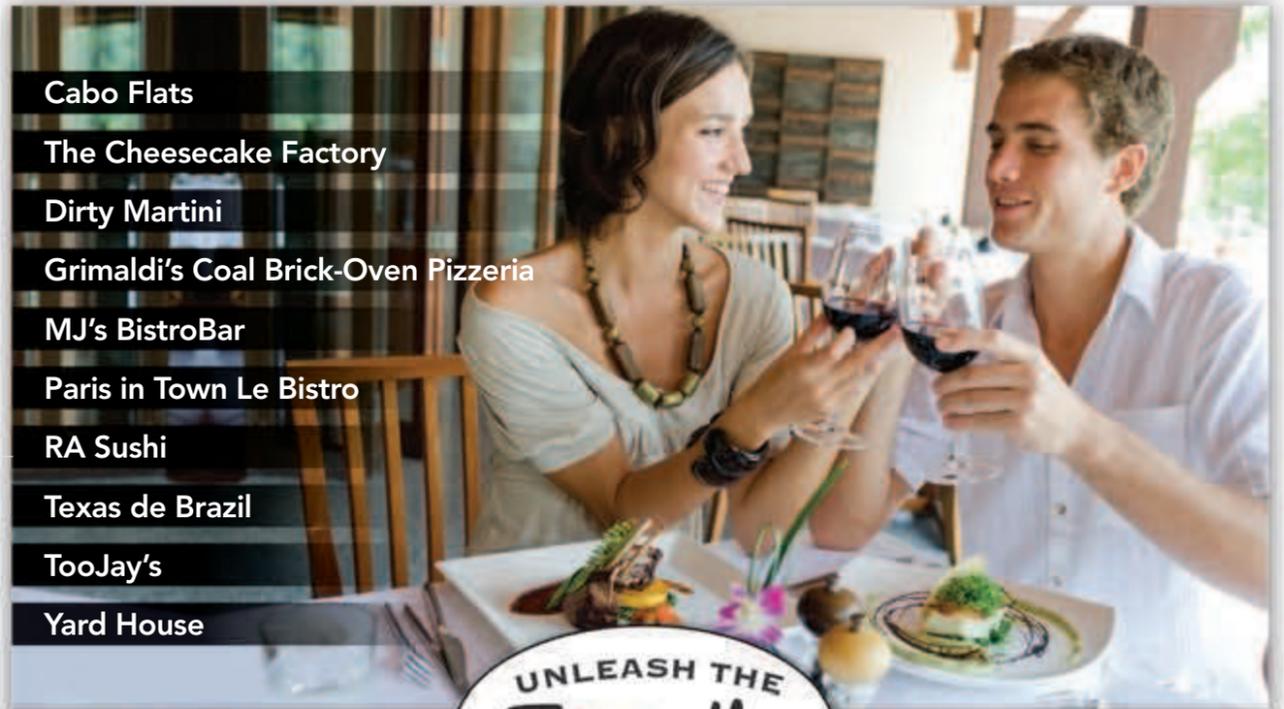
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BY FLORIDA WEEKLY



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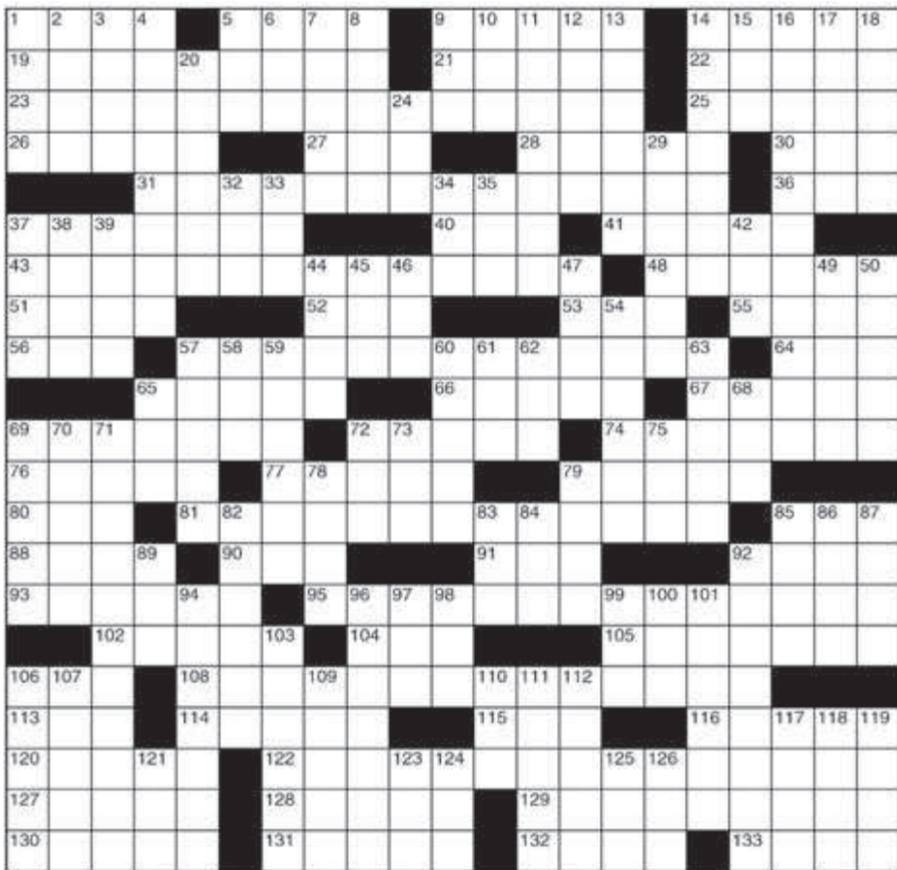


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PUZZLES

GET PREPOSITIONED



- ACROSS**
- 1 Symbol before a key signature
 - 5 Neighbor of Kauai
 - 9 Actress Fox
 - 14 Produces a winter blanket?
 - 19 Arriving like fog
 - 21 Prefix with anthropology
 - 22 Smith's tool
 - 23 Out of character
 - 25 Hard up
 - 26 Barks in pain
 - 27 Suffix with meteor
 - 28 Without face value, as stock
 - 30 Theologian's subj.
 - 31 Not up on current trends
 - 36 Take a whack
 - 37 States north of Nebraska
 - 40 Bauxite, e.g.
 - 41 Pizazz
 - 43 Applying to all
 - 48 Ones going a-courting
 - 51 Reassuring words after an accident
 - 52 "... Mac — PC?"
 - 53 Suffix with schnozz or Motor
 - 55 "Come again?"
 - 56 Brief moment
 - 57 Past proper limits
 - 64 Ending for opal
 - 65 Bring forth
 - 66 Union topic
 - 67 Lower exterior part of a ship's hull
 - 69 L'Oréal rival
 - 72 "Nothing —!"
 - 74 Finer in meaning
 - 76 Taxing work
 - 77 Construction beams with 90-degree angles
 - 79 Buenos —, Argentina
 - 80 Gold, to Julio
 - 81 Loony
 - 85 Drink like Fido
 - 88 S-X linkup
 - 90 Woodsy, e.g.
 - 91 Have unpaid bills
 - 92 Washoe County seat
 - 93 "So long"
 - 95 Irrelevant
 - 102 Its capital is Nuku'alofa
 - 104 "— for Cookie?" ("Sesame Street" tune)
 - 105 Awakens
 - 106 Oom—
 - 108 Subjected to severe trials
 - 113 Golf surprise
 - 114 "Ad — per aspera" (Kansas' motto)
 - 115 Co. offering a Buddy List
 - 116 "The Family Circus" cartoonist
 - 120 Shah, e.g.
 - 122 A bit ill
 - 127 Shah, e.g.
 - 128 Hen's resting place
 - 129 Remove from a computer
 - 130 Arranged for
 - 131 Spanish for "others"
 - 132 Challenge for a lab rat
 - 133 "To be," to Tiberius
- DOWN**
- 1 Big name in early computers
 - 2 Theater area
 - 3 Airline to Ben Gurion
 - 4 Publication that's quickly thumbed
 - 5 Add — (peripherals)
 - 6 Bus. rep
 - 7 Arrive at, as a solution
 - 8 Not masked
 - 9 Stat. of fuel efficiency
 - 10 Gift for music
 - 11 One peeking
 - 12 Vowel string
 - 13 Amateur
 - 14 Italian Riviera city
 - 15 Dayton-to-Toledo dir.
 - 16 Way up there in years
 - 17 Broader
 - 18 In a foxy way
 - 20 Enlarged map details
 - 24 D.C. summer hrs.
 - 29 Declaration
 - 32 Holds
 - 33 Suffix with 58-Down
 - 34 "Woo—!"
 - 35 Momentous time
 - 37 Speech in crime
 - 38 Peak
 - 39 Ray of fast-food fame
 - 42 Punch noise
 - 44 Give a — (care)
 - 45 Suffix with east
 - 46 With 62-Down, rotten sort
 - 47 Dumbbell
 - 49 Extent
 - 50 Handle the helm
 - 54 Timmy's TV dog
 - 57 Yogi of baseball
 - 58 Inflated head
 - 59 Lemon-hued
 - 60 Be snaky
 - 61 Sci-fi's Solo
 - 62 See 46-Down
 - 63 Tapered off
 - 65 Prefix with diversity
 - 68 "— a snapi!"
 - 69 Coagulates
 - 70 Lash of Western films
 - 71 Exempt from regulations
 - 72 Poi Quayle
 - 73 Municipal statute: Abbr.
 - 75 Banquet liquid holder
 - 78 Onion or lily spot
 - 79 Help in crime
 - 82 Beats (up)
 - 83 Coal carrier
 - 84 Lea lady?
 - 85 Luau gifts
 - 86 Bancroft of "7 Women"
 - 87 Ollas, e.g.
 - 89 Ida, neighbor
 - 92 Casino game
 - 94 Ottawa site
 - 96 Quito's land
 - 97 Autograph: Abbr.
 - 98 Suffix with child
 - 99 Easter eats
 - 100 "— tu" (Verdi aria)
 - 101 Oktoberfest dances
 - 103 Maestro Toscanini
 - 106 City of Light
 - 107 Lexus rival
 - 109 "To be — ..."
 - 110 Rat-a—
 - 111 Dull
 - 112 Justice Kagan
 - 117 Figuring-out shouts
 - 118 "Little House on the Prairie" shopkeeper
 - 119 — Stanley Gardner
 - 121 Oscope-wielding doc
 - 123 That, to Tito
 - 124 ACLU issues: Abbr.
 - 125 Oz musical, with "The"
 - 126 Suffix with propyl

◀ SEE ANSWERS, B7

HOROSCOPES

■ **CAPRICORN (December 22 to January 19)** Be prepared to be flexible about your current travel plans. Although you don't have to take them, at least consider suggestions from the experts in the travel business.

■ **AQUARIUS (January 20 to February 18)** A problem with a recent financial transaction could lead to more problems later on unless you resolve it immediately. Get all the proof you need to support your position.

■ **PISCES (February 19 to March 20)** Daydreaming makes it difficult to stay focused on what you need to do. But reality sets in by midweek, and you manage to get everything done in time for a relaxing weekend.

■ **ARIES (March 21 to April 19)** Taking some time out of your usually busy social life could be just what you need to help you focus on putting those finishing touches on your plans for a possible career change.

■ **TAURUS (April 20 to May 20)** A misunderstanding about a colleague's suggestions could create a delay in moving on with your proposal. But by week's end, all the confusing points should finally be cleared up.

■ **GEMINI (May 21 to June 20)** You might feel overwhelmed by all the tasks you suddenly have to take care of. But just say the magic word -- help! -- and you'll soon find others rushing to offer much-needed assistance.

■ **CANCER (June 21 to July 22)** Finishing a current project ahead of schedule leaves you free to deal with other upcoming situations, including a possible workplace

change, as well as a demanding personal matter.

■ **LEO (July 23 to August 22)** Turn that fine-tuned feline sensitivity radar up to high to help uncover any facts that could influence a decision you might be preparing to make. Devote the weekend to family activities.

■ **VIRGO (August 23 to September 22)** A state of confusion is soon cleared up with explanations from the responsible parties. Don't waste time chastising anyone. Instead, move forward with your plans.

■ **LIBRA (September 23 to October 22)** You might feel obligated to help work out a dispute between family members. But this is one of those times when you should step aside and let them work out their problems on their own.

■ **SCORPIO (October 23 to November 21)** Your ability to resolve an on-the-job problem without leaving too many ruffled feathers earns you kudos from co-workers. You also impress major decision-makers at your workplace.

■ **SAGITTARIUS (November 22 to December 21)** Newly made and long-held friendships merge well, with possibly one exception. Take time to listen to the dissenter's explanations. You could learn something important.

■ **BORN THIS WEEK:** Your ability to reach out to those in need of spiritual comfort makes you a much-revered, much-loved person in your community. ■

By Linda Thistle

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

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

'August: Osage County'

danHUDAK
www.hudakonhollywood.com



★★★
Is it worth \$10? Yes

In the annals of dysfunctional families in cinema, the Westons of "August: Osage County" rank near the top.

Alcoholic patriarch Beverly (Sam Shepard) is so fed up with wife Violet's (Meryl Streep) pill-popping nastiness that he runs away. Daughters Barbara (Julia Roberts), Ivy (Julianne Nicholson) and Karen (Juliette Lewis) all have serious issues of their own. As for the unfortunate men attached to the girls, well, they're not exactly dreamboats either.

After Beverly's disappearance, the family convenes at Violet's modest home in Osage County, Okla. The attempts of Violet's sister Mattie Fae (Margo Martindale), her husband Charles (Chris Cooper) and their son Little Charles (Benedict Cumberbatch) to keep things peaceful are futile.

One would think this would be a time of mourning, but for Violet, having the family around provides targets for her venom. Barbara, who has a daughter (Abigail Breslin) and is in the process of separating from husband Bill (Ewan McGregor), is told Beverly would still be around if she didn't move away because she was "daddy's favorite." Ivy is criticized for being single (as far as the family knows), having straight hair and not wearing makeup. Karen doesn't absorb as much direct hatred, but her fiancé (Dermot Mulroney) might be the most loathsome character in the story, which says a lot.

Of course, Violet has her reasons for being awful, and given the circumstances you expect her to be slightly unhinged. But to tee off on her family the way she does suggests a deep-seeded bitterness that goes far beyond poor Ivy not having straight hair. Sure enough, a betrayal is revealed in the last third of the film that would leave anyone with resentment.

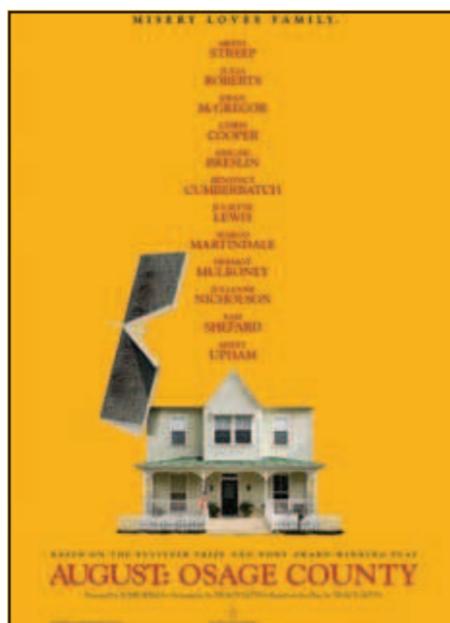
Ms. Streep is excellent here (as usual), as she allows Violet to not just say hurtful things but to relish and enjoy the pain she brings. Violet is a miserable human being, and will not rest until others are miserable with her.

Ms. Roberts is also a standout. Her

character Barbara is bitter about everything in her life, and there are hints as the story evolves that she's slowly becoming her mother. Barbara's looks of frustration, anger and hurt feel heart-breakingly real, and we can only imagine the depression her future will bring.

The rest of the ensemble is stellar as well, with Mr. Cooper, Ms. Martindale and the relatively unknown Ms. Nicholson particularly effective.

The film is based on the 2008 Pulitzer Prize-winning play by Tracy Letts, and Mr. Letts himself adapted it for the screen. Perhaps that's why some scenes feel confined and stage-y, and a bit dialog heavy. One lengthy conversation in a movie is one thing; a series of them is both monotonous and tedious. Director John Wells (the underrated "The Com-



pany Men") clearly needed to do more to open this world up and make the story more cinematic.

By the end of 121 minutes of "August: Osage County," you'll be riveted by the actors and yet happy to get away from the despicable characters. Overall, though, this is a stirring drama about a family in constant turmoil and happiness nowhere to be found.

With any luck, seeing it will allow you to appreciate the relative sanity of your own crazy family a bit more. ■

in the know

>> **Deanna Dunagan** won a Tony Award for her portrayal of Violet in the original Broadway production of "August: Osage County." The show won a total of five Tonys, including Best Play.

CAPSULES

Her ★★★★★

(Joaquin Phoenix, Amy Adams, voice of Scarlett Johansson) In the near future a loner (Mr. Phoenix) purchases and falls in love with a computer operating system (Ms. Johansson) designed with

human emotions. With a great original screenplay from writer/director Spike Jonze ("Where the Wild Things Are"), this is a smart movie that offers a plausible look at the future and what it means to be in a relationship. Rated R. ■



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SPECIAL TO FLORIDA WEEKLY

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



COURTESY PHOTO
Bill McLaughlin started Automax in Lake Park.

One business is out to change that.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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CONTRACT BRIDGE

A frequently fatal weakness

BY STEVE BECKER

In general, more contracts are won or lost on the opening lead than at any other stage of the play. But while it is true that some players are more successful than others in choosing leads, there are times when no one would find the winning lead.

Take this case where South opened with five diamonds. West felt strongly tempted to double, but followed the more conservative course by passing. He had no clear-cut opening lead, and, after considerable thought, chose a club.

This was not a resounding success, because declarer won the club, played the ace and another heart — which he ruffed in dummy — and discarded his last heart on the ace of spades. South then led a diamond and lost two trump tricks to make exactly five diamonds.

Irritated by the outcome, West later polled 10 experts to see what they would have led against five diamonds. As usual, there was a lack of unanimity among the top players. Seven of them agreed with the opening lead, two favored a low heart, and one chose a low spade.

All of them thus missed the only lead that could set the contract: the ace of diamonds, followed by the queen! Against this opening salvo South is

East dealer.

Both sides vulnerable.

NORTH			
♠	A Q 9 8 6 3 2		
♥	5		
♦	6 2		
♣	J 6 4		
WEST		EAST	
♠	K 7 4	♠	J 10 5
♥	K 9 8 2	♥	Q J 10 7 4
♦	A Q	♦	7
♣	10 7 5 3	♣	K 9 8 2
SOUTH			
♠	—		
♥	A 6 3		
♦	K J 10 9 8 5 4 3		
♣	A Q		

The bidding:

East	South	West	North
Pass	5♦	All Pass	

Opening lead — three of clubs.

absolutely helpless and, in fact, winds up down two!

It just goes to show that even the expert has an Achilles' heel. When it comes to opening leads, he, in common with lesser mortals, will frequently fail to find the most effective one. Less-accomplished players will no doubt take some satisfaction from this. ■



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COLLECTOR'S CORNER

scottSIMMONS

Art and Antiques Across Florida



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:

■ **Palm Beach Winter Antiques Show** — See fine art and antiques in a new venue, as this show 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 an opportunity for early buying. Info: dolphinfairs.com.

■ **West Palm Beach Antique & Flea Market** — This fun street market is 9 a.m.-3 p.m. Saturdays on Narcissus Avenue, north of Banyan Boulevard. Info: 670-7473.

■ **Naples Doll Club Annual Show & Sale** — This show attracts everyone from national dealers to budding collectors. It's 1 p.m.-5 p.m. Jan. 17 and 10 a.m.-4 p.m. Jan. 18, Moorings Presbyterian Church Moss Hall, 791 Harbour Drive, Naples.



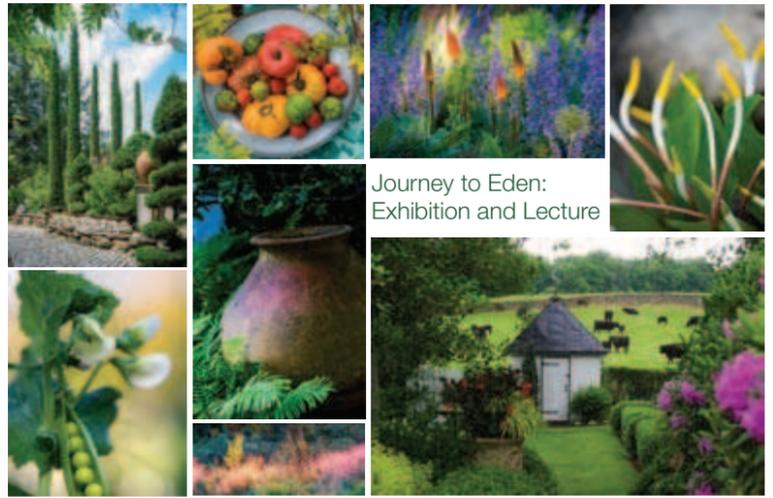
SCOTT SIMMONS / FLORIDA WEEKLY

SPOTTED: This cat-themed cigarette set includes two small ashtrays, one large one, a lighter and a whole lot of retro 1960s charm. It was \$25 at I Found It!, 9249 Alternate A1A, North Palm Beach; 561-557-2881.

■ **Miami Antiques Extravaganza** — Bill and Kay Puchstein, who run the West Palm Beach Antiques Festival, launch a high-end show noon-5 p.m. Jan. 24, 9 a.m.-5 p.m. Jan. 25 and 10 a.m.-4:30 p.m. Jan. 26 at the Miami-Dade County Fairgrounds, 10901 SW 24th St., Miami. Admission: \$10; preview 9 a.m.-noon Jan. 24 is \$25; 813-597-9178.

■ **Naples Antiques Show** — 6 p.m.-9 p.m. Jan. 24, 10 a.m.-5 p.m. Jan. 25 and 10 a.m.-4 p.m. Jan. 26, Naples Hilton, Royal Palm Ballroom, 511 Tamiami Trail, Naples; 239-877-2830 or www.antiqueshowsofflorida.com. ■

— Send your event information to Scott Simmons at ssimmons@floridaweekly.com.



Journey to Eden: Exhibition and Lecture

Photos by Rob Cardillo



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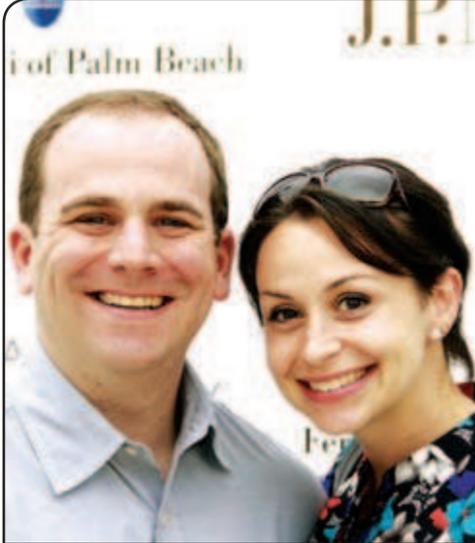
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PALM BEACH SOCIETY

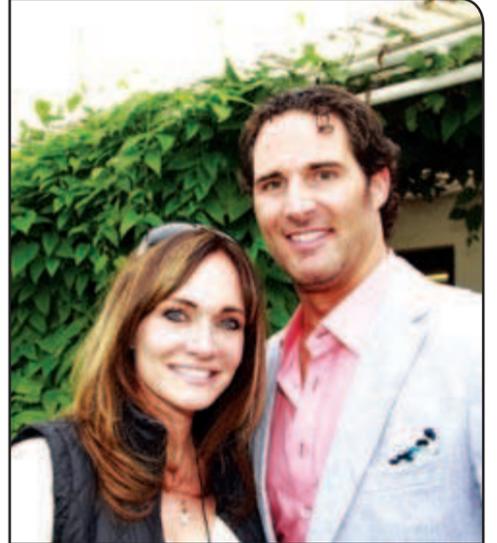
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Joshua Goldstein and Rachael Goldstein



Annabelle Garrett, Sean Flanner, Maura Benjamin and Elizabeth Bock



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Brook Hindle and Art Hindle



Genny Burnstein and Heather Grenhill



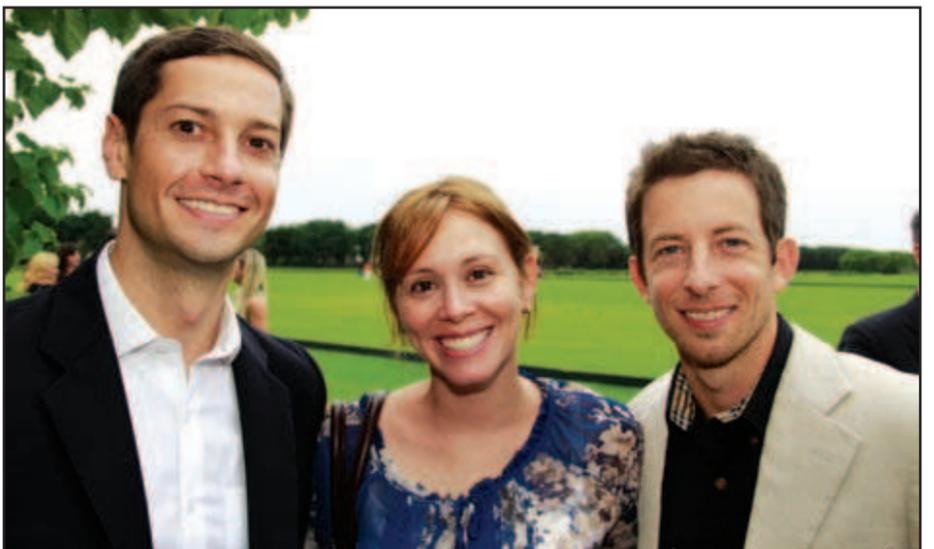
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PALM BEACH SOCIETY

Palm Beach Symphony concert après dinner at Café Bouloud



Jeannine Merrien and Gabrielle Magnaz



Marianne Davidson, Ron Davidson and Francine Pellegrino



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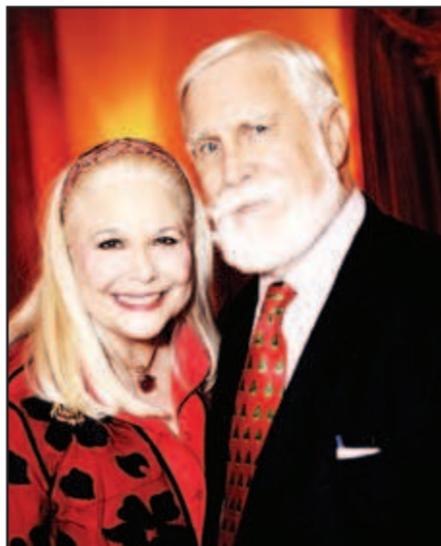
Gail Worth and Carol Weltz



Arlette Gordon and Elizabeth Bowden



Shirley Cowen and Jean Dolan



Marietta McNulty and Dale McNulty



Sigrid Baumann and Hans Baumann

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FLORIDA WEEKLY CUISINE

Food Truck Safari returns to zoo with a little kick

SPECIAL TO FLORIDA WEEKLY

You'd expect lions and tigers and bears at the Palm Beach Zoo & Conservation Society's Food Truck Safari, but you might not expect wine and beer.

The zoo now has a liquor license and will offer adult beverages, starting with its Jan. 18 Food Truck Safari.

Guests can enjoy live music from Bobby G in the Interactive Fountain Plaza and Andre Michaud in the Mayan Plaza.

The zoo has partnered with Food Truck Collective to offer a fresh line-up of gourmet food trucks.

Zoo admission for the Food Truck Safari is \$9 adult members, \$10 adult non-members, \$6 child members, \$7 child non-members, under 3 free. Gate proceeds support regular zoo operations. Food and beverage purchases are not included in admission. All food trucks are donating a portion of their proceeds toward zoo operations. Trucks accept cash or credit.

The zoo is at 1301 Summit Blvd., West Palm Beach; palmbeachzoo.org.

New restaurant at Village Commons: Amici Brick Oven Pizza has opened at Village Commons in West Palm Beach.

Owner Lirim Jacobi, who at one time operated Taverna Opa at CityPlace, is trying to give back.

In addition to serving 25 gourmet pizzas (cooked in a 500-degree brick pizza oven), salads, panini, pasta, craft beer and wine, the restaurant will donate a percentage of profits from pizza sales each month to a local charity.

Diners are asked to post their favorite local charity on the eatery's Facebook page; the charity that receives the most posts per month will receive the donation.

Amici Brick Oven Pizza is at 801 Village Blvd., West Palm Beach; it's open 11 a.m.-11 p.m. Sunday-Thursday and 11 a.m.-midnight Friday and Saturday. Phone 242.8888 or visit amicibrickovempizza.com.

Tasting at The Backyard Bar: Sommelier Melanie Ober and chef Michael Ober will bring together Howard Freedland of BulletProof Wine & Spirits and Ben Oberto, specialty wine director at Massanois Imports, for a wine dinner Jan. 22 at The Backyard Bar.

Menu includes sautéed langostino on cabbage and radicchio salad garnished with Meyer lemon and diced Roma tomatoes paired with a Lustig Gruner Veltliner 2012; seared foie gras on truffled mashed potatoes with chives paired with Schieferkopf Gewurztraminer 2011; vanilla-infused duck breast



COURTESY PHOTO

The Palm Beach Zoo & Conservation Society promises a fresh line-up for its next Food Truck Safari, set for Jan. 18.

on black cherry risotto with broccolini and oyster mushrooms paired with Piron Morgon Beaujolais 2010; and dark chocolate mousse with blackberries and chocolate ginger sauce paired with Salcheto Rosso di Montepulciano 2010.

The dinner starts at 7 p.m. Jan. 22. Cost is \$49 per person, plus tax and gratuity. Reservations required; 339-2444. The Backyard Bar is at Palm Beach Hibiscus House, 213 S. Rosemary Ave., West Palm Beach (just north of CityPlace). ■

Kosta Browne famous for its hard-to-get pinot noirs



Kosta Browne might not be a household name, even among wine lovers. But those who know this California boutique winery willingly wait as long as six years to purchase bottles of its single vineyard pinot noirs.

Kosta Browne's pinot noir was Wine Spectator's Wine of the Year in 2011.

Founder and winemaker Michael Browne talked passionately about what he does and why he does it.

"When I enter the barrel room (where the wines ferment in oak barrels), it's full of life and energy," Mr. Browne told guests. "I get chills. It's like having 500 horses. I pat my barrels like the bellies of horses and say, 'What are you going to do?'"

He and co-founders Dan Kosta and



COURTESY PHOTO

Michael Browne, co-founder and executive winemaker of Kosta Browne Winery.

Chris Costello team up with grape farmers who are as committed to producing great grapes as Kosta Browne is to making superior wine.

The result is intensely flavored and balanced pinot noirs and chardonnay

wines from select regions in California, including the Russian River Valley, Sonoma Coast and Santa Lucia Highlands appellations.

While Mr. Browne plays a major role in the winemaking process, he says most of the credit goes to the terroir of the Russian River Valley, "one of the best places on the planet to grow pinot noir grapes." When the grapes are planted correctly and the right farmers pick the fruit at its peak, he adds, "the wine-maker has to do very little to produce superb wine. Mother Nature is in control."

Noted wine writer James Laube had this to say in the June 4, 2012, Wine Spectator: "In the span of a decade, the Kosta Browne winery has established itself as one of the beacons of California Pinot Noir," adding that it is "a model for excellence and consistency."

The winery's eight single vineyard designation pinot noirs consistently score in the mid-'90s in Wine Spectator reviews.

Browne and Kosta came to winemaking through a dream they shared while working at John Ash & Co. restaurant in Santa Rosa, Calif., where they waited tables and tended bar.

They decided that on the nights they worked together, they would put away \$10 of their tips and, after a few months, had enough money to buy half a ton of pinot noir grapes.

The year was 2000.

Mr. Browne had spent several years sampling all sorts of wines and volunteering at Deerfield Ranch Winery starting in 1997, rising to co-winemaker in 2000.

What is today a multimillion-dollar company with a brand-new winery in the Sonoma County town of Sebastopol started with one used barrel and an old hand-crank crusher-stemmer. They learned by trial and error.

In 2001, their wine was "not good," Mr. Browne said. The '02, however, rated a 92 from Wine Spectator, and things happened quickly from then on. ■

THE DISH

Highlights from local menus

The Dish: Grilled chicken and mozzarella hero

The Place: La Fontana, Crystal Tree Plaza, 1201 U.S. 1, No. 38, North Palm Beach; 408-3295 or palmbeachpizza.net

The Price: \$9.95

The Details: If La Fontana's theme is Italian, its owners are decidedly Balkan — the menu offers a nice list of savory sausage and Mediterranean salad dishes.

We've heard those dishes are quite tasty, but we wanted something a little

lighter one recent rainy afternoon. This hero fit the bill nicely.

Grilled chicken was layered on a freshly toasted roll and covered with decadent melted mozzarella. Sliced tomatoes lent a sweet touch and bits of basil brought a delicate aroma that made us hungry for more.

Service that visit was friendly and efficient, and next time we visit, we hope the weather is conducive to dining outside near the restaurant's namesake fountain. We'll be back. ■

— Scott Simmons



SCOTT SIMMONS/FLORIDA WEEKLY



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January 2014

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

Radiation treatment must
be individualized | **C3**

How much exercise
is enough? | **C4**

New techniques
in smile design | **C6**



DIET NOT WORKING?

Jupiter Medical Center
helps you with your weight
to help you feel great

Being overweight can put an unhealthy strain on your body and cause serious health problems. Jupiter Medical Center's Institute for Metabolic & Bariatric Surgery offers new hope to those who struggle with healthy weight management with a comprehensive, personalized program of services and surgical procedures.

The goal of bariatric surgery is to achieve and sustain a reasonable normal weight with a reduction in health risks associated with obesity. An adult with a body mass index (BMI) between 25 and 29.9 is considered overweight. An adult with a BMI of 30 or higher is considered obese.

Which surgery is right for you?

- Laparoscopic Gastric Bypass restricts the amount of solid food that can be ingested at one time and limits the rate at which calories are absorbed in the small intestine. The laparoscopic technique is minimally invasive and can be performed through five or six small incisions in the abdomen. Gastric bypass surgery has been shown to

SEE WEIGHT, C8 ►

Auto accident in Florida ends well for family, fond memory for Air Trek

At Air Trek Inc. we have many fond memories of special patients and air ambulance flights that stand out in our 36-year history. This flight in particular demonstrates the unique benefits of our



Dana Carr
AIRLINE TRANSPORT PILOT AND
DIRECTOR OF OPERATIONS FOR
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dual stretcher/double patient capabilities. Tragically, a husband and wife were involved in an auto accident in South Central Florida.

With their car a total wreck, the wife was transported to the local hospital in Sebring while the husband was airlifted via helicopter to the trauma center at

Tampa General Hospital.

Thankfully, the positive patient outcome was that both patients were stabilized within weeks, and ready to return to their home in Wisconsin for continued rehabilitation.

After working closely with both the social workers and case managers at the Tampa and Sebring hospitals (along with the insurance provider and rehabilitation hospital in Wisconsin), Air Trek's Flight Coordinators developed a transport plan, which included Air Trek's Cessna Citation II Jet, with two stretchers and additional medical staff. The journey home began at the wife's bedside in Sebring with our medical transport team transporting the wife and her daughter via ground ambulance to the local airport, and boarding her



into the jet for a quick 15-minute flight to Tampa International Airport. While flying the wife to Tampa, our second medical team met the husband and their second daughter at his bedside in Tampa and escorted him, via ground ambulance, to the Tampa International Airport.

Now here is the great part ... we timed it so that all would arrive at the Tampa airport at the same time! We boarded the husband into the jet reuniting the husband, wife, and daughters for the first time since the accident. The feedback that we receive after trips like this is proof to us that we are right where we need to be, providing a service that is most gratifying.

From the family: "It is good to be home and our parents are as well as can

be expected. Mom is at home and dad is in rehab here in Wisconsin. We were apprehensive about flying Mom and Dad from two different cities and hospitals. From start to finish our parents' Air Ambulance could not have been better. Every member of the crew went beyond expectations to make our parents comfortable and at ease. The organization was outstanding and we felt safe and secure throughout the flight. Most importantly, you reunited our family! Thank you, Patients' Daughters"

Needless to say, this was a most heartwarming moment and one of the best "family reunions" ever. To reunite this family after such a tragic accident was one of our most memorable air ambulance flights to date! Behind every memorable moment such as this, is a

company and system set in place to make sure that these situations are carried out as planned. Air Trek's foundation consists of a 36-year-old family business whose formula for success has remained the same for years: focus on being safety-centered while providing the ultimate in patient care. Air Trek owns and operates six aircraft including pressurized twin-engine aircraft, citation jets, and a Westwind II jet. Each aircraft is fully equipped and staffed to function as a flying critical care unit allowing us to provide the best care for our patients. Air Trek differs from other Air Ambulance services in that we own the aircraft, which enables us to have direct operational control of all aspects of the patient's transport.

The patient's family, friends, and pets may also travel aboard the aircraft at no additional charge, pending the availability of seats. Air Trek's Flight Coordinators can explain the different seating capabilities for each individual aircraft — then design a personalized and specific plan to meet the transport needs for the patient and their family members. Additionally, two of Air Trek's six aircraft have dual stretcher patient transport capabilities. If a co-worker or another facility has a patient traveling to the patient's destination this can be an economical means for cost sharing the transport. ■

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

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Treatment needs to be individualized

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



Alex S. Mirakian, M.D.

SOUTH FLORIDA RADIATION ONCOLOGY
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This is best accomplished by acquiring a team of oncologists to advise you on your cancer and how best to treat it. Breast cancer was diagnosed in approximately 230,000 women in the U.S. in 2013 with about 40,000

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

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

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

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

- A bleeding nipple is rarely due to cancer.

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

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

- Breast cancer also affects men.

- Risk factors associated with develop-

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

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

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

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

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

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

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

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

Family history, ethnicity play a role in deciding the right age for prostate screening

There has been significant recent debate regarding prostate cancer screening and treatment.

In 2012, a total of 241,740 men were diagnosed with prostate cancer, making it the most commonly diagnosed cancer of men in the United States today.

In large part, due to prostate specific antigen (PSA) screening, the number of men diagnosed with early stage disease has increased from 30 percent in 1989 to 1992 to 45 percent from 1999 to 2001.

Additionally, because of screening and early detection, death rates from prostate cancer have decreased by 4.1 percent annually

from 1994 to 2001.

Despite these advances, in 2012, 28,170 men passed away from prostate cancer and many more men are living with metastatic prostate cancer that is affecting their overall quality of life and may ultimately take their lives.

The American Urology Association has issued guidelines stating that the greatest benefit for PSA screening appears to be for men between 55 and 69. However, very importantly, this does not mean that PSA screening should not be performed in men younger than 55 or older than 69.

Younger men with higher risk factors such as family history or being of the African-American race, and men older than 69 who are in good health, should make PSA testing decisions based on discussions with their physician.

We see many men younger than 55 and older than 69 who are diagnosed, because of PSA screening, with prostate cancers that have a very high risk of spreading and causing local/regional problems or death.

To learn more, please contact us at (877) 930-7376. ■



Dr. Eugene Shieh

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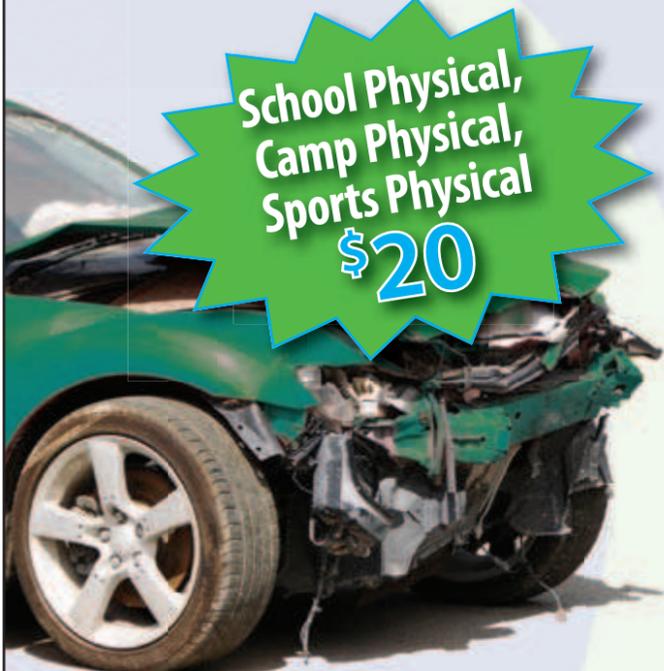
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How can you tell how much exercise is enough exercise?

Most of us would agree that we want to be as healthy as we can. Thanks to a steady barrage of commentary by talking heads on television and articles by "experts" in weekend editions of newspapers and magazines, most of us are aware that enjoying good health has a lot to do with specific habits of nutrition and exercise.



Dr. Michael Papa
CHIROPRACTOR

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The big challenge is to find enough time in the day to do all the things required to fulfill these habits. Part of this challenge is actually being willing to find the time to get all these things done in addition to everything else

we have to do.

Sometimes, on certain days, it may not be possible to find the time required. But good health is obtained over months and years and what's needed is a long-term plan to achieve goals of healthy nutrition and regular, vigorous exercise. A critical starting point is knowing your basic needs — that is, knowing the minimum requirements for good health.

Many studies have examined these minimum requirements, concluding that 30 minutes of vigorous exercise, five days per week, is sufficient to obtain multiple health benefits. For

example, both the American Heart Association and the American College of Sports Medicine recommend 30 minutes of exercise, five days a week.

People who engage in such a consistent exercise program find that they're not only fitter and trimmer, but they are sleeping better, have increased concentration during the day, and have an improved outlook on life. Importantly, those who exercise regularly have a significantly decreased risk of diseases such as Type 2 Diabetes, obesity and cardiovascular disease.

The long-term impact of exercise on our health is profound.

But there's a disconnect.

Everybody knows that exercise is important. But almost three-quarters of adults do not get enough physical activity to meet public health recommendations. The immediate result is that almost two-thirds of American adults are overweight and almost one-third are obese. Worldwide, more than 1.4 billion adults are overweight.

The missing link is personal motivation and the key action step is to get started. Exercise has a way of carrying you along. Once you begin and successfully fight the battle of inertia and lethargy to make it through a couple of weeks of consistent, vigorous exercise, you'll find that you want to do it again the next day. The struggle to find time seems to fade into the background as you become a person who exercises. You'll likely discover that your life is being transformed in numerous, wonderful ways.



Thirty minutes of exercise, five days a week, is the key. You can do more, of course, but meeting the minimum requirement is the main goal.

The choice of exercise is up to you. There are no firm guidelines regarding what kinds of activities to do. For many, a good approach is to mix and match, alternating cardiovascular days with strength training days. Cardiovascular exercise includes walking, running, swimming, cycling, and cross-country skiing.

Similarly, strength training can be done in a variety of ways.

Overall, there's no right formula to use in developing your personal exercise program — what works for you, works for you. What there is to focus

on, is getting it done — 30 minutes a day, five days a week. ■

— Sources: Li J, Siegrist J: *Physical activity and risk of cardiovascular disease--a meta-analysis of prospective cohort studies. Int J Environ Res Public Health* 9(2): 391-407, 2012

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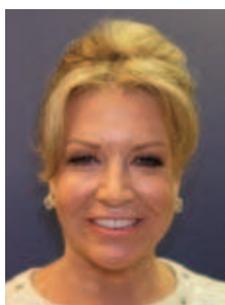
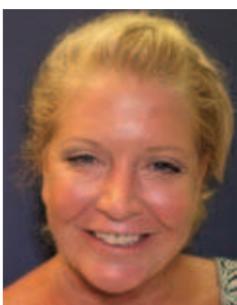


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Confessions of a Sweaty Yogi: If you can't take the heat...

Have you ever heard the saying "if you can't take the heat, get your" But what if the heat is exactly what you need to find relaxation and peace of mind in this otherwise hectic world.

Everyone can find no less than 1,000 excuses per day to not get into a hot yoga class. It's hard, challenging, and oh yeah, my favorite — it's hot! Yep! It's all those things, but it's also humbling, energizing, relaxing, and most importantly just down right amazing!



Jennifer Martin

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So what's with all the sweaty swag? Here are the reasons to get your ASANA IN THE HEAT!!

Vinyasa yoga synchronizes movement with your breath and is sometimes known as flow yoga, because of the way that the poses blend into a near-dance. Breathing is a significant element, because the teacher often instructs you to change poses when inhaling or exhaling. The word "vinyasa" means "connection" in Sanskrit, and the connection that yoga teachers exploit here is the one between breath and movement.

Hot vinyasa yoga takes place in a room heated to about 94 to 95 degrees Fahrenheit, and the benefits of this temperature are many. Heat permits your muscles to go through their complete range of motion while improving metabolism and circulation and boosting the strength of your cardiovascular system. Sweating also assists in removing toxins from the body and rejuvenating the skin.

After developing a regimen of hot vinyasa yoga, you can expect several benefits. When those toxins find their way out of your body through sweating, the process actually nourishes each cell, allowing them to carry out their functions without the hindrance of unnecessary substances. You feel better because your body is actually cleaner.

Many times when you enter a fitness class, you bring in the demands of the day with you. Even if you are at the end of a workday, the stresses of that day (and of the next day) are likely to be weighing on your mind. The heat of the room makes you shift



your focus, and by the end of the class, your mind is clear, and you are happier because you were focused on your body for a short while. You can solve your problems more easily with a clearer head, and hot vinyasa yoga can do just that.

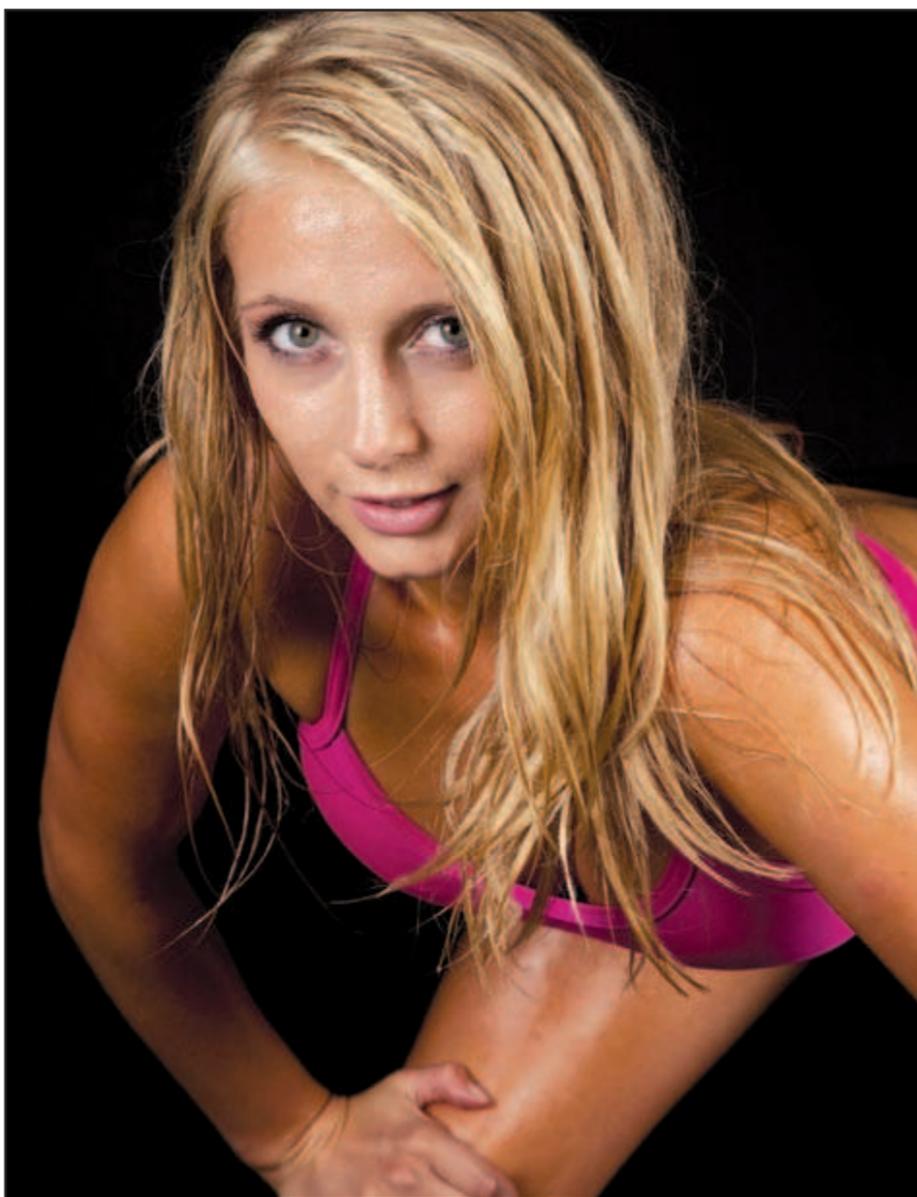
Even beginners gain benefits from hot vinyasa yoga in a relatively short amount of time. Your metabolism and digestion will improve relatively quickly, and the habits of your appetite will follow closely. Warm muscles burn fat more efficiently, and a hot vinyasa yoga session causes you to burn between 600 and 800 calories. Obviously, harder work burns a higher number of calories. When you stretch and bring compression to your glands and internal organs, your metabolism also kicks in as well. When you leave class, your metabolism is still running more efficiently, meaning that you will still continue to burn more calories.

As you continue with a regular hot yoga practice, you will notice that your common aches and pains, and possibly even chronic injuries will begin to disappear, particularly in your lower back. Hot vinyasa yoga cuts down on the unpleasant symptoms that come from asthma, diabetes, depression, high blood pressure, obesity and arthritis.

Even your skin gets in on the party. As time goes by, your skin becomes softer and clearer, and your eyes brighten. The process of sweating opens your pores, cleaning them and permitting lanolin to emerge, giving your skin more of its original elasticity.

Even if you are a complete beginner to yoga, the benefits of trying a hot vinyasa session or two are well worth it. If you build it into a regular part of your wellness regimen, even better!

Time to tackle the heat! Grab your mat and give it a try. Bodhi Hot Yoga is the perfect sanctuary for mind and body transformation. To see more studio information or class times visit our website. ■



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Modern techniques quell fear of dentistry for patients

The fears that many people have of the dentist are a thing of the past, as advances in modern technology have allowed patients to undergo full dental makeovers or necessary dental work without the anxiety and discomfort they may have experienced in the past. One way to eliminate this anxiety is to seek care by a sedation dentist.

However, before you choose a sedation dentist, or a relaxation dentist, there are a few questions you should ask during the initial consultation.

What is sedation dentistry? There are different levels of sedation available based on your needs and the procedures you may undergo.

One form of sedation is Oral Sedation which merely refers to the practice of administering oral sedatives for the purpose of patient relaxation.

In most cases, the patient will be able to stay awake and respond to visual and verbal cues, but will be in a state of relaxation that will make the dental experience far more pleasant.

Another form of Sedation is IV Sedation, which can only be administered by a Board Certified IV Sedation Dentist. IV Sedation can last longer and is more effective in highly anxious patients and for surgical procedures like dental implants, or longer procedures like cosmetic dentistry or dental reconstruction.

Am I a good candidate for oral sedation dentistry?

Although people may be interested in oral sedation for a variety of different reasons, some of the best candidates for this type of procedure are those who have a slight to moderate anxiety level in relation to dentistry.

If you have a fear of the dentist that has been keeping you away from receiving the care you need, you may be a good candidate.

Your oral sedation dentist may also be able to help you if you have a severe gag reflex, back or neck problems, difficulty getting numb with regular medication, or time constraints.

Am I a good candidate for IV sedation? The majority of adults are good candidates for IV sedation. IV sedation is much more effective for patients who are fearful of the dentist or who simply don't want to have any memory

of the procedure. IV sedation can be increased rapidly if necessary and can be administered for longer periods of time. Analgesics (pain relievers) can also be administered through the IV line, which is not an option with oral sedation.

Are there any side effects to either form of sedation?

As with any medications, some individuals may experience side effects to their sedatives. Dry mouth is a common one, for example, because these oral medications reduce salivary flow during the dental procedure.

Most patients will simply be sleepy after the procedure and may take a restful nap. It's a good idea to ask your sedation dentist about how the medications may affect you.

Is it possible to remain fully conscious during the procedure? This will depend on the oral sedation dentist you are seeing, and a few other factors.

Some types of oral sedation may require that you are fully unconscious, but there are methods that allow the patient to be conscious during the procedure, although sedated. Be sure to ask your oral sedation dentist about these different possibilities so that you know what to expect when you go in.

What experiences have you had administering sedation? When you are choosing a sedation dentist or painless dentist, you will want to ask about their background with the specific procedure that you're going in for.

A sedation dentist should have passed the proper exams and have the qualifications before helping his patients with sedation. You will want to feel secure in the knowledge that you are in experienced, professional hands. ■

— Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Mastership from the Misch International Implant Institute. He is an active member of The American Academy of Oral Implantologists. Dr. Ajmo is Board Certified in IV sedation and maintains an active membership with the American Society of Dental Anesthesiology. He focuses his practice on complete dental restoration, surgical placement of dental implants, cosmetic smile design and sedation dentistry. Dr. Ajmo has been serving patients in his Palm Beach Gardens office since 1987.

Getting fit? Cycling, and getting fit on your bicycle, can help

Most of us desire to begin 2014 in a healthy way. Perhaps you have committed to a new exercise program that includes cycling for the first time. Maybe you either purchased or received a new bike over the holidays. As a younger cyclist, you might have experienced a recent growth spurt. Or, you could be battling a chronic overuse injury that you just want go away.



Robin Bradley Hansel

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Whatever the issue, the professionals at OYM Performance Center are ready to evaluate your needs. For years, owners Matt and Julie Goforth have been assessing the fit of thousands of road, mountain, triathlon and lifestyle bikes for athletes of various levels.

Matt and Julie's passion and attention to every detail means that OYM clients receive the best bike fit possible.

Julie Goforth shares, "Having your bike fitted is like building a house. Proper bike fit is the foundation for ensuring the health and enjoyment of your cycling future. Everything is built upon the fit."

A comprehensive bike fit evaluation session with the OYM Performance Center team of professionals lasts approximately an hour and a half. For this reason, it is by appointment only. Handlebar height, seat height, cleat placement and the relationship of the rider in terms of being positioned forward or backwards

in the saddle are just a few of the many items assessed.

"Proper bike fit is critical to the health of a cyclist's knees. The seat must not be too high or too low," Julie continues.

Cycling is fun and should never cause pain or discomfort. During the OYM bike fit session, Matt and Julie will talk at length with you about your cycling goals and current training habits. They want to understand all that you experience while riding - both the good and the bad. They'll take some simple body and bicycle measurements and also look at all of your current gear to offer recommendations as necessary. If any related parts or accessories need to be changed, they'll let you know. After that, they'll put you and your bike in the stationary trainer and check you out in action.

Matt concludes, "Proper bike fitting is the first step in our long-lasting relationship with our athletes. We want you to love this sport just as much as we do. That's why we're here to help."

Visit www.oymbike.com for more bike fit details.

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From page 1

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Jefferson R. Vaughan, MD

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MEDICAL DIRECTOR,
INSTITUTE FOR METABOLIC AND
BARIATRIC SURGERY AT
JUPITER MEDICAL CENTER

• Laparoscopic Adjustable Gastric Banding Surgery involves the laparoscopic placement of an adjustable band around the upper stomach, creating two connected chambers of the stomach. An injection port is attached to the abdominal wall underneath the skin and connected to the band with soft, thin tubing. It restricts the amount of food allowed into the stomach, providing early fullness with small, solid

meals. The band can be adjusted by the surgeon to meet an individual's needs.

Before making the decision to have bariatric surgery, it is important to understand the benefits and risks of each procedure.

Consult with Jupiter Medical Center's Institute for Metabolic & Bariatric Surgery to determine the best option for you.

For more information on Jupiter Medical Center's Institute for Metabolic & Bariatric Surgery, see www.jupitermed.com/bariatrics or call 561-263-5695.

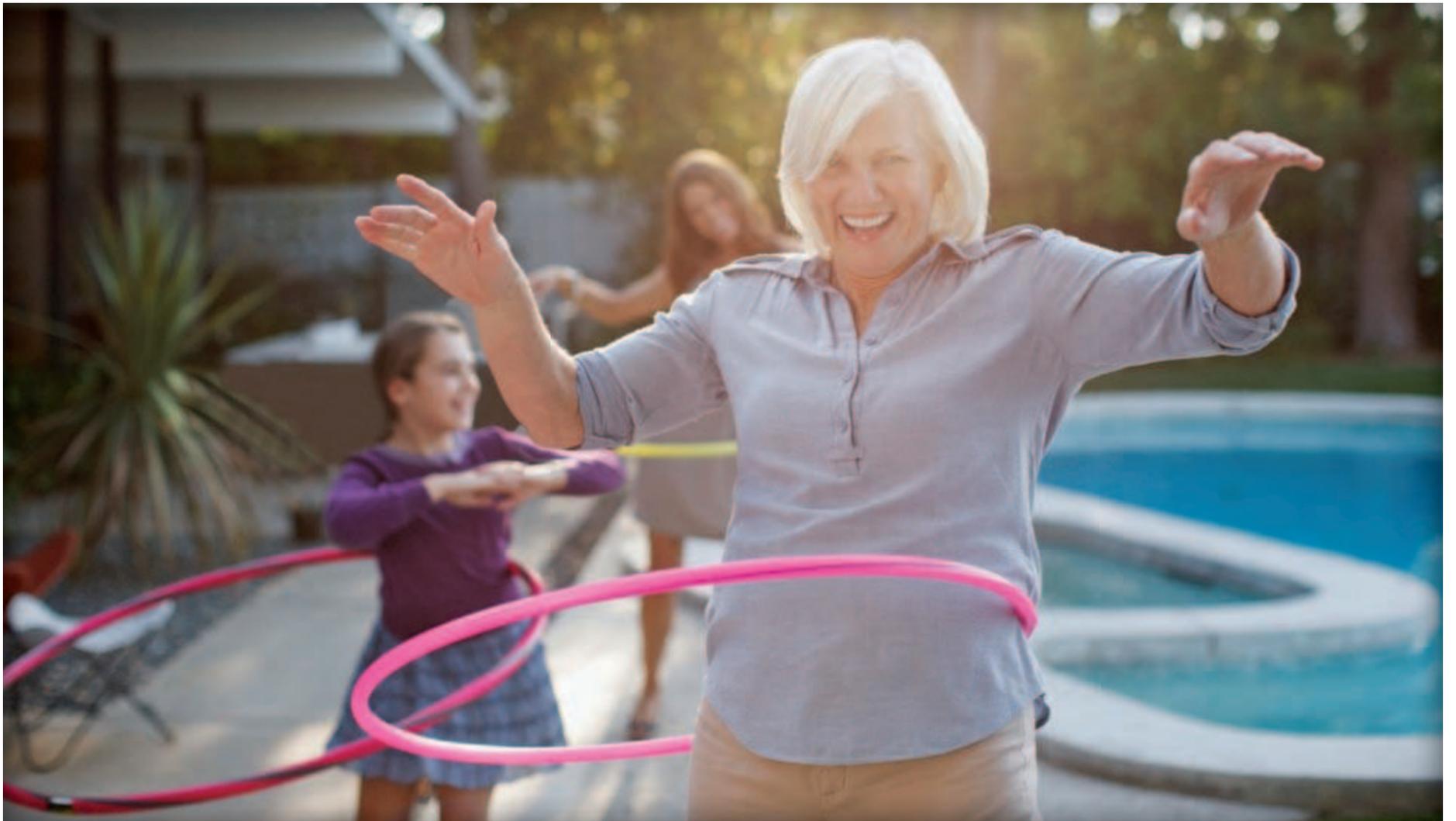
Weight Management Program

If you decide that surgery is not the best option for you, Jupiter Medical Center offers a variety of options to

support you in your journey to a healthier weight. Our Weight Management Program offers:

- Advanced Body Composition (to monitor your weight loss).
- Aquatic Therapy.
- Medical Weight Loss.
- Nutrition Classes.
- Nutrition Counseling.
- Personal Training.
- Weight Loss Exercise Programs.
- Stress Management.
- T'ai Chi.
- Yoga.

For more information about Jupiter Medical Center's Weight Management Program, see www.jupitermed.com/weight-management or call 561-263-4437. ■



A Weight Management Program Where You'll Gain Back More Than You'll Lose.

Being overweight is the leading risk factor for developing diabetes, heart disease, hypertension, stroke and cancer. Whether you are living with an obesity-related health condition or simply frustrated with the limitations your weight puts on your lifestyle, we offer a variety of options to support you in your journey to a healthier weight. For more information about our Weight Management Program, call Gail Cooper-Parks, RN, Health Navigator, at (561) 263-4437.

The Weight Management Program at Jupiter Medical Center offers:

- Surgical Weight Loss
- Medical Weight Loss
- Nutrition Counseling
- Aquatic Therapy
- Personal Training
- Yoga
- Stress Management
- T'ai Chi
- Weight Loss Exercise Programs
- Advanced Body Composition (to monitor your weight loss)
- Nutrition Classes

Weight Management Program  **JUPITER MEDICAL CENTER**

1210 South Old Dixie Highway, Jupiter, Florida 33458 · jupitermed.com/weight-management SO MUCH MORE THAN MEDICINE.