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WEEK OF MARCH 20-26, 2014

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Vol. IV, No. 23 • FREE

Child removals in Florida



— DCF Child Welfare Services Trend Report

Removed from home

— living in bureaucracy

A spike in children entering Florida's child welfare system has led to a need for more foster families and better services

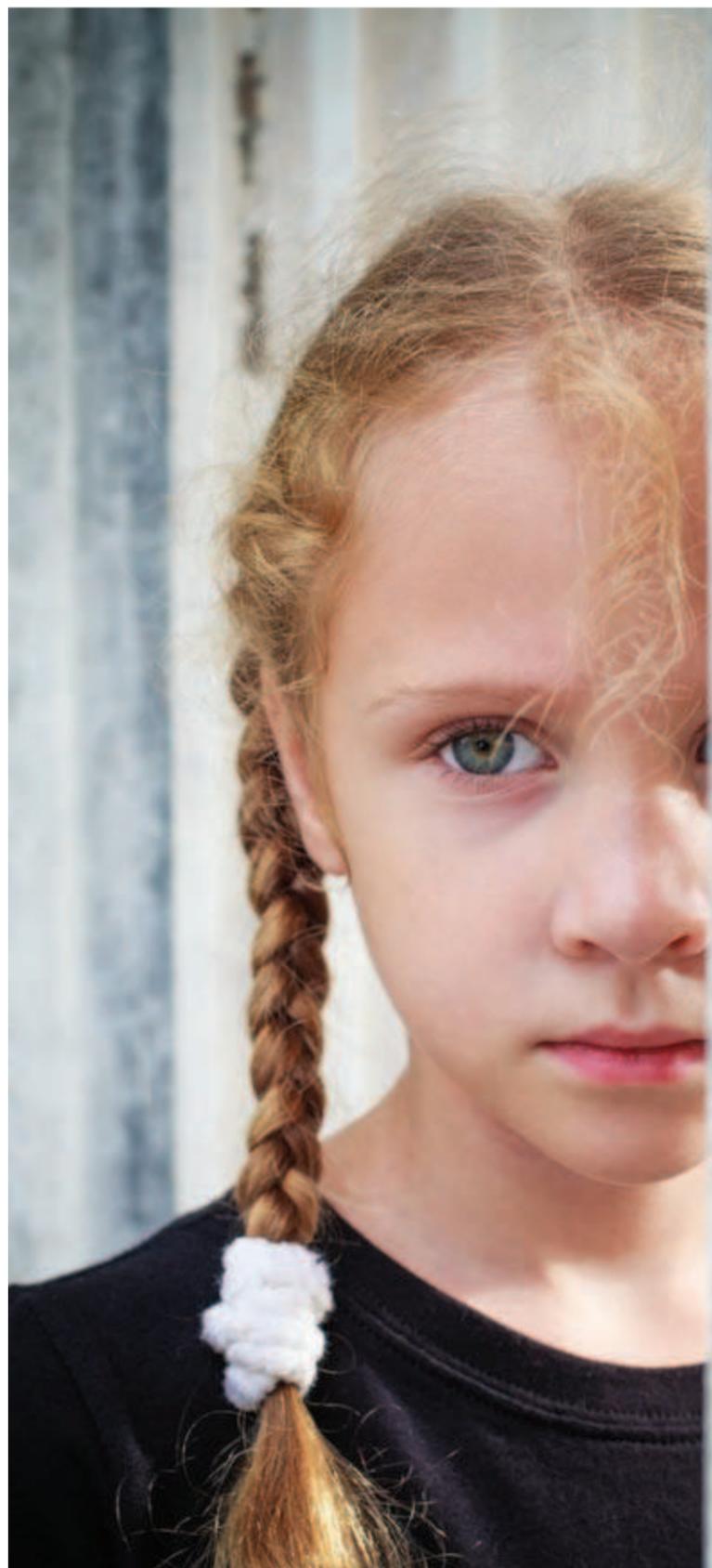
BY EVAN WILLIAMS

ewilliams@floridaweekly.com

By the second half of last year, children in South Florida were entering the state dependency system by “leaps and bounds,” one official said.

Removed from intensely troubled homes and taken into custody by the Department of Children and Families, they were spread out through that bureaucracy, filling foster

SEE FOSTER, A8 ►



Local Relay For Life events celebrate, remember and fight back against cancer

BY BRITTANY MILLER

Special to Florida Weekly

On March 28, cancer survivors, hard-working volunteers, team captains and participants will take to the baseball diamond at Roger Dean Stadium in Jupiter, and for one night, a relay in the baseball stadium will be more meaningful than any kind of homerun.

Relay For Life, benefiting the American Cancer Society, will take place from 6 p.m. Friday until 6 a.m. Saturday morning, and

hundreds of community members will rally in support of the more than 1 million people in the United States who get cancer each year.

“The event is a place for community members to celebrate, to remember, and to fight back,” said Jenna Gillespie, Jupiter, who works as a Relay For Life Specialist for the American Cancer Society in Northern Palm Beach County. “The events are volunteer-driven and staff-coached,” she says. And like any good

coach, she talks about how much fun the event is going to be, adding, “I’ve been participating in Relay For Life since I was 15 years old. It was fun then, and it’s still fun.”

It’s been 29 years since the first Relay For Life was held in Tacoma, Wash., when Dr. Gordy Klatt walked and ran for 24 hours straight to raise \$27,000 for the American Cancer Society. A year later,

SEE RELAY, A30 ►



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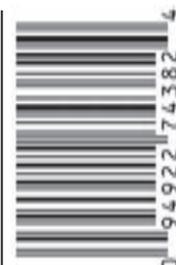
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COMMENTARY

Whistling Dixie



leslieLILLY

lilly15@gmail.com

I found myself thinking the other day that the South will win the Civil War after all. We are exporting, with great success and for the benefit of the rest of the country, our most radical ideas. Now, to be sure, most of Florida is not “the South” in the regional meaning of the words and it has not been for a long time.

We are an island of transplants from places without historic membership in the club of the old Confederacy; but that hardly matters now. States are realigning to the tune of a “...wish I was,” resurrecting failed ideas from the ashes of the Old South that harken back to the era when “preserving our way of life” was the battle cry to mobilize the ruling planter class.

Today’s call to arms in defense of the mythical Dixie includes gun-waving, rhetorical rebel yells, and demagoguery sufficient to rouse a hot-blooded crush of indignant white folk into a political frenzy.

They wage economic warfare mostly at their own and their neighbor’s expense. Nothing learned from the nation’s most divisive civil conflict sticks among the new South wannabes. The ghosts of the party of Lincoln have

descended into Dante’s inferno.

The irony is rich: the once-federalist faithful abandoning willy-nilly their ancestral loyalty to the Union blue, to launch reconstruction déjà vu by other means.

Many a great-great-grand-pappy must be rolling over in their graves as the descendant young guns abandon the federal ranks in mass to join the rebels. Seductions by sunshine and rapacious dealing are burning through state legislatures like Tom Wolfe’s “Bonfire of the Vanities,” leaving no good deed for the people unpunished.

They advocate states’ rights and secession, waving stars and bars to rally the troops to defend the new plantations. The mega mansions proliferate like dandelions in the great lawn and conceal, within the caste of their long shadows, the dreary shanties of millions of working poor.

Fighting for state rights is an expansive table, too; almost any cause can find a seat.

We demand the right to obesity and fight to eat ourselves to death with food addictions engineered by corporate design. We demand the right to poverty by making sure the minimum wage is the maximum wage, cutting food stamps, and denying unemployment benefits for the long-term unemployed, despite the worst recession in 75 years. We demand the right to flaunt our wealth in the big house, lovely ladies in flowing gowns and tuxedoed men dancing the waltz of

show-and-tell philanthropy, generosity masking the crime and corruption that made the most infamous among them filthy rich.

It is as if we resurrected in the flesh the mournful Ashley Wilkes from “Gone With The Wind” to avenge old, sacred grievances of sovereignty lost. Our state’s legislators deny expansion of Medicaid to the state’s uninsured because acceptance of federal dollars is inconsistent with our God-given right to act stupid.

Meanwhile, uninsured millions and taxpayers infinitum get no benefit from billions in taxes contributed to support the program.

Demagogues lure the gullible to distraction by promoting culture wars as they dismantle brick-by-brick the nation’s commitment to equality of opportunity, urging old insurrections that once nearly destroyed the nation’s democratic ideals.

Why not different classes of citizenship as a way to resolve the immigration problem? It worked well to count slaves as three-fifths of a person for purposes of taxation. Let’s also limit the franchise to the privileged, too, and make it hard to vote.

It could be worse: No Senator today has suffered a severe beating at the hands of a crazed Congressman on the floor of the U.S. Senate, an incident that occurred in the run-up to the Civil War.

But how long before some jackass pulls out a gun, shoots to defend against

threats to their “honor,” and then pleads, “Stand Your Ground”?

Some say the Citizens United decision rendered by the Supreme Court in 2012 is our era’s version of the Court’s Dred Scott decision in 1857.

In that decision, southern justices sympathetic to the South recruited a northern justice to join them in a majority opinion that ruled slaves weren’t people; they were property.

Last fall, Jim Leach, a former Republican Congressman, wrote in a Boston Globe op-ed, “...To justify slavery, the court in Dred Scott defined a class of human beings as private property. To magnify corporate power a century and a half later, it defined a class of private property (corporations) as people.”

I used to think if you wanted to see what the nation would look like had the South won the Civil War, you need only travel to Mississippi; but now I think you don’t have to go nearly that far. ■

— 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 lilly15@gmail.com and follow Lilly on Twitter @lilly15.

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 Phone 561.904.6470 • Fax: 561.904.6456

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OPINION**The Russian reset to nowhere****richLOWRY**

Special to Florida Weekly

The “reset” with Russia had a brief, unhappy life. It began with then-Secretary of State Hillary Clinton presenting her Russian counterpart with a mistranslated reset button reading “overcharged.” It ended with current Secretary of State John Kerry denying knowledge of the late, unlamented policy on “Meet the Press”: “Well, I don’t know what you mean by the reset.”

Memories are short in Foggy Bottom. And understandably. Who wouldn’t try to forget a geopolitical initiative that has been exposed as willful naivete and strategic obtuseness from the beginning?

George Kennan wrote the famous “Long Telegram” at the outset of the Cold War. President Barack Obama would have needed only “A Very Brief Telegram” at the outset of his administration: “Bush’s fault.”

This was a perverse misreading of history. Of all President George W. Bush’s failings, not giving the Russians a chance wasn’t one of them. He noto-

riously looked into Russian President Vladimir Putin’s eyes at the beginning of his presidency and saw sweetness and light. By the end, his illusions were shattered by the Russian invasion of Georgia in 2008.

President Obama picked up like this Russian act of aggression had been perpetrated long ago by the Grand Duke of Muscovy, instead of by the very regime he was resetting with.

In a 2009 visit to Moscow, the springtime of reset, President Obama professed his belief “that Americans and Russians have a common interest in the development of rule of law, the strengthening of democracy, and the protection of human rights.” He was 0 for 3.

It didn’t take a student of Russian history, or of international relations or even of the model U.N., to know that this would end in ashes.

At one level, the Obama administration was guilty of the human impulse of wanting to see the world as you would like it to be, rather than as it is.

At another, the president is not particularly interested in international relations. It was appropriate that one of his statements on the crisis came at an elementary school while announcing his latest budget, which reduces the U.S. Army to pre-World War II lev-

els. Because we all know that we will never face an unexpected, unpredictable international crisis again.

Whereas Obama has the left’s traditional discomfort with American power, Putin has no such guilty conscience. Whereas Obama believes we’ve entered a paradisiacal new period in history when everyone can be constrained by international norms, Putin has no such delusions.

President Obama said recently that Ukraine’s stability and success are “in Russia’s interest.” Not if you are Vladimir Putin and stung by the humiliation of the Russian empire’s diminishment after the end of the Cold War and informed by Catherine the Great’s belief that the only way to secure Russia borders is to extend them.

President Obama declares that Russia is on the wrong side of history. That may be a clinching argument in a debate over gay marriage at Wesleyan University, but won’t carry much weight with Putin. He thinks he can make history move with lies, thuggery and iron.

It’s now Obama’s challenge to prove him wrong. ■

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

CIA spies and tortured lies**amyGOODMAN**

Special to Florida Weekly

“What keeps me up at night, candidly, is another attack against the United States,” Sen. Dianne Feinstein said last month in what was, then, her routine defense of the mass global surveillance being conducted by the National Security Agency and other U.S. intelligence agencies. All that has changed now that she believes that the staff of the committee she chairs, the powerful, secretive Senate Select Committee on Intelligence, was spied on and lied to by the CIA. The committee was formed after the Watergate scandal engulfed the Nixon administration. The Church Committee, led by Idaho Democratic Sen. Frank Church, conducted a comprehensive investigation of abuses by U.S. intelligence agencies, of everything from spying on anti-war protesters to the assassination of foreign leaders. Thus began the modern era of congressional and judicial oversight of U.S. intelligence.

The recent public spat between CIA-loyalist Feinstein and that agency might briefly upset the status quo, but they will make up. Sadly, it obscures a graver problem: the untold story of the United States’ secret policy of torture and rendition (the latter is White House lingo for “kidnapping”).

The conflict surrounds the mammoth, classified Intelligence Committee report on this notorious U.S. government program. Feinstein and other senators have sought the declassification of the 6,300-page document. We have now learned from press reports and from a speech Feinstein made on the Senate floor this week that Intelligence Committee staffers were given access to CIA documents at a secure CIA facility, somewhere

outside of CIA headquarters. Feinstein described the scene: “The CIA started making documents available electronically to the committee staff at the CIA leased facility in mid-2009. The number of pages ran quickly to the thousands, tens of thousands, the hundreds of thousands, and then into the millions. The documents that were provided came without any index, without organizational structure. It was a true ‘document dump’ that our committee staff had to go through and make sense of.”

Whether it was in those millions of pages, or provided to the Intelligence Committee staff from a CIA whistleblower, we do not yet know — but a key document surfaced, called the “Internal Panetta Review,” ostensibly named after Leon Panetta, the director of the CIA at the time. Feinstein said in her floor speech, “What was unique and interesting about the internal documents was ... their analysis and acknowledgement of significant CIA wrongdoing.” This “Internal Panetta Review” specifically contradicts the CIA’s own written testimony to the Intelligence Committee. Yes, the CIA was caught in a lie.

It doesn’t end there. Mike German, a fellow at New York University’s Brennan Center for Justice who served as an FBI agent specializing in domestic counterterrorism for 15 years, said on the “Democracy Now!” news hour, “This is really an extraordinary situation ... this is supposed to be oversight of the CIA that the Senate is doing, not allowing the CIA to set the terms for the oversight of their own work.” Feinstein reported that hundreds of documents originally provided were later deleted by the CIA. Now, to add insult to injury, it turns out the CIA is seeking criminal charges against committee staffers, ostensibly for stealing the Panetta review.

Ray McGovern is a former top-level CIA analyst who publicly criticized the intelligence used to justify the invasion

of Iraq. He told me: “This goes back to the key question of supervising the intelligence community. ... People always say, ‘After 9/11, everything changed.’ Well, it did change. The president, on the evening of 9/11, said, ‘I don’t care what the international lawyers say. We’re going to kick some ass.’ ... Well, they took some prisoners in Afghanistan, and the first person tortured was John Walker Lindh, an American citizen.”

The torture was widespread, vicious and conducted in secret “black sites” around the globe. This is what is being lost in the Beltway power struggle between Sen. Feinstein and the CIA. Lives have been ruined; some in U.S. detention died violent deaths at the hands of their captors. In the grim American gulag at Guantanamo Bay, hunger-striking prisoners charged with no crime, some of whom have been cleared for release for more than a decade, are subjected to vicious force-feeding and torture techniques that date back to the Spanish Inquisition.

Let’s hope Feinstein’s indignation is not quickly salved, and that the Intelligence Committee’s oversight of the sprawling U.S. intelligence agencies is invigorated, with real teeth. NSA whistleblower Edward Snowden weighed in from political asylum in Russia, saying, “We’re seeing another ‘Merkel Effect,’ where an elected official does not care at all that the rights of millions of ordinary citizens are violated by our spies, but suddenly it’s a scandal when a politician finds out the same thing happens to them.” ■

— 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 1,200 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

Pups and plants

Gardeners with pets need to think 'dogscaping' as well as landscaping

BY LIZ PALIKA
Universal Uclick

As ice and snow melt and mud takes their place, the promise of spring appears with tiny green leaves on the trees. Nurseries begin stocking flowers and vegetables for those brave enough to put in a spring garden.

If you have a pet, however, gardening can bring a great deal of frustration. The owner of a Labrador retriever, who wishes to remain unnamed, planted 100 gladiola bulbs. When she was done, she went into the house to clean up — while her dog dug up all 100 bulbs. Thankfully, the dog didn't chew on or eat the bulbs, as they are toxic, causing extreme salivation, vomiting and diarrhea.

With a little planning, though, you can have both a pet and a garden.

Design and placement

Pets can foil gardening efforts by using the garden as a place to relieve themselves, a nap spot or by digging up plants. Plus, some common garden plants can be poisonous to pets. Did you know that the foliage of both tomatoes and potatoes is toxic? To keep your garden and your pets safe, the best idea is to make your garden inaccessible to them.

A raised-bed garden — one elevated from the level of your yard with concrete blocks or wood planks — works very well. You can build one in the size and shape of your choice, or seek out ready-

made raised-bed gardens from online garden catalogs; all you have to do is find the right spot and put them together.

A fence is the best way to keep your best friend in your good graces. A short decorative fence at the top of the raised-bed garden can work, although if you have a garden in the ground, you'll need a taller, sturdier fence.

Think about the placement of your garden. Judy Macomber, a master gardener who is a dog owner herself, says to examine your dog's present habits. "Where does your dog sleep outside? Where are his paths for wandering the yard? Where does he find shade when it's hot?"

It's much better to locate the garden in an area where your dog hasn't already established himself than it is to change those habits.

Garden issues

Gardens bring some potential dangers for pets. Many gardeners use a variety of products that can harm or even kill pets. Thankfully, safer alternatives exist.

Choose plants wisely. The ASPCA has a comprehensive list of poisonous plants on its website: www.aspc.org/pet-care/animal-poison-control/cats-plant-list. Print the list and take it with you when you shop for seeds or plants.

Pesticides can be poisonous to your pet, and long-term exposure has been linked to cancer. Thankfully, they aren't necessary in most home gardens. Instead,

handpick insects off your plants or simply wash the plants with soap and water. A few drops of citrus dish soap in a spray bottle filled with water works well.

Herbicides have also been linked to cancer, especially bladder cancer, in dogs. Avoid them by simply pulling or digging up the unwanted plants. If that's not possible, pour boiling water on the weeds.

Chemical fertilizers can burn your pet's paws and are often toxic, but natural soil conditioners, such as those made from earthworm castings, are safe for you and your pets. Also, did you know that coffee grounds and tea bags make great fertilizers? Place several tea bags or some coffee grounds in a gallon of water, let them steep and then water your plants.

Many online resources offer safe gardening tips as well as pet-safe pest-control solutions. Macomber recommends www.mastergardenerssandiego.org.

If you have questions about gardening in your locale, a master gardener in your area should be able to help. Find one at the American Horticulture Society's website: www.ahs.org/gardening-resources/master-gardeners. ■

— Guest columnist Liz Palika is an award-winning writer and certified dog trainer. She shares her home with three dogs who are well-behaved in her flower and vegetable gardens. For more, go to www.kindredspiritsk9.com.

Pets of the Week



>> **Manny** is a 7-year-old neutered Shepherd mix. He's very smart. He qualifies for the Senior to Senior program; adopters 55 and older pay no adoption fee.



>> **Blackie** is a 9-year-old neutered Domestic Shorthair. He is loving, sweet and talkative. He qualifies for the Senior to Senior program, too.

To adopt or foster a pet

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

>> **Tiny** is a beautiful spayed tortoiseshell, approximately 18 months old, with distinctive markings. She's a small girl, very mellow, and likes her "quiet time" with people.



>> **Spike** is a neutered gray tabby, approximately 2 years old. He's quiet and laid-back, and gets along well with people and other cats. He's waiting for a new home in a loving household.



To adopt or foster a pet

Adopt A Cat is a no-kill, free-roaming cat rescue facility located at 1125 Old Dixie Highway, Lake Park. The shelter is open to the public Mon-Fri, 2 p.m. to 6 p.m., and Saturday, 2 p.m. to 5 p.m. For additional information, and photos of other adoptable cats, see the website at adoptacatfoundation.org, or on Facebook, Adopt A Cat Foundation. For adoption information, call 848-4911.

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Loggerhead Marineline Center seeks Turtlefest volunteers

SPECIAL TO FLORIDA WEEKLY

Slow and steady really does win the race. The proof? Say Happy 11th Anniversary to Loggerhead Marineline Center's largest annual event, TurtleFest, which will need more volunteers than ever to staff this year's gathering. TurtleFest 2014: Seas the Day-Ocean-side Family Fun! will be held on Saturday, April 5, from 10 a.m. to 6 p.m. at Loggerhead Marineline Center and the surrounding Loggerhead Park in Juno Beach. The rain date will be Sun., April 6, in the event of severe weather. The free-admission festival is expected to draw over 12,000 people to celebrate and appreciate ocean conservation throughout the day.

Commemorating the event's 11th anniversary, guests will hear musical talents of The Pine School Knights of Steel, Kendall Phillips, Jimmy Stowe & The Stowaways (Jimmy Buffett Tribute Band), The Resolvers - and explore art, games, activities and up-close interactions with threatened and endangered sea turtles. The popular Global Village returns, incorporating the sights, sounds, smells and tastes of regions around the world. Guests can tour the village, learning about the sea turtles native to each region and the steps different countries are taking to promote ocean conservation.

"An event as large and diverse as

TurtleFest requires dedicated and hard-working volunteers," said Jack Lighton, LMC President & CEO, in a prepared statement. "In order to create a successful festival, we need enthusiastic volunteers to make a memorable and fun experience for everyone." TurtleFest volunteers will receive a meal and T-shirt, and can work in areas of hospitality, logistics,

children's activities and more. Volunteers can choose a morning or afternoon four-and-a-half-hour shift. Those interested in volunteering can fill out an online application at www.marinelife.org/turtlefest or e-mail csampson@marinelife.org. LMC is also looking for artists to exhibit at the festival and vendors to sell eco-friendly, marine-themed merchandise. Visit www.marinelife.org/turtlefest or e-mail turtlefest@marinelife.org to participate as a vendor.

Loggerhead Marineline Center, a nonprofit organization, is committed to the conservation of Florida's coastal ecosystems through public education, research and rehabilitation with a focus on threatened and endangered sea turtles. The center features an on-site campus hospital, learning exhibits and aquariums. Situated on the world's most important sea turtle nesting beach, Loggerhead Marineline Center is open daily and hosts more than 215,000 visitors each year.

For more information, visit www.marinelife.org or call 627-8280. ■



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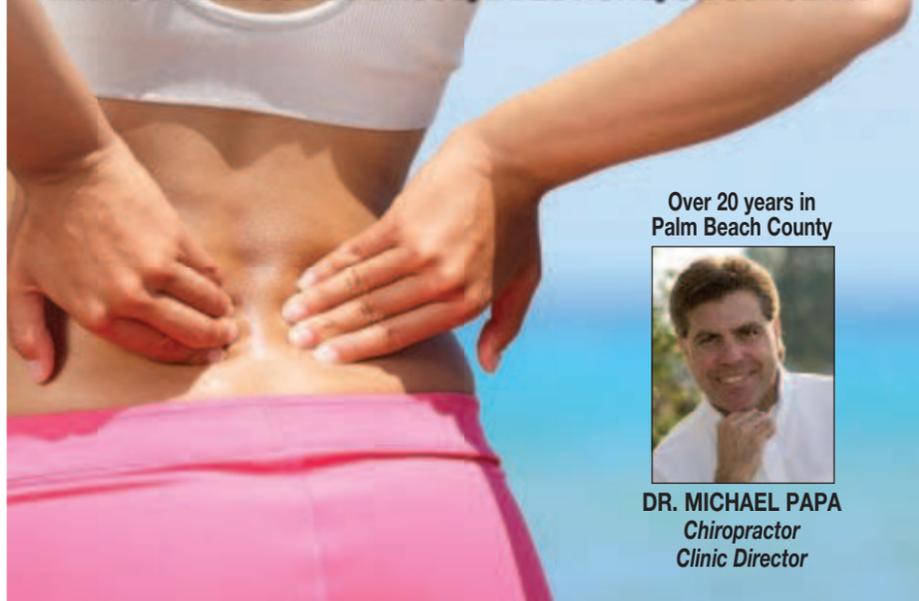


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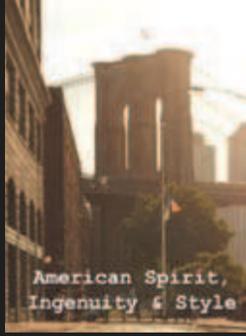


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FOSTER

From page 1

homes and other places.

ChildNet of Palm Beach County, the nonprofit agency responsible for child welfare services in the county, scrambled to accommodate the influx. The number of removals — kids placed in the care of the state for at least 24 hours or indefinitely — nearly doubled from 583 in 2012 to more than 1,000 in 2013. That includes those who went to live with licensed foster parents, in a group home, or with family and friends.

“The most important thing that the local community can do is either foster, or to talk to and help us recruit more foster parents,” said Larry Rein, head of ChildNet.



REIN

The spike in kids coming into the dependency system followed highly publicized deaths of children who had been under DCF supervision, which generally occurred in the first half of last year. Such reports may have spurred people to call in more cases to the state hotline and put pressure on DCF investigators to be quicker to remove kids from homes that could potentially be dangerous, officials and child advocates suggested.

“That’s our major hypothesis,” said Mr. Rein.

The beginning of the school year, a lack of social services — especially for parents suffering from drug abuse and mental health problems, child advocates said — and other factors may have added to the number of children needing welfare services.

The numbers of kids in the system remains high, even if the rate of their arrival has started to taper off, leading to a range of challenges. Investigators and case managers may have less time to focus on individual cases. Agencies also report that an increasing number of children have been placed in neighboring counties.



BENDER

More than 100 children from Palm Beach were placed outside the county last year because there was nowhere else to put them, said Charles Bender, executive director of Place of Hope in West Palm Beach.

Shuffled out of the county, they likely change schools, separating them from friends and resources they may have become accustomed to. The distance makes it more difficult to schedule parent visitations, crucial to eventually reuniting them with their children. And it creates bureaucratic challenges that make an already bulky system even more unwieldy.

“Everything becomes much more difficult and it just doesn’t operate as smoothly,” said Mr. Rein.



VANDY MAJOR / FLORIDA WEEKLY

Above: Paul and Wendy Vernon are currently providing foster care for three children. Left: Case worker Dora Cario.



It also makes it more difficult to place siblings together in the same home.

West Palm Beach foster parent Dorothy Alvarez took a group of siblings into her care recently. They had been split up.

“When they came in they didn’t have any homes in Palm Beach to place them, not together or separate, really,” she said.

Now they’re back in Palm Beach, though still in different homes. Sometimes they see each other, but saying goodbye is hard.

“There’s just crying usually and holding on,” Ms. Alvarez said. “That’s the big challenge because it’s heartbreaking and you have to be strong for that, you know?”

Case managers have also taken on greater workloads as they work to keep children on a path towards going back to their biological parents, or being adopted, if possible. In Palm Beach County, 143 children were adopted in 2013 and 305 were reunited with a parent or caretaker.

As a result of the increase in removals, “We got a lot of calls after hours and during business hours,” said Dora Cario, case manager with Lutheran Services, a nonprofit in Southwest Florida.

One call she took in December was

about a large group of siblings, from toddler to teenager, who were being physically abused. They couldn’t be placed together.

“I know the older ones have it hard — harder, I should say — because they know what’s going on,” Ms. Cario said.

South Florida

Officials found that the sharp increases in children being referred into the system mostly took place in South Florida, said Mr. Rein and others. Children’s Network of Southwest Florida reported that in August, the agency was serving about 1,300 kids in the region, including those receiving in-home care; by January, that number was close to 1,700.

“I think we just desperately need more good foster parents — (but) not just anybody,” said Cape Coral resident Wendy Vernon, co-president of the SWFL Foster & Adoptive Parent Association. The process requires an extensive background check and training.

Teenagers especially have trouble finding foster parents.

Magistrate Steven Studybaker manages cases for the dependency court in Lee County, including daily shelter hearings. A clerk told him that the court had opened about 90 cases through the beginning of March — double that of

last year.

But statewide, removals and total kids in out-of-home care declined last year after peaking in 2011 and 2012. That corresponds with the high-profile Barahona child murder case, pointed out Maria Bond, director of Foster & Adoptive Parents Association in West Palm Beach. It began in February 2011 and involved adoptive parents in Miami-Dade County. Ms. Bond suggests when that case goes to trial, probably this year, its sensational nature could lead to another uptick in kids coming into the system.

“Typically one big case will do it, or a number of cases where DCF had been involved,” she said. “If you’re an investigator or administrator with the department, who wants to take any chances? I personally think that’s the toughest job to have.”

“Regardless of whether it’s DCF administration or society, it is still a pendulum swing. When something happens there’s a kneejerk reaction and no one wants to be at fault in another tragedy happening.”

Better times

Cape Coral residents Wendy and Paul Vernon have fostered 26 children over the years, some for only a few hours. Others for years.

One 3-year-old came to them “really nonfunctional.”

He couldn’t walk, talk, or eat properly. But as he improved, one evening stuck in Ms. Vernon’s memory.

“He didn’t know there was a moon,” she recalled. “He didn’t know there was a sky. The first time we went outside and he pointed up at the sky and said, ‘Moon,’ I wanted to scream like I was on a mountaintop.”

Some of the children they’ve fostered may not remember who she is, Ms. Vernon says, which is OK with her.

No matter how long they stay, “They take a part of you — but they leave a part behind also,” she said.

One 9-year-old, just removed from his home, arrived at the Vernons’ home around 10:30 at night. He would only sit sobbing in a chair. He had to be up early for court, so Ms. Vernon tucked him in to bed and gave him a teddy bear.

in the know

>> Statewide removals

2009: 13,321
2010: 13,169
2011: 14,928
2012: 14,278
2013: 13,817

— Source: DCF Child Welfare Services Trend Report

In the morning his demeanor had changed.

He said he had slept well and told Ms. Vernon that he thought his bed had enough room for a few other kids like him.

"Those funny little things, they don't leave you," she said.

For foster children, memories are just as wide-ranging, and each story is unique, said 22-year-old Kenisha Anthony. At age 5, she was removed from her parents because of an addiction they still struggle with.

Growing up in Miami, she bounced around from an abusive aunt to living with her sister and the sister's abusive boyfriend to finally finding a foster parent as a teenager — only to age out of the system at 18 while still in high school, having fallen behind while moving about.

But she made it to graduation ("the hardest time of my life") and is attending college in Miami while volunteering for Florida Youth SHINE, an advocacy group made up of former foster children.

"For me when I look back on it, when you've been through so much — it's hard and it's heartbreaking," she said. "You're young and you look at everybody else and you're like, 'Dang, why did my life have to turn out like this? Why did I have to go through all of these things?' You think to yourself, even if you're crying and feeling down: you don't have nobody. You're the pilot of your own life. You have to pick yourself up, you have to find your way, you have to learn how to accept things and learn from them regardless how bad, how heartbreaking they were. You have to make a difference for yourself and prove them wrong and prove yourself wrong."

Child protective investigators

After a call is placed to the state hotline,

DCF child protective investigators are responsible for removing kids from dangerous homes.

But that doesn't mean they decided to start removing more of them in reaction to critical media reports last year.

"We as a region didn't look at the child deaths or negative publicity and put out some kind of edict," said Dennis Miles, southeast regional managing director of child protective investigators for DCF, which includes Palm Beach County. "What we've always said is you've gotta look at each single case individually."

But he adds that investigators could be influenced by the reports.

"It may in the short term have some effect on removal rates," he said. "Also the communities are reading those articles. There's a heightened sense in the community after a child death. So we do get some additional calls where we do see the concerns that are reported to us and we make removals."

For investigators, walking the line between when to remove a child from a situation and letting them stay can be tricky, said Palm Beach investigator Meredith Gray. She works with families who are often in crisis mode at the moment she arrives.

"I personally, I don't remove very much," she said. "I have to say that's the last thing I want to do. I try not to let the media or anything get to me. Because we do have a bad reputation in the media. The public perceives us as getting a case, a report, and we go remove the children. (But) we put in services, we try to keep the child safe in their home."

Investigators often have to face a quandary, Mr. Miles said.

"Are we ripping people away from their families or leaving children in unsafe environments that may lead to a tragedy? It's something we talk about and train constantly on that very delicate balance. The only way to approach it is on a case by case basis."

Reform follows deaths

A DCF-commissioned report released last November examined 40 child deaths. They accounted for "slightly

more than a third of reports of child fatalities possibly related to child maltreatment received by DCF in the first seven months of 2013," a widely circulated DCF memo read.

Drug abuse, chronic mental health problems and domestic violence were the leading problems in those households.

"Their deaths were unimaginable and shocking to the conscience. Some were beaten," wrote Perry Thurston, leader of Florida House Democratic Caucus, in a withering letter to Gov. Rick Scott in December. "Some suffocated or starved. Many were toddlers or infants. For all of them, the misery and abuse that defined their lives and deaths is impossible to comprehend."

Mr. Thurston took Gov. Scott to task for the deaths, alluding to his 2011 measure to cut \$179 million from DCF's budget. That severe cut didn't end up happening, but hundreds of the agency's workers were laid off.

Now, the governor and legislators are working to make a host of improvements. Florida senators in the Children, Families and Elder Affairs committee are sponsoring three bills to better serve children. Their measures include creating an advisory group to the state on child welfare policy, better training for investigators and care for "medically complex children."

Senator Nancy Detert, R-Venice, whose district includes Charlotte County, is sponsoring bill 7074. It includes a measure requiring DCF to put up a website that includes facts about child deaths and create a team to analyze deaths involving children.

In addition, Gov. Scott is proposing a \$31.9 million increase for child protection services, calling it an "historic increase to DCF funding."

The money would be used to hire more than 400 child protective investigators with the goal of reducing caseloads to 10 per investigator in a 30-day period.

Child protective investigator Mr. Miles said of Gov. Scott's proposal, "That's literally a game changer. We'll be able to lower the caseloads that each of our CPIs is carrying. Everything good happens when caseloads are down. It's the be all and end all."

But the services for kids will be lopsided unless funding is also increased for the case managers, who take over after investigators are finished with their job — as well as additional funds to help with problems like drug abuse, said Mr. Rein of ChildNet-Palm Beach.

"The governor has a proposal to increase (funding for) protective investigation. But if you increase that and you don't increase it for case management, you're going to make things even worse," he said. "The state needs to invest in case management resources and the money to increase the services the kids need, be they residential or behavioral health resources."

And before investigators turn a child over to the state, DCF should redouble efforts to ensure parents are taking advantage of social services that could help them keep their children, said Robin Rosenberg, director of Florida's Children First, a statewide advocacy organization.

"We need to follow up and make sure families actually engage in these services," she said, whether a financial training seminar or visits with a therapist. "We really need to have a better control on what we call 'service tracking' and making sure there's follow-through. I think that is a big gap that needs to be filled." ■

— To contact ChildNet, call 352-2500 or visitchildnet.us.

— Florida Weekly Staff Writer Athena Ponushis contributed to this report.



"You're young and you look at everybody else and you're like, 'Dang, why did my life have to turn out like this? Why did I have to go through all of these things?' You think to yourself, even if you're crying and feeling down: You don't have nobody. You're the pilot of your own life. You have to pick yourself up, you have to find your way, you have to learn how to accept things and learn from them regardless how bad, how heartbreaking they were. You have to make a difference for yourself and prove them wrong and prove yourself wrong."

— Kenisha Anthony, former foster child



NETWORKING



American Friends of the Hebrew University annual leadership education forum, at the Four Seasons



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American Friends of the Hebrew University annual leadership education forum, at the Four Seasons



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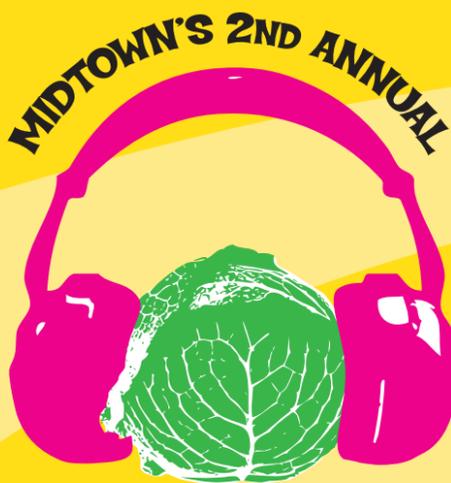
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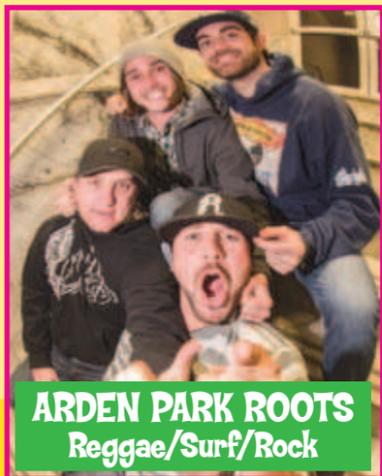
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Palm Beach State awarded Florida Blue Foundation grant

SPECIAL TO FLORIDA WEEKLY

Through the use of human simulation technology, health care students can practice clinical skills without putting real patients in jeopardy. The technology promotes safer, better patient care when it counts, and has been used by Palm Beach State College for more than 10 years.

Now the Florida Blue Foundation has awarded Palm Beach State a \$55,000 grant to enhance the use of simulation technology in its health sciences programs. The college is one of eight Florida institutions to share in the approximately \$350,000 Florida Blue Foundation Simulation Mini-Grant Program to support applied simulation research and program development to advance health care education and training.

Human patient simulators are wireless, computerized mannequins, available in each gender and stage of life, that are capable of mimicking any medical condition or crisis, from heart attacks to asthma to diabetes. PBSC will use the new funding to further develop training scenarios and curriculum to prepare students to work collaboratively in the team-based approach used in actual health care settings. Through real-life scenarios, students enrolled in the Nursing, Emergency Medical Services and Respiratory Care programs, for example, would gain an understanding of each other's roles and competencies, while applying their specific hands-on

knowledge and skills in real-time.

"In today's patient-centered health care system, teamwork is paramount," says Dr. Jacqueline Rogers, Lake Worth campus dean of health sciences and public safety. "The Florida Blue Foundation grant will allow us to fine-tune our work with simulation technology with the goal of achieving reproducible results that can be shared statewide."



PBSC was the first to use medical simulation in an educational setting in

Palm Beach County when Dr. Rogers used this new technology in the college's Respiratory Care program in 2001 and founded the college's Center of Excellence in Medical Simulation. Simulation activities have grown since then with more than 5,000 students in health sciences and public safety programs provided high-fidelity simulation experiences during their training.

The Research Committee of the Florida Healthcare Simulation Alliance assisted the Florida Blue Foundation with the development of the simulation mini-grant program. Other recipients include Baptist Health System at Jacksonville, Florida International University College of Nursing and Health Sciences, H. Lee Moffitt Cancer Center and Research Institute Foundation, Seminole State College, University of Central Florida Research Foundation, University of Florida Health Shands Hospital, and the University of Miami School of Nursing and Health Studies.

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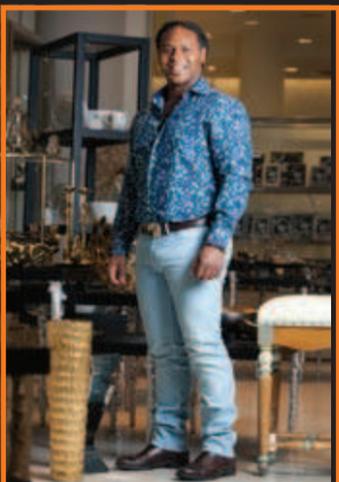

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7 deadly mistakes that will cost you thousands when you sell your home

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that nearly three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most home-sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free

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Jupiter, Hobe Sound Realtors group opposes Florida high speed rail

SPECIAL TO FLORIDA WEEKLY

The Jupiter-Tequesta-Hobe Sound Association of Realtors announced it does not support the All Aboard Florida High Speed Rail in its current format, based on major quality of life disruptions, the association said in a prepared statement.

Among the major reasons listed in the statement are:

- It will reduce home values.
- It will be a major health concern for citizens living east of the FEC rail lines as they could be seriously delayed in reaching a hospital.
- It will cause major delays in marine traffic.

• It will be a huge cost to make railroad crossings safe.

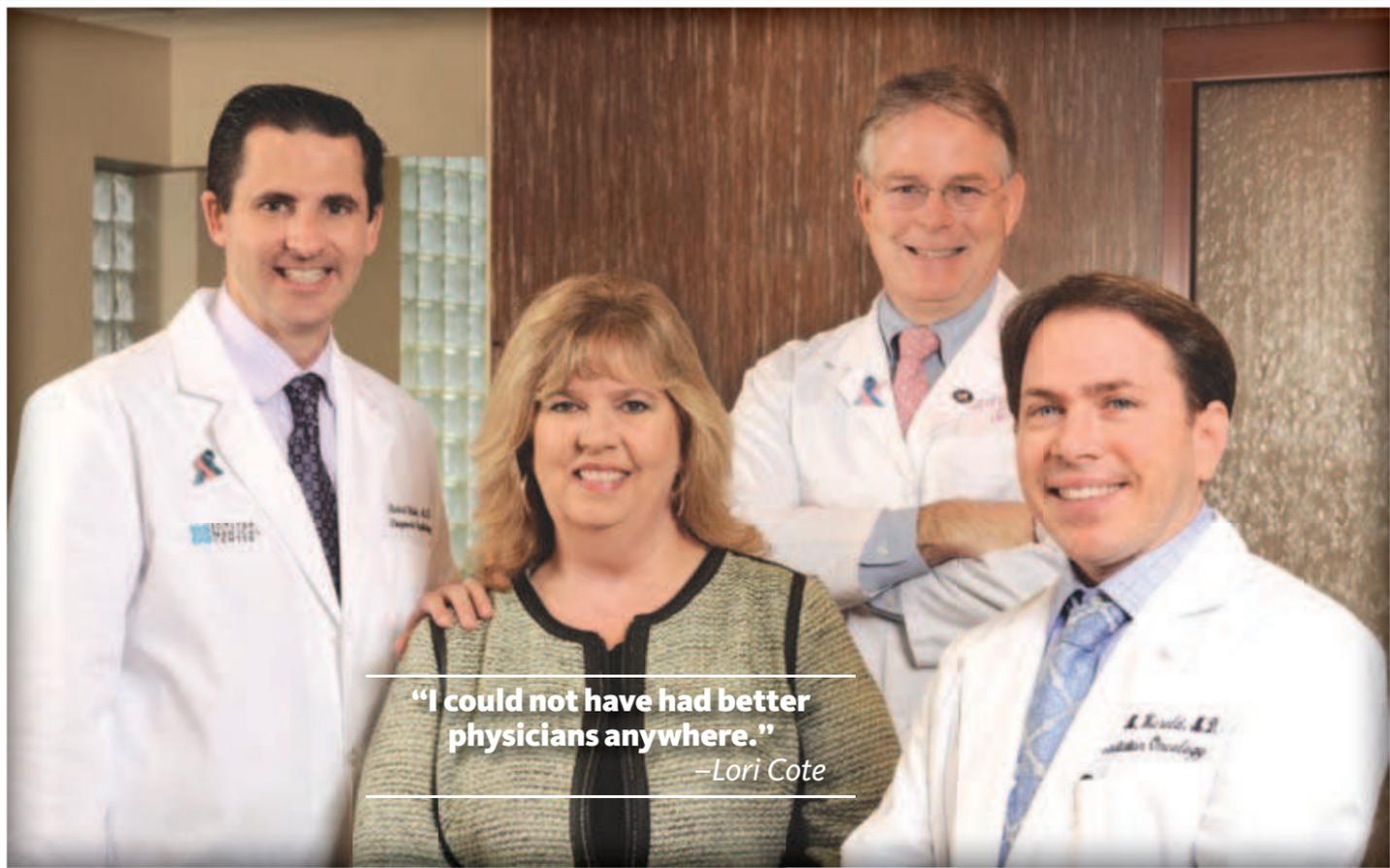
"This train creates no benefits to Northern Palm Beach and Martin Counties, yet we will bear the brunt of all the bad side effects. Until 'All Aboard Florida' is willing to pay to maintain quiet railroad crossings, provide ways to accommodate the marine traffic and provide consistent access to hospitals, supporting over 44 trips per day for high speed and freight rail is not possible," said Bill Hall, president of the JTHS Association of Realtors, in the statement.

The group strives to provide members personalized programs and services to enhance their skills, the statement said.

See jthsrealtors.com; 746-2707. ■

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L to R: **Robert Stickle, MD**, Director of Breast Imaging, Margaret W. Niedland Breast Center; **Lori Cote**, Cancer Survivor; **John A.P. Rimmer, MD**, Medical Director, Kristin Hoke Breast Health Program; **David Herold, MD**, Medical Director, Radiation Oncology



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Executive Women of the Palm Beaches announces award nominees

SPECIAL TO FLORIDA WEEKLY

Executive Women of the Palm Beaches has announced the nomination of 23 local women for the prestigious Women In Leadership Award. Women who work in Palm Beach County were nominated in three sectors: private, public and volunteer. "We are thrilled so many women have been nominated by their peers," said Minx Boren, president of Executive Women of the Palm Beaches, in a prepared statement. "This is our thirty-first year of presenting these awards and each year extraordinary women in our community have been recognized."

The annual Women In Leadership Awards luncheon recognizes exemplary women who have demonstrated extraordinary achievements and leadership in three sectors.

"This was the first award program in Palm Beach County to recognize the leadership accomplishments of women in our community," said Virginia Spencer, chair of Executive

Women of the Palm Beaches Inc. Foundation, in the prepared statement. "While the luncheon recognizes the achievements and celebrates the contributions of exceptional executive women, proceeds of the luncheon provide critically needed scholarship assistance."

The Women in Leadership Awards program raises money to help promising young women in the community pursue their dream of a college education. The Lois Kwasman Grant for Community Impact is also awarded to an organization whose work makes a profound difference in the lives of girls and/or young women.

The luncheon, one of the county's most successful community events, will be held this year on May 1 at the Kravis Center. The keynote speaker is Valerie Plame, former CIA Operations Officer and best-selling author of "Fair Game and Blowback." This year's honorary chair is Palm Beach philanthropist Frances Fisher.

The nominees for 2014 in the private sector

are: Jestena Boughton, Delray Beach; Michelle Diffenderfer, West Palm Beach; Christine D. Hanley, West Palm Beach; Sharon Quercioli, West Palm Beach; and Yvette Trelles, Palm Beach Gardens. In the public sector: Verdenia C. Baker, Royal Palm Beach; Reverend Pamela Cahoon, Lake Worth; Elayne Forgie, Lake Park; Dr. Laurie George, Jupiter; Judith A. Mitchell, Stuart; the Honorable Jeri Muoio Mayor of West Palm Beach, West Palm Beach; Denise Marie Nieman, Jupiter; Jocelyn Skolnik, Palm Beach Gardens; Kelly Smallridge, Wellington; Priscilla A. Taylor, West Palm Beach; and Denise W. Valz, Palm Beach Gardens. In the volunteer sector: Leslie Artsis Adams, West Palm Beach; Yvonne S. Boice, Boca Raton; Sally Chester, West Palm Beach; Deborah Jaffe, Royal Palm Beach; Janet Nakushian, North Palm Beach; Stephanie Pew, North Palm Beach; and Beverly Perham, Wellington.

For more information on the event, log on to: www.EWPB.org or call 868-7070.

Executive Women of the Palm Beaches was founded in 1982 by a small group of Palm Beach County professional and executive women determined to support and encourage women to succeed and lead. EWPB provides peer support through networking and referrals, lively programs addressing timely issues, mentoring and leadership skill development opportunities.

Executive Women of the Palm Beaches, Inc. Foundation's vision is to enhance and influence the educational advancement of women. The Foundation devotes its resources to educational and charitable activities that make a positive difference in the Palm Beach County community, provides financial aid and scholarships to women from Palm Beach County, and promotes awareness of women's issues. The net proceeds of the annual luncheon benefit the scholarship and grant programs of the Foundation. Since 1987, the Foundation has awarded more than \$360,000 for college scholarships and community projects. ■

Palm Beach SCORE seminars, workshops scheduled

SPECIAL TO FLORIDA WEEKLY

SCORE has a number of seminars and workshops planned. **Palm Beach SCORE's Bob Bloom** will offer a business plan overview, helpful to anyone starting a new business or who started a business in the past few years. It also discusses the important of a business plan, how to tailor it to the audience it's being presented to, and how SCORE can assist as you develop your plan through free one-on-one mentoring. Thursday, March 20, 6:30 p.m. Key Executive Suites, 801 Northpoint Parkway, West Palm Beach Price: Free. No advance registration required. 889-6527.

Free Networking and Workshop event presented by TD Bank Tuesday, March 25, 6-8 p.m., TD Bank, 2130 Centrepark West

Drive, West Palm Beach.

The presenters are two of Palm Beach County's top social media, relationship marketing and Search Engine Optimization (SEO) specialists, who are also Certified SCORE Mentors: Lisa Gangadeen of the 33480 Group LLC and Jon Pauley of Startup and Company. Learn "Lisa's 5 Laws of Social Media Marketing," and Jon's "Grow Your Business Using Social Media from Startup to Company."

Attend, learn new skills and discover how SCORE can help small businesses grow and how TD bank can help with business funding needs.

Free with RSVP required by March 20. Email: Charmaine.punzalan@td.com or phone 242-1944.

Starting a New Business Seminar

It takes much more than a good idea and a desire to be your own boss to launch a successful business. This free seminar will discuss what's required to start a new business, outline the work required, compare being an entrepreneur with working for others, and discuss some of the myths and rewards involved. It will help you decide if starting your own business is the right thing for you to do.

Thurs., March 20, 9:00 - 10:30 a.m., SCORE Office, 500 Australian Blvd. Suite 115, West Palm Beach.

Sat., March 22, 10:00-11:30 a.m., West Palm Beach Mandel Public Library, 411 Clematis Street, 2nd Floor, Computer Lab, West Palm Beach. Price: Free. Register at [http://palm-](http://palm-beach.score.org)

beach.score.org or phone 833-1672.

Building a Profitable Online Business

Tuesday, March 26, 5:30p.m.-8 p.m., Keiser University, 2085 Vista Pkwy, West Palm Beach.

Many businesses dream about being successful online, but few achieve this. Bulk Candy Store is a local business that is a great success online and offline.

Ken Shenkman, one of the owners, shares his expertise about what has and hasn't worked.

Learn basics of Internet marketing for small businesses and essential concepts for online success with your own business.

Price: \$30 in advance, \$50 at the door. Register at palmbeach.score.org or phone 833-1672. ■

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HEALTHY LIVING

Neither a lender nor borrower be



Ron Grant had the sinking feeling he knew what the meeting would be about.

His closest friend, Jeff Baker, had asked to meet after work for drinks. Ron was well aware that Jeff's business had been floundering, and that the Bakers were having a hard time staying afloat.

The Grants and Bakers had known each other for more than 20 years, and had shared life's major events and challenges. So, Ron was not surprised when Jeff approached him, confiding he was behind in his mortgage and desperately trying to make ends meet. Jeff was requesting a sizeable loan, which he believed would help him catch up on his bills and get out from the heavy cloak of worry.

The Grants' accountant advised them to draw up a contract, with clear cut terms of repayment, and to request nominal interest. But, the Grants worried this would be insulting to their friends. Eventually, they loaned the requested funds with a handshake.

But, now, a year had passed, and the Bakers had only sporadically made payments — and well below the agreed upon amount. Relations between the two couples had become strained. Susie was offended when the Bakers declined an invitation to her 50th birthday party, with a lame excuse. Sadly, things came to a head when a mutual friend casually mentioned they'd just booked a pricey cruise, along with the Bakers. Ron was incensed: how dare the Bakers spend on a vacation, when they were clearly renegeing on a promise to the Grants.

We've all heard the admonition: "Don't lend money to family or friends — if you're not prepared to lose the whole thing."

Well of course, we may say: "That's easier said than done."

How do we turn down the financial request of someone we care about, ESPECIALLY, if we're actually in a position to help? There's never a clear-cut answer to this one.

When approached for a loan, there are some folks who will firmly say: "I have a strict policy of never lending money to friends or family. I would never take a chance on jeopardizing our relationship." In actuality, that's probably the safest and best-advised policy.

Lending money can be such an emotionally loaded proposition, we probably would be well served to avoid putting ourselves in this position. So many of us are caring, well-intended folks. We may legitimately have concerns about a friend's plight and wish to be helpful. So, we may brush aside any premonitions.

There are so many possible avenues for misunderstandings or hard feelings. If the amount of dollars requested is minor, the repercussions faced could be minimal. However, if a large sum of money has been requested, we may need to tread more carefully. Attorneys or accountants would probably advise that we draw up a contract with clearly delineated terms, and an agreed upon plan for the method and time schedule of payments. But many of us worry

the borrower will take offense at such a request, so we hesitate to take these protective legal steps.

Sometimes, we're already in hot water, no matter which choice we make. Our intimates size up what they believe our financial circumstances to be (rightly or wrongly), and have expectations of how we should behave. There may be a sense of entitlement, or undercurrents of resentment or jealousy. They may accuse us of insensitivity or greed, angry we are not more forthcoming. Even a heartfelt discussion of legitimate worries about the stresses placed on the relationship could fall upon deaf ears.

We would like to think that a "borrower" would be so appreciative of our thoughtfulness he would jump at every possibility to show gratitude and begin reimbursing us, at every possible opportunity. We would also assume that repaying the debt would be of such high priority that the borrower would forgo luxuries, such as non-essential purchases and vacations. There certainly are many responsible, ethical folks who have fallen on hard times who would prescribe to the above.

However, human nature sometimes works in funny ways. It's not uncommon, in some instances, for the borrower to feel embarrassed or defensive to be in a less-than position, and to ultimately transform this discomfort to resentment towards the lender.

People have the uncanny ability to justify their positions.

A vacation may not be seen as a luxury, but rather a much-deserved rest from an overly stressed schedule. After a while there may even be a justification that the lender "doesn't need the money, so it's perfectly fine to deviate from the previously agreed upon terms."

And, then of course, there's the prickly topic of approaching each other about following through with the agreed upon terms — awkward for all parties — and invariably handled in a way that engenders embarrassment and/or animosity. If the discussion doesn't prompt results, and the parties are forced to revisit the terms, the next go-round will probably be all the more loaded, with all parties feeling put-upon, and annoyed.

Before lending money we should ask ourselves some important questions. What lengths are we prepared to go to should the loan not be paid back in a timely manner or the borrower ultimately does not have the means to repay the loan? Will we take coercive or legal steps? What impact will these measures have, not only on the relationship with the borrower, but with the extended network of family or friends? It's best to assume that at some point the extended network of intimates may be drawn into the fray, and may have very definite ideas about how things should be handled. Loyalty issues and jealousies may be compounded as all players voice in. Issues that should have been kept private may become loaded torpedoes. ■

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



For many, it's sneezing season: Here are some ways to cope



Ah, the first day of spring. The weather's getting warmer and the flowers and trees are blooming. You want to spend more time outside enjoying the great weather, and then it hits. Your sinuses clog up, your eyes are running and you're sneezing your head off.

Welcome to seasonal allergies, also known as hay fever or allergic rhinitis. As many as 1 in 5 people have symptoms of allergic rhinitis. The timing of the symptoms depends on what is causing the allergic reaction. For some people, spring brings the worst of the symptoms. Others can react more in summer and fall, when grasses and weeds are pollinating. Some people react to allergens like spores, dust mites, cockroaches and pet dander that cause symptoms throughout the year.

You may be more at risk for developing hay fever if you have other allergies or asthma. The tendency to develop allergies usually runs in families, and men are more likely to develop hay fever. If you were exposed to secondhand smoke when you were a baby, you may be more likely to develop allergic rhinitis.

While hay fever isn't considered a serious health risk, it can disrupt your life. Symptoms can interfere with your ability to participate in daily activities, and you may have to miss school or work. The congestion can affect your sleep. Anyone who has asthma in addition to hay fever may notice that their asthma symptoms worsen when their seasonal allergies hit. Children with hay fever may develop inner-ear infections. Allergic rhinitis also can contribute to developing sinusitis and secondary sinus infections.

Treating seasonal allergies

So what can you do? There are several over-the-counter allergy medications designed to treat allergy symptoms. Make sure you read the label on these medications and that they are age-appropriate, since some are only

intended to treat adults. Also check for possible drug interactions if you are on other medications.

If your symptoms become severe, talk to your doctor. There are several prescription medications designed to treat these types of allergies. You also may need to see an allergy specialist to get tested for allergies. These tests help doctors develop a tailored treatment that may include allergy shots that help desensitize your body to the things you react to.

You may want to try other at-home treatments such as using a sinus rinse or wash to gently clear mucus and allergens from your nasal and sinus passages. A neti pot or an infant nasal squeeze bulb can be used for your sinus washes. You can either buy a prepared solution or mix ¼ teaspoon of table salt with 2 cups of warm water. Make sure you mix a new solution each time to prevent bacteria from building up in the water.

Other ways to help you avoid airborne allergens include:

- Keep your doors and windows closed and use your air conditioner at home and in the car.

- Don't hang laundry, especially bedding, outside.

- Pollen counts are higher in the early morning, so limit your outdoor activity during those hours.

- Stay inside when it's windy outside.

- Replace your air conditioner filters monthly and use a high-efficiency particulate air (HEPA) filter.

- Wear a dust mask when you're outside, especially for activities like gardening.

- If possible, avoid mowing the lawn or raking leaves, since these activities send more pollen into the air.

- Look for ways to keep your bedroom an allergen-free zone. You can use special cases that enclose your pillows, mattress and box springs to limit exposure to dust mites. Bedding should be washed weekly in hot water to kill dust mites. Pets should not be allowed to sleep in the bedroom. If possible, remove carpeting from bedrooms and use washable rugs instead.

To find a physician that specializes in the treatment of allergies, call Palm Beach Gardens Medical Center at 625-5070. ■

Ask The Health & Beauty Experts

ASK THE DENTAL EXPERT



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

The benefits of implants

Question: My upper denture makes me "Gaggy." I hear a lot about implants. What can implants do for me? Can they be mixed with a denture?

Answer: The "gagging" you get from your denture comes from having your palate covered. The importance of having a palate on your upper denture is to create suction. It is this suction that holds your denture in place.

An implant is a supportive device. It can either support an abutment that holds a crown or it can support an abutment that retains a denture. In addition to reinforcing a restoration, implants maintain the bone it is placed in.

If you place implants in strategic positions around your upper arch, you could then hold your denture in position and remove the need for the palate. This would then allow you reduce the amount of plastic your tongue feels — improving the feel and comfort of your denture and ending your feeling of "gagging."

Another benefit of not having a palate to your denture is that food will taste better. Our palates are covered in tiny taste buds besides the ones on our tongues. An upper denture covers these, so food has less taste.

Yes, implants can be mixed with your dentures. As you can see, implants can provide you with more benefits than just retention.

There are also a number of "fixed" options available (these are not removable) that a skilled implant dentist could offer you depending on your personal situation.

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

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

Jay L. Ajmo D.D.S., P.A.
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ASK THE COSMETIC SURGEON



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

What are the risks to my ears of flying with a cold?

One of the most common problems I see this time of year as families are flying south to escape the freezing temperatures (who can blame them this year?) and bask in the warm Florida sun is blocked ears. A virus causes most upper respiratory infections. When it infects the nose and upper airway it causes swelling of the lining of the nose plus an increase in mucous production. Fortunately, most viruses are self-limiting and resolve in 4-7 days. Since the lining of the Eustachian tube is the same as the nose it will also swell.

When the Eustachian tube becomes blocked, the middle ear can no longer equilibrate to the outside atmospheric pressure. Pain, fluid in the middle ear and a marked hearing loss are signs of blockage! In extreme cases the eardrum will rupture. What can be done to prevent this situation? When you fly have in your possession, an over the counter antihistamine, and vasoconstrictor nose spray. The morning you fly take an antihistamine/decongestant. If the ear blocks in flight, spray each side of the nose and begin "popping" your ears. Aspirin will also help with the pain and because it's anti-inflammatory, it will help reduce the swelling. If your symptoms are full blown with fever, blockage and pain you should be seen, stat in the office for a shot of steroids to further reduce the swelling and enable a safe flight.

Rarely if the patient has to fly and has fluid in the middle ear I will put a tube in the ear to bypass the Eustachian tube and ensure a safe painless flight.

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

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Dr. Oz to return to Health & Wellness Festival

SPECIAL TO FLORIDA WEEKLY

Dr. Mehmet Oz, Emmy Award-winning host of "The Dr. Oz Show" and national wellness expert, will make a presentation March 29 at the WPBF 25 Health & Wellness Festival 2014 at The Gardens Mall.



Dr. Oz

Promoting healthy living and total wellness, the WPBF 25 Health & Wellness Festival 2014, set for 10 a.m. to 4 p.m., will be a multifaceted event,

featuring cooking and product demonstrations, informative medical experts and an opportunity to meet with select South Florida physicians and health care professionals. Special presentations will cover topics including cancer detection and treatment, skin and hair improvement, as well as the future of medicine.

Dr. Oz's wife, Lisa, will join him at this year's event. Mrs. Oz is a best-selling author, show host and is editor-at-large of Dr. Oz's new magazine The Good Life.

Dr. Oz will host a new presentation informing audiences how to achieve the life they really want, including sleeping

better, coping better, achieving their desired body type and more. Following his presentation, Dr. Oz, joined by WPBF 25 News anchors Tiffany Kenney and Todd McDermott, will answer audience members' health questions. Attendees are invited to submit questions on the day of the event in the question box at WPBF 25's "Meet the Anchors" area.

Later, Dr. and Mrs. Oz will co-present: "Behind the Scenes of The Good Life Magazine," showing ways to boost health and happiness, improve memory and reduce stress.

WPBF 25 News anchors Tiffany Ken-

ney, Todd McDermott, Felicia Rodriguez, Paul Lagrone, Mike Lyons, Cris Martinez, Sandra Shaw and others will be on hand throughout the day to meet with visitors, and the event will once again feature an "interactive weather station" for families to use. Additionally, a free, family-oriented "Kid Zone" will feature magic, face painting, balloon animals and other fun activities.

The Gardens Mall is a mile east of Interstate 95 on PGA Boulevard in Palm Beach Gardens. For a complete lineup of festival events, please visit The Gardens Mall website at thegardensmall.com, or wpbf.com. ■

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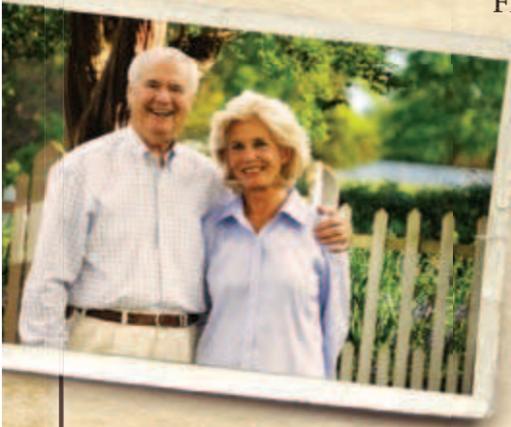


The Useppa Signature Home at The Estuary



Entering The Estuary at Shell Point is like taking a step back into Florida's past. Winding streets are dotted with homes depicting the vintage style of Old-Florida architecture with metal roofs, clapboard siding, dormers and cupolas, and welcoming front porches. The Estuary introduces single family and villa homes set against the majestic fairways and verdant greens of Shell Point Golf Club's championship 18-hole golf course. But don't be fooled by the quiet charm of The Estuary. This peaceful neighborhood provides convenient access to all of the resort amenities Shell Point has to offer. And, as a continuing care retirement community with lifestyle opportunities close at hand, residents also have the assurance of Lifecare with refundable contracts. For those searching for a touch of Southwest Florida's enduring past — while enjoying its present comforts and conveniences — The Estuary at Shell Point is the perfect choice!

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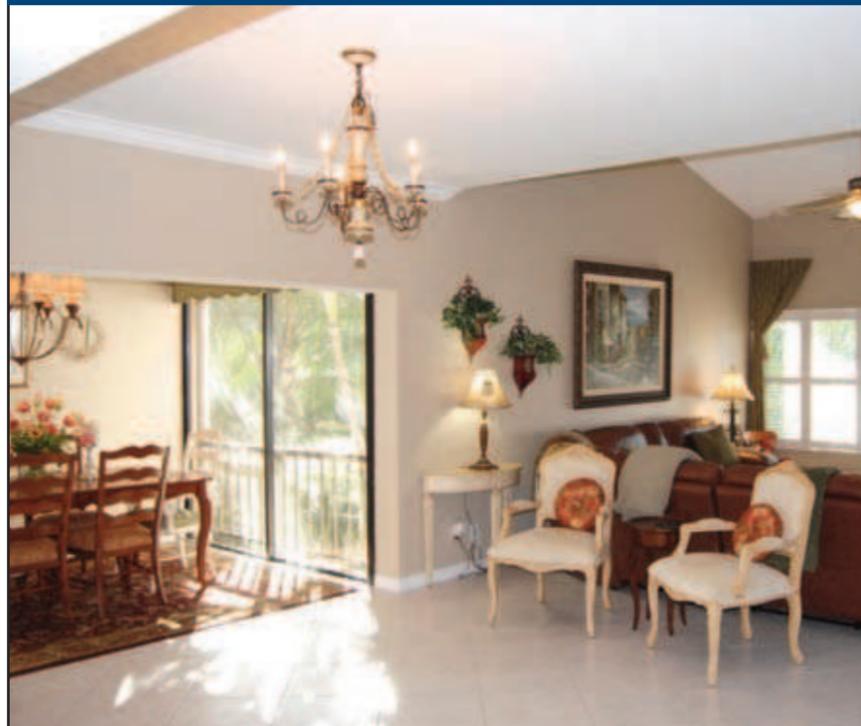
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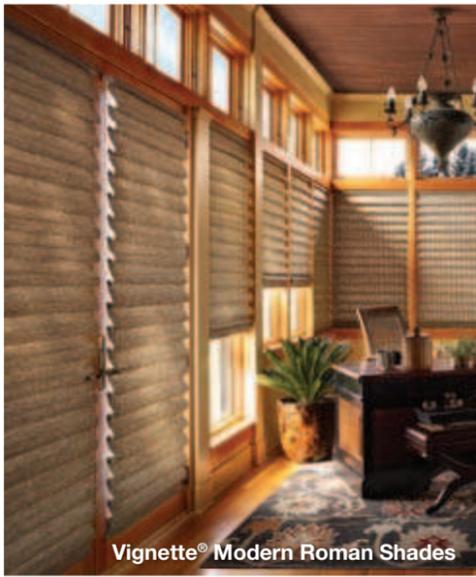
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Zoo's baby Baird's tapir has a name: It's Luna

SPECIAL TO FLORIDA WEEKLY

A 3-week-old female Baird's tapir calf at the Palm Beach Zoo & Conservation Society now has a name, voted upon by students at Palmetto Elementary School in West Palm Beach.

With 258 votes, Luna is the winning name, versus 75 votes for Sandía, and 112 votes for Dulce. Zookeeper April Winters, a primary keeper for the zoo's Baird's tapirs, chose the three options from which the students chose.

"We wanted to honor the native environment where Baird's tapirs naturally roam, so she has a Spanish name, since that's the language spoken in Central America," said Jan Steele, general curator for the zoo, in a prepared statement. "We are thrilled that Luna can now be introduced by name, as an ambassador for her species."

Zoo supporter Nancy Rogers sponsored the naming rights for the tapir calf, then donated the rights back to the zoo so local students could choose a name. Palmetto Elementary School students were shown a photo of the calf and received a lesson about endangered Baird's tapirs.

Luna, which translates to "moon," was one of the options, since the tapir calf was born at night on Feb. 17. The calf now weighs 49.3 pounds, and continues to gain at least one pound every day, which is normal for tapirs. Veterinary staff said Luna is active and energetic.

Brew at the Zoo needs volunteers: If you've ever had the desire to explore your wild side, here's your chance: The zoo is seeking volunteers for "Brew at the Zoo 2014," Palm Beach County's most unique craft beer festival, which



COURTESY PHOTO

The baby tapir was named Luna, after votes by schoolchildren.

will take place at the Zoo on Sat., April 12 from 6 to 9:30 p.m.

More than 60 volunteers are needed to help the event, with training required beforehand.

In a prepared statement, Joe Landmichl, volunteer manager for the zoo, said this about the opportunity: "This event would allow future servers and bartenders the chance to practice their potential trade. As a non-profit organization, we rely on volunteers, and this is no exception – especially for what we believe will be such a fun night."

A 30-minute "safe serving" training certification is required for volunteers, leading up to the April 12 "Brew at the Zoo 2014" event. The online course can be completed at any time. Volunteers must be 18 or older. Those interested are encouraged to notify Mr. Landmichl at jlandmichl@palmbeachzoo.org, or call him at 547-WILD, Ext. 239.

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



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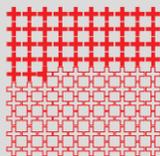
STAT!

TOP REASONS PEOPLE NEED ER CARE

The Numbers behind ER Care in the U.S.

129.8 million visits annually

37.9 million injury-related visits



42.8 out of 100 people go to the ER each year

25.1% receive treatment in under 15 minutes



13.3% are admitted to the hospital

10 Common Complaints Heard in the ER



1. Chest pain
2. Abdominal pain
3. Toothache
4. Sprain/broken bone
5. Upper respiratory infection
6. Cut/contusion
7. Back pain
8. Skin infection
9. Foreign object in body
10. Headache

Sources
<http://health.howstuffworks.com/medicine/10-common-reasons-for-er-visit.htm>
<http://www.cdc.gov/nchs/fastats/er-visits.htm>

Understanding ER Care - Triage

Triage: Ranking cases by urgency

Patients with life-threatening emergencies are seen first

Less urgent cases may wait

Example: Patient with chest pain will be seen before a patient with a sprain



Tips for Getting the Most from ER Care



1. Don't Wait!

- Don't try to wait out symptoms
- If in doubt, go to the ER or call 9-1-1



2. Prepare If You Can

- Bring a list of current medications and someone to support you
- But don't put off urgent care to gather items in an emergency!



3. Visit an Off-site ER

- Off-site ERs have shorter wait times
- An off-site ER is fully staffed and equipped



4. Follow Aftercare Instructions

- Stick to discharge treatment plan
- See your doctor and specialists as suggested

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Ryan Licht Sang Bipolar Foundation group hosts annual Gone Country Dinner Dance

SPECIAL TO FLORIDA WEEKLY

Micah Ford, Rob Ford, Kristen Ray and Brian Ray, the co-chairmen of the Young Friends of The Ryan Licht Sang Bipolar Foundation, along with host committee members, will hold the Seventh Annual Young Friends "Gone Country" Dinner Dance at the Bonnette Hunt Club Banquet Lodge in Palm Beach Gardens on March 29 at 7 p.m.

The al fresco event with Western-attire dress code will include a "Best Dressed" Contest and a photo booth. Guests will enjoy a "Gone Country" barbecue dinner, a silent auction and raffle prizes, and dancing to live music by the Country Western band, Shadow Creek. The silent auction and annual raffle will include items donated by C.Orrico, US BANK: The Private Client Reserve, Garden of Life, PGA of America, Ralph Lauren boutique in Palm Beach, and JC Western Wear.

Host committee members are Jackie Breckenridge, Beau Breckenridge, Beth Calcote, Thomas Calcote, Kim Farino, Ken Farino, Chrissie Ferguson, Matt Ferguson, Blair Kirwan, Stuart Kirwan, Jennifer Mahoney, Mack Perry, Carrie Perry, Jessica Pinsky, Richard Pinsky, Kristy and Grier Pressly, Jessica and Jason Prince, Janet Promesso, Courtney and Kevin Ring, Liza and Jeff Smith, Robin Turner and Lindsey White. Tickets to the event are \$100 per person and can be purchased online at <http://seventhannualgonecountry.kintera.org> or by calling 371-1481.

Proceeds from the Gone Country Din-



The dinner dance host co-chairmen are Micah Ford, Rob Ford, Brian Ray, and seated, Kristen Ray.

ner Dance will help fund the Foundation's underwriting of ADAP for Palm Beach County High Schools.

The Adolescent Depression Awareness Program (ADAP) was created by Johns Hopkins to teach high school students, their parents and faculty how to recognize depression and bipolar disorder.

The Ryan Licht Sang Bipolar Foundation is a 501(c)(3) public charitable organization. The Foundation's mission is to foster awareness, understanding and research for early-onset Bipolar Disorder, and through its Quest For The Test initiative to find an empirical test for Bipolar Disorder so that early detection in children and adolescents becomes a reality. ■



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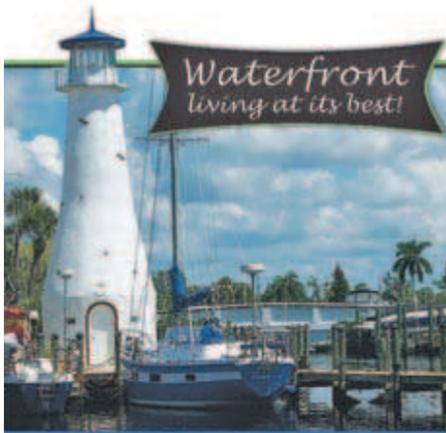
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PARKWIDE WI-FI

National Homeless Campaign comes to Palm Beach County

SPECIAL TO FLORIDA WEEKLY

Ed Tague is on the lookout for homeless veterans.

The former Marine is leading a team of volunteers and Palm Beach County workers doing a homeless registry this month.

Beginning March 26, Mr. Tague and his group will visit soup kitchens, homeless camps and anywhere the homeless congregate.

"We will be in parks at 4:30 in the morning, wherever they're going to be," Mr. Tague said in a statement. While he understands parts of the assignment could be dangerous if some of the homeless have weapons or dogs, "the most important thing is being patient and trying to understand their situation," Mr. Tague said in a prepared statement.

The task force will be accompanied by officers from the West Palm Beach Police Department and Palm Beach County Sheriff's Office.

The 31-year-old Wellington native did three tours of duty in Iraq and said he faced challenges when returning to civilian life. He said he signed on for the job hoping his experience will help him relate to veterans he may encounter.

"Many don't know how to transition out of military life. They are used to being told what to wear, what to eat, how high to jump. They are not ready to transition so they self-

**HOMELESS
COALITION**

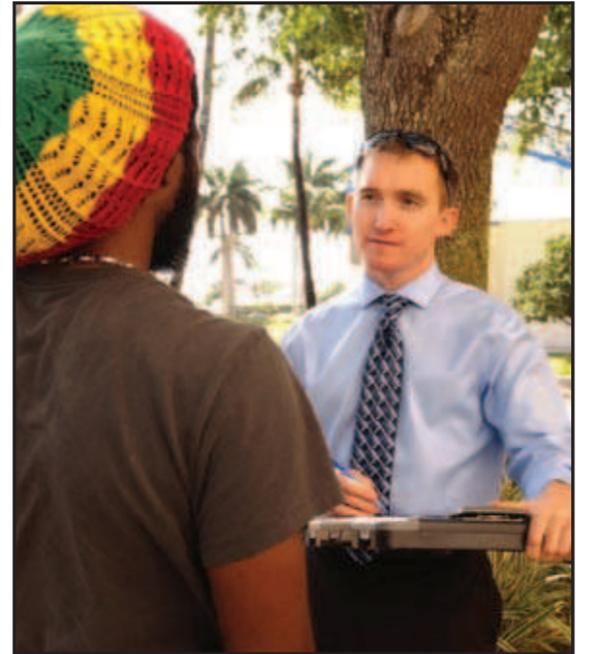
medicate with alcohol or drugs," he said in the statement.

The three-day count, which will stretch across the county, is part of the "100,000 Homes Campaign."

The 100,000 Homes Campaign is a national movement involving more than 230 cities, counties and states. Mr. Tague, along with volunteers, staff and partners of Palm Beach County Human and Veteran Services, will create a database to identify the most vulnerable homeless individuals in our area to get them immediate, permanent housing.

The Homeless Coalition of Palm Beach County is funding the coordination of the project. The last day of the registry coincides with Project Homeless Connect, a quarterly event that brings together service providers.

"This is a community effort," Marilyn Munoz, executive director of the Homeless Coalition, said in the state-



COURTESY PHOTO

Ed Tague will lead a team of volunteers and Palm Beach County workers to find and register homeless veterans.

ment. "That's what it will take to end the issue of homelessness in Palm Beach County, of us committing to work together."

To date, the 100,000 Homes Campaign has identified and housed more than 75,000 people, including 1,000 families and 20,000 military veterans. ■

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CBS Sports' Peter Kostis guest of honor for Cancer Society 19th hole club

SPECIAL TO FLORIDA WEEKLY

The American Cancer Society Island of Palm Beach Unit has announced that cancer survivor CBS Sports' Peter Kostis will serve as the Guest of Honor for the 46th Annual 19th Hole Club benefit on Monday, April 14 at The Breakers Ocean Course Clubhouse in Palm Beach.

The society has also announced British Open Champion and CBS Sports golf broadcast commentator Ian Baker-Finch as the Master of Ceremonies for the event.

Presented by the Addison Hines Charitable Trust, the 2014 19th Hole Club will begin at 5 p.m. It includes a putting contest, chipping contest, "dinner by the bite" and golf clinic with Mr. Kostis and Mr. Baker-Finch.

Directly preceding the event will be a Women's "Tee" Party and Fashion Show at The Breakers HMF Restaurant commencing at 3:30 p.m. with jewelry from Tamara Comolli Fine Jewelry.

In a prepared statement, event chairman Jamie Zahringer said, "We are thrilled to have Peter and Ian join us to raise support in the fight against cancer. With the 19th Hole Club event taking place the Monday after the Masters, we are sure to glean some memorable stories from their experiences at Augusta National while learning some useful putting and chipping tips. Guests will be able to utilize their newly acquired instruction against the pros for a putting and chipping contest which promises to engage and entertain."

A world-renowned golf instructor, Peter Kostis was one of the original head instructors for the Golf Digest Golf Schools and is currently a contributing columnist for "Golf Magazine."

In 1992, Mr. Kostis joined CBS Sports as an on-course reporter and has been a part of the team for more than 22 years. In addition to his CBS duties, he was the lead golf analyst for the USA Network from 1989-2004.

In June of last year, Mr. Kostis announced

that he had been diagnosed with colon cancer and has undergone treatment after a successful surgery to rid him of cancer. In the prepared statement, Mr. Kostis said, "Because of early detection, the prognosis for a full recovery is excellent. I had zero symptoms or family history. I urge everyone, if you are over 50, to get a regular colonoscopy exam whether you think you need one or not."

Handling the Master of Ceremonies duties and co-hosting the golf clinic with Mr. Kostis for the fundraising event will be local Florida resident, Ian Baker-Finch, who is best known for winning the 1991 British Open Championship and is also a member of the CBS golf broadcasting team with Mr. Kostis.

Annual memberships to the 19th Hole Club start at \$750 per couple (\$500 per couple for those 45 years and younger) and include the Women's "Tee" Party event. Tickets to the "Tee" Party only are \$100. For more information, tickets or sponsorship opportunities for the fundraiser, contact Linda Shaifer at the American Cancer Society Island of Palm Beach Unit by calling 655-3449.

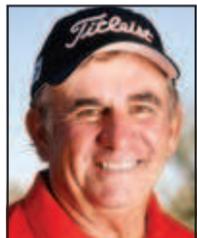
The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community.

As the largest voluntary health organization, the society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates.

Thanks in part to its progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year.

As the society celebrated its 100th birthday in 2013, it expresses determination to finish the fight against cancer — finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more.

For more information, to get help, or to join the fight, call anytime, day or night, at 1-800-227-2345 or visit cancer.org. ■



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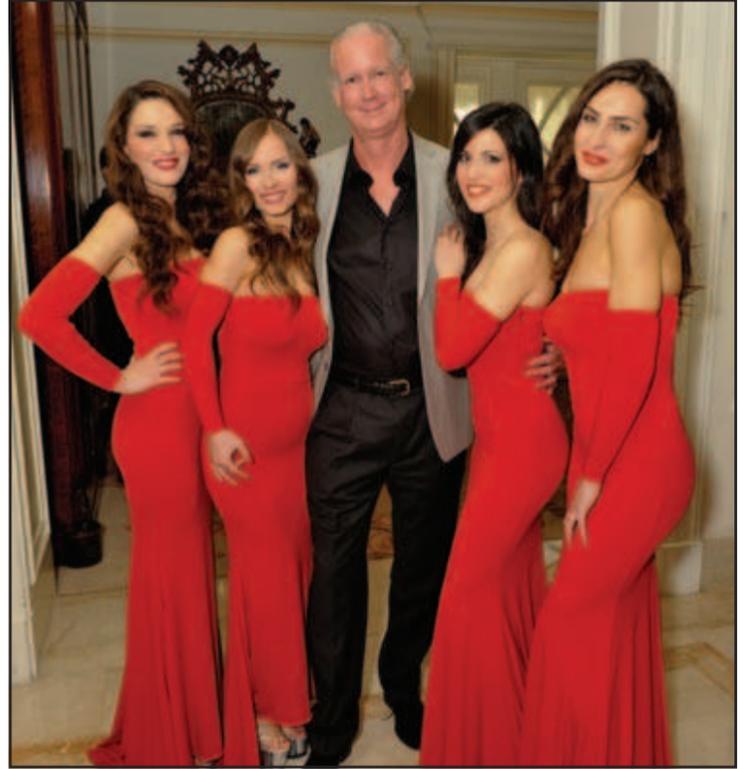
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NETWORKING

Eau Palm Beach Resort & Spa announces inaugural "Artist for Others" benefit



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Marilyn Bauer and Victoria Van Dam



Andrew Burns and Emily Marrah



Diane Jansen and Bill Porter

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COURTESY PHOTOS

NETWORKING

Reception at home of Joanie and Paul Van Der Grift, honoring the Hanley Center



Anne Keresey and Carol McCracken.



Christy Gannon and Tim Gannon



Becky Myers and Jim Myers



David Scaff and Betty Scaff



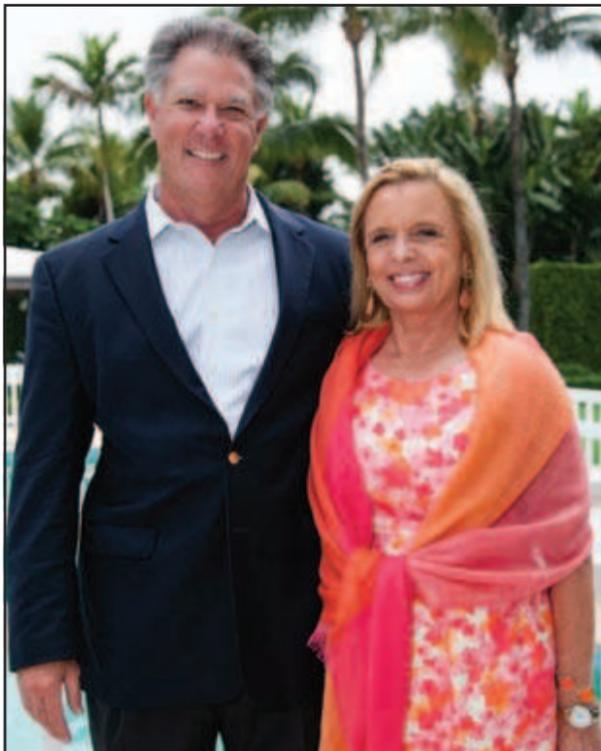
Muffie Murray and Stephen Murray



Mary Davidson and Mike Hanley



Peter Lacaillade and Connie Lacaillade



Paul Van der Grift and Joanie Van der Grift



Steven Gottlieb and Laurie Gottlieb

LILA PHOTO

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NETWORKING

ST Residential and Douglas Elliman host "Brunch on the Beach" at DolceVita



Nina Carina



Patti Smead and April Field



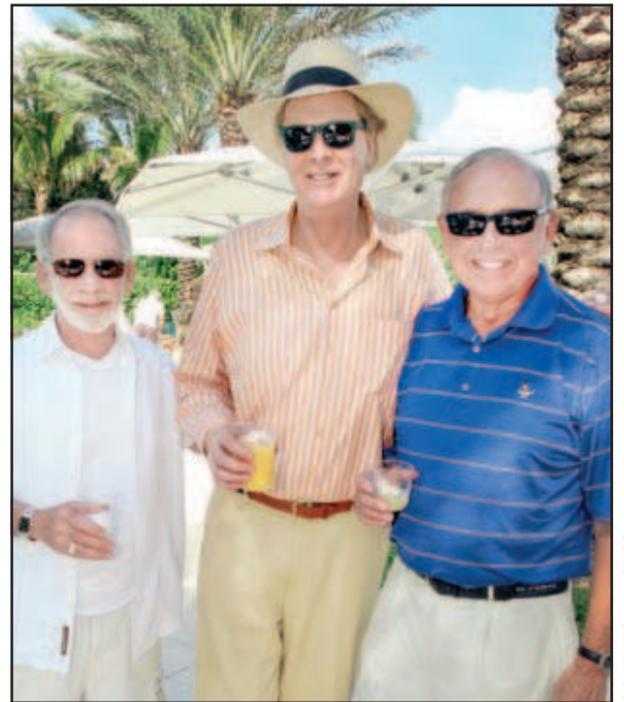
Steve Greenwald, Martha Greenwald and Kurt Von Hoffman



Lori Beale and Valerie Nichols



Linda Marchese and Lana Arnold



Bob Stein, John Hyman and Bob Raimondo

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The bridal business

Weddings don't have to cost a fortune, but some nice touches are worth the price

BY ATHENA PONUSHIS
aponushis@floridaweekly.com

WEDDING MARKET RESEARCH predicts a 2014 bride will wed within 25 miles of home. She will welcome 130 guests. She will marry in May or June, maybe September. Her big day will not be formal, but elegant, playing to a romantic, rustic or vintage theme. Purple will reign as the primary color, but silver, gold and champagne are on the rise. Goodbye green and yellow. Hello Great Gatsby. Chandeliers are everywhere. There will be draping décor, lush fabrics, vintage period furniture, crystals, pearls, feathers and lace. Marquees are hitting the scene, lighting up words with oversized letters. Gowns will be beaded. Centerpieces will be big. Food will be nostalgic. There will be a cocktail hour. Cakes will have texture.

Every detail will have a touch of meaning and symbolism, true to the bride and groom, true to their families.

A bride on a modest budget might spend \$1,200 on a dress and \$200 on her intended's tux; \$700 on a DJ, or if she fancies, \$1,500 on a live band; \$1,700 on a photographer; \$1,000 on a videographer; another \$1,000 on a coordinator; \$200 on an officiate; \$2,500 on the bar; \$5,000 on the food; \$400 on the cake; \$500 on flowers arrangements, not including bouquets, all adding up to the average \$26,000 cost of a wedding in the United States today, according to the market-research firm The Wedding Report.

"There are 7,000 to 7,500 weddings per year between Lee and Collier counties," says Mary Ann Crooker, producer of Bridal Blast, Southwest Florida's largest bridal show. "With the average wedding expenditure being, let's say \$27,000 for Lee and Collier, that's close to \$200 million spent every year on weddings in Lee and Collier alone."

Last year there were 870 weddings in Charlotte County with an average cost

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RELAY

From page 1

340 supporters joined the overnight event. Since those steps, Relay For Life events nationwide have raised nearly \$5 billion to fight cancer.

Unlike many mega-sized fundraisers for powerhouse nonprofit organizations, each of the American Cancer Society's Relay For Life events is smaller and community based, and the organization has found success with this localized approach. Last year, the Jupiter event was held in Roger Dean Stadium for the first time, attracting about 500 participants and raising \$36,000 through sponsorships, individual and team contributions, and sales of homemade items from each team's tent, of which 100 percent of the proceeds are donated back to the organization.

"We want this to be a very neighborhood, community-driven event," says Ms. Gillespie, whose responsibilities also include oversight of Relay For Life events at Jupiter High School on April 5 and in Palm Beach Gardens on April 25. Gillespie says participants are welcome to join in whichever Relay For Life event works for them - and all of the money raised will support the organization, which has helped decrease cancer mortality rates by between 15 and 20 percent in the past decade.

Although each Relay For Life takes on its unique local color - Relay For Life Jupiter is themed "Relay in Paradise," for example - there are certain components that they all share, including a Survivors Lap, Luminaria Ceremony, and a Fight Back Ceremony.

The Roger Dean Stadium Relay For Life event also includes a special Surviv-



COURTESY PHOTO

Last year, the Jupiter Relay for Life at Roger Dean Stadium had about 500 participants.

ors Dinner, where any cancer survivor and his or her guest is welcome to share a free meal alongside fellow survivors, uniting them in strength.

And strength is really what it's all about. Underlying Relay For Life events across the country, there is a symbolic and deeper meaning to staying awake all night and taking turns walking a track. "The event is held all night because cancer never sleeps, so for one night, we're not going to," says Ms. Gillespie.

Further symbolism is found in the overall structure of each Relay For Life. "When you're tired, it's 2 a.m., and you're pushing through the night, it's symbolic of a cancer patient's trying journey through treatment. When the morning sun rises, it's symbolic of the remission stage," Ms. Gillespie explained. "A lot of people don't know why Relay For Life events are held overnight, but it truly is an overnight journey."

Relay For Life at Roger Dean Stadium

is made possible through the support of gold-level sponsor Pratt & Whitney, as well as through the efforts of a hardworking committee, including Shirley Smith, event chair; Adrian Orozco, team development chair and member of the Florida Relay Advisory Team, and Event Co-Chair Alex Inman, who works as the assistant general manager of Roger Dean Stadium. Other committee members are Carla Flores, Josh Horton, Jessica Ivers, Robyn Lewis, Shawn Lopez, Kathy Olsen, Heather Robbins, Sue Sternberg; Barry Sternberg, Silvia Tray, Robert Tweeddale, Deanna Usiadek, Jennifer Wesley and Doris Yates.

Participants can sign up as individuals or as teams. Registration will remain open on-site. The American Cancer Society is also looking for day-of volunteers and future committee members. For more information about Relay For Life at Roger Dean Stadium, visit relayforlife.org/jupiterfl or call 650-0128. ■

"When you're tired, it's 2 a.m., and you're pushing through the night, it's symbolic of a cancer patient's trying journey through treatment. When the morning sun rises, it's symbolic of the remission stage ... A lot of people don't know why Relay For Life events are held overnight, but it truly is an overnight journey."

— Jenna Gillespie, Relay For Life Specialist for the American Cancer Society in Northern Palm Beach County

in the know

>> Relay For Life of Jupiter

March 28, 2014
6 p.m. to 6 a.m.
Roger Dean Stadium
Relayforlife.org/jupiterfl
650-0128

>> Relay For Life of the Beaches

April 5, 2014
4 p.m. to 6 a.m.
Jupiter High School
Relayforlife.org/npbeachesfl
650-0128

>> Relay For Life of Palm Beach Gardens

April 25, 2014
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Palm Beach State College
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NEWS OF THE WEIRD

BY CHUCK SHEPHERD
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San Francisco's No. 1 problem

The ecology-conscious city (having recently encouraged routine composting of dinner leftovers) is now considering environment-friendly public urinals such as the PPlanter created by engineer Brent Bucknum. Users urinate into a ceramic basin and flush the waste with run-off hand-washing water into a bed of bamboo plants. Mr. Bucknum claims minimal maintenance and an odor-free

experience, but on the other hand, only a user's midsection area is blocked from public view — a concession necessitated by San Francisco's sour experience with lockable public toilets, which shielded sex acts and crime. (A less-elaborate structure — the open-air, similarly privacy-challenging "pPod" — is currently being readied for deployment in the city's Dolores Park.)

The entrepreneurial spirit

■ Branko Bogdanov, 58, his wife, Lela, 52, and daughter Julia, 34, were arrested in March and charged in a 10-year shoplifting enterprise run out of their upscale Northbrook, Ill., home, which they allegedly used as a base while prowling stores in states as far away as Florida, stealing high-end toys and jewelry, which they resold on eBay and to their fences. Police estimate the Bogdanovs swiped as much as \$7 million worth on their forays — many items being stashed in Lela's customized flowing skirts with hidden pockets.

■ A trauma victim arriving at a hospital emergency room but requiring specialized intensive care would usually be transferred promptly to a qualified "trauma center," whose success rate with such patients is believed to be 25 percent better than that of ordinary hospitals. However, a recent study from Stanford University researchers found that, among 636 hospitals observed, there was a greater reluctance to make

the transfer — if the patient was fully insured. (That is, the authors suggest, there is a tendency for hospitals to hang onto insured patients, even though their outcomes might be worse, but not to similarly hang onto the uninsured — who are more likely to be properly transferred.)

■ Cosmetic surgery is expensive, but beauty-conscious Japanese girls and women (especially those obsessed with a more "Western" look) have low-priced workarounds to choose from — as uncovered in January by the fashion blogger Liz Katz: (1) the \$63 Face-Slimmer Exercise Mouthpiece (insert it for three minutes a day, make vowel sounds and watch a "saggy" mouth turn taut); (2) the Beauty Lift High Nose nostril clip, which emits electronic vibrations to raise the proboscis's profile; (3) an altogether different but similarly painful-looking Nose Straightener (insert for 20 minutes a day for added "perkiness").

Science fair

■ Hard-core pornography fans are split (according to a January report on Salon.com) on whether they want male actors to use condoms, but California's Falcon Studios has the technology to serve both audiences. Falcon's actors wear them, but in some movies those condoms might be digitally "removed" during post-production. The major downside, said one renowned director, is the prohibitive cost — about \$100,000 to re-digitize the estimated 90,000 frames in a typical "low-budget" porno film. The Falcon president said he is trying an alternative — using clever lighting during filming to de-emphasize the condom's presence.

■ Security and law enforcement agencies are looking beyond tradition-

al biometric identification techniques (such as the accurate but obtrusive fingerprint and iris scans and unobtrusive yet questionably accurate facial-recognition) and, based on recent laboratory research, are now considering earwax and underarm odors. Work by Philadelphia's Monell Chemical Senses Center shows that ear secretions may reveal personal identity, ethnicity, health status and sexual orientation, among other information, and researchers at the Polytechnic University of Madrid (Spain) said their work demonstrates that recognizable patterns in body odor remain stable even through disease and diet change (although admitting that even the best odor technology is far inferior to a dog's nose).

Leading economic indicators

■ Farming continues to be a noble but grueling existence for rural residents of China, who work for the equivalent of only about \$1,300 a year, but in one village (Jianshe, in southwest Sichuan province), farmers have established a co-operative capitalist model, and in January officials delivered residents their annual dividend in cold cash — the equivalent of about \$2.1 million to split among 438 households. Authorities unloaded banknotes in stacks that constituted a 7-foot-high wall of money, requiring villagers to pull 24-hour shifts to guard it.

■ With property values sky-high in posh London boroughs like Chelsea and Kensington, some super-wealthy residents desiring to expand — and who might ordinarily be forced to build up higher — are building down, constructing elaborate, multistory basements instead. CNN reported in January that

additions are underway (one covering five floors below ground) for subterranean home theaters, gyms, golf simulators, bowling alleys and even swimming pools.

■ Costs of Spain's Economic Collapse: (1) London's *Daily Mail* reported in March that Spain might have as many as 2,900 recently abandoned "villages" (swaths of land with clusters of houses) deserted by owners forced into cities to find work during the current recession — and that speculators were buying entire villages at single-house prices and turning them into vacation retreats. (2) A formal association of sex workers in Barcelona has introduced a four-hour "introduction to prostitution" class for women transitioning from other occupations due to layoffs. Course topics include tax-return help (prostitution is not illegal in Spain) and marketing, as well as sex tricks. ■

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DRESS: COUNTRY CASUAL

BRIDAL

From page 29

of \$21,000. Over on the east side of the state, there were more than 9,000 weddings in Palm Beach County with an average spending of \$27,000.

While the immediate perception surrounding weddings may be emotive, Ms. Crooker says on the business end, “Weddings take on a life of their own. Weddings are a lot of money.”

Experts say every bride eventually figures it out: her wedding will be more expensive than she expected. These days there are no rules when it comes to weddings, but there should be a budget. It’s not about putting on a show, it’s about being true to you. And even though it seems like it might cost too much, hiring a planner or a coordinator could save a bride money.

“I have one bride who has extremely expensive taste,” says Ed Russo, CEO of Planned Perfection in Fort Myers. “I can put three options in front of her and she’s going to pick the most expensive one, that’s who she is. I’m there to help bring her back to reality, ‘This is what you can spend.’”

Mr. Russo says brides know what they want, but they don’t know what it costs. He keeps a bride happy by keeping her realistic.

To be clear, Mr. Russo is a florist. He runs a flower business, not a wedding planning company, but he’s really good at planning weddings, so when he makes a connection with a bride, he helps her plan her wedding day.

He encourages brides to consider wedding planners or coordinators because they know the vendors and they know where to find the elements that will be most cost-effective for the bride. They are not overwhelmed with emotion but instead focus on the logistics, they remember the flatware and they know how to structure a wedding timeline. They help a bride see her vision and bring it to life.

As far as the evolution of weddings, Mr. Russo says brides have really scaled back. “Brides are watching their money, just like everybody,” he says. Five years ago, he was helping plan weddings for 200 to 300 guests. Now his brides are inviting 50 to 100 of their closest family and friends. “It’s still their dream wedding, but on a smaller scale.”

Charlotte Hare, national president of the National Association of Wedding Professionals, sees weddings becoming more and more elaborate — gelato bars, cigar rollers, photo booths with green screens. “If a bride’s friend did it last year, she feels she has to go bigger and better and different,” Ms. Hare says.

Owner of A Red Rose Linens in Palm



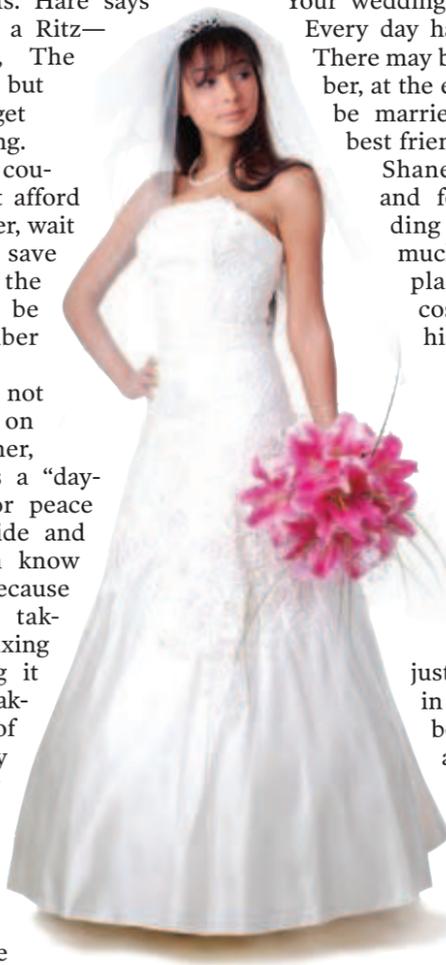
COURTESY PHOTO

The Bridal Blast at Germain Arena in Estero, Florida.

Beach Gardens, Ms. Hare says many brides want a Ritz—Carlton wedding, The Breakers wedding, but they’re on a budget for a hall wedding. She tells engaged couples if they cannot afford a good photographer, wait another year to save money, because the photographs will be how they remember their day.

If a bride does not want to splurge on a wedding planner, Ms. Hare suggests a “day-of” coordinator for peace of mind. “The bride and groom don’t even know what’s happening because the coordinator’s taking all the heat, fixing everything, making it all run smooth, taking huge amounts of stress off the family so they can enjoy their time with each other and enjoy their day,” she says.

The one thing she tells every bride who sits in her office:



“Your wedding day is a regular day. Every day has bumps in the road. There may be an issue, but remember, at the end of the day, you will be married to the person, the best friend you love.”

Shane McMurray, CEO and founder of The Wedding Report, feels too much emphasis has been placed on the average cost of a wedding, when his research shows 40 percent of weddings spend less than \$10,000. Mr. McMurray says wedding-centric publications do not forward this figure because it’s counter-intuitive to their marketing purpose. “Not just brides, but even those in the industry are bamboozled by these figures and feel like when it comes to a wedding, they have to spend all kinds of money,” he says.

Business-minded bride Courtney Armen says she wanted a high-end

wedding, but she didn’t have high-end money, so she made her wedding an intimate affair, inviting people whom she genuinely cares about and who she knows genuinely care about her. She had 30 guests on her wedding day.

Mrs. Armen helped coordinate 10 weddings before planning her own. The director of group sales at the Naples Zoo, Mrs. Armen oversees events, including weddings.

She thought about having her own wedding at the zoo until someone asked her, “Who’s going to coordinate your wedding?” She had a grandiose vision of putting it all together then walking down the aisle, until she heard herself saying it out loud.

“I work really hard to make a bride’s wedding experience amazing without her having to worry about anything,” she says. “I realized it was my turn.”

Mrs. Armen was married in May 2012 at the Edison & Ford Winter Estates. She expected to spend \$10,000 to \$15,000. She spent \$17,000. She gave her bridesmaids diamond necklaces.

If she could give brides-to-be a piece of advice, she would say, “Pinterest is good to a point ... Brides want it all but they don’t know how to edit ... Take the 100 pins you like and narrow them down to the five you love. Pick things that represent who you are as a couple on your wedding day. Don’t put on a show. Keep it true to you.” ■

The show every bride needs is March 23 at the South Florida Fairgrounds

SPECIAL TO FLORIDA WEEKLY

Can you hear it? Mendelssohn’s “Wedding March.” Well, just wait. The South Florida Bridal Expo, a large regional show drawing vendors from Vero Beach to Miami, is at the South Florida Fairgrounds in West Palm Beach from 11 a.m.-5 p.m. March 23. The Expo center will come alive with beautiful décor, glamorous gowns, elegant formal wear, fashion shows, live music and entertainment. Visitors can meet DJ’s and visit bridal shops, event planners, rental companies, photographers, videographers, jewelers and makeup artists, find favors, bridesmaid and groom gifts, accessories, floral designs and more.

There will be cakes to sample plus door prizes throughout the day and registration for the Grand Prize at the show. See jenksproductions.com/floridabridalshow.html. ■



COURTESY PHOTO

Models walking with Karolina Kurkova model on the Pronovias catwalk during the Barcelona Bridal Week runway in Barcelona, Spain.



COURTESY PHOTOS

Elegant space redefined

Home in Mirasol offers upgrades with a view

SPECIAL TO FLORIDA WEEKLY

This Corsica courtyard home at 124 Via Verde Way in Mirasol has more than 5,000 square feet of living space.

The five-bedroom, five-full-bath Palm Beach Gardens home is formerly a builder's model and features gorgeous golf and water views as well as lush landscaping.

There are Jerusalem stone floors throughout the main living area and hardwood floors in the office, den and loft. A columned entrance, from the double glass door entry, leads into a large foyer with a marble floor inlay and then to an elegant living room featuring a curved wall of windows, a high coffered ceiling with crown moldings, custom large fireplace, wet bar and marble flooring.

The first floor master bedroom features a tray ceiling, his and hers walk-in closets and a private patio entrance. The master bath has his/her granite countertop vanities, a separate double shower and a Jacuzzi tub overlooking a private garden.

An upgraded kitchen boasts light wood cabinets, granite counters with a center island and opens into a large family room with a custom built-in entertainment unit that overlooks a tranquil patio and pool area.

The second level offers a large loft adjacent to a guest bedroom that has a double door entry and a private balcony. There also is a stately office with wood flooring, red accented tray ceiling and private patio.

Outside, the exotic pool area has a raised Jacuzzi, covered lanais and outdoor kitchen with bar seating. There also is a fully equipped, tastefully decorated one-bedroom/one-bath guest home with a kitchenette.

Golf membership is required. Asking price is \$1,495,000.

For information, contact Elisa Comorat of Fite-Shavell at 561-676-9474 or ecomorat@fiteshavell.com. ■



MONEY & INVESTING

Get prepared before you buy a condo



Condos are a unique species of real estate.

Surely an investor's residence is pricelessly valued as a home. But beyond that, residential owners look at their properties as investments. Ever since the 2008-10 apocalypse in the housing market, the maxim of "buyer beware" is firmly imprinted in the minds of investors.

Some states have a unique residential profile, as do Florida and Arizona, in that much of the residential properties are condominiums. With the aging of the U.S. population and this demographic group's shift to smaller residences and maintenance-free living, condominium living will become more and more popular. If, as in Florida, there is a large trend toward condos, there will likely be more of a trend. If, as in North Dakota, there is lesser dependence on condos, there will still likely be growth in condo importance. Also, young couples and (the ever increasing category of singles) are inclined to buy condos. Somehow, you or your family's members will be involved with a condo.

Condo buying is easy to do — sometimes too easy. For buyers, there is euphoria about the development or the unit and the amenities look great and the interior is well appointed. In all the gid-

diness of a new home, the buyer often breezes through the condo documents. That's a big mistake, especially for investors looking to rent, in that some owner privileges are not available to renters. For example, most commonly, if the condo documents allow pets, it is generally one pet per residence; rarely two pets are allowed. For renters, the rule is generally no pets. The rules can make seasonal living in Southwest Florida a challenge for northern domiciled pet owners. They want to rent for the season but — no pets allowed for renters, so they end up buying a condo just so Poochie-Smoochie can be cuddled at their sides.

Some condo vs. house comparisons:

- Condo living requires an insurance policy on the interior contents; if you own your house free and clear, then homeowner and flood insurance is advisable but optional (obviously, a mortgagor requires such coverage). A condo association will cover the exterior insurance costs; your insurance is for the condo's interior and associations often require proof of such.

- Condo living requires that you live by decisions made by the board. Those decisions might not reflect the majorities' preferences. Boards do have leeway, however such leeway should not include selective enforcement of their rules. Compare that to non-condo living, which allows you to be king or queen and set your own rules.



- Condo living in a new development where the developer has failed and or has exited brings a host of issues. Many times the construction problems are not known until years after their departure or demise.

- Condo living requires monthly/quarterly maintenance over which you have no control. House living allows you to work within your expanding or contracting budget, not contribute to a savings account for repairs of structure to be made many years in the future (e.g., roofing). When you own your home, you are able to competitively bid for maintenance according to your standards or you just do it yourself.

- Condo living disputes in Florida do not go immediately to court. They must go through the state of Florida's Condominium Divisions for arbitration and file a \$200 fee to begin the process.

Before you buy a condo, whether to be your residence or to be used as an

investment and rented, you need to understand a host of typical condo issues. The issues in condominiums are the same in Florida, Michigan, Illinois, California, Hawaii, etc.

The best source that I have found that covers condo issues from soup to nuts — and if you go on the condo board, you will go nuts but you will have a direct impact on the way the association is run — is "Condo Living 2" by Robert Meisner. The book proclaims itself to be "The Authoritative Guide to Buying, Selling and Operating a Condominium." It is certainly a must-read for anyone thinking to buy a condo and or to serve on its board. The reality is that if you have a condo issue, you might well need a nationally recognized condo expert, and judges and arbitrators like to hear from experts who are published in their field.

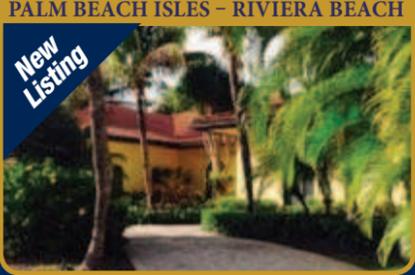
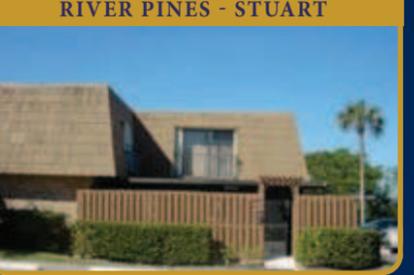
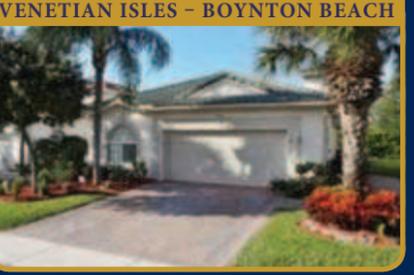
Mr. Meisner's bottom line: condo living can provide added security, social and recreational amenities which you could not otherwise afford; but condo living can make your life miserable if there's conflict with the condo board and association members. "Let the buyer beware in buying a condo and get a good lawyer before you sign on the dotted line." ■

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



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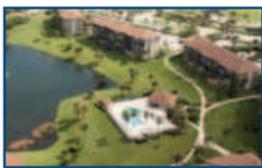
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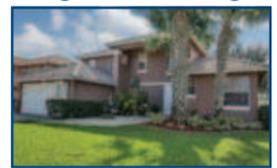
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COMMENTARY

Fixing the fences



rogerWILLIAMS

rwilliams@floridaweekly.com

How are your fences?

Mine need some work. When you let a fence get loose — when you let it sag or fall — the larger world gets in and the smaller world gets out and pretty soon you can't tell which is which.

If you're trying to keep the bull separated from the cows and you let the fence go, for example, he'll screw up your breeding program. Before long, he'll cross the fence-line and go to work in the cow pasture. Suddenly, he becomes just another unregulated corporation polluting the resources.

Similarly, if you're trying to distinguish between the no-trouble-here talk that politicians and appointed public officials so often spray around the countryside, and facts about how they wield the power and money you give them, you can't let the public records laws sag or fall.

That is, unless you don't mind if the interests of lobbyists, cronies, campaign contributors, business partners and drinking buddies all take precedence over the interests of you and your community.

Those public record laws are fences that keep out such a misuse of government, which must be something State Sen. Jeremy Ring, a Broward County Democrat, understands. He's sponsored the bill now moving through the Senate that would ensure three important functions.

One, it would limit what you have to pay

to get public records. A common government agency ploy to avoid compliance with public records laws is to charge a lot and go slow.

Two, it would require private contractors to government agencies to notify the agency that hired them if they turn down a public records request.

And three, it would redefine, clearly for all, which public records are accessible and which aren't, based on existing court decisions, while requiring officials to be versed in public records rules.

There's a similar House bill, but its flight path through the 120-member House of Representatives remains decidedly uncertain.

Without these laws — these fences that protect our right to know — we won't be able to judge our leaders, and either ask them to change or change them if they won't.

All of this is what the late Democratic Gov. Reubin Askew insisted on, as well — the man who died last week at the age of 85 after making desegregation a Florida reality and, in 1976, adding a Sunshine amendment to the 1967 open records laws, the ones that put Florida at the head of the line among states that tried to be transparent.

Gov. Askew, often rated among the top governors in United States history, insisted that the financial records of all politicians, appointed public officials and candidates for office be open to the public, giving citizens a chance to judge them based on their deeds, not their no-trouble-here talk.

"You've got to remember in government whose business you're doing: the people's," Mr. Askew explained in a 2009 reminiscence. "And if you're doing the people's business, you've got to give them the tools to

judge the product."

Over time, and since Gov. Askew's day, roughly 1,000 exemptions have been made to open public records by the Florida legislature, according to watchdog groups. And this year, several more bill proposals that would exempt records are in the works.

The fence is breaking down all the time, even though some are fighting to fix it.

I offer you this homely wisdom about fences not because I'm an expert fence builder, but because we are now passing out of what somebody decided to call Sunshine Week.

Sponsored by the American Society of News Editors beginning in 2005, Sunshine Week is not a ploy to sell you advertising. It's not a feel-good festival.

Maintaining open records and a public understanding of their profound importance is a duty — and it often costs newspapers money when they have to sue to get what the law already requires them to be given at little or no charge, and within 24 hours.

In other words, they shed light on official behavior.

As a metaphor for the open public records laws, therefore, "sunshine" isn't bad. If you let the sun shine on the records of official behavior — if you open the books to the light of day — you can gauge how officials are using the power and money you've turned over to them.

But I also like to think of those laws as fences that keep transparency in a safe and protected place, and secrecy in government — in other words, palaver and nonsense — out of public life.

One of the finest reporters I ever knew understood this perfectly, and had to fight to

maintain the fences between special interests and veiled government, and the public right to know, throughout his 32-year career investigating government corruption for The News-Press, based in Fort Myers.

In the mid-1970s, Lee Melsek and his newspaper were instrumental in opening personnel records of public officials, including their pay records, to the public. But to do it, he had to take on a county administrator who refused to hand them over. Not only that, but his paper had to back him by filing a lawsuit, which it subsequently won (Lavon Wisner vs. The News-Press Publishing Co.).

As a result, Gov. Askew was more easily able to add the 1976 Sunshine Amendment to the Florida Constitution.

Remarkably, none of this has anything to do, per se, with either conservative political thinking or liberal political thinking. To this day, it has to do with letting the people make educated choices about their government.

"The government created the sunshine and public records law because, it said, the business of government is the public's business," Mr. Melsek once told me.

"The public owns that government. Everything that government does should be open — transparent."

It reminded me of something else I used to hear him offer novice reporters on their first jobs — the ones who showed even a little lick of passion for the hard and honorable business of investigation.

"Remember this," he'd intone quietly, eyes as blue as flame, his lean form dressed in black shirt and trousers: "Officials lie. Public records don't."

But you have to keep the fences fixed. ■

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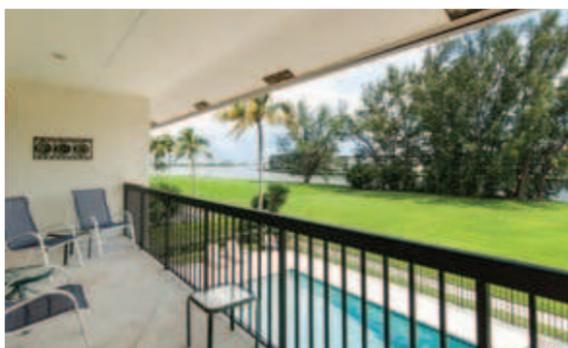
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KOVEL: ANTIQUES

History and beauty abound on 'ugly jars'

BY KIM AND TERRY KOVEL
Special to Florida Weekly

"Ugly jar" is just one of the names for an antique memory jar — and it often is an accurate description. But a homemade memory jar is of interest because it tells a story. The jars can be any shape, but the most popular with collectors today are jars made from 19th-century jugs or bottles. The jug or bottle was covered with a sticky material. It could be plaster, clay, putty or mortar. New ones are often covered with modern epoxy glue. The creator placed small objects like stones, buttons, broken glass, small figurines, watch parts, jewelry, doll heads, coins or even framed daguerreotypes in the plaster. Since the original idea of a memory jug is said to have started in Africa and related to water spirits, shells have long been popular. Traditionally the shells are broken to release the spirit of the deceased who inspired the jug. Today the jugs are considered folk art and sell for \$50 to \$300 at shows, but a few exceptional antique examples have brought up to \$3,000. Most jugs can be dated by examining the things stuck in the plaster. Campaign buttons, coins and toy parts often suggest a date, but remember that new jugs can be made using old parts. A small percentage of old or new jugs are finished with a coat of gold paint or lacquer. Many are pictured online. They may be called forget-me-not jugs, memory vessels, whatnot jars or even by the French name "pique assiette."

Q: I'm thinking of selling an old Steinway upright piano and I'd like to give the buyer as much information as possible. It says

"Pat Nov 21 1893" with the serial number "79386" inside the flip-down panel. On the right side there is a gold stamp with gold "coins" that read "Piano manufacturers to H.M. the Queen of England, H.R. Highness the Prince of Wales and H.R. Highness the Princess of Wales." What can you tell me about my piano?

A: Steinway & Co. was founded in New York City by Henry E. Steinway, a German immigrant. He was born Heinrich Steinweg and changed his name when he immigrated in 1850. He and his sons began making pianos under the Steinway & Co. name in 1853. The Nov. 21, 1893, patent is for "improvements in string-frames for upright pianos," and was granted to Henry Ziegler, a member of the Steinway family. The gold "coins" show that the company held royal warrants, which meant that they made pianos for members of the royal family. Queen Victoria granted the first royal warrant to the company in 1890. The serial number indicates that your piano was made in 1893. Steinway was bought by Paulson & Co. in September 2013.

Q: My ceramic mantel clock is about 15 inches high and 13 inches across at the base. It has an ornate shape and is painted in vivid pink, yellow, green and white with large flowers and greenery. There is gilt trim around the dial, which has Roman numerals. The clock chimes and is key-wound. The back opens up. The clock is marked "Ansonia Clock Co., New York, USA, Patent June 14, 1881" and also "Royal" above a crown over a shield with "FAM" and "1755" inside it and the words "Bonn, Germany" beneath it. What can you tell me

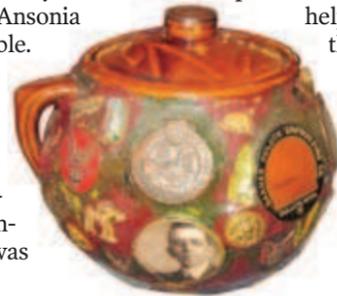
about this clock and its value?

A: Ansonia Clock Co. was in business in southeastern Connecticut from 1850 to 1929. Royal Bonn is the trade name used on pottery made by Franz Anton Mehem. He operated a pottery in Bonn, Germany, beginning in 1836. The number "1755" is the first year a pottery operated on the site. Villeroy & Boch bought the pottery in 1921, but it closed in 1931. The mark on your clock was used from 1890 to 1920 for clocks with Ansonia works and Royal Bonn cases. There are many Ansonia Royal Bonn clocks available. They sell for \$500 to \$750, depending on condition and the quality of the case and decoration.

Q: I have a great number of toys from three generations. My mother was born in 1899, I was born in 1926 and my daughter was born in 1964. The toys were stored in an unoccupied basement apartment. Unfortunately, one of the apartment's concrete walls leaked, the hot water heater leaked and the basement carpets got soaked. The toys include three large furnished wooden dollhouses, many dolls, doll clothing, games and other toys made of wood, metal or cloth. Most have a musty smell. Is there a way to eliminate the odors?

A: Special products that kill mold and

mildew or prevent them from forming are available at hardware and home improvement stores. Move the toys into a dry room. Wash surfaces that smell moldy with a mild detergent solution. If that doesn't get rid of the odor, try using vinegar, water with a little chlorine bleach in it, or a commercial product meant to kill mold. Doll clothes and other textiles should be washed and dried in the normal way. Stuffed toys should be laundered and dried in a dryer at low temperature or dried in the sun. Sunlight helps remove the smell. Store the toys in a dry place that is not exposed to temperature extremes. Basements, attics and garages do not make good storage places for anything of value. ■



A tobacco jar was used to make this memory jar. Decorating it are campaign buttons and badges, a war service ship-building medal, a Duluth, Minn., ship-building visitor's badge, a china shoe, small anchor and other items from the 1930s. It sold at Old Barn Auction in Findlay, Ohio, for just \$72, probably because it had a chip on the lid.

— 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.

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JMC breast care program receives national reaccreditation

SPECIAL TO FLORIDA WEEKLY

Jupiter Medical Center's Comprehensive Breast Care Program has been reaccredited by THE National Accreditation Program for Breast Centers.

The accreditation is considered to be an honor, and is given to centers around the country voluntarily committed to providing the best possible care to patients with diseases of the breast. Three years ago, JMC received the NAPBC accreditation, becoming the first in Palm Beach and Martin counties to receive the honor.

At Jupiter Medical Center, the breast care program has a diagnostic component — the Margaret W. Niedland Breast Center — and a treatment component — the Kristin Hoke Breast Health Program. The program is one of 27 recognized programs in the state with this designation. It also was recognized for two approaches considered to be "best practices" in the country: the establishment

of participation requirements and the creation of a team patient navigation approach.

"We are very proud of achieving reaccreditation with the NAPBC. This reassures our community that they will receive nationally-accredited high quality care for any benign or malignant breast conditions at the Comprehensive Breast Care Program at Jupiter Medical Center," according to a statement by Dr. John A. P. Rimmer, medical director of the Kristin Hoke Breast Health Program, who spearheaded the five-year effort to obtain the designation.

The NAPBC is a non-governmental, nonprofit organization that has been established to identify and recognize breast centers providing quality care in the United States. For more information about Jupiter Medical Center's Comprehensive Breast Care Program, visit www.jupiterbreast-care.com. For more information on Jupiter Medical Center, call 263-2234 or visit www.jupitermed.com. ■

Business women's association sets monthly meeting for April 9

SPECIAL TO FLORIDA WEEKLY

The Northern Palm Beach Chapter of the American Business Women's Association will host its monthly meeting on April 9 at the PGA Embassy Suites Hotel. Networking is from 6-6:30 p.m.

The dinner program is at 6:30 p.m. Cost is \$20. Guests are welcome.

The April speaker will be Michelle Suskauer. Ms. Suskauer is a Florida Bar Certified Criminal Trial Lawyer and

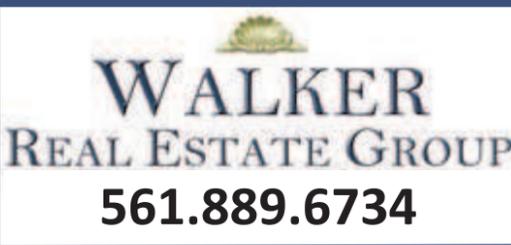
practices with her husband at the Suskauer Law Firm in West Palm Beach.

The title of the April program will be, "Superwoman, doing it all and balancing it all."

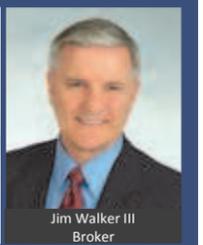
To make reservations or for more information, contact Dottie Smith at 772-545-7145 or Sharon Maupin at 329-4485.

The Embassy Suites Hotel is located at 4350 PGA Boulevard, Palm Beach Gardens. ■

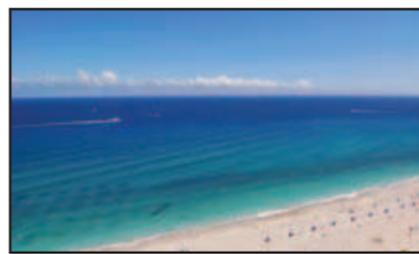




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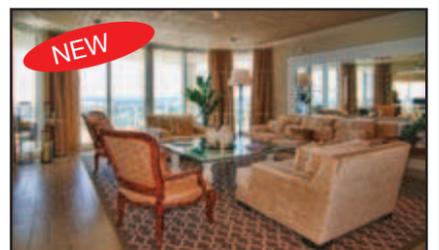
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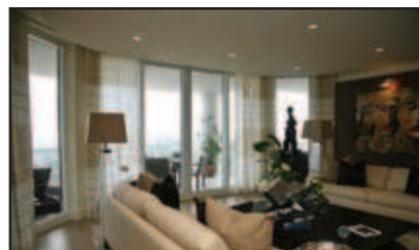
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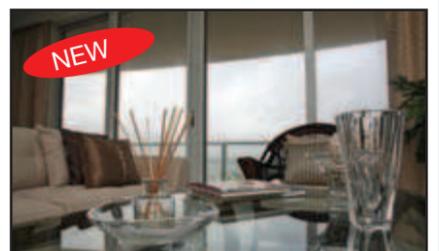
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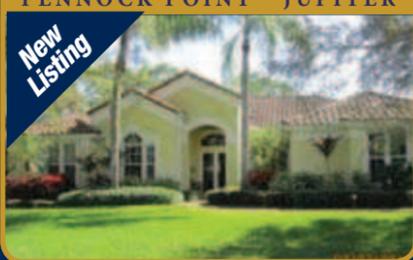


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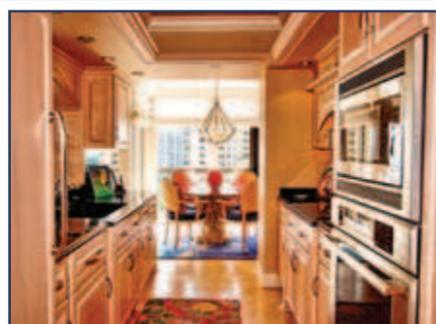
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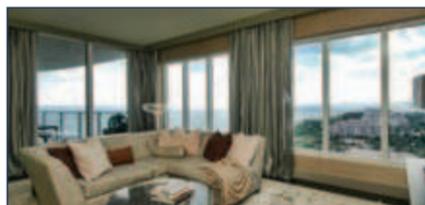


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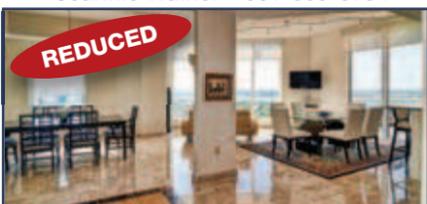


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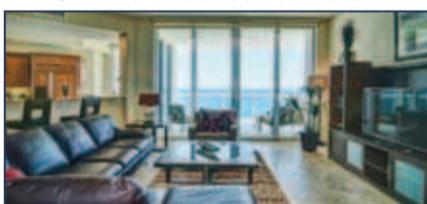


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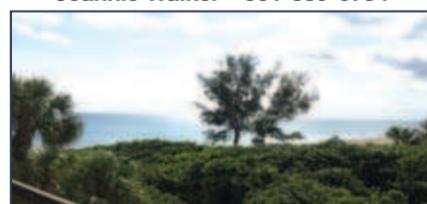


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WEEK OF MARCH 20-26, 2014

A GUIDE TO THE ARTS & ENTERTAINMENT SCENE

DRAMAWORKS DEBUT

Avery Sommers cooks up a role in "Dividing the Estate"

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

What do you do when the economy is tanking and Mom's estate may be ripe for the picking?

Never mind that Mom is still living and wants to leave a legacy for her family.

That's the question Palm Beach Dramaworks tries to answer in its production of Horton Foote's "Dividing the Estate," which opens March 26.

Set in 1987 Texas, "Dividing the Estate" follows the family of Stella Gordon, a wealthy woman whose adult children do not see why they should not be able



SOMMERS

nimble storytelling ability.

to maintain the lifestyle to which they have become accustomed.

"This piece speaks to a kind of a greed. There's a greed because there's money involved, land involved," said Avery Sommers, who makes her Dramaworks debut as Mildred, the family's sharp-tongued cook.

The play benefits from Foote's

SEE THEATER, B17 ►

INSIDE



In the Kitchen

Meet Marcello Fiorentino, the brains behind La Sirena. **B23** ►



Society

See who was out and about in Palm Beach County. **B12-13, 18, 20-21** ►



Sandy Days, Salty Nights

She says she's good at dating. Er, a dose of humility is good. **B2** ►



Collector's Corner

Take a drive down to Miami Beach for its Lincoln Road market. **B3** ►

Stars align for Ellison photo exhibition at Ann Norton

BY SCOTT SIMMONS
ssimmons@floridaweekly.com

Sting sleeps. Tennessee Williams laughs. Jessica Tandy postures.

And Tandy's husband, Hume Cronyn? Well, he poses as you've never seen him before — nude in a scene that reminds one of a classical pose.

That's a quick tour of "Altered Egos: A Retrospective of Nancy Ellison," on display through April 13 at the Ann Norton Sculpture Gardens.

Ms. Ellison has made her name photographing celebrities on and off work.

It can be quite touching.

Tenor Luciano Pavarotti looks in the mirror — and ultimately at the viewer — in a larger-than-life portrait made the evening of his final operatic performance, as painter Mario Cavaradossi in "Tosca."

He's pensive, but ready for his close-up. Or is he?

There is nothing highfalutin' about Ms. Ellison, who was at the opening of

the show. She is friendly and unassuming in person; perhaps that demeanor lends itself to creating a more intimate portrait.

Consider this: when the photographer met with Sting, the singer was wearing an outfit that would not work for the portrait Ms. Ellison had in mind.

She told him he needed to lose the outfit. She finished what she was doing and turned around. He was standing

SEE PHOTOS, B14 ►

SANDY DAYS, SALTY NIGHTS

My own much-needed dose of humility



When a friend recently offered to set me up on a blind date with a man named Lyle, I was delighted. Nervous, yes, but mostly excited.

"You're not freaking out?" my friend Sarah asked.

"Oh, no," I said, waving a dismissive hand. "I love dating."

She looked unconvinced.

"Seriously," I said. "It's fun to meet new people."

She laughed and shook her head.

"Plus ..."

I'm embarrassed to tell you what I said next.

"I'm good at it."

Don't get me wrong. I'm afflicted with the usual range of personal insecurities (and then some), but I enjoy dating and I think my enthusiasm is contagious. Not to mention, I've been on enough dates in my lifetime to qualify for the romantic Olympics.

The night of our date, Lyle showed up 15 minutes late. I smiled my best "it's-no-big-deal" smile and asked where we were headed. He just shrugged.

"Let's find a place in the neighborhood."

So we set off walking. I slipped into my usual first date chatter — Where are



you from? Where have you travelled? What do you do for a living?

I silently congratulated myself on how smoothly things seemed to be going. We found a little restaurant around the block tucked back off the street. Christmas lights hung from the walls and a jukebox sat in one corner. The menu offered up hearty, home-style fair: roast

beef, mashed potatoes, coconut cream pie. It was the kind of place that would make the perfect setting for a cute "our-first-date" story later on.

Lyle looked over the menu. "Want to split a slice of pie?" he asked.

Could we be any more adorable?

The waitress brought two forks and a piece of the best coconut cream pie I've

ever tasted. Lyle talked about his travels in Europe and South America while I admired his straight teeth and glossy hair. I sent up a silent prayer of thanks to our mutual friend for setting me up with this dreamy man. He was so dreamy, in fact, that I was surprised when he asked for the check as soon as we finished the pie. And equally confused when he walked me back as soon as we left the restaurant.

No second stop for a cup of tea?

"Well," he said when we reached the original meeting point. He gave me a quick hug and a kiss on the cheek. "Thanks for coming out."

It felt abrupt, but I was sure things had gone swimmingly.

When Sarah asked about the date the next day, I gave her my best mysterious smile.

"We'll see," I said.

What I meant was: It was fantastic. This whole dating thing? I wanted to say. Easy as pie.

But life is nothing if not ironic, and I like to think some karmic part of the cosmos got a good laugh out of what happened next.

And what happened, you ask?

Nothing. Not a word. No follow up. Not even a "thanks but no thanks."

So much for my misplaced dating pride. ■

— Artis Henderson is the author of "Unremarried Widow" published by Simon and Schuster.

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COLLECTOR'S CORNER

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Art and Antiques Across Florida



This weekend, the pursuit of collectibles will keep some of us on the road from Arcadia to Miami Beach, as well as for a couple of smaller events in Palm Beach County.

■ **Arcadia Antique Fair** — More than 100 dealers set up along Oak Street in Arcadia starting at 8 a.m. the fourth Saturday of each month. Next fair is March 22. It's an easy drive from just about anywhere, and Arcadia has plenty of antiques shops to visit. Info: 863-993-5105 or arcadiaflantiques.com.

■ **The Lincoln Road Antique & Collectible Market** — Take a fun day trip to South Beach. The show is 8 a.m.-6 p.m. every other Sunday; next show is March 23. Admission is free and you never know what you will find at this outdoor market along Lincoln Road Mall between Lenox and Meridian avenues in Miami Beach. Info: lincolnmall.info.

■ **West Palm Beach Antique & Flea Market** — Show is closed for the Palm Beach International Boat Show. It will resume 9 a.m.-3 p.m. Saturdays as of March 29 on Narcissus Avenue, north of Banyan Boulevard in West Palm Beach; 670-7473.

■ **Open Air Market @ Abacoa Town Center Amphitheater** — Celebrate Spring Training with baseball memorabilia and collectors' items, folk art and handmade goods, organic and artisan foods and antiques 10 a.m. to 5 p.m. March 26. There also will be game day baseball ticket giveaways. Info: 929-0237. Info: RogerDeanStadium.com

Looking ahead:

■ **Benefit auction** — Clinic for the Rehabilitation of Wildlife, or CROW, the nonprofit wildlife hospital and education facility on Sanibel, will hold an antique, fine art and estate jewelry auction April 12. There will be 100 "Buy It Now!" sale items from 1 p.m. to 7:30 p.m. and a live auction of more than 100 items from 5:30 p.m. to 7:30 p.m.; preview is 1 p.m. to 5 p.m. Appraisers will be on hand to assess items from 1 p.m. to 3 p.m. Cost is \$5 per item. The event is at The Community House, 2173 Periwinkle Way, Sanibel. Admission: \$5; 239-472-3644 or crowclinic.org.

■ **West Palm Beach Antiques Festival** — Next show is noon-5 p.m. April 4, 9 a.m.-5 p.m. April 5 and 10 a.m.-4:30 p.m. April 6 at the South Florida Fairgrounds, 9067 Southern Blvd., West Palm Beach. Tickets: \$8 adults, \$7 seniors, free for younger than 16. Two-day admission: \$12. A \$25 early buyer ticket allows admission 9 a.m. to noon April 4. Coupon at wpbaf.com. Info.: 941-697-7475. ■

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

Illuminating the Word

THE SAINT JOHN'S BIBLE



Creation, Donald Jackson, Copyright 2003, The Saint John's Bible, Saint John's University, Collegeville, Minnesota, USA.

On display March 22, 2014 - April 23, 2014

Organized by The Society of the Four Arts Palm Beach, Saint John's University, and Hill Museum & Manuscript Library (HMML) at Saint John's University, Collegeville, Minnesota

This fascinating exhibit presents 68 original pages from all seven volumes of the handwritten illuminated bible, "The Saint John's Bible."

Also on display: "Light in the Desert: Photographs from the Monastery of Christ in the Desert by Tony O'Brien." Organized by the New Mexico History Museum, Department of Cultural Affairs, State of New Mexico, Santa Fe.

\$5 admission includes both exhibitions; members and children age 14 and younger admitted free.

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WHAT TO DO, WHERE TO GO

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

Thursday, March 20

■ **Inaugural Plein Air Festival** — March 20-24. A four-day “open air” studio where more than 30 juried and nationally known artists create paintings on small canvases on outdoor easels for you to watch. **FESTIVAL EVENTS:**

■ **Kids’ Paint Out:** March 20, Loggerhead Marinelife Center, 14200 U.S. Highway One, Juno Beach.

■ **Awards Program and Ice Cream Party:** March 20 at Lighthouse ArtCenter School of Art, 395 Seabrook Drive, Tequesta.

■ **Meet The Artists Reception:** March 20, at the Lighthouse ArtCenter Museum, 373 Tequesta Drive, Tequesta. \$5 nonmembers and guests.

■ **Artist Demos:** March at Jupiter Yacht Club, 400 S. U.S. 1, Jupiter and Picnic Island at Riverbend Park, 9060 W. Indiantown Road, Jupiter.

■ **Reception and Wet Painting Sales:** March 21-22, Lighthouse ArtCenter Museum, 373 Tequesta Drive, Tequesta.

■ **Quick Draw Painting Contest:** March 23, DuBois Park, 19075 DuBois Road, Jupiter. Artists can register online at LighthouseArts.org or 748-8737.

■ **Reception, Awards Presentation, and Painting Sales:** March 23, Lighthouse ArtCenter Museum, 373 Tequesta Drive, Tequesta. Cash bar.

■ **The 38th American Red Cross Designers’ Show House** — Through March 22, Villa Delle Palme, 124 Churchill Road, West Palm Beach. More than 14 renowned interior and exterior designers worked their magic on the Mizner-styled villa. Hosted by the American Red Cross, Palm Beach-Treasure Coast Chapter. Tickets: \$35, available at the door. Info: 833-7711; red-cross.org/pbtc

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

■ **Clematis by Night** — No CBN March 20 because of the boat show. Info: clematisbynight.net.

■ **The Chamber Music Society of Palm Beach performs** — March 20, Mar-a-Lago, 1100 S. Ocean Blvd., Palm Beach. Features celebrated pianists Greg Anderson and Elizabeth Joy Roe, who will perform music by Stravinsky and Mozart, and the world premiere of new choreography to the “Rite of Spring” by choreographer Christopher Huggins. Dancers from the A.W. Dreyfoos School of the Arts will perform. Begins at 6 p.m. with cocktails and the performance at 7 p.m. Info: 379-6773 or visit cmspb.org.

■ **Lunafest** — March 20, FAU Jupiter. A touring film festival that honors the talents and stories of women everywhere through a series of short films by, for and about women. Benefits the Breast Cancer Fund. Refreshments, a raffle, and local organizations support-

ing women’s interests. Info: 757-784-3670; artaffectsfl.com

■ **David Mamet’s “The Anarchist”** — Through March 23, Andrews Living Arts, Fort Lauderdale. A production of the Boca Raton Theatre Guild. Tickets: 866-811-4111. Info: brtg.org

■ **The Delray Beach Chorale performs** — March 20 at the Duncan Theatre (Palm Beach State College, Lake Worth); and April 4 at First Presbyterian Church, 33 Gleason St., Delray Beach. Program: Great Moments at the Opera. Info: 800-984-7282; delraybeachchorale.org

Friday, March 21

■ **The Lee Boys** — March 21-22, BB King’s Blues Club in CityPlace, 700 S. Rosemary Ave., West Palm Beach. “One of America’s finest sacred steel ensembles.” An all-ages show. Cover: \$5. Info: 420-8600; bbkingclubs.com; lee-boys.com

Saturday, March 22

■ **Bubba’s East Coast Rods and Customs Grand Opening** — 10 a.m. to 2 p.m. March 22, the Penneck Industrial Park at 506 Commerce Way and Indiantown Road in Jupiter. See the original 1978 Trans Am given to Burt Reynolds after filming “Smokey and the Bandit” and the trailer and two police cars from the film. Joey George will perform. Local car clubs will show off their hot rods and muscle cars. Father/son team of Tom and Bubba Lloyd, the hosts of the popular TV show “Hot Rod Reality,” also will film at the new facility. Free. Info: 385-1584.

■ **Midtown Peace, Love & Wellness Music Festival** — March 22, Mainstreet at Midtown, Palm Beach Gardens. Live music, yoga demonstrations, health and wellness vendors and food and drink featuring Christopher’s Kitchen. Live Music, Free Yoga Classes, health vendors, food and more. Info: 630-6110.

■ **The GFWC Palm Beach Gardens Woman’s Club’s Annual Tea** — 1 to 3 p.m. Saturday, March 22, Palm Beach Gardens Burns Road Recreation Center. Features a fashion show, hot tea, punch, appetizers, fruit, sandwiches, sweets, raffles and door prizes. Tickets are \$25. Benefits the club’s scholarship fund and other community projects. Info/reservations: 627-9564.

■ **The Master Chorale of South Florida performs** — March 22-23. Several venues. Joins Lynn Philharmonic to perform Mahler’s Resurrection Symphony. (954) 418-6232; masterchoraleofsouthflorida.org

■ **Barbara Macklowe and Cynthia Maronet Solo Exhibitions** — March 22-April 19, at the Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Ms. Macklowe’s work captures the emotion and raw beauty of an object using light, space color. The lush and tropical landscape is Ms. Maronet’s muse palmbeachculture.com, or 471-2901.

■ **The North Palm Beach Mystery Writers meet** — 1 p.m. March 22, at the North Palm Beach Library, 303 Anchorage Drive, North Palm Beach. A panel of mystery and thriller authors present an exciting program with readings and refreshments. Free. Info: 841-

3383; npblibrary.org

Monday, March 24

■ **“Curtains”** — March 24, at the Barn Theatre, 2400 S.E. Ocean Blvd., Stuart. Info: 772-287-4884; barn-theatre.com

■ **Jupiter Medical Center Thrift Store Silent Auction** — March 24-31, 205 Center St., Jupiter. Includes three 19th-century oil paintings and a 1905 Seth Thomas hall clock. Info: 746-1601.

Tuesday, March 25

■ **Lecture Series With Historian Jason O’Connor** — March 25, April 1 and April 8, at Temple Beth Am, 2250 Central Blvd., Jupiter. Topics: “Eichmann in Hungary, The Controversies Unraveled.” Part of the Holocaust Studies Series. Free. Info: 747-1109.

■ **David Gilmour: Lessons Of A Serial Entrepreneur** — March 25, The Colony Hotel, 155 Hammon Ave., Palm Beach. A give-and-take between Gilmour and his CFO David Roth. Moderator: Chet Tart, general manager of Seaview Radio. Includes three-course dinner and valet parking. Cash bar. Tickets: \$65. Info/tickets: harvardclub-palmbeaches.org

■ **Phantom of the Opera from Royal Albert Hall** — March 25, Adolph & Rose Levis Jewish Community Center, Boca Raton. Info: 852-3200; levisjcc.org

Wednesday, March 26

■ **Open Air Market @ Abacoa Town Center Amphitheater** — 10 a.m. to 5 p.m. March 26. Celebrate Spring Training with baseball memorabilia and collectors’ items, folk art and handmade goods, organic and artisan foods, and antiques. Plus game day baseball ticket giveaways. Info: 929-0237. Info: RogerDeanStadium.com

At The Arts Garage

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

Special events

■ **iAN & Ani** — Prokofiev to Piazzolla — March 27

■ **In the Heights** — May 15-18

Radio theatre

■ **Fighting Over Beverly** — Through March 23

■ **Sunset Boulevard** — April 3-4

■ **The Trouble With Doug** — April 18-May 11

Jazz project

■ **Peter Bernstein** — March 22

■ **Carmen Bradford** — March 25

■ **Vivian Sessoms** — March 29

■ **Naples Jazz Orchestra** — May 31

Other

■ **Bill Muter And The Sharp Shooters** — March 28. Fusion.

■ **Rob Russell With The Switzer Trio** — March 30. Cabaret.

■ **Gala Gig Iii** — Gypsy Style — April 5. Special event.

At B.B. King’s

B.B. King’s Blues Club, CityPlace, 700 S. Rosemary Ave., West Palm Beach. Info: 420-8600 or visit bbkingsbluesclub.com.

■ **The Lee Boys** — March 20

■ **Debbie Davies** — March 20

■ **Lil’ Ed and The Blues Imperials** — April 11

■ **Trampled Under Foot** — April 12

■ **Candy Kane** — May 23

At The Bamboo Room

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

■ **Yo Mama’s Big Fat Booty Band** — March 20. \$10.

■ **Eric Culberson Band** — March 21. \$10.

■ **Commander Cody & The Modern Day Airmen** — March 22. \$27, \$22.

■ **Satisfaction: Tribute To The Rolling Stones** — March 27. \$15.

■ **Uproot Hootenanny** — March 29. \$10. \$12 day of show.

At The Boca Museum

The Boca Museum of Art, 501 Plaza Real, Boca Raton. Admission: Free for members and children 12 and younger; adults \$8; seniors (65+) \$6; students (with ID) \$5. Info: 392-2500; bocamuseum.org

■ **“Futurism: Concepts and Imaginings:”** Through March 30. Features 38 works from Italian Futurists

■ **James Rosenquist’s “High Technology and Mysticism: A Meeting Point:”** Through April 6.

■ **“Fascination: The Love Affair Between French and Japanese Printmaking:”** Through April 13.

■ **“Pop Culture: Selections from the Frederick R. Weisman Art Foundation:”** Through April 23.

At The Colony Hotel

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

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

Cabaret in the Royal Room

■ **Tom Wopat** — Through March 22

■ **Judy Collins** — March 25-29

WHAT TO DO, WHERE TO GO

At Cultural Council

Cultural Council of Palm Beach County, 601 Lake Ave., Lake Worth. Gallery hours are 10 a.m.- 5 p.m. Tuesday through Saturday. Free. Info: 471-2901; palmbeachculture.com

■ **"The Florida Room"** — Through March 29. Nine Palm Beach County interior designers in an exhibition of vignettes. A lecture by the artists at 3 p.m. March 11.

■ **Barbara Macklowe and Cynthia Maronet Solo Exhibitions** — March 22-April 19

At Delray Beach Center

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

In the Crest Theatre:

■ **Tony Mendez** — March 20. Tickets \$30/\$45. Chapin Lecture Series.

■ **The Golden Dragon Acrobats: Cirque Ziva** — March 28-30. \$45.

■ **South Florida Symphony Orchestra** — March 31. Crest Theatre. Master Concert Series. Info: SouthFloridaSymphony.org

In the Crest Theatre Galleries

■ **Delray Art League** — Through April 27

In the Cornell Museum:

■ **2014 National Juried Exhibition** — Through May 11

At Delray Playhouse

The Delray Beach Playhouse, 950 NW 9th St., Delray Beach. All tickets \$30. Group rates available for 20 or more). Info: 272-1281; delraybeachplayhouse.com.

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

■ **"Doubt"** — May 24-June 8

At Dramaworks

Palm Beach Dramaworks at The Don & Ann Brown Theatre, 201 N. Clematis St., downtown West Palm Beach. Call 514-4042, Ext. 2; palmbeachdramaworks.com.

■ **"Dividing the Estate"** — March 25-April 27

■ **Knowledge and Nibbles** — 11:30-1 p.m. March 26. Lunch followed by a discussion of "Dividing the Estate" with its cast and director. Cost: \$25 guild members; \$30 non-members. Reservations required at 514-4042, Ext. 2.

■ **Author, Author: Israel Horowitz** — 2 and 7 p.m. April 1. Sheryl Flattow interviews the playwright.

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

■ **Summer 2014 to 2015 Season Tickets** — On sale now for members, and go on sale for nonmembers March

25. Features Zorba (June 20-29); The Most Happy Fella (July 18-27); and Our Town (Oct. 10.)

At The Duncan

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

■ **William Close & The Earth Harp Collective** — March 22

■ **The Official Blues Brothers Revue** — March 25

■ **Conrad Tao** — March 26

At The Eissey

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

■ **Cirque Ziva** — March 25. The newest show from producer Danny Chang, artistic director of the Golden Dragon Acrobats.

■ **The Palm Beach Gardens Concert Band in a Big Band Salute** — March 26. pbgconcertband.org

■ **PBSC Music Department Concert** — 8 p.m. March 27. Features the jazz ensembles.

In the theater gallery:

■ **The Admiral's Cove Art Exhibition** — Through March 27. Info: 207-5905.

At The Flagler Museum

The Flagler Museum, One Whitehall Way, Palm Beach. Hours: 10 a.m.-5 p.m. Tuesday-Saturday, noon-5 p.m. Sunday. Tour Henry Flagler's 1902 Beaux Arts mansion, Whitehall. Tickets: free for members; \$18 adults, \$10 youth (13-17) with adult; \$3 child (6-12) with adult; younger than 6 free. 655-2833; flagler-museum.us.

Ongoing:

■ **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.

Exhibitions:

■ **Stories in Sterling: Four Centuries of Silver in New York** — Through April 20. Nearly 200 important silver objects and the fascinating stories of the families who owned them within their cultural context.

At The Four Arts

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

Concerts:

■ **Jerusalem Quartet** — March 23. Gubelmann. \$20.

■ **Dailey & Vincent** — April 13. Gubelmann. \$20.

■ **In the Mary Alice Fortin Children's Art Gallery:**

■ **"Illustrating Words: The Wondrous Fantasy World of Robert L. Forbes, poet and Ronald Searle, artist"** — Through summer 2015.

At The Kravis

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

■ **Noël Coward Festival Palm Beach** — Through March 22

■ **"The Tales of Hoffman," by Palm Beach Opera** — March 21-23

■ **Pink Martini** — March 25

■ **Al Stewart** — March 23

■ **Best of Sally Mayes** — March 27-28

Dance

■ **Miami City Ballet: Program IV: Don Quixote** — March 28-30

■ **The Dancers' Space, Act II** — March 30

■ **The Dancers' Space, Act III** — April 6 and 20, May 4 and 18, June 1, 15

Regional Arts Concert Series

■ **Israel Philharmonic Orchestra** — March 24

At The Mounts Garden

Mounts Botanical Garden, 531 531 S. Military Trail, West Palm Beach. Info: 233-1737; mounts.org

■ **Stroller Struts** — 10 a.m. March 20. A lovely morning stroll to visit the three new gardens and the butterfly garden. Free for members, \$5 donation for guests.

■ **Making a Garden Trough: The Hypertufa Process** — 9 a.m. March 27. Ted Johnson will teach you to make a beautiful trough container for your plants. \$20 members, \$25 nonmembers

At PBAU

Palm Beach Atlantic University, West Palm Beach. Locations vary. Info: 803-2970; pba.edu/performances

■ **Distinguished Artists Series featuring Rachel Barton Pine** — 7:30 p.m. March 21, in the Helen K. Persson Recital Hall in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. An evening of Franck and Prokofiev sonatas and lullabies. Tickets: \$20; \$10 for students. Info: 803-2970; pba.edu/das-calendar.

■ **A Showcase of Dance** — 2 p.m. March 23, Helen K. Persson Recital Hall in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. Features pieces choreographed and performed by PBA dance students. Tickets: \$5. Info: 803-2970 or ticketcentral@pba.edu.

■ **New Music Festival** — March 27-29 in Vera Lea Rinker Hall, 326 Acacia Road, West Palm Beach. New works by guest composers and performers including contemporary chamber music concerts by guest and faculty composers. Tickets: \$5, \$10. Info: 803-2970; pba.edu/performances.

At The Lake Worth Playhouse

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

■ **Send in the Queens** — March 20-21

■ **"A Hull of a Problem," featuring Michele Balan with Carl Guerra** — March 28

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. Blue Star Museum Admission: May 27-Aug. 31. Tours are weather permitting, call for tour times. RSVP required for all events at 747-8380, Ext. 101; jupiterlighthouse.org.

■ **Lighthouse Sunset Tours** — March 21; April 4, 9, 18, 23; May 2, 7, 16, 21. Time varies by sunset, weather permitting. Take in the spectacular sunset views and witness the Jupiter Light turning on to illuminate the night sky. Visitors get an inside look at the nuts & bolts of a working lighthouse watchroom. Tour lasts about 75 minutes. \$15 members, \$20 nonmembers.

■ **Twilight Yoga at the Light** — Time varies. Mondays. March 24, 31; April 7, 14, 21, 28; May 5, 12, 19. Mary Veal, Kula Yoga Shala, leads. For all levels.

Free Lectures:

■ **Dr. Rachel Wentz, The Archaeology of Death** — 5:30 p.m. March 20.

At The Lyric

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

■ **Conrad Tao** — March 25

■ **The Jazz Ensembles and Troubadours** — March 27

At MacArthur Park

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

■ **Art Show and Sale: James Hutchinson Paints Florida** — Through March 31 in the Nature Center.

■ **MacArthur Under Moonlight Concert** — March 22. \$5, free for age 10 and younger. Features Matthew Sabatella and the Ballad of America.

At The Maltz

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

■ **"The King and I"** — Through April 6.

WHAT TO DO, WHERE TO GO

At JCC

5221 Hood Road, Palm Beach Gardens. Info: 689-7700.

■ **March 20** — Spring Break Camp; Sports Spring Break Camp; duplicate bridge games; men's book club meets

■ **March 21** — Spring Break Camp; Sports Spring Break Camp; duplicate bridge.

■ **March 23** — Breakfast & Bricks begins (through May 18); duplicate bridge; family movie event: "An American Tail;" International Performing Arts Broadcast of Giacomo Puccini's "La Boheme."

■ **March 24** — Supervised bridge play; mah jongg & canasta play; duplicate bridge games; timely topics discussion group; basketball skills clinic begins (through May 21); Japanese traditional painting introduction workshop; The 92nd St. Y Broadcast: Simon Schama - The Story of the Jews, at Bal-len Isles Country Club; Best of the Fest: The Return of the Violin.

■ **March 25** — Supervised bridge play sessions; duplicate bridge games; children's dance revolution begins (through May 20); children's cooking begins (through May 20); Alzheimer's support group meets.

■ **March 26** — Duplicate bridge games; mah jongg & canasta play; Bricks for Kidz begins (through May 7); declarer play: making and executing a plan.

■ **March 27** — Duplicate bridge games; children's ballet & jazz begins (through May 22); sports club begins (through May 22); needlepoint with Norm begins (through May 1); digital photography; manastal, otherwise known as canasta, begins (through April 17).

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

■ **Through March 27:** "The Sculpture of Mehri Danielpour."

■ **May 22 through July 20:** Artwork from the Tzahar Region. Info: 712-5209.

■ **April 8 through May 16:** "Remember" by artist Dr. Selig Schwartz.

At The Mos'Art

Mos'Art Theatre, 700 Park Ave., Lake Park. Info: 337-6763; mosarttheatre.com.

■ **Films:** "Adult World," "Cineastes," "The Invisible Woman," "2 Autumns, 3 Winters," "The Age of Panic," "Tip Top," "Under the Rain," "Class."

At Palm Beach Improv

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

■ **Bert Kreisler** — March 21-22

■ **Matt Fulchiron** — March 20 and 23

■ **John Witherspoon** — March 28-30

At The Photo Centre

Palm Beach Photographic Centre, 415 Clematis St., West Palm Beach. Info: Info: 253-2600; workshop.org; fotofusion.org

■ **Keys To The Cure by artist Kelly Milukas & The Art Of Science:** Under the Surface — March 20-May 31. Keys features more than 50 multi-media artworks and the Art of Science features pictures taken through a microscope into the world of regenerative medicine and the human body. The opening includes a lecture by Anthony Atala, M.D., Global Expert in Regenerative Medicine, at 4 p.m. followed by the opening reception. Free.

At Palm Beach Polo

The 2014 Palm Beach Polo Season is open 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.

■ **Matches** — 3 p.m. March 23 and 30 and April 6 and 13

At The Wick

The Wick Theatre, 7901 N. Federal Highway, Boca Raton. 995-2333; thewick.org. An exhibit of costumes by respected designers from the history of the American theater. Open for tours, luncheons and high tea events (by appointment only). Tours start between 11 and 11:30 a.m. and include a guided journey through the collection and lunch.

■ **"The Full Monty"** — Through March 23.

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** — 10 a.m. to 2 p.m. Sundays, 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; harrysmarkets.com.

■ **West Palm Beach GreenMarket** — Canceled March 22 because of The Boat Show.

■ **Gardens GreenMarket** — 8 a.m.-1 p.m. Sundays, City Hall Municipal Complex, 10500 N. Military Trail, Palm Beach Gardens. More than 120 vendors, vegetables, fruit, baked goods, crafts. No pets. Info: 630-1100; pbgfl.com/greenmarket.

■ **Royal Palm Beach Green Market & Bazaar** — 9 a.m.-1 p.m. Sundays, Commons Park, 11600 Poinciana Blvd., Royal Palm Beach. Fruits, vegetables, flowers, plants, baked goods, arts and crafts. Info: rpbgreenmarket.com.

■ **Boynton Beach Boutique Market** — 10 a.m. to 2 p.m. Sundays through April 27, Dewey Park, 100 NE Fourth St. and Ocean Avenue, Boynton

Beach. Fresh local produce and gourmet fares, handmade products by local artists. Info: 600-9096.

Ongoing Events

■ **Adult Writing Critique Group meets** — 10:30 a.m. Saturdays, at the Lake Park Public Library, 529 Park Ave., Lake Park. For age 16 and older. Crafters Corner meets at 1:30 to 2:30 p.m. Saturdays. Info: 881-3330; lakepark-fl.gov

■ **American Needlepoint Guild** — 10 a.m. second and fourth Monday, 110 Mangrove Bay Way, Jupiter. Call 747-7104 or email mbusler@comcast.net.

■ **The Audubon Society of the Everglades** — Three events. Info: Valleri at 385-9787 (evenings) or by email at valleribrauer@gmail.com. Or Linda at 742-7791 or hlindaase@aol.com. Bird Walk: March 21, Green Cay Wetlands, 12800 Hagen Ranch Road, Boynton Beach. Meet outside Nature Center main door. Leader: Cliff Dean. Tiger Tail Beach/Eagle Lakes: March 22. An All Day Trip with lunch at local restaurant. Be prepared to walk through knee-high water and 2-3 miles on soft sand. Car pool. Parking fee. Contact Rick Schofield at ase@rschofield.net for details and to register. Bird Walk: March 23, Jupiter Ridge Natural Area, 1800 S. U.S. 1. Meet at the entrance on west side of Highway 1, 1 mile south of Indiantown Road. Meet in parking lot. Leaders: Steve & Melanie Garcia.

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

■ **Bruce Webber Gallery** — March 27-April 10, the Bruce Webber Gallery, 705 Lucerne Ave., Lake Worth. Artist Joe Horton's "Extremes - Lake Worth to Santa Fe" features oil paintings which contrast the two regions: Florida and New Mexico. Reception with the artists and cocktails and hors d'oeuvres March 27. A portion of the proceeds will benefit Compass Community Center of the Palm Beaches. Info: 582-1045; webbergallery.com. Artist info: hortonart.com.

■ **The Cornell Museum** — Old School Square, 51 N. Swinton Ave., Delray Beach. 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 Avenue, Palm Beach. Info: 805-9550; holdenluntz.com

■ **Ann Norton Sculpture Gardens** — 2051 S. Flagler Drive, West Palm Beach. "altered EGOS": A Retrospective By Nancy Ellison — Through April 13. The photographer shares photos of the famous, the political and the personal. Tours at 11 a.m. Wednesday. RSVP. Info: 832-5328; ansrg.org

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

■ **Lighthouse ArtCenter** — Gallery Square North, 373 Tequesta Drive, Tequesta. Admission: \$5 age 12 and older. Free for younger than 12. The Third Thursday Art Group meets 5:30-7:30 p.m. the third Thursday of the month. Free admission on Saturday. 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 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.

■ **Music on the Plaza** — 6 to 8 p.m. Thursdays, Mainstreet at Midtown, 4801 PGA Blvd., Palm Beach Gardens. Info: midtownpga.com

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

■ **The Norton Museum of Art** — 1451 S. Olive Ave., West Palm Beach. Through March 23: "The Polaroid Years: Instant Photography and Experimentation." Through April 13: "David Webb: Society's Jeweler." Through May 4: "Qing Chic: Chinese Textiles from the 19th to early 20th Century." Through May 25: "To Jane, Love Andy: Warhol's First Superstar." Through Aug. 31: "Faux Real," by Mickalene Thomas. Admission: \$12 adults, \$5 students with ID, and free for members and children 12 and younger. 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 workshop.org or fotofusion.org.

■ **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; palmbeachzoo.org. Family Night Owls Overnight Adventure — 6:30 p.m. March 14, through 8:30 a.m. March 15. A sleepover at the zoo for kids age 6 and older and their parents. Up-close animal encounters, night tours of the Zoo, crafts, games, a pizza snack and a continental breakfast. Reservations required.

■ **The South Florida Science Center and Aquarium** — 4801 Dreher Trail N., West Palm Beach. Info: 832-1988 or visit 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. Free for members and children younger than 3. Science Nights — 6-9 p.m. the last Friday of the month. Members: Adults \$5, free for children; Nonmembers: Adults \$12, Children \$8 (3 and under free). Planetarium shows and mini-golf are not included in event admission. ■

Maltz Jupiter Theatre sets auditions for next season

SPECIAL TO FLORIDA WEEKLY

Every hit stage production begins with auditions, and the Maltz Jupiter Theatre is encouraging local professional performers to try out.

The first of the theater's auditions for the shows in its 2014/15 season, Spark Your Imagination, will take place in Jupiter on Friday, April 11, for "Glengarry Glen Ross" (onstage Feb. 8 - 22). Performers are asked to be ready to read passages from the script. They should bring a headshot and résumé.

Other upcoming auditions in Jupiter include auditions for all of the other shows in the theater's 2014/15 season, including "The Foreigner" (onstage Oct. 26 - Nov. 9), "Fiddler on the Roof" (onstage Dec. 2 - 21), "The Wiz" (onstage Jan. 13 - Feb. 1) and "Les Misérables" (onstage March 10 - April 5).

As the largest regional theater in Florida, the theater is one of the area's top employers of both onstage and backstage talent, including directors, choreographers, designers, musicians, performers and stage crew. To cast its professional shows, the theater draws from a national and local talent pool. Of 94 stage roles needed during the 2013/14 season, 43 performers were from Florida. The remaining 51 performers were from New York and elsewhere.

"People have the misconception that talent can only be found in New York or other big cities - but talent exists everywhere," said Andrew Kato, producing artistic director, in a prepared statement. "We'd like to encourage local performers to read the casting information on the theater's website, find a role that interests them, make an appointment, show up to auditions and let their talents be known. Our first priority is to employ talented actors from this area."

Between 400 and 700 people typically audition in New York for each of the theater's large-scale musicals, and as many as 250 people audition for its plays.

However, the theater's leaders always give strong consideration to local performers due to their desire to support local talent.

There are also financial incentives to hiring locally, since the theater is required to offer housing to any union performer outside a 50-mile radius. All directors are present at call-backs.

"There are so many opportunities

to be seen at our theater," Rachel Blavatnik, the theater's associate producer who coordinates casting, said in the prepared statement. "Just like on Broadway, we follow Actors' Equity Association (AEA) union requirements and host Equity Principal Auditions (EPAs), or union open calls.

However, non-union actors can also attend these auditions and wait in line to be seen. Performers who are members of the union are encouraged to make an appointment."

Since the theater is required to hold EPAs in two major cities outside of South Florida, auditions for the theater's season shows also take place in Orlando and New York City.

The theater is also a member of the Florida Professional Theatres Association (FPTA), which holds state-wide auditions every summer - this year in Vero Beach. Ms. Blavatnik attends each year.

"The opportunities abound each year, from comedy and drama to big, splashy musicals," Ms. Blavatnik said in the prepared statement. "The needs are often very specific to the particular shows we are doing. This season, we have two large-scale classic musicals, a rock and soul musical, a heartwarming comedy and a cutthroat drama. There is great opportunity for all types of talented performers."

The theater's New York musical auditions often take place over five days, including a day for an open casting call, two days for agent submissions, a day for dance calls and a day for callbacks.

Student auditions will be held on Sat., April 26, from 10 a.m. to 6 p.m., with the theater's fifth annual First Step to Stardom audition day, with roles for dozens of students (ages 6 - 21).

The day will feature casting for the theater's professional productions of the classic musicals "Fiddler on the Roof," "The Wiz" and "Les Misérables," the comedy "The Foreigner," the new musical "Through the Looking Glass" and a classic drama produced through the theater's high school mentorship program: "The Crucible."

Full details of all of the theater's casting sessions can be found by visiting www.jupitertheatre.org and clicking on the "auditions and submissions" button on the side of the page.

First Step to Stardom audition information can be found by visiting jupitertheatre.org/fsts. ■



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Koresh Dance Company

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Saturday, March 29 @ 8PM

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Jesse Cook

Monday, April 7 @ 8PM

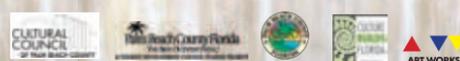
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WACO	HEMS	SANAAL
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SIT	SAYAL	LOUD
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SANTABARBARA	ANYA	
ARLENE	EON	VAT
USING	GRANDMAMA	AADDAMS
LENTO	AURORAS	UNRAVEL
TRESS	INSTYLE	RYEBEER

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AN ARTIST'S LIFE

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

SPECIAL TO FLORIDA WEEKLY

A native of Antwerp, Belgium, artist Serge Strosberg has lived and worked in Paris but now calls Palm Beach and New York City home.



STROSBERG

Wynwood.

Mr. Strosberg is known for his skill at capturing people's expressions and emotions, together with his old master techniques.

Among his works is a portrait of the U.S. District Court Judge Daniel T.K. Hurley, which hangs in the federal courthouse in West Palm Beach.

What inspires you to work on your art? I moved to New York in 2008 and am daily inspired by the city and by the people I meet, whether on the streets or at social events. I meet many socialites, models and New York personalities.

Originally from Belgium, I lived in France for 25 years. I graduated from L'Académie Julian, the graphic design school in Paris where Matisse, Bonnard, Léger and Gauguin all studied. Because I've lived and traveled extensively in Europe and the United States, I see myself as a "citizen-of-the-world."

One is free to be who they choose to be in New York City. If you want to walk around in pajamas, or scream at the top of your lungs, that's OK; nobody seems to mind. In fact, if anything, it's encouraged.

My works reflect the spectrum of city life and a cross-section of the people who inhabit this city. With my paintings, I try to convey a story that is at once immediate and of our time and one that spans the so-called human condition.

I am also influenced by actual socio-political events that I read about in the news.

Living in New York during the financial crisis on Wall Street and the subsequent Occupy Wall Street movement has made a strong impact on me

and I've tried to transmit my feelings through my latest series of work, "The Gold Series."

The "Gold Series" which I presented with Art Amalgamated at Art Palm Beach 2014, is an experimental body of work re-contextualizing key socio-political events that have been energizing the world, particularly since the Great Recession of 2008.

I depict the recent Wall Street excesses by creating very detailed and satirical paintings that leave the viewer with different interpretations. These luminal works of art are not literal but force the viewer to think about the omnipresence of materialism and power in American society.

"Occupy," is a mystical painting representing protesters from the Occupy Wall Street movement mixed with other international protests.

Protagonists seem to float in the air, in limbo, waiting for the inevitable of coming back to earth.

As an artist I was moved and mobilized by the short-lived OWS movement. I was also puzzled and deflated by the way these movements were crushed by the powers that be and the general inertia of the unsatisfied masses.

As other artworks of the Gold series, the background is painted in a golden haze to emphasize the growing disparity between the 1 percent and the 99 percent.

Is there anything special you do to spark that inspiration? I am an observer of modern society. I am very curious and always keep my eyes and ears open for interesting visuals or people. I do on-line research on internet searching for inspiring images that I can decontextualize and transform.

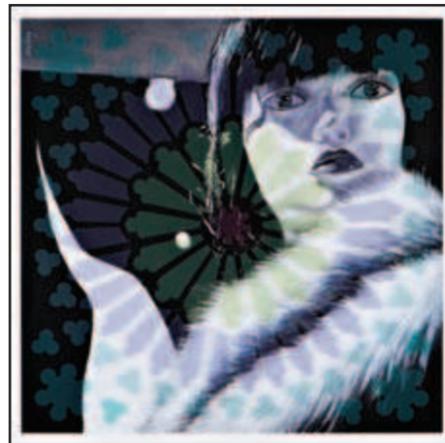
My previous series titled "Agalmatophilia," or Love of the Statue, was inspired by observations of my ever-changing neighborhood in SoHo and the high fashion vitrines in my neighborhood boutiques, which reflect the absurdity of society and ubiquitous marketing and fetishism that accompany them.

I created large-scale paintings of half-mannequin/half-human and incorporated modern technology with a multi-media approach to art juxtaposing iconic symbols of faith superimposed on iconic portraits.



COURTESY IMAGES

Serge Strosberg's "Occupy"



"Green Idol," from the show, "Agalmatophilia."

I love to explore themes of transformation, questions of authenticity and themes of 'the other.'

I discreetly push boundaries, reveal subjects to him or herself and to his or her society and reveal secrets.

In portraiture, the artist has to distinguish between fantasy and reality. As between two actors, there is a seduction and ambiguity as well as anxiety and distance stemming from lack of trust.

The metaphysical part of portraiture is to transcend the ambiguity and capture the soul of a human being.

Because people are complex, they never seem to be who they appear to be to us on the outside. People often take on the role that they think other people expect of them. So for me a tall, statuesque beauty may present that image, but once I start painting her, I often find the antithesis.

When do you typically work? I have a loft space in SoHo and work every day all year-long. As an artist, I am constantly envisioning images in my mind and work diligently to put all my ideas on canvas. Many times I'll work on Sundays if I have a tight show deadline. As other people go to their offices, so I go to my studio and put in a full day of work from 8 a.m. to 5 p.m.

I get my best ideas looking out my window onto Broadway, where the city never sleeps and is constant fodder for my imagination.

I also like the city and its density. I can look out my window here on Broadway and see a whole world passing underneath my fire escape.

When do you know it's time to put the work away? I stop painting when I have no more turpentine ... no seriously, it is never really over. Many times (like most artists, i.e., Titian) I retouch a painting a year later.

I try to do my best to hone my skills and make an artwork that is visually and technically strong and moves people who see it.

My recent "Agalmatophilia Series" and my "Expressionist of Fashion" series are examples where I take risks with my subject matter and technique to avoid becoming formulaic or pandering to commercial interests.

I want my work to be new and as different as possible from anything that's been done before. I value originality and bring a discerning viewpoint to all my work. ■

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MARCH 28TH
7:00pm

LATEST FILMS

'Muppets Most Wanted'

danHUDAK

www.hudakonhollywood.com



★★★

Is it worth \$10? Yes

One of the great things about the Muppets is their willingness, nay, *insistence*, on making fun of show business and themselves in a playful way. Accordingly, "Muppets Most Wanted" begins with a song called "We're Doing A Sequel" that includes the following line:

"We're doing a sequel/That's what we do in Hollywood/And everybody knows that the sequel is never quite as good."

You can't joke like that unless you're doing something right.

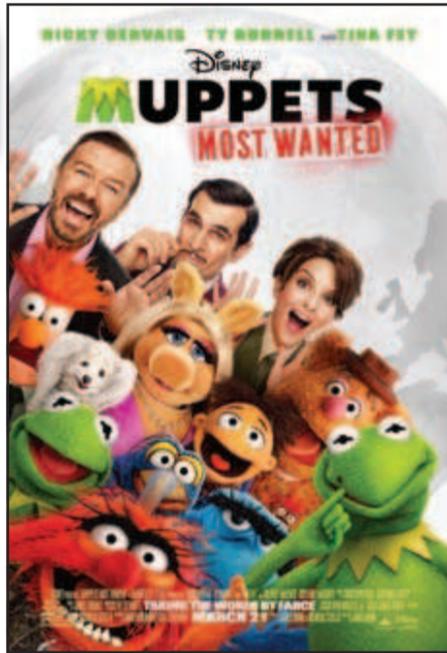
So sure, even though "Muppets Most Wanted" might not be quite as good as its 2011 predecessor, it's a solid sequel that's equal parts delightful and funny — exactly what a Muppet movie should be.

With the Muppets once again a hot ticket, they embark on a world tour. Little do they know that tour manager Dominic Badguy (Ricky Gervais) is the number two for Constantine (voice of Matt Vogel), the world's most wanted criminal, who also looks exactly like Kermit (voice of Steve Whitmire). Constantine escapes from a Russian gulag led by Nadya (Tina Fey) and replaces Kermit on the tour. The oblivious Muppets — even the smitten Miss Piggy (voice of Eric Jacobson) don't notice the difference. Meanwhile, Kermit is mistaken for Constantine and shipped to the gulag.

As the tour moves through Berlin, Dublin, Madrid and London and jewel heists begin to trail the Muppets wherever they go, Interpol Inspector Jean Pierre Napoleon (Ty Burrell) and CIA Agent Sam Eagle (Mr. Jacobson again) track the culprits. But when you're asking the likes of Fozzie Bear (ditto Mr. Jacobson), Animal (more Mr. Jacobson) and Gonzo (voice of David Goelz) for help, good luck hearing anything intelligent. They should've asked critics Statler (Mr. Whitmire again) and Waldorf (one more for Mr. Goelz), who will say anything to take the Muppets down.

There are two types of cameos in Muppet movies. One has a celebrity appearing as him/herself, while the other has the talent play a small role, often with just one line. This movie has plenty of both.

As themselves: Lady Gaga and Tony Bennett appear in the opening number, Christoph Waltz does a waltz, and



Salma Hayek teams with Gonzo for an "indoor running of the bulls," which is hilarious. Among those who appear in bit parts: Zach Galifianakis as a hobo, Stanley Tucci as a marksman, and Tom Hiddleston as an escape artist. And this barely scratches the surface; there are numerous other cameos, my favorite of which is James McAvoy's because his is the easiest to miss.

As for the actors with real roles, they're appropriately in on the joke and don't miss a beat. Notable credit goes to screen villains Ray Liotta ("Goodfellas"), Jemaine Clement ("Men In Black 3") and Danny Trejo ("Machete") for singing and dancing in the gulag; to Ms. Fey for singing well with a Russian accent and Mr. Burrell for singing well with a French accent; and to Mr. Gervais for being a near-perfect Muppets bad guy.

With "Muppets Most Wanted," nothing is stale as the Kermit-led crew remains firmly entrenched in our good graces. The film was co-written by James Bobin and Nicholas Stoller and directed by Mr. Bobin, both of whom also worked on the 2011 film. If the franchise remains in their control, it's in good hands. ■

— Dan Hudak is a nationally syndicated, Miami-based film critic whose work has appeared extensively in print, radio and television. Read more of his work at www.hudakonhollywood.com.

in the know

>> "Muppets Most Wanted" is preceded by a six-minute "Monsters University" short called "Party Central," in which Mike (Billy Crystal) and Sully (John Goodman) throw/steal a huge party on campus. It's very funny.

Gardens Concert Band to honor musical giants of the Big Band era

SPECIAL TO FLORIDA WEEKLY

The Palm Beach Gardens Concert Band will salute the giants of the Big Band era during its concert March 26 at the Eissey Campus Theatre. The 80-piece concert band will offer such favorites as a medley of popular pieces by Glenn Miller and Benny Goodman. The program includes a "Salute to New York" and "The Saint Louis Blues March." Guest stars for the evening include popular vocalist Anita Smith and The Sal Lucca Music Masters band.

Mr. Lucca's group will offer "Little Brown Jug," "Woodchoppers Ball" and "Boogie Woogie Bugle Boy," in addition to other favorites. And the band and its

guests will combine forces for a rendition of "Chattanooga Choo Choo."

The popular Palm Beach Gardens Concert Band is under the direction of Randy Sonntag, who has been active as a music educator here in Palm Beach County for more than 35 years. The band's all-volunteer membership includes musicians of all ages ranging from 17 to 94. Many members of the band are former music teachers and professional instrumentalists. Recent concerts have been sell-outs. Reserved-seat tickets at \$15 are available by calling 207-5900. Students under 18 are admitted free. Each year, the band devotes a portion of its proceeds to music scholarships for young students. ■

KRAVIS CENTER FOR THE PERFORMING ARTS

Lily Tomlin



Wednesday, April 2 at 8 pm

Dreyfoos Hall • Tickets start at \$25*

America fell for this gifted comedienne the first time she muttered "one ringy-dingy" with a snort as the irascible telephone operator, Ernestine, on Rowan & Martin's *Laugh-In*.

With support from  PDA
The one to turn to

Pink Martini
with The von Trapps

Dreyfoos Hall • Tues., March 25 at 8 pm • Tickets start at \$25*

Somewhere between a 1930s Cuban dance orchestra, a classical chamber-music ensemble, a samba parade in Rio, and Japanese film noir is Pink Martini.

Sponsored by Alec and Sheila Engelstein • Zeld and Allen Mason

Beyond the Stage: Join us for a free musical presentation by Meadow Park Elementary's Jammin' Eagles in the Dreyfoos Hall lobby at 7:15 pm.

The Best of Sally Mayes

Thurs. and Fri., March 27 and 28 at 7:30 pm

Person Hall • Tickets \$35

Come see Sally Mayes perform a multi-faceted evening of characters from all walks of life and hear music from all genres, and you will understand why Rex Reed calls Sally Mayes "a huggable baby-doll of femininity."

Sponsored by Jane M. Mitchell

The Elephant Wrestler
"Your Guru of Chai"

Rinker Playhouse • Fri. and Sat., March 28 and 29 • Tickets \$28

Friday at 7:30 pm • Saturday at 1:30 pm and 7:30 pm

In this one-man play, theatrical magician and award-winning actor Jacob Rajan brings to life a delicious brew of characters mixed with magic tricks, audience interaction, slapstick, puppetry and live music.

P.E.A.K., Provocative Entertainment At Kravis, is made possible by a grant from the MLDauray Arts Initiative in honor of Leonard and Sophie Davis.

The Moody Blues:

Timeless Flight, The Voyage Continues

Dreyfoos Hall • Mon., March 31 at 8 pm • Tickets start at \$30

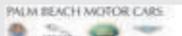
The Moody Blues' "Nights In White Satin," "Tuesday Afternoon" and "Your Wildest Dreams," have lit up the hearts and minds of millions of rock fans.

Series sponsored by Bob and Christine Stiller

Get The Led Out
The American Led Zeppelin

Dreyfoos Hall • Thurs., April 3 at 8 pm • Tickets start at \$15*

From the bombastic and epic to the folksy and mystical, *Get The Led Out* brings to life all the depth and wonder of Led Zeppelin's songbook.

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*Also available through  ticketmaster



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CONTRACT BRIDGE

A Matter of Perspective

BY STEVE BECKER

Of the three departments of bridge — bidding, declarer play and defense — by far the most difficult is defense. When you're a defender, you see only half of your side's resources (the 13 cards you were dealt), as well as half the declarer's resources (the 13 cards in dummy).

This contrasts greatly with the perspective of the declarer, who has the advantage of seeing all 26 cards held by his side. He knows exactly which high cards and how many cards of each suit are missing, and can therefore formulate a plan to make maximum use of his assets.

Consider this case where West leads the eight of spades in response to his partner's overcall. East wins with the king and returns the seven of spades, won by declarer with the queen. South, in need of a ninth trick, leads the jack of hearts, and it does not matter which defender wins the trick.

If West takes the jack with the king, he does not have a spade to return. And if West ducks and East wins with the ace instead, he can return a spade to establish his suit but has no way to regain the lead later to cash his spade winners. So declarer winds up making four notrump, losing only a spade and two hearts.

With better defense, however, South would go down one. If East had

South dealer.

North-South vulnerable.

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

The bidding:

South	West	North	East
1♦	Pass	1♥	1♠
1 NT	Pass	3 NT	

Opening lead — eight of spades.

played the seven of spades at trick one instead of the king, declarer could not have made the contract, regardless of what he did next.

West would win South's first heart lead and return his remaining spade, establishing East's spades. Sooner or later, the defenders would score three spade tricks and the A-K of hearts to put South down one. ■



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Former ABT principal Don Chapman to coach Ballet Palm Beach

SPECIAL TO FLORIDA WEEKLY

Wes Chapman, former American Ballet Theatre principal dancer and director of ABT II will bring his extensive knowledge to Ballet Palm Beach for their next main stage production, "Don Quixote."

In a prepared statement, Ballet Palm Beach's artistic director, Colleen Smith, said, "We are so excited to have Wes Chapman work with our dancers. We are committed to education and enriching Palm Beach County through the art of ballet and it is an incredible opportunity and honor for Ballet Palm Beach to have Wes Chapman's vast experience be a part of our next production."

Ballet Palm Beach will perform "Don Quixote" at the Eissey Campus Theatre at Palm Beach State College on April 4 at 7:30 p.m. and April 5 at 2 and 7:30 p.m. Tickets start at \$15 and can be purchased at balletpalmbeach.org or 207-5900.



CHAPMAN

A native of Union Springs, Ala., Mr. Chapman graduated from Alabama School of Fine Arts in 1983 with the Duane Dushion Award and the Prix d'excellence de Danse Award. After dancing for Alabama Ballet for one season, Mr. Chapman joined American Ballet Theatre (ABT) in 1984 as a member of the corps de ballet. He was promoted to Soloist in 1987 and to Principal Dancer in 1989. With ABT, Mr. Chapman performed all the leading roles in the ballet repertoire and in works by many of the 20th century's master choreographers, including George Balanchine, Agnes de Mille, Jiri Kylian, Fredrick Ashton, Mats Ek, Twyla Tharp, Mark Morris, Merce Cunningham and Antony Tudor. In 1996, Mr. Chapman

was named artistic director of Alabama Ballet. Mr. Chapman returned to ABT as ballet master in 2006 before being named artistic director of ABT II in 2007-2011. Mr. Chapman oversaw the ABT Summer Intensive at the University of Texas Austin, hosted ABT's Works and Process at the Guggenheim Museum, Young People's Ballet Workshop and ABTKids. He also performed with ABT in various character roles and taught company class on a regular basis. Additionally, he serves as a national spokesperson for Regional Dance America and as dance advisor for Angelina Ballerina. Beginning in January 2012-April 2013, Mr. Chapman was engaged as artistic adviser for Ballet San Jose in California, where he oversaw all artistic aspects of the organization. During the fall of 2013, Mr. Chapman served as artist-in-residence for Central Pennsylvania Youth Ballet and stages Nutcracker for Costa Rica. ■

Palm Beach Shakespeare Festival comedy at Eissey Campus Theatre

SPECIAL TO FLORIDA WEEKLY

There won't be any dead parrot jokes, but audiences will delight in the special, sketch-filled show of the Palm Beach Shakespeare Festival's "GOOD EVENING!" at the Eissey Campus Theatre April 17-20. Comprised of some of the funniest takes from comedy's most brilliant sketch artists, such as Carol Burnett, Dudley Moore and Monty Python, "GOOD EVENING!" features the area's top improvisational actors and visiting artists, who have also performed with the Shakespeare Festival Company.

"Years ago, we did an evening of sketch comedy from comedy's greatest performers," said festival director Kermit Christ-

man in a prepared statement. "We called it "Hell's Broke Loose," and the audiences roared with laughter at each sold-out show. Throughout the festival's years, our Company members have been touring with their own improvisational groups between the dramas, and it seemed the perfect time to bring everyone together to do what they love, and what audiences adore."

The sketches star improv actors from "Cheese & Crackers," including Wally Lurz, Kryss Parker, Seth Trucks and Zack Myers, as well as the ever-popular Jove Comedy Experience duo of Frank Licari and Jesse Furman, along with guest artist Natasha Sherritt. Featured sketches include "The Four Yorkshire Men" (re-located to

the U.S.), "Speech Impediment," "Technological Advancements in the Catholic Church" and many more fast-paced, hilarious scenes.

"GOOD EVENING!" — a night of infamous sketch comedy — is presented in cultural partnership with Palm Beach State College, Eissey Campus and runs for a limited engagement April 17-20 at 8 p.m., with 2 p.m. matinees April 19-20, at the Palm Beach State College Eissey Campus Theatre, 3160 PGA Blvd., Palm Beach Gardens. Tickets are \$15 per person, with student and group rates available. Call Eissey Campus Theatre Box Office at 207-5900 for tickets, or visitpbshakespeare.org for more information. ■

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DowntownAtTheGardens.com



PHOTOS

From page 1

there nude waiting for her instructions.

For the portrait at the Ann Norton Sculpture Gardens, Sting appears to be just waking up. He is reaching toward his face, as if to wipe away the sleep from his eyes, which are closed. He is wearing a purple robe. There's the suggestion of a smile.

Sharon Stone also appears to have just awakened. Her hair is tousled and she is dressed in cow-print pajamas. She clutches a teddy bear, and looks so innocent.

Phyllis Diller opts for high camp in her image. Local lore has it that the furniture in her portrait came from Mar-a-Lago, and it is every bit as over the top as its owner.

You do not realize how much time has passed since the '90s until you see the fresh-faced portrait of Chelsea and Hillary Clinton.

Or portraits of actress Mariska Hargitay from two and three decades ago, one a thoughtful image of her with her dad, the other reminiscent of Madonna in her days as a "Material Girl."

Those maternal-paternal images form a theme of this exhibition, with portraits of Jane Fonda and her son, Dustin Hoffman and "Kramer vs. Kramer" co-star Justin Henry and Robert Mitchum with his daughter.

Tennessee Williams looks positively carefree as he makes his way out a door, bag in hand, with nary a Blanche DuBois or Stanley Kowalski in sight.

All of the portraits on display are exclusive to the Ann Norton, and were not shown during Ms. Ellison's other retrospective tour exhibitions this year.



COURTESY PHOTO

Nancy Ellison's portrait of Sting is among her photographs on display at the Ann Norton Sculpture Gardens in West Palm Beach.

Jessica Tandy faces her husband's portrait across the room.

The late actress wears a Napoleonic soldier's uniform and hat. The look is one of disdain.

It is fitting.

Apparently, she didn't like her husband receiving all the attention for his nude, recumbent portrait, complete with a woman dressed in servant garb

waiting on him hand and foot.

So much for the real drama.

Every doll has its day in this exhibition, which includes some of Ms. Ellison's large-scale Barbie portraits, including one of the Mattel dolls dressed as Elvis.

It's an intimate show that is made all the better if you follow it with a stroll through the gardens to see Ann Norton's monumental sculptures. ■

in the know

>>What: "Altered Egos: A Retrospective of Nancy Ellison"

>>When: Through April 13

>>Where: Ann Norton Sculpture Gardens, 2051 Flagler Drive, West Palm Beach

>>Cost: Free for members, \$10 for adults, \$8 for seniors 65 and over, \$5 for children ages 5 and older.

>>Info: ansg.org



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Morikami Museum and Japanese Gardens presents woodblock, letter-writing exhibits

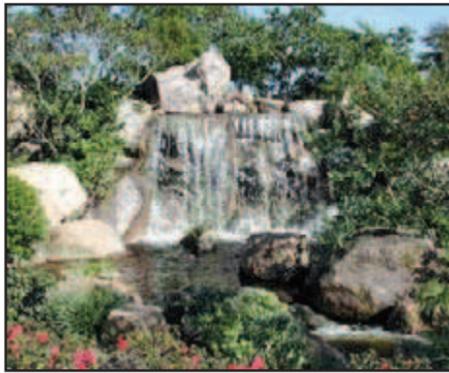
SPECIAL TO FLORIDA WEEKLY

The Morikami Museum and Japanese Gardens presents two new exhibits through May 18, deeply rooted in Japanese history and culture, “Genji’s World in Japanese Woodblock Prints” and “Keeping in Touch: The Culture of Letter-Writing in Japan.”

“Genji’s World in Japanese Woodblock Prints” will feature more than 50 woodblock prints and books depicting scenes from “The Tale of Genji,” the world’s first novel. Written more than 1,000 years ago by the Japanese court lady Murasaki Shikibu, the epic novel was a popular source of inspiration for woodblock print and illustrated book artists in the 19th century. This exhibition was organized by Scripps College in Claremont, Calif.

The Morikami will host the exhibition “Keeping in Touch: The Culture of Letter-Writing in Japan.” In Japan, letter-writing is a highly refined art form that is deeply rooted in poetry, steeped in metaphorical allusions and symbolic meaning. Letter-writing evolved from short, heartfelt lyrical verses, skillfully rendered, sometimes on scented paper, and hand-delivered to their intended recipient. The exhibit will present a variety of letter-writing forms from poems to postcards, and explores the myriad art forms that letter-writing brought about in Japan, such as lacquer writing boxes, ink stones, brushes, elegant papers, and other stationary implements.

Both exhibits are free with paid admission to the museum and gardens:



COURTESY PHOTO

adults, \$14; seniors, \$13; students, \$11; children 6-17, \$9; and free for Morikami members and children 5 and younger.

Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture in South Florida since its opening in 1977. The Morikami invites guests to discover South Florida’s heritage and its connection with Japan; explore a series of six diverse gardens inspired by a different historical period and style of Japanese gardening; and experience traditional and contemporary Japanese culture through world-class exhibits, varied educational programs and seasonal events, bonsai display, pan-Asian cuisine and a distinctive Museum Store. Morikami Museum and Japanese Gardens is open 10 a.m. to 5 p.m. Tuesday through Sunday. The Morikami is located at 4000 Morikami Park Road in Delray Beach.

For more information about the Morikami, its exhibitions, programs and events, visit www.morikami.org or call 495-0233. ■

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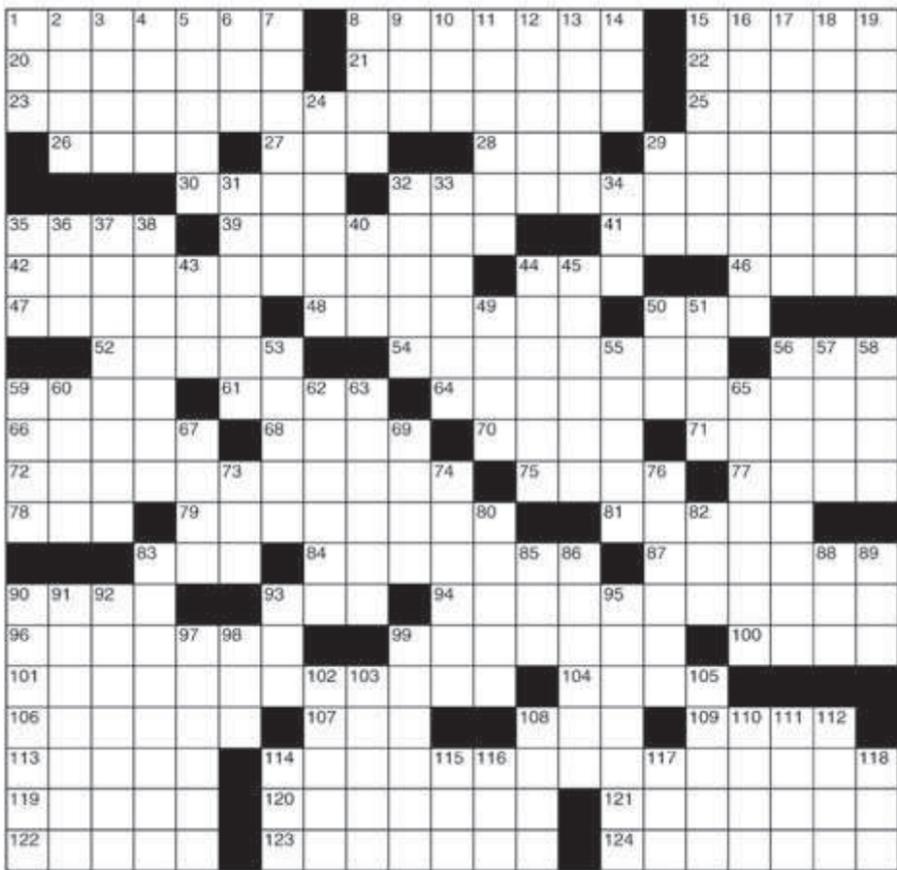
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PUZZLES

FOR APARTMENT 5A



- ACROSS**
- 1 Nylon woven so that tears won't spread
 - 8 Disputed Asian region
 - 15 Arrive, as the night
 - 20 Before Starbucks menu item
 - 21 Embrace, as a cause
 - 22 Alkaline compound
 - 23 1972 Glen Campbell hit
 - 25 Starbucks menu item
 - 26 Store safely
 - 27 Supper crumb
 - 28 Day, to José
 - 29 Vented vociferously
 - 30 Capital in the Andes
 - 32 "Oh, woe is me!"
 - 35 Be adjacent to
 - 39 African outings
 - 41 1999-2007 House speaker
 - 42 Atlantic-Pacific linkup
 - 44 Fed. loan agency for mom-and-pops
 - 46 Bygone U.S. gas name
 - 47 Capital of the Republic of China
 - 48 Brand of hot sauce
 - 50 Bro's counterpart
 - 52 Three-note chord
 - 54 Light, playful passages
 - 56 Lilted syllable
 - 59 1993 Texas standoff city
 - 61 Clothing edges
 - 64 Actress who starred in "Alien vs. Predator"
 - 66 Indifferent
 - 68 Gens.' interiors
 - 70 URL opener
 - 71 Politician
 - 72 "Adios!"
 - 75 Labor Day's mo.
 - 77 Hens 78-Across on them
 - 78 Brood, with "on"
 - 79 Utter vocally
 - 81 A Disney princess
 - 83 Cola, e.g.
 - 84 Southern U.S. forage plants
 - 87 Permeate with a spirit
 - 90 Memo start
 - 93 —pah
 - 94 Cry of magic
 - 96 Lacking any luxury
 - 99 Ring-shaped head ornament
 - 100 Cages
 - 101 California coastal city
 - 104 Writer Seton
 - 106 Dahl of film
 - 107 Millions of years
 - 108 Extra-big tub
 - 109 Brief sleeps
 - 113 Exhausting
 - 114 Gomez's mother in an old sitcom
 - 119 Slowly, to a conductor
 - 120 Northern and southern lights
 - 121 Disentangle
 - 122 Hair lock
 - 123 Trendy
 - 124 Specialty brew
 - DOWN**
 - 1 Abbr. on a dashboard
 - 2 Roth — (bank plans)
 - 3 Pub quantity
 - 4 Arty NYC area
 - 5 Dragged fishing net
 - 6 Mel of the old Giants
 - 7 D.C.'s river
 - 8 Clark of the Daily Planet
 - 9 Invite
 - 10 Healthful resort
 - 11 Accord and Civic
 - 12 Part of MTV
 - 13 Singer Chris
 - 14 Apartment, e.g.: Abbr.
 - 15 Soups go-withs
 - 16 Radiates
 - 17 lotas
 - 18 Crying
 - 19 Can't help but
 - 24 Yasir of the PLO
 - 29 Stranded cell stuff
 - 31 Bible book after Song of Solomon
 - 32 Saudis, say
 - 33 Purple bloomers
 - 34 "I've got it!"
 - 35 On-target
 - 36 Sheep peep
 - 37 Price per pound, e.g.
 - 38 Certain plant anchor
 - 40 Doña — County, New Mexico
 - 43 Travis Tritt's "Tell — Was Dreaming"
 - 44 Odors
 - 45 Sodium — (cleanser)
 - 49 Bygone Iranian ruler
 - 50 It's between fa and la
 - 51 "Space — a premium"
 - 53 Decompose
 - 55 Frank of satirical rock
 - 56 17th-century London theatre
 - 57 Pealed
 - 58 Hill builders
 - 59 Toddlers' cries
 - 60 Jai —
 - 62 Tiny country in Europe
 - 63 Alpine event
 - 65 Stuff oozing down a trunk
 - 67 Burkina —
 - 69 Blizzard fall
 - 73 Street guide
 - 74 Live-in nanny
 - 76 Postwar pact
 - 80 Winger or Messing
 - 82 Neighbor of Ill. and Mich.
 - 83 Ormens
 - 85 Missile path
 - 86 Respectful deep bow
 - 88 Caterer's dispenser
 - 89 — Vegas
 - 90 Blitzkrieg
 - 91 Less dense
 - 92 Evidence of sunning
 - 93 Off — tangent
 - 95 Mythical horse-man
 - 97 "It takes two" dances
 - 98 "Honest" Lincoln
 - 99 Is unable to
 - 102 Air anew
 - 103 Sows' mates
 - 105 Tennis great
 - 108 Ming piece
 - 110 Very little, as of salve
 - 111 Get concrete results on?
 - 112 Peter Pan pursuer
 - 114 Moo goo — pan
 - 115 Alcohol-free
 - 116 Bad, to Henri
 - 117 — and all
 - 118 Camera type, in brief

SEE ANSWERS, B7

HOROSCOPES

- **ARIES (March 21 to April 19)** Putting yourself in someone else's shoes isn't easy for you. But if you do it, you'll gain a better perspective of what you need to do to achieve your goals. Be open to new ideas.
- **TAURUS (April 20 to May 20)** There are still some problems you might have to deal with before moving on to your next project. It's a good idea to accept help from those who share your objectives.
- **GEMINI (May 21 to June 20)** It's time to recognize the difference between those who are truly concerned for you and those who simply plan to use your good nature to their advantage. New ideas become increasingly attractive.
- **CANCER (June 21 to July 22)** Depending on a promise made becoming a promise kept could be more than a mite unwise at this time. It's best to proceed on your own rather than wait for aid that might never arrive.
- **LEO (July 23 to August 22)** A recently revitalized relationship might not be quite what the Big Cat expected. But give yourself more time to deal with the changes. A little flexibility can go a long way. Good luck.
- **VIRGO (August 23 to September 22)** A major change could prompt more adjustments. Some of them might be difficult to deal with at first. But hang in there, and before you know it, you'll be coasting to your next goal.
- **LIBRA (September 23 to October 22)** Your sense of justice prompts you to speak out against an unfair situation, even if you seem to be the only one who feels that way. But you soon learn that many others agree with you.
- **SCORPIO (October 23 to November 21)** Creating a fuss is not usually your style. But that doesn't mean you should tolerate an ill-mannered attitude. Speak up for yourself, and you'll earn the respect of others.
- **SAGITTARIUS (November 22 to December 21)** You might have a few loose ends to tie up before you can stamp your project as complete. But once that's done, you might want to celebrate with someone special in your life.
- **CAPRICORN (December 22 to January 19)** Disappointment darkens the Goat's mood. But close friends rally to pull you through with words of encouragement. Use their confidence in you to rebuild your own self-esteem.
- **AQUARIUS (January 20 to February 18)** An upcoming decision might be more difficult with inaccurate information. Best to recheck the data you have at hand right now to be sure it won't mislead you later.
- **PISCES (February 19 to March 20)** An offer you previously turned down might no longer be available. But if you do some checking around, you could find something else that would suit you just fine.
- **BORN THIS WEEK:** You believe in helping those who cannot help themselves. Although it embarrasses you, the fact is, people like you and tell you so. ■

By Linda Thistle

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

Puzzle Difficulty this week:



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

★ Moderate ★★ Challenging
★★★ Expert

SEE ANSWERS, B7

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THEATER

From page 1

Among his best-known works are "The Trip to Bountiful," the recent revival of which starred Cicely Tyson, "The Young Man From Atlanta," for which he received the 1995 Pulitzer Prize; and "The Orphan's Home Cycle." He also won Oscars for his adaptation of Harper Lee's "To Kill a Mockingbird" and for his own original screenplay, "Tender Mercies."

Those are the sorts of tales in which Foote, who died in 2009 at age 92, specialized.

"I call it Americana. It's a slice of life. It's really well-written, well-told stories of real small-town people and what they go through," Ms. Sommers said. "That's a thread he has through his storytelling and his writing, and I just love his use of words and his choices of words. He really puts them there for the actors to munch on."

At times, Foote's writing reads like poetry; this play also gives cause for reflection.

"I think it makes the audience sit up and take notice and realize that it's in themselves," Ms. Sommers said.

Most of the team that will join Ms. Sommers onstage should be familiar to local audiences.

William Hayes, Dramaworks' producing artistic director, will direct a cast that includes Gregg Weiner, Elizabeth Dimon, Mary Stout, Deltoiya Goodman, John Archie, Rob Donohoe, Margery Lowe, Kim Cozort, Gretchen Porro, Leah Sessa, Kenneth Kay and Natalia Coego; several are Dramaworks veterans who will be as familiar to each other as their characters are, which brings us back to the play.

"We've been in this household for a very long time. We know the people and how they act, how we talk to them and how they talk to us," Ms. Sommers said.

That dynamic is part of what keeps the play moving.

"There are some really cute moments in the play. Lucille is one of the characters. I say I need help in the kitchen, and she says, 'Oh, OK,' then she realizes who is serving whom."

In this case, the cook has serious acting and singing chops.

Ms. Sommers starred on Broadway in "Ain't Misbehavin'," replacing Nell Carter and in "Show Boat" as Queenie. She toured nationally as Jewel in "The Best Little Whorehouse in Texas" with Ann-Margret and in "Chicago" as Matron Mama Morton with Chita Rivera and Joel Grey.

On television, she created the recurring role of Regina Dansby on the CBS

"Yes, I am an actress and I have done a lot of work and most of it has been for theater, but this is a real joy."

— Avery Sommers, on her Dramaworks debut

soap opera "As the World Turns," and the recurring role of Evelyn on Burt Reynolds' "B.L. Stryker." She also co-starred with Mr. Reynolds and Reba McIntire in "The Man from Left Field," a CBS Movie of the Week.

More recently, she has performed solo concerts at venues ranging from The Colony Hotel's Royal Room Cabaret to the Maltz Jupiter Theatre.

Ms. Sommers, who grew up in West Palm Beach and still calls it her home, loves performing in a drama and with this cast.

"It's a real joy to work with these actors because they're the cream of the crop," she said.

She also was pleased to be making her debut at Dramaworks.

"I just love the new space. It so wonderful," she said.

The theater nearly tripled in size when it moved a couple of seasons ago to its current space on Clematis Street.

She also has found working with the director, Mr. Hayes, to be satisfying.

"I'd not worked with Bill ever, not really to do a piece," she said. "He started off, 'I don't know you as an actor, I know you as a singer.'"

Ms. Sommers has heard that before.

"Yes, I am an actress and I have done a lot of work and most of it has been for theater, but this is a real joy."

She continued: "They treat us like gold. It's a joy to go to work. It's always good to have a job. It couldn't be better. It just could not be better and I'm just thrilled." ■

in the know

>>What: Horton Foote's "Dividing the Estate"
>>When: Opens March 26
>>Where: Palm Beach Dramaworks' Don & Ann Brown Theatre, 201 Clematis St., downtown West Palm Beach
>>Cost: \$60 for all performances. Preview performances, \$52. Opening night, \$75. Student tickets, \$10
>>Info: 514-4042 or palmbeachdramaworks.org

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PALM BEACH SOCIETY

“A Pair to Remember” fundraiser for Easter Seals, Saks Fifth Avenue



Arlette Gordon and Connie Frankino



Arthur Benjamin and Gail Worth



Connie Frankino and Lexye Aversa



Anneliese Langner, Carla Mann, Meg O'Grady, Chip Malley, Jan Malley, and Barbara Gilbert



Dara Ross Collum, Madison Collum and Emily Clifford



Hayden Hosford and Faith Morford



Malcolm Hall and Lorrain Hall



Jose Amann and Rosa Amann



Jaclyn Soroka, Virginia Oatley Berges and Kristen Kelly Fischer

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Palm Beach Photographic Centre seeks applicants for Artist-in-Residence 2014

SPECIAL TO FLORIDA WEEKLY

Fatima NeJame, president and chief executive officer of the Palm Beach Photographic Centre, has announced that the nonprofit organization is issuing its first public call for an Artist-in-Residence. The deadline to apply is April 30.

“Our new Artist-in-Residence program offers artists/photographers the opportunity to live and work in Palm Beach County for a minimum of three months, complete with monthly honorarium, dedicated studio space at PBPC and a free studio apartment in Palm Beach,” said Ms. NeJame in a prepared statement.

During the residency period, the selected artist will be free to explore his/her personal vision while teaching and engaging both students and the community-at-large at the world-acclaimed Palm Beach Photographic Centre. The residency period culminates with a Community Gallery exhibition, a project or special event created by the artist-in-residence in collaboration with PBPC participants.

Underwritten by one of the Photo Centre’s board members, the residency program is offered to fine art photographers in three experience levels: Professional Artist, Emerging Artist and MFA candidate. Selected artists will be awarded through a review process.

“The program will provide the selected artist with the opportunity to reflect, research, produce, teach and present, while working within one of the world’s leading photographic centers,” Ms. NeJame noted in the prepared

statement. “As a result, our Artist-in-Residence will be able to further his/her work, garner reputable teaching experience, and engage the community in the experimental and intellectual exploration of photography as a fine art form.”

The goals of PBPC’s Artist-in-Residence program are to:

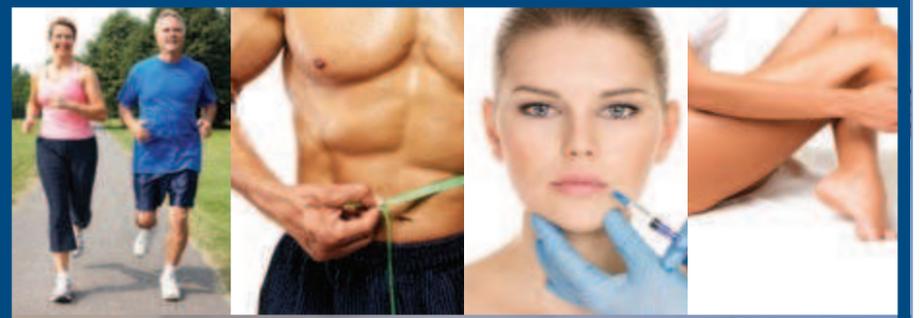
- Attract outstanding photographic talent from around the globe.
- Provide a professional working environment in which to pursue the resident’s art.
- Raise community discourse and further community participation in and understanding of the photographic arts.

The application for the Palm Beach Photographic Centre’s Artist-in-Residence Program 2014 is available online at: www.workshop.org/pdf/air_program_application.pdf.

On exhibit at the Centre

The exhibition “Keys to the Cure” by artist Kelly Milukas will run through May 31. Comprised of more than 50 multi-media artworks, the exhibition is a dynamic interplay of photography and sculpture to tell the incredible story of stem-cell research and regenerative medicine.

Also, “The Art of Science: Under the Surface,” pictures taken through a microscope that draw the viewer into the world of regenerative medicine and the human body – images that have clear scientific value but are also stunning works of art. ■



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Susan Hearing and Don Hearing



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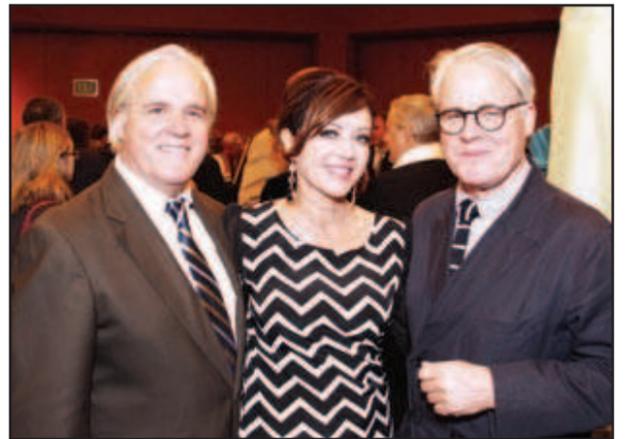
Joetta Schneider and Becky Brown



Ted Matz, Cynthia Gardner and John Garrett



Linda Knudsen and Harry Holmbraker



Pat Crowley, Terri Parker and Steve Crowley



Sam Plummer, Jennifer Raymond, Jim Maus and Wendy Maus



William Roush, Rosalie Roush and Frank Harris

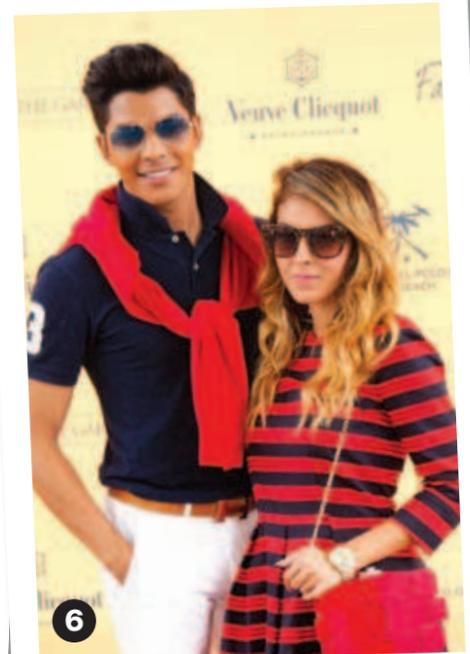
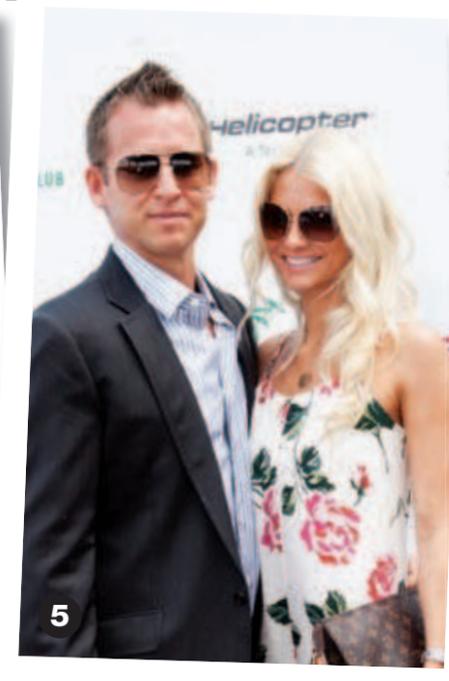


Sam Plummer and Jill Plummer

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PALM BEACH SOCIETY

John Walsh and polo great Ignacio "Nacho" Figueras, at polo, International Polo Club Palm Beach



1. John Wash, John Walsh, Neil Hirsch and Nacho Figueras
 2. Gianna Arianaz, John Walsh, Cassidy Rosa and Violetta Rosa
 3. Jaene Miranda and Neil Hirsch
 4. Nacho Figueras and Delfina Figueras
 5. Chris Haass and Ashley Haass
 6. Ali Dash and Nicholl Vincent, Clicquot/Gardens Mall Fashion on the Field winners

7. Melissa Kellner, Reed Kellner and Susan Kellner
 8. Shelly Marshall and Jodi Krugman
 9. Anthony Dardano and Jennifer Shesser Dardano
 10. Maribel Lentijo, Paolina Ospina and Jazmin Han

LILA PHOTO

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VINO

Santa Maria Valley winemaker explains the area's uniqueness



jimMcCRACKEN

vino@floridaweekly.com

Napa Valley and Sonoma Valley get most of the glory, but if you're looking for quality you shouldn't neglect to turn south as well, to the Santa Maria Valley just north of Los Angeles.

Just as Napa Valley is known for its fine cabernet sauvignon, the Santa Maria Valley makes top quality pinot noir and chardonnay. Among the best wineries from this district is Cambria Estate Winery. I recently spent some time talking with winemaker Denise Shurtleff to find out more about the winery and its products.

Q. What makes Santa Maria Valley different from Napa and Sonoma, and how does that affect your wines?

A. Our area is unique because it is the only transverse valley in the state — it runs east to west, and there are no mountains between the valley and the ocean. The cool winds blow in daily starting around noon, giving the grapes a longer, cooler growing season. This produces great flavor development in both our pinot noirs and chardonnay. Additionally, our vineyards are on a mesa in the valley, running up to mountains in the back. This gives our soil great drainage. So the geography, soil types and breeze make our location unique, and that's what puts great character into our wines.

Q. How would you describe your style of winemaking?

A. Our wines are all estate bottled, all from our own vineyards. Many wineries contract with growers and can buy a great product, but it is not the same as when you can tweak it yourself in the vineyard. We try not to mask the flavor of the grapes, so we use minimal oak and let the grapes show through. We keep the production separate between the old vine and new vine, and between the different soil types and clones. All production is made in 59-gallon barrels. Our goal is to make each lot the best we can, and then blend the lots together for the best results. So we have different clones, different soil types, even different barrel toast and yeast for the different blocks of grapes.

Q. Do you have any favorites among your wines?

A. Wines are like children, so you can't have favorites, but each wine has distinct qualities. (Cambria makes two

chardonnay wines, a viognier, a syrah and a number of pinot noirs.) We have 7 acres of viognier. I love making it because it is fun to work with. The juice when first pressed has little flavor, because all the phenols (flavor and aroma components) are in the skins.

When I'm cooking, I like to drink unoaked chardonnay, because it has lots of fresh fruit character, great mouthfeel and a crisp acidity. But I really like pinot noir, because it has so many layers of flavors. The first glass is totally different from the last glass. When the bottle is first opened it's a bit closed in, but after it sits for a while the flavors integrate and it becomes silkier, with balanced fruit and a longer finish.

Q. I see that your website has links for pairing wines and foods and tips for entertaining. Why do you think it's important to offer wine drinkers that extra guidance?

A. People always want to do things the right way, and wine is no exception. Sometimes they're uncomfortable because food pairing or entertaining with wine is something new for them. Other times the industry makes the experience intimidating and uncomfortable by building a mystique about wine service. We get these questions all the time from consumers and started posting these sections on our website to help them.

Q. Do you think a woman brings a different sensibility to making wine than a man does?

A. I work with a lot of men and I never been treated differently by those I work with — just by the public. My husband will not even go to tastings with me anymore, because everyone assumed he was the winemaker. Women can have sensitive palates, but then so do men. It takes all of us to make the wine. ■

in the know

Wine Picks of the Week

>> Cambria Estate Winery Julia's Vineyard Pinot Noir 2012 (\$22): Deep, rich red colors with aromas and flavors of blackberry and blueberry, layered with an earthiness, and finishing long with balanced acid, fruit and tannins.

>> Cambria Estate Winery Katherine's Vineyard Chardonnay 2012 (\$20): Medium in color with tropical fruit flavors and aromas of mango and papaya mixed with white peach and a touch of citrus. Crisp and clean with a lingering finish.



Denise Shurtleff is the winemaker at Cambria Estate Winery.

COURTESY PHOTOS



The vineyards at Cambria Estate Winery.

FLORIDA WEEKLY CUISINE

In the kitchen with... **MARCELLO FIORENTINO,** La Sirena

BY JAN NORRIS
jnorris@floridaweekly.com

A trip to Italy turned things around for Marcello Fiorentino, owner and chef at La Sirena in West Palm Beach.

The restaurant he now presides over as chef/owner had a few bumps along the path to its current status as one of the most respected Italian restaurants in town.

"Dad and Mom opened in 1986. I had worked a little bit with Dad — he passed away in 1994. Mom had the restaurant a full season on her own, and in 1996, I came to help her run the restaurant."

They struggled to make the traditional continental-cuisine spot work, but things on the food scene were changing in America. Authentic Italian no longer meant pasta with red sauce and a meatball, he said.

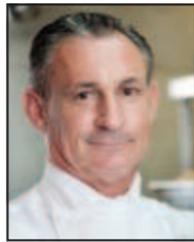
"Business was not very good. We had suffered a couple of years — actually, we were really sucking wind. It was to the point of changing the format, or selling the business. We were actually hoping CVS would come in and buy the property and put one here."

Instead, he said, "I decided to make a go of it and consumed myself with learning and seeing what was out there."

That's where the trip to Italy came in

— he and his spouse, Diane, who works the front of the house with him, went abroad in 1997.

"We spent time with my uncle, a retired restaurant guy. It kind of gave me a new perspective. When I came back, the menu just evolved from being continental to being an authentic Italian. I hate that term, because most people still associate it with spaghetti and meatballs. We really wanted to recreate a simple, but authentic Italian restaurant."



FIORENTINO

The long-time clientele who were comfortable with the traditional menu from before had a hard time letting go of favorite dishes. They wanted escargot and other classics.

"We had escargot on the menu for 100 years," he said with a sigh. "I still can't get rid of it. But now, instead of doing the escargot on the ceramic plates you bake in the oven and serve with bread, we put it on top of polenta — it's a classic Italian preparation."

Other dishes that were on the menu were revamped into a truer Italian format. "We mix in the veal and chicken dishes that were popular. But we're doing dishes we never would have done before. For instance, we do a chicken cacciatore, but we serve dark meat chicken on the bone. That was unheard of before — chicken on a bone!"

Pork was out of the question — especially a whole roast pig that he now makes occasionally for specials or guests who request it. "It's a project but it sells out and diners call ahead to reserve a special piece of it."

"I also do a porchetta — it's the boned

out pig stuffed with more pork. I start cooking it at my house overnight, and finish it in the restaurant. It cooks 12 hours. It's so delicious. Guests are leery of it reading it on the menu, but once they taste it, they're hooked. Come to think of it, I need to put that on one of the wine dinner menus."

Prix-fixe wine dinners are held bi-weekly beginning mid-April at the restaurant — they're also usually sold out in advance.

Mr. Fiorentino is cautious not to go too far in changing the 60-seat room, he said. "We don't want to change the heart of the place. I found some pictures from the first year we were open. I love our dining room now. Looking at the pictures, it was so '80s — big drapes, fake plants. In one way, it looks almost the same, but in other ways, it's completely changed."

His crowd has changed, too — it's a more relaxed group of diners who enjoy good wines and food but don't like the stuffy atmosphere of other spots.

"We don't have a formal dress code. We suggest that they dress nicely if they call and ask, and if they'd like to wear a jacket, that's great. But we don't require a jacket or even a collared shirt. We aren't going to turn away anyone in shorts, either."

Nothing makes him happier than to see diners who really don't know the cuisine. He sees them as fertile ground. "I love it when I go out into the dining room and someone says, 'I never tasted polenta before. It's really great.' It makes me so happy to introduce a new food to them and they enjoy it. That's what it's all about."

He, too, is learning constantly and giving new experiences to his regular diners. He recently took a dish from noted Italian chef Dario Cecchini and

used a variation in his restaurant.

"I got in this pure lard from a farm in Wisconsin and mixed it with rosemary and olive oil and called it Chianti butter. We served it on warm toast at one of our wine dinners. People were going nuts for it."

"After they ate it I told them what it was — pure leaf lard and olive oil. One of my regular customers made a face. I asked him, 'You mean you wouldn't have eaten it had you known ahead of time what it was?'" The chef laughed as he told the punchline.

"No," he said, "I wouldn't have eaten two!"

Name: Marcello Fiorentino

Age: 49

Original Hometown: Oyster Bay, N.Y.

Restaurant: Marcello's La Sirena, 6316 S. Dixie Highway, West Palm Beach; 585-3128; lasirenaonline.com

Mission: "To continue the tradition of serving classic dishes with the fresh ingredients in the most simple way."

Cuisine: Classic Italian with some French influence.

Training: "I learned to cook and operate a restaurant from my dad, with some guidance through friends and family along the way. I have been very fortunate to have known some of the greatest restaurant people around."

What's your footwear of choice in the kitchen? "I have been wearing Dr. Scholls for about 15 years."

Favorite guilty indulgence food? "Bistecca alla Fiorentina about 40-45 ounces!"

What advice would you give someone who wants to be a restaurateur or chef? "Be willing to work about 80 to 100 hours a week, and immerse yourself into your work." ■

Boca Bacchanal promises best of food and wine

SPECIAL TO FLORIDA WEEKLY

Eat, drink and be merry for a good cause as the 12th Annual Boca Bacchanal gets underway March 28.

The annual event, which benefits the Boca Raton Historical Society & Museum, brings together top vintners from around the world and cuisine prepared by renowned chefs.

Vintners this year include Cakebread Cellars of Napa Valley, Dariouish Winery of Napa Valley, Chateau Tanunda of Australia, Hollywood and Vine 2480 of Napa Valley, Benziger Winery of Sonoma Valley and Champagne Piper-Heidsieck of France.

Chefs this year include Matthias Merges of Yusho in Chicago, Chris Jakubiec of Plume at The Jefferson in Washington, D.C., Joanne Weir and Gonzalo

Rivera of Copita in Sausalito, Calif., Ian Schnoebelen of Mariza in New Orleans, Brian and Shanna O'Hea of Academe in Kennebunk, Maine, and Daniel Zeal of The Cloister in Sea Island, Ga.

The weekend begins with the Vintner Dinners on March 28 at six venues in Boca Raton. Each dinner will feature a vintner and chef working together to create a five-course dinner that perfects the art of food and wine pairing.

The fun continues at 6:30 p.m. March 29, with the Bacchus Bash at the historic Boca Raton Resort & Club. Guests can meet award-winning chefs and vintners while savoring their signature cuisine and wine selections.

From 1 p.m. to 4 p.m. March 30, Boca Bacchanal's Grand Tasting will be an afternoon, open-air event at the

Mizner Park Amphitheatre. Attendees can choose from more than 140 wines, by-the-bite specialties prepared by exceptional chefs from South Florida restaurants as well as a beer garden that will include craft beer, ales and lagers. Miami band PALO! will perform.

Tickets are: Vintner dinners, \$325; Bacchus Bash, \$225; Grand Tasting, \$85 in advance, \$100 at door; Patron Ticket, \$600, which includes tickets for one to a Vintner Dinner, the Bacchus Bash and the Grand Tasting; Grand Patron Ticket, \$1,500, which includes ticket for one to a Vintner Dinner, the Bacchus Bash, and the Grand Tasting with transportation provided to the Vintner Dinner and Bacchus Bash as well as recognition as a Grand Patron sponsor of Boca Bacchanal. Visit bocabacchanal.com.

Hello and goodbye: U-Tiki Beach has opened at Jupiter Inlet Marina. The open-air restaurant, adjacent to Jetty's, has about 250 seats. It opens at 4 p.m. daily. Address is 1095 State Road A1A, Jupiter. Call 406-2210. ... **Grimaldi's** has closed its location at One North Clematis in downtown West Palm Beach. The space has had a range of tenants that included the Samba Room and Fire Rock Pizza. Visit the restaurant's location at Downtown at the Gardens; 625-4665. ... **The Grumpy Grouper** has closed its location on Park Avenue in Lake Park. Those craving Grumpy Grouper fare can visit Jack's Grumpy Grouper, at Lantana Jack's, 308 N. Dixie Highway, Lantana; 847-4158 or jacks-grumpygrouper.com. ■

THE DISH

Highlights from local menus

The Dish: Stacked Buffalo Grilled Cheese

The Place: Hobo's Kitchen, 421 Northlake Blvd., North Palm Beach; 841-8305 or hobosgourmetkitchen.net

The Price: \$7.95

The Details: This grilled cheese is head, shoulders and chest above the others.

That's all we can say.

Two slices of thick-sliced bread packed with thin-sliced grilled chicken

that has been coated in a spicy Buffalo sauce and grilled with blue cheese is our idea of heaven at lunchtime.

Add to that a side of the most refreshing, light, tangy slaw we've had in a long time, and you have a perfect meal.

Hobo's Kitchen, a breakfast and lunch spot, also has a salad bar that's a notch above the rest, with plenty of fresh, flavorful ingredients. ■

— Scott Simmons



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healthy living

March 2014

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

E-motion bikes "flatten the Earth" | **C2**

Guidelines for breast cancer screening | **C3**

3D technology aids dental implant treatment | **C5**

Diagnosing back pain | **C7**

FALLING RISK

As we age, our risk of falling and being injured increases. After age 65, your risk of falling is about one in three. These falls may result in broken bones or other injuries that lead to declining health, isolation and a loss of independence.



David S.
Rondon, M.D.

ORTHOPEDIC SURGEON
PALM BEACH GARDENS
MEDICAL CENTER

"Aging brings many physical changes, like slowed reaction times and a decreased sense of balance," said David S. Rondon, M.D., orthopedic surgeon at Palm Beach Gardens Medical Center. "Other factors that may contribute to falls by altering your sense of balance include certain medications, namely diuretics, sedatives and high blood pressure medications. Health conditions such as cataracts, glaucoma, stroke, Parkinson's disease, congestive heart failure, heart arrhythmias, emphysema, arthritis and nerve damage may also increase your risk of falls."

The Orthopedic Program at Palm Beach Gardens Medical Center cares for patients requiring various levels of treatment. The program combines the experience of a focused multidisciplinary team, including internists, anesthesiologists, orthopedic surgeons, nursing, occupational and physical therapists. Together, with the patient, they develop, collaborate and deliver comprehensive care - from diagnosis through recovery.

SEE FALLING, C4 ►

Electric bikes “flatten the Earth”

What comes to mind when you hear the term “electric bike?” Do you picture someone in poor physical shape loping along on a scooter-looking device because they are unable to ride on their own? Get ready to be amazed as you meet the newest generation of high-tech, smartly designed hybrid bikes spanning the markets from leisure to extreme sport.



Robin Bradley Hansel

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On Your Mark Performance Center is now carrying E-Motion bikes manufactured by one of the oldest and largest bicycle suppliers with over 100 years in the business – BH Bicycle Corporation of Spain. In terms of style, functionality or performance, they are exceptional. According to Easy Motion USA, the e-bike business has been exploding in Asia and Europe. Now, it’s the latest sensation in North America.

Owners Matt and Julie Goforth explain that not all e-bikes are created equal. The electric components utilized in the Easy Motion Electric Bikes by BH are not rush-to-market like some lower end models, but instead are made by Samsung.

The drive and crank components are manufactured by Shimano ensuring that



the On Your Mark Performance team will be able to take care of any possible servicing you might need. All come with a five-year warranty on the entire bike and a two-year warranty on the lithium ion battery.

Although many curious customers think that pedaling the bike recharges it, this is not the case.

Matt Goforth explains, “The physics behind trying to recharge the bike at the same time as you are pedaling would offset the benefits of the pedal-assist feature. The manufacturer explains that it would basically turn into an exercise bike and not go anywhere.”

Simply plug the bike into a regular wall outlet to charge and ride for less than one cent a mile. This bike is perfect for someone taking short 10-20 mile trips around town to run errands or an individual with a moderately ranged weekly work commute interested in saving significant gas money.

Forward thinking, ecologically minded customers realize these e-bikes offer the most cost-effective design on the road.

The term “pedal assist” means that you still do the work, but the bike



sure you put on the pedals, the sensor kicks in which then gives draw on the motor and battery. The bike responds by providing you with just the power you need. If there is no tension on the pedals like when you are going downhill or with the wind, the system functions just like a regular bike. As soon as you touch the brake the motor turns off, so stopping safely and easily is no problem at all.

“These bikes essentially “flatten the earth,” explains

Matt Goforth.

responds by giving you power on demand. For example, the same effort you spent riding 15 mph on your regular pedal bike is now enhanced by the bike to help you go 20-25 mph with much more of a comfortable experience. For the average commuter, this means you are getting there in half the time with much less effort.

“A great local example of this feature would be going up and over the Blue Heron Bridge. This particular pedal assist bike’s motor kicks in as soon as the bike starts going uphill, and it pushes you right up over the hill as long as you keep pedaling,” explains Matt Goforth.

The bikes function on a torque-based system. When the chain gets really tight from the pres-



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To screen or not to screen? It's important to understand screening mammography guidelines

BY ROBERT STICKLE, MD

Director of Breast Imaging, Margaret W. Niedland Breast Center

There is much confusion today for women regarding the different recommendations for screening mammography. At Jupiter Medical Center, we are dedicated to finding breast cancer early, offering women in Palm Beach and Martin Counties access to leading-edge technologies and innovations in the fight against breast cancer. We all know that the earlier breast cancer is detected, the better the chance of survival.

Every major American medical organization experienced in breast care recommends that woman start getting annual mammograms at age 40. Because one in six breast cancers occur in women in their 40s, studies show that regular mammograms cut breast cancer deaths by approximately a third in all women 40 and over. Plus, 75 percent of all women diagnosed with breast cancer had no family history or factors that put them at high risk.

At Jupiter Medical Center, we follow the American Cancer Society's screening guidelines for early detection of breast cancer:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

- Clinical breast exam is recommended every one to three years for women in their 20s and 30s, and every year for women 40 and over.

- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam is an option for women starting in their 20s.

- Some women - because of their family history, a genetic tendency, or certain other factors - should be screened with MRI in addition to mammograms. Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Accredited by the American College of Radiology as a Breast Imaging Center of Excellence, the Margaret W. Niedland Breast Center at Jupiter Medical Center was the first facility in Palm Beach and Martin Counties to offer innovative new technology - 3D mammography (tomosynthesis).

3D mammography is revolutionizing how breast cancer is detected, providing increased diagnostic accuracy

and finding breast cancer at an earlier stage - which means more lives can be saved. Exams are performed on a digital mammography unit that takes multiple low-dose 3D images of a compressed breast from different angles. The 3D imaging capability allows radiologists to view breast tissue layer by layer, one millimeter at a time. This technology is extremely useful for all women, especially those who have dense breast tissue.



DR. STICKLE

The Breast Center team includes dedicated diagnostic breast radiologists, certified technologists, breast health specialists and a patient navigation team providing education and support.

Women in our community can rest assured knowing that the latest breast cancer diagnostic and treatment technology is available through Jupiter

Medical Center's Comprehensive Breast Care program, which was the first program in Palm Beach County to be accredited by the National Accreditation Program for Breast Centers. The program is comprised of the Margaret W. Niedland Breast Center for diagnosis, and the Kristin Hoke Breast Health Program for treatment.

In addition to the Jupiter location, Jupiter Medical Center's Niedland Breast Screening Center is open at Legacy Place in Palm Beach Gardens. The Niedland Breast Screening Center offers every patient 3D mammography in quick, 30-minute appointments for your convenience.

Bone densitometry, advanced body composition and blood draws are also available. For more information, see jupiterbreastcare.com.

To schedule an appointment, call 561-263-4414. Jupiter Medical Center also offers Wellness in Motion (WIM), our mobile mammography and health and wellness unit that travels around areas of Palm Beach and Martin Counties. WIM appears at a variety of locations around the community, making it more convenient than ever to get your annual screening mammogram. For more information, call 561-263-INFO (4636) or emailwim@jupitermed.com.

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Jupiter 33458; 561-263-2000

Niedland Breast Screening Center
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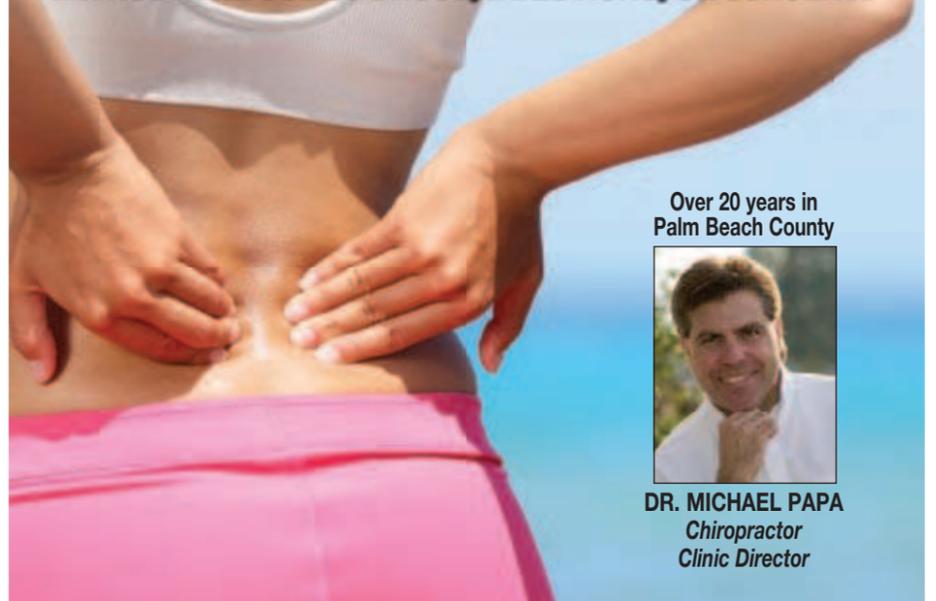


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FALLING

From page 1

Exercise helps

While your risk of falling increases with age, you can take steps to help prevent falls. First talk with your doctor. You may need to have your vision as well as your balance and movement checked. Your prescription medications may need to be changed.

“Many people can reduce their risk of falls by exercising, improving their balance and implementing safety measures at home,” explains Dr. Rondon. “One of the best exercises to help prevent falls is walking regularly. Water or pool

exercises can also be effective by helping you practice the skills needed for walking.”

Improving your balance

To improve your balance and coordination, practice standing on one leg for short periods. You can hold onto a chair while you’re doing this to help keep your balance. You also might consider taking Tai Chi classes. This ancient Chinese discipline involves slow, dance-like movements that help relax and strengthen muscles and joints. One study indicated that Tai Chi may help reduce your risk of falls by more than 47 percent.

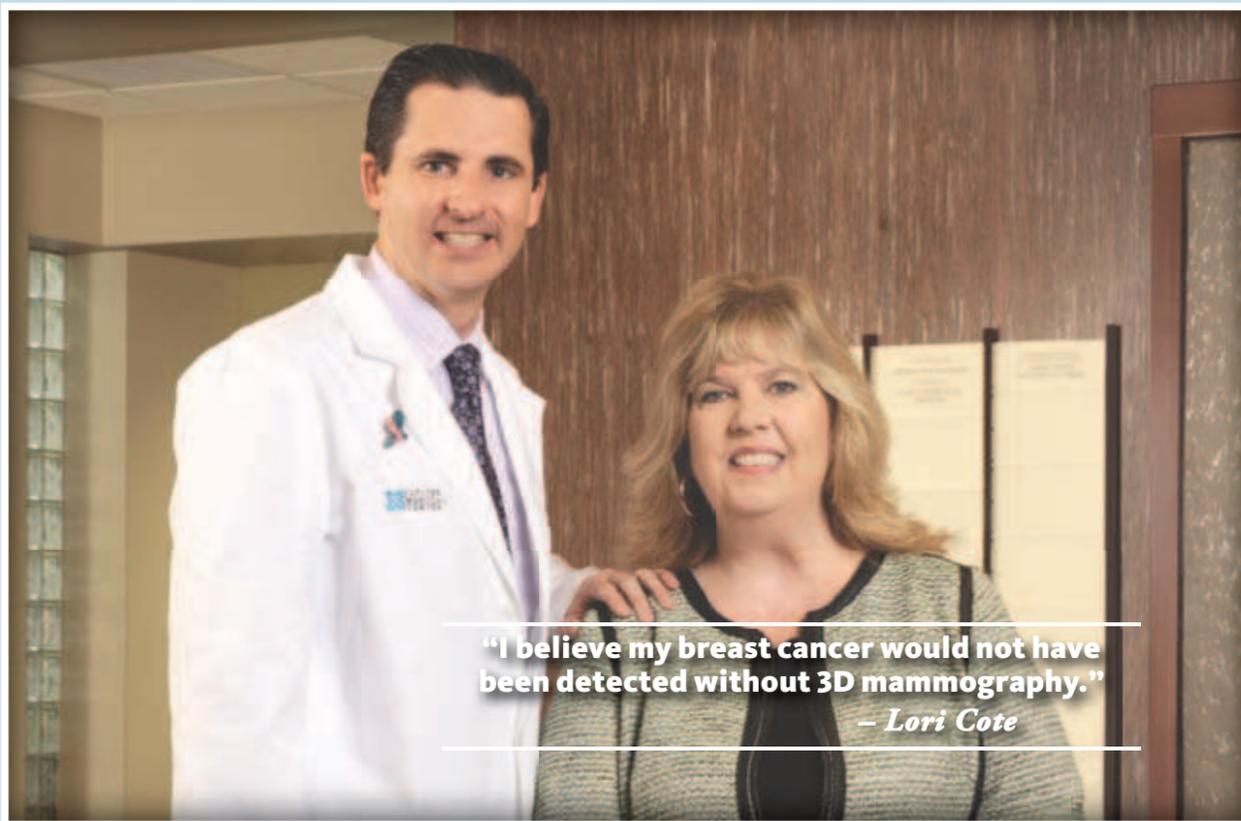
Home safety tips

Some simple changes in your home also can reduce your risk of falls. Here’s a checklist:

- Keep electrical and telephone cords out of the way.
- Arrange furniture so you can easily move around it.
- Don’t use throw rugs. All carpeting should be secured to the floor.
- Use a stepstool to reach something from a high shelf or move items to lower shelves.
- Install grab bars on walls around the tub and beside the toilet.
- Use nonskid mats or adhesive strips on surfaces that will get wet.

- Put a light switch and the telephone within reach of your bed.
- Use a nightlight between the bedroom and bath.
- Keep stairs and hallways clear of clutter.
- Install handrails on both sides of the stairway.
- Wear rubber-soled shoes that have low heels.

To learn more about what you can do to prevent falls, please visit www.pbgmc.com. If you are a woman over 45 and are interested in a free bone density screening, Palm Beach Gardens Medical Center offers this test once a month. To register, please call 561-625-5070. ■



Have You Had Your Mammogram?

Lori Cote came in for a routine mammogram. Her radiologist noticed an abnormality that was hidden in her breast tissue. Utilizing 3D mammography (tomosynthesis), her breast cancer was found early, in its most treatable stage. Lori credits this leading edge technology, and the expertise of Dr. Robert Stickle, with saving her life. Today, Lori is thankful to be here with her family, watching her daughter grow and build a beautiful life.

Our Niedland Breast Center Team includes breast health specialists, a patient navigation team and dedicated breast radiologists who read more than 10,000 mammograms each year. Put your breast healthcare in the hands of a team that combines leading edge technology with clinical expertise.

Don’t wait, schedule your mammogram today!

To learn more about 3D mammography, visit jupiterbreastcare.com/tomo. To schedule an appointment, call (561) 263-4414 and ask for 3D mammography.



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

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

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

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

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

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

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

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

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



Jay L. Ajmo
D.D.S., P.A.

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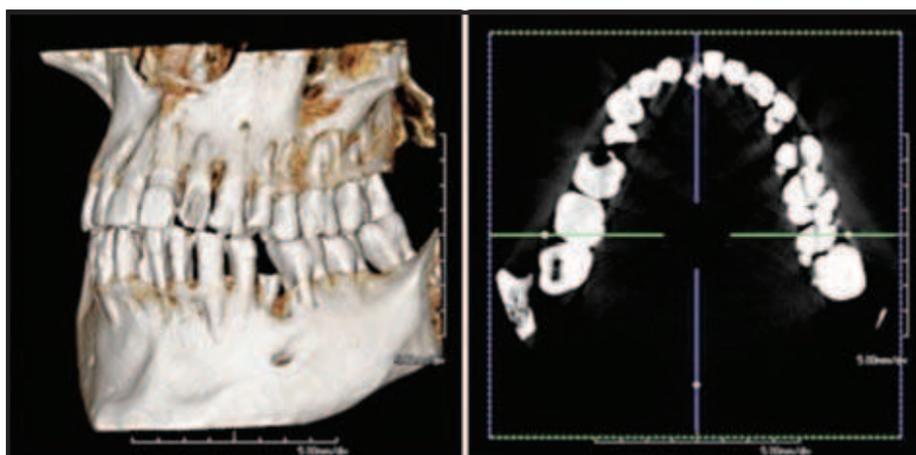
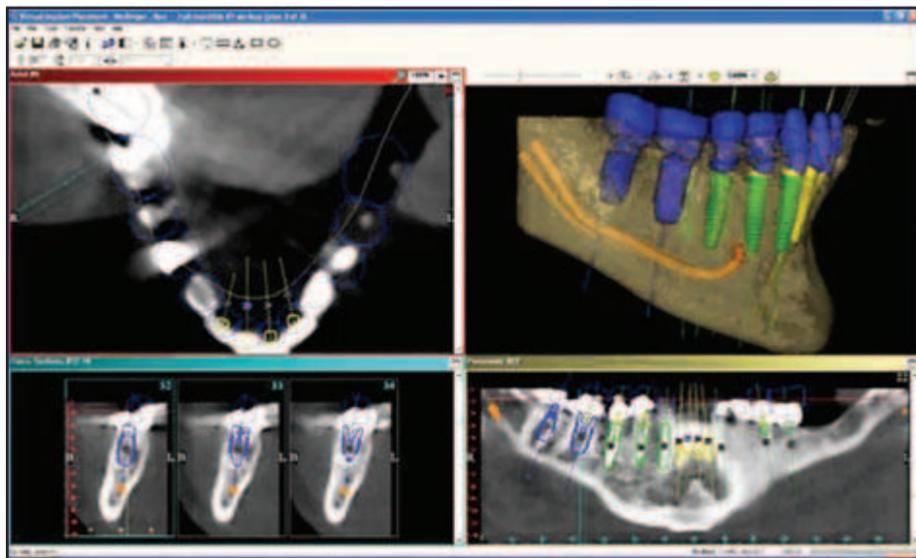
These scans make implant placement more efficient and predictable while dramatically reducing the time a patient spends in the dental chair.

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

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

— Dr. Jay Ajmo earned his Doctor of Dental Surgery degree from Emory University School of Dentistry in 1986. He is an active member of The American Academy of Cosmetic Dentistry and designated Master Cosmetic Dentist by the Rosenthal Institute for Aesthetic Dentistry. Dr. Ajmo has been awarded Diplomate Certification from the International Congress of Oral Implantologists, Diplomate from the American Dental Implant Association and a Master-ship 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.



COURTESY IMAGES

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

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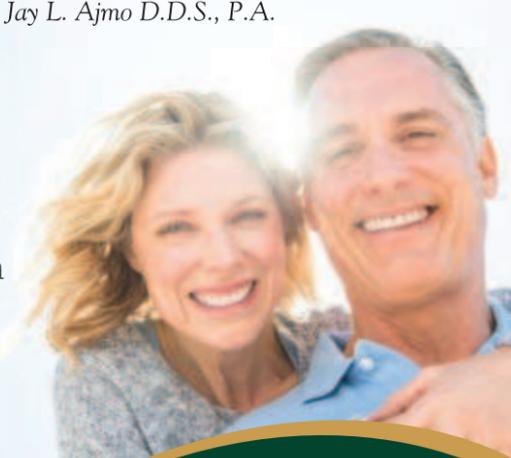
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managers, nurses, doctors and the child's social worker, to develop a patient transport plan.

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On the day of the flight, the medical team escorted the child and mom from the Miami hospital to Miami International Airport (MIA) via ground ambulance.

We then boarded the jet, departing MIA for the 2.5-hour nonstop flight to Boston. Arriving at Boston Logan airport, our aircraft was met by a ground ambulance to transport all involved to Boston Children's where a specialty team waited to perform the life saving surgery.

Several months later we returned to Boston to fly home an energetic and happy child and most grateful mom. Thanks to many caring professionals, this child will grow and thrive and enjoy a happy life.

Thirty six years and thousands of air ambulance flights have allowed Air Trek to participate in saving many lives at the speed of flight.

Behind every memorable moment such as these, is a company and systems set in place to make sure that patient transports worldwide 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 seven 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.

Knowing we help to save lives at the speed of flight is often the most rewarding part of our business. ■

— 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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uncomfortable enough to go see your primary care physician. He or she tells you it's not clear what's going on and sends you for a magnetic resonance imaging (MRI) study of your lumbar spine.

The study comes back showing one or two herniated intervertebral discs. (Intervertebral discs are car-

tilaginous shock absorbers interspaced between pairs of spinal vertebrae.) Your doctor informs you that you have "herniated discs in your back" and prescribes medications and a course of physical therapy.

Your doctor may even refer you to an orthopedic surgeon to evaluate the need for surgery on your back.

Now, all of these recommendations may be necessary. Or none of them may be necessary and all that's needed is some rest and an exercise rehabilitation program that you could do on your own if you were given the proper instructions. The culprit here is how the presence of the herniated disc or discs is interpreted.

It's important to remember that not all herniated discs are a problem requiring a solution. In fact, a sizable proportion of such disc herniations (30 percent or more) represent the progression of natural processes and are not a problem at all.

But many family doctors and even specialists are not appropriately trained in accurate differentiation among the various possibilities. When faced with MRI evidence of a herniated disc, such doctors see it as a disorder or disease that needs to be treated and fixed.

Such an approach results in significant stress and leads to unnecessary procedures and financial hardship for many patients.

Given the frequency of occurrence of such instances of "over-diagnosis," how can a person with back pain expect to receive appropriate care? Of course, people as patients are usually not in a position to be able to overrule their doctor's recommendations.

The answer lies in obtaining relevant information. Let your doctor know you're aware that up to one-third of normal persons have herniated discs, and ask whether it's possible that your disc herniation is in fact unrelated to your back pain and merely an incidental finding. Further, if your back pain is not accompanied by leg pain radiating below your knee, it may be that the disc herniation is not affecting spinal nerve roots and may be treated by very conservative measures such as rest followed-up with exercise.

Thus, not all disc herniations have the same impact on a person's health. Some represent normal findings, even if they are present in a person who has back pain. Let your doctor explain to you exactly why your particular problem requires more than watchful waiting. Your local chiropractor will be able to provide you with the very best expert advice and recommendations for any necessary treatment. ■

— Sources: Takatalo J, et al: *Does lumbar disc degeneration on magnetic resonance imaging associate with low back symptom severity in young Finnish adults?* *Spine (Phila PA 1976)* 36(25):2180-2189, 2011; *Spontaneous regression of herniated lumbar discs.* Kim ES, et al: *J Clin Neurosci* 2013 Oct 24. pii: S0967-5868(13)00552-3. doi: 10.1016/j.jocn.2013.10.008. [Epub ahead of print]

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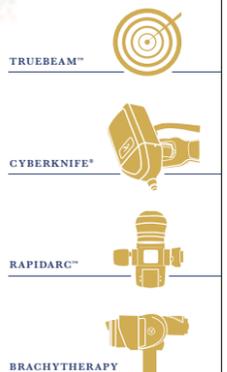
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